Mutsu ONE Trail

This leaflet introduces the eight model routes to enjoy the "Mutsu ONE Trail." There are a myriad of ways to enjoy it, depending on when and where you visit. You can start from any point according to your budget and schedule. You can also take public transportation, such as trains and buses, on the way. After a long walk along the Mutsu Bay, the destination you reach on your own two feet will look breathtakingly beautiful.

-8 Model Routes to Enjoy the Mutsu Bay-





Sotogahama Town to the Aomori Prefecture Tourist Information Center ASPAM in Aomori City

A 29km course from Top Mast in



Aomori City to Joyato Park in pheji Town.



A 28km course from the Roadside Station Yokohama Nanohana Plaza in Yokohama Town to the Mutsu City Wellness Park in Yokohama Town to Mutsu City Wellness Park.



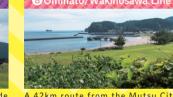
in Sotogahama Town.



Museum WA RASSE to Asamus Onsen, both in Aomori City.



Noheji Town to Mihono Park in Yokohama Town.



A 42km route from the M Wellness Park to Atagoyama Beach in Wakinosawa Village.

Accommodations

Sotogahama Town / Imabetsu Town

Hiranai Town / Noheji Town

Sotogahama Accommodation List **1**0174-31-1111 Imabetsu Accommodation List Imabetsu Town Hall 100174-35-2001 ■ 1001





























Asamushi anko Hotel

Makado
Kanko Hotel

© 0175-64-3131
s: About 13 mins by bus
JR Noheji Sta. (Free









A reef-shaped rock formation located just behind the Minmaya Fishery Harbor Yoshitsune Temple, the temple famous for the Legend of Yoshitsune, is also nearby.



Stairs of National Route 339

A staircase designated as a national route in 1974. At a total length of 388.2 meters. with 362 stairs, it is the only staircase highway in Japan.

If you are starting from Tappizaki., follow .



Tappizaki

The northernmost cape on the Tsugaru Peninsula. Jutting out towards the Tsugaru Strait, you can see Hokkaido on a



Noheji Town Joyatou Park "Tsubakiyama Coast" along the Natsudomari Peninsula in Hiranai is designated as one of the "100 Great Beaches in Japan." Every year, the hills are covered with beautiful camellia flowers from May to June. The course allows you to take in the sight of the gentle sea spreading out right before you. This is recommended for advanced hikers because the Natsudomari Peninsula has many ups and downs and its coastal road is long and windy.



Hotate Hiroba

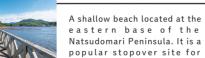
Purchase fish caught earlier that day, as well as one of the town's specialties: scallops.



Tsubakiyama Beach along Natsudomari Peninsula

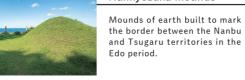
There's picturesque scenery at Tsubakiyama Beach, designated as one of "Japan's 100 Best Beaches."



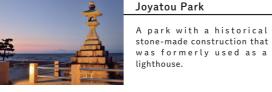




Hankyozuka mounds









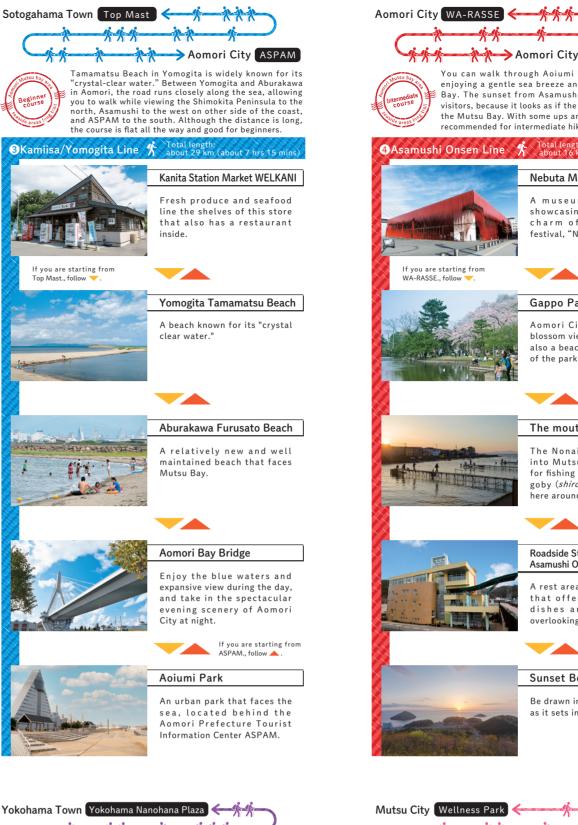
Sotogahama Town Top Mast

Takanozaki in Imabetsu is a stunning, scenic spot with

mysterious-looking and oddly-shaped rocks jutting out everywhere. The one-kilometer row of black pines in Tairadate, Sotogahama, is called "Matsumae Kaido" because the Matsumae clan used to







