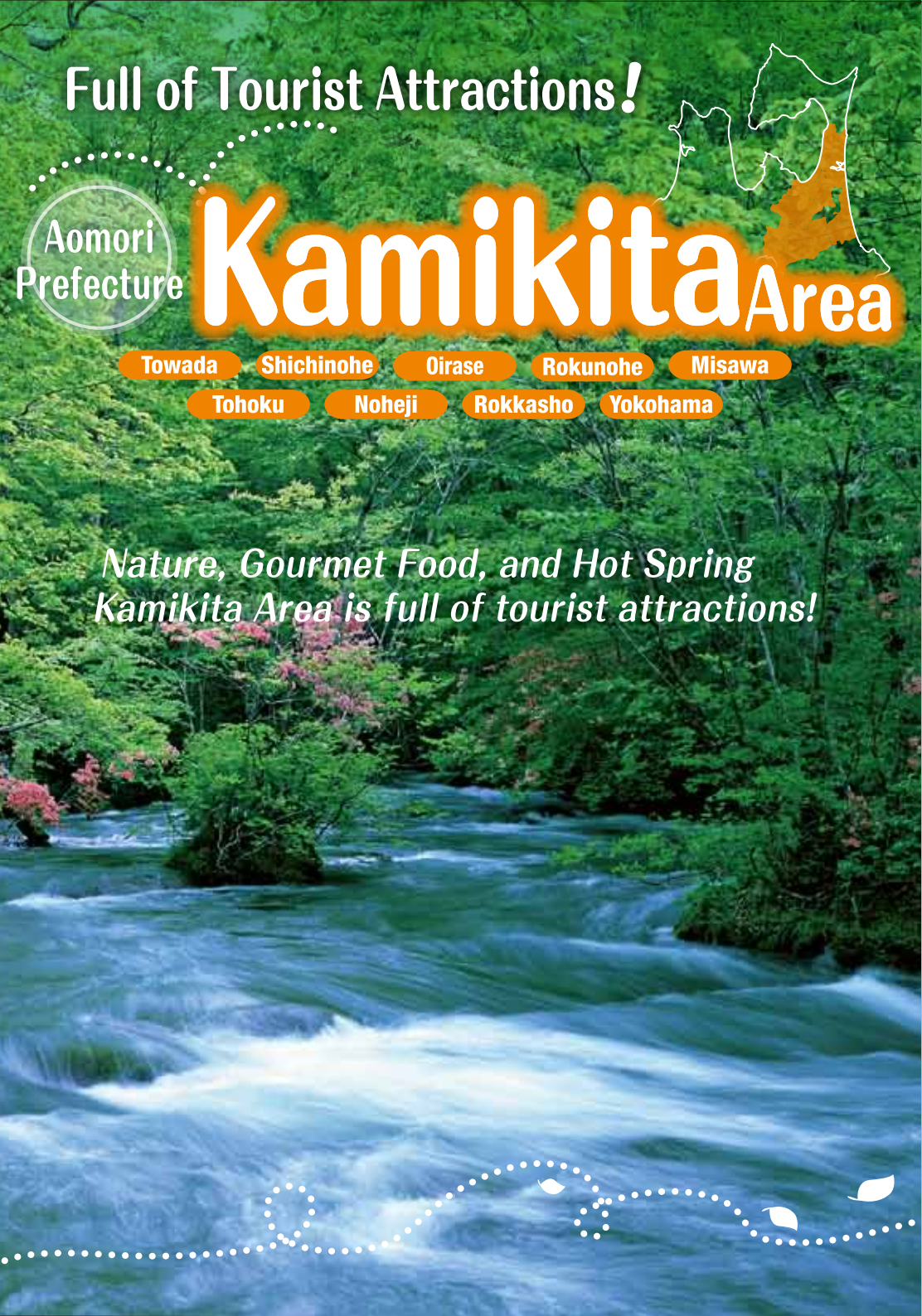


— Aomori Prefecture —
Kamikita Area Map



Full of Tourist Attractions!

