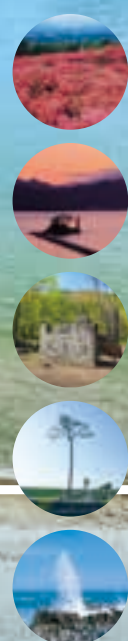


Explore beautiful nature and fascinating culture

SANRIKU FUKKO NATIONAL PARK

Guidebook



Hachinohe City, Hashikami Town, Hirono Town, Kuji City, Noda Village, Fudai Village, Tanohata Village, Iwaizumi Town, Miyako City, Yamada Town, Otsuchi Town, Kamaishi City, Ofunato City, Sumita Town, Rikuzentakata City, Kesennuma City, Minamisanriku Town, Onagawa Town, Ishinomaki City

Walk along the Michinoku Coastal Trail

みちのく潮風トレイル
Michinoku Coastal Trail

Extending along the Pacific coast, this long trail connects Hachinohe City in Aomori Prefecture to Soma City in Fukushima Prefecture. Enjoy the scenery of the Sanriku Fukko National Park and the ria coastlines, as well as some dynamic mountain hikes and local culinary delights unique to each region while fostering connections with the locals, which contributes to the recovery of the region. The Michinoku Coastal Trail serves as a journey where you can witness landscapes that can only be seen by walking on your own feet, experience the healing power of nature that stimulates all your senses, and discover the culture and warmth of the locals.

Hachinohe City, Aomori Pref.
⇕
Yamada Town, Iwate Pref.

An awe-inspiring road with towering cliffs

This is a path that you can walk along while gazing at the magnificent sea cliffs formed by erosion from the waves. As you travel from north to south, the cliffs become taller. The section between Hachinohe City and Noda Village is relatively gentle, while the route from Fudai Village to Yamada Town requires stamina and skill.

Otsuchi Town, Iwate Pref.
⇕
Ishinomaki City, Miyagi Pref.

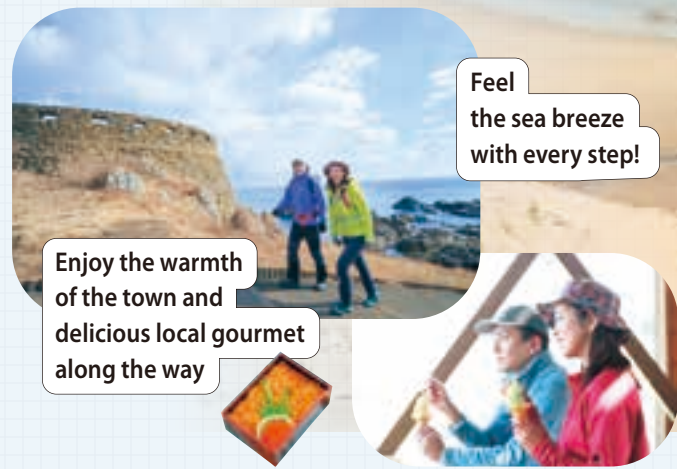
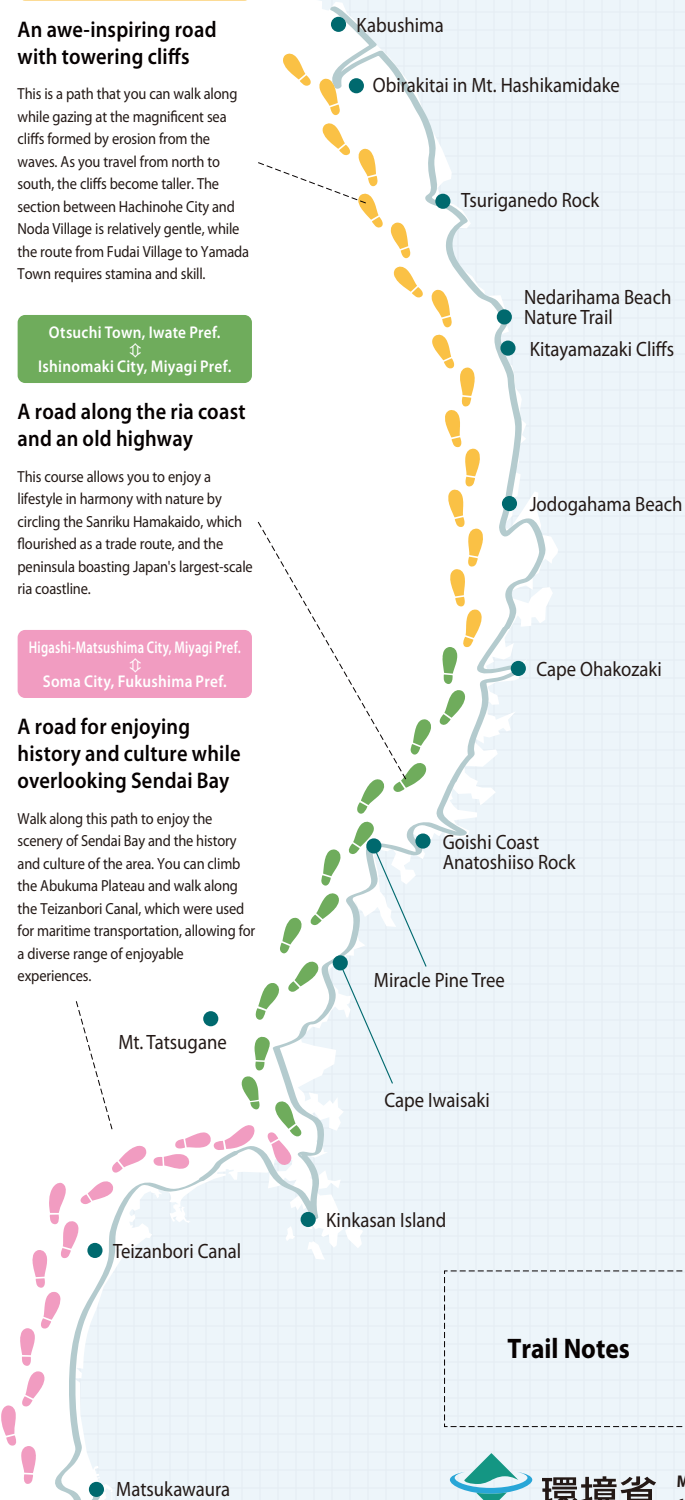
A road along the ria coast and an old highway

This course allows you to enjoy a lifestyle in harmony with nature by circling the Sanriku Hamakaido, which flourished as a trade route, and the peninsula boasting Japan's largest-scale ria coastline.

Higashi-Matsushima City, Miyagi Pref.
⇕
Soma City, Fukushima Pref.

A road for enjoying history and culture while overlooking Sendai Bay

Walk along this path to enjoy the scenery of Sendai Bay and the history and culture of the area. You can climb the Abukuma Plateau and walk along the Teizanbori Canal, which were used for maritime transportation, allowing for a diverse range of enjoyable experiences.



Feel the sea breeze with every step!

Enjoy the warmth of the town and delicious local gourmet along the way

Preparing for the trail

- 1 Gather information from the official Michinoku Coastal Trail website.
- 2 Request the trail maps for the walking sections.
- 3 Plan thoroughly, make preparations, and then set off on your journey.

Thorough preparation is crucial for the trail. Check the information on the official website to ensure a comfortable and enjoyable experience on the day of your hike.

Michinoku Coastal Trail Official Website

Michinoku Coastal Trail Search



To order a map, please contact the Michinoku Coastal Trail Natori Trail Center. Tel: 022-398-6181

Trail Notes

Take into account your fitness level and the weather, and create a realistic plan before starting. To safely enjoy the trail, plan for meals and rest locations, check for any hazardous areas along the route, and confirm the locations of emergency shelters.



Ministry of the Environment Tohoku Regional Environment Office
6F Sendai Godochosha Bldg.No.2, 3-2-23 Honcho, Aoba-ku, Sendai, Miyagi 980-0014 Tel: 022-722-2874



Discover the terrain

Cape Osaki

Marine erosion shelf # Slump structure # Kesennuma # Miyagi Prefecture

Located at the innermost part of the Karakuwa Peninsula, this cape is known for its series of magnificent rocky reefs created by sea erosion and the spectacular view of the Pacific Ocean's mighty waves crashing against the shore.

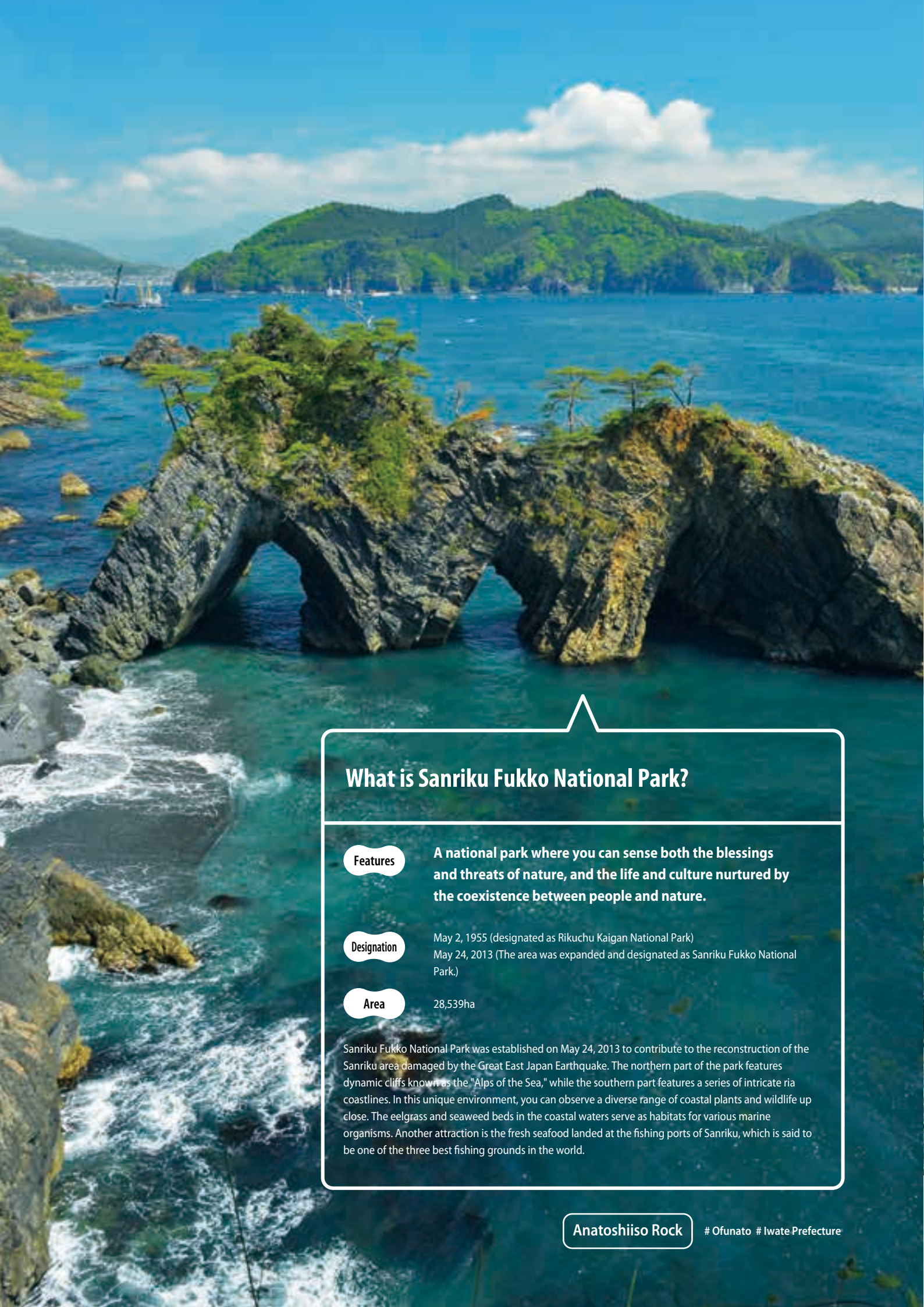


Discover nature

Shirobana Rhododendron

Natural Treasure # Kitayamazaki # Iwate Prefecture

Along the cool and refreshing coastline of northern Sanriku, you can witness the sight of plants that typically grow at higher altitudes, even in the summer. The white-flowered rhododendrons that thrive on the cliffs of Kitayamazaki are in full bloom around mid-June.



