



Bin don (seafood stuffed in a milk bottle)

By Foot

Dining

People in Iwate prefectural coastal area have a custom which they preserve fresh sea urchins in milk bottles. Miyako's new local gourmet "Bin don" was inspired by this custom. A bottle of "Bin don" is filled with the seafood of Miyako. Please enjoy this unique delicacy pouring the contents on boiled rice served in a bowl.

Location/View			
Access			
Season	Year-round	Parking for tour buses	
Related links			

Contact Us [Miyako Tourism Cultural Exchange Association]
TEL:+81 193-62-3534 | E-MAIL: info@kankou385.jp
Website: <https://www.kankou385.jp/>



Miyako City Fish and Vegetables Market

By Foot

Shopping

It is referred to as the "Kitchen of Miyako". You can get fresh-caught seasonal raw seafood as well as vegetables by local producers.

Location/View	1-1, Satsuki-cho, Miyako City, Iwate Prefecture, 027-0072 MAP		
Access	Tour: About 15 min. by car from the port		
Season	Year-round	Parking for tour buses	3buses
Related links	Miyako Tourism Cultural Exchange Association https://www.kankou385.jp/		

Contact Us [Miyako City Fish and Vegetables Market]
TEL:+81 193-62-1521
Website: <https://www.city.miyako.iwate.jp/e.np.hp.transer.com/sightseeing.html>



Seatopia Naado

By Public Transport

Shopping

"Roadside station (Michi-no-eki) Miyako · Minato Oasis Miyako" (nicknamed Seatopia Naado) is a combined facility of tourist information, souvenir shops, and farmers market where fresh vegetables and fish are sold. Furthermore, there is a restaurant where you can enjoy dishes made with local ingredients.

Location/View	1-20, Rinkodori, Miyako City, Iwate Prefecture, 027-0004 MAP		
Access	About 8 min. by car from the port (3km)		
Season	Year-round	Parking for tour buses	21 buses
Related links	Seatopia Naado https://www.oasis385.jp		

Contact Us [Seatopia Naado]
TEL:+81 193-71-3100
Website: <https://www.oasis385.jp>





Sightseeing boat "Miyako Umineko Maru"

By Public Transport

Topics

New sightseeing boat of Miyako opened a service on July, 2022. Tourists can enjoy beautiful view of national scenic spot Jodogahama Beach and Sanriku Geoparks along the coastline on the boat. You will be impressed a panoramic view of the great scenery from wide observation deck. Also you can have invaluable experience of feeding the black-tailed gulls while on the boat. Barrier free facilities such as wheelchair lift and seat for customer in a wheelchair have installed in the boat.

Location/View	1-20, Rinkodori, Miyako City, Iwate Prefecture,027-0004 MAP		
Access	About 8 min. by car from the port (3km)		
Season	Year-round ※During the winter, a special schedule will apply (due to maintenance).	Parking for tour buses	10 buses
Related links	Sightseeing boat "Miyako Umineko Maru" Official Website https://www.jodo-yuransen.jp/ Miyako City Official Website https://www.city.miyako.iwate.jp/kanko/miyakouminekomaru_information.html		

Contact Us [Miyako City Sightseeing boat "Miyako Umineko Maru"]
TEL:+81 193-65-8856



Jodogahama Beach

By Public Transport

Main Attractions

Jodogahama Beach located in the center of Sanriku Fukko (Reconstruction) National Park is a scenic spot representing Miyako City. The beach was designated as a national scenic spot in 2012. The landscape of white and sharp-edged rocks composed of rhyolites is accentuated with green pine trees and blue ocean.

