

# SPOT INFORMATION

※Information displayed here is recent to July 2020.  
Business hours and closure days written here are for the summer season.



**Aomori Gyosai Center**  
The Original "Nokke-don" 1

Experience "Nokke-don" inside the Aomori Gyosai Center. Choose from the various fresh seasonal seafood and other dishes lined up within this indoor market, and pile as much as you like onto your bowl of rice. Enjoy interacting with the local shopkeepers and dig into your own personalized seafood bowl!  
\*Service until rice runs out.


〒030-0862 Aomori-ken Aomori-shi Furukawa 1-11-18  
TEL: 017-763-0085  
https://nokkedon.jp  
Open: 7:00 am - 4:00 pm Closed: Tuesdays



**WA RASSE Nebuta Museum** 2

The award-winning floats from the Aomori Nebuta Festival are displayed here. While the festival is held only in the summer, you can enjoy seeing the Nebuta floats year round.

〒030-0803 Aomori-ken Aomori-shi Yasukata 1-1-1  
TEL: 017-752-1311  
http://www.nebuta.jp/warasse/foreign/english.html  
Open: 9:00 am - 7:00 pm (May - August)



**Road Station Asamushi Onsen**  
"YU-SA Asamushi" 3

YU-SA Asamushi is a Road Station with a built-in hot spring. Enjoy a great view of Mutsu Bay while soaking in the bath, or buy local products in the souvenir corner and farmers market.

〒039-3601 Aomori-ken Aomori-shi Asamushi Hotarudani 341-19  
TEL: 017-737-9151  
http://www.yu-sa.jp  
Open: 9:00 am - 7:00 pm



**Hiranai Marugoto Gourmet Hall** 4

Hiranai Town is a leading producer of Japan's sea scallops, and the Marugoto Gourmet Hall is a restaurant that specializes in scallop cuisine, a rarity even in Japan. Try a menu specifically tailored to utilize these prized local scallops. We recommend the "Hiranai Hotate Katsu-gozen", a tray of delicacies made with the freshest live sea scallops.

〒039-3372 Aomori-ken Higashitsuguru-gun Hiranai Tsuchiya Kagikake 56  
http://hotateichiban.com  
Open: Monday-Thursday-Sunday 11:00 - 17:00 (L.O. 16:30)  
Tuesday 11:00 - 15:00 (L.O. 14:30) Closed: Wednesdays



**Yogoshiyama Forest Park** 5

The Yogoshiyama Forest Park is home to Japan's most diverse indoor cactus garden, housing more than 3000 varieties of cacti and succulents. You can also see over 150 varieties of beautiful flowering orchids.

〒039-3331 Aomori-ken Higashitsuguru-gun Hiranai Hamago Horikae 36-1  
TEL: 017-755-2963  
https://www.town.hiranai.aomori.jp/index.cfm/7,8564,30,128.html  
Open: 8:30 am - 4:30 pm



**Shibasaki Health Recreation Facility** 6

This facility is located at the top of a small mountain and has fantastic scenic views of Mutsu Bay below. There are many facilities such as the Forest Center training camp, a campground, and bungalows.

〒039-3177 Aomori-ken Kitakami-gun Noheji Shibasaki 10-5  
TEL: 0175-64-7952 (Forest General Center)  
http://www.town.noheji.aomori.jp/kanko/spot/307  
Open: Late April - end of October



**Noheji Iki'iki Jōyātō Market** 7

You can buy the best that Noheji has to offer at this farmers market, including freshly caught live sea scallops and crab, as well as seasonal vegetables. It is located beside Jōyātō Park.

〒039-3131 Aomori-ken Kitakami-gun Noheji Noheji 567  
TEL: 0175-73-7887  
https://www.noheji-kankou.com/noheji-market/  
Open: 9:00 am - 5:00 pm Closed: New Year Holidays



**Road Station Yokohama "Nanohana Plaza"** 8

This is a road station in Yokohama Town, famous for the annual "nanohana" canola flower blossoms. You can buy local goods in the souvenir shop and taste the local flavors in the restaurant. The popular canola flower donuts make the perfect snack.

