

## Practical Travel Guide - 202

# MORIOKA and SANRIKU FUKKO (reconstruction) NATIONAL PARK



Japan National  
Tourism Organization  
日本政府観光局



To download PDF

In collaboration with  
Tourist Information Centers in the area



**Morioka** (盛岡), an old castle town founded by the feudal lord “Nambu” in 1590, is now the center of politics, economy and culture in Iwate Prefecture. Morioka boasts historical attractions and scenic wonders.

**Sanriku Fukko (Reconstruction) National Park** (三陸復興国立公園) extends for 250 km along the Pacific coast

from the southern part of Aomori Prefecture to Ishinomaki City, Miyagi prefecture. This coastal park is made up of two parts—the northern part filled with sea-eroded high cliffs and fantastic rock formations, and the southern half characterized by a typical Rias-type coast.

## Access:

### By Rail (JR):

From	To	By	Approx. Travel Time	Price*
Tokyo Sta.	Morioka Sta.	Tohoku Shinkansen “Hayabusa”, “Hayate”, “Yamabiko” or “Komachi”	2 hrs. 20 min. (Hayabusa)	¥15,010 (Hayabusa)
	Ichinoseki Sta.	Tohoku Shinkansen “Yamabiko” (or some “Hayabusa” or “Hayate”)	2 hrs. 35 min. (Yamabiko)	¥13,060 (Yamabiko)

\*Fare + express charge (with seat reservation, normal season)

## Transportation in the Area:

From	To	By	Approx. Travel Time	Price
Ichinoseki Sta.	Kesennuma Sta.	Train (JR Ofunato Line)	1 hr. 40 min.	¥1,170
Kesennuma Port	Oshima (Uranohara Port)	Ferry (Oshima Kisen) : Operation discontinued	---	---
Hosoura Sta.	Goishi-kaigan Beach	Bus (Iwate-ken Kotsu)	20 min.	¥300
Ichinoseki Sta. (via Shin-Hanamaki Sta.)	Kamaishi Sta.	Train (JR Tohoku Shinkansen “Hayabusa”, “Hayate”, “Yamabiko” to Shin-Hanamaki, change to JR Kamaishi Line)	30 min. to Shin-Hanamaki 2 hrs. to Kamaishi	¥5,040 *
Morioka Sta. (via Miyako Sta.)	Jodogahama Beach (Oku-Jodogahama)	Train (JR Yamada Line) or Bus (Iwate Kenpoku Bus) to Miyako, change to Bus (Iwate Kenpoku Bus)	2 hrs. to Miyako	¥1,980 (Train) ¥2,070 (Bus)
			20 min. to Jodogahama Beach	¥230
Iwate-Funakoshi Sta.	Funakoshi Peninsula (Tanohama)	Bus (Iwate Kenpoku Bus)	15 min.	¥150
Morioka Sta. (via Kuji Sta.)	Fudai Sta.	Bus (Iwate Kenpoku Bus) to Kuji, change to Train (Sanriku Railway)	2hrs. 5 min. to Kuji 40 min. to Fudai	¥2,300 (Bus) ¥780 (Train)
Fudai Sta.	Kitayamazaki Point	Bus (Fudai Village Bus)	25 min.	Free *
Tanohata Sta.		Share Taxi (Tanohata Kanko Taxi)	20 min.	¥800
Morioka Sta.	Ryusendo Cave (Ryusendo bus stop)	Bus (JR Bus)	2 hrs. 15 min.	¥2,710
Miyako Sta. (via Moichi Sta.)		Train (JR Yamada Line) to Moichi, change to Bus (Higashinihon Kotsu)	2hrs. to Moichi 1 hrs. 40 min. to Ryusendo	¥1,690 (Train) ¥770 (Bus)

\*Fare + express charge (with seat reservation, normal season)

## Local Buses, Trains, Ferries and Boats

- In Morioka city, most buses leave from the bus terminal in front of Morioka Sta.
- In winter in Rikuchu area, transportations (except railways) are limited.

