

Bicycle Shop Information

Bicycle Shops in Aomori Prefecture

Cycle-kan Tateyama, LLC

- 38-31 Ono-kataoka, Aomori City, 030-0852
- TEL:017-734-7537 ■Business Hours:9 a.m. to 7 p.m.
- Closed:Thursdays
- Remarks:For roadside assistance, consultation is necessary.

Cyclist Special Takeuchi

- 104-3 Daikan-cho, Hirosaki City, 036-8001
- TEL:0172-32-0693 ■Business Hours:10 a.m. to 7 p.m.
- Closed:Wednesdays
- Remarks:For roadside assistance, consultation is necessary.
- https://www.facebook.com/toaru.takeuchicycle

Cycle House Saito

- 13-1 Oaza Tomino-cho, Hirosaki City, 036-8174
- TEL:0172-32-3760
- Business Hours:10 a.m. to 7 p.m.
- Closed:No set holidays

Sato Rinten

- 20-4 Aza Ushirono, Horanai, Towada City, 034-0107
- TEL:090-7667-4072
- Business Hours:10 a.m. to 6 p.m.
- Closed:Wednesdays and Thursdays
- http://cyclesato.com

CYCLE SHOP Koakazawa

- 8-2-22 Konakano, Hachinohe City, 031-0802
- TEL:0178-22-5300
- Business Hours:9 a.m. to 8 p.m. (Oct. to Mar.: 6 p.m.)
- Closed:Thursdays

Yokomakura Cycle

- 2-15-19 Sakura-cho, Misawa City, 033-0031
- TEL:0176-57-2079
- Business Hours:9 a.m. to 7 p.m.
- Closed:Sundays

Cycle Shop Nishino

- 1-4-14 Sentomi-cho, Aomori City, Aomori 030-0854
- TEL:017-776-2977 ■Business Hours:9 a.m. to 7 p.m.
- Closed:Open seven days a week during cycling season
- Store:http://cs24.blog61.fc2.com/
- Facebook:https://www.facebook.com/cycleshopnishino

Bicycle Shops in the Donan Area (Hokkaido South Area)

Meiho Shokai

- 1-4 Kameda-minato-cho, Hakodate City
- TEL:0138-41-1447 ■Business Hours:10 a.m. to 7 p.m.
- Closed:No set holidays/
Tuesdays and Wednesdays from Nov. to Feb.
- http://meihos.com/

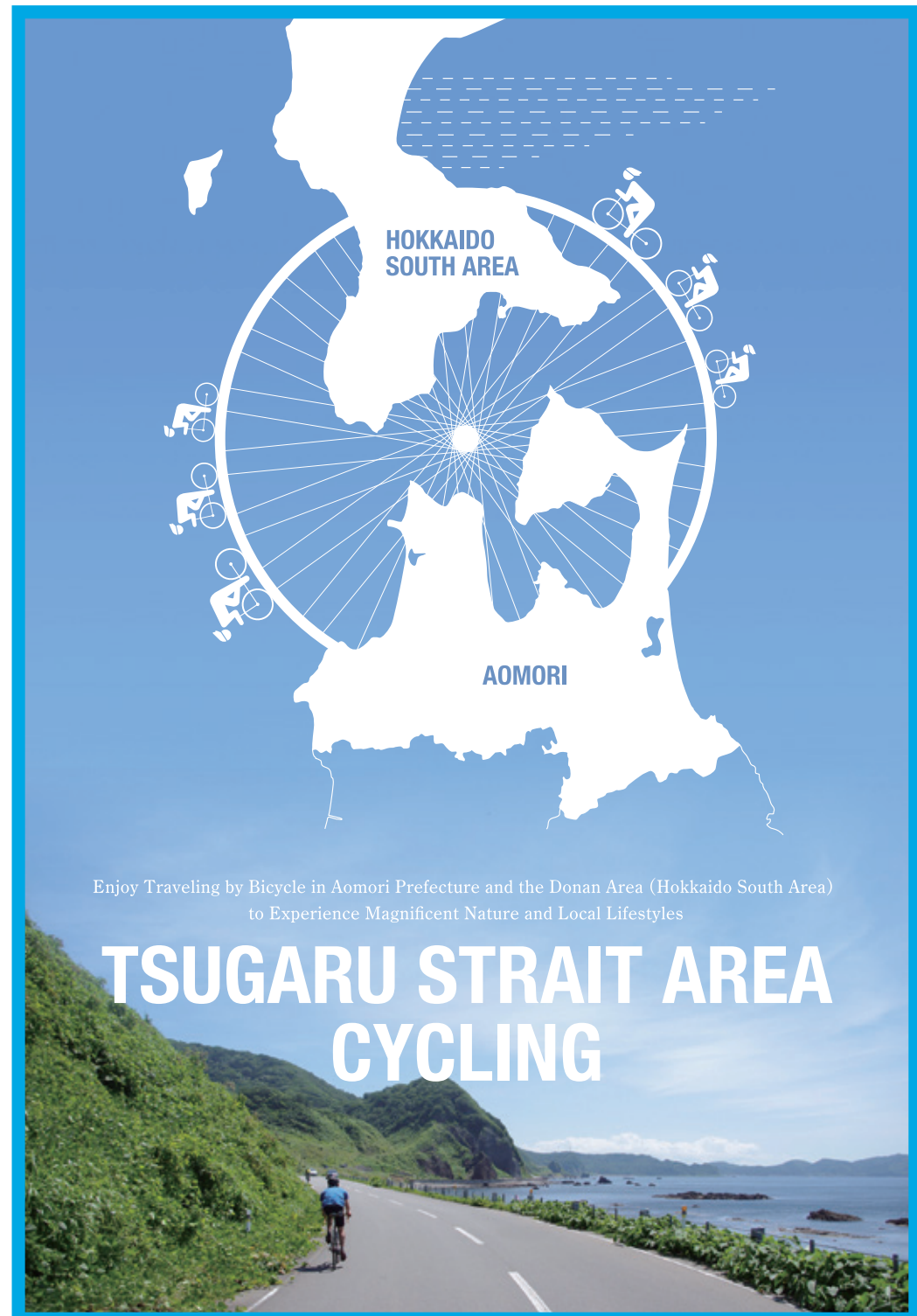
Speed Shokai

- Mihara Shop:1-15-4 Mihara, Hakodate City
- TEL:0138-43-5204
- Hondori Shop:1-4-18 Hondori, Hakodate City
- TEL:0138-52-1471
- http://speed.s288.xrea.com/

