

Kuzumaki Access Map

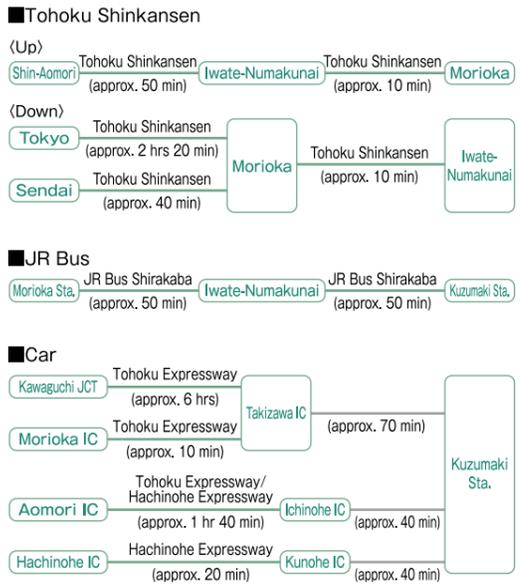


Hospital

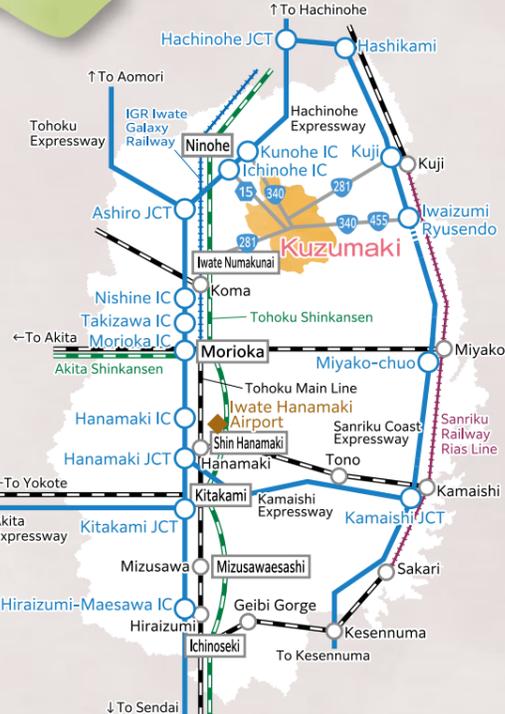


■Kuzumaki Hospital
 16-1-1 Kuzumaki, Kuzumaki-Town
 TEL 0195-66-2311
 ■Outpatient Hours: Mon-Fri: 9:00-12:00, 14:00-17:00
 ■Outpatient Clinic Closed: Sat, Sun, and Holidays
 ■Medical Specialties: Internal Medicine, Surgery, Pediatrics, Obstetrics and Gynecology, Ophthalmology (By Appointment Only: Gastroenterology, Neurology, Cardiology, Hematology, Orthopedic Surgery, Neurosurgery)
 ■Emergency Department: Open 24 hrs
 ■Access: A short walk from bus stop "Kuzumakicho-Yakuba-mae" or "Kuzumaki-Byoin-mae"

Access *The time required is an estimate.



Kuzumaki - A town of Heartfelt Hospitality and Rich Nature!



Kuzumaki

Kuzumaki Tourism Guidebook
 Kuzumaki Town, Iwate Prefecture

Lat. 40°N, The town of milk, wine and clean energy



Welcome to Kuzumaki



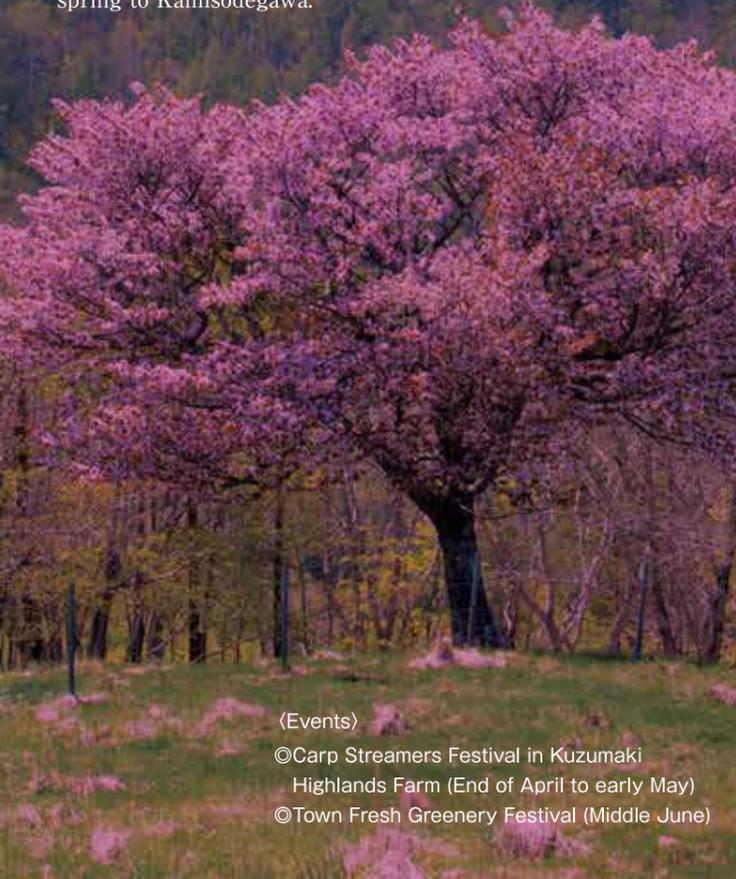
Kuzumaki Town Hall

16-1-1 Kuzumaki, Kuzumaki-Town,
 Iwate-gun, Iwate
 TEL.0195-66-2111
<https://www.town.kuzumaki.iwate.jp>



Solitary Cherry Tree at Kamisodegawa Highlands

Standing tall on the Kamisodegawa Highlands, which rises over 1,000 meters above sea level, this solitary cherry tree overlooks Mt. Iwate and the surrounding pastures — a dignified herald announcing the arrival of spring to Kamisodegawa.

