

# We Support Cyclists!

Pedal through  
**Inner Tsugaru**

Cyclist Rate for Park Inn Goshogawara ELM City



**Park Inn Goshogawara ELM City**  
〒037-0004 Aomori Prefecture, Goshogawara City, Karakasanagi-aza Fujimaki 66-12

TEL 0173-34-8910  
WEBSITE <https://www.parkinn-elm.co.jp>  
CHECK IN/OUT TIME 3:00pm/10:00am  
OCCUPANCY 137rooms  
PARKING 100 spaces (free) ※Large vehicles/buses/trucks OK  
INTERNET WiFi available in all rooms

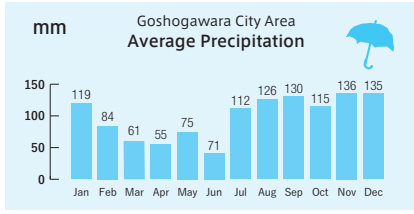
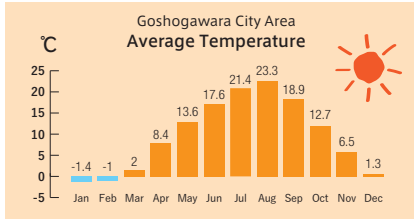
Scan this QR code



Reservation telephone **0173-34-8910**

## Use Goshogawara as a base for an enjoyable cycling trip through Inner Tsugaru!

Park Inn Goshogawara ELM City provides Tsugaru-style at-home hospitality for a relaxing and comforting experience. The large ELM shopping mall, filled with an abundance of stores for shopping and dining, is conveniently located just across the street, making this hotel an obvious choice to base your cycling trip.



## Rental Bike

For those who wish to rent a bicycle  
**Cycle Station Information**  
**Tsugaru Railway Co.**

〒037-0063 Aomori Prefecture Goshogawara City, Oomachi 39  
TEL 0173-34-2148  
WEBSITE [tsutetsu.com/rental\\_cycle\\_station.html](https://tsutetsu.com/rental_cycle_station.html)  
BUSINESS HOURS 8:30am-17:00pm  
RENTAL SEASON April to October  
\*Please reserve at least 1 day in advance

The Tsugaru Railway allows assembled bicycles to be carried directly onboard.  
\*Onboard bicycles may be prohibited when crowded.



## Rental Fee (Bicycle & helmet)

Return bicycle by 5:00 pm  
\*Additional fee of ¥1,000/hr will be charged for late returns.

<b>Road Bike</b>	¥2,800 per additional day	<b>Hybrid Bike</b>	¥2,400 per additional day
	¥3,500 per day		¥3,000 per day

## Cycling Guide

For those who wish to book a cycling guide  
The best and safest way to ride through inner Tsugaru is with the support of an experienced cycling guide!

- Provides advice on road and cycling safely
- Guidance to the course that best suits your riding level
- Emergency assistance in the case of an accident (mechanical, puncture, injury etc.)
- Insight into local cuisine, viewpoints, and local sightseeing spots

\*If you would like to hire a cycling guide, please inquire at least 10 days in advance. Please understand that cycling guides are subject to availability. Guiding fees are determined by destination, ride time, and number of riders. Please inquire for specific details.

## Find a Cycling Guide

AOMORI CYCLING online contact form:  
<https://aomori-cycling.com/inquiry/#tab5>

Please include your preferred ride dates, number of riders, and areas you would like to ride.



Scan this QR code



## Special Services for Cycling Guests Inner Tsugaru Cyclist Rate

1 night stay, breakfast included **¥7,000~ per person (tax included)**

※Rates may vary depending on season

### Special Services for Cyclists!

- Cycling rack
- In-room bicycle storage OK
- Bicycle washing and maintenance area
- Laundry available 24 hours
- Luggage & bicycle shipping and receiving service
- Luggage storage before check in & after checkout
- Discount tickets for local hot spring available
- 1 complimentary bottle of Red-to-the-core apple juice
- Complimentary morning coffee
- Breakfast available from 6:30 am



Plentiful free amenities!



Fill your energy tank with the hotel's gourmet breakfast!

