



## Bandai-Asahi National Park

# Urabandai

A highland resort area surrounded by a wealth of nature  
with clear springs and water.

Experience here the beauty of Japan's four seasons.





[Spring]



[Summer]



[Autumn]



[Winter]

# Urabandai

Urabandai is situated in Kitashiobara-Mura, in the north of Fukushima Prefecture in Japan's Tohoku region. 800 m above sea level, it is surrounded by Mt. Bandai, Mt. Adatara, and Mt. Azuma.

A major eruption of Mt. Bandai on July 15, 1888 led to the collapse of the crater wall on the north side of the mountain, where Urabandai is now situated. The ensuing massive landslide blocked rivers, creating Lake Hibara and the Goshikinuma Ponds, as well as a number of smaller lakes and marshes.

The beauty of Urabandai is constantly changing, between the fresh greenery of spring, a rich green in summer, the vivid autumn colors, and a winter world in white. It is one of Japan's leading highland resort areas, designated as Bandai-Asahi National Park in 1950.

Bishamon-numa Pond



Yanaginuma Pond



Aonuma Pond



Akanuma Pond



Midoronuma Pond

## Kitashiobara-Mura



## The mysterious Goshikinuma Ponds

The 3.6 km of sightseeing paths around Goshikinuma Ponds can be covered in approximately 1 hr. 10 min.

This features ponds including Bishamon-numa, Akanuma, Midoronuma, Takinuma, Benten-numa, Rurinum, Aonuma, and Yanaginuma, and the combination of the weather, seasons, and volcanic substances in the water give mysterious hues such as emerald green and pastel blue.



## Onogawa Fudotaki Fall

With the drifting spray replete with negative ions, the breathtaking, 40 m drop of Onogawa Fudotaki Fall is a sight to behold.



## Lake Hibara

With a maximum depth of 31 m, and a circumference of 31 km, this is the largest lake in the Urabandai region. Looking towards Mt. Bandai from the lake gives a panoramic view of the part of the mountain that erupted, and casting an eye towards the lake, you can see the outstanding views of the many islands.

## Ippon-zakura (Lone Cherry Tree) in Hibara

Different from rows of cherry trees, Hibara's Ippon-zakura is offset against the new greenery of the mountains in spring, creating a unique, striking beauty.



## Oguninuma Pond Wetland

Oguninuma pond is at a height of 1100 m above sea level, and situated in the caldera lake remaining from the eruption of Mt. Nekomagadake. Surrounded by expansive wetlands, here you can enjoy viewing approximately 300 varieties of plant life throughout the season.





[Nishi Azuma Sky Valley]



[Urabandai Yacho-no-mori Scenic Trail]



[Lake Onogawa Lakeside Scenic Trail]



**Hibara historical tour/Sightseeing around Kanayamahama**  
 Hibara historical tour... Total length 1.6 km (approx. 1 hr.)  
 Kanayamahama... Total length 0.8 km (approx. 20 min.)

**Nishi Azuma Sky Valley**  
 (Road closed during winter)

**Azumagawa River Scenic Trail**  
 Total length 2 km (approx. 1 hr.)

**Dobayama Scenic Acorn Trail**  
 Total length 1.7 km (approx. 1 hr./round trip, approx. 2 hr.)

**Hibara & Hosono Panoramic Trail**  
 Total length 2.2 km (approx. 1 hr.)

**Lake Sohara Lakeside Scenic Trail**  
 Total length 4 km (approx. 1 hr.)

**Urabandai Yacho-no-mori Scenic Trail**  
 Total length 3.4 km (approx. 2 hr.)

**Rengenuma Pond, Kyukamura Scenic Trail**  
 ... Total length 0.7 km (approx. 20 min.)  
 Within Kyukamura... Total length 2 km (approx. 50 min.)

