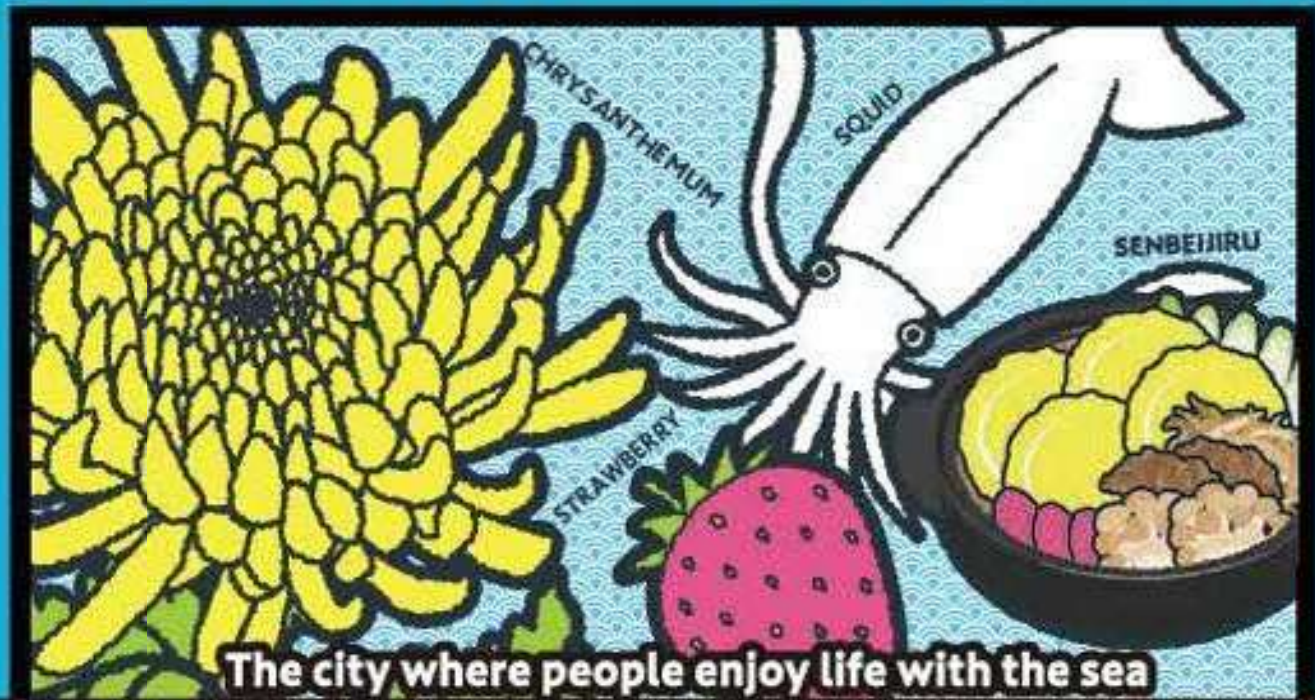




A creative city in the northern Japan,  
where people, Industries and cultures

Special Issue,  
for your future  
reference

# HACHINOHE



The city where people enjoy life with the sea

## Handy guidebook



2021.SPRING

# HACHINOHE

## Sightseeing map and traffic information



\* The numbers next to the facility names match the facility listings on the leaflet page.

Hachinohe City Website

VISIT' Hachinohe Website



Sanriku Coastal Road (fully opening in 2021) will provide a convenient way to reach Sendai.

### By Car

- To the Hachinohe City Center  
Approx. 15 minutes
- To Kabushima Approx. 15 minutes
- To Tanesashi Natural Lawn  
Approx. 25 minutes
- To Hachinohe-minami IC on the Sanriku-Coastal Road Approx. 30 minutes

Time required from Hachinohe Port's Ferry Terminal



For sightseeing information  
0178-27-4243 Hachinohe Tourism Information Center  
Open hours: 9:00 to 19:00

### By bus (Silver Ferry Shuttle Bus)

0178-44-7111 Nanbu Bus's Hachinohe Service Office

- To Hon-hachinohe Station —  
Approx. 15 minutes / 300 yen
- To the City Center Terminal  
Approx. 25 minutes / 300 yen
- To Hachinohe Station  
Approx. 40 minutes / 500 yen

### By Taxi

- To Hon-hachinohe Station  
Approx. 15 minutes / About 2,200 yen
- To the City Center  
Approx. 20 minutes / About 2,700 yen
- To Hachinohe Station  
Approx. 20 minutes / About 3,500 yen

# Hachinohe City Gourmet Spots



Photo by VISIT Hachinohe  
[a general line of pickled flounder, 100g]

## ① Minato Shokudou Restaurant

45-1, Oh-aza Minatomachi Aza Kubo,  
Hachinohe City, Aomori TEL/0178-35-2295

Pickled flounder rice bowl: A bowl with flounder filets spread over rice, topped with egg yolk and wasabi. This dish gives you a luxurious start to the day.



