



Feel the wind of Aomori.  
Cycling Journey to discover the great view, food and culture.





# TSUGARU AREA

## CYCLING COURSE MAP

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**1**  
TSUGARU AREA  
CYCLING COURSE

# ALL AROUND TSUGARU PENINSULA

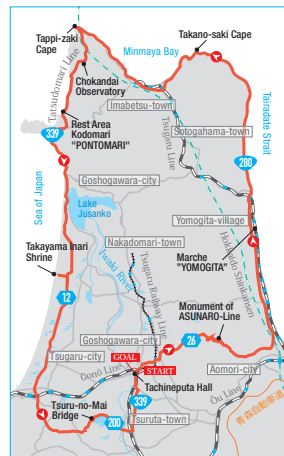


Full-loaded Coastline Ride

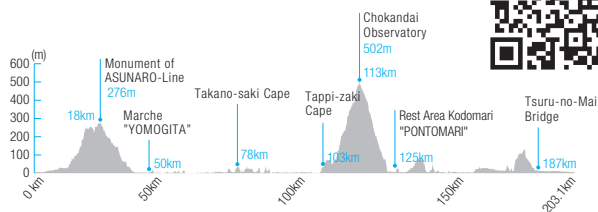
## 200km challenge ride going around Tsugaru Peninsula

This is a challenging course that you pedal for 200km and go around Tsugaru Peninsula. First, head to Mutsu Bay crossing over Asunaro Line on the mountains. Arriving at the coastline, look around the scenic spots such as Takanosaki and Tappizaki. In the latter half, you have to go up the biggest hill of the course, but you will see the view from Chohkandai after the hill. It is worth taking a look. After recharging your energy at Takayama Inari Shrine where the red gateways stand in a row, you have to make one last push to the goal located at Goshogawara. Although this course is for advanced cyclists, it is also good to take a few days to finish.

- Distance** 203km **Elevation** 1557m
- Maximum difference in elevation** 503m
- Grade** ★★★★★ **Course Type** Round
- Required Time** About 10-12hr.
- Start** Goshogawara Station
- Goal** Goshogawara Station



Check the courses on "ROUTE LAB"



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**1** Coastsides is the best cycling location. Let's pedal against the wind! **2** At "Marche Yomogita", a rice omelet which uses tomatoes from Yomogita Village is famous. **3** At Takanosaki, uniquely-shaped rocks are projecting outward. A scenic spot you will want to visit at least once. **4** Tappizaki, means "dragon flies" in Japanese because of the strong winds. **5** View of the Japan Sea from Tappizaki. A spectacular view. **6** Going down the winding hill from Chohkandai. **7** Mysterious view at Takayama Inari Shrine where the red gateways stand in a row. **8** A well-known food of Michinoeki Tsuruta, large Bikkuri (surprise) bread! **9** Tsuru No Mai Bridge around sunset. The symmetry of the golden yellow bridge and its reflection in the lake is beautiful.





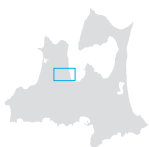
# MOUNTAIN CHALLENGE

Allured by Mountain Ride

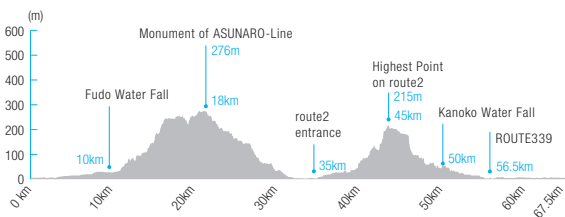
The hill climb crossing over the quiet forest where sunbeam shines through

Starting from Goshogawara station, you pass the city area and enter a peaceful forest where sunlight filters through the trees. You will only hear the sound of leaves whispering and your own breath. This course is commonly known as a training course for local cyclists because you make a round trip through two mountains and repeat ups and downs. You will be able to focus on pedaling because there is no traffic. Take a look at the marvelous view from the top of the mountains and recharge your energy. Stop by Kanagi Town in Goshogawara after crossing the second mountain. Fill your stomach with their local dishes and then pedal all the way to Goshogawara where the goal is located.

- Distance** 68km **Elevation** 568m
- Maximum difference in elevation** 274m
- Grade** ★★★★★ **Course Type** Round
- Required Time** About 4-5hr.
- Start** Goshogawara Station
- Goal** Goshogawara Station



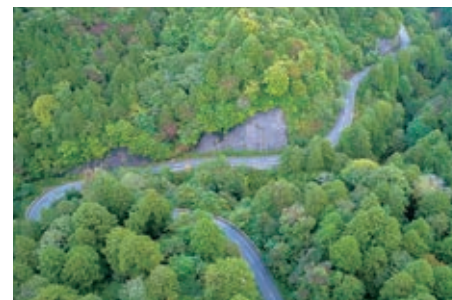
Check the courses on "ROUTE LAB"



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1 Repeat the ups and downs and take the "green shower" from the forest. 2 The monument is a sign that you are at the highest peak of Asunaro Line. Become healed by the view below. 3 A picture taken from the sky. The path weaves through the forest. 4 After crossing the first mountain, you encounter the view of large paddy fields. 5 The coffee shop, "Ekisha," former Ashino Park Station used for Tsugaru Railway, gives a nostalgic atmosphere. 6 "Uma-i Bowl" is one of the local dishes of Kanagi Town. Hourse meat is used.





# 3

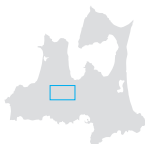
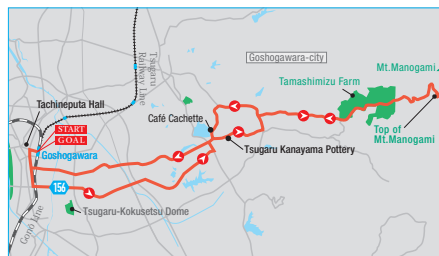
**TSUGARU AREA**  
CYCLING COURSE

## Mt. MANOGAMI

Breathtaking Scenery Ride

### Seek for the view of Tsugaru Plain from Mt. Manogami

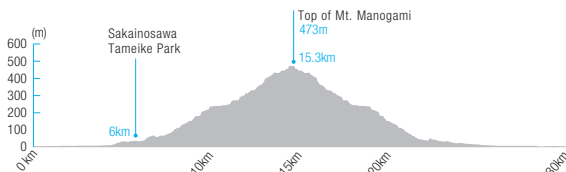
Mt. Manogami (549.2m), with a radio tower on the top of it, is one of the mountains on the east side of Goshogawara City. The mountain is commonly known as a training course for local cyclists. One of the great characteristics of the hill climb is that you can enjoy the view from the top after long pedaling and gain a sense of accomplishment. You can see not only Goshogawara City in front, but also Mt. Iwaki in the distance. At "Tsugaru Kanayamayaki" in the first half of the course, you can have coffee with their acclaimed pottery and observe the firing oven. After hill climbing, it is nice to have a rewarding lunch at a quiet, hidden cafe.



