

Created in the imagining of Jomon period

JOMON Well-Being Experience

SHIMOKITA @下北
OKUTSUGARU @奥津軽

Michinoku = 「Land of Charm」 where you will encounter Jomon's 「Mahoroba」 through the ages. By realizing the charm of Jomon and experiencing the spirit and pride of this land, you will be guided to a state of well-being. Let us give you the time to experience the Jomon Mahoroba!

"Mahoroba" is a word that appears in Japan's oldest book, the Kojiki, and means "a wonderful place surrounded by hills and mountains, full of fertility." Even in the Jomon period, which is much older than the Kojiki, there was no written language, but the Jomon people may have used these words to talk about the place where they lived. Because the Jomon people were already engaged in exchange and trade and had an eye on the outside world, they may have taken pride in their clear location. The living spaces of the Jomon people who lived in Aomori would have been so uneven that the term "mahoroba" would be appropriate.

You too can be guided to well-being with Jomon Mahoroba.

delusion 1

The comfort of nature living in rhythm



delusion 2

In harmony with nature Living with a regular rhythm



delusion 3

balanced diet and exercise



delusion 4

Aomori Hibani touch



The Jomon Well-being Experience, which unfolds through these four delusions, realizes a "comfortable" state of mind and body.

Go to Jomon Mahoroba "Aomori".
To Michinoku "Land of Fascination".
Jomon Mahoroba
Give you time to experience!

world heritage

Futsumori Shell Midden and Jomon Village "Resurrection Supplement" Experience [Shimokita edition]

Application



The Jomon period was a time of well-being, and using the world heritage site "Nimori Shell Mound" as a gateway, we will travel back in time to the "Mahoroba" of the Jomon period, which also spread to the Shimokita Peninsula. A forest bathing walk while enjoying the nature of the Yagen Valley, which continues from the Jomon period, a relaxing time at Yagen Onsen and Shimofuro Onsen, and food and sweets inspired by the Jomon period will lead to well-being. The "Resurrection Supplement", which was taken even in the Jomon period, makes the mind and body feel better.

travel fee ¥66,000 (per person)

○Date of operation: Spring Golden Week to late November
※Excluding Thursdays.
○Minimum number of participants: 4 people
○Included in the price: Entrance fee to Futsumori Shell Midden, salted squid making experience (Jomon cooking experience), Jomon forest bathing walk experience fee, accommodation fee (double room), insurance premium, consumption tax, 1 breakfast, 2 lunches, 1 dinner, round-trip transportation from Shin-Shichinohe Towada Station from meeting to dissolution.
○Guide support: English interpreter staff (separate fee, consultation required), Chinese interpreter staff (separate fee, consultation required)



Day 1

10:00 Gather at Shichinohe-Towada Station → 10:30 Go to Futsumori Kaizuka ~ 10:30 Guide by Nitsumori Kaizuka curator → 11:00 Go to Roadside Station Lake Ogawara ~ 12:00 Lunch (fresh clam dishes, etc.) ~ 13:00 Go to Yokohama Roadside Station "Nanana Plaza" ~ 14:00 → 15:00 Visit the clay figurines and clay surfaces of the Futsuhashi Ruins at the Ohata Community Center in Mutsu City ~ Go to Kazamaura Fishing Port → 15:30 "Jomon salted fish making experience" at the squid storage center ~ 16:30 Stroll around Shimofuro hot springs ~ Kaikyo no Yu ~ 18:30 "Shimokita Peninsula's delicious meal" ~ 20:00 Free time/sleep [meal] morning : - / noon : ○ / night : ○

Day 2

8:00 Breakfast ~ 9:00 Shimofuro Onsen → 9:30 To Yagen Onsenkyo ~ 9:30 Orientation ~ Oku Yagen Kappa no Yu "Jomon Revival Supplement Walk" ~ 12:00 Lunch (Sakura Trout Bowl & Jomon Sweets) ~ 12:45 Kappa no Yu Bath ~ 13:30 To Shichinohe-Towada Station → 15:30 Disband at Shichinohe-Towada Station [meal] morning : ○ / noon : ○ / night : -

Yagen Onsenkyo "Jomon Revival Supplement Walk" Experience

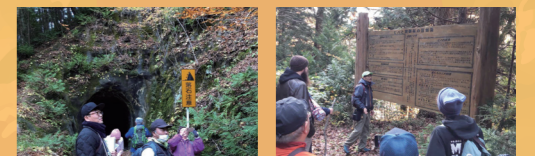
Application



Forest therapy in Yagen Onsen Village, which is also part of the Shimokita Geopark, walking through Japan's three most beautiful forests, Aomori Hibirin, and Yagen Stream, hot spring therapy using Yagen Onsen, a well-balanced lunch with plenty of seafood from the Tsugaru Strait, and rope therapy. A comforting experience that uses Jomon sweets made with nuts that have been eaten since the Mon era to provide "revitalizing supplements that have been passed down since the Jomon period" that lead to well-being that incorporates the three essentials of health: exercise, nutrition, and rest.

