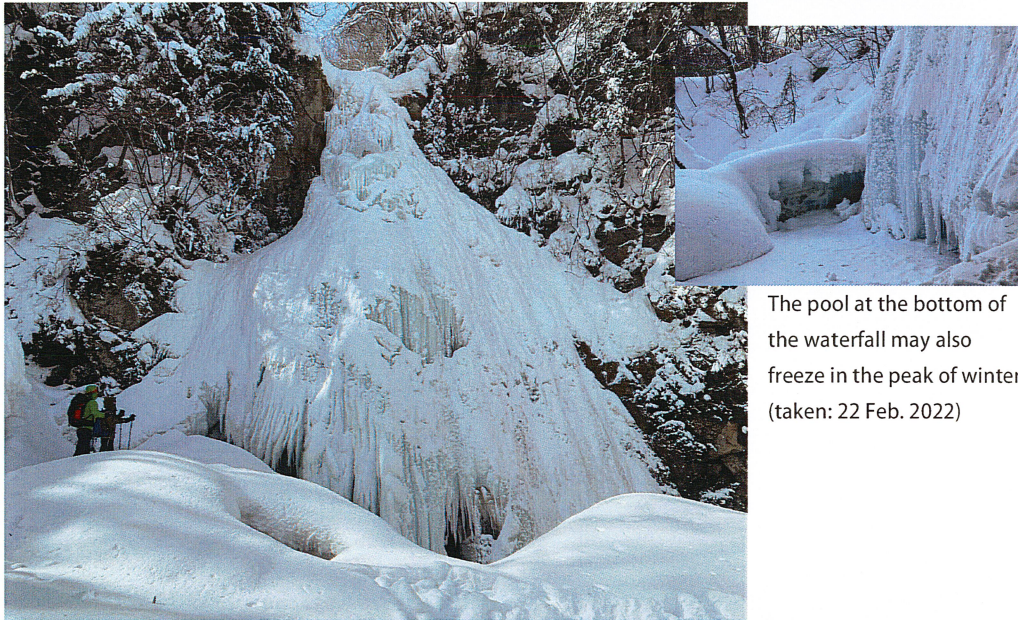


Iwate Prefectural Citizens' Forest Guide to Nanataki Frozen Waterfall

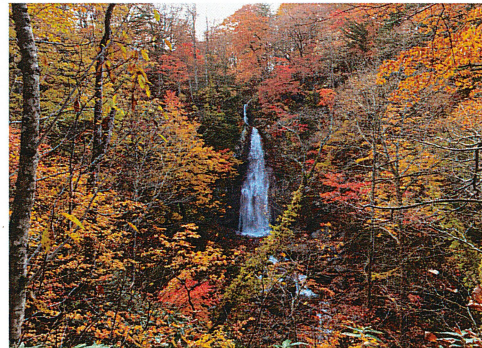


The pool at the bottom of the waterfall may also freeze in the peak of winter (taken: 22 Feb. 2022)

Nanataki Falls at the peak of winter: the exterior of the waterfall is completely frozen (taken: 31 Jan. 2021)



Nanataki Falls with new green leaves
(taken: 25 May 2020)



Nanataki Falls with autumn leaves
(taken: 24 Oct. 2020)

Nanataki Falls in the Prefectural Citizens' Forest is the largest falls along the Yakkiri stream flowing from Mt. Iwate. It is famous throughout Japan for its new green leaves in spring and its autumn leaves, but in the peak of winter the 30m drop turns into an impressive frozen waterfall. Typically the waterfall starts freezing from both sides from mid-Dec. with the best time to visit from around late Jan. to mid-Feb. As the frozen waterfall takes on various appearances depending on the timing of your visit, there are many people who visit more than once. What shapes will you see today in winter's frozen art ?

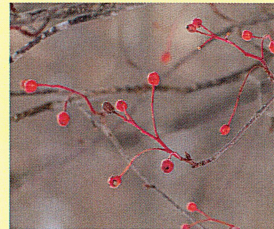
For information on what you will see on the way to Nanataki Falls, please also see our *Winter Seasonal Guide*.



Nanataki Falls trail Along the trail, there are many deciduous broad-leaf trees, mainly Japanese oak (*Quercus crispula Blume*). Up until the 1950s, charcoal was burnt in this area. You can see many Japanese oaks that germinated from the cut stumps.



Miharashi Square (Showa Forest) The Nanataki Falls trail has a continuous gentle slope but the hardest section is from the museum to the Nanataki Falls trailhead with a change in elevation of 50m. If you look down to the north when you arrive at the trailhead, you can see well-shaped conifers such as Glehn's spruce (*Picea glehnii*). Their impressive beauty stands out especially in the peak of winter.



Korean whitebeam (*Sorbus alnifolia*)
Has pear-like fruits the size of azuki red beans. The red fruits remain until winter.



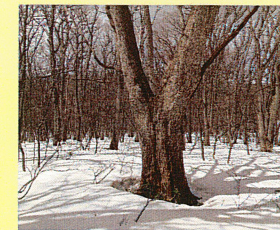
Karamatsu (*Larix kaempferi*)
Japan's only conifer tree that loses its leaves. Many rose-like pine cones fall from each branch onto the snow.



Sakhalin fir (*Abies sachalinensis*)
Evergreen conifer. Planted in the area just before Nanataki Falls, providing a different atmosphere to the mainly deciduous forest encountered up until this point.



Japanese linden (*Tilia japonica*)
Called manda trees in this area; their official name is shina trees. Pictured is a tree with a mouth shape called the 'face tree' and loved by hikers.



Japanese oak (*Quercus crispula Blume*)
Produces large acorns in autumn which are a food source for forest animals. Wood is used to make whiskey barrels, etc.



Japanese beech (*Fagus crenata Blume*)
Many are visible above the vicinity of Nanataki Falls. The seeds that are produced in autumn have high nutritional value and are a food source for forest animals like Asian black bears.