

A Memorable Journey



# AOMORI



The Four Beautiful Seasons

Aomori/Japan

Visit the official website of  
Aomori Prefecture at:

<http://www.pref.aomori.jp/>

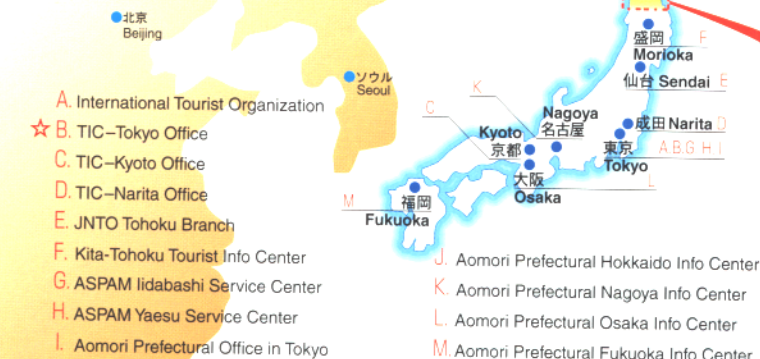
APTINET (KASAAI AOMORI  
Sightseeing Information Network):

<http://apti.net.pref.aomori.jp/>

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## Where are you now?

This pamphlet is distributed in each of the regions shown on the map to the right. After checking Aomori's location, enjoy planning a trip to northern Tohoku. For more information, bring this pamphlet to any of the information centers listed below.



- A. International Tourist Organization
- ★ B. TIC-Tokyo Office
- C. TIC-Kyoto Office
- D. TIC-Narita Office
- E. JNTO Tohoku Branch
- F. Kita-Tohoku Tourist Info Center
- G. ASPAM Iidabashi Service Center
- H. ASPAM Yaesu Service Center
- I. Aomori Prefectural Office in Tokyo

- J. Aomori Prefectural Hokkaido Info Center
- K. Aomori Prefectural Nagoya Info Center
- L. Aomori Prefectural Osaka Info Center
- M. Aomori Prefectural Fukuoka Info Center

Get outstanding discounts on travel in Aomori.

## Take Advantage of Aomori Welcome Card



### How the Aomori Welcome Card Works

- The Aomori Welcome Card is available to anyone visiting Japan as a tourist for a period of one year or less. Present the card at any participating facilities to receive discounts and other benefits.
- Pick up your Aomori Welcome Card and a guide to participating facilities simply by presenting your passport at any of the following issuing locations.
- The Aomori Welcome Card is valid for a period of one year from the date of issue.

### Aomori Welcome Card Issuing Locations

- |   |   |
|---|---|
| <b>P</b> Aomori Visitor Information<br>ASPAM 1 F. 1-1-40 Yasukata, Aomori-shi Tel:017-734-2500            | <b>T</b> Hachinohe You Tree<br>1-9-22 Ichiban-cho, Hachinohe-shi Tel:0178-27-4243                                 |
| <b>R</b> Aomori Airport Tourist Information Center<br>1-5 Kotani, Otani, Aomori-shi Tel:017-739-4561      | Nakasan Goshogawara Branch<br>25 Hon-machi, Goshogawara-shi Tel:0173-34-3131                                      |
| <b>Q</b> Aomori Municipal Tourist Information<br>JR Bus 1 F. 1-3-29 Yasukata, Aomori-shi Tel:017-723-4670 | <b>S</b> Misawa Airport Information Center<br>83-198, Shimoyusawa, Misawa-shi Tel:0176-53-3900                    |
| Japan Tour System "Michinoku"<br>1-4-10, Hashimoto, Aomori-shi Tel:017-722-0200                           | <b>N</b> Mutsu Masakari Plaza<br>1-10-25 Yanagi-machi, Mutsu-shi Tel:0175-22-0909                                 |
| "Unia Tourist" Travel Agency<br>4-22-13 Nagashima, Aomori-shi Tel:017-732-5252                            | Soma Romantopia<br>113-2 Sakurai, Mizukizaike, Soma-mura Tel:0172-84-2288   |
| Nakasan Dept. Store<br>1-7-1 Shin-machi, Aomori-shi Tel:017-777-3131                                      | Neputa Village<br>61 kamenoko-machi, Hirosaki-shi Tel:0172-39-1511  |
| <b>V</b> Hirosaki Municipal Tourist Information<br>2-11 Omote-machi, Hirosaki-shi Tel:0172-32-0524        | Ajigasawa Prince Hotel<br>Ajigasawa Kogen, Ajigasawa-machi Tel:0173-72-1011                                       |
| <b>W</b> Hirosaki Tourism Center<br>2-1 Shimoshirogane-machi, Hirosaki-shi Tel:0172-37-5501               | <b>U</b> Lake Towada Information Center<br>16 Towada, Okuse, Towadako-machi Tel:0176-75-2506                      |
| Nakasan Hirosaki Branch<br>49-1 Dote-machi, Hirosaki-shi Tel:0172-34-3131                                 | <b>B</b> TIC-Tokyo Office<br>Tokyo International Forum B1 F. 3-5-1 Marunouchi, Chiyoda-ku, Tokyo Tel:03-3201-3331 |



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Where would you like to go?

The maps and transportation access information are explained clearly.

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Aomori and the Cities of the World



Aomori Prefecture



You can pick up both brochure and the Aomori Welcome Card at any of the locations marked on the map above.

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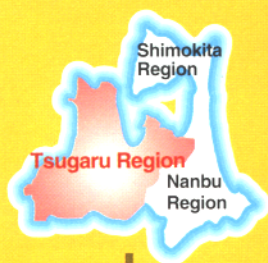
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## Tsugaru Region



## Aomori Nebuta Festival

青森ねぶた祭

Info Aomori Tourism Association 017-723-7211  
 Time Festival held from 2 - 7 Aug. (Eve on 1 Aug.)  
 Access Take JR Line to Aomori Stn.

**Festival:  
Experiencing the local**



## Hirosaki Neputa Festival

弘前ねぶた祭

Shouting the traditional cries of "yaayado", the people of Hirosaki parade through the streets of the castle town, carrying Ogi-Neputa (floats shaped like fans) and Kumi-Neputa (figures) that are painted with historical themes, such as Sangokushi (History of the Three Kingdom) and Suikoden (The ShueHo Story). Each float is illustrated with a vivid depiction of fighting warriors on the front and beautiful women seeing them off to war on the back. The festival is designated as an Important Intangible Cultural Heritage Asset by the Japanese Government.

Info Hirosaki Tourism Center 0172-37-5501  
 Time Festival is held from 1-7 Aug.  
 Access Take JR Ou Main Line to Hirosaki Stn.

2

## DATA

Aomori is surrounded by water on three sides with the Tsugaru region located on the western side of the Ou Mountain Range. During the Edo Period, the area was unified and ruled by Tsugaru Tamenobu. He built his home in Hirosaki, which became a bustling castle town, and transformed Aomori into a thriving port.

## Main Industries

Rice and apples are grown in the Aomori's renowned grain belt on the Tsugaru Plain.

## Climate &amp; People

Tsugaru has a warm climate with friendly people



**Tourist  
Attractions**

観光施設



\*Use the map on p12 & 13 to locate each numbered attraction (eg. B-6).

The Aomori Nebuta Festival is designated as an Important Intangible Cultural Heritage Asset. The highlight of this dynamic summer festival is a parade in which more than a 1000 "haneto" (dancers) cry out the traditional call of "rassera" and dance in a procession of floats through the center of Aomori City. Each float, called Nebuta, depicts a theme from history or Kabuki theater. On the last day of this week-long festival, the Nebuta are floated along the bay and a display of fireworks culminates the event.

life

Aomori  
Nebuta Festival



### Kuroishi-Yosare 黒石よされ

This performance is one of the three most important traditional dances in Japan. Five or six centuries ago, the dance originated as a local courtship ritual. Today it is strongly supported as a means to stimulate commerce in the area. The fellow of 3,000 dancers through the streets of Kuroishi is a sight that delights and engages visitors.

Info Kuroishi Tourism Association 0172-52-3488  
Time Festival is held from 15-16 Aug. (Fireworks on 17 Aug.)  
Access Take JR Ou Main Line to Hirosaki Stn. Transfer to the Konan Line and get off at Kuroishi Stn.

