

# <Appi Kogen> Optional Day Trips





# ■ Spring ~ summer/early autumn series

## Southern Iwate Sightseeing Tour

Mid-May to mid-September



Enjoy a return trip up and down the river of Geibikei Gorge, guided by a boatman.

Try a local delicacy called Hatto for lunch, and also sample some of the sake made at Sekinoichi brewery.

Visit the UNESCO listed Chusonji temple and Konjikido Temple in Hiraizumi area.

4-5ppl 39,000~

2-3ppl 69,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

ANA Crowne Plaza Resort Appi Kogen == Geibikei boat ride == Seki-no-ichi Local lunch & sake tasting ==  
 Depart 7:40 about 1.5hrs about 1hr  
 == Chusonji Temple == Motsuji Temple == ANA Crowne Plaza Resort Appi Kogen  
 about 1.5hrs about 1.5hrs arrive 18:10

【MEALS】 Breakfast: X Lunch: O Dinner: X

## Yamamo Miso, Oigen Ironware and Shoboji Temple Tour

Mid-May to mid-September

Yamamo is located in the southern part of Akita Prefecture. Yamamo has been able to create fine miso and soy sauce.

After lunch visit the Oigen Ironware factory, famous for their original iron teapots and cooking ware.

Lastly, travel back in time at the Shoboji Temple, famous for its large thatched straw roof.

4-5ppl 41,000~

2-3ppl 73,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

ANA Crowne Plaza Resort Appi Kogen == Yamamo Miso & Soy Sauce Brewery tour & tasting & lunch ==  
 depart 8:30 about 2hrs  
 == Oigen Ironware Factory tour == Shoboji Temple == ANA Crowne Plaza Resort Appi Kogen  
 about 1hr about 1hr arrive 18:00

【MEALS】 Breakfast: X Lunch: O Dinner: X

## Meditation and Mindfulness in Hachimantai

Early May to late September

The monk of Jurenji temple will lead a sitting meditation and mindfulness activity.

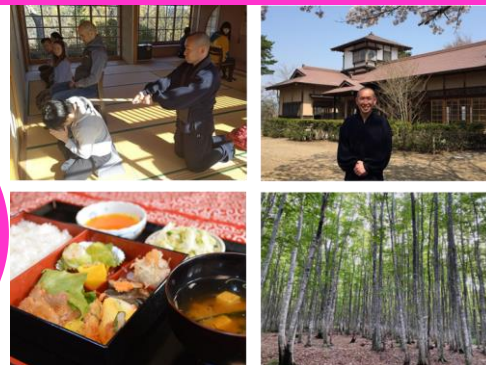
Appi Secondary Beech forest has been selected as one of the 100 best places in Japan for forest bathing.

All of your senses will be engaged with the sun shining through the canopy, the sound of the breeze, and the warm earth under your feet

4-5ppl 34,000~

2-3ppl 51,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

ANA Crowne Plaza Resort Appi Kogen == Meditation and mindfulness at Jurenji temple ==  
 depart 9:30 about 1.5hr  
 Lunch made using local Miso == Stroll through the secondary Beech forest == ANA Crowne Plaza Resort Appi Kogen  
 about 1hr about 1.5hr arrive 16:00

【MEALS】 Breakfast: X Lunch: O Dinner: X

# ■ Early Summer ~ Midsummer/Autumn Series

Mid-June to early October

## Oirase Keiryu Walk and Towada Art Museum



The Michelin Green Guides recognizes the Oirase Keiryu streams beautiful scenery woven as one of the best sceneries of Japan's northeastern Tohoku region

Finally, check out the amazing artwork in and around the Towada Museum of Modern Art.

4-5ppl 30,000~

2-3ppl 56,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

※Please enjoy the walking tracks at your leisure.

