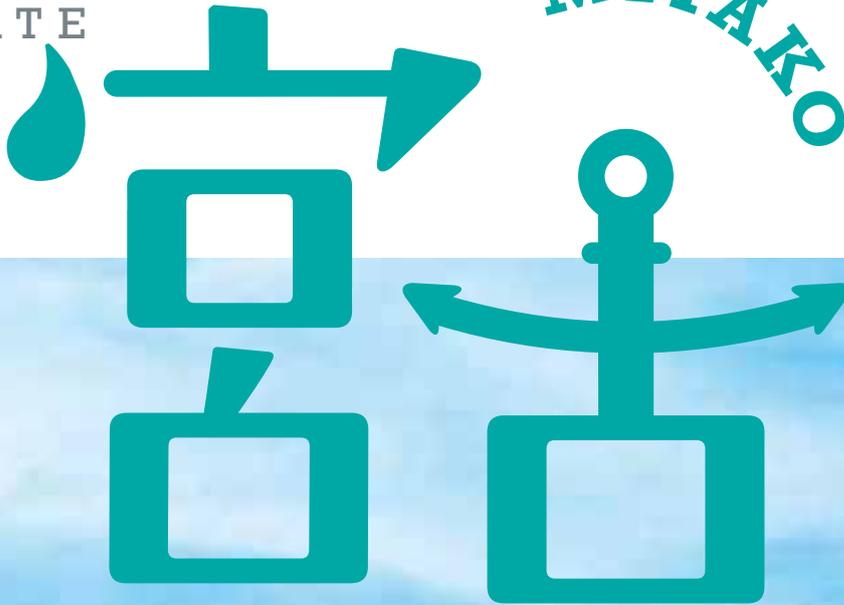


English

I W A T E

MIYAKO



MOVIE



Experience
amazing
Miyako
through
videos!

Miyako City, Iwate Prefecture Sightseeing Guidebook

The appealing colors of Miyako

The easternmost town of Honshu

Miyako





Jodogahama Beach (p. 1)



Mt. Hayachine (p. 2)



Jodogahama Curry (p. 4)



Blue Cave (p. 6)



Kuromori Shrine (p. 8)



Sushi (p. 9)



Sannoiwai Rocks (p. 11)



Experiencing the Raden Technique (p. 12)



Kuromori Kagura (p. 14)



Bin-Don (p. 17)



Hometown Tax Program:
Popular Thank-You Gifts (p. 18)



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"?



INDEX

- 1... The Colors of the Sea
- 2... The Colors of the Mountains
- 4... Jodogahama Beach Petit Trail
- 6... Recommended Activities
- 8... Miyako Central Area Walking Guide
- 10... Taro and Omoe Peninsula Area Guide
- 12... Kawai and Niisato Area Guide
- 14... History and Culture
- 16... Miyako Gourmet Palette
- 18... Hometown Tax Program: Popular Thank-You Gifts
- 19... Event Calendar
- 20... Map & Accommodation Guide
- 22... Access Guide



