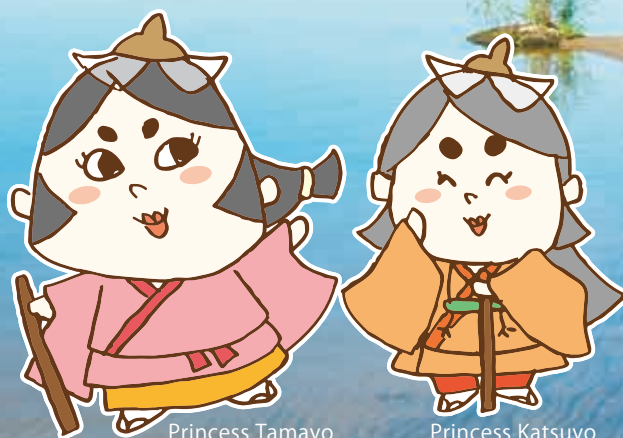


Glistening lakes, verdant land, and romantic memories of the Heian Period

A blessed homeland of lakes,  
greenery, and hot springs

# Tohoku Town



Princess Tamayo

Princess Katsuyo

# Journey to Tohoku

by the Legendary Sisters of Lake Ogawara:  
[A 1,350-year search for their father]

Princess Tamayo and Princess Katsuyo arrived at Honshu's northernmost town of Tohoku after setting out to look for their father, who had gone missing from Kyoto.

(See page 9 for the legend of Lake Ogawara)

**1 Shimizume Dam Automobile Campsite**



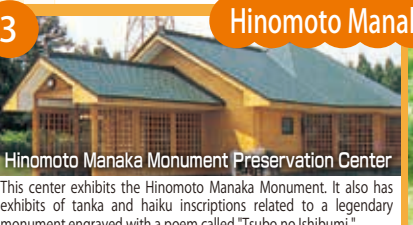
This campsite lies west of Route 4, just below Shimizume dam in the upper reaches of Shimizume River. Located in between valleys and surrounded by mountains, this serene spot is blessed with an abundance of nature. The campsite has several paths that allow visitors to enjoy some light hiking. Cooking facilities and washrooms are available, but visitors should bring their own drinking water.

**2 Memorial of Emperor Meiji's visit**




Officially dedicated on July 23, 1931 to commemorate the Emperor's visit to Tohoku, this stone monument is located on top of a small hill along the former Oshu Route, just outside the village of Chibiki along Prefectural Route 8. The Emperor took a break here in Ishizaka on his way to Noheji Town on July 13, 1876.

**3 Hinomoto Manaka Monument**



This center exhibits the Hinomoto Manaka Monument. It also has exhibits of tanka and haiku inscriptions related to a legendary monument engraved with a poem called "Tsubo no Ishibumi."

**5 Tohoku Town History & Folk Museum**



This Museum introduces various assets of Tohoku Town in various classified sections. These sections include the history and wildlife of Lake Ogawara; archaeological findings excavated from ancient remains; achievements by Meiji Period writer Kozan Otsuka and Tohoku Town parliament members Jujuro Morita and Gichiro Yonaiyama; and a restored model of a traditional house from the early Showa period.

**6 Hanakiri River**



One of the best-known fishing spots for catching Japanese white crucian carp. It also hosts Japan's national white crucian carp fishing competition, which is held every May.

**4 Where was it discovered?**



The Hinomoto Manaka Monument was discovered at a spot located about 20 m down the staircase from the parking lot, which is 1 km in the direction of Ottomo Station along Prefectural Route 8 from Chibiki Station.

**8 Wakasagi Park**



Surrounded by a pine forest, this quiet park is located at the lakeside in the Hamadai District of Tohoku Town. It is equipped with hot showers, cooking facilities, and washrooms so that visitors can enjoy camping and swimming in summer. In the swimming area, visitors can also enjoy catching freshwater clams. During the Tohoku Town Lake Festival, the park serves as the main venue for the Wakasagi Marathon.

