

# Mutsu City

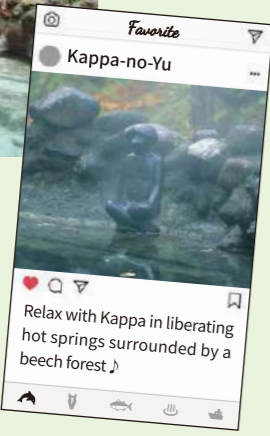
An adventure in the hub city of the Shimokita peninsula!  
Nightscaapes, mountain streams, the sea...many enchanting views await!  
After visiting the JMSDF Ominato Naval Base, you'll definitely want to try the local gourmet cuisine!

#FAVORITE  
\*Photo Spot



Check out the promotional video for Mutsu City!

Spring/Summer Edition Autumn/Winter Edition



## #Kappa Legend Hot Springs Okuyagen Onsen C-3

An emerald green hidden hot spring further upstream from Yagen Onsen, which has existed for over 400 years. Legend has it that a kappa helped the monk Jikaku Daishi here.

- ◆Inquires: Okuyagen Shukei Park Rest House 0175-34-2008
- ◆Access: About 50 min. by car from JR Shimokita Sta. / About 35 min. by Shimokita Kotsu bus bound for Sai from "Mutsu" bus stop, transfer to a reserved demand-responsive taxi at "Ohata Station" (bus sta.) for about 30 min.

## #LandOfDragonGod&MountainAsceticLegends Kawauchi River Gorge Trail B-4

A walking trail along the abundant Kawauchi River Gorge. Highlights include "Ootaki", a waterfall said to be the dwelling place of a dragon god and a training site for mountain ascetics, among other points of interest.

- ◆Inquires: Shimokita Tourist Information Center 0175-34-9095
- ◆Access: About 40 min. by car from JR Ominato Station

Be healed!

## #ImpressiveNavalShipTours C-4 JMSDF Ominato Naval Base

Responsible for the defense and security of the surrounding sea areas north of Aomori Prefecture, including the Tsugaru Strait and the Soya Strait. From April to November, escort ships and other vessels are open to the public on weekends and holidays.  
\*May be canceled due to bad weather or training.



- ◆Inquires: Public Relations Office, General Affairs Division, JMSDF Ominato District Headquarters 0175-24-1111 (ext. 2304)
- ◆Access: About 10 min. by car from JR Ominato Sta. / About 10 min. by JR bus Shimokita Line from JR Ominato Sta., 2 min. on foot after getting off at "Kaijo Jieitai-mae".



## #Shiny #SwallowTailButterfly Mt Kamafuse Observatory C-4

An observation deck near the summit of Mt. Kamafuse, the highest peak of the Shimokita Peninsula, at an elevation of about 878 meters. It offers a 360-degree panoramic view of Lake Usoriyama, Mutsu Bay, the Hakkoda Mountains, and even Hokkaido.

- ◆Hours: 8:30-21:30 \*Open from late May to early November (subject to snow conditions)
- ◆Inquires: Tourism & City Promotion Division, Mutsu City 0175-22-1111
- ◆Access: About 40 min. by car from JR Shimokita Sta.



As expected of a Japan Night View Heritage!



Refreshing!

## #ForestBathingSurroundedByTrees Yagen Stream C-3

Impressive scenery woven by beech and cypress trees, waterfalls, and rocks. Especially recommended during the seasons of fresh greenery and autumn leaves.

- ◆Inquires: Shimokita Tourist Information Center 0175-34-9095
- ◆Access: About 50 min. by car from JR Shimokita Sta. / About 35 min. by Shimokita Kotsu bus bound for Sai from "Mutsu" bus stop, transfer at "Ohata Station" (bus sta.), about 25 min. by demand-responsive taxi

## #PanoramicViewOfOminato Kaibokan (Ocean View Observation Deck) C-4

An observation deck offering panoramic views of the cityscape of Ominato, Ashizaki Bay, and Maritime Self-Defense Force ships from an elevation of about 55 meters. The adjacent "Andokan" also sells navy and Maritime Self-Defense Force merchandise.

- ◆Hours: 10:00-20:00
- ◆Inquires: Andokan 0175-29-3101
- ◆Access: About 10 min. by car from JR Ominato Sta. / About 10 min. by JR bus Shimokita Line from JR Ominato Sta., 5 min. on foot after getting off at "Kaijo Jieitai-mae".



## Local Gourmet Specialties

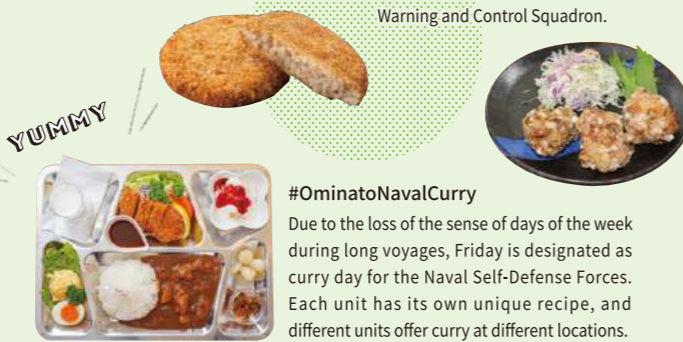
Try local gourmet specialties inspired by the Naval Self-Defense Forces and the Air Self-Defense Forces at restaurants in the city, and feel like a member of the Self-Defense Forces!

### #OminatoNavalCroquette

A recreation of the croquette originating from the Former Navy Unit in Ominato! Fried in beef fat for a delicious crispy texture.