ANA Crowne Plaza Resort Appi Kogen = = Walk along Oirase Keiryu stream = = Local Lunch = =  
depart 9:00 about 1 hr about 1 hr

= = Towada Art Museum = = ANA Crowne Plaza Resort Appi Kogen  
about 1 hr arrive 17:10

【MEALS】 Breakfast: X Lunch: O Dinner: X

Late June to mid-October

## Hachimantai Nature Trail & Lunch at Northern Grande



Enjoy the magnificent nature of Hachimantai, including alpine flower fields, fir tree forests and the lakes and ponds created by volcanic activities.

Northern Grande Hachimantai offers Italian style meals served using locally sourced ingredients.

4-5ppl 23,000~

2-3ppl 42,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

※Please enjoy the walking tracks at your leisure.

ANA Crowne Plaza Resort Appi Kogen = = Hachimantai Summit trekking = = Goshogake Nature walk = =  
depart 8:30 about 1.5hrs about 1hr

= = Late Lunch at Northern Grande = = Shopping at Salad Farm = = = = ANA Crowne Plaza Resort Appi Kogen  
about 1hr about 20mins arrive 15:50

【MEALS】 Breakfast: X Lunch: O Dinner: X

Late June to mid-October

## Geothermal Experience tour

Called geothermal steam dyeing, this is the only place in the world where you can see this process.

Matsukawaso is a traditional Japanese ryokan of which the geothermal waters from this sulfur spring are milky white and said to contain healing properties.

4-5ppl 33,000~

2-3ppl 55,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

ANA Crowne Plaza Resort Appi Kogen = = Geothermal fabric dyeing experience = = Goshogake Nature walk = =  
depart 8:30 about 1.5hrs about 1hr

= = Lunch at Northern Grande = = Hot spring experience at Matsukawa = = ANA Crowne Plaza Resort Appi Kogen  
about 1hr about 1hr arrive 16:30

【MEALS】 Breakfast: X Lunch: O Dinner: X



Late June to mid-October

## Homemade Cooking Workshop with Grandma Hitomi

Mrs. Hitomi Sato lives a life of self-sufficiency. Using ingredients such as fresh river fish, mountainside flora, and self-cultivated soba noodles, her cooking is overflowing with knowledge of the land itself.

If only for a little while, you can escape from the stresses of normal life and come to spend some time with Grandma Hitomi.

4-5ppl 25,000~

2-3ppl 43,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

ANA Crowne Plaza Resort Appi Kogen == Homemade Cooking workshop with Grandma Hitomi ==  
depart 9:30 about 4hrs

== ANA Crowne Plaza Resort Appi Kogen  
arrive 15:30

【MEALS】 Breakfast: X Lunch: O Dinner: X

Late June to mid-October

## Hachimantai Harvest Cycling Course

Through cycling in the Hachimantai area, you can learn about the blessings of nature, the sophisticated agricultural techniques here and enjoy the local food. area.

Finally, enjoy a lunch of locally produced ingredients. In this 1-day plan you can enjoy the story of Hachimantai's rich nature and food while cycling around the area.

4-5ppl 37,000~

2-3ppl 53,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

ANA Crowne Plaza Resort Appi Kogen == Lodge Clubman —— Cycling around Hachimantai Area including local lunch ——  
depart 9:15 9:45 about 5hrs

—— Lodge Clubman == ANA Crowne Plaza Resort Appi Kogen  
15:45 arrive 16:15

【MEALS】 Breakfast: X Lunch: O Dinner: X

## ■ summer ~ autumn series

Early July to mid-September

## Tono Yamaguchi Village Satoyama Cycle & Hike

Cycle around the beautiful country city of Tono, home of many of Tohoku areas folk tales

After this tour you will have a greater understanding about the folk tales and how they relate to the local lifestyle and practices in Tono.

Lunch will be a traditional style meal .

