# SHIRAKAMI-SANCHI DAY TOURS - Explore World Natural Heritage forests in autumn colours! -

# Sat 25 Oct in AKITA

Meet at: JR Higashi-Noshiro Station at 8am or Road Station Minehama (car park ) at 8:25am. Plan: Futatsumori (2.5hr-trek)>lunch>Tomeyama (1hr-walk)>back to meeting places (4pm)

### A.FUTATSUMORI ·ニッ森

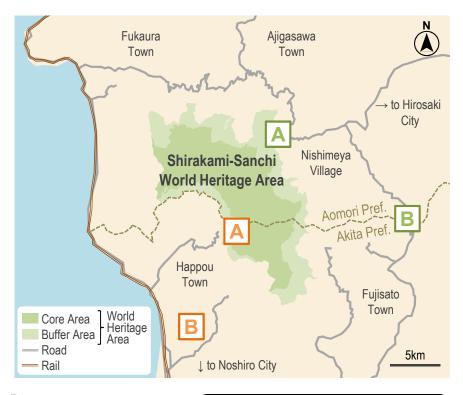
The 1,086m-high mountain situated on the edge of the World Heritage Area with a great panoramic view of Shirakami-Sanchi.



### B.TOMEYAMA · 留山

A beautiful beech forest which has been protected from logging for over 300 years since the Edo Period.



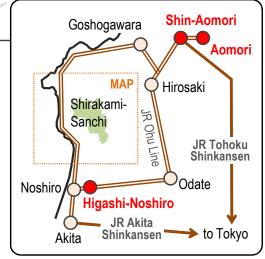


### **ACCESS TO** MEETING PLACES (by JR train)

Tokyo

#### FEES ETC.

Fees (Tour 1: ¥200.Tour 2: ¥3,000) include insurance cost, but exclude travel expenses to meeting places. Please bring your own lunch and drink and wear clothing suitable for trekking.



# Wed 22 Oct in **AOMORI**

Meet at: Aomori City Council building (outside) at 7am, JR Aomori Station (West Exit) at 7:10am, or JR Shin-Aomori Station (East Exit) at 7:20am. Plan: Anmon Falls (3.5hr-trek)>lunch>Tsurube-otoshi Pass (0.5hr-walk)>back to meeting places (5:30pm)

### A.ANMON FALLS ·暗門の滝

A series of three impressive waterfalls along the Anmon River flowing through beech forest. Popularly visited now and in the past.



## **B.TSURUBE-OTOSHI**

PASS · 釣瓶落峠

The prefectural border famous for splendid autumn colours.

#### **BOOKINGS & ENQUIRIES**

Bookings are accepted only via email between 25 August and 8 September for both tours. For more information, please contact Ms Y Kumagai at Tohoku Regional Forest Office.



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