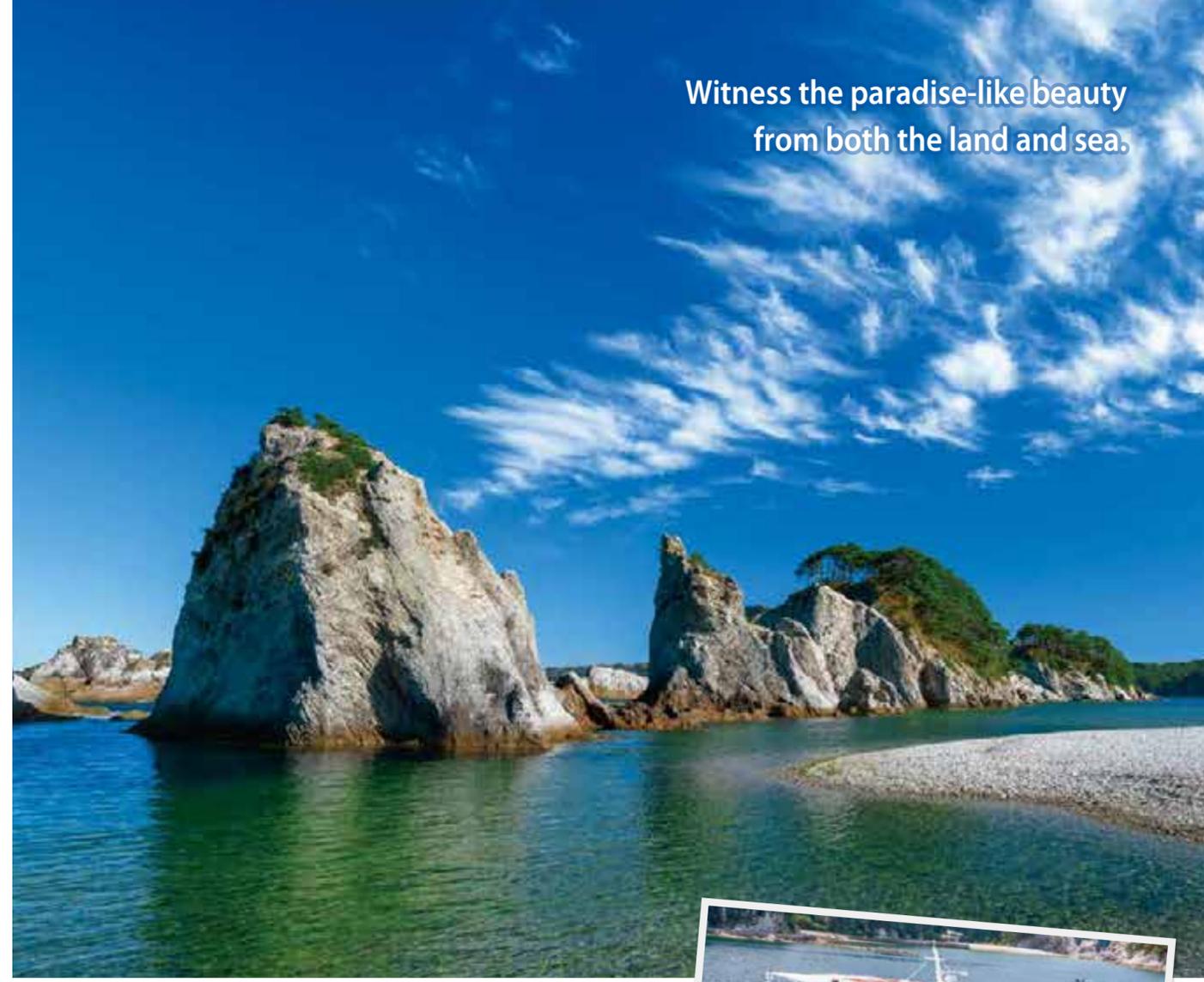
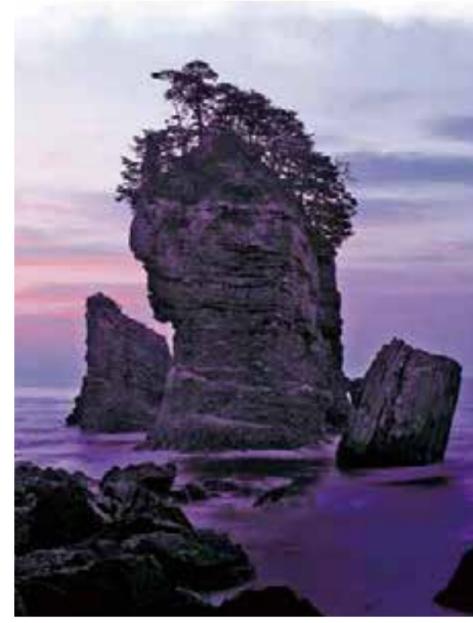
Welcome to 宮古 City, the easternmost town of Honshu.

Witness the paradise-like beauty from both the land and sea.

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 Sannoiva 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

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 (🌊) indicating a Sanriku Geopark site.

Must-visit sites in Miyako City

- Jodogahama Beach
- 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>

Check 03 Michinoku Coastal Trail

Trail town MIYAKO 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>

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/>

Sannoiva 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 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 鮭ヶ崎

Cape Todogasaki, located on the Omoe 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

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)



Miyako City sightseeing boat "Miyako Umineko Maru" Connecting Desaki Pier and Jodogahama Beach, this sightseeing boat takes you through the highlights of the Sanriku Geopark, offering views of attractions such as Candle Rock. On the second-floor deck, you can enjoy a 360° panoramic view and even feed the black-tailed gulls. See page 6 for details.



