

Local specialty

Moritake Junsai-nabe Hotpot

A wonderful gift from bountiful nature

Junsai(water shield)

This aquatic plant is a local delicacy used in hotpot and tempura dishes. Its gelatinous coating and smooth texture are exquisite!



We have a wide range of fresh local vegetables and junsai here

Junsai no Yakata

◆Contact TEL 0185-72-4355

Junsai no Yakata (Water Shield Hall) is a large timber building located on Route 7 in Yamamoto. Junsai, fresh fruit and vegetables are sold seasonally. You can also enjoy another local specialty, Shitobashi buckwheat noodles from the food corner inside.



An array of local delicacies

Melodian Farmers' Market

◆Contact TEL 0185-72-1118

This farmers' market is on Route 101 in the Hachiryu area. Its large sales area brims with locally picked fresh fruit, vegetables, and fresh flowers.

Delicacies of Mitane Town

Plums

Plums are a local specialty and tourist resource in the Kotooka area. There is also a range of products that have plums as an ingredient.

Kohaja is the local name for 'natsuhaze', a variety of wild mountain blueberry.



Wild blueberry soft serve ice cream is available at the 'Takaishino' restaurant in Sunbario.



Plum juice

Boiled junsai (bottled)



Iwakawasuikeimai Akitakomachi Rice

It has long been known that land near the Mitane River produces delicious rice. The Akita Komachi rice grown here is exceptional due to the combination of fertile soil, wide temperature fluctuations, and the passion of its farmers.



Hachiryu Melon

Hachiryu is known nationally not only for its 'Thank You' brand but also as a notable melon-producing area.



Broad Beans

Broad beans grown in the Kotooka area are used to make fermented bean paste and dumplings, both sold at Green Pia.

[Magokoro Bean Sauce] is a rare, mild-tasting fermented bean paste made from domestically produced beans.



Freshly pan-fried Kotooka dumplings can be eaten at the restaurant 'Takaishino' in Sunbario.

The gyoza dumpling wrapper is made from Akita Komachi rice flour and the filling is flavoured with fermented bean paste. They can be enjoyed without sauce!



We have pride in our abundant gifts from nature

Green Pia - Direct sales store

◆Contact TEL 0185-72-2299

Our direct sales store is situated inside Road Station Kotooka. We have a wide variety of processed products using local ingredients and freshly grown vegetables to offer. You can also engage in some practical activities or enjoy a meal at Sunbario Experiential Learning Center.

Spicy bean flavored soft serve ice cream



One of the top-selling local produce shops in Akita!

Dragon Fresh Center

◆Contact TEL 0185-85-3116

The direct sales store of agricultural products is located in the Hachiryu area. It is clearly recognized by its dragon towering high into the sky. It sells melons and other products grown by local farmers with great care.



Proud to be Japan's leading producer of Junsai (water shield)

The majority of junsai (water shield) ponds are situated in the Moritake area of Mitane Town. Junsai is an aquatic plant that needs clean water to grow in. Small boats can be seen harvesting junsai during spring and summer.

A charming early
summer tradition



Try your hand at
junsai picking!



Be the best junsai picker!

Do you want to be a world champion?

Junsai Picking World Championship

The person who picks the most junsai within the one-hour time limit wins. It is as simple as that! For competition entry details, please check Junsai Japan homepage in early May.

Contact

Moritake Junsai Promotion Council of Mitane Town
(Business, Commerce and Tourism Section)
TEL 0185-85-4830



Enjoy Nature



Kanabotoke-ume Park

D-3

There are around 2000 plum trees in the park in which you can enjoy plum blossom viewing in spring and plum picking in summer.

Souzaburo Marshland Park

D-3

The park is situated near the entrance to the Moritake Onsen area. It bustles with walkers, picnickers, and anglers when the cherry trees surrounding the lake are in blossom,

Sand Sculpture Festival

Sand Craft in Mitane

Sand Craft is the biggest summer event in Mitane Town. It is held at Kamayahama Beach, one of 'The Best 100 Beaches in Japan'. The sand sculptures are created using a special method that is environmentally friendly. Numerous visitors are drawn to the event for its distinctly original sand statues every year.



