AOMORI JAPAN

南部

NANBU AREA

Tour Map
The pride of Japan
Traditional Buildings and Culture

Castle and temple architecture
Reflect the depth of Japan history

Prefectural Shiroyama Park
Sanhohe Town [Map D-4]
A natural park which 1,600 cherry blossoms trees and hydrangeas have been planted. Within the park there is the Sanhohe Castle Museum, built in the style of a main keep of a Japanese castle, and the Sanhohe Municipal Historical Folk Materials Museum. Both these museums tell the history of the Nanbu clan.
• Open: 09:30-11:17
• Sanhohe Town Office, General Affairs Section
• Approx. 10 minutes by car from JR Sanhohe Station

Treasures of Japan

Akaito-Odoshi-Yori-Kabuto-Osodetsuki
Hachinohe City [Map C-6]
Along with the Akaito-Odoshi-Yori housed in Naras Kasuga Taisha, this is one of only two existing suits of armor featuring such a fabulous degree of decoration.
• Open: 07:30-17:00
• Hachinohe General Tourist Plaza
• Located in Hachinohe, Aomori

Shiroito-Odoshi-Tsumadori-Yori-Kabuto-Osodetsuki
Hachinohe City [Map C-6]
This noble suit of armor forms the period of the Northern and Southern Courts was bestowed on Nobumitsu Nanbu by Emperor Gomurakami.
• Open: 07:30-17:00
• Hachinohe General Tourist Plaza
• Located in Hachinohe, Aomori

Gassho Dogu
Hachinohe City [Map C-6]
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• Open: 07:30-17:00
• Hachinohe General Tourist Plaza
• Located in Hachinohe, Aomori

Kushihiki Hachimangu
Hachinohe City [Map C-6]
This shrine is respected by many as the greatest shrine in the Nanbu region, and has attracted worshippers since the Kamakura Period. Built in 1645, the shrine chamber is a prized relic of the Momoyama Period that expresses the zenith of stateliness. The Kokuhokin museum exhibits a beautiful Japanese armor and helmets, including a famous suit of armor designated a national treasure, the Akaito-Odoshi-Yori-Kabuto.
• Open: 09:00-17:00 (Kokuhokin)
• Approximately 10 minutes by car from JR Hachinohe Station

Hakkasan Hokoji Temple
Nanbu Town [Map D-5]
This famous temple on Nakuidake Mountain was founded in 1280 by the Kamakura regent, Tokiyori Hojo, as a token of appreciation for the hospitality he received when he visited this area. The Joyoto pagoda, built in 1949, is the highest three-story pagoda in Japan.
• Open: 07:15-17:30
• Closed: Mid November - Mid April
• Approximately 20 minutes by car from Aomori railway Kouni Station

Nanbu Toshiyasu Tamaya
Nanbu Town [Map D-4]
This mausoleum was built in 1632 within the premises of Sankoji Temple for Toshiyasu Nanbu. It is a splendid example of the Momoyama style of architecture, and has been designated a national important cultural property in 1953.
• Open: 09:00-17:00
• Closed: Mid November - Mid April
• Approximately 10 minutes by car from JR Nanbu Station
Traditional Arts
Fostered in the heart of Nanbu

Traditional arts with hundreds of years of history, and Festivals where passions burn strong

Nanbu Minyo Folk Songs Teodori

The Nanbu Teodori is said to have originated in the Nagawa District of old Nanbu Town. It is a local dance handed down over several hundred years. It is also called the Nanbu Nebenaodori (7 dances) because of the 7 dance numbers it features. It started as a dance that everyone enjoyed at festive events, and was then picked up by traveling female entertainers who added Kabuki elements. By the early Meiji Period (1870s), it had transformed from a popular folk dance into the exquisite stage performance that we see today.

Nanbu Town Geino Denshokan

The Geino Denshokan strives to spread traditional arts that have been handed down from generation to generation in the Nanbu area.

- Address: 031-975-9297 (Nanbu Town Geino Denshokan)
- Closed: Mondays, winter holidays, and New Year holidays
- Open: 09:00 - 16:00
- Approximately 3 minutes by car from Kenyosan Station on Amobu Railway

Kagura

Kagura Shinto theatrical dances have been handed down in the Hachinohe area from ancient days. There are many Kagura performances all across Japan, and those performed in Aomori were handed down from the mountain pirates.

Horvo Kagura

This is the Kagura performed at Ogami Shrine. The lion heads, which appear in the portable shrine parade during the Hachinohe Sansha Festival, are a sight to behold, as they crack their teeth in unison and thrill the crowd. The Horvo Kagura has been designated an Aomori intangible folk cultural asset.

