

English

I W A T E



MIYAKO

MOVIE



Experience  
amazing  
Miyako  
through  
videos!

Miyako City, Iwate Prefecture Sightseeing Guidebook

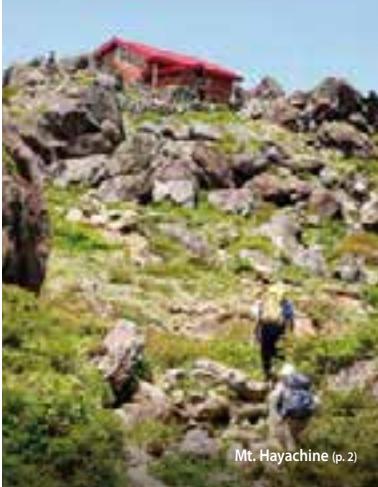
The easternmost town of Honshu

Miyako

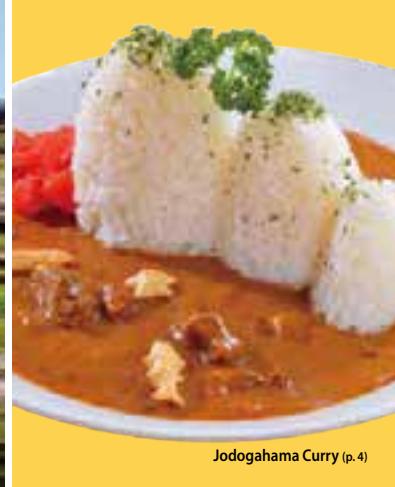
The appealing colors of Miyako



Jodogahama Beach (p. 1)



Mt. Hayachine (p. 2)



Jodogahama Curry (p. 4)



Blue Cave (p. 6)



Kuromori Shrine (p. 8)



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Miyako Hairy Crab Festival (p. 19)



and its appealing colors



## What are the colors of Miyako?

Jodogahama Eternal Green is reminiscent of the serene and clear sea, evergreen pine trees, and white rock formations of the beautiful Jodogahama Beach. The color was selected by citizens as a collaborative effort led by Miyako City and the Japan Local Color Association. In addition to Jodogahama Eternal Green, there are many other charming colors throughout the city. Why not try to find your own "Miyako color"?



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# Welcome to 宮古 City, the easternmost town of Honshu.

Miyako City is the easternmost town of Honshu, with a breathtaking coastline facing the Pacific Ocean. It offers dynamic natural art, scenic spots like Jodogahama Beach and the Sanno-iwa Rocks within Sanriku Fukko National Park, as well as delicious seasonal delicacies from the abundant fishing grounds of Sanriku, such as fresh sea urchin, salmon, and cod, activities like trekking on Mt. Hayachine, known as one of the 100 most famous mountains in Japan for its flowers, and coastal trekking. There's plenty to enjoy here.

## Check 01 Sanriku Fukko National Park

Sanriku Fukko National Park was established in 2013 to contribute to the recovery of the Sanriku region, which was affected by the Great East Japan Earthquake. It expanded the previous Rikuchu Kaigan National Park and covers approximately 250 km north to south, from Hachinohe City in Aomori Prefecture to Ishinomaki City in Miyagi Prefecture.

Miyako City is located near the center of this park and offers a variety of attractions including prominent scenic spots along the Sanriku coastline such as Jodogahama Beach, as well as Cape Todogasaki, which is the easternmost point of Honshu. The coastal area is home to unique plants and animals like black-tailed gulls and red pines, and a diverse fishing culture.

## Check 02 Sanriku Geopark

Must-visit sites in Miyako City

Sakiyama Shell Mound

Kuromori Kagura

Mt. Hayachine

Tsunami Remains Taro Kanko Hotel

This is just the tip of the iceberg!

Learn more about Sanriku Geopark

<https://sanriku-geo.com>

A Geopark, also known as an "Earth Park," is a place where you can learn and enjoy everything about the Earth, its formation, ecosystems, culture, and industries.

Miyako City is located right in the center of the Sanriku Geopark, which boasts the largest area in Japan, stretching from Hachinohe City in Aomori Prefecture to Kesennuma City in Miyagi Prefecture. Here, you can learn about the history of the Earth spanning 500 million years and the lessons from tsunami disasters.

In this pamphlet, you will find symbols (Heart) indicating a Sanriku Geopark site.

## Check 03 Michinoku Coastal Trail

Before hitting the trails or going for a stroll, be sure to visit the Jodogahama Visitor Center.  
[Trail town Miyako https://trail.jodogahama-vc.jp](https://trail.jodogahama-vc.jp)

The Michinoku Coastal Trail spans over 1,000 kilometers from Aomori to Fukushima Prefecture. To welcome hikers along Japan's largest long trail, Miyako City promotes its "Trail Town Miyako" initiative based at the Jodogahama Visitor Center, offering information on recommended routes, hiker support facilities, and more.

[Michinoku Coastal Trail  
https://tohoku.env.go.jp/mct/](https://tohoku.env.go.jp/mct/)

## Sanno-iwa Rocks 三王岩

A unique rock formation consisting of the "Otoko Iwa" (Man Rock), "Onna Iwa" (Woman Rock), and "Taiko Iwa" (Drum Rock). The "Otoko Iwa" stands impressively at a height of 37 meters, displaying incredible force. The striped pattern created by geological layers dating back approximately one hundred million years forms an artistic design.

Inquiries/Tel. 0193-68-9091 (Tourism Section, Industrial Promotion Dept., Miyako City)

Blowhole

Cape Todogasaki

## Blowhole 潮吹穴

A scenic spot where the waves crash and spout out from a marine cave beneath the rocky area to the surface. The higher the waves, the more the tide surges and sprays, sometimes reaching a maximum height of 30 meters.

Inquiries/Tel. 0193-68-9091 (Tourism Section, Industrial Promotion Dept., Miyako City)

## Cape Todogasaki 鮓ヶ崎

Cape Todogasaki, located on the Omeo Peninsula, is the easternmost point of Honshu. It features the approximately 34-meter tall Todogasaki Lighthouse and the Monument of the Easternmost Point of Honshu, offering a view of the vast Pacific Ocean stretching out before you.

Inquiries/Tel. 0193-68-9091 (Tourism Section, Industrial Promotion Dept., Miyako City)