travel fee ¥6,600 (per person)

○Date: Spring Golden Week to late November ※Excluding Thursdays.
○Minimum number of participants: 2 people
○Price includes: Jomon forest bathing walk therapy guide fee, insurance fee, lunch, sweets fee, consumption tax
○Guide support: English interpreter staff (separate fee, consultation required)
Chinese interpreter staff (separate fee, consultation required)



Content

10:00 Okuyakuken Kappa no Yu gathering ~ Orientation & warm-up exercises ~ 10:15 Resurrection supplement walk starts ~ Explanation of Aomori Hiba in the Aomori Hiba Experimental Forest ~ Introduction to Aomori Hiba forest and mixed broad-leaved forest, collecting beech nuts ~ 10:30 Stretching in the "Shoborin" pose and taking a commemorative photo at the ruins of the Yagen forest railway track ~ 10:50 Sitting and watching while listening to the murmuring of the Yagen Valley ~ 11:20 Go to the forest railway sulfur tunnel ~ Pitch darkness experience ~ Go back through the tunnel, cross Otome Bridge, walk along the riverbank ~ 11:40 Stretching and commemorative photos ~ 12:00 Lunch (Jomon sweets making experience and cherry salmon bowl ~ 12:45 Relieve fatigue with a footbath ~ 13:00 Dismissal

Inquiries about accommodation

General Incorporated Association Kanagi Genki Mura
〒037-0207 39-2 Makita Kuwamoto, Kanagi-cho,
Goshogawara-shi, Aomori Prefecture
TEL : 0173-52-2882 Mobile : 080-3324-8792
Mail : ito@kanagi-genkimura.org



inquiries about Travel

Blue Morris Co.Ltd, 4-Ride
〒030-0122
114-1 Imada, Nojiri, Aomori City, Aomori Prefecture
TEL:017-718-8557
Mail : northwind.4ride@gmail.com



※The 1-night, 2-day program can be customized to your request. ※Program times can also be tailored to your requests.

world heritage

Sannai Maruyama ruins and Jomon village life experience (Okutsugaru edition)

The Jomon period, which lasted 12,000 years, was a time of well-being. In addition to a guided tour of the Sannai-Maruyama ruins, this stay plan combines programs such as making Jomon pottery reminiscent of the Jomon period in the field of Tsugaru, eating Jomon cuisine, experiencing Jomon pit-style house renovation, and a Jomon adventure ride. This stay plan allows you to experience the well-being of the Jomon period, which began to form villages. It's not just a tour of the ruins, it's a chance to relive and experience the romantic lifestyle of the Jomon "Mahoroba".

travel fee ¥49,500 (per person)

○Date of operation: Spring Golden Week to late November
※Excluding Thursdays.
○Minimum number of participants: 4 people
○Included in the price: Sannai Maruyama ruins entrance fee, Jomon pottery making experience, Jomon pit-style house construction experience fee, Jomon forest bathing walk experience fee, Jomon cooking experience, accommodation fee, insurance fee, consumption tax, 1 breakfast, 2 lunches, 1 dinner, round-trip transportation from Shin-Aomori Station to meeting to dissolution.
○Guide support: English interpreter staff (separate fee, consultation required), Chinese interpreter staff (separate fee, consultation required)



Application



Day 1

10:00 Meet at Shin-Aomori Station or Aomori Station → 🚗 → To Sannai Maruyama Ruins ~ 10:30 Sannai Maruyama Ruins Historic Site Guide (A volunteer guide will guide you around the Sannai Maruyama Ruins. ~ 12:00 Lunch (Jomon Lunch) → 🚗 → Go to Tsugaru Kamegaoka ware "Shikiroan" ~ 13:30 "Jomon earthenware making experience" ~ 15:30 Go to old folk house Kanagaki Genki Village → 🚗 → 16:00 "Jomon cooking experience" at old folk house Kanagaki Genki Village ※Bathing etc. ~ 18:00 "Jomon cuisine evening" ~ 20:00 Kanagaki Genki Village or Inagaki Onsen <Overnight stay> 【meal】 morning : - / noon : ○ / night : ○

