

【国際交流 PR アソシエイトからの発信★】Great place for winter sports——Experience the fun of Japanese skiing in Iwate Prefecture

岩手は冬真っ盛り。今年は積雪にも恵まれています。さて、岩手県内には様々なスキー場が点在しています。それぞれ個性豊かなスキー場について、Xu さんが英語と中国語でご紹介します！

Iwate is in the midst of winter, and this year it has been blessed with plenty of snowfall. Within Iwate Prefecture, there are numerous ski resorts, each with its own unique charm. Xu will introduce these distinctive ski resorts in English and Chinese!

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Great place for winter sports

——Experience the fun of Japanese skiing in Iwate Prefecture

As a famous ski resort in Japan, Iwate Prefecture has many popular ski resorts. Here are some of the ski resorts in Iwate Prefecture:

#### 1. APPI Snow Mountain Resort

APPI Snow Mountain Resort is located in Mount Hachimantai, Iwate Prefecture and is one of Japan's representative ski resorts. It has a total of 21 slides, the longest sliding distance is 5,500 meters, and the total area is 282 hectares. Known for its quality powder snow and long skiing distances, APPI is suitable for skiers of all abilities.

Distance from the Morioka City 35 km.

Website: <https://www.appi.co.jp/snow-mountain-resort/>

#### 2. Geto kogen Ski Resort

Geto kogen Ski Resort is known as the "Kingdom of Snow", with Japan's top snow



Prefecture. It has good snow conditions and is famous for its magnificent scenery. Shizukuishi Ski Resort hosted the Global Ski Championships in 1993 and is a well-known representative ski resort in Iwate Prefecture. The ski resort has designed slides of various levels to satisfy ski enthusiasts of different levels from beginners to advanced. In addition, the CAT tour, where you can ride a snowmobile through the powder snow area, is a unique experience of Shizukuishi Ski Resort! There are also many special activities such as night sky tours on cable cars. You can have fun while skiing.

From the Morioka City 20 km.

Website: <https://www.princehotels.co.jp/ski/shizukuishi/winter/>

#### 4.Hachimantai Resort Shimokura Ski Area

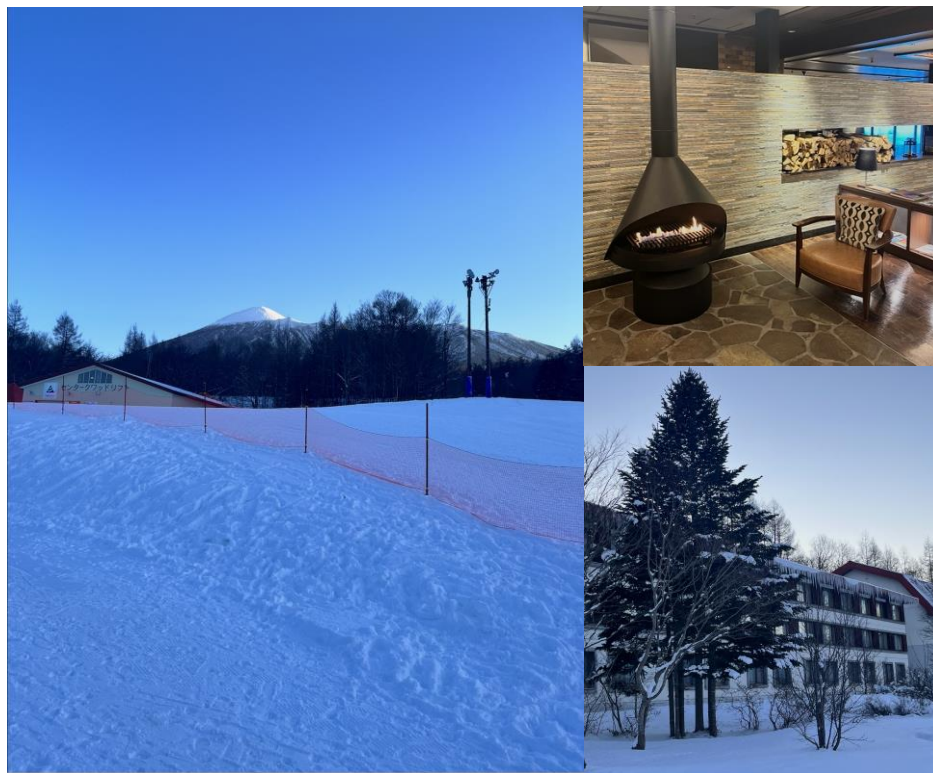


Fig.2 Hachimantai Resort Shimokura Ski Area

When snow clouds from the Sea of Japan develop over the Ou Mountains, the best powder snow is created if a large amount of wet snow falls on the Akita Prefecture side and dry snow falls on the Iwate Prefecture side. In particular, large amounts of high-quality powder snow with very

little water content fall on Mt. Iwate, the highest altitude in the region, and Shimokura Ski Resort in the central area of Hachimantai. The facility layout of Shimokura Ski Resort has been proposed to suppress the adverse effects of the western monsoon and sunshine on each ski slope after each new snowfall and in the high-temperature high-collar area, ensuring that high-quality light snow can be used for a longer period of time.