## Jodogahama Beach 浄土ヶ浜

Designated National Scenic Spot

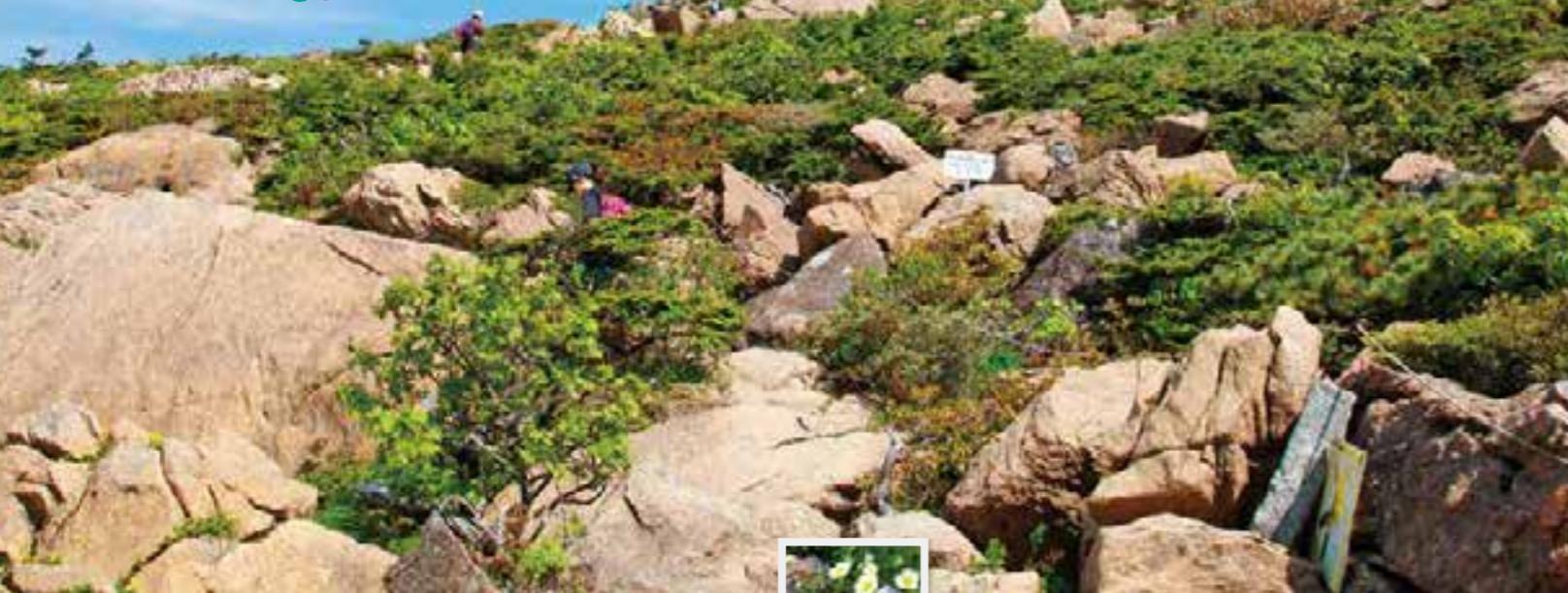
See page 6 for details.

[Miyako City sightseeing boat "Miyako Umineko Maru"](#)

Named after the words of a Buddhist monk from the Edo period who described it as "paradise on earth," this is one of the most iconic scenic spots in the Sanriku region. Jodogahama Eternal Green has been selected as the official color of the region, featuring the contrast between the white rhyolite formations, the green of the pine trees, and the blue of the sea. The spot has been selected as one of the 100 best beaches for swimming and 100 most scenic fragrance spots by the Ministry of the Environment.

Inquiries/Tel. 0193-68-9091 (Tourism Section, Industrial Promotion Dept., Miyako City)

A view that can be seen only from Miyako Umineko Maru! Candle Rock National Natural Monument



Mt. Hayachine  
National Natural Monument

## 早池峰山

The highest peak of the Kitakami Mountains, formed from rocks dating back to approximately 450 million years ago. The plant community, including unique species like the Hayachine-Usuyukiso, (*Leontopodium hayachinense*), is designated as a Special National Natural Treasure. This popular mountain is recognized as one of the 100 most famous mountains in Japan and one of the 100 most famous mountains for its flowers.

Inquiries/Tel. 0193-76-2111 (Kawai General Office)



### Hayachine-Usuyukiso (*Leontopodium hayachinense*)

One of the endemic species found in the serpentinite rock areas of Mt. Hayachine. It produces delicate white flowers similar to edelweiss. The blooming season is from late June to July.



## Mt. Kabutomyojindake

## 兜明神岳

At an elevation of 1,005 meters, Mt. Kabutomyojindake offers a view of triangular rock peaks in the Kuzakai Highlands. Popular among families, it takes about an hour to climb. The rocky summit resembles a *kabuto* (Samurai helmet), and legend has it that Abe no Sadato's armor is enshrined here.

Inquiries/Tel. 0193-76-2111 (Kawai General Office)



### Kuzakai Highlands Walking Center

Offers panel exhibitions on the surrounding nature and walking information. Convenient as a base for mountain climbing.

Inquiries/Tel. 0193-77-2266  
<https://www.city.miyako.iwate.jp/kawashisho/kuzakaiwalkingcenter.html>

Places to stop by



**Roadside Station Kuzakai-kogen**  
A roadside station along National Route No. 106. It features a food court and a popular shop selling local perilla products.  
Inquiries/Tel. 0193-77-2266  
<https://www.miyako-kawai.com/kuzakairogen>



### Campsites in Miyako

Surround yourself with nature and enjoy the outdoors to the fullest!



Campsite Map

#### ① Taimagura Campsite

Located in Taimagura, which means "a path leading into the depths of the forest" in the Ainu language, this campsite offers permanent tents that can be enjoyed without having to bring your own. There are also free sites available without reservations. Facilities such as a kitchen building, showers, and drum can BBQ stand rentals are also provided. Closed during the winter season from November to April.

Inquiries/Tel. 0193-78-2031 (Taimagura Campsite)  
Tel: 0193-78-2116 (Hayachine Sanso Cottage)  
<https://genkisha.com/camp>



#### ② Anegasaki Auto Campsite

This campsite is located adjacent to Kyukamura Rikuchu-Miyako. It features 13 designated grassy auto sites with 15A AC power outlets and private cooking facilities, as well as 20 free sites surrounded by lawns and trees where you can pitch your tent wherever you prefer. The hotel's large communal bath can also be used by campers.

Inquiries/Tel. 0193-62-9911 (Kyukamura Rikuchu-Miyako)  
<https://www.qkamura.or.jp/miyako/camp/>



#### ③ Aneyoshi Campsite

The easternmost campsite of Honshu, located on the Omo Peninsula. Equipped with grassy sites and a cooking facility, it serves as a convenient base for Cape Todogasaki trekking.

Inquiries/Tel. 0193-68-9091  
(Tourism Section, Industrial Promotion Dept., Miyako City)



#### ④ Heigawa River Auto Campsite

An auto campsite within River Park Niisato. In addition to regular auto sites, there are camper van sites and free tent sites, equipped with facilities like washing machines and showers. When staying, you'll receive a bathing ticket for the adjacent bathing facility Yuttari-Kan.

Inquiries/Tel. 0193-72-3811  
(River Park Niisato)  
<http://www.miyakoyuttari.jp/surrounding/index.html>



#### ⑤ Outdoor Activity Center Campsite

A popular campsite for solo camping and winter camping enthusiasts. Located along the Tashiro River, it's surrounded by abundant nature, offering opportunities for activities like cherry blossom viewing in spring and autumn leaf viewing, as well as nature walks and stargazing.

Inquiries/Tel. 0193-64-8054  
(Agriculture and Forestry Section, Industrial Promotion Dept., Miyako City)  
Address: 98-6, Dai-9-chiwa, Kariya, Miyako City



#### ⑥ Genbeidaira Highlands Campsite

A campsite located deep in the remote mountains. It's a hidden gem for advanced campers who want to enjoy untouched nature. The management building has toilets and a cooking area. Please note that spring water is the only water source.

Inquiries/Tel. 0193-77-2216  
(Kuzakai Highlands Walking Center)  
<https://www.city.miyako.iwate.jp/kawai-shisho/kuzakaiwalkingcenter.html>



#### ⑦ Kuzakai Highlands Campsite

A campsite located at the border between Miyako City and Morioka City, in the Kuzakai Highlands. Situated at the foot of Mt. Kabutomyojindake and right next to the Kuzakai Highlands Walking Center, this campsite features natural lawn campsites.