Check the courses on "ROUTE LAB"



**Distance** 30km **Elevation** 477m  
**Maximum difference in elevation** 468m  
**Grade** ★★★★★ **Course Type** Round  
**Required Time** About 2hr.  
**Start** Goshogawara Station  
**Goal** Goshogawara Station



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1 Hill climbing to the top of the mountain in front of you. 2 Kanayamayaki; fired unglazed earthenware, has a deep and unique texture. 3 Zodiac objects are decorated in front of the store; you can touch them. 4 A view from the top of mountain. You can glimpse Goshogawara city in the center of Tsugaru Plain. 5 The rice plants are bending in the wind and emitting a golden yellow light. 6 Café "Cachette" means "hidden place" in Japanese





# 4

TSUGARU AREA  
CYCLING COURSE

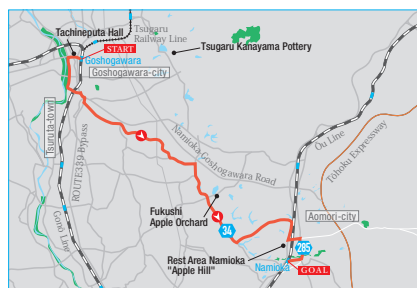
## APPLE ORCHARD

Nostalgic Apple Orchard Ride

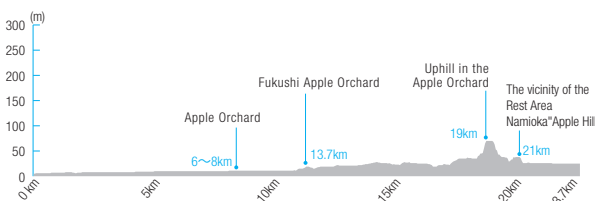
### Apple Ride; pedal through the peaceful apple field

This course title is associated with "apple", the synonym of Aomori. This is an easy course which beginners can enjoy. At the beginning, ride parallel Iwaki River with Mt. Iwaki in the background. On the last half, you pedal on the tree-lined road and can see the apple fields. Depending on the season, you will see the different stages of growth of the apples. You might want to stop and talk to people working in the field. Take a rest and taste the popular homemade apple pie and gelato when you stop by Michinoeki Namioka, get souvenir shoppings done, and then head to the goal: Namioka Station.

- Distance** 25km **Elevation** 71m
- Maximum difference in elevation** 65m
- Grade** ★★ **Course Type** One-way
- Required Time** About 2hr.
- Start** Goshogawara Station
- Goal** Namioka Station



Check the courses on "ROUTE LAB"



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- 1 A smooth road and fine view continues on the riverbed. Easy to pedal.
- 2 Having Mt. Iwaki in the back, you can see the peaceful apple fields on both sides only in Aomori.
- 3 At Michinoeki Namioka. Apples are sold at local prices.
- 4 Besides fresh, crispy apple pie, there are so many other food temptations!
- 5 Take a look at the apples; you will notice the difference of color and size of each.
- 6 From the observation tower at the top of the hill, you can see the panoramic extensive view.





**5**  
TSUGARU AREA  
CYCLING COURSE

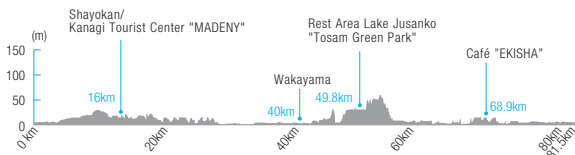
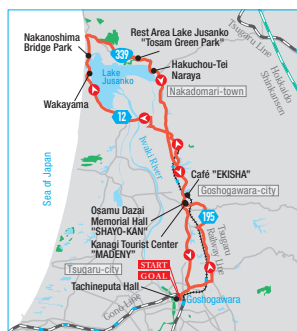
## AROUND LAKE JUSANKO

As Happy as Clam Ride

Be satisfied with the food and view of Lake Jusanko, a splendid place in the north

In this course, you pedal and go around Lake Jusanko, famous as one of the nation's most popular spots to catch Japanese freshwater clams. From Goshogawara to Lake Jusanko, you go north, passing through the countryside. Their "Clam Ramen" is so addictive because of the thick soup. Also, at Michinoeki Lake Jusanko Heights, please try their rich local dishes, such as "Ichiura Beef Phantom Steak Set" which uses rare Japanese Black cattle. On the way back, you can either ride Tsugaru Train and go back to Goshogawara or get off at some point and pedal again. Looking at the rice fields from the window is also great.

**Distance** 82km **Elevation** 250m  
**Maximum difference in elevation** 59m  
**Grade** ★★★★★ **Course Type** Round  
**Required Time** About 5-6hr.  
**Start** Goshogawara Station  
**Goal** Goshogawara Station



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**1** Around Michinoeki Lake Jusanko. The location of the building is great; it is at the upland of the rangeland. **2** Lake Jusanko is nature-rich. Not only freshwater clams, but some rare birds live there. **3** Ramen with light taste and clam broth is so addictive. **4** You can bring your bike to the Tsugaru train. It costs an additional ¥280 per bike. **5** The 250m long promenade bridge on Lake Jusanko at Nakanoshima Bridge Park. **6** "Shayokhan" is the memorial house of Mr. Osamu Dazai (a Japanese author who is considered one of the foremost fiction writers of 20th-century Japan). There are many sightseeing and food locations.





# 6

TSUGARU AREA  
CYCLING COURSE

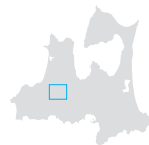
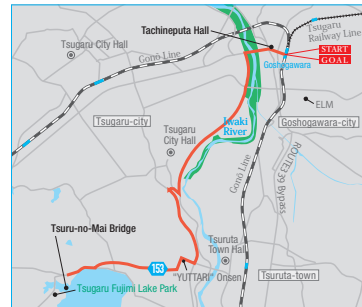
## TSURU NO MAI BRIDGE

Ride with Light

Visit the reflection of Tsugaru Fuji;  
see how the wood bridge  
"spread its wings" on the lake

This is a refreshing ride along Iwaki River towards magnificent Mt. Iwaki (also called "Tsugaru Fuji") which spreads its beautiful skirts. Tsurunomai Bridge welcomes you at Lake Tsugarufujimiko. It is the longest bridge in Japan, a wooden trait Taiko Bridge. The lake reflects the gently raised arch of the bridge and Tsugarufuji (Mt. Iwaki) on its peaceful surface. This is the real reason that the lake is called "Tsugarufujimiko." You can push your bike across the bridge. It will also be great to take a close look at its elegant shape. Beginners will be able to feel easy and enjoy the course because of its small height difference.