**Nakasenuma Pond Scenic Trail**  
 Total length 1.2 km (approx. 30 min.)  
 1 circuit 4 km (approx. 1 hr.)

**Lake Sohara Lakeside Scenic Trail**  
 Total length 3.4 km (approx. 1 hr. 10 min.)

**Oguni Panoramic Trail**  
 Total length 6.0 km (approx. 2 hr. 30 min.)

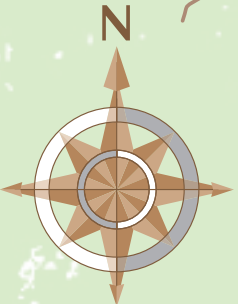
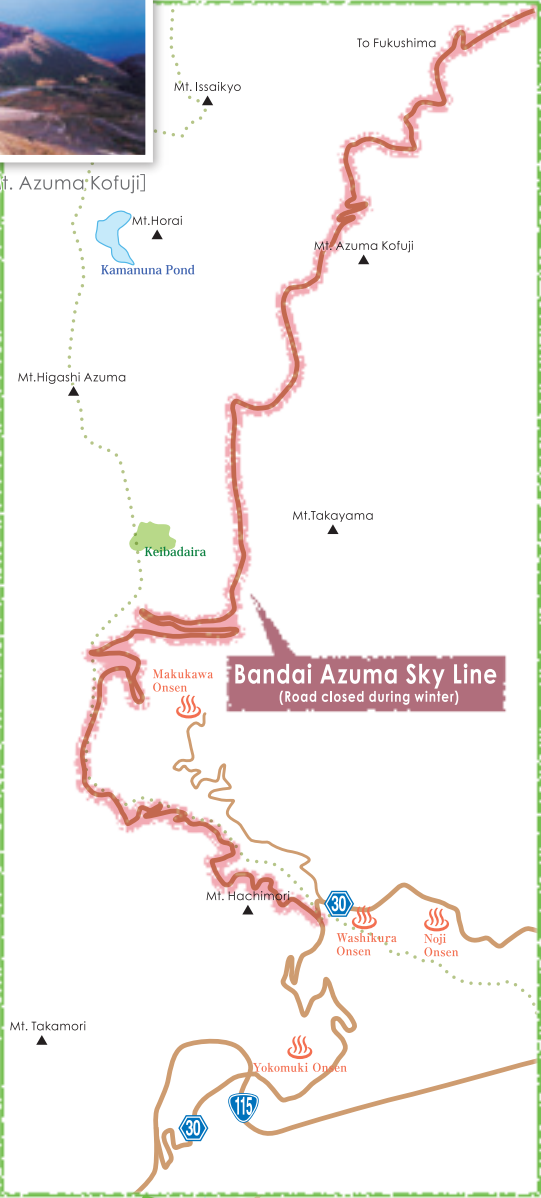
**Goshikinuma Ponds Nature Trail**  
 Total length 3.6 km (approx. 1 hr. 10 min.)

**Oguni Sesaragi Scenic Trail**  
 Total length 5.0 km (approx. 1 hr. 30 min.)

**Mt. Bandai climbing route**  
 Hoppodai trailhead... Total length 3.5 km (approx. 3 hr.)  
 Urabandai ski field trailhead... Total length 6.0 km (approx. 4 hr.)

**Nekomagadake Yamabiko Scenic Trail**  
 Total length 5.5 km (approx. 2 hr. 40 min.)

- ...Parking area
- ...Rest room
- ...Gas station
- ...Ski resort



# Bandai-Asahi National Park

## Urabandai

**Mt. Nishi Azuma Climbing Trail**  
Total length 5.5 km (approx. 4 hr.~4 hr. 30 min.)

**Wasezawa & Dekodaira Shizen Fureai Scenic Trail**  
Total length 5.3 km (approx. 2 hr.~2 hr. 40 min.)

**Lake Onogawa Lakeside Scenic Trail**  
Total length 6.1 km (approx. 2 hr.)

**Onogawa Fudotaki Fall Scenic Trail**  
Total length 1 km (approx. 30 min. /round trip, approx. 1 hr.)

**Akimoto & Nakatsugawa Valley Scenic Trail**  
Total length 1.5 km (approx. 30 min. /round trip, approx. 60 min.)

**Bandai Azuma Sky Line**  
(Road closed during winter)

**Bandai Azuma Lake Line**  
(Road closed during winter)

[Bandai Azuma Lake Line]

[Akimoto & Nakatsugawa Valley Scenic Trail]

[Mt. Bandai Gold Line]



## Nakatsugawa Valley

An exemplary spot at which to view autumn scenery. Here, we recommend walking in the valley bathed in negative ions. You won't fail to be moved by the contrast of the red and yellow leaves.



