



After enjoying Lake Inawashiro to the fullest, take home a souvenir from Fukushima as a reminder of your trip!

Bandai Atami Tourist Product Center
2-15-1, Atami, Atami-machi, Koriyama, Fukushima
Business hours : 9:00 -19:00
Closed : Open every day (with occasional holidays)



1. Okiagari-koboshi (roly-poly toy)
2. Beko ice candy
3. Honey

Souvenir

ACCESS



Train

Tokyo Sta.	1hour 30min	Koriyama Sta.	30min	Joko Sta.
Aizu-Wakamatsu Sta.	40min			Joko Sta.
Iwaki Sta.	2hours 30min			Joko Sta.

Car

Sendai Miyagi I.C.	1hour 30min	Inawashiro Bandai Kogen I.C.
Aizu-Wakamatsu I.C.	30min	Inawashiro Bandai Kogen I.C.
Iwaki Chuo I.C.	1hour 30min	Inawashiro Bandai Kogen I.C.
Tokyo area	3hours 45min	Inawashiro Bandai Kogen I.C.

Access to Konan Area

Koriyama I.C.	35min	Konan Area
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Taxi

Inawashiro Taxi TEL:0120-62-3635

INFORMATION

Tourism Division, Industry and
Tourism Department, Koriyama

West Office Building 4F, 1-23-7 Asahi, Koriyama
Zip code 963-8601
Telephone: +81-24-924-2621
(8:30 a.m.- 5:15 p.m. Closed weekends and national holidays)



INAICHI
CYCLING AROUND LAKE INAWASHIRO



OFF in BLUE

AROUND LAKE INAWASHIRO

すの湖、スイッチオフ



A majestic lake.

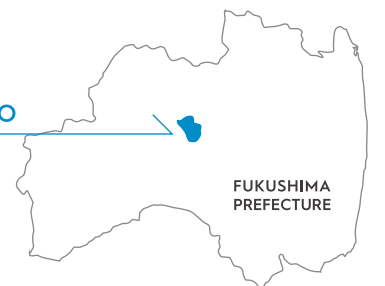
Lush nature that makes you want to take a deep breath.

Time flows quietly and gently, swayed by small waves.

Reboot yourself in the blue,

starting at Lake Inawashiro.

LAKE INAWASHIRO



FUKUSHIMA
PREFECTURE

MAP



MAP FOR FINDING THE BLUE OF LAKE INAWASHIRO

Take a slow and carefree look for the BLUE. Here is a map of recommended spots that help you bring out your natural self.



3



Roadside Station Inawashiro
A roadside station full of delicious food

Various products from around Lake Inawashiro such as sweets, saké, and handicrafts are available for gifts and souvenirs. You can also enjoy the local menu at a restaurant offering you a panoramic view of Mt. Bandai.

 15 minutes by car from Joko Station

2



Bandai Atami Onsen A traditional hot spring resort

This is an amazing hot spring resort with a history of more than 800 years. Soaking in the rich, "beautiful skin hot spring" will relax your mind and body.




 20 minutes by car from Joko Station




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6



Tatehama
Bring cooking ingredients here and feel as if you're camping

The bluish haze of Mt. Bandai on the opposite shore, and the changing colors of the sky above the beach opened toward the lake. Bring your own food, and have camping-like ambiance.

 15 minutes by car from Joko Station

1



FIKA (in Roots Inawashiro)
A café offering you a panoramic view of the lake

After all that nature and history, take a break surrounded by the soothing aroma of coffee. There are a variety of specialty cafés lined up around the lake.




 5 minutes by car from Joko Station

5





Oninuma
Lake cruise

A scenic spot with a view of Lake Inawashiro and Mt. Bandai beyond the beautiful sandbar. A quiet time passes in the green marshland with only the chirping of birds and the sound of waves.

 20 minutes by car from Joko Station

Bicycle rental /



 Bicycle rental

 BLUE spot

4



Nihon-ichi Mountain Trail
(Nihon-ichi means the best in Japan)
The best mountain trail in Japan?

The place is named "Nihon-ichi" (the best in Japan) because the rice produced there has been said to be the absolute best in Japan. If you climb up the mountain with a solemn feeling after visiting Kannon-do (Guanyin temple), the view you'll get may as well be the best in Japan.

 15 minutes by car from Joko Station



HOW TO Choose clothes

No special equipment required!



HOW TO Rent

Bicycles and helmets can be rented at local cycle stations. Electricbicycles are available, so even women can enjoy the ride. Check the map for the location of cycle stations!