**9 Roadside Station ("Michi no Eki") Lake Ogawara**



Fresh vegetables, seafood, special produce, and handicrafts from Tohoku Town are sold here. This is one of the most popular roadside stations within Aomori Prefecture.

**10 "Hokokan" Lake Ogawara Interaction Center**



This center allows visitors to interact with others and enjoy facilities such as a warm-water swimming pool and a hot spring that's open year-round to promote good health. It also serves as an emergency evacuation center during natural disasters.

**11 Lake Ogawara Park**



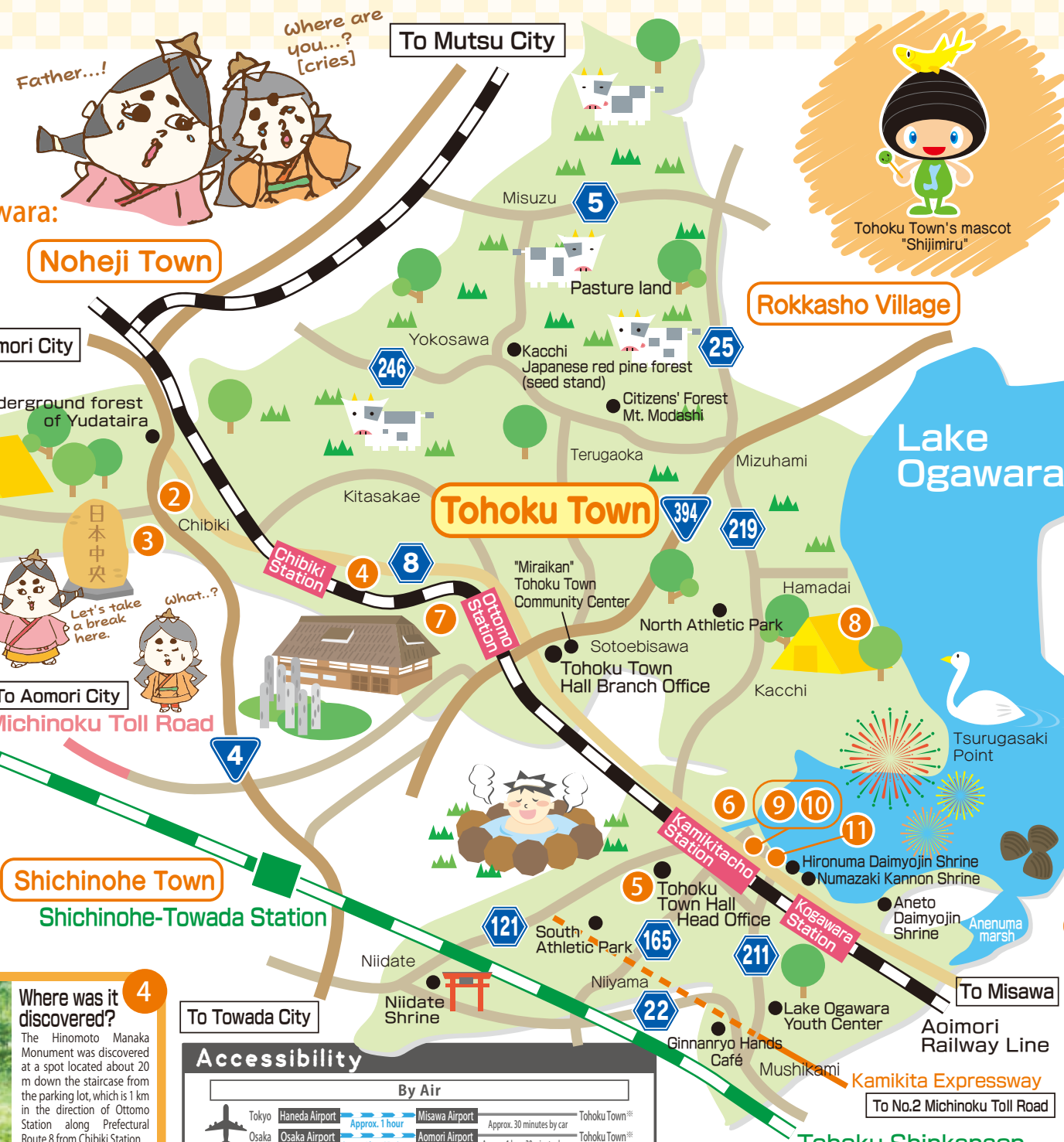
Statues of Princess Tamayo and Princess Katsuyo  
These statues depict the two sisters from the legend of Lake Ogawara. Legend says that with the older sister having drowned herself in Anenuma marsh and the younger one in Imotonuma marsh (now Lake Ogawara), the sisters became the guardian spirits of their respective resting places.



