Sample Course

**Travel the Mountains, Lakes, and Streams of Lake Towada, Oirase and Hakkoda - the All-in-one Course**

**3 days, 2 nights**

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**Day 1**

**From Shin Aomori Station**

- 10:10am: Shin Aomori Station
  - JR bus "Museum"
- 11:30am: Hakkoda Fireplace
  - On foot
- 12:00pm: Lunch at the mountain shop
  - On foot
- 1:00pm: Hike the Hakkoda Mountain (Towada-Hachimantai National Park)
  - On foot
- 4:00pm: Sukaya Dinner
  - On foot
- 5:00pm: Accommodation in Hakkoda

**Option A**

**Day 2**

- Early morning walk
  - 8:00am: Accommodation in Hakkoda
  - JR bus: 40min
- 10:00am: Hike the Towada-Hachimantai National Park
  - JR bus: 60min
- 1:30pm: Lunch
  - JR bus: 10min
- 2:00pm: Oirase Keiryu Hotel
  - On foot

**Option B**

- Early morning walk
  - 8:00am: Accommodation in Towada Kohan
  - JR bus: 10min
- 9:00am: Towada Lake Canoe Tour
  - JR bus: 10min

**Day 3**

- **Option A**
  - Early morning walk
    - 8:00am: Accommodation in Towada Kohan
    - JR bus: 10min
  - 9:15am: Towada Art Center
    - JR bus: 10min
  - 10:00am: Hachimantai Station
    - JR bus: 10min
  - 10:15am: Depart to Tokyo via Tohoku Shinkansen

- **Option B**
  - Early morning walk
    - 8:00am: Accommodation in Towada Kohan
    - JR bus: 10min
  - 9:00am: Towada Lake Canoe Tour
    - JR bus: 10min
  - 10:00am: Contemporary Art Museum Course
    - JR bus: 10min
  - 1:45pm: Towada Art Center
    - JR bus: 10min
  - 3:00pm: Hachimantai Station
    - JR bus: 10min
  - 3:15pm: Depart to Tokyo via Tohoku Shinkansen