

Visit the Tohoku Pacific Coast

AOMORI / IWATE / MIYAGI / SENDAI / FUKUSHIMA

18 Spots Where You Can Experience the Tohoku Pacific Coast

Access List

Tohoku Pacific Coast: Sightseeing Map

Recommended Route Along the Tohoku Pacific Coast

The Route of Sanriku's Blessings and Revival

AOMORI Pref. / IWATE Pref. / MIYAGI Pref. / SENDAI City / FUKUSHIMA Pref.

Aomori Pref. : <http://www.en-aomori.com/>

Iwate Pref. : <http://www.japan-iwate.info/>

Miyagi Pref. : <http://www.pref.miyagi.jp/site/kankou-en/>

Sendai City : <http://sendai-travel.jp/>

Fukushima Pref. : <http://www.tif.ne.jp/lang/en/>

TRAVEL to TOHOKU, JAPAN : <http://en.tohokukanko.jp/>

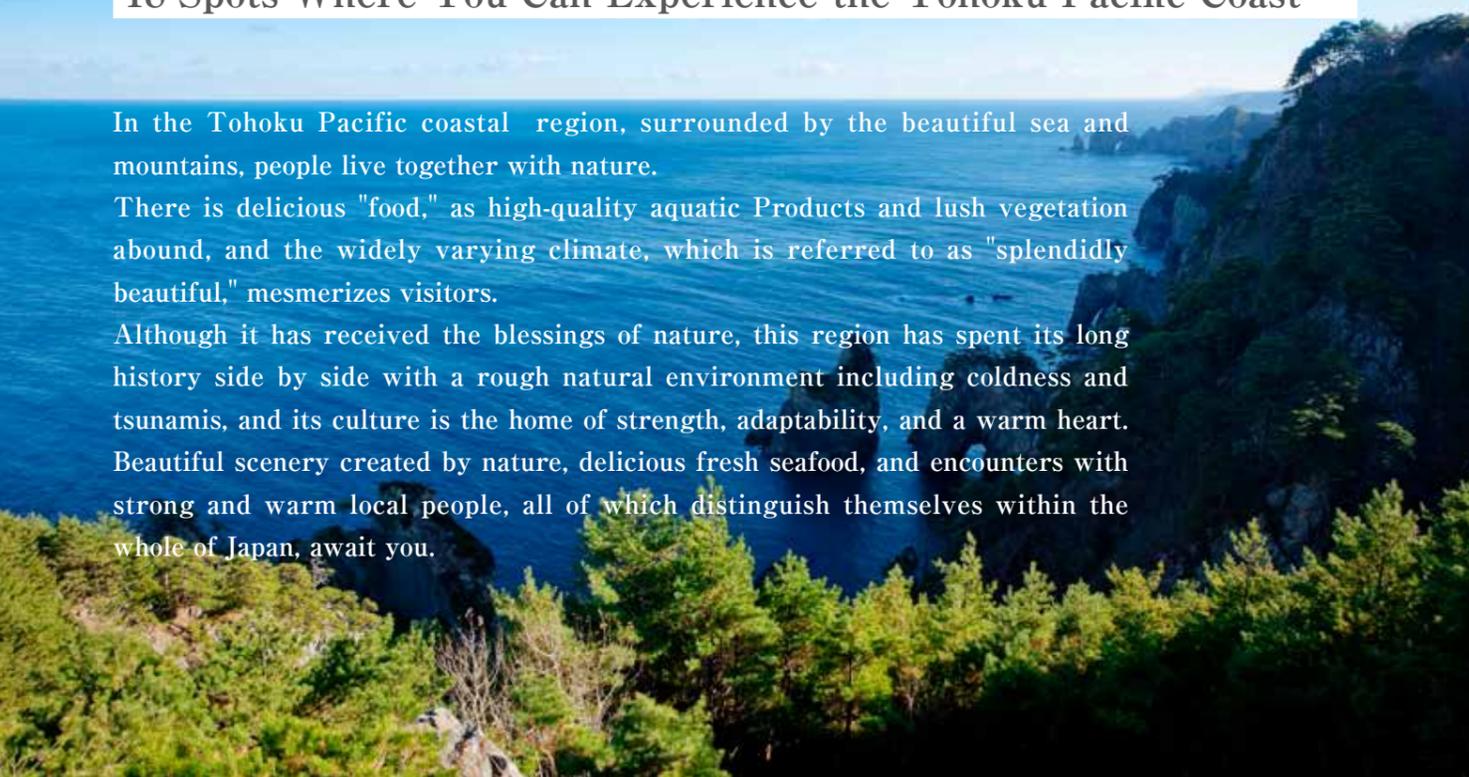


18 Spots Where You Can Experience the Tohoku Pacific Coast

In the Tohoku Pacific coastal region, surrounded by the beautiful sea and mountains, people live together with nature.

There is delicious "food," as high-quality aquatic Products and lush vegetation abound, and the widely varying climate, which is referred to as "splendidly beautiful," mesmerizes visitors.

Although it has received the blessings of nature, this region has spent its long history side by side with a rough natural environment including coldness and tsunamis, and its culture is the home of strength, adaptability, and a warm heart. Beautiful scenery created by nature, delicious fresh seafood, and encounters with strong and warm local people, all of which distinguish themselves within the whole of Japan, await you.



The Morning Markets in Hachinohe: An Interaction with Liveliness 1

The Morning Markets in Hachinohe



Tatehana Wharf Morning Market

