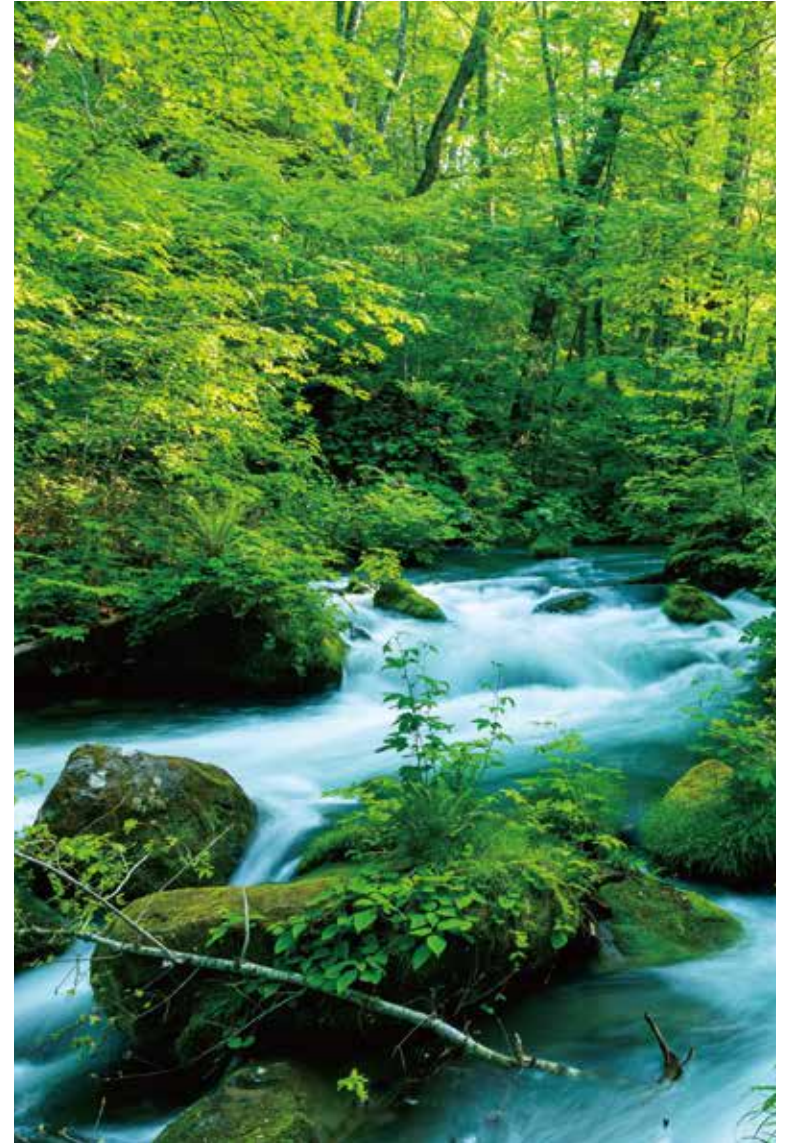


青森县的  
自然公园

# 雄绝 伟景

青森

*Guide  
book*



悠久的四季色彩，永续未来



Aomori is an unexplored location in the north with flowers blossoming in spring and the blue ocean shining in summer. When the trees turn a burning red in autumn, it will soon be winter, a world of white and silver. The incredible scenery of mother nature will steal your heart. As one interacts with nature, slowly walking along a mountain road or shore, one begins to feel in awe of nature's majesty.

Be in awe of nature

# Aomori's Nature Parks

Enclosed by the ocean on three sides, the climate differs between the Sea of Japan side and the Pacific Ocean side, allowing Aomori to boast of a wide variety of landscapes and plants. Aomori has 11 nature parks with outstanding scenery.