## Magarisawa Pond Osawanuma Pond

A popular spot for viewing autumn leaves. Enjoy the exquisite view of the foliage reflected in the lake.





When the temperature hits minus 20°C, the moisture in the air sublimates, creating "diamond dust," in which a cloud of diamond-like particles cover the snowy field.



## Yellow Fall

The volcanic material ejected in the eruption of Mt. Bandai freezes in the harsh winters, giving beautiful yellow waterfalls. Experience with your own eyes the unmissable art born of the nature of Ura-Bandai in winter.



## Eco-night fantasy (Held February)

The Urabandai Eco-night fantasy, in which the evening is filled with mysterious light. 3000 candles decorate the frozen surface of the lake.



# Hot springs



A wealth of springs! Relax in the wide variety of hot springs!



Urabandai Wasezawa Onsen "Horaiyu"



Oshio Urabandai Onsen



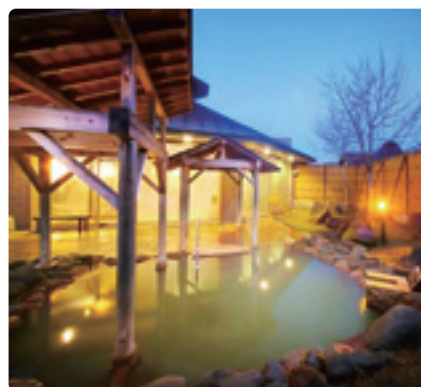
Urabandai Mirokunuma Onsen "Shiki-no-yu"



Bandai Kogen Urabandai Onsen



Nekoma Onsen



Bandai Kogen Kyukamura Onsen "Kogane-no-yu"



Goshiki Onsen



Deco Onsen "Buna-no-yu"



Sakuratoge Onsen "Goshiki-no-yu"



Bandai Hibara-kohan Onsen



Hibara Onsen



Kawakami Onsen



## Hospitable inns and hotels, surrounded by rich nature

### Hotels/Ryokan

Here, hotels and traditional Japanese Ryokan blend into the vast natural beauty of Urabandai. Revel in the feeling of being in a resort, surrounded by the richness of nature.

### Pensions

Pensions provide an at-home, friendly atmosphere. Their owners have varied and distinctive tastes, meaning you can select accommodation that matches your interests.

### Minshuku

Minshuku are a type of accommodation in which you are welcomed as if a member of the family. You can experience traditional Japanese culture, and with a more down-to-earth feel, there is a focus on warmth and atmosphere.

### Campsites

Campsites, popular with backpackers. Enjoy outdoor leisure such as boating, fishing, and other sports, and when you're hungry, eat your fill with a barbecue. Some campsites also have bathing facilities.

### Rental cottages

Rental cottages provide you with your own private space. In these, you can enjoy nature with your friends without having to worry about the neighbors, and enjoy relaxing in the comfortable surroundings.

## Leisure experience

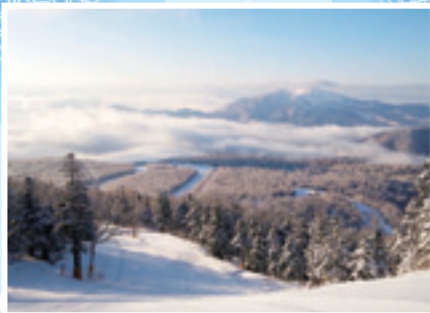
Urabandai, where you can enjoy leisure activities throughout all four seasons. Instead of merely observing, why not get active in the great outdoors?

