

# AOMORI CITY CYCLING MAP

Enjoy the sea breeze, nice view, history and culture while cycling!

ENGLISH

Created by ACGU students



Aomori downtown course

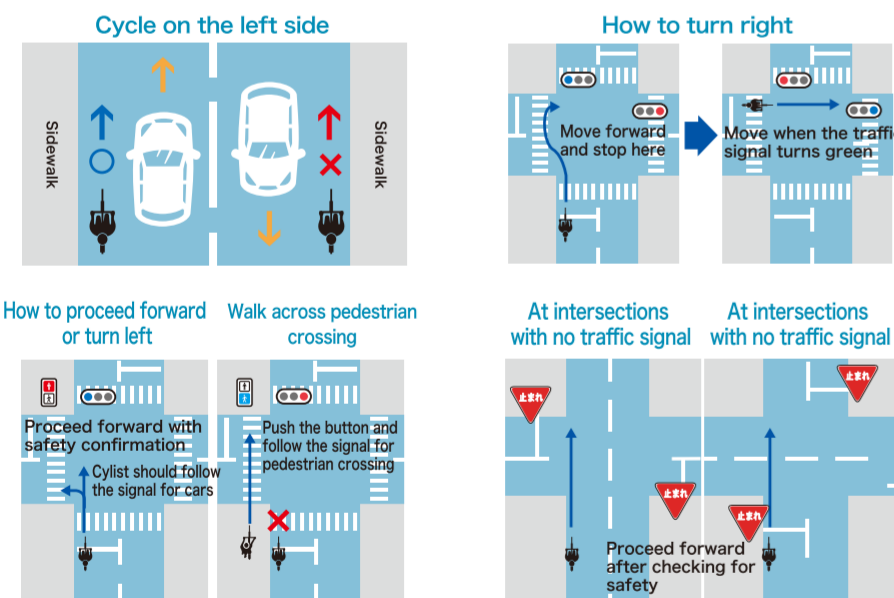


Check here for entire course. Scan this QR code to see the spots on Google Maps.

青森中央学院大学  
Aomori Chuo Gakuin University  
あomorいフィールドスタディ支援事業

## Traffic Rules and Manners

Bicycle license is not required, but cycling carelessly without attention may be a nuisance to vehicles or cause accidents. Follow the rules and enjoy a safe ride.



- No riding side by side**  
No riding side by side if there is no sign indicating "riding side by side is permitted". It is dangerous on the roadway with lots of traffic.
- Driving while distracted is prohibited**  
Driving while talking on a cell phone or listening to loud music with headphones etc. while cycling is forbidden because you might get involved in an accident due to lack of attention.
- Turn on the light when dark**  
Turn on the bicycle's light when it gets dark because bicycles can be easily overlooked by pedestrians and drivers. Always turn on the lights at night and in dark places such as tunnels even in the daytime.
- Parking place**  
Be careful where you park. When leaving the bicycle, do not park in places that would interfere with traffic.
- Indication of intention to the driver**  
During cycling, have good communication with drivers of vehicles by using hand signs and/or an eye contact. Always clearly indicate your intention to drivers while cycling on the road.
- Bike carefully**  
In order to prevent accidents in various traffic environments, make sure you always ride while paying attention to your surroundings.

## AOMORI CITY POTTERING MAP CYCLING GUIDE



### TRAFFIC SIGNS

- Stop** (止まれ): Stop before the stop lines or intersections.
- Slow** (徐行): Ride slowly at the speed that you can stop immediately. Less than 8km for bicycle and less than 4km in narrow sidewalks or at the place with a lot of traffic.
- One way street** (一方通行): Ride in the direction shown by the arrow. Cyclist needs to follow the rule as well.
- No entry** (進入禁止): Closed to all vehicles.
- Pedestrian only** (歩行者専用): For pedestrians only. If there is a sign, you need to walk pushing your bicycle.
- Bicycle Crossing Zone** (自転車優先): This means that you can cross by bicycle at intersections inside the guide line on the road.

