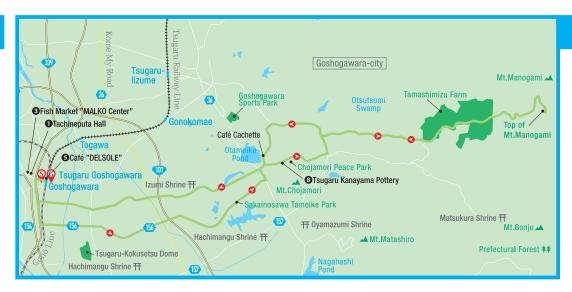
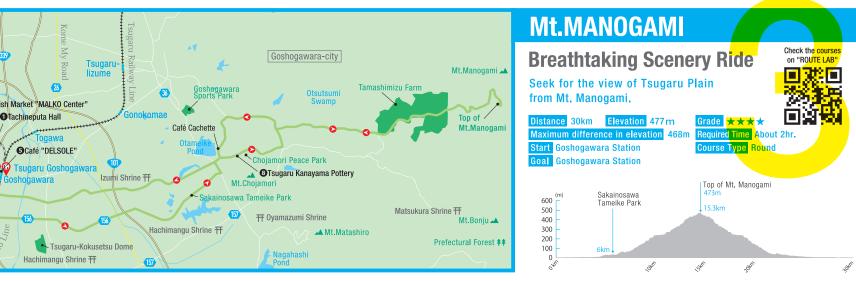


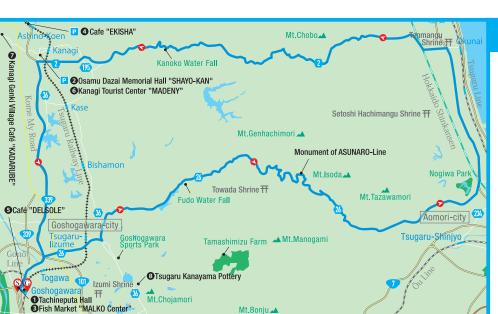


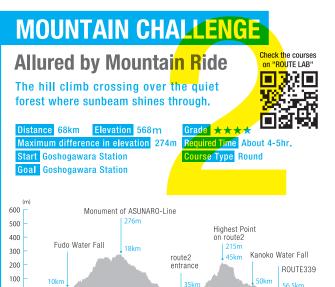


ALL AROUND TSUGARU PENINSULA Full-loaded Coastline Ride 200km challenge ride going around 1 Tachineputa Hall Grade ★★★★★ GCafé "DELSOLE" Rest Area Kodomari "PONTOMAR**I**"













Grade ★★★★

100

Rest Area Lake Jusanko "Tosam Green Park" Café "EKISHA"



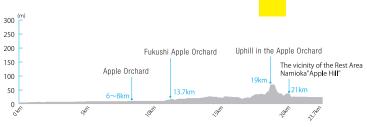
3Fish Market "MALKO-Co



IWAKI RIVER Greaceful Riverside Ride Ride along graceful lwaki River to Mt. lwaki 250 200 Bank of Iwaki River, Apple Orchard 100

APPLE ORCHARD

Nostalgic Apple Orchard Ride





AROUND OKUTSUGARU Open Bay Vista Ride

Going around the three oceans, Okutsugaru circle ride.





TSUGARU STRAIT Clear View Blue Ride

Tsugaru Strait and Hydrangea's Blue Road ride.





SEA OF JAPAN Sunset & Sea Squids Ride

Enjoy the beautiful view and food of the Sea of Japan.





Check the courses

Itayanagi Sta

BLUE POND Blue Lake and Forest Ride

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





WORLD HERITAGE SHIRAKAMI

All Over the Heritage Ride

heritage and the marvelou view of the <mark>Sea of</mark> Japan.

"Traveling Ride", cyclists

are embraced by world

100 - 0.3km

Tachineputa Hall

506-10, Omachi, Goshogawara-shi, Aomori, Japan, 037-0063 TEL:0173-38-3232



© Rest Area Lake Jusanko **©** Rest Area Kodomar

Japan, U37-U4U1
http://www.tosam.co.jp/
OPEN:9:00-18:00(Apr.-0ct,):9:00-17:00(Sep.-March)
*Restaurant: 10:30-18:00 (Nov.-Mar.-17:30)
CLOSED:New Year holidate: *Pactaurated**

Common Commo

Restaurant: 10:30–18:00 (Mov-Mar, –17:30)
2LOSED: New Year holidays 'Restaurant: 2nd. and 4th.
Depth (Sp. Mor.)

New Year holidays 'Restaurant: 2nd. and 4th.

N

Nov.-end of Apr.)

room that used to be a warehouse before.

