

地球の歩き方

Good Luck Trip

AOMORI 아오모리

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English

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한국어

青森

2018-2019

The 3rd issue

HAKODATE 하코다테

函館

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函館・道南



BEST GUIDE

最佳指南

베스트 가이드

MAP & AREA GUIDE

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鱒ヶ沢

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Iwate, Kuji Area

岩手・久慈エリア



Japan. Endless Discovery.

Shichinohe-Towada Sta. ⇄ Lake Towada • Oirase Gorge

Lake Towada Winter Shuttle Bus



Take the Lake Towada Winter Shuttle Bus and make winter experiences only available in Towada!

搭乘十和田湖冬季接駁巴士，來場十和田專屬的冬季體驗吧！
 도와다호 윈터 셔틀버스를 타고 도와다에서만 할 수 있는 겨울 체험을 하러 가자!



How to purchase tickets
 乘車券購買方法
 승차권 구입방법

Get on the bus and place the money in the fare collection box when getting off the bus.
 乘車費用支付方式：請下車時，將所需費用投入收費箱中。
 요금을 지불하는 방법은 버스에서 하차하실 때에 요금을 요금 박스에 넣어 주십시오.

Lake Towada Winter Story Festival February 1 - 24



Festival held at Lake Towada in winter. At a special venue, folk performances are held and local cuisine as well as alcoholic drinks can be enjoyed. The winter firework as well as the lightshows are further highlights.

冬季在十和田湖舉辦的祭典，特設會場內會有鄉土藝能表演，並且能品嚐當地料理及美酒。冬季煙火與光雕秀也頗有看點。

도와다호에서 겨울에 개최되는 축제입니다. 특설회장에서 열리는 향토 예능을 선보이고, 향토 요리와 술도 즐길 수 있습니다. 겨울의 불꽃축제와 라이트 쇼도 좋은 볼거리입니다.

Icefalls of the Oirase Gorge (Early January through mid-March)



Tour during which participants can see the illuminated frozen waterfalls which can only be seen at Oirase Gorge in winter and enjoy the world of nature/a beautiful natural scenery (reservation required).

只有冬季的奧入瀨溪流，才能看到的冰瀑(=結凍的瀑布)燈飾，是能體驗自然世界、自然景觀之美的旅遊行程。(需預約)
 겨울의 오이래세 계류에서만 볼 수 있는 빙폭(=얼어 있는 폭포)에 조명을 설치하여 자연의 세계와 경관미를 즐길 수 있는 투어입니다.(예약 필수)



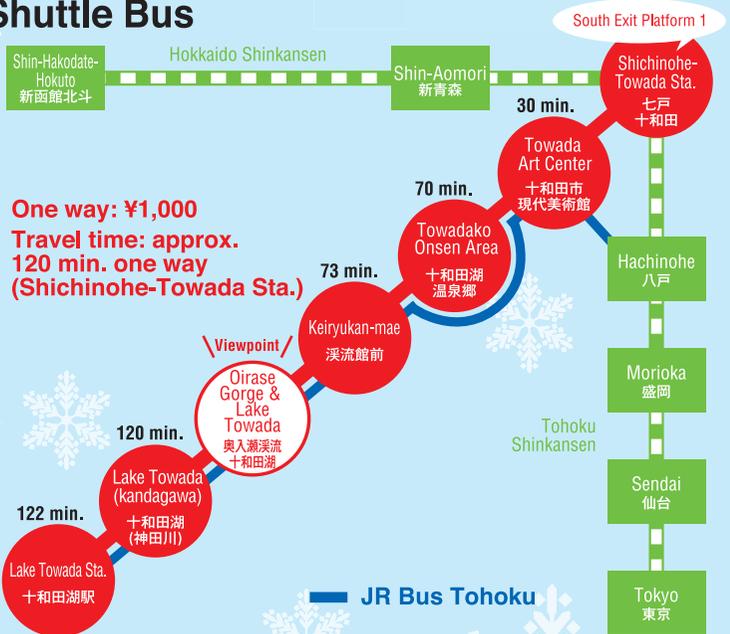
Oirase Snow Park (Early January through mid-March)



* Subject to change depending on the amount of snow.
 At Lake Towada Onsen Ski Area, people can enjoy snow tubing and sledding.

※可能會依據積雪量有所變動。在十和田湖溫泉滑雪場，還能體驗雪圈、雪橇等雪上活動。

※積설량에 따라 변경될 수 있습니다. 도와다호 온천 스키장에서 스노 튜브와 썰매 타기 등을 즐길 수 있습니다.



One way: ¥1,000
 Travel time: approx. 120 min. one way (Shichinohe-Towada Sta.)

Routes and timetables 路線和時間表 노선&시간표

Shichinohe-Towada Sta. → Lake Towada Sta.

- 15:05 Shichinohe-Towada Sta.
- 15:35 Towada Art Center
- 16:15 Towadako Onsen Area
- 16:18 Keiryukan-mae
- Oirase Gorge & Lake Towada -
- 17:05 Lake Towada (kandagawa)
- 17:07 Lake Towada Sta.

Lake Towada Sta. → Shichinohe-Towada Sta.

- 9:58 Lake Towada Sta.
- 10:00 Lake Towada (kandagawa) - Lake Towada & Oirase Gorge -
- 10:47 Keiryukan-mae
- 10:50 Towadako Onsen Area
- 11:30 Towada Art Center
- 12:00 Shichinohe-Towada Sta.

* You cannot use the bus in the following sections only:

Shichinohe-Towada Sta. ⇄ Towada Art Center / Towada Art Center ⇄ Keiryukan-mae.

※不能單獨用於七戶十和田站⇄十和田市現代美術館之間，以及十和田市現代美術館⇄溪流館前區間。

※시치노헤토와다역⇄도와다시 현대 미술관 사이, 도와다시 현대 미술관⇄개리류칸마에 구간만의 이용은 불가능합니다.

Operating days 行駛日 운영일

Weekends and Public Holidays from Dec. 15 to Feb. 25, Year-end holidays (Dec. 29 to Jan. 3), during Lake Towada Winter Story Festival (Feb. 1 to 24)

*Buses bound for Lake Towada Sta. only: Dec. 15, 22, 29, Jan. 5, 12, 19, 26, and Feb. 1

*Buses bound for Shichinohe-Towada Sta. only: Dec. 16, 24, Jan. 3, 6, 14, 20, 27, and Feb. 25

12/15至2/25的週六日及節日、新年期間(12/29至1/3)、十和田湖冬物語期間(2/1至2/24)
 ※12月15日、22日、29日、1月5日、12日、19日、26日、2月1日，只有開往十和田湖站方面的巴士行駛。
 ※12月16日、24日、1月3日、6日、14日、20日、27日、2月25日，只有開往七戶十和田站的巴士行駛。

12/15~2/25의 토, 일, 공휴일 및 연말연시(12/29~1/3), 도와다호 겨울 이야기 기간(2/1~2/24)
 ※12/15, 12/22, 12/29, 1/5, 1/12, 1/19, 1/26, 2/1은 도와다호역 행만 운행
 ※12/16, 12/24, 1/3, 1/6, 1/14, 1/20, 1/27, 2/25은 시치노헤토와다역 행만 운행

In addition to the Lake Towada Winter Shuttle Bus, try the Oirase-go bus to Lake Towada!

除了有十和田湖冬季區間巴士外，還能搭乘「奧入瀨號」巴士前往十和田湖！
 도와다호 윈터 셔틀버스 외에도 도와다호에 갈 수 있는 '오이래세호'를 이용해보자!

●JR Bus Tohoku "Oirase-go"

Operating period: Thursday, January 17 – Sunday, February 24 (two round trips per day)

Fare: One-way ticket ¥2670, 2-day unlimited ride pass ¥3000

Timetables: For details, please visit the JR Bus Tohoku website.

●JR巴士東北「奧入瀨號」

行駛期間：1月17日(週四)~2月24日(週日) 每天2班往返行駛

乘車費用：單程2,670日圓 兩天無限乘車券(1張3,000日圓)

行駛時刻：※行駛時刻，請至JR巴士東北的官方網站確認。

●JR 버스 도호쿠 "오이래세호"

운행기간: 1월 17일(목)~2월 24일(일) 매일 2왕복 운행

운행요금: 편도 2,670원, 2일간 무제한 자유 승차권(1장 3,000원)

운행시간: ※운행시간은 JR 버스 도호쿠의 홈페이지에서 확인해 주십시오.

Website: <http://www.jrbustohoku.co.jp>

Information for Lake Towada Winter Shuttle Bus

www.city.towada.lg.jp/docs/2018083000044/

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來去岩手縣久慈地區, 享受群山、鄉野、大海的包圍! 산, 마을, 바다를 한꺼번에 만끽! 이와테현 구지

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函館·道南 | 하코다테·도난



Data Symbols

標誌涵義 | 기호의 뜻

Tel. No. Fax No.

Address Access

Hours Closed

Fee / Price

Accepted credit cards

A = American Express

D = Diners

J = JCB

M = MasterCard

V = Visa

銀 = UnionPay

URL

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*The prices listed in this magazine include tax.
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*Information current as of September 2018
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Aomori & Hakodate At-a-glance-Map

青森縣、函館速覽地圖 한눈에 보는 아오모리 현 & 하코다테 지도

Hakodate 函館

하코다테 MAP P.45



Squid
The view from Mount Hakodate

This city in the southern part of Hokkaido is enveloped in an exotic atmosphere with churches lining the streets. With the opening of the Hokkaido Shinkansen, Aomori Prefecture has become closer than ever.

位於北海道南部的都市，街道上教堂比鄰而立，充滿異國風情。北海道新幹線通車後，更拉近了與青森縣的距離。

홋카이도 남부에 위치한 도시로 교회가 나란히 늘 어선 거리에는 이국정취가 물씬 풍긴다. 홋카이도 신칸센 개통으로 아오모리 현과 훨씬 가까워졌다.

Major Hot Springs
主要溫泉 주요 온천
Yunokawa Onsen
湯之川溫泉 유노카와 온천

Tsugaru 津輕

쓰가루 MAP P.42



Aomori Nebuta Festival



Apples

The Tsugaru region includes Aomori City, the principal city of Aomori Prefecture, and Hirosaki City, a city famous for its castle, Cherry Blossom Festival, and sightseeing spots. The Nebuta festivals and other summer festivals held throughout the region in August are events you absolutely won't want to miss!

津輕地區包括青森縣中心都市的青森市，以及因古城與櫻花季而馳名的弘前市等。每年8月於各地舉辦的睡魔祭(NEBUTA祭)等夏季祭典，非常值得一看！

아오모리 현의 중심 도시인 아오모리시 및 히로사키시 성과 벚꽃 축제로 유명한 히로사키시가 있는 지역. 매년 8월이면 네부타 축제를 비롯한 여름 축제가 현내 각지에서 열린다.

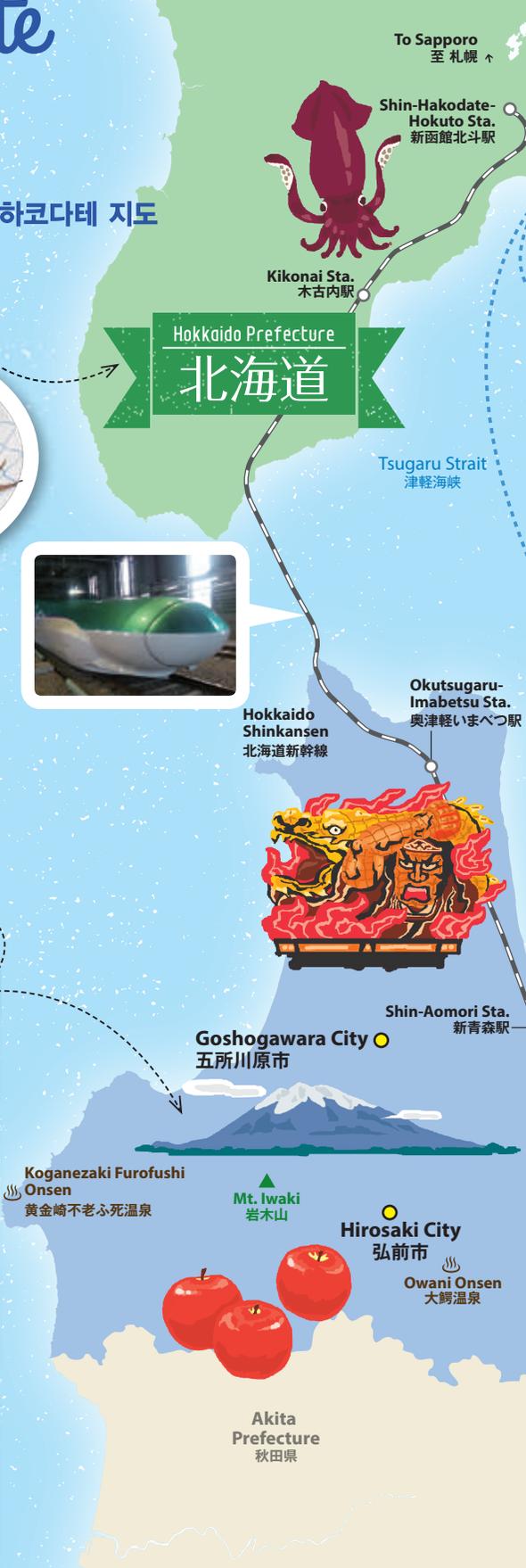
Major Hot Springs
主要溫泉 주요 온천

Asamushi Onsen
淺蟲溫泉 아사무시 온천

Sukayu Onsen
酸湯溫泉 스카유 온천

Owani Onsen
大罎溫泉 오와니 온천

Koganezaki Furofushi Onsen
黃金崎不老不死溫泉
고가네자키 불로불사 온천



To Sapporo 至札幌 ↑

Shin-Hakodate-Hokuto Sta. 新函館北斗駅

Kikonai Sta. 木古内駅

Hokkaido Prefecture 北海道

Tsugaru Strait 津輕海峽

Hokkaido Shinkansen 北海道新幹線

Okutsugaru-Imabetsu Sta. 奥津輕いまべつ駅

Shin-Aomori Sta. 新青森駅

Goshogawara City 五所川原市

Koganezaki Furofushi Onsen 黃金崎不老不死溫泉

Mt. Iwaki 岩木山

Hirosaki City 弘前市

Owani Onsen 大罎溫泉

Akita Prefecture 秋田県



Hakodate Port
函館港

Yunokawa Onsen
湯の川温泉

Hakodate Airport
函館空港

Hakodate City
函館市

Oma Port
大間港

Shimofuro Onsenkyo
下風呂温泉郷

Yagen Onsen
薬研温泉

Osorezan
恐山

Mutsu City
むつ市

Aomori Prefecture
青森県

Aomori City
青森市

Asamushi Onsen
浅虫温泉

Aomori Port
青森港

Aomori Airport
青森空港

Hakkoda Mountains
八甲田

Sukayu Onsen
酸ヶ湯温泉

Tsuta Onsen
蕨温泉

Lake Towada
十和田湖

Oirase Gorge
奥入瀬溪流

Shichinohe-Towada Sta.
七戸十和田駅

Misawa Airport
三沢空港

Komaki Onsen
古牧温泉

Hachinohe Sta.
八戸駅

Tanesashi Coast
種差海岸

Hachinohe City
八戸市

Iwate Prefecture
岩手県

To Tokyo
至 東京 ↓

Shimokita 下北

MAP P.40

The Shimokita region is the northernmost peninsula of Japan's main island of Honshu and breathtaking scenic sites such as Hotokegaura and Shiriyazaki are dotted along the coast. Mt. Osore, located inland, is considered to be one of the three greatest sacred sites in Japan.

位於本州最北端的半島，分布著佛浦、尻崎屋等沿海地帶的絕佳景點。位於內陸的靈場恐山是日本三大靈場之一。

혼슈 최북단에 자리 잡은 반도로 호토케가우라, 시리아자키 등 해안선을 따라 절경 명소가 곳곳에 있다. 내륙 지역의 오소레산은 일본 3대 영지 중 하나로 꼽힌다.



Osorezan (Mt. Osore)



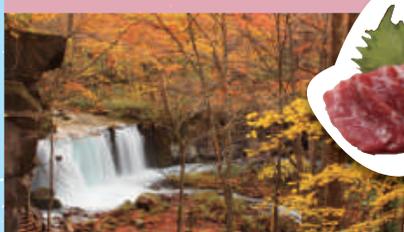
Oma tuna

Major Hot Springs
主要温泉 주요 온천

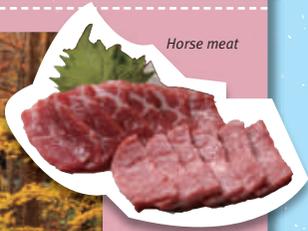
- Yagen Onsen
薬研温泉 야겐 온천
- Shimofuro Onsenkyo
下風呂温泉郷 시모후로 온천

Nambu 南部

MAP P.40



Horse meat



Oirase Stream in autumn

This area boasts numerous scenic spots, including Oirase Stream and Lake Towada. If you want to savor gourmet seafood and local dishes, be sure to visit the market or back streets of Hachinohe, a prominent port town in Aomori Prefecture.

這裡有奧入瀨溪流、十和田湖等多處風景名勝。若想品嚐美味海鮮及鄉土料理，可前往青森縣首屈一指的海港城市「八戶」逛逛當地的市場和巷弄。오이라세 계류와 도와다 호수 등 관광지가 많다. 해물요리와 향토음식을 즐기고 싶다면 아오모리 현 끝저의 항구 도시인 하치노헤의 시장이나 골목으로 가보자.

Major Hot Springs
主要温泉 주요 온천

- Komaki Onsen
古牧温泉 고마키 온천
- Tsuta Onsen
蕨温泉 쓰타 온천

Post on Your Social Media!



AOMORI Visual Guide

Aomori's Four Seasons

青森의四季 아오모리의 사계절

Aomori, the northernmost prefecture of Honshu, the main island of Japan, offers breathtaking views through all four seasons. Be sure to share your beautiful photos online.

本州의最北之地——青森, 呈現出四季各異의美麗風貌。一旦發現感動의美景, 不要遲疑、立刻上傳至SNS吧!

흔슈 최북단 아오모리는 계절마다 아름다운 모습을 보여준다. 아름다운 경치를 SNS에 공유해보자.



Falling petals completely cover the outer moat

Hirosaki Cherry Blossom Festival

弘前さくらまつり

Each year, over two million people visit Hirosaki Castle (Hirosaki Park) for the festival. The beautiful blossoms of approximately 2,600 cherry trees with about 50 different varieties please the eyes of the visitors.

會場設於弘前城(弘前公園), 每年吸引200萬以上人次造訪。約50種、2600棵的櫻花, 讓訪客們目不暇給。매년 200만 명 이상이 히로사키성(히로사키공원)을 방문한다. 50여 종, 약 2600그루의 벚꽃이 방문객의 눈을 즐겁게 한다.

Tanesashi Coast 種差海岸

The broad expanse of natural grass and the varied beauty of the coastline are the highlights. A wide variety of plants come into bloom from spring to autumn, making this a great place to enjoy a stroll.

一望無際의天然草皮與變化萬千의海岸美景撼動人心。春季至秋季之間, 千奇百種의植物爭相盛開, 可享受散步樂趣。일면에 퍼지는 천연잔디와 변화무쌍한 해안의 아름다움이 일권 봄부터 가을까지 다양한 식물들의 꽃이 예쁘게 피어 산책하기 즐겁다.



MAP P.41

Featured on P.31

Designs change every year



The contrast of the blue ocean against the green grass is spectacular



Inakadate Village Rice Field Art

田舎館村田んぼアート

Various varieties of rice are used to create giant artwork on rice fields of approximately 15,000 square meters. The Artwork can be viewed from early June to early October. The best viewing period is from mid-July through mid-August.

在約1萬5000平方公尺의農田裡, 以各種顏色의稻子描繪出巨大圖畫。觀賞期間為6月上旬至10月上旬。7月中旬至8月中旬則是最佳觀賞期。약 1만 5000㎡의 논에 다양한 색상의 벼로 그리는 거대한 그림. 관람은 6월 상순~10월 상순, 7월 중순~8월 중순이 적절이다.

☎ 0172-58-2111

MAP P.42

(Inakadate Village, Commerce and Tourism Section)

📍 123-1 Nakatsuji, Inakadate, Inakadate Village

🕒 Observation deck: 9:00-17:00 (Admission until 16:30)

🎫 Observation deck ¥300 🌐 www.vill.inakadate.lg.jp

四季



MAP P.44

Hirosaki Park
 1-1 Shimoshirogane-cho,
 Hirosaki City
 ¥310 admission fee for entry to
 Honmaru and Kitano-kuruwa area
 Credit cards not accepted.
 E-mail: hirokan5@jomon.ne.jp
 www.hirosaki-kanko.or.jp/en/



秋 Autumn 가을



Oirase Gorge 奥入瀬溪流

Oirase Gorge, which is approximately 14 kilometers long, is one of the most scenic sites in Aomori. Walking along the path next to the river, you can enjoy the dreamlike flowing water as well as rare scenic beauty and strangely shaped rocks.

横亘14公里，是青森首屈一指的美景勝地。漫步在沿著溪流搭建的棧道，可以欣賞到如夢似幻的流水與奇岩、奇景。約14km에 걸친 아오모리 골지의 경승지. 계곡을 따라 산책로를 걸으면서 환상적인 강의 흐름과 기암, 기승을 감상할 수 있다.

The spectacular view of red and yellow autumn leaves is a must-see

©Aomori prefecture

MAP P.40

Featured on → P.26

Snow Monsters in Hakkoda

八甲田の樹氷



MAP P.40

017-738-0343 (Hakkoda Ropeway)
 1-12 Kansuizawa, Arakawa,
 Aomori City
 Ropeway: 9:00-16:20
 (From mid-Nov. to Feb.: until 15:40)
 Ropeway: Not in operation during
 early Nov. for maintenance and
 servicing
 Round-trip ropeway ride ¥1,850
 J.V.
 www.hakkoda-ropeway.jp/english

When the trees are covered with snow and ice, they turn into "snow monsters," the nickname for the frost-covered trees. The Hakkoda Ropeway will take you up 660m above sea level in approximately 10 minutes!
 每棵樹木皆覆蓋雪與冰，搖身化作「樹冰」。可以搭乘只要約10分鐘就能爬升標高落差660公尺的八甲田纜車前往山頂。
 나무들이 눈과 얼음에 덮여 "수빙"으로 변신한다. 해발 차이 660m를 약 10분에 연결하는 핫코다 로프웨이를 이용하여 산 정상으로.

冬 Winter 겨울



The sight of a train powerfully racing through the snow is one of the special attractions of winter



Stove Train 스토브列車

You can enjoy the scenery of drifting snow from inside a warm and cozy train with a stove. A Tsugaru Peninsula Sightseeing Attendant will explain the sites along the route to make your trip even more enjoyable. 坐在擺放著暖爐的溫暖車廂內，可以眺望車外積雪隨風飛揚的景色。津輕半島觀光導覽員的沿線觀光介紹也十分有趣。
 난로가 놓인 따뜻한 열차내에서 눈보라 휘몰아치는 바깥경치를 감상한다. 쓰가루반도 관광 승무원의 연선 관광 안내도 재미있다.

MAP P.42

0173-34-2148 (Tsugaru Railway)
 Dec.-Mar. (3 round trips a day, 2 round trips on Mon.-Fri. in Dec. excl. Hol.)
 Tsugaru Goshogawara Sta.-Tsugaru Nakasato Sta. / Fare ¥850 + ¥400 stove train ticket (Approx. 45-min. ride)
 http://tsutetsu.com/stove.html

The best views are during the extremely cold months of January and February

Traveling around **AOMORI** & **HAKODATE** Based on 11 Themes

以11種主題巡遊青森與函館之旅 11가지 테마로 둘러보는 아오모리 & 하코다테 여행

1 祭り

Festivals

Aomori Nebuta Festival

青森ねぶた祭

The Aomori Nebuta Festival is Aomori's representative summer festival. Illuminated floats of warriors and other figures are paraded through the streets as participants chant, "rassera, rassera" and the summer night sky is filled with color.