Inquiries/Tel. 0193-77-2216  
(Kuzakai Highlands Walking Center)  
<https://www.city.miyako.iwate.jp/kawai-shisho/kuzakaiwalkingcenter.html>



**START**

1

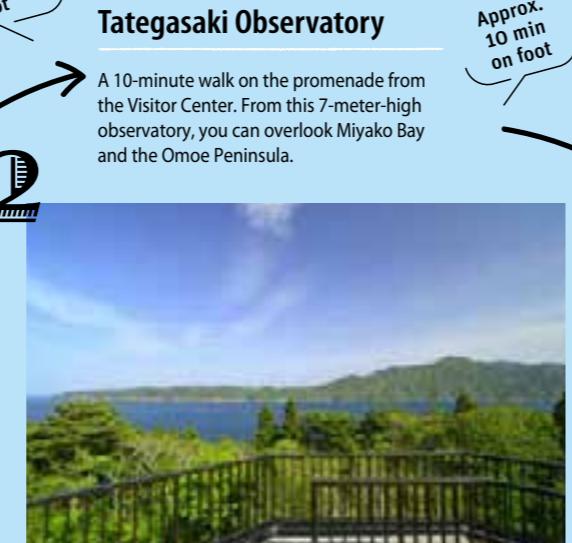
Approx. 15 min by bus from Miyako Station

Approx. 10 min on foot

**Tategasaki Observatory**

A 10-minute walk on the promenade from the Visitor Center. From this 7-meter-high observatory, you can overlook Miyako Bay and the Omo Peninsula.

2



Approx. 10 min on foot

**Participate**

## Scallop shell painting activity



How about painting a picture on a scallop shell to create memories?



## Dream can crafting

You can make your own original canned goods. Why not create your own time capsule?

**Trail town MIYAKO**

This website shares information about the Michinoku Coastal Trail. Discover recommended model courses and hiker support information for the Miyako area!

<https://trail.jodogahama-vc.jp>**Jodogahama Visitor Center**

A base for exploring Jodogahama Beach. In addition to exhibits about Jodogahama Beach and the nature of the Sanriku Coast, there is a lounge and parking area.

Inquiries/Tel. 0193-65-1690



Shortcut

**Coastal Walking Path**

From Jodogahama Visitor Center, you can reach Jodogahama Beach in about 20 minutes by following the coastal walking path. For those with a car, the parking lot No. 1 is convenient.



Follow this petit trail to fully enjoy Miyako's sea, indulge in gourmet experiences, and explore the nature and views around Jodogahama Beach!

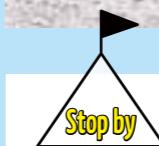
**Jodogahama Petit Trail Model route****GOAL****4 Iwate Prefectural Fishery Science Museum**

Opened as the first specialized fisheries science museum in Japan, here you can learn about the cultivation and fishing methods of Iwate's seafood products such as wakame seaweed, salmon, abalone, scallops, and sea urchins. You can also make a reservation to learn how to remove the core of wakame seaweed.

Inquiries/Tel. 0193-63-5353

**Designated National Scenic Spot Jodogahama Beach**

You can reach Jodogahama Beach in about 10 minutes from the Fishery Science Museum. It's a scenic spot with a striking contrast between the white sandy beach and the blue sea. In the area, there is also a monument inscribed with a poem of Miyazawa Kenji and a tsunami memorial monument.

Inquiries/Tel. 0193-68-9091  
(Tourism Section, Industrial Promotion Dept., Miyako City)**Mt. Usuki**

A small hillside park located behind Jodogahama Beach. The walking path that leads to Jodogahama Beach is a scenic route where you can fully enjoy the nature of Miyako through a leisurely stroll.

**Odaiba Observatory**

You can enjoy views of Jodogahama Marine House, the boat boarding area, Oku-Jodogahama, and the Omo Peninsula from here.

**Jodogahama Rest House**

There is a souvenir shop offering local products from Miyako, and a restaurant with vast glass windows overlooking Jodogahama Beach. It's equipped with changing rooms and showers, making it a convenient base for trekking and beach activities.

Inquiries/Tel. 0193-62-1179



Gotta try this  
when I go to  
Miyako!

## Blue Cave Sappa Boat Cruise

Set out on a small boat to reach the Blue Cave located in Miyako Bay. This 20-minute cruise also takes you around notable spots within the bay, such as *Sainokawara* (Children's Limbo) and *Chinoike* (Blood Pond).

### Jodogahama Marine House

In addition to the enjoyable Sappa Boat cruise, there is also a rental boat service and a restaurant that offers seafood ramen and grilled seafood dishes.

Inquiries/Tel. 0193-63-1327



Boarding point



See the route  
on page 4



### Miyako City sightseeing boat "Miyako Umineko Maru"

A sightseeing cruise that takes you to the famous spots of Jodogahama Beach and Sanriku Geopark. Enjoy a relaxing sea journey on this two-story catamaran with an 80-passenger capacity and barrier-free design.

Boarding point

Desaki Pier, Jodogahama Beach



### Sea kayak

How about kayaking in Jodogahama with an instructor? Programs ranging from 1.5 to 2 hours are available, catering to beginners and experienced kayakers alike.

Inquiries/Tel. 0193-71-2345 or 090-4550-0250 (Sanriku Sea Kayak School "Sea-son")



Perfect for summer!

## Beaches

All beaches equipped with showers and toilets!



### Onatsupe

Known for the high quality of its water. There is a rest area equipped with tables and chairs made of locally produced wood.



### Fujinokawa

A vast beach with a view of Miyako Bay. Easily accessible from Miyako Station.



### Jodogahama Beach

Enjoy swimming with a view of this designated national scenic spot at Miyako's largest beach.



### Masaki Kaigan Kominato

A beach in the Taro area. Selected as one of the 100 best beaches in Japan for swimming by the Ministry of the Environment in 2006.

# Recommended activities

Embark on an experiential journey to fully enjoy the nature and culture of Miyako, including places like Sanriku Fukko National Park and Sanriku Geopark, with all your senses.



### Bin-Don

Miyako's new specialty, Bin-Don, is a local dish which offers the experience of a local-style rice bowl which allows you to pour seasonal ingredients from Miyako in a milk bottle over rice themselves and eat it.

### Disaster Prevention Tour Guide

A guided program to learn about the details and lessons of the Great East Japan Earthquake and Tsunami, and to contemplate natural disasters and disaster preparedness. A 60-minute standard course and a 120-minute disaster study and disaster prevention eco-tour course are offered.

Inquiries/Tel. 0193-77-3305 (Disaster Prevention Tour)



Check this out too

### Tsunami Memorial Park Nakanohama

A facility that displays the remains of the former campsite's kitchen and restroom, as they were when they were struck by a 15-meter tsunami during the Great East Japan Earthquake. You can understand the threat of tsunamis and the importance of evacuation firsthand.



### Jodogahama Geo Guides

Guided tours where you can explore the formation of the landscape and natural attractions of the Jodogahama area, a representative scenic spot of Sanriku Geopark.

Inquiries/Tel. 080-5550-7666 (Jodo Biyori)



### Shiokaze Park

A newly developed seaside park at Desaki Pier. Amidst the sea breeze, you can enjoy time by the sea while listening to the calls of the black-tailed gulls, and relax at the observatory, lawn area, and tidal pool. There is also a fishing area by the sea.

Inquiries/Tel. 0193-64-2221 (Miyako Public Works Center, Iwate Prefecture Coastal Wide-Area Development Bureau)



### Sanriku Coast Trekking Guides

Trekking guides take you on a walking tour of the Miyako area along the Michinoku Coastal Trail, Japan's longest trail connecting the Sanriku coast.

Inquiries/Tel. 080-5550-7666 (Jodo Biyori)



walking map  
Area

Miyako



Central Miyako

Town walking guide



### Regional Disaster Prevention Base Facility

### Eastpia Miyako

A community facility directly connected to JR and Sanriku Railway Miyako Station via the Cross Deck. Inside the facility, the Disaster Preparedness Plaza showcases exhibits and materials related to the history of disasters such as the Great East Japan Earthquake and Tsunami.

Inquiries/Tel. 0193-63-4166



### Station Front Trick Art

There are nine pillars lined up in the open space in front of Sanriku Railway Miyako Station. When viewed from different angles, three iconic scenic spots of Miyako appear.

