

## Relax amongst the surrounding nature and hot springs

白石  
蔵王

# Shiroishi and Zao

areas 白石・蔵王エリア

Shiroishi was constructed as a castle town of Katakura Kojuro, the right-hand subject of Date Masamune. Specialties of this area include umen noodles, Japanese paper, kokeshi dolls, and other products that have been handed down from the feudal age. To the west is Shichikashuku, to the north is Ogawara, Shibata, and to the east is Marumori, all historic towns. You can leisurely soak in the hot spring at the foot of the Zao mountains.



### Zao/Okama (Zao Town)

蔵王/御釜(蔵王町)

A crater lake that is a symbol of Zao, with a perimeter of about 1 kilometers and a water depth of about 25 meters.  
It is also called "Goshikinuma" (lake of five colors) because the color changes several times a day depending on the angle of the sunlight.



### Alpine plants of Zao (Zao Town)

蔵王の高山植物(蔵王町)

Beautiful alpine plants in various colors can be appreciated in Zao. The area is particularly well known as a spot for seeing *Dicentra peregrina* (Komakusa) with its small pink flowers.



### Nanokahara Plateau (Zao Town)

七日原高原(蔵王町)

This is a plateau spreading at the foot of the Zao Mountain Range. It has a vast grassland where you can see cattle eating grass. Dairy products from fresh milk are popular among tourists. You can also experience milking cows or the producing of dairy products.



### Hitome Senbon Zakura (Ogawara Town and Shibata Town)

一目千本桜(大原町・柴田町)

Cherry trees in rows extend about eight kilometers along the banks of the Shiroishi River running through the middle of Ogawara Town and Shibata Town. When the cherry blossoms are in bloom, the trees are lit at night and the Cherry Blossom Festival is held, attracting many people. One of the famous spots for viewing cherry blossoms in the prefecture.



### Narcissus Festival (Zao Town)

すいせん祭り(蔵王町)

Miyagi Zao Eboshi Ski Resort is famous for narcissus in spring. The ski slope is covered with this flower. The Narcissus Festival takes place from late April to mid-May every year.



### Zao Echoline (Zao Town)

蔵王エコーライン(蔵王町)

The Echoline is a 26-kilometer sightseeing road running through the mountains. It is refreshing to drive through the gorgeous scenery of the Zao mountains.



### Juhyo (snow monsters) (Zao Town)

樹氷(蔵王町)

Juhyo or trees covered with snow and ice (also called "snow monster") can only be seen in places meeting certain conditions, such as the existence of naturally-grown amomritodomatsu pine trees and suitable topographic and climatic conditions. Thus, it is a very rare art of nature. In Miyagi Zao Sunikawa Snow Park, you can enjoy the mysterious world of snow monsters on a snow vehicle named the "Wild Monster."



### Shiroishi Castle (Shiroishi Town)

白石城(白石市)

This castle was originally the residence of Katakura Kojuro, a right-hand person of Date Masamune. It was reconstructed in 2005 based on traditional Japanese architectural styles according to historical data. There is a panoramic view of the Zao Mountain Range and the city area from its castle tower.



### State-run Michinoku Lakeside Park (Kawasaki Town)

国営みちの湖の湖畔公園(川崎町)

A state-run park on the lakeside of the Kamafusa Dam. The park features a Colorful Area where flowers bloom in each season, old folk houses from six Tohoku prefectures, and various leisure activities that can be enjoyed.



Togatta style Yajiro style

### Kokeshi (Zao Town and Shiroishi City)

こけし(蔵王町、白石市)

Local wooden dolls called kokeshi are unique to the Tohoku region and different in shape, face and patterns according to the area. The Togatta style of kokeshi (Zao Town) is characterized by hand-painted flower patterns of chrysanthemums, plums, etc., and gentle face appearances. The Yajiro style (Shiroishi City) is characterized by the head as if covered with a beret. There are facilities where you can experience painting a kokeshi doll.



### Miyagi Zao Fox Village (Shiroishi City)

宮城蔵王キツネ村(白石市)

Dozens of foxes roam free in this green sanctuary surrounded by nature. Visitors can pet, feed, and walk among them.



### Togatta Onsen (Zao Town) 達利田温泉(蔵王町)

There are two public bathhouses, and the hot spring is popular for therapeutic bathing.

### Kamasaki Onsen (Shiroishi City) 鎌先温泉(白石市)

This is known as a therapeutic hot spring in northeastern Japan, which is effective for injuries or neuralgia.

### Obara Onsen (Shiroishi City) 小原温泉(白石市)

This onsen has a long history and is located in the upstream area of the Shiroishi River, with a beautiful view of the valleys. Famous as a good spa for eye problems.

### Gaga Onsen (Kawasaki Town) 巖ヶ温泉(川崎町)

This is an isolated resort in the Zao Mountain Range at an elevation of 850 meters. This onsen is long known as one of three major hot springs effective for gastric diseases.

### Aone Onsen (Kawasaki Town) 青根温泉(川崎町)

The main attraction is the superb panoramic view from this mountainous area overlooking the Pacific Ocean.

Kamasaki Onsen

### COLUMN



### Umen noodles (Shiroishi City)

温麺(うめん)(白石市)

Umen noodles, a specialty of Shiroishi, are one of "three Shiroishi white products" together with Japanese paper and arrowroot starch called kuzu. By tradition, they were created by a son who had a father with gastric disease, made only of wheat powder and salt water without oils. It was therefore called umen (warm noodles) after the son's warm kindness to his father. They digest well, and contain good nutrients, with a unique, attractive flavor. They are delicious, hot or cold.