Scenic views
await as you walk!

Michinoku Coastal Trail



Uge Coast # Hirono Town # Iwate Prefecture

What is Sanriku Fukko National Park?

Features

A national park where you can sense both the blessings and threats of nature, and the life and culture nurtured by the coexistence between people and nature.

Designation

May 2, 1955 (designated as Rikuchu Kaigan National Park)
May 24, 2013 (The area was expanded and designated as Sanriku Fukko National Park.)

Area

28,539ha

Sanriku Fukko National Park was established on May 24, 2013 to contribute to the reconstruction of the Sanriku area damaged by the Great East Japan Earthquake. The northern part of the park features dynamic cliffs known as the "Alps of the Sea," while the southern part features a series of intricate ria coastlines. In this unique environment, you can observe a diverse range of coastal plants and wildlife up close. The eelgrass and seaweed beds in the coastal waters serve as habitats for various marine organisms. Another attraction is the fresh seafood landed at the fishing ports of Sanriku, which is said to be one of the three best fishing grounds in the world.

Anatoshiiso Rock # Ofunato # Iwate Prefecture

Discover wildlife

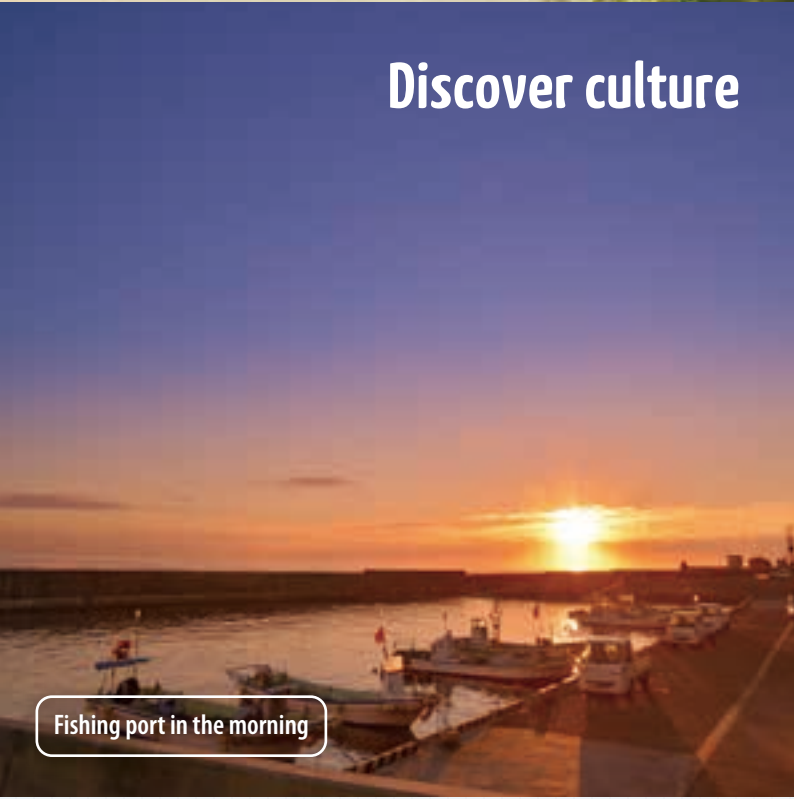


Black-tailed Gulls on Kabushima Island

Full of Black-tailed Gulls # Kabushima # Aomori Prefecture

Kabushima Island is designated as a national natural monument and breeding ground for black-tailed gulls. Every year, from spring to summer, an estimated 30,000 black-tailed gulls migrate to the island to breed and raise their young.

Discover culture



Fishing port in the morning

Fishery # Fisherman # Pacific Ocean and Morning Sun

Before dawn, during the early hours of the morning that can still be considered as late at night, fishermen set sail and return to the harbor as the sunrise begins. This marks the start of the workday on the coast.

Discover Sanriku Geopark!



What is Geopark?

A geopark is a combination of the words "geo" (meaning earth or land) and "park," which signifies a "park of the Earth." It is a place where you can learn about and enjoy the connection between nature, the local communities, their way of life, and the history and culture associated with the area.

The 5 appealing points of Sanriku Geopark

Sanriku Geopark allows you to experience and enjoy the rich history of the Earth, the history of tsunamis, the abundance of nature, and the activities of the local people, spanning approximately 500 million years.

Appealing point 1: Diverse landscapes from 500 million years ago

The Sanriku region bears the imprints of approximately 500 million years of history, featuring a variety of landscapes created through the uplift and erosion of the Earth.



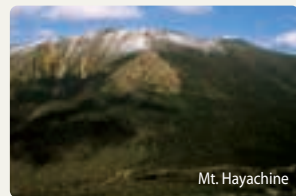
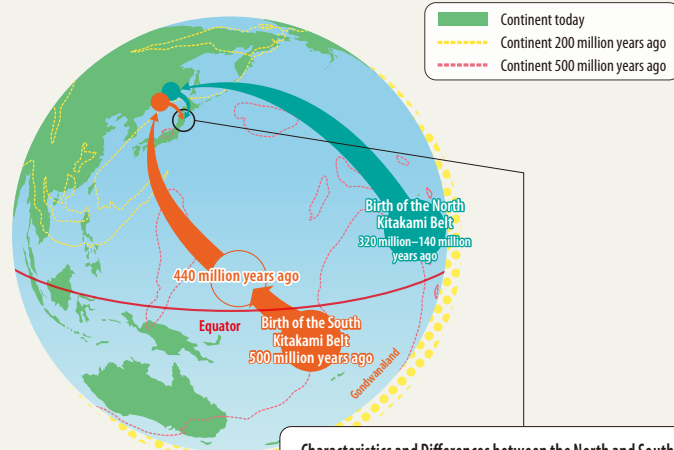
Jodogahama Beach



Cape Kurosaki

The origins of Sanriku

In the southern part of Sanriku, a portion of the continent near the equator separated and moved. Meanwhile, in the north, sand, mud, reefs, etc., that had accumulated on the seabed shifted. The two land masses met with the Asian continent, and later, the Japanese archipelago separated from the Asian continent, and through uplift and erosion, it eventually took on its current form.



Mt. Hayachine

Characteristics and Differences between the North and South

The North Kitakami Belt
The land that emerged as a result of submarine sediments and seamounts, etc., rubbing against the continent.

The South Kitakami Belt
The land formed by the movement of a part of the Gondwanaland that once existed in the southern hemisphere.

Appealing point 3: A one-of-a-kind ecosystem

Within the diverse ecosystem, you can witness unique species like Hayachine-Usuyukiso (*Leontopodium hayachinense*) plants thriving due to distinctive geology and rocks, as well as alpine plant communities nurtured by harsh weather conditions such as *yamase*, the cold Pacific wind.



Hayachine-Usuyukiso

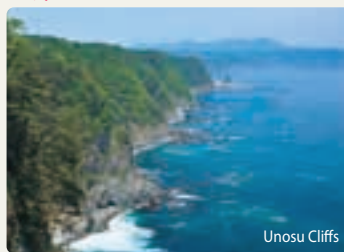
Shirobana Rhododendron colony

[Ryusenjindo Cave] Crstal Palace

[Ryusendo Cave] Stalactite

Yamase, the cold Pacific wind

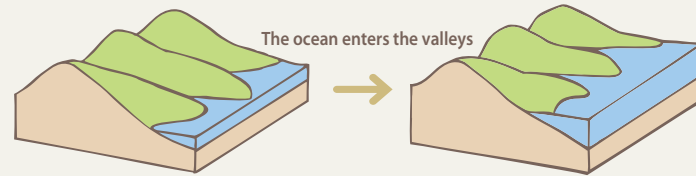
Appealing point 2: Ria blessings and terrace activities



Unosu Cliffs

The ria coastline is characterized by a coastline of repeating inlets and bays, formed by the sea entering deep valleys carved by rivers. The marine terraces feature a series of terraces and cliffs that emerged onto the land due to the uplift of the Earth's surface and changes in sea level, resulting in a straight coastline that was once a flat seabed near the shoreline.

Ria Coastline



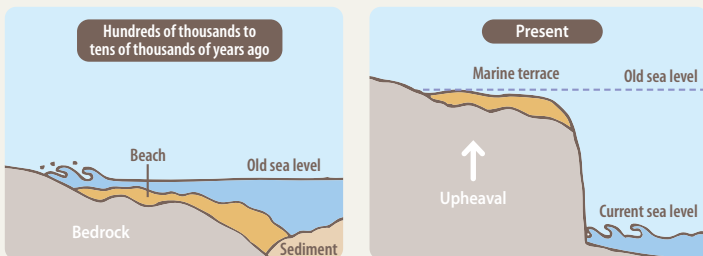
Characterized by intricate capes and inlets, the calm bay is well-suited for aquaculture, such as oyster farming.



Oysters from Yamada Bay

Fresh seafood

Marine terrace



Marine terraces resembling actual terraces are used for livestock farming, taking advantage of their flat terrain.

Appealing point 4: Abundant underground resources

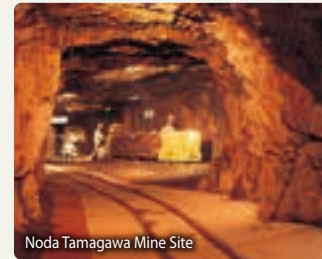


Kuji Amber

The rich resources of Sanriku have supported the region, including the renowned production of Kuji amber, the Kesen Gold Mine that supported the gold culture of Hiraizumi, and the Kamaishi Mine, which laid the foundation for modern steelmaking.



Hashino Iron Mine



Noda Tamagawa Mine Site



Kamaishi Mine



Imadeyama Gold Mine Site

Gold mining in Kesen

Appealing point 5: History and coexistence with great tsunamis

The offshore region of Sanriku is an area that is frequently struck by earthquakes and tsunamis due to the subduction of the Pacific Plate, and the memory of past major tsunamis is preserved in the ancient geological layers. Sanriku serves as a field where wisdom and lessons of coexistence with tsunamis can be passed on.



Tsunami Stone of Yoshihama, Sanriku-cho, Ofunato City



Tsunami Ruins Taro Kanko Hotel



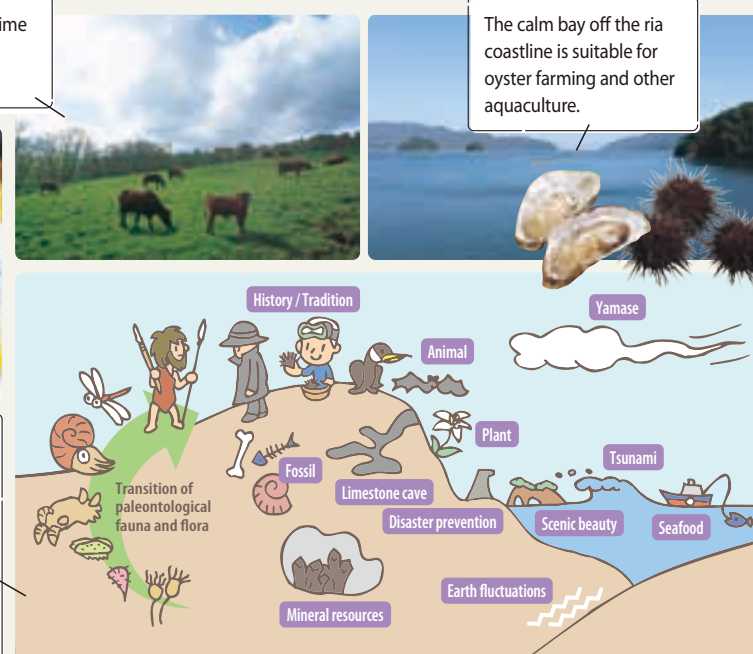
Miracle Pine Tree

Preservation of Disaster Ruins (Miracle Pine Tree, Taro Kanko Hotel, etc.)