## Sightseeing Buses within the area

Northern Iwate Travel Service Inc. (Tel.: 0120-183-705,

URL: <http://www.kenpokukanko.co.jp/eng/>)

- Guided by Japanese-speaking personnel.
- Reservation required in advance.
- Please confirm the operation calendar before you visit.

## Sightseeing Boats around Jodogahama

40 min. cruise from Jodogahama beach by Miyako Jodogahama Boat Cruise.

- Guided by Japanese-speaking personnel.
- No reservation required.
- ¥1,400 for one ride
- 5 (or more in high season) runs operated mainly at week-ends.

\*See p. 3 for admission and opening times.

## MORIOKA

### Places of Interest:

**Morioka City** (盛岡市) is the prefectural capital with a population of 292,428 (Sep. 2019). Morioka, once called a “Kyoto of Michinoku (northern Japan)”, well preserves the past. Old temples and shrines as well as merchant houses remain intact in the city. But the city is now becoming a modern city at a rapid pace. Its lively shopping and amusement streets are Odori and Saien with a cluster of department stores, restaurants and souvenir shops. The Nakatsugawa River, a symbol of the city, meanders calmly through the heart of the city. To the north of the city, there are Mts. Atagoyama and Iwayama commanding a bird's-eye view of the whole city.

**Morioka Castle Site Park** (盛岡城跡公園), 7 min. by bus or a 25-min. walk from Morioka Sta., is the site of the former **Morioka Castle**. It is now an oasis for the citizens. Takuboku Ishikawa (1886–1912), a wellknown poet who spent his younger days in this city, loved the site and wrote several poems about it.

**Nakatsugawa River Banks** (中津川河畔) are wonderful for strolling. Especially in the portion between the Bishamon-bashi and Kami-no-hashii Bridges, the time-honored Iwate Bank building and “Gozaku” (a series of old shops) stand as they were in older times. What may interest you are “Giboshi” or bronze ornamental knobs of the posts of the Kami-no-hashii Bridge, which was constructed several centuries ago.

**Morioka Central Public Hall** (盛岡市中央公民館) was once the ruling Nambu Clan's villa and preserves an exquisite Japanese strolling garden. 15 min. by bus from Morioka Sta. (Get off at Chuo Kominkan Mae.) Open: 9:00–21:00 (Tue.–Sat.) –17:00

(Sun. & National holidays.). Closed: Mon. (or the following day after the holiday when Mon. falls on a national holiday), Dec. 29–Jan. 3. [Japanese garden] Open: From sunrise to sunset. Closed: Dec. 29–Jan. 3. Admission: Free.