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Tourism Planning Section,
Tourism and International Affairs Strategy Bureau, Aomori Prefecture

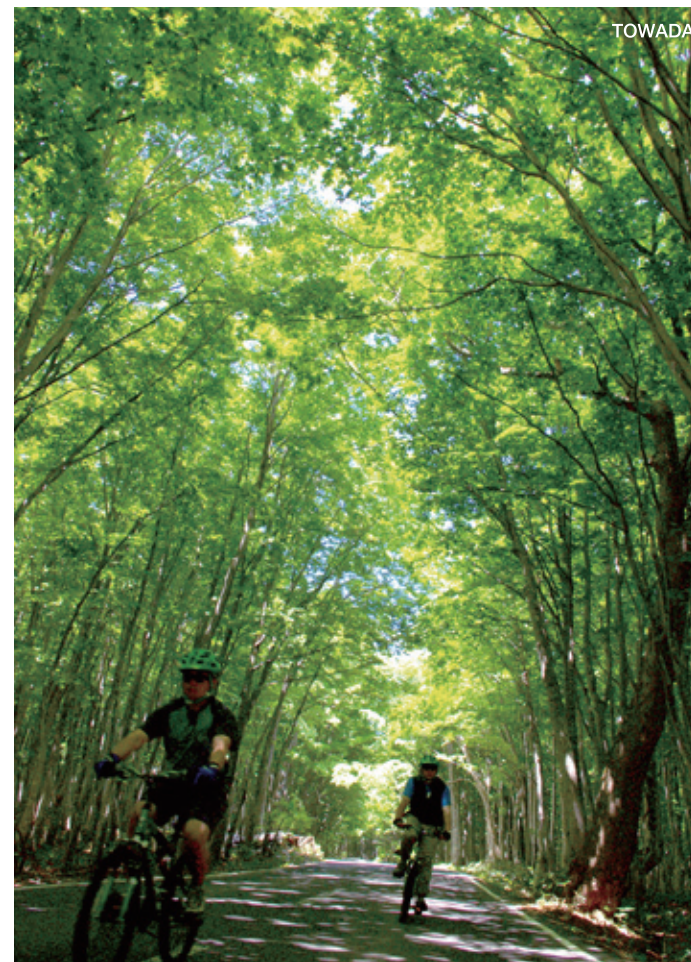




OKUTSUGARU



HIROSAKI



TOWADA



SHIMOKITA



TOWADA



OKUTSUGARU



HIROSAKI



TOWADA



OKUTSUGARU



SHIMOKITA



MT.KOMAGATAKE AREA



HAKODATE-ESAN-KAKKUMI



MT.KOMAGATAKE AREA



OKUSHIRI ISLAND



MT.KOMAGATAKE AREA



MT.KOMAGATAKE AREA

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MT.KOMAGATAKE AREA

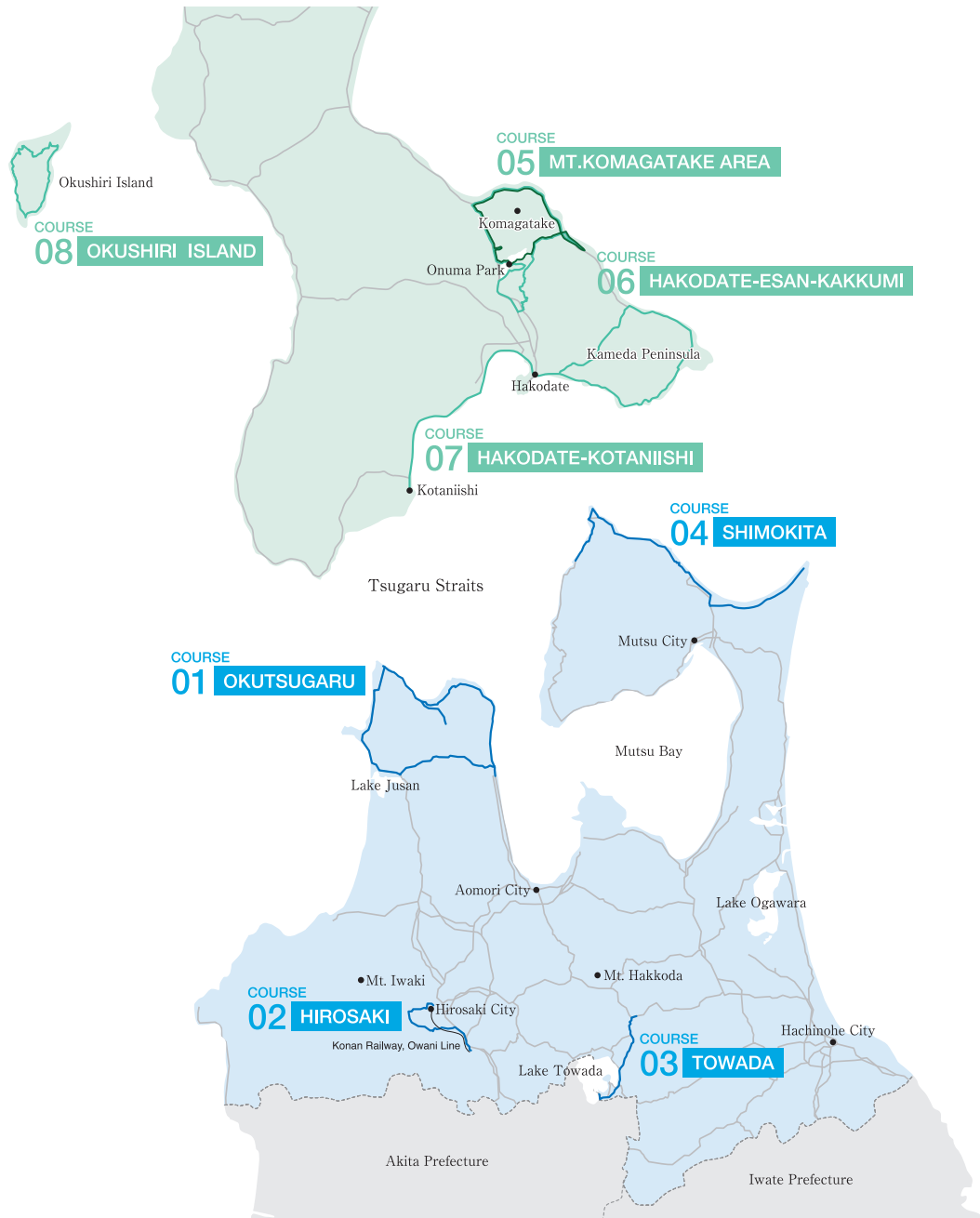


HAKODATE-KOTANIISHI



HAKODATE-KOTANIISHI

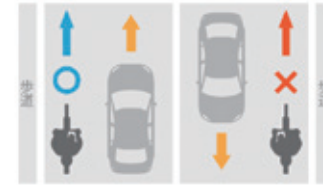
Tsugaru Straits Area Route Map



Traffic Rules for Cyclists

To enjoy cycling, it is important to obey the rules. Although you do not need a license to ride a bicycle, ignoring traffic rules bothers pedestrians and drivers and may even cause an accident. To make your cycling more enjoyable, follow the rules and practice good manners while riding a bicycle.

