

English

Japanese on opposite side

反対面は日本語版

*Rugby City*

*Rugby Pref.*

# *Kamaishi, Iwate* *Guidebook*



*The hopes, dreams, courage, and indomitable spirit of a small town*



Register a **Rugby Fan ID**, and enjoy the best rugby in the world.

The **Rugby Fan ID** is a new service to help those who are looking to enjoy supporting rugby, as well as those who are interested in the sport.

Click here for more! ▶





# Setting Sail Towards the Future

Kamaishi Unosumai Memorial Stadium KICK OFF Decralation

I love Kamaishi.  
 Because of its rich nature, surrounded by mountains and the sea.  
 I love Kamaishi.  
 Because of its air, its people and their hearts, beautiful and warm.  
 I love rugby.  
 Because, in my 2nd year of junior high, I watched my first game at the 2015 Rugby World Cup in England.  
 I was overwhelmed with emotion by the power and atmosphere inside the stadium.  
 I love rugby.  
 Because after the game, I was struck by the sight of fans from both sides shaking hands and helping each other clean up the rubbish.  
 March 11, 7 years ago.  
 I was in 3rd grade elementary school, in the middle of maths class.  
 I put on warm clothes and ran up to the fifth floor.  
 There was a landslide, so we ran to an even higher place.  
 If I had looked back, I might have seen the tsunami as it swallowed Unosumai.  
 But I rushed forward, thinking "I just have to run".  
 We rode in the back of a truck that happened to pass by, and evacuated to the town gymnasium.  
 Standing in one line to receive one rice cracker, divided between two. One glass of water.  
 I can't really recall how I felt at the time.  
 I do remember how it felt eating that first rice ball several days later happy to be alive.

2019.  
 The international championship of the sport that I love, will be held in the town that I love.  
 The stadium is complete.  
 And Kamaishi will be connected to the rest of the world.  
 Now I want to show thanks to everyone across Japan, and across the world, who supported us all in Kamaishi at that time.  
 This stadium was built on the place where my elementary school once stood.  
 The place where the junior high school I was meant to go to once stood.  
 An important place where I will be reunited with my friends after our long separation.  
 Today is the day when this stadium, filled with all these emotions, is born.  
 On this day, I want to say thank you to everyone in Japan who loves Kamaishi, and everyone in the world who loves rugby.  
 Thank you to everyone in the world for your support.  
 We have recovered and will move onwards from the earthquake.  
 We are looking forward to seeing you in Kamaishi next year.  
 This stadium carries our gratitude, and will set sail towards the future today.  
 19th August, 2018

Rui Horaguchi 2nd Grade, Kamaishi High School



## "Setting Sail Towards the Future"

This is the kickoff speech given by then second year Kamaishi High School student Rui Horaguchi on Aug 19, 2018—the opening day of Kamaishi Unosumai Memorial Stadium. Horaguchi was a third grader in elementary school at the time of the Great East Japan Earthquake. Kamaishi Unosumai Memorial Stadium now stands on the site of the school she attended at the time, which was destroyed in the tsunami.



See here for the Kickoff Speech video



# A Stadium Filled With the Hopes, Dreams, and Courage of the People

In hosting the Rugby World Cup 2019™, we are grateful for the opportunity to welcome people from all over Japan and the world. We hope that the indomitable spirit of our small town will bring success, and convey our hopes and pride to future generations.

**Stadium Logo**

Expresses the wealth of nature surrounding the stadium. The red circle represents the sunrise over the sea, indicating the start of a new journey, while the three waves represent the open sky, wealth of forests, and abundant seas surrounding the stadium.

## Kamaishi Unosumai Memorial Stadium



### Spreading Our Wings and Embarking on a New Journey After the Earthquake

The enormous roof of the main stand was modeled after bird feathers and the ship sails. This represents a new start focused on recovery, spreading our wings and embarking on a new journey after the earthquake.



### A Stadium Surrounded By Lush Nature

Utilizing trees damaged during the Osaki Peninsula forest fire in Kamaishi in May of 2017; around 5,000 wooden seats, 108 benches, 5 restrooms, and sunblinds have been installed, welcoming visitors from around the world among Kamaishi's abundant nature.



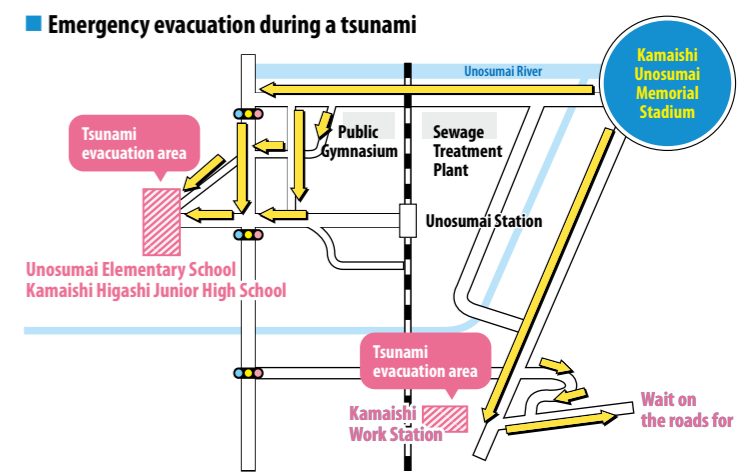
### Providing Ideal Ground Conditions

By adopting a hybrid turf that helps improve ground soil (the first in Japan) with excellent durability, shock absorption, and maintainability, we can provide ground conditions required for world-class performance.



### A Place Symbolizing Disaster Preparedness

The behavior during evacuation of the children and students of Unosumai Elementary School & Kamaishi Higashi Junior High School, in which they held hands and helped each other escape from the tsunami during the 2011 Great East Japan Earthquake, has been reported all around the world. Built on the site of this elementary/junior high school, Kamaishi Unosumai Memorial Stadium conveys our memories of the earthquake as well as our wisdom regarding disaster preparedness, while sharing the concepts behind disaster preparedness in the city of Kamaishi.



Learning from the Great East Japan Earthquake, we've set two locations as tsunami evacuation sites from the stadium, Unosumai Elementary & Kamaishi Higashi Junior High School and Kamaishi Work Station, and will promptly evacuate spectators should a tsunami warning or higher be announced.

## Table of Contents

Setting Sail Towards the Future	2	Going around World Heritage Sites of Iwate	16
Kamaishi Unosumai Memorial Stadium	3	Michinoku Shiohaze Trail & Sanriku Geopark	18
RWC 2019, Held in Kamaishi, Iwate	4	Hot Spring Tour in Iwate	20
Reconstruction following the Great East Japan Earthquake and Tsunami	6	Iwate Dining	22
Disaster Memorial Facilities in Iwate	8	Traditional Crafts of Iwate	24
Kamaishi Town Walk	10	Iwate, the Prefecture of Rugby	25
Kamaishi Map	12	Access Guide	26
Tourist Attractions of Iwate	14	Just a Hop, Skip, and a Jump Away From Iwate!	27

## Terms of Use

\*Information listed in this guidebook is as of June 30, 2020. Product information, fees, and various information such as closing and opening hours for sightseeing facilities and shops as well as event dates are subject to change. Please check before your departure. \*Photos are for illustration purposes only. Images may differ from reality. Furthermore, locations, scale, and travel times listed on the map are guidelines only. \*Telephone numbers are for inquiry at facilities and may differ from the local number. Looking them up in your car navigation system may show the wrong location. Also, please be aware that we are not responsible for any problems or damages arising from content published in this guidebook. \*We do not accept applications for any tours listed in this guidebook. Please contact the business directly or use a travel agency.



# Rugby World Cup 2019™ Held in Kamaishi, Iwate

Sept 25, 2019  Fiji 27 – 30  Uruguay

# Venue: Kamaishi Unosumai Memorial Stadium

Oct 13, 2019  Namibia  Canceled  Canada



memories

## 01.

### 3120 Days Since 3.11 – We've Reached the World Cup

3120 days since the 3.11 Disaster. On September 25, the Fiji vs Uruguay match was held in Kamaishi, the first and only 2019 Rugby World Cup host city that was heavily afflicted by the Earthquake and Tsunami disaster. Here, in the "Town of Rugby", the stage was set at the Kamaishi Unosumai Memorial Stadium, built on a former site of a deconstructed school that was severely damaged by the tsunami. 14,025 seats at the stadium were filled in as all those involved (including local residents) in hosting the Kamaishi match oversaw the game with overwhelming emotions.

A "performance" was held at the spectator stand prior to the game that felt fitting to represent the stadium as a symbol of reconstruction. Middle school students graciously waved the tairyō-bata (fisher's) flag called the "Furaiki (lit. flag to call upon fortune)", and approximately 2,200 students from 14 schools in Kamaishi sang a choir song "Arigato no Tegami (Thank you from Kamaishi)" to express their gratification towards reconstruction support. Moments before the kick off, all players and spectators offered their moment of silence and tribute to the lives lost in the disaster.

Excitement ran amongst the spectators with each outstanding play. Dedicated fans from overseas shouted their support for their national team. There were aggressive tackles, and also splendid treads. All were completely captivated by the intense match that was displayed on the beautiful grassy field. A warm round of applause echoed throughout the stadium when the no side whistle was blown. It was an absolute pleasure to be able to watch the game here in Kamaishi.

## Kamaishi and the World – A Bond Formed Through Rugby on September 25



## 02.

### "We'll be back someday" A flutter of the tairyō-bata flag

Originally scheduled for October 13, the Namibia vs Canada match was canceled due to the impact of Typhoon 19 (Hagibis) that raged through the country. The canceled match meant the end of the Kamaishi Unosumai Memorial Stadium's role in the 2019 Rugby World Cup after hosting just one game. The cancellation was based on a decision to prioritize the safety of all. It was also a way to spread the lessons learned to "protect lives" as the only host city to have been deeply affected by the Great East Japan Earthquake and Tsunami.

At 12:15p.m., the day and time of the original scheduled game, approximately 100 tairyō-bata (fisher's) flags fluttered around the stadium. "We can't just end it like that." The flags were meant to be waved from the spectator stand but were moved outside the stadium due to the canceled match. Despite that, many fans spanning generations and nationalities continued to share the same sentiment of the Furaiki Flag Project. "It's a story that we all created together and put our hearts into," said Eddie Jones (Age 56), a Welsh man who currently resides in Nagoya City. A 60-year old man from Aoba district in Sendai commented, "I almost teared up seeing the community strength of Kamaishi. It's a shame that the match was canceled, but I think this Rugby World Cup created a special worldly bond amongst fans."



Disappointment in the canceled game was also shared amongst the two teams from Namibia and Canada, who were looking forward to obtaining their first win in the World Cup. However, despite their aspirations, both teams decided to stay and endure the storm with the coastal region. In the wake of the typhoon, the Canadian team volunteered to shovel out the mud and debris that flooded the roads, and take out water-damaged furniture from homes in the Chidori area of Kamaishi. "We hope we were able to help out even a little," said staff member of the Canadian team, Gareth Rees (Age 52). The Namibian national team also conducted an unscheduled interaction event with the local citizens of Miyako City. "We wanted to provide moral support to the citizens affected by the typhoon," they said and visited Miyako Station to interact with the children gathered there.

World Rugby and the World Cup organization

committee explained their reasoning behind cancelling the match, which was to prioritize the safety of not only the spectators but all those involved in the match. At a press conference on the 13th, Kamaishi Mayor Noda Toshinori expressed, "We were all on the same page regarding safety. It is sad that the enjoyment has been taken away from us but we were able to protect lives. It is because of our experience in disaster that we should be more assertive in spreading the lessons learned. The Fan Zone and several related events will resume so we will continue to enjoy the World Cup." Tasso Takuya, Governor of Iwate, also commented to the press, "It's highly regrettable, but it was also the most appropriate decision." He expressed hope that people will provide support to the (typhoon) affected regions through the World Cup in Japan.



