



Enjoy Nakadomari with Your Five Senses

Nakadomari is made up of the Kodomari area on the Japan Sea coast and the Nakasato area stretching inland from the Jusanko lakeside separated by Goshogawara City. The region is divided in two areas that give Nakadomari both the bounty of the land and blessing of the sea with beautiful stereoscopic scenery unique to an area with an enclave. Please visit the stunning four seasons of Nakadomari to enjoy the sights, sounds, food and more with all five senses.



Quick Look at Nakadomari

Nakadomari in North Tsugaru District of Aomori Prefecture was born when Nakasato Town and Kodomari Village merged into one in 2005. The new town created after this union is positioned with the Kodomari Area on the Japan Sea coast and the Nakasato Area located almost centrally upon the Tsugaru Peninsula away from the Kodomari area, which gives Nakadomari the sea, mountains and even a lake where people can enjoy both sightseeing and food. This is a leisurely place with a population of roughly 12,000 (as of March 2017) where the main industries are agricultural and fishing. Another wonderful feature is the plentiful tourist attractions that include picturesque spots, such as the sunset melting into the Japan Sea Gongenzaki, the Tsugaru Railway, lands loved by Japanese author Osamu Dazai as well as the Tsugaru Traditional Kinta Mamejo Puppet Theater, which has been designated an intangible folk cultural property.

To the Nakasato Area ACCESS (Tsugaru-Nakasato Station)

- ★ By Hokkaido Shinkansen/Bus
Approx. 70 minutes from Okutsugaru-Imabetsu Station
* Konan Bus: Nakasato Station to Okutsugaru-Imabetsu Station
* Four round trips per day
- ★ By Tsugaru Railway
Approx. 40 minutes from Tsugaru Goshogawara Station
- ★ By Car
Approx. 75 minutes from Aomori Airport
Approx. 40 minutes from the Namioka Interchange on the Tohoku Expressway
Approx. 30 minutes from Goshogawara Station
Approx. 60 minutes from Shin-Aomori Station
Approx. 70 minutes from Hirosaki Station

To the Kodomari Area (Tsugaru-Nakasato Station to Kodomari)

- Approx. 40 minutes by car.
Konan Bus: Approx. 70 minutes from Goshogawara to Kodomari Line

Contact

Published by: **Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry**

☎ 0173-57-2111 (Main)

★ **Nakadomari Town Hall** ☎ 0173-57-2111 (Main)
209 Momijizaka, Nakasato-aza, Oaza, Nakadomari-machi
Kita-Tsugaru-gun, Aomori 037-0392
<http://www.town.nakadomari.lg.jp/>

★ **Nakadomari Town Hall Kodomari Office**
☎ 0173-64-2111 (Main)
488 Kodomari, Kodomari-aza, Oaza, Nakadomari-machi
Kita-Tsugaru-gun, Aomori 037-0522

The information included in this booklet is current as of April 1, 2017 unless otherwise noted. This information is subject to change without notice. Please contact each facility for the latest information and more details.

*The price shown on this booklet is the total price including 8% consumption tax.

ENGLISH

Nakadomari

Jalan

Gourmet & Sightseeing Guide

FREE
¥0



Take a tour with **Kinta** and **Mamejo** from the Tsugaru Traditional Kinta Mamejo Puppet Theater!



Nakadomari

See! Eat! This is the perfect guide.



Debuted July 3, 2015

New OMOTENASHI Local Gourmet
**Nakadomari Sashimi &
Boiled Goldeye Rockfish Course**
More Popular Than Ever Before!

Take in the
**stunning
views**
while enjoying a drive~♪

Nakadomari
**Golden
Sightseeing
Course**

Overlooking the chalk white Kodomari Misaki Minami Lighthouse and a fishing vessel from the Peak of the Gongenzaki Promenade

New OMOTENASHI Local Gourmet Debuted July 3, 2015

About 35,000 meals have been served as local OMOTENASHI gourmet cuisine since it debuted a year and a half ago. The Nakadomari Mebaru Dining course raved about in Aomori offers an inviting meal with sashimi cut from an entire goldeye rockfish caught in the Tsugaru Strait of Nakadomari as well as piping-hot boiled goldeye rockfish (Fire Gourmet). The course also comes with rice to cover in sashimi squid (squid served separately) thanks to the wealth of squid fisheries in Nakadomari ♪

