

Have the best journey of 155 miles in Aomori



Mutsu ONE Trail Route Guide MAP

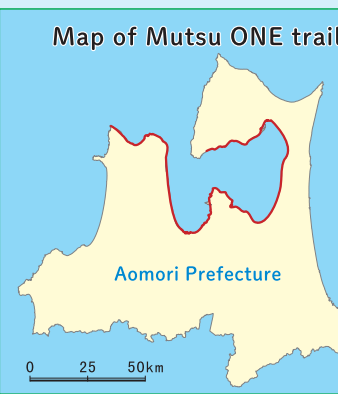
AOMORI MUTSU seaside areas trail root guide

About the Mutsu ONE Trail

The Mutsu ONE Trail is a roughly 250km-long trail that winds along Mutsu Bay. Located in Aomori Prefecture, it spans two cities, five towns, and one village. (Aomori City, Mutsu City, Yokohama Town, Noheji Town, Hirana Town, Imabetsu Town, Sotogahama Town, and Yomogita Village) Unlike mountain climbing, where the goal is to reach the summit, the Mutsu ONE Trail is extremely flexible. Enjoy nature and local cultures by strolling along the coast, starting at any point along the trail.

About the logo
Inspired by a lighthouse standing by the coast, we designed a logo that represents the concept of guiding travelers to their destinations. The eight waves below the lighthouse represent the eight routes recommended in this leaflet. The light cast by the lighthouse is depicted in the shape of scallops harvested in the Mutsu Bay.

About the trail name
"ONE" represents "wan," the Japanese word for bay; "ONE PIECE" (a full walk along the bay, uninterrupted route); and "one and only" (unique or a of a kind).



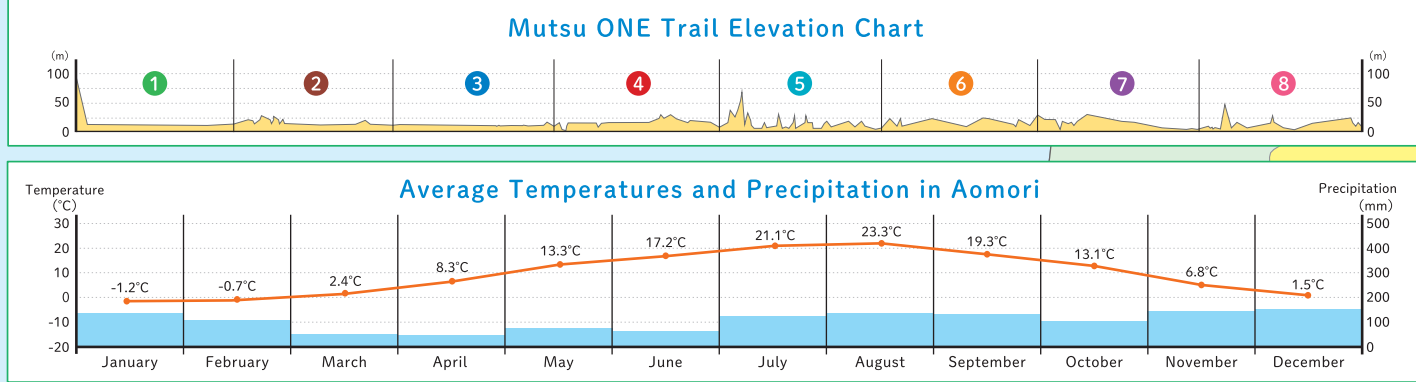
Legend

Mutsu ONE Trail main route

- 1 (Green)
- 2 (Red)
- 3 (Blue)
- 4 (Orange)
- 5 (Light Blue)
- 6 (Light Orange)
- 7 (Light Green)
- 8 (Light Purple)

- Restroom
- Camp site
- Roadside station
- Restaurant
- Hotel
- Public bath

Walk with caution



Transportation Services

Airplane

Aomori Airport Information Center ☎017-739-2007	Korean Air ☎0088-21-2001
JAL (Japan Airlines) ☎0570-025-222	ANA (All Nippon Airways) ☎0570-029-222
FDA (Fuji Dream Airlines) ☎0570-55-0489	EVA Airways ☎0570-666-737

