

Adventure tourism

Exploring the Nature and Culture in Hirosaki

Hirosaki City



Adventure tourism

- Connecting with Nature
- Cultural Exchange
- Activities

Hirosaki



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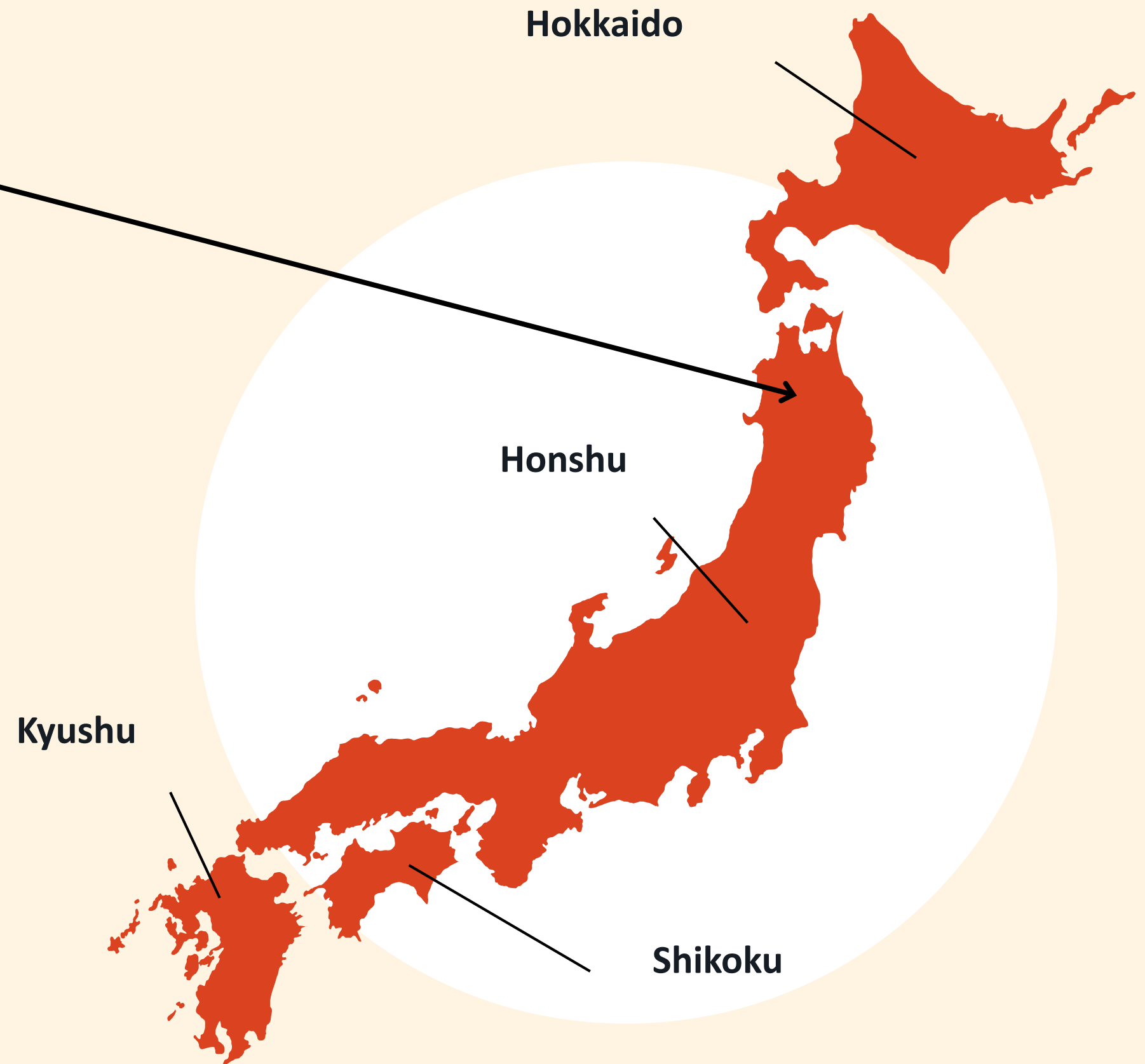
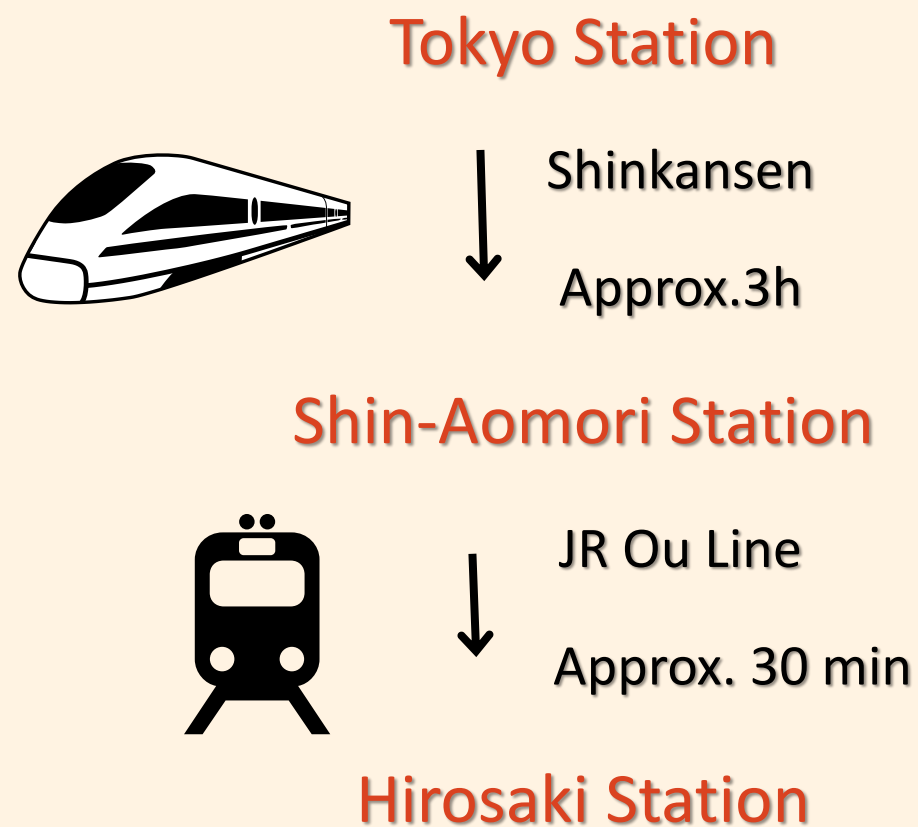
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- 05. Hirosaki Cuisine
- 06. Green Tourism