The flat terrain of the maritime terraces is utilized by the livestock industry.



According to one theory, the Toramai dance in Otsuchi may have been inspired by Joruri puppet theater performances witnessed during exchanges with Edo. The prosperity of trade was largely due to the topography of the area, which is blessed with a good harbor.



The calm bay off the ria coastline is suitable for oyster farming and other aquaculture.

The five appealing points, the local food, the culture (local performing arts, etc.), and the people's way of life are deeply connected to the history of the land.

Walk around the geopark with a guide



Sanriku Geopark Promotion Council
Sanriku Geopark Certified Guide

The Sanriku Geopark is the largest geopark in Japan where you can learn about the Earth's processes. Geopark guides will attentively introduce the highlights of the geopark!



Tanesashi Coast / Hachinohe City Geo Guide
Nature Guide Vayu
Tel: 0178-30-1775



Kosode Coast / Kuji City Geo Guide
Kitasanriku Certified Geo Guide Club
Tel: 0194-75-3620



Tanohata Geopark Guide
NPO Taikenmura / Tanohata Network
Tel: 0194-37-1211



Sappa Boat Adventure
NPO Taikenmura / Tanohata Network
Tel: 0194-37-1211



Moshi Coast Geopark Guide
Association of Iwaizumi Tour Guide
Tel: 0194-22-5955



Sannoiva Rock-Taro Kanko Hotel-Taro Seawall Guide
Disaster Prevention Tour Guide
Tel: 0193-77-3305



Jodogahama Guide
Jodo Biyori
Tel: 080-5550-7666



Hashino Iron Mine / Lessons Learned from the Disaster / Disaster Prevention Studies
Association of Kamaishi Tour Guide
Tel: 0193-22-5835



Goishi Coast / Visiting the Disaster-stricken Area with a Storyteller
Camellia Village Ofunato Tour Guide Association
Tel: 0192-29-2121



Goishi Coast Anatoshi Boat
Goishi Coast Information Center
Tel: 0192-29-2359



Takatamatsubara Memorial Park Guide
Rikuzentakata Tourism and Products Association
Tel: 0192-54-5011

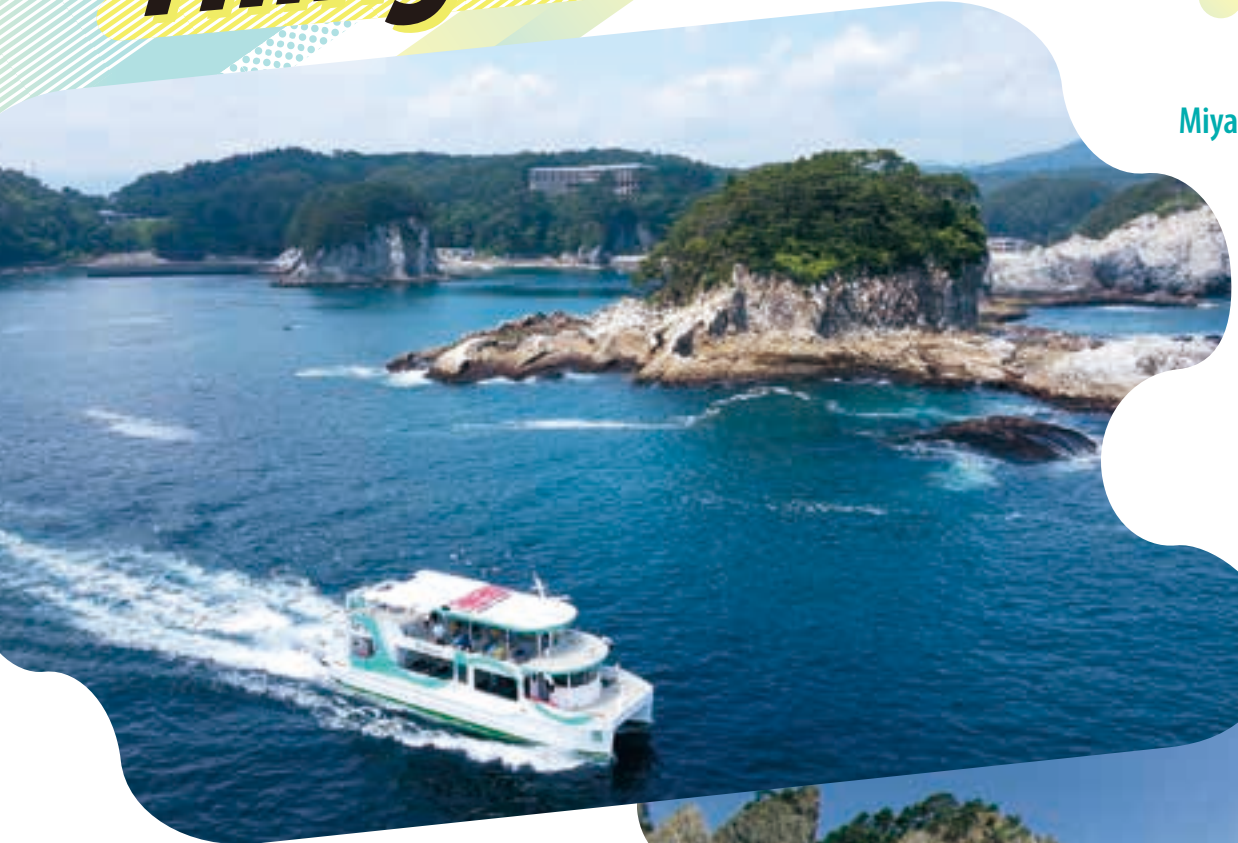


Karakuwa Peninsula Geo Guide
Karakuwa Branch, Kesenuma City Tourism Association
Tel: 0226-32-3029

Plenty of gourmet & activities!

Things to do in Sanriku Fukko National Park!

The magnificent views of the sea and mountains surrounded by abundant nature are not the only things worth experiencing here! There are plenty of unique activities and gourmet delights that can only be found in Sanriku!



Miyako City sightseeing boat, "Miyako Umineko Maru"

The Miyako City sightseeing boat "Miyako Umineko Maru" commenced its service on July 17, 2022. Connecting Desaki Port and Jodogahama Beach, this new sightseeing boat guides passengers through the Jodogahama area and various geo-sites of the Sanriku Geopark.
Inquiries: Miyako Pleasure Boat Div., Northern Iwate Transportation Inc.
Tel: 0193-65-8856



Try a Bin Don

This is a local gourmet dish from Miyako where seasonal ingredients are packed tightly into a milk bottle and then poured over rice for a unique and interactive experience.
Inquiries: Miyako Tourism Culture Exchange Association
Tel: 0193-62-3534



Local Gourmet Kamaishi Ramen

Kamaishi's local ramen is characterized by ultra-thin curly noodles and a clear amber-colored soy sauce-based light broth.
Inquiries: Kamaishi Tourist Information Center
Tel: 0193-22-5835

Kitayamazaki Sappa Boat Adventure

Ride on a small coastal "Sappa boat" operated by local fishermen, and enjoy a dynamic and exhilarating cruising experience as you tour the cliffs and sea caves of Kitayamazaki.
Inquiries: NPO Taikenmura / Tanohata Network
Tel: 0194-37-1211



Hachinohe Senbei-jiru Soup

One of the representative dishes of the Hachinohe region. The chewy texture of Otsuyu Senbei, specially made for soups, is what makes it appealing.
Inquiries: Visit Hachinohe
Tel: 0178-70-1110



Retreat Camp on the Tanesashi Coast

A retreat camp at the campsite next to the Tanesashi Natural Lawn. Enjoy fresh local ingredients under the starry sky and on the soft lawn.
Transportation: Approx. 3 min walk from JR Hachinohe Line Tanesashi-kaigan Station.
Inquiries: AC Promote
Tel: 0178-38-8420



Workcation

With accommodations, a train station, shopping district, and coworking spaces all within walking distance, Onagawa Town is perfect for a workcation.
Inquiries: NPO Asuenokibou
Tel: 0225-98-7175



Care for your body with beach yoga

Immerse yourself in the natural surroundings and relax your mind and body at Kiraumi Fudai Beach. Everyone from beginners to families with children are welcome to join.
Inquiries: Fudai Village Tourism Association
Tel: 0194-35-2115



Sea kayaking highly recommended!

A sea kayaking schools and tours are held at Jodogahama, one of the most scenic spots in Sanriku. They offer a variety of programs that can be enjoyed by beginners and experienced kayakers alike.
Inquiries: Sanriku Sea Kayak School Sea-son
Tel: 090-4550-0250

Enjoy the taste of Sanriku with Sushi & Kaisendon

Fresh seasonal seafood from off the coast of Sanriku / Kinkasan Island, one of the world's three major fishing grounds, is available along the Sanriku coastline, allowing you to fully savor its flavors.





Hachinohe City

From the Tanesashi Coast to a morning market and gourmet foods, Hachinohe's diverse coastline and abundant sea offer countless attractions.

Tourist accommodation information & inquiries
Tourist Information Center, Hachinohe City Tel: 0178-27-4243
2nd floor of the Hachinohe Station
www.visithachinohe.com/en/



Tanesashi Coast MAP B-1

National Designated Place of Scenic Beauty
Referred to as a treasure trove of magnificent views, the approximately 12 km coastline is adorned with various attractions, including Kabushima Island, Ashigezaki Observatory, and a natural lawn.
Access: Approx. 3 min walk from Tanesashi-kaigan Station
Tel: 0178-51-8500 (Tanesashi Coast Information Center)



Marine Science Museum Marient MAP B-1
A tourism and cultural facility in Hachinohe, one of Japan's leading fishery cities, brimming with the attractions of the sea. It offers a diverse range of exhibits and abundant hands-on activities.
Access: Approx. 16 min walk from Same Station
Tel: 0178-33-7800

Hashshoku Center MAP A-1

A vast market offering freshly caught seafood from Hachinohe Port and fresh vegetables, along with souvenirs. You may also enjoy the fresh seafood right away at the "Shichirin Mura" inside of the Hashshoku Center.
Access: Approx. 12 min by car from Hachinohe Station
Tel: 0178-28-9311



Best Gourmet Dish



Hachinohe Maeoki
Marinated Silver Mackerel Rice Bowl
Made with Hachinohe Maeoki Saba (mackerel), which is praised as having the highest fat content in Japan. It has won the Grand Prix in the "National Local Donburi Championship" two years in a row.

Taneichi Seaside Park MAP C-1

A beach with white sandy shores. It is also a popular surfing spot with facilities such as campgrounds and hot water showers
Access: Approx. 20 min walk from Taneichi Station
Tel: 0194-65-5916
(Fisheries Commerce and Industry Division, Hirono Town)



Best Gourmet Dish



Sea urchin
Taneichi in Hirono Town is a "sea urchin village" that produces the largest amount of sea urchins in Honshu. The natural sea urchins from Taneichi have a substantial and rich sweetness with a dense texture. The fresh sea urchin season is from May to early August.

Sea Urchin Breeding Trenches MAP B-1

Efforts are being made to practice cultivating and nurturing fisheries by transplanting offshore sea urchins into breeding trenches dug in rocky areas.
Access: Approx. 10 min walk from Taneichi Station
Tel: 0194-65-5916 (Fisheries Commerce and Industry Division, Hirono Town)



Hirono Town

One of the leading sea urchin production areas in Japan, Nanbu Moguri, and farms spread across the highlands of Ohno Marine Terrace are found here. The town has both a sea and a highland farm.

Tourist accommodation information & inquiries
Fisheries Commerce and Industry Division, Hirono Town
Tel: 0194-65-5916
23-27 Taneichi, Hirono, Iwate
www.town.hirono.iwate.jp/



Ohno Campus MAP B-2

You can participate in activities such as Ohno woodworking, pottery, weaving, and food preparation. It also has the largest park golf course in Honshu, as well as a roadside station and accommodation facilities.
Access: Approx. 30 min by town bus from Taneichi Station
Tel: 0194-77-3202



Hirono Fisheries Hall UNIQUE MAP B-1
In addition to a seafood direct sales shop that sells the town's specialties such as sea urchin and sea squirt, there is also a specialty exhibition corner and a snack corner.
Access: Approx. 10 min walk from Taneichi Station
Tel: 0194-65-5161



Hashikami Town

Its sea, mountains, and lighthouse create a picturesque scenery. This easternmost town in Aomori Prefecture is known for having the earliest sunrise in the prefecture.