Location/View	32, Hitachihama-cho, Miyako City, Iwate Prefecture, 027-0001 MAP		
Access	Tour: About 15 min. by car from the port (6km)		
Season	Year-round	Parking for tour buses	7 buses
Related links	Jodogahama Rest House https://jyodogahama.jp/ Miyako Tourism Cultural Exchange Association Website ~Jodogahama~ https://kankou385.jp/special_kiji/2302/		

Contact Us[Tourism Department Miyako City]
TEL:+81 193-68-9091 | E-MAIL: kanko@city.miyako.iwate.jp
Website:
<https://www.city.miyako.iwate.jp.e.np.hp.transer.com/kanko/jyoudogahama.html>



Ryusendo Cave

By Public Transport

Main Attractions

The cave, one of the three biggest caverns of Japan, is designated as national natural treasures, together with the bats inhabiting there. Its artistic stalactites and extremely clear blue underground lakes will surely impress people visiting here.

Location/View	1-1 Aza Kannari, Iwaizumi, Iwaizumi Town, Shimohei District, Iwate Prefecture, 027-0501 MAP		
Access	Tour: About 50 min. by car from the port (46km) Individual travel: About 30 min. by train to Iwaizumi-Omoto (Sanriku Railway Rias Line), then about 20 min. by bus (18km)		
Season	Year-round	Parking for tour buses	8 buses
Related links	Ryusendo Cave Office https://www.iwate-ryusendo.jp/en		

Contact Us[Ryusendo Cave Office]
TEL:+81 194-22-2566 | E-MAIL: iwaizumi-info@town.iwaizumi.lg.jp
Website: <https://www.iwate-ryusendo.jp/en/>





Michinoku Coastal Trail

By Foot

Main Attractions

It's a trekking course set up along the coastline, connecting Hachinohe City in Aomori to Soma city in Fukushima. You can enjoy nature: forest, rivers, sea, and villages walking along about 1000km-long course. In the trekking course in Miyako area, there are many places to see such as Jodogahama Beach, and Shiofuki-Ana (blowhole), and Hideshima Island, etc.

Location/View			
Access			
Season	Year-round	Parking for tour buses	
Related links	Jodogahama Visitor Center https://jodogahama-vc.jp/en/ Michinoku Coastal Trail https://tohoku.env.go.jp/mct/english/		

Contact Us[Jodogahama Visitor Center]

TEL:+81 193-65-1690 | E-MAIL: info@jodogahama-vc.jp

Website: <https://jodogahama-vc.jp>



Sanno-iwa Rocks

By Public Transport

Main Attractions

It consists of three giant rocks including 50-meter-high Otoko-iwa (male rock) in the center, Onna-iwa (female rock) on the left and Taiko-iwa (drum rock) on the right. It shows horizontal stripes of sandstone and conglomerate from the Cretaceous.

Location/View	Aza Aozari, Taro, Miyako City, Iwate Prefecture, 027-0322 MAP		
Access	About 30 min. by car from the port (17km)		
Season	Year-round	Parking for tour buses	
Related links	Miyako Tourism Cultural Exchange Association Website ~Jodogahama https://kankou385.jp/spots/sanouiwa/ Sanriku Geopark Official Website https://sanriku-geo.com/geosite/60/		

Contact Us[Tourism Department Miyako City]

TEL:+81 1193-68-9091 | E-MAIL: kanko@city.miyako.iwate.jp

Website: <https://www.city.miyako.iwate.jp.e.np.hp.transer.com/sightseeing.html>



Kitayamazaki

By Public Transport

Main Attractions

As impressive 200m high cliffs stretch along the 8km coastline from north to south. Take a boat tour so that you can enjoy one of the best scenic spots in Sanriku from the sea. It is popular because of the thrill you get when approaching the craggy shore in a rocking boat.

