Access Guide

Tohoku

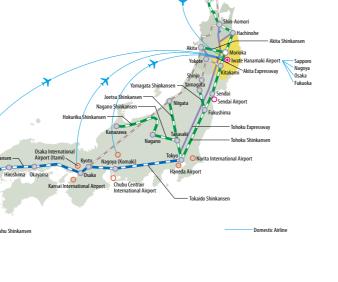
Japan.

Access from within Japan

Sapporo	(New Chitose	Approx. 55 mins		(Connecting bus)	
Nagoya	(Komaki)	Approx. 1 hr 10 mins	lwate Hanamaki	Approx. 53 mins	Moriol
Osaka	(Itami)	Approx. 1 hr 20 mins	Airport		
Fukuoka	(Fukuoka)	Approx. 2 hrs			

Access from major airports outside of Iwate

_		, ,					
	(Narita Express)		(Toho	oku Shinkar	nsen)	
Narita Inter	national Airport	Approx. 1 hr		Appr	ox. 2 hr 05	mins	Ichinoseki
(To	okyo Monorail)	(JR)		Appr	ox. 2 hr 26	mins	Mizusawa-Esashi
Haneda Airport	Approx. 20 mins Hamar	natsucho Approx. 6 min	S	Appr	ox. 2 hr 34	mins	Kitakami
		2.25	Tokyo	Appr	ox. 2 hr 42	mins	Shin-Hanamaki
				Appr	ox. 2 hr 10	mins	Morioka
				Appr	ox. 2 hr 40	mins	lwate Numakunai
				Appr	ox. 2 hr 53	mins	Nihohe
							Hakata O
Sendai	(Sendai Airport Access L						Fu
	Approx. 25 mir		(Tohoku Shink	ansen)	Marialia		Kui
Airport	(Connecting bu	s) Sendai	Approx. 40	mins	Morioka		
	Approx. 40 mir	ns					0



JR EAST PASS

This is a pass for foreign tourists visiting Japan that allows them to freely ride all JR East lines and Shinkansen including express and limited express trains. See the website below for details. http://www.jreast.co.jp/tc/eastpass/index.html

"JR EAST PASS" Exchange and ticketing offices

O Exchange and ticketing offices

1) Travel agencies and similar businesses (including the 150,000 offices selling airline tickets) with the following GDS terminals (airline ticketing and reservation systems) and travel agencies and businesses with AccessRail and RailNet.

Affiliated GDS terminals: Amadeus, WorldSpan, Apollo, Galileo, Sabre, Abacus, Topas

2) Online booking: (http://www.eastjapanrail.com/)

O Exchange offices in Japan

- NR EAST Travel Service Center (Tokyo Station, Tokyo Monorail Line Haneda-Airport International Terminal Station, Narita Airport Station, Narita Airport Terminal 2 Station)
- Seatoloi, Nanta Airport and Narita Airport Terminal 2 Stations

 View Plaza offices in Yokohama, Mito, Fukushima, Sendai, Yamagata, Morioka, Hachinohe, Shin-Aomori, Akita, Niigata, and Nagano
- Shinagawa Station General Information Counter
 Shinjuku Station (East Exit) Information Center
- Shibuya Station Information Center
 Shinjuku Station (South Exit) General Information Counter
 - Ueno Station (Central Exit) General Information Counter
- Ikebukuro Station Information Center
 Ueno Station (Central Exit) Gener
 "JR EAST PASS Exchange Counter" at the Sendai Airport Station on the Sendai Airport Access Line

- O Sales and issuance locations in Japan

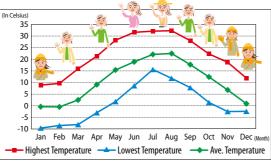
 JR EAST Travel Service Center (Tokyo Station, Tokyo Monorail Line Haneda-Airport International Terminal Station, Narita Airport Station, Narita Airport Terminal 2 Station)

 • Both Narita Airport and Narita Airport Terminal 2 Stations
- View Plaza offices in Shinagawa, Shibuya, Shinjuku, Ikebukuro, Ueno, Yokohama, Mito, Fukushima, Sendai, Yamagata, Morioka, Hachinohe, Shin-Aomori, Akita, Niigata, and Nagano Stations.