### Miyako Station Tourist Information Center

A tourist information center offering information about sightseeing, accommodations, and events in Miyako City. Free Wi-Fi and support in English are available.

Inquiries/Tel. 0193-62-3534

Bicycle rental is available, with which you can get around town easily!



Miyako is also the perfect place for a workcation!

Enjoy a fulfilling workcation at accommodations with a good working environment such as Wi-Fi, and at workspaces in various facilities such as Eastpia Miyako.



# Walk around town

Enjoy a stroll around the town center that extends from Miyako Station to leisurely explore shopping streets, savor local delicacies, and enjoy a walk through the town.



### Miyako City Fish and Vegetable Market

A market offering fresh seafood and local souvenirs from the Sanriku region. The dining area serving seafood rice bowls and seafood ramen is particularly popular.

Inquiries/Tel. 0193-62-1521

### Miyako Town Gourmet

#### Ramen

From traditional curly noodles in clear seafood broth to hearty ramen with plenty of toppings, you can taste and compare the unique flavors of each restaurant!



#### Sushi

Savor the renowned sushi in Miyako. Special nigiri and single dishes made with fresh seafood from Sanriku that are well worth the price are served.



#### Bin-Don

Miyako's specialty, Bin-Don, is a local gourmet dish which offers the experience of a local-style rice bowl which allows you to pour seasonal ingredients in a bottle over rice themselves and eat it. Enjoy different ingredients and flavors from each restaurant and store.



### Seatopia Naado (Roadside Station Minato Oasis Miyako)

A base for your journey in Miyako, featuring a ticket booth for the Miyako Umineko Maru sightseeing boat, a local products sales corner showcasing the bounties of Miyako's mountains and sea, a restaurant, and an information corner about tourism in the Sanriku region.

Inquiries/Tel. 0193-71-3100



The Ku-Be website provides info on dining options in Miyako City. Get all the food-related info about Miyako here!

**Ku-Be**



Miyako de Ku-Be



9

**Sanriku Coast Expressway**  
Connects Hachinohe and Sendai

**Taro Area**

The area along the Pacific coast and National Route No. 45. It includes the Taro area known for the Sannoia Rocks and the Omoé Peninsula, home to Cape Todogasaki, the easternmost point of Honshu.

**Roadside Station Taro**

A gateway to Sanriku Geopark, offering a tourist information center, farmer's market, etc. Designated as a Key Roadside Station by the Ministry of Land, Infrastructure, Transport and Tourism.

**Tsunami Remains Taro Kanko Hotel**

The remnant of a hotel struck by a 17.3-meter tsunami with its steel structure exposed up to the second floor. Apply for the Disaster Prevention Tour Guide to explore the interior and watch the tsunami video.

**Taro Shiosato Station**

A tourism information center for the Taro area. This is where the Disaster Prevention Tour Guide reception is.

**Zensukeya Shokudo**

A popular restaurant known for its Fried Donko Fish Rice Bowl. Also offers takeout options from the farmer's market.

**Kids' Park**

A popular facility equipped with a lawn slide, ropeway, and other playground equipment.

**Miyako Omoe Fishery Activity and Exchange Center Enyadotto**

The Omoé Peninsula is known for its premium ingredients such as abalone, sea urchin, and wakame seaweed. This facility offers the opportunity to experience fishing, processing, and enjoy local fisherman cuisine.

**Natural Wakame Seaweed Soft Serve Ice Cream Natural Wakame Seaweed Ramen**

The Natural Wakame Seaweed Ramen featuring thick and crispy wakame seaweed from Omoé, and the unique Natural Wakame Seaweed Soft Serve Ice Cream are both popular choices.

**Monument of the Easternmost Point of Honshu Cape Todogasaki Todogasaki Lighthouse**

Cape Todogasaki, the easternmost point of Honshu, is located at the longitude of 142 degrees 04 minutes 21 seconds East. To reach it, walk for about 1 hour on the hiking trail from Aneyoshi Campsite, as it cannot be accessed by car.

**Aneyoshi Campsite**

A campsite located on the Omoé Peninsula, at the easternmost point of Honshu. Recommended as a base for trekking to Cape Todogasaki.

**Greenpia Sanriku Miyako**

An accommodation with an ocean view from all rooms, offering a large public bath with a view of the Pacific Ocean, and seasonal seafood dishes. The well-equipped facilities make it a popular choice for training camps and educational trips.

**Hands-on Seine Net Fishing**

A variety of eco-tourism and hands-on travel activities are available, including seine net fishing and more.

**Gassan Observatory**

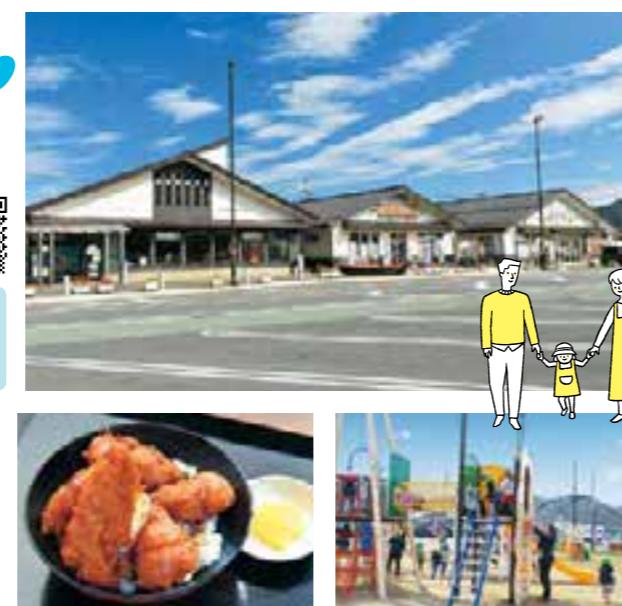
Located on the Omoé Peninsula, Mt. Gassan, also known as "Goten-yama," offers stunning views of Miyako Bay, Jodogahama Beach, and the city of Miyako from its summit observatory.

**2km**  
0 1,000m 2,000m

10

The area along the Pacific coast and National Route No. 45. It includes the Taro area known for the Sannoia Rocks and the Omoé Peninsula, home to Cape Todogasaki, the easternmost point of Honshu.

# Taro Area



**Taro Shiosato Station**  
A tourism information center for the Taro area. This is where the Disaster Prevention Tour Guide reception is.

**Zensukeya Shokudo**  
A popular restaurant known for its Fried Donko Fish Rice Bowl. Also offers takeout options from the farmer's market.

**Kids' Park**  
A popular facility equipped with a lawn slide, ropeway, and other playground equipment.

# Omoé Peninsula



Inquiries/Tel. 0193-68-2301

## Natural Wakame Seaweed Soft Serve Ice Cream Natural Wakame Seaweed Ramen

The Natural Wakame Seaweed Ramen featuring thick and crispy wakame seaweed from Omoé, and the unique Natural Wakame Seaweed Soft Serve Ice Cream are both popular choices.



Disaster Prevention Tour Guide (reservation required) Inquiries/Tel. 0193-77-3305

## Tsunami Remains Taro Kanko Hotel

The remnant of a hotel struck by a 17.3-meter tsunami with its steel structure exposed up to the second floor. Apply for the Disaster Prevention Tour Guide to explore the interior and watch the tsunami video.



### Take the Disaster Prevention Tour



The Taro area suffered significant damage in the 2011 Great East Japan Earthquake and Tsunami. In this program, you can visit the tsunami remains Taro Kanko Hotel and the Taro seawalls, with explanations from a local guide.



## Greenpia Sanriku Miyako

An accommodation with an ocean view from all rooms, offering a large public bath with a view of the Pacific Ocean, and seasonal seafood dishes. The well-equipped facilities make it a popular choice for training camps and educational trips.