〒039-4134 Aomori-ken Kitakami-gun Yokohama Hayashinowaki 79-12  
TEL: 0175-76-6667  
http://www.nanohana-plaza.com  
Open: 8:00 - 18:00 (April - December)  
Closed: New Year Holidays



**Travel Plaza Sunshine** 9

This is a cafeteria and gift shop with a full view of Mutsu Bay. There is a selection of souvenirs from all around Shimokita Peninsula, with mainly Yokohama-related items. Please try the canola blossom soft serve ice cream after your meal.

〒039-4114 Aomori-ken Kitakami-gun Yokohama Mameda 127  
TEL: 0175-78-2080  
http://www.tpsun.jp  
Open: 8:00 am - 6:00 pm (April - October)  
Closed: New Year Holidays



**Mutsu Kasamai-kan** 10

The Mutsu Kasamai-kan is a facility that provides information on tourism and production in the Shimokita area. Inside, there is an exhibit room that introduces Shimokita. In the local Shimokita dialect, "Kasama" is an invitation beckoning you to come.

〒035-0034 Aomori-ken Mutsu-shi Tanabu 10-1  
TEL: 0175-33-8191  
http://kasamaikan.info/index.html  
Open: 9:00 am - 21:00 pm Closed: New Year Holidays



**Tourist Information Center**  
"Kita no Sakimori Ominato Andokan" 11

The Andokan is designed in homage of the Ominato Naval Port Headquarters that existed in the past, and the interior and exterior replicate its Meiji and Taisho Period appearance. Inside, you can enjoy the cafe and shop, or get useful tourist information displayed in the lounge.

〒035-0094 Aomori-ken Mutsu-shi Sakuragi 3-1  
TEL: 0175-78-2080  
https://www.city.mutsu.lg.jp/index.cfm/16,39140,32,801.html  
Open: 10:00 am - 8:00 pm Closed: New Year Holidays



**Road Station Tairadate "Oh! Daiba"** 12

The Road Station Tairadate is situated within the Tsugaru National Park. Some sights to see are the beautiful white Tairadate Lighthouse and the Matsumae Kaido, a line of pine trees that continues for a full kilometer along National Highway 280.

〒030-1482 Aomori-ken Higashitsuguru-gun Sotogahama Tairadate Tanosawawa 1-3  
TEL: 0174-25-2092  
https://tairadate.com/tourism/  
Open: 10:00 am - 4:00 pm Closed: Tuesdays



**Takanosaki Cape** 13

Takanosaki Cape is a powerful landscape filled with wondrous and mysterious rock formations. The Shiosai Bridge and Nagisa Bridge connect the mainland to the rocks of the cape tip, where you can see Cape Taappi, Shimokita Peninsula, and even Hokkaido on clear days.

〒030-1513 Aomori-ken Higashitsuguru-gun Imabetsu Horozuki Murashimo  
https://www.town.imabetsu.lg.jp/sightseeing/tourist/takanosaki.html



**Road Station Imabetsu**  
"Peninsula Plaza ASUKURU" 14

This Road Station is connected to both the Okutsuguru-Imabetsu Station on the Hokkaido Shinkansen Line, and the Tsugaru-Futamata Station on the JR Tsugaru Line. You can enjoy the rare and highly coveted A5 Imabetsu Wagyu beef in the restaurant within.

〒030-1505 Aomori-ken Higashitsuguru-gun Imabetsu Okawada Kiyokawa 87-16  
TEL: 0174-31-5200  
https://www.town.imabetsu.lg.jp/sightseeing/tourist/asukurult.html  
Open: 9:00 - 7:00 pm (April - November)



**Ōyama Furusato Museum** 15

This nostalgic museum resides within a retired and repurposed school building. Historical items like daily necessities and farm tools are displayed here, as well as relics excavated from Ōhira Yamamoto Site, Japan's oldest known Jomon archaeological site. Admission is free of charge.