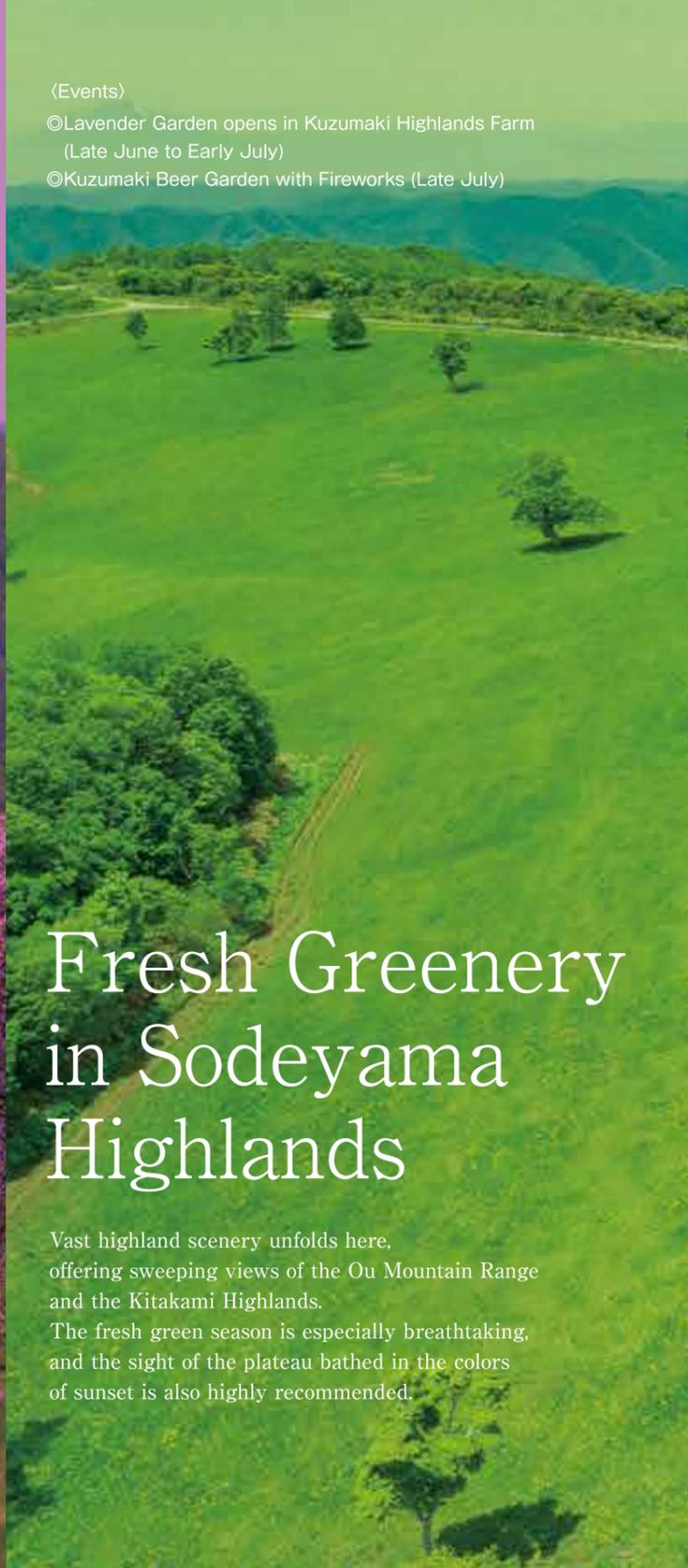


(Events)

- ©Carp Streamers Festival in Kuzumaki Highlands Farm (End of April to early May)
- ©Town Fresh Greenery Festival (Middle June)

(Events)

- ©Lavender Garden opens in Kuzumaki Highlands Farm (Late June to Early July)
- ©Kuzumaki Beer Garden with Fireworks (Late July)

