

Cycling Course INFO

EMERGENCY CONTACT

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

NANBUYA KAISENKAKU TEL.017-752-4411

31, Asamushi Hotarudani, Aomori, Aomori, Japan 039-3501

Short Course

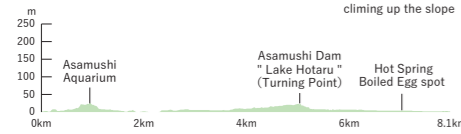
Relaxing sightseeing course around Asamushi Onsen area



RIDE WITH GPS

Fitness Level ★
Distance 8.1 km **Acquired Altitude*** 49m
Maximum Elevation Difference 27m
The Time Required 1-2hour

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



Good course to start a roadbike, allowing relaxing cycling of calm and spirited hot spring area of Asamushi. In the middle of the course, there is the popular spot "Asamushi Aquarium", and "Onsen soft boiled egg place" where you can go around "Lake Hotaru" while waiting for egg boiled. At dusk, a beautiful sunset over Aomori bay is exquisite.

Middle Course

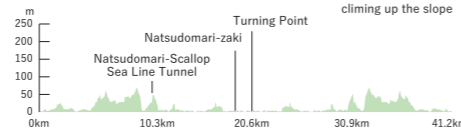
Shining ocean with the emerald blue Natsudomari Coastline course



RIDE WITH GPS

Fitness Level ★★
Distance 41.2 km **Acquired Altitude*** 461m
Maximum Elevation Difference 68m
The Time Required 3-4hour

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



Cycling while being healed by the beautiful view and the sound of the coast of the Natsudomari Peninsula. At the top of the peninsula, not only can you see Oshima island and Mutsu Bay, you can also enjoy boats and fishing ponds, where you can actually eat fresh seafood you caught. Ride to the hotel again after a breath at the half point "Tsubaki Shrine".

Long course

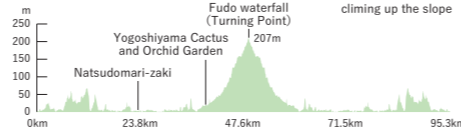
Sea! Mountain! Hills! Cyclist satisfying course



RIDE WITH GPS

Fitness Level ★★★★★
Distance 95.3 km **Acquired Altitude*** 849m
Maximum Elevation Difference 212m
The Time Required 6-8hour

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



Early along the coastal route, you will see the blue nets, the pride of Hiranai town, which boasts the largest number of farmed scallops produced in Japan. While riding through the "Natsudomari scallop Line" which connects all around the coastal part of the Peninsula, towards the half-point "Fudo waterfall", the course turns to a gentle climb and passes through the sacred mountain forest. After that, it's back to the hotel for a relaxing and healing view of the peaceful idyllic Satoyama landscape.

NANBUYA KAISENKAKU

Departure and Arrival

Where to go first?



Take it easy~ Admire the scenery~



Cycling Course MAP

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



NANBUYA KAISENKAKU Detailed Map



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.

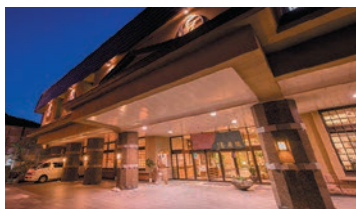
The Secret Natural Wonder of Northern Japan

Cycling Journey through Aomori



NANBUYA KAISENKAKU

CYCLING PLAN



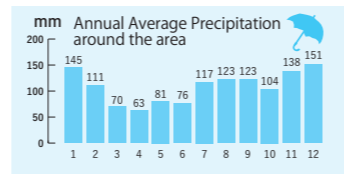
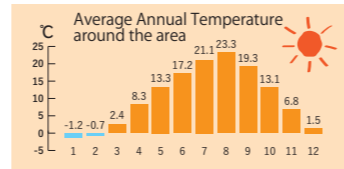
Nanbuya Kaaisenkaku
 31, Asamushi Hotarudani, Aomori, Aomori, Japan
 039-3501
 URL <http://www.kaisenkaku.com/>
 Check in / out 15:00/10:00
 Number of rooms 89rooms
 Large public bath with view (also, outdoor hot spring bath) available
 Reservation call number **017-752-4411**



▲Bringing your bike in your room OK

Enjoy the spectacular view of Mutsu Bay at Asamushi Onsen-village and Natsudomari Peninsula

Located in the center of Aomori Prefecture, Asamushi Onsen-village is an old-fashioned hot spring town that is blessed with seamount. "Nanbuya Kaisenn-kaku" is a great location that overlooks Mutsu Bay and won "Professional-Selected Japanese Hotel / Ryokan 100 Choice", "It's a popular hot spring ryokan 250 selection" 5 star accommodation "selected by the travel industry. There is a onsen with a great view that you can see the sun setting in Mutsu Bay on the top floor. The powerful Tsugaru shamisen show takes place every evening



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 after check out OK



2 meals + hot spring + bicycle rental **¥22,150** Tax included

* Please come by with shoes and clothes that you can cycle.
 * The accommodation fee may be changed depending on the season. *If you can not use the rental cycle due to bad weather etc, we will respond with alternative service or cash back. Please contact the hotel for details.

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
- Bringing in Bicycle room OK (with cycle stand and mat)
- Bicycle cleaning, maintenance space available
- Free 1 bottle of mineral water
- Helmets · Towels available for rent
- Baggage custody is OK before / after check-in
- Onsen after check out OK
- receipt / shipment of luggage including bicycle available



2 meals + hot spring **¥18,850** Tax included

* This plan will be offered from April 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 **¥2,750** tax included (1 day)
 Allez (Array) or Dolce (Dolce)
 * Because the number of those bicycles are limited, please confirm availability in advance.
 * Reception time 9:00~18:00

* 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

American brand bicycles. Every bicycle can be customized to suit the needs of any and all cyclists; from beginner to advanced, from town riders to racers. A wide range of popular and top-class bicycles made by Allez and Dolce are designed so that anyone can enjoy cycling.



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..
- They 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

Let's obey the rules and enjoy 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".

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.

Other noticeable road signs



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.



⚠ 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.

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

Scan here for smartphone

