

# Mutsu ONE Trail

—8 Model Routes to Enjoy the Mutsu Bay—

This leaflet introduces the eight model routes to enjoy the "Mutsu ONE Trail." There are a myriad of ways to enjoy it, depending on when and where you visit. You can start from any point according to your budget and schedule. You can also take public transportation, such as trains and buses, on the way. After a long walk along the Mutsu Bay, the destination you reach on your own two feet will look breathtakingly beautiful.

## 1 Tsugaru Strait Line 2 Matsumae Kaido Line



A 17km course from Tsugaruhama Sta. in Imabetsu Town to Tappizaki in Sotogahama Town, the northernmost point of the Tsugaru Peninsula.



A 35km course from Tsugaruhama Sta. in Imabetsu Town to Top Mast in Sotogahama Town.

## 3 Kamiiso/Yomogita Line 4 Asamushi Onsen Line



A 29km course from Top Mast in Sotogahama Town to the Mutsu City Prefecture Tourist Information Center ASPAM in Aomori City.



A 16km course from Nebuta Museum WA RASSE to Asamushi Onsen, both in Aomori City.

## 5 Natsudomari/Kitamae Kaido Line 6 Noheji/Michinoku Line



A 52km course from Asamushi Onsen in Aomori City to Joyato Park in Noheji Town.



A 31km course from Joyato Park in Noheji Town to Mihono Park in Yokohama Town.

## 7 Nanohana/Mutsu Line 8 Ominato/Wakinosawa Line



A 28km course from the Roadside Station Yokohama Nanohana Plaza in Yokohama Town to the Mutsu City Wellness Park in Yokohama Town to Mutsu City Wellness Park.



A 42km route from the Mutsu City Wellness Park to Atagoyama Beach in Wakinosawa Village.



Designated as Tsugaru Quasi-National Park, this area allows you to walk all the way enjoying the sea breeze nearby. You can see Hokkaido to the north, Tappizaki to the west, and the Shimokita Peninsula to the east. The entire route, except Tappizaki, is relatively flat and ideal for beginners.

**1 Tsugaru Strait Line** Total length: about 17 km (about 4 hrs 15 mins)

**Tsugaruhama Station**

Take in the ocean scenery from the train station platform by Minmaya Bay.

If you are starting from Tsugaruhama Sta., follow ▼

**Yoshitsune Beach Park**

A park with a fishing deck, an open-air stage with the ocean as a backdrop, and an event lawn with lush green grass.

**Mayaishi**

A reef-shaped rock formation located just behind the Minmaya Fishery Harbor. Yoshitsune Temple, the temple famous for the Legend of Yoshitsune, is also nearby.

**Stairs of National Route 339**

A staircase designated as a national route in 1974. At a total length of 389.2 meters, with 362 stairs, it is the only staircase highway in Japan.

**Tappizaki**

The northernmost cape on the Tsugaru Peninsula. Jutting out towards the Tsugaru Strait, you can see Hokkaido on a clear day.



Takanozaki in Imabetsu is a stunning, scenic spot with mysterious-looking and oddly-shaped rocks jutting out everywhere. The one-kilometer row of black pines in Tairadate, Sotogahama, is called "Matsumae Kaido" because the Matsumae clan used to travel along this road during the Edo period under the Tokugawa shogunate's alternate attendance policy. As you walk along the row of pine trees, you will be transported back to those old days. With intense ups and downs, this route is suitable for advanced hikers.

**2 Matsumae Kaido Line** Total length: about 35 km (about 8 hrs 45 mins)

**Takanozaki**

A phenomenal, scenic cape where oddly-shaped rocks jut out from all over.

If you are starting from Tsugaruhama Sta., follow ▼

**Tairadate Lighthouse**

A lighthouse built facing the Tairadate Strait. It lies between the Tsugaru and Shimokita Peninsulas.

**Rows of pine trees along Matsumae Kaido**

A roughly 1km stretch of road with trees running along its shoulder. The black pines were originally planted in the Edo Period to protect from wind and sand.

