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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

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Distance: 24 km Duration: 1.5 hours



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- B Oirase Keiryu-kan**
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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.