## ② Miroku Yokochi - Hachinohe's most famous Drinking Alleyway

10, Oh-aza Mui kamachi, Hachinohe City,  
Aomori TEL/0178-44-7101

There are eight side streets (lanes) in the center of the city. The easiest for first-time visitors to visit is "Miroku Yokochi". This street is lined with 26 stalls. Each competes with the others to offer the most delicious local foods and seafood dishes.



## ③ Mutsuminato Station Morning Market

Oh-aza Minatomachi, Hachinohe City,  
Aomori In front of JR Mutsuminato Station  
TEL/0178-33-6151

This morning market located in front of Mutsuminato Station has been popular since the end of the World War II as "the kitchen of Hachinohe". Its big attraction is breakfast featuring fresh Hachinohe seafood. You can create your own breakfast menu by purchasing sashimi and side dishes at this morning market and combining them with rice and miso soup bought at Hachinohe City Seafood and vegetable Retail Market.



## ④ Sunday Morning Market at the Tatehana Wharf

Shinminato, Hachinohe City, Aomori  
TEL/080-5734-3251  
(Minato Sunday Morning Market Office)

This morning market appears only in the early hours of Sunday morning on a vast quay that is usually empty. This is one of the largest morning markets in Japan. More than 300 shops are lined up over a total length of 800m, enticing tens of thousands of visitors every week. You can see stall after stall of Hachinohe's famed fresh fish, marine products, fruits and vegetables, prepared foods and miscellaneous goods. (Open from March to December)



# Specialties in Hachinohe City



▲ **Hachinohe Senbei-jiru soup**  
(Hachinohe Chicken & Cracker Soup)

This is a local dish of the Hachinohe region that has been passed down for generations. It starts with a soup stock made from meat, fish, vegetables, mushrooms, etc. Then the cook adds special wheat crackers (Otsuyu Senbei), and simmers the whole thing until it's done. Its special feature is the smooth and chewy texture of the wheat crackers soaked in the delicious soup stock!



▲ **Hachinohe Bouillabaisse**  
(Only available in February and March)

This bouillabaisse contains at least four types of seafood from the Hachinohe Port. And each restaurant prepares a secondary dish that utilizes the soup of the bouillabaisse in an original way to create a subsidiary dish. That's why the dish is delicious twice, even though it's served in one bowl. The "Hachinohe Bouillabaisse Festival" is held every February and March, and more than a dozen restaurants and hotels are participating in it.



▶ **Ichigo-ni Soup**  
(Sea urchin and abalone soup)

This soup contains generous amounts of sea urchin and abalone. It is literally called "Boiled Strawberries" because the sea urchin sinking into the milky white juice looks like wild strawberries in a morning haze.

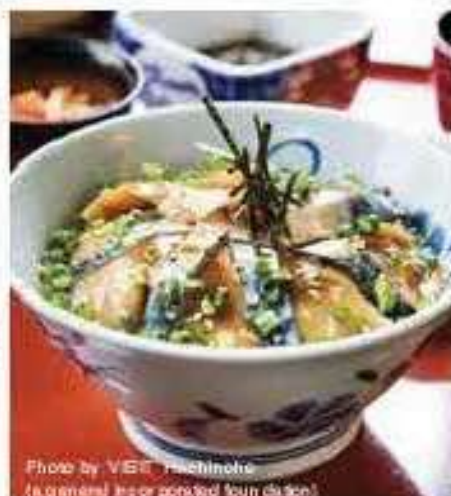


Photo by V&E Hachinohe  
(a general incorporation with no profit)

▲ **Mackerel from off the coast of Hachinohe**

Mackerel caught only in the sea north of Sanriku and brought into Hachinohe Port during the period from autumn to early winter is certified as "Hachinohe Mae Oki Saba" brand. In addition to standard dishes -- such as pickled mackerel (shime-saba) and mackerel boiled in miso -- there are also specialty mackerel dishes. You can enjoy a variety of other dishes, such as skewer-grilled, sushi pressed into a rod shape, Senbei soup made with mackerel soup stock, and bowls with pickled mackerel in the specialty restaurant.



Photo by V&E Hachinohe  
(a general incorporation with no profit)

◀ **Hachinohe Wine**

Two wineries in the city have begun to make local specialized wine in recent years. You can try their refreshing favors.