- Distance** 24km **Elevation** 13m
- Maximum difference in elevation** 13m
- Grade** ★★ **Course Type** Round
- Required Time** About 2hr.
- Start** Goshogawara Station
- Goal** Goshogawara Station



Check the courses  
on "ROUTE LAB"



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- 1 Farms and fields nestle in rural sophistication. Feeling the attractiveness calms our minds.
- 2 Farms and fields nestle in rural sophistication. Feeling the attractiveness calms our minds.
- 3 Take the "Green Shower" from the leaves. You are almost at "Lake Tsugarufujimiko."
- 4 Take a break at the kiosk in the park. Eat the sweet ice cream as a supplementary food.
- 5 It is said that you can live longer if you cross the bridge and loved by many people.
- 6 "Tsurunomai Bridge" around sunset. The symmetry of the golden-yellow bridge and its reflection in the lake is beautiful.





# 7

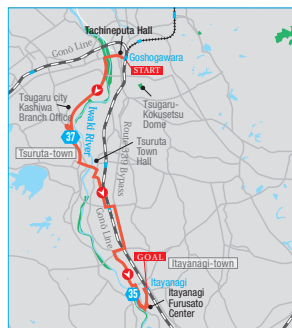
TSUGARU AREA  
CYCLING COURSE

## IWAKI RIVER

Graceful Riverside Ride

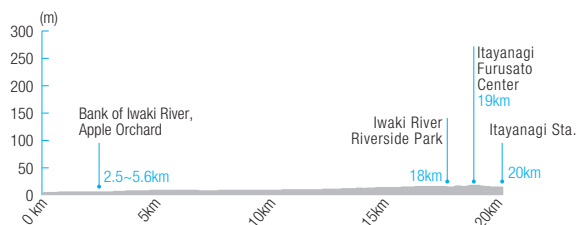
### Ride along graceful Iwaki River to Mt.Iwaki

Starting from Goshogawara City, ride the bank along Iwaki River. On the way, you will find a spot where you can see the rice fields spread below Mt.Iwaki. We would like you to take a picture of it. On the last spurt in Itayanagi Town, you will enter the promenade, and you can see the apple objects (in various colors and sizes) interspersed everywhere. The photogenic apple objects and the panel introducing apples are displayed. There is "Itayanagi Furusato Center (Apple Facility)" beyond the promenade. Please enjoy the full experience of eating, taking a rest, and shopping.



Check the courses  
on "ROUTE LAB"

- Distance** 21km **Elevation** 14m
- Maximum difference in elevation** 14m
- Grade** ★ **Course Type** One-way
- Required Time** About 2hr.
- Start** Goshogawara Station
- Goal** Itayanagi Station



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**1** Since long ago, Mt.Iwaki has been the object of religious faith. Its magnificence is breathtaking. **2** Pedaling along Iwaki River, you will see the crane imitations spreading wings against Mt.Iwaki. **3** The theme of "Apple Mall" is "Road of Apple, Water, and History & Culture." **4** Enjoy taking pictures with the apple sculptures, take a break, etc. **5** The promenade is approximately 2.1km long. You can learn the history and culture of Itayanagi town and information about apples. **6** "Ringo Work" is inside the Itayanagi Furusato Center. Artifacts and processed goods are sold.



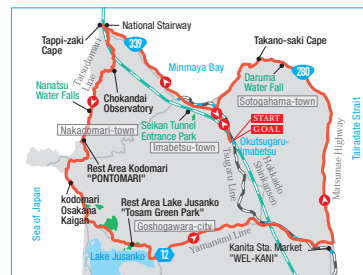


# AROUND OKUTSUGARU

Open Bay Vista Ride

Going around the three oceans, Okutsugaru circle ride

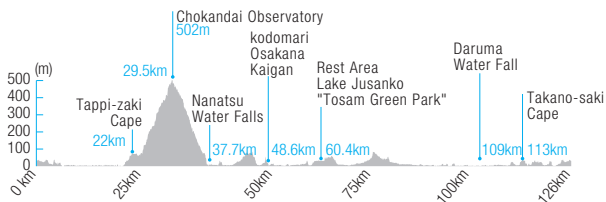
Amori faces four different oceans. This is a dynamic course where you go around Tsugaru Channel, Sea of Japan, and Mutsu Bay. You will see Shimokita Peninsula and Tsugaru Channel with Hokkaido in the distance. Take a break at Tappizaki after that. If you survive the very steep hill to Chohkandai, the winding downhill with the spectacular view is waiting. You can see the Sea of Japan after passing Lake Jusanko. On "Yamanami Line" after passing the lake, let's feel the fresh green wind and pedal on the road. You will come out at the seacoast, the sea shining in cobalt blue. It is Mutsu Bay. Pedaling through elegant Matsumae Street and Takanosaki, the goal is near.



Check the courses on "ROUTE LAB"



**Distance** 126km **Elevation** 1273m  
**Maximum difference in elevation** 651m  
**Grade** ★★★★★ **Course Type** Round  
**Required Time** About 6-8hr.  
**Start** Okutsugaru Imabetsu Station  
**Goal** Okutsugaru Imabetsu Station



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**1** Refreshing cycling, looking at three different oceans each with unique appeal. **2** Tappizaki, the northernmost part of Tsugaru Peninsula. The shore, which is eroded by winds and heavy seas, marks the 100m cliff. **3** "Chohkandai" is at the highest point of National Route 339, commonly called "Ryuhaku Line." **4** 21m high waterfall, "Nanatsutaki," is named for the seven waterfalls flowing over huge boulders. **5** Local dish, "Sashimi of Nakadomari Rockfish and Boiled Meat!" One whole high-quality rockfish is sumptuously used. **6** Along Mutsu Bay, Tairadate Lighthouse is on Matsumae Street. Take a small break and see the lighthouse appearing beautiful against the blue ocean and the sky.





# 9

TSUGARU AREA  
CYCLING COURSE

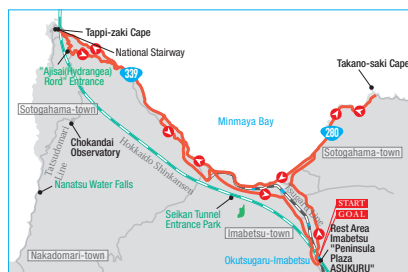
## TSUGARU STRAIT

Clear View Blue Ride

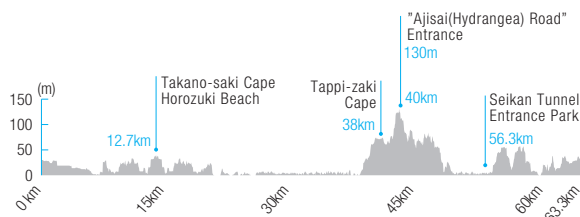
### Tsugaru Strait and Hydrangea's Blue Road ride

This route is approximately 60km, starting and finishing at Okutsugaru Imabetsu Station. On the first half, you are going to ride along the coastline accompanied by winds. After stopping at scenic spots such as Takanozaki and Tappizaki, we recommend you walk around and explore while taking a rest. You also want to taste the seafood that grows in the heavy sea of Tsugaru Channel. On the last half, ride on the mountain valley, "Ajisai Road." The road is used for local cycling events. Ajisai is "hydrangea" in Japanese. The colorful hydrangeas bloom every year. July and August are the best time to see them in bloom.