Swimming area  
The long, shallow shoal serves as a swimming area in the summer. Inside the swimming area, visitors can catch freshwater clams. During the Tohoku Town Lake Festival, fireworks and other events are hosted.



"Fureai" Friendship Village  
Located on a raised area in the park, this village has Canadian-style cabins, an automobile campsite, cooking facilities, playground equipment, and a miniature golf course.



**Accessibility**

By Air		
Tokyo Haneda Airport	→ Approx. 1 hour → Misawa Airport	→ Approx. 30 minutes by car → Tohoku Town**
Osaka Osaka Airport	→ Approx. 1 hour 35 minutes → Aomori Airport	→ Approx. 1 hour 30 minutes by car → Tohoku Town**
By Rail		
Tokyo Tokyo Station	→ Approx. 3 hours → Hachinohe Station by Tohoku Shinkansen	→ Approx. 15 minutes by car → Tohoku Town**
		→ Approx. 30 minutes by Tohoku Main Line → Kamikita Station
Aomori Aomori Station	→ Approx. 1 hour by Tohoku Main Line	→ Kamikita Station
By Car		
Aomori	→ Approx. 1 hour 10 minutes via Michinoku Toll Road	→ Tohoku Town**
Hachinohe	→ Approx. 50 minutes via Momoishi Road / No. 2 Michinoku Toll Road	→ Tohoku Town**
Misawa	→ Approx. 30 minutes via Prefectural Route 8	→ Tohoku Town**
Tokyo	→ Approx. 6 hours via Tohoku Expressway	→ Approx. 1 hour 10 minutes via Hachinohe Expressway
		→ 15 minutes via Momoishi Road / No. 2 Michinoku Toll Road
		→ Approx. 10 minutes via Kamikita Road
		→ Approx. 10 minutes via Prefectural Route 211

\*\*Leads to Tohoku Town Hall Head Office

## About Tohoku Town

Tohoku Town is located in the eastern part of Aomori Prefecture, almost at the center of the Kamitosa region. Extremely lush and with a seemingly limitless amount of nature, the vast land of Tohoku Town is home to more than 400 ancient historical sites dating as far back as the Jomon Period, including the Sannai-Maryama site in Aomori Prefecture. The town is also home to Lake Ogawara, which is the 11th largest lake in Japan and even has its own designated postal address. The lake is a great leisure spot that allows visitors to enjoy the cherry blossoms in spring, swimming in summer, gourmet food in autumn, and migrating birds in winter.




**7 Midori no Daichi to Roman no Mori Park (Green Land and Romantic Forest Park)**




A snapshot of the park  
The park has scientific playground equipment divided up into five zones, including those modelled on molecules enlarged to 1.2 billion times their actual size and Edison's speakerphone. The path is planted with Japanese red pine trees that are over 60 years old, as well as cherry trees and azaleas.

**Manaka**




A thatched-roof house located on a raised area in the park, "Manaka" (which means "center" in English) derives its name from the Hinomoto Manaka Monument. The Japanese characters 日本中央 are read as "Hinomoto Manaka."

**Ski slope**



In the winter, the slope in the park is turned into a ski slope with two ski lifts. This is highly popular with families and kids.

**8 Wakasagi Park**



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Statues of Princess Tamayo and Princess Katsuyo  
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"Fureai" Friendship Village  
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Enjoy Tohoku Town!