01.About Hirosaki



Hirosaki

- Located in Aomori Prefecture, in the northern part of Honshu.
- Population : 159,436人 (2024.10)
- Famous: Sakura, Apple
- Access



02. Experience

- a. Zazen Meditation
- b. Temple Training Experience
- c. Dressing Experience in Lord and Princess Attire
- d. Hirosaki Park Inner Moat Tour Boat



Zazen Meditation

Zenrin Street is located southwest of Hirosaki Castle and is considered the "**rear demon gate**" according to traditional feng shui.

A temple-lined street featuring **33 Soto Zen temples** gathered from all over the Tsugaru region.



Experience Duration (May to the end of November)

Available between 9:00 AM and 4:00 PM

Approximately 60 minutes

Participation Fee

¥700 per person

(includes a souvenir and insurance)

Advance reservation is required (up to 7 days in advance)

"You need to be accompanied by an interpreter (who can speak English)."

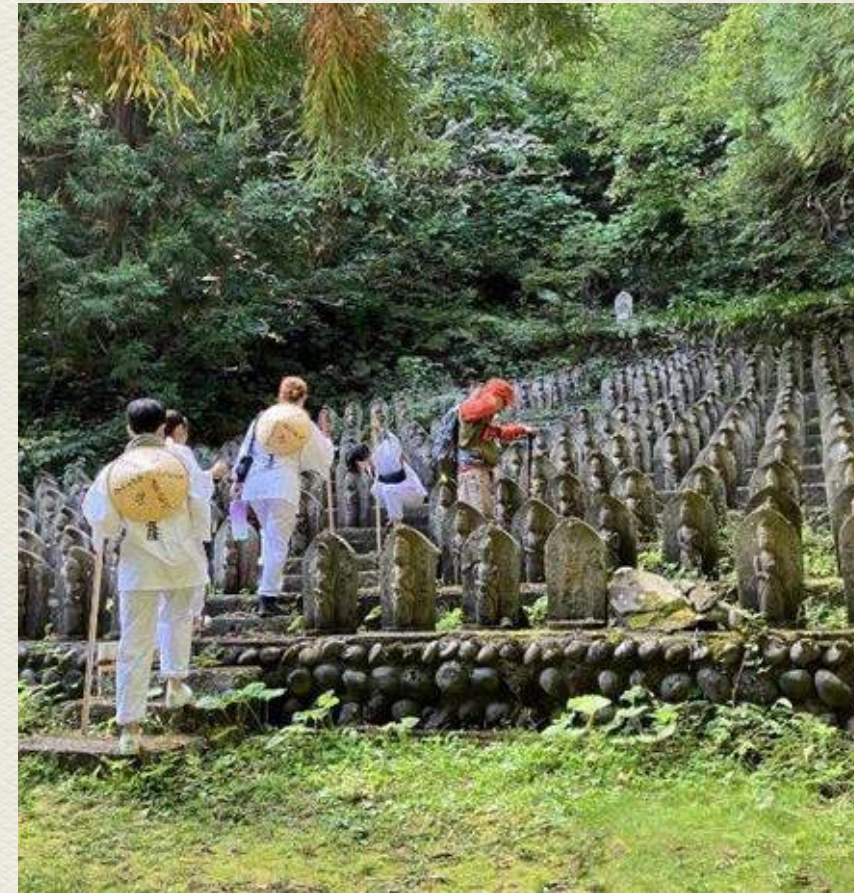
Temple Training Experience



Kudoji Temple

Founded over **800 years ago** and served as the prayer temple for the Hirosaki domain during the Edo period. Nestled approximately **600 meters** above sea level in the mountains, this temple offers visitors the rare opportunity to experience temple training under a chief priest who has undergone extensive practice at Mount Koya.