### Goshogawara Tachi-Neputa 五所川原立伎武多

Tachi-Neputa, a float of overwhelming size that reaches a height of 22 m and weigh 16 t, is so big that during Meiji era, people in nearby towns could see it. During the festival, this Neputa is carried for 1.5 km through the town of Goshogawara.

Info Goshogawara Trade and Commerce Center 0173-35-2121  
Time Festival is held from 4-8 Aug. (fireworks on 3 Aug.)  
Access 10 min. walk from Goshogawara Stn. (JR Gono Line)

### Neputa Village

津軽藩ねぶた村

This attraction allows visitors to experience both the Hirosaki Nebuta Festival and arts & crafts of Tsugaru. This rich collection of Neputa (floats) includes a massive 10 m high Ogi-Neputa, as well as small and large Ogi- and Kumi-Neputa. Visitors can experience such local arts as Tsugaru-yaki, goldfish Nebuta illustrations, Tsugaru-nuri lacquerware and Akebizuru Fine Woodcarvings.

Info 0172-39-1511  
Location 61 Kamenoko-machi, Hirosaki  
Hours 9:00 - 17:00 daily  
(until 16:00 from Dec. through Mar.)  
Closed 31 Dec.  
Entrance fee ¥500  
Arts & Crafts Reservation required  
Access From JR Hirosaki Stn., take Konan Bus bound for Hamano-machi (15 min.), get off at Kamenoko-machi Kado.



### Home of the Nebuta ねぶたの里

The Nebuta Gallery, where the traditional music of the festival accompanies the display of floats, is known for its impressive procession, which involves the audience participation. The gallery also features a restaurant and beer garden. In winter, authentic local cuisine is offered in "kamakura" (igloos).

Info 017-738-1230  
Location 1 Yaegiku, Yokouchi, Aomori  
Hours 9:00 - 18:00 (until 20:00 from Jun. through Sept.)  
Closed 11-31 Mar., 13 Aug., and from 21 Dec. - 14 Jan.  
Entrance fee ¥630 (¥420 from Dec. - Mar.)  
Access From JR Aomori Stn., take Aomori City Bus bound for Aomori Public Univ. (35 min.), get off at Nebuta-no-Sato - Iriguchi, and walk for 10 min.

C.D-9



## Mt. Iwaki and the Apple Orchards

岩木山とりんご

Called the "Mt. Fuji of Tsugaru", Iwaki Mountain towers 1625 m to stand as Aomori Prefecture's tallest peak. Surrounding the mountain are the apple orchards, where pale peach colored flowers bloom in spring and bright red carpet of apples span across the landscape in autumn.

Info Iwaki Town Commerce, Industry & Tourism Division  
0172-82-3111

Location Iwaki Town

Access From JR Hirosaki Stn., walk 4 min. to Hirosaki Bus Terminal, take the Konan Bus bound for Dake/Karekita (37 min.) and get off at Iwakisan Jinja

# Natural

A-10



## Lake Juni

十二湖

Lake Juni is a collection of 33 lakes and ponds, nestled in a beech forest. Among them, Aoike (Blue Pond) has a mystical beauty with cobalt-blue water and fallen beech crumbling to soil. The Nihon Canyon affords a breathtaking entrance to Lake Juni, and Juniko Refresh Village provides camping along the pristine lakeshore.

Info Iwasaki Tourism Division 0173-77-2111

Access 25 min. drive from JR Mutsu-Iwasaki Stn.

B.C-10

## World Heritage



## Shirakami Mountains

白神山地

Home to a number of precious flora and fauna, including one of the world's largest beech forests, the Shirakami Mountain area is registered as a World Heritage Site. Straddling four towns in both Aomori and Akita Prefectures, a 130,000 ha area is the site for the preservation of an old-growth beech forest that has stood unchanged for 8,000 years.

Info Nishimeya Village Tourism Planning Division  
0172-85-2111

Access From Hirosaki Bus Terminal, take Konan Bus bound for Tashiro (50 min.), from Tashiro drive for 30 min.

4



**[Food]**

食べる

## Grilled Scallops on the Half-Shell

ほたて貝焼き

Freshly caught, individually grilled scallops fill the air with the scent of the sea.

Info ASPAM Aomori Visitor Info  
017-735-5311



## Apple Juice

りんごジュース

Only freshly picked apples, full of Vitamin C, are used to make Aomori's delicious 100% apple juice.

Info Hirosaki Tourism Center 0172-37-5501



## Sunset off the Sea of Japan

日本海の夕陽

The sunset off the west coast of Japan changes from day to day, season to season. Its beauty is celebrated every October with the Sunset Coast Marathon.

Info Fukaura Town Tourism Division 0173-74-2111  
Access 5 min. drive from Henashi Str. (JR Gono Line)

## Scenery

G-9

## Mt. Hakkoda

八甲田山

The Towada-Hachiman National Park has many outdoor activities and attractions. The southern part of Hakkoda is dotted with hot springs, including Tsuta and Sukayu, whereas the northern part features the Hakkoda Ropeway, ski resorts, and hiking trails. The mountain provides different natural landscapes every season.

Info Aomori City Tourism Division  
017-734-1111

Access From Aomori Stn., take JR Bus bound for Towadako and get off at Suren-Numa (1 hr. 30 min.)



## Lake Jusan

十三湖

At the mouth of Iwaki River lies Lake Jusan, Aomori's third largest lake, known for its delicious shijimi clams. During the Kamakura and Muromachi eras, Jusan-Minato flourished as a trading port under the rule of powerful Ando clan. At Nakashima Bridge Park located at the center of the lake, visitors are treated to a historical folk gallery, planetarium and campground.

Info Shiura Village Economic Planning and Tourism 0173-62-2111

Access From JR Goshogawara Stn., take Konan Bus bound for Jusanko (1 hr. 35 min.) and get off at Nakanoshima-Koen Iriguchi



C-6



## Matagi Rice

マタギ飯

This dish, famous at Dake Hot Springs Resort, is made from wild pheasant and mountain vegetables including maitake mushrooms. The word "matagi" means people who live by hunting and foraging.

Info Iwaki Town Tourism Division 0172-82-3111



## Shijimi Clam Noodles

しじみラーメン

The dish is served with the famous clams of Lake Jusan.

Info Shiura Village Economic Planning and Tourism  
0173-62-2111

\*Use the map on p.12 & 13 to locate each numbered attraction (eg. **B-6**).

## Sannai Maruyama Historical Site

三内丸山遺跡

The site is known for the discovery of large colonies where people once lived in permanent settlements, dating from the early to mid-Jomon era (approx. 4,000 to 5,500 years ago). This site is designated a National Historical Heritage Site as it overturned many prevailing views about ancient Jomon culture. The settlement has yielded many ruins of pit dwellings and large buildings with supporting pillars, as well as sacred ruins such as graves and burial mounds. In the site's exhibit room, volunteer guides gladly offer a tour free of charge.

**Info** Sannai Maruyama Historical Site Visitors Info Room  
017-722-1111

**Access** From Aomori Stn., take Aomori City Bus bound for Sannai Maruyama Iseki/Menkyo Center (25 min.) and get off at Sannai Maruyama Iseki



F-8



## Munakata Shiko Museum of Arts

棟方志功記念館

One of Japan's best-known woodblock artists, Aomori-born Munakata Shiko's works are exhibited in the tranquility of a traditional Japanese garden. Works on display here include woodblocks, traditional Wagaku (Japanese art) drawings and oil paintings. This museum is an excellent introduction into the works of Japan's finest master of the visual arts.

**Info** 017-777-4567

**Location** 2-1-2 Matsubara, Aomori

**Hours** 9:30-16:30

**Entrance fee** ¥300

**Closed** Mon., last day of each month, from 27 Dec - 4 Jan., and public holidays from Dec. - Mar.

**Access** From JR Aomori Stn., take Aomori City Bus bound for Tsutsui (15 min.) and get off at Munakata Shiko Kinenkan Dori and walk for 4 min.

# History

## Aomori Prefectural Museum

青森県立郷土館

Through displays and audiovisual materials, this fascinating museum introduces Aomori's history, people, industry and natural bounty.

**Info** 017-777-1585

**Location** 2-8-14 Hon-cho, Aomori

**Hours** 9:30-17:00

**Closed** Mon., last day of month, public holidays & year end/beginning

**Entrance Fee** ¥310

**Access** Take city bus bound for Tobu-eyusho, get off at Honcho Gochome, and walk for a minute



F-8

6



## 'Tsugaru-nuri' Lacquerware

津軽塗

The traditional lacquerware of the northern part of Japan has long been renowned for its quality. Lacquerware production in Tsugaru began during the feudal era as a means of stimulating the industrial culture of the area. The incredibly painstaking techniques of Tsugaru lacquerware include 'kara-nuri' and 'nanako-nuri' which involve the application of more than 40 separate layers.

