

3 best ways to go around MUTSU BAY

From the list of 28 activities, we have selected three model courses that will take visitors around Mutsu Bay.

[Legend] By foot Taxi Bus Train Shinkansen Ferry

01 Forage Course Around Mutsu Bay

2 nights / 3 days

Start JR Aomori Station Finish JR Aomori Station

Hunt for all the culinary charms of Mutsu Bay. Start from Aomori City, travel north along the Tsugaru Peninsula. ...and then cross into the Shimokita Peninsula. Enjoy and discover the culinary potential of Mutsu Bay and forage (procure ingredients) to create dishes to your liking.

Day 1 04 02 05 27 26 23 Hotel in Sotogahama Town

Day 2 20 19 15 18 Hotel in Mutsu City

Day 3 13 11 12 09 04 07



Shabu-shabu with Iwa-mozuku seaweed in Imabetsu Town



Enjoy "Nokke-don" in Aomori City

02 Active Course Around Mutsu Bay

2 nights / 3 days

Start JR Aomori Station Finish JR Aomori Station

This is a classic course to enjoy the charms of Mutsu Bay. Hunting for delicacies and spectacular views of the Shimokita & Tsugaru Peninsulas. Starting in Aomori City, we will go around Mutsu Bay stopping at various tourist attractions and tasting the delicacies in each of the areas, centered around the seafood of Mutsu Bay.

Day 1 01 03 06 08 Traditional Japanese "Ryokan" Inn in Asamushi Onsen

Day 2 10 14 16 17 19 20 Hotel in Sotogahama Town

Day 3 21 22 24 25 28 02



SUP experience at a beach in Aomori City



Experience "Arauma" in Imabetsu Town

03 Digest Course Around Mutsu Bay

3 nights / 4 days

Start JR Aomori Station Finish JR Aomori Station

Starting in Aomori City traveling counterclockwise around Mutsu Bay. A course for the greedy, taking you to all the must-visit spots of Mutsu Bay while hunting for delicacies and spectacular views of the Shimokita and Tsugaru Peninsulas. This is 3 nights, 4 days trip, where you can enjoy the seafood of Mutsu Bay and other local delicacies.

Day 1 05 06 08 10 12 Hotel in Noheji Town

Day 2 11 13 15 17 Hotel in Mutsu City

Day 3 19 20 27 28 23 Hotel in Sotogahama Town

Day 4 21 22 24 25 02



Geo-gastronomy in Mutsu City



Shopping at "A-FACTORY" in Aomori City

3 best ways to go around MUTSU BAY



What is to "Forage" ?

The word "forage" means to "procure / search for food" or "hunt for ingredients". If you can procure not only the ingredients but also the wisdom and the customs of the local food culture, then you are sure to feel more connected to the destination. ...and this is why 28 itineraries have been compiled to experience the unique charms of the Mutsu Bay coastal area.

28 Activities to Experience MUTSU BAY

There are numerous contents that allow visitors to experience the food culture of Mutsu Bay, with a focus on local ingredients and the wisdom of how to eat them. Feel free to combine the contents that interest you and create your own story! On the next page, we have prepared recommended model courses which we hope you will find useful!

The contents with a blue background are for a "foraging" trip to procure ingredients and the wisdom of food culture.

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01 [Aomori City] Dried Sardine (Niboshi) Ramen

The "morning ramen" experience with Dried Sardine (Niboshi) Ramen. The custom of eating ramen for breakfast is very common in Aomori Prefecture, the ramen kingdom.

1-4-2 Yanakawa, Aomori City
017-752-1890



02 [Aomori City] A-FACTORY

A souvenir store that offers a wide range of Aomori's "specialties," from food to merchandise, and comprehensively covers the food appeal of Mutsu Bay.

1-4-2 Yanakawa, Aomori City
017-752-1890



03 [Aomori City] Nebuta Museum WA-RASSE

Experience the passion of Aomori citizens for Nebuta. Visitors can enjoy the history and the charm of Nebuta all year round.

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



04 [Aomori City] Shioya Gyoten Seafood Store

Observe the techniques of "Shinkei-jime" or nerve-tightening of a fish to preserve the freshness. Visitors will also get a lecture on the variety of seasonal seafood in Mutsu Bay.

5-10-7 Honcho, Aomori City
017-734-8221



17 [Mutsu City] Tanabu Town Stroll

Enjoy a stroll around Mutsu City with a dedicated guide. Experience the unique food and drinking culture that only a port town can offer!

090-9742-6476 (Shimokita Wo Shiru Kai)



18 [Mutsu City] Hokusaiya (or Ohata Fishing Port Seafood Market)

Get a taste of Shimokita's famous "Kaikyo (strait) salmon" in three delicious ways: as sashimi, marinated in dill, or cured-ham style. [Hokusaiya] 152-2 Uwano, Ohatamachi, Mutsu City 0175-31-1868 [Ohata Fishing Port Seafood Market] 195-2 Minatomura, Ohatamachi, Mutsu City 0175-34-4291



19 [Mutsu City] Wakinosawa Distribution Center

At the Mutsu Bay Ferry Terminal store, visitors can buy grilled dried fish, a Wakinosawa specialty. *Reservations are required to board the ferry.

227 Honson, Wakinosawa, Mutsu City (Wakinosawa Port)



20 [Sotogahama Town] Kazenomachi Koryu (Exchange) Plaza Top Mast

If you're lucky, you'll find giant scallop shells that can be used as cooking pots on sale at the store inside this facility! *Reservations are required to board the ferry.