Inquiries/Tel. 0193-87-5111



## Sannoia Rocks

A magnificent sight featuring the 37-meter-tall "Otoko Iwa" (Man Rock) surrounded by the "Onna Iwa" (Woman Rock) and "Taiko Iwa" (Drum Rock). From the coastal promenade, you can get up close to observe the dynamic natural formations.

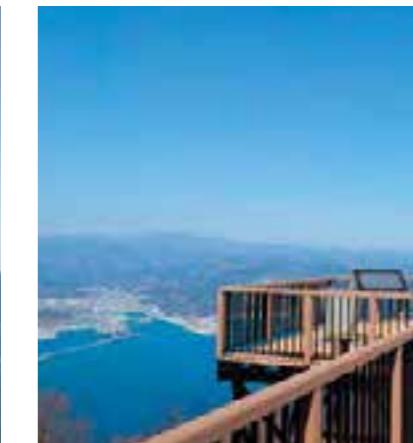
### Hands-on Seine Net Fishing

A variety of eco-tourism and hands-on travel activities are available, including seine net fishing and more.



## Gassan Observatory

Located on the Omoé Peninsula, Mt. Gassan, also known as "Goten-yama," offers stunning views of Miyako Bay, Jodogahama Beach, and the city of Miyako from its summit observatory.



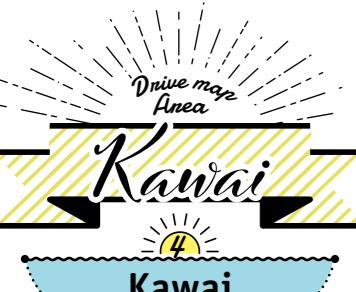
## Aneyoshi Campsite

A campsite located on the Omoé Peninsula, at the easternmost point of Honshu. Recommended as a base for trekking to Cape Todogasaki.

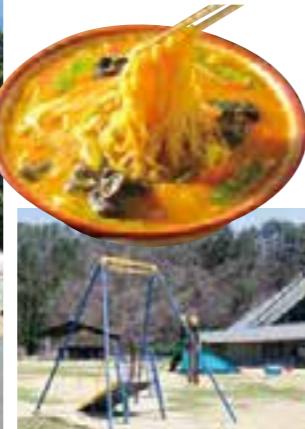
Inquiries/Tel. 0193-68-9091 (Tourism Section, Industrial Promotion Dept., Miyako City)



The Kawai and Niisato areas are located along the Miyako-Morioka Connecting Road/National Route No. 106 which connect Miyako City with the inland. Access to Mt. Hayachine is available from this area.



# Kawai Area



## Roadside Station Yamabiko-kan



A roadside station located at the midpoint between Miyako and Morioka. It features an outdoor kids' park, a farmer's market with local mountain delicacies, and a restaurant popular for its "Dragon Noodles," a delicious and spicy miso-flavored dish.

Inquiries/Tel. 0193-85-5011

## Kitakamisanchi Museum of Folklore



94% of the Kawai area is covered by forests. The museum exhibits 1,345 artifacts from the "Mountain Village Production Tool Collection of the Kitakami Mountains," designated as an Important Tangible Folk Cultural Property by the Japanese government.

Inquiries/Tel. 0193-76-2167



### Exciting! Try it! Raden Technique Experience (Yakushi Lacquerware Crafts Center)



Make your own accessories, straps, and more using the raden (mother-of-pearl) technique of affixing thinly sliced abalone shells and other shells onto a wooden base.

### Exciting! Try it! Making small articles with ancient techniques (Kitakamisanchi Museum of Folklore)



Craft your own accessories such as interior decor items and coasters using traditional techniques and natural materials from the Kitakami Mountains, including cypress and walnut bark.



# Niisato Area



## River Park Niisato



In addition to the Yuttari-kan lodging facility, this comprehensive recreational park features training facilities, a multipurpose sports field, and an auto-camping site. Located on a hill overlooking the Heigawa River, it serves as a base for outdoor activities and nature experiences in the Niisato area.

Inquiries/Tel. 0193-72-3800



### Yuttari-kan (River Park Niisato)

This facility is available for overnight stays as well as day-trip bathing. Enjoy electric baths and jet baths while taking in the natural surroundings.



### Yuttari-kan Banquette Hall (River Park Niisato)

A popular menu item here is the Beef Tongue Set Meal made with salt from Miyako. There is a variety of options including ramen and rice bowls. You can also enjoy their meals without staying overnight.



## Niisato Lifelong Learning Center (Genno-kan)

There is an exhibition hall dedicated to historical figures born here, Bokuan Bengyu and Tottori Shunyo, a corner dedicated to a writer of stories for children, Moichi Kumiko, and a hall featuring the works of photographer Fujita Hiroki. Admission free.

Inquiries/Tel. 0193-72-2019

## Iwaizumi Line Rail Bike



This rail bike activity involves pedaling a bike along train tracks that are no longer in use. Enjoy magnificent views on this 3-kilometer one-way journey.

Inquiries/Tel. 080-5564-2310 (Wainai Kariya Regional Promotion Association)



## Ayu fishing is also popular!



The Heigawa River and its tributary, the Kariya River, which flow through the Niisato area, are popular spots for mountain stream fishing. The ban on mountain stream fishing is lifted in March and ayu (sweetfish) fishing in July.

Inquiries/Tel. 0193-62-8711 (Heigawa River Fishery Cooperative)



# Miyako City's History and Culture

We introduce the history and culture of Miyako City, where human activities have continued since the Jomon period.



Sakiyama Shell Mound  
Jomon Forest Museum



Tel. 0193-65-7526  
(Within the Sakiyama Shell Mound Jomon Forest Park Complex)  
Address: Sakiyama Shell Mound Jomon Forest Park Complex, 1-16-1 Sakiyama, Miyako City, Iwate Prefecture

Jomon Period

Yayoi Period

Kofun Period

Asuka Period

Nara Period

Heian Period

Kamakura Period

Muromachi Period

Azuchi-Momoyama Period

Edo Period

Meiji Era



Sakiyama Shell Mound Jomon Forest Park

Jomon  
Period

## Shell Mound Remains from the Jomon Period Sakiyama Shell Mound

The Sakiyama Shell Mound near Anegasaki in Miyako City is a shell mound from the Jomon period, dating back to approximately 6,000 to 3,500 years ago, spread across the plateau. The first excavation survey was conducted in 1924, and it was designated as a national historic site in 1996.

At the Sakiyama Shell Mound, you can learn about the villages and shell mounds of the Jomon period. Extensive civil engineering works were carried out and a village and its plaza were developed here. Many remains have been discovered, including dwelling sites, stone arrangements believed to have been tombs, standing stones believed to have been symbols of the village, as well as pottery and stone tools.

The location of the historic Sakiyama Shell Mound settlement has been turned into a historic site park called Sakiyama Shell Mound Jomon Forest Park, where you can walk around and observe the standing stones from that time and reconstructed pit dwellings.

Heian  
Period



Yokoyama Hachimangu Shrine  
(Miyamachi, Miyako City)



Hangan Inari Shrine  
(Sawada, Miyako City)



Kuromori Shrine  
(Yamaguchi, Miyako City)

1159-1189

## Yoshitsune's Legend Escaping Further North

Said to have committed suicide in Hiraizumi, after being chased by his older brother Minamoto no Yoritomo, Minamoto no Yoshitsune may actually have survived and escaped to the north. In the Sanriku Coast, there exist many shrines and temples that support the legend.

There are related locations within the city, such as Yokoyama Hachimangu Shrine where it is said that Yoshitsune and his followers stayed, Hangan Inari Shrine where it is said that Yoshitsune's armor was buried, and Kuromori Shrine where it is said that Yoshitsune dedicated Prajnaparamita.



