

Emperor's Room and Seven Rocks Trail (Visitor Center Area)

Distance: 1.6 km

Duration: 50 minutes (loop)

Nearest Bus Stop:

- Get off at Nanatsu Iwa Suspension Bridge and walk to the trailhead at the Shiobara Visitor Center (300 m, 7-minute walk)

Trail Overview:

Seven Rocks Trail is an easy walk through Maeyama National Forest that follows a curve in the Hoki River near Shiobara Onsen Visitor Center and Emperor's Room Memorial Park.

The trail begins along the same route as Yashio Trail, then makes a loop of about 200 meters through an old forest of Japanese fir, Japanese oak, and pin oak before passing in front of Emperor's Room Memorial Park. It then follows the course of the Hoki River, where many large boulders are visible in the distance. The path takes a detour across the Nanatsu Iwa Suspension Bridge before doubling back. From there, the trail finishes with a short walk through the forest to the west of the Visitor Center.

Highlights:

Nodachi Rock

This is one of the largest boulders in the Hoki River. Several legends tell of a feudal lord who camped overnight on the rock when passing through Shiobara.

Seven Rocks (Nanatsu Iwa) and Nanatsu Iwa Suspension Bridge

A group of seven very large rocks with interesting shapes are clustered together in the Hoki River. The bridge is a good place to view the rocks and is a shortcut from Nanatsu Iwa bus stop to the Visitor Center.

Nanatsu Iwa Footbath

This free footbath is located near the bus stop on the opposite bank of the river from the Visitor Center. It is open year-round and is a good place to view azalea blossoms in the spring and colorful foliage in autumn.

Emperor's Room Memorial Park

The park includes a portion of the former Shiobara Imperial Villa and is surrounded by

a traditional Japanese garden. The villa contains furniture, clothing, and various items that were used by emperors and their families while visiting Shiobara.