

Amihari Onsen: The Oldest Hot Springs in Iwate

The Amihari Onsen hot springs, said to be the oldest in Iwate, are thought to have been discovered long ago in the early eighth century. Located at the southern foot of Mt. Iwate at an elevation of 750 meters, the waters draw their heat from the nearby volcano Mt. Inukurayama. During the Edo period (1603–1868), worshippers of a mountain deity in the Shizukuishi River area forbade people to bathe in the hot springs, and the area was closed off with a net. This gave rise to the hot spring's name: "ami" means "net" and "hari" means "stretch."

Amihari Open-air Onsen: Sennyō no Yu

Sennyō no Yu is an outdoor bath located next to Kametaki Waterfall along the walking trail from Kyukamura. The water is very hot, as the source is nearby, but it can be adjusted to a more comfortable temperature by allowing cooler river water to flow in. While soaking, bathers can enjoy seasonal scenery from the bright greens of spring to the brilliant colors of fall foliage. Sennyō no Yu is closed during the winter months due to heavy snowfall.