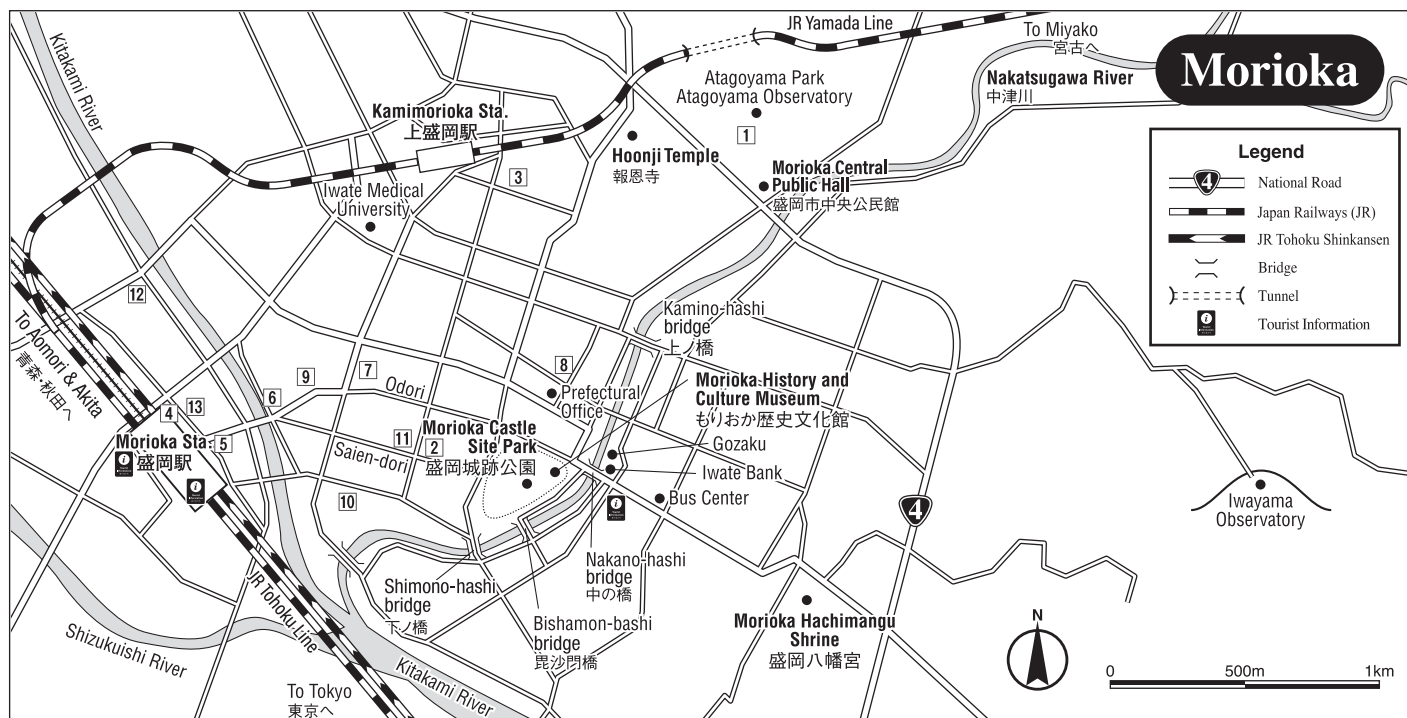
**Morioka History and Culture Museum** (もりおか歴史文化館), the city's main facility, is based on the concept of “Morioka Castle and castle town field museum”. It preserves and exhibits materials related to the history and culture of Morioka. Access: 20 min. walk from JR Morioka Sta. Located in Morioka Castle Site Park. Open: 9:00–19:00, –18:00 (Nov.–Mar.). Closed: 3rd Tue. (or the following day after the holiday when 3rd Tue. falls on a national holiday), New Year holiday. Admission: ¥300.

**The 500 Buddhist Disciples** (五百羅漢) Buddhist statues, each with a different facial expression, line up inside **Hoonji Temple** in the temple district of Kitayama. Open: 9:00–16:00. Admission: ¥300. 12 min. by bus from Morioka Sta. (Get off at Kitayama 5 min. walk.).

### Places to Visit in the Vicinity:

**Koiwai Farm** (小岩井農場), 30 min. by bus from Morioka Sta., is the largest privately owned ranch in this country, covering 3,000 ha. at the southern foot of Mt. Iwate. In this amusement ranch park, there are stables, a factory of dairy products and a restaurant.

**Tsunagi Spa** (つなぎ温泉), 30 min. by bus from Morioka Sta. It is a secluded mountain spa resort with a long history. Fresh greenery and autumnal tints attract many visitors.



Numbers 1 – 13 Correspond to those in the “Accommodations” list on page 3/4.

## RIKUCHU KAIGAN COAST

## Places of Interest:

**Kesennuma** (気仙沼), located at the southern tip of Sanriku Fukko (Reconstruction) National Park, is a thriving fishing port of Miyagi Prefecture. Oshima Island, 25 min. by boat from Kesennuma Port, has an observatory giving a fine view of the well-indented coast and small islands. On the island are a National Vacation Village and other tourist facilities.

**Kamaishi** (釜石) is an iron making town where the blast furnace, the first of this type in Japan, was built. The primary tourist attraction is “Kamaishi Dai-Kannon,” the big statue of Kannon or Goddess of Mercy (観音像), reached in 11 min. by bus from Kamaishi Sta. This 48.5-m high statue overlooks the intricate Bay of Kamaishi. Enshrined inside are 33 small wooden Kannon statues. Admission: ¥500. Open: 9:00–17:00 (depending on seasons).