This information is provided in multiple languages on the websites below for foreigners visiting Japan.

(English) http://www.ireast.co.ip/e/ implified Chinese) http://www.jreast.co.jp/sc/ (Traditional Chinese) http://www.jreast.co.jp/tc/ (Korean) http://www.jreast.co.jp/kr/

• Temperature fluctuations throughout the year in Iwate prefecture (Morioka)



Iwate Prefecture Tourism Division

10-1 Uchimaru, Morioka City, Iwate 020-8570 Tel: +81-19-629-5574

Fax: +81-19-623-2510

http://www.japan-iwate.info/















Iwate PR characters, the "Wanko Brothers"

The motifs for these characters are "wanko soba," a symbol of hospitality in Iwate, and lacquerware, as Iwate produces more lacquer than any other prefecture in Japan. The main character is "Sobacchi," and variants with representative foods in their bowl-heads are found in each area in sightseeing spots and events introducing local foods including "Omocchi" (mochi), "Unicchi" (sea urchin over rice), and "Kokucchi" (grains).

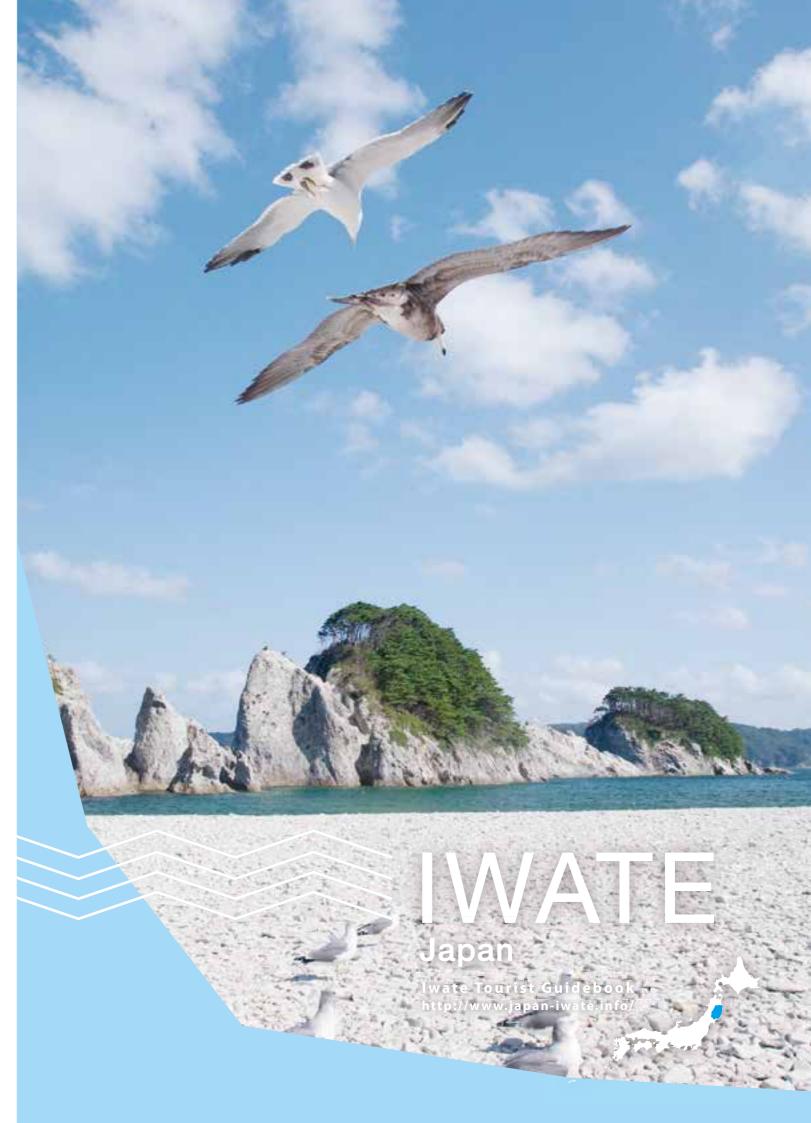
Guidance in 4 languages for sightseeing in Iwate Iwate Hiraizumi Interpreters & Guides Association

