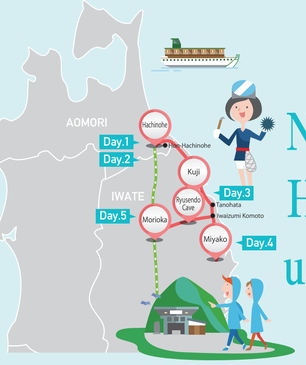
For Tohoku First-timers

Northern Tohoku Highlight Course using the JR pass



4 nights, 5 days

Aomori Iwate Miyagi

This plan will take you around the shopping alleys and morning markets of Hachinohe and the local train lines as well as touring around places such as the Tanesashi Coast, Kitayamazaki Cliffs, and Jodogahama.

The Tohoku Journey is a trip which brings you in contact with the people of Tohoku and its culture. We recommend

Day 1

- 10:20 Depart from Tokyo Station
- JR Shinkansen (160mins.)
- 13:00 Leave from Hachinohe Station
- 100 Yen Bus (10mins.)
- 13:30 See the market in Hasshoku Center
- Taxi (20mins.)
- 15:30 Tour a Japanese sake brewery in the Hachinohe Shuzou Sake Brewery
- Taxi (20mins.)
- 17:00 Barhopping in Miroku Yokocho

Stay in Hachinohe

Day 2

- 8:10 Depart from Hon-Hachinohe Station
- JR Hachinohe Line (10mins.)
- 8:25 Head to the morning market in front of Mutsuminato Station
- JR Hachinohe Line (10mins.)
- 10:00 Head to Kabushima Island from Same Station
- By foot (10mins.)
- 10:15 Kabushima Shrine
- 11:00 Ashigezaki Observation Area
- By foot (25mins.) Tour Bus (10mins.)
- Trekking on one section of the Michinoku Shiokaze Trail
-
-
- 12:50 Tanesashi Coast
- 14:10 Depart from Tanesashi-Kaigan Station
- JR Hachinohe Line (30mins.)
- 14:40 Arrive in Hon-Hachinohe Station

Stay in Hachinohe

Day 3

- 10:15 Depart from Hon-Hachinohe Station
- JR Hachinohe Line (100mins.)
- 12:15 Ride the Sanriku Railway from Kuji Station
- Sanriku Railway (50mins.)
- 13:10 Tanohata Station
- Taxi (20mins.) ※Reservation needed in advance
- 13:30 Walk in Kitayamazaki Cliffs
- Sanriku Railway (50mins.)
- 14:50 From Tanohata Station to Miyako Station
- Shuttle Bus (15mins.)
- 16:15 Stay in Jodogahama

Day 4

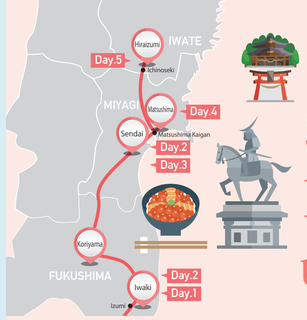
- 10:15 Depart from Jodogahama
- By foot (10mins.)
- 12:15 Jodogahama Beach Visitor Center
- 13:10 Board cruise boat in Jodogahama
- By foot (10mins.)
- 13:30 Lunch in Jodogahama Resthouse
- 14:50 Walk Jodogahama
- 16:15 Stay in Jodogahama

Day 5

- 8:40 Depart from Jodogahama
- Shuttle Bus (15mins.)
- 8:55 From Miyako Station to Iwazumi-Omoto Station
- Sanriku Railway (40mins.) Charter Bus (30mins.)
-
- 10:30 Walk the Ryusendo Cave
- Charter Bus (110mins.)
- 13:30 From Ryusendo Cave to Morioka
- 15:45 Shopping at Morioka Station
- 16:50 Depart from Morioka Station (to Sendai Station or Tokyo Station)

For Tohoku First-timers

Southern Tohoku Highlight Course using the JR pass



4 nights, 5 days

Iwate Miyagi Fukushima

This plan will take you around the must-go places for sightseeing in Hiraizumi and Matsushima. In addition , you can enjoy an aquarium, shopping and various hands-on activities.

the Highlight Courses which efficiently include all the recommended spots for those coming to Tohoku for the first time.

Day 1

- 9:50 Depart from Tokyo Station
- JR Joban Line (130mins.)
- 12:00 Depart from Izumi Station
- Bus (20mins.)
- 12:30 Lunch and shopping in Iwaki Lalamew
- By foot (5mins.)
- 14:00 Tour Aquamarine Fukushima
- Taxi (20mins.)
- 16:00 Tour the Iwaki City Coal and Fossil Museum
- JR Joban Line (38mins.)