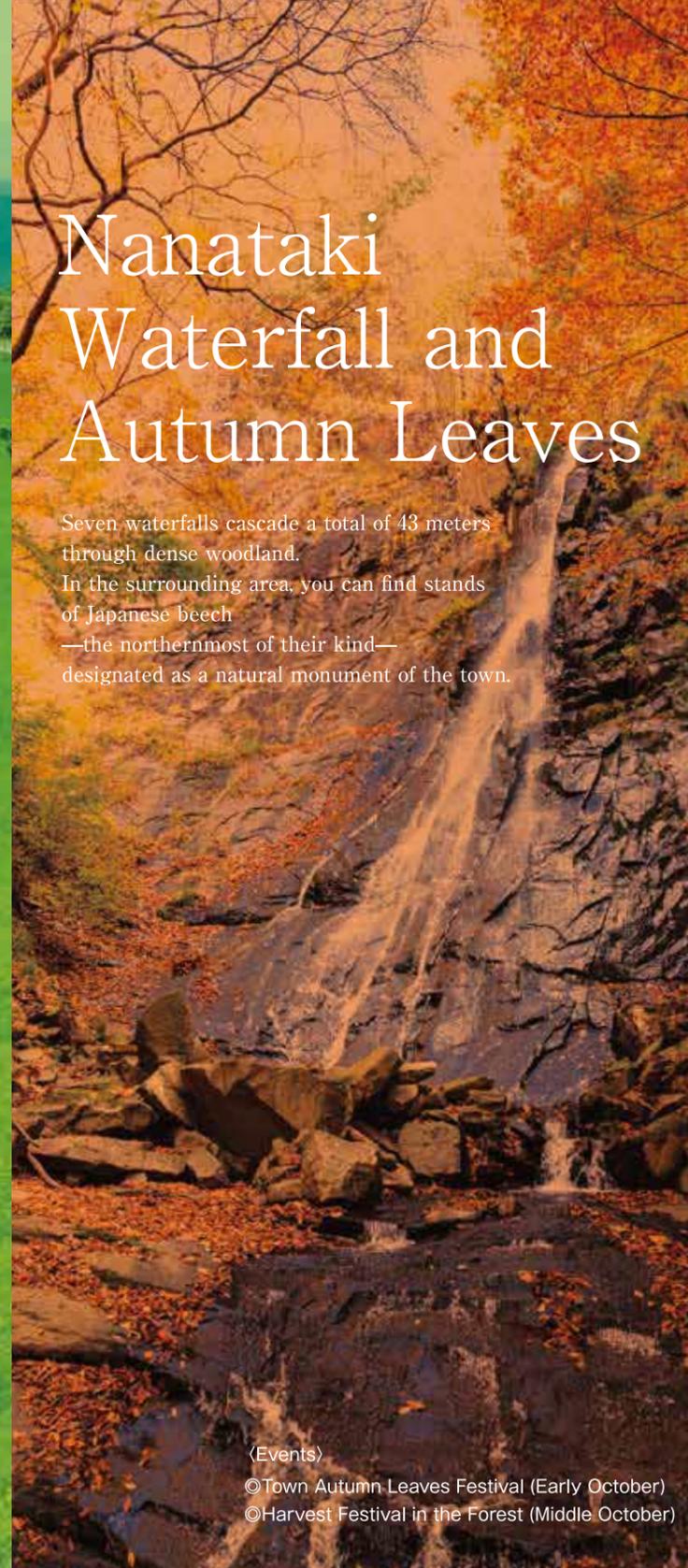


Fresh Greenery in Sodeyama Highlands

Vast highland scenery unfolds here, offering sweeping views of the Ou Mountain Range and the Kitakami Highlands. The fresh green season is especially breathtaking, and the sight of the plateau bathed in the colors of sunset is also highly recommended.

Nanataki Waterfall and Autumn Leaves

Seven waterfalls cascade a total of 43 meters through dense woodland. In the surrounding area, you can find stands of Japanese beech —the northernmost of their kind— designated as a natural monument of the town.



(Events)

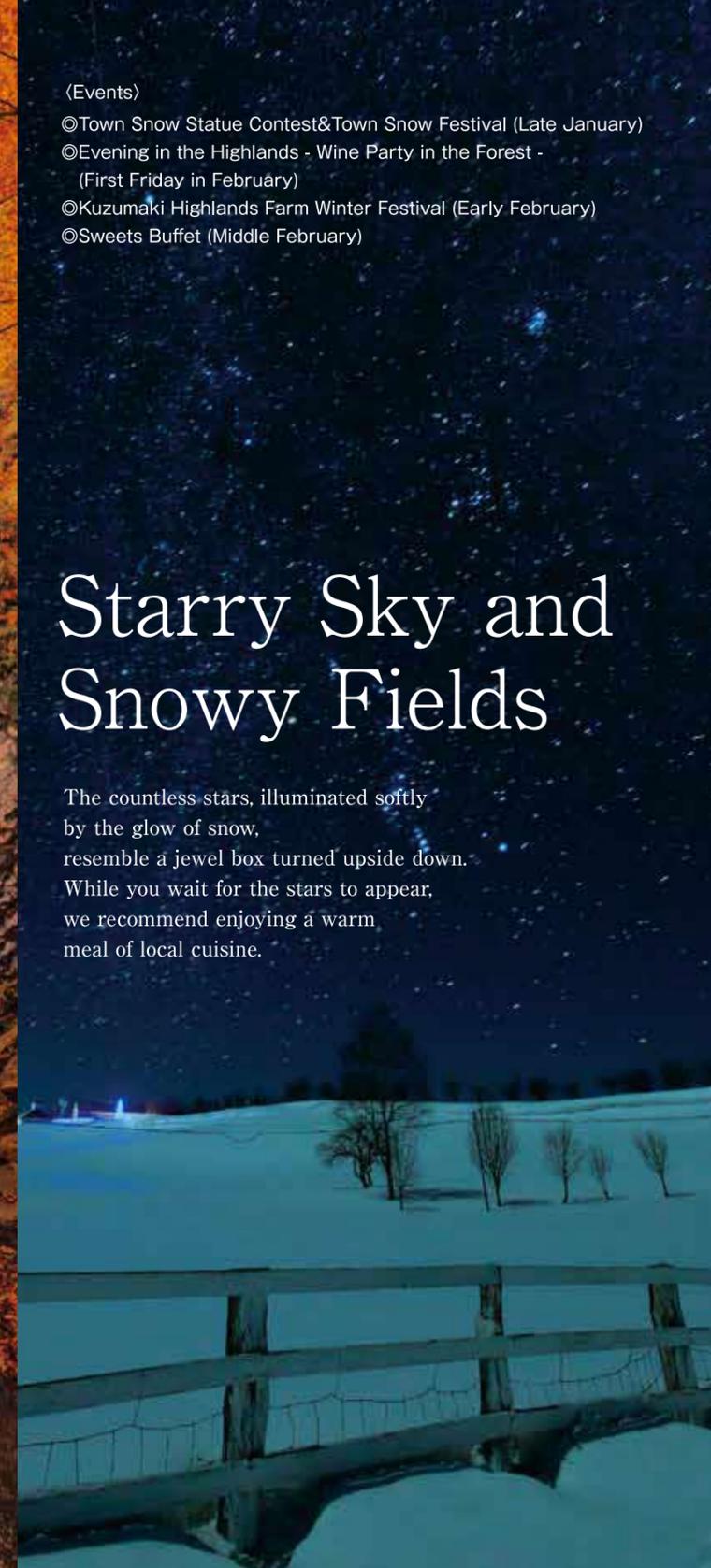
- ©Town Autumn Leaves Festival (Early October)
- ©Harvest Festival in the Forest (Middle October)

(Events)

- ©Town Snow Statue Contest&Town Snow Festival (Late January)
- ©Evening in the Highlands - Wine Party in the Forest - (First Friday in February)
- ©Kuzumaki Highlands Farm Winter Festival (Early February)
- ©Sweets Buffet (Middle February)

Starry Sky and Snowy Fields

The countless stars, illuminated softly by the glow of snow, resemble a jewel box turned upside down. While you wait for the stars to appear, we recommend enjoying a warm meal of local cuisine.



Forget the time flow and enjoy a time in the highlands for a little while

“The Town of Milk, Wine, and Clean Energy” — Kuzumaki
On the plateau, white wind turbines rotate as dairy cows graze leisurely beneath them. Blessed by the bounty of the mountains, the town produces fine wild grape wine. Living in harmony with nature— this is our town, Kuzumaki in Iwate Prefecture.