**Info** Hirosaki Tourism Center  
0172-37-5501



**Shopping**  
買う



## Tsugaru Kogin Embroidery

津軽こぎん刺し

Tsugaru Kogin Embroidery is a unique form of textile native to Tsugaru. It developed from farmers' use of wood fiber to reinforce linen in their work clothing. Recognized by its distinctive geometrical patterns, Tsugaru Kogin Embroidery is the handiwork of women born in this snowbound land.

**Info** Hirosaki Tourism Center 0172-37-5501



## Tsugaru Kokeshi Dolls

津軽こけし

Early this century, Tsugaru Kokeshi Dolls began to be produced at Kuroishi's Nuruyu Hot Springs Resort. Munakata Shiko, the woodblock artist much admired the Kokeshi dolls here,

calling them the finest in Japan. The dolls are unusual that the head and torso come from one block of wood. They are popular as an ornament and children's toy.

**Info** Tsugaru Kokeshi Gallery 0172-54-8181





Ancient City

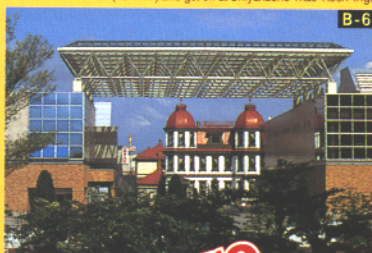
Hirosaki

## Hirosaki Castle and its Environs

### 弘前城とその周辺

Tsugaru, the ruler who unified the region, built Hirosaki Castle. Rare for Japan, the castle remains entirely intact, including the tower, 3 turrets, and 5 gates. Today it is a park enjoyed by all, where 50 ha is home to 5,000 cherry trees of over 50 varieties. The annual Cherry Blossom Festival is a spectacle to behold. The Hirosaki Tourism Center is located nearby Oute Gate Square. Other cultural sites around include the Dashi (float) Museum, Hirosaki Literature Museum and Meiji Yokan (former library). The photo below of the 59th National Bank, founded 100 years ago as the first bank in Aomori, is now an Important Cultural Asset. Near the Kamenoko Gate is the Cultural Properties Area where the samurai class once lived.

Info Hirosaki City Tourism Division 0172-35-1111  
Access From JR Hirosaki Stn., take Konan Bus bound for Shiyakusho-Homen (15 min.) and get off at Shiyakusho-mae-Koen-Iriguchi



B-6



**& Culture**

## Shayokan/Tsugaru-jamisen Gallery

斜陽館 / 津軽三味線會館

Shayokan, the house in which Dazai Osam was born, is designated as Prefectural Treasures. Built during the Meiji era, the building has both Japanese and Western taste. There are 600 heirlooms of Dazai on the display. At the Tsugaru-jamisen (three-string lute) Gallery, visitors are introduced to the history, lore and folk arts of Tsugaru and can enjoy live performances of the unique Tsugaru-jamisen.

### Shayokan

Info 0173-53-2020  
Location 412-1 Asahiya, Kanagi-machi  
Hours 9:00-17:00  
Closed From 28 Dec.-3 Jan.  
Entrance fee ¥500  
Access 6 min. walk from Kanaki Stn. (Tsugaru Tetsudo)

### Tsugaru-jamisen Gallery

Info 0173-54-1616  
Location Across from Shayokan  
Hours 9:00-17:00  
Closed From 29 Dec.-3 Jan.  
Entrance fee ¥300  
Access 6 min. walk from Kanaki Stn. (Tsugaru Tetsudo)

\*Joint Entrance tickets for Shayokan/Tsugaru-jamisen Gallery available



Shayokan

D-7



Tsugaru-jamisen Gallery

D-7



**【Visit】**  
見る

F-8



## Hakkodamaru Memorial Ship

メモリアルシップ八甲田丸

This floating museum exhibits the proud history and workmanship of the Hakkodamaru, a ferry that crossed the waters between Aomori and Hakodate for 80 years. The onboard restaurant features live shamisen performances.

Info Aomori Waterfront Development 0177-35-8150  
Hours 9:00 to 19:00  
Entrance fee ¥500  
Access 5 min. walk from JR Aomori Stn.

\*Use the map on p12 & 13 to locate each numbered attraction (eg. B-6).

F-8

## ASPAM - The Prefectural Center for Local Products and Tourism

青森県観光物産館アスパム

This striking triangular building in the Aomori Bay Area is a central facility for information on all aspects of tourism and local products in Aomori Prefecture. Included in the building are an information booth, a local product exhibit and a panorama theater filled with images of the prefecture's extraordinary natural beauty and its spectacular Nebuta Festival. The observation lounge on the top floor affords a sweeping view of the Tsugaru Peninsula and Mutsu Bay to the north and Mt. Hakkoda to the south. Also featured in the observation area is a revolving restaurant offering local cuisine.

Info 017-735-5311  
Location 1-1-40 Akata, Aomori  
Hours 9:00-22:00 (exhibition site and shop close at 18:00)  
Closed 31 Dec., 1 Jan., 4th Mon. of each month, Tue., and Wed. in Jan.  
Entrance Fee ¥800 for joint tickets for Panorama Hall and Exhibition Lounge  
Access 7 min. walk from JR Aomori Stn.

## Tsugaru Kokeshi Gallery/ Tsugaru Traditional Art Museum

津軽こけし館／津軽伝承工芸館

This exhibition includes 11 types of Kokeshi dolls from the Tohoku Region, including ones made of solid gold and silver, each worth ¥100 million. Visitors can watch the masters create new dolls and try painting them as well. Nearby, at the Tsugaru Traditional Art Museum, visitors can experience lacquerware, pottery, thatching, woodworking and rice cracker making with the masters. Along with other traditional arts and crafts, there is a restaurant located at the facility.



### Tsugaru Kokeshi Gallery

Info 0172-54-8181  
Location 72-1 Tomiyama, Kuroishi  
Hours 9:00-17:00  
Closed 31 Dec.-3 Jan.  
Entrance Fee ¥310  
Access From Kuroishi Stn (Konan Tetsudo) take Konan Bus bound for Towadako (25 min.) and get off at Kokeshi-kan-mae



### Tsugaru Traditional Art Museum

Info 0172-59-5300  
Location 65-1 Tomiyama, Kuroishi  
Hours 9:00-18:00  
Closed 29 Dec.-3 Jan.  
Exhibition Hall Entrance Fee ¥230  
Access Same as above  
\*Joint entrance ticket for Kokeshi Gallery/Museum available



## Seikan Tunnel Memorial Museum

青函トンネル記念館

The Seikan Tunnel Museum commemorates the completion of the world's longest undersea tunnel which links Honshu and Hokkaido by rail. Using audio, video and models, the exhibits here introduce the intricacies of this extraordinary engineering feat in an engaging and easy-to-understand manner. The tunnel simulator takes visitors 140 m under the sea.

Info 0174-38-2301  
Hours 9:00-17:00 daily from 25 Apr.-10 Nov.  
(For those visiting off-season, please call in advance)  
Access Take Aomori City Bus bound for Tappi (140 min.), get off at Kiotoshi, walk for 10 min.



## Asamushi Aquarium

青森県営浅虫水族館

**【Visit】**  
見る A 5 m tunnel tank and 5,000 specimens from 450 rare marine species await visitors to the Asamushi Aquarium. Children and adults alike will be charmed by the dolphin and seal shows and the playful sea otters.

Info 017-752-3377  
Location 1-25 Babayama, Aomori  
Hours 9:00-17:00  
Closed 30-31 Dec.  
Entrance fee ¥1,000  
Access 10 min. walk from JR Asamushi-Onsen Stn.



# Skiing

Blessed with endless natural beauty, Aomori is a paradise for skiers, with numerous excellent ski destinations.

## Moya Hills

63 Nashinoki, Moya, Aomori-shi  
Tel 017-764-1110  
Access 40 min. by JR Bus, or Aomori City Bus from JR Aomori Stn. to Moya Hills

## Mt. Kamafuse Ski Resort

44-5 Okawamori, Ominato, Mutsu-shi  
Tel 0175-24-1881  
Access 5 min. drive from JR Ominato Stn.