**Give it a try!  
in Hachinohe**

### ⑤ Making Magatama (comma-shaped beads) and creating fire using ancient techniques

TEL/0178-38-9511

At Korekawa Jomon Museum (Jomonkan) in the Hachinohe Buried Cultural Properties Center, there is a place where you can try out for yourself some crafts practiced by the ancient people in the Jomon Period. You can also see rare and valuable excavated items on exhibit, such as clay figures made with clasped hands (gassho), which have been designated as national treasures. (Application required)



### ⑥ Stand-Up Paddleboard (SUP) and Kayak Mainly near Kabushima TEL/0178-20-0234 (OUTDOORBOX RIVERRUNS)

SUP and kayaking have been attracting lots of attention in recent years. You can try them for yourself! You can enjoy them safely after receiving lessons from experienced instructors.



### ⑦ Tanesashi morning yoga sessions Tanesashi Natural Lawn (Oh-aza Samemachi Aza Tansukubo, Hachinohe City, Aomori) TEL/0178-38-2221 (Ishibashi Guest House)

Every Saturday morning, from June to September, on the Tanesashi Natural Lawn. Enjoy yoga on soft and verdant grass while admiring the spectacular views of the national park.



# Sightseeing spots in Hachinohe

A variety of souvenirs are available, such as seafood, sweets, local sake, and crafts!



## ⑧ Hasshoku Center 22-2, Kawaragi Aza Kansai, Hachinohe City, Aomori TEL/0178-28-9311

This is a huge market where you can find fresh seafood brought Hachinohe Port by the fishing fleet, as well as fresh vegetables, local sake and souvenirs from the southern part of Aomori Prefecture. There are about 60 stores, along a total length of 170m. There are two restaurant blocks, "Kitchen Stadium" and "Ajyokocho" in the market. "Shichininmura" is also popular, because you can charcoal-grill seafood and various other ingredients that you buy at the markets.



# Sightseeing spots in Hachinohe



**⑨ Tanesashi Natural Lawn**  
Oh-aza Samemachi Aza Tanakubo,  
Hachinohe City, Aomori  
TEL/0178-51-8500 (Tanesashi Coast Information Center)

This scenic spot illustrates the beauty of Sanriku Fukko National Park and the Tanesashi Coast. A natural wonder that offers picturesque views of the deep blue ocean contrasted with sprawling green grass. Perfect for strolling, relaxing, and picnicking.



Clay clasped-hands figurine (Gassho) - designated as national treasure



Photo by Korekawa Jomon Museum of Hachinohe Buried Cultural Properties Center

**⑩ Korekawa Jomon Museum**  
1, Oh-aza Korekawa Aza Yokoyama,  
Hachinohe City, Aomori TEL/0178-38-9511

This museum is adjacent to the Korekawa ruins, and excavated items are stored and exhibited. You can see treasures of the Jomon period, such as the national treasure clasped-hands clay figurines (Gassho Dogu) and the excellent lacquerware products and techniques of the Jomon period.



**⑪ Kabushima**  
56-2, Oh-aza Samemachi Aza Same,  
Hachinohe City, Aomori  
TEL/0178-51-6464 (Kabushima Rest Area)

Every year, from March to August, 30,000 to 40,000 black-tailed gulls fly here to breed. They have been designated a national natural monument. It is said that visiting Kabushima Shrine is beneficial for company share-holders because it raises the value of their stock. Kabu literally means stock in Japanese. "Kabunya", which is a product sale facility, is also nearby.



**⑫ Hachinohe Portal Museum 'Hacchi'**  
11-1, Oh-aza Mikkamachi, Hachinohe City,  
Aomori TEL/0178-22-8228

This facility that serves as an entry point to Hachinohe tourism, and displaying the Hachinohe's attractions. There are also cafes and stores, you can enjoy here in a variety of ways.