**Distance** 63km **Elevation** 638m  
**Maximum difference in elevation** 131m  
**Grade** ★★★ **Course Type** Round  
**Required Time** About 3-4hr.  
**Start** Okutsugaru Imabetsu Station  
**Goal** Okutsugaru Imabetsu Station



Check the courses on "ROUTE LAB"



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**1** "Seikan Tunnel Entrance Square" is the best spot to take pictures of Shinkansen (bullet train) that goes in and out of the tunnel. **2** It feels good to cycle in a nice sea breeze. **3** Parking your bike and seeing the view of the fishing village are one of the special advantages of cycling. **4** Total extension of 388.2m with 362 steps, the only stairway National Road in Japan. You have to carry your bike when you go up. **5** Let's try firm-textured seafood that the fast tides of Tsugaru Channel produce. **6** "Ajisai Road" continues for approximately 14km between Tappizaki and Minmaya Station. July and August are the best months to visit.





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TSUGARU AREA  
CYCLING COURSE

## SEA OF JAPAN

Sunset & Sea Squids Ride

Enjoy the beautiful view  
and food of the Sea of Japan

In this course, you feel integrated with the ocean and ride along the coastline where beautiful scenic views of the Sea of Japan appear one after another. You can see the ever-changing scenery, such as the strangely-shaped rocks lying in a row, waves washing onto the beach, the view of the fishing village drying squids in rows like curtains, etc. "Senjohjiki Coast" is famous. The lord of Tsugaru held a banquet there putting 1,660 square meters tatami mats for his guests. You can walk around the wide rock ledge. There are also many local delicacies, such as "Fukaura Tuna Steak Bowl" and the famous meal of Ajigasawa, "Flounder Bowl."



Check the courses  
on "ROUTE LAB"



**Distance** 50km **Elevation** 316m  
**Maximum difference in elevation** 65m  
**Grade** ★★★ **Course Type** One-way  
**Required Time** About 3-4hr.  
**Start** WeSpa Tsubakiyama  
**Goal** Ajigasawa Station



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1 The view anywhere along the west coast is studded with strangely-shaped rocks. It is picturesque. 2 "Ohiwa" (big rock) is ahead on the promenade. Go through the cave to the observation tower on the rock. 3 The upheaved sea floor created "Senjohjiki Coast" due to many years of erosion by winds and waves. 4 "Ginkgo Tree of Kitakanagasawa" is the largest ginkgo tree in Japan. More than 1000 years-old, 31m height, 22m trunk circumference. 5 Let's get cooled down by having some sea breeze. Break time with a healing view. 6 Famous meal of Ajigasawa, "Flounder Bowl." Full of best pickled flounder on rice.





TSUGARU AREA  
CYCLING COURSE

# BLUE POND

## Blue Lake and Forest Ride

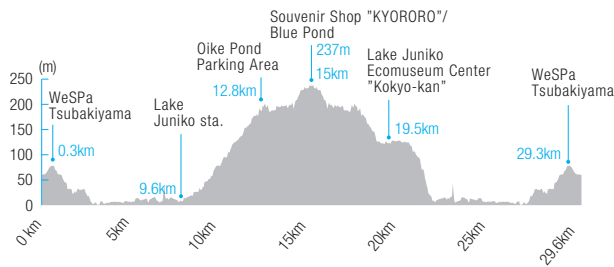
Secluded region of Tsugaru;  
be fascinated  
by the mysterious Blue Pond

Start from WeSPa Tsubakiyama, go down National Route 101 to the south toward Lake Juniko Station. Uphill continues for a while, but there are many rest spots to use for recovery. Then you arrive at "Souvenir Shop Kyororo." Park your bike and walk for about 10 minutes, then you will finally see Blue Pond. As its name suggests, its mysterious water looks like blue ink was poured into it. The water is very clear, and the deep blue color is inspiring. You can even see the beech trees which sank to the bottom. Even though Blue Lake is at the farthest back among the Juni lakes, it is worth visiting to take a look at the mysterious sight.



Check the courses on "ROUTE LAB"

|                                 |                   |             |       |
|---------------------------------|-------------------|-------------|-------|
| Distance                        | 30km              | Elevation   | 456m  |
| Maximum difference in elevation | 237m              |             |       |
| Grade                           | ★★★★              | Course Type | Round |
| Required Time                   | About 2-3hr.      |             |       |
| Start                           | WeSPa Tsubakiyama |             |       |
| Goal                            | WeSPa Tsubakiyama |             |       |



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1 You will want to enjoy both riding bikes and seeing the views that nature displays. 2 Even little tunnels become picturesque spots. They make you feel adventurous. 3 You can also see the attractiveness of a normal seaside view. 4 From the parking lot along National Route 101, you can see the Japan Canyon when the sun shines. 5 The reason why it looks blue is still unknown... It is a mystery! 6 "Japan Canyon"; the white tuff is exposed because of erosion.





TSUGARU AREA  
CYCLING COURSE

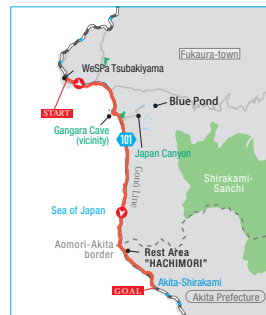
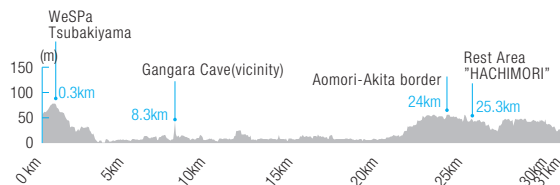
## WORLD HERITAGE SHIRAKAMI

All Over the Heritage Ride

"Traveling Ride", cyclists are embraced by world heritage and the marvelous view of the Sea of Japan

From WeSPa Tsubakiyama, go south for about 30km and cross the prefectural boundary of Akita. This course is an attractive course having the Japan Sea on the right and the Shirakami Mountains, the world heritage, on the left. Along the road is Michinoeki Hachimori, commonly known as "Ohmagoshi Street", which prospered through the ages as an important road along the Japan Sea. Let's relieve our thirst with "Otonomizu," a spring of Shirakami Mountains that the lords in old time praised. At the goal (Akita Shirakami Station), you can not only enjoy tasting sweets and shopping, but also bring your bike into the train and go back to Aomori prefecture because the station is one of the stops on the Gono Line Resort Shirakami.