**Bicycle rental service is in front of the station. Ask for more information.**

Spots providing bicycle rental service: Aomori Station Parking, Aomori Tourist Information Center ASPAM, Art Hotel Aomori, Hotel Aomori, Hotel Sunroute Aomori. Reception time: 9am to 5pm. (Last call at 4pm). Please show your identification before renting bicycles. TEL 017-721-2111

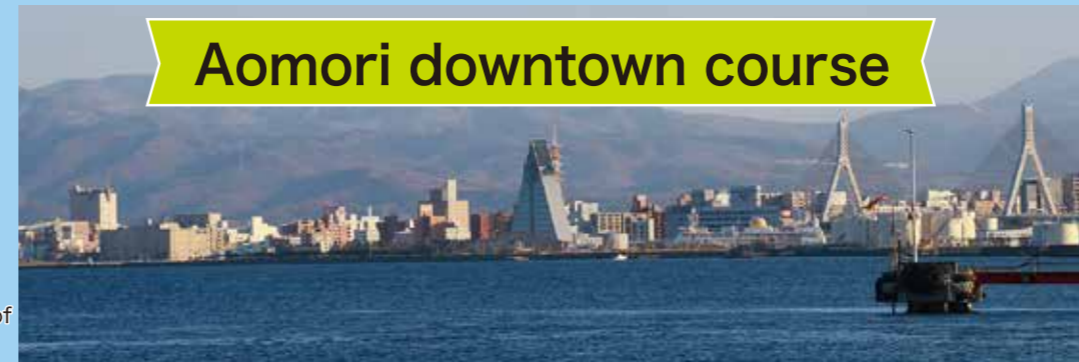
**West-East & South Aomori Routes Shared Attractions**  
青森西・東・南3ルート共通

3 cycling routes start from the area surrounding Aomori station where you can enjoy sightseeing, local foods and shopping.

- Aomori Tourist Information Center**  
青森市観光交流情報センター  
Ask here for information about sightseeing, transportation, or local events. You can also buy bus tickets or get route instructions.
- Rental bicycle**  
駅前自転車レンタル まちなかレンタサイクル  
Rent bicycles here: 300yen/bicycle per day  
Time: from late April to the end of October. 9am-5pm (last registration is at 4pm)
- Aomori City Culture Tourist Exchange Facility, The Nebuta Museum Wa Rasse**  
青森市文化観光交流施設 ねぶたの家 W・ラッセ  
See the huge Nebuta floats which participated in the festival in August displayed here. You can experience the traditional festival performances and dances too.
- A-FACTORY**  
A-FACTORY  
Local apple cider and food are produced and sold here. You can also enjoy coffee, sweets, and food at the restaurant, or shop for local goods and souvenirs.
- Memorial Ship Hakkoda Maru**  
青函連絡船メモリアルシップ 八甲田丸  
This historic ship which ferried trains and passengers from Aomori to Hakodate until 1988 is now a museum. You can see the old train cars and enjoy the atmosphere on the sea.
- Aomori Hotate Goya**  
帆立小屋  
A restaurant serving delicious local seafood and sake. Famous local scallops are the specialty here, and you can also try scallop fishing.
- Aoi Umi Park**  
青い海公園  
Enjoy a scenic view of the bay from this seaside park. Every spring through summer, many tents where the gigantic Nebuta floats are built and stored will stand here in a place called Nebuta Rasseland.
- Aomori Tourist Information Center, ASPAM**  
青森県観光物産館 アスパム  
In this 76 meter high 15 floor building designed to resemble the letter A for Aomori, you can buy souvenirs, see panoramic movies, view the observation deck, and enjoy local food. Tourist information in multiple languages is available at Aomori Global Lounge on the second floor.
- Aomori Station Building LOVINA**  
青森ビル ラビナ  
This shopping center adjacent to Aomori Station has cafes, restaurants and souvenir shops on the first floor, and various other shops selling fashion, general goods and books on the other floors.
- Nagao Chu-ka Soba**  
長尾中華そば 青森駅前店  
Famous Ramen Noodle shop where you can enjoy the local Tsugaru Niboshi style ramen. It is open in the morning as well.
- Aomori Fish and Vegetable Market**  
青森魚菜センター  
Make your own "Nokkedon" by choosing your favorite ingredients such as fresh seafood and other prepared foods from shops in the market.
- Circle AOMORI/ Narifuri**  
circle AOMORI (サークル 青森) /narifuri  
Functional and fashionable cycle wear and original Aomori T Shirts are available here.
- Gelato natura**  
ジェラート ナチュレ  
Have some gelato and sherbet with local fruits and vegetables.
- Asakusayaki**  
浅草焼 中央古川通り店  
A shop offering local snacks and Japanese sweets of many varieties.