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

Geo-facts Jodogahama 44 Million Years of History

Approximately 44 million years ago

Magma entered the earth's crust, and hardened into the shape of a *kagami mochi* rice cake...

Many months and years

Wind Waves

The land protruded and became a cape...

Now

This was eroded by wind and waves to assume its current shape



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)

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/kuzakaikogen>



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/kawai-shisho/kuzakaiwalkingcenter.html>



宮古 CAMP

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 Omoe 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
https://www.city.miyako.iwate.jp/shogai/yagaikatudo_sisetu.html



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. 0193-68-9097 (Agriculture and Forestry Section, Industrial Promotion Dept., Miyako City)
Address: 98-6, Dai-9-chiwari, Kariya, Miyako City



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>





Approx. 15 min by bus from Miyako Station

START

Approx. 10 min on foot

1 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 Omoe Peninsula.



Approx. 10 min on foot



3 Ryujinzaki Observatory

An observation point overlooking Desaki Pier and the city center of Miyako. This open space offers a nice view and is equipped with tables and benches where you can leisurely enjoy the scenery.

Approx. 15 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>

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



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.



Jodogahama Petit Trail

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

Model route

Approx. 10 min on foot

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)



A short walk



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



Stop by

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 Omoe Peninsula from here.



Gotta try this when I go to Miyako!



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.

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).

Boarding point

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



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



You can board and disembark either at Desaki Pier or Jodogahama Beach. Tickets are available at the Seatopia Naado (Roadside Station Minato Oasis Miyako) ticket counter and at the Jodogahama Beach boarding point.
Inquiries/Tel. 0193-65-8856 (Northern Iwate Transportation Inc. Miyako Sightseeing Boat Division) [Boat tour information] Operation starts at 9:00 AM, Duration of tour: 50 min., Number of tours: 5 to 7 daily, No operation on Tuesdays (operates every day in July and August), Special schedule applied in winter months, Operations may be suspended due to sea conditions, etc., Fee: Adults ¥1,500, Children ¥750, Ticket counters: Seatopia Naado and Jodogahama Beach boarding point



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")



Beaches

All beaches equipped with showers and toilets!



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.

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.



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.



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)



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)

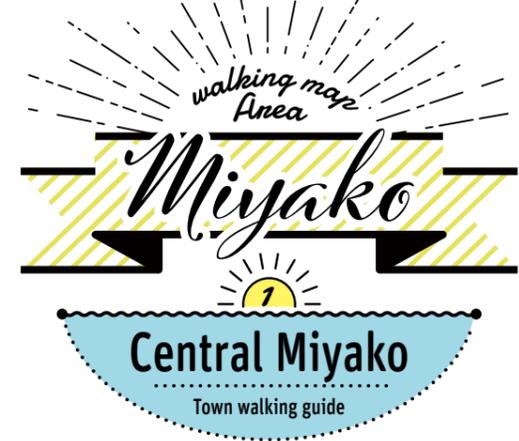


Sanriku Coast Trekking Guides

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)





Walk around town

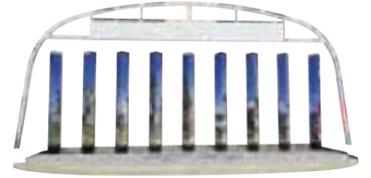
Enjoy a stroll around the town center that extends from Miyako Station to leisurely explore shopping streets, savor local delicacies, and enjoy a walk through the town.



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



A view from the front



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.



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



Legend

- Information Center, Major Tourist Spot
- Station, Arrival/Departure Spot
- Accommodation
- Famous Place/Historic Site
- Souvenir Shop
- Sweets Shop
- Park

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.

Sweets

Enjoy a variety of Miyako sweets, from a well-loved long-established pastry shop with a history of 90 years, to a popular patisserie known for its goat milk-based pastries!



Kuromori Shrine

Get some exercise with a 60-min. walk from Miyako Station to reach this shrine situated on the slope of Mt. Kuromori, designated as a municipal tangible cultural property. It's also associated with the legend of Yoshitsune's Flight North (p.15), where Minamoto no Yoshitsune is said to have trained.

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



Umidori Park

A park built on the site of the former city hall facing Miyako Port. It has inclusive playground equipment and a basketball court, making it a park where everyone can play together regardless of physical ability or age.

Inquiries/Tel. 0193-68-9108 (Urban Planning Section, Miyako City)



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!



Miyako de Ku-Be



Sanriku Coast Expressway
Connects Hachinohe and Sendai

Greenpia
Sanriku Miyako



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

Taro Area

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.