From the Morioka City 26 km.

Website: [https://www.hachimantai.co.jp/tw/winter\\_activities/](https://www.hachimantai.co.jp/tw/winter_activities/)

#### 5. Iwate Kogen Snow Park

Iwate Kogen Snow Park offers track layouts suitable for beginners to experts, and lifts and ropeways are free for elementary school students and younger.

From the Morioka City 18 km.

Website: <https://iwatekogen.jp>

Each of these ski resorts has its own characteristics, not only providing a rich skiing experience, but also high-quality powder snow and a variety of slide options, making it an ideal place for ski enthusiasts.

Winter is the season for ski enthusiasts. For international students in Japan, skiing is not only an exciting sport, but also a window to experience Japanese culture. However, skiing also comes with certain risks.

So , we've rounded up some ski safety tips:

1. Choose appropriate equipment: Choose waterproof, breathable, and appropriately sized ski suits to keep your body dry and warm; wear a good-quality helmet to protect your head from injury; wear gloves, wrist guards, elbow pads, ankle pads, Knee pads, etc., to prevent injuries when falling.
2. Choose suitable ski resorts and snow trails
3. Avoid skiing in bad weather conditions and avoid skiing under the influence of alcohol or drugs.

4. Learn to deal with simple and common skiing injuries, such as sprains, strains or minor collisions.
5. Master the correct falling posture
6. Pay attention to sun protection and take measures to keep warm in low temperature conditions
7. Avoid entering no-slip areas without authorization



Fig.3 Some skiing gear

By following these safety guidelines, international students can enjoy skiing in Japan while keeping themselves and others safe. Remember, safety always comes first.

## 冬季运动好去处

## ——在岩手县体验日本滑雪的乐趣

岩手县作为日本著名的滑雪胜地，拥有多个备受欢迎的滑雪场。以下是一些岩手县内的滑雪胜地：

### 1. 安比高原滑雪场

安比高原滑雪场位于岩手县八幡平市，是日本代表性的滑雪胜地之一。它共有 21 条滑道，最长滑行距离为 5500 米，总面积达 282 公顷之广。安比高原以其优质的粉雪和长滑行距离而闻名，适合

各种水平的滑雪爱好者。

距离盛冈市区 35 公里

网址：<https://www.appi.co.jp/snow-mountain-resort/>

2．夏油高原滑雪场

夏油高原滑雪场被誉为“雪的王国”，有着日本顶级的积雪量和粉雪！滑雪场积雪量稳定，约在每年 12 月上旬开始营业直到 5 月的黄金周结束。坐拥东北最大规模的非压雪林间滑雪区，由一般雪道和广阔的林间雪道组成，总滑行距离长达 14,100 公尺。滑雪场内备有适合初学者的缓坡雪道、可从起点处观景台眺望鸟海山和岩手山全景的雪道、猫跳滑雪道等，从初学者到高手都能尽兴。另有可直通滑雪场的住宿设施与天然温泉！还能从当地首屈一指的大型展望露天浴池，远眺北上市市内景观。从 JR 北上站还有可免费搭乘的接驳巴士，交通相当轻松便利！

距离盛冈市区 57 公里

网址：<https://www.getokogen.com/winter/>

3．雫石滑雪场



图 1 雫石滑雪场

雫石滑雪场坐落于岩手县的最高峰“岩手山”之山峰上，雪况良好，并因其壮阔景色而闻名。雫石滑雪场曾于 1993 年举行过全球滑雪锦标赛，是岩手县具有代表性的知名滑雪胜地。滑雪场设计了各种级别的滑道，以满足初级到高级不同水平的滑雪爱好者。此外，可搭乘雪上车驰骋粉雪区的 CAT 行程更是雫石滑雪场的特有体验！其他还有夜乘缆车的星空之旅等多项特别活动。滑雪之余，可以尽享欢乐时光。