## Lake Towada Onsen Ski Resort

Houryo Yakeyama, Towadako-machi, Kamikita-gun  
Tel 0176-74-2008  
Access Using Towada Kanko Bus bound for Yakeyama from Towada Stn. to Towadako Onsenjo

## Mt. Iwaki Hyakuzawa Ski Resort

Higashiwakiyama, Hyakuzawa, Iwaki-machi, Nakatsugaru-gun  
Tel 0172-83-2224  
Access 45 min. by Konan Bus from JR Hirosaki Stn.

## Soma Romantopia Ski Resort

44 Sakurai, Mizukizaike, Soma-mura, Nakatsugaru-gun  
Tel 0172-84-2020  
Access 40 min. by Konan Bus from JR Hirosaki Stn.

## Owani Onsen Ski Resort

48-1 Kiyokawa, Nijiga, Owani-machi, Minamitsugaru-gun  
Tel 0172-48-5521  
Access 5 min. by car/10 min. by bus from JR Ou Main Line Owani Onsen Stn. or 15 min. drive from Owani/Hirosaki IC

## Soyu-mura 229 Ski Land

Okuomori, Takko-machi, Sannohe-gun  
Tel 0179-32-2100  
Access 30 min. by bus from JR Sannohe Stn., then drive for 15 min.

## Hakkodasan Ski Resort

Samumizusawa, Arakawa, Aomori-shi  
Tel 017-798-0343  
Access 60 min. by JR Bus from JR Aomori Stn. to Hakkoda Rogeway Stn.

## Yogoshiyama Ski Resort

36-1 Hamago, Hiranai-machi, Higashitsugaru-gun  
Tel 017-755-2756  
Access 5 min. by bus, 10 min. walk from JR Kominato Stn.

## Ajigasawa Ski Resort

Ajigasawakogen, Ajigasawa-machi, Nishitsugaru-gun  
Tel 0173-72-1011  
Access 20 min. by taxi from JR Ajigasawa Stn.

## National Noheji Makado Onsen Ski Resort

1-1 Jituzukiyama, Makado, Noheji-machi, Kitakami-gun  
Tel 0175-64-3138  
Access 20 min. by bus from JR Noheji Stn.

# Skating

Aomori has a number of skate rinks including the prefectural one in Aomori City and the rest in Nanbu Region.

## Aomori Prefectural Skating Rink

Toyota, Hamada, Aomori-shi  
Tel 017-739-9500  
Access 25 min. by city bus from JR Aomori Stn.

## Hachinohe City Outdoor Skating Rink

3 Koshiasobishita, Uruichi, Hachinohe-shi  
Tel 0178-22-7181  
Access 10 min. walk from JR Honhachinohe Stn.

## Niida Indoor Rink

1 Kubota, Niida, Hachinohe  
Tel 0178-25-5655  
Access 20 min. by bus from JR Honhachinohe Stn.

## Misawa City Skating Rink

1-158-5 Furumaki, Misawa-shi  
Tel 0176-57-3172  
Access 5 min. walk from JR Misawa Stn.

## Fukuchi Ice Arena

73-1 Kaminegishi, Tomabechi, Fukuchi-mura, Sannohe-gun  
Tel 0178-84-2850  
Access 20 min. walk from Tomabechi Stn. (JR Tohoku Main Line)

# Golf

Rich in green pastures and rolling landscapes, Aomori Prefecture offers the perfect backdrop for a relaxing game of golf.

## Tsugaru Country Club

Susono, Hyakuzawa, Iwaki-machi, Nakatsugaru-gun  
Tel 0172-83-2326  
Access From JR Hirosaki Stn. 45 min. by Konan Bus (Dake/Karekitai Line)

## Ajigasawa Kogen Golf

Ajigasawa Kogen, Ajigasawa-machi, Nishitsugaru-gun  
Tel 0173-72-1011  
Access 20 min. by drive from JR Ajigasawa Stn.

## Tsugaru Kogen Golf

18-42 Fukasawa, Oguni, Hiraka-machi, Minamitsugaru-gun  
Tel 0172-44-4111  
Access 20 min. drive from Konan Tetsudo Hiraka Stn.

## Tsugaru Biwanodaira Golf Club

16-1 Hotarusawa, Kiriake, Hiraka-machi, Minamitsugaru-gun  
Tel 0172-54-2011  
Access 30 min. drive from Konan Tetsudo Hiraka Stn.

## Towada Int'l Country Club

25-126 Tsubokezawa, Inuotose, Rokunohe-machi  
Tel 0176-55-3106  
Access 10 min. by Towada Kanko Bus from JR Misawa Stn.

## Aomori Country Club

229 Kuzuno, Obetsunai, Aomori-shi  
Tel 017-739-2129  
Access 30 min. drive from JR Aomori Stn.

## Touo Country Club

190-1 Shimokawara, Takizawa, Aomori-shi  
Tel 017-726-5100  
Access 20 min. drive from JR Aomori Stn.

## Michinoku Int'l Golf Club

53-1 Higuchi, Horanai, Towada-shi  
Tel 0126-24-2030  
Access 10 min. drive from Towada Kanko Dentetsu Towada-shi Stn.

## Natsudomari Golf Rinks

97-1 Yokomine, Higashitazawa, Hiranai-machi, Higashitsugaru-gun  
Tel 017-759-2311  
Access 30 min. drive from JR Ominato Stn.

## Hakkoda View Country Club

Yachi, Horyo, Towadako-machi, Kamikita-gun  
Tel 0176-74-2511  
Access 60 min. drive from Towada

## Hachinohe Country Club

21-27 Owatari, Akabonai, Hashikami-cho, Sannohe-gun  
Tel 0177-88-3211  
Access 40 min. by bus from JR Hachinohe Stn.

# Spas

Aomori is one of the top hot springs resort regions in Japan. Relax and enjoy the hot springs surrounded by nature.

## Asamushi Onsen

Asamushi, Aomori-shi  
Tel 017-752-3250  
Access 25 min. from JR Aomori Stn. to Asamushi Onsen Stn.

## Sukayu Onsen

1 Hakkodasan, Aomori-shi  
Tel 017-738-6400  
Access 1 hr. 18 min. by bus from JR Aomori Stn. to Sukayu Onsen Stn.

## Tsuta Onsen

1 Tsutanoyu, Dirase, Towadako-machi, Kamikita-gun  
Tel 0176-74-2311  
Access 1 hr. 54 min. by JR Bus from Aomori Stn. to Tsuta Onsen

## Kuroishi Onsen Village

Nuruyu, Kuroishi-shi  
Tel 0172-52-2111  
Access 22 min. by Konan Bus from Kuroishi Stn. (Konan Tetsudo) to Nuruyu Onsen

## Owani Onsen Village

Owani/Kuradate, Owani-machi, Minamitsugaru-gun  
Tel 0172-48-2111  
Access 20 min. by Konan Bus bound for Owani Onsen Ski Resort (to terminal)

## Hyakuzawa/Dake Onsen Village

Hyakuzawa, Iwaki-machi, Nakatsugaru-gun  
Tokiwano, Iwaki-machi, Nakatsugaru-gun  
Tel 0172-82-3111  
Access 51 min. by bus from Hirosaki to Dake Onsen Mae.

## Koganezaki Furofushi Onsen

15 Shimokiyotaki, Henashi, Fukaura-machi, Nishitsugaru-gun  
Tel 0173-74-3500  
Access 5 min. drive from Henashi Stn. (JR Gono Line).

## Komaki Onsen

Misawaeki-minami, Misawa-shi  
Tel 0176-51-1111  
Access 3 min. walk from JR Misawa Stn.