# What is the HACHITOMA Network?



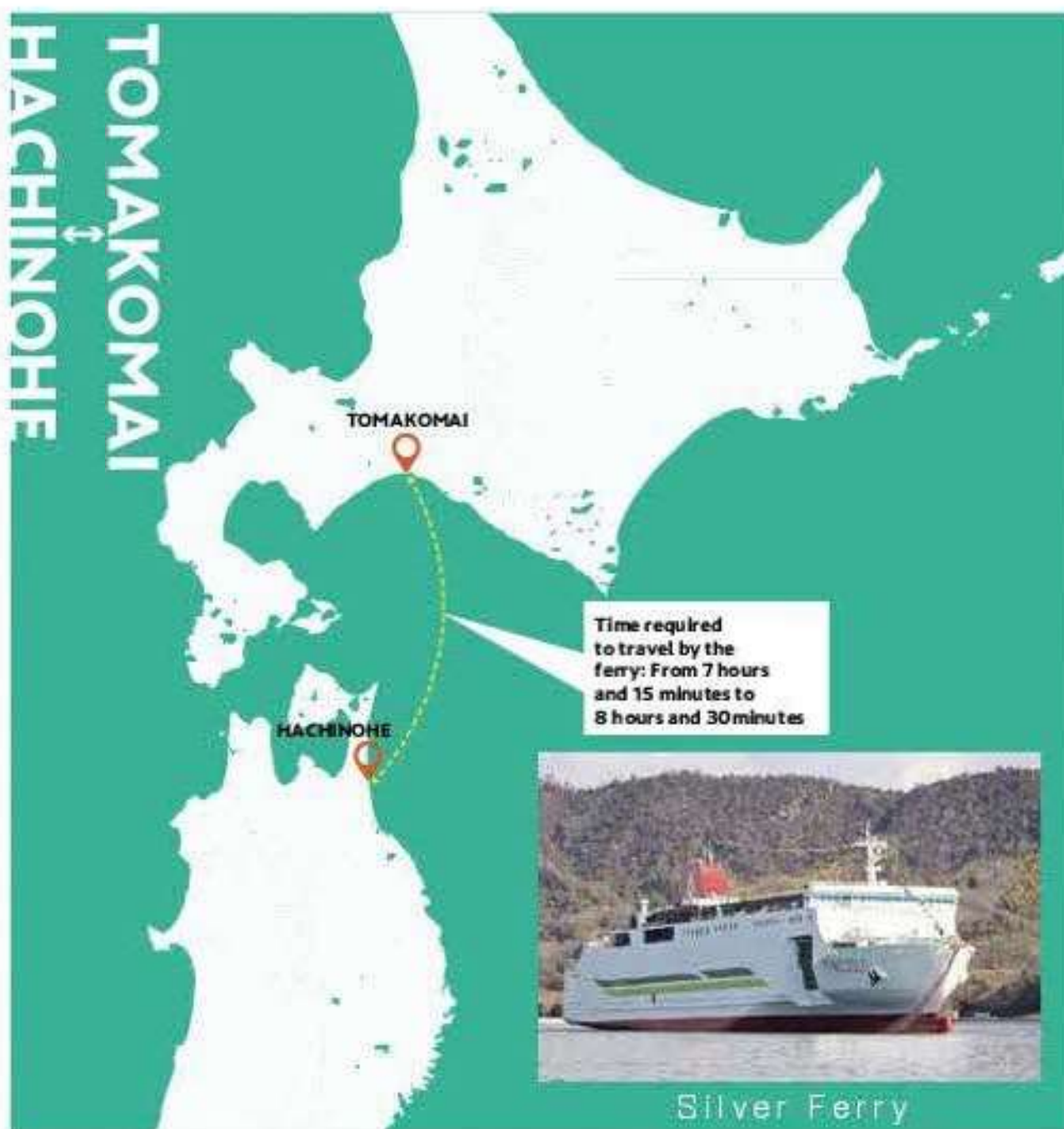
The word "HACHITOMA" is an abbreviation for Hachinohe City and Tomakomai City, and the word "Network" refers to connections via ferry and container ship routes, and connections among both regions and people. Tomakomai City and Hachinohe City have common features: both are industrial cities where many manufacturing industries are located, and they are both home towns to Asia League Ice Hockey teams. Through the close collaboration and cooperation between the two cities, they promote synergistic effects through intercity cooperation. For example, they facilitate the expansion of population exchange through the frequent ferry service runs and they have strengthened logistical interactions by opening new overseas container routes. In addition, they signed agreements on July 31, 2018 to promote collaboration and cooperation in the fields of tourism and sports.

## About the logo

Tomakomai City and Hachinohe City are connected by sea. Therefore, they created a logo that is an abstract representation of a ship and the sea. It includes as motifs the Kanji character "Toma" for Tomakomai City and the Kanji character "Hachi" for Hachinohe City. The character "Toma" is placed on the ship's hull and the antenna that sends and receives information, and the "Hachi" character is placed on both sides of the ship's body. It forms a triangular sail, and is intended to convey that the two cities will become one ship that has a glowing yellow hull and boasting sky blue sails, moving forward powerfully over the ocean, and carrying its network to the world.



# HACHINOHE TOMAKOMAI



Time required to travel by the ferry: From 7 hours and 15 minutes to 8 hours and 30 minutes



Silver Ferry

## Ferry route

Since the ferry began operating on this route in 1973, it has been responsible for a smoothly functioning exchange of people and goods, with departure and arrival points connecting Honshu Island and Hokkaido. The Silver Ferries company operates four services each way daily.

## Hachinohe and Tomakomai are ice hockey cities!

Tomakomai City has the "Red Eagles Hokkaido" and Hachinohe City has the "Tohoku Free Blades". They engage in fierce battles on various rinks across Japan. "Hakucho Oji Ice Arena" and "Flat Hachinohe" are the arenas for each city.