Tourist accommodation information & inquiries
Industrial Promotion Division, Hashikami Town Tel: 0178-88-2875
1-87 Aza-Tentotai, Dobutsu, Hashikami, Aomori
www.town.hashikami.lg.jp



Mt. Hashikamidake MAP B-1

From the summit of Mt. Hashikamidake, which stands at an elevation of 739.6 meters, you can enjoy a magnificent panoramic view of the sea and mountains. The full bloom of mountain azaleas in early summer is a must-see.
Access: Approx. 15 min by car from Hashikami Station to the trailhead
Tel: 0178-88-2875 (Hashikami Town Industrial Promotion Division)



Hashikami Lighthouse MAP B-1

Standing on the grassy, rocky reefs and varied shores of Kominato Beach, the Hashikami Lighthouse is where the sun rises earliest in Aomori Prefecture.
Access: Approx. 20 min walk from Hashikami Station
Tel: 0178-88-2875 (Hashikami Town Industrial Promotion Division)



Hashikami Hamanoeki Aldiva MAP B-1

Offers fresh seafood caught in Hashikami Town at affordable prices. The restaurant also serves meals made with local ingredients.
Access: Approx. 10 min walk from Oja Station
Tel: 0178-38-3166



Forestpia Hashikami MAP B-1

Located at the trailhead of Mt. Hashikamidake, you can enjoy local agricultural products, handmade soba noodles, and fresh gelato made with local ingredients.
Access: Approx. 15 min by car from Hashikami Station
Tel: 0178-88-4449



Best Gourmet Dish



Ichigoni
A hearty clear soup made with plenty of sea urchin and abalone. The rich and aromatic flavor of Ichigoni is truly exceptional.

Kuji Amber Museum MAP C-2

The only amber museum in Japan. You can enjoy activities such as amber excavation and accessory making.
Access: Approx. 15 min by car from Kuji Station
Tel: 0194-59-3831



Best Gourmet Dish



Mamebu
A local dish from Yamagata-cho, Kuji City. This soup is made with soy sauce broth, vegetables, and dumplings called "mamebu," which are filled with walnuts and black sugar.



Kuji Underground Marine Science Museum "Moguranpia" MAP C-2

The only underground aquarium in Japan. You can witness live demonstrations by the Northernmost Ama Divers and Nanbu Moguri on weekends and holidays.
Access: Approx. 15 min by car from Kuji Station
Tel: 0194-75-3551

Hiraniwa Highland MAP B-3

Hiraniwa Highland boasts Japan's finest white birch forest. It has camping grounds, a ski resort, and accommodation facilities, allowing you to enjoy outdoor activities.
Access: Approx. 40 min by car from Kuji Station
Tel: 0194-72-2700 (Woody Village Hiraniwa)



Kuji City

A city where you can find Hiraniwa Highland, which is Japan's finest white birch forest, as well as ancient gifts of amber, and the Northernmost Ama Divers who uphold traditional fishing methods.

Tourist accommodation information & inquiries
Kuji City Tourism and Products Association
Tel: 0194-66-9200 2-5-6 Nakamachi, Kuji, Iwate
Kuji Area Tourism Council Tel: 0194-52-0177
3-38-2 Chuo, Kuji, Iwate (Inside Sanriku Railway Kuji Station)



Northernmost Ama Divers MAP C-2

The Northernmost Ama Divers perform traditional free diving fishing at Kosode Coast. You can watch their free diving demonstrations from July to September.
Access: Approx. 20 min by car from Kuji Station
Tel: 0194-54-2261 (Kosode Ama Center)





Noda Village

Scan for tourism information!



"Noda Shio Beko no Michi (Cattle Trail carrying Noda Salt)" is a treasure of Noda Village's history and culture. This life-sustaining salt was carried on the backs of cows.

Tourist accommodation information & inquiries

Future Development Promotion Division, Noda Village Tel: 0194-78-2963
20-14 Noda, Noda, Iwate www.vill.noda.iwate.jp
Noda Village Tourism Association Tel: 0194-78-2012
19-117 Noda, Noda, Iwate www.noda-kanko.com



Noda Salt Factory MAP C-3

This workshop produces Noda Salt by slowly boiling seawater in a traditional wood-fired oven through the direct boiling method. You can visit and experience the process.
Access: Approx. 5 min by car from Noda-Tamagawa Station
Tel: 0194-78-2225 (National Lodging Eboshiso)



Best Gourmet Dish



Noda Village, Iwate Araumi Scallop

Araumi Scallops are carefully cultivated in the offshore waters abundant with plankton. They have a thick and rich sweetness with exquisite umami flavor.

Museum of Asian Ethno-Forms MAP C-3

Folk costumes and cultural materials from various Asian countries are displayed in a 200-year-old Nanbu Magariya house.
Access: Approx. 15 min by car from Rikuchu-Noda Station
Tel: 0194-78-3252



Marine Rose Park Noda Tamagawa MAP C-3

You can visit the old tunnels of the Noda Tamagawa Mine, where gemstones such as marine rose and manganese ore are found in their raw form.
Access: Approx. 3 min by car from Noda-Tamagawa Station
Tel: 0194-66-7200

Kurosaki Observatory MAP C-3

An observatory offering panoramic views of the Pacific Ocean's horizon and the northern Sanriku Geopark, stretching from Kurosaki to Kuji City.
Access: Get off at Kurosaki-tenbodai on the Fudai Village bus
Tel: 0194-35-2115 (Fudai Village Tourism Association)

Fudai Village

Scan for tourism information!



Fudai, the Earth Village at the eastern edge of the 40th parallel north. The Pacific Ocean seen from Kurosaki stretches endlessly, vast and blue.

Tourist accommodation information & inquiries

Tourism Promotion Office, Fudai Village Tel: 0194-35-2115
9-13-2 Doya, Fudai, Iwate
www.vill.fudai.iwate.jp
Roadside Station Aonokuni Fudai Tel: 0194-35-2411
Sanriku Railway Fudai Sta. Bldg., 9-5-3 Doya, Fudai, Iwate
aonokuni.jp



Fudai Floodgate MAP C-3

The Fudai Floodgate, completed in 1984, protected Fudai Village from the tsunami of the Great East Japan Earthquake and prevented flooding in the central part of the village.
Access: Approx. 20 min walk from Fudai Station
Tel: 0194-35-2115 (Fudai Village Tourism Association)



Best Gourmet Dish



Sukikonbu Kelp

Sukikonbu is a specialty of Fudai Village. The harvested kelp from Fudai is thick and of high quality, making it easy to prepare by putting it back in water.

Rikuchu Kurosaki Lighthouse MAP C-3

This white lighthouse stands atop a 130-meter-high cliff, boasting the tallest height in Tohoku. In 2019, it was certified as a "Lighthouse of Love."
Access: Approx. 1 min walk from Kurosakiso-mae on the Fudai Village bus
Tel: 0194-35-2115 (Fudai Village Tourism Association)



Fudai Beachside Park Kiraumi MAP C-3

This white sand beach stretches for about 600 meters. There is a green space and a farmers' market, and you can enjoy swimming, BBQ, and day camping.
Access: Approx. 20 min walk from Fudai Station
Tel: 0194-35-2115 (Fudai Village Tourism Association)

Kitayamazaki Cliffs MAP C-3

A nationally renowned scenic spot with approximately 8 km of 200-meter-high cliffs. The awe-inspiring scale is breathtaking.
Access: Approx. 20 min by car from Tanohata Station
Tel: 0194-33-3248
(Tanohata Village Tourist Information Center)



Best Gourmet Dish



Tanohata Soft Serve Ice Cream

An exquisite delicacy with rich milk flavor, sweetness, and creamy texture, made using the branded milk from Tanohata Village.

Kitayamazaki Cliffs Cruise Tour Boats MAP C-3

Enjoy a dynamic view of Kitayamazaki and Sanriku Geopark on this approximately 50-minute cruise. You can also feed the black-tailed gulls.
Access: Approx. 10 min walk from Shimanokoshi Station
Tel: 0194-33-2113 (Tour Boat Depot)



Tsukuehama Banya MAP C-3

Tsukuehama Banya, originally known as a fishing village, was rebuilt after the earthquake and has now become a base for experiential tourism, offering activities such as salt-making and fisherman-style cooking.
Access: Approx. 10 min by car from Tanohata Station
Tel: 0194-37-1211
(NPO Taikenmura / Tanohata Network)



Tanohata Village

Scan for tourism information!



Kitayamazaki and Unosu Cliffs are some of the most beautiful coastal cliffs in Japan. The stunning coastline is breathtaking.

Tourist accommodation information & inquiries

Tanohata Village Tourist Information Center
Tel: 0194-33-3248
129-10 Kitayama, Tanohata, Iwate
www.vill.tanohata.iwate.jp



Unosu Cliffs MAP D-3

These cliffs, over 200 meters tall, form five layers, resembling a folding screen. The name is said to be derived from the nesting grounds of the umiu birds (Japanese cormorants) on the cliffs' midsection.
Access: Approx. 30 min by car from Tanohata Station
Tel: 0194-33-3248
(Tanohata Village Tourist Information Center)



Ryusendo Cave MAP C-4

This giant limestone cave is approximately 200 million years old. It is home to an underground lake known as "Dragon Blue," which boasts world-class transparency.
Access: Approx. 120 min by bus from Morioka Station
Tel: 0194-22-2566



Best Gourmet Dish



Iwaizumi Yogurt

Yogurt made without any additives, using low-temperature long-term fermentation. Its smooth flavor and chewy texture are popular.

Scan to watch a tourism video!



Iwaizumi Town



The town known as a "Symphony of Forest and Water." Discover the mystery and adventure of the underground at Ryusendo and Akkado Caves.

Tourist accommodation information & inquiries

Iwaizumi Town Tourism Association Tel: 0194-22-4755
1-1 Kannari, Iwaizumi, Iwaizumi, Iwate
https://iwaizumi-kankou.jp



Kumanohana Observatory MAP D-4

An observatory that offers a view of the scenic spot Kumanohana on the Omoto Coast from the opposite shore. The shape resembling a bear's nose was formed by wave erosion.
Access: Approx. 7 min by car from Iwaizumi-Omoto Station
Tel: 0194-22-2111 (Iwaizumi Town Economy, Tourism and Exchange Division)



Hayasaka Highland MAP B-4

A treasure trove of Japanese azaleas, white birch, Japanese linden, and alpine plants. You can fully enjoy a walk in the forest and flower-watching, immersing yourself in nature.
Access: Approx. 70 min by car from Morioka Station
Tel: 0194-22-2111 (Iwaizumi Town Economy, Tourism and Exchange Division)



Ureira Shopping Street MAP C-4

The name comes from Mt. Ureira, the symbol of Iwaizumi Town. The nostalgic shopping street still retains the atmosphere of a post town.
Access: Approx. 100 min by car from Morioka Station
Tel: 0194-22-2111 (Iwaizumi Town Economy, Tourism and Exchange Division)





Miyako city

Scan for tourism information!



Located almost in the center of the Sanriku Coast, it serves as the base for exploring Sanriku. Enjoy the magnificent views, history, culture, and gourmet cuisine.

Tourist accommodation information & inquiries

Tourism Division, Miyako City Tel: 0193-62-2111
1-1-30 Miyamachi, Miyako, Iwate www.city.miyako.iwate.jp
Miyako Tourist Information Center Tel: 0193-62-3574
1-1-80 Miyamachi, Miyako, Iwate (next to Miyako Sta.)



Mt. Hayachine MAP D-5

One of the 100 most famous mountains in Japan and one of the 100 most famous mountains for its flowers. It is home to rare alpine plants, including the special natural treasure, *Hayachine Usuyukiso* (*Leontopodium hayachinense*).

