



AOMORI CYCLING



Up close and personal with
the incredible nature and
culture of Aomori





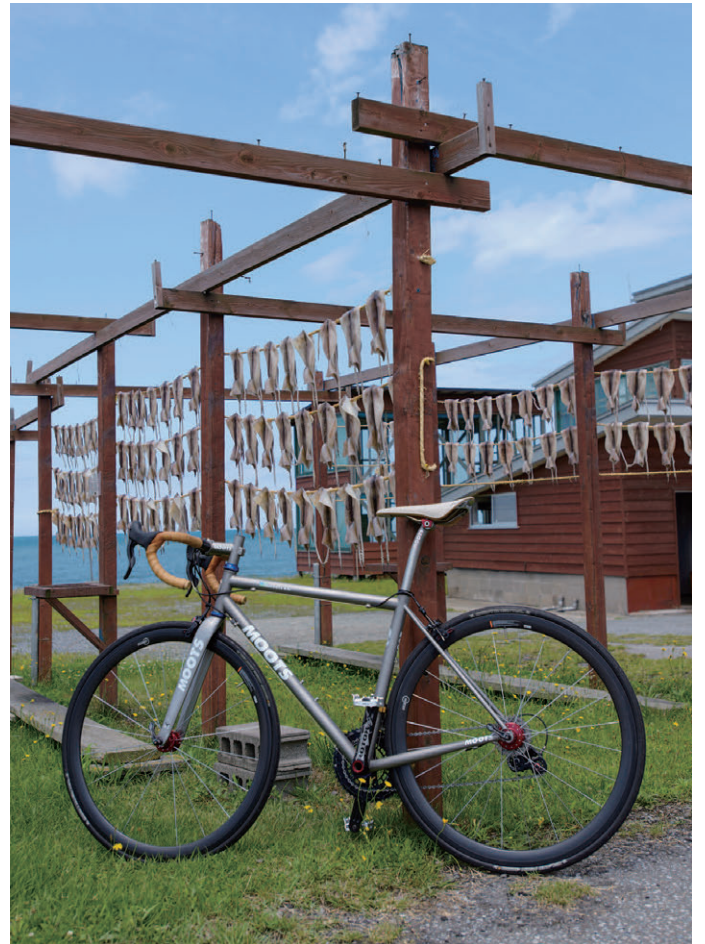
Aomori Cycling

Up close and personal with the incredible nature and culture of Aomori

Surrounded by ocean on all sides and blessed by incredible nature such as Shirakami-Sanchi and Lake Towada, each region in Aomori Prefecture enjoys its own unique history, culture and delicacies. Cycling Aomori is the perfect way to discover the intricacies of these individual regions. If you are ready, then jump on your bike and let's head off to explore the beauty of Aomori!









AOMORI CYCLING

Up close and personal with the incredible nature
and culture of Aomori

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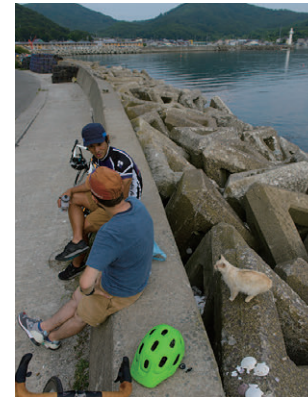
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01/The masses of blue net stored at the port are shellfish baskets, used for cultivating scallops. It's like riding through a maze. 02/Old fishing vessels of all shapes and sizes are dotted around the Natsudomari Peninsula. 03/Showing off the size of the scallops at "Hotate Hiroba," which has a giant scallop as its signboard. You can learn about scallop cultivation on the second floor. 04/At Yogoshiyama Forest Park you can see over 3,000 varieties of succulents. 05/Two men and a cat taking a break from cycling beside the tetrapod seawall. 06/Even at high tide it is possible to walk over the bridge to Oshima from the tip of Cape Natsudomari.

Course 1 NATSUDOMARI

Distance: 36 km Duration: 2.5 hours

Smooth as Scallops Ride

An exciting course of discovery with scallops, hot springs and views of gorgeous Mutsu Bay

1

- A** **Yogoshiyama Forest Park**
Horikae36-1, Hamago, Hiranai-machi
TEL.017-755-2663
- B** **Hotate Hiroba**
Kagikake56, Tsuchiya, Hiranai-machi
TEL.017-752-3220
www.hotate-hiroba.com
- C** **Asamushi Onsen Station Foot Spa**
Hotarudani70, Asamushi, Aomori-shi



Natsudomari Peninsula juts out into Mutsu Bay, and here you can enjoy both a winding mountain road, and a coastal road with a view of the horizon over Mutsu Bay. You can also catch a diverse range of flowering plants in bloom, such as wild camellia growing on the northernmost tip of Tsubakiyama. After skirting around the peninsula along Prefectural Highway 9, a small fishing village suddenly appears. This is Hiranai-machi, a village which became famous for its scallop fishing after a long run of poor catches back in 1957. The blue basket nets that are stacked all around the port are

for breeding scallops. Apparently the locals always take scallops - still in their shells - whenever going to visit friends. It's up to you whether you choose to have these giant luscious scallops barbecued or as sashimi.

And you shouldn't ride past Asamushi Hot Springs, renowned for its healing properties, without stopping in. This foot-soaking hot spring is located in front of the station, and is the perfect tonic for those pedal-weary feet. This is a short course, so it is the perfect fit for the rider wanting to pull up whenever they find a nice spot.