As a rule, bicycles must be ridden on the left side of the road



Under the Road Traffic Law, bicycles are considered light vehicles. For this reason, as a rule, if there is a sidewalk for pedestrians, you should ride your bicycle on the street with other vehicles. In addition, in general you must ride on the left side of the road. Riding a bicycle over the pedestrian walkway to the right of a road is considered to be riding the wrong way and is subject to penalties.



Stop

Come to a complete stop and look right and left (look around) to ensure it is safe to cross the road.



No Entry

No vehicles, including bicycles, may enter this street. (This does not apply in cases where there is an auxiliary sign that excludes bicycles.)



One Way

No vehicles, including bicycles, may travel in the opposite direction. (This does not apply in cases where there is an auxiliary sign that excludes bicycles.)



Closed to Vehicular Traffic

The street is closed to all vehicles, including bicycles.



Closed to Bicycles

The street is closed to bicycles.



Go Slow

Vehicles, including bicycles, must proceed at a speed at which they can stop immediately.



Pedestrian Walkway

This road is only for pedestrians.



Bicycle and Pedestrian Walkway

This road is only for pedestrians and bicycles.



Cycle Crossing Zone

This zone is for bicycles to cross the street.



01



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06

01/The thrilling downhill stretch of the Tatsudomari Line, where you can enjoy both the sea and mountains. 02/Cyclists enjoying the comfortable ride head toward the goal, 03/Breezing along the road while looking to the side to see the windmills used for power generation. 04/ Taking a commemorative picture at the Welkani produce museum in front of Kanita station. 05/Tappizaki lighthouse, which has been selected as one of Japan's top 50 lighthouses. 06/Takanosaki, an impressive scenic spot surrounded by many fantastically shaped rocks.

AOMORI

OKUTSUGARU

Okutsugaru Route

Riding Distance: Approx. 130 km Required Time: Approx. 9 hrs. 30 min.

COURSE

01

Journey to Okutsugaru to Find Great Writers' Thoughts and History while Looking out over the Sea of Tsugaru

In March 2016, the Hokkaido Shinkansen began operation and Okutsugaru-Imabetsu station opened. This station is the northernmost Shinkansen station on Honshu, Japan's main island. In Imabetsu town, you can taste a "squid burger," mozuku udon (wheat noodles with edible seaweed, which is considered a delicacy), and a variety of other foods made from local ingredients.

Your trip starts from this station. The route heads north along the coast, where your side is lined with colorful cottages made with galvanized metal and fishing floats scattered on the seaside.

The former Okuya Inn, which hosted Osamu Dazai, one of

Japan's greatest writers, currently serves as the Tappi Misaki Tourist Information Office. The information office exhibits photographs taken during the period when it was used as an inn, and you might find them interesting during a visit by bicycle after you have learned the history and acquired a feeling for the atmosphere of that time period because you can see how different the area looked compared to today.

Heading south from Tappi Misaki takes you to the "Tatsudomari Line." This long, winding road resembles a dragon leaping toward the sky. The winding road may give you the excitement of a roller coaster as you enjoy the thrilling ride

downhill. As you travel along the road, you will reach Jusan-ko (Lake Jusan), which is famous for freshwater clams. Then, when you cross the Tsugaru Peninsula over to the east side, you will arrive at the peninsula's Mutsu-wan (Mutsu bay) side. After taking a break at the "Welkani" (a play on the English word "welcome" and the Japanese word kani (crab) produce museum in front of Kanita Station, as you head north along the Matsumae-kaido (highway), you will arrive at Takanosaki. This popular spot offers a stunning view of Tappizaki, the Shimokita Peninsula, and Hokkaido. This long ride through Okutsugaru will give you all the satisfaction of riding the challenging roads as well as enable you to experience the charms of the Tsugaru Peninsula.



- A** Tappi-kan (Tappi Misaki Tourist Information Office)
59-12 Aza Minmaya-Tatsuhama, Sotogahama-machi, Higashi-tsugaru-gun ■TEL:0174-31-8025
- B** Welkani (Farm fresh market in front of Kanita station)
34-1 Aza Uekanita, Sotogahama-machi, Higashi Tsugaru-gun ■TEL:0174-31-1112



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01/Bright-red apples welcome cyclists. 02/Hirosaki Castle, where the stone walls are currently being repaired. 03/Walk around the streets of Hirosaki to taste different apple pies. 04/Yamazaki Restaurant's specialty ramen is filled with Owani Onsen moyashi. 05/On the way back by bicycle train, which is rare in Japan, 06/Hirosaki Apple Park is the best spot to take a break and snap photos.

AOMORI

HIROSAKI

COURSE

02

Riding through the Seasonal Apple Fields by Bicycle Train

In Japan, Hirosaki is known for the cherry blossoms of Hirosaki Castle and apples. Here, one finds Mount Iwaki, referred to as Tsugaru Fuji for its beautiful ridgeline, and the mountain has long been a popular symbol of the place among locals. In Hirosaki, a bicycle train, which is very popular among cyclists, is operated as a line of the Konan Railway, and you can enjoy the landscape of rice paddies and vegetable fields that extends along the railway in each season.

Starting from Hirosaki Castle, this course heads to Apple Road, a wide farm road. Apple fields extend along this farm

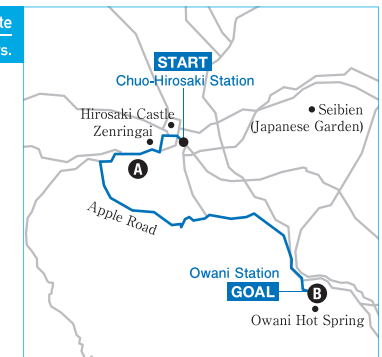
road, and you can enjoy a refreshing ride while viewing snow-white flowers in spring or the harvesting of bright-red apples in autumn. After traversing Apple Road, you will arrive at Owani station.

