

Lake Inawashiro

猪苗代湖

猪苗代湖は福島県の中央にあり、郡山市、会津若松市及び猪苗代町にまたがるように位置しています。磐梯朝日国立公園の中にあるこの湖は、湿地面積が10,960haで国内4番目の大きさを誇ります。猪苗代湖はかつては酸性でしたが、現在は中性化が進み、たくさんの生物が生息するようになりました。国指定天然記念物のミズスギゴケ群落や白鳥の飛来地として貴重な生態系を保有する区域にも指定されています。

Lake Inawashiro is located in central Fukushima Prefecture and is bordered by Koriyama City, Aizuwakamatsu City, and Inawashiro Town. Situated inside Bandai-Asahi National Park, the lake has a total wetland area of 10,960 hectares, making it the fourth largest wetland area in Japan. The water of Lake Inawashiro used to be acidic, but over time it has become more neutral, allowing it to serve as a habitat for a wide variety of plants and animals. The lake is also an important ecological area, home to clusters of mizu-sugigoke (sphagnum moss) that are designated as a National Natural Monument, as well as a popular destination for migrating swans.



2025年7月にラムサール条約湿地に登録されました！

猪苗代湖・裏磐梯湖沼
フォトコンテスト入賞作品

ラムサール条約の掲げる3つの柱 The Three Pillars of the Ramsar Convention

1

保全・再生

Conservation and Restoration



猪苗代湖・裏磐梯湖沼フォトコンテスト入賞作品

近年、湖水の中性化など様々な影響により、水質の悪化が懸念されています。これらへの対策として、流域市町では下水道や農業集落排水施設、高度処理型浄化槽の整備を進めています。また、住民、民間団体、事業者及び行政が協働で湖岸の清掃活動、漂着した水草の回収、水質悪化の原因となるヨシやヒシの刈り取りなどに取り組んでいます。

In recent years, there have been concerns about the deterioration of water quality due to a variety of factors, such as the lake's water becoming more neutral. In response to these issues, the municipalities in the area around the lake are working to improve sewerage systems, agricultural drainage facilities, and advanced wastewater treatment systems. In addition, local residents, private organizations, businesses, and government agencies are working together to clean up the lake shore, collect drifting aquatic plants, and cut down reeds and water caltrops, which contribute to water quality deterioration.

2

賢明な利用

Wise Use



猪苗代湖の湖水は、古くから水力発電に利用されているほか、農業用水や生活用水にも利用されています。また、保全活動で回収した水草について、ヨシは地域の伝統行事や紙の原料に、ヒシは茶の原料として一部利用されています。また、猪苗代湖は福島県の有数の観光地となっており、湖面は湖水浴や水上アクティビティの場として、湖畔はキャンプ場として利用されるなど、地域経済にも大きく貢献しています。

The water of Lake Inawashiro has long been used for hydroelectric power generation, as well as for irrigation and domestic water supply purposes. In addition, aquatic plants such as reeds collected during conservation activities are used in traditional local events and as raw materials for making paper, while plants such as water caltrops are used as ingredients for tea. Lake Inawashiro is one of Fukushima Prefecture's leading tourist attractions, contributing significantly to the local economy as a place for swimming and other water activities, while the lakeside is used as a camping ground.

3

交流・学習

CEPA (Communication, Capacity building, Education, Participation, and Awareness)



湖畔にある学校では、水環境学習の取組が進められ、日本最大級であるアサザの群生地を守るため、アサザの栽培や移植のほか、水質調査、水生生物調査、湖岸の清掃活動、ウチダザリガニなどの外来種駆除が行われています。また、「猪苗代湖子ども交流会」を毎年開催し、環境保全活動の成果を発表するなど、水環境保全に向けた意識醸成に取り組んでいます。

At a school located beside the lake, water environment education initiatives are underway to protect one of Japan's largest populations of fringed water lilies. These initiatives include cultivating and transplanting the water lilies, conducting water quality surveys and aquatic life surveys, clean-up activities along the lake shore, and eradicating invasive species such as the signal crayfish. Moreover, the Lake Inawashiro Children's Exchange Meeting is held every year, where participants present the results of their environmental conservation activities, with the aim of fostering awareness and promoting efforts toward water environment conservation.