代表青森的夏日祭典・武士等的人形燈籠伴隨著「Rassera・Rassera!」的吆喝聲在街上遊行，妝點夏日的夜空。

아오모리를 대표하는 여름 축제. 무사 등 인형 모양의 대형 등롱이 '랏세라, 랏세라'라는 구호와 함께 거리를 누비며 여름밤의 하늘을 물들인다.

Aomori city center www.nebuta.jp

MAP P.43



Photo courtesy of Aomori Tourism and Convention Association

The castle tower will be opened at a nearby location where it is being moved so that repair work can be done on the castle's stone walls

2 桜と城

Cherry Blossoms & Castles



Hirosaki Park

弘前公園

Hirosaki Castle, which is inside the park, is one of the symbols of Hirosaki City, together with Mt. Iwaki. Hirosaki Park holds seasonal events, including the Cherry Blossom Festival in spring, the Chrysanthemum and Autumn Foliage Festival in autumn, and the Snow Lantern Festival in winter.

園内の弘前城與岩木山並列為弘前市的象徵。會依季節舉辦各式活動，像是春季的櫻花祭、秋季有菊花及紅葉祭、冬季則是雪燈籠祭。

공원 내의 히로사키성은 이와키산과 더불어 히로사키시의 상징으로 유명하다. 봄에는 벚꽃 축제, 가을에는 국화·단풍 축제, 겨울에는 눈 등롱 축제 등 계절별 이벤트 개최

0172-33-8739 1-1 Shimoshirogane-cho, MAP P.44

Hirosaki City Grounds open to the public

Free of charge *¥310 (Adult) admission fee each for entry to Honmaru and Kitanokaku area as well as for Hirosaki Castle Botanical Garden Credit cards not accepted.

www.hirosakipark.or.jp/hirosakipark/



The opening of the Hokkaido Shinkansen has made touring around Aomori and Hakodate City in Hokkaido much easier. We'll introduce 11 themes including scenery, culture, and cuisine that you'll want to make sure you know about.

因北海道新幹線的開通，讓周遊青森縣與北海道的函館市變得更輕鬆隨意。我們將以11種主題為您介紹不可不知的風景、文化及美食。

홋카이도 신칸센의 개통으로 손쉽게 여행할 수 있게 된 아오모리현과 홋카이도 하코다테시. 알아두면 좋은 경치, 문화, 먹거리 정보를 11개의 테마로 소개.



Hakodate Port Festival

函館港まつり

The Hakodate Port Festival features a beautifully spectacular fireworks display and a parade with 20,000 participants, of whom over 10,000 dance together in an exciting performance of the "Hakodate Squid Dance."

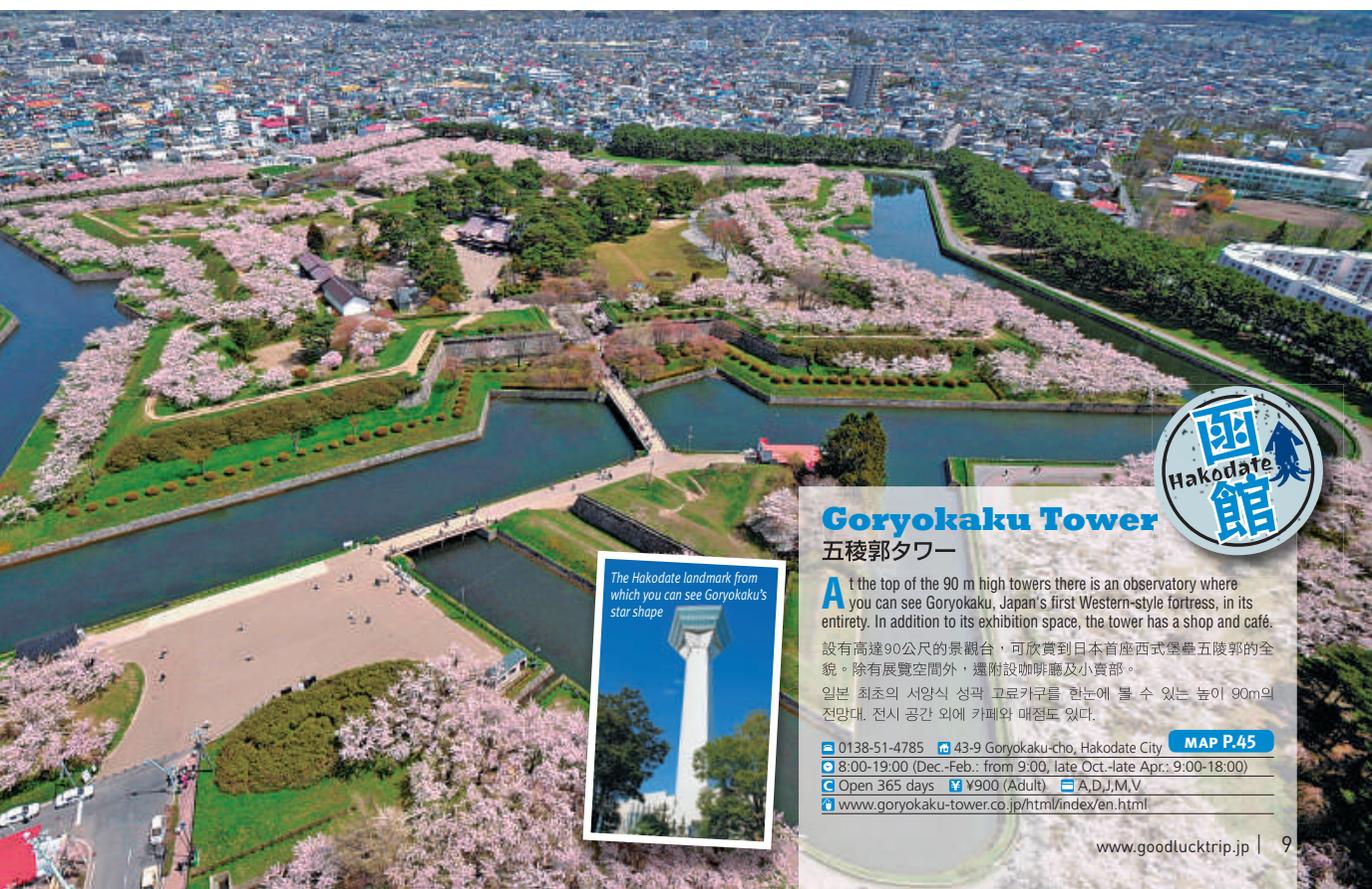
氣勢如虹又華麗的空中煙火，以及參加遊行的2萬人中，有超過1萬人一起跳舞的「函館烏賊舞」等讓氣氛high到最高點。호쾌하면서도 화려한 불꽃놀이, 2만 명이상이 참가하는 퍼레이드는 1만 명이상이 함께 추는 군무 '하코다테 이카오도리' 등으로 분위기가 고조된다.

www.hakodate-minatomatsuri.org/

MAP P.45



Copyright (c) City of Hakodate.
Hakodate Yunokawa Onsen Hotel Association.
Hakodate International Tourism and Convention Association.



Goryokaku Tower

五稜郭タワー

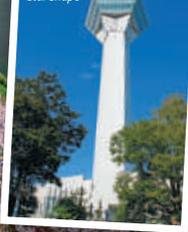
At the top of the 90 m high towers there is an observatory where you can see Goryokaku, Japan's first Western-style fortress, in its entirety. In addition to its exhibition space, the tower has a shop and café.

設有高達90公尺的景觀台，可欣賞到日本首座西式堡壘五稜郭的全貌。除有展覽空間外，還附設咖啡廳及小賣部。

일본 최초의 서양식 성곽 고료카쿠를 한눈에 볼 수 있는 높이 90m의 전망대. 전시 공간 외에 카페와 매점도 있다.

[☎ 0138-51-4785](tel:0138-51-4785) [📍 43-9 Goryokaku-cho, Hakodate City](https://www.goryokaku-tower.co.jp/html/index/en.html) [MAP P.45](#)
 ⌚ 8:00-19:00 (Dec.-Feb.: from 9:00, late Oct.-late Apr.: 9:00-18:00)
 🗳️ Open 365 days [👤 ¥900 \(Adult\)](#) [👶 A,D,J,M,V](#)
 🌐 www.goryokaku-tower.co.jp/html/index/en.html

The Hakodate landmark from which you can see Goryokaku's star shape



Traveling around AOMORI & HAKODATE Based on 11 Themes

A-FACTORY

A-FACTORY is a commercial facility on the waterfront near JR Aomori Station. The facility sells an array of specialty goods and serves cuisine using local Aomori-produced ingredients.

位在臨海區內的商業設施，距離JR青森站很近。裡頭有販售以青森縣產食材製成的料理和特產。
JR 아오모리역에서 멀지 않은 해안가에 위치한 상업시설. 아오모리현 식재료를 사용한 요리와 특산품을 만날 수 있다.

- ☎ 017-752-1890
- 📍 1-4-2 Yanakawa, Aomori City
- 🕒 9:00-20:00 *Vary for some shops 🕒 None scheduled
- 🗺 A,D,J,M,V 🌐 www.jre-abc.com/wp/afactory/index/

MAP P.43



Koganezaki Furofushi Onsen 黄金崎不老不死温泉

Koganezaki Furofushi Onsen is a seaside hot spring where the Sea of Japan stretches out before your eyes. Rich in iron content, the hot spring water has a moisturizing effect on the skin and will warm you to the core. There are mixed and women-only baths.

可看到日本海在眼前展開的海邊溫泉。因富含鐵質而有保濕效果的溫泉，讓身體由內溫暖起來。備有混浴浴場及女性專用浴場。 넓은 바다가 눈 앞에 펼쳐지는 해변 온천. 철분이 풍부해 보습효과가 좋은 온천수는 몸속까지 따뜻해진다. 혼탕과 여성 전용탕이 있다.

- ☎ 0173-74-3500
- 📍 15 Kiyotaki, Henashi, Fukaura Town
- 🕒 Seaside outdoor baths 8:00-16:00 (Main building indoor baths until 20:00. New building baths 10:30-14:00. Last admission 30 minutes before closing.) *Times subject to change during the winter 🕒 Open 365 days (The outdoor bath is closed when the waves are high) 🏷 ¥600 (Adult)
- 🗺 Credit cards not accepted. 🌐 www.furofushi.com/english

MAP P.42



Yunokawa Onsen 湯の川温泉

Yunokawa Onsen is a natural hot spring where you can enjoy gazing at the streets of Hakodate and the beautiful coast. This hot spring is easily accessible, only a 5-minute drive from Hakodate Airport.

可一邊眺望函館街景與海岸美景，一邊享受天然溫泉。從函館機場開車只需5分鐘，交通極為便利。
하코다테의 거리와 해변의 아름다움을 감상하며 천연온천을 즐긴다. 하코다테 공항에서 차로 5분 거리라서 교통도 편리.

Yunokawaonsen Yumoto Takubokutei

- 函館湯の川温泉 湯元 啄木亭
- ☎ 0570-026-573
- 📍 1-18-15 Yunokawa-cho, Hakodate City
- 🕒 Day trip bathing: 13:00-21:00 *Opening hours may be changed
- 🕒 Open 365 days 🏷 Day trip bathing: ¥800 (Adult)
- 🗺 D,J,V,銀 🌐 <http://en.takubokutei.com>

MAP P.45



Kanemori Red Brick Warehouse

金森赤レンガ倉庫

Kanemori Red Brick Warehouse is a commercial complex built by renovating a row of dignified warehouses facing the harbor. The complex has four facilities where you can enjoy shopping and dining.

由倉庫改裝而成的綜合複合設施。面向港口的成排倉庫散發出沉穩的氛圍。共有4座設施，可享受飲食及購物。

항구에 면해 나란히 세워진 창고군을 활용한 중후한 분위기의 종합 복합시설. 4개 시설에서는 식사와 쇼핑을 즐길 수 있다.

☎ 0138-27-5530

MAP P.45

📍 14-12 Suehiro-cho, Hakodate City 🕒 9:30-19:00

🕒 Open 365 days 📄 Varies by establishment

🌐 <https://hakodate-kanemori.com/en>



Taisho Roman Tea Room

大正浪漫喫茶室

This tea room makes use of the grand hall and sun parlor of an elegant Western-style building constructed in 1921. You can also have a taste of apple pies (¥432 each) from popular Western-style confectionery stores in Hiroasaki City.

由建於1921年的洋館大廳與日光室改裝而成的咖啡廳。可品嚐到弘前市內知名西式點心店的蘋果派(各432日圓)。

1921년에 건축된 서양식 건물의 넓은 응접실과 선물을 활용한 찻집. 히로사키 시내 인기 양과자점의 애플파이(각 432엔)를 맛볼 수 있다.

☎ 0172-37-5690

MAP P.44

📍 8-1 Kamishirogane-cho, Hiroasaki City

🕒 9:00-17:00 (L.O. 16:30) 📄 None scheduled for the winter

📄 Credit card not accepted.



Tea Salon Hishii

茶房ひし伊

A pleasant café with an interior renovated from a building constructed in 1921 where you can enjoy light meals and Japanese-style sweets, such as cream ammitsu (agar jelly with a sweet bean paste topped with ice cream).

可享受到冰淇淋餡蜜等日式甜點及輕食。由建於1921年的建築物翻修而成的店內，令人感到非常舒適。

크림 안미쓰 등 일본식 디저트의 가벼운 식사를 즐길 수 있다. 1921년에 지어진 건물을 리노베이션 한 가게 내부는 편안한 분위기다.

☎ 0138-27-3300

MAP P.45

📍 9-4 Horai-cho, Hakodate City

🕒 10:00-18:00 (L.O. 17:30) 📄 Open 365 days

📄 Credit cards not accepted. 🌐 <http://hishii.info/>





Prices vary by shop

6 海鮮焼

Grilled Seafood

Hasshoku Center (Shichirinmura)

八食センター (七厘村)

After purchasing scallops, oysters, or fish, etc., at the seafood stalls within the center, you can have your fresh seafood grilled over charcoal, so you can eat it right there.

可在館內的魚鋪購買到扇貝、牡蠣及鮮魚等新鮮的魚貝類，並以炭火燒烤品嚐。

센터 내 해산물 가게에서 구입한 가리비와 굴, 생선 등의 신선한 수산물을 숯불에 구워 맛볼 수 있다.

- ☎ 0178-28-9311
- 📍 22-2 Kansai, Kawaragi, Hachinohe City
- 🕒 9:00-18:00 (Shichirin-mura: until 17:00)
- 🗓 Wed. (if a public holiday, the center will be opened)
- 🆓 Free of charge (Shichirin-mura: ¥350 for 2 hr.)
- 🇦🇩🇯 www.849net.com

MAP P.41



Kaisenyaki Hokuto Fishery

貝鮮焼 北斗フィッシャリー

Seafood steam-roasted on hotplates right in front of you

Have a taste of fresh steam-roasted seafood that is provided directly from a local fishing cooperative. All-you-can-eat oysters specials are offered for a limited time from January through June.

由漁業合作社直營，可在此以蒸烤方式品嚐特有的新鮮海產。1~6月會限期舉行牡蠣吃到飽活動。

어업협동조합 직영점에서만 볼 수 있는 신선한 해산물을 찜구이로 맛볼 수 있다. 1~6월 한정 굿 무한리필 행사도 실시.

- ☎ 0138-73-0700
- 📍 1-13-29 Inari, Hokuto City
- 🕒 11:00-18:00 (L.O. 17:00)
- 🗓 Mon. (if a public holiday, the following day will be closed instead)
- 🇦🇩🇯 Credit cards not accepted.

MAP P.45

7 ラーメン

Ramen

Miso Curry Milk Ramen

味噌カレー牛乳ラーメン

The springy noodles and the miso-based soup seasoned with curry spice and milk work in perfect harmony!

咖哩香料濃郁的牛奶味噌湯頭與口感富有嚼勁的麵條是絕佳組合!

우유가 들어간 카레 향의 미소 수프와 쫄깃한 식감을 자랑하는 면의 조합이 훌륭하다!

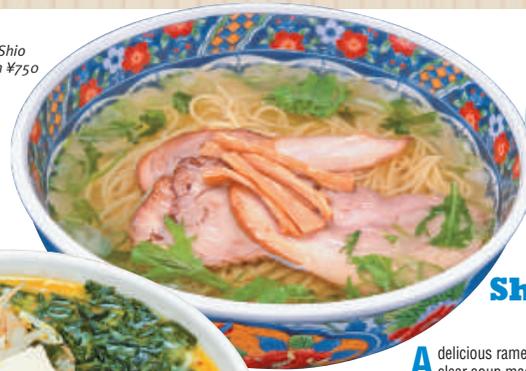
Aji No Sapporo Onishi

味の札幌 大西

- ☎ 017-723-1036
- 📍 1-15-6 Furukawa, Aomori City
- 🕒 11:00-L.O. 21:30
- 🗓 End-of-year and New Year holidays, Obon holidays
- 🇦🇩🇯 Credit cards not accepted.

MAP P.43

Ajisai Shio Ramen ¥750



Hakodate Shio Ramen

函館塩ラーメン

A delicious ramen dish of straight noodles in a clear soup made from a kombu (dried kelp) base and a pork bone and chicken bone broth.

以昆布為基底，並用豚骨和雞骨熬煮的透明湯頭與直條麵堪稱極品。

다시마 베이스에 돼지뼈와 닭뼈로 맛을 낸 맑은 수프와 스트레이트 면발이 일품.

Miso Curry Milk Ramen (with butter) ¥830

Hakodate Menchubo Ajisai

函館麵厨房あじさい本店

- ☎ 0138-51-8373
- 📍 29-22 Gonyokaku-cho, Hakodate City
- 🕒 11:00-L.O. 20:25
- 🗓 4th Wed. (if a public holiday, the following day will be closed instead; may be changed)
- 🇦🇩🇯🇲🇻 www.ajisai.tv/

MAP P.45

"Bikkuri Aman (Surprising Red Bean Bread)", a Tsuruta-machi specialty for ¥250



Surprising Bread

びっくりパン

Shockingly large bread that's three to five times the normal size, now on sale at the soybean and rice processing facility of Michi-no-Eki Tsuruta.

比一般尺寸大3~5倍的驚人巨大麵包。在道路休息站的黃豆與稻米加工設施內販售。

일반적인 크기의 3~5배, 깜짝 놀랄 만큼 커다란 빵. 도로 휴게소 내 콩·쌀 가공 시설에서 판매 중.

Michi-no-Eki Tsuruta

- ☎ 0173-22-5656
- 📍 176-1 Sakaisatomi, Tsuruta Town
- 🕒 Soybean and rice processing facility: 10:00-18:00 *Vary by establishment
- 🗓 Jan. 1
- 🇦🇩🇯 Credit cards not accepted.
- 🇦🇩🇯 www.tsurunosato-aruja.com

MAP P.42

8 フォトジェニックグルメ

Photogenic Cuisine

Squid-Shaped Yokan

いかようかん

A coffee-flavored yokan (a jellied dessert made from red bean paste, agar, and sugar) skillfully shaped by a craftsman to create a realistic reproduction of a squid, one of Hakodate's famous products. Sales are limited to 50 pieces per day.

咖啡風味的羊羹。由師傅活靈活現地重現函館名產烏賊的外觀。每日僅限量販售50個。장인의 솜씨로 하코다테의 명물인 오징어를 완벽하게 재현한 커피 맛 양갱. 하루 50개 한정 판매.



Squid-Shaped Yokan ¥1,188 each



Hakodate Yanagiya

はこだて柳屋

- ☎ 0138-42-0989
- 📍 3-13 Bandai-cho, Hakodate City
- 🕒 8:30-20:00
- 🗓 Open 365 days
- 🇦🇩🇯 <http://kayokan.lar.jp/index2.htm>

MAP P.45

Showa-Great Buddha Seiryu-ji Temple

昭和 大仏 青龍寺

At a height of 21.35 meters, this statue is the tallest seated bronze figure of Buddha in Japan. There is a memorial dedicated to the victims of war inscribed on the second floor.

日本最大の青銅坐像、高度達21.35公尺。佛像内部2樓供奉著戰役受害者的慰靈碑。

높이 21.35m를 자랑하는 일본 최대의 청동 좌상. 대불의 안쪽 2층에는 전사자 위령비가 모셔져 있다.

- ☎ 017-726-2312
- MAP P.40
- ☑ 45 Yamazaki, Kuwabara, Aomori City
- 🕒 8:00-17:30 (Nov.-Mar.:9:00-16:30)
- 📄 Open 365 days 🏠 ¥400 (Adult)
- 💳 Credit cards not accepted.
- 🌐 <http://showa-daibutu.com>



9 歴史・文化 History & Culture

Trappistine Convent

トラピスチヌ修道院

Established in 1898 by Catholics from France, this is Japan's first female meditation convent. Cookies and other handmade confectionery are on sale in the convent shop. Please be quiet when you are on the convent grounds.

1898年由法國創立的日本首間女子靜思修道院。賣店有販售餅乾等手工點心。在園內請保持安靜。

1898년 프랑스가 창립한 일본 최초의 여성 전용 관상수도원. 매장에서 쿠키 등 직접 만든 과자를 판매한다. 원내에서는 정숙.

- ☎ 0138-57-3331
- MAP P.45
- ☑ 346 Kamiyunokawa-cho, Hakodate City
- 🕒 8:00-17:00 (During winter: until 16:30)
- 📄 Dec. 30-Jan. 2
- 🏠 Visiting free of charge



Mutsu Hassen
20th Anniversary
Commemorative
Sake
Brewery-Limited
Jummai Daiginjo
720 ml for
¥2,160



10 酒 Alcohol

Mutsu Hassen

陸奥八仙

Mutsu Hassen is the representative brand of Hachinohe Shuzo, which has been making Japanese sake since 1740. The sake is characterized by its brilliant and fruity aroma and taste. 八戸製酒の代表ブランド、該公司自1740年起便開始釀造清酒。帶有果香及馥郁的香氣與風味為其特色。

1740년부터 일본 술을 만들어 온 하치노헤 주조의 대표 상표. 후르터한 향과 맛이 특징.

Hachinohe Shuzo Co.,Ltd.

八戸酒造株式会社

- ☎ 0138-33-1171
- MAP P.41
- ☑ 9 Hon-cho, Minato-machi, Hachinohe City
- 🕒 10:00-16:00
- 📄 Sat., Sun. (Open on Sat. too during winter)
- 🏠 Brewery visit: ¥500 (Sampling included, Reservation required)
- 🏠 M, V 🌐 www.mutsu8000.com



Campbell Early
Shibarezukuri
¥2,916

Hakodate Wine

はこだてわいん

Hakodate Wine is made using Hokkaido-grown grapes and has won prizes in many contests. Produced without any antioxidants or additives and the like, its high quality is guaranteed.

使用北海道産の葡萄、曾在多個競賽中獲獎。生產無添加抗氧化劑的葡萄酒等，品質絕對有保證。홋카이도산 포도를 사용하여 많은 공쿠에서 수상. 산화방지제 무첨가 와인을 제조하는 등 확실한 품질.

Hakodate Wine Co.,Ltd. Budokan

はこだてわいん葡萄酒館 西部店

- ☎ 0138-27-8338
- MAP P.45
- ☑ 11-7 Toyokawa-cho, Hakodate City (Within Hakodate Meijikan)
- 🕒 10:00-18:00
- 📄 End-of-year and New Year holidays, Facility maintenance day
- 🏠 A,D,J,M,V,銀 🌐 www.hakodatewine.co.jp



Amphibious Bus 水陸兩用バス

A tour to enjoy the nature of Shirakami-Sanchi, a UNESCO World Natural Heritage Site. You'll be thrilled when the bus splashes into Lake Tsurugaru-Shirakami!

在世界自然遺產的白神山地野外享受大自然的旅遊行程。讓我們衝進津輕白神湖吧！

세계자연유산 시라카미 산지의 자연을 즐기는 투어. 버스가 물보라를 일으키며 쓰리구 시라카미 호수의 물길을 가르는 순간 스릴을 맛볼 수 있다.

Tsurugaru Shirakami Tour

(一財) フナの里 白神公社 津輕白神ツアー

- ☎ 0172-85-3315
- MAP P.42
- ☑ 219-1 Kanda, Tashiro, Nishimeya Village
- 🕒 9:00-17:00
- 📄 Wed. *Besides Wed., regular inspections every 3 months (Closed for 5 days)
- 🏠 Adult ¥2,500 (4-5 buses per day)
- 💳 Credit cards not accepted.
- 🌐 <http://suiribus.jp/en/>



11 アクティビティ Activities

Canadian canoe

カナディアンカヌー

Enjoy Onuma Quasi-National Park to the fullest as you synchronize your movements and paddle your canoe. Early morning tours are held from May through September.