Stay in Iwaki

Day 2

- 10:00 Depart from Iwaki
- Taxi (25mins.)
- 10:30 Tomato picking and lunch at Wonder Farm
- Taxi (25mins.)
- 13:00 Depart from Iwaki Station
- Bus (100mins.)
- 14:50 From Koriyama Station to Sendai Station
- Shinkansen (40mins.)
- 15:40 Stay in Sendai
- Try Sendai's famous beef tongue!

Day 3

A.Sightseeing in Sendai

- 10:00 Depart from Sendai City
- Bus (Loople Sendai) (15mins.)
- 10:20 Walk the Sendai(Aoba) Castle ruins
- Bus Transfer (40mins.)
- 12:00 Tour the Sendai Umino-Mori Aquarium
- By foot (10mins.)
- 14:00 Shopping at Mitsui Outlet Park Sendai Port
- By foot (10mins.) JR Senseki Line(20mins.)
- 16:00 Tour the Sendai Anpanman Kids Museum and mall

Stay in Sendai

B. Sendai City Reconstruction Tour

- 10:00 Depart from Sendai City
- Subway (20mins.)
- 10:20 Sendai 3.11 Memorial Community Center
- Bus (15mins.)
- 12:00 Earthquake Ruins Sendai Arahama Elementary School
- Bus (15mins.) Subway (15mins.)
- 14:00 Walk around Sendai City

Stay in Sendai

Day 4

- 10:00 Depart from Sendai City
- JR Senseki Line (40mins.)
- 10:30 Arrive at Matsushima-Kaigan Station
- By foot (10mins.)
- 11:00 Cruise the islands on a tour boat cruise in the Matsushima Bay
- 12:00 Walk along the Matushima Kaigan Avenue Zuiganji Temple and Godaido Temple Entsu-in Temple Prayer Bead Making Experience
- By foot
- 17:00 Stay at the Matsushima Hot Springs

Day 5

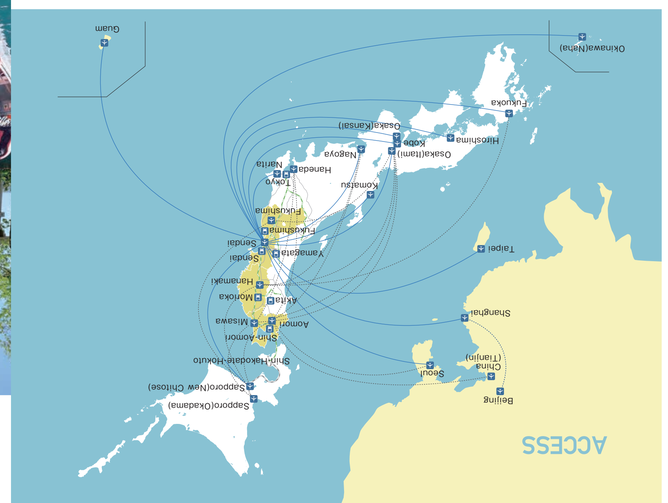
- 10:00 Depart from Matsushima-Kaigan Station
- Direct Bus (105mins.)
- 12:30 Lunch at Hirazumi Chusonji Temple Rest House
- By foot (10mins.)
- 13:00 Chusonji Temple Konjikido Temple
- By foot (30mins.)
- 14:00 Motsu-ji Temple
- By foot (22mins.)
- 15:50 Depart from Hiraizumi Chuson-ji Tempple Rest House
- Charter Bus (10mins.)
- 16:20 Depart from Hiraizumi Station
- JR Tohoku Main Line (10mins.)
- 16:50 Depart from Ichinoseki Station (to Sendai Station or Tokyo Station)

Visitors' Guide

TOHOKU
Pacific Coast

ENGLISH

ACCESS



Plane >> Sendai Airport

- Sapporo(New Chitose) ... Approx. 1 hour 10 mins.
- Narita ... Approx. 1 hour 20 mins.
- Nagoya(Centrair) ... Approx. 1 hour 10 mins.
- Komatsu ... Approx. 1 hour
- Osaka(Itami) ... Approx. 1 hour 10 mins.
- Osaka(Kansai) ... Approx. 1 hour 15 mins.
- Fukuoka ... Approx. 1 hour 40 mins.
- Okinawa(Naha) ... Approx. 2 hours 35 mins.

* The required time is just an estimation of the shortest time needed.

- Osaka(Kansai) ... Approx. 1 hour 15 mins.
- Kobe ... Approx. 1 hour 30 mins.
- Hiroshima ... Approx. 2 hours 20 mins.
- Fukuoka ... Approx. 2 hours 55 mins.
- Okinawa(Naha) ... Approx. 3 hours 35 mins.