©Tomakomai Sport Association  
\*The photo is from the 2020-2021 season

# Sightseeing spots in Tomakomai City



## ⑧ Midorigaoka Park

41-18, Aza Takaoka, Tomakomai City, Hokkaido  
TEL/0144-33-6933

This is a place where citizens come to relax, go hiking, have picnics, and use the various sports facilities. The view from the observation deck, especially the night view, is extraordinarily beautiful.



## ⑨ Nishiki Onuma Park

421-1, Tarumae, Tomakomai City, Hokkaido  
TEL/0144-67-5149

This park is located at the edge of the Tarumae hills. The iris flowers are in full bloom around July. In the winter you can enjoy smelt fishing.

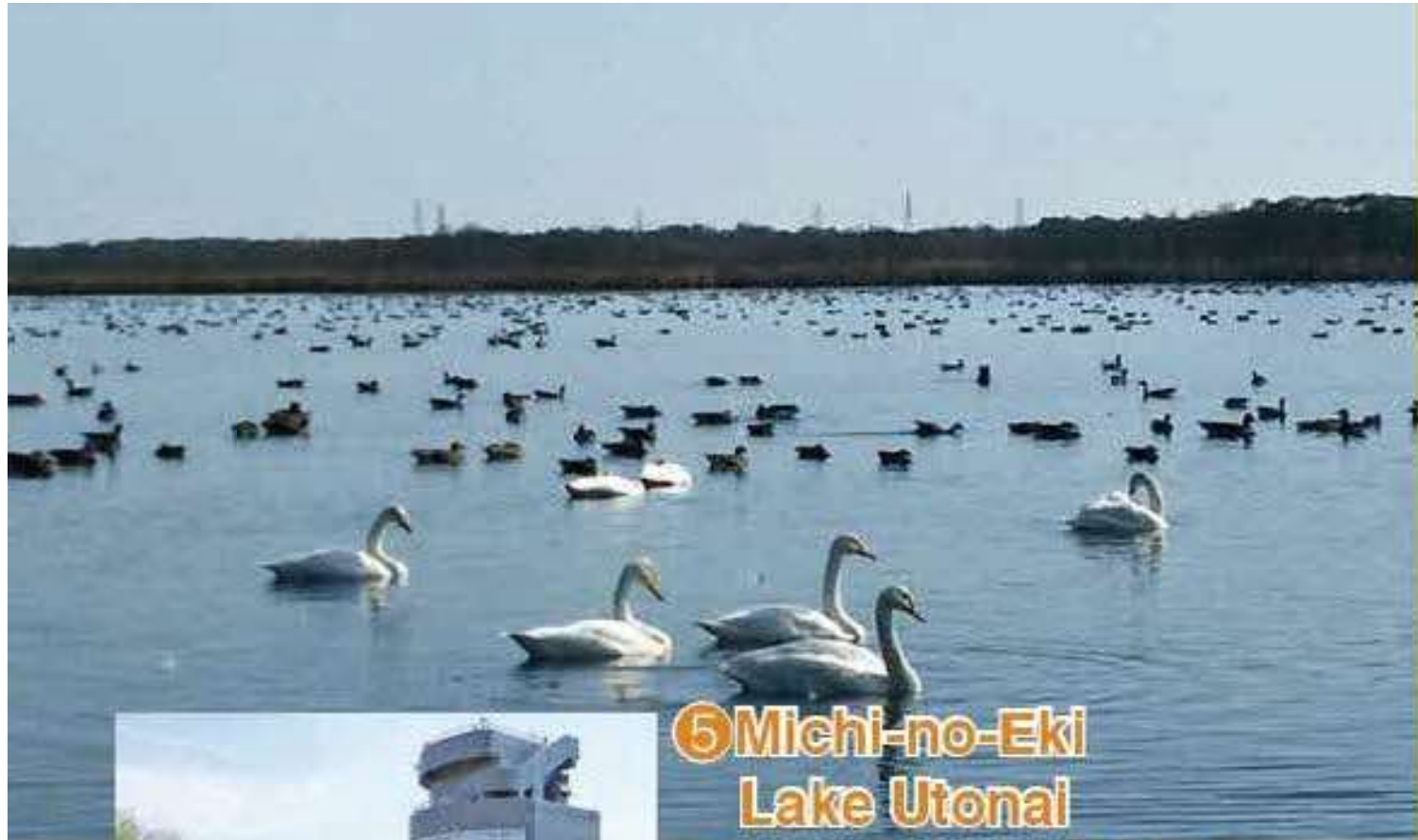


## ⑩ Auto Resort Tomakomai Arten

421-4, Tarumae, Tomakomai City, Hokkaido  
TEL/0144-67-2222

This is the largest auto-camp site in Hokkaido. You can enjoy camping here, with your vehicle a hand, all year round. The adjacent Yunominoyu hot spring has an Open-air bath to soothe your tired body. It flows directly from an underground source.