**Jodogahama Beach** (浄土ヶ浜) can be reached in 20 min. by bus from Miyako Sta. (Miyako is one of the largest fishing ports in Iwate Prefecture.) On the north of Miyako Bay spreads a popular beach, Jodogahama, which consists of white

igneous rocks. The color of white rocks, blue sea and green pine trees creates a scene of perfect harmony. Sightseeing boats for a tour of Jodogahama are available.

**Kitayamazaki** (北山崎), 25 min. by bus from Fudai Sta. or Tanohata Sta., features high cliffs and caves offering splendid scenery.

**Ryusendo Cave** (龍泉洞), 24 min. by bus from Iwaizumiomoto Sta. or 2 hrs. 20 min. by JR bus from Morioka Sta., is one of the three largest stalactite grottos in Japan. Noteworthy is a small lake at the bottom of the cave, 98 m. deep, filled with crystal emerald green water. Admission: ¥1,000 (including New Cave). Open: 8:30–17:00, –18:00 (May–Sep.).

## Local Product:

**Nambu Brand Ironware** (南部鉄器): Nambu is the old name of the region centering around Morioka. “Tetsubin” (iron kettle) has been widely in use for over 400 years. Recently, “Furin” (iron wind bell) and “Bunchin” (iron paper weight) are also becoming popular as souvenirs.

## Accommodations:

Name of facilities	Tel.	Fax.	Room rate (¥)	Name of facilities	Tel.	Fax.	Room rate (¥)
<b>Morioka:</b>				Riasu-Karakuwa YH (Y)	(0226)32-2490	(0226)32-3777	¥
1 Morioka Grand Hotel (H)	(019)625-2111	(019)625-1003	¥¥	Karakuwaso (PL)	(0226)32-3174	(0226)32-3175	¥
2 Hotel Royal Morioka (H)	(019)653-1331	(019)653-3330	¥	Kyukanura Kesennuma Oshima (NV)	(0226)28-2626	(0226)28-2627	¥¥
3 Morioka Rifu Hotel (BH)	(019)654-4151	(019)654-8182	¥	Keizankaku (BH)	(0226)24-3306	(0226)24-3306	¥
4 Hotel Metropolitan Morioka (H)	(019)625-1211	(019)625-1210	¥¥				
5 Morioka City Hotel (BH)	(019)651-3030	(019)6547774	¥	<b>Goishi-Kaigan &amp; Kamaishi:</b>			
6 Hotel Pearl City Morioka (BH)	(019)625-3311	(019)625-3321	¥	Kamaishi Station Hotel (BH)	(0193)22-3070	(0913)22-1914	¥
7 Hotel Ace Morioka (BH)	(019)654-3811	(019)654-3815	¥				
8 Kita Hotel (BH)	(019)625-2711	(019)625-2714	¥	<b>Miyako:</b>			
9 Hotel Higashinihon Morioka (H)	(019)625-2131	(019)626-9091	¥	Miyako Central Hotel Kumayasu (BH)	(0193)64-2121	(0193)62-2331	¥
10 Kumagai Ryokan (R)	(019)651-3020	(019)626-0096	¥	Miyako Hotel Sawadaya (R)	(0193)62-7711	(0193)62-4738	¥
11 Hotel New Carina (H)	(019)625-2222	(019)625-2244	¥	Hotel Omiya (R)	(0193)62-3660	(0193)62-0419	¥¥
12 Super Hotel Morioka (BH)	(019)621-9000	(019)621-9004	¥	Jodogahama Park Hotel (R)	(0193)62-2321	(0193)62-2325	¥¥¥
13 Toyoko Inn Moriokaekimae (BH)	(019)625-1045	(019)625-1046	¥	Suehirokan (Y)	(0193)62-1555	(0193)62-3052	¥
				Kyukamura Rikuchu-Miyako (NV)	(0193)62-9911	(0193)62-9913	¥¥
<b>Tsunagi Spa:</b>				<b>Taro, Kitayamazaki &amp; Kurosaki:</b>			
Hotel Taikan (R)	(019)689-2121	(019)689-2126	¥¥	Kurosakiso (PL)	(0194)35-2611	(0194)35-2872	¥
Hotel Shion (R)	(019)689-2288	(019)689-2320	¥¥				
Shikitei (R)	(019)689-2021	(019)689-2159	¥¥¥	<b>Ryusendo Cave:</b>			
Aishinkan (R)	(019)689-2111	(019)689-2117	¥¥	Ryusendo Onsen Hotel (R)	(0194)22-4141	(0194)22-4770	¥
<b>Kesennuma:</b>							
Kesennuma Plaza Hotel (H)	(0226)23-1313	0226-22-3398	¥¥				