Lots of nature!

# Activity Spots

Enjoy the glistening lake and magnificent mountains. Have fun in Tohoku Town's boundless nature!



## Lake Ogawara Park

Refresh your mind and body by gazing at the sparkling lake and getting in touch with the area's seasonal nature!

Great wind and waves!



Lake Ogawara Park Swimming Area



### Tohoku Nature Trail

Also known as the Lake Ogawara and Lakeside Path, this trail stretches 7.3 km between Ogawara Station and Kamikitacho Station. The trail includes the following: a lakeside area where you can enjoy bird watching; the Numasaki Kannondo Shrine honoring the legend of Lake Ogawara; the Hironuma Daimyojin Shrine; the Hanakiri River; and the statues of Princess Tamayo and Princess Katsuyo, which are known as one of the four greatest statues of Tohoku.

## Lake Ogawara Park Campsite

※With cooking facilities and coin-operated showers

**Open** April to October for camping  
July to August for swimming  
Inquiries: Call 0176-56-3525

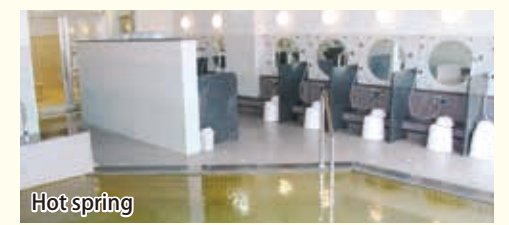


## "Hokokan" Lake Ogawara Interaction Center

Interaction Center (heated swimming pool, hot spring, barbecue house)  
Closed on Wednesdays and during the New Year's holiday (December 28-January 4)  
Hours: 9.00 a.m. - 8.00 p.m.  
Inquiries: Call 0176-56-3820



Heated swimming pool



Hot spring



Barbecue house



Inside the barbecue house



## Wakasagi Park

※With cooking facilities and coin-operated showers

**Open**  
July to the end of October for camping  
July to August for swimming  
Inquiries: Call 0175-62-2581



Wakasagi Park campsite



## Shimizume Dam Automobile Campsite

**Open**  
July to the end of October  
Inquiries: Call 0175-64-7757

We should be looking for father, shouldn't we? [anxious]



## Midori no Daichi to Roman no Mori Park (Green Land and Romantic Forest Park)

The path is lined with azaleas and cherry trees.



**Manaka** Inquiries: Call 0176-56-3111 (Tohoku Town Commerce & Tourism Division)

Take the family skiing in winter!



Look! Let's go there!



## Ski slope

**Open:** Late December to early March  
Inquiries: Call 0175-63-4848



Fun for everyone!

## Camping resort Lake Ogawara "Fureai" Friendship Village

Located on a raised area in the park, this village has Canadian-style cabins, an automobile campsite, and cooking facilities. You don't need to bring anything with you when you visit here!

**Open** Mid-April to the end of October  
※Reservation required. Cabins can be booked two months in advance.  
Inquiries: Call 0176-56-3600



Cabins



Open space





Feel the Passion of Tohoku Town!

# Seasonal festivals

Enjoy Tohoku Town's festivals with different events for each season

Exciting!

It's festival time...!

Keep yourself together, sis...



Those floats are amazing!



## Spring

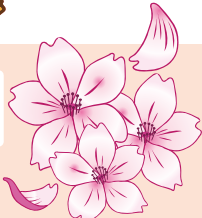
A thousand cherry trees in full blossom

### Sakura Festival

Date: Around Golden Week  
Venue: Lake Ogawara Park

You can view the series of cherry trees known as "The Thousand Lakeside Cherry Blossoms" that stretch from Hanakiri River to the lakeside swimming area. Many events are held during the festival, including outdoor tea ceremonies and a seine net fishing experience.

