

Japan Domestic Travel Guide

A. How to Reach Mutsu City (Shimokita Station)

1. Important Notes for All Travelers

- **Plaza Hotel Mutsu** is located approximately a **5-minute walk** from **Shimokita Station**.
- **Planned LOC shuttle buses (August 23)**
The Local Organizing Committee (LOC) is considering arranging complimentary shuttle buses:
 - From **Hachinohe Station** at **12:00** and **18:10**
 - From **Misawa Airport** at **12:40** and **18:50**It is **recommended** to choose flights or trains that match these times.
- **A transit at Haneda Airport** requires **about 3 hours** both when entering and when leaving Japan.
- **Cash only on many local lines in Aomori Prefecture**
Aomori Railway and many local buses accept **Japanese yen in cash only**.
Credit cards and foreign currencies are often **not accepted**.
- **Exchange foreign currency at major airports**
It is difficult to exchange foreign cash in Aomori Prefecture. Please exchange money at **Haneda Airport, Narita Airport, or your departure airport before entering Japan**.
ATMs in convenience stores (7-Eleven, Lawson, FamilyMart) usually allow withdrawals with credit/debit cards.

2. Arriving via Haneda → Misawa Airport → Public Transport

There are usually four daily flights from **Tokyo Haneda (HND)** to **Misawa Airport (MSJ)** (Japan Airlines).

Notes on local railways:

- **Aomori Railway:** Private regional railway between Aomori, Noheji,

and Hachinohe. IC cards (Suica, PASMO) are **NOT accepted**.

- **Ōminato Line (JR East)**: Rural JR line connecting Noheji → Shimokita → Ōminato. Trains run infrequently.

JAL153

Tokyo/Haneda 08:15 → Misawa 09:30

Transfers:

- Misawa Airport 09:45 → 10:01 Misawa Station (bus)
- Misawa Station 12:21 → 12:52 Noheji (Aoimori Railway)
- Noheji 13:00 → 13:56 Shimokita (Ōminato Line)

JAL155

Tokyo/Haneda 11:00 → Misawa 12:20

Transfers:

- Misawa Airport 12:55 → 13:11 Misawa Station (bus)
- Misawa Station 15:32 → 16:47 Shimokita (direct train via Aoimori Railway + Ōminato Line)

JAL157

Tokyo/Haneda 14:55 → Misawa 16:10

Transfers:

- Misawa Airport 16:40 → 17:00 Misawa Station (taxi only; bus unavailable)
- Misawa Station 17:42 → 18:09 Noheji (Aoimori Railway)
- Noheji 18:16 → 19:12 Shimokita (Ōminato Line)

JAL159

Tokyo/Haneda 17:05 → Misawa 18:30

Transfers:

- Misawa Airport 18:45 → 19:01 Misawa Station (bus)
- Misawa Station 19:35 → 21:04 Shimokita (direct train via Aoimori Railway + Ōminato Line)

Fare (Misawa Airport → Shimokita Station)

- Bus: ¥400
- Taxi: around ¥2,100

- Train: ¥2,150
- Total: approx. ¥2,550–¥4,250

Taxi (Misawa Airport → Shimokita Station)

- Distance / time: 90 km / about 1 hour 45 min
- Estimated fare: ¥28,500

3. From Tokyo/Haneda Airport by Train via Hachinohe

Example arriving at **Hachinohe 17:04** and **Shimokita 19:20**

- Haneda Airport 13:38 → 13:57 Hamamatsucho (Tokyo Monorail)
- Hamamatsucho 14:03 → 14:07 Tokyo Station (JR)
- Tokyo Station 14:20 → 17:04 Hachinohe (Tōhoku Shinkansen)
- Hachinohe 17:22 → 18:09 Noheji (Aoimori Railway)
- Noheji 18:16 → 19:20 Shimokita (Ōminato Line)

Fare: approx. ¥20,000

4. From Tokyo/Narita Airport by Train via Hachinohe

Example arriving at **Hachinohe 17:04** and **Shimokita 19:20**

- Narita Airport 13:00 → 13:45 Keisei Ueno (Keisei Skyliner)
- Ueno 14:26 → 17:04 Hachinohe (Tōhoku Shinkansen)
- Hachinohe 17:22 → 18:09 Noheji (Aoimori Railway)
- Noheji 18:16 → 19:20 Shimokita (Ōminato Line)

Fare: approx. ¥21,500

Note:

It is generally better to use the **Shinkansen via Tokyo → Hachinohe** than to transfer from Narita to Haneda and fly to Misawa.

5. Arriving at Sendai Airport on International Flights

Sendai Airport typically has international flights from Seoul, Taipei, Hong Kong, Bangkok, Kaohsiung, and others depending on season.

Example arriving at **Hachinohe 17:04** and **Shimokita 19:20**

- Sendai Airport 15:08 → 15:33 Sendai Station (Airport Access Line)
- Sendai Station 15:53 → 17:04 Hachinohe (Tōhoku Shinkansen)

- Hachinohe 17:22 → 18:09 Noheji (Aoimori Railway)
 - Noheji 18:16 → 19:20 Shimokita (Ōminato Line)
- Fare: approx. ¥12,500

6. Arriving at Aomori Airport on International Flights

Aomori Airport has limited international flights, mainly from Seoul and Taipei.

