

# Excursion Itinerary

## (③Aizu, Mt.Bandai Course)

Date and time	Itinerary	Notes
March 10 <sup>th</sup> 2025 (Monday)	<p>Departing from Sendai Station East Exit at 08:30 by chartered bus to the Aizu region of Fukushima Prefecture</p> <p>Sendai Miyagi IC = = (Tohoku/Banetsu Expressway) = = Inawashiro Bandai Kogen IC</p> <p>11:00 Arrive at Urabandai - Goshikinuma (Bishamon-numa) - Bandai-san Fumka Kinenkan - Depart at 13:00</p> <p>14:00 Arrive at Aizu Wakamatsu - Tsurugajo Castle - Departure 15:00 15:30 Arrive at Aizu Han School Nisshinkan - Tour - Departure 16:30 Bandai-gatou IC = = (Bandai-etsu/Tohoku Expressway) = = Sendai Miyagi IC</p> <p>19:00 Arrive at Sendai Station East Exit - Tour ends</p>	

### ③Aizu, Mt.Bandai Course (March 10th all day) JPY10,000

• Goshikinuma Ponds (Bishamonnuma)

Source) Japan National Tourism Organization HP



In 1888, a phreatic explosion caused the northern part of the summit of Bandai, including Kobandai, to collapse, causing a rock avalanche that choked the river and formed hundreds of lakes and marshes in this area.

In 2016, the area was awarded one star in the Michelin Green Guide.

The exact name of the area is “Goshikinuma Lakes and Marshes,” which is the collective name for numerous lakes and marshes, including Bishamon-numa, Akanuma, Midoronuma, Ryunuma, Bentenuma, Rurinumma, Aonuma, and Yanaginuma.

In Bishamon-numa, the largest of the lakes, visitors can enjoy rowing boats (closed in winter). It is called “Mysterious Lakes and Marshes” because it is a mysterious place with different colors such as emerald green, cobalt blue, turquoise blue, emerald blue, and pastel blue, depending on the swamp. The blue swamps, in particular, show us beautiful colors that are hard to believe that they were created by nature.

The name “Goshiki-numa” (meaning “five-colored swamp”) comes from the variety of colors that can be seen, not necessarily the five swamps. The different colors are said to be due to factors such as weather, season, viewing angle, and volcanic substances in the water. The colors vary depending on the season, weather, and time of day, so it is recommended that you visit not only once but also again.

Although pets are allowed on the scenic trail, they may irritate wild animals such as bears and monkeys, and there have been cases of trouble with other visitors. Please be very careful.

Website : [https://www.urabandai-inf.com/?page\\_id=141](https://www.urabandai-inf.com/?page_id=141)

• Museum of the Mount Bandai Eruption

Source) Urabandai Tourism HP



We will think together about the history of the Bandai volcano, the recovery since the 1888 eruption, the causes of volcanic disasters

and countermeasures. Volcanic eruptions are not all bad things.

They can also create beautiful scenery, give rise to hot springs, and be used for geothermal power generation,

providing us with various blessings. Website: <http://www.bandaimuse.jp/>

• Tsurugajo Castle

Source) Aizuwakamatsu city HP



A symbol of the Aizu clan, which was ruled by famous feudal lords and maintained the pride of the samurai to the end during the final days of the Tokugawa shogunate.

The castle originated in the Higashi Kurokawa-kan, built by Naomori Ashina in 1384, and in 1593, Ujisato Gamo built the first full-scale castle tower in eastern Japan and named it Tsurugajo Castle. During the Boshin War in 1868, it withstood a month-long fierce attack by the new government army, and became known as an impregnable castle. By 1874, all the buildings, including the castle tower, had been torn down, but in 1965 the castle tower was rebuilt, and in the Heisei period (1989-), the tea ceremony room and corner turret were also restored. In 2011, the roof tiles were replaced with red tiles from the end of the Edo period.

Website: <https://www.tsurugajo.com/tsurugajo/>

• Aizu clan school Nisshinkan

Source) Aizuwakamatsu Tourism Bureau HP



Nisshinkan was the highest educational institution of the Aizu domain, established in 1803 with the aim of fostering human resources. Children of samurai entered the school at the age of 10 and studied hard, training their minds and bodies through academics and martial arts. The school grounds, which covered approximately 8,000 tsubo (26,000 square meters), included a martial arts training hall, an observatory, and a swimming pool called Suiren Suibaikē, which is said to be the oldest pool in Japan. The school produced many talented people, including Nijima Yaeko's older brother Yamamoto Kakuma and the young members of the Byakkotai. Kakuma later also taught Dutch studies at this Nisshinkan. The Nisshinkan, which has been faithfully restored to its original state, allows visitors to see the magnificent Edo-style architecture and how people studied at the time, as well as enjoy various Bushido experiences such as Kyudo (Japanese archery) and Zazen (seated Zen meditation), and also the chance to paint Aizu's good luck charm, Akabeko (red cow).

Website : <https://www.aizukanko.com/spot/55>