



Don't miss it.

Mt. Hashikamidake Mountain View

Mt. Hashikamidake has different faces according to the season and boasts many highlights. Enjoy hiking listening to the songs of birds and fresh breeze.



A Toyabe, start of the Mt. Hashikamidake trail
Toyabe is the most popular route among hikers. The trail splits into a family-friendly green course and an intermediate red course. It is 4,550m to the summit and takes 2 hours.



B Tashiro, start of the west route
The west course starts at Tashiro where you can enjoy a park. It is 6,200m to the summit and takes 2.5 hours.



C Shirushitai
A mid-point of the trail. A restroom, gazebo, and parking lot are available and it takes an hour to get to the summit from here.



D Oyamatsumi Shrine (Tsukushi-mori Forest)
This shrine sits halfway up the mountain. It was built in 1961 to provide a space to respect mountains and forests.



E Ishinokura Observation Point
This observation deck is marked with a large rock. Enjoy the splendid panoramic view of the Hachinohe city center and Hakkoda Mountains from here.



F Obirakitai
This is the final point of the road where wild azaleas form colonies. The trail is moderate all the way to the summit from here and it takes 30 mins.



G Mt. Hashikamidake Tsutsujinomori Camp Site
This camp site offers a spectacular view at the 7th station of the mountain. 11 designated spots for campers with vehicles, free sites, a cooking area, and a flush toilet are available. There is also a well-preserved nature trail. It takes about 40 mins to the summit.
●Contact Hashikami-cho Industry Promotion Division for details at 0178-88-2111(8:15-17:00 on weekdays)



H Ryujinsui
There is very rare spring water found near the summit. It is supposedly from the Ryujin (dragon deity) in the Zenpoji Temple in Tsuruoka, Yamagata. It is the god of rain and water.



I Mt. Minamidake Summit
Mt. Minamidake (739m) is 1,170m from the summit of Mt. Hashikamidake. You can see Mt. Iwate in the distance on a clear day.

Sanriku Fukko National Park Mt. Hashikamidake Hiking Map

Caution!

Warnings for hikers

- There are more courses in addition to the red and green courses. Beginners are advised to follow the red or green arrows to stay on the designated trails.
- Pay careful attention when you cross a road as cars may come.

Course signs		
	Distance (summit)	Required time
● Red course (for adults)	4,790m	Approx. 2hr
● Green course (for families)	4,550m	Approx. 2hr

For drivers

- Once you pass the 7th station, the road becomes narrower and is not suitable for large vehicles including buses. Please use the parking lot at Fureai Ranch.
- Standard-sized cars can be parked at the 8th station parking lot in Obirakitai.
- The road is closed in the winter.