ıri-town 🚴 🍴 角 ペ

"PONTOMARI"

Hall "SHAYO-KAN"

412-1 Asahiyama, Kanagi-machi, Goshogawara, Aomori, 037-0202

OPEN: May-Oct. 8: 30~18:00 (Last entry: 17:30) Nov.-Apr. 9:00~17:00 (Last entry: 16:30)



2 Osamu Dazai Memorial **3** Fish Market

ıta-town 🟃 🍴 🗂 ペ

® Rest Area Tsuruta

http://www.tsurunosato-aruja.com/ OPEN:9:00~18:00

CLOSED:Jan. 1st

"Tsuru-no-sato ARUJA"

45, Orikoshinai, Kodomari, Nakadomari-machi Satomi, Sakai, Tsuruta-machi Kitatsugaru-gun, Aomori, 2-3, Nojiri, Namioka Megasawa, Aomori-shi, Aomori,

"MALKO Center"

20, Omachi, Goshogawara-shi, Aomori, Japan,

horse meat bun".

⊘ Café "EKISYA"

84-171, Ashino, Kanagicho, Goshogawara-shi, Aomori,



Akita 🚴 🍴 🗂

CLOSED:New Year holidays

© Rest Area Hachimori

"Otono-mizu"

Yamamoto-gun, Akita, Japan, 018-2601 TEL:0185-78-2300 OPEN:9:00~18:00 (Winter season:~17:00)

© Café "Delsole"

39, Omachi, Goshogawara-shi, Aomori, Japan,

© Rest Area Morita

4-1,Tokomai-wakazakura, Motita-cho, Tsugaru-shi, Aomori, Japan, 038-2817 TEL:0173-26-4488

"Earth Top"

OPEN:Everyday 9:00~18:00

"MADENY"

ogawara-city 🚴 🍴 🗂 ペ

6 Kanagi Tourist Center

Kanagi Genki Village

Café "KADARUBE"



Marche YOMOGITA

CLOSED: New Year holidays, Tuesdays (Nov.-Apr.)

Byobusan, Toyotomicho, Tsugaru-shi, Aomori, Japan, 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.) https://www.city.tsugaru.aomori.jp/tourism/tabe-ru/2/1855.html OPEN:9:00~18:00 (Winter season: 9:00~17:30)

CLOSED:New Year holidays 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 fresh green breeze on the signal can can carb green green green grant fresh green breeze on the signal grant can carb green fresh green breeze on the signal grant can carb green fresh green breeze on the signal grant amous clams and Aomori Hiba products here.

Tsuruta Town is the largest producer of grapes and point in the Tsugaru Quasi-Nation and products. In the staturant, you can enjoy a meal original rich and shopping. Local specialties rice omlet and products and drink "Otono-Mizu" spring famous clams and Aomori Hiba products here."

The recommendation is the local ramen "Shijini restaurants, Sake brewery, bakery and so on and shopping. Local specialties rice omlet and products as watermelon, melon, you can participate in glass original wines, juices, sweets, etc. made from grapes and drink "Otono-Mizu" spring famous clams and Aomori Hiba products here.

The recommendation is the local ramen "Shijini restaurants, Sake brewery, bakery and so on and shopping. Local specialties rice omlet and products such as watermelon, melon, you can participate in glass original wines, juices, sweets, etc. made from carefully selected famous clams and Aomori Hiba products here.

The recommendation is the local ramen "Shijini restaurants, Sake brewery, bakery and so on and shopping. Local specialties rice omlet and products such as watermelon, melon, you can participate in glass original wines, juices, sweets, etc. made from carefully selected with a small museum, "Adjacent to the beach, you can enjoy a meal set" is the restaurants, Sake brewery, bakery and so on and shopping. Local specialties rice omlet and such special products such as watermelon, melon, you can eat from carefully selected with fresh squid sashimi on the side. Water sould. You can participate in glass with fresh squid sashimi on the side. Water sould. You can participate in glass with fresh squid sashimi on the side wi

aru-city 🞠 🍴 🗂

Muraokoshi base

Museum "Flat"

® Tsugaru Kanayama

Pottery



ICON LEGEND 🚴 REST SPOT 🗂 SOUVENIRS / SHOPS 🔼 PHOTO SPOT 🍴 FOOD 🔻 PEDAL REST 体験 EXPERIENCE

● Rest Area Umi-no-eki

246-4, Honcho, Ajigasawa-machi Nishitsugaru-gun, Aomori, Japan, 038-2753 TEL:0173-72-6661 OPEN:Everyday'0:00-18:00(Apr.-Dec.), 9:00-17:00(Jan.-Mar.) CLOSED:New Year's Holiday, temporary closure

"WANDO"

® Kodomari **Osakana Kaigan**

51-34, Kodomari Orito, Nakadomari-machi Kitatsugaru-gun, Aomori, Japan, 037-0521 TEL:0173-64-2001 OPEN:9:00~15:00 (Jul.-Aug.) CLOSED:Thursdays *Closed (End of Nov.-mid Apr.)



