

# Cycling Course INFO

EMERGENCY CONTACT

\* Please contact us if you need rescue due to accident, injury, flat tire, etc. during cycling.

HOTEL GRAND MER SANKAISU TEL.0173-72-8111

1, Maitomachi Naruto, Ajigasawa, Nishitsugaru-Gun, Aomori, Japan 038-2761

## Short Course

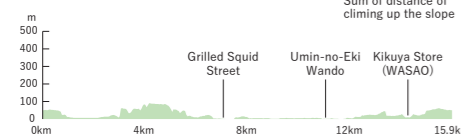
Fill your eyes and stomach on the Ajigasawa Tourist Course.



RIDE WITH GPS

**Fitness Level** ★★  
**Distance** 15.9km **Acquired Altitude\*** 147m  
**Maximum Elevation Difference** 54m  
**The Time Required** 2-3hour

\*Acquired Altitude: Sum of distance of climbing up the slope



Departing from the hotel, cyclists make a climb up a gentle slope and take a break to enjoy fresh melon at a local watermelon stand. Continuing along the west coast, there is a IKAYAKI DORI, grilled squid street lined with sun-dried squid, hung up ike curtains for you to try while enjoying the sea breeze. Ride through the streets before taking a break at the Sea Station where you'll get to meet Wasao, the famous Japanese dog with his ugly but cute face.

## Middle Course

The forest of Shirakami, an enjoyable Nature Course featuring the sea along the west coast.



RIDE WITH GPS

**Fitness Level** ★★★  
**Distance** 40.4km **Acquired Altitude\*** 452m  
**Maximum Elevation Difference** 307m  
**The Time Required** 3-4hour

\*Acquired Altitude: Sum of distance of climbing up the slope



Begin your ride amidst the peaceful, magnificent mountain scenery. After climbing up hills heading towards the half-point, "Kuro Mori Museum", drink from the cold spring water flowing from Shirakami Beech forest to quench your thirst. Finally, head back to the hotel while watching the spectacular view of the Sea of Japan along the coast.

## Long course

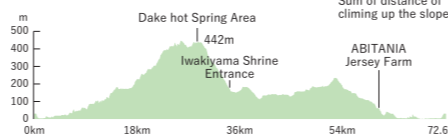
Mt.Iwaki (Tsugaru Fuji), one-round course



RIDE WITH GPS

**Fitness Level** ★★★★★  
**Distance** 72.6km **Acquired Altitude\*** 834m  
**Maximum Elevation Difference** 446m  
**The Time Required** 5-7hour

\*Acquired Altitude: Sum of distance of climbing up the slope



Ride around the majestic Mt.Iwaki and its sprawling beautiful foot. Enjoy the different and changing views expressed through different angles and viewpoints. During the ride, you can marvel at the Iwakiyama shrine built in 1200 and or enjoy the footbath at "Dake" hot spring area which leaves you with feeling of nostalgia. You can also eat sweet corn "Dake-kimi" and a soft cream from ABITANIA jersey farm, a perfect supplement for cyclists.

How to use RIDE WITH GPS

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



STEP 1

Download the App today!!  
 (You need to sign up)  
<https://ridewithgps.com/app>

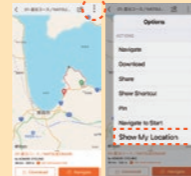
STEP 2

Scan the QR code of route you like, the App will start automatically and show you the route.



STEP 3

Tap "Show my location", the App will show your position and begin navigating your route.



\* Make sure that the location services of the application (Chrome, Safari etc) you are using is ON. \*If you want to get full access to all the premium features which might be released in the future by "Ride With GPS", you need to get paid version.

## HOTEL GRAND MER SANKAISU Detailed Map

**Grilled Squid Street**  
 All along this street, vendors hang up half sun-dried squid like a curtain. Its smell stops many curious travelers

**Umin-no-Eki Wando**  
 Features a cafeteria where you can taste Ajigasawa's gourmet food, free rest space and souvenir shops. The second floor houses the Ajigasawa Sumo Museum 246-4, Honcho, Ajigasawa, Nishitsugaru-Gun, 038-2753/Tel:0173-72-6661/Open9:00-18:00 \*12/31 is closed at 15:00 everyday \* Closed for the beginning of the year (1/1 to 1/2)

**Kikuya Store (WASAO)**  
 You can meet the famous Japanese Akita dog, "Wasao," with his ugly & cute face and fluffy hair 59-19, Minamiukitamachi Minosute, Ajigasawa, Nishitsugaru-Gun, 038-2705/Tel:0173-72-6766 Open8:00-17:00 everyday

**"Sea of Japan" Community Center**

**Hotel Grand Mer Sankai-so**

**Grilled Squid MEME-chan**

**Okawa Drive In Shiozakae**

**Watermelon-Melon Direct Selling Stands (Summer time only)**  
 Numerous kinds of watermelon and melon line the road in the summer

**Takoyaki Saikai**  
 You can taste and enjoy soul food, "Chikinbo", stick fried chicken 29-115, Shimotomita, Ajigasawa, Nishitsugaru-gun, 038-2761 0173-72-5937/Open 9:00-20:00/Closed: 1st and 3rd Wednesday