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01/ Riding up the path that runs alongside Oirase Gorge, with white spray splashing up with force. 02/ The Mossball Studio inside the "Oirase Keiryu-kan." On display and for sale are moss balls created by studio owner Takashi Okita, a former Japanese pro-wrestler. 03/ View of Lake Towada, a source of inspiration for Keigetsu Omachi, a poet from the Meiji era. Oirase Gorge starts from here. 04/ Eating the local delicacy Towada Barayaki at the long-established eatery "Kamikochi." 05/ Drinking delicious coffee at the Oirase Keiryu Hotel, while looking out over the gorgeous forest that comes right up to the window. 06/ Taking in the view of the misty mountain stream from on top of Towada Bridge.

Course 2 TOWADA・OIRASE

Treasures in Green Ride

Lake Towada Green Road, weaving between a beautiful green forest and a clear mountain stream

2

- A Kamikouchi Shokudo**
Yakeyama64-177, Horyo, Towada-shi
TEL.0176-74-2418
- B Oirase Keiryu-kan**
Tochikubo183, Okuse, Towada-shi
TEL.0176-74-1233
www.oirase.or.jp/keiryu/keiryu.htm

Distance: 24 km Duration: 1.5 hours



Oirase Gorge is on the opposite side of the Hakkoda mountain range, south-east of Aomori City, close to the border with Akita Prefecture. This beautiful mountain stream, bedded with volcanic sand, is concentrated along a short 14km stretch from Yakeyama to Nenokuchi, and is dotted with waterfalls, fantastically-shaped rocks and beautiful scenery around every turn.

The pleasure of cycling beneath these cool green leafy trees along the path beside the stream is beyond description. The sound of the stream reverberating through the forest in the "Flow of

Asyura" drowns out even the sound of our wheels. There is also a rent-a-cycle at the "Oirase Keiryu-kan," so that could be a good option for some.

When it comes time to satisfy your growing hunger, you really must try the Towada Barayaki, a specialty gourmet dish of Towada City. The glistening beef strips and onions combine deliciously with the special sweet and salty sauce.

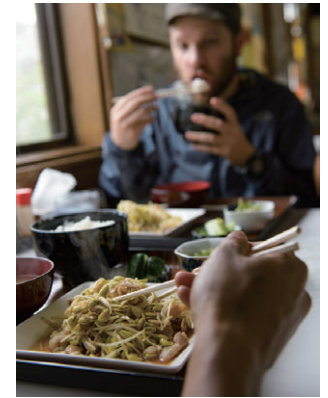
After working up a sweat on the bike, head to the Lake Towada Hot Springs. If you can push on a little further, you will come to the secluded Tsuta Hot Springs.



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01/ It was just getting into the season for sorting apples when we rode past Hirosaki City Apple Park. They have more than 50 varieties of apples! 02/ The Owani Line on the Konan Railway operates as a cycling train on weekends and holidays as well as certain times during weekdays. Bicycles can be wheeled straight onto the train. 03/ Enjoying the special Owani hot spring bean sprouts at Yamazaki Shokudo close to Owani Station. The crispy texture and delicious flavor has made it a popular dish. 04/ Apple paper weights created using Tsugaru-nuri - exquisite craftsmanship that could be mistaken for the real thing. 05/ Taking a rest at an apple farm we passed along the way. An upside down apple bin acts as a rest bench. 06/ The forest of Zen temples where 33 Zen temples of the Soto sect line the road.

Course 3 HIROSAKI

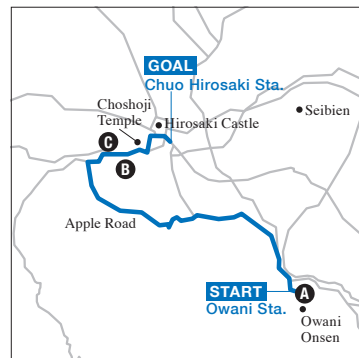
Distance: 28 km Duration: 2 hours

Apple Fields Forever Ride

Connecting the cycle train and apple road by bicycle

3

- A Yamazaki Shokudo**
Maeda34-21, Owani-machi
TEL.0172-48-2134
- B Apple Park**
Terasawa125, Shimizutomita, Hirosaki-shi
TEL.0172-36-7439
www.hi-it.net/~ringo-kouen
- C Icecream Shop Souma**
Naruse136-1, Akudo, Hirosaki-shi
TEL.0172-32-6816



Mention of Hirosaki might bring to mind images of Hirosaki Castle and apples for a lot of people, but an added attraction is Japan's most northern private train line, the Konan Railway. This train also operates as a cycling train so if you are a cyclist, that makes traveling this area a hundred times more fun! After 30 minutes rocking gently back and forth you arrive at Owani Station lined with hot springs. Located close to the station is the relaxingly old-fashioned Yamazaki Shokudo where you can enjoy a plate of crunchy Owani hot spring bean sprouts.

When leaving town, avoid the main road and head toward Hirosaki via the Koiki-Nodo (wide-area agricultural road), also known as Apple Road. When you see the beautiful ridgeline of a lone peak far off in the distance, that is Mt. Iwaki. It's also a good landmark if you get lost. Few cars travel this road so it is a nice road to ride, and the apple trees weighed down with glistening red fruit sway gently in the breeze as if they are cheering you on. Icecream Shop Souma sells old-fashioned ice candy, so mark this place down as a good place to take a break.