One traditional scene of Hachinohe, which is a leading fishery in Japan, is the lively morning market. Morning markets are held across the City from early in the morning and serve as bustling locations for interaction between people and goods.



*The days and hours of operation vary for each morning market.

Tatehana Wharf Morning Market:
Season and Hours / March 12th - Late December /
Every Sunday 3:00 am (Sunrise) - Roughly 9:00 am

Mutsuminato Station Front Morning Market:
Season and Hours / Year-round (Closed on
Sundays, the 2nd Saturday every month, and
New Year's) 3:00 am - 12:00 pm



Mutsuminato Station Front Morning Market



Kabushima 2



Kabushima has been cherished by the locals, as the entire island is considered an area of God. Kabushima is also famous as a breeding ground for black-tailed gulls and is a rare location in Japan where you can watch breeding from up close near an urban area. 30,000 to 40,000 black-tailed gulls arrive every spring, raise their eggs before the summer, and leave.

※ Due to the rebuilding of Kabushima shrine after its destruction by fire, it is not possible to enter Kabushima Island until around March, 2020.



Tanesashi Coast 3

This is a coastal area, which is referred to as "a miraculous coastline that has condensed the Earth's beauty," with beautiful, varied scenery. The "Tanesashi Natural Lawn," where the natural grass extends to the seashore, is a splendid scene of brilliant green, which is also a picturesque world during the winter, as it is covered in snow.



A tour of Hachinohe Sake Brewery 4



Hachinohe Shurui Inc. Hachitsuru Factory



Hachinohe Brewery

Hachinohe sake is made with high quality water. You are able to experience this fresh sake that can only be tasted here.