* The required time is just an estimation of the shortest time needed.

JR (Shinkansen) & Railroad >> Sendai Station

- Tokyo ... Approx. 1 hour 30 mins.
- Shin-Hakodate-Hokto ... Approx. 2 hours 30 mins.
- Shin-Aomori ... Approx. 1 hour 20 mins.
- Morioka ... Approx. 40 mins.
- Akita ... Approx. 2 hours 10 mins.
- Yamagata ... Approx. 1 hour 5 mins.
- Fukushima ... Approx. 20 mins.

* Transport time is just an estimation of the shortest time needed.
* Yamagata is via the Senzan Line

- Seoul ... Approx. 2 hours 50 mins.
- Shanghai ... Approx. 2 hours 10 mins.
- Taipei ... Approx. 2 hours 50 mins.
- Guam ... Approx. 4 hours 55 mins.

Plane >> Hanamaki Airport

- Sapporo(New Chitose) ... Approx. 55 mins.

Plane >> Fukushima Airport

- Sapporo(New Chitose) ... Approx. 1 hour 20 mins.
- Osaka(Itami) ... Approx. 1 hour 20 mins.
- Nagoya(Komaki) -- Approx. 1 hour 10 mins.
- Fukuoka ... Approx. 1 hour 35 mins.

Plane >> Misawa Airport

- Tokyo(Haneda) ... Approx. 1 hour 20 mins.
- Osaka(Itami) ... Approx. 1 hour 40 mins.
- Sapporo (Chitose) -- Approx. 1 hour

Plane >> Aomori Airport

- Sapporo(New Chitose) ... Approx. 45 mins.
- Tokyo(Haneda) ... Approx. 1 hour 20 mins.
- Osaka(Itami) ... Approx. 1 hour 40 mins.
- Nagoya(Komaki) ... Approx. 1 hour 20 mins.
- Seoul(Incheon) ... Approx. 2 hours 35 mins.
- Chinai(Tianjin) ... Approx. 4 hours 10 mins.

Express way >> Sendai Miyagi Interchange

- Kawaguchi Junction ... 332.4km
- Aomori Interchange ... 347.1km
- Morioka Interchange ... 179.7km
- Yamagata Zao Interchange ... 55.5km
- Fukushima Iidaten Interchange ... 79.0km

* Distance is just an estimation of the shortest distance required.

Aomori Prefecture · Iwate Prefecture
Miyagi Prefecture · Sendai City · Fukushima Prefecture

Aomori Prefecture
http://www.en-aomori.com/
Iwate Prefecture
http://www.japan-iwate.info/
Miyagi Prefecture
http://www.myjapan-kitaeast.or.jp/tourist_information/en/
Sendai City
http://en.sdnhanabatake.jp/
Fukushima Prefecture
http://www.pref.fukushima.lg.jp/sec/16025a/fukuinfo-en.html
Tohoku Tourism Promotion Organization
http://en.tohokuhanatabi.jp/

TOHOKU JAPAN
Transcreated

http://tohoku-pacific-coast.com

Experience

How you enjoy your trip is up to you

There are many ways to enjoy the "TOHOKU Pacific Coast." For example, you could visit the scenic and historic places remaining in each region and learn the history of Japan. Take in an open air bath looking out to the ocean in one of the hot springs, take a refreshing hike along the coast while feeling the ocean breeze against your face, or even mingle with the locals in the shopping street areas. The way you enjoy your trip is up to you! An unforgettable experience in the "TOHOKU Pacific" awaits you!

Restoration Tourism

Know the present situation of the reconstruction after the Great East Japan Earthquake

The Great East Japan Earthquake Disaster, which occurred on March 11, 2011 brought about many victims as well as unprecedented damage. Especially in area, which was close to the source of the earthquake, some places written where hit by the tsunami experienced catastrophic damage. Recovering from damage of this magnitude requires a large amount of time but thanks to the gracious support from not only within Japan but throughout the world as well, the development of new towns is progressing in the disaster-stricken areas. Additionally, various efforts are being made in each area in order to pass down the lessons learned from this earthquake to future generations.

Nature & Scenery

Coastal Landscape Created by Nature

From the southern part of Aomori Prefecture located at the northern edge of the Tohoku area to the Oshika Peninsula in Miyagi Prefecture stretches a coastal region designated as "Sanriku Fukko National Park" and is an area full of picturesque scenery. Many tourists find themselves in awe at the beautiful landscape produced by nature such as the coastline with its seemingly continuous giant towering pinnacles and the ever-changing rias coastline. Moving further south brings you to the landscape of "Matsushima", with its phyllopinkion produced from the waters of the mountains that have been enriched with the nutrients of the forest pouring in, making a flourishing cultivation area for wakame seaweed, oysters, scallops and hoyakea (pearl). Visitors can get their fill of delicious seafood cuisine that utilizes those freshly caught fish and shellfish in the local restaurants.