**Distance** 31km **Elevation** 218m  
**Maximum difference in elevation** 77m  
**Grade** ★★ **Course Type** One-way  
**Required Time** About 2hr.  
**Start** WeSPa Tsubakiyama  
**Goal** Akita-Shirakami



Check the courses on "ROUTE LAB"



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1 See the huge rock, looking like it is almost pushed out into the road. Its scraggy surface looks powerful. 2 The popular name, Otonomizu, was given to the spring because the lord of Tsugaru Domain praised its sweetness. 3 You can see the train runs on Gono Line against the Japan Sea if you are lucky. 4 At the prefectural boundary, you can see the entire path you pedaled. The view banishes your fatigue. 5 Broiled squid is famous at "Fukujusou." Let's taste the seasonal seafood. 6 Crossing the prefectural boundary, head to the goal: Akita Shirakami Station.





Goshogawara-city

### Tachineputa Hall

506-10, Omachi, Goshogawara-shi, Aomori, Japan, 037-0063  
**TEL:0173-38-3232**  
<http://www.tachineputa.jp/>  
 CLOSED:Jan. 1st only

#### CYCLING COURSE

1 2 3 4 5 6 7

#### COMMENT

In the colonnade exhibition room, "tachineputa" about 23m in height is displayed at all times. You can also admire tachineputas from the spiral slope.



Goshogawara-city

### Osamu Dazai Memorial Hall "SHAYO-KAN"

412-1 Asahiya, Kanagi-machi, Goshogawara, Aomori, Japan, 037-0202  
**TEL:0173-53-2020**  
 OPEN: May-Oct. 8: 30-18: 00 (Last entry:17: 30)  
 Nov.-Apr. 9: 00-17: 00 (Last entry:16: 30)

#### CYCLING COURSE

2 5

#### COMMENT

Osamu Dazai's birthplace. It is designated as an important cultural property of the country. Valuable materials such as cloaks worn by him and manuscripts are displayed in the exhibition room that used to be a warehouse before.



Goshogawara-city

### Fish Market "MALKO Center"

506-11, Omachi, Goshogawara-shi, Aomori, Japan, 037-0063  
**TEL:0173-34-2264**  
 OPEN: 8:00~18:00  
 CLOSED: Sundays

#### CYCLING COURSE

1 2 3 4 5 6 7

#### COMMENT

A market right next to the Tachineputa Hall. Enjoy "YATTEMARE bowl" which you can pick fresh seafood as you like and enjoy friendly conversation with people in the store.



Goshogawara-city

### Café "EKISYA"

84-171, Ashino, Kanagicho, Goshogawara-shi, Aomori, Japan, 037-0202  
**TEL:0173-52-3398**  
<http://wandono-ekisya.com/>  
 OPEN: 10:00~17:00  
 CLOSED: Wednesdays

#### CYCLING COURSE

2 5

#### COMMENT

A cafe using the station building of the former Ashino Park sta. of Tsugaru Railway. In the 80-year-old building there is a remnant which was once a station. The specialty is "Steamed horse meat bun".



Goshogawara-city

### Kanagi Tourist Center "MADENY"

195-2, Asahiya, Kanagicho, Goshogawara-shi, Aomori, Japan, 037-0202  
**TEL:0173-54-1155**  
<http://www.madeny.jp/>  
 OPEN: Everyday \*9:00~18:00(4/20~10/31) / 9:00~17:00 (11/1~4/19)

#### CYCLING COURSE

2 5

#### COMMENT

"MADENY" is next to Osamu Dazai's birthplace "SHAYO-KAN" and "Tsugaru Shamisen Kaikan". It has local tourist information office, with a souvenir shop and a local cuisine restaurant.



Goshogawara-city

### Tsugaru Kanayama Pottery

5-79, Chiyojuru, Kaneyama, Goshogawara-shi, Aomori, Japan, 037-0011  
**TEL:0173-29-3350**  
<http://kanayamayaki.com/>  
 OPEN:9:00~17:00  
 CLOSED:Everyday

#### CYCLING COURSE

3

#### COMMENT

Baked at high temperature without using glaze, Tsugaru Kanayama pottery has distinctive texture. In front of the store, animal objects with zodiac motifs are displayed and can be touched.



Ajigasawa-town

### Rest Area Umi-no-eki "WANDO"

246-4, Honcho, Ajigasawa-machi Nishitsugaru-gun, Aomori, Japan, 038-2753  
**TEL:0173-72-6661**  
 OPEN:Everyday\*9:00~18:00(Apr.-Dec.) , 9:00~17:00(Jan.-Mar.)  
 CLOSED:New Year's Holiday, temporary closure

#### CYCLING COURSE

10

#### COMMENT

Here is where local people come together as well as visitors. The cafe and restaurant are attached to fresh seafood and local products shop. Let's try an Ajigasawa specialty "Flounder rice bowl"!



Imabetsu-town

### Rest Area Imabetsu "Peninsula Plaza ASUKURU"

246-4, Honcho, Ajigasawa-machi Nishitsugaru-gun, Aomori, Japan, 038-2753  
**TEL:0173-72-6661**  
 OPEN:Everyday\*9:00~18:00(Apr.-Dec.) , 9:00~17:00(Jan.-Mar.)  
 CLOSED:New Year's Holiday, temporary closure

#### CYCLING COURSE

8

#### COMMENT

Here is where local people come together as well as visitors. The cafe and restaurant are attached to fresh seafood and local products shop. Let's try an Ajigasawa specialty "Flounder rice bowl"!



Goshogawara-town

### Rest Area Lake Jusanko "Tosam Green Park"

287-1058, Mitori, Aiuchi, Goshogawara-shi, Aomori, Japan, 037-0401  
**TEL:0173-62-3556**  
<http://www.tosam.co.jp/>  
 OPEN:9:00~18:00(Apr.-Oct.) , 9:00~17:00(Sep.-March)  
 \*Restaurant:10:30~18:00 (Nov.-Mar.~17:30)  
 CLOSED:New Year holidays \*Restaurant:2nd. and 4th. Thursdays (Sep.-Mar.)

#### CYCLING COURSE

5 8

#### COMMENT

Located on the hill in the Tsugaru Quasi-National Park, a place to relax where you can feel the fresh green breeze on the terrace and the forest trail you can overlook Lake Jusanko. Let's get famous clams and Aomori Hiba products here.