春
Spring

桜と磐梯山を同時に楽しめる絶景スポットがあり、春の風物詩となっています。

There are spectacular scenic spots where visitors can enjoy viewing cherry blossoms and Mt. Bandai at the same time, making it a popular springtime attraction.



秋
Fall

磐梯山を背景に、湖面に反射する夕焼けを間近で楽しむことができます。

You can also enjoy close-up views of the setting sun reflected on the lake with Mt. Bandai in the background.



夏
Summer

青空と新緑が一面に広がり、身体全体で雄大な自然を感じることができます。

With the blue sky and fresh greenery stretching out before you, you can feel the majesty of nature with your entire body.



冬
Winter

強い風によって湖面の水しぶきが岸辺の樹木に付着し、凍り付いてできる「しぶき氷」が有名です。

The lake is famous for its “spray ice,” which forms when strong winds blow water droplets from the lake onto the trees along the shore, where they freeze.

Lake Inawashiro

猪苗代湖がラムサール条約登録にあたり満たしている国際基準

Lake Inawashiro meets the international standards for registration under the Ramsar Convention.

基準1 (criterion1)



適切な生物地理区における「自然状態の」又は「自然状態に近い」代表的、希少又は特有な湿地タイプを含む湿地

A wetland should be considered internationally important if it contains a representative, rare, or unique example of a natural or near-natural wetland type found within the appropriate biogeographic region.

猪苗代湖は、2つの断層に挟まれた地域が沈降してできた盆地に、磐梯山の噴火により川がせき止められて形成されました。また、湖面標高514m、最大深度94m、湛水面積は約10,300haであり、日本国内で4番目に大きい湖です。強酸性の河川の流入によりもたらされる自然浄化機能によって、湖面積のわりに水質指標が良好に保たれており、「天鏡湖」と呼ばれるほど透明度が高い、国内でも有数の水質のきれいな湖沼の1つとして、希少な特徴を有しています。

Lake Inawashiro was formed when a river was dammed by an eruption of Mt. Bandai in a basin created by the subsidence of an area sandwiched between two geological faults.

The lake sits at an elevation of 514 meters above sea level, and has a maximum depth of 94 meters and a surface area of approximately 10,300 hectares (103 square kilometers), making it the fourth largest lake in Japan. The natural purification effect produced by the inflow of strongly acidic rivers maintains the lake's high water quality relative to its size, giving it exceptional clarity and earning it the nickname Tenkyo-ko, meaning “Heavenly Mirror Lake.” It has the rare distinction of being one of the cleanest lakes in Japan in terms of its pristine water quality.

基準2 (criterion2)

危急種、絶滅危惧種又は近絶滅種、又は絶滅のおそれのある生態学的群集を支えている湿地

A wetland should be considered internationally important if it supports populations of plant and/or animal species important for maintaining the biological diversity of a particular biogeographic region.

猪苗代湖に生息する動植物のうち、オニノヤガラ、カシラダカ、タナゴがIUCNレッドリストのVU（絶滅危惧Ⅱ類）に選定されています。また、タナゴに関しては、環境省レッドリストのEN（絶滅危惧ⅠB類）にも選定されており、猪苗代湖はこうした絶滅のおそれのある種を支える重要な湿地となっています。

Of the species of plants and animals that live in and around Lake Inawashiro, an orchid called the oninoyagara (*Gastrodia elata*), a bird called the kashiradaka (rustic bunting), and a fish called the tanago (Japanese bitterling) are listed as VU (Vulnerable) on the IUCN Red List.

In addition, the tanago is also listed as EN (Endangered) on the Ministry of the Environment's Red List, indicating that Lake Inawashiro is an important wetland that supports endangered species.

基準3 (criterion3)



特定の生物地理区における生物多様性の維持に重要な動植物種の個体群を支えている湿地

A wetland should be considered internationally important if it supports populations of plant and/or animal species important for maintaining the biological diversity of a particular biogeographic region.