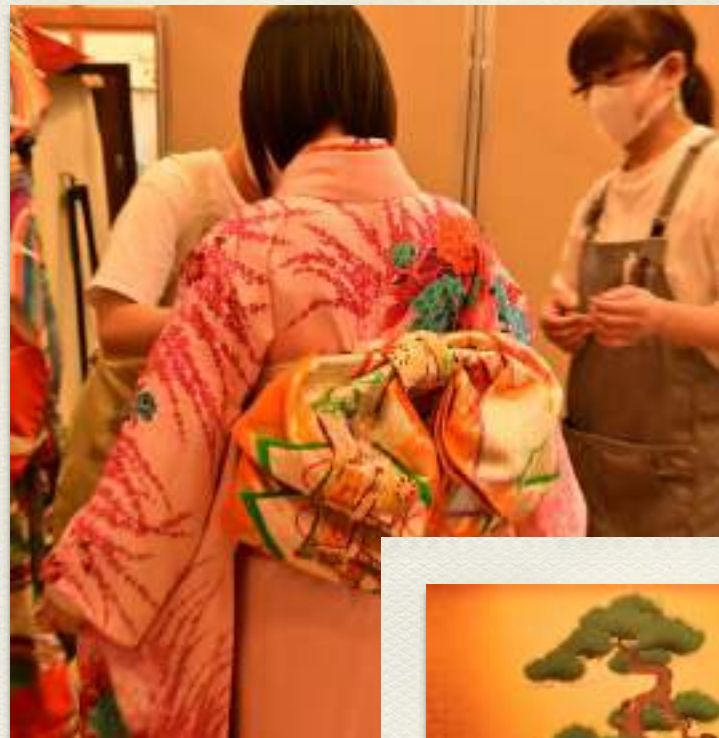
Temple Training Experience



Temple Training Experience Highlights

Goma Fire Ritual Experience, Climbing New Kunimidai via the Saigoku 33 Kannon Route, Samu Practice (Tasks include poli), Shakyō and Shabutsu Experience (Sutra and Buddhist image copying), Creating Your Original Seal Stamp

Dressing Experience in Lord and Princess Attire



Experience the elegance of Japan's historical nobility by dressing up as a feudal lord or princess in **traditional attire**. This unique activity allows you to immerse yourself in the culture and history of Japan, complete with authentic costumes and accessories.

Dressing Experience in Lord and Princess Attire

体験料
500円〜

9:00
16:30

Japanese Feudal Lord
Princess Costumes Dressing

弘前公園内 武徳殿休憩所

お殿様お姫様衣装着付け体験

新メニュー
アップルパイ食べ比べセット
(ドリンク付き)
ぜひ一度試してみてください

お問い合せ (一財)弘前市みどりの協会 弘前市下白根町1-1 TEL.0172-33-8733
ホームページ: <http://www.hirosakipark.or.jp/index.html>

Location: Hirosaki Park, Butokuden Hall

Period: Available year-round

Time: 9:00 AM to 4:30 PM

Fees: Jinbaori (battle surcoat), Lord attire, Princess kimono, or children's attire: ¥500