Inquiries/
Tel. 0193-87-3988 (Farmer's market)
Tel. 0193-77-3305 (Office)
Closed: Varies by facility



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.



Omoe Peninsula

Miyako Omoe Fishery Activity and Exchange Center Enyadotto

The Omoe 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.



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 Omoe, and the unique Natural Wakame Seaweed Soft Serve Ice Cream are both popular choices.



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.



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

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



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

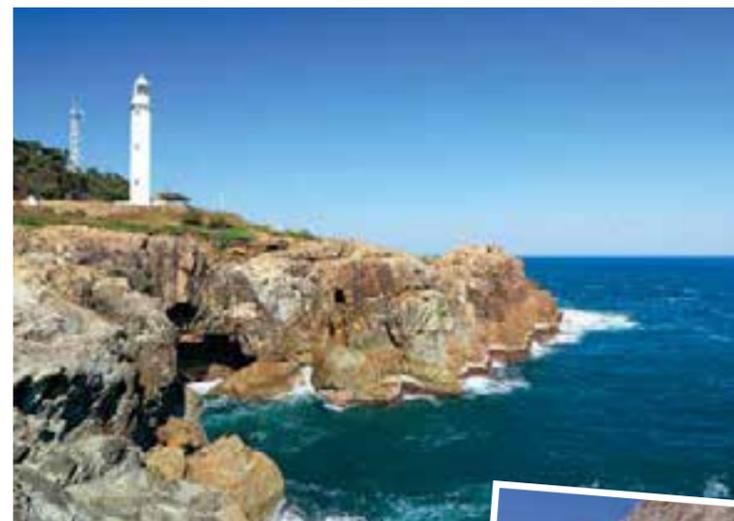
Located on the Omoe Peninsula, Mt. Gassan, also known as "Goten-yama," offers stunning views of Miyako Bay, Jodogahama Beach, and the city of Miyako from its summit observatory.



Aneyoshi Campsite

A campsite located on the Omoe 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)



Cape Todogasaki, the Easternmost Point of Honshu

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.

See here for where to get it

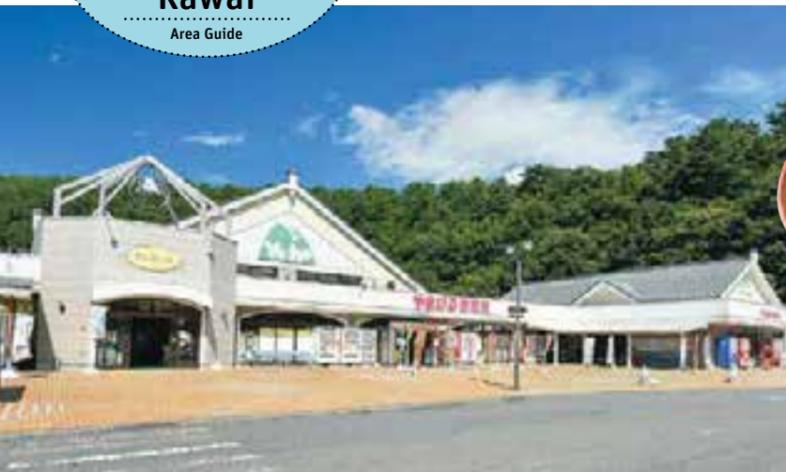
Receive a certificate to prove you visited the Easternmost point of Honshu! (¥100 each)



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



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.

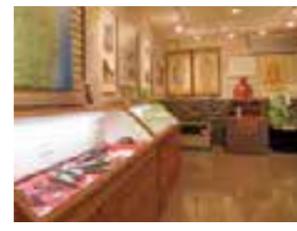


Yuttari-kan Banquette Hall (River Park Niisato)

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

Yakushi Lacquerware Crafts Center

Adjacent to Roadside Station Yamabiko-kan. It showcases lacquerware works unique to the Kawai area, known for its thriving forestry and lush forests. You can even play a lacquered piano.

Inquiries/Tel. 0193-75-2351



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.



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 Park



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

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

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.



Yokoyama Hachimangu Shrine (Miyamachi, Miyako City)



Hangan Inari Shrine (Sawada, Miyako City)



Kuromori Shrine (Yamaguchi, Miyako City)



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.