Kodomari-town

### Rest Area Kodomari "PONTOMARI"

45, Orikoshinai, Kodomari, Nakadomari-machi Kitatsugaru-gun, Aomori, Japan, 037-0300  
**TEL:0173-27-9300**  
<http://www.town.nakadomari.lg.jp/index-cfm/13,1141,41,50.html>  
 OPEN:9:00~17:00 \*Closed in Winter (beginning of Nov.-end of Apr.)

#### CYCLING COURSE

1 8

#### COMMENT

Market which stocks local products. In the restaurant, you can eat fresh live squid(Apr. -mid May.) while admiring the Sea of Japan spreading in front of you



Tsuruta-town

### Rest Area Tsuruta "Tsuru-no-sato ARUJA"

Satomi, Sakai, Tsuruta-machi Kitatsugaru-gun, Aomori, Japan, 038-3524  
**TEL:0173-22-5656**  
<http://www.tsurunosato-aruja.com/>  
 OPEN:9:00~18:00  
 CLOSED:Jan. 1st

#### CYCLING COURSE

1

#### COMMENT

Tsuruta Town is the largest producer of grapes "Steuben" in Japan. There are plenty of original wines, juices, sweets, etc. made from "Steuben".



Aomori-city

### Rest Area Namioka "Apple Hill"

2-3, Nojiri, Namioka Megasawa, Aomori-shi, Aomori, Japan, 038-1331  
**TEL:0172-62-1170**  
<http://www.applehill.co.jp/>  
 OPEN:Souvenir Corner 9:00~19:00 (3/16~11/15), 9:00~18:00 (11/16~3/15) \*Business hours differ from each corner.  
 CLOSED:Jan. 1st

#### CYCLING COURSE

3

#### COMMENT

Not only souvenirs of Aomori, but handmade "Apple pie", "Gelato" and original rich and mellow ice cream made from carefully selected milk are very popular.





Tsugaru-city

### Takayama Inari Shrine

147-1, Washinosawa, Ushigatacho, Tsugaru-shi, Aomori, Japan, 038-3305  
TEL:0173-56-2015

#### CYCLING COURSE

1

#### COMMENT

It is known as God of rich fruit, maritime safety, prosperous business, so many visitors come from in and outside the Aomori. The scenery of "Thousand Torii" lining with a beautiful curve is a masterpiece.



Yomogita-village

### Marche YOMOGITA

Hamada, Gosawa, Yomogita-mura Higashitsugaru-gun, Aomori, Japan, 030-1203  
TEL:0174-31-3040  
http://www.yomogita-assist.com/bussan/  
OPEN:8:00~18:00 (May-Oct. \*Everyday)  
9:00~17:00 (Nov.-Apr.)  
CLOSED:New Year holidays, Tuesdays(Nov.-Apr.)

#### CYCLING COURSE

1

#### COMMENT

Adjacent to the beach, you can enjoy a meal and shopping. Local specialties rice omelet and gelato using plenty of tomatoes are wonderful.



Goshogawara-city 体験

### Fukushi Apple Orchard

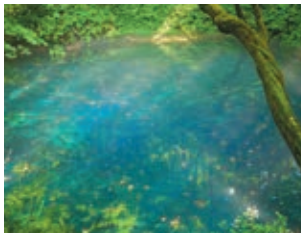
17, Hirono, Koya, Goshogawara-shi, Aomori, Japan, 037-0632  
TEL:0173-29-2052

#### CYCLING COURSE

4

#### COMMENT

\*Sep.- Nov. you can experience apple harvest. If you wish, please contact them in advance by telephone.



Fukaura-town

### Blue Pond

Matsukamiyama, Mori-yama, Fukaura-machi Nishitsugaru-gun, Aomori, Japan, 038-2205  
TEL:0173-74-4412 (Fukaura Town Hall)

#### CYCLING COURSE

11 12

#### COMMENT

Aoike, which is located in the most remote area among the twelve lakes, is called "mysterious pond". It is so transparent that you can see the large beech trees sunk in the bottom of azure.



Fukaura-town

### Senjoujiki Rocky Beach

Sakakibara, Kitakanegasawa, Fukaura-machi Nishitsugaru-gun, Aomori, Japan, 038-2504  
TEL:0173-74-4412(Fukaura Town Hall)

#### CYCLING COURSE

10

#### COMMENT

The name of Senjoujiki is originated from the story said that the lord of the area held a large banquet by laying 1,000 tatami mats here long time ago. The sun set scenery is chosen as "100 best sunsets in Japan."



Imabetsu-town

### Takano-saki Cape

Murashimo, Horozuki, Imabetsu-machi Higashitsugaru-gun, Aomori, Japan, 030-1513  
TEL:0174-35-2001 (Imabetsu Town Hall)

#### CYCLING COURSE

1 8 9

#### COMMENT

On sunny day, you can see Tappizaki cape, Shimokita Peninsula, Hokkaido. As you go down the stairs there are two bridges connected rock to rock and you can enjoy fishing or catching sea creature.



Sotogahama-town

### Tappi-zaki Cape

Minmaya Tatsuhama, Sotogahama-machi Higashitsugaru-gun, Aomori, Japan, 030-1711  
TEL:0174-31-8025 (Tappi-zaki Tourist Information Center)

#### CYCLING COURSE

1 8 9

#### COMMENT

A strong wind blows through the year at the cape of the northern tip of the Tsugaru Peninsula. There are stone monuments such as Yoshida shouin, Dazai Osamu, etc. The only stair national way "R339" in Japan is also nearby.



Nakadomari-town

### Chokandai Observatory

Kodomari, Nakadomari-machi Kitatsugaru-gun, Aomori, Japan, 037-0300  
TEL:0173-64-2111 (Nakadomari Town Hall)

#### CYCLING COURSE

1 8

#### COMMENT

Observatory at the highest point of R339, so-called "Tatsudomari Line". You can enjoy 360°big panorama to Hokkaido in the north, when sunny days to Mt.Iwaki in the south.



Tsuruta-town

### Tsuru-no-Mai Bridge

81-150, Osawa, Mawarizeki, Tsuruta-machi Kitatsugaru-gun, Aomori, Japan, 038-3542  
TEL:0173-22-6211 (Tsugaru Fujimi Lake Park Admin Building)

#### CYCLING COURSE

1 6

#### COMMENT

A long bridge made of "Aomori Hiba" crossing over Lake Fujimi. The total length is 300m and it is the longest wooden bridge in Japan. The appearance reminds us of cranes dancing in the sky.

## CYCLING EVENT



### TSUGARU Peninsula Century Run

"TSUGARU Peninsula Century Ran" held in August every year is a cycling event that rounds Tsugaru Peninsula with 160 km (Century) and 80 km (Half) courses set, to and from Goshogawara City. This event does not compete in ranking but aims at completing within 8 hours for Century and within 5 hours for Half with pleasure at your own pace. The course is rich in natural landscape of mountains, valleys, ocean, lakes. Also, local gourmet can be tasted at the aid station on the course such as freshly picked melons and "Gosho Sanpou Soup" with rich local vegetables in it which makes the event more popular.