齊心協力划動船槳同時享受大沼國定公園的湖光山色。5~9月會舉辦早晨行程。호흡을 맞춰 노를 저으면서 오누마 국정 공원을 만끽하자. 5~9월에는 조조 투어 개최.

EXANDER ONUMA CANOE HOUSE

イクサンダー大沼カヌーハウス

- ☎ 0138-67-3419
- MAP P.45
- ☑ 22-4 Onuma-cho, Nanae Town
- 🕒 9:00-17:00 (Phone reception hours)
- 📄 Open 365 days
- 🏠 2-hour course: ¥4,000 (Adult), 3-hour course (Pizza included): ¥6,000 (Adult) *Reservation required
- 💳 Credit cards not accepted. 🌐 www.exander.net



Lodging Information in Aomori

Overnight stay without meals or including dinner!
Select freely according to your itinerary!

純住宿! 或是附晚餐! 配合您的行程任意選擇!
숙박만! 혹은 저녁식사 포함! 여행 일정에 맞춰 자유롭게 선택!

AOMORI WASHINGTON HOTEL

青森ワシントンホテル



Free WiFi-connection available in all rooms. Situated near the city center and close to a shopping district (restaurant area) and the bay area, it is a convenient base for sightseeing. With the renovation of the upper floors, some twin rooms have been added and the rooms which can be used as triple rooms are popular among families. The local Aomori cuisine, tuna sashimi, apples, ice cream and the breakfast rich in diversity are popular among all age groups.

全部客房可免費連結Wi-Fi。距離市中心、繁華街(餐飲地區)以及灣區很近,是觀光非常方便的據點。上面樓層重新裝潢,增設雙床雙人房,三人房則廣受家族客人的喜愛。青森鄉土料理、鮭魚生魚片、蘋果冰淇淋與種類豐富的早餐,受到廣大年齡層的歡迎。

전실 Wi-Fi 접속 무료, 시내 중심부, 번화가(음식점 거리) 및 베이 에어리어와 가까워, 관광의 거점으로 편리. 상층 플로어를 리뉴얼하여 트윈룸을 늘렸으며, 트리플 대용 객실은 가족에게도 인기. 아오모리의 향토요리와 참치 회, 사과와 아이스크림 등 다양한 종류의 아침 식사가 폭 넓은 연령층에게 인기.

Approx. 15 min. on foot or 3 min. by car from JR Aomori Sta./3 min. on foot from the nearest bus stop.

TEL 017-775-7111

ADD 2-1-26 Hon-cho, Aomori City

¥ ¥5,000-36,828 CC A, D, J, M, V, 銀

<http://washington-hotels.jp/aomori/>



Aomori Kokusai Hotel

青森國際ホテル



5 min. walk from East Exit of Aomori Station. Located close to the bay area as well as the shopping district and next to the famous morning market and a department store! For breakfast, enjoy more than 30 kinds of dishes full of local color in the form of plenty of Aomori specialties. In addition, the hotel offers 3 restaurants where customers can taste Japanese, Western or Chinese cuisine.

從青森站東口步行5分鐘。距離灣區及繁華街很近,以早市聞名的市場和百貨公司就在隔壁! 早餐歡迎享用使用大量青森特產且鄉土特色豐富的30多種自助佳餚。此外,飯店內設有3家餐廳,供應日本料理、西洋料理、中國料理。

아오모리역 동쪽 출구에서 도보 5분. 베이 에어리어 및 번화가에도 가깝고, 아침 시장으로 유명한 시장과 백화점이 인접! 아침 식사는 아오모리의 특산품을 듬뿍 사용한 30종류 이상의 향토요리를 드실 수 있습니다. 또한, 호텔 안에 3곳의 레스토랑이 있어 일식, 양식, 중식을 즐기실 수 있습니다.

Approx. 5 min. walk from JR Aomori Sta.

TEL 017-722-4321

ADD 1-6-18 Shinmachi, Aomori City, Aomori

¥ 1 night with breakfast (for two persons): from ¥13,000

CC A, D, J, M, V, 銀

<http://www.kokusai-hotel.co.jp/>



Tappizaki Onsen Hotel Tappi

龍飛崎温泉 ホテル竜飛



The hot-spring hotel offers a panoramic view of the Tsugaru Strait from the lobby, large public bath, and open-air hot spring. With a bit of luck, guests can also see the mountain range of Hokkaido.

從溫泉旅館的大廳、大浴場、露天溫泉可以眺望津輕海峽,運氣好時還可以看到北海道山脈。

로비, 대욕장, 노천온천에서 쓰가루 해협을 한눈에 바라볼 수 있으며, 운이 좋으면 홋카이도의 산들도 볼 수 있는 온천 료칸입니다.

Approx. 30 min. by car from Okutsugaru-Imabetsu Sta. on Hokkaido Shinkansen line

TEL 0174-38-2011

ADD 54-274 Aza Mimma-yatatsuhama, Sotogahamamachi, Higashitsugaru-gun, Aomori

¥ From ¥10,950 including service charge, consumption and hot spring tax CC A, D, J, M, V, 銀

<http://www.hoteltappi.co.jp>



Kaisenkaku

南部屋・海扇閣



Offering good access to Aomori Airport and Shin-Aomori Station, this hotel is conveniently located for sightseeing around Aomori Station. The rooms and the large public bath on the 9th floor with an outdoor bath offer a superb view of Mutsu Bay. On the stage in the 1st floor lobby, guests can listen to Tsugaru Shamisen live performances.

位處青森車站周邊觀光相當便利的地段,從青森機場、新青森車站到此,交通都很方便。在客房與九樓的露天溫泉展望大浴場,能欣賞到陸奧灣的絕佳風景。並且在一樓大廳的舞台,還能聆聽津輕三味線的現場演奏。

아오모리 공항, 신아오모리역에서 교통편이 좋고, 아오모리역 주변 관광에도 편리한 입지이며, 객실과 9층의 노천온천이 있는 전망 대욕장에서 무츠만의 절경을 즐기실 수 있습니다. 1층 로비에 있는 무대에서는 쓰가루 사미센의 라이브 연주를 들으실 수 있습니다.

Approx. 2 min. on foot from Aomori testudo Asamushi onsen Sta.

TEL 017-752-4411

ADD 31 Asamushi Hotarudani, Aomori City, Aomori

¥ ¥8,790-32,550

CC A, D, J, M, V, 銀

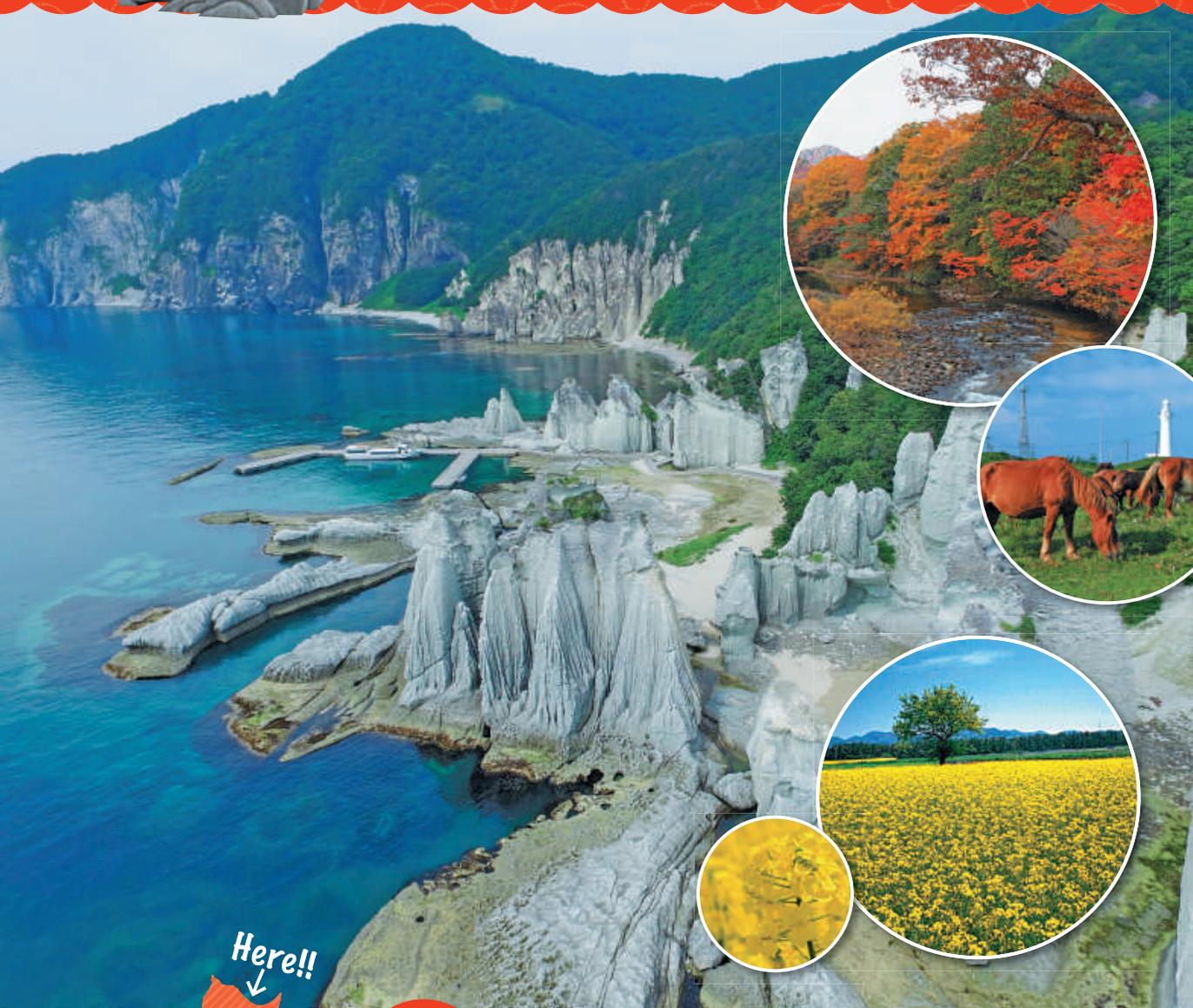
www.kaisenkaku.com



Recommended Drives on the Shimokita Peninsula, the Northernmost Part of Honshu



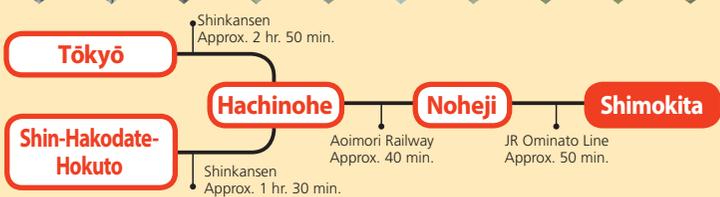
下北半島 本州最北角兜風之旅建議路線
시모키타반도 혼슈 최북단의 추천 드라이브 여행



Here!!



How to Get to Shimokita



SHIMOKITA DRIVING MAP

Shimokita is a peninsula at the northernmost point of the Honshu main island and is rich in natural beauty, including mountain and ocean scenery, hot springs, and more. Check out the access routes between major cities in Shimokita and head out!

下北是位於本州最北邊的半島，擁有絕美的山海景觀與溫泉等豐富的大自然。記得先確認好主要城市間的交通方式再出發囉！

시모키타는 산과 바다의 절경이나 온천 등 자연이 풍성한 혼슈 최북단의 반도. 주요 도시 간의 접근 방법을 미리 확인하고 출발합시다!



To Hakodate
大間
Oma
오마
Approx. 12 min. (10 km)

風間浦
Kazamaura
가자마우라

大間温泉
Oma Onsen
오마 온천

海峡サーモン P.22
Kaikyo Salmon
카이쿄(해협) 연어



Approx. 20 min. (13 km)

佐井
Sai
사이



Flying Squid
北魷 살오징어
Fresh squid sashimi is transparent with an enjoyable firm, almost crunchy, texture. It's in season from July to October, and once you try it, the rich taste will have you hooked.
新鮮의 생北魷肉質通透,吃起來口感鮮脆。盛產季節在7~10月,濃郁的滋味讓人一吃上癮。
신선한 오징어회는 살이 투명하며 씹으면 오도독한 식감을 느낄 수 있다. 제철은 7~10월로 농후한 맛이 일품.

Approx. 30 min. (18 km)

仏ヶ浦 P.18
Hotokegaura
호토케가우라



仏ヶ浦
Hotokegaura
호토케가우라



脇野沢
野猿公苑 P.20
Wakinosawa Wild Monkeys Park
와키노사와 원숭이 공원

湯野川温泉
Yunokawa Onsen
유노카와 온천

Approx. 20 min. (13 km)

Approx. 1 hr. 10 min. (39 km)

道の駅かおうち湖
Michi-no-Eki Lake Kawauchi
도로 휴게소 가와우치코

焼山崎
Yakeyamazaki
야케야마사키

Approx. 25 min. (18 km)

川内
Kawauchi
가와우치

道の駅木まのさわ
Michi-no-Eki Wakinosawa
도로 휴게소 와키노사와

脇野沢
Wakinosawa
와키노사와

鯛島
Taijima
다이지마섬

Dolphin Watching

賞豚船 돌고래 관광

Board the "Yume no Heisei-go" Mutsu City sightseeing boat and experience dolphin watching. From early May to late June, you can get an up-close view of mostly Pacific white-sided dolphins, distinguishable by their black, white, and gray tricolors, as they migrate.

搭乘陸奥市觀光遊覽船「夢想平成號」體驗賞豚之旅。以黑、白、灰3色為特徵的太平洋短吻海豚為主,5月上旬到6月下旬,可以近距離欣賞到海豚們優游的身影。

무츠시 관광 유람선 (유메노헤이세이호)에 타고 돌고래 외경을 체형, 감성, 허형, 회색의 세 가지 색이 특징인 냇돌고래가 주를 이루며, 5월 초부터 6월 말까지 최유하는 모습을 가까이에서 볼 수 있다.



- Symbols
- Geopark
 - Roadside station
 - Hot spring

*Required times and distances are approximate. *Some roads are closed in winter; check traffic updates in advance.



大間のマグロ

Oma Tuna
오마 마구로(오마 참치)

P.22

体験
Experience



in Kazamaura

Ika (Squid)-sama Race

烏賊競速賽 오징어 레이스

Participate in a race to find the fastest squid at a racecourse in the Katsu Ika Bichiku Center in Kazamaura. Feel free to take home the squid that you bought.

競賽場地位在風間浦活烏賊儲備中心，讓遊客沉浸在體驗烏賊賽跑的競速感中。買下的烏賊可帶回家。

가자마우라의 활오징어 비축센터의 레이스장에서, 오징어의 스피드를 겨루는 레이스를 체험. 구입한 오징어는 가져갈 수 있다.

ACCESS
MAP



大畑の桜

Ohata Cherry Blossoms
오하타의 벚꽃길

P.21

P.21
尻屋崎 Shiriyazaki 시리아자키

寒立馬

Kandachime Horses
간다치메

P.21



Canola Blossoms

油菜花田 유채꽃

The canola blossoms all bloom at once at this field, which boasts one of the largest crop acreages in Japan, painting the town in vivid yellow. The best time to see them is usually mid to late May.

油菜花在日本最大栽種面積的田地齊綻放，整個村町都染上一片艷黃。每年的最佳賞花季在5月中旬~下旬。

일본 최대 규모의 경작 면적을 자랑하는 밭에서 유채꽃이 일제히 피어 마을을 선명한 노란색으로 물들인다. 보통 절정기는 5월 중순~하순.

体験
Experience

in Mutsu

Japanese Cracker Making

烤仙貝體驗 센베이 굽기 체험



P.20

At Hachinoheya, you can experience making rice crackers using a Nambu ironware baking mold. It takes about 10 minutes, and reservations are required. Make Japanese crackers for ¥120 each, from five pieces per group.

在八戶屋可體驗以南部鐵器烤模烤仙貝。體驗時間約10分鐘，須事先預約，每個團體最少5片起，每片120日圓。하치노헤야에서는 남부 철기 틀을 사용하여 센베이 굽기를 체험할 수 있다. 소요 시간 약 10분, 예약 필수. 1그룹 5매부터, 1매 120엔.

道の駅よこはま葉の花プラザ

Michi-no-Eki Yokohama Nanohana Plaza
도로 휴게소 요코하마 나노하나 플라자

P.21

横浜 Yokohama

요코하마

To Hachinohe



SHIMOKITA Recommendation

2 days and 1 night
DRIVING TRIP

下北半島推薦行程2天1夜兜風之旅
시모키타반도 추천 1박 2일 드라이브 여행

Maguro Don (tuna rice bowl) from ¥3,200



11:30

Oma Onsen

大間温泉海峡保養センター

The northernmost hot spring in Honshu. The facility offers not only Oma tuna but also Oma beef, the much-talked-about "tuna of the land." You can have a taste of the tuna here all year round.

位於本州最北角的溫泉住宿設施。不僅提供大間黑鮪魚，還有以「陸上黑鮪魚」著稱的大間牛可享用。在此一整年都可品嚐到黑鮪魚。

혼슈 최북단에 생소한 온천 시설. 오마 참치는 물론, '오카마구로'로 화제가 된 오마산 소고기도 제공. 여기서는 1년 내내 참치를 맛볼 수 있다.

You can fully enjoy the hot spring water of Oma Onsen for a bath fee of ¥380. Available for use from 8:00-21:00.

- ☎ 0175-37-4334
- 📍 48-1 Uchiyama, Oma Town
- 🕒 11:00-14:00, 16:00-20:00
- 🗓 Open 365 days
- 💳 Credit cards not accepted.
- 🌐 <http://clid1.worldcom.ne.jp/~omaonsen/>

DAY 1

Hakodate
函館

START

9:30

Tsugaru Kaikyo Ferry
津軽海峡フェリー

This ferry will take you between Hakodate and Oma in 1 hour and 30 minutes. Departure times and frequency vary depending on the season, so be sure to check beforehand.

行駛於函館與大間的渡輪，航程約1小時30分。啟航時間、航班依時節不同，請事先查明。

하코다테와 오마를 1시간 30분에 연결하는 페리. 시기에 따라 출항 시각과 편수가 다르니 미리 확인할 것.



- ☎ 0175-37-3111
- 📍 10 Netaiai, Oma, Oma Town
- 🕒 9:00-18:00 (2 round trips/day)
- 🗓 Open 365 days (May be canceled due to maintenance, etc.)
- 💰 From ¥1,810 (one-way)
- 📅 A,D,J,M,V
- 🌐 www.tsugarukaikyo.co.jp

1 hr. 30 min. by ferry

Rent a car in Oma

20 min. by car

13:00

Hotokegaura
仏ヶ浦

Picturesque scenery created by a stretch of uniquely-shaped light green rocks carved by the rough waves of the Tsugaru Strait. We recommend viewing them from the ocean on a cruise from Sai Port.

在津輕海峡的怒濤侵蝕下，形成白綠色奇特岩石瑰麗的著名景點。推薦佐井港搭乘觀光船，從海面上欣賞壯觀奇景。

쓰가루 해협의 거친 물살에 깎인 백록색 기암이 이어져 있는 경승지. 사이 항구에서 크루징으로 바다에서 바라보는 것을 추천.

Sightseeing Cruise Reception Counter

- ☎ 0175-38-4515
- (Sai Village Tourism Association)
- 📍 112 Osai, Sai, Sai Village
- 🕒 8:15-17:00

40 min. by car

SWEETS OF SHIMOKITA

下北的甜點 시모키타의 디저트

Have fun tasting and comparing freshly fried donuts and soft serve ice cream made with fresh milk.

可以品嚐比較各種現炸甜甜圈和使用現擠鮮奶製成的霜淇淋，令人雀躍愉快。

갓 튀긴 도넛이나, 갓 받은 우유를 사용한 소프트아이스크림을 비교하며 먹어보는 것이 즐겁다.

どら焼き
Dorayaki

Dorayaki (bean jam pancakes) branded with the Sai Village mascot, "Untan".

上頭印有佐井村吉祥物「雲丹」的銅鑼燒。사이 마을의 캐릭터 '운탄'을 새겨 넣은 도리아키.

Untan Dorayaki
¥320 each



¥60 each

卯の花(おから)ドーナツ
Unohana (soybean curd residue) Donuts

Healthy donuts deep-fried from soybean curd residue produced in the tofu manufacturing process.

利用豆腐在製造過程中所產生的豆渣所油炸出的健康甜甜圈。

두부의 제조 과정에 나오는 비자를 기름에 튀긴 건강에 좋은 도넛.

ソフトクリーム
Soft Serve Ice Cream

Made from 75% fresh, raw milk, its rich yet smooth taste is its distinct feature.

使用多達75%的新鮮生乳，香濃又滑順的口感為一大特色。

신선한 생우유를 75%나 사용하여 농후하면서 부드러운 풍미가 특징.



Milk Soft Serve Ice Cream ¥320



17:00

Osorezan

恐山

This sacred mountain is said to have been founded in 862. Bare rocks and sulfur springs gushing forth create a fantastical atmosphere.

相傳開山於862年的靈場，斑駁裸露的岩石和湧現的硫磺溫泉，醞釀出奇幻氛圍。

862년에 개산했다고 전해지는 영지. 드러난 바위 표면과 샘 솟는 유황천이 환상적인 분위기를 만들어낸다.

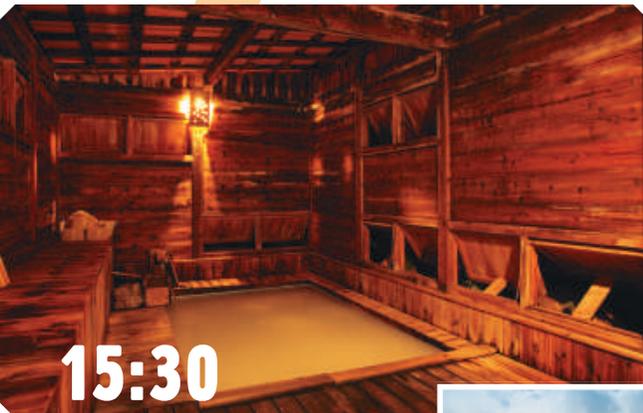
- ☎ 0175-22-3825
- 📍 3-2 Usoriyama, Tanabu, Mutsu City
- 🕒 6:00-18:00 (Mid-Oct. to Oct. 31: until 17:00)
- 🚫 The mountain is closed from Nov. through Apr.
- 🎫 Admission fee: ¥500
- 💳 Credit cards not accepted.



1 hr.
by car



30 min.
by car



15:30

Shimofuro Onsenkyo

下風呂温泉郷

This hot spring area facing the Tsugaru Strait has been known since the old days. There are many hot spring hotels and tourist homes, as well as two communal baths with different water sources in the downtown area.

面對津輕海峽溫泉勝地，自古便頗負盛名。溫泉住宿設施和民宿林立，溫泉街上還有2座來自不同泉源的公共浴場。

쓰가루 해협에 접한 예로부터 알려진 온천지. 온천어인과 민박집이 모여있으며, 온천마을에는 원천이 다른 2개의 공동 욕장이 있다.



- ☎ 0175-35-2010 (Kazamura Village Chamber of Commerce and Industry)
- 📍 Shimofuro, Kazamura Village
- 🕒 Vary by establishment
- 🌐 www.shimofuro.com/

Stay in Shimofuro Onsenkyo or within Mutsu City

可住宿於下風呂溫泉鄉或是陸奥市內
숙박은 시모후루 온천항 또는 무쯔시 시내에서

18:30

Mt. Kamafuse Observation Deck

釜臥山展望台

You can enjoy a 360-degree panoramic view from near the peak of 878.4 m. The place is facilitated with a 420 m walking path to the summit.

位置靠近海拔878.4m的山頂，可以欣賞到360度大全景。還有一條420m的步道可以通往山頂。

해발 878.4m의 정상 가까이에 있어, 360도 파노라마를 즐길 수 있다. 정상까지 420m의 산책길이 정비되어 있다.