# AOMORI CITY POTTERING MAP

## Aomori downtown course



Feel the sea breeze and enjoy Aomori streets while cycling.

"Pottering" means enjoying a leisurely short cycle with family, friends, or by yourself.

### Aomori East Route (Food and literature)

● Distance: 11.7km  
● Maximum elevation change: 4m  
● 距離: 11.7km ● 最大標高差: 4m



- Legend
- Sweets shop 和・洋菓子店
  - Bakery バン屋
  - Ramen restaurant ラーメン店
  - Restaurant レストラン
  - Hotel 宿泊施設
  - Rental bicycle まちなかレンタサイクル
  - Hot Spring 温泉
  - Shopping ショッピング
  - Grocery Store スーパー
  - Post Office 郵便局
  - Bakery バン屋
  - Shrine 神社
  - Sushi-go-round 回転寿司店
  - Police Box 交番
  - Hospital 病院
  - School 学校
  - Bank 銀行
  - Temple 仏閣
  - Free Wi-Fi

### Aomori West Route (Sea and Jomon)

青森西ルート(海と縄文)

Ride westward while enjoying the view of the sea. Touch the history and folk culture of Aomori, starting with the Sannai Maruyama Site, the largest Jomon village ruins in Japan. Visit the spots where you can experience and encounter Aomori's literature and art.

### 1 Aomori City Forestry Museum

青森市森林博物館

Learn about the relationship between nature and the people at this facility. The Renaissance style wooden building was built using mainly Aomori-produced cypress.

### 2 Aomori Museum of History

あおもり北のまほろば歴史館

The history and folk culture centered around Aomori City is displayed here. You'll find items such as Jomon pottery, Showa-era toys and traditional clothing.

### 3 Ferry Terminal

津軽海峡フェリー 青森フェリーターミナル

The characteristic landscape of Aomori prefecture is visible from here, and you may even be able to see ferries entering and leaving the bay if you are lucky. You can take a break here, and there is a cafeteria and souvenir shop.

### 4 Hokuyo Glass

北洋硝子株式会社

This is a workshop that creates and sells Tsugaru Vidro, a traditional glasswork of the Tsugaru region.

### 5 Kogin-tei

小中亭 西バイパス店

You can enjoy hand-made soba made with premium ingredients and taste a seasonal cuisine of Aomori.

### 6 Sannai-Maruyama site

三内丸山遺跡 縄文時遊館

The Sannai Maruyama Site contains the remains of a village from the Jomon period, about 5500 to 4000 years ago. There are exhibits of excavated objects and various hands-on experiences.



### Aomori West Route (Sea and Jomon)

● Distance: 13.1km  
● Maximum elevation change: 19m  
● 距離: 13.1km ● 最大標高差: 19m

### Aomori South Route (Apple Challenge)

● Distance: 19.2km  
● Maximum elevation change: 44m  
● 距離: 19.2km ● 最大標高差: 44m

### 7 AOMORI MUSEUM OF ART

青森県立美術館

Works centered on artists related to Aomori prefecture are exhibited here.  
\*Cycling is prohibited within the grounds of this facility.

### 8 Shoedo

松栄堂 浪館店

You can purchase Japanese seasonal sweets made with Aomori ingredients. Ideal for souvenirs.

### 9 Taisedo Senbei

大成堂せんべい店

Various kinds of rice crackers are available here, including the local Nanbu-style sesame and peanut crackers, as well as more creative rice cracker creations.