Feel free to visit the beach anytime from mid-July to see the sand sculptures being made.

Contact

Business, Commerce and Tourism Section
TEL 0185-85-4830



Kamayahama Beach

Sunset Beach

Kamayahama Campground A-2

Contact Business, Commerce and Tourism Section

TEL 0185-85-4830



Hot spring

Day visitors **welcome!**

Moritake Onsen Area

Moritake Onsen was accidentally discovered in a rice field when hot water suddenly gushed out of the ground while drilling for oil in 1952. The onsen has continued to draw visitors ever since. Its weak alkaline, colorless, and transparent solution is famous for its saltiness. The nutrients in the water make it extremely good for the skin.

- Nutrients sodium calcium chloride (63°C at source)
- Treats cuts, burns, chronic skin disease, and chronic gynecological disease

Moritake Onsen Area **D-3**



●Moritake Onsen Hotel
TEL 0185-83-5522
Japanese/western rooms and western rooms for up to 50 guests



●Hotel Moriyamakan
TEL 0185-83-3300
Japanese rooms and western rooms for up to 120 guests



Welcome!



Kappa Footbath (Free)

There is a legend about a kappa (water spirit) in the Kakusukenuma area.

Moritake Onsen Yuparu

TEL 0185-83-4641



A health and relaxation center at the entrance to the Moritake Onsen area. The facility has 2 western rooms and 11 Japanese rooms for up to 48 guests plus a community room and cooking area.

Moritake Onsen Yuparu **C-2**

Sand Dunes Onsen Yumeron

TEL 0185-85-4126

This popular well-equipped onsen facility offers splendid panoramic views of the Hachiryu area, the Shirakami Mountains and Oga Peninsula.

Japanese rooms, Japanese/western rooms, and western rooms for up to 103 guests.

- Nutrients sodium chloride strong salt spring
- Treats neuralgia, muscle and joint pain, stiff shoulders, chronic digestion disease, sensitivity to cold, recovery from illness and fatigue, and general health improvement.



Dream course



Finnish sauna



Sand Dunes Onsen Yumeron **A-2**



Tents and parasols for hire

Hanegawa Campground **D-3**

Contact Hanegawa Kosuikan
TEL 0185-87-2789



Ishikurayama Campground **D-3**

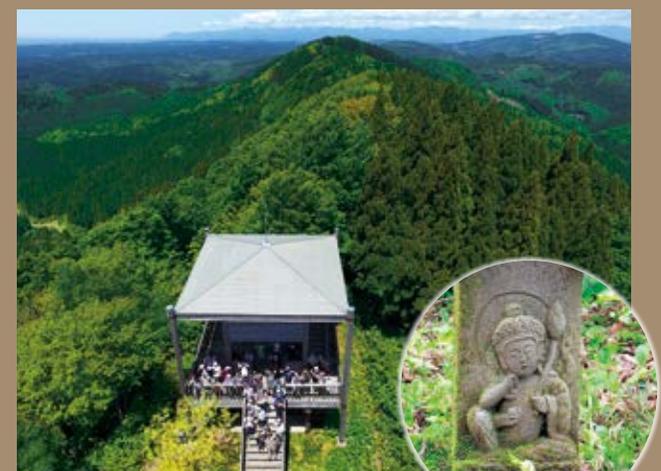
Contact Yamamoto Branch of Mitane Town
TEL 0185-83-2111

A revered mountain steeped in legend

Mount Boju

Mount Boju was a place of homage for monks and numerous legends are associated with it. The calm and gentle faces of its 33 Kannon(Goddess of Mercy) statues comfort walkers along the way to the summit.

Mount Boju **F-3**





Plum soda



Bitesize junsai dish



Junsai miso soup

The café inside the Tourist Information Center offers a seasonal drinks menu with beverages made from locally-grown Mitane specialties. You can also enjoy junsai (water shield) anytime you wish.