Four Conventions for Eating the Goldeye Rockfish Course

- 1 First, delight in the plentiful portions of sashimi prepared in the shape of the goldeye rockfish. Enjoy the sashimi slices dipped in soy sauce or irizake and the seared slices with salt.
- 2 Place a hearty helping of the boiled goldeye rockfish when it is piping hot on the dish in front of the fish. Please use the extinguishing lid to put out the flame when you would like to.
- 3 Don't forget to partake of the seafood soup while it's still hot!
- 4 Top the rice with a plentiful helping of squid sashimi and flavor it to your liking with ginger and soy sauce. Finish your course with the pickled vegetables.

Nakadomari is number one for luxurious goldeye rockfish caught right in Aomori!



Insight from the Founders Nakadomari Mebaru Dining

Mayor of Nakadomari Town
Toyomitsu Hamadate



Goldeye rockfish from the Tsugaru Strait are affectionately known as Tenkara in the Kodomari region. The Tokyo Tsukiji Fish Market regards the goldeye rockfish from the area as a high-quality exclusive item. This is not only because the meat provides a flavorful taste, but also because of the hard work to preserve the freshness of the fish done by the people in the fisheries here. Nakadomari Mebaru Dining boasts so much deliciously wonderful goldeye rockfish from the Tsugaru Strait everyone will want seconds. We expect these dishes to plant the flag in promoting greater tourism through food unique to the Nakadomari area from the rice to the fish.

Former Mayor of Nakadomari Town
Shunitsu Ono



Nakadomari is a town that was formed in 2005 from a merger of the former Nakasato Town — famous for rice — and Kodomari Village — famous for the sea. The unity foster between each of these regions has crystallized the wonders of each individual region to give birth to Nakadomari Mebaru Dining. I hope Nakadomari Mebaru Dining will take Nakadomari tourism much farther by bringing awareness of the area to everyone throughout Japan. The Nakadomari Katsu-Hama Club is underway with efforts to culture giant scallops as the next step to realize our greatest expectations. Nakadomari will become even more and more fun in the future.

Nakadomari Mebaru Dining Chairman of the Promotion Council
Tetsuya Nakahata



Nakadomari Mebaru Dining is simply a stage set to develop gourmet cuisine, which I think took the town down a new path in its history. Fledgling out ideas and the ongoing trial and error during the development process was quite difficult! I hope we can continue to serve 30,000 meals of Nakadomari Mebaru Dining a year as a memorable dining experience for each and every person for the next three, five and ten years. We have only just begun. (Owner of Kutsurogi Dining TETSU)

Sky High Local Gourmet Producer
Hiro Nakata



I think there are three reasons Nakadomari Mebaru Dining has become a hit. The first is the simplicity of a course that offers the high-quality goldeye rockfish not even really eaten by the people of Aomori as the main ingredient for both as sashimi and a fish boiled in soy sauce and sugar. The second is the emphasis on new local gourmet from Aomori Prefecture ensuring each of the three dishes is delicious. Third is the excellent teamwork of the five people from the secretariat who have driven this project forward. Nakadomari has only begun to develop tourism through Nakadomari Mebaru Dining, but I expect to see growth in the number of visitors and a positive impact on the economy centered around the goldeye rockfish.

The passion to invigorate towns through fishing and food! Nakadomari Katsu-Hama Club

Members made up mostly of young fisherman are highlighting the magnificent of the town through events that include the Horned Turban Shell Throwing World Championships (Katsu-Hama Festival), Goldeye Rockfish Net Fishing Experience Tour on the Tsugaru Strait and the Katsu-Hama Market Walk!

Contact: Kodomari Fishery Cooperative ☎ 0173-64-2641



Fukaura Maguro Steak Bowl
Fukaura Town, West Tsugaru District in Aomori Prefecture

Hiranai Hotate Katsu Gozen
Hiranai Town, East Tsugaru District in Aomori Prefecture

Takko Garlic Steak Gohan
Takko Town, Sannohe District in Aomori Prefecture

Nakadomari *Mebaru* Dining

More Popular Than Ever Before!

Sashimi & Boiled Rockfish Dishes

- Sashimi Arranged in the Original Shape of the Goldeye Rockfish
- Piping Hot Boiled Goldeye Rockfish
- Sashimi Squid Rice



Goldeye Rockfish from the Tsugaru Strait!
During the Gillnetting Season (June 2 to September 1) ¥1,400
During the Pole-and-Line Fishing Season (September 2 to June 1) ¥1,600

This flag marks the spot!