Aomori Prefecture **Kamikita Area**

- Towada
- Shichinohe
- Oirase
- Rokunohe
- Misawa
- Tohoku
- Noheji
- Rokkasho
- Yokohama

*Nature, Gourmet Food, and Hot Spring
 Kamikita Area is full of tourist attractions!*

Access to Aomori



By Plane

Aomori	About 85 min.	Tokyo Haneda	Misawa	About 80 min.	Tokyo Haneda
	About 90 min.	Osaka Itami		About 105 min.	Osaka Itami
	About 90 min.	Nagoya Komaki		About 60 min.	Sapporo Okadama
	About 50 min.	Sapporo Shinchitose			
	About 180 min.	Seoul Incheon			

By Rail

Shichinohe Towada	About 15 min.	Hachinohe	About 3 hours	Tokyo
	About 3 hours 20 min.	Tokyo	About 1 hours 40 min.	Nagoya
	About 3 hours 20 min.	Tokyo	About 2 hours 35 min.	Shinosaka
	About 20 min.	Shinaomori	About 5 hours 30 min.	Sapporo

Publisher

Nature

Kamikita - an area full of soothing nature!
Enjoy ever-changing beautiful scenery throughout the seasons!



Lake Towada, the 12th largest and the 3rd deepest lake in Japan, has mystically beautiful, bluish water.

① Lake Towada [Towada]

Designated as a Special Place of Scenic Beauty of Japan as well as a National Monument, Lake Towada is the most popular tourist attraction of Aomori Prefecture. Many visitors enjoy a variety of beautiful scenery throughout the seasons: fresh green in spring, colorful leaves in autumn and snow-covered landscape in winter.

[Contact] Lake Towada Information Center ☎0176-75-2425



Take a pleasure boat cruise!
Enjoy a view which is completely different from those you usually enjoy from the lookout or a small lakeside town Yasumiya!

Take your time to enjoy waterfalls - go for a stroll along the trails, or rent a bicycle!

② Oirase Stream [Towada]

The river forms scenic gorge with dozens of waterfalls, surrounding rich forest, ever-changing beautiful mountain stream, and a variety of strangely shaped rocks. Visitors can enjoy the beauty of nature throughout the seasons.

[Contact] Lake Towada Information Center ☎0176-75-2425



③ Lake Ogawara [Tohoku]

Entire lake has its own unique address, which is very rare in Japanese lakes. Lake Ogawara, the largest lake in Aomori Prefecture, is called "treasure lake" by local residents, because of its abundance of fish. Shirauo (Japanese anchovy), wakasagi (pond smelt), and shijimi (basket clams) are caught locally. Visitors can enjoy fishing, bathing in the lake and camping.

[Contact] Tohoku Commerce, Industry and Tourism Section ☎0176-56-3820
Misawa Tourism and Local Products Promotion Section ☎0176-53-5111 (Main)



④ Tsuta Nananuma (Tsuta Seven Lakes) [Towada]

Natural beech forest, called Towada Jukai (lit. sea of trees) surrounds Tsuta Numa (Tsuta lakes). There are good hiking trails to enjoy nature: a trail for visiting the seven lakes, bird-watching, etc.