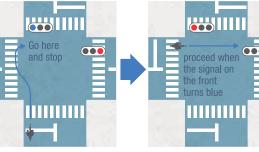
Restaurant "Wakayama" 133-22, Hagurozaki, Jusan, Goshogawara-shi, Aomori, Japan, 037-0403 TEL:0173-62-2357

Rest Area Imabetsu

87-16, Kiyokawa, Okawadal, Imabetsu-machi Higashitsugaru-gun, Aomori, Japan, 030-1505 TEL:0174-31-5200 OPEN:Everyday "Restaurant: 11:00 ~ 16:00, Cafe: 10:00 ~ 16:00

"Peninsula Plaza ASUKURU

http://sizimi-ramen.com OPEN:10:00~18:00 (Apr.-Sep.), 10:00~17:00 (Oct.-Mar.) CLOSED:New Year holidays



your bicycle, follow the signals for pedestrians

In the case of pushing walking, follow the signal for pedestrians

traffic light

TRAFFIC RULES &

Keep to the left on the roadway

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



"Tosam Green Park"

287-1058, Mitori, Aiuchi, Goshogawara-shi, Aomori,

Thursdays (Sep.-Mar.)

Restaurant "Sailing" 78-34, Nawashirozawa, Fukaura, Fukaura-mach ugaru-gun, Aomori, Japan, 038-2324 http://park8.wakwak.com/~sailing OPEN:11:00~21:00 CLOSED:Sundays

MIUCO-OCI®



❷ Fukushi Apple Orchard ❷ Blue Pond 17, Hirono, Koya, Goshogawara-shi, Aomori, Japan, 037-0632
IEL:0173-29-2052

Matsukamiyama, Moriyama, Fukaura-machi Nishitsugaru-gun, Aomori, Japan, 038-2205
IEL:0173-74-4412 (Fukaura Town Hall)







best sunsets in Japan."

[®]Senjoujiki Rocky Beach ^{**®**}Takano-saki Cape Sakakibara, Kitakanegasawa, Fukaura-machi

® Rest Area Namioka

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

"Apple Hill"



catching sea creature.

Murashimo, Horozuki, Imabetsu-machi Higashitsuga ı-gun, Aomori, Japan, 030-1513 EL:0174-35-2001 (İmabetsu Town Hall)



beautiful curve is the masterpiece.

Takayama Inari Shrine Tappi-zaki Cape 147-1, Washinosawa, Ushigatacho, Tsugaru-shi,



Minmava Tatsuhama, Sotogahama-machi

stair national way "R339" in Japan is also



[®] Chokandai Observatory [®] Tsuru-no-Mai Bridge Kodomari, Nakadomari-machi Kitatsugaru-gun,



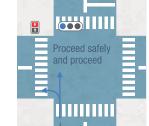
81-150, Osawa, Mawarizeki, Tsuruta-machi



® Nakanoshima Bridge Park 1-298, Tosa, Jusan, Goshogawara-shi, Aomori, Japan, 037-0403 TEL:0173-62-2775 (Shiura Community Center)

The seasonal seafood&vegetable set, *Sep.- Nov., you can experience apple harvest. Acike, which is located in the most remote area. The name of Senjoujiki is originated from the On sunny day, you can experience apple harvest. Acike, which is located in the most remote area. The name of Senjoujiki is originated from the On sunny day, you can experience apple harvest. Acike, which is located in the most remote area. The name of Senjoujiki is originated from the On sunny day, you can experience apple harvest. Acike, which is located in the most remote area. The name of Senjoujiki is originated from the On sunny day, you can experience apple harvest. tuna sashimi, and a bowl of rice with raw fish set meal are highly recommended. "Fukaura Snow Carrot" beef stew is also sashimi, and a bowl of rice with raw fish set meal are highly recommends to the stairs there are tone monuments such as 360°big panorama to Hokkaido in the north, it is the longest wooden bridge in Japan. The when sunny days to Mt. Iwaki in the south.

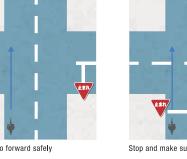
If you wish, please contact them in advance among the twelve lakes, is called "mysterious story said that the lord of the area held a large story said that the lord of the a



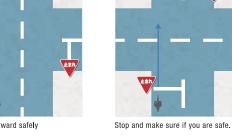
Go straight and turn left

Bicycles follow signals for cars

traffic light



You can go forward safely



ROAD SIGN



PAUSE orarily sto before the stop line. If a stop line is not

ound, stop before the

NO VEHICLE ENTRY

From the place where this sign is stated, vehicles and bikes can not enter.