Day 2

8:00 Breakfast ~ (※Inagaki Onsen → 🚗 → To the old folk house Kanagaki Genki Village) ~ 9:00 Orientation ~ "Jomon pit style house renovation experience" at the old folk house Kanagaki Genki Village ~ 11:40 Lunch (Kanagaki Genki Village) ~ 12:30 Jomon adventure ride or forest bathing walk ~ 15:30 Reflection at the old folk house Kanagaki Genki Village ~ To Shin-Aomori Station or Aomori Station → 🚗 → Shin-Aomori Station or Aomori Station Dismissal 【meal】 morning : ○ / noon : ○ / night : -

Application

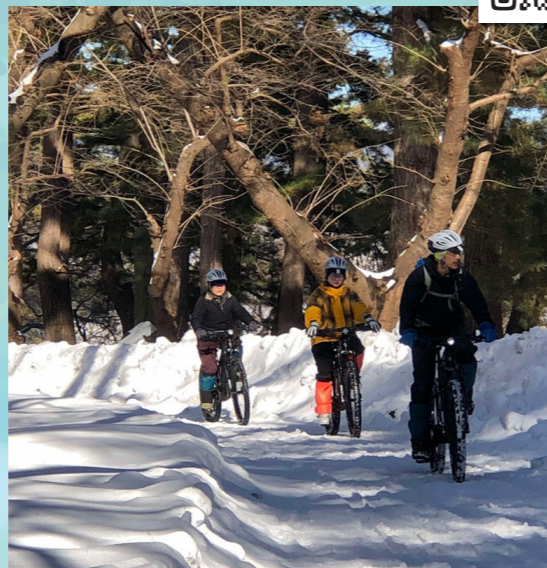
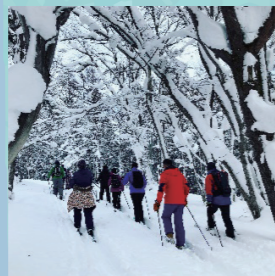


Two Jomon whiteout experiences and Jomon cuisine tasting

The Jomon period is said to have been warmer than today, but there must have been days when it was covered in snow. Use snowshoes to walk through the winter Aomori Hiba forest that extends from Nawamon. Then, sit around the fire and enjoy Jomon cuisine recreated using locally produced ingredients and cooking methods from the Jomon period. The next day is a two-day day where you can enjoy the Jomon winter "Mahoroba" using E-bikes to enjoy a blizzard ride that symbolizes the coldness of winter. It is an experience that imagines life in the harsh winters of Japan, and turns the snow and cold into an attractive experience.

travel fee ¥55,000 (per person)

○Date of operation: Winter season from mid-December to mid-March
※Excluding Thursdays. ※Excluding December 27th at the end of the year to January 3rd at the beginning of the new year.
○Minimum number of participants: 2 people
○Price includes: Jomon whiteout walking fee, Jomon snowstorm ride experience fee, Jomon cooking experience, accommodation fee, insurance fee, consumption tax, 1 breakfast, 2 lunches, 1 dinner
○Guide support: English interpreter staff (separate fee, consultation required), Chinese interpreter staff (separate fee, consultation required)



Day 1

9:00 Kanagaki Genki Village On-site meeting/orientation ~ 9:30 Genki Village 🚗 ~ Jomon winter forest snowshoeing experience 🚶 ~ Oku Tsugaru Trail Kamiki Junihon Yasu Course ~ Jomon lunch box at Junihon Yasu ~ Junihon Yasu forest road exit 🚗 ~ 16:00 Kanagaki Genki Village (commemorative photo) ~ After that, experience an evening of Jomon cuisine ~ Overnight stay (please also enjoy BAR Jomon) 【meal】 morning : - / noon : ○ / night : ○

Day 2

Breakfast ~ 9:00 Orientation ~ 🚗 Jomon Blizzard Ride ~ 12:00 Jomon Lunch (Shayokan Yonegura) ~ Winter agricultural product processing experience (planned) ~ 14:30 Commemorative photo wearing Jomon clothes ~ End 🚗 【meal】 morning : ○ / noon : ○ / night : -

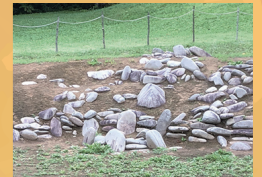
world heritage

Komakino Ruins Jomon Walk Experience

The Komakino ruins, where the story takes place, is one of the Jomon ruins in Hokkaido and northern Tohoku, a world heritage site, and there is a stone circle on a small hill where rituals and festivals are said to have been held. The scenery is also beautiful, overlooking Hakkoda and Mutsu Bay. Using this field, you can enjoy a Nordic walk with wellness in mind while collecting mountain fruits such as nuts and wild plants that are said to have been around since then, and then do yoga in a stone circle, experiencing the scenery of the Jomon period with all five senses.