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01/ Magnificent rocks and beautiful views dot the coastal road. Try and find the blow holes at Senjojiki Kaigan. 02/ Homey looking but cute - a poster of the incredibly popular Akita-dog "Wasao" awaits you outside Ajigasawa Station. 03/ The best part about riding along the west coast is the sunset ride. The bright orange sun sinks into the Sea of Japan. 04/ Enjoying a pleasant ride north along the Omagoe Kaigo on National Highway 101, with little traffic and views across the Sea of Japan. 05/ Along the Ajigasawa coastal road, freshly caught squid are hung out like curtains. 06/ The aroma of open-grilled squid was too good to pass up. Waiting for some charcoal-grilled squid while taking a short break.

Course 4 NISHIKAIGAN

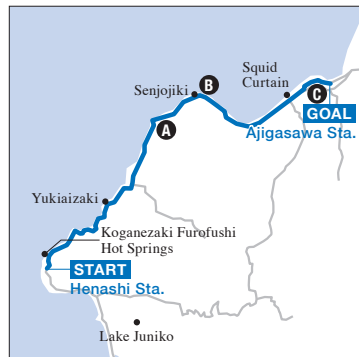
Distance: 48 km Duration: 3 hours

Sunset & Sea Squids Ride

Taking in the setting sun over the Sea of Japan along the west coast

4

- A Fukaura Road Station**
Kamisanakogawa144-1, Kasose, Fukaura-machi
TEL.0173-76-3660
- B Senjojiki Beach**
Sakakibara, Kitakanegasawa, Fukaura-mach
- C Umi-no-eki Wando**
246-4, Honcho, Ajigasawa-machi
TEL.0173-72-6661



Almost the entire course follows the coastal road running alongside the Sea of Japan. This course presents the rider with incredible views of the ocean. If you are lucky you will get to ride alongside one of the trains passing by on the JR Gono Line or the Resort Shirakami Express. If you are too tired to complete the course you can always pack your bike in a cycle bag and hop on the Gono Line.

Not far from Henashi Station we pass the Koganezaki Furofushi Hot Springs, with views out over the Sea of Japan, and Senjojiki Kaigan, appearing like a giant washboard, scenes you could

only encounter on the west coast. When we reached the Natural Ocean Water Swimming Pool - which was nothing more than an area fenced off in the sea - the cycling clothes came off without hesitation and we dived in for a swim!

And of course this area is rich in seafood. After passing a curtain of dried squid, we stopped in for some grilled squid while taking a rest. The highlight of the course was the view of the setting sun visible from anywhere along the coastal road.



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01/ In the small fishing village near Cape Tappi you can see a large number of colorful beach shacks made from iron sheeting. 02/ Everyone seems to find a little more pace with multi-athlete Tetsuya Tanaka leading the way, riding between villages. 03/ Okutsugaru-Imabetsu Station on the Hokkaido Shinkansen line is due to be completed in 2016. Construction is progressing at a feverish pace. This will improve access to Tsugaru Peninsula. 04/ The pedestrian only Stairway Highway. Cyclists usually carry their bikes up this section. Other tourists cheer you on. 05/ A town signboard made using the blades from a wind turbine. "Welcome to the cape of the wind" it says along the road to Tappi. 06/ Looking out over the tip of Cape Tappi, said to have wind strong enough for a dragon to fly.

Course 5 OKU-TSUGARU

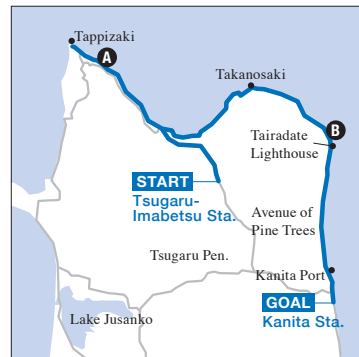
Distance: 73 km Duration: 5 hours

Clear Northern Day Ride

Long ride to the tip of Tsugaru Peninsula with views of the Tsugaru Strait and Mutsu Bay

5

- A** Tourist Information Center Tappi-Kan
59-12, Minmaya Tatsuhama, Sotogahama-machi
TEL.0174-31-8025
- B** Tairadate Road Station
Tarouemonsawa1-3, Tairadate, Sotogahama-machi
TEL.0174-31-2211



Tsugaru-Imabetsu Station will become Okutsugaru-Imabetsu Station with the opening of the Hokkaido Shinkansen in 2016. Departing from this station, we are guided on this course by multi-athlete Tetsuya Tanaka. Tanaka is a one-legged cyclist who represented Japan in the Paralympics.

Heading north along the coastal road, we pass by colorful shacks made of iron sheeting and buoys strewn along the beach. The Okuya Inn where the famous Japanese author Dazai Osamu apparently once stayed has been converted into the Cape Tappi Tourist Information Center. Photos are on display

showing the building in its heyday. No one would have imagined then that a wonderful cycling track would have been built right here.

Continuing on we come to Stairway Highway 339, a pedestrian only section. After climbing to the top we arrive at Cape Tappi, described in Dazai's novel *Tsugaru* as the "cul-de-sac of Honshu." Apparently the name Tappi originates from the fact that wind is strong enough for a dragon to fly. The sight of the Tsugaru Strait from the cliff top is breathtakingly beautiful.



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01/ The right amount of undulation along the Hamanasu Line makes the ride even more enjoyable. 02/ Crossing the ocean from Aomori City to Saimura on the high speed sea liner *Polar Star*. It's a fantastic ride and extremely comfortable. 03/ Standing on Oma Peninsula, the northernmost point of Honshu. The land visible across the ocean is Hokkaido. 04/ The Original Squid Race where energetic squids race effortlessly, and others don't move at all. 05/ Riding on the cool Shimokita breeze while staring into the deep blue of the Tsugaru Straights. Cresting the hill and heading into downtown Mutsu City. 06/ Mention of Oma brings tuna to mind. An extravagant bowl of tuna on rice. The flavor spreads through the entire mouth.

