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01/ Pedaling for about 30 min from downtown Hachinohe brings you to the Tanesashi Coast, where you'll find a beautiful contrast of green and blue. 02/ Hachinohe City is dotted with spring water areas, and we found one in Okuki also. 03/ Bathhouses are open early in the morning for fishermen returning from their night's catch – a feature unique to port towns. 04/ The observation point of Hachinohe Mine, which is open to the general public, is known as "Hachinohe Canyon." The view is spectacular and well worth the climb. 05/ At the morning markets in front of Mutsuminato Station you'll find seasonal seafood and vegetables. Everything is fresh, and as cheap as you'll find! 06/ Sea Urchins!

Course 8 HACHINOHE

Distance: 44 km Duration: 3 hours

Heaven on Earth Ride

Stillness and movement: Contrast between the magnificent scenery of Tanesashi Coast and the bustle of the morning markets

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- A Morning Market Mutsuminato Station**
Kubo44, Minatomachi, Hachinohe-shi
- B Hashikami Road Station**
Mimikchai3-3, Dobutsu, Hashikami-cho
TEL.0178-88-1800
- C Hachinohe Canyon**
Nagasaka9-1, Matsudate, Hachinohe-shi



In Hachinohe City you will find a different culture from Tsugaru Peninsula on the west coast, with Iwate Prefecture only a small distance south.

The bustle of the morning markets in front of Mutsuminato Station begins before sunrise. We order some rice and miso soup and then select some fresh fish and vegetables from the other stalls. The incredible energy of this market comes from the female traders known as "Isaba-no-kaccha." Their cries of "Irasshai!" are enough to blow the sleep from your eyes and have your hair standing on end.

Heading south past the Kabushima Island breeding grounds for the black-tailed gull, famous for its cat-like calls, you arrive at Cape Ashige, jutting into the Pacific Ocean. Here you can indulge in a perfect view of the horizon. The beautiful scenery of the ocean reflecting a clear blue sky interlaced by reef, the white sandy beach on which the waves come crashing in, and the expanse of natural green grass make it one of earth's paradises. Along the 5.2km Tanesashi Coast road, you can enjoy a magnificent 360° panorama.