## Skiing and snowboarding

Skiing and snowboarding—these are what spring to mind when we think of winter sports. Here in Urabandai, the abundance of snowfall and outstanding quality of the snow provide the ultimate in skiing and snowboarding. Courses abound, with something suitable for beginners right through to experts.



## Urabandai ski fields



### Grandeco Snow Resort

Courses ●  
Beginner (40%), intermediate (45%), Advanced (15%)  
Including kids' corner  
U R L ● <http://www.grandeco.com/>

Enjoy a ski field in which you can enjoy the forest atmosphere. This has as its centerpiece Decodaira from which it gets its name, and it's long courses will have you improving in no time!



### Urabandai Nekoma Ski Area

Courses ●  
Beginner (30%), intermediate (30%), Advanced (40%)  
Including kids' corner  
U R L ● <http://www.nekoma.co.jp/>

This is known for its intense character, with a focus on intermediate and advanced slopes, and is very popular with such visitors who want a good workout.



### Urabandai Ski Resort

Courses ●  
Beginner (40%), intermediate (30%), Advanced (30%)  
Including kids' corner  
U R L ● <http://www.Ura-Bandai-kougen.com/ski/index.html>

Courses with an outstanding view from the top. The gentle slopes are great for families, and perfect for relaxing and having fun. This also has courses for cross-country skiing.



## Snow-shoeing

Snow shoes mean that anyone can enjoy time on snow, without needing any special skills. Bird-watching, photography of harsh winter landscapes—the possibilities are endless.



## Ice fishing for lake smelt

The season starts in November, and from mid-January through to early March when the lake is covered with thick ice, you can enjoy fishing on the frozen lake. Rental equipment and facilities are also available, meaning you can show up empty-handed and enjoy relaxing while fishing for lake smelt in a small hut on the ice.



## Snowmobiling

The thrill of speeding through a world in white ...  
Why not experience the exhilaration this provides?

## Canoeing and kayaking

Enjoy traveling on the lake, its shining and changing colors in the sunlight, and reveling in its calm. Why not give it a try?



## Cycling

Cycling—the best way to experience the refreshing highland air. Rental bicycles mean you can enjoy the exhilaration of the beautiful lakeside courses.



## Hiking

Nothing beats hiking when it comes to experiencing the natural beauty Urabandai has to offer. Natural scenic trails have a total length of 80 km, and 19 types of course include those suitable for strollers and wheel chairs, through to those for experienced hikers. Guided tours are also available, so why not have a go?

## Urabandai dining

### Yamashio dining

A range of products made from natural "Aizu mountain salt" using hot spring water from Oshio Urabandai Onsen... Perfect for souvenirs from Urabandai!



Hand-made noodles made from soba harvested 800 m above sea level in Urabandai taste great, and are the perfect meal.



The wealth of Urabandai Yamashio



A range of delicacies, such as Aizu mountain salt sweets, and Aizu mountain salt yokan jelly!

### Yamashio ramen

Yamashio ramen, in which each shop shows off its own distinctive soup. The full taste of the mountain salt complements the taste of the soup.



# Buddhist Aizu

Aizu, to which Buddhism was introduced by the monk Tokuitsu-daishi. Aizu, with its long unbroken history.

During the Heian period, protesting the Buddhism of the capital, Tokuitsu-daishi founded Enchiji in the Aizu region (formerly, the head temple of Buddhism in Aizu). From here, Buddhist culture blossomed throughout the Aizu region, leading to the construction of many temples and shrines. Along with Nara, Kyoto, Kamakura, and Hiraizumi, this was counted as one of the five main centers of Japanese Buddhism, and it is host to many national treasures and national important cultural properties.

Take a step back from your everyday life, and immerse yourself in Aizu's long, unbroken history.