## ⑤ Michi-no-Eki Lake Utonai

156-30, Uenae, Tomakomai City, Hokkaido  
TEL/0144-58-4187



Lake Utonai is a wetland, registered under the Ramsar Convention. The best location to enjoy a 360-degree view is from the roof of the observation facility. There are plenty of local gourmet foods and local specialties available, so this is a place you should definitely stop and look around.



## ⑥ Mt. Tarumae

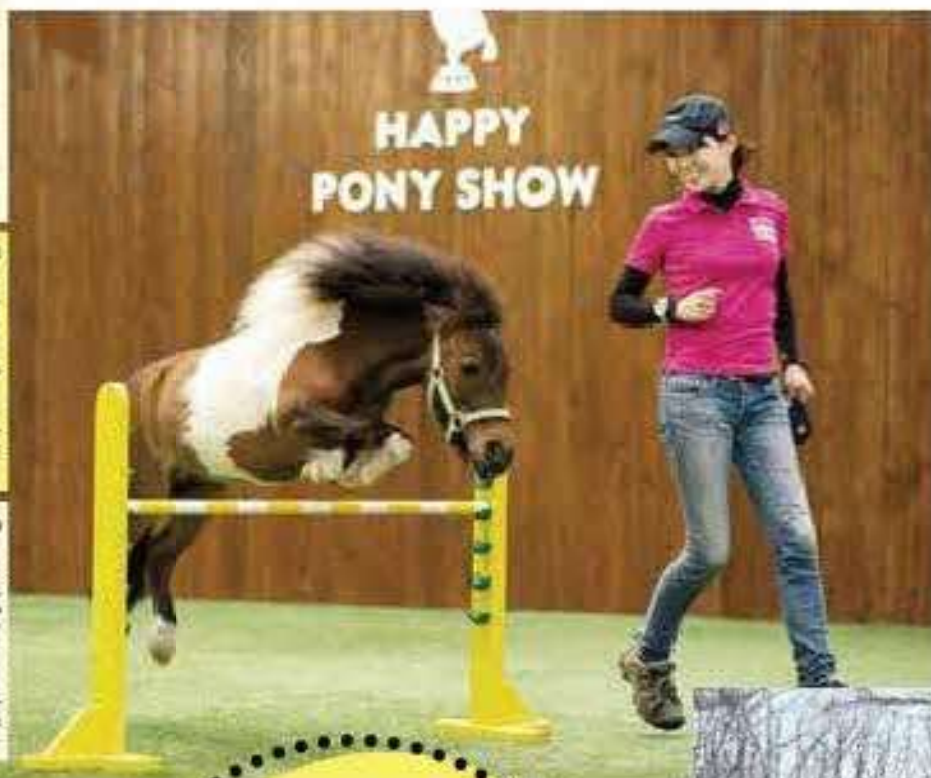
Tomakomai is very proud of this sacred mountain! It takes about 50 minutes to reach the top from the 7th station hut. You can enjoy both Lake Shikotsu and Pacific Ocean views. This is also a popular mountain for enjoying full-scale mountain climbing, or something easier for beginners.



## ⑦ Tarumae-san Jinja Shinto Shrine 6-49, Takaoka, Tomakomai City, Hokkaido TEL/0144-86-6661

In 1875, the shrine deities "Oyamatsumigami", "Kukunochinokami", and "Kayanohimenokami" were designated by order of the Emperor in the Meiji period. The shrine was moved from the foot of the mountain to the center of town. It became one of the most famous shrines in Hokkaido, venerated as a village shrine.





## 2 Horseback riding and snow activities

You can enjoy outdoor activities all year round, including horseback riding and horsedrawn carriages on the vast grounds. The restaurant is also popular because it features Hokkaido ingredients, and the gardens have about 1,000 varieties of flowers.

Give it a try!  
in Tomakomai



© Tomakomai Sports Association

## 3 Skating \* The photo is from the 2020-2021 season.

Tomakomai, the Ice Capital. Tomakomai city has produced numerous Olympic athletes. The Hakucho Oj Ice Arena is the site of intense battles on skates, as the home of the "Red Eagles Hokkaido" hockey team.



## 4 Canoeing

It is wonderful to spend serene hours paddling a canoe and surrounded by greenery on the Bibi River or in Nishiki Onuma. In fact, winter canoeing is also recommended.



# Specialties in Tomakomai City



## ◀ Surf clams and surf clam curry rice

Surf clams are a special product that Tomakomai is rightfully quite proud of. The city has recorded the highest catch in Japan, for 20 consecutive years, thanks to careful resource management. Exquisite curry is made using these surf clams.