Access: Shuttle bus from Odakoshi Trailhead
Tel: 0193-76-2111 (Kawai General Office)



Sakiyama Shell Mound Jomonnomori Museum MAP D-4

Located within the Sakiyama Shell Mound Jomonnomori Park, it exhibits excavated artifacts and materials, including geological layers. You can also enjoy hands-on activities from the Jomon period.
Access: Approx. 13 min by car from Miyako Station
Tel: 0193-65-7526



Jodogahama Beach MAP D-4

Located near the center of Sanriku Fukko National Park, this is one of the representative scenic spots of Sanriku. The contrast of the white sandy beach, the blue sea, and the green pine trees is captivating. Enjoy the breathtaking views of the Jodogahama area aboard the sightseeing boat "Miyako Umineko Maru."
Access: Approx. 10 min by car from Miyako Station
Tel: 0193-62-3534
(Miyako Tourism and Culture Exchange Association)



Miyako Trout Salmon

Miyako Trout Salmon farmed in Miyako Bay has a rich fatty flavor and beautiful color. It goes well with sashimi, grilled dishes, and anything else, making it delicious.

Horaijima Island MAP C-6

Horaijima Island in Otsuchi Bay is affectionately known as "Hyotanjima Island" (Gourd Island). The island's shrine enshrines Benzaiten (goddess of eloquence).
Tel: 0193-42-5121 (Otsuchi Town Tourism Exchange Association)



Aramaki Salmon

Otsuchi Town is said to be the birthplace of Aramaki Salmon, a tradition that dates back 400 years and is deeply rooted in the local food culture.



Shinyama Highland MAP C-5

Shinyama Highland is lined with windmills and beautiful wildflowers. In early summer, it is enveloped in orange Japanese Azaleas.
Access: Approx. 70 min by car from Otsuchi IC
Tel: 0193-42-5121 (Otsuchi Town Tourism Exchange Association)

Scan for tourism information!



Otsuchi Town



The beloved symbol of the town, Horaijima Island, floats peacefully in the sea. This is a town of nature, with the sea and mountains that offers warm hospitality.

Tourist accommodation information & inquiries

Otsuchi Town Tourism Exchange Association
Tel: 0193-42-5121
34-4 Shincho, Otsuchi, Iwate
otsuchi-ta.com



Namiita Coast MAP D-6

Known as a beach with "one-sided waves" that approach from the sea but do not return. You can enjoy marine leisure activities here such as surfing.
Access: Approx. 10 min walk from Namiita-kaigan Station
Tel: 0193-42-5121 (Otsuchi Town Tourism Exchange Association)



Otsuchi Gibier Tourism

Otsuchi, blessed with abundant forests and the sea, offers programs that allows you to experience the cycle of life through hunting and gibier, with all five senses.
Tel: 0193-27-8741 (Momiji Co., Ltd)



Yamada Town

Scan for tourism information!



Aquaculture rafts line the calm waters of Yamada Bay. You can quietly feel the abundance of the sea and mountains in this town.

Tourist accommodation information & inquiries

Fisheries Commerce and Industry Division, Yamada Town
Tel: 0193-82-3111 3-20 Hachiman-cho, Yamada, Iwate
www.town.yamada.iwate.jp
Yamada Town Tourism Association Tel: 0193-65-7901
2-1-6 Osawa, Yamada, Iwate www.yamada-kankou.jp



Yamada Bay and Orandajima Island MAP D-5

Named Orandajima Island (Dutch Island) after a Dutch ship anchored here during the Edo period, this uninhabited island has become a popular spot for hands-on sightseeing.
Tel: 0193-65-7901 (Yamada Town Tourism Association)



Science Museum of Whale and Sea MAP D-5

The science museum of Yamada town, which once flourished with whaling. The 17.6-meter-long giant sperm whale skeleton is a must-see.
Access: Approx. 10 min walk from Iwate-Funakoshi Station
Tel: 0193-84-3985

Uranohama Sea Kayak Boatyard in Yamada Town MAP D-5

You can enjoy sea kayaking in the calm Yamada Bay, also known as the "Lake Towada of the sea."
Tel: 0193-82-3111 (Fisheries Commerce and Industry Division, Yamada Town)



Sanriku Yamada Oyster Hut MAP D-5

Enjoy all-you-can-eat steamed oysters with rich flavor harvested from Yamada Bay. (Available from November to May, reservation required.)
Access: Approx. 6 min by car from Yamada-minami IC
Tel: 0193-65-7901



Shelled oysters

Oysters grown in the calm waters of Yamada Bay are rich in nutrients and have plump, delicious meat.



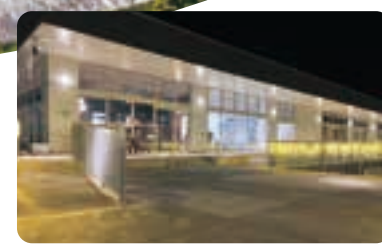
Hashino Iron Mine MAP C-6

You can see the remains of Japan's oldest surviving Western-style blast furnace, built under the guidance of Takato Oshima, the father of modern steelmaking.
Access: Approx. 30 min by car from Unosumai Station
Approx. 30 min by car from Kamaishi-kita IC
Tel: 0193-54-5250 (Hashino Iron Mine Information Center)
*Closed 12/9-3/31



Kamaishi Ramen

Kamaishi's local ramen is characterized by ultra-thin curly noodles and a clear amber-colored soy sauce-based light broth.



Uogashi Terrace MAP C-6

This terrace overlooking Kamaishi Bay offers several dining establishments where you can enjoy Kamaishi's local delicacies. You can also buy local gelato and specialty products.
Access: Approx. 10 min by car from Kamaishi IC
Tel: 0193-27-5566

Scan for tourism information!



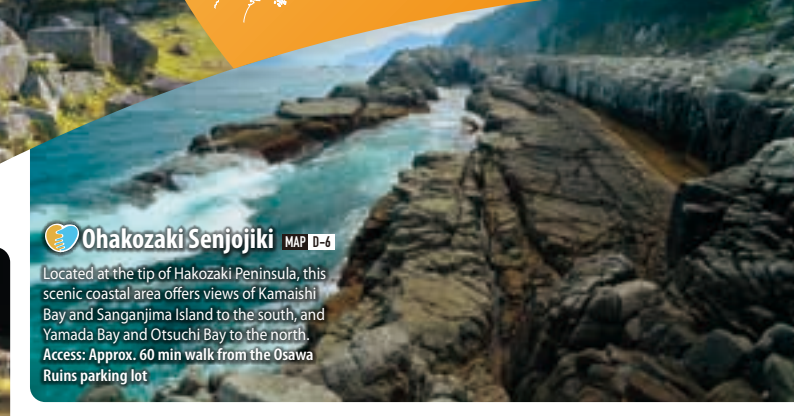
Kamaishi city



Visit Hashino Iron Mine, a World Heritage Site, and explore the beautiful ria coastline to enjoy this town known for its iron, fish, and rugby.

Tourist accommodation information & inquiries

Kamaishi Tourist Information Center Tel: 0193-22-5835
22-4 Suzukochi, Kamaishi, Iwate
1F, Hotel Folkloro Sanriku Kamaishi
kamaishi-kankou.jp/



Ohakozaki Senjojiki MAP D-6

Located at the tip of Hakozaiki Peninsula, this scenic coastal area offers views of Kamaishi Bay and Sanganjima Island to the south, and Yamada Bay and Otsuchi Bay to the north.
Access: Approx. 60 min walk from the Osawa Ruins parking lot



Unosumai Tomosu MAP C-6

Consisting of a Memorial Park, a Tsunami Memorial Hall, and the Unosato Visitor Center, this facility passes down the memories of the Great East Japan Earthquake, also providing a place for relaxation and interaction.
Access: Approx. 1 min walk from Unosumai Station
Tel: 0193-27-5666

SANRIKU FUKKO NATIONAL PARK
Southern Area
Iwate Pref.

Ofunato City

Scan to watch a tourism video!



A town where you can encounter the dynamic beauty of the ria coastline's natural formations and get enveloped by the power of the eternal earth.

Tourist accommodation information & inquiries

Tourism Exchange Promotion Office, Ofunato City Tel: 0192-27-3111
15 Utsunosawa, Sakari-cho, Ofunato, Iwate
www.city.ofunato.iwate.jp/site/ofunatrip
Ofunato City Tourism and Products Association Tel: 0192-21-1922
1F, Ofunato City Disaster Prevention and Tourism Exchange Center,
7-6 Chaya-mae, Ofunato, Ofunato, Iwate www.sanriku-ofunato.or.jp/




Koishihama Station MAP C-7

A spiritual spot for love fulfillment. You can write your wishes on a scallop shell ema (wishing plaque) and hang it in the waiting area.
Tel: 0192-27-9669
(Sanriku Railway Ofunato Branch Office)

Kyassan Ofunato MAP C-7

A commercial facility with around 30 local restaurants and shops. Great for exploring local gourmet foods and finding souvenirs.
Access: Approx. 2 min walk from Ofunato Station
Tel: 0192-22-7910




Anatoshiiso Rock MAP E-7

A representative view of the Goishi Coast. This unique rock formation has large holes formed by the erosion of seawater, and sightseeing boats that pass through these holes are also popular.
Access: Approx. 12 min by car from Ofunato-Goishikaigan IC
Tel: 0192-29-2359 (Goishi Coast Information Center)

World Camellia Museum, Goishi MAP C-7

View exhibitions of approximately 600 species of camellias from both Japan and other countries. The Camellia Festival is held annually from February to March.
Access: Approx. 12 min by car from Ofunato-Goishikaigan IC
Tel: 0192-29-4187



Best Gourmet Dish

Ofunato Sanma Ramen

Using freshly caught sanma (saury) from Ofunato Port, each restaurant offers unique ramen with their own special soup and ingredients.



Takatamatsubara Memorial Park MAP B-7

Established to commemorate and console the victims of the Great East Japan Earthquake, and to pass down the memories and lessons of the disaster, while also serving as a symbol of the strong determination towards reconstruction.
Access: Approx. 7 min by car from Rikuzentakata IC
Tel: 0192-22-8560



Best Gourmet Dish

Rikuzentakata Scallops and Wakame Seared Shabu-Shabu Gozen

A set meal featuring fresh Rikuzentakata scallops and wakame seaweed from Hirota Bay, accompanied by the renowned local rice variety "Takata no Yume," that showcases the charming flavors of Rikuzentakata.



Best Gourmet Dish

Iwate Tsunami Memorial Museum MAP B-7

This museum conveys the facts and lessons of the Great East Japan Earthquake and Tsunami while showcasing the progress of reconstruction to both domestic and international audiences.
Access: Approx. 7 min by car from Rikuzentakata IC
Tel: 0192-47-4455



SANRIKU FUKKO NATIONAL PARK
Southern Area
Iwate Pref.

Rikuzentakata City

Scan for tourism information!



Steadily heading towards reconstruction for the future. The remaining symbols of reconstruction pledge to pass down the lessons of the earthquake to future generations.

Tourist accommodation information & inquiries

Rikuzentakata City Tourism and Products Association
Tel: 0192-54-5011
300-2 Namisugi, Takata-cho, Rikuzentakata, Iwate
https://takanavi.org/



Best Gourmet Dish

Kesen Carpentry and Folklore Museum

Constructed using only traditional techniques and local materials to pass down the excellent architectural skills of Kesen carpenters to future generations.
Access: Approx. 15 min by car from Rikuzentakata IC
Tel: 0192-56-2911



Best Gourmet Dish

Fermentation Park CAMOCY MAP B-7

This facility themed around brewing includes a dining hall, bakery, deli, and a craft beer shop, among others.
Access: Approx. 5 min by car from Rikuzentakata IC
Tel: 0192-55-3261 (Yagisawa Shoten Co., Ltd.)



SANRIKU FUKKO NATIONAL PARK
Southern Area
Iwate Pref.

Sumita Town

Scan for tourism information!



A town with traditional storehouses that retains the atmosphere of a post town connecting the sea and inland of Sanriku. The tranquil Kesen River flows quietly through the town.