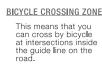
You can only go in the direction indicated Bicycles need to obey traffic,it is less than 4











Introducing taxi companies equipped with a bicycle loading carrier. There are various ways to utilize taxi not only for the rescue, but also as a one way use to the de



Goshogawara Koutsu Co., Ltd 504-2, Kamayacho, Goshogawara, Aomori, Japan 037-0033

TEL:0173-35-3030 http://www.g-kt.com/

Saikai Kanko Co., Ltd. 35-12, Shimotomita, Maitomachi, Ajigasawa Nishitsugaru-Gun, Aomori, Japan 038-2761 TEL:0173-72-3234

Oku-tsugaru Kanko Ltd. 406, Kodomari, Kodomari, Nakadomari, Kitatsugaru-Gun, Aomori, Japan 037-0522 TEL:0173-64-3501

Kanagi Taxi Lt 362-17, Kanagicho, Asahiyama, Goshogawara, TEL:0173-53-2505

Nouritsu Taxi Ltd. 117-11, **I**kumatsu, Tsuruta,Tsuruta-machi, Kitatsugaru-Gun, Aomori, Japan 038-3503 TEL:0173-22-2002



ne 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.



Air Pump

COURSE®

COURSE10

COURSE®

COURSE10(11)(12)

COURSE wn Kanita Sta. Market "WEL-KANI" COURSE1® vn ODAJBA Auto Village COURSE1® COURSE 189 wn Tappi-zaki Tourist Information Center "TAPPIKAN COURSE25 ity Kanagi Tourist Center "MADENY" COURSE25 ty Cafe "EKISHA" COURSE®® wn Rest Area Imabetsu "Peninsula Plaza ASUKURU" COURSE189 wn Seikan Tunnel Entrance Park COURSE189 Takano-saki Campsite (parking space) COURSE(1)® wn Rest Area Kodomari "PONTOMARI" COURSE1 ty Takayama Inari Shrine **COURSE**® n Itayanagi Furusato Center COURSE(1)6) w n Tsugaru Fujimi Lake (Tsuru-no-Mai Bridge) COURSE1 town Rest Area Tsuruta "Tsuru-no-sato ARUJA" COURSE® n Kaze-machi Museum

wn Rest Area Fukaura "KASOSE Squid Village"

own Koganezaki Furofushi Onsen

own Rest Area Umi-no-eki "WANDO"

wn WeSpa Tsubakiyama

Usually you have to put your bike in a special bag to bring it into a train, but you do not have to do it here. Carrying your bike as it is on Cycle





Tsugaru Railway Co., Ltd.

Implementation period:Apr. 1 – Nov. 30 (Closed:Dec. 1 – Mar. 31) Inavailable to load to the old type train (stove train)

*Please inform in advance if more than 3 bikes.

CYCLE TRAIN



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

Sta. ~Tsugaru Nakazato Sta.) eservation:No need

http://tsutetsu.com





* Not available from the end of Apr. to the beginning of May (crowded period) Available stations:All stations of Tsugaru Railway Line (Tsugaru Goshogawara

RENT-A-CYCLE

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



Tsugaru Railway Co., Ltd. Tsugaru Railway

39, Omachi, Goshogawara, Aomori 037-0063
TEL:0173-34-2148
Open:8:30-17:00
Rental Period:Apr.-Oct.
Rental Bikes:Load:9. Cross:13
(including bikes for kids)
http://tsutetsu.com/rental_cycle_station.html *Not available on the day.
Please make a reservation by the day before use

WeSPa Tsubakiyama

226-1, Nabeishi, Henashi, Fukaura, Nishitsugaru-Gun, Aomori 038-2327 Open: Everyday / Rental Bikes: Cross:2 / Rental Period: Apr.-Oct. http://www.wespa.jp
*We will reserve rental reservations and inquiries by phone (Foreign language possible)





Check the course and map online on the ROUTE LAB.



not have one, please install

STEP 4 Scan OB code of the course you wish to run with the QR map. By tapping code reader application on vour smartphone.(If you do



The course is shown on the 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.

PUBLISH: Goshogawara City Government, Tourism and Local Product Promotion Department

7 037-8686 41-1. Nunova-cho. Haraichi. Goshogawara. Aomori

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



Goshogawara AOMORI CYCLING

Cycling Web Site of AOMORI **CYCLING**

AOMORI CYCLING

Search aomori-cycling.com/en/