Photo provided by Rinpoosya

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 Kariya, 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)

Meiji Era

1869

The Battle of Miyako Bay



The Boshin War began with the Battle of Toba-Fushimi in January 1868. It involved clashes between the forces of the former shogunate and those of the new government throughout Japan, and in May of the following year, the former shogunate's forces were defeated in Goryokaku, Hakodate.

On the eve of the battle in Hakodate, there was a surprise naval attack at Miyako Port carried out by the former shogunate's forces, including Enomoto Takeaki and Hijikata Toshizo. Originally planned with three ships, the operation ended up being carried out with only the Kaiten ship due to adverse weather conditions. Though the Kaiten successfully made contact with the enemy's Koutetsu ship, it was helpless against the gatling guns mounted on the ship. The desperate strategy of the former shogunate's forces ultimately failed, but their daring tactics and courage continue to be remembered in later generations.



Jodogahama Battle of Miyako Bay Memorial Monument



Usukiyama Battle Memorial Monument

Gourmet Palette

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.

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.



Re Ho Bag

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



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.



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.



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.



1) Miyako Cod Festival

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



2) Miyako Hairy Crab Festival

Live hairy crabs, boiled hairy crabs, and various other winter delicacies come together at this event held at the Miyako City Fish Market.



3) Jodogahama Night Market

Held at Jodogahama Beach in summer, this exciting festival features stalls, stage shows, raffles, and more.



4) Miyako Port Cutter Race

Taking place at Miyako Port, each team competes in a thrilling race to showcase their speed.



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



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/>



Kotatsu Train



Natural Disaster Learning Train

Ride an event train!

Sanriku Railway operates event trains like the Kotatsu Train and Natural Disaster Learning Train. Money-saving tickets such as the All-line Free Pass for unlimited rides and the Kita Iwate Gurutto Pass that allows transfers between buses and trains are also sold.

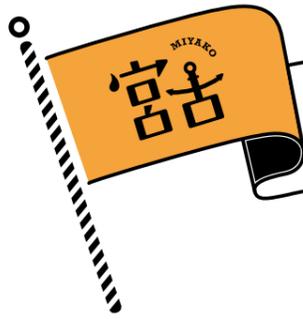


Miyako City Furusato Nozei

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



Furusato Nozei comprehensive website "Furusato Choisei"



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 Yamadaya Bekkan	62-4133
2 Settai Ryokan	62-8146
3 Kadosaka Ryokan	72-2373
4 Umikyū Ryokan	63-7575
5 Sato Ryokan	62-2439
6 Mikawa Ryokan	62-7871

Hotels

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

Business Hotels

16 Hotel Miyako Hills Station	63-2001
17 Hotel Big Wave	63-5533
18 Miyako Central Hotel Kumayasu	64-2121
19 Hotel Route-inn Miyako	71-3611