## Remarks:

1 – 10 correspond to those in the map on page 2/4. Rate per person.

H = Hotel ¥¥¥ = more than 15,000 yen  
 R = Ryokan ¥¥ = 8,001 yen – 15,000 yen  
 BH = Business Hotel ¥ = 8,000 yen or less  
 Y = Youth Hostel \*Standard basis rate  
 PL = People's Lodge (no meals, taxes included)  
 NV = National Vacation Village  
 (Kyukamura)



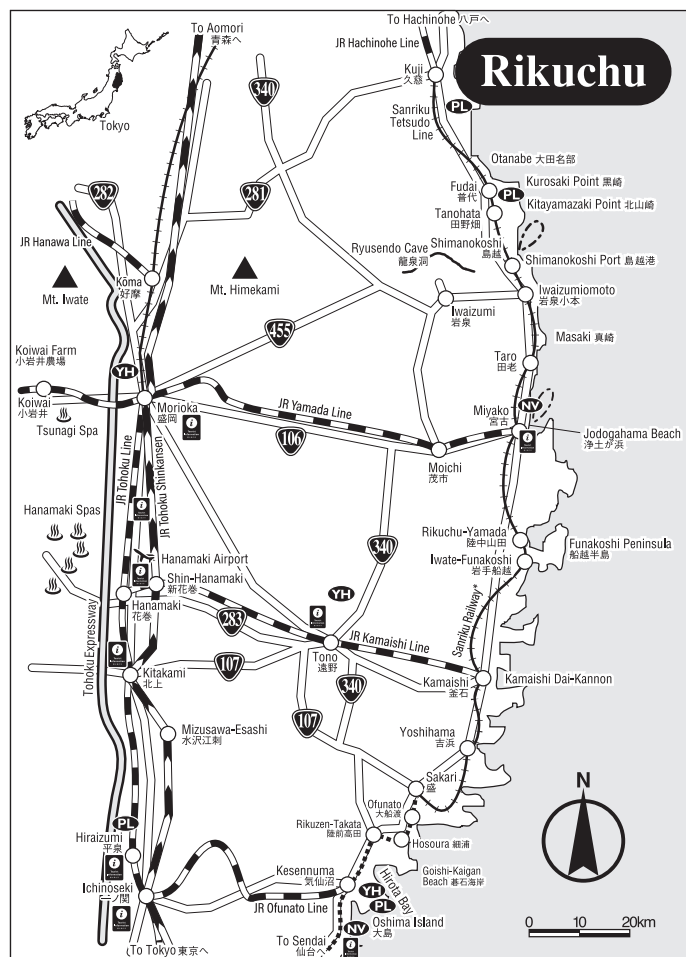
**Goodwill Guide Groups** offer tourists from overseas local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

**JNTO Website**

<https://www.japan.travel/en/plan/list-of-volunteer-guides/>

## [Good to know] Admission and opening times at tourist attractions:

- Last entry to the most of attractions is 30 min. before the closing time.
- In general, if their weekly closing day (most are on Mon.) falls on a national holiday, they are open on the day and are closed on the following day after the holiday(s).
- Most are closed throughout / a part of New Year holiday period (especially Dec. 29–Jan. 3).
- Please visit the official website of each place / your nearest tourist information center for the updates.