- ☎ 0175-24-4790
- 📍 1 Kamafuseyama, Ominato, Mutsu City
- 🕒 8:30-21:30
- 🎫 Early Nov.-early May
- 🆓 Free of charge

Check out accommodation within Mutsu City

🌐 <http://mutsu-yado.com>



ALCOHOL OF SHIMOKITA

下北の酒 시모키타의 술

Have a taste of Shimokita wine or local sake alongside local Aomori cuisine.

在青森郷土料理相佐下，品嚐看看下北葡萄酒和在地好酒吧。
아오모리의 향토요리와 함께 시모키타 와인이나 향토주를 맛보자.

下北ワイン Shimokita Wine

Made at Honshu's northernmost winery, the integrated production covers everything from harvesting to fermenting the grapes.

本州最北邊의葡萄酒釀酒廠所製成의葡萄酒，從採收到釀造採取一貫作業。
혼슈 최북단 와인너리에서 만들어진 와인. 수확에서 양조까지 일괄 생산한다.

地酒 Local Sake

Sake made at the only brewery on the Shimokita Peninsula, which boasts a history of about 130 years.

具有約130年歷史的の下北半島唯一清酒釀酒廠所出產的日本酒。
약 130년의 역사를 가진 시모키타반도 유일의 양조장에서 만들어진 sake.



Shimokita Wine Ryo 2016 Pinot Noir



Sekinoi



Kitasami



Kisui



Kaikyo Roman

SHOP INFORMATION

- | | |
|---|---|
| <p>A
Kashi Kobo Saika
菓子工房彩葉
☎ 0175-38-2094
🕒 8:30-18:00
🚫 Non scheduled</p> | <p>D
Sun Mamoru Winery
サンマロウワイナリー
☎ 0175-42-3870
🕒 9:00-17:00
🚫 Open 365 days</p> |
| <p>B
Yusuitei
湧水亭
☎ 0175-78-2233
🕒 9:00-18:00
🚫 Mon.</p> | <p>E
Sekinoi Shuzo
関乃井酒造
☎ 0175-22-3261
🕒 8:00-17:00
🚫 Sat., Sun.</p> |
| <p>C
Milk Kobo Bon Serve
ミルク工房ボン・サーブ
☎ 0175-28-2888
🕒 10:00-17:00
🚫 Tue. during Dec.-Mar.</p> | |

DAY 2



9:00

Wakinosawa Wild Monkeys Park

脇野沢野猿公園

You can observe the behavior of the northernmost population of Japanese macaques, designated a Natural Treasure of Japan. The charming appearances of the 50 or so monkeys living here will keep you entertained.

地球上生活區最北的日本獼猴，為日本國家天然紀念物，在這裡可以見到牠們的身影，大約有50隻，可愛的模樣相當療癒。

일본의 천연기념물로 지정된 최북단 일본원숭이를 볼 수 있다. 약 50마리의 익살스러운 모습이 마음을 달랠다.



- ☎ 0175-44-3423
- 📍 201-211 Wakinosawa Shichibiki, Mutsu City
- 🕒 8:30-17:00
- 🕒 Open 365 days
- 💰 ¥200 (Adult)
- 🚫 Credit cards not accepted.

1 hr.
by car



11:00

Promenade of Kawauchigawa Glen

川内川溪谷遊歩道

This roughly 4.4 km walking trail takes you along the Kawauchigawa Glen. There are several spots with fine views along the way, including an observation deck for the falls and a zig-zag bridge, where you can enjoy the various beauties of the valley.

沿著川内川溪谷延伸，長約4.4km的步道。沿途有不少觀景台，如瀧見台、八橋等，能欣賞變化多端的溪谷美景。

약 4.4km에 이르는 가와우치강 계곡을 따라서 정비되어 있는 산책로. 다키미다이, 아쓰하시 등의 여러 개의 전망 명소에서 변화무쌍한 계곡미를 즐길 수 있다.

- ☎ 0175-42-2301 (Kawauchimachi Tourism Association)
- 📍 Yunokawa, Kawauchi-machi, Mutsu City (Within the mountainous as National Forest)
- 🕒 Grounds open to the public.
- 🚫 Closed during winter

The Goeikan Hamagiri Curry (named after the JS Hamagiri destroyer warship) for ¥1,200 is limited to 20 plates per day



40 min.
by car



12:30

SOUVENIRS OF SHIMOKITA

北の伴手禮 시모키타의 기념품

You can get canola oil, which is highly regarded all over Japan for its quality, and fine items made from Aomori cypress as souvenirs.

在日本國內亦擁有極高評價的油菜籽油，以及青森羅漢柏製造的珍品都是很棒的伴手禮。

일본 국내에서 높은 평가를 받는 유채씨유나 아오모리 나한백 나무를 사용한 제품도 기념품으로



F

御なたね油 Extra Virgin Natane (Canola) Oil

Quality canola seeds are dried in the sun and repeatedly and painstakingly filtered to produce this oil.

經反覆天然曬乾、不惜時間勞力仔細過濾才製成優質油菜籽油。高品質的 유채씨유를 햇빛에 건조하여 정성껏 여과를 반복하여 만듦다.



G

青森ヒバ Aomori Cypress

Soap and shampoo made with natural Aomori cypress has a refreshing scent with an excellent relaxing effect.

添加天然青森羅漢柏的肥皂和沐浴乳，擁有清爽的香氣又兼具極佳的放鬆效果。

천연 아오모리 나한백 나무를 사용한 비누나 샴푸는 상쾌한 향으로 릴랙스 효과 발군.

SHOP INFORMATION

F G

Michi-no-Eki Yokohama Nanohana Plaza
道の駅よこはま菜の花プラザ

H

Hachinoheya 八戸屋

☎ 0175-22-3324
🕒 8:00-18:00
🚫 Jan. 1

P.21

南部せんべい Nambu Crackers

Japanese crackers made from wheat flour. New varieties such as cheese curry-flavored crackers are often released.

以麵粉為原料的煎餅，還有起司咖哩口味等新商品相繼登場。

밀가루를 원료로 한 센베이. 치즈카레 맛 등 신상품도 속속 등장.



H



16:00

Michi-no-Eki Yokohama Nanohana Plaza 道の駅よこはま菜の花プラザ

Here you'll find a wide variety of Aomori specialties, including honey and canola produced in Yokohama Town. There are also a restaurant and rest areas, so we recommend it as a place to stop by when you're on a road trip.

除了有橫濱町出產的蜂蜜和油菜籽，還販售青森縣的各種特產品，應有盡有。並設有餐廳、休息區，相當適合兜風途中順道過來逛逛。

요코하마초에서 생산하는 꿀이나 유채씨 외에도, 아오모리현의 다양한 특산품을 갖추고 있다. 레스토랑이나 휴게시설도 있어 드라이브 길에 들르는 것을 추천.

- ☎ 0175-78-6687
- 📍 79-12 Hayashinowaki, Yokohama Town
- 🕒 8:00-18:00 (Jan.-Mar.: 9:00-17:30)
- 📅 Dec. 31, Jan. 1, Tue. during Jan. 2-Mar. 31 (if a public holiday, the following day will be closed instead)
- 🚗 M, V
- 🌐 www.nanohana-plaza.com

Nanohana (Canola Blossom) Honey (can be kept at room temperature) ¥980

Fresh Nanohana (Canola Blossom) Honey (requires refrigeration) ¥950



1 hr. by car



Cafeteria -ikoi- カフェテリア 憩 -ikoi-

At this café, you can have a taste of Ominato Kaiji (Maritime Self-Defense Force) Curry, a faithful reproduction of the curry actually eaten on the JS Hamagiri destroyer warships. The sweetness and sourness of the grated apples are a perfect match for the spicy curry.

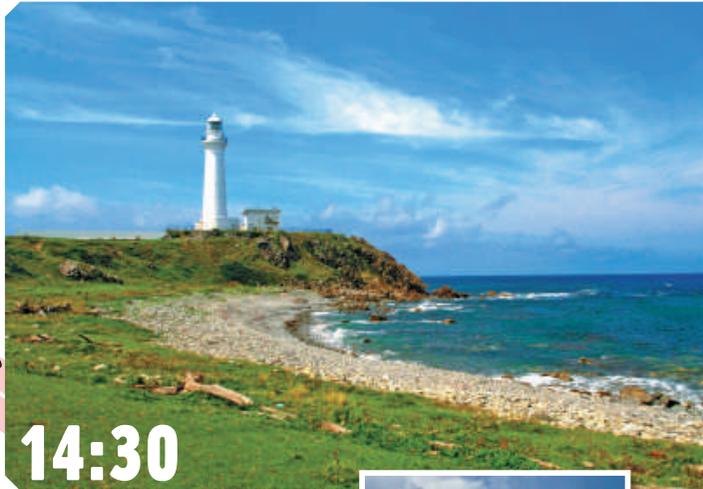
這間咖啡廳所推出的「大湊海自咖喱飯」，忠實重現了演習護衛艦上，海上自衛隊員實際食用的咖喱飯。蘋果泥的香甜與酸氣，與咖喱的辛辣形成最佳組合。

실제로 호위함 '하마기리'에서 먹던 카레를 충실하게 재현한 오미나토 해군자위대 카레를 먹을 수 있는 카페. 길아 넣은 사과의 단맛과 신맛이 카레의 매운맛과 잘 맞는다.

- ☎ 0175-29-3103
- 📍 3-1 Sakuragi-cho, Mutsu City (Within Mutsu City Tourism Exchange Center Kitano Sakimori Andokan)
- 🕒 10:00-20:00 (L.O. 19:00)
- 📅 Dec. 31, Jan. 1
- 🚗 A, D, J, M, V 銀
- 🌐 www.facebook.com/mutsucafeikoi/



1 hr. by car



14:30

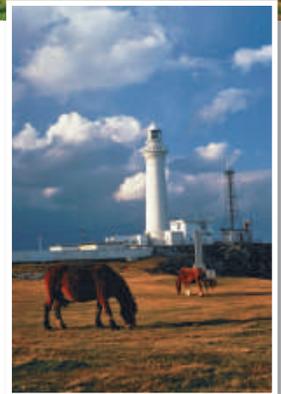
Shiriyazaki 尻屋崎

Take in the lyrical scenery of a white brick lighthouse and "Kandachime" horses, which are known for their endurance and sturdiness in winter despite their small size.

可以欣賞到白壁岩磚造燈塔，與體型小、具持久力而能承受冬天嚴寒的「寒立馬」兩者所交織而成的詩意風景。

벽돌 구조의 흰 등대와 겨울의 추위에 강하며 작고 지구력 있는 '칸다치메'가 만들어 내는 서정적인 풍경을 볼 수 있다.

- ☎ 0175-27-2111 (Higashidori Village Management Planning Division Commerce, Industry and Tourism Group)
- 📍 Shiriya, Higashidori Village
- 🕒 Grounds open to the public
- 🚫 Entry not permitted during Dec.-Mar.



SEASONS OF SHIMOKITA

下北の四季 시모키타의 계절

The Shimokita Peninsula is located at the northernmost point of Honshu. Here is a quick list introducing the leading attractions of each season.

下北半島位在本州的最北邊，在此簡單介紹四季最具代表性的景點。

혼슈 최북단에 위치한 시모키타반도. 사계절의 대표적 인 명소를 간략서 소개.

Ohata Cherry Blossoms 大畑の桜

The row of cherry blossom trees in Ohata-machi stretches for about 7.8 km. The best time to see the cherry blossoms is in late April. 全長約7.8km의 대畑町櫻花並木道，最佳賞花時機在4月下旬。

길이 약 7.8km에 이르는 오히타마치의 벚꽃길. 4월 말에 꽃구경의 절정.

Spring



Summer



Kandachime Horses 寒立馬

Horses grazing in Shiriyazaki while enjoying a refreshing summer seabreeze. They are designated a Natural Treasure of Aomori.

迎著夏天的涼爽海風，放牧在尻屋崎的馬匹，受指定為青森縣天然紀念物。

여름의 산뜻한 바람바람을 받으면서 시리아자키에서 방목된 말. 아오모리현의 천연기념물로 지정.

Yagen Stream Red Autumn Leaves 藥研溪流의紅葉

The best time to see broad-leaved trees like beech and maple changing colors to red and yellow is from mid to late October.

山毛櫸與楓樹等枝繁葉茂的闊葉樹林染上一片豔紅與鮮黃，10月中旬到下旬造訪正是時候。너도밤나무와 단풍나무 등의 활엽수림이 울긋불긋 단장하는 10월 중순부터 하순까지가 절정.

Autumn



You'll definitely want to try this! Outstandingly fresh seafood!

千萬別錯過！超絕新鮮的海味！ 꼭 맛보고 싶은 싱싱한 해산물!

The Shimokita Peninsula is surrounded by ocean, so you can taste a variety of seafood. Enjoy the flavors of the season at restaurants and hotels in town.

在三面環海的西北半島，可以品嚐到豐富多樣的海鮮美味。到街上的餐廳或飯店，盡情感受當季好滋味吧。

시모키타반도는 바다로 둘러싸여 있어, 다채로운 해산물을 맛볼 수 있다. 거리의 식당이나 호텔에서 제철 요리를 즐겨보자.

You'll definitely want to have a taste!



大間のマグロ

Oma Tuna

BEST SEASON
Oct. to Dec.

Having been tossed about in the rough waters of the Tsugaru Strait, the lean flesh of this tuna has just the right amount of fat! This is one of the leading brands of high-grade tuna in Japan.

在津輕海峽歷經風浪，讓魚肉緊實又富含油脂！蔚為日本代表的高級鮪魚品牌。

쓰가루 해협의 거친 파도를 견뎌낸, 단단한 살과 적당한 기름기가 으뜸! 일본을 대표하는 참치의 고급 브랜드.

*The best season for tuna fishing is from July to December

海峡サーモン

Kaikyo Salmon

BEST SEASON
Late May to mid-Jul.

These rainbow trout are raised in the strong currents of the Tsugaru Strait after being cultivated in fresh water for around two years. The lean flesh and melty texture are exceptional.

經淡水飼養約2年的虹鱒，放到海流強勁的津輕海峽養殖。緊實的魚肉及入口即化的口感更是出眾。

담수에서 약 2년간 기른 무지개 송어를 해류가 강한 쓰가루 해협에서 양식한다. 도톰한 살과 허에서 살살 녹는 듯한 맛은 각별하다.



*Can be eaten throughout the year

ホタテ

Scallops

BEST SEASON
Throughout the year

The scallops of Mutsu Bay are characterized by their sweetness and thick adductor muscles. They are usually served as sashimi, but may also be prepared grilled in-shell over a charcoal fire, which enhances the scallops' unique texture.

陸奥灣扇貝的最大特色，就在於鮮美的滋味與厚實貝柱。除了基本的生吃，帶殼火烤更能顯出香甜，還能同時享受貝柱的口感。무쓰만의 가리비는 단맛과 관자의 높이가 특징이다. 기본인 회 외에도 껍데기째로 숯불에 구우면 단맛이 부각되어 관자의 식감과 함께 즐길 수 있다.



風間浦鰯鯨

Kazamura Anko (Monkfish)

BEST SEASON
Early Dec. to end Mar.

The traditional fishing method for hooking and landing these fish uses no bait, so the fish are brought in fresh and lively. They are so fresh they can even be eaten as sashimi.

使用魚鉤上不放魚餌的傳統釣法，能釣起活潑亂跳狀態的鰯鯨魚。新鮮到可做成生魚片食用，是其最大賣點。

미끼 없이 바늘로 낚아 올리는 전통 어업 방식으로 싱싱한 상태로 어획된다. 회로도 먹을 수 있는 신선함이 특징.



*Can be eaten throughout the year excluding August and November

東通天然ヒラメ刺身重

Higashidori Tennen Hirame Sashimi-Ju (Natural Flounder Sashimi)

BEST SEASON
Nov.

A local specialty gourmet from Higashidori Village, which has some of the largest hiramé flounder catches in the prefecture. Savor the flounder prepared in different ways, including a serving of five different types of sashimi and more.

比目魚漁獲量為縣內數一數二的東通村所引以為傲的在地美食。可用不同調理方式品嚐的5種綜合生魚片等，盡享比目魚的好味道。한 내 유수의 넘치 어획량을 자랑하는 히가시도리무라의 자랑인 향토 구메. 각기 다른 조리법으로 맛보는 최 5점 세트 등으로 넘치를 만끽해 보자.



*Can be eaten throughout the year

Information

Gururin Shimokita Sightseeing Route Bus

周遊下北觀光路線巴士 구루링 시모키타 관광 루트 버스

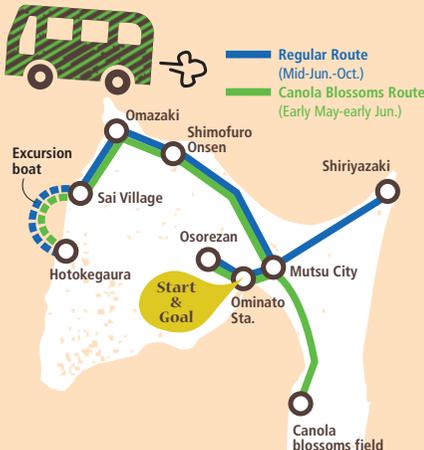
This bus will take you around major tourist spots on the Shimokita Peninsula, including Osorezan, Omazaki, Hotokegaura, and more. Reservations required at least five days in advance. The route changes depending on the season.

繞行於忍山、大間崎、佛浦等下北半島的主要觀光地。最晚須於出發日5天前預約。行駛路線有可能因運行時間而不同。오스레잔, 오마자키, 호토케가우라 등, 시모키타 반도의 주요 관광지를 순회. 출발일 5일 전까지 예약 필수. 운행 기간에 따라 루트가 변경된다.

- ☎ 0175-31-1270 (Shimokita TABI Assist)
- 📅 Sat., Sun. and Hol. etc., during early May-late Oct.
- 👤 ¥9,600 (For the entire route. Section fares and child fares are available)

<Main Destinations>

Ominato Sta. → Omazaki → Hotokegaura → Osorezan → Shiriyazaki (Canola blossoms field in May and June) → Ominato Sta.



Tourist Information Center

觀光服務處
관광안내소

Shimokita Tourist Information Center

下北觀光服務處 시모키타 관광안내소

- ☎ 0175-34-9095
- 📍 4-3 Shimokita-cho, Mutsu City (In front of Shimokita Sta.) 🕒 9:00-19:00
- 📅 End-of-year and New Year holidays

Shimokita TABI Assist

下北旅遊幫手 시모키타 TABI Assist

- ☎ 0175-31-1270
- 📍 1-8-1 Chuo, Mutsu City (Within Mutsu City Office)
- 🕒 9:00-17:00 📅 Sat., Sun. and Hol.
- 🌐 <https://gururin-shimokita.com>

Shirakami-Sanchi, World Natural Heritage Site, and a Hot Spring Welcome You

鯨澤

AJIGASAWA

鯨澤以世界自然遺產—白神山地和溫泉，歡迎您的到來
세계자연유산 시라카미 산지와 온천이 반겨주는 아지가사와

Shirakami-Sanchi is a mountainous area home to rare animals and plants. The virgin beech forest stretches out far and wide and is one of the largest in the world.

Umi-no-Eki "Wando" 海の駅「わんど」

This shop sells fresh seafood and agricultural produce directly from the farmers and fishermen and you can get local specialties of Ajigasawa. Ajigasawa Sumo Museum on the 2nd floor showcases items associated with local sumo wrestlers and Mainoumi, a famous former sumo wrestler born in Ajigasawa.

設有鮮魚和農產品直銷所，可以買到鯨澤的知名特產。2樓的鯨澤相撲館中，展示著與鯨澤出身的舞之海及其他力士相關的各種物品。

신선한 생선, 농산물을 직매장이 있어 아지가사와의 특산물을 구입할 수 있다. 2층의 아지가사와 스모관에서는, 아지가사와 출신의 마이노우미 및 향토 스모 선수와 연관된 물품을 전시.

- ☎ 0173-72-6661
- 📍 246-4 Hon-cho, Ajigasawa Town
- 🕒 9:00-18:00 (Jan.-Mar.: until 17:00)
- 🕒 *Ajigasawa Sumo Museum: 9:00-17:00 (Jan.-Mar.: until 16:00)
- 📅 End-of-year and New Year holidays



Shirakami Promenade 白神の森 遊山道

This promenade preserves a landscape almost the same as that of the area registered as a World Natural Heritage Site, including beech trees over 200 years old, and more. You can lightheartedly enjoy the atmosphere of Shirakami-Sanchi (the Shirakami Mountains) from the well-maintained trail.

有樹齡超過200年的山毛櫸等，這裡維持著幾乎與世界自然遺產登錄地區同等級的景觀。還有完善的步道，可輕鬆享受白神山地的氛圍。 수령 200년이 넘는 너도밤나무 등, 세계자연유산 등 록 지역과 거의 같은 경관을 지녔다. 보도가 정비되어 있어 시라카미 산지의 분위기를 가볍게 즐길 수 있다.



Kurumori Traveler Information Center (Kurumori-kan) 総合案内休憩所「くろもり館」

- ☎ 0173-79-2099
- 📍 1-26 Yagurayama, Fukuyamachi, Ajigasawa Town
- 🕒 Apr. 20-Sep. 30: 9:00-16:30 (Oct.: until 15:30)
- 🕒 *Last admission 30 min. before closing
- 📅 Nov. 1-Apr. 19

First, sign in to enter the mountain area at Kurumori-kan, the base of the walking trail

Yakiika (Grilled Squid) Street 焼きイカ通り

Rows of half-dried squid line the coastline like curtains. Plump and tender when lightly grilled, squid produce an appetizing aroma. Squid can be caught all year round, but are especially tasty from July through August.

海岸線吊著成排的生魷魚乾，看起來宛如窗簾般。迅速烤過之後柔韌彈牙、飄香千里。雖然終年都有魷魚可捕撈，但7~8月時期特別美味。

해안선에 커튼처럼 늘어뜨려 오징어를 말리고 있다. 살짝 구우면 살이 통통하게 오르면서 고소한 냄새가 퍼진다. 오징어는 1년 내내 잡히지만, 7. 8월이 특히 맛있다.

- 📍 Ajigasawa Town (Along the coastline of Prefectural Road No. 3)

The curtains of dried squid may not be on view depending on the season, weather, etc.



Rape Blossom Fields 菜の花畑

The rape blossoms stretching across the foot of Mt. Iwaki are known as a seasonal feature of spring. Because they are grown in a different spot every year to prevent damage by continuous cropping of soy beans, buckwheat and barley, visitors can enjoy a different landscape each time they come to visit.

岩木山麓의 整片油菜花，是眾所熟悉的春天風物詩。為了避免大豆、蕎麥、小麥連續過度耕作造成貧瘠，每年都會在不同地點施肥，因此每次造訪都能欣賞到不同的景致。 이와키산의 기슭에 펼쳐진 유채꽃은 봄의 풍물시로 유명하다. 콩, 메밀, 보리의 연속 피해 방지를 위해 매년 다른 장소에 경작하기 때문에, 방문할 때마다 다른 풍경을 즐길 수 있다.

The best time to see the rape blossoms is from early to late May



📍 Yamadano District, Tateishimachi, Ajigasawa-machi

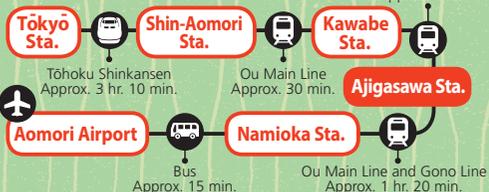
What kind of place is Ajigasawa?

鯨澤是什麼樣的地方？ 아지가사와는 어떤 곳？

Ajigasawa is a place where part of Shirakami-Sanchi (the Shirakami Mountains), a World Natural Heritage Site, is located and it also has places where one can easily hike. As well as Hirame-no-zuke-don (marinated flounder rice bowl), grilled squid and other local specialties, there are many attractions including hot springs, skiing in winter, and more.

世界自然遺產—白神山地的一部分就在鯨澤境內，擁有可輕鬆享受登山健走活動的環境。除了有醬漬比目魚蓋飯和烤魷魚等知名美食，更可享受溫泉和冬天滑雪場等多種樂趣。 세계자연유산 시라카미 산지의 일부가 속해 있어 가볍게 트레킹할 수 있는 장소가 있다. 납치절임 달팽이나 구운 오징어 등의 명품요리 외에도 온천과 겨울 스키 등 즐길거리가 가득.