Hanakiri River National White Crucian Carp Fishing Competition



## Lake Festival

Date: Late July

Venue: Lake Ogawara Park in the Kamikita area and Wakasagi Park in the Tohoku area

The summer festival at Lake Ogawara opens with its main event, a creative fireworks display designed by famous young fireworks artists from all over Japan that draws its viewers into a realm of fantasy. The festival also has many other events, including treasure hunting, the Wakasagi marathon, and the town's special product festivals.

### Lake Ogawara Park Venue

## Summer

Is everyone having fun...?



The Yosakoi dance livens up the festival



Treasure hunting

The Tohoku Town Lake Festival fireworks light up the lakeside in the summer

### Wakasagi Park Venue



Wakasagi marathon runners enjoying a refreshing lakeside run



Hand-crafted raft race



Beach flags

Too late—I got it!

It's mine!

## Autumn

## Autumn Festival

Date: Late August

Venue: Kamikitacho Station Street

Marking the approach of autumn in Tohoku Town, the festival takes place in late August in the Kamikita district. Locals perform various cultural rites to pray for an ample agricultural and fishing harvest. Kicking off with a Japanese band recital competition, the four day-long festival features a parade of handmade floats, a costume contest, dancing and more. Event booths contribute to the festive atmosphere.



We'll show you the fiery passion of the people of Tohoku Town!

Float



Costume Competition

Flowing dances



I can feel the heat!



## Hinomoto Chuo Festival

Date: Mid-September

Venue: Around Ottomo Station

This festival is a 3-day event held in mid-September that features float parades, traditional Shinto song and dance performances, and costume competitions. The second day features a fire festival known as the Hinomoto Chuo Torch Festival. During this event, locals pray for sound health and reminisce about the Heian Period, the era when the Hinomoto Manaka Monument ("Tsubo no Ishibumi") was built.



Festive music



Nanyadoyara dance

### Lake Ogawara Gourmet Festival

Date: Late September

Venue: "Hokokan" Lake Ogawara Interaction Center



Free miso soup made with freshwater clams



Scene from the festival

The festival is held to promote the delicious, rich seafood from Lake Ogawara and agricultural produce from Tohoku Town. The town's restaurants sell inventive meals and the fishing association of Lake Ogawara also sells freshwater clams, smelt, icefish, and other seafood. There are also other shows that attract many visitors each year.

### Active Industry & Culture festival

Date: Early November

Venue: Community Culture Center in the Kamikita district and North Athletic Park in the Tohoku district



Let's make some delicious mochi cake!

Pounding sticky rice to make mochi



Singing performance



Commerce and industry exhibition



Event booth

You can buy affordable fresh local vegetables as well as seafood freshly caught in Lake Ogawara. The cultural exhibition displays a full lineup of works from the past year made by people of all ages, from infants to adults. There is also a health-check booth where you can get an unofficial checkup.

This will warm you right up!

We need to get looking for father... [anxious]



That's what I've been saying! [angry]





Exploring the History of Tohoku Town

Look deeper into history!

There must be clues about father here!

# Wise men and mysteries

Listen to the timeless voices of our predecessors and think more deeply about our history...



We'll finally get to see him again!



Hinomoto Manaka Monument



## Poems about the stone-engraved poem Tsubo no Ishibumi

Tsubo no Ishibumi, said to be somewhere far away in Tsugaru  
I recall the time of the Ezo conquest / by Fujiwara-no-Kiyosuke

I ponder the deep land of Michinoku Tsubo no Ishibumi and the sea breeze outdoors / by Saigyō

I cannot understand why you withhold your words, Like the name of the town in Iwate, Mutsu, Pour your heart into a letter, Long as the distance to the stone monument at the furthest end of Mutsu. / by Minamoto-No-Yoritomo

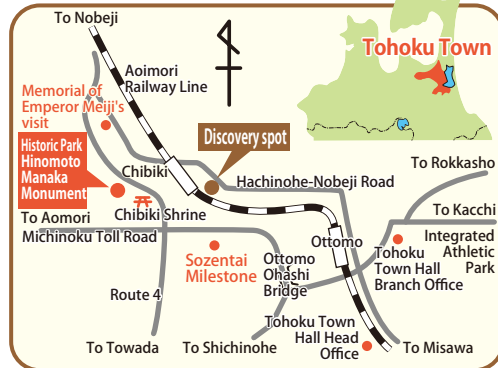
It has become the land of monument without the monument  
The thought of brave men crosses my mind / by Keigetsu Omachi