Jodogahama

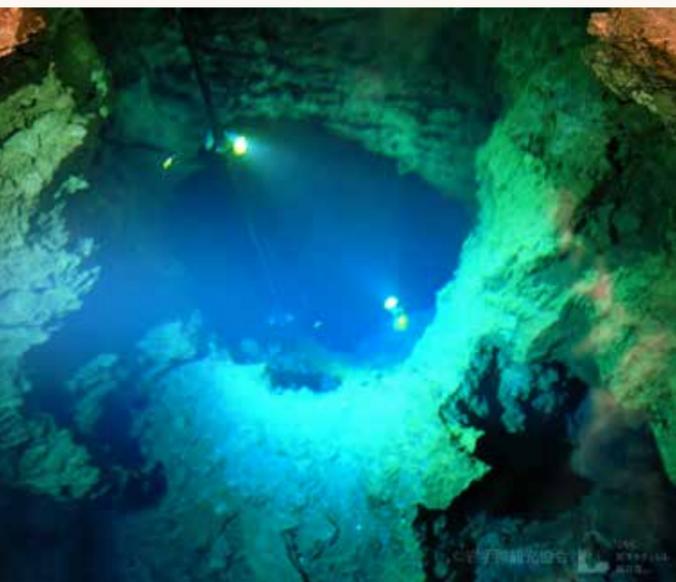
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A beautiful beach where the contrast between the white rock surfaces and green pine trees floating in the blue ocean is beautiful. Inside the cove, the ocean is calm, as waves come in quietly, and there is also a beautiful "Blue Cave" just like the one in Italy. The beautiful 360-degree scenery seen from a pleasure cruiser or small ship is very touching.



Ryusendo

6



Inside Ryusendo, which is one of Japan's three largest limestone caverns, a mystical space consisting of underground lakes and stalactites unfolds. The underground lakes, which boast a world-class degree of clarity, have a beautiful blue hue that awakens your senses.



Sanriku Railway

7



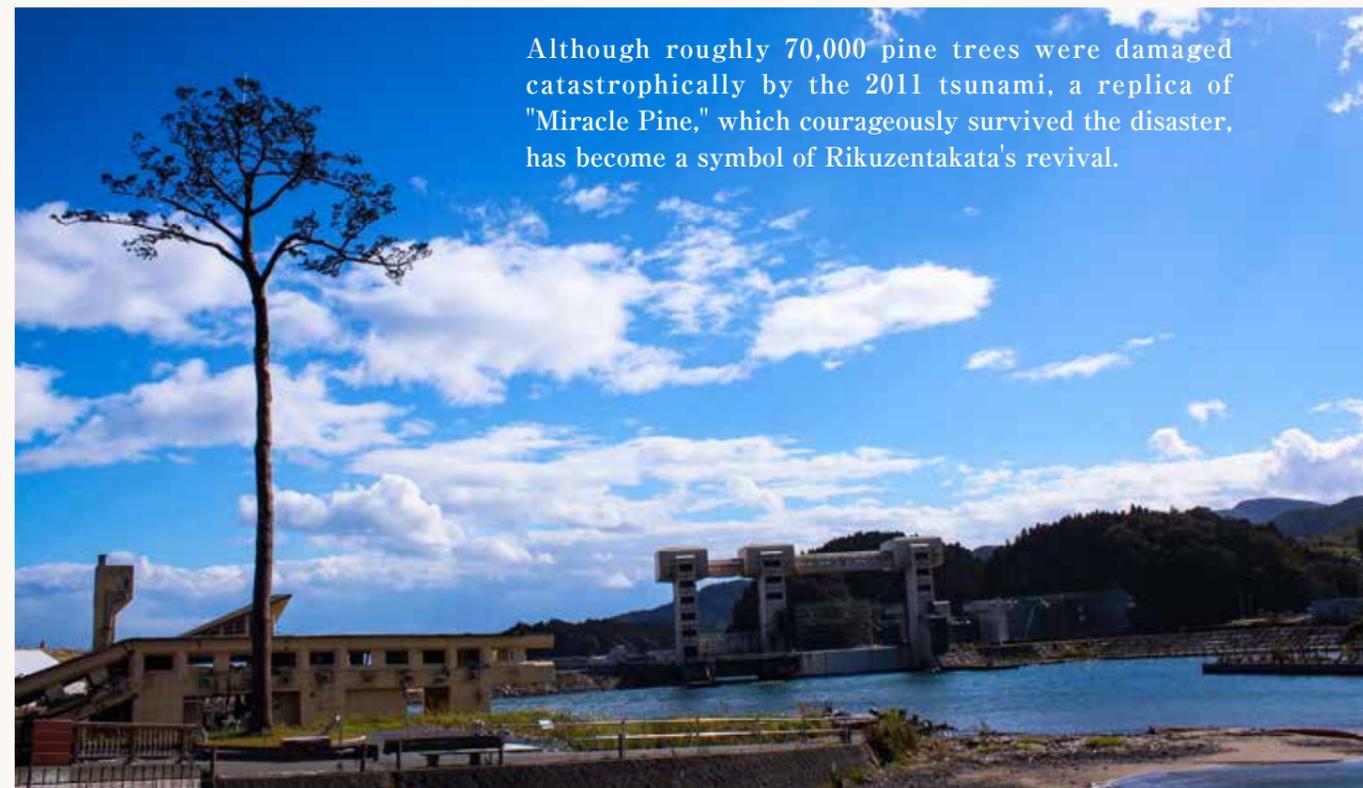
The leisurely moments spent joyfully watching the scenery from the windows aboard a train with a retro design running along the coast will soothe your mind. Although the railway was heavily damaged by the 2011 tsunami, all lines resumed operations roughly 3 years from the disaster, inspiring many people as a symbol of the revival.