Course 6 SHIMOKITA

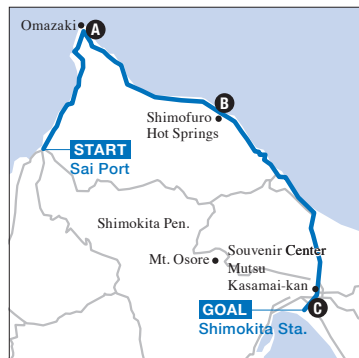
Blue Sea & Forest Ride

Taking a gourmet seafood detour - crossing to Shimokita Peninsula from Aomori City by boat

6

- A Kaikyosou**
Omadaira17-734, Oma-machi
TEL.0175-37-3691
www6.ocn.ne.jp/~oma12
- B Live Squid Stockpiling Center**
127, Shimofuro, Kazamaura-mura
TEL.0175-36-2112
- C Yoshida Bakery**
9-25, Shinmachi, Mutsu-shi
TEL.0175-23-0148

Distance: 67 km Duration: 4.5 hours



With the bicycles safely stored in the cargo hold, we board the high speed *Polar Star* departing from Aomori Port. Our sea journey begins. From inside the spotless boat, passengers can watch a video showing the attractions of Shimokita Peninsula, read a book, stare at the ocean through the window, or just laze about. On the day we crossed the sea was calm with very little rocking. After a pleasurable journey lasting two-and-a-half hours, we arrive at Sai port our final stop.

Then it's back in the saddles and off toward Oma Peninsula, the northernmost point of Honshu.

Mention of Oma brings to mind pole-and-line fishing for tuna. Suddenly our attention goes to the tuna for sale outside some of the restaurants. At the campsite next door, a bunch of riders are busy pitching their tents.

From Oma Peninsula we head south down National Highway 279, also known as the Hamanasu Line, with only light traffic. In Kazamaura-mura, after playing in a game of the "Original Squid Race," we then enjoyed some of the delicious transparent squid as sashimi, prepared at the race track.



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01/ A flat paved road cuts through a forest lined with the colorful tents of campers. 02/ A beautiful view of the lake awaits those who enter this area, which is inaccessible by car. 03/ A tranquil road with pastoral scenes runs alongside the Hotokenuma Wetlands, listed on the Ramsar Convention. 04/ Certain parts of the lake are open to swimming, but only during summertime. This is a brackish lake connecting the Takase River and the Pacific Ocean, and rich in aquatic resources. 05/ A road for bicycles only, created from an older road that runs beside the lake. Currently it is only for one section of the lake, but we hope one day it will be extended to circle the entire lake. 06/ With comfortable grass for a picnic and a lot of stores inside, the Misawa Roadside Rest Area is a popular spot.

Course 7 LAKE OGAWARA

Distance: 56 km Duration: 4 hours

Lakeside Camp Ride

Circuit of Lake Ogawara and a glimpse of American culture

7

- A** Ogawarakohan Camp Site
Sabirodaira116-2949, Misawa-shi
TEL.0176-59-2830
kite-misawa.com/camp
- B** Misawa Road Station
4-298-652, Yachigashira, Misawa-shi
TEL.0176-59-3009
kite-misawa.com/tonamihan



Lake Ogawara is an enormous brackish lake located in eastern Aomori Prefecture close to the Pacific Ocean, with a single lap covering a distance of 60km. The floating fishing huts bobbing on the sparkling surface of the lake add a relaxing, romantic touch. Situated beside Lake Ogawara is a campsite, and the laughter of the children playing in the water in front of their tent is infectious.

We take a side-trip into Misawa City, located about 20 min by bicycle from the southern end of the lake. Passing down a street lined with western pubs and bars, part of the American culture that has

spread from the Misawa Air Base, you find yourself asking, "Is this really Aomori?" Nearby the base, we pass some people scooting across the water on jet skis.

Although there isn't an exclusive road for bicycles that loops the lake, there is very little traffic, which makes for an enjoyable ride. What appears at first sight to be a grassy meadow on the eastern side of the lake is Hotokenuma Wetlands, listed by the Ramsar Convention as an internationally important low wetland for the habitat of waterfowl.



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01/ Pedaling for about 30 min from downtown Hachinohe brings you to the Tanesashi Coast, where you'll find a beautiful contrast of green and blue. 02/ Hachinohe City is dotted with spring water areas, and we found one in Okuki also. 03/ Bathhouses are open early in the morning for fishermen returning from their night's catch – a feature unique to port towns. 04/ The observation point of Hachinohe Mine, which is open to the general public, is known as "Hachinohe Canyon." The view is spectacular and well worth the climb. 05/ At the morning markets in front of Mutsuminato Station you'll find seasonal seafood and vegetables. Everything is fresh, and as cheap as you'll find! 06/ Sea Urchins!