My feelings for you can travel a thousand miles  
Even to the furthest ends of the distant land of Chishia,  
Yet writing to you remains as unattainable as Tsubo no Ishibumi / by Kenshō

Michinoku, past its fields and mountains,  
comes the stone monument, taking me back to ancient times / by Tomomi Iwakura



**OPEN** Hours: 9:00 a.m. – 4:00 p.m.  
Closed on Tuesdays and the New Year's holiday (December 28–January 3)



Engraved with the eternally romantic poem "Tsubo no Ishibumi," the Hinomoto Manaka Monument is a natural rock about 1.5 m long. It was discovered on June 21, 1949, near the Ishibumi Village alongside the upper reaches of Akagawa River, which runs through Tohoku Town. It was officially designated as Tohoku Town's first tangible cultural property on December 7, 1989. The monument is currently displayed at the Hinomoto Manaka Monument Preservation Center.

## Hinomoto Manaka Monument Preservation Center

39-5 Aza Ienoshita, Tohoku-machi, Kamikita-gun, Aomori 039-2685 Phone: 0175-64-7979

## Tohoku Town History & Folk Museum

191-30 Aza Uwano, Oaza Uwano, Tohoku-machi, Kamikita-gun, Aomori 039-2401 Phone: 0176-56-5598



**OPEN** Hours: 9:00 a.m. – 4:00 p.m.  
Closed on Tuesdays, national holidays and the New Year's holiday (December 28–January 3)

The museum's displays are classified by themes. The "Four Seasons of Lake Ogawara" section introduces the history, animals, and plants of Lake Ogawara. "The Dawn of Tohoku Town" and "The History of Tohoku Town" sections display archaeological findings from historical sites. The "Remembering our Predecessors" section introduces the achievements of Meiji Period literary figure Kozaan Otsuka and former members of the Tohoku Town parliament Jujiro Morita and Giichiro Yonaiyama. The "Lifestyle and Traditional Crafts" section shows a restored traditional house from the early Showa Period.



Kozaan Otsuka

## Remembering Kozaan Otsuka today

Kozaan Otsuka (real name Jusuke) was born on January 1, 1880, in Uranodate Village (now Tohoku Town) in what was then Kamikita Province, and died at the young age of 31. During his short life, he left many works, including about 1,000 poems, 10,000 haiku and 2,400 tanka poems, as well as some travel essays. He was a literate man of many talents, having also worked as an auditor in literary circles, including the To'oh circle of poetry. Recognized by Ogai Mori and other respected figures, his works were reputed to equal the works of Takuboku Ishikawa. To commemorate his achievements, Tohoku Town had published a total of 7 volumes of Otsuka's work by 2004, based on materials stored at Hirosaki University.

Available for purchase at the Tohoku Town History & Folk Museum

▶ Seven volumes of Otsuka's works



A memorial stone monument in front of a lakeside jetty



What am I?

What am I, a sparkling fire?

What am I, a fragrant flower?

What am I, a welling tear?

Taking the fire, flower and my tears

As warp

And woof

I am weaving the affairs of the world



Restored model of a Naumann elephant



Molar of a Naumann elephant from over 100,000 years ago



▶ Bottom left jaw of a tiger from over 100,000 years ago

## Legend of Lake Ogawara: Statues of Princess Tamayo and Princess Katsuyo



The sisters watch over the blessing of the lake and people's happiness

About 1,350 years ago, a nobleman called Lord Tachibana Chunagon Michitada lived in Kyoto. He was living a happy life there with his two beautiful daughters. One day, rogues attacked his mansion and killed his high-ranking officers. Disillusioned by this bleak world, Lord Michitada disappeared from Kyoto and built a small secluded house by Lake Ogawara.

