



Traditional performing arts and a mystical land To the hot spring town of Hanamaki



Hanamaki Hot Spring Area

Hanamaki has one of the most prominent hot spring areas in Japan. Hanamaki hot springs situated amidst the unique, rich nature of Iwate are the perfect place to relax with walks around the hot spring town and beautiful views of the valley from the outdoor hot spring baths.

A UNESCO Intangible Cultural Asset

Hayachine Kagura Dance

Kagura is a classical theatrical dance dedicated to the gods. The Hayachine Kagura Dance is said to have a history of over 500 years in the areas around the base of Mt. Hayachine and is a UNESCO intangible cultural asset.





Experience the appeal of Iwate at a hot spring ryokan

Hanamaki

花巻

Hanamaki Hot Springs

Soothe your weary body by soaking in a hot spring and then feast on the unique rural and traditional dishes of Iwate. You can experience a relaxing time of the finest quality surrounded by nature at one of the hot spring ryokans of Hanamaki by putting on a yukata and taking a walk around the area surrounding your accommodation or by just making yourself at home and reclining on the tatami floors. At Hanamaki Hot Spring Area you can experience the spirit of hospitality.





Hanamaki Festival

This festival that was started to honour the founders of the town has a history of 400 years. Resplendent festive floats and people dressed in kimono parade around the town.

Hanamaki

花巻

Deer Dance

This dance is said to be the dance of the souls of deer. It is a representative local performing art of Iwate where people put on a distinctive costume and mask in the image of a deer.

Discover the sights and culture of Hanamaki

Rasuchijin Association

This is a private school where the Japanese poet and author of children's literature Miyazawa Kenji gave lectures to the local farmers about agriculture and technology.

Miyazawa Kenji Dowa Mura (Village of Fairy Tales)

You can see exhibitions here that bring to life the appearance of the world of his children's stories including 'Matasaburo of the Wind' and 'Night on the Galactic Railway'.

Hanamaki Museum

You can see exhibitions here that showcase the history and culture of Hanamaki including artifacts from the stone age and everyday items from the lives of the samurai.





Mt. Hayachine

This is a famous mountain popular with hikers that has a large number of alpine plants and flowers including Hayachine usuyukiso which resembles Edelweiss.



Ginga Steam Locomotive

This steam train that was in regular use until 40 years ago was restored and now it mostly runs along the JR Kamaishi line as a tourist train.

Hanamaki



花巻



See the sights of Hanamaki



Kamabuchi Falls

This waterfall that flows over bedrock has a height of 8.5m and width of 30m. It's along a nature trail near to Hanamaki Hot Spring that makes for a nice walk.

To the mystical world of the works of Miyazawa Kenji

Miyazawa Kenji, an author loved by people in many countries, has had many of his works translated into other languages. Kenji, who was born in Hanamaki, gave Iwate the name Ihatov, an earthy paradise. Gaze on the nature and culture of Iwate on a trip that takes you around the scenes that inspired the works of the art-loving Kenji.



The café Rinpusha has Miyazawa Kenji goods on sale



Japanese Sake and Wine

Hanamaki is the home of Nanbu toji and Japanese sake making flourishes here. Naturally the sake made here with the highest quality rice and water by the skills of the master brewers is popular, but also the wine made here at the local wineries with grapes grown in Hanamaki has many fans too.

食

The Foods of Hanamaki

Wanko Soba Noodles

This is a unique dish of Iwate's food culture where people compete to see how many small bowls of soba noodles they can eat.



Come and experience the traditional food culture of Hanamaki that has been alive here from long ago



Nanbu Toji Museum

Exhibits about the equipment used by the Nanbu toji (chief sake brewer), one of the three major toji (sake brewers) of Japan, for making Japanese sake and the history of the sake are on display here.





Narushima Japanese Paper

This handmade Japanese paper is used for writing paper, cards and for furniture. Its strength and the simplicity of its texture are its appeal.



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Arts of Hanamaki



Give it a try!

Japanese Paper Making Experience

You can try your hand at making Narushima Japanese paper by hand using tree bark and traditional production methods.

Folk crafts of beautiful simplicity made using raw materials of the land



Hanamaki figures

Souvenirs of Hanamaki

Popular folk craft souvenirs of Hanamaki include Hanamaki umbrellas made with Japanese paper, Hanamaki figures and Hanamaki kokeshi dolls.