Gourmet

Fresh Seafood from One of the World's Three Largest Fishing Areas

The area facing the Sanriku Coast is one of the world's three largest fishing terrtories where the Kuroshio Current(Warm current) and the Japan Current (Hakotsuhne, Kesennuma, Ishinomaki, Shogama) are concentrated in this region designated by nature such as the coastline fish such as pike and sagefish tuna. Additionally, the rias coastline pressed by mountains leading up to the coastline is a world-leading territory for producing phytoplankton produced from the waters of the mountains that have been enriched with the nutrients of the forest pouring in, making a flourishing cultivation area for wakame seaweed, oysters, scallops and hoyakea (pearl). Visitors can get their fill of delicious seafood cuisine that utilizes those freshly caught fish and shellfish in the local restaurants.

The Charm of the Tohoku Pacific Coast

About the TOHOKU Pacific Ocean Coastal Area

TOKYO

"TOHOKU Pacific Coast" refers to the eastern coastal area of Tohoku , Japan. The area was extensively damaged due to the tsunami caused by the Great East Japan Earthquake in 2011. However, it has overcome this adversity and is once again gaining attention as a sightseeing spot that once attracted tourists from all over due to its flourishing wildlife and delicious seafood. Be moved by its natural beauty, and learn of the terrible power of the tsunami. Fill your appetite with fresh seafood and have fun at the sea. Come in contact with the lives of the locals, and come to know not only their kindness but resilience as well...

On the "TOHOKU Pacific Coast" where one can hear the sounds of the hammers of restoration, won't you also experience the "light" of hope that can be felt only here and witness what makes it so great?

Pleasure Map

To Hokkaido

TOHOKU
Pacific Coast

Aomori

Hachinohe and Hashikami Area

The coastline and its constantly transforming landscape is a popular trekking area starting with Tanesashi Coast. There are many ways to enjoy the area such as touring a sake brewery, riding on a houseboat, walking the shopping street areas and taking a stroll through the town.

Iwate

Kuji and Miyako Area

The highlight of this area is the dynamic scenery of the rias coast such as Kitayamazaki Cliffs and Jodogahama Beach. There are a variety of activities which will give you a nice sense of adventure.

Kamaishi, Ofunato and Rikuzentakata Area

An area has moved forward with the reconstruction of the cities and has many programs that pass on lessons to the next generation. You can enjoy the uniqueness of each town with its own nature, food and culture.

Miyagi

Kesennuma, Minami-Sanriku and Ishinomaki Area

An fishing industry area which is home to some of Japan's leading fishing harbors. The freshness of the seafood here is something that you will not experience anywhere else. It is also full of unique places worth seeing such as the Ishinomori Manga Museum and Tashirojima Island, also known as Cat Island.

Sendai

Sendai, Shiogama and Matsushima Area

Enjoy shopping and a stroll through Sendai, the largest city in Tohoku, watched over from the Sendai Castle Ruins by a statue of Date Masamune mounted on his horse. Then head over to Matsushima, one of Japan's top three scenic views for some relaxation. Here you can enjoy the beautiful landscape of the islands as well as visiting historical ruins.

Natori, Iwanuma, Watari and Yamamoto Area

Sendai International Airport, known as the entrance to the skies of Tohoku can be found in Natori and Iwanuma. In Yamamoto and Watari visitors can enjoy famous specialty dishes such as "Harako-meshi" and "Hokki-meshi" as well as strawberry picking.

Fukushima

Minamisoma and Iwaki Area

The Minamisoma area is known for its heroic "Soma Nomaoi" competition where horse-mounted warriors compete. In Iwaki located at the southern tip of Tohoku's Pacific coast are facilities such as "Aquamarine Fukushima" and "Spa Resort Hawaiians" where visitors can have some fun.

To Tokyo

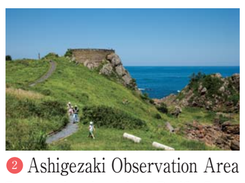
Nature & Scenery

1 Kabushima Island

An island of faith with dancing black-tailed gulls

Breeding grounds for the black-tailed gull which is designated as one of Japan's protected species. There is a deep red torii archway at the entrance to the island, and the Kabushima Shrine enshrines the god of thriving business and guardian deity of the sea. Between March and August during the breeding season, countless numbers of black-tailed gulls cover the island, and you might even be hit by their droppings, said to be "Black-tailed Gull Bombs" if lucky. For that reason, free umbrellas to protect you from getting hit are also available.