▼This designated intangible folk cultural property of Nakadomari has built roughly 110-year tradition in Tsugaru.



Tsugaru Traditional Kinta Mamejo Puppet Theater Nakasato Area

The fun of the puppet theater spans across generations with the dialog between Kinta, the drunk who loses everything, and Mamejo, a scatterbrain with a tender heart. Another attraction is interaction with the true face of Tsugaru such as the dances to the Tsugaru folk songs and the Tsugaru dialect.

Contact: ☎ 0173-58-3573 Cell: 090-8788-5698 Inside the Tsugaru Railway Tsugaru-Nakasato Station 225-1 Kameyama, Nakasato-aza, Oaza, Nakadomari-machi Held: 1st Saturday of Every Month; Performance Time: Morning Show 10:30 am; Afternoon Show 13:00 *Performances are also offered by reservation Admission: Junior High School Students and Older ¥1,000; Elementary School Students ¥500



▲Left: Find us inside the Tsugaru-Nakasato Station; Right: Puppets come alive in the hands of Puppet Master Iwao Kimura ♪

Y'all, this here is our home theater!



Take a Guided Tour with **Kinta and Mamejo** from the Kinta Mamejo Puppet Theater

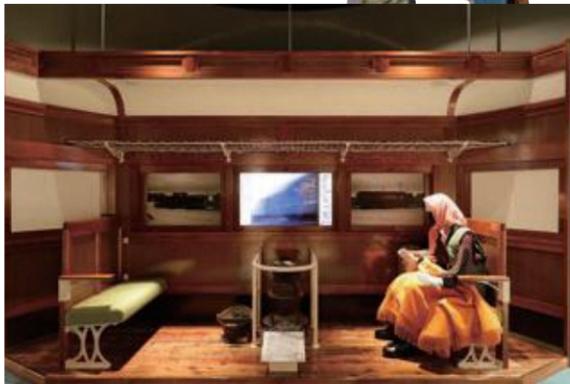
There's more than Nakadomari Mebaru Dining!

Nakadomari Golden Sightseeing Course

Nakadomari Museum Nakasato Area

This is the first place to go to learn about Nakadomari from the nature and history to the folklore and industry. The museum offers areas to play and learn such as games, puzzles, and a challenge corner to test your strength. The section about the Tsugaru Railway is particularly in-depth ♪

Contact: ☎ 0173-69-1111 (main) Inside the Nakadomari General Cultural Center Pamas 210 Momijizaka, Nakasato-aza, Nakadomari-machi Open: 9:00-16:45 (Last Entry at Roughly 16:15) Closed: Mondays, 4th Thursday of Every Month, Holidays, and 12/28-1/4 Admission: Adults ¥200; High School and College Students ¥100; Elementary and Junior High School Students ¥50 Access: Approximately a 15-minute walk from Tsugaru-Nakasato Station



Nobody would ever miss out on taking a train ride



Experience a simulation of the historical railway first hand via an exhibition to see, touch and play from a replica of the stove train to the old-style ticket gates.

Osamu Dazai Visited these parts to write



▲Statue of Take and Osamu Dazai reuniting to watch over the sporting events at Kodomari Elementary School. ▶The novel *Return to Tsugaru* is even on display.

Statue Memorial Hall of the Novel *Return to Tsugaru* Kodomari Area

The museum offers everyone who visits a chance to take another step closer to Osamu Dazai through a reproduction of his voice and a video theater visually telling of the Young Osamu Dazai with Take who was from Kodomari and looked after him.

Contact: ☎ 0173-64-3588 1080-1 Sunayama, Kodomari-aza, Oaza, Nakadomari-machi Open: April to October: 9:00-16:30; November to March: 9:00-16:00 Closed: April to September: None; October to March: Mondays and Tuesdays (Next Day if the Monday or Tuesday Falls on a Holiday); 12/28-1/4 Admission: Adults ¥200; High School and University Students ¥100; Elementary and Junior High School Students ¥50 Access: Two-minute walk from Nonan Kodomari-Shogakko-Mae Bus Stop



▲Take a little break in the café corner ♪



▲This forest train displayed at the entrance of the exhibition was actually used at the beginning of the Showa period.

