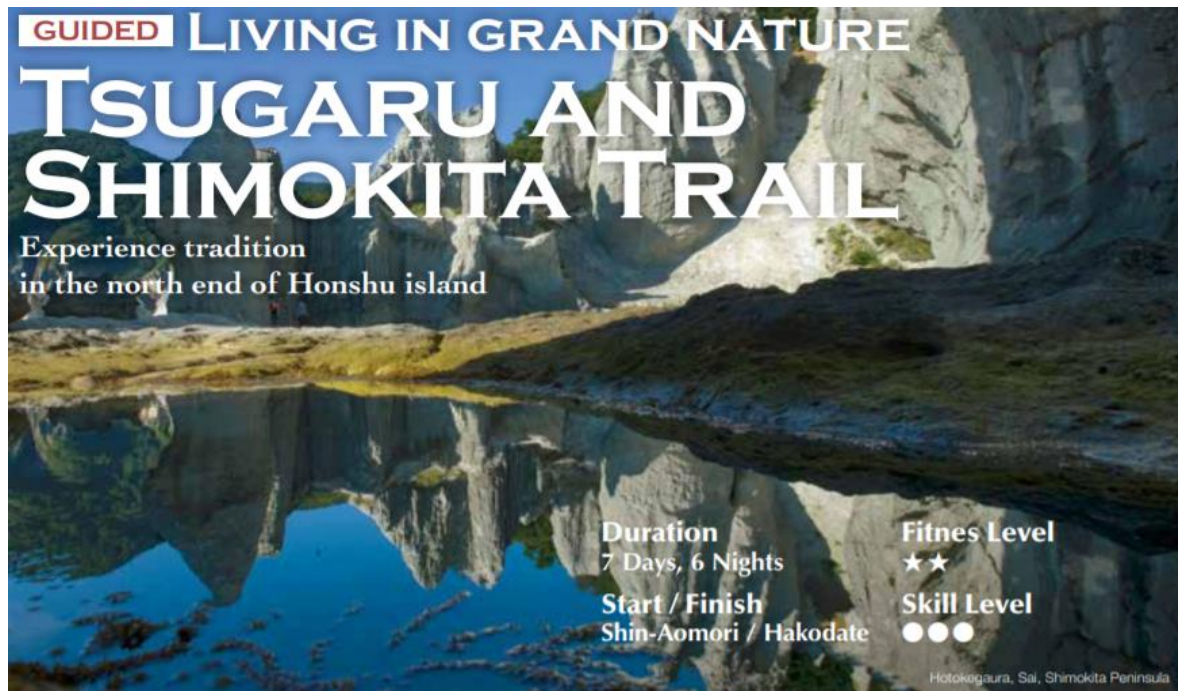


## Tsuguru & Shimokita Route Trail 6 Nights 7 Days



### Highlights

- Experience Japan's rugged north and learn its unique cultures.
- Walk around the Sannai Matuyama, a pre-historical relic.
- Explore the exceptionally well-preserved Edo era city of Kuroishi and its rustic hot-springs.
- Walk along Oirase Stream, a natural gem of Japan.
- Visit Osorezan (Mt. Osore), one of the most sacred places in Japan.
- Explore spectacular Hotoke-ga-ura's rocks resembling statues of Buddhas.
- Board a vessel in Oma and watch bluefin tuna fishing, Japan's most coveted tuna.

### Overview

*The Tsugaru Shimokita Walk tour is a stunning journey through Japan's Tohoku region located in the northern part of the main island Honshu. The region is well known for its countryside, mountains, lakes, hot springs and high quality rice. Settlement of Tohoku initially occurred between the 7<sup>th</sup> and 9<sup>th</sup> centuries, well after civilization had been firmly established in other parts of Japan.*

*Your tour begins in Aomori City, the prefectural capital which began its life as a port town. From here explore the culture, history and food of Tsugaru and Shimokita. In both areas, the most astonishing and unforgettable experience may be their breathtaking natural beauty. Places such as Oirase Stream, Osorezan (Mt. Osore) and the Hotoke-ga-ura Coastline are revered by nature lovers and photographers. Throughout the tour, allow yourself to take in the ways of the people who endured in this rugged land.*

**Day 01 Shin – Aomori (Dinner)**

- 13:00-13:30 Meet at Shin Aomori Station – Briefing
- 13:30-14:00 Microbus to Sannai-Maruyama Archaeological Site
- 14:00-15:30 Tour of Sannai-Maruyama Archaeological Site
- 15:30-16:00 Microbus to Komakino Ruins
- 16:00-17:00 Tour of Komakino Ruins
- 17:00-17:30 Microbus to hotel
- 17:30-18:30 Check in and free time, onsen hot spring
- 18:30-20:30 Dinner
- 20:30 Onsen hot spring, free time