Junsai Stand Petit Bateau C-4

- ◆ Open Eat-in: 10:00~15:00 Take-out: 09:30~16:30
- ◆ Closed Mondays and Tuesdays (also the day after national holidays)
We are also closed during Obon and New Year

Junsai (Water Shield) Picking Experience

Experience information

From **May to August**

Jump in a small boat and paddle along with one oar. Pick as much junsai as you like and take it with you. We will teach you everything you need to know about steering the boats and picking junsai. Beginners welcome. Fun for all!



◆ How to apply

NPO Mitane Tourist Association C-4

123-2 Aza Takaishino, Kado, Mitane Town,
Yamamoto District, Akita Prefecture
TEL 0185-88-8020

Culture

Ooyama-ke Farmhouse (National Important Cultural Property)

B-2



A traditional farmhouse built toward the end of the Edo period.

Please make a reservation before your visit.

◆Contact Mitane Town Board of Education
TEL 0185-87-2113

Upholding Local Traditions



Clay Flute

In 1982, a rare clay flute was discovered during the excavation of Takaishino ruins, a seaside settlement dating back to the late Jomon period.

Yamamoto Cultural Hall C-2



This venue holds a wide variety of events and exhibits all year round.

(Closed on Mondays)

◆Contact TEL 0185-83-3211



Baku Ishii Memorial Hall

The life and works of world-renowned creative dancer Baku Ishii along with some of his possessions are on display.



Patchwork Curtain

This wonderful patchwork was made by volunteers in 2002 to commemorate their local history and celebrate the 50th anniversary of Moritake Onsen.

Moritake Kabuki



Moritake Kabuki is a local classical performing art that has been passed down for many generations. The origin of this tradition remains unclear following a great fire at

Hachiman Shrine in 1925 during which the records were sadly destroyed. Moritake Kabuki is estimated to have started during the Bunka or Bunsei periods between 1804 and 1830. It is said that long ago a monk became seriously ill while traveling. The monk stayed at a shrine and prayed while the villagers nursed him back to health. As a deep expression of his gratitude, the monk taught kabuki to the local people.

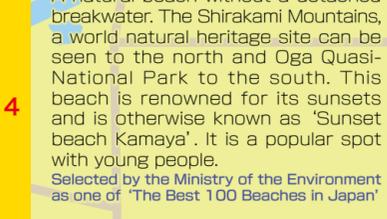
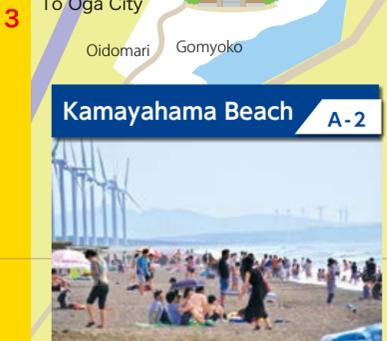
Nakadate Bangaku



It is said that Nakadate Bangaku dates back to before the Edo period. It was introduced to local people by hunters from Nekko,

a part of Ani village. The tradition is upheld in Nakazawa and Tatemura villages in Kotooka. The performance originally had 24 acts, of which 7 have been preserved. Nakadate Bangaku can be enjoyed at the village community center during the Obon festival in August.

Japan Sea



Let's Enjoy! Mitane Town

Mitane Town Guide Map

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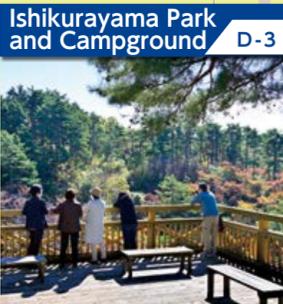
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Ishikurayama Park and Campground D-3

This natural park is situated on Mount Ishikura at an elevation of 143 meters. It has camping facilities, chalets and walking courses which outdoor enthusiasts can enjoy in all seasons.