Tourist accommodation information & inquiries

Sumita Town Tourism Association
Tel: 0192-46-3861 88-1 Kawamukai, Setamai, Sumita, Iwate
https://sumita-kankou.wixsite.com/sumita-kankou



Best Gourmet Dish

Chicken Diaphragm Meat

A rare cut taken from only a few grams of chicken raised in Sumita. It has a firm texture and retains the original delicious flavor of chicken.



Mt. Goyo MAP C-6

A treasure trove of alpine plants, including large clusters of azaleas and rhododendrons, attracts many visitors. It is also known as one of the 100 most famous mountains for its flowers.
Tel: 0192-46-2111 (Sumita Town Tourism Association)



Taneyamagahara Highland MAP A-6

A nature-rich highland where you can enjoy outdoor activities. It was beloved by Kenji Miyazawa, who often used its landscape and weather as themes in his novels.
Access: Approx. 35 min by car from Mizusawa IC
Tel: 0192-46-2111
(Sumita Town Tourism Association)



Rokando Cave MAP E-6

The Amanoiwato-no-Taki waterfall in Rokando Cave has a height of 29 meters and boasts one of the largest scales among cave waterfalls in Japan.
Access: Approx. 5 min by car from Rokando IC
Tel: 0192-48-2756 (Rokando Cave Tourist Center)



Best Gourmet Dish

Bonito Sashimi

Kesennuma has the largest catch of fresh bonito in Japan. To appreciate its freshness, it is served as sashimi rather than tataki (seared). The texture is delightfully chewy.



Setamai Walking Guides

A guided walking tour of traditional townhouses and storehouses with the atmosphere of an old post town, preserved since the feudal era.
Tel: 0192-46-3863 (Setamai Walking Guide Office)



Mt. Tokusenjo MAP B-8

One of Japan's largest azalea viewing spots. From mid to late May, approximately 500,000 Yama-tsutsuji azaleas and Japanese azaleas come into full bloom, painting the entire mountain in shades of red and orange.
Access: Approx. 30 min by car from Kesennuma Chuo IC
Tel: 0226-22-4560 (Kesennuma City Tourism Association)



Best Gourmet Dish

Cape Ogama /Ore-ishi Stone MAP B-8

A representative viewpoint of Sanriku Fukko National Park. The rugged and unique landscape of the ria coastline stretches continuously, offering a breathtaking scenery.
Access: Approx. 10 min by car from Karakuwahanto IC
Tel: 0226-32-3029 (Karakuwa Branch, Kesennuma City Tourism Association)



SANRIKU FUKKO NATIONAL PARK
Southern Area
Miyagi Pref.

Kesennuma City

Scan for tourism information!



Kesennuma is one of Japan's leading port towns. Its diverse scenery along the ria coastline and fresh seafood are captivating.

Tourist accommodation information & inquiries

Kesennuma City Tourism Association
Tel: 0226-22-4560
7-13 Uoichiba-mae, Kesennuma, Miyagi
https://kesennuma-kanko.jp



Best Gourmet Dish

Kesennuma Umi no Ichi

A tourism and souvenir facility next to Kesennuma City's fish market. It features restaurants, shops, and a shark museum, among other attractions.
Access: Approx. 8 min by car from Kesennuma Station
Tel: 0226-24-5755



Mt. Kameyama MAP B-8

The observatory at the top of Mt. Kameyama offers a breathtaking panoramic view of Kesennuma City and the ria coastline towards Cape Iwaisaki. The night view of the starry sky and the fishing fires is also a magnificent sight.
Access: Approx. 9 min by car from Urashima-Oshima IC
Tel: 0226-28-3000 (Oshima Branch, Kesennuma City Tourism Association)



SANRIKU FUKKO NATIONAL PARK
Southern Area
Miyagi Pref.

Minamisanriku Town

Scan for tourism information!



A seaside town surrounded by mountains on three sides, known for its Minamisanriku Kirakira-don rice bowls that are packed with the abundant blessings of the sea.

Tourist accommodation information & inquiries
Commerce, Industry and Tourism Division, Minamisanriku Town
Tel: 0226-46-1385 101 Numada, Shizugawa, Minamisanriku, Miyagi
www.town.minamisanriku.miyagi.jp
Minamisanriku Town Tourism Association
Tel: 0226-47-2550 200-1 Itsukamachi, Shizugawa, Minamisanriku, Miyagi
www.m-kankou.jp



Cape Kamiwarizaki

MAP B-9

One of the most scenic spots in Minamisanriku. The sight of rough waves surging through the gap between two split giant rocks is breathtaking.
Access: Approx. 25 min by car from Shizugawa IC
Tel: 0226-47-2550 (Minamisanriku Tourism Association)



Minamisanriku 311 Memorial

MAP B-8

A disaster prevention/mitigation learning facility that encourages individuals to think and learn about disaster prevention as a personal responsibility. It features exhibits of earthquake-related materials and a theater.
Access: Approx. 5 min by car from Shizugawa IC
Tel: 0226-47-2550



Minamisanriku Sansan Shopping Street

MAP B-8

Lined with various shops including restaurants where you can eat Minamisanriku Kirakira-don rice bowls, fresh fish vendors, and souvenir shops. Designed by architect Kengo Kuma.
Access: Approx. 5 min by car from Shizugawa IC
Tel: 0226-25-8903




Best Gourmet Dish



Kirakira Uni-don (Sea urchin rice bowl)

The most popular dish among the Minamisanriku Kirakira-don bowls is the Kirakira Uni-don. It is available only for a limited time from May to September.

San Ore Sodehama Swimming Beach

MAP B-9

A calm artificial seawater beach located in an inland bay, where even young children can safely play. The scenery of the sea and mountains is also beautiful.
Access: Approx. 6 min by car from Minamisanriku Kaigan IC
Tel: 0226-47-2550 (Minamisanriku Tourism Association)



Kinkasan Island

MAP B-10

Kinkasan Island, off the Oshika Peninsula, is a sacred place of faith. The island has many places for worship, and the deer are protected as messengers of the gods.
Access: Approx. 20 min by boat from Ayukawa Port
Tel: 0225-45-2114 (Oshika General Branch Office, Ishinomaki City)

Best Gourmet Dish



Hoya Zoni (Sea Squirt Soup)


A type of Zoni (traditional soup with mochi rice cakes) made with broth from Hoya (sea squirt) and served with mochi, local seafood, and vegetables. It is a local dish from the Ishinomaki region.

Whale Town Oshika MAP B-10

A tourism hub located at Ayukawa Beach on the Oshika Peninsula. This facility offers opportunities for learning, dining, and shopping.
Access: Approx. 50 min by car from Ishinomaki Station
Tel: 0225-24-6644




Scan for tourism information!

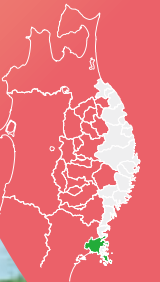


Ishinomaki City

SANRIKU FUKKO NATIONAL PARK
Southern Area
Miyagi Pref.

A town boasting fresh seasonal seafood from off the coast of Sanriku / Kinkasan Island, one of the world's three major fishing grounds. Enjoy the food along with the scenery of the ria coastline.

Tourist accommodation information & inquiries
Ishinomaki Tourism Association
Tel: 0225-93-6448
2-11-21 Chuo, Ishinomaki, Miyagi
www.i-kanko.com/



Ishinomori Manga Museum

MAP A-10

A manga comic museum about manga artist Shotoaro Ishinomori. Enjoy exhibits featuring valuable original artworks and recreations of his manga world.
Access: Approx. 15 min walk from Ishinomaki Station
Tel: 0225-96-5055



Ishinomaki Genki Ichiba (Market)

MAP A-10

Here you can find a wide variety of seasonal fresh fish, processed seafood products, and other local goods. Enjoy Ishinomaki cuisine at the food court on the second floor.
Access: Approx. 12 min walk from Ishinomaki Station
Tel: 0225-98-5539



Scan for tourism information!



Onagawa Town

SANRIKU FUKKO NATIONAL PARK
Southern Area
Miyagi Pref.

A port town surrounded by the cobalt blue sea. On New Year's Day, the first sunrise can be seen in front of the Brick Road.

Tourist accommodation information & inquiries
Industrial Promotion Division, Onagawa Town Tel: 0225-54-3131
1-1-1 Onagawa, Onagawa, Miyagi
www.town.onagawa.miyagi.jp/
Onagawa Town Tourism Association Tel: 0225-54-4328
2-16-5 Onagawa, Onagawa, Miyagi
www.onagawa.org/



Mash Park Onagawa

MAP B-9

An art-filled park where you can play. The colorful playground equipment resembles sea creatures such as sea slugs and corals.
Access: Approx. 5 min walk from Onagawa Station
Tel: 0225-24-8118 (Onagawa Mirai Sozo Co., Ltd.)



Onagawa Hot Springs Yupo'po

MAP B-9

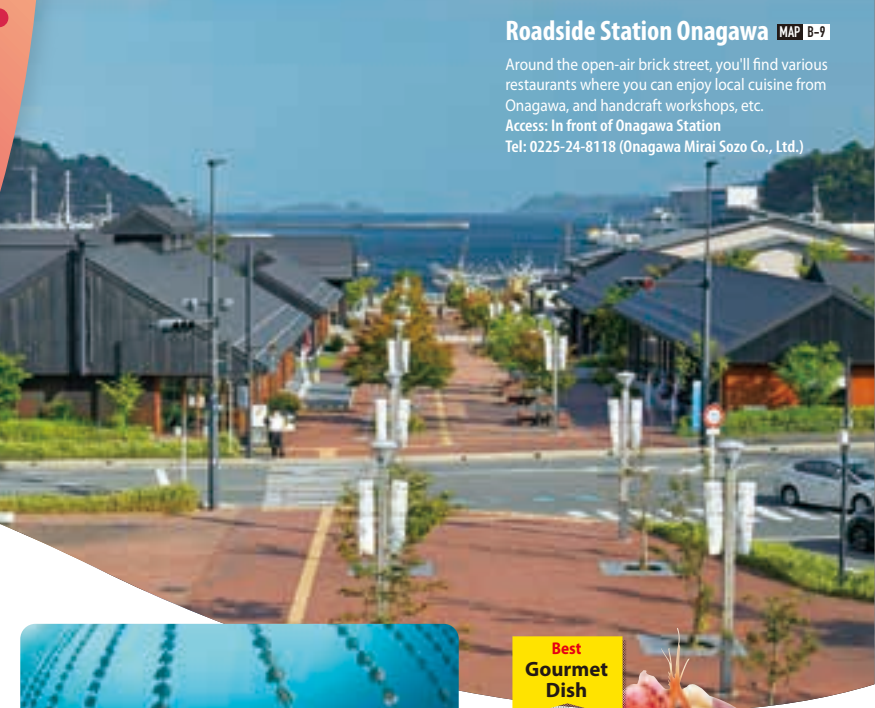
A hot spring known for its beauty-promoting properties that moisturize and smoothen your skin. It is located next to JR Onagawa Station, and there is a free footbath outside as well.
Access: In front of Onagawa Station
Tel: 0225-50-2683




Roadside Station Onagawa

MAP B-9

Around the open-air brick street, you'll find various restaurants where you can enjoy local cuisine from Onagawa, and handcraft workshops, etc.
Access: In front of Onagawa Station
Tel: 0225-24-8118 (Onagawa Mirai Sozo Co., Ltd.)




Best Gourmet Dish



Seafood Bowls

These seafood bowls made with an abundance of fresh seafood caught in Onagawa Port are exquisite.

Diving Experience

The waters off the Sanriku Coast, where warm and cold currents collide, are a treasure trove of biodiversity. You can also enjoy unique sights like fixed nets and aquaculture platforms that are unique to Sanriku.
Tel: 0225-90-4416 (High Bridge Miyagi Diving Service)

Bus Information

Access Sanriku by bus!

106 Limited Express and 106 Express buses connecting Morioka and Miyako!

Operating on the Miyako-Morioka Crossroad and National Route 106, these buses connect Morioka and Miyako in as little as 1 hour and 30 minutes, making them extremely convenient.