4-5ppl 44,000~

2-3ppl 71,000~

prices per person  
Extra charge for English guide  
Min 2 people



### Course Details

ANA Crowne Plaza Resort Appi Kogen == Tono Station == Guided cycle tour around Tono including local lunch ==  
depart 8:10 10:00 about 5.5hrs

== Tono Station == ANA Crowne Plaza Resort Appi Kogen  
16:00 arrive 17:50

【MEALS】 Breakfast: X Lunch: O Dinner: X

## Calm after the Tsunami ~ Living together with the beautiful sea ~

Enjoy the beauty and scenery of the sea and forests while hiking through a town that coexists with the nature of the Sanriku Rias coast and the blessings the sea has to offer.

Through the storyteller experience, you can learn about the threat of natural disasters and the meaning of preparing for disasters.

### Course Details

ANA Crowne Plaza Resort Appi Kogen = = Disaster Prevention guide tour = = Local Lunch · ·  
depart 8:00 about 1hr about 1hr

· · Trekking along the Michinoku Coastal trail · · Jodogahama Visitor Centre = = ANA Crowne Plaza Resort Appi Kogen  
about 3hrs 16:00 arrive 18:50

【MEALS】 Breakfast: X Lunch: O Dinner: X

4-5ppl 34,000~

2-3ppl 67,000~

prices per person  
Extra charge for English guide  
Min 2 people



## Miyako Ocean Treasures Course

Learn about how scallops are farmed along the coast by taking a ride on a local fishermen's boat.

Jodogahama Beach is one of the most famous places of scenic beauty on the Rikuchu Coast.

For lunch visit a local Italian styled restaurant and enjoy a meal using locally sourced ingredients.

### Course Details

ANA Crowne Plaza Resort Appi Kogen = = Fisherman's boat ride to see how scallops are farmed = =  
depart 8:30 about 1.5hrs

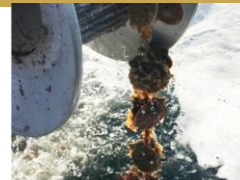
= = Lunch at Ristorante Katuyama = = Jodogahama Beach = = ANA Crowne Plaza Resort Appi Kogen  
about 1hr about 30mins arrive 17:40

【MEALS】 Breakfast: X Lunch: O Dinner: X

4-5ppl 47,000~

2-3ppl 89,000~

prices per person  
Extra charge for English guide  
Min 2 people



## Hirosaki Apple Lunch & Local Crafts Experience

Local crafts experience varies depending on the day.  
Either Hirosaki Kogin-sashi coaster making or  
BUNACO Factory tour & activity.

Seibikan is a fascinating structure blending a Japanese-style first floor and a Western-style second floor.

"Koginzashi" is one of Japan's top 3 sashiko and is a design that stitches thread through hemp cloth.

Visit the BUNACO factory and learn how they mold beech wood to create bowls and accessories without creating waste.

### Course Details

ANA Crowne Plaza Resort Appi Kogen = = Seibien Garden = = Course lunch at Restaurant Yamazaki = =  
depart 9:00 about 40mins about 1hr

= = Local Craft activity = = ANA Crowne Plaza Resort Appi Kogen  
about 1.5hrs arrive 17:00

【MEALS】 Breakfast: X Lunch: O Dinner: X

4-5ppl 40,000~

2-3ppl 68,000~

prices per person  
Extra charge for English guide  
Min 2 people





# Hirosaki Castle Town Cycling Tour

This tour is a cycling tour around the castle town of Hirosaki City. Enjoy traditional streetscapes such as hedges and bonsai in samurai residences and cedar trees in the temple district at the slow speed of cycling.

You also get to enjoy lunch at one of Hirosaki City's famous restaurants.

**4-5ppl 40,000~**  
**2-3ppl 64,000~**  
 prices per person  
 Extra charge for English guide  
 Min 2 people



## Course Details

ANA Crowne Plaza Resort Appi Kogen = = Local lunch = = Hirosaki Castle Town Guided Cycling tour  
 depart 9:45 about 1.5hrs about 2.5hrs  
 = = ANA Crowne Plaza Resort Appi Kogen arrive 17:45

【MEALS】 Breakfast: X Lunch: O Dinner: X

## ■ autumn series

# Kakunodate Samurai and Sake

Stroll along the walking trails beside the beautiful Dakigaeri Gorge. This walking track is beautiful in the green season, but spectacular in Autumn.