Hiraniwa Highlands Tsutsuji Festival (Early June)



Kuzumaki Highlands Farm Festival (Second Saturday and Sunday in June)



Kuzumaki Beer Garden with Fireworks (Late July)



Kuzumaki Autumn Festival (Late September)

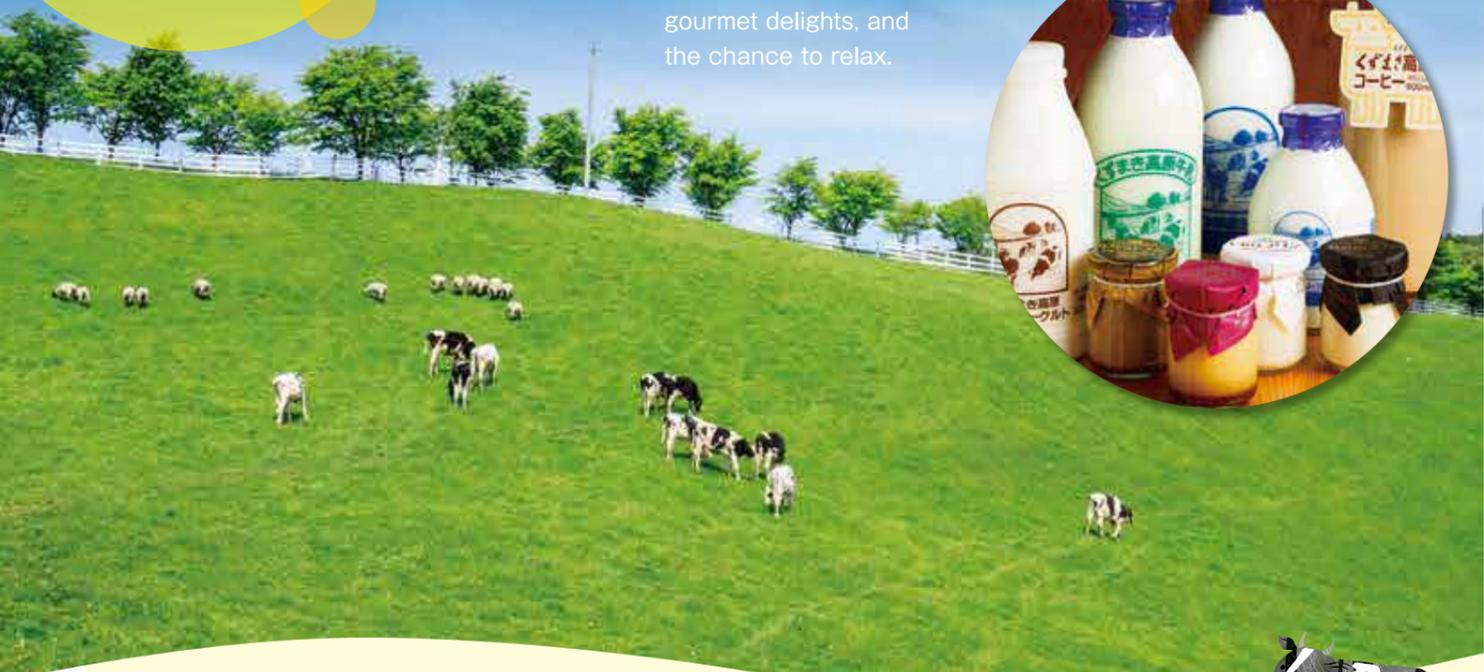


Kuzumaki Townspeople Festival (Late October)

Milk Area

Pasture Experience and Gourmet Delights in Kuzumaki Highlands Farm

Kuzumaki Town
— The Leading Dairy Region of Tohoku Focusing on Kuzumaki Highlands Farm, this area offers a range of hands-on pasture experiences, gourmet delights, and the chance to relax.



KuzumakiHighlandsFarm # Cycling



Kuzumaki Highlands Farm

Enjoy a variety of activities unique to a farm—such as milking cows, caring for calves and sheep, and making ice cream. The farm also features on-site accommodations, "Plateau," making it an ideal base for fully experiencing the charms of Kuzumaki Town.

40-57-176 Kuzumaki, Kuzumaki Town
Tel. 0195-66-0555
■Hours: 9:00-18:00
■Closed: Open year-round
■Access: 5 min by car from Kuzumaki Highlands Farm



Experiences at Kuzumaki Highlands Farm

A wide variety of programs are available at Kuzumaki Highlands Farm, offering the chance to enjoy hands-on experiences. Perfect for school trips, excursions, and families, there's something here for everyone to enjoy.

Handmade Experience

◎Fresh Butter Making Experience
(Throughout the year, approx. 30 min)



Petting Zoo Experience

◎Cow Milking Experience (only for group visitors)
(April to July and September to November, approx. 30 min)



◎Calf Care Experience
(Throughout the year, approx. 30 min)

◎Shearing Experience (only for group visitors)
(April and May only, approx. 30 min)



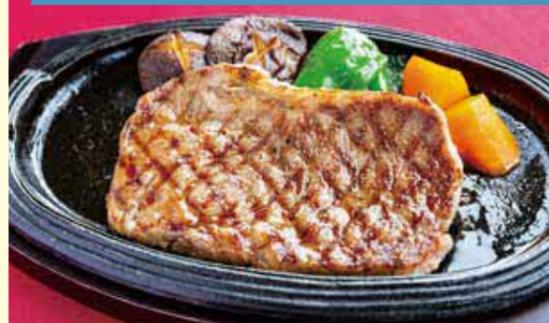
Harvesting Experience

◎Lavender Picking Experience
(Late June to Middle July, approx. 30 min)

■Reservations and inquiries:
Kuzumaki Plateau Community Center and Inn
Tel. 0195-66-0555
Reservation required 5 days in advance (2 days in the weekend)

Gourmet & Stay

KuzumakiPlateauCommunityCenterAndInn # KuzumakiHighlandsBeef



At the restaurant, you can enjoy specialties unique to Kuzumaki Highlands Farm, such as steaks and hamburger steaks made with Kuzumaki Highlands Beef, as well as dairy products crafted from freshly milked raw milk.



Within the farm, there are two types of accommodations to choose from: the hotel-style "Kuzumaki Plateau Community Center and Inn" and the cottage-style "Shukuran House." Both offer a relaxing stay.