Location/View	129-10, Kitayama, Tanohata Village, Shimohei District, Iwate Prefecture, 028-8402 MAP		
Access	Tour: About 60 min. by car from the port (57km) Individual travel: About 50 min. by train to Tanohata (Sanriku Railway Rias Line), then about 15 min. by Taxi (10km)		
Season	Year-round	Parking for tour buses	10 buses
Related links	Tanohata Village Office https://www.vill.tanohata.iwate.jp/kankou/see/kitayamazaki.html Sanriku Geopark Official Website https://sanriku-geo.com/geosite/36-2/		

Contact Us[Tanohata Village Tourist Information Center]

TEL:+81 194-33-3248 | E-MAIL: taiken-tanohata@car.ocn.ne.jp

Website: <https://www.vill.tanohata.iwate.jp/kankou/see/kitayamazaki.html>





Blue Cave

By Public Transport

Topics

Hachinohe-ana, also known as Blue Cave, shows various seasonal faces in blue or green and creates a fantastic space.

Location/View	32-4, Hitachihama-cho, Miyako City, Iwate Prefecture, 027-0001		
Access	Tour: About 15 min. by car from the port (5km)		
Season	March – November	Parking for tour buses	7 buses
Related links	Jodogahama Marine House http://www.j-marine.com/ Miyako Tourism Cultural Exchange Association https://kankou385.jp/spots/aonodoukutsu-sappasen-taiken/		

Contact Us [Tourism Department Miyako City]

TEL:+81 193-68-9091 | E-MAIL: kanko@city.miyako.iwate.jp

Website: <https://www.city.miyako.iwate.jp.e.np.hp.transer.com/sightseeing.html>



Disaster Prevention Tour Guide

By Public Transport

Topics

The tour not only serves to enhance participants' awareness of disaster risk management but also acts as a lesson to the next generations. You can learn about disaster prevention initiatives and watch a video of tsunami which is unreleased to mass media.

Location/View	2-5-1, Taro, Miyako City, Iwate Prefecture, 027-0307		
Access	Tour: About 25 min. by car from the port (15km) About 30 min. by train to Taro Station(Sanriku Railway Rias Line),then about 10 min. walk from Taro Station.		
Season	Year-round	Parking for tour buses	3 buses
Related links	Disaster Prevention Tour Guide (Miyako Tourism Cultural Exchange Association) https://kankou385.jp/special_kiji/4642/ Sanriku Geopark Official Website https://sanriku-geo.com/geosite/54/		

Contact Us [Miyako Tourism Cultural Exchange Association]

TEL:+81 193-62-3534 | E-MAIL: info@kankou385.jp

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



Kuromori Kagura

only one

By Public Transport

Topics

It is folk, sacred music and dance handed down from old times in Kuromori Shrine in Miyako City. It was designated as Japanese Important Intangible Folk Cultural Property in 2006.

Every spring, it is performed with Gongen-Sama (lions' head) to pray for the well-being of residents along the Sanriku Coastal area.

Location/View			
Access			
Season	Year-round	Parking for tour buses	
Related links	Miyako City Official Website https://www.city.miyako.iwate.jp.e.np.hp.transer.com/bnka/kagura.html		

Contact Us [Miyako City Board of Education Culture Department]

TEL:+81 193-65-7526 | E-MAIL: bnka@city.miyako.iwate.jp





Morioka Sansa Odori Festival

only one

By Public Transport

Topics

It is one of the major summer festivals representing Tohoku Rejion, and is held in Morioka City from August 1st to 4th every year. There are many highlights, including spectacular group dances performed by dancers wearing colorful yukata and the world's largest drum parade. It was recognized by Guinness World Records in 2011 as the "World's Largest Simultaneous Performance of Japanese Drums".

Location/View	Chuo-dori Avenue, Morioka City		
Access	About 90 min. by car from the port (about 90km)		
Season	From August 1 st to 4 th	Parking for tour buses	To be discussed
Related links	Morioka Sansa Odori Festival Executive Committee https://sansaodori.jp		

Contact Us [Morioka Sansa Odori Festival Executive Committee (c/o Morioka Chamber of Commerce and Industry)]

TEL: +81 (0)19-624-5880 | E-MAIL: info@sansaodori.jp