## Shimofuro Onsen

Shimofuro, Kazamaura-mura, Shimokita-gun  
Tel 0175-35-2111  
Access 1 hr. by bus bound for Sai from Mutsu Bus Terminal to Shimofuro

## Yagen/Oku-Yagen Onsen

Asahima Ohata, Ohata-machi, Shimokita-gun  
Tel 0175-34-2111  
Access 20 min. by bus from Ohata Stn. to Yagen Onsen, 27 min. to Okuyagen Onsen

## Tourist Information

<b>Aomori City Info Center</b>	ASPAM 1F. 1-1-40 Yasukata, Aomori-shi 030-0803 Tel : 017-734-2500
<b>Aomori Airport</b>	1-5 Kotani, Otani, Aomori-shi Tel : 017-739-4561
<b>Aomori-shi</b>	JR Bus 1F. 1-3-29 Yasukata, Aomori-shi 038-0012 Tel : 017-723-4670
<b>Hirosaki</b>	Hirosaki Kankokan 2-1 Shimo Shirogane-machi, Hirosaki-shi 036-8356 Tel : 0172-37-5501
<b>Hirosaki City Info Center</b>	2-11 Omote-machi, Hirosaki-shi 036-8096 Tel : 0172-32-0524
<b>Hachinohe</b>	Hachinohe You Tree 1-9 -22 Ichiban-cho, Hachinohe-shi 039-1102 Tel : 0178-27-4243
<b>Mutsu</b>	Mutsu Masakari Plaza 1-10-25 Yanagi-machi, Mutsu-shi 035-0031 Tel : 0175-22-0909
<b>Towadako</b>	16, Towada, Oirase, Towadako-machi, Kamikita-gun 018-5501 Tel : 0176-75-2506
<b>Morioka</b>	JR Morioka Station 2F. 1-48 Moriokaekimae-dori, Morioka-shi 020-0034 Tel : 019-625-2090

## JNTO (Japan National Tourist Organization)

Tokyo Kotsukaikan 10 F. 2-10-1Yurakucho, Chiyoda-ku, Tokyo 100-0006 Tel : 03-3216-1901

<b>TIC-Tokyo Office</b>	Tokyo International Forum B1F. 3-5-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005 Tel : 03-3201-3331
<b>TIC-Kyoto Office</b>	Kyoto Tower Bldg. 1F. Karasumadori Shichijosagaru, Shimokyo-ku, Kyoto 600-8216 Tel:075-371-5649
<b>TIC-Narita 1</b>	New Tokyo Int'l Airport Term. 1 Bldg., Narita-shi, Chiba 282-0011 Tel:0476-30-3383
<b>TIC-Narita 2</b>	New Tokyo Int'l Airport Term. 2 Bldg., Narita-shi, Chiba 282-0004 Tel 0476-34-6251

## Festivals & Event Guide

Snow Blizzard Tour	Kanagi Town	end-Jan - mid-Feb.
Lake Towada Winter Story	Towadako Town	10-20 Feb.
Enburi	Hachinohe City	17-19 Feb.
Tsugaru Straits Winter Tour	Minmaya Village	beg-Feb. & mid-Feb. (twice)
Hirosaki Castle Snow Lantern Festival	Hirosaki City	10-13 Feb.
Hakkoda Walk	Aomori City	31 Mar.
Hirosaki Cherry Blossom Festival	Hirosaki City	23 Apr. - 5 May
Sannohe Cherry Blossom Festival	Sannohe City	29 Apr. - 5 May
Yokohama Rape Blossom Festival	Yokohama Town	21 May
Spring Maple Festival	Tsugaru Peninsula Region	beg-May - end-June
	Shirakami West Coast Region	beg-May - end-June
	Shimokita Region	beg-May - end-June
	Shirakami Nishimeya Region	beg-May - end-June
	Kamikita Yokohama Region	mid-May
	Kennan Region	end-Apr - end-June
	Oirase/Hakkoda Region	beg-May - end-June
Dazai Osamu Day	Kanagi Town	19 June
Nango Summer Jazz Festival	Nango Village	4th Sat. in July
Lake Towada Festival	Towadako Town	3rd weekend in July
Mt. Osore Grand Festival	Mutsu City	20-24 July
Hashikami Ichigo-ni Festival	Hashikami Town	last weekend in July
Hachinohe Grand Festival	Hachinohe City	31 July - 3 Aug. (31/7 festival eve)
Hirosaki Neputa Festival	Hirosaki City	1-7 Aug.
Aomori Nebuta Festival	Aomori City	1-7 Aug. (1/8 festival eve)
Tachi-Nebuta Festival	Goshogawara City	3-8 Aug. (3/8 fireworks show)
Kuroishi Yosare	Kuroishi City	15-16 Aug. (17/8 fireworks show)
Tanabu Festival	Mutsu City	18-20 Aug.
Lake Towada Border Festival	Towadako Town	1st weekend in Sept.
Hirosaki Castle Maple & Chrysanthemum Dolls	Hirosaki City	end-Oct. - beg-Nov.
Yagen Maple Festival	Ohata Town	3rd Sun. in Oct.
Shimoda Salmon Festival	Shimoda Town	2nd weekend in Nov.
Joulupukki (Santa Claus) Festival	Iwasaki Village	2nd weekend in Dec.

# Japan Travel Phone (A toll-free information service)

Japan Travel Phone is a nation-wide service that provides travel information in English.

## Calling from outside Tokyo or Kyoto

**Tel: 0088-22-4800** (toll free)

Hours 9:00 - 17:00

Open daily

## Calling from Tokyo

**Tel: 03-3201-3331** (¥10/min.)

Hours 9:00 - 17:00

\*closed on Sat. afternoon, Sun. & public holidays

## Calling from Kyoto

**Tel: 075-371-5649** (¥10/min.)

Hours 9:00 - 17:00

Open daily

## Travelling to Aomori



### Air Routes from Aomori

Aomori - Tokyo	(70 min.)
Aomori - Osaka	(80 min.)
Aomori - Kansai Intl. Airport	(95 min.)
Aomori - Nagoya	(80 min.)
Aomori - Sapporo	(45 min.)
Aomori - Fukuoka	(125 min.)
Aomori - Hiroshima	(95 min.)
Aomori - Seoul	(170 min.)
Aomori - Khabarovsk	(145 min.)

### Air Routes from Misawa

Misawa - Tokyo	(70 min.)
Misawa - Osaka	(90 min.)
Misawa - Sapporo	(45 min.)



### Car (actual no. of driving hours)

Aomori - Tokyo	726 km 8 hr. 20 min.	Tohoku-Jukan Expy.
Aomori - Nagoya	1037 km 13 hr.	Tohoku-Jukan Expy. Tomei Expy.
Aomori - Osaka	1262 km 15 hr. 10 min.	Tohoku-Jukan Expy. Tomei Expy. Meishin Expy.

### Express Bus

Nocturne	Hirosaki - Tokyo	9 hr. 15 min.
Nocturne	Hirosaki - Yokohama	9 hr. 45 min.
Laforet	Aomori - Tokyo	9 hr. 30 min.
Asunaro	Aomori - Morioka	2 hr. 58 min.
Yodel	Hirosaki - Morioka	2 hr. 20 min.
Castle	Hirosaki - Sendai	4 hr. 20 min.
Silius	Hachinohe - Tokyo	9 hr. 5 min.
Umineko	Hachinohe - Sendai	4 hr. 10 min.
Blue City	Aomori - Sendai	4 hr. 50 min.
Hassey-E	Hachinohe - Morioka	2 hr. 20 min.

### Train

Tokyo	Yamabiko (2 hr. 21 min.)	Morioka	Hatsukari (2 hr. 8 min.)	Aomori	
Ueno	Hakutsuru (9 hr. 32 min.)			Aomori	
Hakodate	Hatsukari (1 hr. 49 min.)			Aomori	
Osaka	Nihonkai Sleeper (14 hr. 13 min.)			Aomori	
Shin-Osaka	Nozomi (2 hr. 30 min.)	Yamabiko (2 hr. 21 min.)	Morioka	Hatsukari (2 hr. 3 min.)	Aomori

INFORMATION

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- Scenic spots ..... 4, 5
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**Shimokita Region** ..... 16-19

- Scenic spots ..... 16, 17
- Festivals ..... 18
- History & Culture ..... 19

**Nanbu Region** ..... 20-25

- History & Culture ..... 20, 21
- Festivals ..... 22
- Scenic spots ..... 23-25

**Michi-no-Eki** Taste the special products of the region

1...Shichinohe	TEL0176-62-5777	12...Imabetsu	TEL0174-31-5200
2...Hashikami	TEL0178-88-1800	13...Nango	TEL0178-82-2902
3...Nijnoko	TEL0172-54-2348	14...Morita	TEL0173-26-4444
4...Wakinosawa	TEL0175-44-3252	15...Asamushi-Onsen	TEL0177-737-5151
5...Kawauchiko	TEL0175-38-5108	16...Ikarigaseki	TEL0172-49-5020
6...Shingo	TEL0178-78-3333	17...Inakadate	TEL0172-58-4411
7...Hirosaki	TEL0172-92-3366	18...Yokohama	TEL0175-78-6687
8...Oirase	TEL0176-72-3201	19...Minmaya	TEL0174-38-2301
9...Sannohe	TEL0179-22-0600	20...Misawa	TEL0176-59-2711
10...Namioka	TEL0172-62-1170	21...Kodomari	TEL0173-27-9300
11...Jusanko-Kogen	TEL0173-62-3556		

**Explanatory Notes**

- Expressway
- Toll Road
- Highway
- Main Road
- JR
- Private Railway
- National Park
- Hot Springs
- Local Government Office

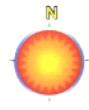
**日本海**  
Sea of Japan

**太平洋**  
Pacific Ocean

**秋田県**  
Akita

**岩手県**  
Iwate

**Aomori: A Memorable Journey**





## Shimokita Region



## Hotokegaura Coastline

仏ヶ浦

This famous stretch of coastline is an unforgettable vista of 3 km of fantastically shaped, greenish-white rocks, many as tall as 100 m shaped by the elemental power of rain, wind and surf, the rocks of Hotokegaura are eerily reminiscent of images of the Buddha. Designated as a marine park, this beautiful and enigmatic coastline can be viewed by tour boat.