### Aomori East route (food and literature)

青森東ルート(食と文学)

Ride east to enjoy a view of central Aomori City from the pier. Enjoy the local food and flavors at popular gourmet spot, such as ramen shops, old-fashioned cafes and confectionery shops. On the way back, experience some of Aomori's literature and artistic spots

### 1 Tsutsumigawa Green Park

堀川緑地公園

Take a break while overlooking Mutsu Bay. You may also see a large cruise ship anchored here.

### 2 Gappo Park

合浦公園

This park has monuments to Ishikawa Sakaki and Munakata Shiko, and more than 600 cherry trees bloom here in spring.

### 3 Asari

あさり

This noodle shop is famous among the locals for their spicy but addictive ramen.

### 4 Suwa Shrine

諏訪神社

This Shinto shrine houses the guardian deity of business prosperity, maritime safety, and agricultural and fishing prosperity. Legends say that dolphins came to visit this shrine to worship.

### 5 Munakata Shiko Memorial Museum of Art

方方志功記念館

Many works by Munakata Shiko are displayed here, including woodblock prints, Japanese paintings, oil paintings, and books.

### 6 Heiwa Park

平和公園

This park has large fountains, flower beds, and a rotating monument dedicated to peace.

### 7 Nikaido

二階堂

This specialty confectionery provides both Japanese and Western-style sweets rooted in Aomori. Sweets made with apple and Aomori indigo are available here.

### 8 CLEOPATRA

喫茶 クレオパトラ

This long-established cafe offers gourmet coffee and homemade apple pie and cakes.

### 9 Aomori Chuo Gakuin University Satellite Campus

青森中央学院大学サテライトキャンパス

The satellite campus of a local university, where public lectures and various other events are held. There is free Wifi available here.

### Enlarged on reverse side

START & FINISH Rental bicycle

Go along the sidewalks without crossing the bridge.

Watch ferries from here

Go across the bridge from the sidewalk.

Go across the bridge from the sidewalk.

### 10 Akai Ringo

赤い林檎

You can purchase Japanese sweets / pastries using Aomori's delicious ingredients. The second floor is a cafe space and you can taste popular apple pies and snacks.

### 11 Uto Shrine

奥知鳥神社

It is said to be the birthplace of Aomori City, and there is a spiritual power spot behind the shrine.

### 12 Cafe Marron

喫茶マロン

A historic coffee shop with a retro atmosphere, which is also popular among the locals

### 1 Aomori Prefectural Museum

青森県立郷土館

This comprehensive facility introduces the culture, nature, and lifestyle of Aomori Prefecture.

### 3 Miageru

Miageru

This general store has Japanese dishware and kitchen tools.

### 4 CANOE

アトリエ CANOE

A leather specialty store where you can order leather goods or have them repaired. They also sell leather crafting supplies, indigo dyed products made in house, and other miscellaneous goods.

### 5 Tsujii-Mochiten

辻井餅店

Enjoy chuka soba noodles in local favorite "niboshi" soup made from dried fish inside this shop with an old-fashioned atmosphere. Though it is a ramen shop, the Mitsukake-mochi rice cake sweets are very popular.

### 6 Hakkoda Mountains Incident Museum

八甲田山雪中行軍遭難資料館

Exhibited here are historical items concerning the army's distress incident that occurred in January of 1902. It is surrounded by a park that is great for cherry-blossom viewing.

### 7 Apple park

青森観光りんご園

Enjoy an apple-picking experience that's great for young and old alike at this tourist apple orchard spread out at the foot of Mt. Hakkoda. Not only can you have apples, but cherries, peaches, and chestnuts are available depending on the season. You can taste the freshly-picked fruit, and Aomori apple juice with no additives is also popular.

### 8 Toromo

鱈屋 とろも

This ramen shop offers house-made noodles with their delicious soup made from chicken and "niboshi" dried fish, all without using any artificial flavorings.

### 9 Angelic

アンジェリック 青森店

Making full use of Aomori's local ingredients and sake, this shop provides sophisticated Western-style sweets that are pleasing to the eye.

### 1 Aomori Prefectural Museum

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### 1 Kanami

葵高がなみー

Old photos and maps of Aomori City are displayed here.

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