1 See you again Namibia Rugby

- 1 A commemorative group photo with the Namibian team = Oct. 13, Miyamachi, Miyako, in front of the Sanriku Railway Miyako Station
- 2 Namibian players training for their match against Canada in the rain = Oct. 12, Kamaishi Unosumai Memorial Stadium
- 3 Huddled together the day before the match for motivation.
- 4 High-fiving with the local children who welcomed them = Oct. 13



2



1



2



4

- 1 Rugby Canada players preparing for their match against Namibia = Oct. 11, Kamaishi
- 2 Offering flowers for tribute and praying for the victims in the Earthquake and Tsunami disaster at the Prayer's Park in Kamaishi = Oct. 12, Unosumai, Kamaishi
- 3 Helping out with the cleanup efforts, not caring whether they get smeared with mud = Oct. 13, Chidori, Kamaishi

Thank you Rugby Canada





# Thank you for all of your support from all over Japan and the World!

We really appreciate your support from all over the world

## Reconstruction following the Great East Japan Earthquake and Tsunami

### Outlook on the Great East Japan Earthquake and Tsunami

(from the Iwate Prefecture Disaster Response Headquarters)

- ▶ **Name (Date):** Great East Japan Earthquake and Tsunami (2:46 PM on Friday, March 11, 2011)  
\*The national government calls the disaster created by the earthquake "The Great East Japan Earthquake", but in Iwate Prefecture, it is known as "The Great East Japan Earthquake and Tsunami".
- ▶ **Epicenter:** 130 km east-southeast off Oshika Peninsula, Sanriku (38°06.2' N / 142°51.6' E)
- ▶ **Epicenter Depth/Size:** 24 km, Magnitude 9.0 (Moment Magnitude)
- ▶ **Maximum Magnitude in the Prefecture: Intensity 6 Lower:** Ofunato, Kamaishi, Takizawa, Yahaba, Hanamaki, Ichinoseki, Oshu, and Fujisawa
- ▶ **Largest Tsunami Wave:** [Miyako] 3:26 PM on the 11<sup>th</sup>: Over 8.5 meters [Kamaishi] 3:21 PM on the 11<sup>th</sup>: Over 4.2 meters [Ofunato] 3:18 PM on the 11<sup>th</sup>: Over 8.0 meters [Kuji Port] 8.6 meters (estimate)

### Damage in Iwate Prefecture

Trace Height / Death Toll / Missing / Homes Destroyed (as of June 30, 2020)

	Inland	Prefecture Total
Death Toll	34	5,143
Missing	5	1,112
Homes Destroyed	1,846	26,079

<b>Hirono</b>	Homes Destroyed... <b>26</b> Trace Height...Hirono/Kuji North Coast 12.0 meters
<b>Kuji</b>	Death Toll... <b>3</b> / Missing... <b>2</b> / Homes Destroyed... <b>278</b> Trace Height...Kuji Bay 13.7 meters
<b>Noda</b>	Death Toll... <b>39</b> / Homes Destroyed... <b>479</b> Trace Height...Noda Bay 21.4 meters
<b>Fudai</b>	Missing... <b>1</b> Trace Height...Fudai Coast 18.4 meters
<b>Tanohata</b>	Death Toll... <b>17</b> / Missing... <b>15</b> / Homes Destroyed... <b>270</b> Trace Height...Tanohata Coast 23.0 meters
<b>Iwaizumi</b>	Death Toll... <b>10</b> / Homes Destroyed... <b>200</b> Trace Height...Iwaizumi Coast 20.2 meters
<b>Miyako</b>	Death Toll... <b>475</b> / Missing... <b>94</b> / Homes Destroyed... <b>4,005</b> Trace Height...Omoe Coast 21.8 meters
<b>Yamada</b>	Death Toll... <b>687</b> / Missing... <b>145</b> / Homes Destroyed... <b>3,167</b> Trace Height...Funakoshi Bay 19.0 meters
<b>Otsuchi</b>	Death Toll... <b>856</b> / Missing... <b>417</b> / Homes Destroyed... <b>4,167</b> Trace Height...Otsuchi Bay 15.1m
<b>Kamaishi</b>	Death Toll... <b>994</b> / Missing... <b>152</b> / Homes Destroyed... <b>3,656</b> Trace Height...Ryoishi Bay 22.6m
<b>Ofunato</b>	Death Toll... <b>422</b> / Missing... <b>79</b> / Homes Destroyed... <b>3,938</b> Trace Height...Ryori Bay 23.8m
<b>Rikuzentakata</b>	Death Toll... <b>1,606</b> / Missing... <b>202</b> / Homes Destroyed... <b>4,047</b> Trace Height...Hirota Bay 18.3m



### Support from the JSDF (JSDF: Japan Self-Defense Force)

Supported in various fields of activities for 138 days

In the Great East Japan Earthquake and Tsunami, the JSDF was dispatched on an unprecedented scale of 107,000 officials. It was the first time the three self-defense forces - ground, sea, and air, have been called to operate together on an integrated mission aside from training.

In addition to rescue of victims and search for missing people, the JSDF conducted various activities including the removal of rubble, transportation of relief supplies, water supply and feeding, and "counseling sessions" by female personnel.



### Support from the Fire Department

Activities of rescue teams from across the nation and the local fire brigades

2,279 groups were sent in response to Iwate Prefecture's request for the dispatch of emergency fire rescue teams, a total of 7,633 personnel. So much support was provided by the fire brigades from other prefectures, including Nagoya City Fire Bureau taking command of the entire firefighting operation in the prefecture.

In addition, while many local firefighters were also victims themselves, they supported the rescue of other residents, operation of the shelters, and searches for missing people. Over 1,400 members from local fire departments participated in the support activities.



### Dispatching staff to affected municipalities

More than 4,700 personnel secured from municipalities, etc. from all over Japan

The earthquake caused death of 108 employees across five coastal municipalities. Under such circumstances, Nagoya city offered to dispatch some employees to Rikuzentakata City at the end of March, immediately after the disaster, followed by offers from other parts of the prefecture and around the nation. As a result, we were able to secure 171 people in the FY 2011, over 4,700 staff by the end of March in 2020. We still request local governments around Japan for cooperation.



### 226 Police Officers from around the Nation Specially Dispatched to Iwate Prefecture

For Security and Safety of the Affected Area

From the FY 2011 to FY 2016, total 226 police officers from 16 prefectures have been dispatched on a special mission to Iwate prefecture in order to protect the safety and security of the affected area. The duties included patrols of temporary housing, traffic safety, and crime control.

In addition, Ofunato, Kamaishi, and Miyako police stations conducted crime prevention education through superhero skits for children and infants in the coastal area.



### Dispatch of Medical Teams

Doctors all over Japan offer medical support to the affected areas

Immediately after the earthquake, DMAT (Disaster Medical Assistance Team) arrived upon request of the national government, and 128 teams from 29 prefectures worked on triage, first aid, and supported local hospitals.

In addition, with the "Emergency Local Medical Support Office" set up at Iwate Medical University soon after the disaster acting as the contact point, 88 teams, totaling 4,463 doctors, had been dispatched from outside the prefecture by the end of December 2011.

Furthermore, two prefectural hospitals were supported by Japan Medical Association Team (JMAT) Iwate branch, from the inland area to the coastal area where most people were affected.



### Support from Overseas

Gratitude for the Connection

At the affected areas, the US army and the SDF conducted "Operation Tomodachi", as well as rescue teams from other countries including the US, UK, and China.

In addition, emergency supplies were sent from many countries immediately after the disaster, and donations from around the world were used to restore Sanriku Railway and to repair and develop facilities including nurseries, after school care facilities, and halls in the affected area.

### Iwate Manabi No Kibou Kikin

(Iwate Hope for Education Fund)

The "Iwate Manabi No Kibou Kikin (Iwate Hope for Education Fund)" fund was established in June 2011 to support the lives and learning of children who suffered during the Great East Japan Earthquake and Tsunami. Even now, more than 8 years since the earthquake and tsunami, we continue to receive so many contributions both domestically and internationally. Your support gives hope and a future to the children.

### A Thank You Message



Senior at Kamaishi High School  
**Yui Ueta**

I've been working hard every day, trying to achieve my goal. My goal at the moment is to go abroad for volunteer work. The great earthquake happened when I was in 3rd grade. I spent days feeling uneasy at the shelter, where I couldn't really figure out what was going on. Under these circumstances, it was the volunteers that gave me energy. Some of them came from abroad to support us, and I was very encouraged by their warm and happy smiles. This got me interested in volunteer work. Like the people who helped me through this, I want to be involved in activities for children around the world to make them smile.

Now, I am committed to studying and extracurricular activities, which is quite fulfilling. I'm also actively challenging myself on

what I want to do. I've had so much fun in every activity I've pursued - a short-term study abroad program to Australia, student council activities, and volunteer activities, to name a few. Interacting with people with different values and professions made me discover new ways of looking at things and new perspectives. I would like to continue challenging myself to do many different things, to make my high school life as fulfilling as possible.

I am able to live doing what I want to do, thanks to all of your contributions. I want to continue living with ambition, and make every effort to achieve my goals. Thank you very much for all of your support.

(\*Information contained is as of 2019.)

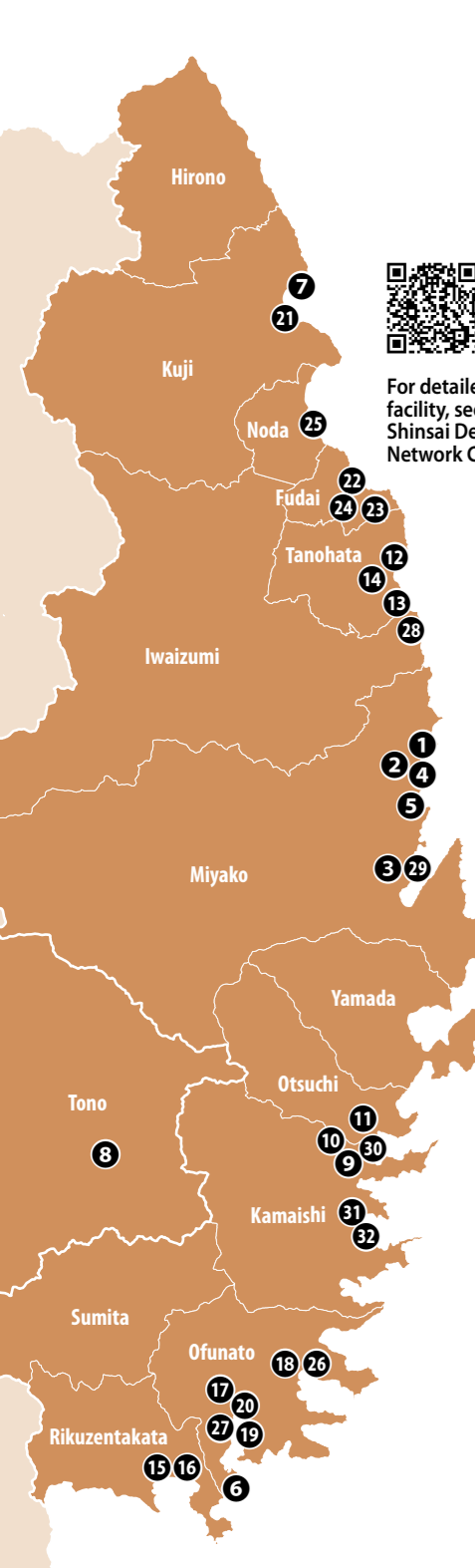
For more details, go to Iwate Prefecture website

Iwate Manabi No Kibou Kikin

Search

<https://www.pref.iwate.jp/shinsai/fukukou/shien/link/1002711/index.html>





# Disaster Memorial Facilities in Iwate

(as of July 1, 2019)

Source: Shinsai Densho (Disaster Awareness) Network Council by the Ministry of Land, Infrastructure, Transport and Tourism (MLIT)

\* The facilities listed here are those registered under the "Remnants of Disaster Registration System", conducted by the Shinsai Densho Network Council by the MLIT.

