

# Cycling Course INFO

## EMERGENCY CONTACT

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

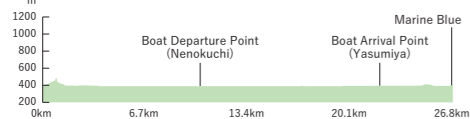
Hotel Towadaso TEL.0176-75-2221

16, Okuse Towada, Towada, Aomori, Japan 018-5501

### Short Course

#### Cycling & Boat Lake Towada Sightseeing Course

**Fitness Level** ★  
**Distance** 26.8km (including boat 15km)  
**Acquired Altitude\*** 116m  
**Maximum elevation difference** 101m  
**The Time Required** 2-3hour (including boat 50min.)

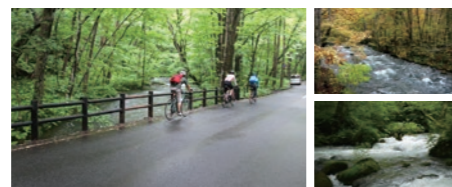
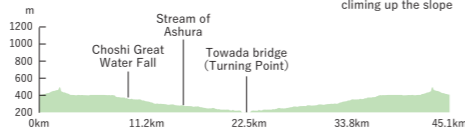


Starting at the hotel, cyclists will ride along the refreshing lakeside to Nenokuchi where they will board the boat with their bicycles. Taken slowly by the boat across the shimmering, clear blue water, you will arrive at a little shopping area in Yasumiya with nostalgic atmosphere. After that, you will be given time to admire the statue of women with lake view, and Towada Shinto shrine in the silence and shade of a cedar tree. Finally taste and savor a sweet and delicious apple pie paired with a great lake view at Marine Blue.

### Middle Course

#### Healing Scenery and Streams of Oirase Gorge Course

**Fitness Level** ★★★  
**Distance** 45.1km **Acquired Altitude\*** 415m  
**Maximum elevation difference** 296m  
**The Time Required** 3-4hour

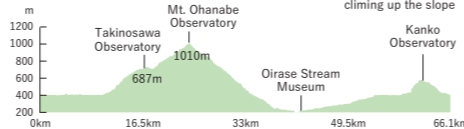


While following the rise and fall of the road from the hotel to Chinokuchi, cyclists head to the entrance of Oirase Gorge. Surrounded by beautiful scenery that transforms with the seasons, you will find the natural masterpieces, "Choshi Great Fall" and "Stream of Ashura". If you have time, take a walk along the stream at the Ishigedo Rest House and take a break at the Oirase Stream Museum before returning to the hotel.

### Long course

#### Acquired Altitude over 1000m! Challenge course for hillclimbers

**Fitness Level** ★★★★★  
**Distance** 66.1km **Acquired Altitude\*** 1070m  
**Maximum elevation difference** 804m  
**The Time Required** 4-6hour



Challenge yourself with the Towada lake round course where two steep slopes await. After climbing up the first hill, a long slope to Mt. Ohanabe with a spectacular view of the Lake Towada from the observatory lays ahead. After filling your stomach with Towada specialties, "sauteed beef and onion dish" and healed by the view of the Oirase Stream, the last steep slope "Kanko-dai" will be waiting for you.

### 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 Towadaso/Yasumiya Detailed Map

**Lake Towada Kokanee Salmon**  
 Specialty in Lake Towada. The freshwater fish are delicious and very juicy. \*Kokanee Salmon meals can be served at many shops around here (only during the fishing period)

**Towada Lake Marine Blue**  
 A nice lakeside cafe. Homemade apple pie is the recommendation  
 103, Kosaka, Towadako, Kazuno-Gun, Akita, 018-5511  
 Tel. 0176-75-3025 / Open 8:00-18:00 everyday  
 Business period: late April - early November

**Statue of Women**  
 The symbol of Lake Towada, The statues depicts two women facing each other at the lakeside

**Towada Shinto Shrine**  
 Shrine founded in 807 known as a power spot of Lake Towada  
 486, Okuse Towadakahanyasumiya, Towada, 018-5501 / Tel. 0176-75-2508

**Where can we meet statue of women?**

**START/GOAL**  
 Hotel Towadaso

**Short Course**  
**Middle Course**  
**Long course**

# HOTEL TOWADASO

## 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

**Oirase Stream Museum**  
 The gate hall to enjoy Oirase stream  
**Experience Classes**  
 Moss ball making (April - November) Adult ¥2,000, Child ¥1,500/Gourd lamp making ¥3,500  
 183, Okuse Tochikubo, Towada, 034-0301  
 Tel. 0176-74-1233 / Open 9:00-16:30 everyday