Left stranded in Kyoto by their father, Princess Tamayo and Princess Katsuyo embarked on a journey to search for him with two samurai, Oribe Shindo and Sakyonoshin Komazawa. After visiting many provinces, they finally arrived at Lake Ogawara only to be told that their father had already died. On hearing this, the sisters drowned themselves in the lake. The marsh that Princess Tamayo drowned in has since been called Anenuma (meaning "Elder Sister Marsh"), and the marsh that Princess Katsuyo drowned in is now known as Imotonuma (meaning "Younger Sister Marsh"; now Lake Ogawara). Afterward, Sakyonoshin stayed at Anenuma to protect the marsh and the spirit of Princess Tamayo, while Oribe—inspired by Princess Katsuyo—stayed at Imotonuma as the lord of the marsh. The sisters' spirits paid homage at Numazaki, where their father had been laid to rest, and the three became Buddhist saints. Visitors to Lake Ogawara can see statues of Princess Tamayo and Princess Katsuyo, who stand together as devoted sisters. The statue of Princess Tamayo was built looking up at the blessed mountains of Hakkoda, while the statue of Princess Katsuyo was built praying for safety and happiness on the lake. Together, these statues convey the sad, yet compassionate feelings of these beautiful sisters from the Nara Period. (built on 1989)



Aneto Daimyōjin Shrine honoring the elder sister Princess Tamayo



Hironuma Daimyōjin Shrine honoring the younger sister Princess Katsuyo



Numazaki Kannon Shrine honoring the sisters' father, Lord Michitada



What? Father isn't here?!

Doesn't look like it [cries]





Tohoku's local cuisine is here!

# Special Gourmet

Nourished by the nature found in Tohoku Town, our gourmet is quite delicious!

Gives you energy!

Oh well, time to eat away my sorrow!



## Yamato clam

These clams are raised for four years until they are 15 mm or more and then shipped. Savor their tender meat!

## Japanese mitten crab

This crab soup is made by mashing the whole crab together with its shell to produce a unique soft texture.

Yamato clam soup

Crab soup

Yamato clam ramen

Tastes great!

Agricultural produce



## Smelt

Tohoku Town has the highest catches of smelt in Japan. This fish is served in a variety of ways, including caramelized, tempura, marinated and deep-fried.



Yam

Garlic



Deep-fried yam and garlic

※These images are for illustration purposes only



## Icefish

Icefish live mostly in east Japan, and Lake Ogawara is ranked number one in the country for its fishing harvest, producing about 70% of the country's entire catch.

Icefish rice bowl



## Natural eels

Tighter meat and a lighter taste than farmed eels.

Seared natural eel on rice

These dishes are available in restaurants all around town, but please check their availability as they may not be served in some seasons.

### Restaurant contact details

Oshokuji no Wako	Tel 0176-56-4005	Fukuzushi	Tel 0176-56-5577
Izakaya Restaurant Ebizo	Tel 0176-56-5098	Ichiraku Sushi	Tel 0176-56-2631
Chinese Gate Xhenlong	Tel 0176-56-4453	Isogen	Tel 0175-63-2322
Izakaya Isshin	Tel 0176-56-2648	Ajidokoro Tanaka	Tel 0175-63-2639
Hozumi Sidashiten	Tel 0176-56-2066	Kyodo Ryori Kura	Tel 0175-63-3968
Sushi Kappo Ogata	Tel 0176-56-2678	Lake Ogawara Porotopia,	Tel 0176-58-1122
Shiki Shunsai Kinichi	Tel 0176-56-4870	Roadside Station (Michi no Eki)	



Tohoku Town's luxurious

## 100% natural hot spring

Natural hot spring village: A therapeutic space that keeps you warm in both mind and body

It keeps your heart warm too!

※This image is for illustration purposes only

I want to heal my heart too

Sis, you're eating too much

※This image is for illustration purposes only



Blessed with vast amounts of hot spring water and set amidst rich nature, the town is publishing useful visitor information on using the hot springs. Tohoku Town has 12 hot springs that visitors can visit without staying overnight, and all of them are natural. This is rare even in Aomori Prefecture. Visitors get to enjoy a relaxing and therapeutic time.