"Disaster Memorial Facilities" refers to facilities that will pass on the facts and lessons learned from the Great East Japan Earthquake, which fall under any of the following criteria.

- 1) Those in which we can see the lessons learned from the disaster
- 2) Those that contribute to disaster prevention in case of emergency
- 3) Those that show the fear of disaster or the awe of the nature
- 4) Those with historical or academic value in terms of studying the disaster
- 5) Others (that can be deemed to show the facts of the disaster or the lessons that we need to pass on)



For detailed information about each facility, see the website here.  
Shinsai Densho (Disaster Awareness) Network Council by the MLIT Home Page



1 Taro Kanko Hotel Miyako

This is the facility that preserves and maintains the "Taro Kanko Hotel", which was affected by the tsunami said to exceed 17 meters in height, as the remnant and prevention guide of natural disaster. It conveys the fear of natural disaster as well as raising awareness of disaster prevention.



2 Taro Shiosato Station Miyako

It is a facility where the tourist information center which was completely destroyed by the tsunami was restored and relocated as the new tourist information center of Michi no Eki Taro. Visitors can see disaster-related footage and take part in a 'learn about disaster prevention' guided tour in the Taro district, an area that has become a center for disaster prevention education.



3 Miyako Civic Exchange Centre Disaster Prevention Plaza Miyako

It is a section organized in the Miyako Civic Exchange Center for the purpose of conveying experience of the Great East Japan Earthquake and to aim for education and learning of disaster prevention. This facility aims to raise visitors' awareness of natural disasters and disaster prevention through videos, models and quizzes.



4 Taro Sea Wall Miyako

Although Taro had a seawall of 2,433 meters in length and 10 meters in height, the tsunami that followed the Great East Japan Earthquake poured over the seawall, causing enormous damage to the town of Taro. The seawall was partially destroyed but has been restored to its former state with the aim of contributing to disaster prevention by teaching the future generations about the severe effects of a tsunami.



5 Shinsai Memorial Park Nakanohama Miyako

Once a campsite, until suffering damage from a tsunami more than 15 meters tall, caused by the Great East Japan Earthquake, the remains have been remade as a park. The remnants in this park convey the power of nature and preserve the memories of the earthquake.



6 Ofunato City Museum Ofunato

In addition to our film exhibit of "The Raging Sea - Tsunami Prone Ofunato", we also have photographs and records of the tsunamis caused by Great East Japan Earthquake, the 1896 and 1933 earthquakes, and the incident in 1960 (tsunami caused by the Chile earthquake).



7 Underground Science Museum Moguranpia Kuji

Using videos, panels, smartphones and tablets, this museum shows us the circumstances at the time of the disaster, and how the reconstruction and restoration of the city progressed.



8 3.11 Great East Japan Earthquake Tono City Koho Shien Shiriyokan (Tono Logistical Support Archive) Tono

These records show how the public and private sectors in Tono City worked together to support the coastal areas affected by the Great East Japan Earthquake. The exhibition is open to the public so that Tono City residents "do not forget, and do not let the next generation forget".



9 Kamaishi Inori no Park Kamaishi

This facility was created to honor and pay tribute to the victims of the Great East Japan Earthquake and Tsunami, while passing on the memories and lessons of the earthquake to future generations. Its basic philosophy is "to commemorate the victims of the tsunami and protect the lives of the future generations".



10 Inochi wo Tsunagu Miraikan Kamaishi

This facility promotes learning about disaster prevention by showcasing the events and lessons learned from the Great East Japan Earthquake. Its target audience is the children who will be responsible for the next generation. We also provide disaster prevention learning experience programs for visitors from outside the city.



11 Otsuchi Cultural Exchange Center Oshatchi Otsuchi

In addition to an exhibition on the town, surrounding nature, and the reconstruction process (including the earthquake), you may also watch a guidance video (18-minutes long) that summarizes the reconstruction process from 7 years after the disaster. Also, "Memoirs of the Witnesses", a collection of records that tells of the lives of Otsuchi's 621 victims of the tsunami and how they were affected by it, is also included in the exhibit.



12 Remnants of Earthquake Aketo Coastal Sea Wall Tanohata

The sea wall destroyed by the tsunami is preserved as it was at the time of the disaster. In the remnants of the earthquake and surrounding affected area, local resident guides provide tsunami experience guide program.



13 Shimanokoshi Fureai Park Tanohata

A reconstruction memorial park built on the former Shimanokoshi station building which was swept away by the tsunami following the Great East Japan Earthquake. The Kenji Miyazawa poetry monument which endured the tsunami has been left untouched since the disaster, conveying the threatening power of the tsunami.



14 Raga Fureai Park Tanohata

The tsunami stone monuments in this park, from the Great Meiji Sanriku Tsunami in 1896 and the Showa Sanriku Tsunami in 1933, impart upon us the threat and lessons learned from tsunami.

## Takata Matsubara Tsunami Reconstruction Memorial Park



15 Iwate Tsunami Memorial Museum (Also known as the Iwate Tsunami Memorial) Rikuzentakata

The Iwate Tsunami Memorial Museum has been established on the grounds of the Takata Matsubara Tsunami Reconstruction Memorial Park, which is maintained by Rikuzentakata in Iwate.

This facility is dedicated to passing on the facts and lessons of the earthquake disaster in prevention of such a future tragedy, as well as to teaching visitors both abroad and throughout the country about the reconstruction effort.

Entry is free, and visitors can learn about the history of tsunami disasters in Sanriku, as well as the facts and lessons of the Great East Japan Earthquake, through videos and exhibits.



16 Takata Matsubara National Memorial Facility Rikuzentakata

Here there once stood a nationally renowned place of scenic beauty called Takata Matsubara, sprawling across a bow-shaped sandy beach from the mouth of the Kesen River, to Hirota Bay. Along with being a popular tourist destination, the white sands and green pines saw many summer visitors in summer as a beach representative of Iwate.

However, Rikuzentakata became one of the hardest hit disaster areas throughout Iwate due to the tsunami caused by the Great East Japan Earthquake, and the sandbanks and pines of Takata Matsubara suffered so much damage that they are almost completely gone.

After, the national government came together with the prefecture of Iwate, and city of Rikuzentakata, to proceed with the development of the Takata Matsubara Tsunami Reconstruction Memorial Park as a symbol of reconstruction, with the aim of mourning the victims of the Great East Japan Earthquake, and display a strong will to put the country on the path to recovery both domestically and internationally.

### Remnants of Earthquake remaining in the Park



Kiseki no Ipponmatsu (Miracle Pine) / Rikuzentakata Youth Hostel | Michi no Eki Takata Matsubara Topic 45 | Kesen Junior High School | Government Housing for Enhancing Settlement



## Other Disaster Memorial Facilities

- 17 Ofunato City Gymnasium Outdoor Clock (Ofunato)
- 18 Shiome (Ofunato)
- 19 Chachamaru Park Clock Tower (Ofunato)
- 20 Yumemi Park (Ofunato)
- 21 Cairn, Requiem Bell and Light (Kuji)
- 22 Fudai Mayor Wamura Kotoko Memorial (Fudai)
- 23 Ota Nabe Seawall (Fudai)
- 24 Fudai Floodgate (Fudai)
- 25 Maita Pedestrian Bridge Remains (Noda)
- 26 Dokonjo Poplar (Ofunato Urahama Green) (Ofunato)
- 27 Tsunami Warning Tower (Ofunato)
- 28 Disaster Memorial [The Stairs that Saved Children's Lives] (Iwaizumi)
- 29 Disaster Memorial [Reopened Shipping Lanes Ensure Arrival of Emergency Supplies by Sea] (Miyako)
- 30 Disaster Memorial [The Road that Saved Children's Lives] (Kamaishi)
- 31 Disaster Memorial [Operation Comb: Reopening Emergency Relief Routes] (Kamaishi)
- 32 Disaster Memorial [Opening a Shipping Lane to Ensure Emergency Assistance Supplies by Sea] [A Seawall Built with the Lessons Learned from the Tsunami (Kamaishi Port Seawall)] (Kamaishi)



# Kamaishi Around the City



Learn the history of the town of iron, at the World Heritage "Hashino Iron Mining and Smelting Site".

Savor the fresh seafood at one of the world's three greatest fishing grounds, the port of Sanriku.

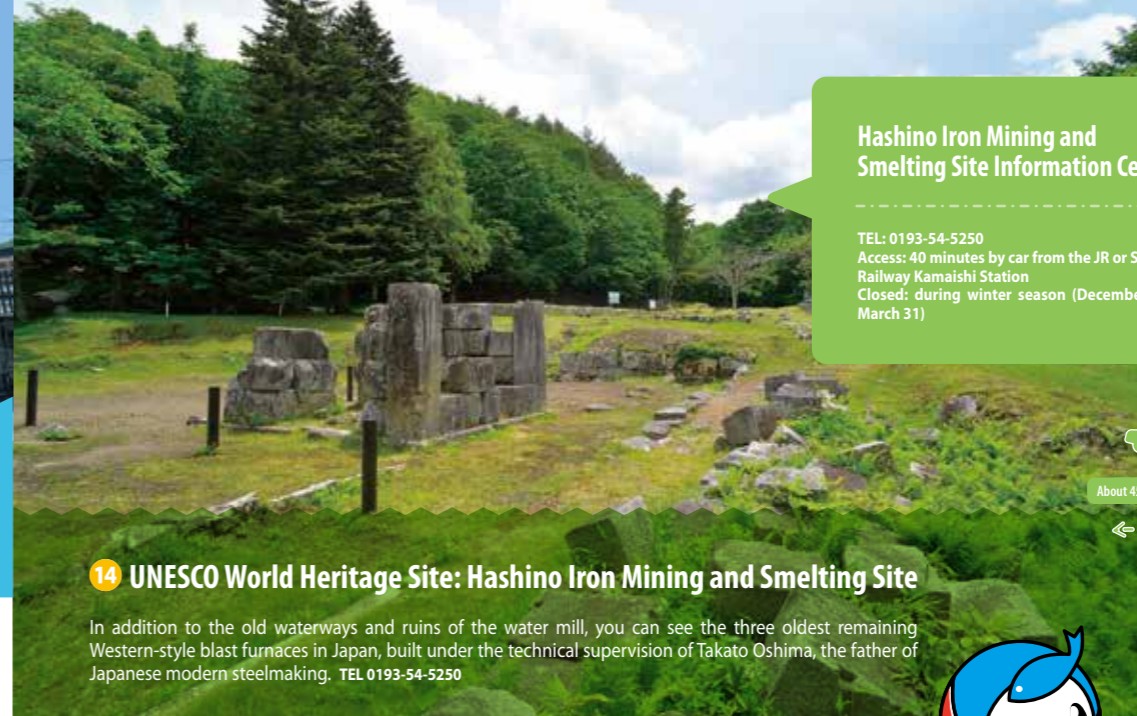
Enjoy Kamaishi, "the town of Iron, Fishery, and Rugby".

