

Aomori

## Tsugaru Railway

Tsugaru Railway is the northernmost private railway in Japan. It cuts across the Tsugaru Peninsula and connects Goshogawara Station to Tsugaru-Nakasato Station in about 40 minutes. Passengers can enjoy a view of the Tsugaru Plain from the train windows in every season, and there are various special trains that run in different seasons. The stove train in winter has a potbelly stove in the passenger car to grill dried squid. The nostalgic atmosphere is popular with passengers.



Reviewer's  
Comment



When Tsugaru Railway runs amid rice paddies that have just been filled with water in the spring, it is as if the train is running through a lake. The view of Mt. Iwaki from the train in the evening is especially spectacular.

Ono Susumu

### DATA

- Location: 39 Aza Omachi, Goshogawara-shi, Aomori
- Contact No.: Tel. 0173-34-2148 (Tsugaru Railway)
- Website: <http://tsutetsu.com/>

Aomori  
Akita

## JR Gono Line/Resort Shirakami

Gono Line is a nationally popular train line that people would like to experience at least once. July 30, 2016 will mark 80 years since the entire line was opened. The new hybrid train, Buna will also debut as one of the Resort Shirakami sightseeing trains. Enjoy a comfortable train ride while looking out at the Sea of Japan and the world natural heritage site, the Shirakami Mountains.



### DATA

- Location: Gono Line: Between Higashinoshiro Station (Akita prefecture) and Kawabe Station (Aomori prefecture)
- Resort-Shirakami: Between Akita Station and Hirosaki Station, Aomori Station
- Contact No.: 018-831-6726 (JR East Akita Branch)
- Website: <http://www.jreast.co.jp/akita/gonosen/index.html>

Aomori

## Ground blizzards in the snow country

Fallen snow is whipped up by strong winds, turning the view right before your eyes into a wall of white! This plan allows visitors to experience the phenomenon of ground blizzards that only occur in the snow country. Participants gather at Tsugaru Railway Kanagi Station and travel to a snowfield. Wearing a 3-piece ensemble from the northern country (square shawl, work pants, and snowshoes), participants experience a ground blizzard. It is like wandering into a painting. The fantastic sight is a must see.



### DATA

- Location: 272-5 Asahiya, Kanagi-cho, Goshogawara-shi, Aomori
- Contact No.: 080-3195-4036 (Tsugaru Jifubukikai)
- Website: <http://www.asoview.com/act/nature/aomori/are0021700/pln3000016044/>

Aomori  
Iwate  
Miyagi  
Fukushima

## Michinoku Shiokaze Trail (Michinoku Coastal Trail)

Michinoku Shiokaze Trail is a course established primarily along the coastline from Hachinohe, Aomori prefecture to Soma, Fukushima prefecture. Follow the trail to encounter landscapes and notable nature representative of the region, such as the scenic Tanesashi Coast and Matsukawa Bay, as well as communities that give a sense of the locals' lifestyles and culture.



### DATA

- Location: Coastal area of Aomori, Iwate, Miyagi and Fukushima prefectures
- Contact No.: 0244-26-4848 (Soma city Senkyaku Banrai Kan), etc.
- Website: <http://www.tohoku-trail.go.jp/>

Aomori

## Koganezaki Furofushi Onsen

This popular, secluded hot spring is one of the foremost in Japan, and hot spring enthusiasts are eager to experience it at least once. Delight in bathing while watching the beautiful setting sun. Choose from baths such as an open-air bath next to the ocean waves that looks out on the magnificent Sea of Japan, a large public bath, a sauna, and a bath that affords a panoramic view of the Sea of Japan. Guests can also eat their fill of dishes made with goodness from the sea.



### DATA

- Location: 15 Aza Shimokiyotaki, Oaza Henashi, Fukaura-machi, Nishitsugaru-gun, Aomori
- Contact No.: Tel. 0173-74-3500
- Website: <http://www.furofushi.com/>

Iwate

## Welcome to the Blue Cave! Jodogahama Marine House

This program will guide you by sappa boat (small boat) to Hachinoheana, also known as the Blue Cave of the Sanriku Coast. Not only can visitors view the cave, but they can also get close to Jodogahama Bay, a picturesque spot representative of Sanriku Fukko National Park, and sites there such as Kennoyama, Sainokawara, and Chinoike. The area was featured in the commercial for East Japan Railway Co., "Otona no Kyujitsu Club (Miyako version)", and is well known for having been visited by the actress, Sayuri Yoshinaga. (Open: March–November; closed in winter)



### DATA

- Location: 32-4 Hitachihama-cho, Miyako-shi, Iwate
- Contact No.: 0193-63-1327 (Jodogahama Marine House)
- Website: <http://www.j-marine.com/>



Iwate

## Taro, the “disaster prevention town” changing tsunami culture

The town of Taro, an area vulnerable to tsunami, is also called “Tsunami Taro.” The Taro District has been struck by tsunami 3 times in 115 years—by the Meiji Sanriku Tsunami in 1896, the Showa Sanriku Tsunami in 1933, and the Heisei Sanriku Tsunami in 2011—suffering devastations by tsunamis over 10 m in height. Visitors can view sites including the seawall, Taro Kanko Hotel, and housing areas that have moved to higher ground to understand the destruction and hear about the lessons learned, and initiatives for restoration and disaster prevention.