People associated with Miyako



Bokuan Bengyu | 1710-1782

Born into a farming family in Wainai, Miyako City, he dedicated approximately 30 years of his life to renovating challenging roads within the Hei District, including the Miyako Kaido Road (present-day National Route 106), from the age of 46 until passing away at the age of 73.



Miyazawa Kenji | 1896-1933

On the monument erected in Jodogahama is engraved, "The velvet kelp from the lake of the sea is laying lonely on the sand", which Miyazawa recited on his visit to the beach at Miyako in 1917.



Tottori Shunyo | 1900-1932

Born in Kariy, Miyako City, he went to Tokyo to begin his composition career at the age of 17 and created numerous hit songs such as "Kago no Tori" and "Sendo Kouta," actively performing as an enka singer and composer until the early Showa period.



Saito Koko | 1900-1936

A young poet, often referred to the female Takuboku, who passed away at an early age in 1936. There are a memorial hall and a monument in her honor in Etsunagi, where she last taught as an elementary school teacher.



Edo  
Period

## 1600s Kuromori Kagura



Designated as a National Important Intangible Folk Cultural Property

Kuromori Kagura is a touring ritual performance that takes place every New Year's through the coastal villages of the Sanriku region accompanied by Kuromori Shrine's Gongen-sama deity (a lion mask). It alternates between a southern route to Kamaishi City and a northern route to Kuji City every other year. This extensive and prolonged touring style of Kagura is unlike any other in Japan, and in 2006, it was designated as a National Important Intangible Folk Cultural Property. While the exact origins of this Kagura tour are unclear, a lion deity mask from the early Muromachi period has been found, and records confirm that the Kagura has been performed in its current form since at least 1678.



Togo Heihachiro  
(1847-1934)



Hijikata Toshizo  
(1835-1869)



Jodogahama Battle of Miyako Bay Memorial Monument



Usukiyama Battle Memorial Monument

Vivid green announces the arrival of spring: Miyako's Haru Ichiban early harvest wakame seaweed.



### Wakame Seaweed

Nutrient-rich wakame cultivated in the tumultuous waves of Sanriku boasts a thick texture with a delightful crunch. Haru Ichiban early-harvest wakame eaten as shabu-shabu is truly exquisite.



### Sea Urchins

Savor the flavors of Sanriku with this rich sweetness and smooth texture. In addition to salted sea urchin and grilled sea urchin, you'll even find bottled fresh sea urchin during the peak of summer.



### Sanma (Pacific Saury)

Sanma make their way to Sanriku after accumulating plenty of fat and riding the cold Oyashio Current. They are best enjoyed in a simple way, like as sashimi or grilled.



### Salmon

Miyako boasts one of the highest catches of salmon in Honshu. Enjoy it in local dishes such as grilled salmon, hot pots, and Harako Soba which features flavorful salmon roe.



# Gourmet Palette

Blessed with the rich fishing grounds of Sanriku, which is one of the world's three major fishing grounds, Miyako boasts an abundant variety of seafood caught throughout the seasons. Enjoy a colorful gourmet palette of food that will embellish your journey!



**Plump and shiny with a milky color and creamy taste  
Miyako's brand "Hanami Oysters"**



### Hanami Oysters

Miyako's branded oysters are cultivated to a large size of 13-15 centimeters, available for only two months in spring. Their rich umami spreads throughout your mouth.



### Abalone

Miyako's Ezo abalone are raised in the cold seas of Sanriku and nourished with quality kelp and other nutrients. The rich flavor and pleasing texture make this a premium ingredient for sashimi.



**The colorful bottles have an appetizing appearance**

### Bin-Don

Local seafood rice bowls inspired by the fresh sea urchin sold in milk bottles in Miyako. Pour the seafood packed in the bottle onto rice and enjoy.



### Octopus

Miyako's octopus, including common octopus and North Pacific Giant Octopus, is available year-round. The fishing yield ranks among the top in Honshu. Enjoy its texture in sashimi or vinegar-marinated dishes.



**Vibrant orange flesh and delicious high-quality fat  
Indulge in Miyako's new specialty**

### Miyako Trout Salmon

In place of autumn salmon, Miyako offers sea-farmed trout salmon that are harvested from spring to early summer. They have excellent fat content and flesh color, and when served as sashimi, the high-quality fat melts in your mouth.





**Miyako Winter Flavors Event Relay**

Under the theme of "Five Major Festivals," Miyako celebrates its winter seafood delicacies with a variety of events organized in collaboration with local accommodations and restaurants.

**Phase 1:** Taro Salmon and Abalone Festival (Late November)  
**Phase 2:** Miyako Salmon Festival (Early December)  
**Phase 3:** Miyako Cod Festival (Late January)  
**Phase 4:** Miyako Early Harvested Wakame Seaweed "Haru Ichiban" Festival (Early February)  
**Phase 5:** Miyako Hairy Crab Festival (Early March)



### Hairy Crab

The taste of hairy crab announces the arrival of winter in Miyako. Enjoy the rich and flavorful crab meat in dishes like crab soup, boiled crab, and deliciously sweet and creamy tomalley.



### Cod

Cod fish from Miyako accounts for 80% of the total catch in Iwate. It's enjoyed in various ways including sushi, sashimi, hot pot dishes, and fried. It comes into season during the winter months.





### Aged Beef Tongue Slices

Aged beef tongue slices seasoned with the salt from Sanriku Miyako. The gentle seasoning brings out the natural richness and juicy flavor of the beef tongue.



### Assorted Wakame Seaweed Set

The thick and vibrant green wakame is known for its unique texture and abundant flavor and umami.



### Dragon Noodles

An original ramen with a rich and spicy miso base, and the most popular dish at the restaurant inside Roadside Station Yamabiko-kan. Its spiciness and delicious flavors are addictive.



### Senryo Otokoyama

Senryo Otokoyama is a local sake from Miyako City. Produced in a sake brewery located in a fishing town close to Jodogahama Beach, it is crafted using spring water that has been protected for over 150 years.



### Popular Thank-You Gifts

A diverse range of products are available, from fresh and delicious seafood to miscellaneous goods.



### Re Ho Bag

A tote bag out of recycled sails of cruiser yachts and dinghy yachts. This bag has excellent durability and waterproofness.



### Bin-Don

Bin-Don is a popular interactive gourmet delight from Miyako. Enjoy seasonal ingredients like sea urchin and salmon roe packed into milk bottles by serving them over hot rice.



### Karinto Set

Round spiral patterned Karinto (fried cookies). Made with local products such as the salt from Sanriku Miyako, wakame seaweed salt from Taro, and black soybean miso from Kawai, they have a nostalgic hometown taste.



### Go! Miyako Umineko Maru

Assemble the cute packaging featuring the Miyako City sightseeing boat "Miyako Umineko Maru", and enjoy a set of baked sweets and drip coffee.



### Grilled Sea Urchin

Fresh sea urchins grown in the nutrient-rich ocean are carefully placed on an abalone shell and slowly grilled using a special oven.



### Niisato Wild Grape Juice

This wild grape juice is extracted from grapes cultivated and harvested in the Niisato area. It offers a balanced combination of acidity and sweetness, making it a nutritious beverage rich in polyphenols.



### 1) Miyako Cod Festival

Enjoy Miyako cod at food stalls offering fried cod and soft roe dishes. Held at the Miyako City Fish Market.