猪苗代湖及びその周辺における動植物のうち、333種（動物170種、水生物50種、陸生生物113種）がIUCNレッドリスト評価対象種となっています。また、環境省レッドリストにおいて、これらのうちCR（絶滅危惧種ⅠA類）が6種、EN（絶滅危惧ⅠB類）が5種、VU（絶滅危惧Ⅱ類）が21種、NT（準絶滅危惧）が32種となっています。特に、猪苗代湖に生育するヒロハススキゴケは「猪苗代湖ミズスキゴケ群落」として国の天然記念物に指定されており、猪苗代湖は多様な動植物種の個体群を支える重要な湿地となっています。

Among the flora and fauna found in and around Lake Inawashiro, 333 species (including 170 animal species, 50 aquatic species, and 113 terrestrial species) are classified as species subject to assessment for inclusion on the IUCN Red List. Among these, the Ministry of the Environment's Red List includes six species classified as CR (Critically Endangered), five species as EN (Endangered), 21 species as VU (Vulnerable), and 32 species as NT (Near Threatened). In particular, the clusters of mizu-sugigoke (sphagnum moss), also known as hiroha-susukigoke (Marsh Forklet-moss), found in Lake Inawashiro have been designated as a National Natural Monument under the name “Lake Inawashiro's Marsh Forklet-moss community” and the lake is an important wetland that supports a diverse population of animal and plant species.

基準6 (criterion6)



水鳥の一種又は一亜種の個体群の個体数の1%を定期的に支えている湿地

A wetland should be considered internationally important if it regularly supports 1% of the individuals in a population of one species or subspecies of waterbird.

猪苗代湖は、日本で有数のコハクチョウの飛来地です。コハクチョウは、ユーラシア大陸北部のツンドラ地帯で繁殖し、冬期にはイギリス南部、オランダ、デンマークなど、カスピ海周辺から同緯度の日本など温帯へ渡ります。猪苗代湖に飛来するのは、日本と朝鮮半島で生息する唯一の個体群である「日本／朝鮮非繁殖個体群」であり、その個体数の1%は約450羽となっています。猪苗代湖周辺の水田では稲刈り後の落穂がコハクチョウの冬のエサとなるなど、水鳥の飛来地として適しており、猪苗代湖の2020年～2024年の5カ年における飛来数の平均値はこの数を大幅に超え、当該個体群を定期的に支える湿地となっています。

Lake Inawashiro is one of the most important wintering grounds for tundra swans in Japan.

Tundra swans breed in the tundra regions of northern Eurasia and migrate during the winter from the Caspian Sea region, such as southern England, the Netherlands, and Denmark to temperate regions of a similar latitude, such as Japan.

The population of tundra swans that flies to Lake Inawashiro is the Japan/Korea non-breeding population. It is the only population that lives in Japan and the Korean Peninsula, and it consists of approximately 450 individuals, which accounts for 1% of the total population.

The rice fields around Lake Inawashiro are ideal for tundra swans and other migrating waterfowl, as fallen rice grains left behind after harvesting provide food for them in winter. The average number of tundra swans visiting Lake Inawashiro between 2020 and 2024 greatly exceeded the above number, confirming that the lake is a wetland that can support this population on a regular basis.

基準4 (criterion4)

動植物種の生活環の重要な段階を支えている湿地、又は悪条件下において動植物種に避難場所を提供している湿地

A wetland should be considered internationally important if it supports plant and/or animal species at a critical stage in their life cycles, or provides refuge during adverse conditions.

アサザは主に、湖沼、ため池、水路などで生育する浮葉植物です。猪苗代湖の北部水域一帯にはアサザの好む環境が形成されているほか、冬季の結水によって強い波浪が起りにくいこと等が大規模個体群の形成につながっていると考えられます。猪苗代湖はこうした植物の成長を支える穏やかな環境を提供する湿地として重要な役割を果たしています。

The asaza, or fringed water lily, is a species of floating aquatic leaf plant that mainly grows in lakes and ponds and along waterways.

The northern waters of Lake Inawashiro provide an ideal environment for this asaza, and the absence of strong waves due to freezing in winter is considered conducive to the formation of large populations of this species.

Lake Inawashiro plays an important role as a wetland that provides a sheltered environment where plants such as the asaza can thrive.