Hanamaki umbrellas

Hanamaki kokeshi dolls

Tono

遠野

Video clip

“Tono Monogatari (The Tono Tales)” and home of mythical creatures See indelible scenes of Japan



Tono Furusato Village

There are several traditional 'magariya' rural houses here and you can experience the traditional lifestyle of a rural village. Learning about farm work from the maburitto (guides) and experiencing their welcoming hospitality is a highlight of a trip here.





Denshoen Park

This is a place that feels like the home of folk tales with the thatched-roofed magariya (L-shaped farmhouses) and the Oshirado which enshrine Oshirasama deities that appear in the "Tono Monogatari".



Oshirasama



Kappa-Buchi Pool

This is the stream that the most famous mythical creature of the "Tono Monogatari", the Kappa, is said to dwell in. You may get to meet the legendary Kappa....



Tono

遠野

Tono Mystery Tour

500 Rakan (Buddhist Disciples)

500 rakan images are engraved onto natural stones along a mountain path to commemorate the victims of a famine in the Edo period.





Video clip



Video clip

Tono Festival

Various local performance arts can be seen at the autumn festival including kagura dancing, the deer dance and Nanbu bayashi. Mikoshi (portable shrines) are carried around the town and there is a sacred atmosphere in the air around town.

Tono



Video clip

Unedorisama Shrine

This is a small shrine that is said to be good for people seeking a marriage partner. Tie a red cloth with one hand and make a prayer for fulfillment in love.

Denderano

The place where old people were taken to live out the remainder of their lives as part of an old Tono custom was known as Denderano Field.

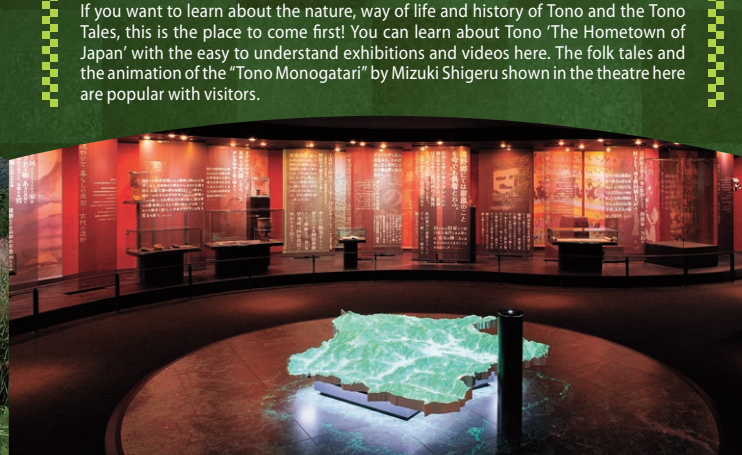
The Scenes of the "Tono Monogatari"

Tono Municipal Museum

If you want to learn about the nature, way of life and history of Tono and the Tono Tales, this is the place to come first! You can learn about Tono 'The Hometown of Japan' with the easy to understand exhibitions and videos here. The folk tales and the animation of the "Tono Monogatari" by Mizuki Shigeru shown in the theatre here are popular with visitors.

Tsuzukiishi Rock

This huge rock that appears in the "Tono Monogatari" is perfectly balanced on another rock. There are various reasons given for it being balanced as it is including it being a grave for the ancients.

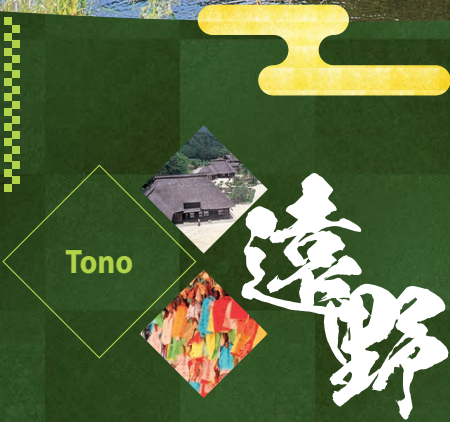




Takamuro Suikoen Park

This is an accommodation facility with a Nanbu magariya (traditional L-shaped farmhouse), a Japanese garden and a large heated bath. With a performing arts hall and exhibitions of objects used in daily rural life on display, you can find all the highlights of Tono under one roof.