## ▲ Curry ramen

The curry ramen boom was given a great boost when the local favorite won 1st place at the "Yokosuka Curry Ramen Festival" held in 2018.



## ◀ Haskap Berry

This berry has long been prized by Ainu, the original people of Hokkaido, as the "fruit of immortality and longevity". It is rich in vitamins and iron and is said to be good for beauty and health. You can enjoy it as jam or jelly.

## ▼ B1 Tonchan

This is a healthy, premium brand of pork from pigs that have been bred in Tomakomai City for over 40 years. Pork buns and shumai (steamed one-bite size dumplings) made using this pork are certified special products, and are very popular local gourmet foods that people can choose to receive as a reward for paying part of their residential tax payment from the place they currently live in Japan to their original home town of Tomakomai City.

## ▶ Smoked salmon

Since they started to offer this item in 1967, it has been delivering "handmade quality" and "flavor with worldwide appeal". This is the food to serve when you really want to be especially hospitable, and provide people a warm and wonderful time when they are in your home.



## ◀ Asparagus

Asparagus, fresh and full of flavor, is familiar to everyone and is very popular as a reward for designating some of your residential tax to your hometown's tax program.



## ▲ Cherry tomato

Cultivated using the latest systems, these tiny tomatoes have an exquisite sweetness mixed with a bit of tart flavor.

# Seafood in Tomakomai

Tomakomai offers an array of fresh Hokkaido fish and shellfish, as well as many kinds of fruit and vegetables.



**① Puratto minato Market** 2-2-5, Minatomachi Tomakomai City, Hokkaido  
TEL/0144-33-3462

This market is in front of Tomakomai Fishery Port. Fresh fish and shellfish, and great local fruits and vegetables are available. A restaurant is housed there, usually crowded with people seeking tasty seafood for lunch.



# TOMAKOMAI

## Sightseeing map and traffic information



\* The numbers next to the facility names match the facility listings on the leaflet page.

### Time required for trip from the ferry terminal

For inquiries about sightseeing

0144-32-6448

Tomakomai City Industrial Economy Department,  
Industrial Promotion Office, Tourism Promotion Division  
Open hours: 8:45 to 17:15

0144-34-7050

Or Tomakomai Kanho Kyokai (Tomakomai Tourism Association), as an incorporated foundation.  
Open hours: 9:00 to 18:00

Tomakomai Kanho Kyokai (Tomakomai Tourism Association) Website

Tomakomai City Website



### By bus (Route Number 24: Ferry Line)

To Tomakomai Station  
Approx. 20 minutes / 250 yen.  
To Puratto minato Market  
Approx. 15 minutes / 250 yen.  
15-minute walk after getting off at the Idemitsu Culture Park bus stop.  
To Hakucho Oji Ice Arena --- Approx. 10 minutes / 250 yen.  
7-minute walk after getting off at the Sougou Taiikukan Mae bus stop.