## National Park

Towada-Hachimantai National Park



Sanriku Fukko (Reconstruction) National Park



## Quasi-National Park

Shimokita Hanto Quasi-National Park



Tsugaru Quasi-National Park



## Prefectural Natural Park

Asamushi-Natsudomari Prefectural Natural Park



Owani Ikarigaseki Onsenkyo Prefectural Natural Park



Nakuidake Prefectural Natural Park



Ashino Chishogun Prefectural Natural Park



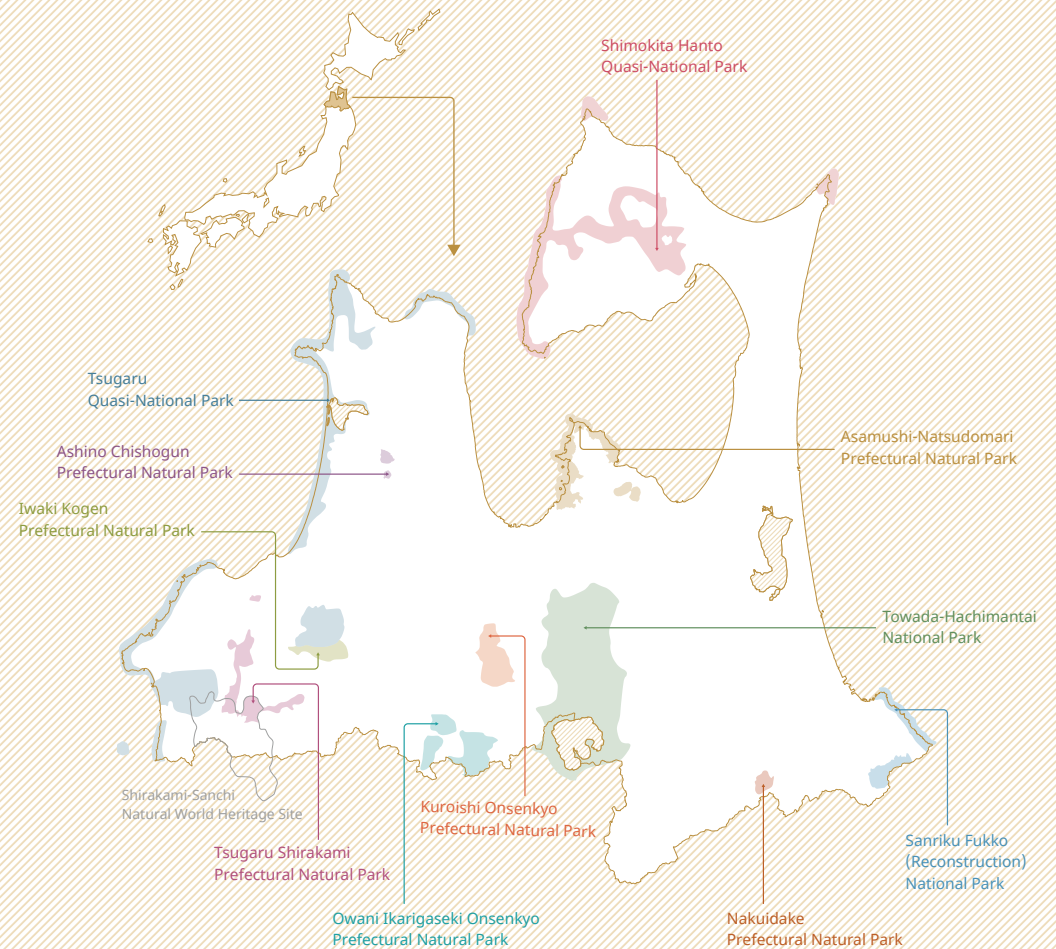
Kuroishi Onsenkyo Prefectural Natural Park



Iwaki Kogen Prefectural Natural Park



Tsugaru Shirakami Prefectural Natural Park







Towada-Hachimantai National Park stretches across Aomori, Iwate, and Akita Prefectures. Both Lake Towada and Oirase Gorge have been certified as Special Places of Scenic Beauty and Natural Monuments by the Japanese government. Every year, countless tourists visit the area to view Oirase's fresh greenery in spring and the changing colors of Tsutanuma in autumn. During winter, Mt. Hakkoda is covered in fantastic ice-covered trees known as "snow monsters," and the area presents the varying faces of nature throughout the four seasons.