〒030-1307 Aomori-ken Higashitsuguru-gun Sotogahama Kanita Ōdaisawahe 24-3  
TEL: 0174-22-2577  
http://www.town.sotogahama.lg.jp/kankou/old/k\_siryukan.html  
Open: 9:00 am - 4:00 pm  
Closed: Mondays (or Tuesday if Monday is a public holiday)



**Marchē YOMOGITA** 16

Containing the heart and soul of the local farmers, the "Momotaro Tomatoes" are a popular item in Yomogita Village. Inside the restaurant, you can enjoy the view of the sea while eating pasta or omelette & rice made using these famous tomatoes.


〒038-1331 Aomori-ken Higashitsuguru-gun Yomogita Gozawa Hamada  
TEL: 0174-31-3040  
http://www.yomogita-assist.com/bussan/  
Open: 8:00 am - 6:00 pm (May - October)



**Village Station Yomotto** 17

The Village Station Yomotto is located along the National Highway 280, and offers all the tastiest things Yomogita Village has to offer concentrated into one farmers market. The large variety of fresh seafood is the pride of the area.

〒038-1212 Aomori-ken Higashitsuguru-gun Yomogita Amidagawa  
TEL: 0174-31-3115  
http://www.vill.yomogita.lg.jp/kankou/kankou\_1.html  
Open: 8:00 am - 6:00 pm  
Closed: New Year Holidays



**MUTSU BAY DOLPHIN WATCHING**

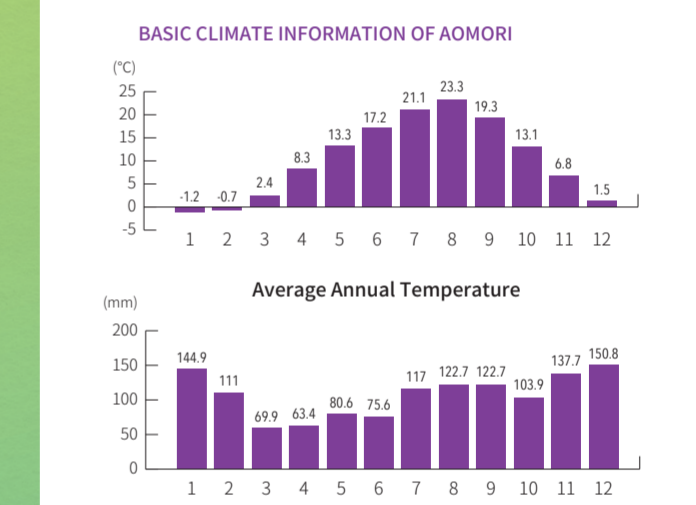
On the ferry route between Shimokita Peninsula and Tsugaru Peninsula, you may come into contact with pods of wild Pacific white-sided dolphins. You may even be lucky enough to see them swim along the side of the ferry or jump into the air.

Photo: Shigetō Kiyokawa, Aomori University

## TRAVEL GUIDE



**IN ORDER TO ENJOY AOMORI**  
In order to enjoy cycling in Aomori, we introduce climate information and the best clothing options according to the season.



**RECOMMENDED CLOTHES ADAPTED TO TEMPERATURE**

**25°C** The cycle jersey has a quick drying function to evaporate perspiration and prevent body temperature from rising, allowing comfortable riding.

**20°C** As an anti-chill measure on descents, wearing an arm warmer or carrying a pocket-sized windbreaker is recommended.

**15°C** Combine long pants or half shorts + tights. In addition, covering your neck is great protection from the cold.

**10°C** Minimizing exposed parts of the skin and taking precautionary measures against the cold weather are very important. Consider using earwarmers and gloves.

**Yamase (Cold Northeasterly Wind)**  
A characteristic of the Tohoku region, Yamase is the local name for northeasterly winds that blow in from the Pacific Ocean in the summer (June to August). As this wind blows, it may be cold even in the summer, so you need to be careful with what you wear.