Approx. 5 mins. on foot from JR Same Station



2 Ashigezaki Observation Area

Command a view of the Pacific Ocean from the cape's observation area

A view spot which is also a starting point of the Tanesashi Coast Promenade. You can catch an unobstructed view of the Pacific Ocian from the observation area which almost feels like a fortress. Promenades around the area are maintained and taking a walk while looking at the "Hamanasu" or Japanese rose which blooms from the middle of June to the middle of July is also recommended. Additionally, in the shop at the bottom of the viewing area you can find popular soft-served ice cream.

Approx. 40 mins. on foot from JR Hachinohe Line, Same Station

3 Tanesashi Coast

A stretching coastline full of change

Stretching approximately 14km from Kabushima to Hashikami is a coastline which consists of various types of terrain such as desolate rocky and sandy beaches as well as pine groves. The Tanesashi Natural Lawn is a key example of the scenery here, consists of a natural lawn that stretches down to the beach, you'll feel incredibly liber. The various seasonal flowers shift in color from early in the summer to the fall. It is designated as one of Japan's places of scenic beauty.

Approx. 5 mins. on foot from JR Tanesashi-Kaigan Station

4 Kitayamazaki Cliffs

Called the most magnificent coastline in Japan!

A dynamic coastline composed of 200m palisades, large and small strange rock formations formed through erosion caused by harsh waves, oddly-shaped stones and caves that stretch approximately 8km. It possesses beauty that can be seen not only during sunny days with clear skies but even on days with rainy weather, creating a scenic view with palisades shrouded in a haze that takes your breath away. The 736 steps stairway from the observation area to the bottom of the cliffs allows you to reach the beach at the bottom.

Approx. 10 mins. via car from Sanriku Railway Tanohata Station

5 Ryusendo Cave

Giant limestone caves with a fantastical view!

Counted as one of Japan's three large limestone caves, it is designed as one of the country's natural monuments. The total length of the known parts inside the cave reaches 3,600m. 700m of it is open to the public. The stalactites formed through an endless history and one of the world's clearest deep cavern lakes, you can truly experience the wonders of the Earth. There is also a space that appears in the shape of a heart along the way.

Via bus from JR Morioka Station, Via bus from Sanriku Railway Komoto Station

6 Jodogahama Beach

A beautiful coast as beautiful as Amida paradise

A picturesque scenery that represents Miyako, its name comes from a Priest Reikyo, a Buddhist priest who lived during the Edo period who said "It's just like Amida paradise." Sharply-pointed white rhyolite huddled together, the green pine trees, the white color of the rocky surface and the ultramarine color of the ocean creates a beautiful contrast. This changes with the seasons and in the winter you can see the landscape covered in blankets of snow.

Approx. 10 mins. via car from JR Miyako Station

7 Ogama-Hanzo (megalithic structure)

Strong scenic beauty of the rias coastline

Ogama's "Oreishi" is a 16m high and 3m wide marble stone pillar that was formed through erosion caused by waves and towers high in the sea among the violent white-crested waves. There are many unusual and unique rock formations such as the "Todoiwa" or "Sea Lion Rock" where sea lions are said to rest and the "Tunnel Rock" where sea water flows into a hole in a rock that formed through erosion.

Approx. 30 mins. via car from JR Kesennuma Station

8 Matsushima Pleasure Boat Round Trip Course

A must-do if you want to tour Matsushima!

Matsushima, where you can find as many as 260 islands, both large and small. Take the Matsushima Pleasure Boat Round Trip Course, the cruise that will give you the chance to see the beauty of this view up close. This cruise arrives and departs the boarding area located near JR Matsushima Coast Station. The course has various routes that are roughly 50 minutes, cruising around the various uniquely shaped islands such as Futagojima Island and Senganjima Island. "Niojima Island" which is shaped like someone wearing a beret with a cigarette in their mouth is also worth seeing.

Approx. 5 mins. on foot from JR Matsushima-Kaigan Station

History & Culture

9 Hachinohe Sansha Taisai Festival

One of the festivals representing Aomori

The largest festival in the Hachinohe region that boasts approximately 300 years of history and tradition. A breathtaking traditional parade of 27 gorgeous and extravagant festival floats, portable shrines, tiger dance, Shinto music and dance pass through the town to pray for the peace of the town and an abundant harvest. In addition to being a designated important intangible cultural asset of Japan, it was also registered under UNESCO as an intangible culture heritage in December of 2016.