Takko Kagura

Takko Town

There are many different Kagura dance numbers, such as the Arama and the Torinai. The latter is danced as a prayer for the safety of families and an abundant harvest.

The Hachinohe Sansha Festival is known as the greatest float parade festival in Japan. It boasts 290 years of history and tradition and has been designated an important intangible cultural asset by the national government. Other festivals featuring parades of splendid floats decorated with picture scrolls are held in the southern part of Aomori from summer to autumn.

Hachinohe Sansha Festival
(Hachinohe City)
July 31st - August 4th
- Address: 031-975-7160 (Hachinohe General Tourist Office)

Autumn Festival
(Oira Town, Sannohama Town)
Mid - V/late September
- Address: 0177-26-1117 (Sannohama Town Office, General Affairs Section)

Geino Festival
(Geto Town)
Late August - Early September
- Address: 0177-26-7150 (Geino Town Tourist Association)

Nanbu Festival
(Nanbu Town)
September 10th - 10th
- Address: 0177-26-3230 (Nanbu Town Commerce and Tourism Section)

Dashi Emaki
(Parade of the Scroll Paintings)

Enburi

Designated as a national significant intangible folk cultural asset, the Enburi is a festival in Hachinohe offered as a prayer for an abundant harvest and in anticipation of the coming of spring. Dancers called Tori wear gorgeous oboshi (a type of hat from ancient Japan) shaped like horses and dance while swaying their heads, expressing the movement of sowing rice. The various performances scattered throughout the parade are all lively and fun.

- Address: February (Hachinohe Enburi, February 16th - 17th, Momoishi Enburi), February 17th - 18th (Hachinohe Enburi)
- Venue: Hachinohe City, Nanbu Town, Hachinmn Town, Oira Town

It is easy to walk around Hachinohe. At the Hachinohe Sansha Festival, every year I put on a yukata (casual summer kimono) and pull a float along with everyone else, which is a very different experience from just watching the festival. I feel that the intricate and beautiful ornamentation on the floats — along with the festival itself — is something truly impressive that is not to be found anywhere else but in Japan.
Local flavors: the Food Culture of Nanbu

Delicious flavors drawn from the nature that surrounds us
Each tasty treat The pride of Japan

Ichigoni
Hachinohe City-Hashikami Town

A soup rich with sea urchin and abalone, this delicacy was once reserved for the feudal lords of old. The delicate ocean fragrance will stir your appetites.

Hittsumi
Sannohe Town

This delicious local dish is made by pulling flour dough into thin strips and boiling them in a soy sauce-based soup. River crab is sometimes used to flavor the soup stock.

Morning Market at Hachinohe
Hachinohe City

There are many morning markets in Hachinohe, including the Tatenaha Quay Morning Market, with over 400 stalls and a daily crowd of shoppers, and the Mutsu Minato Station Morning Market, just to name two. Why not have breakfast at the morning markets as the saleps of the port town sellers fill the air!

Tatenaha Quay Morning Market

Period: Mid March—December, Sunday sale
Location: Tatenaha Quay
Inquiry: 0178-22-2242 (Hachinohe General Tourist Plaza)

Yume-no-Mori Harvest Thanksgiving Festival & Kuraishi Beef Festival
Gonohe Town

Enjoy award-winning Japanese black Kuraishi beef grilled over a charcoal fire. Local products are also sold and the event attracts many families.

Period: Mid October
Venue: Kowatari Park
Inquiry: 0178-42-7862 (Gonohe Town Agriculture and Forestry Section)

Horse meat dishes
Gonohe Town

The Nanbu area is well-known for horse breeding. Horse meat is low in calories and high in protein, and contains large amounts of iron and glycogen. This local favorite is attracting more and more attention among the health-conscious public. Enjoy this delicious meat as raw basashi or cooked in pot dishes.

Inquiry: 0178-42-7965 (Gonohe Town Tourist Association)

Senbeijiru soup
Hachinohe City-Nanbu Town

Nanbu senbei is mixed with a meat and vegetable stock. This soup has become popular nationwide as a B-class gourmet dish: simple yet delicious food.

Inquiry: 0178-27-4243
(Hachinohe General Tourist Plaza)

Oirase Daruma-imo Hechokojiru
Oirase Town

This tasty treat was developed by the Hachinohe Senbeijiru Research Office. It features full-bodied and easy-to-digest daruma potatoes that are extremely nutritious. The soup is smooth and mellow.

