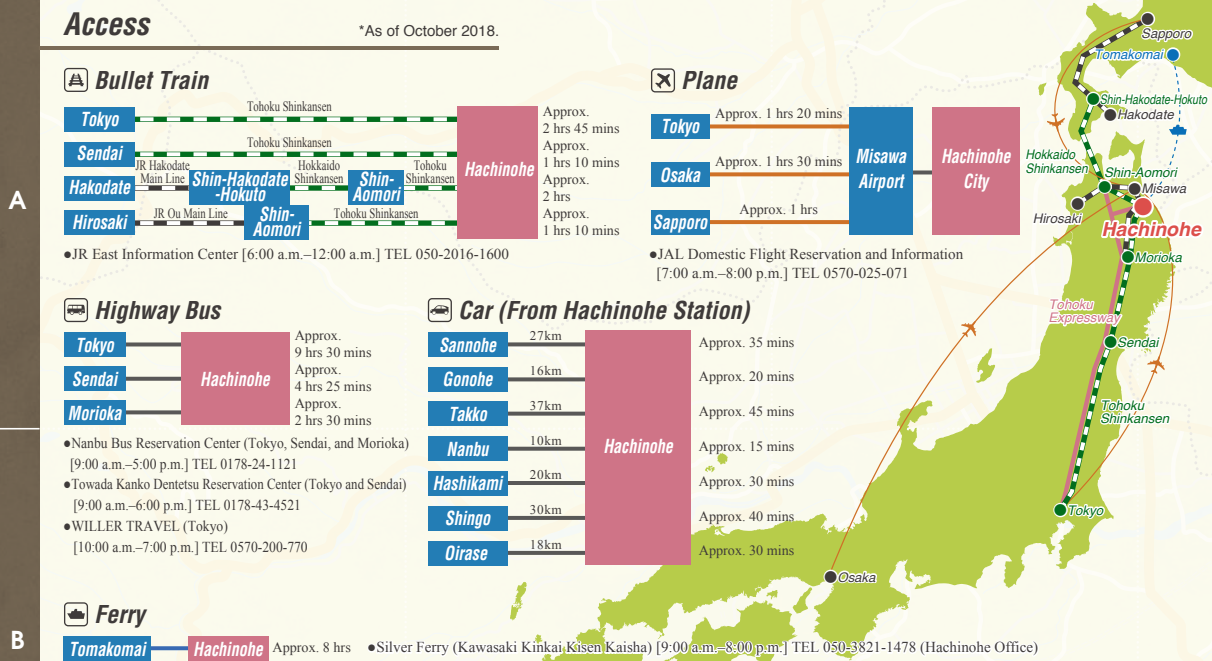


The Official Hachinohe Area Guide Map



Gourmet Food

13 The Hachinohe Area's Sake

The Hachinohe Area is home to some of the best sake in the Tohoku Region. The sake brewers utilize both traditional "nanbu" style techniques while also trying out new and innovative methods. Hassen, Hachitsuru, Kikukoma, Joku, and Momokawa are just a few of the great brewing companies in the area. Ask a local for their recommendation, and then sit back, relax, and "kampa!" [Hachinohe City / Gonohe Town / Oirase Town]

14 Ichigo-ni

Ichigo-ni is a famous local dish of sea urchin and abalone in a rich soup. Its unique name means "strawberry soup" which comes from the resemblances of the sea urchins as they float in the soup to wild strawberries veiled in morning mist. Originally a hearty dish eaten by fishermen, it is now a gourmet soup that is served in restaurants and on special occasions. It is a very popular souvenir from the area. [Hachinohe City / Hashikami Town]

15 Garlic Steak

Garlic from the town of Takko is famous as some of the best in Japan, and equally prized is Takko's high-grade beef. By combining these two specialties, Takko's *Garlic Steak* was born. A culinary experience rather than a simple meal, *Garlic Steak* is famed down one of the best dishes in the area! Visitors can order *Garlic Steak* at the restaurant in Takko Town's Garlic Center. There are only a limited number made a day, so calling ahead for a reservation is highly recommended. [Takko Town]

16 Horse Meat

Although some visitors from abroad are surprised to see horse meat on many of the menus in the area, this meat has long been a local staple. Gonohe in particular is famed for its delicious and high-quality horse meat. The meat is prized for its taste and healthiness, as it is very low in fat and high in iron and protein. Grilled, stewed, barbecued, and even served raw, many fans prefer it over chicken, pork, or beef. [Gonohe Town]

17 Maekoi Silver Mackerel Bowl

The silver mackerel caught off the coast of Hachinohe city in the *Maekoi* waters are famous for being some of the most delicious in Japan. The "Maekoi Silver Mackerel Bowl" is a dish made with this deliciously high-quality mackerel, served in a special sauce over a bowl of rice. The fish is so tender and delicious that it simply melts in your mouth. The bowl has repeatedly won national competitions and has even been placed in the *donburi*, or rice bowl, hall of fame. [Hachinohe City]

18 Kurashi Beef and Shamorock Chicken

Meat lovers, mark the map for Gonohe. Besides being known for its delicious horse meat, this town is also famous for its *Kurashi* breed of beef and its *Shamorock* breed of chicken. Each has won multiple awards and has fans the prefecture over. But don't take our word for it, try these meats out and decide for yourself! One taste and your opinion on what chicken and beef should taste like will change forever. [Gonohe Town]

19 Wase Soba Noodles

This soba is the only variety of buckwheat that has been selected by the Aomori Prefecture for official promotion. The noodles have such a great taste and texture that as you eat it, the flavor progressively builds. Right before reaching the bottom of the bowl, many people struggle to eat the last bite because they want the noodles to last forever. [Hashikami Town]