Dates held: July 31st to August 4th/
Approx. 8 mins. by foot from JR Hon-Hachinohe Station

10 Hachinohe Shuzou Sake Brewery

Learn about Japanese sake culture from a port city

A brewery that was established in 1775. Using rice, yeast and local preparation water from Aomori Prefecture, it produces its main brands: "Mutsu Hassen" with its mellow flavor and "Mutsu Otokoyama" which gives off a more dry flavor. Tours of the brewery are also available, and the 6 structures were designated as a tangible cultural property by Japan's Agency for Cultural Affairs and one of Hachinohe's vital scenic structures, making them a must-see. Tasting is also available (fee required).

Approx. 5 mins. on foot from JR Mutsuminato Station

11 Kinkasan Koganeyama Shrine

Famous as the god of economic wealth and good fortune

A shrine located halfway up Mt. Kinka, an isolated island which can be found at the tip of the Oshika Peninsula. The shrine was built as a form of celebration when gold was first produced in Japan approximately 1,270 years ago, is believed to be the god of economic fortune and bringing good luck. It is said that those who visit the shrine for 3 years will never experience issues with money for the rest of their lives, causing many to visit this shrine.

Approx. 35 mins. via boat from Onagawa Harbor,
or 20 mins. via boat from Ayukawa Harbor

©Zuigan-ji Temple

12 Zuigan-ji Temple

Date family temple constructed by Masamune

The temple of the Date family which Date Masamune took over 5 years time to completed its infrastructure in 1609. Those visiting the temple can see the treasure hall which contains reproductions of magnificent paintings considered national treasures that decorate each of the rooms inside the temple, and documents related to the Date family. English tours are also available on Sundays and national holidays.

Approx. 5 mins. on foot from JR Matsushima-Kaigan Station

13 Shiogama Shrine

Gathering followers as Oshu Ichinomiya

Believed to be the god of safe travel on the sea, safe childbirth, and continued luck in the fortunes of war. The grounds are located on a slightly elevated hill and in addition to main shrine and front shrine nationally designated as Important Cultural Assets, you can also catch an unbroken scenic view of Matsushima Bay. The path composed of 202 steps which connects the temple grounds to the surrounding town also conveys a sense of elegance. Also famous for the Shiogama cherry blossoms, a cherry tree with large flowers that can contain as many as 40 to 50 petals, which bloom around the beginning of May.

Approx. 15 mins. on foot from JR Hon-Shiogama Station

14 Sendai Castle Site

Date Masamune's statue watches over the town

The castle ruins of Date Masamune, one of the Sengoku feudal lords that ruled over Sendai 400 years ago. The castle itself no longer remains, but the stone wall which have been carefully reconstructed helps to preserve those ancient times. A statue of Date Masamune riding a horse stands in the inner citadel ruins where you can catch the perfect view of the stores and houses located in Sendai's city center. Use Sendai's tourist city loop bus, "Loople Sendai," as a convenient way to get around.

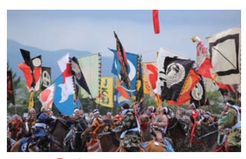
Via bus from JR Sendai Station

15 Takekoma Inari Shrine

Considered one of Japan's top 3 shrines

Constructed in 842 as a god to the cultivation of Tohoku and industrial development and currently enshrines the gods of the necessities of life. Deeply revered by people of importance such as the Oshu Fujiwara family of Hirazumi and Date Masamune, feudal lord of Sendai. In addition to the main shrine and Chinese-style gate within the grounds, there is the special equine museum which is a scarce type in Japan where visitors can see exhibits showing harnesses, engravings and other historical items.

Approx. 20 mins. on foot from JR Iwanuma Station



16 Soma Nomaoi

Over 500 horse-mounted blazingly fast warriors!

A festival organized by the three shrines in the northern part of Hamadori in Fukushima Prefecture that has been designated one of Japanese Important Intangible Folk Culture Assets. Over the span of 3 days on Saturday, Sunday and Monday at the end of July every year, horse-mounted warriors donning armor take you to a scene straight out of the Sengoku period. The highlights of this festival are the armored horse racing event which takes place on the Hibarigahara Festival Site and the shrine flag competition. Those in the audience will be blown away by the intensity of these brave-looking mounted warriors blazing down the field.

Dates held: For 3 days starting the last Saturday in July/
Approx. 25 mins. on foot from JR Haranomachi Station

Experiences & Activities

17 Hachinohe roofed pleasure boat "Niida Maru"

See the bay of Hachinohe from a houseboat!