Info Sai Village Planning Division 0175-38-2111

Access From the bus terminal located near Tanabu Stn. take Shimokita Kotsu Bus for Saishako (2 hr. 5 min.), get off at Sai Port and take the excursion boat



## Cape Oma: Northernmost Point in Honshu

本州最北端の地 大間崎

Located at 41°33' N and 140°54' E, Cape Oma is the northernmost point on the main island of Honshu. The tip of the Shimokita Peninsula is a compelling and remote landscape, guarded by a lighthouse on the island of Bentejima 600 m offshore. Anglers know it as an excellent spot for tuna fishing.

Info Oma Town Tourist Info. 0175-37-2111

Access From Tanabu Stn. (Shimokita Kotsu), walk 3 min. to Mutsu Bus Terminal, and take the bus for Sai (1 hr. 35 min.) and get off at Omazaki



G-1

## Yagen Valley

薬研溪流

The narrow stream through which the Ohata River flows is a magnificent sight all-year-round, its landscape shifting from deep green in spring to red and gold in autumn. The area includes a 4 km hiking course and at the Oku-Yagen Hot Springs, there is a free outdoor hot spring, called "Fufu Kappa no Yu" (the Water Sprite Couple Spa).

Info Ohata Fisheries, Commerce and Industry 0175-34-2111

Access From Ohata Stn., take Shimokita Kotsu Bus for Okken (20 min.) and get off at Yagen-Onsen



F-3

16

## DATA

The Shimokita Peninsula, jutting like a battle-axe into the Tsugaru Strait, forms the northernmost point of the island of Honshu. This region once prospered from a bustling shipping industry, which brought cultural influences from regions located on the Sea of Japan and Pacific Ocean. Although the peninsula was ruled by the Nanbu clan during the feudal period, it was also influenced by both Tsugaru and distant Kyoto, thus creating a unique culture.

### Main Industries

Forestry and fisheries

### Climate & People

Shimokita's climate can be harsh, but sublime with a wealth of products from both the sea and forest. The people are genuine and natural.

## 'Kandachime' Winter Horses

寒立馬

Cape Shiriya, the most northeasterly point in Honshu, is the half of the 'axe' of the Shimokita Peninsula, which divides the Tsugaru Strait from Pacific Ocean. The promontory's lighthouse is surrounded by a rolling grassy plain. Bitterly cold in winter, Cape Shiriya is famous for its horses, which stand straight and still through the frigid weather.

Info Higashidori Village Planning Division 0175-27-2111

Access From Mutsu take Shimokita Kotsu Bus for Shiriya (1 hr.) and get off at the last stop



K-2

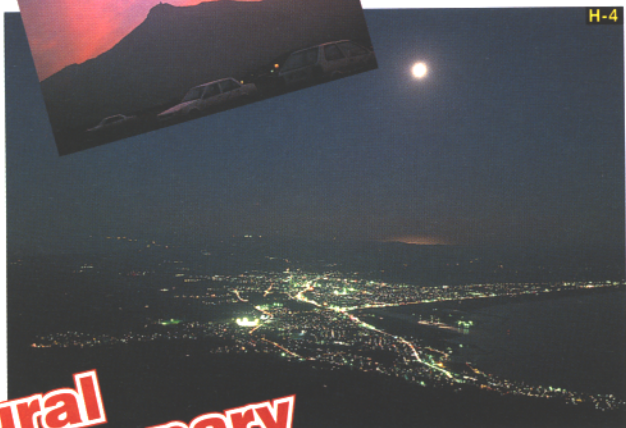


**Mt. Kamafuse and Mutsu Nightscape**

釜臥山／むつ市夜景

At 879 m, Mt. Kamafuse is the highest peak in Shimokita Peninsula. At the observation deck near the summit, visitors are treated to a breathtaking panoramic view of Mt. Hakkoda, Cape Shiriya and Hokkaido. At night, the lights of the city fan out like butterfly wings.

Info Mutsu Commerce Tourism Division  
0175-22-1111  
Access 40 min. drive from Tanabu Stn.  
(Shimokita Kotsu)

**Natural Scenery****The World's Northernmost Monkeys** 北限の猿

Classified as a National Protected Species, the Japanese macaque is the northernmost wild monkeys in the world. A tribe of some 40 monkeys are protected in Yaen Park, where visitors can come and observe them up close.

Info Wakinosawa Village Fisheries, Commerce and Industry 0175-44-2111  
Access From Ohana Stn. take JR Bus for Mutsu-Wakinosawa (1 hr. 15 min.), get off at Mutsu-Wakinosawa and drive for 5 min.



**[Shopping]**  
買う

**Marine Products** 海産物

The people of Aomori use the freshly caught bounty of the sea to produce a wide range of souvenirs, such as shake-toba (dried salmon) and other items made of seaweed, including "konbu" and "nori" that come from the rough and frigid seas of Tsugaru Strait.

Info Mutsu Masakari Plaza 0175-22-0909

\*Use the map on p12 & 13 to locate each numbered attraction (eg. **B-6**).

**Cypress Products** ヒバ木工品

Aomori's cypress forest is famed as one of Japan's "Three Magnificent Forests". Products made from this wood have delicate patterns, wonderful fragrance and feeling of warmth. Products include everyday furnishings such as cutting boards and tissue boxes, as well as soap and perfumes made from cypress oil.

Info Mutsu Masakari Plaza 0175-22-0909



### H-3 Mt. Osore Grand Festival

恐山大祭

Mt. Osore (means "mountain of fear") became the spiritual home of the great Buddhist teacher Jikaku Taishi in 862. It is now ranked along with Mt. Takano and Mt. Hiei as one of Japan's three great spiritual mountains. In the great festival held every July and October, the mountain is visited by throngs of devout pilgrims from all over Japan. The calling of the spirits of the dead, called Itako no Kuchi Yose (spiritual mediums who call up the spirits of the dead), is an otherworldly experience.

Info Mutsu Commerce Tourism Division 0175-22-1111  
Access From Tanabu Stn. take Shimokita Kotsu Bus for Osorezan (35 min.) and get off at the last stop

## Festivals



### Tanabu Festival

田名部まつり

Tanabu Festival, Shimokita's big summer event, has roots in the Gion Festival of Kyoto. A procession of 5 ornate floats moves through the heart of Tanabu, with locals performing the Oshimakonagashi dance. The evening ends with a toast and promise to come back next year.

Info Mutsu Commerce Tourism Division 0175-22-1111  
Time 18-20 Aug.  
Access Get off at Tanabu Stn. (Ohata Line-Shimokita Kotsu)



### Ohata Straits Salmon Festival

大畑海峡サーモンまつり

This festival includes various fun events such as single-hook fishing and a salmon race. Stalls and a cooking booth make this festival an unforgettably tasty experience.

Info Ohata Town Fisheries, Commerce and Industry 0175-34-2111  
Time 4th Sun. in June  
Access 20 min. walk from Ohata Stn (Shimokita Kotsu)

18



### 【Food】食べる

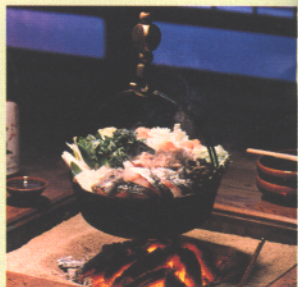


### Peony Stew

牡丹鍋

Peony Stew (Botan-nabe) is Wakinosawa's special dish of boar meat and savory broth. The name was adopted because the meat resembles the peony (botan) in color. Try it at any restaurant and inn in the village.