### DATA

- Location: Taro District, Miyako-shi, Iwate
- Contact No.: 0193-77-3305  
(Disaster Prevention Study Guide in Miyako Tourism Cultural Exchange Association)
- Website: <http://www.kankou385.jp/>



Iwate

## Sappa boat adventures and tsunami storytelling

Take an exhilarating cruise to fully enjoy the cliffs of Kitayama Cape. Ride in a small sappa boat and float right under the cliffs and through holes in rocks. Actual fishermen will graciously guide visitors while talking about fishing and nature. Their skillful handling of the boat is worthy of note. As a tsunami storyteller, the guide will speak about the tsunami, the restoration, and the importance of disaster prevention.

### DATA

- Location: Tsukue Fishing Port, 142-3 Tsukue, Tanohata-mura, Shimohei-gun, Iwate
- Contact No.: 0194-37-1211 (NPO Corporation Taikenmura, Tanohata Network)
- Website: <http://www.vill.tanohata.iwate.jp/kankou/active/sappa-adventures.html>



Akita

## Odate farmhouse inns

At farmhouse inns in Odate, guests love dinnertime when they can try their hand at making authentic kiritanpo, which enhances the flavor of soup made with Hinai chicken, one of Japan’s three best chickens. After dinner, guests can bathe in a popular local hot spring (included in the accommodations fee). Start the day off refreshed in the morning with radio calisthenics presented in the Akita dialect ♪. Have a wonderful time experiencing the warm hospitality.

### DATA

- Location: 1-1 Aza Inaridai, Kamidaino, Odate-shi, Akita  
(Odate Jukai Dome Park Center)
- Contact No.: 0186-43-7072  
(Odate City Marugoto Taiken Promotion Committee, in Odate City Tourism Division)

Reviewer's  
Comment

Visitors can have a special experience unique to Japan by interacting with people in the local farming community. It is a dynamic experience that can help meet the demand resulting from visitors from the United States, Europe, and Australia that is being focused on going forward.

Ninagawa Akira

Akita

## Nyuto-onsen-kyo Hot Springs Village

If you like hidden hot springs, this area has secluded, well-known hot springs such as Tsuru no Yu, Tae no Yu, Ganiba Onsen, Ogama Onsenkan, Kuroyu Onsen, Magoroku Onsen, Kyuka Mura Nyuto Onsenkyo, and Yama no Yado. Seven of those have independent hot spring sources, and visitors can enjoy the hot springs water quality at each one with a “hot spring passport.”

Reviewer's  
Comment

Guests can fully appreciate the water quality of each of the seven hot springs in the unique open-air baths, and enjoy the view in all four seasons while gaining a sense of history at each accommodation. Though in the mountains, the bullet train stops at a nearby station, which is a great advantage making these secluded hot springs easy to reach.

Nagashima Shinichiro



### DATA

- Location: Around Lake Tazawa, Senboku-shi, Akita
- Contact No.: Please see the website for contact information for each facility.
- Website: <http://www.akitafan.com/pages/special-spa-nyuto>

Akita

## Kosaka Railroad Rail Park

Kosaka Railroad Rail Park is a facility where visitors can see, learn, and experience the railroad from equipment and tracks from the former Kosaka Railroad. Not only can visitors view materials and valuable cars, but they can also try operating a snowplow and driving a diesel locomotive, a rare experience in Japan. Visitors can wholly enjoy the railroad, including an overnight lodging facility scheduled to open from FY2016 that uses old sleeping cars from the limited express train, Akebono.

### DATA

- Location: 20-9 Aza Furukawa, Kosakakozan, Kosaka-machi, Kazuno-gun, Akita
- Contact No.: Tel. 0186-25-8890
- Website: <http://www.kosaka-rp.com/>



Akita

## Junsai picking

Junsai refers to the young buds of perennials from the Nymphaeaceae family. One to two people get in a box-shaped boat and carefully pick them one by one. Harvest time is around mid May to mid August. The hands-on experience lasts for approximately an hour and a half.