距离盛冈市区 20 公里

网址：<https://www.princehotels.co.jp/ski/shizukuishi/winter/>

#### 4．八幡平

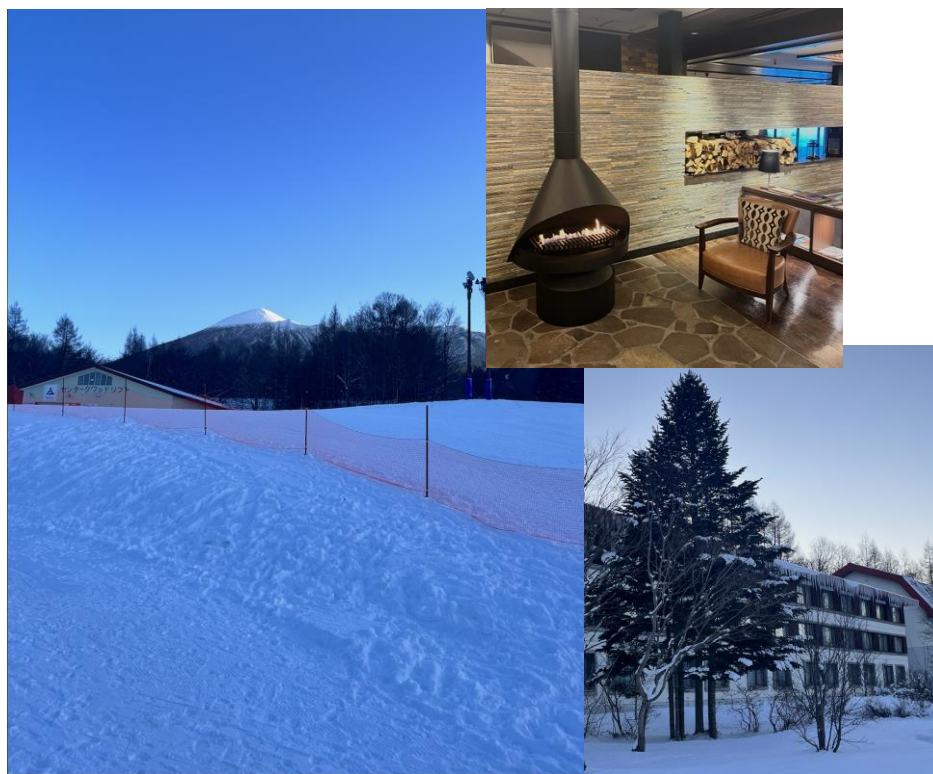


图 2 八幡平滑雪场

当发展自日本海的雪云穿过奥羽山脉时，如果有大量的湿雪降在秋田县那侧、同时干雪降在岩手县这侧，那么就会产生最棒的粉雪。特别是这些含水量极少的大量高品质粉雪，将会降在本地最高峰的岩手山，以及位于八幡平中心区域的下仓滑雪场。下仓滑雪场的设施布局经过精心设计，能够在每次新降雪之后以及在低温的高海拔地区，抑制西来季风和日照对每个滑雪道造成的不良影响，确保优质的轻雪可以经受更长时间的使用。

距离盛冈市区 26 公里

网址：[https://www.hachimantai.co.jp/tw/winter\\_activities/](https://www.hachimantai.co.jp/tw/winter_activities/)

#### 5．岩手高原雪上公园

岩手高原雪上公园提供适合初学者到专家的赛道布局，缆车和索道对小学生及以下儿童免费开放。

距离盛冈市区 18 公里

这些滑雪场各具特色，不仅提供了丰富的滑雪体验，还有优质的粉雪和多样的滑道选择，是滑雪

爱好者的理想之地。

冬季是滑雪爱好者的季节，对于在日本的留学生来说，滑雪不仅是一项刺激的运动，也是体验日本文化的一个窗口。然而，滑雪同时也伴随着一定的风险。

因此，我们搜集了一些滑雪安全小贴士：



图 3 一些滑雪装备

- 1、选择合适的装备：选择防水透气、大小适合的滑雪服，以保持身体干燥和温暖；佩戴质量优良的头盔，保护头部免受伤害；戴好手套、护腕、护肘、护踝、护膝等，防止摔倒时受伤。
- 2、选择合适的滑雪场和雪道
- 3、避免在恶劣天气条件下滑雪，避免在受到酒精或药物影响的情况下滑雪。
- 4、学会处理简单常见的滑雪伤害，例如扭伤、拉伤或轻微的碰撞等。
- 5、掌握正确的摔倒姿势
- 6、注意防晒和做好低温情况下的保暖措施
- 7、避免擅自进入禁滑区

通过遵循这些安全指南，留学生们可以在日本享受滑雪的乐趣，同时确保自己和他人的安全。请记

住，安全永远是第一位的。