

Touring Iwaki by Rail: Nakoso and Ueda Stations

Nakoso Station



① Nakoso Barrier Park (30min walk from Nakoso Station)

This park contains the historic barrier that was one of three built to ward off the northern tribes from entering the emperor's territory to the south. Next to the barrier is also a statue of Yoshiie Minamoto who was a military commander and composed the "Nakoso" poem. After enjoying a hike around the forest trails or a picnic at the park, take the time to view inside the park's museum and Suifu-den.

② Nakoso Barrier Literature and History Museum

(35min walk from Nakoso Station)

Learn more about the history of Nakoso in this museum. Features a brilliant display of the waka poem "Nakoso" composed in the Heian period by warlord Yoshiie Minamoto when he was passing through the forest on his way to fight rival feudal lords to the north. Another display room features a range of items and games to help you get a taste of life in Edo Japan.

Inquiries: 0246-65-6166

③ Nakoso Barrier Suifu-den (35min walk from Nakoso Station)

This facility is a reconstruction of a typical Heian-style residence. Experience the Heian period and culture which inspired many poems much like the "Nakoso" poem and you too might feel inspired by the garden and surrounding nature. Entry is free.

Inquiries: 0246-65-6166



④ Nakoso Beach and Torii (Archway)

(25min walk from Nakoso Station)

Located about a 15 minute walk downhill from the park, this beach is what greets visitors arriving from the south of Iwaki. There is a torii along the beach which is also a popular spot for watching the first sunrise of the New Year. Beach is open for swimming from mid-July to mid-August.



Nakoso Station Area



Iwaki, located at the very southern point of the Tohoku region, is a great weekend escape from the urban rush of the Kanto region – accessible within a 2.5 hour express train ride from Ueno Station in Tokyo. Despite Iwaki's size and sprawling layout, you can still cover a lot of this city's major sights without a car. In this new Iwaki Vision series, we look at the variety of things you can see and do within a walking distance or bus ride from each station on the Joban Line. We begin our journey from the south and work our way up north.

⑤ "Seki no Yu" Nakoso Hot Springs (10min walk from Nakoso Station)

This large hot spring facility houses up to 13 different types of baths including private rental family baths, sauna and outdoor baths with seaside views. There is also a game and kids area which makes it an ideal facility for the whole family – especially after a day of hiking around the barrier park! General admission is 2000 yen and 1000 yen for children (free for infants).

Inquiries: 0246-65-1126



Ueda Station



① Iwaki City Kodomo Genki Children's Centre

(10min walk from Ueda Station)

Constructed in April 2016, this facility provides an active playing environment for parents and their young children. There are a range of different play areas according to each age group, with an infant play area for 0-3 year olds and a multi-storey net playground and ball pool for 3-12 year olds. The centre also holds regular learning events and activities for infants and primary school aged children. Entry is free.

Inquiries: 0246-63-2884



Ueda Station Area

② Same River Park (10min walk from Ueda Station)

Located by the Same River and neighbouring the Kodomo Genki Centre, this large park is ideal for playing rugby, soccer and a range of other sports and recreation.



③ Joban Joint Thermal Power Plant (30min walk from Ueda Station)

Iwaki's only coal-fired power plant offers free general tours inside the plant as well as a tour of their Integrated Coal Gasification Combined Cycle project. Applications for tours should be done up to 2 weeks before the desired date. Applications can be done over the phone or online via http://www.joban-power.co.jp/inspection_application/ (Japanese).

Tour hours: 10am-4pm weekdays.

Inquiries: 0246-77-0211



*Maps are not to scale