## The Enichiji Temple Remains

Built by the high priest Tokuitsu of the Nara Hosso sect, at the beginning of the Heian Period. In its heyday, Enichiji enjoyed much prosperity, with as many as 300 priests, several thousand warrior monks, and 3800 chapels. With Shinto regaining status as the official state religion in 1869, the temple was abolished, but a popular movement to reopen the temple led to it being reestablished in 1904 as Enichiji. This was designated a national historic site in 1970, and after the restoration was completed, the main hall was restored in 2008, and part of the complex opened to the general public.



## Ganjoji

An ancient temple built in 1227. With the 2.41m tall Aizu Great Buddha and attendants, this is an unusual grouping of these three in the Tohoku region, and has been designated a national important cultural property.

## Aizu Three Korori Kannon

Aizu's Three Korori Kannon are Koanji in Aizu Misato (Nakata Kannon), Eryuji in Aizu Bange (Tachiki Kannon), Nyohoji in Nishiaizu (Torioi Kannon). Visiting all three of these is rumored to eliminate gluttony, anger, and stupidity, ensure a long life, and guarantee a peaceful end.



Koanji Temple • Nakata Kannon



Eryuji • Tachiki Kannon



Nyohoji • Torioi Kannon

## Ouchijuku

This flourished as a waystation during the Edo Period, with over 30 thatched-roof buildings in rows. Only in Ouchijuku will you find the custom of eating soba noodles using long onions in place of chopsticks, in which these are also eaten as a flavoring.

[Approx. 1 hr. 40 min. by car from Urabandai]



## Kitakata

Kitakata, known as the "Kura no Machi" is also known for its ramen noodles. As well as ramen, you can enjoy unique types of soba, such as the Yamato and Miyako soba famous nationwide. Within the city stand many Kura storehouses that even now are still in use.

[Approx. 45 min. by car from Urabandai]



## Nearby attractions

Slightly further away from Urabandai are a range of other fascinating attractions. Each of these will present you with an exciting experience.

### Tsurugajo Castle [Aizuwakamatsu]

Castle town Aizuwakamatsu is the hub of the Aizu region, famous for the Byakkotai group of samurai, as well as other history and culture. Enjoy the nostalgic street-scapes, and dine on the sauce katsudon unique to Aizu.

[Approx. 60 min. by car from Urabandai]

### [Sample course]

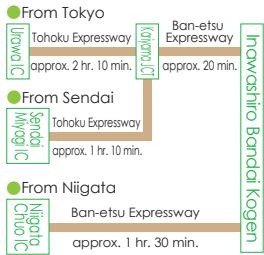
## Urabandai Kogen, Aizu, Tokyo Environs Tour, 4 nights, 5 days

- [Day 1] Narita Airport→Ouchijuku→Aizuwakamatsu Tsurugajo Castle→Urabandai (stay)
- …[Day 2] Urabandai→Goshikinuma Ponds→Lake Hibara (cruise)→  
Kitakata (walks around the "Kura no Machi," ramen)→Urabandai (stay)
- …[Day 3] Urabandai→Outdoor Activities (golf, hiking, canoeing, skiing/snowboarding, etc.)→Urabandai (stay)
- …[Day 4] Urabandai→Nikko Toshogu→Kengon-no-taki Fall→Tokyo/Asakusa→Tokyo (stay)
- …[Day 5] Tokyo→Narita Airport

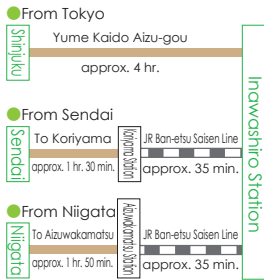


## [Access Guide]

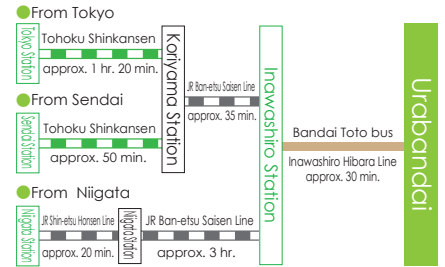
### [By car]



