



Autumn early October

Secondary forest

A secondary forest is a forest that has been regenerated naturally after natural disasters such as typhoons and volcanic eruptions, as well as deforestation. Appi Kogen is known by the locals as "Mae no Makiba," "Naka no Makiba," and "Oku no Makiba." Secondary beech forests are widely distributed around this grassy plateau in Appi.

This area has long been logged for use by the locals as materials for charcoal and lacquerware. At that time, it is said that several mother trees per hectare and large trees that could not be felled with a saw were left behind. They became the parent trees, and the seeds fell, germinated, and regenerated.

At that time, cattle and horses were actively grazing in forests, so it is said that it was favorable for the growth of beech trees, as competitors such as bamboo grass, which hindered the growth of young beech trees, were eaten.

Currently, it has become a splendid secondary beech forest, providing us with abundant natural blessings and peace of mind.

There is a walking path in the forest, and you can observe the secondary forest up close.



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Summer early June

Appi Kogen Secondary beech forest

Northern Iwate District Forest Office and Hachimantai City, Iwate Prefecture are working together to conduct forest environmental education and hands-on activities centering on the Nakanomakiba and secondary beech forests under the Appi Kogen Yuyu no Mori forest (181.3ha). We have concluded an agreement that can be used as a place for forestry education and activities.

The Forestry Agency is promoting the establishment of "Yuyu no Mori", which provides national forests as fields.

Best 100 forests in Japan for forest bathing

Appi Kogen Secondary beech forest

Recommendation of beech bath

Beech forests are sometimes called "green dams" due to their ability to retain water. Once you step in, the moist air envelops you. The ground is as fluffy as a carpet. The beech tree that threw out the seeds and fell over soon became nutrients for other trees. The sun that shines into the vacant spot grows new shoots. In a forest where the beech trees that have been nurtured over time are alive, please enjoy the relaxing beech bath for a while.



When you look up at the secondary beech forest in autumn, the yellowed leaves look translucent and the soft sunlight comes in.



Ezorindou
Gentiana triflora var. japonica



Yanagiran
Chamerion angustifolium



Ginryousou
Monotropastrum humile

Oku no Makiba

A high-rise wetland with a group of landforms formed by pooling water in depressions in the plateau, which were formed by stacking rock masses caused by volcanic activity. Beautiful alpine plants can be seen every season.

Early June - Fresh green
Early July - Yanagiran, Mizugiku
Mid August - Kobagiboushi, Ezorindou, etc.



(Before going out)

Humans and animals coexist in the forest, and bears have been confirmed to inhabit the secondary beech forests of Appi Kogen. When walking in the forest, it is recommended that you carry a "bear bell" with you, and walk while announcing your presence. Also, please observe manners such as not throwing away garbage and not taking plants home!

The Appi Kogen beech secondary forest is flat, but you can enjoy a nature walk in each season in a place with a different natural environment. Fresh greenery in spring, wild grasses and cicadas in summer, and carpets of fallen leaves in autumn.

- 1986 Selected among Japan 100 best forests for forest bathing
- 2002 top 100 Promenades

Late April - Sprouting
Mid May - Fresh green
Late June - Ginryousou
Early October - Autumn leaves

Secondary beech forest

Forest Square

Big tree forest

There are many giant trees that are said to be 200 to 300 years old.



Kobagiboushi
Hosta sieboldii



The name white beech forest comes from the fact that the sunlight filtering through the trees shines white.

Oku no Makiba

Walking course example



Oku no Makiba/Kurotaki Course



To protect the natural environment, please mind your manners.

A forest of giant trees

Here, there is a giant beech tree called Mother Tree, and you will be overwhelmed by its power. If you sit on the chairs around you and look up, it looks even bigger. It is said that beech trees are often overturned or withered by the wind within 300 years, and there are not many large trees.



Buna no Eki

There is a parking lot for 30 cars (large bus parking available), toilets (ostomate facilities), water fountains, and rest facilities. It is free to use and available from mid-May to early November.

Atlas (Observatory)

The inner makiba is covered with natural grass from spring to summer.

Naka no Makiba

Late April - Azumagiku
Mid May - Minezakura
Early June - Rengetsutsuji
Early July - Yanagiran, etc.

Azumagiku

To regenerate turf meadows

~Activities of Appi Kogen Furusato Club~

It is composed mainly of citizens such as owners of pensions and guesthouses, companies, related organizations, and universities, with the aim of passing on the natural environment of Appi Kogen to the next generation and revitalizing the region. Restoration research and research on turf meadows by horses, grazing experiments, vegetation surveys, bush cutting, extracurricular classes at local elementary schools, Yuyu-no-Makiba (Maeno-no-Makiba, Naka-no-Makiba, Oku-no-Makiba) Nature experience activities such as natural environment conservation projects and dissemination and enlightenment activities are being carried out.