### DATA

- Location: Mitane-cho, Yamamoto-gun, Akita
- Contact No.: 0185-88-8855 (Junsai Information Center)
- Website: <http://junsai-mitane.seesaa.net/article/357975843.html>





Yamagata

## Footbath Café Chitto Motche

This facility offers a wealth of tourist information for Atsumi and features a spacious open deck where guests can enjoy one-of-a-kind sweets and a café under the blue sky while trying the footbath, Motche Yu. There is a gallery inside, as well as a display of handmade crafts such as pieces by ceramic artists from Atsumi, “shina ori” weaving, and glasswork. There are also crafts for sale.



Reviewer's  
Comment



Even Americans who are unenthusiastic about hot springs can enjoy desserts and drinks while soaking their feet in the footbath. It is the best spot to relax after walking around.

Yuri Ann Arthur

### DATA

- Location: 170 Ko Yuatsumi, Tsuruoka-shi, Yamagata
- Contact No.: Tel. 0235-43-4390
- Website: <http://www.city.tsuruoka.lg.jp/shiyakusho/atsumi/kanko/atsangyo-tittomossye.html>

Fukushima

## Spa Resort Hawaiians

There are 5 theme parks in this dome where it is always a summery 28 degrees. You will never tire of this hot spring paradise. The water park is under a big dome full of palm trees and a tropical mood. In addition to a giant pool, there are 3 types of water slides for lots of thrills. There is so much to do and see, including a huge open-air bath and a Polynesian show by hula girls.

### DATA

- Location: 50 Warabidaira, Jobanfujiwara-machi, Iwaki-shi, Fukushima
- Contact No.: Tel. 0570-550-550 (Navi Dial)



When the Great East Japan Earthquake occurred, a national traveling troupe of hula girls brought hope to the people of Tohoku and communicated that the people of Tohoku were in good spirits. As a symbol of the restoration, which is overcoming difficulties through hospitality, we hope they will continue to bring smiles to our faces.

Nagashima Shinichiro

Reviewer's  
Comment



Though the predecessor to Joban Kosan Co., Ltd. was in the coal mining business, the company has now shifted to tourism and leisure. The facility has become a symbol of recovery from the Great East Japan Earthquake and is loved by many as a place to enjoy a Hawaiian atmosphere and hula and Tahitian dancing.

Masaki Satoru

Reviewer's  
Comment



Yamagata

## Tsuruoka City Kamo Aquarium (Kurage Dream-kan)

This is the world's first jellyfish aquarium that boasts the most species of jellyfish on display in the world. With more than 50 species of jellyfish normally on display, visitors can experience a wondrous world. Don't miss the moon jelly swimming in the world's largest water tank measuring 5 m across. There is also a show where sea lions show off their surprising skills as they look to the staff for cues. The jellyfish ramen and jellyfish ice cream is popular with visitors.



### DATA

- Location: 657-1 Aza Okubo, Imaizumi, Tsuruoka-shi, Yamagata
- Contact No.: Tel. 0235-33-3036
- Website: <http://kamo-kurage.jp/>

Fukushima

## Strawberry picking

Soma Wada Kanko Ichigo-en is located in the southernmost part of vast strawberry fields that include the towns of Yamamoto and Watari in Miyagi prefecture. It is the oldest sightseeing strawberry farm in the Tohoku region. Visitors can pick strawberries grown through hydroponics. The opening of the entire Joban Expressway in March 2015 improved access from the Tokyo metropolitan and Sendai areas. Visitors can taste delicious strawberries, including Akihime, which is a rare variety in Tohoku. Fresh strawberries sold in the farmers market next door are so popular that they sell out right after the store opens. Be sure to try them for yourself.



### DATA

- Location: 94 Aza Shimoshibasaku, Wada, Soma-shi, Fukushima
- Contact No.: 0244-36-5535 (Wada Tourism Strawberry Association)
- Website: <http://blog.wadakanko-ichigo.jp/>

Yamagata

## Ginzan Onsen

This hot springs town of Japanese-style inns still retains traces from the Taisho era. Today, it is garnering attention as a hot springs town where 3 and 4-story wooden inns line the streets. People visit the elegant, tranquil townscape in all four seasons. The streets lit by gas lamps have a romantic aura that changes with the new greenery, fall colors, and snow scape in different seasons. This sightseeing spot can be enjoyed throughout the year.



### DATA

- Location: Ginzan Onsen, in Ginzan Shinhata, Obanzawa-shi, Yamagata
- Contact No.: 0237-28-3933 (Ginzan Hot Springs Tourist Information Center)
- Website: <http://ginzanonsen.jp/>

Tohoku's Six Prefectures

# See Dine Shop TOP 100

Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima

# Transportation in Tohoku's Six Prefectures

The Tohoku region comprises six prefectures. Its major cities are connected by Shinkansen high-speed rail lines as well as highways. Each prefecture has a wealth of unique nature, history, culture, cuisine and more. Embark upon a journey to Tohoku, where a multitude of new experiences await.