Registered on February 1, 1936  
38,358 ha (Aomori section)  
Associated municipalities:  
Aomori City, Towada City,  
Kuroishi City, Hirakawa City

Plants in the Park



Broad dwarf daylily



Cotton-grass

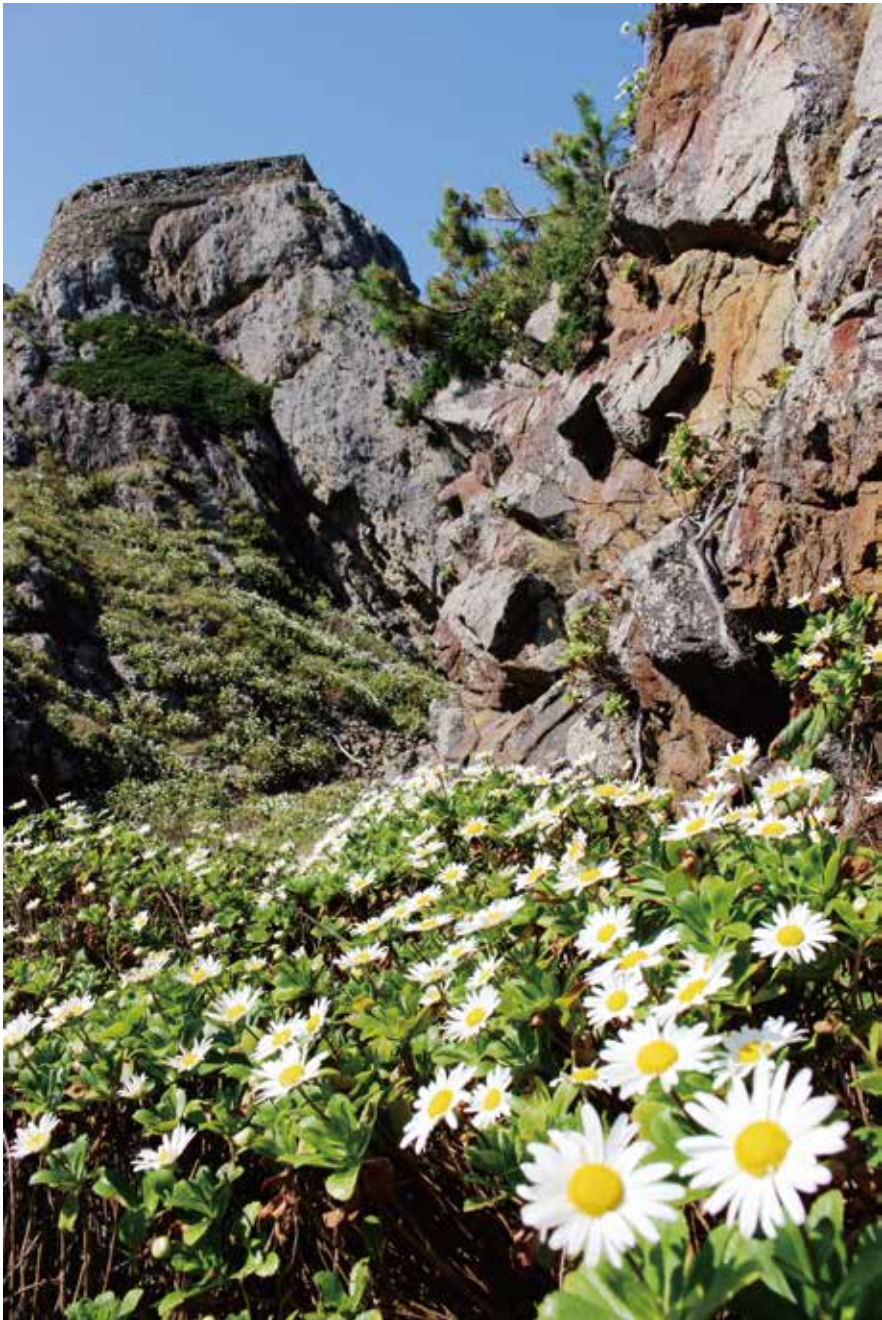


Bog asphodel



Sundew





The Sanriku Fukko National Park was built as part of the effort to revitalize Sanriku, the coastline struck by the Great East Japan Earthquake. All along the Tanesashi Coast in Hachinohe City, Aomori, one finds gigantic, oddly shaped rocks and sandy beaches, as well as over 500 types of wildflowers and plants including Nippon daisies. From the shore, one can see Kabushima Island, a famous breeding ground for black-tailed gulls. Mt. Hashikami in the town of Hashikami is also a popular spot for torch azaleas.

Registered on May 24, 2013  
2,423 ha (Aomori section)  
Associated municipalities:  
Hachinohe City, Hashikami Town

Plants in the Park



Torch azalea



Nippon daisy



Adonis multiflora



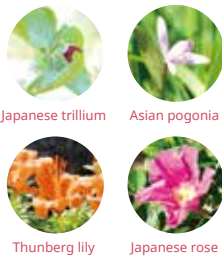




Shining white against the backdrop of the blue sky, the Shiryazaki Lighthouse offers a view of the Tsugaru Strait and Pacific Ocean. Farm horses known as “Kandachime” can be seen all around, their manes billowing in the wind. The park is also known for mystical spots such as Mt. Osore, one of Japan’s three most sacred places, and Hotokegaura, a series of rock formations carved by years of rough tides. The park has a unique natural landscape thanks to the harsh yet beautiful nature of this northernmost part of Honshu.

Registered on July 22, 1968 18,641 ha  
Associated municipalities: Mutsu City, Oma Town, Higashidori Village, Sai Village

Plants in the Park