travel fee ¥6,600 (per person)

○Date: Spring Golden Week to late November
※Excluding Thursdays.
○Minimum number of participants: 4 people
○What is included in the price: Komakino Ruins Jomon Walk Therapy guide fee, insurance premium, consumption tax
○Guide support: English interpreter staff (separate fee, consultation required), Chinese interpreter staff (separate fee, consultation required)



Application



Content

10:00 Komakino Forest/Acorn House gathering ~ Orientation & introduction about the Komakino ruins by a professional guide ~ 10:20 Jomon Nordic Walk starts 🚶 ~ Go to the Komakino Ruins Stone Circle ~ 10:30 Introduction to the stone circle ~ Go to the observation deck and enjoy the scenery of Aomori City and Hakkoda from a sitting area ~ Walk around the Komakino Ruins Chestnut Forest ~ 11:10 Return to the stone circle, Stone Circle Yoga ~ Commemorative photo ~ 11:50 Look back at the Acorn House ~ Disband

(Okutsugaru) Jomon Adventure Ride

An E-MTB course on the Oku-Tsugaru Trail, a forest road with beautiful fresh green leaves in spring and beautiful autumn leaves in fall. With a guide, you can collect wild vegetables, mushrooms, and nuts in the Aomori Hiba forest, one of Japan's three most beautiful forests, while imagining what it would be like to live in harmony with nature in the Jomon period. Experience wellness and adventure by bathing in the sunlight filtering through the forest leaves and improving your blood circulation in the cold springs. The bento boxes offer seasonal Jomon cuisine. We will also introduce you to the remains of the Tsugaru Forest Railway track along the road, which is typical of Oku-Tsugaru, and the setting of the novel by the great writer Osamu Dazai.

travel fee ¥5,500 (per person)

Rental bicycle: ¥3,300 (One machine)
○Date: Spring Golden Week to late November
※Excluding Thursdays.
○Minimum number of participants: 2 people
○What is included in the price: Okutsugaru Adventure Ride guide fee, insurance fee, consumption tax
○Guide support: English interpreter staff (separate fee, consultation required), Chinese interpreter staff (separate fee, consultation required)



Application



Content

9:30 Gather at Kanagaki Genki Village ~ 10:00 Orientation ~ 10:20 Adventure Ride Start 🚴 ~ Ride through the countryside ~ Oku Tsugaru Trail Route related to Osamu Dazai Forest Road (Forest Railway Ruins ~ Fuji Falls ~ Yunosawa) ~ Lunch at Yunosawa ~ Ride through the countryside ~ 14:30 Kanagaki Genki Village (commemorative photo) ~ Disband

(Okutsugaru) Jomon Wellness Satoyama Walk

A walking course with a Jomon theme on the Oku Tsugaru Trail "Aomori Hibano Sacred Tree Course". Just like the Jomon people, you will be guided through Japan's three most beautiful forests, Aomori Hiba, collecting wild vegetables, mushrooms, and nuts, and walking through the greenery, bathed in sunlight filtering through the trees. Travel back in time and come across the remains of the Tsugaru Forest Railway track along the road, the 12 Sacred Trees and the Seven Falls, listen to the rustling of leaves and the murmuring of a mountain stream in a hammock, and feel the 1/F fluctuation. The bento boxes offer seasonal Jomon cuisine.

travel fee ¥6,600 (per person)

○Date: Spring Golden Week to late November
※Excluding Thursdays.
○Minimum number of participants: 2 people
○What is included in the price: Okutsugaru Jomon Trail guide fee, insurance fee, consumption tax, taxi fee to the trail course entrance
○Guide support: English interpreter staff (separate fee, consultation required), Chinese interpreter staff (separate fee, consultation required)



Application



Content

9:30 Kanagaki Genki Village meeting/orientation ~ 10:15 Kamiki course departure gate ~ Stroll along the Aomori Hiba forest road while collecting wild vegetables, mushrooms, nuts, etc. 🚶 ~ 12:00 Seven Falls (lunch) ~ 1/F Yuragi (hammock) ~ Aomori Hiba's twelve sacred trees (stretching experience) ~ Kneipp therapy in the mountain stream of the forest railway ruins (tunnel) ~ 14:30 Course exit ~ 15:00 Kanagaki Genki Village (commemorative photo) ~ Dissolution

※The 1-night, 2-day program can be customized to your request. ※Program times can also be tailored to your requests.