Access



グルメ Gourmet Food

You can enjoy the unique flavors of 10 different restaurants in the town

Hirame-no-Zuke-Don (Flounder Rice Bowl)

ヒラメのツケ丼

A bowl of rice lavishly topped with Ajigasawa-produced hirame flounder marinated in sauce.

在白飯上鋪滿以醬汁醃漬鱈澤出產的比目魚，美味又豐盛的蓋飯。

アジガサワ山 頂치를 양념에 재워, 밥에 듬뿍 올린 덮밥.



Ajigasawa Commerce, Industry and Tourism Department

鱈ヶ沢町観光工商課

☎ 0173-72-2111

▲ Naojiro Champon

なおいろうチャンポン

Ramen topped with crab, prawns, turban shells and other seafood in its shell.

將螃蟹、蝦子、蜆螺等海鮮，連殼帶肉盛於拉麵上作為配料。

계, 새우, 소라 등의 어패류를 곁들기째 라면 위에 토핑.

Shokuji Dokoro Minshuku Naojiro (Restaurant, Bed & Breakfast)

食事処・民宿なおいろう

☎ 173-72-5613 ☎ 56 Yoneyama, Minamiukitamachi, Ajigasawa Town



Chicken Stick チキンポー

The chicken is prepared, skewered on disposable chopsticks and deep-fried. Popular as a snack or as an accompaniment with drinks.

以衛生筷串起經過仔細處理的去骨雞肉後下鍋油炸，是非常受歡迎的零食和下酒菜。

닭고기를 나무젓가락에 꽂아 튀긴다. 간식과 안주로 인기.

Shokuyaki Saikai

たこやき西海

☎ 0173-72-5937

☎ 29-115 Shimotomita, Maitomachi, Ajigasawa Town



Apple Juice

リンゴジュース

Very easy-to-drink concentrated apple juice pressed from apples grown in Ajigasawa.

以鱈澤出產的蘋果鮮榨而成，相當順口的濃縮蘋果汁。

アジガサワ山 사과를 짜서 만든 맛있는 농축 사과 주스.

Umi-no-Eki "Wando"

海の駅「わんど」

☎ 0173-72-6661

☎ 246-4 Hon-cho, Ajigasawa Town

100% additive-free apple juice

Meika-no-Mise Yamazaki

銘菓の店 山ざき

☎ 0173-72-2002

☎ 59 Hon-cho, Ajigasawa Town



100% additive-free apple juice

Meika-no-Mise Yamazaki

銘菓の店 山ざき

☎ 0173-72-2002

☎ 59 Hon-cho, Ajigasawa Town

collaboration between the popular confectionery shop and an Ajigasawa sake brewery

Sake Lees of Local Sake Ganache

地酒の酒粕生チョコ

Sweets that combine smooth, rich ganache and flavorful local sake lees.

結合柔滑濃郁的生巧克力與滋味豐富的在地酒酒粕所做成的甜點。

부드럽고 농후한 생초콜릿과 풍미 좋은 향토주의 술지킴이가 합쳐진 디저트.

Kashi Kobo TATUYA

菓子工房 TATUYA 本店

☎ 0037-60-3037015 (Toll-free number)

☎ 53-1 Shimotomita, Maitomachi, Ajigasawa Town



collaboration between the popular confectionery shop and an Ajigasawa sake brewery

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☎ 0037-60-3037015 (Toll-free number)

☎ 53-1 Shimotomita, Maitomachi, Ajigasawa Town



You'd want to visit this place in winter! Aomori Spring Ski Resort

冬天就是想去！青森溫泉&滑雪度假村
겨울에 가보고 싶은 아오모리 스프링, 스키 리조트!

The Main Line course overlooks the Sea of Japan right ahead of it

This ski resort has ski slopes that stretch out across the foot of Mt. Iwaki, and the high-quality powder snow and stable snowfall are its charms. Even beginners can enjoy the long course of 3.4 km with peace of mind.

位在岩木山麓的遼闊滑雪場，優質粉雪與穩定降雪量是其魅力所在。長達3.4km的滑雪道，即便新手也能安心享受滑雪樂趣。

이와키산 기슭에 있는 스키장으로, 상질의 파우더 스노와 안정된 강설량이 매력적. 3.4km의 롱코스를 초급자도 안심하고 즐길 수 있다.

☎ 0173-72-1011 ☎ Ajigasawa-kogen, Ajigasawa Town

☎ From mid-Dec. to early Apr.: 9:00-21:00

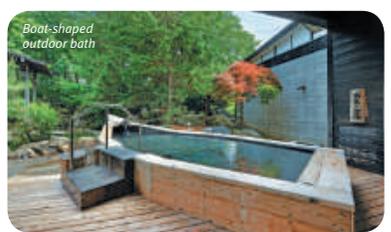
☎ <https://aomorispringski.com/?lang=ja>



Ride the gondola to the top of the slope

The majestic Mt. Iwaki ranks as one of Japan's 100 famous mountains

* Ajigasawa Accommodation Information *



Boat-shaped outdoor bath

Ajigasawa Onsen Suigun no Yado

鱈ヶ沢温泉 水軍の宿

This hot spring inn even has guest rooms with attached outdoor baths. Seawater from around 300,000 years ago gushes out as natural hot spring water in their hot springs that they take pride in. The water has a high salt concentration and excellent heat and moisture retention.

部分房型甚至附有露天溫泉池的溫泉旅館。約30萬年前的海水形成了天然湧泉，成為此處最自豪的溫泉。水質內含高濃度鹽分，具出色的保溫與保濕效果。

노천탕이 딸린 객실도 있는 온천 료칸. 자랑거리인 온천은 약 30만 년 전의 바닷물이 천연온천이 되어 용출. 염분 농도가 높고 보온과 보습이 뛰어나다.

☎ 0173-72-6511

☎ 26-1 Shimotomita, Maitomachi, Ajigasawa Town

☎ Check-in: 15:00, Check-out: 10:00

☎ From ¥10,800/night incl. two meals ☎ D,J,M,V,銀

☎ www.suigunnoyado.com



Japanese-style outdoor bath from which you can enjoy a view of the Sea of Japan

Ajigasawa Onsen Hotel GRAND MER SANKAISO

鱈ヶ沢温泉ホテル グランメール山海荘

Surrounded by Mt. Iwaki and Shirakami-Sanchi World Natural Heritage Site, this hotel is perfectly located. You can fully enjoy an outdoor bath overlooking the Sea of Japan and meals made with delicious Ajigasawa seafood and mountain produce.

處於岩木山與世界自然遺產一白山山所包圍的絕佳地理位置，不但能享受可眺望日本海的露天溫泉，還可品嚐以鱈澤山產及海鮮煮成的料理。

이와키산과 세계자연유산 시라카미 산지에 둘러싸인 뛰어난 입지. 일본해를 조망하는 노천탕이나 아지가사와의 산해진이를 사용한 요리를 맛볼 수 있다.

☎ 0173-72-8111

☎ 1 Naruto, Maitomachi, Ajigasawa Town

☎ Check-in: 15:00, Check-out: 10:00

☎ From ¥12,960/night incl. two meals ☎ D,J,M,V,銀

☎ www.hotel-grandmer.com/lg_en/



Enjoy cycling to the full with the hotel as your base camp

Rockwood Hotel & Spa

록우드·호텔&스파

This comprehensive resort hotel located at the foot of Mt. Iwaki has a golf course and ski slope. Guests can enjoy views of the Sea of Japan from rooms facing the ocean and views of Mt. Iwaki from rooms facing the mountains.

位於岩木山麓的複合式休閒飯店，設有高爾夫球場及滑雪場。面海房型可欣賞日本海，面山房型則可眺望岩木山。

이와키산의 기슭에 위치한 골프장, 스키장 병설의 종합 리조트 호텔. 바다쪽의 객실에서는 일본해, 산쪽의 객실에서는 이와키산을 조망할 수 있다.

☎ 0173-72-1011

☎ Ajigasawa-kogen, Ajigasawa Town

☎ Check-in: 15:00, Check-out: 11:00

☎ From ¥12,420/night incl. two meals *Vary by season and day

☎ A,D,J,M,V,銀 ☎ <https://rockwoodhotel.com>

TSUGARU CYCLING AREA COURSE



御風療癒。飽享津輕絕景、美食、文化的腳踏車之旅！

Ride into the wind and feel refreshed. Enjoy the gorgeous scenery, food, and culture of Tsugaru on a cycling trip!

바람을 가르며 힐링. 쓰가루의 절경, 음식, 문화를 만끽하는 자전거 여행!

COURSE 1

Full-loaded Coastline Ride

津輕半島一周

繞津輕半島一周的200公里挑戰路線。
A challenging 200 km tour of the Tsugaru Peninsula.

쓰가루 반도를 일주하는 200km 철린지 라이드.
Distance: 203km difficulty ★★★★★
Required Time: About 10~12hr. Course Type: Round

COURSE 4

Nostalgic Apple Orchard Ride

りんご畑

穿越悠閒蘋果田的蘋果騎乘路線。
A tranquil ride through apple orchards.

한가하고 조용한 사과밭을 질주하는 애플 라이드.

Distance: 25km difficulty ★★
Required Time: About 2hr. Course Type: One-way

COURSE 6

Ride with Light

鶴の舞橋

來拜訪映照在湖面上的津輕富士與宛如大鵬展翅的木橋。
See the reflection of Tsugaru Fuji in the lake and visit a wooden bridge that spreads its wings over the water.

호면에 비치는 쓰가루 후지와 날개를 펼친 나무 다리를 찾아.
Distance: 24km difficulty ★★
Required Time: About 2hr. Course Type: Round

COURSE 8

Open Bay Vista Ride

奧津輕周遊

環遊三海的奧津輕一周騎乘路線。
A ride around Okutsugaru that takes you to three oceans.

3개의 바다를 돌아보는 오크쓰가루 일주 라이드.
Distance: 126km difficulty ★★★★★
Required Time: About 6-8hr. Course Type: Round

COURSE 10

Sunset & Sea Squids Ride

日本海

欣賞風光明媚的日本海絕景與品嘗美食。
Enjoy the gorgeous scenery and foods of the Sea of Japan.

아름답고 매력적인 일본해의 절경과 먹거리를 만끽.
Distance: 50km difficulty ★★★
Required Time: About 3-4hr. Course Type: One-way

COURSE 2

Allured by Mountain Ride

山好きチャレンジ

穿越日光傾洩的寂靜森林山坡。
A hill climb that goes through silent woods with sunlight filtering through trees.

나뭇잎 사이로 햇빛이 비치는 고요한 숲을 넘는 힐 클라임.
Distance: 68km difficulty ★★★★★
Required Time: About 4-5hr. Course Type: Round

COURSE 3

Breathtaking Scenery Ride

馬ノ神山

讓人想從馬神山眺望的津輕平野的絕美景致。
Seek out the view of the Tsugaru Plain from Mt. Manogami.

마노가미산에서 바라보는 쓰가루 평야의 전망을 찾아.
Distance: 30km difficulty ★★★★★
Required Time: About 2hr. Course Type: Round

COURSE 5

As Happy as Clam Ride

十三湖一周

繞十三湖一周的騎乘路線。
A course that takes you to around Jusanko Lake.

주산코 호수를 빙 둘러 일주하는 코스.
Distance: 82km difficulty ★★★★★
Required Time: About 5-6hr. Course Type: Round

COURSE 7

Ride with Light

岩木川

眺望津輕富士、並行於優美的岩木川間。
Gaze on Tsugaru Fuji while riding alongside the graceful Iwaki River.

쓰가루 후지를 바라보며 우아한 이와키강과 나란히 질주.
Distance: 21km difficulty ★
Required Time: About 2hr. Course Type: One-way

COURSE 9

Clear View Blue Ride

津輕海峽

津輕海峽與紫陽花的藍道路線。
Enjoy a blue road ride along the Tsugaru Channel and hydrangeas.

쓰가루 해협과 수국의 블루 로드 라이드.
Distance: 63km difficulty ★★
Required Time: About 3-4hr. Course Type: Round

COURSE 12

All Over the Heritage Ride

世界遺產白神

充滿著世界遺產與日本海絕景的旅情路線。
A ride that envelops you in the gorgeous scenery of World Heritage sites and the Sea of Japan.

세계유산과 일본해의 절경에 둘러싸여 여정 라이드.
Distance: 31km difficulty ★★
Required Time: About 2hr. Course Type: One-way



A Tsurunomai Bridge - Stretches over Tsugaru Fuji Lake, and the longest wooden bridge in Japan.

B Aoike Pond - This mysterious pond is colored a vibrant, beautiful blue, almost like paint.

C Tachineputa no Yakata - At this museum you can experience the excitement of the nearly 23-meter tall neputa floats that march through the city during the festival from August 4 to 8 every year.

D Osamu Dazai Museum - Shayokan - The house where writer Osamu Dazai was born, built in 1907.

COURSE 11

Blue Lake and Forest Ride

靑池

津輕神秘靑池，令人著迷。
Be mesmerized by the mysterious, hidden Aoike blue pond of Tsugaru.

쓰가루의 비경, 신비스러운 푸른 연못에 매료되어.
Distance: 30km difficulty ★★
Required Time: About 2-3hr. Course Type: Round

Bicycle rental - Reservations are required one day in advance.

R.1 Goshogawara City Tsugaru Railway Co., Ltd.

39 Omachi, Goshogawara City, Aomori TEL:0173-34-2148 Hours: 8:30-17:00
Rentals are available from April to October
Number of bikes: 9 road bikes, 13 hybrid bikes (including kids' bikes)
URL: tsutetsu.com/rental_cycle_station.html
*Same-day rentals not available. Reservations are required one day in advance.

R.2 Fukaura-machi WeSpa Tsubakiyama *Up to two bikes can be rented.

226-1 Henashinabeishi, Fukaura-machi, Nishi-Tsugaru-gun, Aomori TEL:0173-75-2261
Hours: Open every day
Rentals are available from April to October. Number of bikes: 2 hybrid bikes
URL: <http://www.wespa.jp>
*Please call for rental reservations or inquiries (Foreign language assistance available)



ACCESS

*Ride times are estimates.

TOKYO / HANEDA → 1 hr. 20 min.
OSAKA / ITAMI → 1 hr. 35 min.
SAPPORO / NEW CHITOSE → 50 min.
NAGOYA / KOMAKI → 1 hr. 25 min.

AOMORI AIRPORT

35 min. → AOMORI Sta.
55 min. → HIROSAKI Sta.
45 min. → GOSHOGAWARA Sta.

AOMORI Sta.
HIROSAKI Sta.

75 min. → GOSHOGAWARA Sta.
60 min. → GOSHOGAWARA Sta.
75 min. → GOSHOGAWARA Sta.
40 min. → GOSHOGAWARA Sta.

GOSHOGAWARA Sta.

<https://aomori-cycling.com/tcn/>

<https://aomori-cycling.com/en/> <https://aomori-cycling.com/kr/>

3-DAY MODEL ROUTE

1

Towada ▶▶ Aomori ▶▶ Hakodate

Go around on a tour of art and cuisine

巡遊藝術 & 美食 | 예술 & 미식 투어

Enjoy the art and scenery representative of Aomori and Hakodate while savoring the local cuisine to your heart's content.

欣賞代表青森與函館的藝術及美景的同時，盡情享受在地美食。

아오모리와 하코다테를 대표하는 예술과 경치를 감상하며 본고장의 맛을 즐겨보자.



DAY 1

Start!!!

1 9:30

JR Shichinohe-Towada Sta.
JR 七戸十和田駅

Start your trip by renting a car near the station. Please drive safely and be sure to follow Japan's traffic rules.
★ See P. 46 for instructions on how to rent a car
在車站周邊租借汽車開始旅行！請遵守日本的交通規則，進行安全駕駛。
★ 汽車租借方式請參照P.46
역 주변에서 렌터카를 빌려 여행 시작. 일본의 교통 규칙을 지키며 안전 운전을 하자.
★ 렌터카 빌리는 방법은 P.46을 참조

Towada Barayaki Set Lunch for ¥972

Approx. 1 min. by car

2 10:30
Towada Art Center
十和田市現代美術館

This white-walled art museum exhibits the work of 33 internationally acclaimed artists from Japan and abroad.
純白牆面的美術館內，展示著活躍於日本國內外的33件藝術家作品。
일본 국내외에서 활약 중인 33팀의 아티스트들의 작품이 전시된 백악 미술관.
☎ 0176-20-1127
📍 10-9 Nishi Niban-cho, Towada City
🕒 9:00-17:00 (Admission: until 16:30)
📅 Mon. (if a public holiday, the following day will be closed instead)
💰 ¥1200 (¥510 when there is no special exhibition)
💳 Credit cards not accepted.
🌐 <http://towadaartcenter.com/en/>



Late October marks the beginning of the best time to enjoy the autumnal foliage

The best time for trekking is when the fresh verdure appears in May

3 12:30
Tsukasa Barayaki Taishu Shokudo
司 バラ焼き大衆食堂

MAP P.40
Have your fill of Towada Barayaki, a famous Towada dish of grilled beef flank and onions marinated in a salty-sweet sauce.
享受十和田名產之十和田烤五花肉，吃得到甜鹹調味的牛五花肉和洋葱。
소갈비살과 양파로 달콤 짭조름하게 맛을 낸 도와다의 명물 도와다 바라야키를 만끽
☎ 080-6059-8015
📍 15-41 Inaoi-cho, Towada City
🕒 11:00-14:30 (L.O. 14:00), 17:30-23:00 (L.O. 22:30)
📅 Mon. (if a public holiday, the following day will be closed instead)
💳 A, D, J, M, V 銀
🌐 <http://tukasatowada.wixsite.com/barayaki>



Approx. 35 min. by car (To Oirase Stream Museum)

4 14:00
Oirase Gorge
奧入瀨溪流

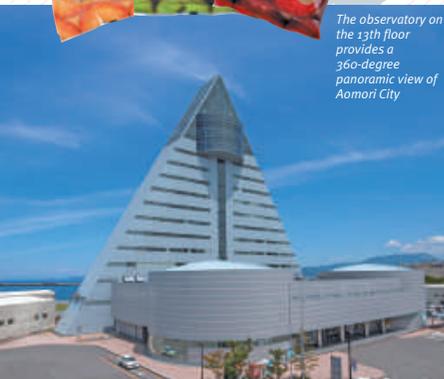
MAP P.40
The only river flowing from Lake Towada. Oirase Gorge is a scenic spot where you can enjoy the beauty of the mountain stream and going around to see the waterfalls. There's a walking path along the stream.
唯一自十和田湖流出的河川，是一處可欣賞溪流美景與巡遊瀑布的風景地，並有完善的步道。
도와다호수가 원천인 유일한 강으로, 아름다운 계곡과 폭포 손레를 즐길 수 있는 명승지, 산책로가 갖춰져 있다.
☎ 0176-75-2425 (Towadako Information Center)
📍 Okuse, Towada City
🕒 Grounds open to the public
🌐 <http://towadako.or.jp/sansaku-map/oirase-nenokuchi/>





An apple snack made by deep-frying apple slices in oil, for ¥400 each

The observatory on the 13th floor provides a 360-degree panoramic view of Aomori City



7 10:30 Aomori Prefecture Tourist Center ASPAM

青森県観光物産館アスパム

MAP P.43

The triangle-shaped structure is the landmark of this information facility for sightseeing and local produce information about Aomori. The first floor is the prefecture's preeminent gift and souvenir shop, boasting a wide assortment of local products.

觀光與物產的資訊傳播地，三角形外觀相當醒目。1樓的伴手禮賣場擁有縣內數一數二的齊全品項。삼각형 모양의 외관이 인상적인 관광 물산관. 1층은 아오모리현 특산품을 다양하게 갖춘 기념품 매장.

- ☎ 017-735-5311
- 📍 1-1-40 Yasukata, Aomori City
- 🕒 9:30-19:00 (Nov.-Mar.: until 18:00) *Vary by facility
- 🗓 Mon.-Wed. in the 4th week of Jan., Dec. 31 🗨 Vary by facility
- 🌐 www.aomori-kanko.or.jp/web/

Payment is made using pre-purchased meal tickets



- ☎ 017-763-0085 (Nokkedon fresh seafood rice bowl office)
- 📍 1-11-16 Furukawa, Aomori City
- 🕒 7:00-16:00
- 🗓 Tue. (May be temporarily closed at other times)
- 🗨 Vary by topping you choose
- 💳 Credit cards not accepted.
- 🌐 <http://nokkedon.jp>

6 9:30 Aomori Gyosai Center

青森魚菜センター

MAP P.43

Nokkedon, a luxurious rice bowl dish that allows you to pick your favorite ingredients such as sashimi and other toppings to heap on top of rice to eat, is a local specialty.

可以挑選生魚片等喜歡的食材放在飯上品嘗。如此奢侈的蓋飯料理「第一蓋飯」為其招牌。생선회 등 좋아하는 식재료를 골라 밥 위 에 얹어 먹는 덮밥 '노케동'은 이곳의 명물.

The large lookout bath also has an outdoor bath



5 18:30 Nanbuya Kaisenkaku

南部屋・海扇閣

MAP P.40



- ☎ 017-752-4411
- 📍 31 Hotarutani, Asamushi, Aomori City
- 🕒 Check-in 15:00 / Check-out 10:00
- 💰 From 17,430/night incl. two meals *Vary by season
- 🗨 J.M.V
- 🌐 www.kaisenkaku.com/en/

Nanbuya Kaisenkaku is an inn located at Asamushi Onsen, which has been known as a hot spring region since long ago. On the ninth floor at the top of the inn, there's a large lookout bath where you can look out over Mutsu Bay.

旅館位在自古便以溫泉地聞名的淺蟲溫泉。來到頂樓9樓的景觀大浴場，可將陸奧灣景致盡收眼底。여로부터 온천지로 유명했던 아사무시 온천에 세워진 료칸. 최상층 9층에 있는 전망 대욕장에서는 무쓰 만을 전망할 수 있다.



Approx. 10 min. walk

8 11:30 Aji No Sapporo Onishi

味の札幌 大西

MAP P.43

Established about 50 years ago, this ramen noodle shop has long been loved by Aomori City residents. Foreign language menus are available.

創業約50年のラーメン店，長年來深受青森市民喜愛。備有外語菜單。창업 약 50년. 오랫동안 아오모리 시민들에게 사랑받아 온 라멘집. 외국어 메뉴 있음.

Featured on ▶ P.12



Miso Curry Milk Ramen (with butter) ¥830

Approx. 8 min. walk to Aomori Sta. From Aomori Sta., approx. 20 min. by Aomori Municipal Bus bound for Sannai-Maruyama Site, get off at "Kenritsu Bijutsukan-mae" and take a short walk



To P.28

The toppings that you can choose vary by shop



After creating your own unique rice bowl with your favorite toppings, you can eat your meal at the rest area inside the center

DAY 2



Approx. 10 min. walk



Leave Nanbuya Kaisenkaku at 8:30. Approx. 35 min. by car

JR Aomori Sta. JR 青森駅



Return your rental car at Aomori Station

在青森站還車
아오모리 역에서 렌터카 반납

Community Hall, located on the 1st floor

9 13:30

Aomori Museum of Art

青森県立美術館

MAP P.43

The use of large open spaces in displaying its exhibits is an attraction of this museum, and it has an extensive collection which focuses on artists with connections to Aomori. The "Aomori-ken" dog statue, the museum's symbol, is a must-see.

利用寬廣空間的展覽為其魅力所在。以與青森相關的藝術家作品為中心，館內收藏豐富多元。代表作品「青森犬」不容錯過。 넓은 공간을 활용한 전시가 매력적. 아오모리와 인연이 있는 작가들 중심으로 폭넓은 수집품이 전시되어 있다. 이곳의 상징인 '아오모리개'는 반드시 봐야 할 작품.



- ☎ 017-783-3000
- 📍 185 Chikano, Yasuta, Aomori City
- 🕒 9:00-18:00 (Oct.-May.: 9:30-17:00 *Last admission 30 min. before closing)
- 🗓 2nd and 4th Mon. (If a public holiday, the following day will be closed instead) *May be changed
- 💰 ¥510 (Adult; Permanent exhibition)
- 💳 Credit cards not accepted.
- 🌐 www.aomori-museum.jp/en/index.html

This Aomori scallops hot pot dish is one part of the ¥7,000 course (Reservation required)



Approx. 15 min. by taxi

10 17:00

Restaurant evie

レストラン・エヴィエ

MAP P.43

Savor French cuisine that makes lavish use of Aomori-produced scallops, wagyu beef steak, and other local ingredients.