### #OminatoSoraKara!

Fried chicken made with specially selected Shimokita ingredients. A popular menu item enjoyed at the Air Self-Defense Forces' 42nd Airborne Warning and Control Squadron.



### #OminatoNavalCurry

Due to the loss of the sense of days of the week during long voyages, Friday is designated as curry day for the Naval Self-Defense Forces. Each unit has its own unique recipe, and different units offer curry at different locations.

Check out the "Shimokita Geopark Photo Spot" Atagoyama Park on the back too!

# Higashidori Village

Take a stroll surrounded by magnificent nature dotted with geopark photo spots!  
Enjoy the charming Kandachime horses and local cuisine to soothe your heart!

#FAVORITE  
\*Photo Spot



Check out the promotional video for Higashidori Village!

Spring/Summer Edition Autumn/Winter Edition

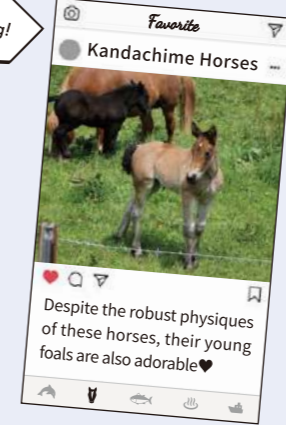


Amazing!

## #OneOf16AccessibleLightHousesNationwide Cape Shiriyazaki and Kandachime Horses E-2

Shiriyazaki overlooks the Tsugaru Strait and the Pacific Ocean. From the lighthouse observation deck, you can enjoy a 360-degree view, and around the surrounding pasturelands, you'll find native Kandachime horses grazing.  
\*Note: From December to March, they move to the winter pastureland called "Ataka."

- ◆Inquires: Commerce & Tourism Division, Higashidori Village 0175-27-2111
- ◆Access: About 45 min. by car from JR Shimokita Sta.



## #HigashidoriSoba D-4

The soba flour produced in Higashidori Village, cultivated to leverage the cool climate, boasts rich flavor. Ground with a stone mill and handcrafted without any binding agents, these 100% soba noodles offer exceptional deliciousness.



## #ImportantIntangibleFolkCulturalPropertyOfJapan Shimokita Noh Dance

A typical shugen-noh incorporating various medieval performing arts. The village is rich in folk performing arts such as Kagura, Shishimai, and mochi-pounding dances.



## #HigashidoriBeef

Born and raised in Higashidori Village, it boasts a delicate marbling and exquisite texture.



## #AncientStrata Northern Coastal Area D-3

Stretches east to west from Ishimochi Fishing Port facing the Tsugaru Strait. Along the coastline, strata dating back approximately 120,000 years can be observed.

- ◆Inquires: Shimokita Geopark Promotion Council Secretariat (Inside Geopark Promotion Division, Mutsu City) 0175-22-1111
- ◆Access: About 30 min. by car from JR Shimokita Sta.

## Stopover Spot D-3

### Noushigawa Rest House

Offers a wide selection including Higashidori Beef, blueberry soft-serve ice cream and jam, and 100% buckwheat soba noodles.

- ◆Inquires: 0175-28-5203
- ◆Access: About 35 min. by car from JR Shimokita Sta.

# Kazamaura Village

Soak in the seaside hot springs that have been around since the Muromachi period, and be captivated by the fishing fires at night!  
Indulge in fresh local cuisine while enjoying an extraordinary experience!

#FAVORITE  
\*Photo Spot



Check out the promotional video for Kazamaura Village!

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Fantastic!



## #FantasticalSceneryOverTheStrait Fishing Fires C-2

A summer to autumn tradition. Squid fishing fires line the Tsugaru Strait, illuminating the sea with a bluish-white light. After gazing at the fantastical sight, indulge in freshly caught live squid sashimi.



## #TheOneAndOnlyDirectSalesFacilityInTheVillage Direct Sales Shop "Funori-chan" B-2

Sells mainly seaweed products from Kazamaura Village, which are not often seen in supermarkets, among other marine products. \*Open only on Saturdays and Sundays from mid-April to early November

## #FunoriKelp

The village's specialty, kelp nurtured by severe cold, is enjoyed as a snack accompanying salted fermented fish, tempura, and in miso soup, among other dishes. The hands-on tours from early February to late March are also recommended.



Their faces might be scary but they're delicious!

## #KazamauraMonkfish

Fished using "Soranaawa fishing" and "fixed gill-net fishing," traditional methods in which most of the catch is brought up alive.



## Stopover Spot B-2

### Banyameshi

A variety of seasonal seafood set meals and rice bowl dishes are available, offering abundant seafood cuisine at affordable prices.

- ◆Inquires: 0175-35-2865
- ◆Access: About 1 hour 5 min. by car from JR Shimokita Sta. / About 1 hour 20 min. by Shimokita Kotsu bus bound for Sai from "Mutsu" bus stop, right after getting off at "Banya-mae"

## #TheNorthernmostHotSpringTownInHonshu C-2 Shimofuro Onsenkyo Hot Spring Village

Shimofuro Onsen, Kaiyoko-no-Yu

A traditional hot spring with records dating back to the Muromachi period.

- ◆Inquires: Industry & Construction Division, Kazamaura Village 0175-35-2111
- ◆Access: About 50 min. by car from JR Shimokita Sta. / About 55 min. by Shimokita Kotsu bus bound for Sai from "Mutsu" bus stop, right after getting off at "Shimofuro"