Have a great view of the Port Hachinohe on a Japanese style tatami-matted houseboat. Of course, other than the ever-changing scenery of the fishing harbor and industrial port, you can also experience feeding black-tailed gulls near the Kabushima Island. The houseboat tour which includes a meal for groups of 10 or more people is a popular choice. Along with the night view of the Port Hachinohe, you can enjoy the taste of cuisine that uses local marine products and vegetables as well as local sake. There are also plans available for just boarding.

Approx. 15 mins. on foot from JR Mutsuminato Station

18 Kuji Amber Museum

Japan's only amber museum!

A museum dedicated to the study of amber located in Kuji which is famous as one of the sites where amber is produced. Along with the amber of each country, you can learn about large ore, amber containing insects, handcrafts, the history of amber and its charm. Especially check out the world's first and oldest fossil of "bird-like feather remains" dated as far back as approximately 87,000,000 years ago uncovered in Iwate Prefecture. You can also try hands-on activities such as mining amber and crafting your own accessories (additional fee).

Approx. 10 mins. via car from JR Kuji Station

19 Kamaishi Daikannon Statue

A large kannon statue standing on a peninsula

The Gyoran Kannon Statue standing tall at 48.5m looks over a perfect view of Kamaishi Bay. The Gyoran Konnon with a fish in its hand is one of 33 Kannon that appear in various forms to save people. Aside from being able to view the heavily indented coastline from the observation platform located inside, it enshrines the 33 Kannon and the Seven Deities of Good Luck. Outside visitors can find the "Wishing Bell" chosen to be the "Lovers' Sanctuary.

Approx. 10 mins. via bus from JR/Sanriku Railway Kamaishi Station

20 Goishi Coast Boat Ride Through Rock Holes

Set out on a thrilling journey on the sea!

The Goishi Coast stretches approximately 6km southeast along the Massaki Peninsula which protrudes out into the Ofunato Bay. Board one of the small fishing boats and cruise around the coast to see the cliffs with large and unusual rock formations while occasionally getting showered by the waves to get the full experience. It is said that one will find happiness by going through Anatoshiiso, a location with three holes that were formed through erosion caused by the waves. Reservations are required by the day before for groups.

Approx. 30 mins. via car from JR/Sanriku Railway Sakari Station

21 Seapal Pier Onagawa

Tourist shopping area in front of Onagawa Station

A shopping area which follows a brick road that starts from JR Onagawa Station towards the ocean lined with 35 shops such as restaurants, small super markets and retail shops. The building nearest to the sea is an tourist product establishment called "Hama Terrace." Here you can find fresh fish, marine products on sale, restaurants where you can eat seasonal seafood lined up and enjoy some shopping and dining while admiring the ocean view.

Approx. 1 min. on foot from JR Onagawa Station

22 ISHINOMAKI MANGATTAN MUSEUM

Museum of Shotaro Ishinomori

Exhibition of the works of Shotaro Ishinomori, the manga artist who created "Kamen Rider" and "Cyborg 009." In the museum you can find exhibits such as screenings of original anime, the successive generations of Kamen Rider's mask as well as original drawings. This spaceship-like building is located in the sandbanks of a river and is referred to as "Mangattan" due to its terrain resembling that of Manhattan, New York.

Approx. 12 mins. on foot from JR Ishinomaki Station

23 Sendai Umino-mori Aquarium

Encounter the many creatures of the sea!

An aquarium with approximately 100 tanks covering a space of 9,000m2 displaying some of the world's as well as Japan's fascinating and unique creatures. This aquarium is filled with plenty of things to see and do such as the giant tank that recreates the habitat of the sea of Sanriku, interacting with penguins and South American sea lions. There is also and dolphin and seal performances. The Backyard Tour where you get to explore the back areas with the aquarium's caretakers is also popular among visitors.

Approx. 15 mins. on foot from JR Nakanosakae Station

24 Aquamarine Fukushima

An aquarium that lets you get closer to nature

An aquarium exhibiting approximately 130,000 creatures belonging to 800 different species. In a large tank which stretches from the 2nd to 4th floor, visitors can see Japanese sardine and skipjack tuna swimming around with incredible liveliness. In addition to the tropical Asia section, there are large mammals such as sea lions, and the deep sea creature corner and the popular "Seas of Coral Reef" corner which has exhibits containing the Spotted Garden Eel.

Approx. 20 mins. via car from the Joban Expressway
Iwaki Yumoto Interchange, Via bus from JR Izumi Station

Restoration Tourism

25 Sanriku Railways Disaster Education Train

Learn about the Great East Japan Earthquake on a train ride

In April of 2014, Sanriku Railways, which was struck by the Great East Japan Earthquake, reopened all its lines as a symbol of restoration of the disaster-stricken areas. The "Disaster Education Train" provides a form of "study tourism" to learn about disaster prevention where passengers can see, hear, and experience the state of the area along the railway. While on the train passengers will hear about the conditions of an earthquake from Sanriku Railway employees or even those who live along the railway line while the train is moving or temporarily stopping in areas where one can see the current situation of the disaster. (Reservations required.)

