



ESSENTIAL GUIDE TO FUKUSHIMA

Fukushima is Japan's 3rd largest prefecture by area, and is famous for bountiful nature, scrumptious cuisine, and welcoming locals. Fukushima is roughly split into three regions: Aizu, filled with abundant wilderness dotted by historical landmarks; Nakadori, known for gorgeous

flowers and fresh fruit; and Hamadori, which faces the Pacific Ocean and is packed with stunning landscapes. Each region has its own unique features, culture, and climate, making them all equally worth exploring.





FUKUSHIMA INSPIRATION



Winter Sports and Snow Activities

Fukushima Prefecture is one of Japan's premier "powder snow" havens, with plenty of ski resorts flaunting fluffy snow perfect for skiing and more. Being the 3rd largest prefecture in Japan, Fukushima is chock-full of large-scale ski resorts boasting a diverse range of courses for all levels. In addition to skiing, snowboarding and snow trekking are extremely popular in Fukushima.

Many of these ski resorts have wide, spacious slopes, preventing them from feeling crowded even when busy. With plenty of room for all, you can relax and enjoy a fun-filled day of winter sports without fear of colliding with others.

The ski resorts of Fukushima have stable snowfalls throughout the season, and the high-quality powder snow remains for a surprisingly long time. Being soft and luscious, Fukushima snow is ideal for beginners and children too!

Many ski resorts also have "snow parks," allowing children and adults plenty of opportunity to unwind in the snow. Kids can also partake in sledding and more at the "kids park," making them great places for family holidays. Some are even equipped with childcare facilities (for certain ages) and ski schools, so parents can ski while their children are left in good care.

 [MORE INFORMATION](#)





Samurai Spirit Tourism

Fukushima is one of Japan's samurai heartlands, and the "bushido" spirit still lingers in the souls of locals even today. There are dozens of landmarks illustrating this history, including Ouchi-juku, a post-town that accommodated the daimyo of the Aizu Domain during the

Edo period; Tsurugajo Castle, one of the final battlefields in the Boshin War between the New Meiji Government and Former Shogunate Army; and Aizu Hango Nisshinkan, where young warriors would learn the way of the samurai, including the legendary Byakkotai teenage samurai unit.

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Fukushima Food and Dining

Blessed by vast mountains, lakes, and ocean, Fukushima is a treasure trove of produce. Each of the regions of Nakadori, Hamadori, and Aizu have their own distinctive ingredients and cooking styles, yielding a delightful collection of tantalising local meals. In fact, Fukushima boasts a staggering ten dishes

registered as "100-Year Foods" (the most in Japan!) by the Agency for Cultural Affairs, which seeks out food rooted in regional climate and history (as of May, 2022). Nurtured by the rich environment and diverse culture, the uniqueness of Fukushima food will no doubt surprise even the most well-versed in Japanese cuisine.

 [MORE INFORMATION](#)



Uncovering the Culture of Fukushima

Passed down countless generations, Fukushima Prefecture has a plethora of unique cultures nurtured by the history and climate of each region.

Check out other Fukushima experiences at this website.

 [MORE INFORMATION](#)



Hope Tourism

These new "study tour programs" encourage participants to learn and discover hope through dialogues with those involved in the reconstruction of Fukushima, while witnessing the stark realities of the devastating earthquakes, tsunami, and nuclear disaster.

 [MORE INFORMATION](#)



Getting to Fukushima

Fukushima is easily accessible from most major transport hubs within Japan. At just 90 minutes from Tokyo, most travelers will find it's a direct ride on the Shinkansen (bullet train) to reach the central Fukushima City region. Regardless of your budget

or preferred mode of transport, a wealth of options exist to get you here. If you travel by Shinkansen, it is recommended that you book a reserved seat in advance.

FUKUSHIMA TRAVEL

Official Fukushima Tourism Information

 <https://www.facebook.com/travelfukushimajapan/>

 <https://www.instagram.com/rediscoverfukushima/>

 https://www.youtube.com/channel/UCa6etLJzKLPTaaH2n_FW1ZA

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Australia's Official Fukushima Prefecture Representatives

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Fukushima's Website for Travel Professionals