Capsule Hotels

20 Sauna & Capsule Miyako	77-3512
---------------------------	---------

Guest Houses

21 Jirobeya	62-7150
22 Otobeso	68-2347
23 Guest House 3710	77-3710
24 Field Note	78-2888

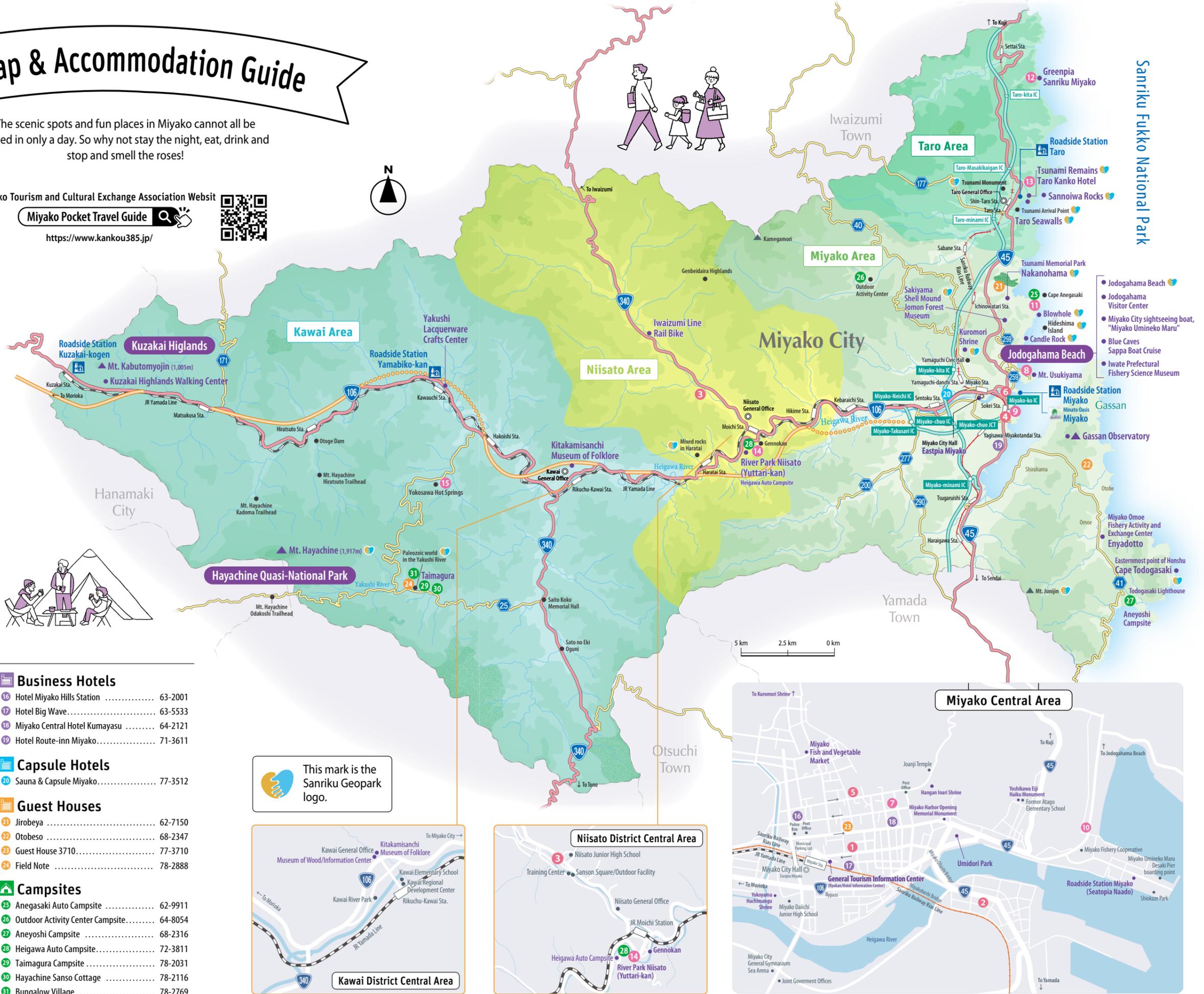
Campsites

25 Anegasaki Auto Campsite	62-9911
26 Outdoor Activity Center Campsite	64-8054
27 Aneyoshi Campsite	68-2316
28 Heigawa Auto Campsite	72-3811
29 Taimagura Campsite	78-2031
30 Hayachine Sanso Cottage	78-2116
31 Bungalow Village	78-2769

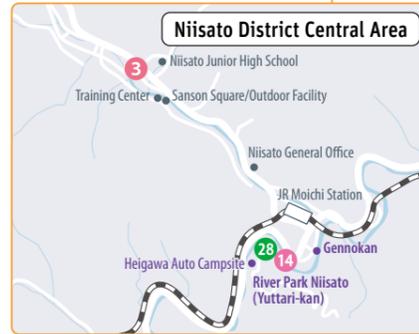
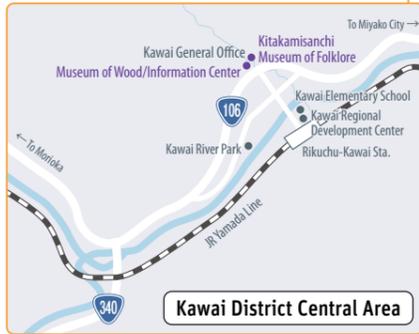
Miyako Tourism and Cultural Exchange Association Website

Miyako Pocket Travel Guide

<https://www.kankou385.jp/>



This mark is the Sanriku Geopark logo.