可享受使用大量青森縣產食材做成的法式料理，包括青森縣產扇貝及和牛牛排等。

아오모리현산 가리비와 외규 스테이크 등 아오모리현산 식재료를 풍부하게 사용한 프랑스 요리를 만끽할 수 있다.

- ☎ 017-776-2207
- 📍 5-3-1 Hon-cho, Aomori City
- 🕒 17:00-23:00 (L.O. 22:30)
- 🗓 Sun. and Holi. (Open on the day before Hol.)
- 💳 A,D,I,M,V銀
- 🌐 www.evie-french.jp



©Yoshitomo Nara

Yoshitomo Nara's "Aomori-ken" is the art museum's symbol

11 10:00

Hakodate Miraikan

はこだてみらい館

MAP P.45

Hakodate Miraikan is an interactive facility based on science. You can take on the challenge of interactive programs using the latest technology and more.

以科學為基礎的互動型設施。可挑戰運用尖端科技設備進行的體驗活動等。

과학기술을 이용한 체험 시설. 최첨단 콘텐츠를 활용한 체험 행사 등에 도전해보자.

Images are projected on the floor



- ☎ 0138-26-6000
- 📍 3F Kiralis Hakodate, 20-1 Wakamatsucho, Hakodate City 🕒 10:00-20:00
- 🗓 2nd Wed. (Facility maintenance day), Dec. 31, Jan. 1
- 💰 Door ticket: ¥300 (Elementary school students and older)
- 💳 Credit cards not accepted.
- 🌐 <http://hakodate-miraiproject.jp/miraikan/>



"360 Studio", where you can enjoy 360-degree videos

The high-quality LED display measuring 14.4 m wide and 2.4 m tall



DAY 3



Stay overnight in Hakodate

Leave your accommodation at about 9:45. Approx. 3 min. walk from JR Hakodate Sta.

Approx. 10 min. by taxi to Aomori Sta. Approx. 5 min. by train on the JR Ou Main Line from JR Aomori Sta., and then transfer to the Shinkansen at JR Shin-Aomori Sta. An approx. 1 hr. 5 min. ride to Shin-Hakodate-Hokuto Sta. From Shin-Hakodate-Hokuto Sta., approx. 20 min. ride on the JR Express Hakodate Liner, get off at Hakodate Sta.

12 11:30

The first-rate staff will support you in your transformation

Hakodate Japanese and Western modern costumer Museum

函館和洋モダン貸衣裳館

MAP P.45

A rental kimono and costume shop that has a reputation for "reasonable prices and outfits with thorough, convincing looks." You can choose from a selection of 300 kimonos and 130 dresses and make a gorgeous transformation.

因「價格合理又有模有樣」而大受好評的服裝租借體驗設施。有300套和服及130套洋裝任君挑選，來場華麗大變身。

‘합리적인 가격, 본격적인 스타일’로 인기를 끄는 의상대여 체험시설. 기모노 300벌, 드레스 130벌 중에서 골라 멋지게 변신해 보자.

- ☎ 0138-40-5120 📍 2F Hakodate Meijikan, 11-17 Toyokawa-cho, Hakodate City
- 🕒 10:00-18:00 (Last admission at 16:30)
- 🗓 Open 365 days
- 💰 1 Adult-sized kimono/costume: From ¥3,000 per hour 🚫 Credit cards not accepted.
- 🌐 <http://m-modern.com/71376?lang=en>

Wedding plans are also popular



Enjoy having a photoshoot while dressed in your splendid clothes

Approx. 5 min. by Hakodate Tram in front of Hakodate Sta., get off at Jujigai, and then take an approx. 5 min. walk



Approx. 6 min. walk

14 14:30

Scenery of the Slopes

坂道の景観

MAP P.45

In Hakodate, there are 19 charming slopes that have appeared as a scene in movies, each of them with its own name. Enjoy taking photos of them.

函館有19處充滿情調的坡道曾出現在電影當中，每一處都有各自的名字。來此享受拍照的樂趣吧！

영화 속 배경으로도 등장하는 하코다테의 운치 있는 19개의 언덕, 각 언덕에는 이름도 붙어 있다. 사진을 찍으며 즐겨보자.

The trams are convenient for sightseeing in Hakodate City



13 13:00

LUCKY PIERROT Bayarea

ラッキーピエロ 베이エリア本店

MAP P.45

This exquisite hamburger can be considered one of Hakodate's specialties. Frozen ingredients are never used, and your burger is cooked after being ordered, so you can always eat it while it's fresh.

名列函館名產之一的極品漢堡。不用任何冷凍品，點餐後才開始烹調，隨時都可品嚐到現做漢堡。

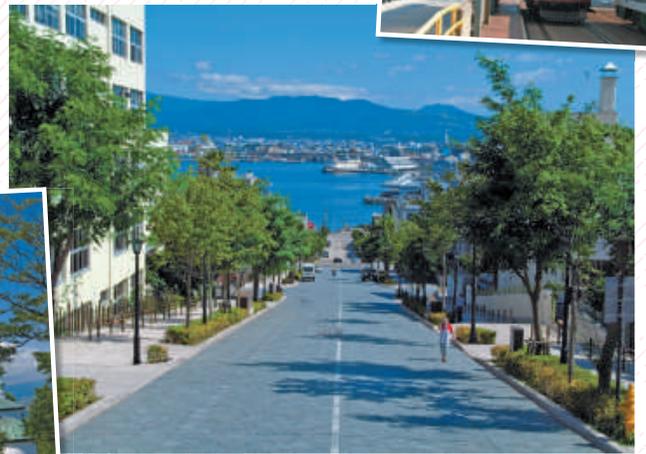
하코다테의 명물 중 하나인 햄버거. 냉동식품을 전혀 사용하지 않고 주문 즉시 조리하기 때문에 언제나 뜨끈따끈한 햄버거를 맛볼 수 있다.

- ☎ 0138-26-2099
- 📍 23-18 Suehiro-cho, Hakodate City
- 🕒 10:00-24:30 (Sat.: until 1:30 of the following day)
- 🗓 Open 365 days
- 🚫 Credit cards not accepted.
- 🌐 <http://luckypierrot.jp/shop/bayarea/>

Approx. 3 min. walk (to Hachiman-zaka Slope)



Churches of various countries are scattered along the slope



Hachiman-zaka Slope which commands an extensive view of scenery typical of Hakodate. You can look out over Hakodate Bay from the top of the slope

Goal!!!

JR Shin-Hakodate-Hokuto Sta.
JR 新函館北斗駅

Approx. 20 min. by the JR Express Hokkaido Liner



Photo courtesy of JR Hokkaido



3-DAY MODEL ROUTE

2

Hakodate ▶ Shimokita ▶ Hachinohe

Take a drive to enjoy nature

駕車兜風享受大自然 | 자연을 만끽하는 드라이브

Take the ferry from Hakodate to Shimokita Peninsula, and then enjoy the scenery of Mother Nature from your window as you go for a drive.

從函館搭乘渡輪到北下半島，接著駕車兜風欣賞車窗外的大自然景觀。

하코다테에서 페리를 타고 시모키타 반도로 건너가, 차창 밖에 펼쳐진 대자연의 풍경을 바라보며 드라이브.



DAY 1

1 9:15
Start!!

JR Shin-Hakodate-Hokuto Sta.
JR 新函館北斗駅



Speaking of Oma, it has to be tuna!

5 9:30
Cape Oma
大間崎
MAP P.40

Cape Oma is the northernmost point on Honshu and is only 17.5 km from Hakodate. Oma is famous for its tuna, so take a commemorative photo in front of the tuna statue.

2 9:40
Squid Fishing at Hakodate Morning Market (Asaichi)
函館朝市でイカ釣り

Approx. 20 min. by the JR Express Hakodate Liner, and then take an approx. 2 min. walk from Hakodate Sta.

MAP P.45
You can try your hand at squid fishing right there at the market. Use the special fishing pole provided and catch some of the squid swimming in the tank.



Children can enjoy squid fishing too

可在市場內的廣場體驗釣花枝。用專用釣竿釣起在水槽內游動的花枝吧！
시장 안의 광장에서 오징어 낚시를 체험할 수 있다. 수조에서 헤엄치는 오징어를 전용 낚시대로 낚아 올려보자.

- Ganso Katsu-ika Tsuribori (Live Squid Fishing Shop)
0138-22-5330 (Hakodate Morning Market Ekinii Business Cooperative)
9-19 Wakamatsu-cho, Hakodate City
5:30-13:30 (Oct.-Apr.: from 6:00)
3rd Wed. of Jan.-Jun., Oct. and Nov.
¥1 squid from ¥600 (Market price)
Credit cards not accepted.
www.asaichi.ne.jp/ekini/

Approx. 20 min. by Hakodate Tram from in front of Hakodate Sta., get off at Goryokaku-koen-mae, and then take an approx. 8 min. walk



They'll clean and cut the squid for you right after you catch it

3 12:00
Goryokaku Tower
五稜郭タワー

MAP P.45
From the observatory, you can see Mt. Hakodate, Tsugaru Channel, and Goryokaku, which is designated as a Special Historic Site.

從觀景台可欣賞到函館山、津輕海峽及特別史蹟五稜郭。
전망대에서 하코다테산과 쓰가루 해협, 특별사적 고료카쿠 유적을 볼 수 있다.

Featured on ▶ P.9
Part of the floor is glass, so you can see straight down

Hakodate's 107 m-high landmark tower



DAY 2

Approx. 10 min. by car

為本州最北端的海岬，距離函館僅17.5公里。記得在大間名產—鰻魚的雕像前拍照留念！
혼수 최북단 곳, 하코다테와의 거리는 불과 17.5km. 오마의 명물 참치상 앞에서 기념 사진을 찍자.
0175-37-2111 (Oma Town Hall)

Stay overnight in Oma

Leave your hotel at about 9:00. Borrow a rental car near the Oma ferry terminal.
約9:00從住宿地點出發。到大間渡輪碼頭附近租車吧！
9:00쯤 숙소를 출발, 오마 페리 터미널 주변에서 렌터카를 빌리자.

Approx. 1 hr. 30 min. by ferry from the Hakodate ferry terminal, get off at the Oma ferry terminal

4 16:30
Tsugaru Kaikyo Ferry
津輕海峽フェリー

MAP P.40,45

Take a smooth, gentle ride on this large ferry from Hakodate to Oma in Aomori! The trip takes approximately 1 hour and 30 minutes.

從函館搭乘平穩的大型船隻前往青森縣大間！航行時間約1小時30分。
승용임이 적은 대형선을 타고 하코다테에서 아오모리현의 오마로 기차 승선 시간은 약 1시간 30분.



0138-43-4545
3-19-2 Minato-cho, Hakodate City (Hakodate ferry terminal) Leaving Hakodate: From 9:30/From 16:30 (2 services per day *May be 3 services depending on the season) Operates 365 days (May be canceled due to maintenance, etc.)
¥ From ¥1,810 (Adult, one-way)
A,D,J,M,V www.tsugarukaikyo.co.jp

Approx. 20 min. by taxi



The open space on the ferry where you can spend your time freely



6 10:30 Hotokegaura Sightseeing Cruise Landing Course 仏ヶ浦遊覧上陸コース

You can sometimes see dolphins in the ocean during the sightseeing cruise course from May to July

Regular sightseeing cruises, which last approximately 1 hour and 30 minutes, let you enjoy a cruise ride from Sai to Hotokegaura, where you can then get off and have a walk around Hotokegaura. From the cruise ships, you can enjoy unique views of the large coastal rocks and more.

約1個半小時行程的固定航線觀光船，可從佐井遊覽到佛浦，並在佛浦散步。還能欣賞到岸邊巨石等，這可是搭乘觀光船才能看到的美景。사에서 호트케구리까지의 유람과 호트케구리에서의 산책도 즐길 수 있는 약 1시간 30분 코스 정기 관광선, 해안을 따라 들어선 거암 등 유람선에서만 볼 수 있는 경치를 감상해보자.

- ☎ 0175-38-2244 (Hotokegaura Kaijo Kanko)
- 📍 Cruise boarding point: 112 Osai, Sai Village (Tsugaru Kaikyō Cultural Center "Arusas") 🕒 Operates from late Apr. to Oct. Leaving Sai: From 9:00/From 10:30/From 13:00 (3 services per day, reservation required) *May operate additional services when crowded
- 🟢 Open daily during the period (May not operate depending on the weather and sea conditions)
- 🏠 Round-trip ¥2,400 (Adult) 🚗 A,D,J,M,V,銀 🌐 www.hotokegaura.jp

Approx. 25 min. by car (to Tsugaru Kaikyō Cultural Center "Arusas")

Leave your hotel at about 8:00. Approx. 2 hr. by car from JR Shimokita Sta.

Looking out over a complete view of Hotokegaura is a real thrill that you can only experience on a sightseeing cruise

DAY 3

Stay overnight in Shimokita

Approx. 30 min. by car (to JR Shimokita Sta.)

Approx. 1 hr. 40 min. by car

7 14:00 Osorezan 恐山

At Osorezan, the stretch of rough rocks can be likened to Hell and the beach of white sand makes one think of Paradise. The mountain is closed from November through April.

擁有被比擬為地獄的荒蕪岩石地帶，以及讓人聯想到極樂淨土的白沙海灘。11~4月封山。지옥을 연상시키는 거친 암벽과 천국을 연상시키는 백사장. 11~4월 휴산.

- ☎ 0175-22-3825 📍 3-2 Usoriyama, Tanabu, Mutsu City
- 🕒 6:00-18:00 (Mid-Oct. to Oct. 31: until 17:00) 🟢 Nov. through Apr.
- 🏠 Admission fee: ¥500 🚫 Credit cards not accepted.



8 10:00 Hasshoku Center (Shichirinmura) 八食センター (七厘村)

Buy fresh seafood at the market and have it grilled over charcoal in the shop where you can have a taste of it.

可在市場購買新鮮的魚貝類，並在店內以炭火燒烤品嘗。시장에서 구입한 신선한 해산물을 점포 내에 마련된 숯불로 구워 맛볼 수 있다.

Featured on → P.12



Approx. 35 min. by car

9 11:30 Tanesashi Coast 種差海岸

- ☎ 0178-51-8500 (Tanesashi Kaigan Information Center)
- 📍 Tanakubo, Same-machi, Hachinohe City
- 🟢 Grounds open to public
- 🌐 http://tanesashi.info/

An expanse of natural grass stretches out along the coast. See the expansive view with lots of coastal flora.

沿岸有一大片廣闊的天然草坪。海濱植物繁多，景觀開闊。해안을 따라 넓은 천연 잔디밭이 펼쳐진다. 많은 해안식물과 개방적인 경치가 반겨준다.



The contrast of the ocean and the gently rolling hills of grass is beautiful

10 14:00 Hachinohe Portal Museum "hacchi" 八戸ポータルミュージアムはっち

Learn about Hachinohe's various attractions, and you can also experience making traditional crafts. There's also a café and shop.

除了介紹八戶的魅力之外，還可體驗製作傳統工藝。附設咖啡廳及商店。하치노헤의 매력을 소개. 전통 공예 제작을 체험해 볼 수 있다. 카페와 샵도 한 곳에.

- ☎ 0178-22-8228
- 📍 11-1 Mikka-machi, Hachinohe City
- 🕒 9:00-21:00 (Vary by store)
- 🟢 2nd Tue. of the month (if a public holiday, the following day will be closed instead)
- 🚗 A,D,J,M,V,銀 (Some stores)
- 🌐 http://hacchi.jp/en/



Approx. 30 min. by car



Traditional handicrafts are also on sale

Approx. 20 min. by car

Return your rental car at JR Hachinohe Station!
在JR八戶站還車!
JR 하치노헤 역에서 렌터카 반납!

Goal!! JR Hachinohe Sta. JR 八戶駅

3-DAY MODEL ROUTE

3

Aomori ▶▶ Nanae · Mori · Shikabe ▶▶ Hakodate

Explore history and culture

探訪歷史與文化 | 역사, 문화 탐방

From Aomori, head north on the Shinkansen, and visit historical and cultural facilities in the noteworthy area near Hakodate.

從青森搭乘新幹線北上，到函館周邊知名地區造訪歷史與文化設施。

아오모리에서 신칸센을 타고 북쪽으로 올라가 하코다테 주변의 역사, 문화 시설을 방문하자.



DAY 1

Start!!

1 10:30

Approx. 5 min. by the JR Ou Main Line, get off at Aomori Sta., and then take an approx. 2 min. walk



JR Shin-Aomori Sta.
JR 新青森駅

From Kenritsu Bijutsukan-mae, approx. 30 min. by Aomori Municipal Bus bound for Aomori Sta., and get off at the last stop. Approx. 5 min. by train on the JR Ou Main Line from JR Aomori Sta., and then transfer to the Shinkansen at Shin-Aomori Station and get off at Shin-Hakodate-Hokuto Sta. An approx. 1 hr. 5 min. ride to your destination

Stay overnight near Shin-Hakodate-Hokuto Sta.

2 10:45
Nebuta Museum WA-RASSE

ねぶたの家 W・ラッセ

MAP P.43

Large-sized floats from the Aomori Nebuta Festival are exhibited, so you can have a taste of the Nebuta atmosphere even when the festival isn't being held.

展示著青森睡魔祭中的大型睡魔燈籠，非慶典期間也能體驗睡魔祭的氛圍。

아오모리 축제에 참가한 대형 네부타가 전시되어 있어, 축제 기간이 아니라도 네부타의 분위기를 느낄 수 있다.

☎ 017-752-1311 📍 1-1-1 Yasukata, Aomori City

🕒 9:00-18:00 (May-Aug.: until 19:00)

📅 Aug. 9 and 10 (For change of exhibits), Dec. 31 and Jan. 1

🆓 Free of charge (¥600 admission fee required for entry to Nebuta Hall and Nebuta Museum) 🌐 www.nebuta.jp/warasse/foreign/english.html



5 15:00
Aomori Museum of Art
青森県立美術館

MAP P.43

This art museum exhibits works from Japan and abroad, with a focus on works by artists with connections to Aomori, such as woodblock artist Shiko Munakata and more.

以版畫家—棟方志功等與青森縣有淵源的藝術家作品為中心，展示日本國內外作品。

판화가 무나카타 시코 등 아오모리현과 인연이 있는 작가를 중심으로 일본 국내외의 작품 전시.

Featured on ▶ P.28

JR Shin-Hakodate-Hokuto Sta.
JR 新函館北斗駅



3 12:00
A-FACTORY

MAP P.43

A-FACTORY has a huge selection of Aomori-produced food. Tax-free shopping is available at Food Marche, and mobile payment can be made using Alipay and WeChat Pay.

網羅許多青森縣產「食品」。美食市場提供免稅服務，並支援支付寶、微信支付之智慧型手機付款功能。

아오모리현산 「먹거리」가 한 곳에, 푸드 마르세에서는 면세가 가능하며 Alipay wechatpay로 스마트 결제도 OK.

Featured on ▶ P.10

Ringo Kenpi, a snack of apples cut into sticks and dried with warm air



From Aomori Station, approx. 30 min. by Aomori Municipal Bus bound for Sannai-Maruyama Site, get off at the last stop and take a short walk

Cider of different types, each 750 ml

Other than outdoor exhibits, there are indoor exhibits too



4 13:30
Sannai-Maruyama Special Historical Site
特別史跡 三内丸山遺跡

MAP P.43

Large buildings supported by chestnut pillars, large pit dwellings, and other buildings from approximately 5,500 to 4,000 years ago have been reconstructed and put on exhibit.

約5500~4000年前以栗木柱搭建的大型高腳建築、大型穴式建築等，經修復後展示於大眾面前。

범나무 기둥을 얹어 만든 대형 굴림주식 건물과 대형 수혈식 건물 등, 약 5500~4000년 전의 건축물을 복원하여 전시.



☎ 017-781-6078

📍 305 Maruyama, Sannai, Aomori City 🕒 9:00-17:00 (Jun.-Sep.: until 18:00)

📅 Dec. 30-Jan. 1 🆓 Free of charge 🌐 <http://sannaimaruyama.pref.aomori.jp/english/>

DAY 2



Approx.
20 min.
by car

Leave your hotel at about 8:00. Borrow a rental car at JR Shin-Hakodate-Hokuto Sta.

約8:00從住宿地點出發。在JR新函館北斗站租車。
8:00쯤 숙소 출발. JR 신하코다테 호쿠토역에서 렌터카를 빌리자.

8 15:30 Michi-no-Eki Shikabe Geyser Park

道の駅 しかべ間歇泉公園

MAP P.45



The roadside rest area features a product center with a wide array of processed marine products and a footbath that uses hot spring water from a geyser. 有水產加工品齊備的物產館，以及利用間歇式溫泉的足湯。

다양한 수산 가공품을 갖춘 토산물관과 간헐천의 온천수를 이용한 족욕탕이 마련되어 있다.

- ☎ 01372-7-5655
- 📍 18-1 Shikabe, Shikabe-cho
- 🕒 8:30-18:00 (Oct.-Mar.: 9:00-17:00)
- 🗓 4th Mon. of Oct.-Mar. (If a public holiday, closed two days later instead), Dec. 31-Jan. 5 🌐 www.hokkaido-michinoeki.jp/en/michi-no-eki/374/

The geyser spurts hot spring water to a height of 15 m at intervals of about 12 minutes



Approx.
5 min.
by car



- ☎ 01372-7-3500 (Shikabe Hot Springs Tourism Association)
- 🌐 http://shikabe.jp

9 17:30 Shikabe Hot Springs

鹿部温泉

MAP P.45

Shikabe Hot Springs is a hot spring region with at least 30 hot spring sources. Every lodging facility in Shikabe Town has its own natural hot spring.

擁有超過30處溫泉泉源的溫泉地。鹿部町內所有住宿設施皆附設有天然溫泉。30곳 이상의 온천원이 있는 온천지. 시카베초의 모든 숙박 시설에는 천연 온천이 달려 있다.



Approx.
45 min.
by car

Leave your hotel at about 9:00. 1 hr. by car

DAY 3

10 10:00 JR Hakodate Sta.

JR 函館駅

Return your rental car near the station 在車站附近還車吧!
역 주변에서 렌터카를 반납하자



Approx. 5 min. by Hakodate Tram, get off at Jujigai, and then take an approx. 10 min. walk

11 10:30 Churches in Motomachi

元町教会群

MAP P.45

Opened as an international port, Hakodate has many churches from different countries. Enjoy a stroll as you visit them.

因為為國際港口而繁榮的函館內有許多來自各國的教會。來此享受漫步之趣吧!
국제항으로 개항된 하코다테에는 세계 각국의 교회가 모여 있다. 산책을 즐겨보자.

3 min. walk from Hakodate Yanagiya to Bandaicho. From Bandaicho, approx. 5 min. by Hakodate Bus, and get off in front of Hakodate Sta. Approx. 20 min. by the JR Express Hakodate Liner from JR Hakodate Sta.



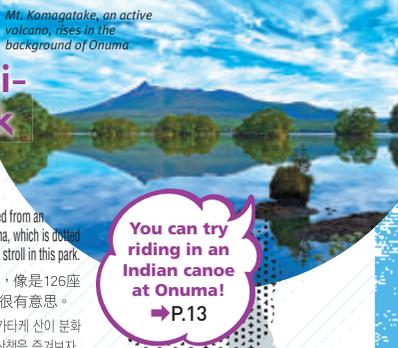
6 9:00 Onuma Quasi-National Park

大沼国定公園

MAP P.45

The park has a group of lakes that were formed from an eruption of Mt. Komagatake, including Onuma, which is dotted with 126 small islands, and more. You can enjoy a stroll in this park. 擁有因駒岳火山爆發產生的湖沼群，像是126座小島散布其中的大沼等，散步起來很有意思。126개의 작은 섬들이 떠있는 오누마 등 고마카타케 산이 분화하면서 만들어진 호수와 늪을 볼 수 있으니 산책을 즐겨보자.

- ☎ 0138-67-3020 (Nanae Onuma International Tourism and Convention Association) 📍 Nanae Town 🕒 8:00-17:00 🗓 Open 365 days
- 🆓 Park admission free of charge 🌐 http://onumakouen.com



You can try riding in an Indian canoe at Onuma! → P.13



Approx.
25 min.
by car



7 13:00 Oniushi Park

オニウシ公園

MAP P.45

The perfect park to take a break from driving. There are 500 cherry blossom trees inside the park, and it is famous for being a good place to view cherry blossoms.