## Event Calendar



Jan.	New Year's Day ..... New Year Sunrise Cruise
	Late Jan. ..... 1) Miyako Cod Festival
Feb.	Early Feb. ..... Miyako Early Harvested Wakame Seaweed "Haru Ichiban" Festival
Mar.	Early Mar. ..... 2) Miyako Hairy Crab Festival
July	Early July ..... 3) Jodogahama Night Market
	3rd Sun. ..... 4) Miyako Port Cutter Race
	Late July–Mid Aug. .... 5) Miyako Summer Festival, Marine Fireworks
Sep.	1st Sat./Sun. ..... Yamabiko Festa
	1st Sun. ..... Heigawa River Rafting Race
	Mid Sep. ..... 6) Miyako Autumn Festival
Oct.	Early Oct. ..... Miyako City Industry Festival
	Mid Oct. ..... Miyako Autumn Taste Festival
	3rd Sun. ..... Niisato Festival
Nov.	2nd Sun. ..... 7) Miyako Salmon Half Marathon
	Late Nov. ..... Taro Salmon and Abalone Festival
Dec.	Early Dec. ..... 8) Miyako Salmon Festival



### 5) Miyako Summer Festival

There is a local performing arts stage, food stalls, and food trucks. At night, the Marine Fireworks display is also held.



### 6) Miyako Autumn Festival

Elaborately decorated float carriages parade through the city. There are also stage events at the plaza in front of the train station.



### 7) Miyako Salmon Half Marathon

A large-scale marathon event representing Miyako City that attracts runners from all over the country.



### 8) Miyako Salmon Festival

An event where you can buy salted dried salmon and enjoy various dishes using salmon and salmon roe. Held at Miyako City Fish Market.



## Sanriku Railway Rias Line



### Ride an event train!

Convenient for exploring Sanriku, the Sanriku Railway Rias Line runs along the coast to the north and south of Miyako City. Sanriku Railway was established in 1984 as Japan's first third-sector railway. Currently, it is the longest third-sector railway in Japan, connecting Kuji and Sakari stations.

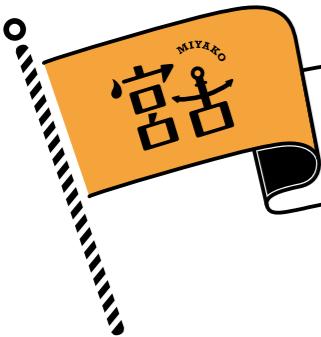
Tel. 0193-62-7000 (Sanriku Railway Passenger Services Department) <https://www.sanrikutetsudou.com/en/>



## Miyako City Furusato Nozei

A website where you can find all specialties from Miyako! Benefit from tax deductions with the advantageous Furusato Nozei (Hometown Tax Program) here.





# Map & Accommodation Guide

The scenic spots and fun places in Miyako cannot all be visited in only a day. So why not stay the night, eat, drink and stop and smell the roses!

**Area Code 0193**

## City Sightseeing Inquiries

Miyako City Tourism Division .....	68-9091
Miyako Tourism and Cultural Exchange Association .....	62-3534
Miyako Tourist Information Center .....	62-3574
Disaster Prevention Tour Guide (Taro Shiosato Station) .....	77-3305
Miyako Ryokan Hotel Information Center (Inside Tourism Information Center) .....	62-4060
Miyako Guest House Information Center (Inside Tourism Information Center) .....	62-3574
Taro General Office .....	87-2111
Niisato General Office .....	72-2111
Kawai General Office .....	76-2111
Taro Shiosato Station .....	65-7506

## City Facilities

Roadside Station Taro (Taro General Office) .....	87-2971
Roadside Station Minato Oasis Miyako .....	71-3100
Roadside Station Yamabiko-kan .....	85-5011
Roadside Station Kuzakai-kogen .....	77-2266
Jodogahama Rest House .....	62-1179
Jodogahama Visitor Center .....	65-1690
Jodogahama Marine House .....	63-1327
Iwate Prefectural Fishery Science Museum .....	63-5353
Miyako City sightseeing boat "Miyako Umineko Maru" .....	65-8856
Miyako Fish and Vegetable Market .....	62-1521
Kawai Museum of Wood (Kawai General Office) .....	76-2111
Outdoor Activity Center .....	64-8054
Miyako City Omoe Fishery Activity and Exchange Center .....	68-2301
Eastpia Miyako .....	63-4166

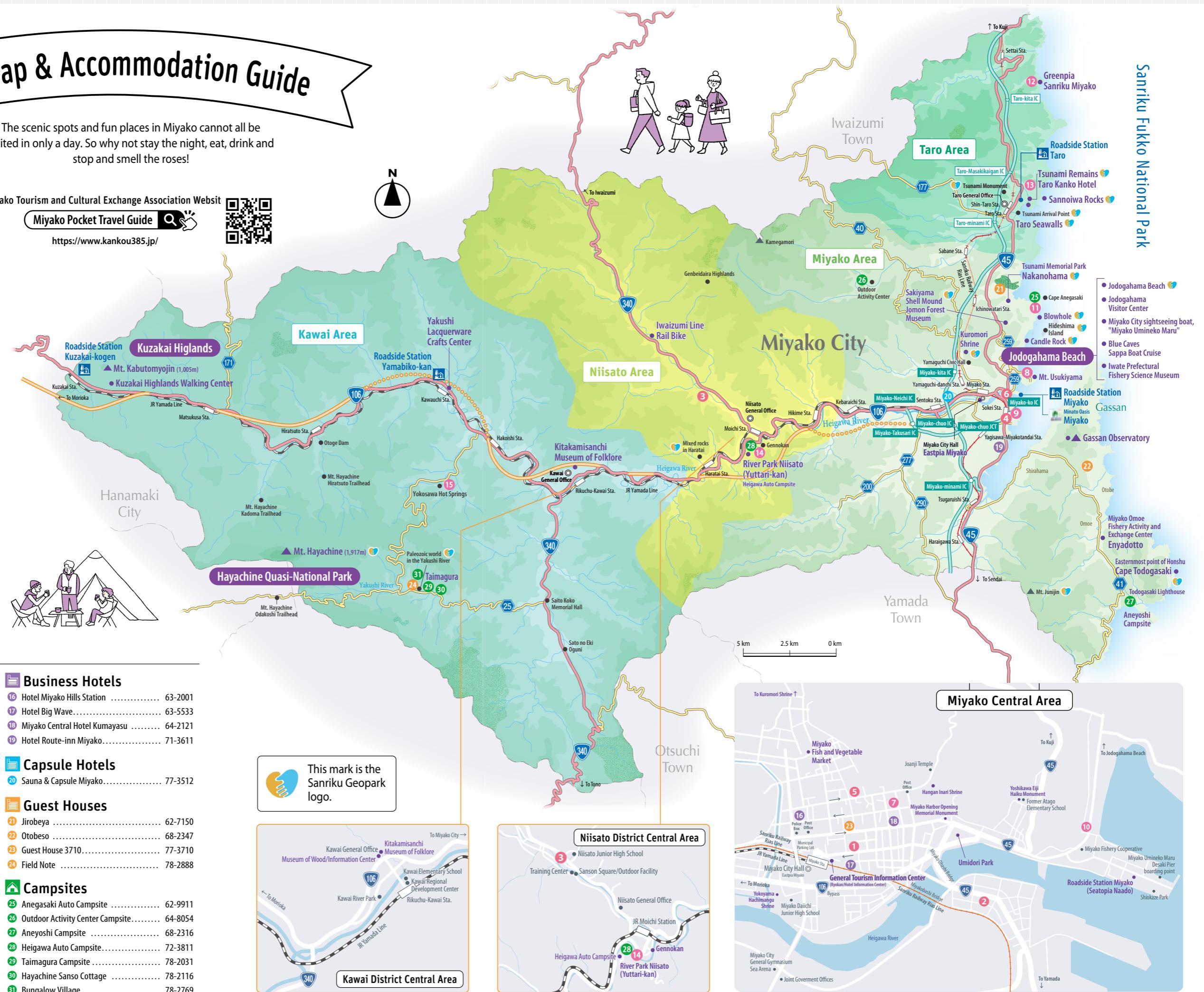
## City Accommodations

### Ryokan (Inns)

① Yamada Bekkan .....	62-4133
② Settai Ryokan .....	62-8146
③ Kadosaka Ryokan .....	72-2373
④ Umiku Ryokan .....	63-7575
⑤ Sato Ryokan .....	62-2439
⑥ Mikawa Ryokan .....	62-7871