HOW TO Ride

Take a leisurely trip out into the great nature of Lake Inawashiro. Check out the recommended fun and spots for beginners of INAICHI introduced in this magazine and videos.

See the video for more details!



LISTEN TO THE NATURE, BREATHE THE DEEPLY.

On the beach



Tenjinhama, Shidahama, Jokohama

This is an area where the sunset is most beautiful, so we recommend visiting it at dusk.

Konan Nanahama

Seven beaches in the Inawashiro-Konan area. All of the beaches offer you a panoramic view of Mt. Bandai and are recommended for those looking for a quiet and relaxing time.



The blue surface of the lake reflects slowly flowing clouds. The gently swaying waves and the rustling of leaves speak to you. The BLUE of the sky, the BLUE of the lake, the BLUE of the mountains. As you take a deep breath in response, you'll slowly, gradually return to your long-lost true self.



Find a great view and enjoy it in a chair. Switch off yourself, feeling sweet and bittersweet with roasted marshmallows and freshly brewed coffee in front of the bonfire.

Konan Nanahama (Hamajihama, Yokozawahama, Tatehama, Funatsuhama, Funatsu park, Seishogahama, Akiyamahama)
Open every day (toilets and cooking facilities are not available from November to April).

ATTENTION

- (1) Cars and motorcycles must not park illegally on the surrounding roads.
- (2) Open fires on the lake beach are prohibited. (3) Opening period, hours of use, and rules vary from place to place.



Retreat Tabi Yoga

Hours : Oct to Apr 17:30~
May to Sep 18:30~
(reservation through the website)

Fee : ¥2,000
Place : Shidahama
Tsuboyominahama, Inawashiro-machi,
Yama-gun, Fukushima



Take a breath in, and out. Quiet time to relax, and to let the sky and the lake take over your body.



The waves lured me in to try stand-up paddling.

luana sup

Business period : Mid-June to mid-October
Business hours : 10:00 - 18:00
Closed : Wednesdays and 3rd Sunday of the month

Address : 1522-1 Akatsu
Koeda-machi, Konan-machi,
Koriyama, Fukushima



Have detox slowly in a sauna.



Whole Earth Nature School, Fukushima

Address : 8386-7 Fukura Kamikawara,
Konan-machi, Koriyama, Fukushima
Reservations : Please use the inquiry form on our website.

Relax in Nature

Green marshland and spreading paddy ; picturesque scenery.





The terrace commands the whole lake. The moment you taste a freshly made burrito while looking at the shimmering reflection of light on the water is a moment of bliss.

1 FLAME KITCHEN FIKA



Business hours: 11:00-17:00 (last order 16:30)
 Closed: Tuesdays and Wednesdays (open on national holidays)
 Address: Lake Area 1855 Yamagata Hamashida, Inawashiro-machi, Yama-gun, Fukushima

Seasonal pasta at a light-colored lakeside café



Eat



2 217BASE

Please check the website for opening hours.
 Address: 660-1 Osada Minamieboshi, Inawashiro-machi, Yama-gun, Fukushima



After a good workout, a hearty burger would be great.

3 HERO'S DINER

Business hours: 10:00 - 18:00
 (Opens 10:30 on Saturdays, Sundays, and national holidays, Closes 15:00 on Fridays)
 Closed: First or second Thursday of the month
 Opening hours will be changed during the winter season.
 Address: 1574 Kamimuramae, Inawashiro-machi, Yama-gun, Fukushima

Take a break



Stay

The hotel offers a wide range of services, from gourmet cuisine and fine saké made from famous water to hot springs and Finnish saunas to make you beautiful from the inside and out.



Taste and compare Japanese sakés in the hotel lobby



Relax in your room



Bandai Atami Onsen Resort

Eat famous food and walk around this onsen resort full of emotion. After sweating out in the hot water that is said to have healed Princess Hagi, warm your body from the inside out with a saké tasting.

4 YUTORELO BANDAIATAMI

Address: 5-18 Atami, Atami-machi, Koriyama, Fukushima



Take a coffee break after having a wonderful time in the lake

5 ichinoichi coffee



Business hours: 10:00 - 17:00
 Closed: Fridays, third Thursday of the month
 Address: 1-237 Atami, Atami-machi, Koriyama, Fukushima



Head to a small bakery to buy some snacks for relaxing by the lake

6 Little bakery Komugi

Business hours: Thursdays, Fridays, Saturdays, Sundays 10:00 - (close when sold out)
 Closed: Mondays, Tuesdays, Wednesdays
 Address: 941 Hamaji Nakaosawa, Konan-machi, Koriyama, Fukushima



LET'S GO OVER THERE,

AFTER EATING THIS.