Kuzumaki Plateau Community Center and Inn

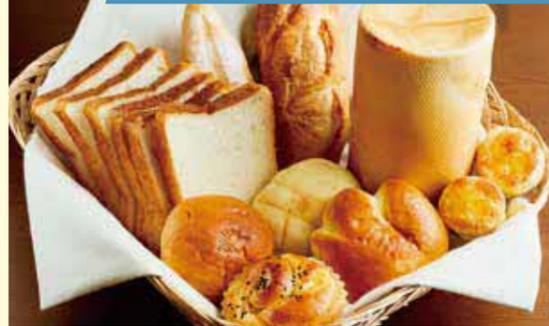
Kuzumaki Highlands Farm Tel.0195-66-0555

■Hours: Lunch time/ Weekdays 11:00-13:30, Saturdays and Sundays 11:00-14:00
Dinner time/17:30-20:00 (last order 19:30)

*Reservation required
■Accommodation/Reservations can be made on the website



PanhouseKuzumaki # KuzumakiHighlandsMilk



A variety of freshly baked breads made with Kuzumaki Highlands Milk are available, including the exclusive "Kuzumaki no Megumi Bread," which can only be purchased here. The shop also sells dairy products produced on the farm.

Pan-House Bakery Kuzumaki

Kuzumaki Highlands Farm Tel.0195-67-8022

■Hours: April to October: 9:00-18:00, November to March: 9:00-17:00
■Closed: Open year-round

kuzumakinabe

Newly offering Hotpots making you warm

Simmering and Piping hot

Kuzumaki Nabe

The new "Kuzumaki Nabe" hotpot is prepared in a traditional Nambu iron pot using locally sourced ingredients and specialties from Kuzumaki Town, along with the flat noodles. The chefs from each of the six participating restaurants offer their own creative take on this original hot pot, served individually so you can enjoy it casually. "Hibogahatto."
*Reservation required



Red wine and Tomato style

Inspired by the idea of a hotpot that pairs well with wine, this version features tomatoes, garlic, olive oil, and red wine in a tomato-soup-style broth. It's a healthy option made without meat.

■Mori no Kodama Center
1-95-55 Ekari, Kuzumaki Town Tel.0195-66-2320



Charred Miso style with Highlands Beef

The soup is made by charring a blend of red miso in a hotpot, then adding a rich broth of bonito flakes and kelp. Packed with Kuzumaki Highlands Beef, vegetables, and frozen tofu, this hearty hotpot offers satisfying flavor.

■Greentage Fureai Lodgings
5-170-2 Kuzumaki, Kuzumaki Town Tel.0195-66-3000



Miso-added Milk style with Mozzarella cheese

A Japanese-Western fusion hotpot with a miso milk flavor, based on a veal stock (fond de veau). The savory aroma and richness of the miso are key to its taste. It's best enjoyed by adding mozzarella cheese while the dish is still hot.

■Kuzumaki Plateau Community Center and Inn
40-57-176 Kuzumaki, Kuzumaki Town Tel.0195-66-0555



Chako original - Kuzumaki Milk style

Richly flavored with plenty of locally produced Kuzumaki milk, homemade miso, and garlic. This hearty dish includes three types of meat—beef, pork, and chicken. For an extra kick, try adding the restaurant's special homemade chili oil.

■Chako
12-29-1 Kuzumaki, Kuzumaki Town Tel.0195-66-2326



Mimore original - Spicy Curry style

This hotpot features a revamped blend of ingredients and soup. The spicy curry-flavored broth pairs perfectly with the flat "Hibogahatto" noodles.

■Mimore
12-1-4 Kuzumaki, Kuzumaki Town Tel.0195-66-2932



Spicy Hot Soy Milk style

Made with a chicken-based broth and enriched with homemade soy milk and frozen tofu. The mild, creamy flavor is accented by a touch of gochujang spicy paste, creating a well-balanced, satisfying taste that keeps you coming back for more.

■LIBERO
13-4-1 Kuzumaki, Kuzumaki Town Tel.0195-66-3123



Wine Area



A Gift from the Highlands — The Home of Wild Grape Wine

The Hiraniwa Highlands, home to one of Japan's largest white birch forests, offers breathtaking scenery throughout the year — from skunk cabbage blooming at the time of the spring snowmelt, to azaleas in early summer, and the lush birch forests of midsummer. Made from locally grown wild grapes, Kuzumaki Wine is known for its rich aroma and fruity flavor.



Iwate Kuzumaki Wine

The town's winemaking began as part of a revitalization effort under the slogan "Reviving the town through wild grape wine." The wines, which skillfully balance the natural tartness of wild grapes with a fruity finish, are so exquisite that they have won awards in competitions.

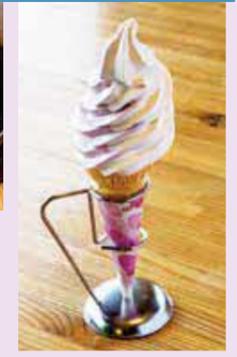
- 1-95-55 Ekari, Kuzumaki Town Tel. 0195-66-3111
- Hours: 9:00-17:00
- Closed: Second Saturday, Sundays and public holidays, Obon and New Year's holidays
- Winery tour hours: 9:00-17:00 (advance reservation required)
- Access: 15 min by car from Kuzumaki Sta.



Mori no Kodama Center

A local favorite at the farm-to-table restaurant is the "Grilled Saisai Chicken with Basil Sauce." The crispy skin provides a delightful texture, while the refreshing basil sauce enhances the rich flavor of the meat.

- Iwate Kuzumaki Wine Tel.0195-66-2320
- Hours: Winery 9:00-17:00
- Restaurant 11:00-15:00 (last orders 14:30)
- *Dinner reservations must be made at least one week in advance
- Closed: New Year's holiday (December 30th to January 3rd)



Mori no Yakata Woody Center

A direct sales shop for Kuzumaki Wine, where you can sample all varieties for free. Enjoy a tasting and discover the wine that suits you best — and don't miss the wide selection of wine accessories available, too!

- Iwate Kuzumaki Wine Tel. 0195-66-4099
- Hours: 9:00-17:00
- Closed: New Year's holiday (December 30th to January 3rd)



Experience at Mori no Kodama Center

You can experience Kuzumaki's mountain village life staying close to nature.

Harvest Experience

- ◎Wild grape harvesting experience <Autumn, approx. 90 to 120 min>
- Wild grapes, a specialty and natural blessing of Kuzumaki Town, are harvested and then used to make freshly pressed juice and jam.