Inquiry: 0178-70-7155
(Hachinohe Senbeijiru Research Office)

Oirase Daruma-imo Hechokojiru

Senbejiru soup

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Inquiry: 0178-42-7965 (Gonohe Town Tourist Association)
Feel the warmth of Nanbu’s nature and people

**Touch Nature**

Delicious food and fun activities make for an exciting time in Aomori

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**Fruit harvesting**

Hashinohe City-Nanbu Townmnnohe Town

There are many varieties of fruits grown in the Nanbu area and visitors are treated to the delicious fruit of the season. Pick cherries and blueberries in summer, and General tangerine pears and apple in fall.

- [Inquire: 0177-76-3302](Hashinohe Agricultural Tourist Information Center, 0177-76-8430, Hashinohe General Information Office)

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**Garlic harvesting**

Takko Town

Takko Town is famous for its garlic. Visitors can hand-pick garlic during the harvesting period.

- [Inquire: 0177-32-2222](Takko Town Commerce and Industry Association)

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**Making Japanese Soba Noodles**

Town Soba Making

Hashikami Town is famous for its buckweat noodles. The flour is buckweat flour made from wheat hand-milled in a local mill. The seeds are roasted, ground, and then shaped by hand. Soba no Sato makes great noodle dishes, and you can buy soba flour to take home.

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**Stock Farm Experience**

Tourism Farm Aguri-no-Sato Oirase

Oirase Town (Map: B-4)

Hand-pick fruit at the largest strawberry farm in Aomori. Here tropical fruits are grown in greenhouses and a fun experience is guaranteed throughout the year.

- [Inquire: 0177-76-9999](Aguri-no-Sato Oirase)
- Closed: End of year and New Year holidays
- Open: 8:30 AM to 8:00 PM
- 7 minutes by car from the Misawa train station.

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**Country Living Pottery Making**

Tapukoppou Souyumura

Takko Town (Map: E-3)

Five thatched-roof houses, 100 to 350 years old, were relocated here from elsewhere in Nanbu and evoke the nostalgic feeling of a traditional farming village. Try your hand at making pottery, woodcrafts, soba noodles, rice crackers, and konnyaku. Many other activities are also available to visitors.

- [Inquire: 0177-32-4334](Tapukoppou Souyumura)
- Closed: Tuesdays (Wednesdays if Tuesday is a holiday)
- Open: 9:00 AM to 5:00 PM
- 50 minutes by car from Takeda Station on National Route No. 104 towards Takko

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**The Hands-On Experience Center for Soba making**

Wasse Koryu Center (Hashikami Town) (Map: D-3)

- [Inquire: 0177-32-2222](Wasse Koryu Center)
- Closed: Mondays
- Closed: End of year and New Year holidays
- Open: 9:00 AM to 5:00 PM
- Scheduled to open on April 20th, 2012

Yama-no-Gakkou Natural School (Hashikami City) (Map: D-4)

- [Inquire: 0177-32-2222](Yama-no-Gakkou Natural School)
- Closed: Mondays
- Closed: End of year and New Year holidays
- Open: 9:30 AM to 5:00 PM

Soba no Sato Keiyagu (Nanbu Town) (Map: D-5)

- [Inquire: 0177-76-1060](Soba no Sato Keiyagu)
- Closed: Tuesdays
- Open: Farmers' Market: April 1st - September 30th: 8:00 AM to 11:00 AM

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The Best of Japan - Oirase Salmon Festival

Oirase Town (Map: E-5)

Visitors try their best to catch salmon stocked in a special preserve — with their bare hands! Enjoy delicious salmon soup and Cham-chun yakis. Enjoy

- Held: Saturday and Sunday at early November
- Venue: Oirase Salmon Park (Oirase River bed)

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**Kawayo Green Farm**

Oirase Town (Map: E-6)

Green Farm offers a 360-degree view of the Towada mountain range and a vast field of green grass. The farm covers an area equivalent to 34 Tokyo Domes and includes a camp area, farm lodging, and a restaurant.

- [Inquire: 0177-76-4111](Kawayo Green Farm)
- Closed: Monday (Closed: Tuesday when Monday is a holiday)
- Open: 9:30 AM to 5:00 PM (until 3:00 PM during winter period)
- 10-minute walk from the Katowa Station of Nanbu Railroad

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**Fureai Farm Day**

Enjoy horseback riding on Hakkodo horses, open stage events, as well as farm-made soft serve ice cream, fresh milk, and barbecues. Great family fun!

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**Maginotai Green Park**

Shinga Village (Map: D-4)

Try your hand at milking a cow, take a pony ride, and make additive-free ice cream and sausages. An auto camping is available for extended-stay visitors.