**Kanranzan**

Look across Mutsu Bay from the observation deck on this small, approximately 40m tall mountain.

**Top Mast**

A ferry terminal with a 30m-high observation deck overlooking Mutsu Bay.



Tamamatsu Beach in Yomogita is widely known for its "crystal-clear water." Between Yomogita and Aburakawa in Aomori, the road runs closely along the sea, allowing you to walk while viewing the Shimokita Peninsula to the north, Asamushi to the west on other side of the coast, and ASPAM to the south. Although the distance is long, the course is flat all the way and good for beginners.

**3 Kamiiso/Yomogita Line** Total length: about 29 km (about 7 hrs 15 mins)

**Kanisa Station Market WELKANI**

Fresh produce and seafood line the shelves of this store that also has a restaurant inside.

If you are starting from Top Mast, follow ▼

**Yomogita Tamamatsu Beach**

A beach known for its "crystal clear water."

**Aburakawa Furusato Beach**

A relatively new and well maintained beach that faces Mutsu Bay.

**Aomori Bay Bridge**

Enjoy the blue waters and expansive view during the day, and take in the spectacular evening scenery of Aomori City at night.

**Aoiimi Park**

An urban park that faces the sea, located behind the Aomori Prefecture Tourist Information Center ASPAM.



You can walk through Aoiimi Park in Aomori while enjoying a gentle sea breeze and a view of the Mutsu Bay. The sunset from Asamushi Beach will fascinate visitors, because it looks as if the sun is being drawn into the Mutsu Bay. With some ups and downs, the course is recommended for intermediate hikers.

**4 Asamushi Onsen Line** Total length: about 16 km (about 4 hrs)

**Nebuta Museum WA-RASSE**

A museum dedicated to showcasing the history and charm of Aomori City's festival, "Nebuta."

If you are starting from WA-RASSE, follow ▼

**Gappo Park**

Aomori City's prime cherry blossom viewing spot. There is also a beach on the north side of the park.

**The mouth of Nonai River**

The Nonai River that flows into Mutsu Bay. The season for fishing tiny fish called "ice goby (shirou)" is at its peak here around May.

**Roadside Station Asamushi Onsen Yu-Sa Asamushi**

A rest area with a restaurant that offers fresh seafood dishes and a hot spring overlooking the Mutsu Bay.

**Sunset Beach Asamushi**

Be drawn in along with the sun as it sets into Mutsu Bay.



"Tsubakiyama Coast" along the Natsudomari Peninsula in Hiranoi is designated as one of the "100 Great Beaches in Japan." Every year, the hills are covered with beautiful camellia flowers from May to June. The course allows you to take in the sight of the gentle sea spreading out right before you. This is recommended for advanced hikers because the Natsudomari Peninsula has many ups and downs and its coastal route is long and windy.

**9 Natsudomari/Kitamae Kaido Line** Total length: about 52 km (about 13 hrs)

**Hotate Hiroba**

Purchase fish caught earlier that day, as well as one of the town's specialties: scallops.

If you are starting from Asamushi Onsen, follow ▼

**Tsubakiyama Beach along Natsudomari Peninsula**

There's picturesque scenery at Tsubakiyama Beach, designated as one of "Japan's 100 Best Beaches."

**Asadokoro Beach**

A shallow beach located at the eastern base of the Natsudomari Peninsula. It is a popular stopover site for migrating swans.

**Hankyozuka mounds**

Mounds of earth built to mark the border between the Nanbu and Tsugaru territories in the Edo period.

**Joyato Park**

A park with a historical stone-made construction that was formerly used as a lighthouse.



The starting point is "Joyato Park" in Noheji. To the south of the route is the base of the Hakoda Mountains and to the east is a series of green hills. At "Sunahama Kaigan Beach" in Yokohama, you can walk on the white, shining sand that stretches along the Mutsu Bay. The route is mostly flat but long, so it is recommended for intermediate hikers.