Enjoy Tono's nature to the full



The "Tono Monogatari", a mysterious world inhabited by mythical creatures

The "Tono Monogatari", which is a compilation of legends and stories told and passed down the generations in Tono, is a famous piece of work well known in the fields of Japanese folklore studies and literature. Come and walk the landscape that resembles long ago and where it feels like you could meet a mysterious being or spirit like the Kappa, Oshirasama or Zashikiwarashi at any moment.



This is the house of Sasaki Kizen who told Yanagita Kunio, the author of the "Tono Monogatari", some of the folklore and legends of the Tono area.
*No trespassing as this is private property.



Kashiwagidaira Lake Resort

This is an activities center surrounded by the nature of the valley of Tono. In addition to viewing the night sky and cycling, you can also enjoy making soba noodles here.

Chotankei Gorge

This a scenic area well known as a great place for the autumn leaves. Come and enjoy this beautiful gorge with a river flowing over a number of granite steps that resemble a staircase.





Tono Genghis Khan

This is a barbarian-style BBQ of Tono where a fire is lit in a bucket, an iron pot put on top and then the meat grilled. Lamb is served here.



食

The Foods of Tono



Keiran

This is a local dish that looks like a chicken egg. It has a sweet taste and is comprised of a center made from the paste of boiled beans and an outer layer made from rice flour.

Come and taste traditional rural dishes that have passed down the generations of Tono



Hittsumi

This is a local dish in which fine strips of dough kneaded from wheat flour are boiled in a soy sauce soup with other ingredients including a variety of vegetables.





Doburoku

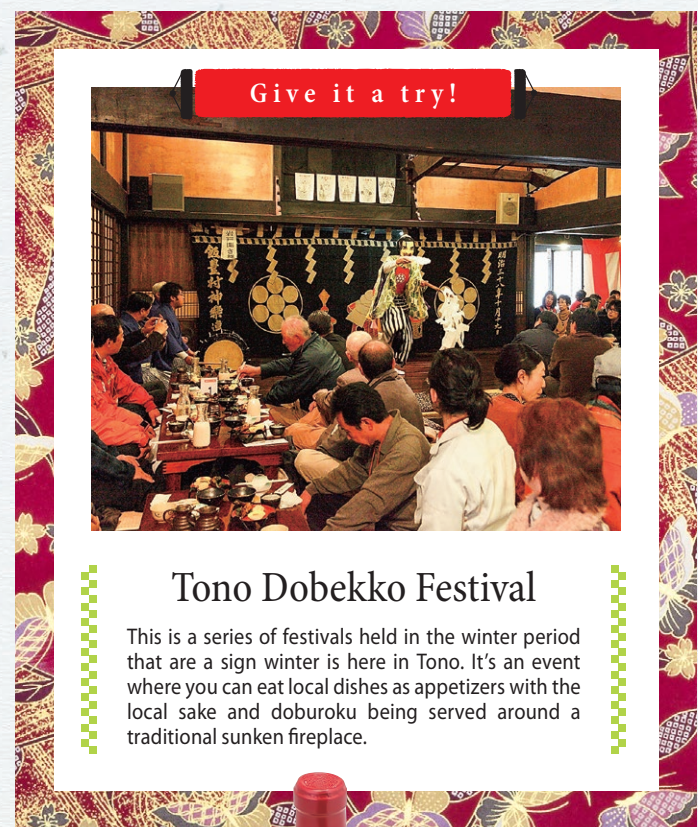
This local sake of Tono is also known as Dobekko. It's a very simple type of Japanese sake where the rice is just fermented and not filtered like regular sake.



酒

Sake of Tono

Delicious sake is also a highlight of a trip to Tono with its diverse food culture



Tono Dobekko Festival

This is a series of festivals held in the winter period that are a sign winter is here in Tono. It's an event where you can eat local dishes as appetizers with the local sake and doboroku being served around a traditional sunken fireplace.

Tono

遠野



Zumona beer

Souvenirs of Tono

In addition to doboroku (unfiltered sake) and Japanese sake, there are also local beers and mountain grape wines on sale here. Take one as a companion on your trip.



Wine

Local Japanese sake



Akita Prefecture

Kakunodate

Namahage and kiritanpo are famous in Akita Prefecture. Kakunodate used to be prosperous as a castle town and with the old samurai houses lining the town's streets, it possesses an elegant charm and is known as the 'Little Kyoto of Michinoku'.