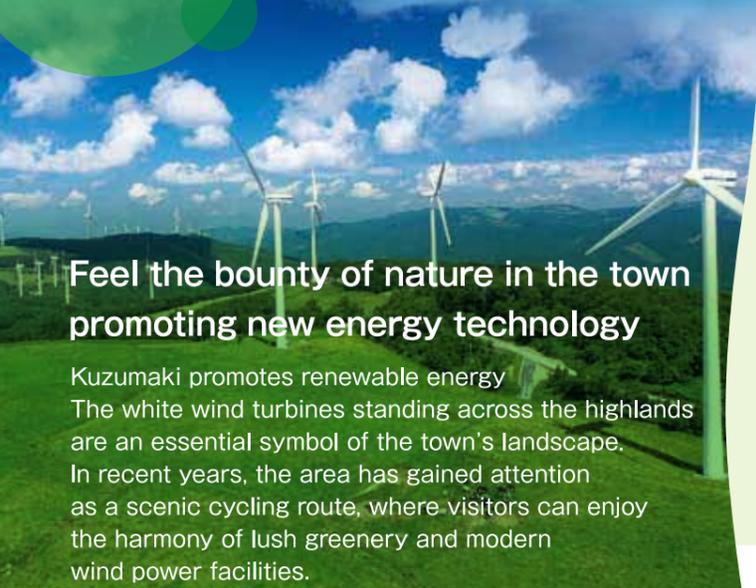
Blending Experience

- ◎Distilled spirits blending experience <Throughout the year, approx. 60 min>
- Blend three types of distilled spirits to your own taste and create your own original liquor. Your finished product will be shipped to you at a later date.
- *This experience is not available to those driving or under 20 years of age.

Handicraft Experience

- ◎Handmade Soba <Throughout the year, approx. 60 min>
- ◎Glass Art <Throughout the year, approx. 30 to 60 min>
- ◎Wood skin and Vine Works <Throughout the year, approx. 60 to 90 min>
- ◎Printing with leaves on fabric <Throughout the year, approx. 30 to 60 min>
- ◎Pressed Flowers <Throughout the year, approx. 15 to 30 min>
- ◎Cow Painting on Ceramics <Throughout the year, approx. 30 min>
- Reservations and inquiries: Reservation required a week in advance at Mori no Kodama Center (Tel. 0195-66-2320)

Clean Energy Area



Feel the bounty of nature in the town promoting new energy technology

Kuzumaki promotes renewable energy. The white wind turbines standing across the highlands are an essential symbol of the town's landscape. In recent years, the area has gained attention as a scenic cycling route, where visitors can enjoy the harmony of lush greenery and modern wind power facilities.

#KamisodgawaHighlands #WindTurbine

Kamisodgawa Highlands Wind Farm

The Kamisodgawa Highlands offers a view befitting a "town of clean energy." Here, 34 white wind turbines spin in the breeze, and from spring through autumn, you can also see dairy cows grazing peacefully beneath them.

- Visiting period: Late April to late October (Road closed during winter)
- Access: 1 hr by car from Roadside Station Kuzumaki Highlands

Info Building an Eco-Friendly Town for the Future

Kuzumaki Town has been proactive in addressing energy and environmental issues. Within the town, wind power and other new energy sources have been actively introduced.

- Wind Power**
 - Green Power Kuzumaki Wind Farm (Kamisodgawa Highlands)
 - Kuzumaki No. 2 Wind Farm (Kamisodgawa Highlands)
- Solar Power**
 - Local elementary and junior high schools
 - Kuzumaki Highlands Farm ·Mori no Yakata Woody Center
 - Greentage Fureai Lodgings ·Community centers, etc.
- Bioenergy**
 - Animal manure biogas plant (Kuzumaki Highlands Farm)
 - Wood biomass gasification power generation facility (Kuzumaki Highlands Farm)
 - Wood pellets (Mori no Yakata Woody Center, Mori no Kodama Center)
- Pellet Boiler**
 - Kuzumaki Elementary School ·Ekari Elementary School
 - Kuzumaki Hospital
- Others**
 - ZEH houses (Kuzumaki Highlands Farm)
 - Solar streetlights in the town parking lot
 - Solar lights in the Koda Farm Village Park

- Inquiries: Commerce and Tourism Section, "Irasshai-Kuzumaki" Promotion Division, Kuzumaki Town Hall Tel.0195-66-2111
- * Visit and tour for new energy facilities are available. Reservation required 2 weeks in advance; please inquire the details.



Stay Area

Northern Europe-like hotel bringing dairy works to mind



#Greentage #Hotel

Greentage Fureai Lodgings

From business stays to sightseeing trips, the inn offers three types of comfortable rooms where guests can relax at their own pace. Dinner features homestyle satoyama cuisine unique to Kuzumaki. Next to the inn is a sports park with a children's playground and a field athletic area, making it an ideal choice for families. It's also a great base for exploring northern Iwate Prefecture or for use as accommodation during sports training camps.

- 5-170-2 Kuzumaki, Kuzumaki Town Tel. 0195-66-3000
- Access: 10 min by car from Kuzumaki Sta.
- Accommodation/Reservations can be made on the website



#GeneralAthleticPark #Sports #Ground

General Athletic Park Multipurpose Ground

An artificial turf multipurpose ground located next to Greentage Fureai Lodgings. The area also includes a baseball field and sports courts, making it a lively sports complex that attracts top teams from both inside and outside the prefecture for training camps.



Down town Area

Enjoy Kuzumaki's Local Cuisine in the Town Center

Kuzumaki Town's central area features a single main street that's easy to navigate. Lined with diners, cafés, and confectionery shops, it's a fun place to eat as you walk around.



#YoshizawaPastryShop #Castella

A long-established confectionery shop known for its popular Walnut Castella and Milk Castella with Cheese, both featuring a fluffy texture.

1 Yoshizawa Pastry shop ☀️
14-9-3 Kuzumaki, Kuzumaki Town Tel. 0195-66-2252
■Hours: 8:00-18:00
■Closed: Irregular



#YoshiZushi #Nigirizushi

A restaurant where you can enjoy sushi and seasonal seafood dishes—the nigiri zushi is especially satisfying, with fresh and large toppings.

2 Yoshi-zushi 🌙
12-2-7 Kuzumaki, Kuzumaki Town Tel. 0195-66-2160
■Hours: 17:00-23:00
■Closed: Sun and National Holidays



#Shinoda #BoiledGyoza

Their most popular menu item is the Boiled Gyoza Set Meal, served in a clay pot with small side dishes, offering a fulfilling experience.