[Contact] Oirase Information hakocco ☎0176-74-2700

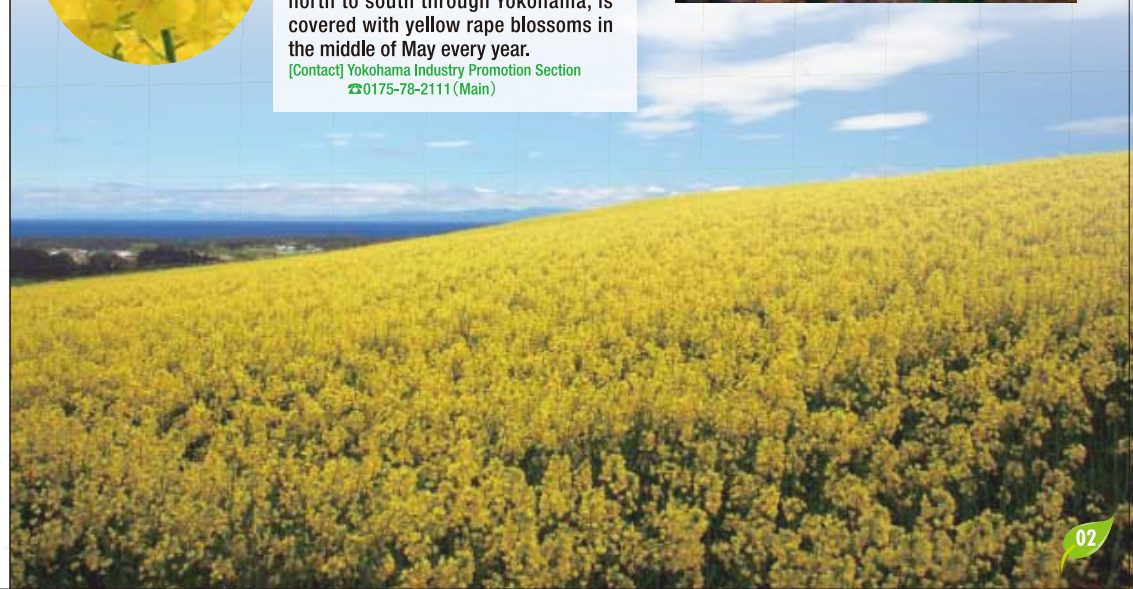
A nearly 100-hectare area is covered with rape blossoms!



⑤ Rape Blossoms [Yokohama]

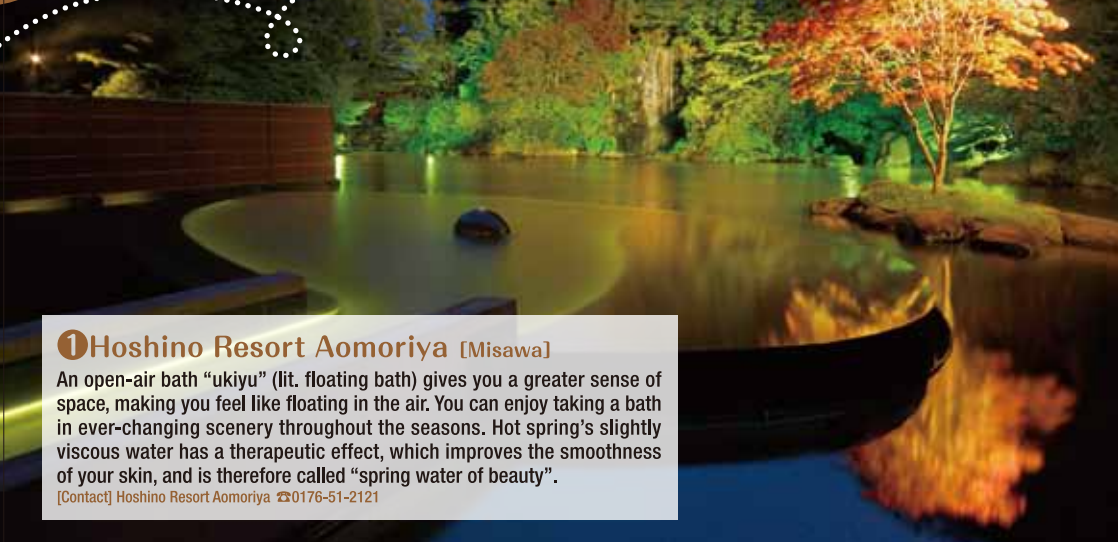
The roadside area along the Hamanasu Line (Route 279), which runs from north to south through Yokohama, is covered with yellow rape blossoms in the middle of May every year.

