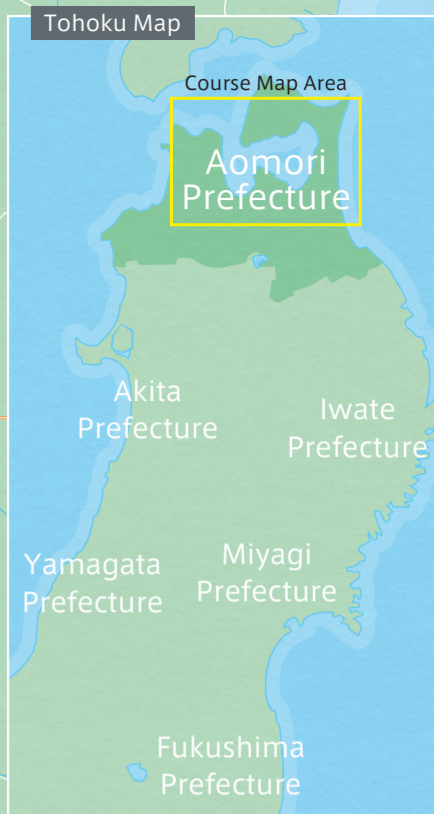
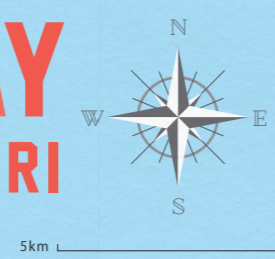


# ALL AROUND MUTSU BAY

## HIT THE ROAD EXPLORING THE REAL AOMORI



### RULES AND MANNERS

**Turn right**  
Go here and stop

**Go straight or turn left**  
Proceed safely

**Intersection without traffic light**  
You can go forward safely

**When walking or pushing your bicycle, follow the signals for pedestrians**  
When pushing a bike or walking, follow the signal for pedestrians. Do not proceed.

**Intersection with traffic light**  
Stop and check for safety before proceeding

**ROAD SIGN**

**STOP**  
It is necessary to temporarily stop before the stop line. If a stop line is not visible, stop before the intersection.

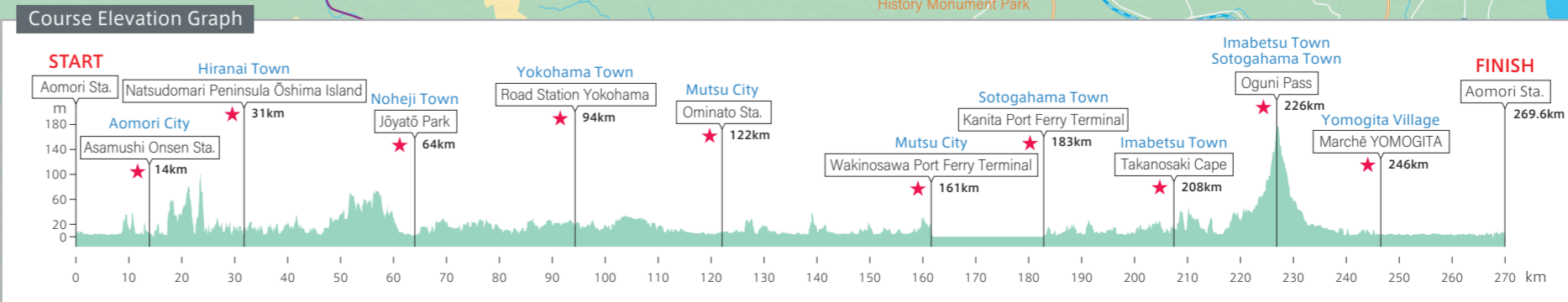
**SLOW DOWN**  
Slow down to a speed where you can stop immediately (less than 8 kph for bicycles). Proceed at 4 kph on narrow sidewalks or paths with heavy foot traffic.

**ONE-WAY STREET**  
You can only go in the direction indicated. Cyclists must obey as well.

**NO VEHICLE ENTRY**  
Vehicles or bicycles must not enter where this sign is posted.

**PEDESTRIAN ONLY**  
For pedestrians only. If there is a sign, you need to walk pushing your bicycle.

**BICYCLE CROSSING ZONE**  
This means that you can cross by bicycle at intersections inside the guide line on the road.



#### How to use RIDE WITH G.P.S.

You can check the courses and maps online on "Ride with GPS".

- Download the App today!** (Registration required)  
<https://ridewithgps.com/app>
- Scan the QR code of route you like.** The App will start automatically and show you the route.
- Tap "Show my location".** The App will show your position and begin navigating your route.

#### Legend

- Cycling Course
- Tohoku Shinkansen-Hokkaido Shinkansen
- JR Tsugaru Line
- JR Ominato Line
- Aomori Railway
- JR Ōu Line
- Major Road
- Road
- Toll Road
- Prefectural Highway
- National Highway
- Hot Spring Facility
- Temple
- Point of Interest
- Shrine
- Campground
- Beach
- Mountain
- Rest Area
- Photo Spot
- Pedal Rest
- Attraction / Activity
- Food & Snacks
- Accommodation

#### ALL AROUND MUTSU BAY

Course Guide

Travel distance 270km

Elevation 2410m

Maximum elevation difference 140m

Course Type Round Trip

Start/Finish Aomori Station

Grade ★★★

\*depends on ride length

Pacific Ocean