Secretariat: Goshogawara City Cycling Association <http://www.digipro.co.jp/gosyogawara-cycling/index.html>



## PEDAL REST SPOT

The pedal rest is equipped with a cycle rack, an air pump, and a maintenance tool, and you can take a rest while you hang your bike up on it.



Multi-tool



Air Pump

|                 |                         |  |
|-----------------|-------------------------|--|
| COURSE 1        | <b>Yomogita-village</b> | Marche YOMOGITA                                  |
| COURSE 1        | <b>Sotogahama-town</b>  | Kanita Sta. Market "WEL-KANI"                    |
| COURSE 1 8      | <b>Sotogahama-town</b>  | ODAIBA Auto Village                              |
| COURSE 1 8      | <b>Sotogahama-town</b>  | Top Mast   |
| COURSE 1 8 9    | <b>Sotogahama-town</b>  | Tappi-zaki Tourist Information Center "TAPPIKAN" |
| COURSE 2 5      | <b>Goshogawara-city</b> | Kanagi Tourist Center "MADENY"                   |
| COURSE 2 5      | <b>Goshogawara-city</b> | Cafe "EKISHA"                                    |
| COURSE 8 9      | <b>Imabetsu-town</b>    | Rest Area Imabetsu "Peninsula Plaza ASUKURU"     |
| COURSE 1 8 9    | <b>Imabetsu-town</b>    | Seikan Tunnel Entrance Park                      |
| COURSE 1 8 9    | <b>Imabetsu-town</b>    | Takano-saki Campsite (parking space)             |
| COURSE 1 8      | <b>Nakadomari-town</b>  | Rest Area Kodomari "PONTOMARI"                   |
| COURSE 1        | <b>Tsugaru-city</b>     | Takayama Inari Shrine                            |
| COURSE 7        | <b>Itayanagi-town</b>   | Itayanagi Furusato Center                        |
| COURSE 1 6      | <b>Tsuruta-town</b>     | Tsugaru Fujimi Lake (Tsuru-no-Mai Bridge)        |
| COURSE 1        | <b>Tsuruta-town</b>     | Rest Area Tsuruta "Tsuru-no-sato ARUJA"          |
| COURSE 10       | <b>Fukaura-town</b>     | Kaze-machi Museum                                |
| COURSE 10       | <b>Fukaura-town</b>     | Rest Area Fukaura "KASOSE Squid Village"         |
| COURSE 10       | <b>Fukaura-town</b>     | Koganezaki Furofushi Onsen                       |
| COURSE 10 11 12 | <b>Fukaura-town</b>     | WeSpa Tsubakiyama                                |
| COURSE 10       | <b>Ajigasawa-town</b>   | Rest Area Umi-no-eki "WANDO"                     |

## RENT-A-CYCLE STATION

Introducing cycle stations where you can rent a road bike or a cross bike. Please make good use of one by all means for cycling sightseeing in Tsugaru Peninsula.  
\*Reservation required by the day before use.



**Goshogawara-city**

### Tsugaru Railway Co., Ltd

39, Omachi, Goshogawara, Aomori 037-0063

TEL:0173-34-2148

tsutetsu.com/rental\_cycle\_station.html

Open: 8:30-17:00

Rental Period: April-October

Rental Bikes: Load:9, Cross:13 (including bikes for kids)

※ Not available on the day. Please make a reservation by the day before use

**Fukaura-town**

### WeSpa Tsubakiyama

226-1, Henashi Nabeishi, Fukaura, Nishitsugaru-Gun, Aomori 038-2327

TEL:0173-75-2261

http://www.wespa.jp

Open: Everyday

Rental Bikes: Cross:2

Rental Period: April-October

※ We will reserve rental reservations and inquiries by phone

(Foreign language possible)

Scan here  
for smartphone



## CYCLE TRAIN

When bringing a bicycle to the railroad, it is common to store it in a special bag and "circle", but the cycle train introduced here can be brought in and taken on as it is as a hand-carried item. Not only does the hurdle of cycling to the distant go down, but also spreading variations of usage of time.



### Tsugaru Railway Co., Ltd.

39, Omachi, Goshogawara, Aomori 037-0063 ※Head office(Goshogawara sta.)

TEL:0173-34-2148

http://tsutetsu.com

Implementation period: April 1 – November 30 (Closed: December 1 – March 31)

※ Closed from the end of April to the beginning of May (crowded period)

※ Unavailable to load to the old type train (stove train)

※ Not available from the end of April to the beginning of May (crowded period)

Available stations: All stations of Tsugaru Railway Line (Tsugaru Goshogawara Sta. ~ Tsugaru Nakazato Sta.)

Reservation: No need

※ Please inform in advance if more than 3 bikes.

Fee: Train ticket fare + 280yen/bike

### Konan Railway Co., Ltd.

23-5, Motomachi Kitayanagida, Hirakawa, Aomori 036-0103

TEL:0172-44-3136 (Head office)

http://konanetsudo.jp

Detail: http://konanetsudo.jp/2017/03/02/cycletrain2017/

Implementation period: April 1 – November 30 (Closed: December 1 – March 31)

※ Not available in festival period

Available stations: All stations of Konan Railway Owani Line (Owani Sta. ~ Chuo Hirotsaki Sta.)

Reservation: No need

※ Please inform in advance if more than 3 bikes.

Fee: Free (tickets only)

## CYCLE RESCUE SERVICE

Introducing taxi companies with bicycle loading carrier equipped.

There are various ways to utilize not only the rescue, but also one-way use to the destination.



**Goshogawara-city** SOS

### Goshogawara Koutsu Co., Ltd.

504-2, Kamayacho, Goshogawara, Aomori, Japan 037-0033

TEL:0173-35-3030

http://www.g-kt.com/

**Ajigasawa-town** SOS

### Saikai Kanko Co., Ltd.

35-12, Shimotomita, Maitomachi, Ajigasawa, Nishitsugaru-Gun, Aomori, Japan 038-2761

TEL:0173-72-3234

http://www.saikaikankou.jp/

**Nakadomari-town** SOS

### Oku-tsugaru Kanko Ltd.

406, Kodomari, Kodomari, Nakadomari, Kitatsugaru-Gun, Aomori, Japan 037-0522

TEL:0173-64-3501

**Goshogawara-city** SOS

### Kanagi Taxi Lt

362-17, Kanagicho, Asahiya, Goshogawara, Aomori, Japan 037-0202

TEL:0173-53-2505

**Tsuruta-town** SOS

### Nouritsu Taxi Ltd.

117-11, Ikumatsu, Tsuruta, Tsuruta-machi, Kitatsugaru-Gun, Aomori, Japan 038-3503

TEL:0173-22-2002

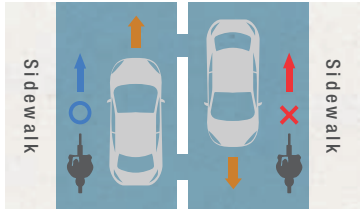


# BASIC KNOWLEDGE OF CYCLING

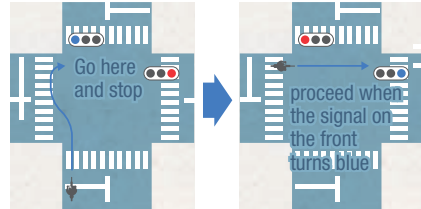
## TRAFFIC RULES & MANNERS

A minimum manner is necessary to enjoy cycling. Bicycles do not require a driver's license, but riding selfishly is not only a nuisance for pedestrians and drivers, but also there might be an accident. Let's keep cycling safer by observing the rules and manners.