這座西式公園適合兜風時來休息一番。園內有500株櫻花樹，為知名的賞櫻景點。
드라이브 중 휴식하기 딱 좋은 공원. 공원 내에는 500그루의 벚나무가 있어 벚꽃 명소로도 유명.

- ☎ 01374-7-1286 (Mori Tourism Association)
- 📍 326 Uwadaicho, Mori Town
- 🕒 Park grounds open to the public

Michi-no-Eki You Yu Mori

道の駅 YOU・遊・もり

- ☎ 9:00-17:30 (Late Oct.-late Mar.: until 17:00)
- 🗓 Afternoon of Dec. 30-Jan. 3



You Yu Mori is the roadside rest area next to Oniushi Park. The rooftop observatory lounge is an excellent viewing spot.

緊鄰公園的道路休息站。屋頂上的景觀休息室是絕佳觀景地點。
공원과 가까운 도로 휴게소. 옥상의 전망 라운지는 완벽한 뷰 포인트.



Approx. 5 min. by bus from Hakodate Sta., get off at Bandaicho, and then take an approx. 2 min. walk

12 13:00 Hakodate Yanagiya

はこだて柳屋

MAP P.45

Yanagiya is a Western and Japanese-style confectionery shop with 13 stores in Hakodate City and its suburbs. The stores make and sell confectioneries representative of Hakodate.

這間和洋糕點店在函館市內、近郊共開設了13家分店，專門製造、販售代表函館的糕點。
하코다테 시내 근교에 총 13개의 점포를 갖고 있는 화과자·양과자점. 하코다테를 대표하는 과자를 제작, 판매한다.

Featured on → P.12



Goal!!!

JR Shin-Hakodate-Hokuto Sta.

JR 新函館北斗駅



Extend your trip beyond Hachinohe, Aomori prefecture

Fully enjoy mountains, the village, and the ocean in its entirety! To the Kuji area of Iwate

來去岩手縣久慈地區，享受群山、鄉野、大海的包圍！
산, 마을, 바다를 한꺼번에 만끽!
이와테현 구지



Access

Hachinohe City Hachinohe Sta.

Approx. 50 min. by car
Approx. 55 min. by train on the JR Hachinohe Line

Hirono Town Taneichi Sta.

Approx. 40 min. by car
Approx. 44 min. by train on the JR Hachinohe Line

Kuji City Kuji Sta.

Approx. 20 min. by car
Approx. 13 min. by train on the Sanriku Railway Kita-Riasu Line

Noda Vil. Rikuchū-noda Sta.

Approx. 20 min. by car
Approx. 21 min. by train on the Sanriku Railway Kita-Riasu Line

Fudai Vil. Fudai Sta.

↓ To Miyako City

The Ama of the Northernmost Point 北限の海女

Approx. 25 min. by car from Kuji Station

Here, you can see free-diving demonstrations of the "ama", female free divers, diving to gather sea urchins and abalone. The fishing ground along the Kosode Coast is also famous as the location of the serial TV drama "Ama-chan", which created quite a sensation in Japan.

可親眼看到「海女」完全不用任何裝備的素潛表演，深入海裡捕撈海膽和鮑魚。小袖海岸不僅是漁場，更因在日本造成社會現象的晨間劇《小海女》在此拍攝而聲名大噪。

성거나 전복을 채취하는 '해녀'가 장비 없이 잠수하는 모습을 볼 수 있다. 고소데 해안의 어장은 일본에 사회 현상을 일으킨 TV 드라마 《아마짱》의 로케이션도 유명.

Kosode Ama Center 小袖海女センター

- ☎ 0194-54-2261
- 📍 24-110-2 Ube-cho, Kuji City, Iwate
- 🕒 9:00-17:00, Free-diving demonstration: Sat., Sun. and Hol. of Jul.-Sep., from 11:00 and from 13:00
- 🕒 Open 365 days 🎫 Admission free of charge, Free-diving demonstration: ¥500
- 🌐 www.kuji-tourism.jp/ama/

Kuji Amber Museum 久慈琥珀博物館

Approx. 10 min. by car from Kuji Station

The Kuji area is Japan's largest producer of amber. The Kuji Amber Museum exhibits valuable amber samples from the Kuji area that date to the late Cretaceous period in the Mesozoic Era, in other words a period when the dinosaurs roamed the Earth. The museum also displays amber from all around the world.

久慈地區是日本最大的琥珀產地。包括中生代白堊紀後期，亦即恐龍時代的珍貴久慈產琥珀在內，館內展示著世界各地的琥珀。

일본 최대의 호박(보석) 산지인 구지 지방. 공룡 시대인 중생대 백악기 후기. 구지 지방의 귀중한 호박을 비롯하여 세계 곳곳의 호박을 전시하고 있다.

- ☎ 0194-59-3831 ☎ 19-156-133 Kokuji-cho, Kuji City, Iwate
- 🕒 9:00-17:00 (Last admission: 16:30) 🗓 Dec. 31-Jan. 1, last day of Feb.
- 🎫 ¥500 (Adult) 🌐 http://en.kuji.co.jp

You can experience, touch, and see the mysterious amber

Kurosaki Observatory 黒崎展望台

Approx. 10 min. by car from Fudai Station

Located on the top of a cliff that ranges from 150 to 200 m in height, the Kurosaki Observatory provides a panoramic view of the Pacific Ocean and the coastline stretching from Fudaihama beach to Noda and Kuji. The lighthouse at the tip of the cape is located at the latitude of 40 degrees north.

位在高150~200m的斷崖上，從舊代濱綿延伸到野田、久慈的海岸線與太平洋一望無際。海岬前端的燈塔就位於北緯40度線上。

후다이항에서 노다, 구지로 이어지는 해안선과 태평양이 한눈에 들어오는 높이 150~200m의 절벽 위 전망대. 바다로 돌출된 끝 곁에 있는 등대는 북위 40도 선에 위치한다.

- ☎ 0194-35-2114 (Fudai Village Policy and Promotion Office)
- 📍 Kurosaki, Fudai Village, Iwate
- 🕒 Observation deck open to the public

From May to July, feel the Yamasee wind (cold northeasterly wind) blowing from the ocean towards the land

Event & Cuisine of Kuji

Kuji Autumn Festival

久慈秋まつり

Held from the 3rd Friday of September through Sunday



Kuji City's largest festival in which gorgeous floats and mikoshi (portable shrines) are paraded through the main streets of the city. The festival is held for three days during which the floats and mikoshi are paraded together on the first and third days, and a huge local folk entertainment parade is held on the second day. Every year, the festival is held in September for three days from the third Friday.

久慈秋祭為久慈市最大的慶典，可以看到絢爛豪華的花車和神轎在市內的繁華街道上遊行。3天的慶典期間，花車和神轎會在第1天和第3天一起繞行，第2天則由傳統民俗技藝大遊行登場。每年舉辦時間從9月第3個星期五開始為期3天。

위황찬란한 장식 수레와 가마가 시내 번화가를 행진하는 구지 시의 최대 축제. 축제 기간은 총 3일로 첫째 날과 셋째 날에는 장식 수레와 가마의 알뜰 행진. 둘째 날에는 향토 예능 퍼레이드가 개최된다. 매년 9월 셋째 주 금요일부터 3일간 개최.

Seafood

魚介類

The area off the coast of Sanriku is one of the world's three largest fishing grounds. Diverse seafood, including sea urchin, abalone and more, are caught here.

三陸沖是世界三大漁場之一，可以捕撈到如海膽和鮑魚等多種生鮮海產。

산리쿠오치 비치는 세계 3대 어장 중 하나. 성게와 전복 등 다양한 해산물이 잡힌다.

Yamagata Village Shorthorn Beef

山形村短角牛

The cattle are raised on spacious grazing lands, and the beef is characterized by its deep redness. You can have a taste of the true original flavor of meat.

飼養於廣大放牧地，肉質帶有清晰的紅色為其特徵，可以吃到牛肉最原始的鮮甜。

광활한 방목지에서 자라 지방이 적고 살코기가 많은 것이 특징. 고기 본연의 맛을 느낄 수 있다.

AOMORI & HAKODATE GUIDE & MAPS

青森·函館指南 / 地圖
아오모리·하코다테 가이드 / 지도

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青森·函館交通指南 | 아오모리·하코다테 액세스 가이드

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青森推薦景點 10 選 | 아오모리 추천 관광 명소 10 곳

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便利資訊 | 편리한 정보

MAPS

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南部·下北 八戶廣域 / 八戶 | 남부·시모키타 하치노헤 광역 / 하치노헤

42 Tsugaru Aomori Wide Area / Aomori Station / Hirosaki / Goshogawara

津輕 青森廣域 / 青森站 / 弘前 / 五所川原 | 쓰가루 아오모리 광역 / 아오모리 역 / 히로사키 / 고쇼가와라

45 Hakodate and Donan

函館·道南 | 하코다테·도난

Aomori & Hakodate Access Guide



Great Value Tickets

超值票券 알뜰 티켓

JR EAST PASS (Tohoku area)

Unlimited rides on all JR lines in the designated JR East area, including Shinkansen.

可無限次搭乘東日本管轄內的JR全線，包含新幹線。

신칸센을 포함한 동일본 지역 모든 JR 노선 무제한 승차 가능.

[Valid period] Any 5 days within 14 days of issue

[URL] www.jreast.co.jp/e/eastpass/t/

JR East-South Hokkaido Rail Pass

Unlimited rides on Shinkansen, limited express, and other trains on JR Hokkaido and JR East lines.

可無限次搭乘JR北海道、JR東日本的新幹線和特急列車等。

JR 홋카이도 JR 동일본의 신칸센이나 특급 전철 등을 무제한 승차

[Valid period] Any 6 days within 14 days of issue

[URL] www.jreasthokkaido.com/e/

Prices / 票價表 / 요금표

		Adult (age 12 and over)	Child (age 6 to 11)
JR EAST PASS (Tohoku area)	For sale outside of Japan	¥19,000	¥9,500
	For sale in Japan only	¥20,000	¥10,000
JR East-South Hokkaido Rail Pass	For sale outside of Japan	¥26,000	¥13,000
	For sale in Japan only	¥27,000	¥13,500

- 新千歳空港→函館空港
New Chitose Airport → Hakodate Airport
◎ 35 min.
- 東京駅→新函館北斗駅
Tokyo Sta. → Shin-Hakodate-Hokuto Sta.
Tohoku and Hokkaido Shinkansen "Hayabusa" ◎ 4 hr. 2 min.
- 新青森駅→新函館北斗駅
Shin-Aomori Sta. → Shin-Hakodate-Hokuto Sta.
Hokkaido Shinkansen "Hayabusa" ◎ 1 hr. 1 min.



東京駅→奥津軽いまべつ駅
Tokyo Sta. → Okutsugaru-Imabetsu Sta.
Tohoku and Hokkaido Shinkansen "Hayabusa" ◎ 3 hr. 26 min.

東京駅→新青森駅
Tokyo Sta. → Shin-Aomori Sta.
Tohoku Shinkansen "Hayabusa" ◎ 2 hr. 59 min.

東京駅→八戸駅
Tokyo Sta. → Hachinohe Sta.
Tohoku Shinkansen "Hayabusa" ◎ 2 hr. 44 min.

東京国際空港 (羽田空港) → 青森空港
Tokyo International Airport (Haneda Airport) → Aomori Airport
◎ 1 hr. 15 min.

Airlines 空運 항공
Shinkansen 新幹線 신칸센

Notice
*The times shown on P.36-37 are the minimum required times on each route. They may vary depending on hour and season.

小提醒
*P.36~37所刊載的時間為各路線所需之最短時間，可能會依時段、季節而有所不同。

주의
*P.36~37에 실린 시간은 각 노선의 최단 소요 시간입니다. 시간대, 계절에 따라 달라질 수 있습니다.

Free Pass Information

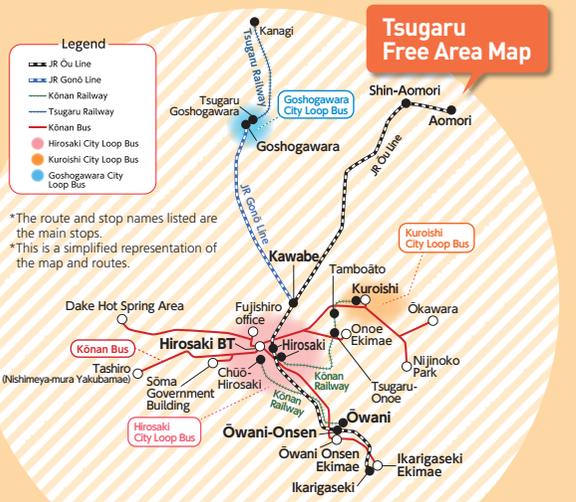
Tsugaru Free Pass

津軽フリーパス

Unlimited rides for unreserved seating (JR, Kōnan Railway, and Tsugaru Railway lines) on local trains, and for Kōnan buses (with some restrictions) within the designated area. Pass holders can also enjoy discounts and benefits from participating facilities.

於可使用範圍內，普通列車的普通車自由席（JR、弘南鐵道、津輕鐵道）與巴士（弘南巴士 ※有限制）可自由上下車。附贊助設施的超值折扣優惠。 무료 구역 내의 보통 열차의 보통차 자유석(JR, 고남철도, 쓰가루 철도)와 버스(고남 버스 ※제한 있음)가 승하차 자유. 협찬 시설에서 알뜰 할인 혜택 있음.

Price	¥2,060 (Adult), ¥1,030 (Child)
Sales period	Year round
Validity period	2 days
Can be used on	JR East, Kōnan Railway, Tsugaru Railway, Kōnan Bus within the free area
Sales locations	JR East ticket offices, stations with reserved seat vending machines, at Travel Service Centers (View Plazas), and at major travel agencies, within the pass area including Akita Prefecture stations (excluding Higashi-Odate, Towadaminami, and Kazunohanawa Stations), Fukaura, and Ajigasawa Stations in Aomori Prefecture
URL	www.tsugarunavi.jp/freepass/en/



*The route and stop names listed are the main stops.
*This is a simplified representation of the map and routes.

Legend

- JR Shinkansen** (JR新幹線 / JR 신칸센)
- JR Lines** (JR線 / JR선)
- Private Railway Lines** (私鐵 / 사철 (민영철도))
- Expressway** (高速公路 / 고속도로)
- Toll Road** (收費道路 / 유료도로)
- Bus** (巴士 / 버스)
- Ferry** (渡輪 / 페리)

新函館北斗駅～奥津軽いまべつ駅
Shin-Hakodate-Hokuto Sta. - Okutsugaru-Imabetsu Sta.
 Hokkaido Shinkansen "Hayabusa" ◎ 50 min.

奥津軽いまべつ駅→津軽中里駅
Okutsugaru-Imabetsu Sta. → Tsugaru-Nakasato Sta.
 Kōnan Bus

Depart Okutsugaru-Imabetsu Sta.	Arrive Tsugaru-Nakasato Sta.
10:50	11:45
14:00	14:55
15:50	16:45
19:40	20:35

津軽中里駅～金木駅～津軽五所川原駅
Tsugaru-Nakasato Sta. - Kanagi Sta. - Tsugaru-Goshogawara Sta.
 Tsugaru Railway ◎ 29 min.

弘前駅～五所川原駅
Hirosaki Sta. - Goshogawara Sta.
 JR Gono Line ◎ 45 min.

青森駅～弘前駅
Aomori Sta. - Hirosaki Sta.
 JR Ou Main Line ◎ 40 min.

青森駅～新青森駅
Aomori Sta. - Shin-Aomori Sta.
 JR Ou Main Line ◎ 4 min.

青森駅～青森空港
Aomori Sta. - Aomori Airport
 JR Bus Tohoku ◎ 35 min.

青森駅～十和田湖(休屋)
Aomori Sta. - Lake Towada (Yasumiya)
 JR Bus Tohoku ◎ 2 hr. 45 min.

新函館北斗駅～函館駅
Shin-Hakodate-Hokuto Sta. - Hakodate Sta.
 JR Hakodate Liner ◎ 19 min.

大間～函館 Oma-Hakodate
 Tsugaru Kaikyo Ferry ◎ 1 hr. 30 min.
 *2~3 round trips/day

函館～青森 Hakodate-Aomori
 Tsugaru Kaikyo Ferry ◎ 3 hr. 40 min.
 *8~9 round trips/day

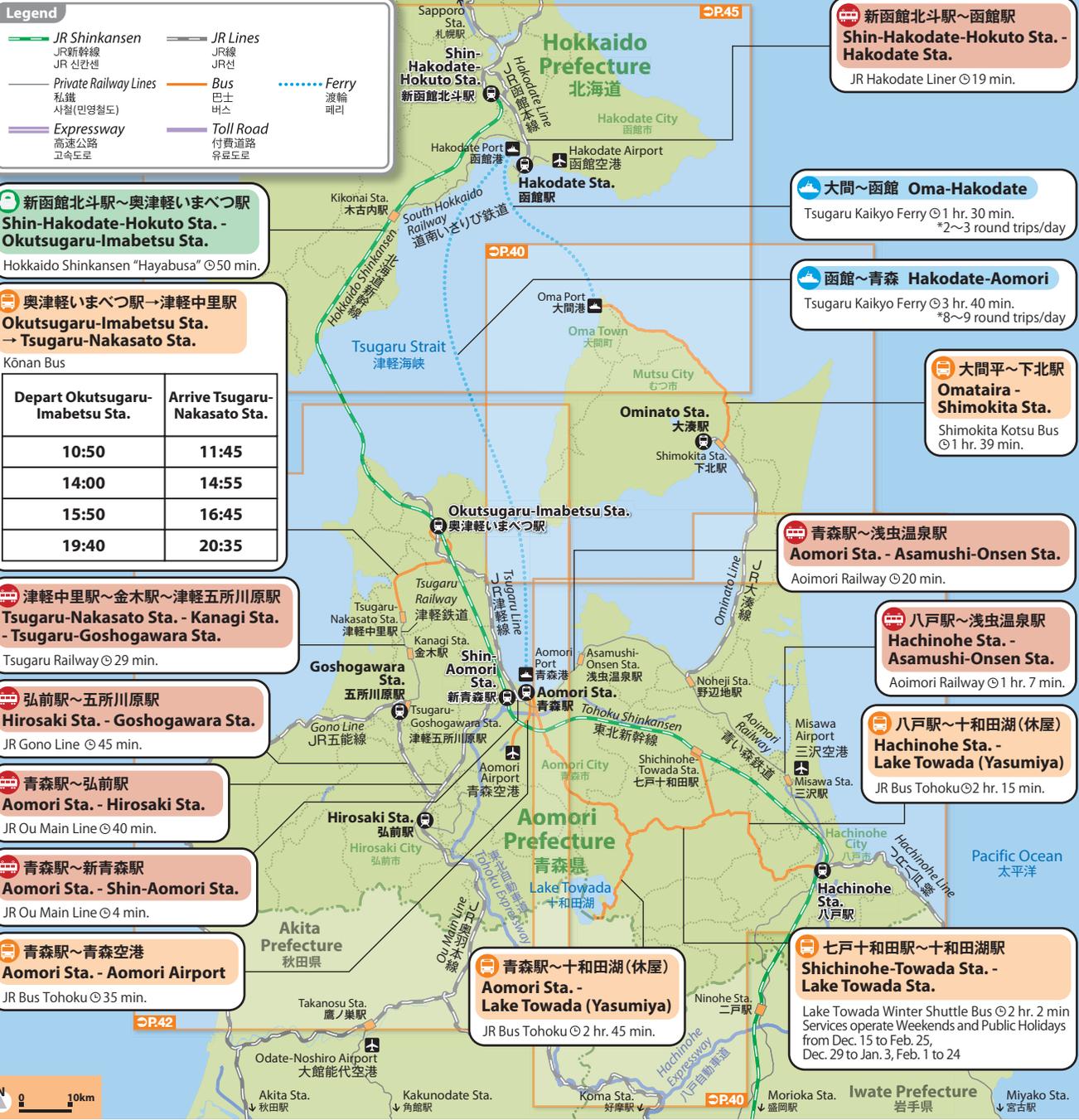
大間平～下北駅
Omataira - Shimokita Sta.
 Shimokita Kotsu Bus ◎ 1 hr. 39 min.

青森駅～浅虫温泉駅
Aomori Sta. - Asamushi-Onsen Sta.
 Aomori Railway ◎ 20 min.

八戸駅～浅虫温泉駅
Hachinohe Sta. - Asamushi-Onsen Sta.
 Aomori Railway ◎ 1 hr. 7 min.

八戸駅～十和田湖(休屋)
Hachinohe Sta. - Lake Towada (Yasumiya)
 JR Bus Tohoku ◎ 2 hr. 15 min.

七戸十和田駅～十和田湖駅
Shichinohe-Towada Sta. - Lake Towada Sta.
 Lake Towada Winter Shuttle Bus ◎ 2 hr. 2 min
 Services operate Weekends and Public Holidays from Dec. 15 to Feb. 25, Dec. 29 to Jan. 3, Feb. 10 to 24



Aomori Holiday Pass

あおもりホリデーパス
 One-day unlimited rides for unreserved seating on ordinary cars of local trains (including express trains) within the designated area for one Saturday, holiday, or other specified day.
 週六・假日與特定期間の1天之内、於可使用範圍內、普通列車(含快速列車)の普通車自由席可自由上下車。
 토요일, 휴일 및 특정 기간의 1일간 무료 구역 내의 보통 열차(쾌속 포함)의 보통차 자유석이 승차자 자유.
Price ¥2,470 (Adult)
Available area Aomori, Hirosaki, Goshogawara, Hachinohe, Kuji and Ominato
Sales locations JR East ticket offices, Travel Service Centers (View Plazas), and other locations within the pass area
URL www.jreast.co.jp/tickets/info.aspx?GoodsCd=2115

Aomori Tourist Pass, One-Day Pass for Foreign Visitors to Japan

青い森ツーリストパス 訪日外国人用1日券
 One-day unlimited rides for unreserved seating on ordinary cars of local and rapid trains on all Aomori Railway lines. The pass can be used any one day of the year, except from August 1 through August 7.
 1天之内可無限次搭乘青森鐵道全線的普通・快速列車。除8/1~8/7期間外、可全年使用。
 아오이모리철도 전 노선의 보통·쾌속 열차의 보통차 자유석을 1일 무제한 승차자.
 8/1~8/7을 제외한 언제든지 이용 가능.
Price ¥1,500 (Adult)
Can be used on All Aomori Railway lines (between Aomori to Hachinohe and Metoki)
Sales locations Aomori (Aomori Railway East Exit Ticket Window) and at the ticket windows of Asamushi-Onsen, Noheji, Misawa, and Hachinohe
URL <http://aomiorailway.com>

Hachinohe Enjoy Card

八戸えんじょいカード
 One-day unlimited rides on JR Hachinohe Line trains (between Hachinohe and Tanesashikaigan Stations) and on bus routes within Hachinohe City. Pass holders can also enjoy discounts and benefits from participating facilities.
 1天之内可無限次搭乘JR八戸線(八戸~種差海岸間)與八戸市內的路線巴士・附贊助設施的折扣優惠。
 JR 하치노헤선 하치노헤~다네사시카이간과 하치노헤 시내의 노선 버스 1일 무제한 승차. 협찬 시설에서 할인 혜택 제공.
Price ¥700 (Adult)
Can be used on JR Hachinohe Line trains (between Hachinohe and Tanesashikaigan Stations), Hachinohe City Bus routes and Nanbu Bus routes within Hachinohe City (excluding parts of Nango)
Sales locations JR East ticket offices and Travel Service Centers (View Plazas)
URL www.city.hachinohe.aomori.jp/enjoy/

Hakodate Travel Passport

はこだて旅するパスポート
 Two-day unlimited rides on local trains and Hakodate Bus routes in the pass area, and on Hakodate Tram routes.
 2天之内可使用範圍內的普通列車與函館巴士・函館市電可自由上下車。
 무료 구역 내의 보통 열차와 하코다테 버스, 하코다테 시영 전차가 2일간 승차자 자유.
Price ¥3,380 (Adult)
Can be used on JR lines within the pass area (unreserved seating on ordinary cars), Hakodate Bus routes, Hakodate City Tram routes, and South Hokkaido Railway trains
Sales locations Major JR Hokkaido stations within the pass area
URL www.jrhokkaido.co.jp/CM/Otoku/005745/

10

Recommended Spots in Aomori

青森推薦景點10選 아오모리 추천 관광 명소 10곳



Michinoku Coastal Trail

みちのく潮風トレイル

The Michinoku Coastal Trail is a long trail that connects the Pacific coast from Aomori Prefecture to Fukushima Prefecture. Hiking along the trail, you'll gain a deeper appreciation of Tohoku's beautiful natural setting. All routes are expected to be opened by March 2019.

