

# Iwate Prefectural Citizens' Forest

# Winter

## Seasonal guide

Located at the northern foot of Mt. Iwate, winter at the Prefectural Citizens' Forest is a snowscape. Even beginners can enjoy a pleasant walk in the snow with the help of snowshoes. Winter is full of fun like playing in the snow (of course! ), searching for the winter buds of trees and finding animal tracks.

### Everyone's square

Just a short walk from the museum is Iwate Prefecture's most superb viewing spot.



See the silver ridgeline of Mt. Iwate right before your eyes



The corridor of birch trees is beautiful against a wide field of snow

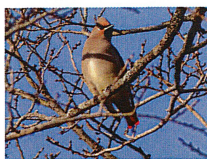
### Frozen Nanataki Falls Mid-Jan. to late Feb.

3km one-way from the museum, or 70 min on foot

With a drop of 30m, this is the largest falls along the Yakkiri stream which flows from Mt. Iwate and turns into an impressive frozen waterfall. Regular events held to visit the frozen falls in snowshoes. Private guided tours also available.



**Japanese squirrel**  
Eagerly eating a pine cone in a red pine forest



**Bohemian waxwing**  
A bird that flies in for the winter and loves the seeds of Japanese mistletoe (*Viscum coloratum*)

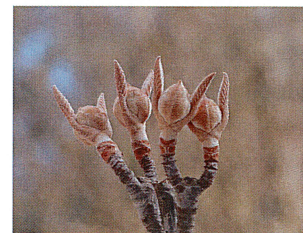


Available to rent from the museum: (9:00 a.m.~4:00 p.m.)

- Snowshoes ¥1,000 / pair ( ski poles incl. ; children's sizes also available )
- Ski poles ¥500 / pair
- Sled ¥500 / each (large) or ¥100/each (small)
- Snow tube ¥600 for 2 hours



**Japanese walnut (*Juglans mandshurica*)**  
A wild walnut with winter buds and leaves like an animal's face



**Oo-kame-no-ki (*Viburnum furcatum*)**  
Has winter buds that look like they are throwing up their hands in celebration



**Japanese big-leaf magnolia (*Magnolia obovata*)**  
Has the largest winter bud in Japan, as big as your index finger



**Japanese horse chestnut (*Aesculus turbinata Blume*)**  
Protects new buds by coating them in a sticky resin



**Star magnolia (*Magnolia stellata*)**  
Protects new buds with a fluffy skin



**Japanese mistletoe (*Viscum coloratum*)**  
Parasitic to other trees ; stands out with its red and yellow berries

### Animal tracks

Until now unseen, animals leave their footprints in the snow. If we are lucky, we might even meet their owner.



**Japanese serow**  
Has a hoof that is split in two (length of hoof : 5-5.5 cm)



**Japanese squirrel**  
Direction of travel is slightly towards bottom left of image. Jumps with its large back feet (length of rear footprint : 5-6 cm)



**Copper pheasant**  
Characterized by 3 prongs at the front (length of footprint : 6 cm)



**Japanese hare**  
Direction of travel is towards top right of image. The back foot is larger. (length of rear footprint :14 cm)



**Japanese marten**  
Moves like an inchworm (length of rear footprint : 3-5 cm)



**Japanese red fox**  
Left and right footprints continue in almost a straight line (length of footprint : 4-5 cm)