Info Wakinosawa Village Fisheries, Commerce and Industry 0175-44-2111  
Time Nov. through Mar. (reservation required)  
Access 1 hr. 10 min. by bus from Ohata Stn. (JR Ohata Line)



### Fish Stew

じゃっば汁

Nothing represents the flavors of the Aomori winter like Fish Stew (Jappa-jiru), made of cod. The stew warms the body on cold days. It can be found anywhere in Aomori, offering a taste of the authentic cooking of the region.

Info Wakinosawa Village Fisheries, Commerce and Industry 0175-44-2111

\*Use the map on p12 & 13 to locate each numbered attraction (eg. B-6).



### J-3 Noh of Higashidori Village

東通村の能舞

A tradition dating back some 500 years, Noh (Noma) is designated as an Important Intangible Cultural Heritage Asset. Every year this eagerly awaited event is the highlight of the Higashidori Furusato Festival held in mid-August.

Info Higashidori Village Planning Division  
0175-27-2111  
Time Mid Aug  
Access Take Shimokita Kotsu Bus and get off at Higashidori-mura Chosha-mae

### Fukuura Kabuki of Sai Village

佐井村の福浦歌舞伎

One of the prefecture's Intangible Cultural Heritage Assets is Fukuura Kabuki. Boasting a history of a hundred years, Fukuura Kabuki was handed down by a couple who were both actors during the Meiji era. The performances at the Kabuki Theater begin on April 10 as part of the festival at the Inari Shrine.

Info Sai Village Planning Division  
0175-38-2111  
Access From Mutsu Bus Terminal, take Shimokita Kotsu Bus bound for Sai-shako (2 hr. 5 min.) and get off at Osai and walk for 2 min.

## History & Culture



F-3

### Alsas: Tsugaru Strait Culture Center

津軽海峡文化会館アルサス

Located in the fishing port of Sai, Alsas is the major source of information about Sai Village and the Shimokita Region. Facilities include a local product area, an event hall, museum dedicated to the Tsugaru Straits, observatory and a restaurant.

Info 0175-38-4513  
Location 112 Osai, Sai.  
Hours 7:00 - 18:00 (8:00 - 17:00 from Nov. - Mar.)  
Closed 1-3 Jan.  
Entrance fee None  
Access Right at the Osai bus stop



**Tourist Attractions**  
観光施設



I-3

### Masakari Plaza: Mutsu-Shimokita Tourism Product Center

むつ下北観光物産館まさかりプラザ

The best place to go for tourism information in Shimokita is Masakari Plaza. Here, visitors can find various products made from cypress as well as processed seafood. Local dishes are available at the restaurant.

Info 0175-22-0909  
Location 1-10-25 Yanagi-machi, Mutsu  
Hours 9:00 - 21:00 (shop closes at 18:00)  
Closed Tue. (subject to change)  
Entrance fee None  
Access 3 min. walk from Tanabu Stn.(Shimokita Kotsu)

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## Nanbu Region



Shimokita  
Region

Tsugaru Region

Nanbu  
Region

## Korekawa Historical Site

是川遺跡

The slopes along the left bank of the Araidai River are home to incredible historical sites dating back to the Jomon era. The Korekawa Nakai, Ichioji & Hotta remains are designated collectively as the Korekawa Historical Site. Many ancient artifacts, including 633 important cultural assets are on display. The Jomon era pit dwellings and fauna are well recreated. Visitors can also try making Jomon-style pottery.



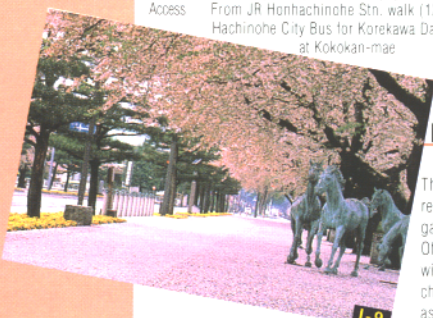
K-11



K-11

Info Hachinohe City Jomon Gakushukan 0178-96-1484  
Location 3-1 Nakai, Korekawa, Hachinohe  
Entrance Fee ¥200  
Hours 9:00-17:00

Closed Mon., day after public holiday, year end / beginning, and last day of month  
Access From JR Honhachinohe Stn. walk (12 min.) to Nagayoko-cho Stop, take Hachinohe City Bus for Korekawa Danchi via Shisho-mae, and get off at Kokokan-mae



I-9

Info Towada Commerce, Industry and Tourism Division 0176-23-5111  
Access 15 min. walk from Towada-shi Stn. (Towada Kanko Dentesu)

## History

### Koma Street

駒街道

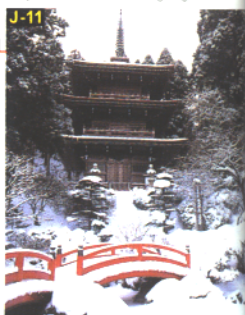
The layout of downtown Towada resembles the grid layout of "Go" gameboard. In the Government Office District an avenue of 36 m wide and 1.1 km long is lined with cherry and pine trees. It is famous as one of the most beautiful avenues in Japan. Pedestrians enjoy its spacious sidewalks dotted with monuments that represent the city as a horse-breeding region.

## Hokoji Temple/ Three-storied Pagoda

法光寺 / 三重ノ塔

At the heart of Nakuidake lies the temple of Hokoji, whose approach is lined with majestic pine. Shoyo tower, established in 1949, is Japan's tallest three-storied pagoda at 33m. Interred at this temple are the remains of Dogen-Zenshi, founder of the Soto Buddhist sect.

Info 0178-76-2506  
Hours 9:00-16:00 from end Apr. through Nov.  
Entrance fee ¥200  
Access 15 min. drive from JR Kenyoshi Stn.



J-11

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## DATA

The stretch of land to the east of the Ou Mountain Range that forms the center of Aomori Prefecture is called Nanbu. The region is named for the Nanbu clan that long ruled this area during Japan's feudal period. Famous as an excellent horse-breeding area, today Nanbu's rapid development is centered on the city of Hachinohe, designated a "new industrial city".

### Main Industries

Fisheries, agriculture and forestry  
Climate & People Poised on the Pacific coast of Aomori, Nanbu does not experience the huge accumulations of snow common elsewhere in the prefecture. However, a strong westerly wind called the "yamase" frequently strikes the region. The people of Nanbu are said to be mindful of others, considerate and caring.

## You Tree

K-10

ユートリー

Local products are sold and displayed at You Tree, also known as the Hachinohe Regional Industrial Promotion Center. The entrance is adorned with a massive float used in the Hachinohe Grand Festival. Inside, the Center offers exhibits introducing local firms, a multipurpose hall and a restaurant. Local foodstuffs & handicrafts are produced on-site, and visitors can experience making local textiles such as Nanbu-Kiori & Nanbu-Hishizashi.



Info You Tree 0178-27-4243  
Location 1-9-22 Ichiban-cho, Hachinohe  
Closed 31 Dec. & 1 Jan.  
Folk crafts & arts Reservation required  
Access Right at Hachinohe Stn. (JR Tohoku Main Line)



K-10

&

## Culture



### Hachinohe Museum

八戸市博物館

This museum is located in the Nejo Castle Historical site. The museum has a wealth of fascinating information about the archeology, history and anthropology of this area. Maps and drawings of the Hachinohe feudal domain, armor worn by feudal lords, a model of Hachinohe Castle and the statue of Bishamonten, the god of treasure, are all on display here.

Info 0178-44-8111  
Entrance fee ¥250

Hours 9:00 - 17:00  
Closed Last day of month, Mon., day after public holiday, 27 Dec. - 4 Jan.  
Location 35-1 Toku, Nejo, Hachinohe  
Access From JR Tohoku Main Line, take Nanbu Bus bound for Mikka-machi via Shioh Center (10 min.) and get off at Nejo Hakubutsukan-mae

J-8



### Shuji Terayama Museum

寺山修司記念館

Shuji Terayama, a man who was active in the arts, theater and film, passed away at the young age of 47. Here at the Shuji Terayama Museum, many of his personal effects and best-loved works are on display to the public. At the center of the gallery is a large stage, which displays some of the props that appeared in his plays. Under a trap cellar stands a collection of 11 wooden desks, whose drawers are filled with his personal effects. This glimpse into the world of Shuji Terayama provides a moving and fascinating experience.