3 Shinoda ☀️🌙
17-4-17 Kuzumaki, Kuzumaki Town Tel. 0195-66-3336
■Hours: 11:00-14:00, 17:00-21:00
■Closed: Sun



#LIBERO #CordonBleu

The restaurant's signature dish is the Pork and Cheese Outlet "Cordon Bleu." Served sizzling on an iron plate, it's juicy and full of flavor.

10 LIBERO ☀️🌙
13-4-1 Kuzumaki, Kuzumaki Town TEL: 0195-66-3123
■Hours: 11:00-22:00
■Closed: Tue



#Korian #Snacks

Offers a variety of light dishes such as Takoyaki and Yakisoba, as well as local specialties like Ganzuki (a traditional steamed cake).

11 Korian ☀️
13-14-5 Kuzumaki, Kuzumaki Town TEL: 0195-66-4550
■Hours: 10:00-18:00
■Closed: Sun



#YADORIGI #Cafe

Known for its handmade Spice Curry & Drink Set Meal. The dessert menu is also plentiful.

12 Cafe YADORIGI ☀️
13-17-5 Kuzumaki, Kuzumaki Town TEL: 090-7937-6287
■Hours: 10:00-16:00
■Closed: Mon and Tue



#Mimore #HamburgSteak

A long-established restaurant offering hearty dishes such as Hamburg Steak Set Meals and Tonkatsu Pork Set Meals.

4 Mimore 🌙
12-1-4 Kuzumaki, Kuzumaki Town Tel. 0195-66-2932
■Hours: Weekdays 17:00-22:00, Sat 18:00-22:00
■Closed: Sun and National Holidays
*Reservations required for lunch



#OshiroyaShokudo #MisoRamen

Enjoy classic Ramen with a nostalgic flavor. The Miso Ramen, loaded with vegetables, is a favorite choice.

5 Oshiroya Shokudo ☀️🌙
12-13-1 Kuzumaki, Kuzumaki Town Tel. 0195-66-2801
■Hours: 9:00-19:00
■Closed: 1st and 3rd Sun



#Konkame #HandmadeSoba

Handmade soba noodles made from 100% buckwheat flour, using tofu and egg as binders. The chilled Zaru Soba is especially popular.

6 Konkame ☀️🌙
13-45-13 Kuzumaki, Kuzumaki Town Tel. 0195-66-2751
■Hours: 11:00-14:00, 17:00-22:00
■Closed: Irregular



#Notoya #JapaneseFood

Japanese dishes made with fresh seafood and seasonal ingredients. Enjoy tempura, sashimi, and other favorites with sake.

13 Notoya 🌙
13-5-26 Kuzumaki, Kuzumaki Town TEL: 0195-66-2939
■Hours: 18:00-24:00
■Closed: Sun



#YAMABIKO #HostessBar

A friendly local snack bar where locals gather to enjoy karaoke and drinks for a fun evening.

14 Small-scale hostess bar YAMABIKO 🌙
13-13-3 Kuzumaki, Kuzumaki Town TEL: 0195-66-2303
■Hours: 18:00-22:00
■Closed: Sun



#KameSushi #Dining

In addition to sushi, the menu includes dishes such as Katsudon (Tonkatsu rice bowl) and Ramen, making it a casual place to stop by for a meal.

15 Kame-sushi ☀️🌙
8-33-1 Kuzumaki, Kuzumaki Town TEL: 0195-66-3543
■Hours: 11:00-14:00, 17:00-19:00
■Closed: Sun and National Holidays



#Chako #Ramen

At lunchtime, enjoy ramen; in the evening, savor authentic sushi and sake. The Salmon & Salmon Roe Rice Bowl with Ramen Set is recommended.

7 Chako ☀️🌙
12-29-1 Kuzumaki, Kuzumaki Town Tel. 0195-66-2326
■Hours: 11:30-13:00, 17:00-22:00
■Closed: Irregular



#HokkaHokkaTei #Bento

A takeout bento shop known for its warm meals with great aroma and flavor. Try the hearty Special Makunouchi Bento.

8 Hokka Hokka Tei ☀️🌙
13-38 Kuzumaki, Kuzumaki Town Tel. 0195-67-1181
■Hours: 8:00-20:00
■Closed: Dec. 31-Jan. 3



#YamaguchiShokudo #StirFriedMeatVegSetMeal

An eatery located in front of Kuzumaki Station. Popular dishes include the Stir-Fried Meat and Vegetables Set Meal, Tonkatsu Pork Rice Bowl, and Savory Simmered-style Ramen.

9 Yamaguchi Shokudo ☀️🌙
13-38-2 Kuzumaki, Kuzumaki Town Tel. 0195-66-3344
■Hours: 10:30-Around 17:30
■Closed: Irregular



#Pandora #HostessBar

Perfect for those who want to enjoy karaoke along with a leisurely drink.

16 Pandora 🌙
8-1-14 Kuzumaki, Kuzumaki Town TEL: 0195-66-3777
■Hours: 20:00-24:00
■Closed: Irregular



#Baron #Cafe

In addition to coffee, recommended dishes include Alamontan and Salad Spaghetti.

17 Cafe Baron ☀️🌙
8-18-4 Kuzumaki, Kuzumaki Town TEL: 0195-66-3508
■Hours: 10:00-20:00
■Closed: Tue

#ColdKuzumakiNabe
A summer version of the hot pot, created using the heat-retaining qualities of Nambu ironware to maintain the perfect chilled temperature. While keeping the essence of the winter-style hot pot, the noodles and ingredients are specially chosen to complement the refreshing cold presentation.

Restaurants offering Cold Pots

- Mori no Kodama Center Cold Capellini in Red wine and Tomato style
- Greentage Cold "Kakke" in Stamina Miso style
- Plateau Miso-added Milk style with Summer Vegetables and Mozzarella cheese
- Chako Kuzumaki Milk and Charred Soy Sauce style
- Mimore Mimore original - Spicy Curry style
- LIBERO Spicy Cold Noodles in Rich and Creamy soup

☀️ Open during the day 🌙 Open at night

Kuzumaki Cycling Road

Feel the Kuzumaki Breeze as You Ride



From hill climbs across vast highland areas to leisurely rides through the town, Kuzumaki offers plenty of cycling routes and scenic spots to explore and enjoy.