▶Raw beech forest roughly 300 meters to Wakitsubo after an earnest climb down a steep staircase. The reward of the hike is a famous spring gushing with water!

▼Use a bamboo cane made available on the side of the entrance for the long journey back.



You can feel the power in many of these places



Ozawanai Wakitsubo Nakasato Area

The 15 tons of precious water flowing from this spring each day has been a valuable resource for rice farming and drinking water. Selected as one of Japan's 100 Remarkable Waters of Heisei (Conducted by the Ministry of the Environment). Be careful not to be pulled under when collecting water between October and May. Contact: Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry ☎ 0173-57-2111 Inside Ozawanaitameike Park Unabara, Ozawanai-aza, Nakadomari-machi Tours: Available June to September Access: Approximately a 40-minute walk from the Shirasagi Bridge in Ozawanaitameike Park



▲The warmth of the stove train powers through the snow magnificently as some passengers roast squid and rice cakes on the stove. *Extra charge.



The crickets sing from here!!

▶Every train sounds of crickets between about September to October each year! Their beautiful songs can be heard from the insect cages placed on the shelves inside the trains.



Even if traveling by car, you've got to ride the Tsugaru rails.

Tsugaru Railway Event Train Nakasato Area

This private railroad is the farthest north in Japan to run event trains such as trains with stoves, wind bells, crickets, and even a train displaying many things to discover about Osamu Dazai. Make sure to ask for details about the season and times the trains run and the fare to take a ride.

Contact: Tsugaru Railway Company ☎ 0173-34-2148

▼Statue of Xu Fu on his visit to Mt. Horai in Tokai Island (Japan) ordered by the first Qin Emperor.



Statue of Xu Fu (Jofuku) Kodomari Area

Xu Fu sailed from China in search of an elixir to prevent old age and death in 219 B.C. and came ashore in Gongenzaki, which is located in Kodomari on the Tsugaru Peninsula. Xu Fu is thought to have stayed in Japan as a monk teaching continental culture and technology.

Contact: Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry ☎ 0173-57-2111 Jofuku-no-Sato Park Shitamae, Kodomari-aza, Oaza, Nakadomari-machi Access: Approximately a 40-minute drive from Tsugaru-Nakasato Station

Well, now, why not go for a drive ♪



Ozawanaitameike Park Nakasato Area

Watching the herons and migrating birds play around the crystal clear waters is so soothing. The park is refreshing as nature blossoms in summer and fall such as the water lilies and chestnuts on the surface and banks of the pond. Everyone should take energy from this place before leaving for Wakitsubo!

Contact: Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry ☎ 0173-57-2111 Unabara, Ozawanai-aza, Nakadomari-machi Access: Approximately a 10-minute walk from Ozawanai Station



▲This was a reservoir used by the Tsugaru Domain during the Edo Period. The nearby rice fields also use the water from this pond today.

Fudo Falls Nakasato Area

The three-tiered falls fill the divine air in what is said to be part of a profound shugendō practice of Buddhist monks during the Kamakura period. Dipping your feet in the cold crystal clear flow of water in summer is invigorating! Everyone can feel as a Buddhist monk sitting under a waterfall.

Contact: Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry ☎ 0173-57-2111 Access: Approximately a 10-minute drive from Tsugaru-Nakasato Station. The walk from the parking lot takes about 15 minutes.



▶Enjoy a walk through the lush green of spring or the changing leaves of autumn over the promenade along the river.