Owani-machi (town) is famous for its crisp, long, and thin Owani Onsen (hot spring) moyashi (bean sprouts), and you can taste a variety of dishes, such as ramen and donburi (a bowl of rice with a topping) using Owani Onsen moyashi at restaurants that are more than 100 years old and a michino-eki rest area that includes a hot spring near the station.

It takes about 30 minutes to get from Owani station to Hirosaki by bicycle train. On the streets of Hirosaki City, there are many Western-style buildings and confectionery shops, including more than 50 shops serving apple pies. Each shop serves apple pies with its own taste and shape, enabling you to try a variety of different apple pies.

Hirosaki Route

Riding Distance: Approx. 28 km Required Time: Approx. 2 hrs.



- A** Hirosaki Apple Park
125 Aza Terasawa, Oaza Shimizu-Tomita, Hirosaki City
TEL:0172-36-7439 URL: <http://www.hi-it.net/~ringo-kouen>
- B** Yamazaki Restaurant
34-21 Owani-Maeda, Owani-machi, Minami-Tsugaru-gun
TEL:0172-48-2134



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01/At Oirase mountain stream, you can enjoy the long period of the year from the emergence of new green leaves to the falling of red leaves in autumn, 02/Oirase mountain stream has much to make cycling tourists stop pedaling their bicycles for a moment to take a look, 03/The cool breeze of autumn helps you to cool down faster, 04/Farm Kitchen North Village has bicycle racks. Take your time there to enjoy your meal, 05/Riding right along the mountain stream enables you to hear the sounds of the river, 06/Take a leisurely journey in a pleasure boat after reaching the goal.

AOMORI

TOWADA

COURSE

03

Enjoying the Healing Effects and Refreshing Ride along the Beautiful Oirase Mountain Stream and Woods

The Oirase mountain stream, which is one of Aomori Prefecture's major tourist spots, looks most attractive when new leaves emerge and also during the foliage season. On this short 14 km course, which starts from Mt. Yakeyama, passes through the Oirase Mountain Stream Hot Spring and Lake Towada Hot Spring Village, and ends at Nenokuchi alongside Lake Towada, you will see the beautiful mountain stream, waterfalls of a variety of sizes, fantastically shaped rocks, and a series of other scenic spots, allowing you to enjoy to your heart's content the ever-changing beauty of a mountain stream made out of soil after volcanic eruptions.

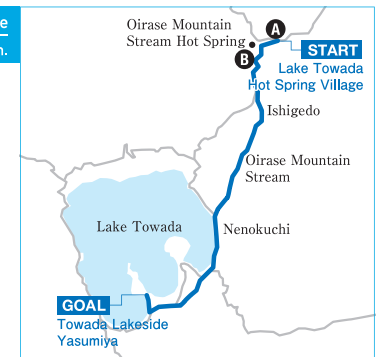
The refreshing bicycle ride along the mountain stream and under the moist trees is truly special. The powerful, roaring torrents of the river echoing through the woods near "a flow of the Asura" drown out even the rattling sound of bicycle freewheels. Although the area is crowded with tourists in spring because of the fresh greenery and in autumn because of the crimson leaves, cyclists can enjoy their trips without worrying about the crowds. Oirase Stream Museum offers a rental bicycle service, so you can readily enjoy cycling without bringing your own bicycle.

When you visit Towada City, we recommend "Towada

Barayaki." This local dish is a perfectly done teppan-yaki in which beef flanks and onions are combined with a salty-sweet sauce. At Farm Kitchen North Village, located near the start of the route, you can enjoy cuisine that evokes the season using fresh vegetables from Aomori.

After sweating while pedaling your bicycle, you can visit viewpoints on a sightseeing boat or take a longer ride to visit Tsuta Onsen, a secluded hot spring. This superb place allows you to maximally enjoy cycling as well as a healing hot spring.

Towada-Oirase Route
Riding Distance: Approx. 24 km Required Time: Approx. 1 hr. 30 min.



- A North Village**
11-253 Aza Tochikubo, Oaza Okuse, Towada City
TEL:0176-70-5955 ■<http://novin.jp/restaurant/index.php>
- B Oirase Stream Museum/Moss Ball Studio**
183 Aza Tochikubo, Oaza Okuse, Towada City
TEL:0176-74-1233 ■URL: www.oirase.or.jp/keiryu/keiryu.htm



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01/The trip starts from Gankake-iwa, a rock worshipped as the spirit of matchmaking. 02/At Omazaki, a stone statue of a tuna welcomes you. 03/A large tuna like this may await cyclists. 04/Kandachime horses are kept in groups around Shiriyasaki. 05/The "Original Mrs. Squid Race," though it is difficult to get squids to swim. 06/The cycling route ends with a fantastically shaped rock at your back.

AOMORI

SHIMOKITA

COURSE

04

Riding through the Northernmost Part of Honshu A Boat and Bicycle Route

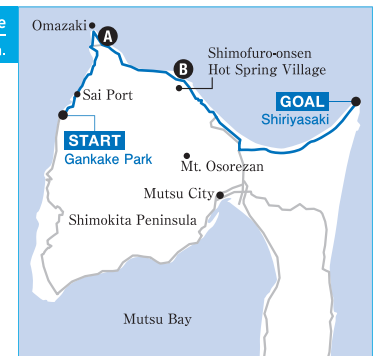
You can reach Shimokita Peninsula from Aomori City via the Polar Star, a high-speed vessel that departs from Aomori Port. Since you can store your bike in the cargo area located in the back of the vessel, this is an ideal mode of transportation for cyclists. The vessel has a beautiful interior, where a video is played that showcases the attractions of the peninsula. Relax and enjoy the ride while watching the sea through the window and building anticipation to experience the attractions soon. While viewing Hotokegaura, where fantastically shaped rocks created naturally by the wind and erosion by waves stand side by side like ruins, you will

arrive at Sai Port in about 2 hours and 30 minutes. Heading south for awhile from Sai Port takes you to a vantage point where you can see Wakkake Rock, the start of the route. After praying for a safe ride, follow the route to Omazaki, the northernmost tip of Honshu. In Japan, Oma is famous for single-hook tuna fishing. In Omazaki, many restaurants that serve big bowls of rice topped with tuna and fresh seafood stand next to each other, and you can see some cyclists pitching tents at the nearby campsite. From Omazaki, proceeding along National Highway 279 (Hamanasu Line), where few vehicles can be seen, brings

you to Kazamaura-mura. At this village, you can enjoy the "Original Mrs. Squid Race" in which live squids race other squids in a tank, and of course you can also eat live squids right there. Then, the route heads straight to Shiriyasaki, the goal. In the pastures around Shiriyasaki, you can see kandachime horses (horses on winter pasture) put to grass kept in groups. The attraction of this trip to the northernmost tip of Honshu is that you can enjoy the dishes of Shimokita Peninsula, a boat trip, and a bicycle trip all at once.