Japanese trillium

Asian pogonia

Thunberg lily

Japanese rose







17 | After the moonlit night ... | Moriyama Coast



The Tsugaru Quasi-National Park consists of the coastal area stretching from the northern Tsugaru Peninsula to the Akita Prefecture border as well as Mt. Iwaki and various lakes. Mt. Shirakami, part of the world heritage Shirakami Sanchi mountain range, the Lake Juniko area that includes Aoike Pond, and the coastal terrace topography of Cape Takanosaki and Cape Odose showcase the changing face of nature. Mt. Iwaki, the tallest mountain in Aomori with a height of 1,625 m, is a place of mountain worship that attracts countless visitors.

Registered on March 31, 1975  
25,966 ha  
Associated municipalities:  
Hirosaki City, Goshogawara City,  
Tsugaru City, Sotogahama Town,  
Imabetsu Town, Nakadomari Town,  
Ajigasawa Town, Fukaura Town

Plants in the Park



Keyflower



Cassiope



Weigela



Broad dwarf daylily

18 | Wakitsubo Pond | Lake Juniko

19 | In the sun shining through the trees | "Ruddy Kingfisher" at Lake Juniko

20 | Colony of broad dwarf daylilies | Bense Marsh



Overlooking Mutsu Bay, Asamushi Onsen showcases the islands of Yunoshima, Hadakajima, and Kamomejima scattered in the ocean. Yunoshima is home to thousands of Asian fawnlilies, a plant whose leaves and flowers here are nearly double the size of those seen elsewhere. Protruding into Mutsu Bay is the Natsudomari Peninsula, which is about 45 km all around. On the eastern side of the peninsula lies Asadokoro Beach, a registered Special Natural Monument that attracts thousands of migrating swans each year. One may forget the passage of time while admiring the incredible view and graceful swans.