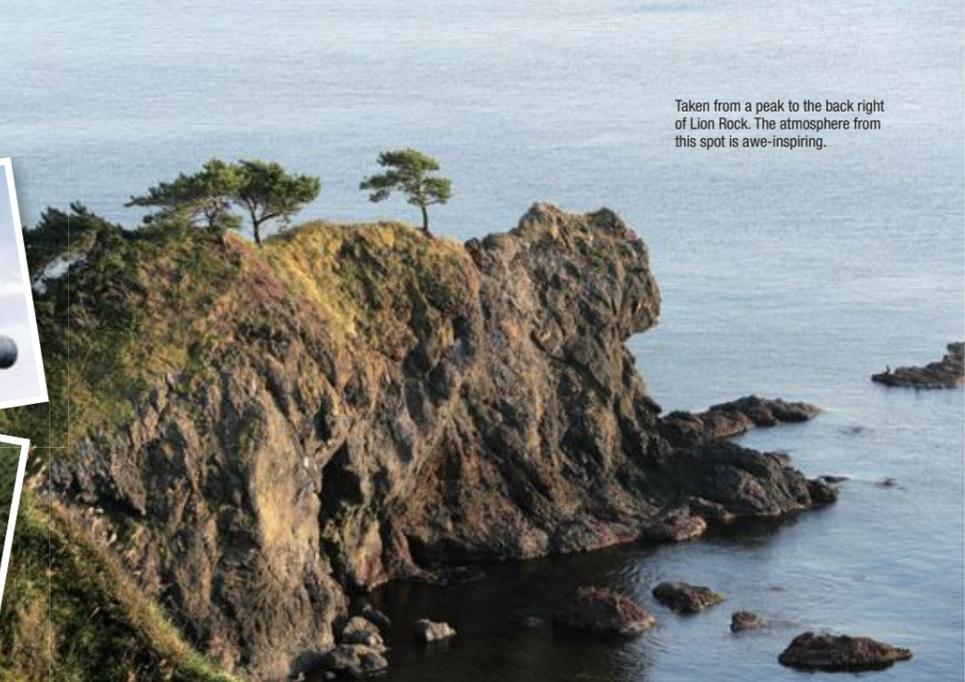


Lions of different forms watch over the people on the sea and mountain paths protectively from a child lion to a winged sphinx and the alpha and omega.

Lion Ocean Walk Kodomari Area

Lion Rock crotches toward the ocean where the Lion Gate Bridge and Lion Bay Bridge stand in an artistic scene made by nature and man. The sphinx spreads its eagle wings showing its dominance over the other statues.

1,935 meters is the length between the area connecting the Orto Kodomari district and the Shitamae district Access: Approximately a 35-minute drive from Tsugaru-Nakasato Station to Lion Rock



Taken from a peak to the back right of Lion Rock. The atmosphere from this spot is awe-inspiring.



Admire the stunning view of the ocean and sunset ♪

Everyone will love it as day fades into twilight even alone.



Orikoshinai Coast Kodomari Area

The place to find a superbly exceptional sunset in Nakadomari is here. The Nakadomari Beach Soccer Aomori Prefectural Tournament in Kodomari is held each summer and has grown to a passionate competition with the participation of more than 100 teams from the prefecture.

Contact: Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry ☎ 0173-57-2111 Access: Approximately a 5-minute drive from Nanatsu Falls. Near the Orikoshinai Auto Camping Ground and Kodomari Pontomari Rest Area

▶Sunset seen from Orikoshinai Beach. The sun seems to melt into the sea after a moment.

Kodomari Fishing Port Kodomari Area

The Kodomari Fishing Port is renowned for the growing bounty of fish each year, including not only the mainstream squid and Tsugaru Strait goldeye rockfish but also for the tuna caught in the neighboring waters in recent years. The Nihonkai Isaribi Center is easy to find with a real squid fishing vessel on the roof which marks the spot.

Contact: Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry ☎ 0173-57-2111 Kodomari, Kodomari-aza, Oaza, Nakadomari-machi Access: Approximately a 40-minute drive from Tsugaru-Nakasato Station



▲Tsugaru Strait goldeye rockfish caught in Kodomari have an airy, soft meat because these fish live in the depths of the ocean. Their red color is one distinct feature of the goldeye rockfish.



The goldeye rockfish for the Nakadomari Mebaru Dining course is caught right here

▲Botan shrimp are shipped to premiere restaurants in Tokyo. The shrimp in Kodomari are also fantastic.



Lake Jusanko Nakasato Area

The name of the lake is said to have been derived from the thirteen rivers that feed into it. The local fair of large basket clams plump from the brackish water of the salt and fresh water pouring into the lake. The extremely flavorful meat will tantalize the tongue while melting your heart.

Located: Lake Jusanko Park Inside Imaizumi, Nakadomari Access: Approximately a 10-minute drive from Tsugaru-Nakasato Station

◀Mt. Iwaki shows itself as if floating on the other side of the lake. The evening view is also amazing!

Lake Jusanko to the Tatsudomari Line
Take in Every
Stunning View
While Taking a Drive ♪

Yeah, it is!