**Sannai Maruyama Historical Site**

**Day 02 Aomori – Kuroishi – Oirase (Breakfast, Lunch & Dinner)**

- 7:00 Meet at hotel lobby, check out
- 7:00-7:30 Microbus to Aomori Fish and Vegetable Centre
- 7:30-8:30 Tour of market and breakfast
- 8:30-9:00 Microbus to the The Death March of the Hakkoda Mountains Memorial Museum
- 9:00-10:00 Walk around museum and cemetery
- 10:00-10:30 Microbus to Kuroishi Nakano Momijiyama
- 10:30-12:30 Hike around Nakano Momijiyama, walk from Ochiai Hot Spring to Itadome Hot Spring
- 12:30-13:30 Lunch
- 13:30-14:00 Microbus to Kuroishi town centre
- 14:00-15:00 Watch shamisen performance at Komise Station, walk around Nakamachi Komise Dori
- 15:00-16:00 Tour around sake brewery and tasting
- 16:00-17:00 Microbus to hotel
- 17:00-18:00 Check in and free time
- 18:00-20:30 Dinner
- 20 : 30- Onsen hot spring, free time



**Nakano Momijiyama**



**Shamisen Performance**



**Day 03 Oirase – Asamushi Onsen (Breakfast, Lunch & Dinner)**

- 8:00-9:00 Breakfast
- 9:00-9:30 Microbus to Ishigedo Rest Stop at Oirase River
- 9:30-12:30 Oirase River hike (Ishigedo to Choshi Falls)
- 12:30-13:00 Microbus from Choshi Falls to Nenokuchi
- 13:00-14:00 Lunch at Nenokuchi
- 14:00-16:00 Microbus to Asamushi Hot Spring
- 16:00-17:30 Experience grilling scallops at the scallop market
- 17:30-18:00 Microbus to hotel
- 18:00-19:00 Check in and free time
- 19:00-21:00 Onsen hot spring, free time



**Oirase River**

**Day 04 Asamushi Onsen – Noheji – Mutsu (Breakfast, Lunch & Dinner)**

- 8:00-9:00 Breakfast
- 9:00-9:30 Microbus to Yagiiyama mountain path (Hachiman Shrine)
- 9:30-12:30 Walk along Yagiyama mountain path
- 12:30-13:00 Microbus to Asamushi Hot Spring
- 13:00-14:00 Lunch
- 14:00-14:45 Microbus to Noheji
- 14:45-15:45 Visit a Kitamae ship at Noheji
- 15:45-17:00 Microbus to Mutsu
- 17:00-18:00 Check in and free time
- 18:00-20:00 Dinner
- 20:00 Onsen hot spring, free time



**Asamushi Hot Spring**

**Day 05 Mutsu – Sai – Oma (Breakfast, Lunch & Dinner)**

- 8:00-9:00 Breakfast
- 9:00-9:30 Microbus to Mt Osore
- 9:30-10:30 Mt Osore walk
- 10:30-12:00 Microbus to Sai village (Fukuura)
- 12:00-13:00 Lunch in Sai
- 13:00-15:00 Fukuura, fishermen's Kabuki performance
- 15:00-15:30 Microbus to Sai port
- 15:30-17:30 Round trip fishing boat Sai to Hotoke-ga-ura rocks
- 17:30-18:00 Microbus to Oma
- 18:00-19:00 Check in to hotel and free time
- 19:00-20:30 Dinner
- 20:30 Onsen hot spring, free time



**Fishermen's Kabuki Performance**

**Day 06 Oma – Hakodate (Breakfast, Lunch & Dinner)**

8:00-9:00 Breakfast  
9:00-9:30 Microbus to Cape Oma  
9:30-12:30 Tour on tuna fishing boat  
12:30-14:00 Lunch  
14:10-15:40 Ferry from Oma to Hakodate  
15:40-16:30 Microbus to Hakodate  
16:30-18:00 Check in to hotel and free time  
18:00-20:00 Dinner



**Oma**

**Day 07 Hakodate (Breakfast)**

8:00-9:00 Breakfast  
9:00 End of tour

## Package Information



### Package Includes:

All transport from tour starting point to tour end point, and throughout tour by private car or coach (dependent on group size)

Professional English speaking guide throughout tour

All entrance and activity fees during tour

06 nights hotel accommodation

Daily breakfast at hotels

All relevant government taxes

Lunches and dinners as specified in itinerary

*Do note that we shall tailor the itinerary to suit your needs and budget, we look forward to creating your Bespoke Itinerary.*

Some tours we offer focus on nature and the outdoors, there is some level of fitness required, we provide a guide for the level of activity expected for each day. Should you wish to do more / less we can tailor made the tour according to your preference:

### Fitness Levels

\* You should be OK to carry your own luggage for up to an hour and climb stairs, most long distance travel will be by private car or public transport.

\*\* Additionally to level 1 requirements, you should be able to walk around 5km per day. Longer works are mostly over flat ground and range from 01-03hrs.

\*\*\* Additionally to level 1 requirements, you should be able to walk 15-25km per day. Walks may include some hills but not over extended period of times. Walks range from 3-5hrs per day.

### Skill Levels

\* Walking on roads and stair climbing

\*\* Walking on well-made paths and flat earth surfaces

\*\*\* Walking on forest trails which may not be even surfaced. The use of walking poles or sticks is recommended.

\*\*\*\* Walking mountain paths, which may include loose rocks. Walking poles and proper hiking shoes and recommended.