Registered on June 10, 1953 4,964 ha  
Associated municipalities: Aomori City, Hiranai Town

Plants in the Park



Anemone pseudo-altaica



Japanese camellia



Corydalis ambigua



Asian fawnlily



Owani Onsen boasts of some 800 years of history. Every spring, Chausuyama Park, which overlooks the village, is carpeted with over 10,000 almost blindingly bright azaleas. Meanwhile, Mikasayama Park in Ikarigaseki Onsen is famous for its hydrangea and autumn leaves, offering magnificent views of the onsen village and surrounding mountains. The entire park is enveloped in natural cedar trees, and the famous gigantic rock known as the "stone tower" lies deep in the mountains, standing alongside towering cedar trees.

Registered on June 10, 1953  
6,730 ha  
Associated municipalities:  
Hirakawa City, Owani Town

Plants in the Park



Azalea

Hydrangea

Canola flower



Since ancient times, Nakuidake has been a sacred mountain in the Nanbu region. Halfway up the mountain is the famous Hakkazan Hokoji Temple, and the approach is lined with pine trees. The temple grounds contain Joyoto, a three-story pagoda that houses the oldest Śāriira in Japan. Serene and quiet, it is a spirit-cleansing experience to stand there. Meanwhile, Hase Peony Park with its thousands of peony blossoms is a joy to visit from May to June.



Registered on October 25, 1956  
1,076 ha  
Associated municipalities:  
Sannohe Town, Nanbu Town



Plants in the Park



Viola yezoensis



Peony



Veronica rotunda var. subintegra



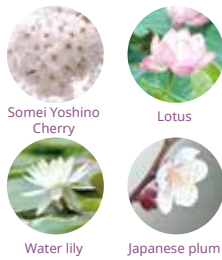
Usuzaki violet



The Ashino Chishogun Prefectural Natural Park is centered around the Fujieda Reservoir, also known as Lake Ashino in Goshogawara City, and the Osawanai Reservoir in Nakadomari Town. These reservoirs help maintain the paddy fields of the vast Tsugaru Plain and are home to aqueous plants and migrating birds. In spring, cherry blossoms fill Ashino Park, a scene that becomes absolutely unforgettable as the train on the Tsugaru Railway drives through the tunnel of flowers.

Registered on October 14, 1958 612 ha  
 Associated municipalities: Goshogawara City, Nakadomari Town

Plants in the Park



Somei Yoshino Cherry

Lotus

Water lily

Japanese plum





Registered on October  
14, 1958  
5,100 ha  
Associated municipalities:  
Kuroishi City,  
Hirakawa City

Plants in the Park



Jewelweed



Touch-me-not balsam

Kuroishi Onsenkyo Prefectural Natural Park enjoys the bounties of being close to the Aseishigawa River. The water originates from Mt. Hakkoda, streaming down unapproachably steep mountains before finally flowing into Aseishigawa Dam. Along the way, several hot springs form the Kuroishi Onsen Village. The burning crimson of Nakano Momiji-yama is especially captivating. Also, don't miss the view of Fudo Falls from Fudo Bridge, which looks like a painting done against a background of autumn colors.





Iwaki Kogen Prefectural Natural Park sprawls across the southern foot of Mt. Iwaki, a sacred mountain worshipped locally for centuries. Iwakiyama Shrine is known as another Nikko, with its ancient history and solemn atmosphere amplified by the dark cedar forests. In spring, 6,500 wild cherry trees blossom over a total distance of 20 km, starting from Sakurabayashi Park in the highlands – a scene that has been called the most amazing cherry blossom promenade in the world.