### Tohoku Town natural spring map for day-trip visitors



### Natural hot springs for daytime visits

Hot Spring	Tel	Overnight stay
1 Hot Spring Ryokan Suimei	0176-56-5083	OK
2 Kamikita Sakura Hot Spring	0176-56-3900	OK
3 Matsu no Yu Natural Hot Spring	0176-56-2276	OK
4 Tamakatsu Hot Spring	0176-56-3007	OK
5 Hakko Hot Spring	0176-56-2364	OK
6 Anetogawa Hot Spring	0176-56-3529	OK
7 Lamp Hot Spring	0176-56-3680	OK
8 Kamikita Health & Welfare Center Hot Spring	0176-56-2933	OK
9 Lake Ogawara Interaction Center Hot Spring	0176-56-3820	OK
10 Tohoku Hot Spring	0175-63-3715	OK
11 Hiba no Yu Poplar Hot Spring	0175-62-2945	OK
12 Tohoku Town Senior Welfare Center Hot Spring	0175-63-2001	OK







Tohoku Town's

We take pride in our goods!

# Souvenirs

Why not share the delicious taste of Tohoku Town's cuisine with others!

Let's get some souvenirs!

We had a nice trip, didn't we?

Let's come back again!



Tohoku Town's local freshwater clams



Authentic local products



If you're getting a souvenir from Tohoku Town, it's got to be freshwater clams!!



A cup of Tohoku Town's energy!



Icefish



Caramelized smelt, icefish and other seafood



Deep-fried crucian carp

Hand-made cheese from Tohoku Town milk

Ogawarako

▼String cheese



▲Mozzarella cheese  
Natural cheese with no preservatives or artificial colors.

Tohoku Town's Local Shochu



Aomori's yakon shochu

"Keyagu"



Groundnut shochu

"Hodoimo"



Aomiri Milk



Additive-free ham & sausage

Looking for souvenirs? You're in the right place!



Roadside Station (Michi no Eki) Lake Ogawara

Hours 8:30 a.m. - 6:00 p.m. from April to September  
9:00 a.m. - 5:30 p.m. from October to March

You can find local vegetables, seafood from Lake Ogawara, and Tohoku Town's special products all in one place. You can also enjoy some of the local cuisine. Check out tourism information about the surrounding areas. ↓

Website

<http://www.ogawarako.co.jp>

※These products are also available at the Roadside Station (Michi no Eki) Lake Ogawara.

## Inquiries

### Processed local products

Tohoku Town Product Promotion Association Tel: 080-6040-4769

### Caramelized and fresh fish / clams

Tsushima Shoten Tel: 0176-56-2145  
Shindo Suisan Tel: 0176-56-2701  
Numao Suisan Tel: 0176-56-2135  
Nagakubo Shokuhin Tel: 0175-62-2119  
Variety Shop Ohno Tel: 0176-56-2264

### Confectionery

Francais Ominatoya Tel: 0176-56-2090  
Tohoku Miyage Senbei Tel: 0175-63-3707

### Additive-free ham & sausage

Koritsu Ginnanryo Tel: 0176-56-5121

### Vegetables

A Co-op Tohoku Branch Tel: 0175-63-2006

### Fresh fish

Numao Yori Chokubaijo Tel: 0176-56-3740  
Hashimoto Shoten Tel: 0175-62-2289  
Ebimitsu Shoten Tel: 0175-63-2504

Fresh vegetables, processed products, delicatessen goods, local sake, handicrafts and other products

Roadside Station (Michi no Eki) Lake Ogawara Tel: 0176-58-1122



Inquiries: Commerce and Tourism Division, Tohoku Town Office, Tohoku Town Tourism Association

Address: 4-32-484 Kamikita Minami, Tohoku-machi, Kamikita-gun, Aomori 039-2492

Tohoku Town Website

<http://www.thk.net.pref.aomori.jp/>