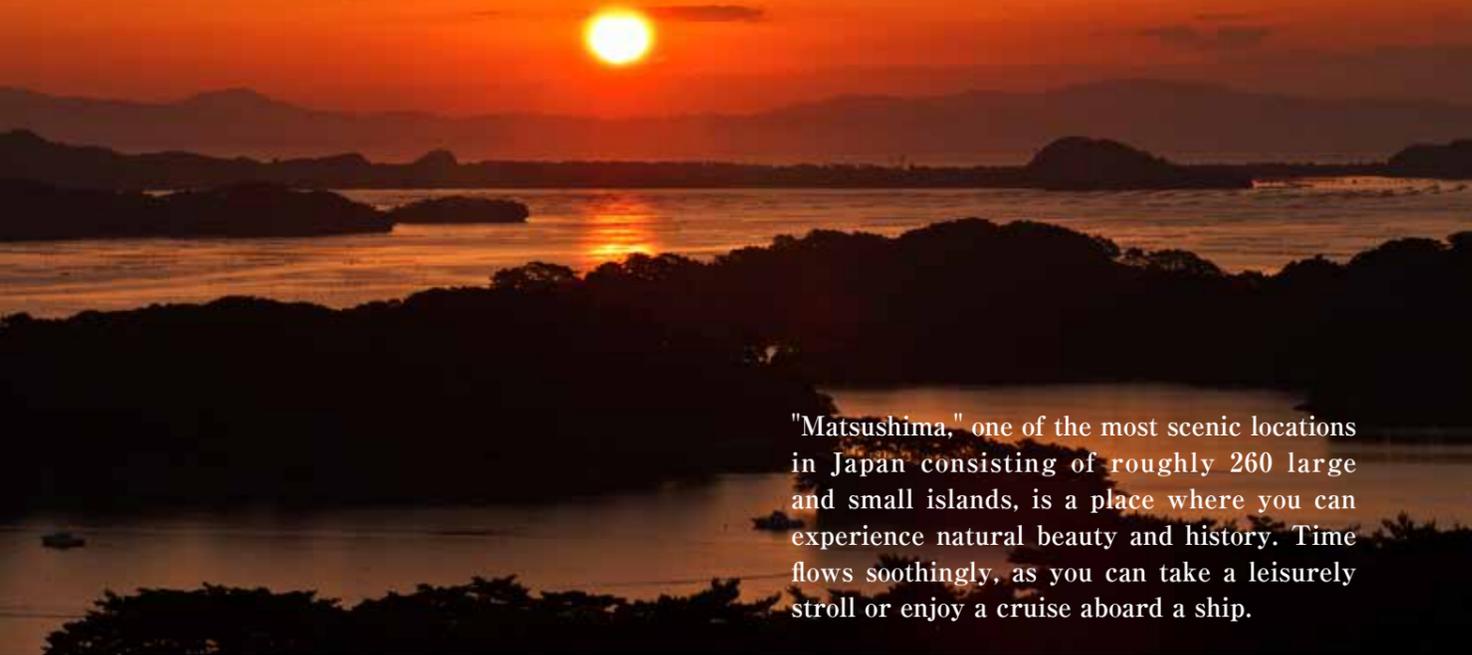


Rikuzentakata : Miracle Pine

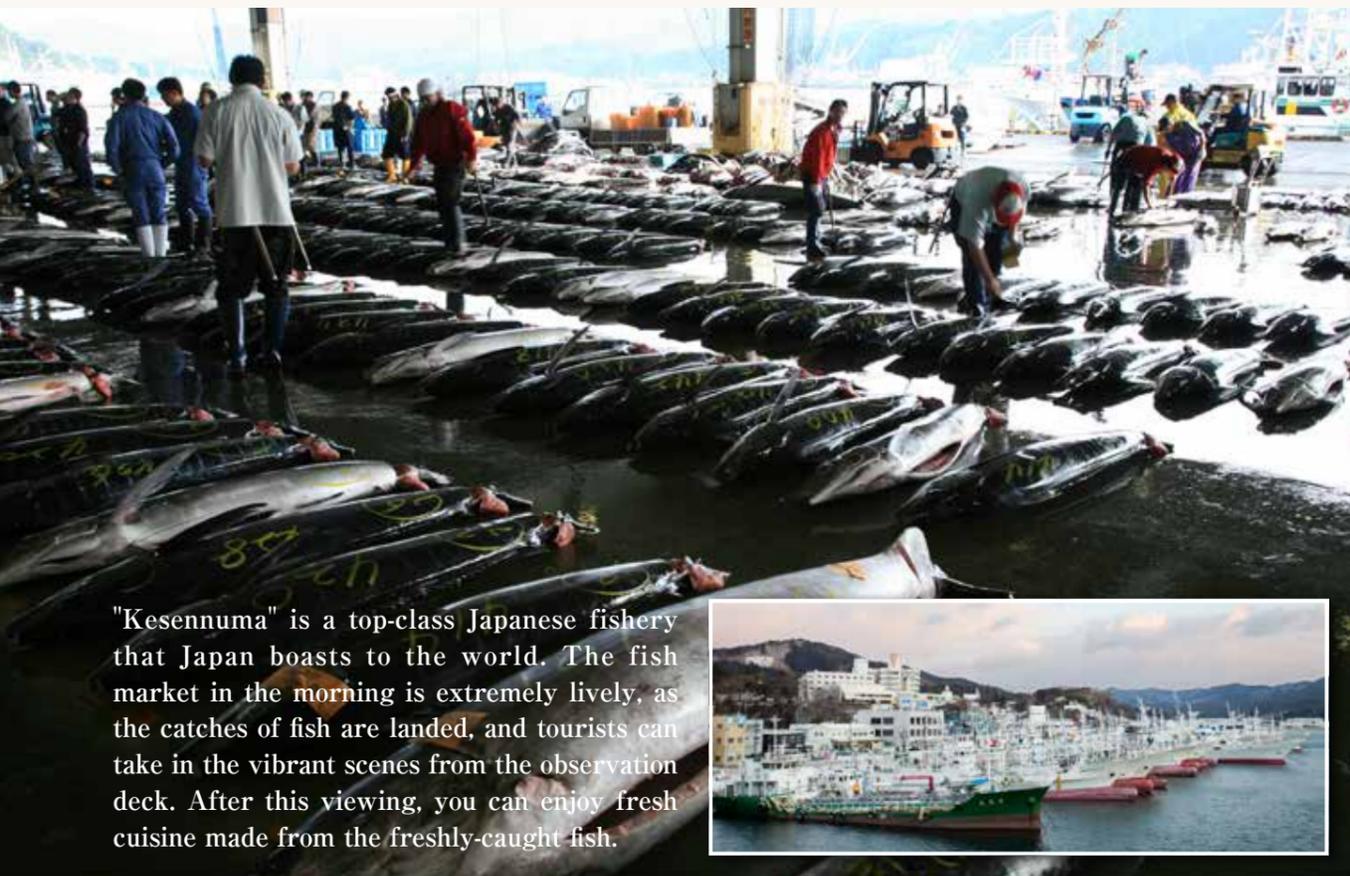
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Although roughly 70,000 pine trees were damaged catastrophically by the 2011 tsunami, a replica of "Miracle Pine," which courageously survived the disaster, has become a symbol of Rikuzentakata's revival.