- [Inquire: 0177-76-4111](Maginotai Green Park)
- Closed: Wednesdays (Open: 7 days a week during summer vacation, Closed during winter from early November to late April)
- Open: 9:00 AM to 5:00 PM
- 50 minutes by car from Hachinohe Station

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**Nanbu Nakuiyaki Kengakuin**

Nanbu Town (Map: E-5)

This is an open-air museum where visitors can stroll through grounds rich in greenery to see the largest 6-step kiln in Tohoku. A one-day pottery class is offered to visitors and lodging is available for overnight guests.

- [Inquire: 0177-76-2229](Nanbu Nakuiyaki Kengakuin)
- Closed: Mondays
- Open: 9:00 AM to 7:00 PM
- 10 minutes by car from Kengakuin Station of Nanbu Railroad

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**Shingofuru Sato Festival**

Shingofu Village (Map: E-6)

This popular event features a variety of delicious foods, and industrial and cultural activities, such as local performances, a farm festival, a bare-handed river fish catching competition, and lots of local products for sale.

- Held: Second Sunday of October
- Venue: Maginotai Green Park

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One of the attractions of this region is the fact that it is surrounded by nature, so you can enjoy the sea, mountains, and lakes. You can go trekking along the varied coastline or up Mt. Hashikami-dake, and in winter you can go snowboarding. As there are also places you can go to enjoy jazz, my interests have greatly expanded. And although cutting the noodles precisely is difficult, there is something special about the taste of soba that you have made yourself at soba-making workshops.

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**Recommended to all our foreign friends living locally!**

Natalie Ann Kruckenber

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**Food Event**

"Early November"
A Land of Flowers

Enjoy a casual stroll Surrounded by the beautiful flowers of the season

Tanesashi Beach
Hachinohe City [Map:G-7]
This picturesque site was selected as one of the New 100 Best Sightseeing Spots in Japan, one of the 100 Best Beaches in Japan, and one of the 100 Best Promenades in Japan. Enjoy the beautiful sight of the beach with its 600 varieties of flowers in full bloom, the green grass, the blue ocean, and the uniquely-shaped rocks along the shoreline.
Inquiry:0178-27-4243
Hachinohe General Tourist Plaza
Approximately a 6-minute walk from JR Tanesashi Line Station

Hashikamidake Mountain
Hashikami Town [Map: D-7]
Visitors are treated to a fabulous view of the coastline from Shinkanete, Hashikami City, and the mountains of Hachinohe. The beautiful colonies of azaleas blooming in early to mid June at the 8th station of Hashikamidake are a sight to see.
Inquiry:0178-27-3999
Hashikami Town Office
Approximately 20 minutes by foot from JR Hashikami Line Station

Cherry Blossoms of Shiroyama Park
Sannohe Town [Map: G-5]
The Sannohe Castle Site, which features stone walls and moat, remains that lie within inside a park replete with 1,500 cherry blossom trees. It is a location that is replete with Southern Aomori flowers that bloom throughout Southern Aomori.
Inquiry:0178-42-0732
Sannohe Town Tourist Association
Approximately 15 minutes by foot from JR Sannohe Line Station

Asian Skunk Cabbage Flowers
Shingo Village [Map: D-3]
This is the largest colony of Asian skunk cabbage in the northern Tohoku area. A total of 100,000 flowers come to full bloom from late April to early May.
Inquiry:0178-76-2005
Shingo Village Tourist Information Section, Shingo Village
Approximately 30 minutes by foot from JR Ashinomi Railway Sannohe Station

Kabushima-Kabushima Shrine
Hachinohe City [Map: C-7]
Kabushima Island has been designated a national treasure, as a breeding ground for black-tailed gulls. The Kabushima Shrine stands on the highest point of the island and is known to bring good luck with money and prosperous business. The Shrine's Kabu-Hyotan amulet is popular because the name kabu can mean both turnip and stock market.
Inquiry:0178-27-4243
Hachinohe General Tourist Plaza
Approximately 30 minutes by foot from JR Sannohe Line Station

An Island Where Gods Live

Souvenirs
Local Products

Nambu products make great souvenirs of your trip.