Course 8 HACHINOHE

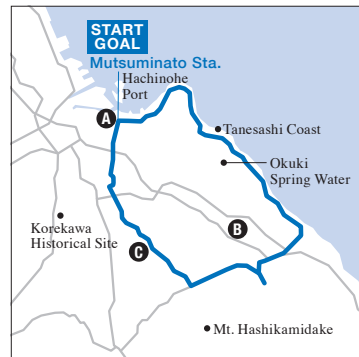
Distance: 44 km Duration: 3 hours

Heaven on Earth Ride

Stillness and movement: Contrast between the magnificent scenery of Tanesashi Coast and the bustle of the morning markets

8

- A Morning Market Mutsuminato Station**
Kubo44, Minatomachi, Hachinohe-shi
- B Hashikami Road Station**
Mimikehai3-3, Dobutsu, Hashikami-cho
TEL.0178-88-1800
- C Hachinohe Canyon**
Nagasaka9-1, Matsudate, Hachinohe-shi



In Hachinohe City you will find a different culture from Tsugaru Peninsula on the west coast, with Iwate Prefecture only a small distance south.

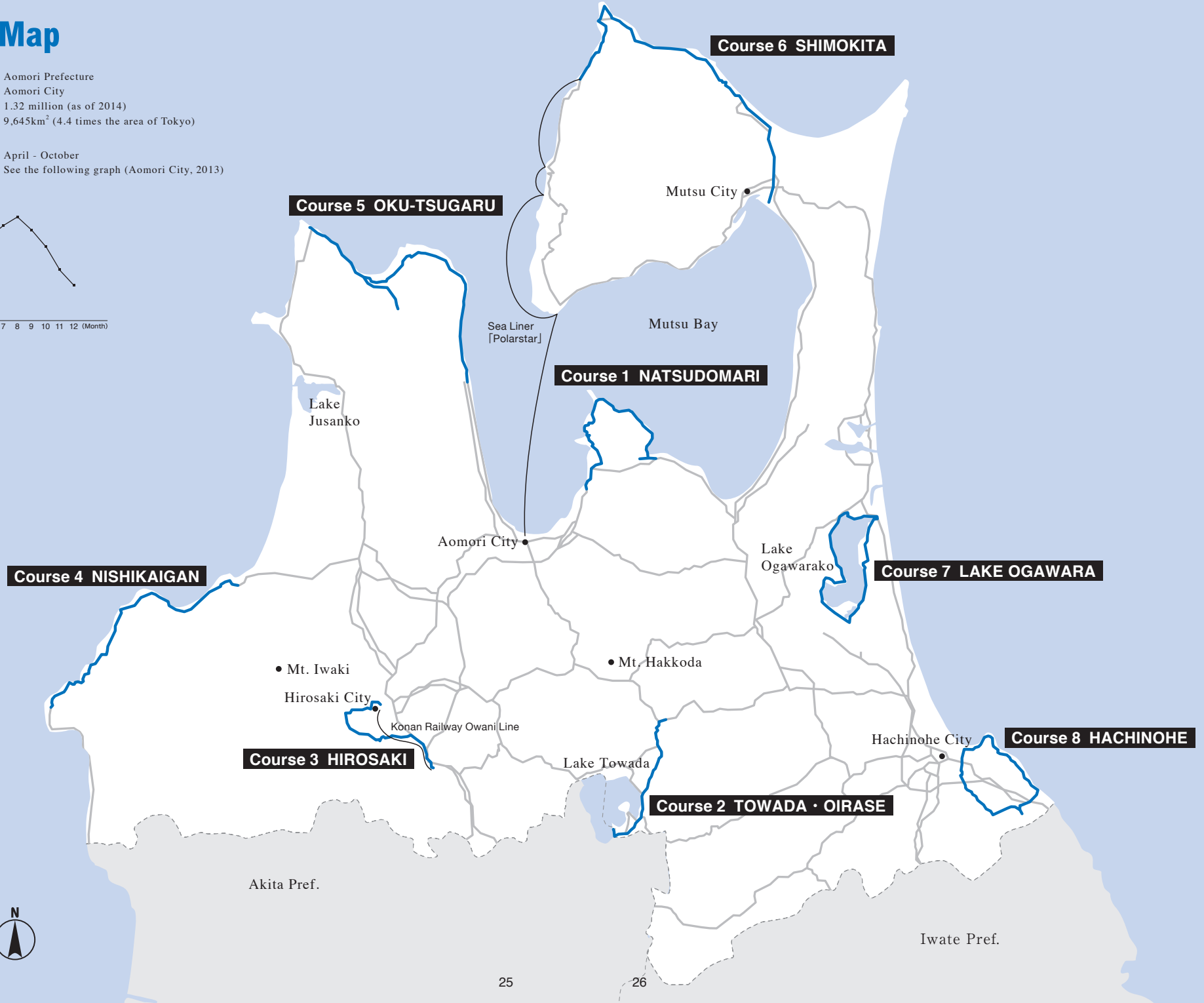
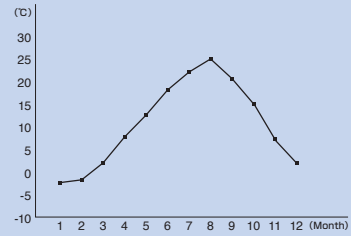
The bustle of the morning markets in front of Mutsuminato Station begins before sunrise. We order some rice and miso soup and then select some fresh fish and vegetables from the other stalls. The incredible energy of this market comes from the female traders known as "Isaba-no-kaccha." Their cries of "Irasshai!" are enough to blow the sleep from your eyes and have your hair standing on end.

Heading south past the Kabushima Island breeding grounds for the black-tailed gull, famous for its cat-like calls, you arrive at Cape Ashige, jutting into the Pacific Ocean. Here you can indulge in a perfect view of the horizon. The beautiful scenery of the ocean reflecting a clear blue sky interlaced by reef, the white sandy beach on which the waves come crashing in, and the expanse of natural green grass make it one of earth's paradises. Along the 5.2km Tanesashi Coast road, you can enjoy a magnificent 360° panorama.