"Matsushima," one of the most scenic locations in Japan consisting of roughly 260 large and small islands, is a place where you can experience natural beauty and history. Time flows soothingly, as you can take a leisurely stroll or enjoy a cruise aboard a ship.



"Kesennuma" is a top-class Japanese fishery that Japan boasts to the world. The fish market in the morning is extremely lively, as the catches of fish are landed, and tourists can take in the vibrant scenes from the observation deck. After this viewing, you can enjoy fresh cuisine made from the freshly-caught fish.



The Onagawa region, which suffered from the disaster of the 2011 tsunami, began its rebirth as a compact town centered around its train station. It has a townscape with a sense of uniformity, a hot spring connected to the station, facilities to enjoy fresh fish, sweets, and other foods, and a shopping district that sustains the lives of local residents.



An exquisite seafood bowl that you can enjoy in Onagawa! It is a supreme luxury combining excellent freshness and a style unique to Onagawa.



In addition to shopping for locally produced goods, you can experience tasks from the fishing industry, such as removing the shells from scallops and oysters and landing catches of fish.



Here you can learn daily and future information about the 2011 Tohoku earthquake and tsunami, which is called a once in a millennium disaster. You can further your understanding through the staff's courteous support and explanation board in English.



At Tashirojima, which has come to be known as "Cat Island" in recent years, cute cats welcome you.

Sendai 3/11 Memorial Community Center

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A facility that was created to connect the memories and experiences from the Tohoku earthquake and tsunami to the future. The displays include a 3D map illustrating the areas along the Sendai coast that were inundated by the tsunami, slides comparing the region before and after the disaster, and panels describing the status of restoration and revival after the disaster. You can visit it casually, since it is connected directly to Arai Station of the Sendai Subway Tozai Line.



(Provisional Name) Disaster Relic : Arahama Elementary School, Sendai City



The building of an elementary school that was damaged by the Tohoku tsunami is being prepared as a relic of the disaster. It is scheduled to be open to the public in late April 2017.

Sendai Umino-Mori Aquarium

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Roughly 25,000 fish of 50 types swim comfortably in the giant aquarium that recreates the fertile seas of Sanriku. You can view performances by dolphins and seals from one of the largest grandstands in Tohoku. It also contains a beach recreating the local rocky shore and programs where you can touch penguins and other marine organisms.

MITSUI OUTLET PARK SENDAI PORT

15



One of the largest outlet malls in Tohoku containing roughly 120 stores, whose wares span from fashion to sports to miscellaneous goods. There are also shops selling souvenirs from the 5 prefectures of Tohoku and a food court where you can enjoy a variety of flavors. Also, the Ferris wheel, which serves as a landmark for the facility, offers a clear view of Sendai City and the Zao Mountain Range.

The Soma Nomaoui Season: Late July

16



The body armor-wearing experience is popular! At Soma, you can experience wearing body armor.



The "Soma Nomaoui" is an excitement-filled festival where roughly 500 generals wearing body armor boisterously scamper on horses with katanas on their hips and flags on their backs. You can enjoy the Japanese history of "samurais" through your flesh.