Optional commemorative photo: ¥500 (includes photo frame option)



Hirosaki Park Inner Moat Tour Boat

■ Spring Sakura Cruise

Period: Hirosaki Cherry Blossom Festival

Fee: 1,500 yen (tax included)

Elementary school students: 1,000 yen (tax included)

Preschool children: Free (limited to one child per adult)



■ Autumn Foliage Cruise

Period: Hirosaki Castle Chrysanthemum and Autumn Foliage Festival

Fee: 1,000 yen (tax included)

Elementary school students: 500 yen (tax included)

Preschool children: Free (limited to one child per adult)

03.Festival



- Spring (April~May)

Hirosaki Cherry Blossom Festival

- Summer (August 1~7)

Hirosaki Neputa Festival

- Autumn (October~November)

Hirosaki Castle Chrysanthemum and

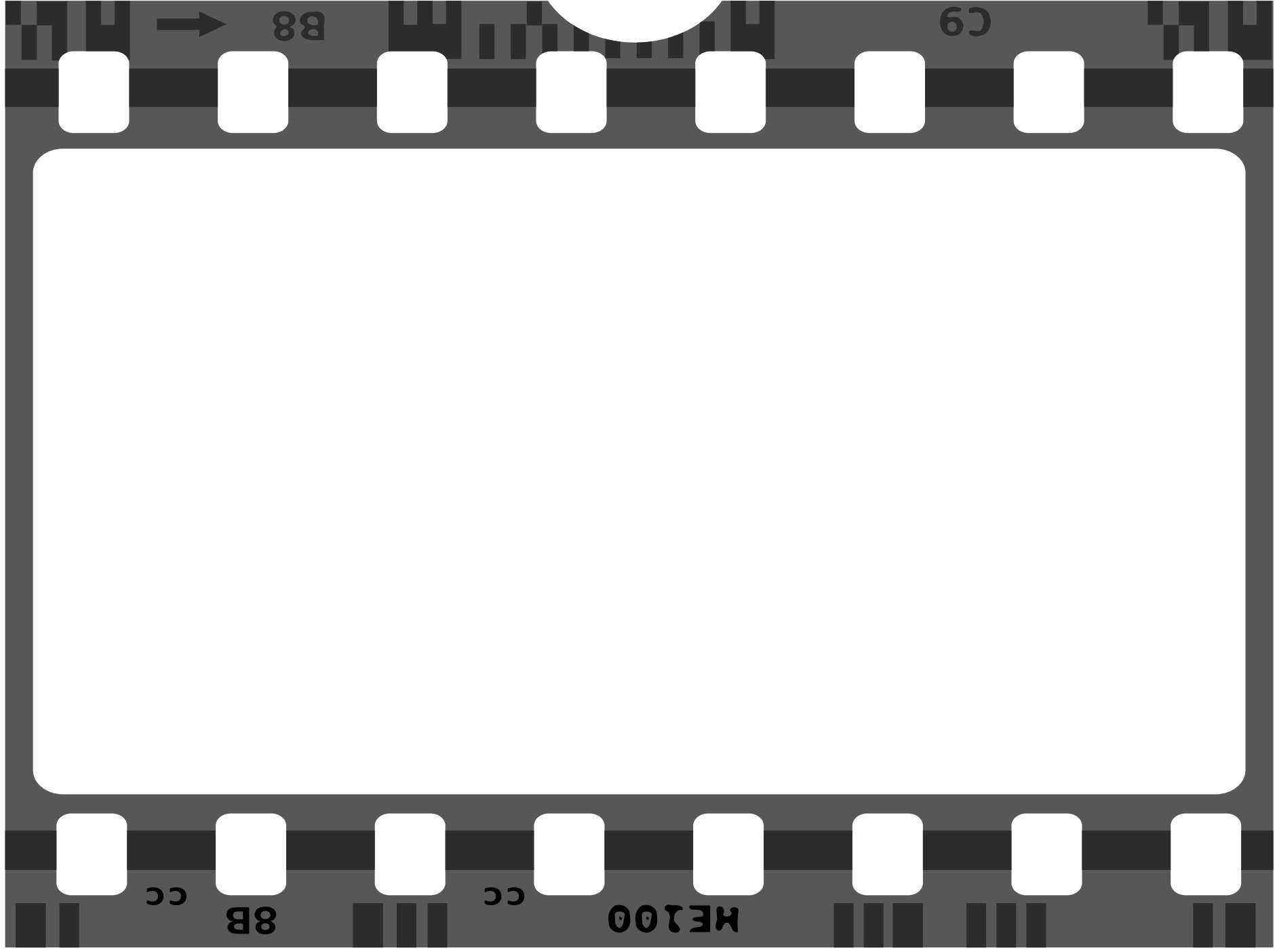
Autumn Foliage Festival

- Winter (February)