Railway

Shinaomori Station ☎050-2016-1600	Aomori Station ☎017-752-0330
JR East	Aomori Railway

Bus

Aomori Municipal Bus (East Office) ☎017-726-5443	Shimokita Kotsu ☎0175-22-3221
JR Bus Tohoku (Ominato Office) ☎0175-24-2146	Sotogahama Town Hall ☎0174-31-1111
Imabetsu Town Hall ☎0174-35-2001	Yomogita Town Hall ☎0174-27-2111

Ferry

Sil Line ☎017-722-4545	Mutsuwan Ferry ☎0174-22-3020
---------------------------	---------------------------------

Check start/goal point!!

Hotel Tappi
Tappizaki Seaside Park
Tappizaki Lighthouse
Stairs of National Route 339

Check start/goal point!!

Northernmost point of Tsururu Peninsula "Tappizaki"
About 2 mins on foot from Okutsugaru Imabetsu Sta. to Tsururu Futamata Sta., then approx. 15 mins on the JR Tsururu Line from Tsururu Futamata Sta. to Minmaya Sta. Finally, about 30 mins by Sotogahama Town Bus from Minmaya-Ekimae Bus Stop.

1 Tsururu Strait Line

About 17km
Beginner
See the route in Google Maps

3 Kamiso Yomogita Line

About 29km
Beginner
See the route in Google Maps

Hotels in the central part of Aomori City

Map showing various hotels and landmarks in Aomori City.

Check start/goal point!!

Ocean view from Tsururuhamana Sta.
Imabetsu Town
Imabetsu grilled beef meal
About 2 mins on foot from Okutsugaru Imabetsu Sta. to Tsururu Futamata Sta., then about 10 mins on the JR Tsururu Line from Tsururu Futamata Sta. to Tsururuhamana Sta.

2 Matsumae Kaido Line

About 35km
Advanced
See the route in Google Maps

4 Asamushi Onsen Line

About 16km
Intermediate
See the route in Google Maps

5 Natsudomari Kitamae kaido Line

About 52km
Advanced
See the route in Google Maps

4 Asamushi Onsen Line

About 16km
Intermediate
See the route in Google Maps

Check start/goal point!!

Marvelous view from "Atagoyama Beach"
About 1 hour by bus from Ominato Sta. (get off at Wakinosawa bus stop), then about 10 mins on foot.

6 Ominato Wakinosawa Line

About 42km
Advanced
See the route in Google Maps

5 Hiranao Line

About 31km
Intermediate
See the route in Google Maps

6 Noheji Michinoku Line

About 31km
Intermediate
See the route in Google Maps

4 Asamushi Onsen Line

About 16km
Intermediate
See the route in Google Maps

Check start/goal point!!

"Mutsu City Wellness Park, a wellness and sports center for various sports activities"
About 2 hours by Aomori Railway from Aomori Sta. to Noheji Sta., transferring to the JR Ominato Line at Ominato Sta. Finally, approx. 15 mins on foot from Ominato Sta.

6 Ominato Wakinosawa Line

About 42km
Advanced
See the route in Google Maps

6 Noheji Michinoku Line

About 31km
Intermediate
See the route in Google Maps

6 Noheji Michinoku Line

About 31km
Intermediate
See the route in Google Maps

4 Asamushi Onsen Line

About 16km
Intermediate
See the route in Google Maps

Check start/goal point!!

"Joyatou Park" with a night light designated as a historical site
Former lighthouse and historical site: "Joyatou Park" About 50 mins by Aomori Railway from Aomori Sta. to Noheji Sta., then 20 mins on foot from Noheji Sta.

6 Noheji Michinoku Line

About 31km
Intermediate
See the route in Google Maps

6 Noheji Michinoku Line

About 31km
Intermediate
See the route in Google Maps

6 Noheji Michinoku Line

About 31km
Intermediate
See the route in Google Maps

4 Asamushi Onsen Line

About 16km
Intermediate
See the route in Google Maps