Aquamarine Fukushima

17



Plants are displayed inside the aquarium where natural light falls and the natural environment of Fukushima with its sea, mountains, and rivers is recreated. You can observe a wide variety of creatures in the main large tank while passing through the world's first triangular tunnel. In the outdoor area there is one of the world's largest touch pools "Janome Beach" (Snake Eye Beach) where you can go barefoot with living things.

Iwaki Misaki Park

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This is a park surrounded by vast greenery, which has the "Iwaki Marine Tower," standing on the eastern edge of the port, as its landmark. From the Marine Tower, you can view the clear sea floor, incoming waves, and the panoramic horizon.

Tohoku Pacific Coast: Sightseeing Map



Sendai Airport Access Line

- Sendai Airport ⇒ Sendai Station Roughly 25 minutes

Tohoku/Hokkaido Shinkansen

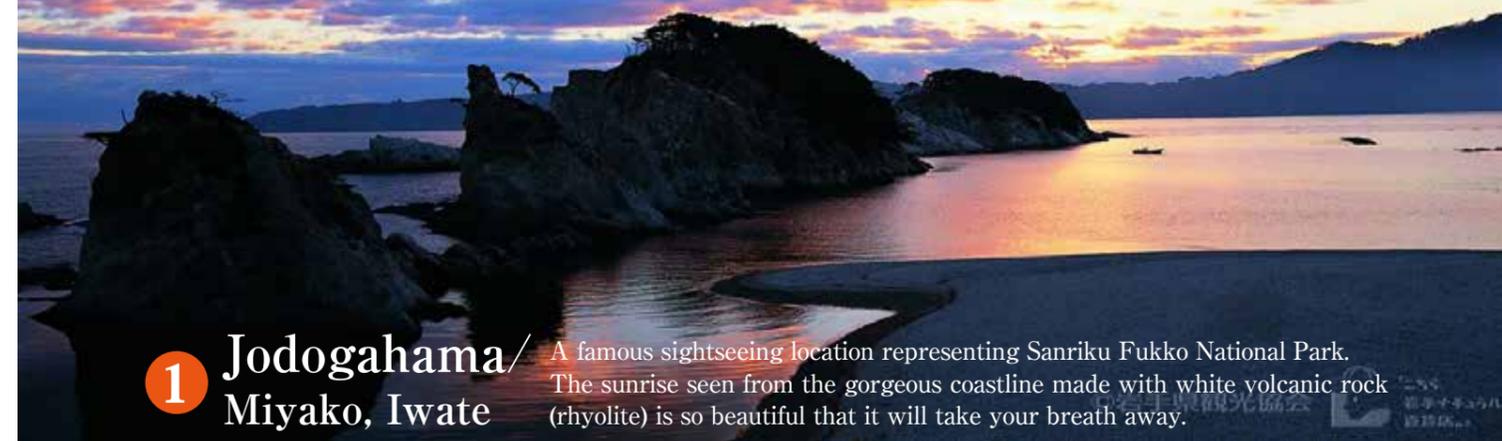
- Tokyo Station ⇒ Hachinohe Station Roughly 2 hours and 49 minutes [Hayabusa]
- Tokyo Station ⇒ Morioka Station Roughly 2 hours and 13 minutes [Hayabusa]
- Tokyo Station ⇒ Sendai Station Roughly 1 hour and 32 minutes [Hayabusa]
- Tokyo Station ⇒ Fukushima Station Roughly 1 hour and 31 minutes [Yamabiko]