### Hotels

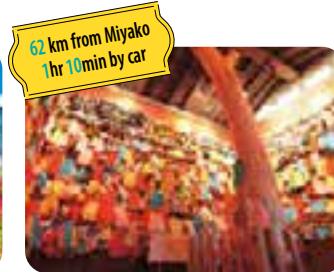
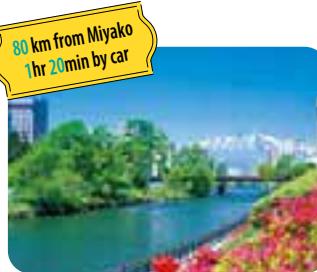
⑦ Miyako Hotel Sawada .....	62-7711
⑧ The Park Hotel Jodogahama .....	62-2321
⑨ Hotel Omiya .....	62-3660
⑩ Hotel Art City .....	65-1511
⑪ Kyukamura Rikuchu-Miyako .....	62-9911
⑫ Greenpia Sanriku Miyako .....	87-5111
⑬ Nagisatei Taro-an .....	87-2002
⑭ Yuttari-kan .....	72-3800
⑮ Yokosawa Onsen Seijo-en .....	74-2444





# Nearby Spots

Based in Miyako City, explore the highlights of the Sanriku coast and Iwate Prefecture. There are plenty of recommended spots to discover, from World Heritage sites and natural landscapes to town strolls for interacting with the locals.



## Morioka City

Morioka City is the capital of Iwate Prefecture. It has a station for the Tohoku Shinkansen and serves as a starting point for trains and buses to Miyako City. With its historical buildings and castle ruins, Morioka is an ideal place for town strolls.



## Kuji City (Kosode Coast)

Kuji City is famous as the filming location for the drama "Amachan." It's also known as Japan's top amber-producing area, and the inland Yamagata area is home to Hiraniwa Highland known for its white birch forest.

## Iwaizumi Town (Ryusendo Cave)

Iwaizumi Town is home to Ryusendo Cave, one of Japan's three major limestone caves. The town is also known for Iwaizumi Yogurt, which attracts orders from all over the country. Many people also enjoy strolling through the Ureira Shopping Street in the town center.

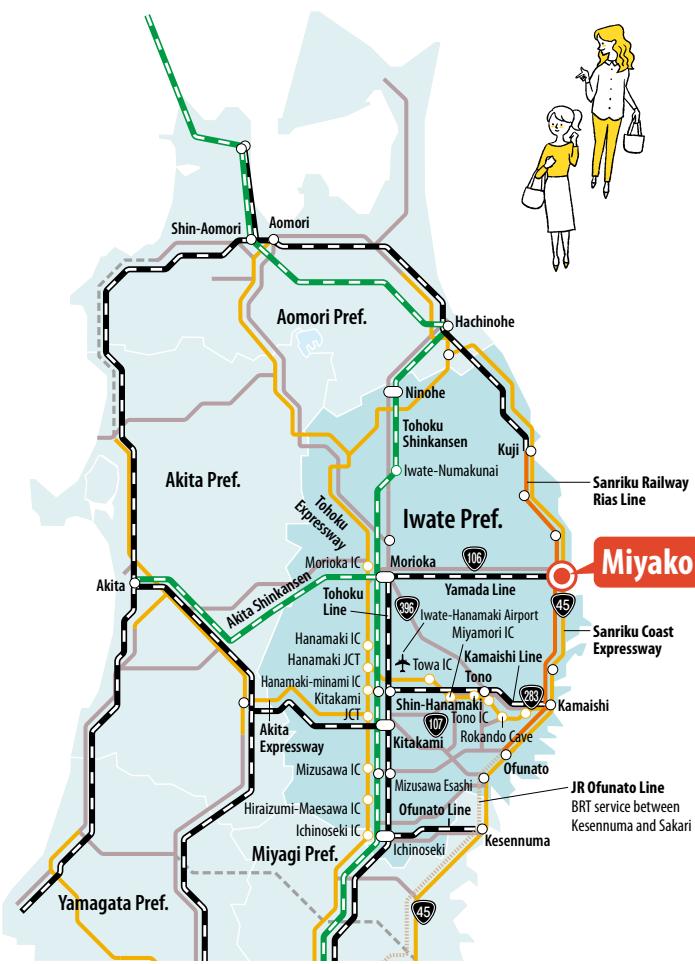
## Tanohata Village (Kitayamazaki)

Kitayamazaki area, characterized by a series of 200-meter cliffs, is a prominent scenic spot in northern Iwate Prefecture within the Sanriku Fukko National Park. The Sappa Boat Adventure, which offers views of the cliffs from the sea, is particularly popular.

## Hiraizumi Town (World Heritage Site Hiraizumi)

Hiraizumi town is a World Heritage site. Explore the Konjikido (Golden Hall) of Chusonji Temple that preserves the golden culture of the Oshu Fujiwara clan, and the Motsuji Temple renowned for its Pure Land garden. It's also the starting point of Yoshitsune's Legend Escaping Further North.

# Access Guide



Railway		
Tokyo	Approx. 2hr 10min (Tohoku Shinkansen)	Morioka
Morioka	Approx. 2hr 20min (Yamada Line)	Miyako
Hanamaki	Approx. 35min (Tohoku Line)	Morioka
Hiraizumi	Approx 1hr 20min (Tohoku Line)	Morioka

Airplane	
Sapporo	Approx. 55min
Nagoya	Approx. 1hr 10min
Osaka	Approx. 1hr 20min
Fukuoka	Approx. 2hr 5min
Kobe	Approx. 1hr 30min
Hanamaki	

\*Bus service is available from Hanamaki Airport to Morioka Station

Public Transportation	
Miyako Station	63-7727
Sanriku Railway Inquiries	62-8900
Iwate Kenpou Bus Miyako Sales Office Miyako Branch	64-6060
Iwate Kenpou Bus Miyako Station Front Information Office	62-3620
Taxi	
Sansha Taxi	62-4321
Kawasaki Taxi	62-3337
Maruyoshi Taxi	64-1212
Kubota Taxi	67-2121
Tsugaruishi Taxi	67-2323
Masaki Taxi	87-2727
Kawai Kotsu	76-2026
Rent-A-Car and Chartered Buses	
JR Rent-A-Car Miyako Sales Office	65-1955
Toyota Rent a Car Iwate Miyako Station East Office	64-0100
Miyako Sightseeing Drive Club	62-2205
Nippon Rent-a-Car Miyako Sales Office	63-8195
Nissan Rent a Car Miyako Office	77-4723
Rias Kanko	62-7075
Orix Rent-a-Car Sanriku Miyako Ekimae Rental Site	77-5601

## Tourism Inquiries

Tourism Section, Industrial Promotion Dept., Miyako City  
<https://www.city.miyako.iwate.jp>

Postal Code: 027-8501 1-30 Miyamachi 1-chome, Miyako, Iwate  
Tel. 0193-68-9091 (Excl. weekends/holidays) Fax: 0193-63-9120



Miyako Tourism and Cultural Exchange Association  
<https://kankou385.jp/>

Postal Code: 027-0052 1-80 Miyamachi 1-chome, Miyako, Iwate  
Tel. 0193-62-3534 Fax: 0193-62-7030