Kita-Rias Line: Kuji Station ⇔ Tanohata Station
Minami-Rias Line: Sakari Station ⇔ Kamaishi Station

26 Disaster Prevention Workshop

Learn about disaster prevention in the Taro district

This is a one hour course where a guide will take participants up to the breakwater structure, and learn about the records and lessons of the disaster in Taro district. Valuable footage, taken from the sixth floor of the Taro Kanko Hotel which was struck all the way up to the fourth floor by the tsunami that exceeded a height of 17m, shows the incredibly destructive power of the tsunami. There is also a two hour course where participants will walk along the evacuation route and view the unusually shaped Sanoiwa Rock. (Reservation required.)

Sanriku Railway Kita-Rias Line
Approx. 19 mins. on foot from Taro Station

27 Houraikan (disaster learning program)

Hear stories of the tsunami from a proprietress

Located near Kamaishi Nebama Coast and famous as a Japanese-style inn where guests can enjoy the harvest from the sea of Sanriku. It was damaged up to the second floor by the Great East Japan Earthquake, however it reopened for business 10 months later. The proprietress who miraculously survived despite being struck by the tsunami talks to patrons everyday about her experiences, lessons, and hopes for Kamaishi.

Approx. 20 mins. via car from JR/Sanriku Railway Kamaishi Station

28 Kiseki-no-Ipponmatsu

Symbol of Rikuzentakata's resconstruction.

The Takata-matsubara Pine Grove which is said to have contained approximately 70,000 pine trees was washed away by the giant tsunami which occurred during the Great East Japan Earthquake disaster, however one tree miraculously remained, and is now called the "Kiseki-no-Ipponmatu" or the "Miracle Pine." It died from the effects of the ocean water later and, it is now preserved as a monument to teach later generations of the disastrous earthquake. It is lit up each day from sunset to 9PM every day.

Ofunato Line BRT Approx. 1 min. from Kiseki no Ipponmatsu Station

29 Marugoto Rikuzentakata Project Tour

Learn the past, present, and future of Rikuzentakata

A tour where one can learn about Rikuzentakata's past, present, and future. Being guided by a expert guide on the main tour, participants will visit the front line of restoration such as the "Kiseki-no-Ipponmatsu" or "Miracle Pine Tree," remains of the old roadside station "Tapic 45," and construction of the breakwater structure. Approximately 90 minutes required for tour and reservations are required. At least 10 participants required.

Ofunato Line BRT Approx. 1 min. from Kiseki no Ipponmatsu Station

30 Storyteller Bus

A bus tour around the areas flooded by the tsunami

Minami-Sanriku, a town where homes were damaged by the tsunami. The storytelling bus tour looks at the after-effects of that tsunami and aims to increase awareness and help prevent people from forgetting the lessons learned from the earthquake. The bus tour lasts about 60 minutes and passengers can also observes those areas affected by floods. Local guides on board talk about their own personal experiences and the lessons they learned from the earthquake disaster. English and Chinese (Traditional) guide books are also available. Reservations are required.

Kesennuma Line BRT
Approx. 3 mins. via shuttle bus from Rikuzen-Togura Station

31 Sendai 3.11 Memorial Community Center

Memories of the earthquake - to the future, to the world

In addition to being a location to learn about the Great East Japan Earthquake, it also acts as an entrance to the eastern coastal region of Sendai which was hit hard by the tsunami. In addition to permanent exhibits that teach visitors about the damage inflicted by the earthquake and the current state of restoration to the area, exhibits which demonstrate the damage through how those in the region live and their memories, there are also workshops where you can have a chance to discuss the disaster caused by the earthquake as well as field tours where participants will visit the surrounding areas.

Inside Sendai Subway Tozai Line Arai Station

32 Earthquake Ruins Sendai Arahama Elementary School

Its appearance left untouched from the damage

Arahama Elementary School, the site which children, teaching staff and local residents fled to at the time of the earthquake and was hit by the tsunami up to the 2nd floor was reopened as a remnant of the earthquake disaster. Photographs and footage are displayed inside the school which show the progress of events from the time the earthquake occurred, evacuation, when the tsunami hit, to the time of rescue, demonstrating the terrible power and threat of the tsunami. Even now, visitors can view the restoration and reconstruction taking place from the roof of the school.

Via bus from Sendai Subway Tozai Line Arai Station