Access List

- 1 Mutsuminato Station Front Morning Market**
Near Mutsuminato Station of the JR Hachinohe Line
Tatehana Wharf Morning Market
Roughly 14 minutes by foot from Mutsuminato Station of the JR Hachinohe Line
- 2 Kabushima**
Roughly 15 minutes by foot from Same Station of the JR Hachinohe Line
- 3 Tanesashi Coast (Tanesashi Natural Lawn)**
Roughly 3 minutes by foot from Tanesashi-Kaigan Station of the JR Hachinohe Line
- 4 A tour of Hachinohe Sake Brewery**
Roughly 10 minutes on foot from Honhachinohe Station on the JR Hachinohe line (Hachitsuru)
Roughly 10 minutes on foot from Mutsuminato Station on the JR Hachinohe line (Hachinohe Brewery)
- 5 Jodogahama**
Near Oku-Jodogahama Station of the roughly 20 minutes by bus (to Oku-Jodogahama) from Miyako Station of the JR Yamada Line
- 6 Ryusendo**
Near Ryusendo-mae bus stop of JR Tohoku Bus from JR Morioka Station
- 7 Sanriku Railway**
Kita-Rias Line Miyako Station ⇔ Kuji Station
Minami-Rias Line Kamaishi Station ⇔ Sakari Station
- 8 Rikuzentakata: Miracle Pine**
Roughly 15 minutes by foot from Kiseki No Ipponmatsu Station of the JR Ofunato Line BRT
- 9 Matsushima**
Near Matsushima-Kaigan Station of the JR Sendai Line
- 10 Kesennuma Port**
Roughly 20 minutes by foot from Minami-Kesennuma Station of the JR Kesennuma Line BRT
- 11 Onagawa Station and Seapal-Pier Onagawa**
Near Onagawa Station of the JR Ishinomaki Line
- 12 Ishinomaki Community & Info Center**
Near Ishinomaki Station of the JR Senseki Line
- 13 Sendai 3/11 Memorial Community Center**
Within Arai Station of the Sendai Subway Tozai Line
(Provisional Name) Disaster Relic: Arahama Elementary School, Sendai City
Roughly 15 minutes by bus from Arai Station of the Sendai Subway Tozai Line
*The bus stop is scheduled to be implemented in April 2017
- 14 Sendai Umino-Mori Aquarium**
Roughly 15 minutes by foot from Nakanosakae Station of the JR Senseki Line
- 15 MITSUI OUTLET PARK SENDAI PORT**
Roughly 8 minutes by foot from Nakanosakae Station of the JR Senseki Line
- 16 The Soma Nomai**
Roughly 15 minutes using a free shuttle bus (scheduled) from Haranomachi Station of the JR Joban Line
- 17 Aquamarine Fukushima**
Roughly 10 minutes by foot from the Shisho Iriguchi bus stop of the bus (to Onahama/Ena) from Izumi Station of the JR Joban
- 18 Iwaki Misaki Park**
Roughly 10 minutes by foot from the final stop of the bus (to Onahama) from Izumi Station of the JR Joban Line

Recommended Route
Along the Tohoku Pacific Coast

The Route of Sanriku's Blessings and Revival



1 Jodogahama/Miyako, Iwate

A famous sightseeing location representing Sanriku Fukko National Park. The sunrise seen from the gorgeous coastline made with white volcanic rock (rhyolite) is so beautiful that it will take your breath away.



2 Tatehana Wharf Morning Market/Hachinohe Aomori

A massive morning market that is one of the largest in Japan, with over 300 shops.



5 Minamisanriku hot spring/Minamisanriku, Miyagi

An open hot spring that overlooks a panoramic view of the Pacific Ocean.



3 Kesennuma Port/Kesennuma, Miyagi

A fishing port representing Japan with liveliness and a strong atmosphere.



4 Minamisanriku Kira Kira Bowl/Minamisanriku, Miyagi

A wonderful rice bowl filled with the blessing of the seas of Sanriku.



6 Matsushima Sunrise/Matsushima, Miyagi

One of the Three Views of Japan that has long been cherished by famous people.



For other recommended routes and access information, please check out this website.

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<http://www.tohoku-pacific-coast.jp/>