160 Chushimiyamoto, Kanita, Sotogahama Town (Kanita Port) 0174-22-3181



05 [Aomori City] Aomori Gyosai Center (Fish & Vegetable Market) (Nokke-don)

Speaking of Nokke-don, this is the place to be! Create your very own "Nokke-don topped with Mutsu Bay", here at the "museum to eat Mutsu Bay"!

1-11-16, Furukawa, Aomori City
017-763-0085



06 [Aomori City] Sunset Beach Asamushi

SUP (Stand Up Paddleboard) experience. Physically experience the "water surface" of Mutsu Bay that nurtures an abundance of seafood on a SUP (Stand Up Paddleboard)!

51-55 Sakamoto, Asamushi, Aomori City
017-718-8577 (4-Ride)



07 [Aomori City] Kitchen Studio e-TO

A kitchen studio in Aomori City, equipped with cooking utensils and tableware. Prepare and cook the ingredients procured from the foraging trip.

To-0 Nippo Shinmachi Building New's 2F, 2-2-11 Shinmachi, Aomori City
017-764-0220



08 [Hiranai Town] Local Restaurant Hotate (Scallop) Ichiban

Hiranai Town, famous as the birthplace of scallop aquaculture. Enjoy a scallop-filled meal at a local restaurant adjacent to the Hotate Hiroba (Scallop Square).

56 Kagikake, Tsuchiya, Hiranai Town
017-764-0251



21 [Sotogahama Town] Cape Tappi

This is a unique opportunity to experience the lyrics from the famous song "Tsugaru Kaikyo Fuyugesiki" (Winter scenery of the Tsugaru Straits) and the famous strong winds in real life!



22 [Sotogahama Town] Kaidan (Staircase) National Route

...because it's a stairway. The only national highway route in Japan that cannot be driven! "Kaidan (Staircase) National Route 339" is a great spot for Instagram!



23 [Sotogahama Town] The Cuisine of the Tsugaru Straits

Enjoy seasonal seafood from the Tsugaru Straits. There are numerous restaurants and sushi bars in town where visitors can enjoy tuna, sea urchin, flatfish, squid, and wakaoi kelp. We will introduce them below.

0174-31-8025 (Cape Tappi Tourist Information Center)



24 [Imabetsu Town] Arama-no-Sato Shiryokan (Museum)

Visit the Okawadai area to see the drums, Nebuta, and Arama that are actually used in the festival. *Please contact in advance to arrange a tour.

67 Kumazawa, Okawadai, Imabetsu Town
090-4311-4314



09 [Hiranai Town] Hotate Hiroba (Scallop Square)

The sweet taste of scallops grown in the nutrient-rich water flowing from the lush mountains surrounding Mutsu Bay is seriously delicious!

56 Kagikake, Tsuchiya, Hiranai Town
017-752-3220



10 [Noheji Town] Restored "Michinoku Maru", Kitamae-type vessel of the Benzai-sen style

A petite expedition to visit the remnants of Kitamae-type vessel in Noheji Town. Michinoku Maru → Joyato Night Light → Noheji Hachiman Shrine → Former Nomura Family Residence → Noheji Town Museum of History and Folklore

471 Noheji, Noheji Town (In Joyato Park)
0175-64-2111 (Regional Strategy Division Noheji Town)



11 [Noheji Town] Yuuki Aomori Agricultural Cooperative Noheji Branch Office

Get your hands on the "Noheji leafy turnip" which comes into season in mid-summer by taking advantage of the low temperatures caused by the cold Yamase wind. Snack into it there and then!

1-5 Noheji, Noheji Town
0175-64-5178 (Agri House)



12 [Noheji Town] Kawaraketsumei Tea Porridge

The tea porridge culture of the Kamigata region (Kyoto & Osaka Area) brought by the Kitamae Boats is now Galapagosized here in Noheji! Enjoy the exquisite taste of "Kawaraketsumei Tea Porridge"!

39-7 Kamikonakano, Noheji Town (Matsura Shokudo)
0175-64-3004



25 [Imabetsu Town] Restaurant Eki

Enjoy steaks from the branded "Imabetsu Beef" at the "Hanto Plaza Asukuru", located adjacent to the Okutsugaru-Imabetsu Station.

87-16 Kiyokawa, Okawadai, Imabetsu Town (Michi-no-Eki Roadside Rest Area, Imabetsu Hanto Plaza Asukuru)
0174-31-5200



26 [Imabetsu Town] Hanto Plaza Asukuru

At the "Hanto Plaza Asukuru" located next to Okutsugaru-Imabetsu Station, visitors can get Iwa-mozuku seaweed, delicious when cooked in Shabu-shabu.

87-16 Kiyokawa, Okawadai, Imabetsu Town
0174-31-5200



27 [Yomogita Village] Marche Yomogita

Enjoy an omelet served with ketchup made from Yomogita Village's specialty tomatoes! Dried tomatoes are also famous.

141-7 Hamada, Gosawa, Yomogita Village
0174-31-3040



28 [Yomogita Village] Fureai Center Yomogi Onsen

In a sauna covered entirely with Aomori cypress wood, which has antibacterial and relaxing properties, allow the scent of the forest to envelop and heal the body!

136-4 Hamada, Gosawa, Yomogita Village
0174-27-2170