Aomori Prefecture

Oirase Keiryu Mountain Stream

Aomori Prefecture is known for the Nebuta Festival. There are a number of waterfalls and clear streams to enjoy along Oirase Keiryu which flows out of Lake Towada. You can sense a closeness with the magnificent nature of this area here.



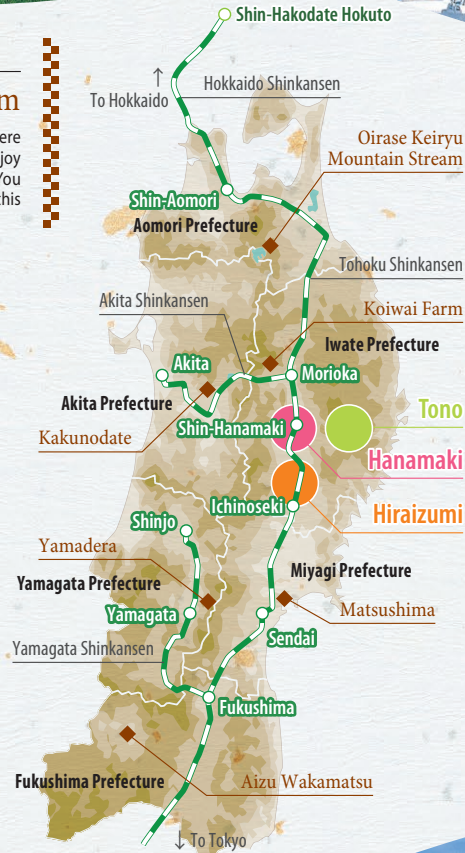
Iwate Prefecture

Koiwai Farm

Iwate Prefecture is famous as the home of Miyazawa Kenji. Koiwai Farm can be enjoyed by families throughout the year with its wide variety of attractions within its grounds in addition to the snow festival held here and the winter illuminations.



Main Tourist Spots of The Tohoku Area



Yamagata Prefecture

Yamadera

Yamagata Prefecture is known for the Hanagasa Festival. It is said that the famous Edo poet Matsuo Basho once visited Yamadera Temple. After you've climbed the 1,015 stone steps here, a wonderful panoramic view opens out before you and you feel like you're standing in mid air.

Fukushima Prefecture

Aizu Wakamatsu

Fukushima Prefecture is home to beautiful flowers and a great choice of hot springs. Tsuruga Castle, the symbol of Aizu Wakamatsu, has the only castle tower in Japan with red roof tiles. In spring around 1,000 cherry trees bloom in its grounds.

Miyagi Prefecture

Matsushima

Miyagi Prefecture is famous for Mori no Miyako (the city of trees), Sendai. Matsushima is ranked as one of top three views in Japan and its beautiful natural environment of the Pacific Ocean and its 260 islands is a huge draw card. The view of Matsushima Bay from each of the Shidaikan (four observatories) is wonderfully picturesque.