Contact: Tourism Section of the Nakadomari Fisheries Chamber of Commerce and Industry ☎ 0173-57-2111

Gongen-zaki (Kodomari Cape) Kodomari Area

Gongen-zaki is a power spot enshrined by the Ozaki Shrine where people worship Hiruyugongen found on the tip of the cape at an elevation of 229 meters. Make sure to enjoy the small trek to the peak where you are greeted with a panoramic view of Mt. Iwaki, Lake Jusanko and Tappizaki to Hokkaido.

Access: Approximately a 30-minute drive from Lake Jusanko [Gongen-zaki Promenade] The trip one way from the Shitamae Port to the Gongen-zaki Peak is 1.2 kilometers (Approximately a 45-60 minute walk). The 700 meter climb immediately begins continually moving upward on a hill and stairs, but the grade levels off thereafter for you to enjoy a mild path ♪



▲Promenade upward to the Gongen-zaki Peak from Ozaki Shrine.



◀The climb is rewarded with a spectacular view from the peak of the lighthouse and ocean!



Nanatsu Falls Kodomari Area

The falls splash down from the lip 21 meters above over seven steps one after another. The falls flow like fine strings on days with pleasant weather while the waters flutter in seasons with strong ocean winds.

Access: Approximately a 20-minute drive from Gongen-zaki

◀Enjoy the view of the ocean spray splashing up along the Tatsudomari Line outside the car window.



▲The monument of the Cyoukandai Observatory with a view of Hokkaido on the right and Kodomari on the left.



The panorama gives people a full view of the Tappizaki Lighthouse and the windmills of the wind park.

Tatsudomari Line Cyoukandai Observatory Kodomari Area

Head north along the Tatsudomari Line on Route 339. The highest Cyoukandai Observatory looks out over Tappizaki to the Tsugaru Strait and Hokkaido just beyond that. The Hokkaido Shinkansen runs under that sea.

Access: Approximately a 20-minute drive from Nanatsu Falls



Seafood (Jofuku-no-Sato Park)

◀Local seafood of shrimp, crab and octopus! The bounty of fish is even popular with the locals selling out quickly. If you see any of this seafood for sale, snap it up quickly.



Pottery (Jofuku-no-Sato Park)

▼Remember your travels with a piece of pottery made by a lover of the local region. The reasonable price makes these pieces attractive.



Go direct to the producers to buy your local products!

There are so many delicious things.

Direct Sales of Local Jofuku-no-Sato Products Kodomari Area

Take a bounty of fresh seafood or ocean goods caught in the Kodomari Fishing Port as presents ♪ What's this Chinese-style of building in the park... Let's take a look and find out.

Contact: ☎ 0173-64-3720 Inside Jofuku-no-Sato Park 271-4 Shitamae, Kodomari-aza, Oaza, Nakadomari-machi Open: 9:00-16:00 (Around 16:30 in July and August) Closed: Wednesdays (Open 7 Days a Week in July and August); 12/31-1/3 Access: Approximately a 40-minute drive from Tsugaru-Nakasato Station



▲Any fish you buy can be sent by delivery services.

Pure Direct Sales of Nakadomari Specialty Goods Nakasato Area

The most delicious delights of Nakadomari are brought together mainly around agricultural goods. This is simply the best spot to buy delicious vegetables and homemade sweets.

Contact: ☎ 0173-57-5054 334 Hinata, Hachiman, Nakadomari-machi Open: March to November: 9:00-18:00; December to February: 9:00-17:00 Closed: Afternoon of 12/31-1/3 Access: Approximately a 5-minute drive from Tsugaru-Nakasato Station



▲The store also has a facility that makes processed local goods.



Tomato Daifuku (Pure)

▲The bright red skin resembling a tomato is sensational! Inside is a mildly sweet white bean paste.

Hatomugi Karinto (Pure)

▶Hatomugi Karinto has a surprisingly crunching texture and gently sweet taste. These are addictive.



Red Rice (Pure)

▶The beans in the red rice are big! The Tsugaru style of red rice uses sweetly seasoned red kidney beans.



Japanese Flying Squid (Jofuku-no-Sato Park)

▲The perfect size to go with one drink. This squid is even great roasted on the stove train.

Kemame (Edamame) (Pure)

◀The edamame for Tsugaru has thick hair! Soybeans from a strain returned from space have become known as Space Soybeans (Uchu Daizu).