- 106 Limited Express Bus (about 1 hr. 40 mins.)
- 106 Express Bus (about 2 hrs. 15 mins.)


Service: 11 round trips on weekdays, 9 round trips on weekends and holidays. Fare: Adults ¥2,100 / Children ¥1,050

MEX Overnight Express Bus

3 buses to/from Morioka! Choose from 4 buses if you include the Iwate Kizuna Bus to/from Morioka!

Yamada, Miyako / Morioka ↔ Saitama, Tokyo, Yokohama
Misawa, Hachinohe / Morioka, Yahaba ↔ Shinjuku, Kawasaki, Tokyo Disney Sea*


For reservations and inquiries contact MEX Call Center. Tel: 0570-000-737
See here for detailed service times and fares:
<https://michinori-express.com/nanbu/>



Sanriku Express Bus: Miyako, Kesenuma ↔ Sendai

Two round trips per day, direct non-stop service. No reservation required, operates daily!

Fare: ¥4,000 for a one-way adult ticket
Duration: About 4 hrs. 26 mins. (From Miyako City to Sendai Station East Exit)
<http://www.iwate-kenpokubus.co.jp/myk-sdj/>



岩手県北バス
Iwate Kenpoku Bus (Northern Iwate Transportation Inc.)

Inquiries

Miyako Umineko Maru

A new sightseeing boat in Miyako City that takes you on a guided tour of the scenic Jodogahama Beach and Sanriku Geopark / Geosites.


Fare:
For transportation only: Adults ¥500 / Children ¥250
From Desaki Port to Jodogahama Beach
For a bay cruise: Adults ¥1,500 / Children ¥750
1. Desaki Port → Jodogahama Beach → (Bay Cruise) → Desaki Port
2. Jodogahama Beach → (Bay Cruise) → Desaki Port → Jodogahama Beach



Boat No.	Departing from Desaki Port	Arriving at Jodogahama Beach	Departing from Jodogahama Beach	Arriving at Desaki Port
①	9:00	9:10	9:30	10:00
②	10:10	10:20	10:30	11:00
③	11:10	11:20	11:30	12:00
④	13:10	13:20	13:30	14:00
⑤	14:10	14:20	14:30	15:00
⑥	15:10	15:20	15:30	16:00
⑦	16:10	16:20	16:30	17:00

*Service may be suspended due to weather or sea conditions.
*Number of operating boats: (FY2023)
• From April 1st to April 28th, boats ④ and ⑤ are unavailable.
• All 7 boats operate from April 29th to September 30th.
• Boats ④ are unavailable in October.
• From November to December, boats ④ and ⑤ are unavailable. Irregular schedule from January to March (including suspensions for maintenance).

Miyako Station Information Center Tel: 0193-62-3620
Morioka Minami Sales Office Tel: 019-637-1100
Head Office Information Office Tel: 019-641-1212



For information on express bus services and reservations for overnight express buses, visit the Kenpoku Bus website! <http://www.iwate-kenpokubus.co.jp/>
The information provided is current as of July 31, 2023. Schedules, etc., are subject to change, so it is recommended to confirm in advance when using the services.



Roadside Station Takatamatsubara
Located in Takatama, Minamisoma, the Takatama Sanriku Railway roadside station serves as a gateway for Sanriku tourism.
Tel: 0192-27-8830



Roadside Station Oyaikagan
Under the theme of "All Kesennuma," many products from Kesennuma are on display. The symbol of Oya Beach, the surf, is a landmark.
Tel: 0226-44-3180



Roadside Station Jobon no Sato
The only roadside station in Miyagi Prefecture with a hot spring resort facility. It offers the charms of fishonomaki with a focus on comfort and food.
Tel: 0225-62-3670



Roadside Station Kenjo no Sato Ogatsu
The Ogatsu Suzuri Traditional Industry Center and the Tourism and Product Exchange Center are also located here. Visitors can relax on the hill overlooking the ocean.
Tel: 0225-25-8844



Roadside Station Onagawa
Located in the center of town, it is a bustling hub of activity and conveniently close to JR Onagawa Station.
Tel: 0225-24-8118



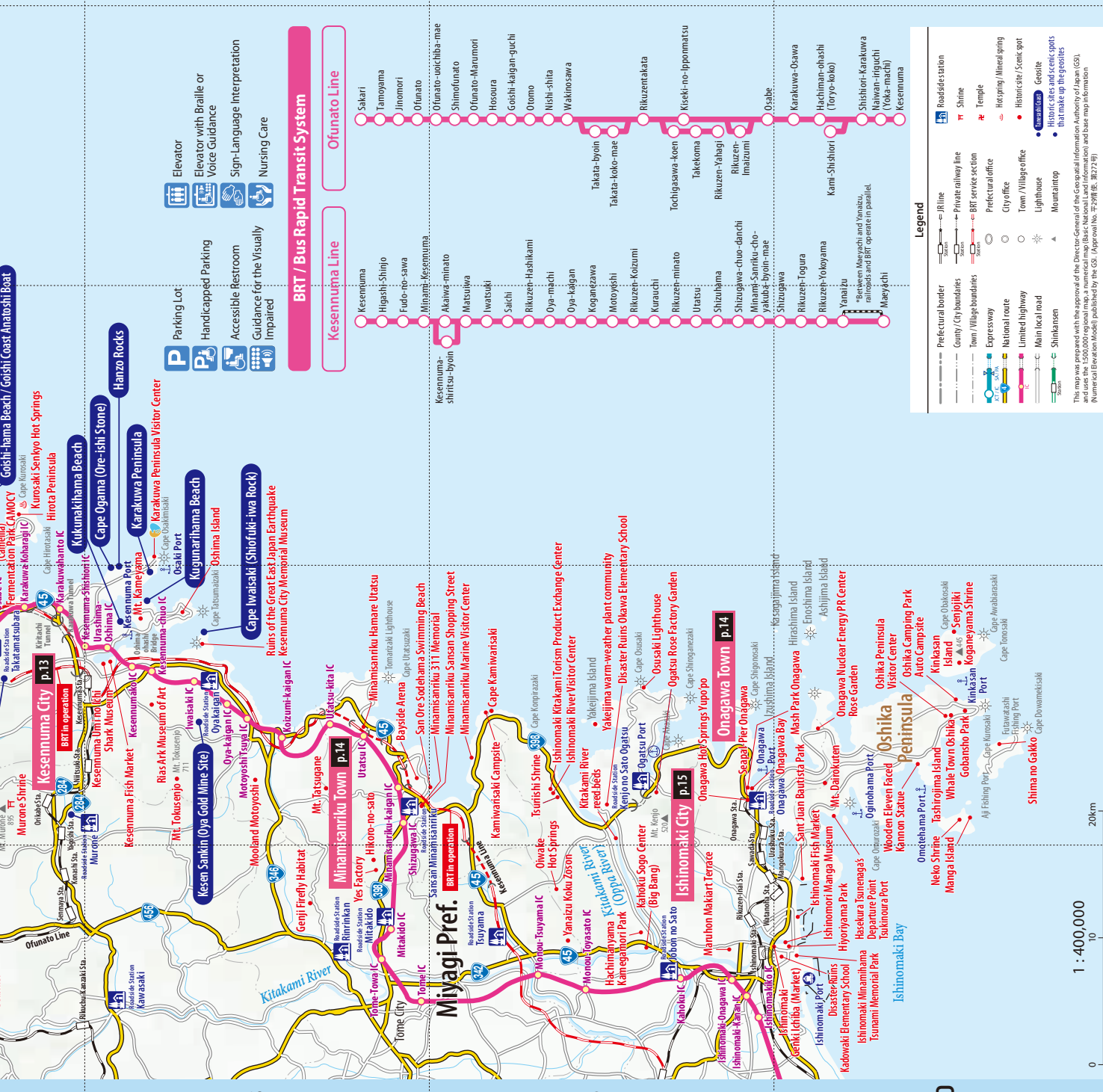
Roadside Station Sun Sun Minamisannriku
A large-scale facility including Minamisannriku Sun San Shopping Street, Minamisannriku 311 Memorial, and BRT Shizugawa Station.
Tel: 0226-46-1385



Roadside Station Oshika Peninsula Visitor Center
This facility introduces the Oshika Peninsula area, including Kinkasan, Ajishima, and Tashigima, at the southern end of Sanriku Fuku National Park.
Tel: 0225-24-4912



Roadside Station River Visitor Center
Located on the banks of the Kitakami River, the largest river in the Tohoku region, it offers a view of reed beds.
Tel: 0225-24-4906



Legend

- JR line
- Roadside station
- Shrine
- Temple
- Historical site / scenic spot
- Geosite
- Historic sites and scenic spots that make up the geosites
- Director-General of the Geographical Information Authority of Japan (GSI)
- Map information and bare map information
- Approval No. 37-298 (R. 38.273)

Map Labels: Kesennuma City, Ofunato Line, Kesennuma Line, BRT / Bus Rapid Transit System, Karakuwa Peninsula Visitor Center, Oshika Peninsula Visitor Center, Ishinomaki River Visitor Center, Onagawa Town, Miyagi Pref., Ishinomaki City, Onagawa Town, Hirono Town, Fudai Village, Noda Village, Tanohata Village, Kamaishi City, Otsuchi Town, Rikuzentakata City, Sumita Town.

Event Guide

*The timing of events and other details are subject to change.

January

- New Year's Day New Year Sunrise Cruise (Miyako City)
- Mid-Jan. Miyako Cod Festival (Miyako City)
- Mid-Jan. Ramsar Shizugawa Bay Winter Cod Festival (Minamisannriku Town)

February

- 1st Sunday Wasse Enburi Festival (Hashikami Town)
- Early Feb. Hiraniwa Highland Ski Resort Festival (Kuji City)
- Early Feb. Miyako Early Harvested Wakame Seaweed "Haru Ichiban" Festival (Miyako City)
- Early Feb.-Mar. Sanriku Ofunato Camellia Festival (Ofunato City)
- 17th-20th Hachinohe Enburi Festival (Hachinohe City)
- Mid-Feb. Uchimagido Cave Ice Stalagmite Festival (Kuji City)
- Late Feb. Ramsar Shizugawa Bay Oyster Festival (Minamisannriku Town)

March

- Early Mar. Miyako Hair Crab Festival (Miyako City)

April

- Mid-Apr. Kabushima Festival (Hachinohe City)
- Late Mar. Kuji Spring Festival (Kuji City)
- Late Mar. Sanriku Yamada Oyster Festival (Yamada Town)
- Late Mar. Sanriku Fireworks Festival (Rikuzentakata City)
- Late Apr.-Early May Hachinohe Park Spring Festival (Hachinohe City)

May

- Early May Ryusendo Cave Festival (Iwaizumi Town)
- Early May Banyan / Sappa Boat Festival (Tanohata Village)
- Early May Funakoshi Spring Village Festival (Yamada Town)
- Early May Goishi Coast Tourism Festival (Ofunato City)
- Mid-May Hiraniwa Wakaba Bullfighting Tournament (Kuji City)
- 27th Noda Salt Road Trail 2023 (Spring) (Noda Village)
- Late May Salt Road Walking Event (Noda Village)
- Late May Fukko Taro Big Catch Festival (Miyako City)
- Late May Otsuchi Shinyama Highlands Hill Climb (Otsuchi Town)
- Late May Kesennuma Tenbata Kite Festival (Kesennuma City)
- Late May Sant Juan Festival (Ishinomaki City)

June

- Early Jun. Mt. Gagyuwa Festival (Hashikami Town)
- Early Jun. Giant Trees Tour (Hashikami Town)
- Early Jun. Mt. Tokusenjo Azalea Festival (Kesennuma City)
- Mid-Jun. Hiraniwa Tsutsuji Bullfighting Tournament (Kuji City)
- Mid-Jun. Hiraniwa Highland Azalea Festival (Kuji City)
- Mid-Jun. Iwate Otsuchi Salmon Festival (Otsuchi Town)
- Late Jun. Hei River Fishing Tournament (Miyako City)

July

- Early Jul. Jodogahama Festival (Miyako City)
- Mid-Jul. Tanesashi Coast Tourism Festival (Hachinohe City)