[Contact] Yokohama Industry Promotion Section ☎0175-78-2111 (Main)



Aomori, a prominent “hot spring” prefecture, has a number of hot springs that have a variety of therapeutic effects. Why don't you heal yourself while you enjoy beautiful scenic views in countryside?

Hot Spring ♨️



① Hoshino Resort Aomoriya [Misawa]

An open-air bath “ukiyu” (lit. floating bath) gives you a greater sense of space, making you feel like floating in the air. You can enjoy taking a bath in ever-changing scenery throughout the seasons. Hot spring's slightly viscous water has a therapeutic effect, which improves the smoothness of your skin, and is therefore called “spring water of beauty”.

[Contact] Hoshino Resort Aomoriya ☎0176-51-2121

② Sarukura Onsen [Towada]

This hot spring provides entire Towada hot spring village with abundant spring water. The water is characterized by its slightly bluish-white cloudy color. Why is it called “sarukura” (“saru” means “monkey”) ? Because, when a hunter found this spring long, long ago, he saw monkeys soaking themselves in this hot spring.

[Contact] Sarukura Onsen ☎0176-23-2030



③ Tsuta Onsen [Towada]

In both of our large onsen (hot spring) baths, the bathtub is above the source, and the spring water flows from the beech floor. The water comes directly from the hot spring without coming into contact with the outside air. We add spring water from Tsuta Forest to adjust the water to the perfect temperature.

[Contact] Tsuta Onsen ☎0176-74-2311

④ Yachi Onsen [Towada]

This hot spring has a history over 400 years. It has been called one of the three most secluded hot springs in Japan. Enjoy two kinds of spring waters: white cloudy 42°C water taken from a spring outside (upper spring water), and sacred 38°C spring water coming out from the ground immediately below the bathtub (lower spring water).

[Contact] Yachi Onsen ☎0176-74-1181



You can enjoy having not only experience in rich nature but also art and cultural experience. Come enjoy the beauty of Kamikita.

Experience

① Towada Art Center [Towada]

See stunning masterpieces, including a 4 m high statue of a woman, a huge chandelier-like object consisting of 100,000 dolls, and a midnight roadside restaurant-like space. Among the works on exhibition are of the world-prominent contemporary artists, such as Yayoi Kusama, Ron Mueck, Yoshitomo Nara. There are many must-see spots, where visitors can meet new innovative minds!

[Contact] Towada Art Center ☎0176-20-1127

Harvesting fruits and vegetables, planting rice, cooking local food... Choose your favorite experience!

Works of art are displayed everywhere inside and outside the art center: in the courtyard, on the roof, in the staircase, etc.



Choi Jeong-Hwa (Flower horse)

③ Misawa Aviation & Science Museum [Misawa]

“Vast sky” and “flying experience” are the main concept of the exhibition. The museum's mission is to stimulate the mind of kids, our future generations, for science, wonder, and challenge through fun activities. The museum exhibition includes airplanes and some facilities for hands-on science experience. Not only kids but also adults of any age can enjoy the museum.

[Contact] Misawa Aviation & Science Museum ☎0176-50-7777



② Shichinohe Kadare Country Life Experience [Shichinohe]

A variety of country life experience packages are offered throughout the year. Visitors can enjoy hands-on nature or farming experiences that are rarely available in the town.

[Contact] Shichinohe Kadare Country Life Conference ☎0176-68-2116



④ Aguri no Sato (Agricultural Center) Oirase [Oirase]

Local strawberry farms offer picking of strawberries that are tasty throughout the year. There are also farms of tropical fruits such as banana and papaya. There is a footbath of natural hot spring water.

[Contact] Aguri no Sato Oirase ☎0178-56-2884

⑤ Towada Horse Riding Club [Towada]

Anyone can easily enjoy our horse riding. Various experience packages available. It is really a superb experience to take a leisurely stroll on a horse in rich green nature.