Kamaishi Kanko Bussan Association TEL: 0193-22-5835 <http://kamaishi-kankou.sakura.ne.jp/>



## 1 Kamaishi Station

The plaza in front of the train station has the Fukko no Kane (Reconstruction Bell), the Monument of Iron, and a statue of Takato Oshima, who is said to be the father of modern steelmaking.



## Hashino Iron Mining and Smelting Site Information Center

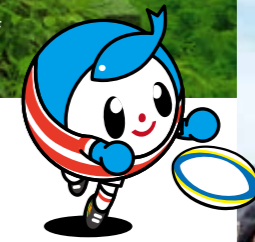
TEL: 0193-54-5250  
Access: 40 minutes by car from the JR or Sanriku Railway Kamaishi Station  
Closed: during winter season (December 9 to March 31)

About 45 minutes by car

## 14 UNESCO World Heritage Site: Hashino Iron Mining and Smelting Site

In addition to the old waterways and ruins of the water mill, you can see the three oldest remaining Western-style blast furnaces in Japan, built under the technical supervision of Takato Oshima, the father of Japanese modern steelmaking. TEL 0193-54-5250

# Get to know Kamaishi as "The City of Iron"



1 minute walk from JR Kamaishi Station

## 2 Sea Plaza Kamaishi

Sanriku's new information center using the latest equipment. In addition to sales of local specialty products and restaurants, the building also houses the "Kamaishi Rugby Cafe". There you can learn the history of the Kamaishi rugby team, from their 7 consecutive wins at the All-Japan Rugby Football Championship until now. TEL 0193-31-1177

Hours: 9:00 AM - 7:00 PM Closed on: First, Third, and Fifth Tuesdays of Each Month



1 minute walk from JR Kamaishi Station

## 3 Sun Fish Kamaishi

Sunfish Kamaishi was born in place of the Kyojo Market, a locale spanning a history of over 45 years. The first floor is home to a market packed with local seasonal goods, along with a restaurant on the second floor.

TEL 0193-31-3668  
Hours: 1F 7:00 AM - 4:00 PM / 2F 11:30 AM - 10:00 PM  
Closed on: Wednesdays  
<http://sunfish-kamaishi.sakura.ne.jp/>



10 minute walk from JR Kamaishi Station

## 4 Yakushi Park

Kamaishi's best spot for cherry blossom viewing, Yakushi Park is located on high ground, overlooking the city and Kamaishi Bay. Inside the park is a statue of goddess built to comfort the spirits of war victims and to wish for peace, and a monument for Matasuke Takahashi, who devoted himself to the development of modern steelmaking. The Cherry Blossom Festival is held here during the spring, when the cherry blossoms are in full bloom.



About 8 minutes by car

## 10 Michi no Eki Kamaishi - Sennin Toge

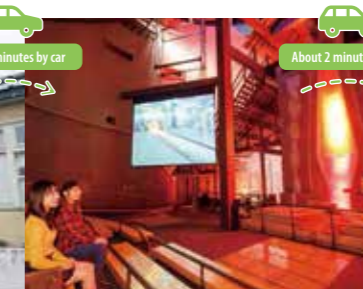
This Michi no Eki (roadside rest area) is full of local specialties and souvenirs of Kamaishi. The most popular is a soft-served ice cream with a hint of a soy sauce flavor using the "Fujiyu Soy Sauce", a local product of Kamaishi. TEL 0193-27-8530



About 8 minutes by car

## 11 Kyodo Shiryokan Museum

Exhibiting over 4,000 items, from articles used in everyday life, to photographs, officially designated cultural properties, and even a model of the Hashino Blast Furnace, which is known as a symbol of Kamaishi, the City of Iron. Featuring easy-to-understand explanations on people's lives, nature, culture, disasters, and more. TEL 0193-22-2046



About 2 minutes by car

## 12 Kamaishi Iron and Steel History Museum

This is a museum showcasing the industrial history of iron in Kamaishi and how it came to be the origin of modern Japanese steelmaking. You can see a full-scale reconstruction of the blast furnace from the World Heritage Hashino Iron Mining and Smelting Site, and a number of other valuable historical materials. TEL 0193-24-2211



## 13 Kamaishi Daikannon

A 48.5m tall, white Kannon (Bodhisattva) statue stands at the tip of Kamasaki. After climbing up a long flight of stairs, you can enjoy a panoramic view of the magnificent Pacific Ocean and the rias shorelines from the Gyoran Observatory (120m above sea level). It is also officially known as the "Lovers' Sacred Ground". TEL 0193-24-2125



10 minute walk from JR Kamaishi Station

## 5 Town Port Omachi

Connected to AEON Town Kamaishi. Lively restaurants and shops are available! You can also relax at the wooden deck and grass plaza. TEL 0193-22-3607 (KAMAISHI Community Development Co., Ltd.)



10 minute walk from JR Kamaishi Station

## 6 Restaurant and Bar Hub Kamariba

The Kamariba Restaurant and Bar Hub was launched in January 2017 as a municipal land utilization project for the reconstruction of the restaurant area affected by the tsunami. Check out the website of Kamaishi City for more information!

Kamariba Search



10 minute walk from JR Kamaishi Station

## 7 Miffy Cafe Kamaishi

The only permanent Miffy themed cafe in Japan. Featuring all sorts of Miffy goodness, the shop is designed to invite everyone into a picture book world. Visitors can also take a walk down Miffy Street, from Kamaishi Station down through Uogashi. TEL 0193-55-6707



12 minute walk from JR Kamaishi Station

## 8 Oyafuko Street

A restaurant district in the area of 1 Omachi, well known among Kamaishi locals. Although the name of the street was originally written as 親不幸通り in Japanese, denoting "misfortune", it was changed to 親富幸通り which denotes "fortune" instead to bring about new life to the area. This was a kind of play on words, since both sets of characters are pronounced the same as "Oyafuku." TEL 0193-22-5835 (Kamaishi Tourism and Products Association)



## 15 Near Kamaishi Unosumai Memorial Stadium Unosumai Tomosu

In March 2019, the Kamaishi Inori no Park (Prayer's Park) was built as a memorial tribute to the victims of the Unosumai region from the Great East Japan Earthquake and Tsunami. Nearby, you can visit the Inochi wo Tsunagu Miraikan (Connecting Lives for the Future) Museum to learn about disaster prevention and the Unosato Koryukan (Exchange Center) for souvenir shopping, all within walking distance of the Unosumai train station. TEL 0193-27-5666 (Office of Unosumai Tomosu)



### Inochi wo Tsunagu Miraikan

This is a facility where you can view detailed records of the tsunami that hit the region and also learn helpful prevention measures to prepare for a tsunami disaster. Free admission.



### Unosato Koryukan

You can find a small fish shop operated by the local fishery co-op, a dining area for a quick meal, and souvenir shops.

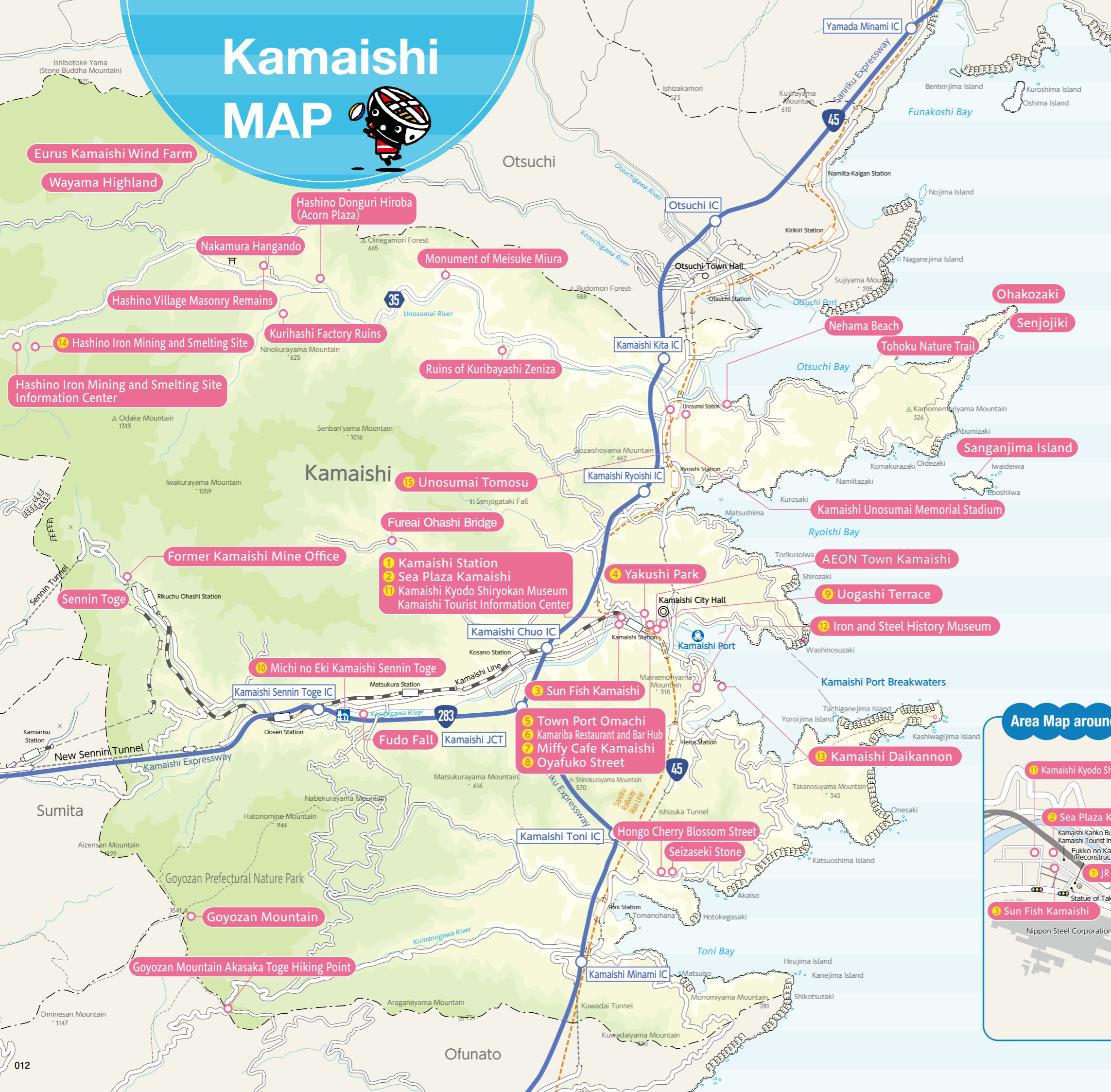
## 9 Uogashi Nigiwaikan "Uogashi Terrace"

Opened in April 2019. Adjacent to the fish market, this is the new bustling spot of the town with an open plaza overlooking Kamaishi Bay, restaurants to enjoy the various tastes of Kamaishi, and an exhibition space for learning about the local entertainment and the ocean. TEL: 0193-27-5566