August

- 5th-6th Ishinomaki Kawabiraki Festival (Ishinomaki City)
- 1st Friday & Saturday Sanriku Ofunato Summer Festival (Ofunato City)
- 7th Takata-cho Ugoku Tanabata, Kesen-cho Kenka Tanabata (Rikuzentakata City)
- Early Aug. Northernmost Ama Divers Festival (Kuji City)
- Early Aug. Kamaishi Yoisa Festival
- Early Aug. Kamaishi Open Water Swimming Race (Kamaishi City)
- Early Aug. Sakari-cho Lantern Tanabata Festival (Ofunato City)
- Early Aug. Kesennuma Port Festival (Kesennuma City)
- 16th Kuji Lantern Festival / Summer Fireworks Festival (Kuji City)
- Mid-Aug. Banyan / Sappa Boat Festival (Tanohata Village)
- Mid-Aug. Miyako Summer Festival Marine Fireworks (Miyako City)
- Mid-Aug. Kamaishi Summer Fireworks Festival (Kamaishi City)
- Mid-Aug. Sanriku Port Festival (Ofunato City)
- Late Aug. Hachinohe Fireworks Festival (Hachinohe City)
- Late Aug. Atago Shrine Annual Festival Noda Festival (Noda Village)
- Late Aug. Kikiri Festival (Otsuchi Town)
- Late Aug. Ofunato City First Sanma, Sea Urchin, Abalone, Scallop, Oyster, Hoya & Wakame Festival (Ofunato City)
- Late Aug. Tour de Sanriku Cycling Challenge (Rikuzentakata City)

September

- Early Sep. Hiraniwa Shirakaba Bullfighting Tournament (Kuji City)
- Early Sep. Fudai Festival (Fudai Village)
- Early Sep. Yamabiko Festa (Miyako City)
- Early Sep. Hei River Rafting Race (Miyako City)
- Early Sep. Utatsu Festival (Minamisannriku Town)
- Mid-Sep. Miyako Autumn Festival (Miyako City)
- Mid-Sep. Yamada Autumn Festival (Yamada Town)
- Mid-Sep. Otsuchi Festival (Otsuchi Town)
- Mid-Late Sep. Onagawa Sanma Harvest Festival (Onagawa Town)
- Late Sep. Nanbu Ushioi Uta National Competition (Iwaizumi Town)
- 4 days from the 3rd Thursday Kuji Autumn Festival (Kuji City)

October

- 1st Sunday Kinkasan Koganeyama Shrine Sacred Deer Antler-Cutting Ceremony Festival (Ishinomaki City)
- Early Oct. Tanohata Village Industry Festival (Tanohata Village)
- Early Oct. Miyako City Industry Festival (Miyako City)
- Early Oct. Otsuchi Town Industry Festival (Otsuchi Town)
- Early Oct. Ofunato City Industry Festival (Ofunato City)
- Early Oct. Sanriku Fireworks Competition (Rikuzentakata City)
- Early Oct. Ogatsu Scallop Festival (Ishinomaki City)
- Mid-Oct. Nango New Soba (buckwheat noodles) Festival (Hachinohe City)
- Mid-Oct. Giant Trees Tour (Hashikami Town)
- Mid-Oct. Kuji Region Industry Festival (Kuji City)
- Mid-Oct. Hiraniwa Momiji Bullfighting Tournament (Kuji City)
- Mid-Oct. Ryusendo Cave Autumn Festival (Iwaizumi Town)
- Mid-Oct. Miyako Autumn Taste Festival (Miyako City)
- Mid-Oct. Kamaishi Festival (Kamaishi City)
- Mid-Oct. Onagawa Autumn Harvest Festival (Onagawa Town)
- Mid-Oct. Oshika Whale Festival (Ishinomaki City)
- 3rd Sunday Ishinomaki Big Catch Festival (Ishinomaki City)
- Late Oct. Hashikami Wase New Soba Festival (Hashikami Town)
- Late Oct. Kamaishi Sennintoge Pass Marathon (Kamaishi City)
- Late Oct. Thank You Marathon for Supporting Reconstruction (Rikuzentakata City)
- Late Oct. Kesennuma City Industry Festival (Kesennuma City)
- Late Oct.-Early Nov. Hachinohe Chrysanthemum Festival (Hachinohe City)
- Late Oct.-Early Nov. Rikuzentakata City Industry Festival (Rikuzentakata City)

November

- 3rd Minamisannriku Town Industry Festival (Minamisannriku Town)
- 2nd Sunday Miyako Salmon Half Marathon (Miyako City)
- Mid-Nov. Donko Festival (Hashikami Town)
- Mid-Nov. Rias Oyster Festival Karakuwa (Kesennuma City)
- Late Nov. Taro Salmon and Abalone Festival (Miyako City)

December

- Early Dec. Noda Scallop Festival (Noda Village)
- Early Dec. Miyako Salmon Festival (Miyako City)
- Early Dec. Salmon Festival (Yamada Town)
- Early Dec.-Early Jan. Stardust Pageant Umibotaru (Onagawa Town)
- 29th Ramsar Shizugawa Bay Osuabede Festival (Minamisannriku Town)
- 31st Oriental Zodiac Fireworks Ascension Prayer Festival (Hachinohe City)

Information

Aomori pref.

Tourism Section, Hachiohe City
Tel: 0178-43-9536
1-1-1 Uchimaru, Hachinohe, Aomori 031-8686
www.city.hachinohe.aomori.jp

Industrial Promotion Division, Hashikami Town
Tel: 0178-88-2875
1-87 Aza-Tentotai, Dobutsu, Hashikami, Aomori 039-1201
www.town.hashikami.lg.jp

Iwate pref.

Fisheries Commerce and Industry Division, Hirono Town
Tel: 0194-65-5916
23-27 Taneichi, Hirono, Iwate 028-7995
www.town.hirono.iwate.jp/

Commerce, Industry and Tourism Division, Kuji City
Tel: 0194-52-2123
1-1 Kawasaki-cho, Kuji, Iwate 028-8030
www.city.kuji.iwate.jp

Future Development Promotion Division, Noda Village
Tel: 0194-78-2963
20-14 Noda, Noda, Iwate 028-8201
www.vill.noda.iwate.jp

Tourism Promotion Office, Fudai Village
Tel: 0194-35-2115
9-13-2 Doya, Fudai, Iwate 028-8392
www.vill.fudai.iwate.jp

Planning and Tourism Division, Tanohata Village
Tel: 0194-34-2111
143-1 Tanohata, Tanohata, Iwate 028-8407
www.vill.tanohata.iwate.jp

Economy, Tourism and Exchange Division, Iwaizumi Town
Tel: 0194-22-2111
59-5 Iwaizumi Sohata, Iwaizumi, Iwate 027-0595
www.town.iwaizumi.lg.jp

Tourism Division, Miyako City
Tel: 0193-62-2111
1-1-30 Miyamachi, Miyako, Iwate 027-8501
www.city.miyako.iwate.jp

Fisheries Commerce and Industry Division, Yamada Town
Tel: 0192-82-3111
3-20 Hachiman-cho, Yamada, Iwate 028-1392
www.town.yamada.iwate.jp

Industrial Promotion Division, Otsuchi Town
Tel: 0193-42-8725
1-3 Kami-cho, Otsuchi, Iwate 028-1115
www.town.otsuchi.iwate.jp

Commerce, Industry and Tourism Division, Kamaishi City
Tel: 0193-27-8421
3-9-13 Tadakoe-cho, Kamaishi, Iwate 026-8686
www.city.kamaishi.iwate.jp

Tourism Exchange Promotion Office, Ofunato City
Tel: 0192-27-3111
15 Utsunosawa, Sakari-cho, Ofunato, Iwate 022-8501
www.city.ofunato.iwate.jp/site/ofunatrip

Agricultural Administration Division, Sumita Town
Tel: 0192-46-3861
88-1 Kawamukai, Setamai, Sumita, Iwate 029-2396
www.town.sumita.iwate.jp

Tourism Exchange Division, Rikuzentakata City
Tel: 0192-54-2111
100 Shimowano, Takata-cho, Rikuzentakata, Iwate 029-2292
www.city.rikuzentakata.iwate.jp



Access Guide

As of Aug. 2023

To Sanriku by car

- Aomori-Hacninohe (Prefectural Road No.44, Kamikita Expressway, etc.) Approx. 1hr 30min
- Hachinohe-Kuji (Sanriku Coast Expressway) Approx. 40min
- Ninohe-Kuji (Prefectural Road No.24, No.42, National Route No.281) Approx. 1hr 10min
- Morioka-Miyako (National Route No.106, Miyako-Morioka Connecting Road) Approx. 1hr 15min
- Hanamaki-Kamaishi (Kamaishi Expressway) Approx. 1hr 5min
- Kitakami-Ofunato (National Route No.107, Kamaishi Expressway) Approx. 1hr 20min
- Oshu-Ofunato (National Route No.397, No.107) Approx. 1hr 20min
- Icinoseki-Rikuzentakata (Prefectural Road No.19, National Route No.343) Approx. 1hr 20min
- Ichinoseki-Kesennuma (National Route No.284) Approx. 1hr 10min
- Sendai-Miyako (Sanriku Coast Expressway) Approx. 2hr 45min

To Sanriku by JR

- Shin-Aomori Sta.-Morioka Sta. (JR Tohoku Shinkansen) Approx. 55min
- Aomori Sta.-Hachinohe Sta. (Aomori Railway) Approx. 1hr 30min
- Misawa Sta.-Hachinohe Sta. (Aomori Railway) Approx. 20min
- Morioka Sta.-Miyako Sta. (JR Yamada Line) Approx. 2hr 10min
- Hanamaki Sta.-Kamaishi Sta. (JR Kamaishi Line) Approx. 1hr 50min
- Ichinoseki Sta.-Kesennuma Sta. (JR Ofunato Line) Approx. 1hr 20min
- Akita Sta.-Morioka Sta. (JR Akita Shinkansen) Approx. 1hr 30min
- Sendai Sta.-Morioka Sta. (JR Tohoku Shinkansen) Approx. 40min
- Tokyo Sta.-Morioka Sta. (JR Tohoku Shinkansen) Approx. 2hr 20min

To Sanriku by airplane

- Sapporo (Shin-Chitose Airport)-Iwate-Hanamaki Airport Approx. 55min
- Tokyo (Haneda Airport)-Aomori Airport Approx. 1hr 15min
- Tokyo (Haneda Airport)-Misawa Airport Approx. 1hr 15min
- Tokyo (Haneda Airport)-Akita Airport Approx. 1hr 5min
- Nagoya (Komaki Airport)-Iwate-Hanamaki Airport Approx. 1hr 10min
- Kobe Airport-Iwate-Hanamaki Airport Approx. 1hr 30min
- Osaka (Itami Airport)-Iwate-Hanamaki Airport Approx. 1hr 20min
- Fukuoka Airport-Iwate-Hanamaki Airport Approx. 2hr

Explore the Sanriku Railway!

The Sanriku Railway, which opened in 1984, is the first third-sector railway in Japan. On March 23, 2019, the JR Yamada Line between Miyako and Kamaishi was transferred to the Sanriku Railway, and the South Rias Line and North Rias Line were connected to form the Sanriku Railway Rias Line, extending to a total of 163 km, which is the longest third-sector railway in Japan.



Natural Disaster Learning Train

Travel on a chartered train as Sanriku Railway staff and local residents along the route provide an onboard explanation of the events of the Great East Japan Earthquake and tsunami. The train stops and slows down at places where you can see the progress of the reconstruction.



Special Event Train

A variety of train types is available, including tatami-seating cars and retro-style cars. Sightseeing trains, such as the Sanriku Railway's popular winter Kotatsu Train, are also appealing. Seasonal event trains are also operated.



Santetsu Original Goods

At Santetsuya, the Sanriku Railway's directly managed shop located next to Miyako Station, you can find a variety of original products, including Santetsu Cider, as well as recommended products from along the Sanriku Railway Rias Line. Santetsuya also has an online shop for convenient shopping.