Sanriku Fukko National Park

- Jodogahama Beach
- Jodogahama Visitor Center
- Miyako City sightseeing boat "Miyako Umineko Maru"
- Blue Caves Sappa Boat Cruise
- Iwate Prefectural Fishery Science Museum

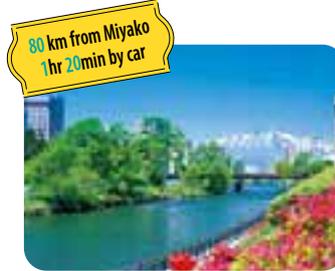
- Gassan Observatory

- Miyako Omoe Fishery Activity and Exchange Center
- Enyadotto
- Easternmost point of Honshu Cape Todogasaki
- Todogasaki Lighthouse
- Aneyoshi Campsite



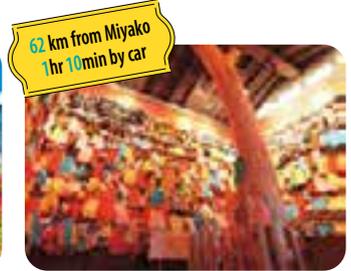
Nearby Spots

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.



Tono City (Denshoen Park)

Tono City is known for being featured in the Tono Monogatari (Tale of Tono). It is filled with attractions such as the well-known Oshirado Hall in Tono Denshoen Park, Tono Furusato Village which conveys the lifestyle of the mountain village, and Kappa-buchi where the legend of kappa remains.



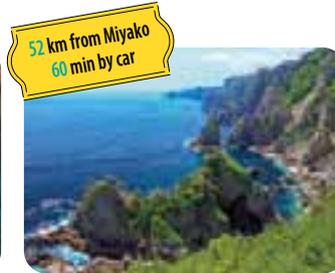
Kuji City (Kosode Coast)

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)

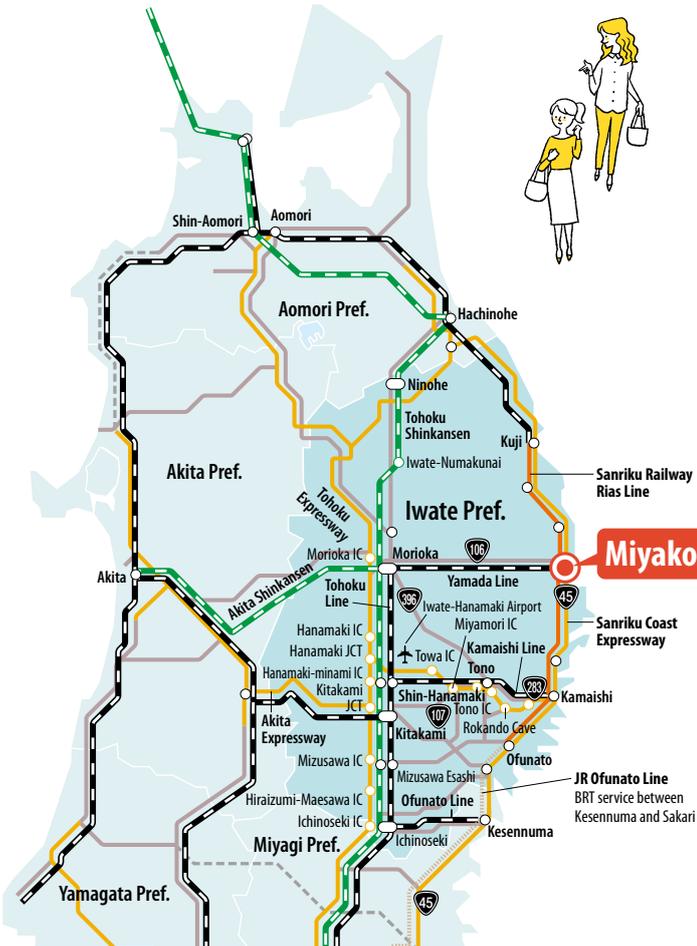
Kitayamazaki area, characterized by a series of 200-meter cliffs, is a prominent scenic spot in northern Iwate Prefecture within the Sanriku Fukko National Park. The Sappa Boat Adventure, which offers views of the cliffs from the sea, is particularly popular.



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

*Bus service is available from Hanamaki Airport to Morioka Station

Public Transportation

Miyako Station	63-7727
Sanriku Railway Inquiries	62-8900
Iwate Kenpoku Bus Miyako Sales Office Miyako Branch	64-6060
Iwate Kenpoku 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

Bus/Car

Urawa IC	Approx. 500 km	Morioka-minami IC
Sendai-ko-kita IC	Approx. 227 km	Miyako-chuo IC
Morioka-minami IC	Approx. 82 km	Miyako
Tokyo	Approx. 9hr	
Morioka	Approx. 1hr 40min	
	Bus 106 (Express)	

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