Aomori Map

Name of Prefecture : Aomori Prefecture
 Prefectural Capital : Aomori City
 Population : 1.32 million (as of 2014)
 Area : 9,645km² (4.4 times the area of Tokyo)

Best time for cycling : April - October
 Average temperature : See the following graph (Aomori City, 2013)



Wandering (by bike): Searching for the colors of spring

Column.1



Hachinohe Portal Museum "Hacchi" hacchi.jp

Wandering (by bike): Searching for the colors of spring was an event held by the Hachinohe Portal Museum "Hacchi" on May 3 and 4, 2014. As the 2nd edition of the art program *Tour de Hachinohe* created by the artist unit "Powang," this event involved touring the streets of Hachinohe by bicycle. Led by Akira Takahashi the first day featured a ride from Chojayama to the center of Hachinohe, and the second day a

tour of famous areas around Minato-machi. On the way we discovered short cuts and beautiful flowers you'd never notice driving in a car, snacked on Nanbu rice crackers during our breaks, and rediscovered the beauty of Hachinohe by bicycle. It was interesting to see the locals also listening with interest to the explanations along the way by Takahashi, who has an exceptional knowledge of the area's plants and history.

Fun cycling parts for a niche market

Column.2



MINAMI Hachinohe Works cycle.minami-web.com

Minami Hachinohe Works, an electric parts manufacturer, began a new venture in 2012 with the creation of its cycling division.

Rather than create existing parts, Takeshi Matsuhita, Director of the Cycling Division, says the company set out to develop parts that were mostly unavailable, under a concept of making fun cycling parts for a niche market originating from the Hachinohe/Tohoku area.

Their products include a multi-function cycling light with a USB charging port, a fiber light that attaches to a helmet, and they are currently developing a generator which enables the rider to generate electricity when pedaling.

Over the last couple of years, the company has begun to exhibit at cycling shows including Cycle Mode International.

Aomori Ride Schedule 2014

Challenge Hill Climb Mt. Iwaki

6/29(sun)



TEL : 090-6224-1238
www.iwakisan1238.com

This event is held on the last Sunday of June every year, with positions for a total of 500 riders in the 10 & 15km classes. The youngest rider in this year's event was 6 years old, and the eldest 80. A participant from Hyogo Prefecture traveled the furthest distance to compete, with riders of all ages coming from regions across Japan.

Mt. Iwaki Skyline is an automobile only toll road with a total of 69 bends starting from the foot

of Mt. Iwaki, and climbing 80% up the mountain. This race is the only day when the road is open to cyclists. A major attraction to participants is the chance to challenge the course's notorious features of a finish line located at an altitude of 1,238m, and a maximum gradient of 11.8%.

The start of this year's event was accompanied by rain, which gradually increased in intensity, and didn't let up the entire race.

Tsugaru Hantou Century Run

8/10(sun)



It is hard to beat the exhilaration of riding pass the beautiful rural landscapes and coastlines, and then cycling the length of the Tatsudomari Line, said to be the hardest ride in Aomori.

TEL : 0173-35-3916

Hakkoda Long Ride

9/21(sun)



This ride starts from Aomori City. On this undulating and winding course, riders are rewarded with the beautiful scenery of the Hakkoda Ranges, Lake Towada and Oirase Gorge.

TEL : 017-752-2647

2014
NEW

A wide range of cycling events are held across Aomori Prefecture during the cycling season. An attractive feature of participating in a race or an event is that you can enjoy a unique experience of Aomori. Why not use the event information for 2014 for planning your trip next year?

* Make sure to contact the organizers directly regarding details of races from 2015 onwards.

Shimokita Hantou Long Ride

9/7(sun)



This is Japan's longest ride at 310km, taking in all of the natural wonders of the Shimokita Peninsula such as Cape Oma, the most northern point of Honshu and famous as a spot for tuna.

TEL : 017-752-2647

Natsudomari Hantou Blue Road Ride

10/12(sun)



An 80km ride around Hiranai-machi district, located in almost the center of Aomori Prefecture, taking in views of the mountains and ocean surrounding Natsudomari Peninsula.

TEL : 017-752-2647

2014
NEW

Aomori Bicycle-Friendly Spots

Course 1 NATSUDOMARI

Tastumi Kan

After completing a lap of Natsudomari Peninsula, take a refreshing bath in the Asamushi Hot Springs district. There is a roofed area for bike parking.

Yamasita281, Asamushi, Aomori-shi
TEL : 017-752-2222
www.tatumikan.com



Course 2 TOWADA · OIRASE

Hoshino Resorts - Oirase Keiryu Hotel

The Oirase Keiryu Hotel stands at the entrance of Oirase. Use it as a rest area during a ride, or stay overnight and enjoy the hot springs.

Tochikubo231, Okuse, Towada-shi
TEL : 0176-74-2121
www.oirase-keiryuu.jp



Course 3 HIROSAKI

Hirosaki Plaza Hotel

A bicycle-friendly hotel located conveniently in downtown Hirosaki. Nearby is a professional bicycle shop, handy in case you have bike trouble.

101-1, Daikancho, Hirosaki-shi
TEL : 0172-35-0345
www.imgnjp.com/hiro_pla



Course 4 NISHIKAIGAN

Cape Yukiai Campsite

With steep cliffs on both sides, this campsite is located on a coastal plain with 271 varieties of flora. Store up on fresh goods from Aomori and go camp.