Hirosaki Castle Snow Lantern Festival







04. Hirosaki and Its Apple Culture

- The largest production in Japan
- The birthplace of Japanese cider
 - Delicious apple pies
 - Locally crafted ciders
 - A thriving apple industry





Mt.Iwaki and apple tree



Apple pie



Illustrated Apples



Cider Company



2-meter giant apple pie

Hirosaki Apple Pie Guide Map (En)

https://www.hirosaki-kanko.or.jp/individual/admin_foreign_lang/apgmen.pdf

Cider can be purchased at Hirosaki City Apple Park.

■ Contact

Hirosaki Municipal Tourist Center

TEL: +81-172-37-5501

Hirosaki Tourist Information Center

TEL: +81-172-26-3600

■ TEL: +81-172-35-3131

■ E-mail Address: hirokan5@jomon.ne.jp

hirokan5501@gmail.com

05. Hirosaki Cuisine



Niboshi Ramen
(Dried sardine-based ramen)



Igamenchi
(Fried squid patties)



Kaiyaki Miso
(Shell-grilled miso dish)



Kenoshiru
(Vegetable and miso soup)



Dakekimi
(Premium sweet corn from Mount Dake)

06. Green Tourism

Farming and Countryside Living

A farm stay where you can enjoy farming activities, Tsugaru dialect, hot springs, and delicious meals.

©Accommodations

- [Koki Tanaka](#)
- [Yoko Farm Iwaki](#)
- [Tsugaru Yumeringo Farm](#)
- [ANEKKO House](#)
- [Farm Inn Apple Heart](#)
- [Flower Garden Mimi](#)
- [Farm Inn Sakura](#)





Agricultural Experiences (From planting to harvest), Seasonal Vegetable Farming Activities, Apple Thinning Experience (Including flower picking and thinning), Apple Harvesting Experience, Corn Harvesting, Wood Stove Cooking Experience, Snow Shoveling Experience

Thanks

Hirosaki City



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Instagram	
e_comeonhirosaki	https://www.instagram.com/e_comeonhirosaki/ (Jp)
Visitjapan_hirosaki	https://www.instagram.com/visitjapan_hirosaki (En)
Facebook	
Hirosaki City Promotion	https://www.facebook.com/hirosaki.city.promo.en/ (En)
Youtube	
hirosakicitypromo	https://www.youtube.com/user/hirosakicitypromo (Jp)

©Facility		
©Hirosaki Tourism and Convention Bureau	Tel: 0172-35-3131 (Weekdays 8:30 AM–5:15 PM) Fax: 0172-35-3132	https://www.hirosaki-kanko.or.jp (Jp) https://www.hirosaki-kanko.or.jp/en/ (En)
©Zazen Meditation Experience Contact: Hirosaki Tourism and Convention Bureau	hirokan5@jomon.ne.jp hirokan5501@gmail.com	https://www.hirosaki-kanko.or.jp/details.html?id=CNT00403291353141301 (Jp)
©Temple Training Experience at Gokokuzan Kannon-in Kudoji Temple		https://www.hirosaki-kanko.or.jp/details.html?id=CNT00405191417563176 (Jp)
©Dressing Experience in Lord and Princess AttireContact: Hirosaki Greenery Association	Tel: 0172-33-8733	http://www.hirosakipark.or.jp/hirosakipark/kituke.html (Jp)
©Hirosaki Satoyama Tourism		https://hirosaki-satoyama.com (Jp)

◎event	
Hirosaki Cherry Blossom Festival 弘前さくらまつり	https://www.hirosaki-kanko.or.jp/edit.html?id=cat02_spring_sakura (Jp)
Hirosaki Neputa Festival 弘前ねぷたまつり	https://www.hirosaki-kanko.or.jp/edit.html?id=cat02_summer_neputa (Jp)
Hirosaki Castle Chrysanthemum and Autumn Foliage Festival 弘前城菊と紅葉まつり	https://www.hirosaki-kanko.or.jp/edit.html?id=cat02_autumn_momiji (Jp)
Hirosaki Castle Snow Lantern Festival 弘前城雪燈籠まつり	https://www.hirosaki-kanko.or.jp/edit.html?id=cat02_winter_yuki (Jp)

Contact

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