Souzaburo Marshland Park C-3

This park lies at the entrance to the Moritake Onsen area. It has tennis courts, an open grassed area, and a playground. On 'Forebearers Hill' is a monument dedicated to seven great individuals of the local area.



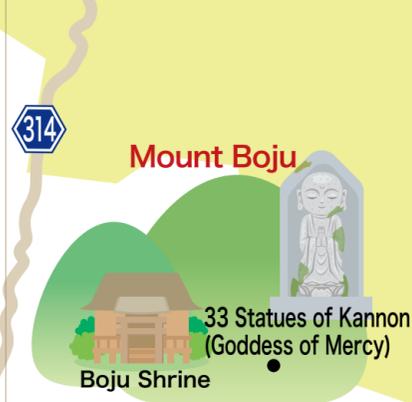
Teletrack Yamamoto C-3

Provides off-track bookmaking facilities. Iwate horseracing meets are broadcast live on a 140-inch screen that enables viewers to enjoy a thrilling experience as if they were there.



Moritake Onsen 36 Golf Course D-3

A short distance from Ishikurayama Park, Moritake Onsen 36 is one of the largest golf courses in Tohoku region. This magnificent course is set in bountiful nature and will surely bring out your best game.



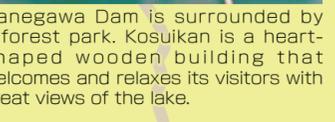
Mount Boju F-3

The summit of Mount Boju at 409.2 meters towers over the surrounding area. With Mount Moriyoshi and the Ou Mountains to the east, and the vast rice fields of Ogata Village, Oga Peninsula and the Japan Sea to the west. In the past, monks came here to pay homage. There are also many legends attached to this place. The mountain bustles with hikers in spring and autumn.



Hanegawa Forest Park D-3

There is a campsite, campfire site, and kitchen near the main building, Kosuikan. Walking courses can also be enjoyed.



Hanegawa Dam

Hanegawa Dam is surrounded by a forest park. Kosuikan is a heart-shaped wooden building that welcomes and relaxes its visitors with great views of the lake.



The Legend of Mitane River

Road Station Kotooka Sunbario

Accommodation information

Icons: P, wheelchair, fork and knife, gift

Kamayahama Beach A-2

Hachiryu Wind Farm A-3

Lake Hachirogata A-3

Green Pia

Mitane Town Information Center

Koikawa Station

Mikurahana Park

Hashimoto Goro Library

Koikawa Station

Noshiro Minami IC

Kitakanaoka Station

Moritake Station

Mish

Yamamoto Area Hub Center

Yamamoto Junior High School

Yamamoto Elementary School

Yamamoto Gymnasium

Yamamoto Baseball Ground

Yamamoto Area Hub Center

Yamamoto Junior High School

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How To Get Here

By Air

Tokyo Haneda
Nagoya Chubu
Osaka Itami
New Chitose Airport

Airport bus to Akita Station then change to JR express train (80 min)

Akita Airport — **Moritake Station**

Tokyo Haneda

Route 7 by car (40 min)

Odate-Noshiro Airport — **Mitane Town**

By Train

Tokyo Station

Akita Shinkansen 3hr37min

Akita Station

JR Express 40min

Moritake Station

Aomori Station

JR Express 2hr

Moritake Station

By Car

Tokyo

Tohoku Expressway about 7hr

Kitakami JCT

Akita Expressway About 2hr

Hachiryu IC

Aomori

Tohoku Expressway About 1 hour

Kosaka JCT

Route 7 1.5hr

Mitane Town



Contact


Business, Commerce and Tourism Section,
Mitane Town Office, Akita Prefecture

8 Iwayako, Ukawa, Mitane Town, Yamamoto District, Akita Prefecture

TEL +81 (0) 185-85-4830 **FAX +81 (0) 185-72-1536**

URL: <http://www.town.mitane.akita.jp/>

E-mail: mitane@town.mitane.akita.jp