**10 Noheji/Michinoku Line** Total length: about 31 km (about 7 hrs 45 mins)

**Joyato Park**

Be transported to the past as you take in the scenery of these two picturesque partners, former lighthouse Joyato and the restored Kitamae style Bezaissen ship.

If you are starting from Joyato Park, follow ▼

**Tofugaura Beach**

A large and shallow beach with a peaceful, scenic view located inside Noheji Beach Park.

**Hamanasu Line**

Enjoy the scenery of Mutsu Bay as you walk along the road.

**Sunahama Kaigan Beach**

A shallow beach that overlooks the vast Mutsu Bay whose sunset makes for a breathtaking view.

**Mihono Park**

A spacious park through which the Miho River flows. The Yokohama Nanohana Plaza Roadside Station is also close by.



Boasting one of the largest areas with canola in Japan, Yokohama is a great place to enjoy canola flowers, which paint the whole town yellow in May. "Travel Plaza SUN SHINE" is a rest area that is popular for its souvenir shop and restaurant. The route is mostly flat but long, so it is recommended for intermediate hikers.

**11 Nanohana/Mutsu Line** Total length: about 28 km (about 7 hrs)

**Roadside station Yokohama Nanohana Plaza**

A souvenir center with a large selection of regional specialties. Enjoy food made with fresh, local ingredients at the center's restaurant.

If you are starting from Nanohana Plaza, follow ▼

**Hotate (scallop) Kannon statue**

Travelers' safety, fishers' prosperity, and many other wishes are embodied in this statue of Kannon.

**Travel Plaza SUN-SHINE**

A rest area with a souvenir shop and dining area that is popular amongst tourists.

**Hamanasu Line**

A road with spectacular views that runs along the Genjigaura Fishery Harbor.

**Mutsu City Wellness Park**

A wellness and sports center for various sports activities.



You can enjoy a view of the calm sea from the open coastline all along the route. At "Atagoyama Park" in Wakinosawa, Mutsu, you can clearly see the Natsudomari Peninsula on the other side, with "Taj-jima Island" peacefully floating on the water, looking like a swimming tai (red snapper).

**12 Ominato/Wakinosawa Line** Total length: about 42 km (about 10 hrs 35 mins)

**Kitanosakimori Ominato Andokan**

A tourism exchange center with a cafeteria and a store where Japan Maritime Self Defense Force merchandise is available for purchase.

If you are starting from Wellness Park, follow ▼

**Sun Mamoru Winery**

Visit the bountiful vineyards of this winery, the winner of multiple prizes in a variety of competitions.

**A road along the sea**

Feel the calm of the sea as you walk along this road which starts at Kawauchi and continues to Wakinosawa.

**Kawauchi Marine Beach**

One of the largest beaches in Shimokita. It is crowded with tourists and families every summer.

**Atagoyama Beach**

A scenic beach with a popular jumbo slide that towers over the sea.

## Accommodations

**Sotogahama Town / Imabetsu Town**

Sotogahama Accommodation List  
Sotogahama Town Hall  
☎0174-31-1111

Imabetsu Accommodation List  
Imabetsu Town Hall  
☎0174-35-2001

**Aomori City**

Hotel ROUTE INN Aomori-Ekimae  
☎017-731-3611  
Access: About 1-min walk from JR Aomori Sta.

Toyoko INN Aomori-Ekimae Shomen-guchi  
☎017-735-1045  
Access: About 3-min walk from JR Aomori Sta.

Nanbuya Kaisenkaku  
☎017-752-4411  
Access: About 3-min walk from Aomori Railway Asamushi Onsen Sta.

Asamushi Sakura Kanko Hotel  
☎017-752-3355  
Access: About 10-min walk from Aomori Railway Asamushi Onsen Sta.

**Hiranai Town / Noheji Town**

Yogoshiyama Kevin House  
☎017-755-5812  
Access: About 5-min drive from Aomori Railway Kominato Sta.