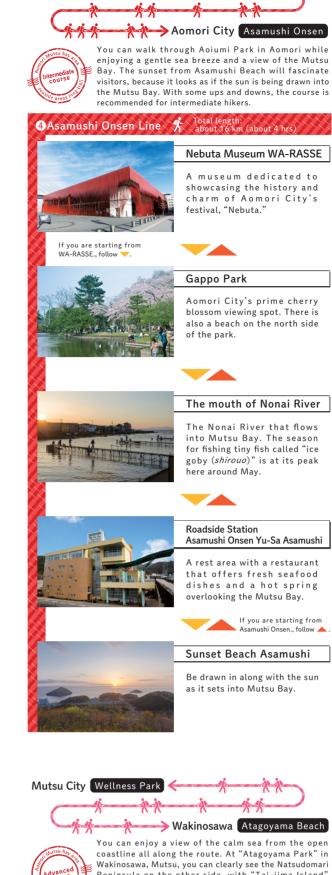


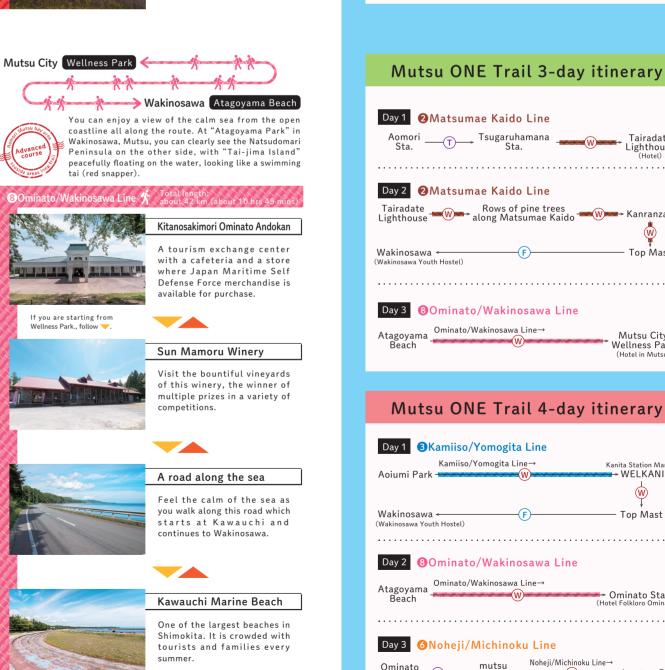
A wellness and sports center

for various sports activities.

Mutsu City Wellness Park

Boasting one of the largest areas with canola in Japan





If you are starting from Atagoyama Beach., follow ...

A scenic beach with a

popular jumbo slide that

Atagoyama Beach

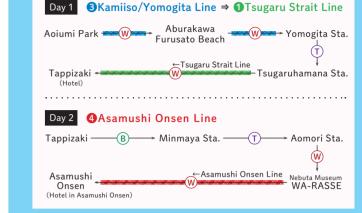
wers over the sea.



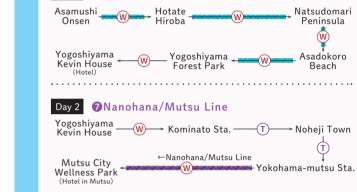


Walk = W Bus = B Train = T Ferry = F

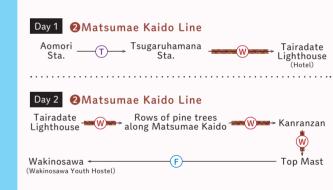
Mutsu ONE Trail 2-day itinerary



Mutsu ONE Trail 2-day itinerary

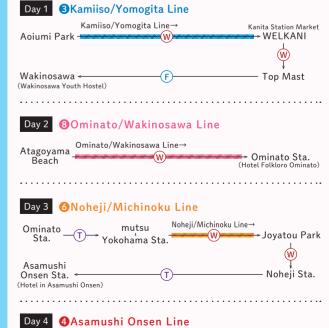


Mutsu ONE Trail 3-day itinerary



Mutsu City Wellness Park

Nebuta Museum → WA-RASSE



Asamushi Onsen Line→