Folk Crafts
There are many old crafts from the Nanbu area, including a toy called Yasakata, and a fabric with beautiful geometric patterns called Nanbu Hishizashi.
Inquiry:0178-27-4243 (Hachinohe General Tourist Plaza)

Nanbu Senbei
Nanbu senbei are a delicious and original Hachinohe snack. Made with flour and baked to a crisp, they come in a variety of flavors from the traditional sesame to the new squid and chocolate flavors.
Inquiry:0178-27-4243 (Hachinohe General Tourist Plaza)

Nagaimo yam
Nagamori is the center of Nagaimo yam production, boasting the highest production volume in Japan. The flesh of the yam is soft and free of the bitterness often associated with root vegetables. Nagaimo yams are rich in protein, minerals and vitamins.
Inquiry:0178-34-1417 (Nambu Furusato Bussankan)

Garlic products
Aomori produces approximately 80% of all the garlic in Japan. Products made from garlic, including confectionery, curry, ramen noodles, and seasonings are sold as local souvenirs.
Inquiry:0178-33-1177 (Tokyo Town Commerce and Industry Association)

Nanbu Sakiori-Hishizashi
This is a traditional weaving technique in Nanbu in which old kimonos and clothes are cut into thin strips and used to make new fabric. This method was born of people's desire to make the old new again. The fabric is known for its colorful shades and complicated weave.
Inquiry:0178-27-4243 (Hachinohe General Tourist Plaza)

Japanese Sake
The local sake expresses the traditions and skills of Aomori's master sake brewers. With the abundant local sake rice, clear water, and fresh air, it's no wonder that Nanbu is famous as one of the three major sake-producing areas of Japan.
Inquiry:0178-27-4277 (Hachinohe Area Local Industry Promotion Center Yuenai)
Questions and answers about problems you may encounter

Q: What should I do if I lose my passport?
A: Report to the police promptly, and at the same time, apply for the reissue of a new passport to the Japanese Embassy or Consulate.

The following are necessary for the reissue of a new passport

- Photo, certificate of lost passport (to be issued by the police), passport number and date of issuance

Q: What should I do if I get ill unexpectedly, or injured?
A: First, you should calm down, and explain your condition to persons nearby, or call 119 when you need an ambulance.

* By calling 119, you will be connected to a fire department headquarters having jurisdiction, or the nearest fire department. Explain calmly whether you have encountered an accident, or you or somebody else has been suddenly taken ill. Tell your address, landmarks to reach there, the conditions of patients, their genders, and whether they have personal physicians.

Example of calling an ambulance
Call 119 (without area codes or prefixes) to report without getting flustered as follows:

**Considerations when calling 110**

By calling 110, you will be connected to a policeman or policewoman who will ask you some questions in the order of greater importance, so you should calm down and reply accurately and kindly.

When you go to a clinic or hospital:
★ If you do not understand Japanese, take somebody with you who can speak Japanese whenever possible.
It is advisable to contact in advance because even in a hospital with foreign-language-speaking doctors, they may be off-duty or receptionists may not be able to speak foreign languages.
★ There is a medical insurance system to alleviate patients’ burdens to pay medical expenses in case one gets ill or injured. You should take the medical insurance as early as possible.
★ In case your daily life or medical treatment is limited for religious or other reasons, please explain to your doctor when you see him or her.

The following are necessary when receiving medical care:
(1) Insurance card, (2) cash (only cash accepted to pay for medical care),
(3) passport, and (4) memo on your address, phone number, etc.
It is recommended that you bring a card that describes your address, phone number, and the like so that unnecessary difficulties will be eliminated at the time of reception. It is also recommended that you bring a memo on your prominent symptoms so that it will help your doctor give a diagnosis and help your doctor’s fee to be decided at the counter.

Tourist Information Center (TIC)

- Provision of information on traveling at the counter for foreign travelers
- Provision of sightseeing brochures and maps in foreign languages (free of charge)
- Provision of information on sightseeing by phone or in writing in response to inquiries from foreign travelers

**TIC Tokyo Information Center**

TEL: 03-3201-3331
Shin-Tokyo Bldg. 1F, 3-3-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005
Business hours 9:00 - 17:00 (Closed on January 1st)

Narita International Airport Information Center (Terminal No. 2) 0476-34-5877
Narita International Airport Information Center (Terminal No. 1) 0476-30-3383

Kansai Tourist Information Center 0724-56-6025

**Information Network Office**
(tourist information center for foreigners traveling in regional areas of Japan)

- Aomori Prefecture Tourist Information Center 017-734-2500
- Aomori City Tourist Information Center 017-723-4670
- Aomori Airport Tourist Information Center 017-739-2007
- Hachinohe General Tourist Plaza 0178-27-4243

Hospitals with foreign-language-speaking doctors in Aomori Prefecture
Aomori Foundation for the Creation of a Bright Future
http://www.kokusai-koryu.jp/facility/hospital.html