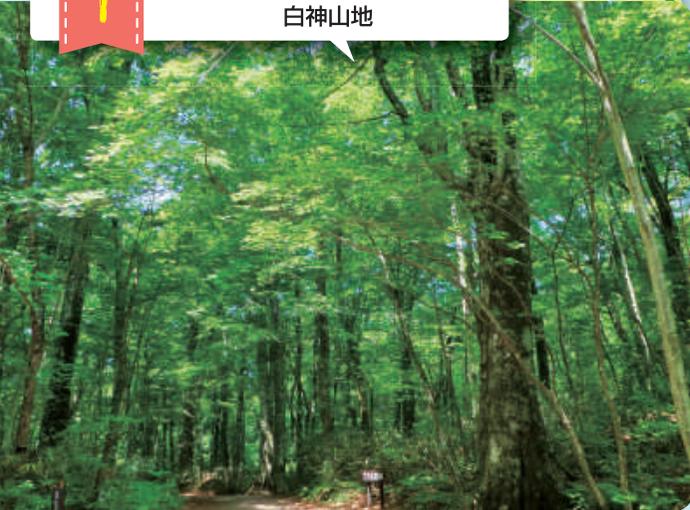
連結青森縣到福島縣太平洋沿岸的長程步道。透過步行可以更深入地感受到東北優美的大自然風景。預定2019年3月全程開通。

아오모리현에서 후쿠이현까지의 태평양 연안을 잇는 Long Trail, 걸으면서 도호쿠의 아름다운 자연을 더욱 깊이 느낄 수 있다. 2019년 3월까지 전 루트 개통 예정.

<http://tohoku.env.go.jp/mct/english/>

1 Shirakami-Sanchi

白神山地



The Shirakami-Sanchi is a mountainous region that extends from the southwestern part of Aomori Prefecture to the northwestern part of Akita Prefecture. The area covered with primeval forests of beech trees was registered as a World Natural Heritage Site in 1993. The area is popular for trekking.

從青森線西南部橫跨秋田縣西北部的山岳地區。原生日本山毛櫸林分布的區域在1993年獲登錄為世界自然遺產。在這裡健行是很受歡迎的活動。아오모리현 남서부에서 아키타현 북서부에 걸친 산 지역. 원시림 너도밤나무 숲이 우거진 이 지역은 1993년에 세계자연유산에 등록. 트레킹이 인기.

www.experience-shirakami.com/en/

2 Juniko

十二湖



Juniko is the name for the 33 small and large lakes and marshes that dot the plains, with elevations ranging from 150 to 250 meters above sea level. Aoike (literally, "Blue Pond"), a mysterious pond with water said to look like blue ink has been poured into it, is especially famous.

十二湖位於海拔150~250公尺的臺地，為33座大小各異的湖沼群的總稱。其中又以顏色宛如倒入藍色墨水般的神祕之湖「青池」最有名。해발 150~250m의 높은 평지에 흩어져 있는 크고 작은 33개의 호수 군의 총칭. 특히 호수에 따라 잉크를 부린 듯한 색깔의 신비한 연못 '아오이케'가 유명.

This is a bath with Aomori apples floating in it. The bathhouse is filled with the sweet and tart fragrance of apples. You can enjoy an apple bath at Tsugaru Minamida Onsen Hotel Apple Land, located in Hirakawa City.

漂浮著青森縣名產蘋果的浴池。浴場內瀰漫著蘋果酸酸甜甜的香氣。可在平川市的津輕南田溫泉蘋果園體驗入浴。

아오모리의 특산품인 사과를 띄운 온천. 사과와 새콤달콤한 향기가 감돈다. 히라카와 시에 있는 쓰가루 미나미다 온천 애플랜드에서 입욕 가능하다.

www.apple-land.co.jp

3 Apple Bath

りんご風呂



Japan Shopping Festival



Due to the revision to Japan's tax-free program that has been put in effect from July 2018, foreign visitors are now able to shop at greater value. For details, search "Japan Shopping Now".

2018年7月起開始實施新的免稅制度，購物將更優惠。詳情請訪問「Japan Shopping Now」搜索。

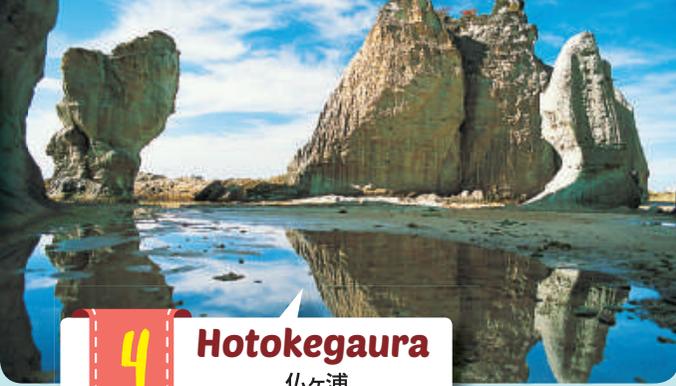
2018년 7월부터 면세제도 개정에 따라 더욱 저렴하게 쇼핑 가능. 자세한 내용은 'Japan Shopping Now'로 검색.

WEB Site <http://japanshopping.org/>

www.facebook.com/JapanShoppingFestival/

Check out the "SHOPPING TIPS" in this webpage!





4

Hotokegaura

仏ヶ浦

These beautiful cliffs and strangely shaped rocks were formed by the rough waves and wind and rain of the Tsugaru Straits through many years of erosion. The spectacular scenery of whitish-green pyroclastic rocks that extends for about 2 kilometers will overwhelm you.

長年累月下被津輕海峽的浪濤與風雨侵蝕而形成的斷崖奇岩。白綠色凝灰岩綿延約2公里的景觀令人嘆為觀止。

긴 세월에 걸쳐 쓰가루 해협의 거센 파도와 비바람에 침식되어 생긴 절벽, 기암. 백록색 등회암이 약 2km 계속되는 경관이 압권.

5

Nagawa Agricultural Tourism Information Center

ながわ農業観光案内所



From summer through autumn, you can experience the harvesting of peaches, pears, apples, and other fruits. Grape picking, which is available from mid-September through mid-October, is especially popular (All you can eat for one hour for ¥700).

從夏天到秋天可以體驗採收桃子、梨子和蘋果等水果。尤其9月中旬到10月中旬的採葡萄(60分鐘吃到飽700日圓)十分受到歡迎。여름부터 가을까지 복숭아, 배, 사과 등의 과일 수확 체험을 할 수 있다. 특히 9월 중순~10월 중순의 포도따기(60분 무제한 따먹기 700엔)가 인기.

☞ <http://nkankoutasayamura.web.fc2.com>

6

Blowing snow experience

地吹雪体験

This tour allows participants to experience drifting snow, which whirls upwards as a result of strong winds. Be bold, and feel the ferocity of Nature! Held every Friday through Sunday, from late January through late February.

親身體驗雪花受強風吹起而漫天飛舞的「地吹雪」,感受大自然的威力。於1月下旬~2月下旬的週五、六、日舉行。

눈이 강풍에 흩날리는 눈보라를 체험할 수 있다. 자연의 맹위를 느껴 보자. 1월 하순~2월 하순의 금, 토, 일에 개최.



☎ 080-3195-4036 (Tsugaru Blowing Snow Group)

7

Aomori Museum of Art

青森県立美術館



With a focus on artists from Aomori Prefecture, the museum houses a collection of approximately 3,300 works, including works by international artists. All four of Marc Chagall's backdrops for the ballet Aleko will be on display until March 2021.

以青森縣出身的藝術家為中心,收藏約3300件包含海外作品的館藏。展示夏卡爾「Aleko」共4件作品(至2021年3月左右)

아오모리현 출신의 예술가들 중심으로 외국 작품을 포함한 약 3300점을 소장한다. 사갈의 작품 '알레코' 4점 전시(2021년 3월까지)

Featured on ➡ P.28

8

Asamushi Onsen

浅虫温泉

Just 20 minutes by train from JR Aomori Station, Asamushi Onsen is a hot spring resort located along the coast of Mutsu Bay. You can casually drop by for a footbath or for some of the other public baths to enjoy the spring. Depending on the facility, you can soak in a bath while enjoying a pleasant ocean view.

陸奥灣沿岸의 溫泉區,從JR青森站搭電車20分鐘可抵達。利用足湯與當日來回泡湯,能輕鬆享受溫泉。有些設施可以邊泡湯邊眺望大海。

☞ www.asamushi.com



9

Sukayu Onsen

酸ヶ湯温泉



Sukayu Onsen is a hot spring resort located in a mountainous area blessed by nature. The overwhelmingly spacious Hiba Sennin Buro, a large communal bath-with its entire construction made of Japanese cypress, is especially famous. It's a co-ed bath but women are provided with towel dresses so they can feel comfortable.

位在山間豐富大自然中的溫泉鄉。以寬敞的「羅漢柏千人浴池」著稱。雖然是男女混浴,不過也有女性專用的「湯浴」,可放心泡湯。

풍요로운 자연 속 온천. 압도적인 넓이를 자랑하는 '히바센닌부루'가 명물. 혼욕 온천이지만, 여성용 유아미(타월 드레스)가 있으므로 안심.

☞ www.sukayu.jp

10

Towada Art Center

十和田市現代美術館

Huge sculptures and art objects are on display not only in the exhibition rooms but also in the courtyard, on the roof, and in various other spaces. Approximately 5.5-meter-tall Flower Horse will greet you at the entrance.

除了展示室之外,中庭、屋頂等各類空間也有展出巨大的雕刻與立體藝術品。入口處還有高約5.5公尺的「花馬」(FLOWER HORSE)迎接訪客。거대한 조각과 오브제가 전시실뿐만 아니라 정원, 옥상 등 다양한 공간에 전시되어 있다. 입구는 높이 약 5.5m의 Flower Horse가 맞아준다.

Featured on ➡ P.26



☞ Towada Art Center
Flower Horse © Choi Jeong Hwa

How to use the icons

符號的使用方式
아이콘 사용법

GOOD LUCK TRIP AOMORI & HAKODATE maps use two kinds of icons.

Use GOOD LUCK TRIP to find where you want to go or what you want to buy.

GOOD LUCK TRIP 青森・函館的地圖上會使用2種類型的符號。搜尋想去的地點及想買的商品時,歡迎多加利用。

GOOD LUCK TRIP 아오모리, 하코다테 지도는 2종류의 아이콘을 사용합니다. 가고 싶은 장소와 사고 싶은 물건을 찾을 때 활용하실 수 있습니다.

1 Amusement icons | 娛樂設施相關符號 | 오락 시설 아이콘

- Convenience Store 便利商店 | 편의점
- Convenience Store with ATM 附設ATM的 | ATM이 便利商店 설치된 편의점
- Electronics Retail Store 家電零售店 | 가전양판점
- Shopping 一般購物 | 쇼핑 전반
- Restaurant 一般餐廳 | 레스토랑

- Café 咖啡館 | 카페
- Museum 博物館 | 박물관
- Experience 體驗 | 체험
- Sightseeing Spot 景點 | 전망 스팟
- Hot Spring 溫泉 | 온천

- Roadside Rest Area 公路休息站 | 도로 휴게소
- Rental Car 汽車租賃 | 렌터카
- Rental Bicycle 租借自行車 | 자전거 렌탈
- Feature 報導 | 기사

2 Basic icons | 基本符號 | 기본 아이콘

- Traffic Light / Intersection 交通號誌・十字路口 | 신호·교차로
- Station 車站 | 역
- Hotel 旅館 | 호텔
- Tourist Information Office 外國人服務處 | 외국인 안내소
- Post Office with ATM 郵局(可提用ATM) | ATM이 있는 우체국
- Currency Exchange 兌換 | 환전
- Hospital 醫院 | 병원
- Police Station 警察局 | 경찰서
- Koban (Police Box) 派出所 | 파출소
- School 學校 | 학교
- Park 公園 | 공원
- Airport 機場 | 공항
- Temple 寺廟 | 절
- Shrine 神社 | 신사
- Route Number 路線編號 | 도로 번호

南部・下北

南部・下北 | 남부·시모키타

Nambu
南部



Map icons ⇨ P.39

- Feature
- Convenience Store
- Convenience Store with ATM
- Electronics Retail Store
- Shopping

Hachinohe Wide Area
八戸広域

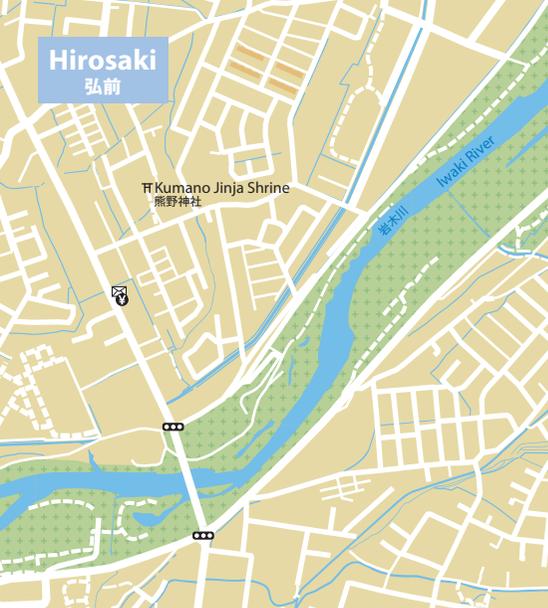


Hachinohe
八戸





Hirosaki
弘前



Goshogawara
五所川原



函館・道南

函館・道南 | 하코다테・도난



Useful Information

便利資訊 | 편리한 정보

i Tourist Information Center 觀光服務處 | 관광안내소

Shin-Aomori Sta.
新青森站 | 신아오모리 역

Aomori Tourist Information Center
あおもり観光情報センター

☎ 017-752-6311 **MAP | P.43**
 ☑ 2F JR Shin-Aomori Sta., 140-2 Takama,
 Ishie, Aomori City
 ☎ 8:30-19:00 ☑ Open 365 days

Aomori Sta.
青森站 | 아오모리 역

Aomori City Tourism Information Exchange Center
青森市観光交流情報センター

☎ 017-723-4670 **MAP | P.43**
 ☑ In front of JR Aomori Sta., 1-1-25
 Shimomachi, Aomori City
 ☎ 8:30-19:00 ☑ Open 365 days

Shin-Hakodate-Hokuto Sta.
新函館北斗站 | 신하코다테 호쿠토 역

Hokuto City Tourist Information Center
北斗市観光案内所

☎ 0138-84-1147 **MAP | P.45**
 ☑ 2F Hokuto City Tourism Exchange Center
 located in the JR Shin-Hakodate-Hokuto Sta.
 building, 1-1-1 Ichinowatari, Hokuto City
 ☎ 9:00-19:00 ☑ Open 365 days

Hakodate Sta.
函館站 | 하코다테 역

Hakodate Tourist Information Center
函館市観光案内所

☎ 0138-23-5440 **MAP | P.45**
 ☑ Inside JR Hakodate Sta., 12-13
 Wakamatsu-cho, Hakodate City
 ☎ 9:00-19:00
 ☑ End-of-year and New Year holidays

Transportation 交通方式 | 교통기관의 사용법

Car Rental Cars 汽車租賃 | 렌터카

How to rent a car 租借汽車的方法 | 렌터카 빌리는 법

- Have your international driving permit (excluding some countries) and credit card ready. Sign the contract and pay the estimated rental fees.
 備妥駕照與信用卡。簽訂合約書、支付預定費用。
 운전면허증과 신용카드를 준비합니다. 계약서에 사인을 하고 계산된 요금을 지불합니다.
- Before you leave in your rental car, check for any scratches or dents on the car with the rental agency staff.
 出發前與工作人員一同確認車體是否有損傷或凹痕。
 출발 전에 차체의 흠집이나 찰라지점의 유무를 직원과 함께 확인합니다.
- The rental agency staff will check the car for any scratches. If you exceed your scheduled rental hours or other additional fees are required, the rental fees will be adjusted accordingly.
 工作人員確認車體是否有損傷。若有超過時數等，結算追加費用。
 직원이 차체의 흠집 유무를 확인합니다. 초과시간 등의 추가비용이 있을 시 정산합니다.

Contact info for major car rental companies 主要的汽車租賃公司聯絡方式 | 주요 렌터카 회사 연락처

- ・オリックスレンタカー ORIX Rent-A-Car ☎ <http://car.orix.co.jp/eng/>
- ・ニッポンレンタカー NIPPON Rent-A-Car ☎ www.nrgroup-global.com/en/
- ・トヨタレンタカー TOYOTA Rent A Car ☎ <https://rent.toyota.co.jp/eng/>

Car Taxis 計程車 | 택시

How to take a taxi 搭計程車的方法 | 택시 타는 법

- You can catch a taxi at a taxi stand near the train station, or just raise your hand up high alongside the road and a taxi will stop for you.
 前往車站周邊的計程車招呼站搭乘；或在路旁將手高舉，計程車便會停車。
 역 인근 택시 승강장, 또는 길가에서 손을 들어 잡은 택시에 탑승합니다.
- The rear passenger doors open and close automatically. If you have large baggage, ask the driver to open the trunk.
 後座車門會自動開關。如有大型行李，駕駛員會為您開啟後車廂。
 뒷좌석의 문은 자동으로 열고 닫힙니다. 큰 짐이 있을 때는 트렁크를 열어 달라고 하십시오.
- Tell the driver where you want to go. We recommend showing them your guidebook or a memo with the information.
 告知目的地。建議您讓駕駛員看導覽書或筆記。
 목적지를 말합니다. 가이드 북이나 메모를 보여주는 것이 좋습니다.
- When you arrive at the destination, pay the fare indicated on the meter. It's not necessary to tip the driver.
 抵達目的地後，支付計程錶所顯示的費用。無需給予駕駛員小費。
 목적지에 도착하면 미터에 표시된 요금을 지불합니다. 운전기사에게 팁은 안 주셔도 됩니다.

Estimated taxi fares 計程車收費標準 | 택시 요금의 대략치

Place of departure → Destination	Time required	Fare
Aomori Sta. → Sannai-Maruyama Site	20 min.	¥1,830
Hirosaki Sta. → Hirosaki Castle	10 min.	¥1,020
Hachinohe Sta. → Hasshoku.Center	10 min.	¥1,740
Shimokita Sta. → Mt. Osore	30 min.	¥4,800

*Base fare is ¥660 (up to 1,500 m). For every 339 m increment after the base fare, an additional ¥90 is charged.
 *The time required and fare will change depending on the conditions.

Bike Rental Bicycles 自行車租賃 | 자전거 대여

*To rent a bicycle, you may be required to fill out a rental application or present some form of identification. Locations for renting a bicycle include Lawson convenience stores as well as others, so look for the  icon on the map (P.40-45)!

Machinaka Rent-a-Cycle

まちなかレンタサイクル
 <Aomori City>
 ☎ 017-721-2111 (Passage Hiroba Office)
 ☎ 10:00-17:00 (Last admission at 16:00)
 ☎ ¥300 per rental

CYCLE NET HIROSAKI

サイクルネット HIROSAKI
 <Hirosaki City>
 ☎ 0172-35-3131 (Hirosaki Tourism and Convention Bureau)
 ☎ 8:45-16:00
 ☎ From ¥500 per rental

Bus Sightseeing Route Buses 觀光路線巴士 | 관광노선버스

Aomori Shuttle de Route Bus (Nebutan-go)
 あおもりシャトル de ルートバス (ねぶたん号)

BUS STOP Shin-Aomori Sta., Aomori Sta., Aomori Museum of Art, and other stops
PRICE ¥500 (One-day pass)
Where to buy On the Nebutan-go, at the Aomori City Tourism Information Exchange Center, and other locations. ☎ 017-739-9384 (Aomori Kanko Bus)

Mizuumi-go みずうみ号

BUS STOP Aomori Sta., Nenokuchi, Towada-ko (Yasumiya), and other stops
PRICE ¥3,090 (Aomori Sta. to Towada-ko (Yasumiya))
Where to buy At the JR Bus ticket booth in front of Aomori Sta., and other locations
 ☎ 017-723-1621 (JR Bus Tohoku Aomori Branch)

aptinet Aomori Sightseeing Guide

青森県観光情報サイト「アプティネット」

Offers information on must-see sites across the entire Aomori Prefecture as well as suggested itineraries, and more. Available in foreign languages (Japanese, English, Korean, Traditional Chinese, Simplified Chinese).

提供青森縣全區的觀光景點與示範行程等資訊。
 支援外國語言(日、英、韓、中[簡、繁])。
 아오모리 현의 볼거리, 모델 코스 등 정보 제공.
 외국어 지원(일본어, 영어, 한국어, 중국어[간체체, 번체체])
Desktop website: www.en-aomori.com
Smartphone website: <http://aptinet.jp/sp/>

Aomori Navi
 あおもりナビ

Free smartphone app that provides sightseeing and transportation information for Aomori Prefecture. Available in foreign languages (Japanese, English, Korean, Traditional Chinese, Simplified Chinese).

提供青森縣內的觀光及交通資訊，智慧型手機用免費APP。支援外國語言(日、英、韓、中[簡、繁])。
 아오모리 현 내 관광 및 교통 정보를 제공하는 스마트폰용 무료 앱. 외국어 지원(일본어, 영어, 한국어, 중국어[간체체, 번체체])

How to access the download page
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Prices	For sale outside of Japan		For sale in Japan only	
	Adult (age 12 and over)	26,000yen	Adult (age 12 and over)	27,000yen
Validity	Flexible 6-day (Any 6 days within 14 days from the date of issue)			

Kanto Area

JR TOKYO Wide Pass

Price	For sale in Japan only	
	Adult (age 12 and over)	10,000yen
Validity	3 consecutive days	

Tokyo - Hokuriku - Osaka Area

Tokyo-Osaka Hokuriku Arch Pass

Prices	For sale outside of Japan		For sale in Japan only	
	Adult (age 12 and over)	24,000yen	Adult (age 12 and over)	25,000yen
Validity	7 consecutive days			

Tokyo ↔ Narita Airport

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Price	For sale in Japan only	
	Adult (age 12 and over)	4,000yen
Validity	14 days	

The information above is current as of September 2018.

此資訊截至2018年9月。 이 정보는 2018년 9월 현재의 정보입니다.

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Our sushi is freshly prepared in-store within the past 4 hours.



Sea urchin and kura sushi



Yakitori

Pick up prepared foods to take back to your hotel for dinner.

Alcoholic Beverages 酒類 청주류



Nihonshu (Japanese Sake)

Souvenirs 紀念品 토산품



Cup noodles

Hirosaki-Store Recommended!



Shiny Apple juice

Fruit 水果 과일

Lots of seasonal fruits!



Apple

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Strawberry

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Ito Yokado Hirosaki-Store

MAP-Hirosaki (Wi-Fi)

3-2-1 ekimae, Hirosaki City, Aomori
Approx. 5 min. by walk from Hirosaki Sta.
9:00-20:00

Ito Yokado Aomori-Store

MAP-Aomori Wide Area (Wi-Fi)

1-14-1 Hamada, Aomori City, Aomori
Approx. 15 min. by Taxi from Aomori Sta.
10:00-21:00

Ito Yokado Goshogawara-Store

MAP-Goshogawara (Wi-Fi)

517-1 Karakasayanagi Fujimaki, Goshogawara, Aomori
Approx. 15 min. by walk from Goshogawara Sta.
10:00-21:00

Ito Yokado Hakodate-Store

MAP-Donan (Wi-Fi)

1-3-1 Mihara, Hakodate City, Hokkaido
Approx. 29 mins. by walk from Goryokaku Sta.
9:00-21:00

MAP

Hokkaido

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Ito Yokado Aomori-Store

Aomori

Ito Yokado Hirosaki-Store

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