Shimokita Route

Riding Distance: Approx. 84 km Required Time: Approx. 6 hrs. 30 min.



- A** Kaikyoso Inn Restaurant (Tuna dishes)
17-734 Omadaira, Oma-machi, Shimokita-gun
TEL:0175-37-3691 URL: www.6.ocn.ne.jp/~oma12
- B** Live Squid Storage Center
127 Shimofuro, Kazamaura-mura, Shimokita-gun
TEL:0175-36-2112



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01/Cattle lie in front of the mountains and town around Shirotai Ranch. 02/The riders start early in the morning hoping to win the race. 03/A bicycle rack at an observation platform at Shirotai Ranch stands out against the green grass. 04/A runner gets a reward at an aid station. 05/The Shikabe geyser refreshes your tired body. 06/The flowers on Sawara Flower Road greet you kindly. *The start gate in 02 and the aid station in 04 are used for the Great Earth Hakodate Onuma Ride.

HOKKAIDO
SOUTH AREA

MT.KOMAGATAKE AREA

COURSE
05

Mountains, Sea, and a Lake! A Long Ride to Experience the Grandeur of Hokkaido's Nature

This long ride has views overlooking Onuma Quasi-National Park, which contains therapeutic water and woods as well as magnificent Mt. Hokkaido-Komagatake.

The park is also designated as one of Japan's three new views. Passing through the refreshing lake and woods zone and then warming up while riding through the town of Nanae-cho, you will reach the Shirotai Mountain Highway, which has an average gradient of 7% and is a climb of 600 m. At the top of the highway, a sweeping panorama view overlooking Mt. Hakodate and the Ono plain awaits.

When you finish the downhill portion and pass through the

woods, Shikabe-cho welcomes you with its pleasant sea breeze.

At Shikabe Geyser Park, you can refresh yourself with a footbath using a geyser that erupts at ten-minute intervals to relieve your tired legs from pedaling.

Proceeding along the coastline to Morimachi while enjoying views overlooking both Mt. Komagatake and Funka Bay, you will reach Sawara Flower Road, where you can relax with flowers of various colors.

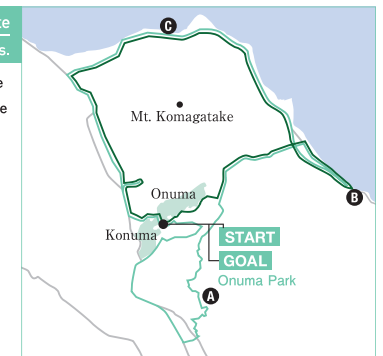
This cycling course enables you to fully enjoy the charms of the Kankomagatake area. The "Great Earth Hakodate

Onuma Ride," a large-scale event for riding this course, is held in autumn every year.

Contact:
Great Earth Secretariat Office (TEL: 0467-38-4420)

Kankomagatake Area Route
Riding Distance: Approx. 100 km Required Time: Approx. 9 hrs.

— Long Route
— Short Route



- A** Shirotai Ranch Observation Platform Aza Kamifujishiro, Nanae-cho, Kamada-gun, Hokkaido ■TEL:0138-65-2517(Commerce, Industry and Sightseeing Section, Economic Department, Nanae-cho Town)
- B** Shikabe Geyser Park 18-1 Aza Shikabe, Shikabe-cho, Kayabe-gun, Hokkaido ■TEL:01372-7-5293
- C** Tsudoru Plaza Sawara 2-358-1 Aza Sawara, Morimachi, Kayaba-gun, Hokkaido ■TEL:01374-8-2828



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01/Hokkaido's dynamic scenery awaits cyclists. 02/Experience the scent of salty air on Isaribi-dori Street. 03/ Michi-no-Eki (rest area) Natowa Esan has a range of kobu maki (kelp rolls) and other items made with a local specialty, kurokuchi makobu (kelp). 04/The arch bridge of the former Toi Line, a phantom railway with no record of train operation. 05/Hakodate Milk Ice Cream 118 is the perfect place to take a break. 06/Trappistine Convent, the first convent built in Japan, has pastoral green fields inside.

HOKKAIDO
SOUTH AREA

HAKODATE-ESAN-KAKKUMI

Hakodate-Esan-Kakkumi-Hakodate Route

Riding Distance: Approx. 97 km Required Time: Approx. 7 hrs.

COURSE

06

The Scent of Salty Air and Woods, Magnificent Landscapes, and Meiji Period Exoticism A Range of Enjoyments Gives You Strength to Pedal Your Bicycle

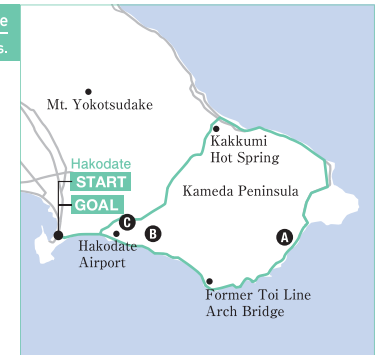
After leaving Hakodate city, this route first heads toward Mt. Esan. On the way, you will traverse Isaribi-dori Street while enjoying the scent of salty air and feeling the refreshing breeze. From Isaribi-dori, you can see the lights of fishing boats (Isaribi) floating on the Tsugaru Straits at night during squid fishing season (from July to September), which makes the route popular not only among cyclists but also those who enjoy jogging or going for a drive.