Take a tour through the sake brewery famous for the Hideyoshi brand sake in Akita.

Explore the former Samurai Residence district of Kakunodate.

**4-5ppl 28,000~**  
**2-3ppl 51,000~**  
 prices per person  
 Extra charge for English guide  
 Min 2 people



## Course Details

ANA Crowne Plaza Resort Appi Kogen = = Walk along Dakigeri Gorge trail = = Suzuki Brewery tour & sake tasting = =  
 depart 8:30 about 1hr about 45mins  
 = = Lunch in Kakunodate = = Former Samurai Residence of Kakunodate = = = ANA Crowne Plaza Resort Appi Kogen arrive 17:15

【MEALS】 Breakfast: X Lunch: O Dinner: X

Tour name \ Month		May	June	July	August	September	October
A	Southern Iwate Sightseeing tour ★						
B	Yamamo Miso, Oigen Ironware & Shoboji Temple Tour						
C	Meditation and Mindfulness in Hachimantai						
D	Oirase Keiryu Walk and Towada Art Museum ★						
E	Hachimantai natural trail & Lunch at Northern Grande ★						
F	Geothermal Experience tour						
G	Homemade Cooking with Grandma Hitomi						
H	Hachimantai Harvest Cycling Course						
I	Tono Yamaguchi Village Satoyama Cycle & Hike						
J	Calm after the Tsunami						
K	Miyako Ocean Treasures Course						
L	Hirosaki Apple Lunch & Local Crafts Experience						
M	Hirosaki Castle Town Cycling						
N	Kakunodate Samurai and Sake						

# COURSE PRICING

※price per person in Japanese Yen

Course Name		Tour Conductor only (Japanese speaker)		Translator / English Guide		
		2-3 people	4-5 people	2-3 people	4-5 people	
A	Southern Iwate Sightseeing tour	★	69,000	39,000	77,000	42,000
B	Yamamo Miso, Oigen Ironware & Shoboji Temple Tour		73,000	41,000	80,000	45,000
C	Meditation and Mindfulness in Hachimantai		51,000	34,000	54,000	36,000
D	Oirase Keiryu Walk and Towada Art Museum	★	56,000	30,000	63,000	34,000
E	Hachimantai natural trail & Lunch at Northern Grande	★	42,000	23,000	49,000	26,000
F	Geothermal Experience tour		55,000	33,000	58,000	35,000
G	Homemade Cooking with Grandma Hitomi		43,000	25,000	50,000	28,000
H	Hachimantai Harvest Cycling Course		53,000	37,000	69,000	45,000
I	Tono Yamaguchi Village Satoyama Cycle & Hike		71,000	44,000	78,000	47,000
J	Calm after the Tsunami		67,000	34,000	74,000	38,000
K	Miyako Ocean Treasures Course		89,000	47,000	96,000	50,000
L	Hirosaki Apple Lunch & Local Crafts Experience		68,000	40,000	75,000	44,000
M	Hirosaki Castle Town Cycling		64,000	40,000	71,000	47,000
N	Kakunodate Samurai and Sake		51,000	28,000	58,000	32,000

※Pick up or drop off at Morioka Station is the same price.

※Pick up or drop off from Hanamaki Airport is plus 7,500/4,000yen per person (2-3/4-5 people).  
For a return trip from Hanamaki Airport it is plus 15,000/8,000yen per person (2-3/4-5 people)

## Tours Include

- ①Transportation to and from the hotel
- ②Activity fees
- ③Lunch fee
- ④Tour conductor (Japanese speaker)
- ⑤Highway fees

## Things that cost extra

- ①Translator or English guide
- ② Any extra food or drink or shopping
- ③ Anything else not listed

# About reservations and Course details

Please reserve at least 7 days prior to departure date to ensure a reservation. Depending on the season and destination, in some cases it may be possible to request a trip closer to the departure date.