**Stream of Ashura**  
 It flows strongly between the thickly grown trees, and is said to be the flow that represents Okirase

**Uphill slope about 2km**

**Uphill slope about 3km**

**Uphill slope about 1.5km**

**Restaurant & Rest House Negishiya**  
**Katsutaya Mizuumi-tei**  
**Nenokuchi Kohan Syokudo**

**Choshi Great Water Fall**  
 The only dynamic waterfall of the mainstream of Oirase. Height 7 m, width 20 m

**Lake Towada Boat Landing Depot (Nenokuchi)**  
 A boat depot. You can catch a boat to Yasumiya area from here  
 Nenokuchi, Towadako, Oirase, owada, 018-5501  
 Tel: 0176-75-2909 / Around 9:00 to 17:00 \* There is a change due to the operation schedule/Business period: mid-April to early November  
 \*To who would like to get on a boat, we will distribute discount tickets at reception desk of Hotel Towada. We advise you to confirm availability and bicycle loading in advance. (Lake Towada Boat Group Reservation Center 0176-75-2909)

**Kanko Observatory**  
 An observation with an altitude of 583 m between two peninsular of Lake Towada  
 \* Closed in winter from late November until late April

**Shingo Village**

**Shichi-mori**

**Cycle through the green tunnel weaved by the lakeside trees**

The Secret Natural Wonder of Northern Japan

Cycling Journey through Aomori

HOTEL TOWADASO

CYCLING PLAN

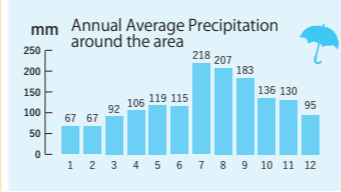
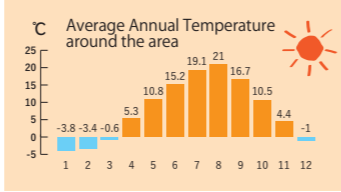


Relaxing at Towada Lake and Oirase Stream which nature from ancient times have fostered

The Towada lake, the third largest water depth in Japan, and the Oirase stream which is about 14 kilometers which flows from the Towada lake is a scenic spot representing Towada Hachimantai National Park, spanning both Aomori and Akita prefectures. This place, which reflects the four seasons of Japan, is known as the fresh green and the landscape of autumnal leaves. Many people come to cycle seeking beautiful scenery and clear air to escape from daily life. At the largest "Hotel Towadaso" on the shore of Lake Towada, you can have your body rested while enjoying the seasonal taste of Aomori and Akita using local ingredients and taking a natural hot spring.



**Hotel Towadaso**  
16, Okuse Towada, Towada, Aomori, Japan  
018-5501  
URL <http://www.towadaso.co.jp/>  
Check in / out 15:00/10:00  
Number of rooms 234rooms  
Natural hot spring (big bath / open-air bath) available  
Reservation call number **0176-75-2221**



CYCLIST WELCOME!

Cycling Journey Plan

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

You're welcome to bring your bicycle!



The luxury plan of A5 rank Towada lake Wagyu & hairy crab plan

2 meals + hot spring **¥15,200** Tax included

※ Rates may change depending on the season. Please contact the hotel for details.



The plan of assorted sashimi & Hachinohe Regional cuisine "Ponpon" (the grilled squid with stuffing in it)

2 meals + hot spring **¥10,000** Tax included

※ Rates may change depending on the season. Please contact the hotel for details.

A pleasant service for cyclists

- 1 Bicycle storage space available
- 2 Bicycle cleaning, maintenance space available
- 3 Free 1 bottle of mineral water
- 4 Helmets and towels available for rent
- 5 Baggage custody is OK before / after check-in
- 6 Onsen is still available after check out
- 7 Receipt / shipment of luggage including bicycle available
- 8 Distribution of discount tickets for Towada Lake pleasure boat at Hotel Front



With Pedal Rest

▲Store in another room (with lock)

OPTION Bicycle rental only

Rent-A-Cycle To Go Plan

No need to bring your bicycle!

This plan can be combined with any plan of the hotel!

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 Allez (Array) or Dolce (Dolce) **¥2,500** tax included

※ Because the number of those bicycles are limited, please confirm availability in advance.

※ Please wear clothes and shoes comfortable for riding a bicycle.

Bicycle rental fee will be ¥2000!(¥500off) by reservation in advance

★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

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