Registered on October 14, 1958  
2,587 ha  
Associated municipality: Hirosaki City



Plants in the Park



Cerasus  
jamasakura



Tsugaru Shirakami Prefectural Natural Park offers attractive gorges and waterfalls. Water from Kurokuma Falls flows slowly down Akaishi Stream, which is a great spot for effortlessly getting in touch with nature. By contrast, Anmon Stream is a place that gives a sense that nature can be harsh, even downright terrifying. Travelling upstream along the steep rock faces, visitors arrive at Anmon Falls, which features three waterfalls. The Akaishi and Anmon Streams are both miracles born from the blessings of the Shirakami mountain range, which has stood tall and unchanging for 8,000 years.

Registered on July 7, 1981  
 5,341 ha  
 Associated municipalities:  
 Ajigasawa Town, Nishimeya Village

Plants in the Park



Monotropastrum humile



Amur adonis



Shortia



Wild chloranthus

## How to Get There

### Towada-Hachimantai National Park

Lake Towada/ about 3 hours and 10 minutes (summer) or 4 hours (winter) by JR bus from JR Shin-Aomori Station

### Sanriku Fukko (Reconstruction) National Park

Tanesashi Coast/ about a 5-minute walk from JR Tanesashi Kaigan Station

### Shimokita Hanto Quasi-National Park

Cape Shiriyazaki/ about a 20-minute walk from Shiriyazaki bus stop via Shimokita Kotsu Bus (no operation in winter)

### Tsugaru Quasi-National Park

Lake Juniko (Aoike)/ about a 10-minute walk from Oku Juniko bus stop via Konan Bus (no operation in winter)

### Asamushi-Natsudomari Prefectural Natural Park

Natsudomari Peninsula (Oshima)/ about 20 minutes by car from Kominato Station on the Aomori Railway Line

### Owani Ikarigaseki Onsenkyo Prefectural Natural Park

Chausuyama Park/ about a 15-minute walk from Owani Onsen Station on JR Ou Main Line

### Nakuidake Prefectural Natural Park

Mount Nakui/ about 10 minutes by car from Suwanotaira Station on the Aomori Railway Line

### Ashino Chishogun Prefectural Natural Park

Ashino Park/ Ashino Park Station on the Tsugaru Railway

### Kuroishi Onsenkyo Prefectural Natural Park

Nakano Momiji-yama/ about a 1-minute walk from Nakano Jinja Mae bus stop via Konan Bus

### Iwaki Kogen Prefectural Natural Park

Iwakiyama Shrine/ Iwakiyama-jinja-mae bus stop via Konan Bus

### Tsugaru Shirakami Prefectural Natural Park

Anmon Falls/ about 30 minutes by taxi from Nishimeya Village Hall (road closed in winter)

## Award Winners of "To Preserve and Pass onto the Future:

### Aomori's Nature Park Photography Contest"

01



The Milky Way at the Kayano Highlands | Akira Tsutsumi

02



Shining autumn | Kazuko Kudo

03



Captivating fresh greenery | Akira Tsutsumi

04



Hakkoda in early spring | Takashi Nakayama

07



Nippon daisies by the water | Ryuichi Kitayama

08



Torch azaleas blooming on the Obiraki Plain | Ryuichi Kitayama

09



Dramatic flight of gulls | Ryuichi Kitayama

10



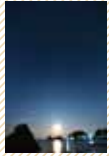
Blessings | Ryo Nakata

12



View from the Shiriyazaki Lighthouse | Akira Tsutsumi

17



After the moonlit night ... | Takuto Sato

18



Wakitsubo Pond | Takashi Nakayama

19



In the sun shining through the trees | Takuto Sato

21



Shining wings | Akira Tsutsumi

22



Panoramic view of Asamushi | Akira Tsutsumi

23



The Asian fawnlilies of the Natsudomari Peninsula | Akira Tsutsumi

31



Transient dance in the hills | Shigeo Kudo

32



A scene to conserve – the Tsugaru Railway & cherry blossoms | Yumiko Hatayama

35



Fudo Bridge in burning colors | Kazuko Kudo

36



Fudo Falls | Kazuko Kudo

42



Akaishi Mountain Stream | Tsutomu Soma