[Contact] Towada Horse Riding Club ☎0176-26-2945

Try Kamikita's gourmet dishes made of fresh local catch and produce!
Many of them are only available here in Kamikita! Don't miss them!

Gourmet Food

1 Barayaki [Towada]

Its soy sauce-based hot and sweet sauce has been loved by everyone from kids to elders. It has been a soul food of Towada. More than 80 restaurants in Towada serve barayaki.

[Contact] Corporate Union La Vie En Rose ☎0176-25-7758



2 Lake Towada Himemasu (Landlocked Red Salmon) Dish [Towada]

The first success of himemasu (landlocked red salmon) farming in 1903. Since then, himemasu has been known nationwide as a local specialty of Lake Towada. It is served in various styles: salt-grilled, meunière, carpaccio, etc.

[Contact] Lake Towada Information Center ☎0176-75-2425



4 Grilled/Miso-flavored Hotategai (Scallops) [Noheji]

Noheji is famous for sweet, large hotategai (scallops) harvest. You can enjoy the natural flavor of simply grilled hotategai, or miso-flavored hotategai simmered in dashi soup with miso and egg in shells.

[Contact] Noheji Regional Strategy Section ☎0175-64-2111 (Main)



3 Shijimi (Basket Clams) Ramen [Tohoku]

Shijimi (basket clams) from Lake Ogawara and yellow wavy noodle are used in this ramen. Lake Ogawara yields the 2nd largest harvest of shijimi in Japan. Shijimi has been consumed as an ingredient of soup, ramen, etc. in Aomori Prefecture; this shijimi ramen is one of the popular dishes here.

[Contact] Tohoku Commerce, Industry and Tourism Section ☎0176-56-3820



5 Hokkidon (Surf Clams Bowl) [Misawa]

Hokkigai, or surf clams, in Misawa are characterized by their thick meat with rich aroma and sweet taste. Each restaurant serving hokkidon has its own recipe and flavor, so visitors can enjoy different tastes in each place.

[Contact] Misawa Tourism and Local Products Promotion Section ☎0176-53-5111 (Main)



You can enjoy many local festivals throughout the seasons.
Come, see and join us, to enjoy our festivals in Kamikita.

Festivals

1 Lake Towada Fuyumonogatari

(lit. Winter's Tale) Festival [Towada] Ear Feb. - Ear Mar.

One of the largest snow festivals in northern Tohoku. Visitors can enjoy local entertainment and gourmet food - even sake in a kamakura (igloo-like snow house in Japan). Fireworks in a winter night sky is a must-see.

[Contact] Lake Towada Information Center ☎0176-75-2425

Mystic beauty of Lake Towada in winter.
The statue of maidens emerges out of darkness!

2 Noheji Gion Matsuri

[Noheji Town] Mid Aug.

Graceful Gion bayashi (Gion festival music) is played by beautifully dressed children in a procession. Gorgeously decorated dashi floats parade around town. Beautifully lit up at night, dolls and flowers decorated on the dashi floats give a different look at night.

[Contact] Noheji Tourist Association ☎0175-64-9555



3 Towada City Spring Festival

[Towada] Late Apr. - Ear May

The "Kanchogai-dori (Komakaido) avenue" in Towada is probably known as the most beautiful corridor of cherry trees in Japan. The beautiful contrast of pale pink cherry blossoms and green pine trees is really impressive. Cherry blossoms at night are especially amazing; visitors enjoy almost unworldly beauty at night.

[Contact] Towada Tourism Association ☎0176-24-3006



4 Misawa Air Festival [Misawa] Ear - Mid Sep.

Hundreds of thousands of people come to the Misawa Air Festival every year. It has an exhibition of various aircrafts of Japan and the U.S. including those belonging to Misawa Air Base. There are flight demonstrations by the Japan Air Self-Defense Force and the U.S. Air Force.

[Contact] The Japan Air Self-Defense Force, Misawa Air Base ☎0176-53-4121