### Legend

- Toll road
- National Road
- JR Tohoku Shinkansen
- Japan Railways (JR)
- JR Bus Rapid Transit (BRT)
- Other Railway
- Youth Hostel
- People's Lodge
- National Vacation Village
- Hot-Spring Spa
- Tourist Information

\*Train operations are suspended between Kuji and Taro, Tsugaruishi and Kamaishi on Sanriku Railway due to the Typhoon. Please visit Sanriku Railway's website for the update.

## SUGGESTED ITINERARY

### Route A (Recommended in the warmer seasons)

#### 1st Day:

Tokyo ..... 2 hrs. 55 min. .... Ichinoseki ..... 1 hr. 40 min. .... Kesennuma  
 Tohoku Shinkansen (Yamabiko) train  
 ..... 10 min. .... Kesennuma Port ..... 25 min. .... Oshima Island  
 taxi ferry

#### 2nd Day:

Oshima Island ..... 25 min. .... Kesennuma Port ..... 10 min. .... Kesennuma  
 ferry taxi  
 ..... 1 hr. 40 min. .... Ichinoseki ..... 1 hr. 45 min. .... Morioka  
 train train

#### 3rd Day:

Morioka ..... 2 hrs. 10 min. .... Miyako ..... 15 min. .... Jodogahama Beach  
 train or bus bus  
 ..... 15 min. .... Miyako ..... 45 min. .... Iwaizumiomoto ..... 30 min. .... Ryusendo  
 bus train and bus bus

#### 4th Day:

Ryusendo ..... 5 min. .... Ryusendo Cave ..... 5 min. .... Ryusendo  
 walk (1 hr. visit) walk  
 ..... 2 hrs. 15 min. .... Morioka ..... 2 hrs. 20 min. .... Tokyo  
 bus Tohoku Shinkansen (Hayabusa)

### Route B (Recommended for all year round)

#### 1st Day:

Tokyo ..... 2 hrs. 20 min. .... Morioka ..... 2 hrs. 5 min. .... Kuji  
 Tohoku Shinkansen (Hayabusa) bus  
 ..... 50 min. .... Fudai ..... 25 min. .... Kitayamazaki  
 bus bus

#### 2nd Day:

Kitayamazaki ..... 25 min. .... Fudai ..... 20 min. .... Tanohata ..... 15 min. ....  
 bus bus bus  
 Iwaizumiomoto ..... 25 min. .... Ryusendo ..... 5 min. .... Ryusendo Cave  
 bus walk (1 hr. visit)

#### 3rd Day:

Ryusendo ..... 2 hrs. 15 min. .... Morioka ..... 30 min. .... Tsunagi Spa  
 bus bus

#### 4th Day:

Tsunagi Spa ..... 30 min. .... Morioka ..... 30 min. .... Koiwai Farm  
 bus bus  
 ..... 30 min. .... Morioka ..... 2 hrs. 20 min. .... Tokyo  
 bus Tohoku Shinkansen (Hayabusa)



## TOURIST INFORMATION in the area

### Iwate Tourism Association:

3F of Malios Bldg., 2-9-1 Morioka-eki Nishi-dori, Morioka city, Iwate  
 Hours: 8:30-17:15

Closed: Weekends, national holidays & Dec. 28-Jan. 3

### Miyako Tourist Information Center (JR Miyako Sta.):

1-1-80 Miyamachi, Miyako city, Iwate

Closed: Jan. 1

Hours: 9:00-18:00

Tel.: 0193-62-3534

### To find

other Tourist Information Centers,  
 visit <https://tic.jnto.go.jp/>



## JNTO TIC (Tourist Information Center)

TIC of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting tour itineraries, etc.

1F, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo  
 100-0005 Tel. 03-3201-3331 (in Japan)  
 Open daily from 9:00 to 18:00 (Closed on Jan. 1)  
<https://www.japan.travel/en/plan/tic/>

JNTO Website: <https://www.jnto.go.jp>

All information, including transportation schedules, fares, prices and accommodation charges which is contained in this leaflet is based on data as of November 2019, and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.

© 2019 Japan National Tourism Organization. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Printed in Japan