Example arriving at **Shimokita 19:20**

- Aomori Airport 15:20 → 15:55 Aomori Station (bus)
 - Aomori Station 16:17 → 17:01 Noheji (Aoimori Railway)
 - Noheji 17:05 → 18:01 Shimokita (Ōminato Line)
- Fare: approx. ¥3,500

Taxi (Aomori Airport → Shimokita Station)

- Distance / time: 130 km / 2.5–3 hours
- Estimated fare: ¥40,000–¥45,000

7. Consider Japan Rail Pass or JR East Tohoku Area Pass

- Japan Rail Pass (nationwide JR): <https://japanrailpass.net/en/>
- JR East Tohoku Area Pass: <https://www.jreast.co.jp/en/multi/pass/>

B. Departure from Mutsu City (Return Travel Information)

8. Planned LOC Shuttle Buses (Return)

August 28 (morning) – Departure from Plaza Hotel Mutsu at 07:00

- Arrive 08:50 Misawa Airport
- Arrive 09:30 Hachinohe Station

August 29 (morning) – Departure from Plaza Hotel Mutsu at 07:00

- Arrive 08:50 Misawa Airport
- Arrive 09:30 Hachinohe Station

Participants are **recommended** to choose flights or trains that match these arrival times.

9. Returning via Misawa Airport → Haneda Airport (4 flights)

For your returning flight, LOC recommend **arriving at Misawa Airport more than 1 hour** before the scheduled departure.

JAL152

Misawa Airport 10:10 → 11:35 Tokyo/Haneda

Transfers from Shimokita:

- Shimokita 06:35 → 07:34 Noheji (Ōminato Line)
- Noheji 07:40 → 08:06 Misawa Station (Aoimori Railway)
- Misawa Station 08:54 → 09:10 Misawa Airport (bus)

JAL154

Misawa Airport 12:50 → 14:20 Tokyo/Haneda

Transfers from Shimokita:

- Shimokita 08:13 → 09:30 Misawa Station (direct train via Ōminato Line + Aoimori Railway)
- Misawa Station 10:24 → 10:40 Misawa Airport (bus)

JAL156

Misawa Airport 16:45 → 18:15 Tokyo/Haneda

Transfers from Shimokita:

- Shimokita 11:52 → 12:39 Noheji (Ōminato Line)
- Noheji 12:45 → 13:11 Misawa Station (Aoimori Railway)
- Misawa Station 13:20 → 13:40 Misawa Airport (taxi only; bus unavailable)

JAL158

Misawa Airport 19:10 → 20:35 Tokyo/Haneda

Transfers from Shimokita:

- Shimokita 14:17 → 15:14 Noheji (Ōminato Line)
- Noheji 15:20 → 15:44 Misawa Station (Aoimori Railway)
- Misawa Station 15:54 → 16:10 Misawa Airport (bus)

Fare (Shimokita → Misawa Airport)

- Bus: ¥400
 - Taxi: around ¥2,100
 - Train: ¥2,150
- Total: approx. ¥2,550–¥4,250

Taxi (Shimokita → Misawa Airport)

- Distance / time: 90 km / about 1 hour 45 min
- Estimated fare: ¥28,500

10. Returning via Hachinohe → Tokyo → Haneda Airport (Shinkansen)

- Shimokita 08:13 → 09:50 Hachinohe (direct train via Ōminato Line + Aoimori Railway)
 - Hachinohe 10:17 → 13:34 Tokyo Station (Tōhoku Shinkansen)
 - Tokyo Station 13:20 → 13:24 Hamamatsucho (JR)
 - Hamamatsucho 13:30 → 13:46 Haneda Airport
- Fare: approx. ¥20,000

11. Returning via Hachinohe → Tokyo → Narita Airport (Shinkansen)

Example arriving at **Narita 14:30**

- Shimokita 08:13 → 09:50 Hachinohe (direct train via Ōminato Line + Aoimori Railway)
 - Hachinohe 10:17 → 12:58 Ueno (Tōhoku Shinkansen)
 - Keisei Ueno 13:35 → 14:25 Narita Airport (Keisei Skyliner)
- Fare: approx. ¥21,500

12. Returning via Sendai Airport

Example arriving at **Sendai Airport 12:20**

- Shimokita 08:13 → 09:50 Hachinohe (direct train via Ōminato Line + Aoimori Railway)
 - Hachinohe 10:17 → 11:29 Sendai Station (Tōhoku Shinkansen)
 - Sendai Station 11:50 → 12:17 Sendai Airport (Airport Access Line)
- Fare: approx. ¥12,500

13. Returning via Aomori Airport

- Shimokita 06:35 → 07:34 Noheji (Ōminato Line)
- Noheji 08:01 → 08:49 Aomori Station (Aomori Railway)
- Aomori Station 09:30 → 10:05 Aomori Airport (bus)

Fare: approx. ¥3,500

Taxi (Shimokita → Aomori Airport)

- Distance / time: 130 km / about 2.5–3 hours
- Estimated fare: ¥40,000–¥45,000