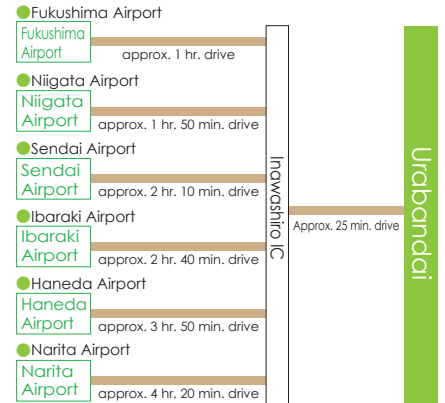
### [By highway bus]



### [By train]

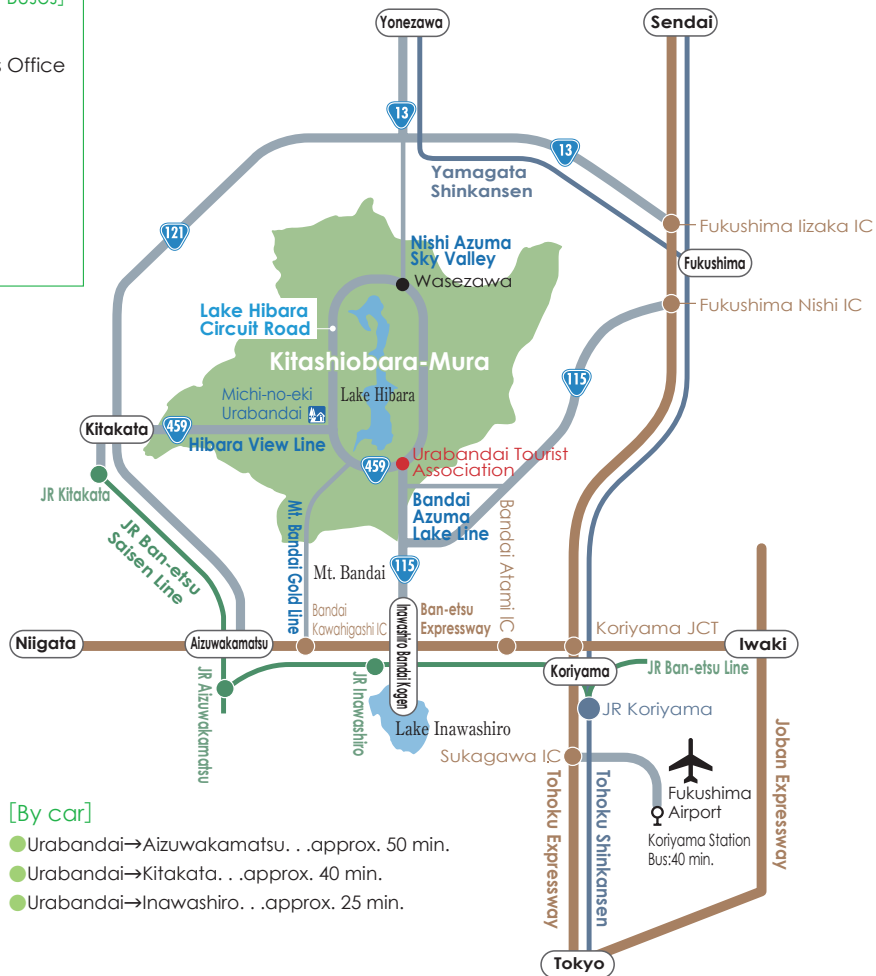


### [By plane]



### [Guide to Sightseeing Taxis and Buses]

- Bandai Toto bus  
Inawashiro Bandai Business Office  
☎0242-72-0511
- Inawashiro Taxi  
☎0242-62-3636
- Bandai Kanko Taxi  
☎0242-62-2364



## Urabandai Tourist Association

1093 Kengamine, Hibara, Kitashiobara-Mura, Fukushima Pref. 969-270, Urabandai Combined Government Building  
TEL.0241-32-2349 FAX.0241-32-3333

[www.urabandai-inf.com](http://www.urabandai-inf.com)

※Some composite images have been used in this pamphlet.