As you approach the Michi-no-Eki (rest area) Natowa Esan, the panorama created by Mt. Esan and the coastline becomes even more spectacular. This view deeply impresses

people with the grandeur of Hokkaido. Turning left on the Esan National Highway while taking in the view overlooking Mt. Esan takes you into a different world of green fields. As you follow the route, the hint of salty air tells you the coastline is nearby. Once again riding along the coastline heading toward Kakkumitoge (Kakkumi Pass) gives you a view of Kakkumi Park, which becomes crowded with people as a famous place for viewing beautiful cherry blossoms in spring and beautiful colored leaves in autumn. The park contains many rivers where you can see precious species like the Japanese crayfish. After passing Yabetsu Dam, you

may want to deviate from the course a bit and relieve your tired body.

Hakodate Milk Ice Cream 118 is the perfect place to visit to take a break; there, you can drink fresh milk and eat ice cream. Then, return to the route and head to the Trappistine Convent. This is the first convent built in Japan by nuns sent from France. Inside the convent, relics related to the nuns and a chapel welcome you. After leaving the convent, you will pedal your bicycle with newfound energy.



- A** Michi-no-Eki Natowa Esan
31-2 Hinohama-cho, Hakodate City, Hokkaido ■TEL:0138-85-4010
- B** Hakodate Milk Ice Cream 118
118-17 Nakano-cho, Hakodate City, Hokkaido ■TEL:0138-58-4460
- C** Trappistine Convent
346 Kamiyunokawa-cho, Hakodate City, Hokkaido ■TEL:0138-57-3331



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01/Matsumae Yagoshi Prefectural Natural Park has a valiant coastline with a chain of precipitous cliffs. 02/You can also view Mt. Hakodate from a different angle, which is one of the attractions of this course. 03/There are many fantastically shaped rocks in Matsumae Yagoshi Prefectural Natural Park. 04/The mountain range looks grand in spring (May). 05/From the stone steps of Omonai Shrine, you can look out over the cherry blossoms on Sakura (cherry) Road and the ocean. 06/Michi-no-Eki Misogino-sato Kikonai, where you can find concierges who can assist tourists, also has bicycle racks. *Scheduled to open in January 2016.
*The photos 01, 03, and 04 are prize-winning photos from a photo contest.

HOKKAIDO
SOUTH AREA

HAKODATE-KOTANIISHI

Hakodate-Kotaniishi Route

Riding Distance: Approx. 63 km Required Time: Approx. 4 hrs. 30 min.

COURSE

07

The Gateway to the Hokkaido Shinkansen A Ride along the Ocean to Travel around a Variety of Riches

This route starts from Hakodate station and heads to Kotaniishi, which has a spectacular coastline with foaming breakers at Namakomisaki (Namako Point) and elsewhere. As you travel the Matsumae National Highway heading toward the goal, you will see many fishing ports. Rich in marine life, many scallops, oysters, urchins, and marbled soles are harvested from the sea near this coastline.

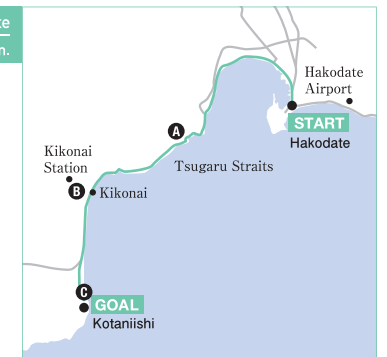
On the way, you may come across a lucky place, Koren (the name means "chain of happiness"), in Kikonai-cho. Here, you may have the sudden feeling that you can finish cycling without any problems. As you smile in your mind, a local train running parallel to the coastline may pass by, wishing

you the best.

When you have finished half the route and begin the countdown to the goal, you may encounter an information board showing the way to Kikonai station. Although you started the route from Hakodate this time, you may have already planned to take another route after the launch of the Hokkaido Shinkansen Line. In such a plan, you may travel by carrying a disassembled bicycle in a bag and get off the train at Kikonai station, then head to Hakodate after looking around the station environs.

There is a park right in front of the goal from which you can see Ikarikaitou (Ikarikai Island), a fantastically shaped rock.

You can also pitch a tent here. The local specialties of Shiriuchi-cho, which contains the goal, Kotaniishi, are Shiriuchi oyster (which grows in the rapid current of the strait) and a leek or kitanohana (production of which is the best in Hokkaido). Both of these are perfect for refreshing your tired body after cycling. Every year in February, Shiriuchi-cho holds the Oyster and Leek festival. The next time you visit, you may decide to entertain yourself in this manner rather than cycling. Shiriuchi's wild nature, which includes Yagoshi Coast, Mt. Daisengendake, and many other mountains, extends grandly and beautifully.



- A** Trappist Monastery
392 Mitsuiishi, Hokuto City, Hokkaido ■TEL:0138-75-2139
- B** Michi-no-Eki Misogino-sato Kikonai
338-14 Aza Hon-cho, Kikonai-cho, Kamiiso-gun, Hokkaido
■TEL:01392-2-3161
- C** Ikarikai Parking Park Aza Kotaniishi, Shiriuchi-cho, Kamiiso-gun, Hokkaido



01



02



03



04



05



06

01/The ups and downs along the line of the island are perfectly suited for riding a bicycle. 02/Taking a commemorative picture by the side of the strangely shaped Nabetsuru Rock, which was shaped by the wind and waves. 03/A ride along the continuous, calm coastline is refreshing. 04/At the winery, a video on how to make wine is played and wines are exhibited. 05/Relax in the footbath located near the entrance of the winery while looking out at the sea. 06/Arrive at the peak of Mt. Tamashima after climbing up the steps from the observation platform:wonderful 360-degree scenery.

HOKKAIDO
SOUTH AREA

OKUSHIRI ISLAND

COURSE

08

A Never-ending Stretch of Beautiful Coastline Cycling to Glimpse Okushiri's Riches

A two-hour ferry ride from Esashi takes you to Okushiri Island, which is located approximately 18 km off the west coast of Hokkaido. As you approach the ferry wharf at Okushiri Port, which is also the gateway to the island, Unimaru, a local mascot, waves his hand at you. What a lovely greeting! Okushiri Island has a road that follows most of its coastline, so you can ride a bicycle while enjoying the glittering water that reflects the sunlight and the fantastical-shaped rocks created by nature. Now begins an exhilarating trip accompanied by the sound of waves and gentle breeze on the isolated island.