**Uphill slope about 150m**

**Uphill slope about 200m**

**START/GOAL**

# HOTEL GRAND MER SANKAISU

Departure and Arrival

## Cycling Course MAP

**Icon legend**

- Pedal rest
- Rest spot
- Observe and study spot
- Experience
- Hot spring
- Photo spot
- Food and drink
- Uphill slope (inclination 10 degrees or more)
- Shop - Souvenirs

Take it easy~  
 Admire the scenery~



**ABITANIA Jersey Farm**  
 Soft cream made from jersey raw milk is rich and delicious  
 225-2, Tateishimachi, Ajigasawa, Nishitsugaru-Gun, 038-2702  
 Tel:0173-72-1618/Open10:00-16:30/Closed: Tuesday  
 Business period: Closed in winter

**Orchard In the Forest**  
 About 20 types of fruits are planted in the 35-square foot garden, and those fruits that are currently in season can be picked and tasted  
 426, Kutsuwa, Totsurazawa, Hirosaki, 036-1202  
 Tel:080-1821-3059 (direct sales place)  
 Open9:00-17:00

**Mt. Iwaki Cherry blossom necklace road**  
 Approximately 6,500 cherry blossom trees line and color this road for about 20 km. It is a beautiful site that is known to have longest row of cherry blossom trees in the world. Due to its beauty, it was nicknamed the necklace of Iwakiyama

**Challenge Hill Climb Mt.Iwaki**  
 A Hill Climb cycling event that climbs 69 curves from Iwakiyama General Athletic Park through the Mt.Iwaki Skyline (toll road) to the eighth parking lot. It is only on this event day that people can enter by bicycle

**Iwakiyama Shrine**  
 This shrine has stood at the foot of Mt.Iwaki for more than 1,200 years and has a rich history  
 27, Hyakuzawa Terasawa, Hirosaki, 036-1343  
 Tel:0172-83-2135

**General Information Center Kurumori Museum**  
 You can trek through the World Natural Heritage "Shirakami forest mountain path"  
 1-26, Fukuyamachi Yagurayama, Ajigasawa, Nishitsugaru-Gun, 038-2721/Tel:0173-79-2009  
 9:00-16:30 \*The time may change depending on the seasons  
 Business period: Closed in winter (Trekking Duration: 1-2 hours, Entrance fee: general - high school student ¥500, elementary and junior high school students ¥400)

**Dake-Kimi (A brand of corn)**  
 "Dake-kimi", said to be the sweetest corn in Japan, is produced by the temperature difference of the plateau of Mt. Iwaki. You buy and eat it at food stands during the harvest time (August to September)

**Iwakiyama General Athletic Park**  
 The park has a pedal rest so you can take a break. And if you're hungry, there is also a restaurant called, "Shirakaba" on site  
 195-1, Hyakuzawa Susono, Hirosaki, 036-1343  
 Tel:0172-83-2311  
 Open9:00-21:30/everyday \*until 17:00 on Tuesday

**Sanyo's Teahouse**  
 A Japanese style cafe next to the Iwakiyama Shrine  
 162, Hyakuzawa Terasawa, Hirosaki, 036-1343  
 Tel:0172-81-3551/Open10:00-17:00  
 Closed: Tuesday

**Where to go first?**

The Secret Natural Wonder of Northern Japan

# Cycling Journey through Aomori

**HOTEL GRAND MER SANKAISO**

**CYCLING PLAN**

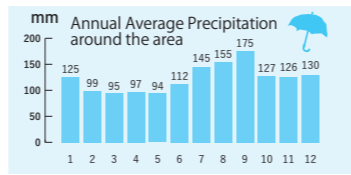
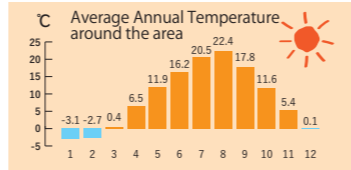


**HOTEL GRAND MER SANKAISO**  
 1, Maitomachi Naruto, Ajigasawa, Nishitsugaru-Gun, Aomori, Japan 038-2761  
**TEL** 0173-72-8111 (reservation: 0173-72-8112)  
**URL** <http://www.hotel-grandmer.com/>  
**Check in / out** 15:00/10:00  
**Number of rooms** 80rooms  
 Natural hot spring (big bath / open-air bath) available  
**Reservation call number** 0173-72-8112



Enjoy the great view of Mt.Iwaki, the highest peak in Aomori and the magnificent Satoyama landscape

Ajigasawa Onsen Hotel Grandmer Sankai-so " is blessed with a magnificent location. It has views of the beautiful Sea of Japan, Mt. Iwaki called "Tsugaru Fuji", World Natural Heritage and the Shirakami Mountains. It is a great place to enjoy cycling with full of scenic views and eating gourmet food which can only be enjoyed here. Take in sights such as the fishing village where squid are dried on lines, the sunset of the Japan Sea which is dyed red and the field of "Dake-corn" at the foot of Mt.Iwaki. After cycling, you can relax in the precious natural hot spring called "fossil seawater hot spring" while enjoying the magnificent view of the Sea of Japan from the hotel.



