

## Hiking in the Matsukawa Onsen Hot Spring Area

Matsukawa Onsen has been a beloved hot-spring resort since the middle of the Edo period (1603–1868). It is also the site of Japan's first geothermal power plant. The area has an abundance of spots for nature lovers to explore, including pristine forests, marshlands, flower meadows, and rock formations left behind by volcanic activity. Visitors can enjoy hiking from spring to fall, camping and mountain-stream fishing in summer, and skiing in winter.

Matsukawa is the trailhead for three hiking courses traversing the mountains and heading toward Mt. Gentagadake, Mt. Mitsuishi, and Mt. Ubakura. Along the way, hikers can take in panoramic views from the mountain peaks and ridges, and seasonal flora like flowering alpine plants.

This area is part of Towada-Hachimantai National Park, so help keep it clean and tidy by following a few simple rules:

Collecting or destroying plant life is punishable by law.

Please refrain from bringing pets into the park, in order to protect the flora and fauna in the area.

Littering in the park is prohibited. Any waste or garbage should be removed for disposal outside the park.

For safety reasons, mountaineers are required to submit climbing plans before attempting the peaks.

The weather in the mountains can change quickly. Hikers are encouraged to prepare for the sudden onset of cold and wet conditions.