The route heads to the observation platform at Mt. Tamashi-

ma for a view of Nabetsuru Rock, which is named because its shape resembles the handle of a pot used with an irori (open hearth). Although the path to the platform is mostly uphill, your exhaustion will be relieved by the beauty of the scenery when you arrive at the peak, which is 369 m above sea level. Next, you should visit Okushiri Winery. This winery provides a free footbath near the entrance, where you can soak your tired legs in hot water while admiring the finest scenery. This is truly a blissful moment. After finishing a tour of the winery, you can take a walk in the "Forest for Restoration." This beechwood forest gives a totally different impression than the Shirakami Mountains,

which are a World Natural Heritage Site. Most of Okushiri Island is covered by a deep forest, and it has a rare ecosystem in which the types of vegetation differ between the southern and northern ends of the island but co-exist. It takes about one hour to traverse the distance if walking leisurely. In addition to large beech trees, you can enjoy seasonal flowers in this forest. Visiting Okushirito Tsunami-kan (Tsunami museum), which passes down the stories of the South-West off Hokkaido Earthquake that greatly damaged Okushiri Island in 1993, concludes the trip for seeing the different faces of Okushiri.

Okushiri Route

Riding Distance: Approx. 59 km Required Time: Approx. 4 hrs. 30 min.



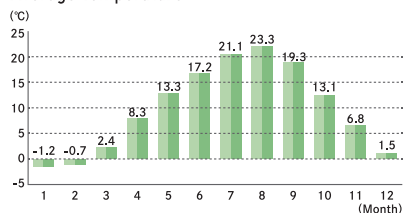
- A** Okushirito Tsunami-kan
36 Aonae, Okushiri-cho, Okushiri-gun ■TEL:01397-3-1811
- B** Okushiri Winery
300 Aza Yunohama, Okushiri-cho, Okushiri-gun ■TEL:01397-3-1414
- C** Kamuiwaki Hot Spring
98 Aza Yunohama, Okushiri-cho, Okushiri-gun ■TEL:01397-3-1130

Climate and Basic Information for the Tsugaru Straits Area

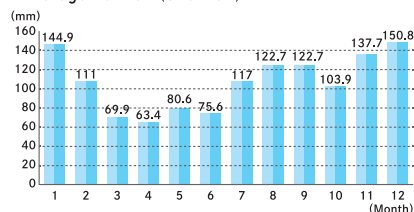
Aomori's Climate

Aomori has a cool summer, from July to August, and you can enjoy cycling for most of the year except December to March, when snow covers the ground.

Average Temperature



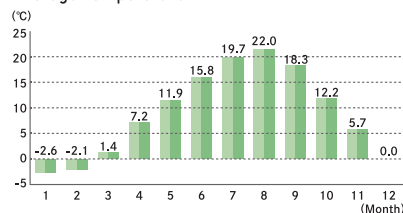
Average Rainfall (Snowfall)



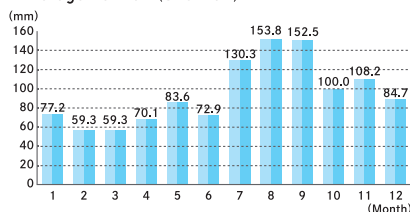
Donan's (Hokkaido south area) Climate

Donan is cool from April to October, and you can enjoy cycling without much rain.

Average Temperature



Average Rainfall (Snowfall)



Dress According to the Season in the Tsugaru Straits Area

25°C

Cycling jerseys offer moisture absorption and a quick dry function to evaporate sweat quickly in order to avoid increasing body temperature, enabling a comfortable ride.



15°C

Wear long cycling pants or combine shorts and tights. Cover your neck to reduce the chance you will feel cold.



20°C

It is a good idea to use arm warmers and carry a pocket-size windbreaker as measures against the cold when cycling downhill.



10°C

Secure yourself against the cold by eliminating exposed areas as much as possible. Ear warmers are also useful.



Tsugaru Straits Area Bicycle Races & Event Information

Hakkoda Gran Fond

AOMORI



This ride starts from Aomori City and climbs up hills to reach an elevation of 1,000 m. This course has continuous ups and downs along winding roads through the wilderness of the Hakkoda mountains, Lake Towada, and Oirase Mountain Stream.

Hakkoda Gran Fond Executive Committee

TEL: 017-752-2647

Natsudomari Peninsula Blue Road Ride

AOMORI



An 80-km ride in Hiranai-machi, which is located in the center of Aomori, for fully enjoying the mountains and sea of the Natsudomari Peninsula. Ride along the road (called the Blue Road) by the coastline with views of Tsugaru Peninsula and Shimokita Peninsula at the tip of Mutsu Bay.

Natsudomari Peninsula Blue Road Ride Executive Committee

TEL: 017-752-2647

For information on Aomori Prefecture cycling events, visit the URL below.

<http://aomori-cycling.com/>

Kijihiki Heights Hill Climb

DONAN (Hokkaido south area)



A 140-km road race with an average gradient of 6.6% for riding up to the Kijihiki Heights in Hokuto City. You can catch a view of Mt. Hakodate and Onuma/Konuma Lakes from the Kijihiki Heights.

Hakodate Area Cycling Union

TEL: 0138-52-0940

Challenge Run

DONAN (Hokkaido south area)



There are 50-km and 100-km courses that start from Shin-Hakodate-Hokuto station and return to Esashi. In this historic event, riders follow traffic rules to demonstrate model bicycle riding while testing their strength.

Hakodate Cycling Association

TEL: 090-2523-8030

For information on Donan cycling events, visit the URL below.