Info 0176-59-3434  
Location 116-2955 Sabishirodai, Misawa  
Hours 9:00 - 17:00  
(until 16:00 from Nov. through Mar.)  
Closed Mon. (day after if Mon. is public holiday), and from 28 Dec. - 4 Jan.  
Entrance fee ¥530  
Access 20 min. drive from JR Misawa Stn.

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**Tourist Attractions**  
観光施設



### H-12 Tapukopu Village

タプコブ創遊村

"Tapukopu" means "a tallish hill" in the language of Ainu, the indigenous people of northern Japan. In the warmth of Nanbu Magariya, a recreated traditional building of the Nanbu area, visitors can practice local crafts such as woodworking, pottery and painting, and can learn to cook favorite dishes such as handmade soba buckwheat noodles, hand-baked senbei crackers, miso, tofu and konnyaku (potatp-by-product).

Info Tapukopu Village 0179-32-4344  
Location 66-39 Kawadairanokami, Takko  
Entrance fee ¥500 (call ahead if visiting from Dec.-14 Apr.)  
Folk crafts & arts Reservation required  
Access 20 min. drive from Takko-Chuo Stop (Nanbu Bus)



## Hachinohe Grand Festival

八戸三社大祭

Hachinohe Grand Festival is the city's biggest, boasting a 280-year history. Portable "mikoshi" (palanquin) carrying the deities of Ogami, Shinra and Jinmeigu Shrines are paraded through the streets. Some 20 floats depicting Kabuki scenes and legends are something not to be missed. The festivities begin on July 31 and the grand procession of floats held on August 2 is a must see.

Info Hachinohe Tourism Association  
0178-23-4771

Time 31 Jul - 3 Aug

Place Downtown Hachinohe

Access 5 min. walk from JR Honhachinohe Stn.

## Lake Towada Winter Story

十和田湖冬物語

Lake Towada, whose winter shores are pure white with snow, is the scene of a major event held every February. The festival has fireworks each evening and Fuyu-Nebuta lanterns are ceremoniously displayed. An array of 6,000 snow lanterns, the illuminated Statue of the Maidens and live shamisen performances bring warmth and fun to this festival.

Info Towadako Town Commerce, Industry and Tourism Division 0176-72-2311

Access From JR Misawa Stn., take Towada Kanko Dentetsu Bus bound for Towadako (2 hr 10 min.) and get off at the last stop

# Festivals



G-11



【Shopping】

買う



## Wooden Horses

八幡馬

Yawatauma (wooden horses) is Hachinohe's folk toy that accounts for one of the "three greatest traditional toys" in Japan. The bright, colorful patterns drawn on the horse are said to represent the splendid formal attire that brides traditionally wear when they ride on horseback to the wedding ceremony. They are simply charming.

Info Hachinohe Tourism Division 0178-43-2111



## Japanese Yams and Garlic

ニンニク・長芋

Aomori produces about 70% of Japan's garlic. No one grows a better garlic bulb or produces finer food products than the growers and producers of Takko. The odorless garlic of Tenmabayashi is also famous. Aomori grows 40% of the yam crop, with Tohoku Town producing more than anywhere in the country.

Info Takko Town Planning Division  
0179-32-3111  
Tenmabayashi Village Industry  
Division 0176-68-2111  
Tohoku Town Commerce, Industry  
& Tourism Division 0175-63-2111



## Decorated Ball

南部姫毬

The Nanbu Himemari is a remarkable toy—a decorated ball wrapped numerous times in the brightly colored silk thread. Silk tassels complement the complex and painstakingly crafted patterns to form a creation of exceptional beauty.

Info Hachinohe Tourism Division  
0178-43-2111

\*Use the map on p12 & 13 to locate each numbered attraction (eg. B-6).



## Natural Scenery

### Lake Ogawara

小川原湖

Lake Ogawara, which lies northwest of Misawa, is Japan's 11th largest lake at 62.3 km<sup>2</sup> and 67.4 km around. It is a paradise for nature lovers all-year-round: Azaleas and sweet brier in spring, camping and water sports in summer, foliage in autumn and ice fishing for smelt in winter. Fishing huts along Takarase River linking Lake Ogawara and the Pacific beckon visitors with their rustic charm.

Info Misawa Commerce, Industry and Tourism Division 0176-53-5111  
Access 5 min. drive from Kamikita-cho Stn. (JR Tohoku Main Line)

### Japan's Largest Rape Blossom Field

日本一の菜の花畑

Extending as far as the eye can see, this 200 ha field is the largest in Japan. The yellow blossoms are doubly striking against the green of the surrounding pastures and the transient blues of the sea and sky. Visitors can view the field from the sea during the Yokohama Rape Blossom Festival held in May.

Info Yokohama Town Fisheries, Commerce and Industry 0175-78-2111

Access 5 min. drive from Mutsu-Yokohama Stn. (JR Ominato Line)



### Horse Meat

馬刺

This dish, called Basashi, is one of the best known products of the Gonohe area and southern Aomori in general, which is the breeding ground for Japan's best horses. Fresh horsemeat is served raw as a low-calorie, high-protein meal.

Info Gonohe Town Community Development Division 0178-62-2111

### Rice Cracker Stew

せんべい汁

Rice crackers made of flour are the main ingredient of Senbei-jiru (Rice cracker stew), a delicious stew that includes plenty of vegetables, Japanese soup stock and soy sauce.

Info Hachinohe Tourism Division 0178-43-2111



【Food】

食べる



### Strawberry Soup いちご煮

This aromatic soup, called Ichigo-ni, of sea urchins and abalone is a popular local dish. The name Ichigo-ni (strawberry soup) came from the resemblance of the sea urchins in the soup to wild strawberries. The Ichigo-ni Festival is held every year at the end of July.

Info Hashikami Town Fisheries, Commerce and Industry 0178-88-2111

## Kabu Island

燕島

Kabu Island is an important breeding ground for the black-tailed gulls which are classified as a National Protected Species. The yellow blooms of the rape blossoms offer a strikingly beautiful contrast to the white of the gulls on a canvas of rich blue sky. Kabushima Shrine pays homage to Benzaiten, the god of the sea, and there is also an annual festival enjoyed by locals and visitors alike.

Info Kabushima Shrine 0178-34-2730  
Access 15 min. walk from Same Stn. (JR Hachinohe Line)

Natural



K-10

## Tanesashi Beach

K-10

種差海岸

The Tanesashi Beach is popular nationwide for its broad rolling grass meadows. The lush turf stretches right to the water's edge, where the waves of the Pacific Ocean crash against the craggy shore. This soothing and tranquil vista is perfect for picnicking in the spring and camping in the summer.

Info Hachinohe Tourism  
Division 0178-43-2111  
Access 3 min. walk from Tanesashi  
Stn. (JR Hachinohe Line)



## Lake Towada

十和田湖

Lake Towada has been designated a National Park due to the fact that it exemplifies the natural beauty of Japan. The lake is a double volcanic crater perched atop of a 400 m peak. The stunning volcanic scenery delights all who visit throughout the year, and the autumn foliage is a special favorite. A tour boat is available. The lake is approximately 44 km around and lined with roads and observatories.

Info Towadako Town Commerce, Industry  
and Tourism Division 0176-72-2311  
Access From Aomori Stn. take JR Bus bound  
for Towadako (3 hr. 5 min.) and get off  
at Towadako (Yasumiya)  
\*the bus runs from Apr - Nov



Statue of the Maidens



# Scenery

G-10



## Oirase Gorge

### 奥入瀬溪流

As spring arrives, mountains are covered in green with the budding shoots of maples. Then later in the year, the colors change to crimson and yellow, only magnifying Aomori's natural beauty. Along the river that flows through Oirase Gorge from Lake Towada, there is a 14 km hiking trail offering a delightful succession of waterfalls. The annual Spring Maple Festival is held in May, but this is a spot to visit all-year-round.

Info Towadako Town Commerce, Industry and Tourism Division 0176-72-2311  
 Access From Aomori Stn. take JR Bus bound for Towadako (2 hr. 9 min.) and get off at Yakeyama  
 \* the bus runs from Apr. - Nov.



G-11



Aomori/Japan

A Memorable Journey



# AOMORI

The Four Beautiful Seasons