"A Town of the Water Source" - remained rich in nature

Kuzumaki Town, known for its attractive cycling courses, is also called the "Town of the Water Source." Along the routes, you'll find springs and headwaters scattered throughout, adding to the fun of the cycling experience.

1 Source of the Mabechi River

Ekari Sodeyama, Kuzumaki
The second-longest river in Iwate Prefecture, flowing from Kuzumaki Town to Hachinohe Port in Aomori Prefecture. The source point is about 1 kilometer from the Sodeyama Highlands Rest House.

■ Visiting Period: Late April to Late October (Closed during winter)



#MabechiRiverSource #WaterSourceTown

2 Nanataki Waterfall

Tabeshimofuyube, Kuzumaki Town
A series of seven cascading waterfalls drop a total of 43 meters. The water is said to be effective for eye ailments, and nearby, the Nanataki Daimyojin shrine is cherished as a deity of matchmaking.



#Nanataki #ScenicSpot

#NishihiraSpringWater #WaterSourceTown



4 Nishihira Spring Water

Kuzumaki Koda, Kuzumaki Town
Located in the Koda district, where several natural springs emerge, this pure water has long been used as drinking and household water by residents. Its mild, smooth taste attracts many visitors, even from far away.

5 Kakuresato

Kuzumaki Yokkaichi, Kuzumaki Town
Beyond a red torii gate lies a forest where a water deity is enshrined. A pure spring flows here, long cherished by locals. The abundant water is said to be beneficial for eye health, a belief passed down through generations.



#Kakuresato #SpringWater #WaterSourceTown

#MayamaWaterPark #CherryBlossoms #Park



3 Mayama Water Park

Kuzumaki Koda, Kuzumaki Town
A gentle stream flows through this park adjacent to Mayama Shrine, providing a peaceful gathering place for local residents. In spring, it's also a popular cherry blossom viewing spot. With restrooms available, it makes a convenient rest stop for cyclists as well.

Cycle along the Salt Road

The historic Noda Highway once connected the coastal town of Noda with inland Morioka. In the past, salt produced in Noda was carried inland on the backs of oxen, giving rise to the name "Salt Road." In Kuzumaki Town, remnants of this old route still remain, marked by 12 stone pillars known as the "Former Salt Road." Why not follow the traces of history—on foot or by bicycle—and experience the route for yourself?

Stone pillar for Former Salt Road



Sodeyama Highlands Rest House, where you can enjoy highland scenery

Located at an altitude of 1,200 meters, the Sodeyama Highlands offer sweeping views of Mt. Iwate and Mt. Hayachine. Here you'll find Sodeyama Highlands Rest House, a full-service restaurant where you can savor premium Kuzumaki Highlands Beef grilled to perfection. It's also an ideal stopover while exploring the highlands.

Ekari Sodeyama, Kuzumaki Town Tel: 0195-68-2010
■ Hours: 11:00-15:00
■ Closed: November 1-April 28
■ Access: 20 min by car from "Ekarigawa" bus stop



Kuzumaki Cycling Map



A Town of the Water Source
1 Source of the Mabechi River
2 Nanataki Waterfall
3 Mayama Water Park
4 Nishihira Spring Water
5 Kakuresato

Let's enjoy easy-cycling with an e-bike!

Cycle Station Kuzumaki Cycle Station supports cyclists.
* Rest room, bike rack storage, bike pump, and bike tools available.
* No rest room at (7) and (9).

- ① Cafe YADORIGI (TEL.090-7937-6287)
 - ② Kuzumaki Plateau Community Center and Inn (TEL.0195-66-0555)
 - ③ Kuzumaki Gelateria Clover-Batake (TEL.0195-68-7571)
 - ④ Kuzumaki Public Gymnasium (TEL.0195-66-3607)
 - ⑤ Kuzumaki General Center (TEL.0195-66-2111)
 - ⑥ Kogura Shoten (TEL.0195-66-1304)
 - ⑦ Konhiro Shoten (TEL.0195-66-1123)
 - ⑧ Greentage Fureai Lodgings (TEL.0195-66-3000)
 - ⑨ Mattatsu Rinten (TEL.0195-66-2777)
 - ⑩ Maruken Shoten (TEL.0195-68-2524)
 - ⑪ Roadside Station Kuzumaki Highlands (TEL.0195-66-0711)
 - ⑫ Murasei Shoten (TEL.0195-68-2543)
 - ⑬ Mori no Kodama Center (TEL.0195-66-2320)
 - ⑭ Sodeyama Highlands Rest House (TEL.0195-68-2010)
- * In the order of Japanese characters.



Cycling Course * Each course starts from ① Cafe YADORIGI.

Course 1 (Lap)	Course 2 (Lap)	Course 3 (Lap)	Course 4 (Lap)	Course 5 (One Way)	Course 6 (One Way)	Course 7 (One Way)
Difficulty / ★★☆☆	Difficulty / ★★★☆☆	Difficulty / ★★★★★	Difficulty / ★★★★★	Difficulty / ★★★★★	Difficulty / ★★★★★	Difficulty / ★☆☆☆☆
(Estimated Time) Approx. 1 hr	(Estimated Time) Approx. 1 hr 30 min	(Estimated Time) Approx. 3 hr	(Estimated Time) Approx. 4 hr	(Estimated Time) Approx. 1 hr	(Estimated Time) Approx. 1 hr 30 min	(Estimated Time) Approx. 1 hr 20 min
(Distance) Approx. 15km	(Distance) Approx. 20km	(Distance) Approx. 40km	(Distance) Approx. 55km	(Distance) Approx. 15km	(Distance) Approx. 25km	(Distance) Approx. 20km

Temped to pop in while cycling or driving?

Kuzumaki Sweets

③ Kuzumaki Gelateria Clover-Batake

Handmade gelato by female farmers running the farms in Kuzumaki. It is made from fresh milk produced in the rich nature environment, and the flavor added are also from natural ingredients such as wild grapes, walnuts, strawberries, pumpkins, and so on. They do not use unnecessary food additives, because they are proud of their simple and mild taste! Make sure to visit to unwind while cycling or driving.

6-11-3 Kuzumaki, Kuzumaki Town (Tel. 0195-68-7571)
■ Hours: 10:30-16:30
■ Closed: Mon-Wed (Open if Monday is a public holiday)
■ Access: 10 min by car from Kuzumaki Sta.