For customers who want to rent a bicycle

## Easy Rent-A-Cycle Lodging Plan

Special plan with 1 night stay, 2 meals, hot springs access, and a bicycle rental!

A pleasant service for cyclists

- With pedal rest
- Free 1 bottle of mineral water
- Helmets and towels available for rent
- Baggage custody is OK before / after check-in
- Onsen is still available after check out



2 meals + hot spring + bicycle rental **¥17,770** Tax included  
 Discount of 1000 yen from normal rates! It is a great deal.

For customers who bring their own bicycle

## Cycling Journey Plan

Great plan to enjoy cycling around the hotel on your own!

A pleasant service for cyclists

- With pedal rest
- Bicycle storage space available
- Bicycle cleaning, maintenance space available
- Free 1 bottle of mineral water
- Helmets and towels available for rent
- Baggage custody is OK before / after check-in
- Onsen is still available after check out
- Receipt / shipment of luggage including bicycle available



2 meals + hot spring **¥16,350** Tax included  
 \* This plan will be offered from January 2018 ~.  
 \* Rates may change depending on the season. Please contact the hotel for details.

Bicycle rental only

## Rent-A-Cycle To Go Plan

A pleasant service for cyclists

- Emergency Cycle Rescue**  
In case of accident, injury, or flat tires etc. while cycling, please call the hotel. The rescue car will arrive soon.
- 1 bottle of mineral water included**
- Helmets and towels available for free**

**SPECIALIZED** Road Bikes  
 1 day rental either **¥2,500** tax included (1 day)  
 Allez (Array) or Dolce (Dolce)  
 \* Because the number of those bicycles are limited, please confirm availability in advance.  
 \* Please wear clothes and shoes comfortable for riding a bicycle.



\*For those who bring cycling shoes and binding pedals (pedals that connect to the shoes), the rental bicycles can be refitted with your binding pedals.

## The Bicycles (road bike) for Rent at the Hotel

**SPECIALIZED**

4 bicycles available at each hotel, 2 of each



**Allez**

Size: M  
 (standard height 165 cm - 175 cm)



**Dolce**

Size: S  
 (standard height 155 cm - 165 cm)

! "Make sure you always wear a helmet during cycling. Please make sure to bring back the bicycle to the hotel (there are no alternative drop off points).The maximum amount of rent-a-bicycle is 4 bicycles at a time."

## Attraction of Road Bikes

Road bikes are easily identified by their thin tires and downward curved handles. When riding a road bike you might be surprised by its comfort and how it moves through the wind. Many people ride road bikes for commuting and bicycle racing. The best part of riding a road bike is how you feel when you ride through the wind.



## Option Cycling Guide

Experienced cycling guides in Aomori. will make your cycling safe and fun!

- ! Our guides help you make sure that you're riding safely and securely.
- ! They help you choose the best cycling course for you based on plenty of information about the course.
- ! They can provide Emergency support (first aid) in case of accidents such as bicycle trouble, flat tire, injury etc..
- ! The also introduce the charm of the area such as local gourmet and superb scenic spots.

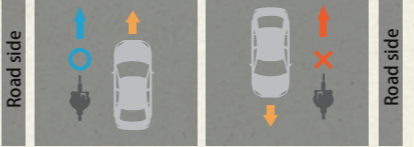
※ If you wish to book a cycling guide, please contact the hotel 10 days ahead of time. ※ For the details of guiding fee, please contact the hotel.

In order to enjoy your cycling safely, always follow traffic rules during cycling.

## Basic rules of Cycling



In Japan, bicycle-riders must be on the left side of road



According to Japanese Road Traffic Law, bicycles are considered as light vehicles and therefore, whenever there is a distinction between the sidewalk and the road, you must ride on a road. Also, you must always ride on left side of road (the same direction as traffic), otherwise you will be riding into traffic and run the risk of being ticketed by police for "riding in the opposite direction".

Safety rules · Manners



⚠ 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.



⚠ Doing other thing while driving is prohibited

Driving while talking with a cell phone or listening to loud music with headphones etc. while cycling is forbidden because you might get involved with accidents due to lack of attention.



⚠ Turn on the light at dark

Turn on the bicycle's light when it gets dark because bicycles can be easily overlooked by pedestrians and drivers. Always turn on the light at night and in dark places such as tunnels even in the daytime.

Bicycle-and-pedestrian path



Basically the bicycle riders must be on a road, however, with the "bicycle-and-pedestrian sign", you can bike on a sidewalk. Pedestrians take priority over bicycle riders on a sidewalk at all times so it is recommended to go slow on a sidewalk. Please keep pedestrian safety in mind when riding on the sidewalk.



⚠ Do not bother traffic

When leaving the bicycle, do not park in places that would interfere with traffic.



⚠ Indication of intention to the driver

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



⚠ Ride with enough precaution

In order to prevent accidents in various traffic environments, make sure you always ride while paying attention to your surroundings.

Other noticeable road signs



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