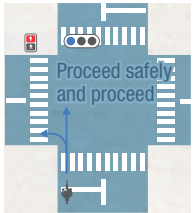
### Keep to the left on the roadway



### Turn right



### Go straight and turn left

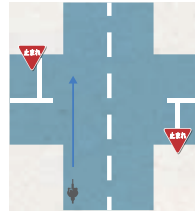


Bicycles follow signals for cars

### When walking or pushing your bicycle, follow the signals for pedestrians

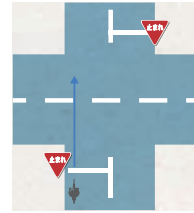


### Intersection without traffic light



You can go forward safely

### Intersection without traffic light



Stop and make sure if you are safe.

**⚠ Do not bike side by side**  
It is prohibited to ride side by side with other bicycles except when signs designate, "side by side allowed". It can get very dangerous as you get close to vehicles on a road. So, let's ride in single file.

**⚠ Indication of intention to the driver**  
During cycling, have good communication of vehicles by using hand signs and/or an eye contact. Always clearly indicate your intention to drivers while cycling on the road.

**⚠ Bike with enough precaution**  
In order to prevent accidents in various traffic environments, make sure you always ride while paying attention to your surroundings.

## ROAD SIGN

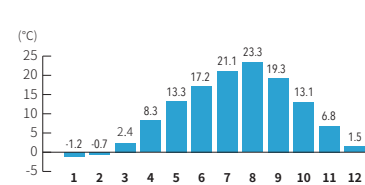
|  |  |   |  |  |  |
|--|--|---|--|--|--|
| <p><b>PAUSE</b><br/>It is necessary to temporarily stop before the stop line. If a stop line is not found, stop before the intersection.</p> | <p><b>SLOW DOWN</b><br/>Slow down to the speed that can be stopped immediately. Bicycle speed is less than 8 km/h. On narrow sidewalks and sidewalks with heavy traffic, it is less than 4 km/h.</p> | <p><b>ONE-WAY STREET</b><br/>You can only go in the direction indicated. Bicycles need to obey too.</p> | <p><b>NO VEHICLE ENTRY</b><br/>From the place where this sign is stated, vehicles and bikes can not enter.</p> | <p><b>PEDESTRIAN ONLY</b><br/>For pedestrians only. If there is a sign, you need to walk pushing your bicycle.</p> | <p><b>BICYCLE CROSSING ZONE</b><br/>This means that you can cross by bicycle at intersections inside the guide line on the road.</p> |
|--|--|---|--|--|--|

# TRAVEL GUIDE

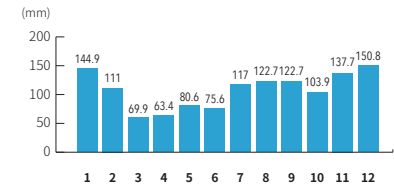
## IN ORDER TO ENJOY AOMORI

In order to enjoy cycling in Aomori, we introduce climate information and the best clothing options according to the season.

### BASIC CLIMATE INFORMATION OF AOMORI



Average Annual Temperature



Annual Average Precipitation

### RECOMMENDED CLOTHES ADAPTED TO TEMPERATURE

#### SPORTS TYPE

##### 25°C

The cycle jersey has a quick drying function to evaporate perspiration to prevent body temperature from rising, allowing comfortable riding.



##### 20°C

As an anti-chill measures on the downhill, wearing an arm warmer or carrying a pocket-sized windbreaker is recommended.

#### Windbreaker



##### 15°C

Combine long pants or half pants + tights. Plus when it covers the neck, you can hardly feel the cold.

#### Neck warmer



##### 10°C

Minimizing exposed parts of the skin and taking precautionary measures against the cold weather are very important. Consider using earmuffs and gloves.

#### Ear warmer



#### CASUAL TYPE

##### 25°C

Short-sleeved shorts are the best. T-shirts are also acceptable, but let's choose the one with breathable and fast-drying function.



##### 20°C

It feels a bit chilly if you are just in a T-shirt, so bring another thin jacket.



##### 15°C

It is best to wear a wind breaker since the wind feels cold.



##### 10°C

When the temperature falls below 10 °C, the wind feels very cold, so wear a long sleeve inner and an outer windproof outer.





# INFORMATION

## Location & Directions

### DIRECTIONS TO AOMORI

Airplane, Shinkansen (Bullet Train), Ferry, Express Bus

Check from your smartphone



### REGIONAL DIRECTIONS IN AOMORI

Train, Bus, Taxi

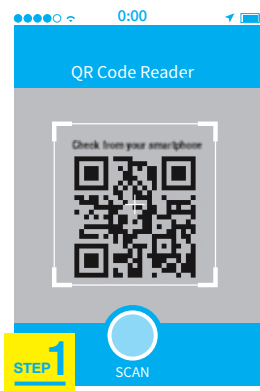
Check from your smartphone



## Cycling Navigation




Check the course and map online on the ROUTE LAB.




Scan the QR code of the course you wish to run with the QR code reader application on your smartphone. (If you do not have one, please install it.)



The course is shown on the map. By tapping  you can link with your current location.



Your current location is marked with , and it tells you when you are off the route.

\* Make sure that the location services of the application (Chrome, Safari etc) you are using is ON.

Cycling information web site of Aomori Prefecture

# AOMORI CYCLING



Introducing recommended courses and drop-by sightseeing spots, cyclist accommodation etc.

AOMORI CYCLING

Search

[aomori-cycling.com/en/](http://aomori-cycling.com/en/)

Scan here for smartphone



PUBLISH

Goshogawara City Government,  
Tourism and Local Product Promotion Department

〒037-8686 41-1, Nunoya-cho, Haraichi, Goshogawara, Aomori

Date of publication 2018/09

\* This information is as of July 2018. Please acknowledge that there is a possibility of change and revision after that.