The courses with 「★」 can be reserved as close as the 14pm the day before departure but can only be run with a Japanese attendant in this case.

Depending on the various business and destinations operating schedule, in some cases the courses order or destination may be altered due to conflicting times or closures.

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Not all courses are available everyday. Please check our homepage for details about availability.

<https://www.michinoritral-travel-tohoku.jp/tours/>

**For more details or to make a reservation, please contact us or visit our website.**  
For English: [for\\_english@michinoritral-travel-tohoku.jp](mailto:for_english@michinoritral-travel-tohoku.jp)

## Sample of the vehicles used

- Commuter (up to 10 pp) • Jumbo Taxi (up to 7 pp) • Taxi (up to 3 pp)



## Online Reservations



### Travel conditions (summary)

When applying, please be sure to receive the travel conditions (full text) and check the contents in advance before applying.

1. Recruitment type planned travel contract  
This trip is planned and implemented by Michinori Travel Tohoku Co., Ltd. (1-17-18 Kuriyagawa, Morioka City, Japan Tourism Agency Registered Travel Agency No. 2012, hereinafter referred to as "our company") and provides this trip. The customer will conclude a recruitment-type planned travel contract (hereinafter referred to as "travel contract") with us. In addition to the following, the travel conditions are based on the travel contract (full text) that is handed out separately, the final itinerary that is handed out before departure, and the travel agency contract recruitment type planned travel department.
2. Handling of personal information  
(1) The Company and the dealer will use the personal information described in the application form, etc. submitted at the time of travel application for communication with the customer, as well as the travel requested by the customer. We will use it within the scope necessary for the procedure for arranging services provided by transportation / accommodation institutions and receiving those services.
3. Cancellation fee  
After the travel contract is concluded, if the contract is canceled due to the customer's convenience, the following amount will be charged as a cancellation fee. Going back from the day before the travel start date  
1. Cancellation before the 21st day (11th day for a day trip) . . . . . Free  
2. Cancellation after the day 20 days before (10th

- day for a day trip) (excluding 3 to 6) . . . . . 20%
3. Cancellation after 7 days (excluding 4 to 6) . . . . . 30%
4. Cancellation the day before departure date . . . . . 40%
5. Cancellation on the day (before departure time) . . . . . 50%
6. Cancellation after departure or no-show . . . . . 100%
4. Change of travel schedule / travel price.  
The travel schedule and price may change due to the schedule of the transportation agency, weather conditions, or other reasons such as force majeure, or due to revisions to the fare / charge of the transportation agency. However, when the travel price is increased or changed, the customer will be notified before the 15th day, counting from the day before the travel start date. In addition, if there is a change in the travel content due to the customer's request, a separate fee will be charged.
5. Special compensation  
For certain damages incurred by the customer during travel, life, body, or luggage, regardless of whether or not the Company is liable, the deposit and condolence money will be paid according to the provisions of the special compensation provisions.
6. Disclaimer  
We are not responsible for any damages caused by the customer due to the following reasons. Natural disasters, riots, or changes in travel itineraries or cancellations of travel caused by these. Accidents

- or fires at transportation / accommodation facilities or . . . . . Change of travel schedule or cancellation of travel caused by these. Isolation due to orders from Japanese government offices or infectious diseases. Damage caused by accidents, food poisoning, theft, water accidents, etc. during free movement. Delay, interruption of transportation, change of travel schedule or shortening of stay at destination due to these.
7. Cancellation  
Depending on the course, if the number of customers is less than the minimum number of people required for departure, the trip may be canceled. In this case, we will contact you 13 days before the day before the travel start date (before the 3rd day for the day trip), and we will refund the travel price to the customer. We will refund the full amount.
8. Tour conductor . . . In principle, we will accompany you.
9. This travel condition is based on March 1, 2022. In addition, the travel price is calculated based on the valid fares and rules as of March 1, 2021. We will not re-travel under any circumstances.
10. Others are subject to our travel business agreement..

