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Day 1

Tokyo Tohoku Skinkansen Sendai Station (2hr) Bus (50 min)

Akiu Onsen 秋保温泉

Hotel Kiyomizu 清水 <http://www.kiyo-mizu.jp/inbound/?lang=en>

Hotel New Mitoya 新水戸屋 <https://www.mitoya-group.co.jp/inbound/?lang=en>

Attractions

Rairaikyo gorge <https://zekkeijapan.com/spot/index/320/?language=en>

Miyagikyo Distillery <https://www.nikka.com/eng/distilleries/miyagikyo/>

Day 2

Sendai Station to Shin Aomori Station to Ajigasawa (3hr 20m)

Ajigasawa Onsen 鱒ヶ沢温泉

Suigun-no-yado 水軍の宿 <https://www.suigunnoyado.com/>

Attraction

Sannai Maruyama Site <https://sannaimaruyama.pref.aomori.jp/english/>



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Day 3

Ajigasawa to Oga (4 hr 30 min)

Resort Shirakami <https://www.jreast.co.jp/e/joyful/shirakami.html>

Umi to Irihi no Yado Teisui <https://teisui.com/>

Seiko Grand Hotel <https://oga-seiko.com/en/>

Oga Hotel <https://oga-hotel.com/en/>

Oga Kanko Hotel <https://oga-kanko.com/en/>

Attractions

Gofu Namahage Drummers Live https://oga-sko.com/en/tourism/namahage_taiko

Cape Nyudozaki <https://oga-sko.com/en/tourism/nyudozaki>



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Day 4 +5

Oga Station to Akita to Tazawako Station (2 hr 25m) + bus (45min)

Nyuto Onsen 乳頭温泉郷 <http://ryokan.glocal-promotion.com/>

<https://taenoyu.com/en/> 妙乃湯

<https://taenoyu.com/miyakowasure/en/> 夏瀬温泉

<http://kuroyu.com/kuroyu/kuroyu.html> 黒湯温泉

<http://www.tsurunoyu.com/english.html> 鶴の湯温泉

<https://ganibaonsen.com/en/> 蟹場温泉

<https://magorokuonsen.com/en/> 孫六温泉

<http://ookama-onsen.jp/> 大釜温泉

<https://www.qkamura.or.jp/nyuto/> 休暇村



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Day 6

Tazawako Station to Shin Hanamaki Station + bus (2 hr)

Osawa Onsen 大澤温泉 <https://www.oosawaonsen.com/>

Sansuikaku 山水閣

Kikusuikan 菊水館

Tojiya 湯治屋

Day 7

Shin Hanamaki Station to Tokyo (2 hr 50m)