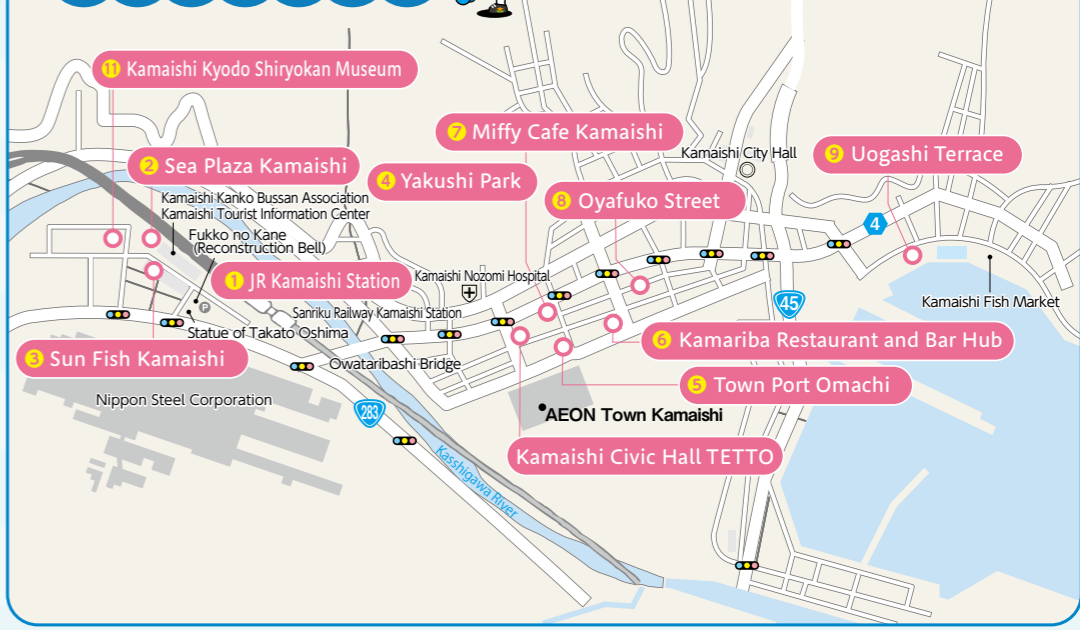
# Kamaishi MAP



## Accommodations

Hotel Sunroute Kamaishi	2-3-3 Omachi Kamaishi	TEL: 0193-24-3311
Kamaishi Baycity Hotel	1-8-1 Omachi Kamaishi	TEL: 0193-22-6611
Rikuchu Kaigan Grand Hotel	1-2-3 Minatomachi Kamaishi	TEL: 0193-22-1211
Hotel Marue	2-1-10 Owataricho Kamaishi	TEL: 0193-24-3911
Hotel Alice Garden	2-5-11 Owataricho Kamaishi	TEL: 0193-27-5155
Hotel Route-Inn Kamaishi	2-5-17 Omachi Kamaishi	TEL: 050-5847-7701
Tada Ryokan	3-5-15 Omachi Kamaishi	TEL: 0193-22-3576
Kamaishi Pension	1-3-2 Otadakoecho Kamaishi	TEL: 0193-24-3703
Owataro Pension will	1-5-8 Owataricho Kamaishi	TEL: 0193-22-5525
Kamaishi Station Hotel	4-1 Suzukocho Kamaishi	TEL: 0193-22-3070
Hotel Folkloro Sanriku Kamaishi	22-4 Suzukocho Kamaishi	TEL: 0193-38-5536
Sanrikunoyado Takakin	6-8 Suzukocho Kamaishi	TEL: 0193-22-4559
Hotel Seagullea Marine	3-61-22 Heita Kamaishi	TEL: 0193-26-5111
Heita Pension	3-69 Heita Kamaishi	TEL: 0193-26-6511
Hotel I-room Kamaishi Unosumai	9-15 Dai-3 Chiwari Unosumaicho Kamaishi	TEL: 0120-773-040 (Reservation Center)
Hamabeno Ryoriyado Horaikan	20-93-18 Unosumaicho Kamaishi	TEL: 0193-28-2526
Minshuku Maekawa	22-38-2 Unosumaicho Kamaishi	TEL: 0193-28-3869
Oikawa Ryokan	1-2-9 Sakuragicho Kamaishi	TEL: 0193-23-5474
Hiraji Ryokan	1-20-31 Nakazumacho Kamaishi	TEL: 0193-23-5805
Ryokan Nakamura	2-4-15 Nakazumacho Kamaishi	TEL: 0193-23-7527
Murohama no yado	10-110-1 Katagishicho Kamaishi	TEL: 0193-28-2315
Omachi Pension	2-5-18 Omachi Kamaishi	TEL: 0193-22-4788

## Area Map around the Station



- 1 Kamaishi Kyodo Shiryokan Museum
- 2 Sea Plaza Kamaishi
- 3 Miffy Cafe Kamaishi
- 4 Yakushi Park
- 5 Uogashi Terrace
- 6 Oiyafuko Street
- 7 JR Kamaishi Station
- 8 Kamariba Restaurant and Bar Hub
- 9 Sun Fish Kamaishi
- 10 Town Port Omachi



## Central Area

Morioka, formerly a castle town, is full of nostalgic charm, which makes walking around the city so much fun. You can also go for a nature walk or a scenic drive in Hachimantai to thoroughly enjoy the fresh greenery of spring or the colorful autumn leaves with a lot of unique hot spring (onsen) locations in the area, as well.

### 1 Hachimantai

Hachimantai

Indulge in the magnificent nature through a variety of outdoor activities such as driving and trekking. Known to be one of Japan's top scenic spots in autumn, the best time to see the beautiful leaves is from late September to early October, which you can also enjoy with the many hot springs (onsen) in the area.  
TEL 0195-78-3500 (Hachimantai Tourism Association)



The Rindo Fairy: Arin-chan



Shizuku-chan

### 2 Koiwai Farm

This is Japan's largest integrated and privately-owned farm. You can sign up for the popular guided tour, "The Koiwai Farm Story", which will take you through some of the normally off-limits production sites and facilities that are designated as Nationally Important Cultural Properties.  
TEL 019-692-4321



Shiwamara-kun

### 3 Bank of Iwate Red Brick Building

Based on a design by Kingo Tatsuno and the Manji Kasai architect office in 1911, the building was originally built to use as a head quarter for the Bank of Morioka. Afterwards, it functioned as the Nakano-hashii Branch of the Bank of Iwate up until 2012. TEL 019-622-1236

## Southern Area

### 4 Geibikei

Ichinoseki

The mountainous cliffs at the Geibikei gorge can reach up to a height of 100 meters. Take a relaxing 2-km boat ride as you listen to the boatman or woman row to a song of the local folksong, Geibi Oiwake.  
TEL 0191-47-2341 (Geibi Tourism Center)



Miko Sisters



Karin-chan

Tono

### 5 Tono Furusato Village

This facility replicates a traditional mountain village of Tono, including rice fields, water mills, and the Nanbu Magariya (L-shaped traditional farmhouses). In addition to a variety of hands-on workshops, you can interact with the Maburitto-shu, a local language for a group of people who preserve the culture and tradition of Tono. TEL 0198-64-2300



Kenji Miyazawa Memorial Museum



Kenji Miyazawa's Fairy Tale World

Flower Roll-chan

Hanamaki

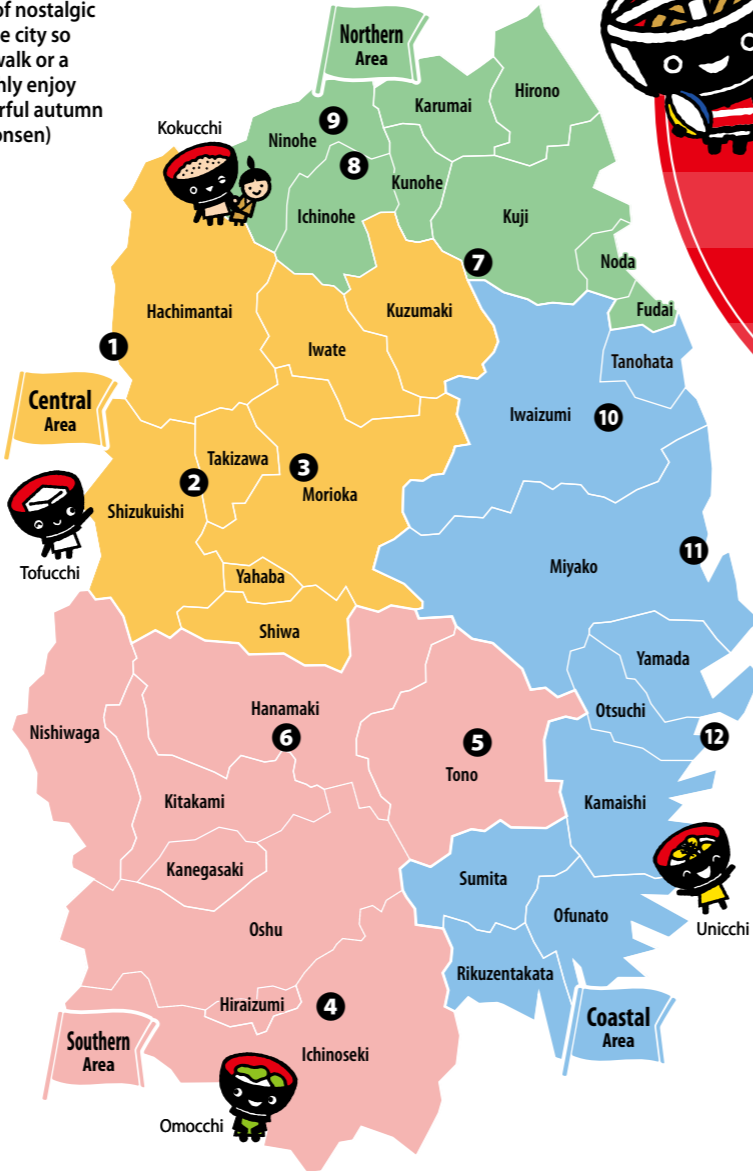
### 6 Kenji Miyazawa Memorial Museum & Kenji Miyazawa's Fairy Tale World

The memorial museum introduces the wonderful world of Kenji Miyazawa through his works and unique life experiences. The Fairy Tale World also successfully brings to life the many stories told by Kenji Miyazawa through vibrant and interactive attractions. It is considered one of the "88 Sacred Places For Fans of Japanese Animation to Visit (2020 Edition)".  
TEL 0198-31-2319 (Kenji Miyazawa Memorial Museum)  
TEL 0198-31-2211 (Kenji Miyazawa Fairy Tale World)

# Tourist Attractions of Iwate

## Northern Area

A variety of ambers and fossils of dinosaurs were found within the under ground and coastal cliffs of the Northern Sanriku region. Ninohe City, considered the best in lacquaware production in Japan, is also known for its Joboji Lacquaware. There are also other interesting things to check out in the area, including the still popular legend of the Zashiki Warashi (spirits-like beings that are known to bring good fortune to the house it resides).