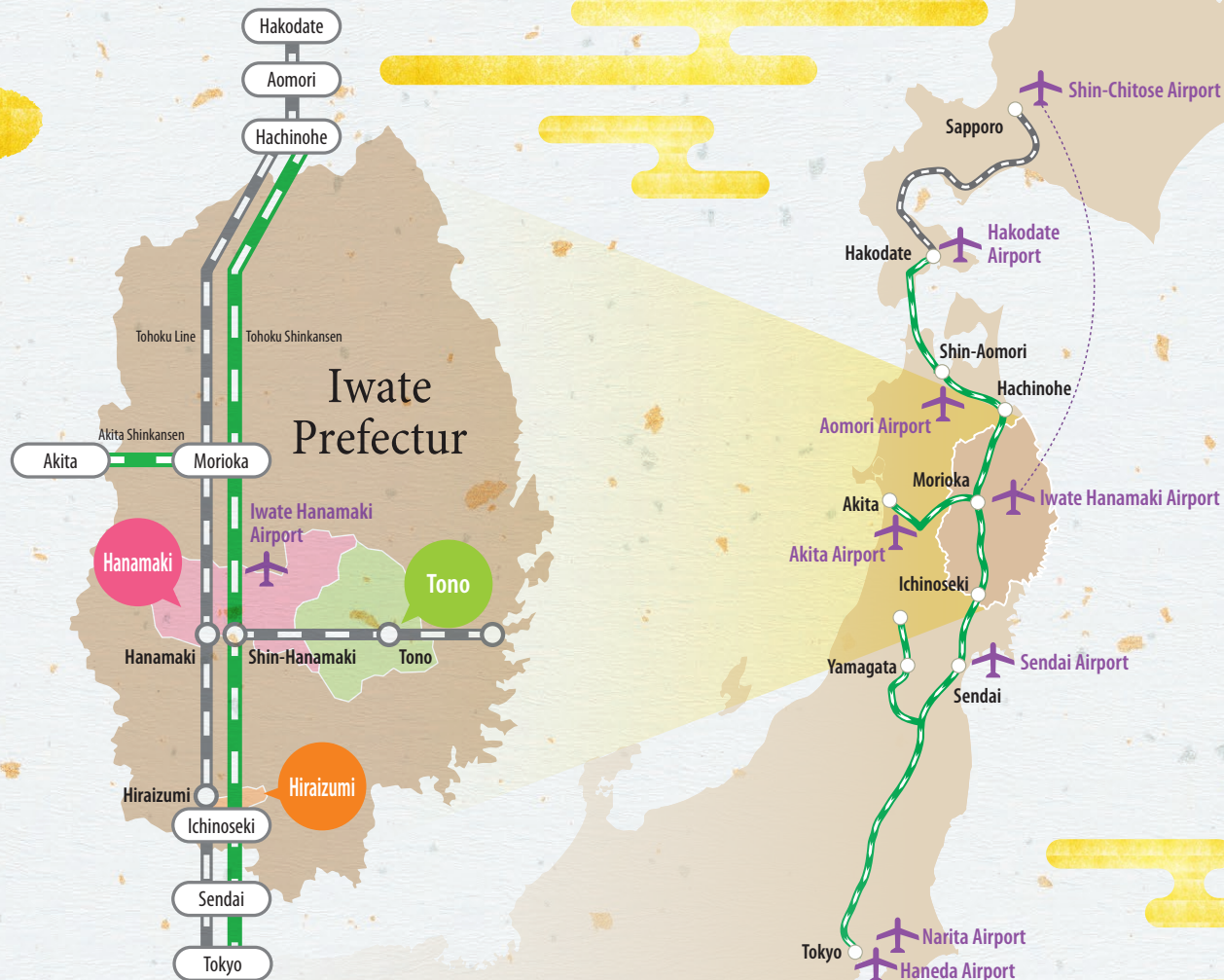


Iwate, A Mystical Trip

Digital Guidebook for **Hiraizumi**, **Hanamaki** and **Tono**

Transport Information

 Aomori Airport	Hiraizumi Sta. ▶ About 3hrs 20mins
	Shin-Hanamaki Sta. ▶ About 2hrs 30mins
	Tono Sta. ▶ About 3hrs 40mins
 Akita Airport	Hiraizumi Sta. ▶ About 3hrs 30mins
	Shin-Hanamaki Sta. ▶ About 2hrs 50mins
	Tono Sta. ▶ About 4hrs
 Narita Airport	Hiraizumi Sta. ▶ About 3hrs 40mins
	Shin-Hanamaki Sta. ▶ About 3hrs 30mins
	Tono Sta. ▶ About 5hrs
 Haneda Airport	Hiraizumi Sta. ▶ About 3hrs 20mins
	Shin-Hanamaki Sta. ▶ About 3hrs 10mins
	Tono Sta. ▶ About 4hrs 20mins
 Sendai Airport	Hiraizumi Sta. ▶ About 1hr 30mins
	Shin-Hanamaki Sta. ▶ About 1hr 30mins
	Tono Sta. ▶ About 2hrs 40mins
 Shin-Chitose Airport	Hiraizumi Sta. ▶ About 2hrs
	Iwate Hanamaki Airport ▶ About 1hr
	Tono Sta. ▶ About 2hrs 10mins
 Hakodate Airport	Hiraizumi Sta. ▶ About 4hrs 20mins
	Shin-Hanamaki Sta. ▶ About 3hrs 50mins
	Tono Sta. ▶ About 5hrs



平泉

General incorporated association **Hiraizumi Tourism Association**

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花巻

General incorporated association **Hanamaki Tourism Association**

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遠野

General incorporated association **Tono Tourism Association**

Postcode: 028-0522 5-8 Shinkoku, Tono, Iwate
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<http://www.tonojikan.jp>