Ienozyou, Hiroto, Fukaura-machi
TEL : 0173-74-4412
From July to August



Course 5 OKU-TSUGARU

Cape Takano Campsite

This campsite has a cafe, souvenir store and hot showers. At night, you can see the fish-luring fires on the squid fishing boats out on the Tsugaru Strait.

Horozuki, Imabetsu-machi
TEL : 0174-35-3012
From June to September



Course 6 SHIMOKITA

Hotel New Shimofuro

A hot spring lodge with a bicycle parking rack. If you have come to enjoy the Shimofuro hot springs, just fasten your bike to the rack and you're ready to dip.

67-2, Shimofuro, Kazamaura-mura
TEL : 0175-36-2021
www.simofuro.co.jp



Course 7 LAKE OGAWARA

Katsura Onsen

A hot spring with a bicycle parking rack out front. This is a good spot to drop into after completing a circuit of Lake Ogawara.

1-1-87, Okamisawa, Misawa-shi
TEL : 0176-57-4335
Open from 5:00 am to 11:00 pm



Course 8 HACHINOHE

Tanesashi Campsite

A campsite in a national park that has been officially named as a spot of special beauty. Its simplicity and openness make it the perfect spot.

Samemachi, Hachinohe-shi
TEL : 0178-38-2024
From May to September



How to Ride Bicycles

Tips for wearing a helmet

If possible, you always want to try on a helmet before purchasing it. Choose a helmet matching the circumference of your head, turning the dial at the rear so that it fits snug. The front edge of the helmet should be positioned at the top of the eyebrows, while making sure that the helmet doesn't drop too low at the rear. Adjust the chin strap so that there is space for one finger.



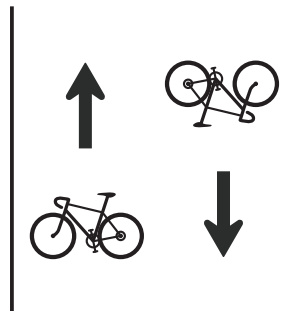
How to set up your bike

When setting the frame size, the best way is to straddle the actual bike to find the best size. Align the height of the seat with your hip bone. Sit on the seat and place the joint of your big toe on the pedal and pedal one revolution. Your knee should be slightly bent when you pass the lowest point. It will be easier to control the bike if the handlebars are the same width as your shoulders, or a little wider.



Ride to the left

According to the Japanese Road Traffic Law, bicycles are considered a light vehicle. In Japan, bicycles are required to keep to the left, the same as automobiles. Just as a car is violating the law by traveling in the opposite lane, riding a bicycle on the right-hand side (wrong side) can incur a maximum prison term of 3 months or a maximum fine of 50,000 yen. Also, take care to ride on the extreme left of the roadway.



Riding tips

Uphill

If you see that you are approaching a hill, before arriving at the hill change into a lower gear. It is only possible to change gears while turning the pedals, so changing gears while climbing a hill will place stress on the chain. Therefore, make sure you have plenty of time when changing gears.



Downhill

Be careful not to pick up too much speed on the way down. Apply both front and rear brakes, but avoid applying the front brake too hard. When the road curves to the left, stop pedaling with the left foot at the top, and when the road curves to the right, stop pedaling with the right foot at the top, to prevent the pedal from hitting the road.



Torii Gate at Natsudomari and the hole in the Fence at Oirase : Dwellings of the Gods?

There are said to be many mystical areas in Aomori where the gods have made their home: Mt Osore, Hotokegaura, Shirakami Sanchi and Mt. Iwaki just to name a few. On Natsudomari Peninsula there is a small red torii gate, and at first glance it appears as if it must also be some mystical spot. But on closer inspection it turns out that it was put there to prevent people from littering. It certainly feels as if you would be punished somehow if you here.

Another place is the hole in the fence in front of Oirase and Utarube tunnels which looks like a door through which the gods might pass. But it is actually an opening for bears and deer, which inhabit the area, to pass through. It's a lot of fun to search for curious places like these.



11 Cycling Items

1 2

MINAMI Hachinohe Works TEL: 0178-38-1565 cycle.minami-web.com

4 5 6 7 9

narifuri 1-17-23, Furukawa, Aomori-shi TEL: 017-774-6507 www.narifuri.com

3 8 10 11

Cycle Shop TATEYAMA Kataoka38-31, Ono, Aomori-shi TEL: 017-734-7537



1 Helmet

This helmet with a built-in headlamp is a new product from Minami, a company from Hachinohe City in Aomori Prefecture.



2 Light

A revolutionary cycling light with a USB charging port for use with a smartphone. Makes it possible to charge at the same time as riding with GPS navigation.



4 Cycling jersey

Cycling jersey made using an original mesh fabric, with a loose outer layer. Graphic with a picture of cycling parts gives a stylish look.



3 Wire lock

Compact wire lock with dial that is easy to carry around. Useful when parking for a short time, as a spare, or when locking several bikes together.



5 Windbreaker

A windbreaker designed for use by cyclists, with fingerless ribs in the sleeves and back pockets. The mesh fabric lining prevents getting chilly when sweaty.



6 Cargo cycling shorts

The design of these shorts has focused on materials and lines for achieving the ultimate in comfort. They come with a cargo pocket for carrying small items.



7 Bag

Backpack made from Celspun, giving it a tough but natural texture. The zipper in the shape of a question mark opens right to the bottom, making it easy to use and trendy at the same time.