Amarin

Kuji

### 7 Hiraniwa Plateau

Bask in a forest of 300,000 beautiful, white birch trees, the most in Japan. The forest shows its many colors through the four seasons, from the fresh greenery of spring to the splendid colors in autumn. The best time to see the autumn leaves is from mid-October to early November.  
TEL 0194-72-2700 (Hiraniwa Sanso)

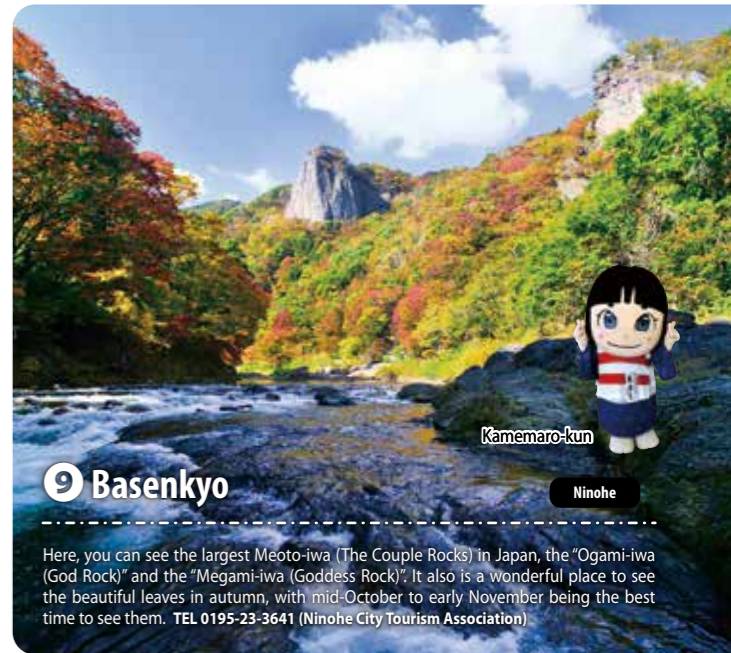


Goshodon

Ichinohe

### 8 Goshono Site

Wide-scale remains of the mid-Jomon Era settlement, which goes back roughly 4,500 years, were uncovered here. Current efforts are made to register the location as another World Heritage site under the "Jomon Culture and Archaeological Sites of Hokkaido and Northern Tohoku Region" category.  
TEL 0195-32-2652 (Goshono Jomon Museum)



Kamemaro-kun

Ninohe

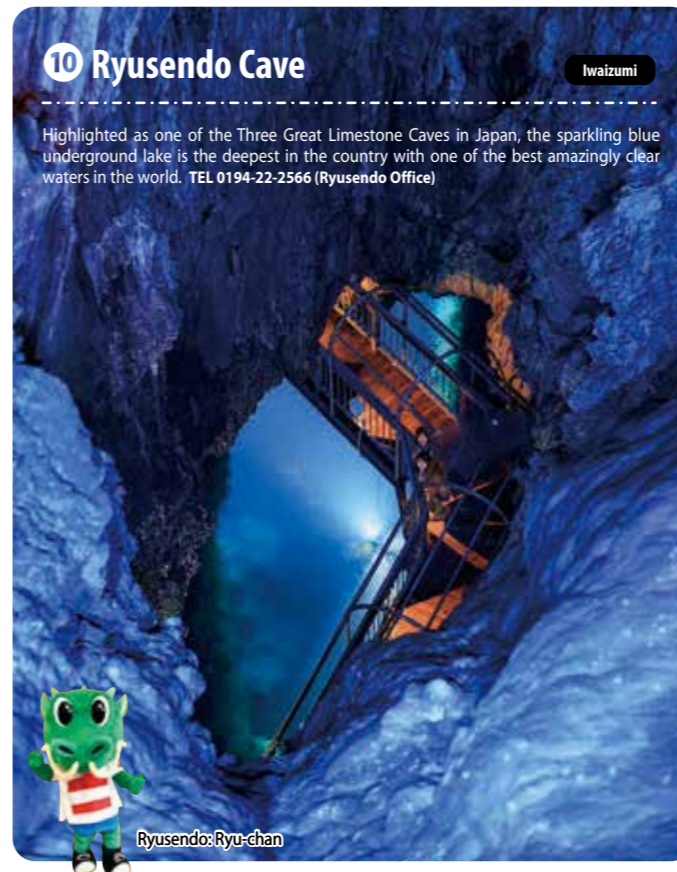
### 9 Basenkyo

Here, you can see the largest Meoto-iwa (The Couple Rocks) in Japan, the "Ogami-iwa (God Rock)" and the "Megami-iwa (Goddess Rock)". It also is a wonderful place to see the beautiful leaves in autumn, with mid-October to early November being the best time to see them. TEL 0195-23-3641 (Ninohe City Tourism Association)

### 10 Ryusendo Cave

Iwaizumi

Highlighted as one of the Three Great Limestone Caves in Japan, the sparkling blue underground lake is the deepest in the country with one of the best amazingly clear waters in the world. TEL 0194-22-2566 (Ryusendo Office)



Ryusendo: Ryu-chan

## Coastal Area

The Sanriku coastal area is where you can see stunning scenic spots of the sea and mountain ranges within the Sanriku Geopark such as the Kitayamazaki Cliffs, the Ryusendo Cave, and the Jodogahama Beach.



Salmon-kun

Miyako

### 11 The Blue Cave Sappa Boat Cruise

Explore a popular spot in Jodogahama, the "Blue Cave", on a Sappa Boat (small fishing boat). Within the cave walls, you can enjoy the fascinating emerald green waters and the mystical atmosphere that extends throughout the cave.  
TEL 0193-63-1327 (Jodogahama Marine House)



O-chan

Otsuchi

### 12 Horaijima Island

A gourd-shaped island located in the middle of Otsuchi Bay. It is said to be the origin of the NHK TV puppet show "Hyokkori Hyotan Jima (Gourd Island)".  
TEL 0193-42-5121 (Otsuchi Tourism Exchange Association)

Click here for online inquiries about tours in Iwate Prefecture!



Iwate Tourism Association <https://iwatetabi.jp/>



World Heritage

# Chusonji Temple

Hiraizumi

The temple premises, including the shiny Konjiki-do (Golden Hall), represents the culture of Hiraizumi along with the many national treasures and cultural properties displayed here.

TEL 0191-46-2211

In addition to Hiraizumi and the Hashino Iron Mining and Smelting Site, you may also enjoy Hayachine Kagura and Washoku (Japanese Traditional Dietary Culture) such as mochi (rice cake), a culture of Ichinoseki City, both registered as UNESCO's Intangible Cultural Heritage.

# Going around World Heritage Sites of Iwate

World Heritage

# Motsuji Temple

Hiraizumi

The priest Ennin, post-humously named Jikaku Daishi, established his sect in 850 (Kasho Era 3). This World Heritage site is said to have been built under the orders of Motohira, the second, and Hidehira, the third ruler of the Northern Fujiwara clan. It is another popular temple in Hiraizumi along with the Chusonji Temple. TEL 0191-46-2331



World Heritage

# Muryokoin Ruins

Hiraizumi

Built by Hidehira, third ruler of the Northern Fujiwara clan, the temple was designed to imitate the Byodoin Temple in Kyoto. Currently, only the earthwork, foundation stone, and remains of the garden are left, which creates a hidden, peaceful and sacred atmosphere.

TEL 0191-46-4012 [Hiraizumi Cultural Heritage Center]

World Heritage

# Kanjaiaoin Ruins

Hiraizumi

The wife of Motohira, second ruler of the Northern Fujiwara clan, supposedly ordered the construction of this temple. It was built based on a method written in a Heian-era gardening book called "Sakuteiki". While almost all features of its Jodo Garden (where Buddha and the bodhisattvas live) remains today, the ruins are currently maintained as a place for relaxation.

TEL 0191-46-4012 [Hiraizumi Cultural Heritage Center]

World Heritage

# Mount Kinkeisan

Hiraizumi

It is said that a golden rooster and a hen have been buried in this mountain to protect the area of Hiraizumi. Legend also says that Hidehira, third ruler of the Northern Fujiwara clan, managed to have this man-made mountain built overnight by making the workers line up all the way to the Kitakami River.

TEL 0191-46-4012 [Hiraizumi Cultural Heritage Center]

Still got room to see more?

Approximately 35 minutes from the Kamaishi Unosumai Memorial Stadium!

World Heritage

Kamaishi

# Hashino Iron Mining and Smelting Site

Built under the supervision of Takato Oshima from the Morioka domain, this World Heritage site contains the remains of the oldest existing Western-style blast furnace in Japan. From the Bakumatsu (final years of the Edo period) to the Meiji era, this facility laid a foundation to developing the field of modern steelmaking during the Japanese Industrial Revolution. At this site, you can see the remains of the three blast furnaces used at the time.

TEL 0193-22-8846 [Kamaishi City World Heritage Department]

Hashino Iron Mining and Smelting Site Shuttle Bus (With Local Guide)

You can take a shuttle bus to the Hashino Iron Mining and Smelting Site. The bus operates round trip from the Kamaishi Station to the World Heritage site, via Unosumai Station. How about a guided tour with detailed explanations from local expert guides?

Operation dates between October - November 2020

October 3, 4, 10, 11, 17, 18, 24, 25, 31  
November 1, 3, 7, 8, 14, 15, 21, 22, 23

Operation may be suspended due to bad weather, etc. Please inquire and make booking directly with the operating business. (Iwate Ryokosha TEL 0193-31-1300)

You can now finally download a helpful app to get to know more about the World Heritage: Hashino Iron Mining and Smelting Site.

Hashino Iron Mining and Smelting Site AR Tourist Guide App

When you hold your smartphone up in front of the smelting site, you can watch a reenactment video at that time.

Digital Guide of Hashino Iron Mining and Smelting Site

When you use the app at the site, you can listen to audio guides according to your geographic location. In addition, you can watch a reenacted 360-degree panoramic video of the first installment of the smelting site.

Search for the app in the Play Store or the App Store

Hashino Iron Mining and Smelting Site Search

# Hashino Iron Mining and Smelting Site Information Center

There are visual explanations of the Hashino Iron Mining and Smelting Site at the center through videos and display panels. You can also pay for an Audio Guide Map (available in Japanese / English / Chinese / Korean) to help you navigate the site. Local guides are also available with a certain fee. Admission to the center itself is free., Closed during the winter season (December 9 to March 31) TEL 0193-54-5250

# Our proud UNESCO Intangible Cultural Heritage of Iwate

UNESCO Intangible Cultural Heritage

# Hayachine Kagura

Hanamaki

Kagura is a traditional performing arts of music and dance dedicated to Shinto gods with more than 500 years of history. Comprised of 40 or more dance programs based on two kagura types, the "Otsugunai" and the "Take", it is said to originate from the prayers of those who practice asceticism in the mountains.

UNESCO Intangible Cultural Heritage

# Suneka of Yoshihama

Ofunato

The "Suneka" is a type of deity with a demon-like mask dressed in a straw cape that visits local neighborhoods on the evening of the Lunar New Year's Day (January 15). Upon entering homes, it disciplines the lazy and the crying child. This is a fairly common tradition of the Sanriku coast, and has a different name depending on the region.

UNESCO Intangible Cultural Heritage

# Washoku

Ichinoseki

- Mochi Culture of Ichinoseki -

In the Ichinoseki Region, where good sticky rice has been harvested since the old times, there is a custom of eating mochi (rice cake) for celebration or seasonal occasions. As part of "Washoku" registered under the UNESCO Intangible Cultural Heritage in 2013, it is illustrated as the "Rice Cake Culture of Ichinoseki".



## Taneichi Marine Side Park

TEL 0194-65-5916 (Hirono Fishery Department) **Hirono**

A marine park where you can see a wide stretch of a white sandy beach. Aside from the beach, there is also a camp site, making it convenient to take a break during your hike/walk on the trail.



# Walk around the Michinoku Sanriku Geopark



## Jodogahama

**Miyako**

TEL 0193-62-2111 (Miyako Tourism Department)

Part of the Sanriku Geopark, locals often express this geosite as "resembling a Buddhist Pure Land (Gokuraku Jodo)", hence the name Jodogahama. The picturesque blue ocean with the white sand and the fresh green of the pine trees make up a stunning natural color contrast.



## Kitayamazaki

**Tanohata**

TEL 0194-33-3248 (Tanohata Tourist Information Center)

A popular 8km-long scenic spot from Kurosaki to Bentenzaki. The height of the cliff reaches up to about 200m and its sheer scale is simply impressive and breathtaking as you approach it from the sea by a boat.