Aomori prefecture		
Tokyo Station	Tohoku Shinkansen about 3hr 10 min.	Shin-Aomori Station
Haneda Airport	Airplane about 1hr 20 min.	Misawa Airport
Haneda Airport	Airplane about 1hr 15 min.	Aomori Airport
Sendai Station	Tohoku Shinkansen about 1hr 30 min.	Shin-Aomori Station
Shin-Hakodate-Hokuto Station	Hokkaido / Tohoku Shinkansen about 1hr	Shin-Aomori Station
Sendai Station	Highway Bus about 4hr 50 min.	Aomori Station
Iwate prefecture		
Tokyo Station	Tohoku Shinkansen about 2hr 20 min.	Morioka Station
Sendai Station	Tohoku Shinkansen about 40 min.	Morioka Station
Shin-Hakodate-Hokuto Station	Hokkaido / Tohoku Shinkansen about 1hr 50 min.	Morioka Station
Osaka International (Itami) Airport	Airplane about 1hr 35 min.	Hanamaki Airport
Sendai Station	Highway Bus about 2hr 40 min.	Morioka Station
Miyagi prefecture		
Tokyo Station	Tohoku Shinkansen about 1hr 30 min.	Sendai Station
Shin-Hakodate-Hokuto Station	Hokkaido / Tohoku Shinkansen about 2hr 30 min.	Sendai Station
Narita International Airport	Airplane about 1hr.	Sendai Airport
Tokyo	Highway Bus about 5hr 30 min.	Sendai Station
Akita prefecture		
Tokyo Station	Tohoku / Akita Shinkansen about 3hr 50 min.	Akita Station
Haneda Airport	Airplane about 1hr 10 min.	Odate-Noshiro Airport
Haneda Airport	Airplane about 1hr 10 min.	Akita Airport
Sendai Station	Tohoku / Akita Shinkansen about 2hr 15 min.	Akita Station
Sendai Station	Highway Bus about 3hr 35 min.	Akita Station
Yamagata prefecture		
Tokyo Station	Tohoku / Yamagata Shinkansen about 2hr 30 min.	Yamagata Station
Haneda Airport	Airplane about 1hr.	Shonai Airport
Haneda Airport	Airplane about 1hr.	Yamagata Airport
Sendai Station	Highway Bus about 1hr 10 min.	Yamagata Station
Fukushima prefecture		
Tokyo Station	Tohoku Shinkansen about 1hr 30 min.	Fukushima Station
Sendai Station	Tohoku Shinkansen about 25 min.	Fukushima Station
Osaka International (Itami) Airport	Airplane about 1hr 15 min.	Fukushima Airport
Sendai Station	Highway Bus about 1hr 10 min.	Fukushima Station

Photos on the cover

	A B
	C D
F E	G H
K L	I J

- A: Oirase Mountain Stream [Aomori prefecture]  
B: Nokkedon [Aomori prefecture]  
C: Kohaku (amber) [Iwate prefecture]  
D: Morioka Sansa Dance [Iwate prefecture]  
E: Naruko Gorge [Miyagi prefecture]  
F: Sendai Tanabata Festival [Miyagi prefecture]  
G: Cherry blossoms at samurai homes in Kakunodate [Akita prefecture]  
H: Kiritanpo hot pot [Akita prefecture]  
I: Sakuranbo (cherries) [Yamagata prefecture]  
J: Ginzan Onsen [Yamagata prefecture]  
K: Soma Nomaioi [Fukushima prefecture]  
L: Ouchi-Juku [Fukushima prefecture]

Photos on page 1 and 2

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P	Q	R	S	
T		U		

- M: Shirakami Mountains (Lake Juni (Aoi), footpath, etc.) [Aomori / Akita prefectures]  
N: Matsushima Ryutoe Uminobon [Miyagi prefecture]  
O: Matsushima Shidaikan (Otaka-mori) [Miyagi prefecture]  
P: Sappa boat adventures and tsunami storytelling [Iwate prefecture]  
Q: Hachinohe Senbeijiru [Aomori prefecture]  
R: Aizu nuri  
S: Akita maiko—encounter Akita bijin [Akita prefecture]  
T: Spa Resort Hawaiians [Fukushima prefecture]  
U: Yamagata imoni [Yamagata prefecture]

Tohoku's Six Prefectures  
See  
Dine  
Shop  
TOP 100  
(Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima)

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\*The information here is current as of March 2016 and is subject to change.  
\*What you see in person may differ from portrayals in the photos.