20 Nanbu Senbei
The Famous Wheat Crackers of the Hachinohe Area

Nanbu Senbei crackers are not the usual senbei, or rice crackers, found throughout the rest of Japan. That's because they are not made from rice at all, but from wheat. The crackers have long been a staple food in southern Aomori and northern Iwate, and are an important part of the area's culture. The crackers have a simple but satisfying taste and are a must try. [All areas]

Hot Springs & Activities

7 The Shingo Hot Spring

Also called "The Eagle's Water" by locals, legend has it that an injured eagle once healed its wounds here. The hot spring is said to refresh not only the most fatigued of bodies but also the most stressed of minds. After bathing, locals recommend a drink of Shingo's delicious yogurt as a perfect finish to a nice long soak. [Shingo Village]

8 The Gonohe Makiba Hot Spring

The waters that fill this hot spring are used straight from their source, and bathers are said to feel a soothing warmth that lasts long after they leave. Great for day trips, families, and quick dips, the hot spring also doubles as a Japanese style inn. Overnight visitors can enjoy top notch hospitality and delicious local delicacies like "sakura nabe", a hot pot dish featuring Gonohe's famed horse meat. [Gonohe Town]

9 Bade Park

A recreation facility that has a variety of attractions and is sure to be fun for visitors of all ages. Come enjoy swimming pools, water slides, hot springs, an indoor skating rink and more! The park also has accommodations for overnight visitors, making it a great and fun place to stay while in the area. [Nanbu Town]

10 The Sanriku Fukko National Park

This national park features Aomori's famous Tanesashi Coast, an area known for its breathtaking views and rich nature. The easily accessible Michinoku Shioikaze Trail allows visitors to take in the absolutely stunning and dynamic scenery by walking the coastline. [Hachinohe City / Hashikami Town]

11 Fruit Picking

The town of Nanbu is famous for growing fruit, with cherries being their most famous product. Come experience the local culture first hand by picking and eating your own fruit right off the tree, bush, or vine. No matter what the season, there is always something fresh and delicious growing in Nanbu! [Nanbu Town]

12 Niida River Dinner Cruise

The city of Hachinohe is the largest industrial city of the north-east, and its coast is home to several large factories. The night scenery created by these factories is renowned for its otherworldly modern aesthetics. To see these views firsthand, try joining a Niida River Dinner Cruise. Onboard you can enjoy a delicious dinner of traditional Japanese food and drinks while appreciating the contrast of traditional and modern Japan! [Hachinohe]

History & Culture

21 Eleven Hungry Cats

The town of Sannohe is the hometown of the late Noburo Baba, famed children's book author. Baba That's because they are not made from rice at all, but from wheat. The crackers have long been a staple food in southern Aomori and northern Iwate, and are an important part of the area's culture. The crackers have a simple but satisfying taste and are a must try. [All areas]

22 The Shiroyama Park

The Shiroyama Park was once the site of a castle built by the Nanbu Clan. Today the park is home to a small local history museum that has a Japanese castle keep attached to it, in honor of the old castle. With plenty of artifacts and information, the park is a must for fans of history. The park is also a famous spot for cherry blossom viewing, as over a thousand cherry trees burst into bloom every spring. [Sannohe Town]

Exploring the Hachinohe Area

The area around Hachinohe City is filled with beautiful nature, exciting culture, and delicious food. Visit the surrounding towns and villages to experience a unique slice of life not found elsewhere in Japan!

Sightseeing Spots

1 Mt. Hashikami

Mt. Hashikami is well known for its beautiful rhododendron flowers that bloom during early June. Even when the flowers are not in bloom, the mountain remains a popular hiking spot for the young and old alike as the scenery changes with the seasons. [Hashikami Town]

2 The Biggest Statue of Liberty in Japan

Many are surprised to hear that the town of Oirase has the biggest Statue of Liberty in Japan. Oirase shares the same latitude with NYC, which inspired this outstanding replica. The contrasting views of the statue during the day and night are beautiful. [Oirase Town]

3 The Tomb of Christ

There is a legend told in the village of Shingo that Jesus Christ escaped crucifixion, fled east to Japan, and settled in their town. His alleged grave in the village can be visited even to this day. Outside of this curious tale, Shingo still has a number of peculiarities. From the purported existence of a pyramid deep in the mountains, to ritual songs with cryptic melodies, this quite village is the center of some of the strangest tales in the north. [Shingo Village]

4 The Miroku Waterfall

Almost transparent threads of water flows through a gorgeous beech forest and trickles down a smooth rock face creating this beautiful waterfall. The surrounding natural scenery is so peaceful as it is lush, making it well worth the trip to see. At the beginning of the trail to the waterfall, there is a quaint park that is perfect for picnics. [Takko Town]

5 Kabushima

A designated national monument of Japan, Kabushima is home to the Kabushima Shrine and the breeding grounds for the black tailed gull. Starting in mid spring, tens of thousands of gulls nest on the island, making for quite a sight. Visitors are recommended to bring an umbrella when visiting. [Hachinohe City]

6 The Nango Area

The Nango area of Hachinohe is the Japanese countryside at its finest. Lake Aoba in particular is beautiful during the beginning of spring and in autumn when the leaves begin to change colors. The Yama-no-Gakko is a community facility located in a renovated old elementary school, where fields of sunflowers bloom during late August. The flowers are so beautiful that anyone who walks through the fields quickly forgets the flow of time. [Hachinohe City]