8 Gloves

Fingerless gloves that use a gel-like fabric for the palm. Has the dual function of grip and reducing shock, and useful for preventing injury in the event of a fall.



9 Sunglasses

Sunglasses for protecting the eyes from UV light, dust and wind. The Japanese made frames and nose pad are designed to be worn for long periods.



10 Water bottle

Bottle that makes re-hydrating on the road easy. Aomori Prefecture contains plenty of spring and ground water stations where you can fill up.



11 Compact tool kit

Multi-tool kit capable of performing over 10 different functions. Handy for doing minor adjustments to the seat or handlebars.

Bicycle Travel Made Simple

The Konan Tetsudo Cycle Train

From May to November, the Konan Railway Owani Line that runs along the historic Tsugaru Way operates as a cycle train, with cyclists able to wheel their bikes directly onto the end carriage. The cycle train operating time is from 9:30 to 3:30 on weekdays and anytime during weekends and public holidays. The fare is only 430 yen. It takes around 30 min to travel the entire 13.9km, and looking out the window of a gently rocking train is a splendid way to enjoy the scenery.

Note: The cycle train does not contain any equipment for fixing your bike.



Konan Tetsudo TEL:0172-44-3136 konantetsudo.jp

Load your bike onto the Polar Star and head to Shimokita

The Polar Star is a high speed boat for crossing to Shimokita from Aomori City across Mutsu Bay. Traveling the entire journey takes around 150 min, with passengers offered a spectacular view of the intriguingly shaped rocks known as Hotokegaura. There are also sightseeing boats to and from Hotokegaura departing from Wakinosawa and Ushitaki. Ship staff will carry your bicycle to and from the cargo hold at the back of the ship.

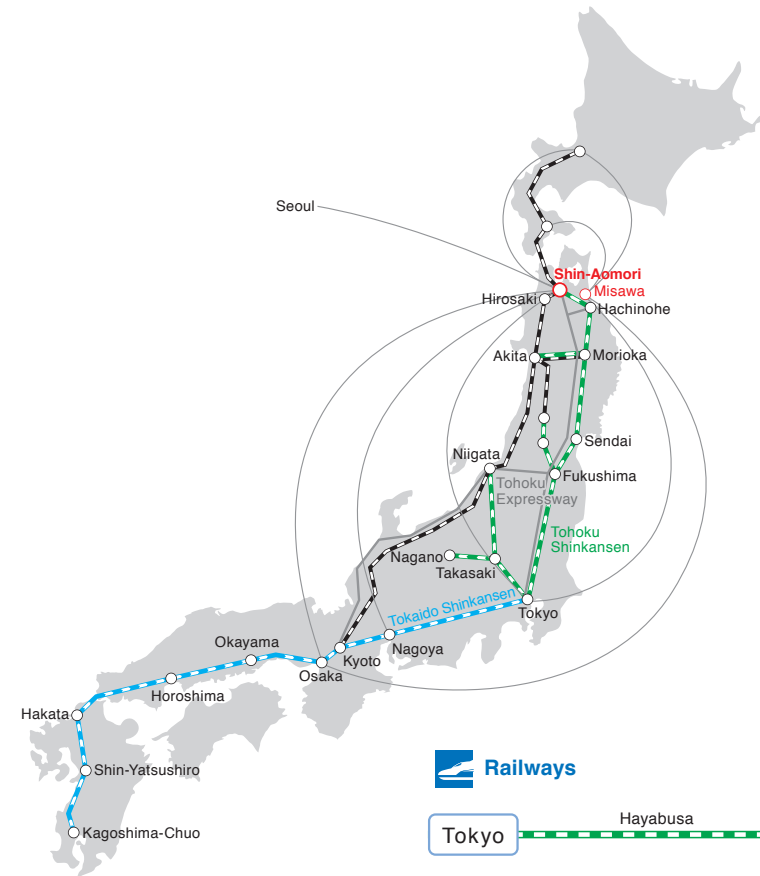
Note: When carrying your bicycle directly onto the Polar Star there is an additional fee.



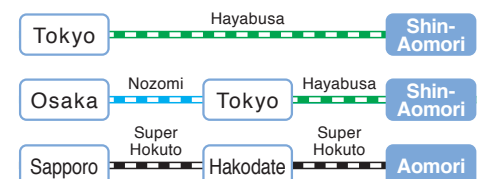
Sii Line TEL:017-722-4545 www.sii-line.co.jp

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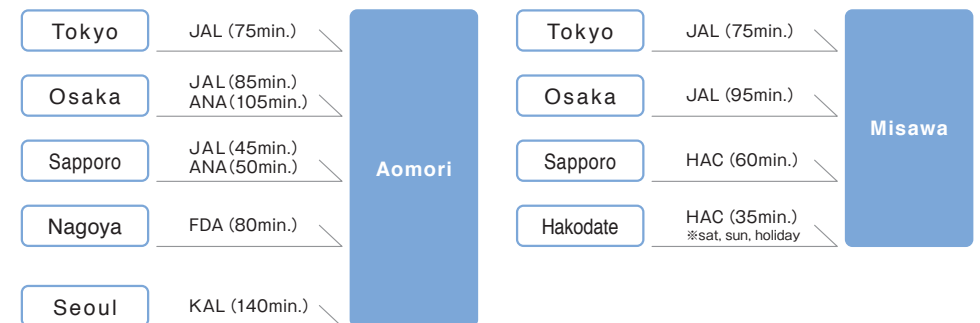
Access Information



Railways



Air routes





www.aomori-cycling.com