## Ranboya / Kaminari Iwa

**Ofunato**

TEL 0192-29-2359 (Goishi Coast Information Center)

The Ranboya is a sea valley on the Goishi coastside with dozens of rocks 10 meters in height faced towards each other. One of those, a gigantic rock called the "Kaminari Iwa (Thunder Rock)" is named from its distinctive thunder-like sound when a tall wave hits the side of the rock.



Japan's largest geopark that spreads across 16 municipalities and 3 prefectures in the Tohoku region, from Hachinohe City in Aomori Prefecture to Kesennuma City in Miyagi Prefecture. It is currently used as a field learning site for disaster prevention to convey the memories and lessons learned from the Great East Japan Earthquake and Tsunami, as well as learning 500 million years worth of the earth's evolution and changes on a global scale.



A long trail connecting the Pacific coasts of Hachinohe City in Aomori Prefecture and Soma City in Fukushima Prefecture. It was regarded as a symbol of reconstruction from the Great East Japan Earthquake and Tsunami. There are a number of great viewpoints of the dynamic ocean and mountain ranges, including the Sanriku Geopark and several scenic spots on the rias shoreline.



The Michinoku Shiokaze (Sea Breeze) Trail offers unique Trail Maps for each section of the trail. You may obtain the map at several tourist facilities, by mail, or via online from the official website.



Kitayamazaki Visitor Center, Jodogahama Visitor Center, Goishi Coast Information Center

### How to Get your Map by Mail

Please mail a request letter to: Michinoku Shiokaze (Sea Breeze) Trail Natori Trail Center 5-300-31-1 Yuriage, Natori, Miyagi 981-1213 Japan  
Attn: Michinoku Sea Breeze Trail Mailing Office TEL 022-398-6181 FAX 022-398-6182 URL <http://tohoku.env.go.jp/mct/>



## Senjojiki

**Kamaishi**

TEL 0193-22-5835 (Kamaishi Tourist Information Center)

The Ohakozaki is one scenic spot located on the tip of the Hakozi Peninsula. On the south side, a vast amount of flat granite rocks spreads along the coast like a Senjojiki (one thousand tatami mats).



## Geto Kogen Onsen Resort

Kitakami

This hot spring resort spreads across the Geto Kogen (Plateau) with various day spas and tojis (hot spring therapy) resorts placed throughout the foot and the solitudes of the mountain.  
TEL 0197-65-0300 (Kitakami Tourism Convention Association)  
Motoyu Geto (Oyu) Water quality: sodium, calcium chloride Relieves: Wounds, burns, chronic skin disease, weak children, chronic gynecological disease, and more.

Enjoy  
the Stunning  
View



# Going around the hot onsen spots

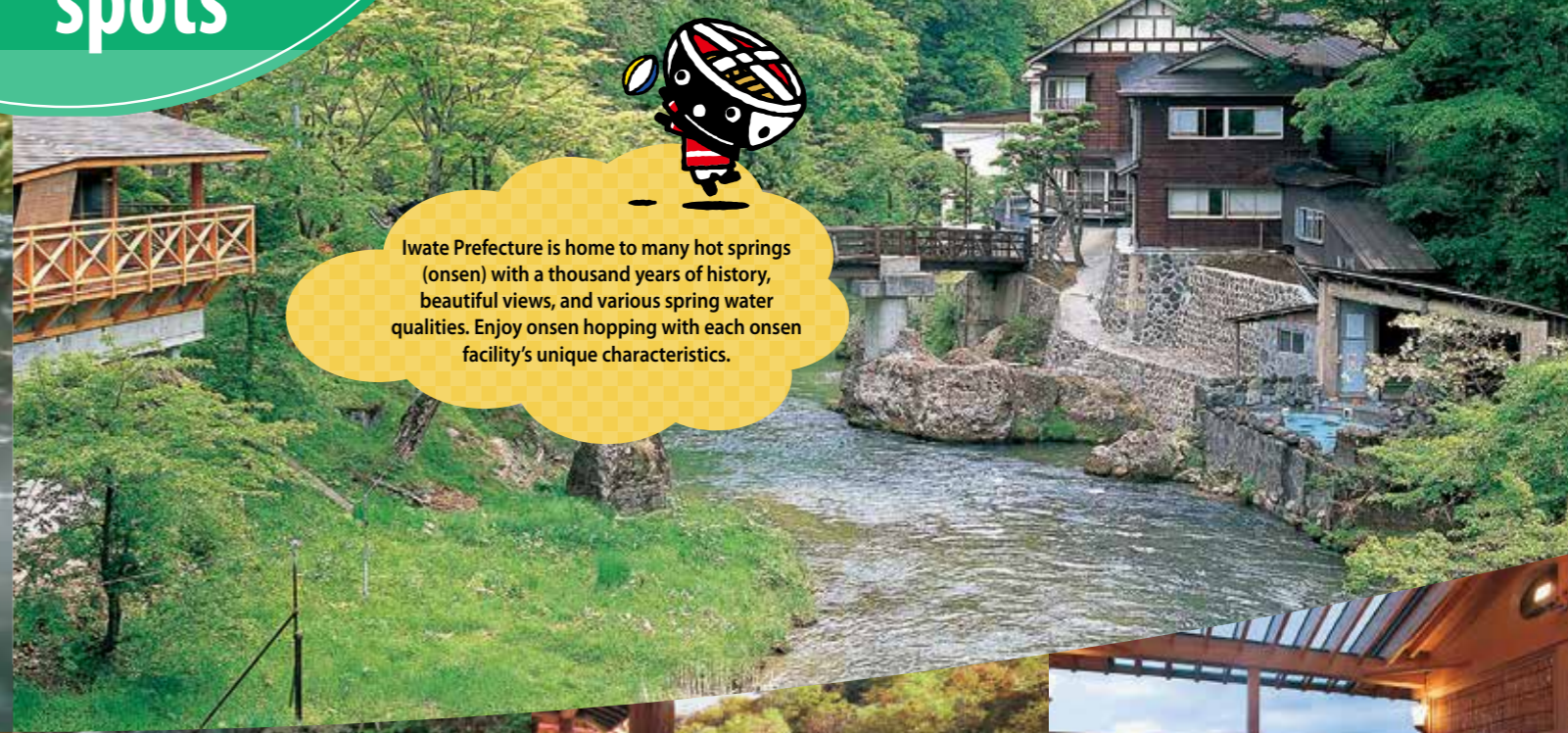
## Hanamaki Onsen Resort

Hanamaki

Hanamaki City offers several hot spring facilities such as the Hanamaki Onsen Hotel, the Shidotaira Onsen Hotel, and the Namari Onsen Hotel. There are many ways to enjoy the resort, from a relaxing hotel experience to tojis (hot spring therapy) in a traditional atmosphere.  
TEL 0198-29-4522 (Hanamaki Tourism Association)  
Osawa Onsen Water quality: Simple alkaline (hypotonic alkaline) Relieves: Neuralgia, myalgia, stiff shoulders, chronic digestive issues, and more



Iwate Prefecture is home to many hot springs (onsen) with a thousand years of history, beautiful views, and various spring water qualities. Enjoy onsen hopping with each onsen facility's unique characteristics.



Samurai no Yu: Obonai Ryokan  
Water quality: Simple weak alkaline spring  
Relieves: atopic dermatitis, skin diseases, rheumatic diseases, nerve pain



Hotel Tairyukaku  
Water quality: Sodium, sulfate salt (hypotonic alkaline)  
Relieves: Wounds, burns, chronic skin disease, chronic gynecological disease, and more



Matsurube Hot Springs: Kamikura  
Water quality: Sodium, calcium sulfate (hypotonic alkaline)  
Relieves: Cold sensitivity, back pain, joint pain, etc.



Kyukamura Iwate Amihari Onsen  
Water quality: Simple / sulfur (hydrogen sulfide)  
Relieves: Skin conditions, peripheral neuropathy, psoriasis



Matsukawa-Sou  
Water quality: Simple / sulfur (hydrogen sulfide)  
Relieves: Joint pain, skin conditions, gout, constipation, etc.



Hotel Shion  
Water quality: Simple / Alkaline (hypotonic)  
Relieves: Nerve pain, muscle pain, joint pain, cold sensitivity, etc.

## Kintaichi Onsen Resort

Ninohe

This resort area is also known as the "Samurai no Yu (Samurais' Hot Springs)" as it was used as a toji (hot spring therapy) for the samurai warriors of the Morioka domain back then. This is also where the famous legend of Zashiki Warashi lives therefore many celebrities have visited this resort for a variety of reasons.  
TEL 0195-27-2540 (Ninohe Tourism Association Kintaichi Branch)

## Yuda Onsen Village

Nishiwaga

In addition to the Yumoto Hot Springs where the Haiku Legend Masaoka Shiki has stayed, the Yukawa Hot Springs is known for its 900 years of history, its rich volume of hot water, and the popular sand bath (where you are buried in the sand to sweat out all of your bodily impurities).  
TEL 0197-81-1135 (Nishiwaga Tourism Association)

## Ichinoseki Onsen Resort

Ichinoseki

The road from central Ichinoseki to the Sukawa Plateau is lined with different kinds of hot spring resorts, such as the Sannoyama Hot Springs, Genbikai Hot Springs, and one that is called the "Hidden Hot Spring of the Gods", the Matsurube Hot Springs.  
TEL 0191-23-2350 (Ichinoseki Tourism Association)

## Amihari Onsen

Shizukuishi

A famous hot spring location said to be 1300 years old. Located in the foothills of Mount Iwate overlooking the Shizukuishi Basin, this area is teeming with mountain climbers in summer and skiers in winter.  
TEL 019-693-2211 (Kyukamura Iwate Amihari Onsen)

## Matsukawa Onsen

Hachimantai

The primeval forests along the Matsukawa Valley are dotted with hot spring inns with water direct from the source. The scent of sulfur shrouding the area creates the mood of a secluded hot spring.  
TEL 0195-78-3500 (Hachimantai Tourism Association)

## Tsunagi Onsen

Morioka

This is a historically deep hot spring location in Morioka, lined with onsen resorts facing Lake Goshu. Its waters contain metasilicic acid, a natural moisturizer, making it gentle on the skin.  
TEL 019-689-2109 (Tsunagi Onsen Tourism Association)

### Try It Out!

### The Best Way to Bathe at Hot Springs (Onsen)

**No. 1** Before entering the bath, wash yourself off with the hot spring water to acclimatize your body to the heat and to wash away any dirt.

**No. 2** Do not rub your skin when bathing in a hot spring with irritating components.

**No. 3** For acidic or sulfur springs, rinse yourself with hot water from the faucet once you are finished.



## Ofunato Onsen

Ofunato

A spacious inn overlooking Ofunato Bay. Enjoy large public baths that offers views of the Pacific Ocean and seafood carefully selected by the fisherman owner.  
TEL 0192-26-1717



## Hotel Ragaso

Tanohata

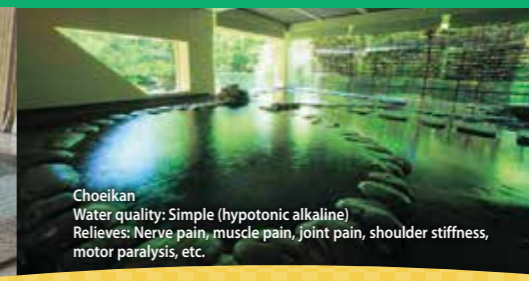
A tourist hotel located in the village of Tanohata, famous for Cape Kitayamazaki. Take in views of fishing fires on the Pacific Ocean and the rising sun from behind the glass walls of the open-air baths.  
TEL 0194-33-2611



## Eboshi-Sou

Noda

An inn offering views of the Pacific Ocean from all guest rooms. Part of its appeal is its location overlooking the coastline of Noda, which is famous for the Eboshi rock formation.  
TEL 0194-78-2225



Choeikan  
Water quality: Simple (hypotonic alkaline)  
Relieves: Nerve pain, muscle pain, joint pain, shoulder stiffness, motor paralysis, etc.