## Choose your room type!

\*Subject to room availability



Queen Double Room



Double Room



Superior Twin Room

## Dinner Choices

There are dining options within ELM Shopping Mall just in front of the hotel, or at various other restaurants within walking distance. You can also enjoy dishes made with seasonal local ingredients at Restaurant "Akai Ringo" within the hotel.

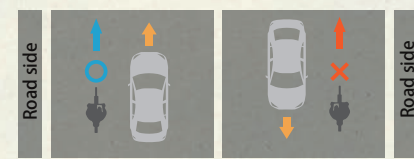


## In order to enjoy your cycling safely, always follow traffic rules during cycling.

## 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

No vehicle entry	Road closure to Vehicle	Road closure	Pause	No Bicycles	One-way street	Pedestrians only	Bicycles only

### 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

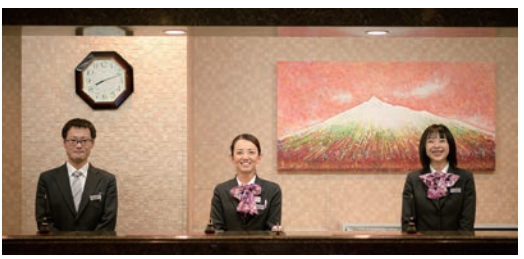
When leaving the bicycle, do not park in places that would interfere with traffic.

#### △ 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.



Our staff provide the finest hospitality to ensure a pleasant stay for cyclists.

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

Scan here for smartphone







# CYCLING COURSE INFORMATION

These cycling routes all start and end in Goshogawara City. Use this as a guide for your cycling trip.

Check the [AOMORI CYCLING website](http://AOMORI CYCLING website) for more course details.

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

AOMORI CYCLING Search

Scan this QR code

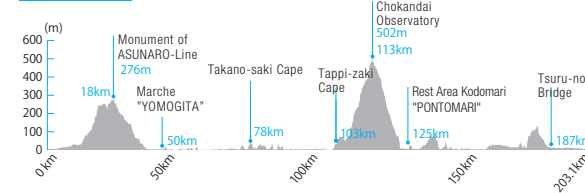
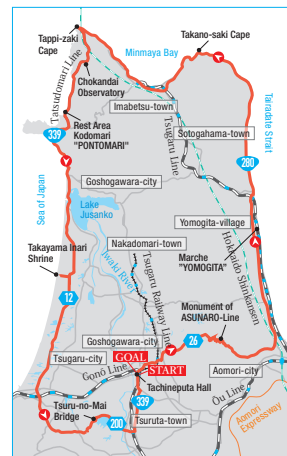


## ALL AROUND TSUGARU PENINSULA

Full-loaded Coastline Ride  
200km challenge ride going around Tsugaru Peninsula



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



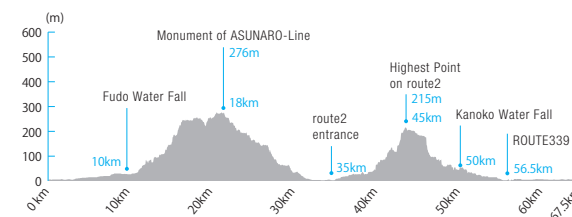
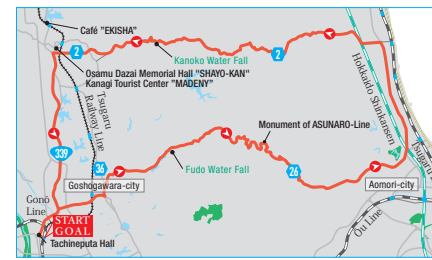
## MOUNTAIN CHALLENGE

Allured by Mountain Ride

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



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



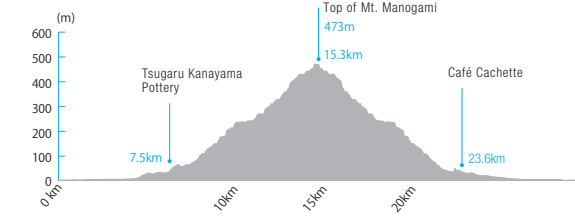
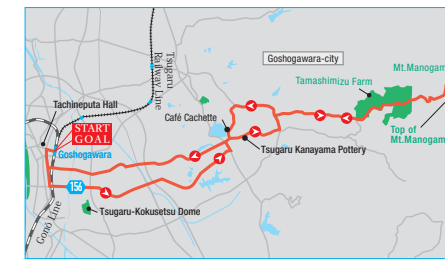
## Mt.MANOGAMI