<http://www.hakodate-cf.com/index.html>

haca.bov.jp/haca/index.html

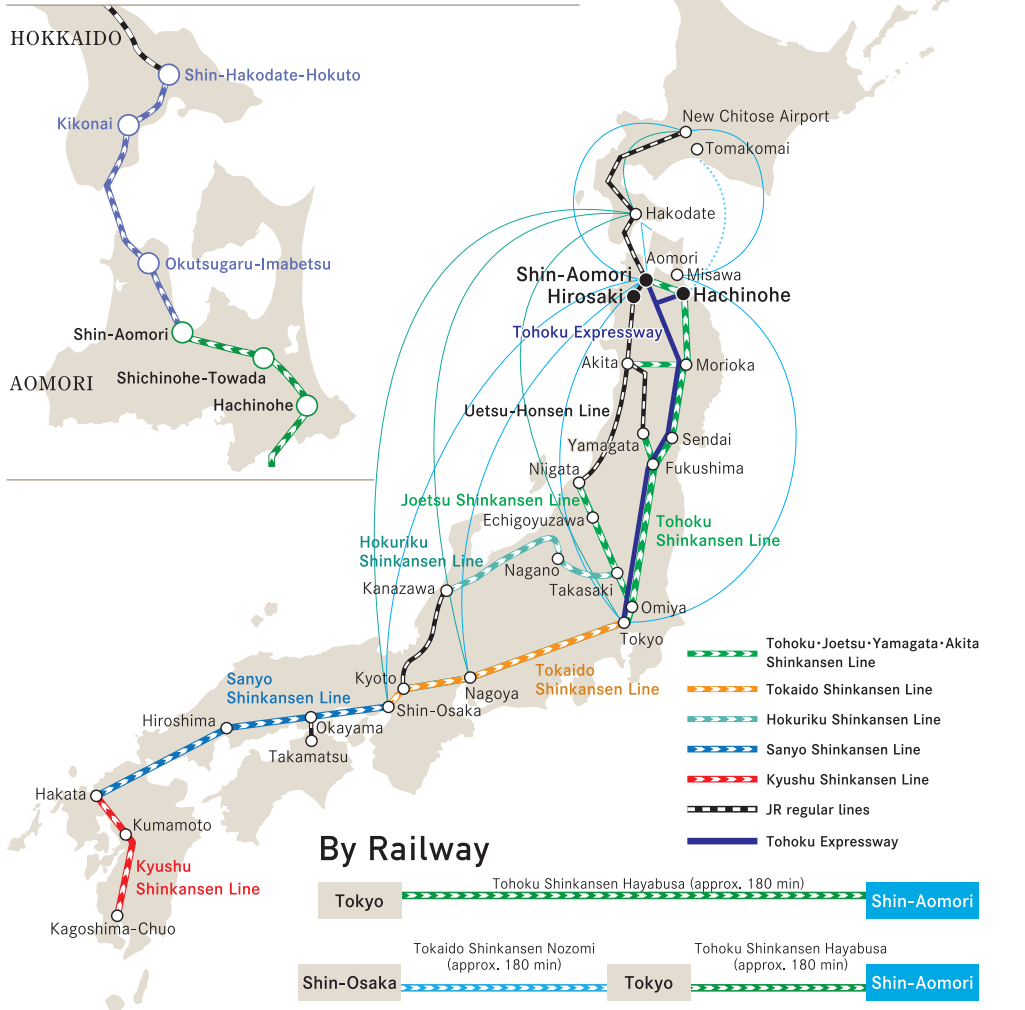
Various cycling events are held throughout the Tsugaru Straits area. You can experience new sides of Aomori and Donan by participating in such races and events. Check out the event information and make a plan.

*For more information, contact the relevant hosting organizations.

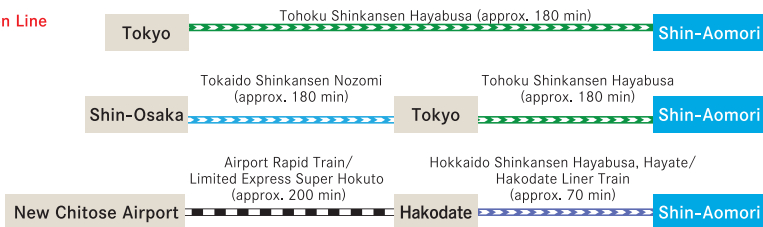
Transportation Access

Hokkaido Shinkansen

Starts operation on
March 26, 2016

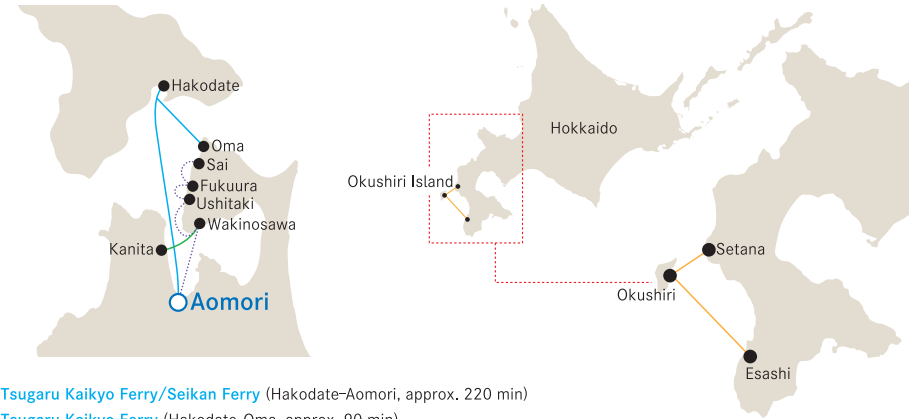


By Railway



*Train service on the Limited Express Hakucho (Hakodate-Aomori, approx. 120 min) can be used until March 25, 2016.

By Ferry



— Tsugaru Kaikyo Ferry/Seikan Ferry (Hakodate-Aomori, approx. 220 min)

— Tsugaru Kaikyo Ferry (Hakodate-Oma, approx. 90 min)

— Mutsuwan Ferry (Kanita-Wakinosawa, approx. 60 min)

— Heartland Ferry (Esashi-Okushiri Island, approx. 140 min)
(Setana-Okushiri Island, approx. 95 min)

..... Sea Line (Aomori-Wakinosawa-Sai, approx. 150 min)

By Air

Tokyo	← JAL (approx. 75 min) →	Aomori
Osaka	← JAL (approx. 85 min) ANA (approx. 105 min) →	
Sapporo	← JAL·ANA (approx. 50 min) →	
Nagoya	← FDA (approx. 80 min) →	
Seoul	← KAL (approx. 140 min) →	

Tokyo	← JAL·ANA (approx. 80 min) AIR DO (approx. 100 min) →	Hakodate
Osaka (Kansai)	← ANA (approx. 100 min) →	
Osaka (Itami)	← JAL·ANA (approx. 95 min) →	
Nagoya (Chubu Centrair)	← ANA (approx. 90 min) →	
Sapporo (New Chitose)	← ANA (approx. 35 min) →	
Okushiri	← JAL·HAC (approx. 30 min) →	

Tokyo	← JAL (approx. 75 min) →	Misawa
Osaka	← JAL (approx. 95 min) →	
Sapporo	← HAC (approx. 60 min) →	
Hakodate	← HAC (approx. 35 min) *Saturdays, Sundays, and national holidays only.	

Taipei (Taoyuan)	← TransAsia·EVA AIR·ANA (approx. 280 min) →	Hakodate
China (Tianjin)	← Tianjin Air (approx. 255 min) →	
China (Beijing)	← AIR CHINA (approx. 265 min) →	

*Times for airlines are approximate.