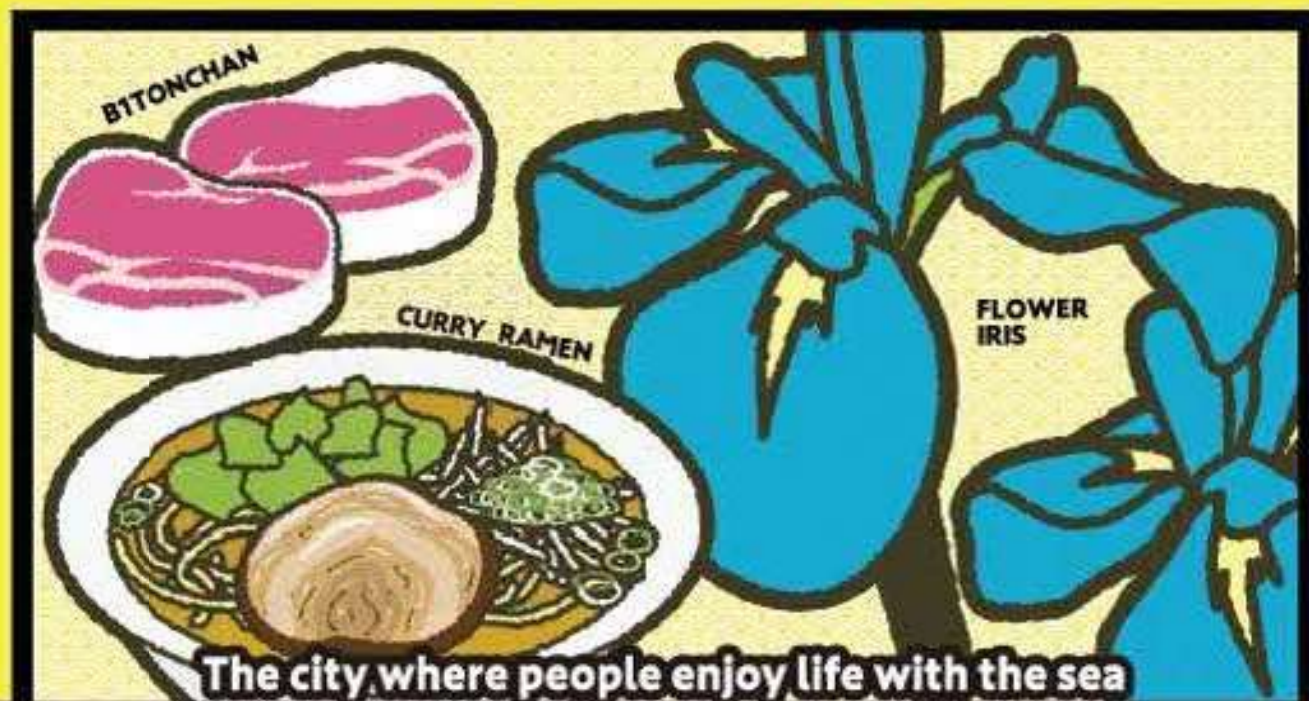
### By Taxi

To Tomakomai Station  
Approx. 13 minutes / About 1,400 yen  
To Puratto minato Market --- Approx. 10 minutes / About 1,300 yen  
To Hakucho Oji Ice Arena --- approx. 10 minutes / About 1,300 yen

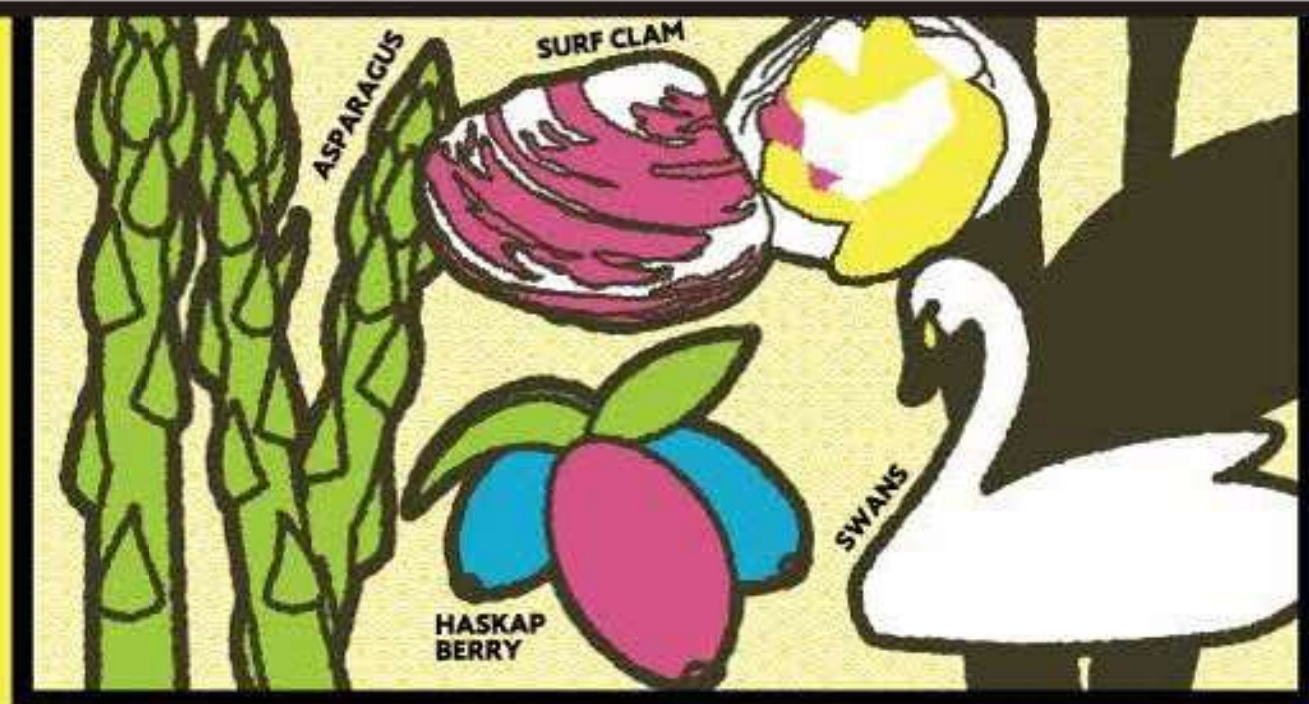


A city of industrial factories  
and a harbor full of resources

# TOMAKOMAI



## Handy guidebook



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