## Oshuku Hot Spring

Shizukuishi

Open for more than 450 years, this hot spring resort boasts large amounts of water. There are also many sightseeing spots in the area, such as the Koiwai Farm.  
TEL 019-695-2209 (Oshuku Hot Spring Tourism Association)



Shin-Appi Hot Spring Seiryu-Kaku  
Water quality: Sulfur, iron (II, III), carbon-dioxide sodium chloride  
Relieves: Wounds, burns, chronic skin disease, weak children, chronic gynecological disease, and more

## Shin-Appi Onsen

Hachimantai

Bathers come from all over to seek the highly salty water of this hot spring, which contains twice the salt content of sea water and is rare even in Japan.  
TEL 0195-72-2110



# Dining in Iwate

A high quality of local cuisine awaits you in Iwate such as the fresh seafood from Sanriku, one of the top three fishing grounds in the world, to the brand-name meat bursting with umami flavor.



## Iwate Shorthorn Beef

Iwate boasts the highest production of Japanese shorthorn beef. Its meaty and chewy texture of a healthy lean meat gives you a more flavorful and tastier experience the more you chew on it.



Amazing

## Iwate Beef

Iwate beef comes from cattle born and raised in Iwate, an area that is rich in nature and is known for its tradition of beef cattle production. This beef is characterized by its marbled texture and boasts an exquisite balance between umami flavor and sweet-tasting fat. Once you try it, you won't be able to stop.



### Pacific Saury

Caught off the coasts of Sanriku, this fatty Pacific Saury is juicy and richly flavored.

### Sea Pineapple

Wild sea pineapple fishing through "Nanbu diving" is famous here. A sashimi dish of this local favorite makes it a perfect accompaniment for sake.

### Scallops

Characteristic for its large, plump adductor muscles, these scallops feature a sophisticated sweetness that melts in your mouth as you chew.

## Iwate Junjyomai Rice

Konjiki no Kaze, the finest variety of rice from Iwate Prefecture, is characterized by its fluffy texture and rich sweetness. Enjoy also the whiteness, soft texture, and mild sweetness of freshly cooked Ginga no Shizuku rice.



Konjiki no Kaze



Ginga no Shizuku



Beautiful



### Wanko Soba

## Three Great Noodles of Morioka

The "Three Great Noodles of Morioka" have been established as a part of Morioka culture and have become the soul food of the city. Wanko soba, where people compete to see how many of the bite-sized soba bowls (wanko) they can eat; Morioka Reimen, made with beef bone soup and delightfully spicy seasoning; and Morioka Jajamen, mixed with plenty of nikumiso (ground meat, ginger, and other ingredients sauteed together and stewed in miso).



### Morioka Reimen

### Morioka Jajamen



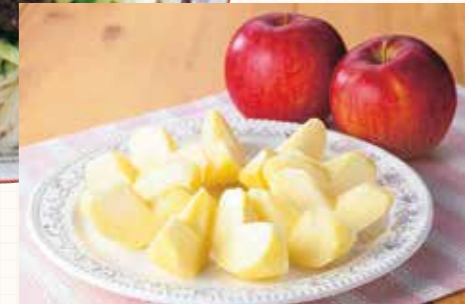
### Matsutake Mushrooms

Blessed with abundant forests, Iwate is famous for producing the finest matsutake in terms of flavor, fragrance, and shape.



### Wood-Grown Shiitake Mushrooms

Iwate Prefecture boasts the top production in the nation for fresh and dried shiitake mushrooms. Enjoy the thick texture, rich flavor, and fragrance.



### Apples

The cool climate with big differences in temperature makes the area suitable for apple growing, and high quality apples such as the Esashi Apple from the city of Oshu are produced all over the prefecture.



### Iwate Kuzumaki Wine

A winery encompassed by the beautiful wilderness of the Hiraniwa Highlands. Wine made from crimson glory vine is popular. Winery tours and tastings are available.  
TEL 0195-66-3111



### Shiwa Home-Grown, Home-Brewed Wine

Grapes grown in the fields of Shiwa, a town famous for its fruit, are then brewed in town. Enjoy tastings and a tour of the winery.  
TEL 019-676-5301 (Shiwa Fruits Park)



### Edel Wein

A winery with a history of more than 50 years in Ohasama, Hanamaki, an area blessed with an ideal climate for growing grapes. Winery tours and tastings are available.  
TEL 0198-48-3200 (Wine Chateau Ohasama)



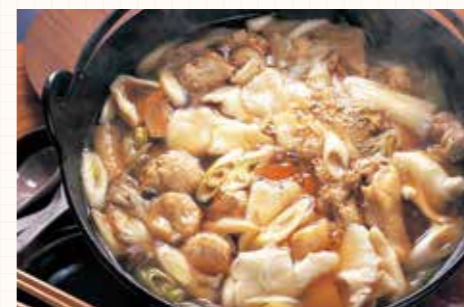
### Yui no Ka

Yui no Ka is a sake rice developed for making daiginjo (top quality) sake that aims to be the best in Japan. It is purchased by several breweries within the prefecture and sold in limited quantities. Its full-bodied, sophisticated flavor spreads throughout the mouth.



### Mochi Dining

In the Ichinoseki region, where mochi culture has taken root, there are said to be over 300 ways to eat mochi, starting with traditional mochi cuisine such as red bean paste, sesame, mashed edamame, natto, and marsh shrimp.



### Hittsumi

A dish in which flour and water are kneaded together into a dough then hand-torn, later simmered in soy sauce with chicken, root vegetables, and mushrooms. This local Iwate food warms the body and the spirit.



### Mamebu Soup

Local cuisine from the town of Yamagata in the city of Kuji that suddenly became famous when it was featured in a serial TV show. Mamebu, dumplings made with walnut and black sugar, are eaten after simmered in soy sauce with vegetables.



# Traditional Crafts of Iwate

## ❖ Nanbu Ironware



Nanbu Ironware is made mainly with pig iron. With their characteristic simple yet strong craftwork, they're also known for their rustic and profound charm. The works feature a lacquered finish that prevents rust, and unique designs that subtly take advantage of the iron material, making for ironware that certainly stands out.

### History & Development



Nanbu Ironware is produced throughout the cities of Morioka, and Oshu. Morioka ironware products are said to have been first produced during the early 17th century, when a lord of the Nanbu Clan invited a master artisan from Kyoto to Morioka, and requested that he make kettles for tea. Oshu ironware products are considered to have made their beginnings in armor-crafting and other trades, toward the end of the Heian period, when Fujiwara no Kiyohira invited ironworkers from the Omi Province. In recent years, the products have become popular even overseas, and were exhibited at the Expo 2010 in Shanghai.

## ❖ Hidehira Lacquerware



Hidehira Lacquerware is formed from tochinoki, keyaki, and other lacquered wood materials. Featuring uniquely gilded cloud-shaped patterns, Hidehira Lacquer-ware carries on a traditional technique passed down since ancient times that provides for resplendent expression. After applying an undercoat, second coat, and finishing coat to these lacquered wood products, cloud-shaped patterns and other figures are decorated with goldleaf, bringing the whole process to a beautiful finish.

### History & Development



Hidehira Lacquerware flourished around Hiraizumi, and the craft's origins can be found with the Oshu Fujiwara Clan, who were responsible for the construction of the World Heritage Chusonji Konjikido (Golden Hall), among other Buddhist-based art. After the fall of Fujiwara in late Edo period, it is believed that production areas spread around the Koromo River nearby Hiraizumi, and continued on into Showa. In recent years, simple everyday lacquer-ware, as well as cute accessories continue to be made using the gilding and lacquering techniques.

## ❖ Iwayado Chests



Iwayado Chests are made from kiri, keyaki, and other high quality materials. Featuring beautiful wood grain unique to natural solid wood, magnificent and dazzling hand-refined metal fittings, and thickly coated lacquer. The use of unique metal fittings and lacquer work provides for a brilliance that will grow deeper as the years go by.

### History & Development



This craft is said to have begun during the late 18th century, when the lord of Iwayado Castle, Muramasa Iwaki started encouraging the development of woodworking industries. Since then, cheap mass-produced products came into circulation along with post-war lifestyle changes, and production volumes peaked in 1997 among continued stagnation, but order volumes have gradually increased over recent years along with the production of small everyday accessories that make use of the chest-crafting techniques.

## ❖ Joboji Lacquerware

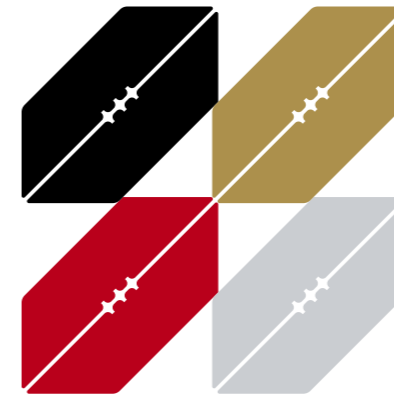


Featuring a less polished finish in plain monochrome crimson, black, or tame (yellowish brown), bringing out the warmest textures and deepest glossing. Simple and easy-to-use designs that are perfect for everyday use.

### History & Development



It is said that the birth of Joboji Lacquer was at the Tendaiji Temple, a place with over 1,200 years of history in Joboji, Ninohe, where monks worked on producing their own utensils. During the Edo period, it quickly became an important product within the territory, so much so that it was actively exported to other provinces. The craft went out of fashion afterward, but has been placed in the limelight again in recent years as it regains popularity. Joboji, Ninohe is the country's leading producer of raw lacquer, accounting for approximately 70% of domestic production. Of course, the continued handing down of lacquering techniques is also considered an important topic.



ラグビー - 県  
いわて

THE RUGBY PREFECTURE IWATE

# Running Passes in Iwate

## Running Pass at the RWC 2019 Venue

## Running Pass at the RWC 2019 Official Camp

## Running Pass Surrounded by Forest and Sea

## The Charms of Iwate as a Sports Camp

Iwate, in the Tohoku region of Japan, connects to Tokyo in just 2 hours and 10 minutes via shinkansen (bullet train). See the area's magnificent nature and seasonal beauty, have a taste of the seasons nurtured by the rich land and sea of Sanriku, and be welcomed by locals brimming with a hospitable spirit. For tomorrow's victory, have your sports camp in Iwate, the Prefecture of Rugby.

### Kamaishi Unosumai Memorial Stadium [Kamaishi]



### Home of the RWC 2019 Japan Games

Meeting the strict standards of the Rugby World Cup, the field enables high player performance with AirFibr, a hybrid turf also used at professional rugby league stadiums in France. Enjoy rugby surrounded by the sea and forest, on a world thrilling field of dreams.

### Iwagin Stadium [Morioka]

RWC 2019 Japan Games Official Camp Venue  
[Team Namibia]



### Kitakami Sports Park [Kitakami]

RWC 2019 Japan Games Official Camp Venue  
[Team Uruguay]



### Miyako Sports Park [Miyako]

RWC 2019 Japan Games Official Camp Venue  
[Team Namibia, Team Fiji]



For inquiries regarding sports training in Iwate, matches, and sports-related events:



Iwate Sports Commission  
(Sports Promotion Section, Culture and Sports Department, Iwate Prefecture)  
TEL: 019-629-6495 FAX: 019-629-6791