Makado Kanko Hotel  
☎0175-64-3131  
Access: About 13 mins by bus from Aomori Railway Kominato Sta. (Free shuttle bus available)

**Yokohama Town / Mutsu City**

Pension Vento Kazenotani  
☎0175-76-1799  
Access: About 20-min walk from JR Mutsu-Yokohama Sta.

Mutsu Grand Hotel  
☎0175-22-2331  
Access: About 8-min drive from JR Shimokita Sta.

Hotel Folkloro Ominato  
☎0175-24-0051  
Access: Next to JR Ominato Sta.

Wakinosawa Youth Hostel  
☎0175-44-2341  
Access: Take JR Bus Tohoku for Wakinosawa from JR Ominato Sta. to the last stop (Wakinosawa bus stop) and walk about 10 mins.

For more information on accommodations in Aomori Prefecture:

Aptinet Search

# A full 250-km walking trip around Mutsu Bay Mutsu ONE Trail

Suggested Travel Itineraries

Enjoy traveling along Mutsu Bay by walking part way and taking public transportation for the remainder. Combine parts of different courses to create an itinerary that meets your budget and schedule.

Walk = W Bus = B Train = T Ferry = F

## Mutsu ONE Trail 2-day itinerary

**Day 1** ① Kamiiso/Yomogita Line ⇒ ② Tsugaru Strait Line

Aoiimi Park → Aburakawa Furusato Beach → Yomogita Sta. → Tappizaki (Hotel) → Tsugaruhama Sta. → Tsugaru Strait Line → Tsugaruhama Sta.

**Day 2** ④ Asamushi Onsen Line

Tappizaki → Minmaya Sta. → Aomori Sta. → Asamushi Onsen (Hotel in Asamushi Onsen) → Asamushi Onsen Line → Nebuta Museum WA-RASSE (Hotel in Asamushi Onsen)

## Mutsu ONE Trail 2-day itinerary

**Day 1** ⑤ Natsudomari/Kitamae kaido Line

Asamushi Onsen → Hotate Hiroba → Natsudomari Peninsula → Asadokoro Beach

Yogoshiyama Kevin House (Hotel) → Yogoshiyama Forest Park → Asadokoro Beach

**Day 2** ⑦ Nanohana/Mutsu Line

Yogoshiyama Kevin House → Kominato Sta. → Noheji Town → Mutsu City Wellness Park (Hotel in Mutsu) → Nanohana/Mutsu Line → Yokohama-mutsu Sta.

## Mutsu ONE Trail 3-day itinerary

**Day 1** ② Matsumae Kaido Line

Aomori Sta. → Tsugaruhama Sta. → Tairadate Lighthouse (Hotel)

**Day 2** ② Matsumae Kaido Line

Tairadate Lighthouse → Rows of pine trees along Matsumae Kaido → Kanranzan → Top Mast

Wakinosawa (Wakinosawa Youth Hostel) → Top Mast

**Day 3** ③ Ominato/Wakinosawa Line

Atagoyama Beach → Ominato/Wakinosawa Line → Mutsu City Wellness Park (Hotel in Mutsu)

## Mutsu ONE Trail 4-day itinerary

**Day 1** ③ Kamiiso/Yomogita Line

Kamiiso/Yomogita Line → Kanisa Station Market WELKANI → Top Mast

Wakinosawa (Wakinosawa Youth Hostel) → Top Mast

**Day 2** ⑧ Ominato/Wakinosawa Line

Atagoyama Beach → Ominato/Wakinosawa Line → Ominato Sta. (Hotel Folkloro Ominato)

**Day 3** ⑥ Noheji/Michinoku Line

Ominato Sta. → Mutsu → Noheji/Michinoku Line → Joyato Park → Yokohama Sta.

Asamushi Onsen Sta. (Hotel in Asamushi Onsen) → Noheji Sta.

**Day 4** ④ Asamushi Onsen Line

Asamushi Onsen → Asamushi Onsen Line → Nebuta Museum WA-RASSE (Hotel in Aomori)