

Shobutahama Public Beach

This 2-kilometer-long sandy beach is one of the most popular in Shichigahama. It is also one of the oldest public beaches in the Tohoku region, first opened to the public in 1888. While its width was halved because of the tsunami caused by the Great East Japan Earthquake in 2011, local residents still flock to the sand and surf in the summer.

The official swimming season usually runs from mid-July to mid-August; however, visitors come year-round to walk along the shoreline and take in the views of Hogasaki Cape. On weekends, paragliding and hot air balloon rides are sometimes available, and on New Year's Day, the beach is an excellent place to watch the first sunrise of the year.