## ACCOMMODATIONS



**Nanbuya Kaisenkaku**

〒039-3501 Aomori-ken Aomori-shi Asamushi Hotarudani 31  
TEL: 017-762-4411  
https://www.kaisenkaku.com/en/



**Yogoshiyama Cabin House**

〒039-3331 Aomori-ken Higashitsuguru-gun Hiranai Hamago Horikae 36-1  
TEL: 017-755-5812  
https://www.town.hiranai.aomori.jp/index.cfm/7,12,2,30,128.html



**Makado Kanko Hotel**

〒039-3175 Aomori-ken Kamikita-gun Noheji Yuzawa 9  
TEL: 0175-64-3131  
http://sanrok-makado.com



**Pension Vento Kaze-no-tani**

〒039-4122 Aomori-ken Kamikita-gun Yokohama Torigaita 94-69  
TEL: 0175-76-1799  
http://www.yokohama-kazenotani.com/kaze/main.html



**Plaza Hotel Mutsu**

〒035-0061 Aomori-ken Mutsu-shi Shimokita 2-46  
TEL: 0175-23-7111  
https://www.ph-monline



**Kaikyo-no-ie Horodzuki**

〒030-1513 Aomori-ken Imabetsu Horodzuki Murashimo 70  
TEL: 0174-36-2166  
https://www.town.imabetsu.lg.jp/sightseeing/tourist/horodzuki.html



**Odaiba Auto Village**

〒030-1402 Aomori-ken Higashitsuguru-gun Sotogahama Tairadate Tanosawa 67-1  
TEL: 0174-31-2211  
http://www.town.sotogahama.lg.jp/kankou/old/daibaure\_auto\_v.html



**miura-ori**  
特許 第3644945号 商標登録 第4896048~9号 No.1818  
miura-ori lab 03-6457-7272 ©Koryo Miura1978

## ACTIVITIES AND CYCLING GUIDES



**For more nature activities in Aomori beyond cycling:**  
Aomori is blessed with great natural beauty, so there are many activities including Sea Kayaking and SUP (Stand Up Paddleboard). You can also request for a cycling guide to lead you on your trip.

**4-Ride**  
〒030-0122 Aomori-ken Aomori-shi Nojiri Imata 114-1  
TEL: 017-718-8577  
https://4ride-as.com

※Activity and guiding fees depend on participant number and scale. Please inquire for more information.

**BBB Aomori Tour Guides**  
〒036-8345 Aomori-ken Hirosaki-shi Kuranushi 9-21  
TEL: 0172-78-5090  
https://ca101d.com

## SEA ROUTE Ferry Information



**Mutsu Bay Ferry Inc.** [Kanita] [Wakinosawa]

**Kanita Main Office**  
〒030-1302 Aomori-ken Higashitsuguru-gun Sotogahama Kanita Chushimiyamoto 160  
TEL: 0174-22-3020

**Wakinosawa Office**  
〒039-5327 Aomori-ken Mutsu-shi Wakinosawa Honson 227 Ryutsu Center  
TEL: 0175-44-3371  
http://www.mutsuwan-ferry.jp  
Fare (Kanita-Wakinosawa, one-way):  
1 Adult - ¥1,950 / 1 Bicycle - ¥850  
※Prior reservations required for bicycles and motor vehicles. Service may be suspended depending on weather conditions.

**Sii Line Inc.** [Aomori] [Wakinosawa] [Sai]

〒038-0012 Aomori-ken Aomori-shi Yanagawa 1-4-1  
TEL: 017-722-4545  
https://www.sii-line.co.jp/en/  
Fare (Kanita-Wakinosawa, one-way):  
1 Adult - ¥2,660 / 1 Bicycle - ¥740

※Please inquire beforehand to ensure available capacity. Motor vehicles cannot be loaded into the ferry. Service may be suspended depending on weather conditions.

## TRAIN Railway Information



**Aomori Railway** [Aomori] [Metoki]

〒030-2016-1600 (6:00 am - midnight)  
https://www.jreast.co.jp/6/1

**JR East Tsugaru Line & Ominato Line**  
TEL: 050-2016-1600 (6:00 am - midnight)  
https://www.jreast.co.jp/6/1

※Bicycles may only be carried onto trains if disassembled and enclosed in a bicycle bag. (Combined height, width, and depth less than 250 cm; weight less than 30 kg)  
※Ticket for extra baggage: ¥290 (Only for JR Line)

Introducing recommended courses and drop-by sightseeing spots, cyclist accommodation etc.

**AOMORI CYCLING** Search **aomori-cycling.com**

Cycling information web site of Aomori Prefecture

# AOMORI CYCLING

Scan here for smartphone