Breathtaking Scenery Ride

Seek for the view of Tsugaru Plain from Mt. Manogami

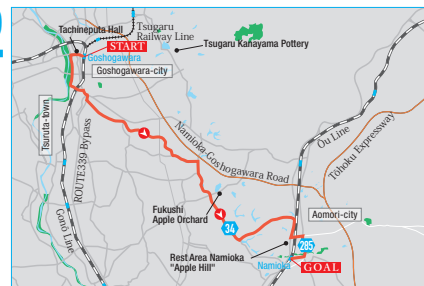


Distance 30km Elevation 477m Maximum difference in elevation 468m  
Course Type Round Grade ★★★★★  
Start Goshogawara Station Goal Goshogawara Station Required Time About 2hr.

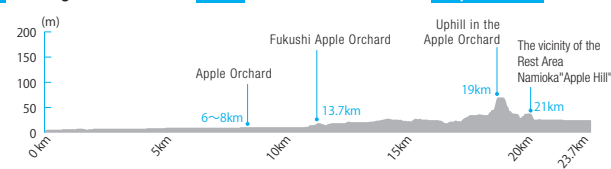


## APPLE ORCHARD

Nostalgic Apple Orchard Ride  
Apple Ride; pedal through the peaceful apple field

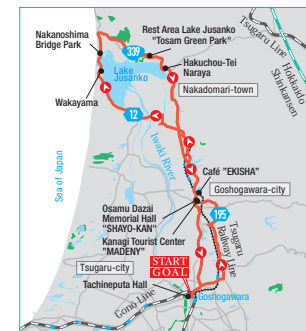


Distance 25km Elevation 71m Maximum difference in elevation 65m  
Course Type One-way Grade ★★  
Start Goshogawara Station Goal Namioka Station Required Time About 2hr.

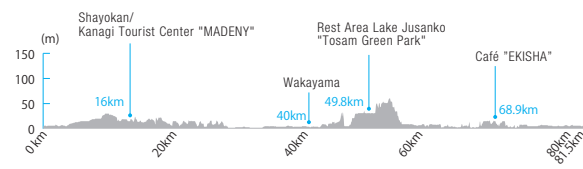


## AROUND LAKE JUSANKO

As Happy as Clam Ride  
Be satisfied with the food and view of Lake Jusanko, a splendid place in the north

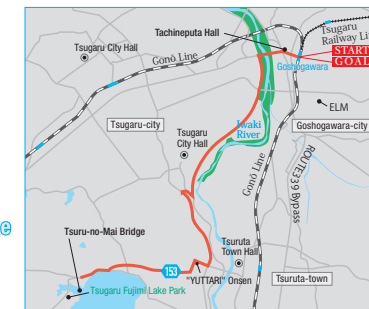


Distance 82km Elevation 250m Maximum difference in elevation 59m  
Course Type Round Grade ★★★★★  
Start Goshogawara Station Goal Goshogawara Station Required Time About 5-6hr.

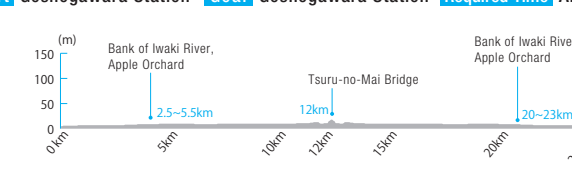


## TSURU NO MAI BRIDGE

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

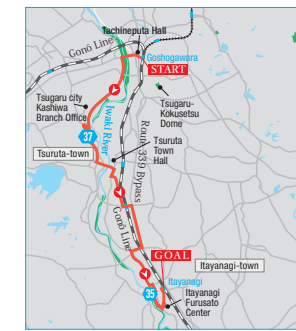


Distance 24km Elevation 13m Maximum difference in elevation 13m  
Course Type Round Grade ★★  
Start Goshogawara Station Goal Goshogawara Station Required Time About 2hr.



## IWAKI RIVER

Graceful Riverside Ride  
Ride along graceful Iwaki River to Mt. Iwaki



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