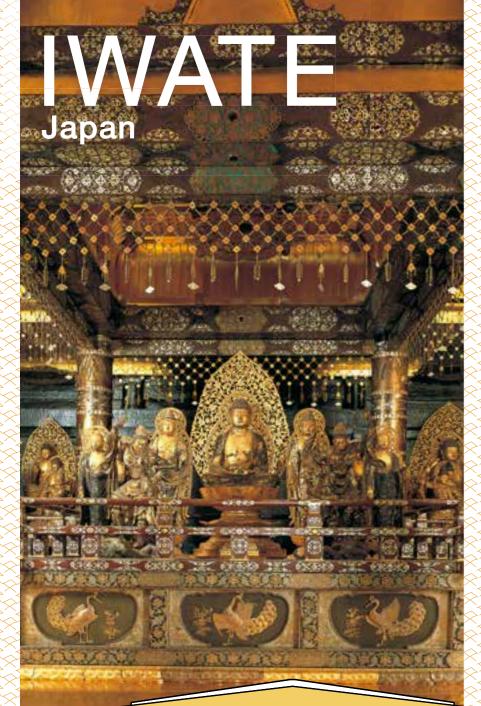
http://iwate-guide.sakura.ne.jp/en/en01.html

They offer a Hiraizumi Cultural Heritage Site tour (2 to 4 hour course), a Morioka area tour (half-day), a Hachimantai tour (all day), and a Sanriku coast tour (all day). The following languages are supported: English, Chinese (Mandarin), Korean, and German.

lwate Hiraizumi Interpreters & Guides Association Office 208 Hanadate, Hiraizumi, Hiraizumi-cho, Nishiwai-gun 029-4102 TEL: +81-191-46-3762 (9:00-18:00) FAX: +81-191-46-3518 e-mail info.ihiga@iwate-guide.sakura.ne.jp







lwate, located in the northeast part of Japan, is the 2nd largest prefecture after Hokkaido. Iwate is full of charm throughout each of the four rich, beautiful seasons and boasts stunning views of the sea from the rias coastline, elegant mountains, and many historical sites telling stories of history and culture represented by two



World Heritage Site, Hiraizumi (Hiraizumi) In June of 2011, "Hiraizumi-Temples, Gardens, and Archaeological Sites Representing the Buddhist Pure Land" was listed as a



Motsu-ji (Hiraizumi)



It was listed as a World Heritage Site in July, 2015 as a site sym-

Iwate Prefecture

world heritage sites.



UNESCO World Cultural Heritage Site.





Chagu Chagu Umako Festival (Takizawa, Morioka)

100 beautifully decorated horses are ridden by children about 15 km at a Goshono Jomon Park (Ichinohe) walking pace along the road. Held on Ruins from the Jomon period dating



Esashi Fujiwara no Sato Heritage Park (Oshu)

This part is a reconstruction of the build. (Morioka). (Demon's Strings and streets of the Heian period. It With cherry blossoms in the spring and (Kitakami) is famous as a location for the filming fall colors in the autumn, this beautiful of TV shows.



History and Culture

back about 4,000 years cover the area.



Morioka Castle Site Park (Iwate Park) Oni Kenbai

park is full of nature.



(Demon's Sword Dance)



Hayachine Kagura (Hanamaki) Shishi-Odori (Deer Dance) Registered as a UNESCO Intan- (Throughout Iwate) gible Cultural Heritage in 2009.



Festivals



festival of naked men and fire to ward off disaster and pray for an abundant



















A vast parade of over 20,000 dancers, taiko drummers, and flute players. You can jump right in









Hot springs 1

Matsukawa Onsen (Hachimantai) 20 mins by car from the Matsuo-Hachimantai IC



Ichinoseki Onsen-kyo (Ichinoseki) 70 mins by car from the Ichinoseki IC



Hanamaki Onsen-kyo (Hanamaki) 15 mins by car from the Hanamaki IC



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69

Tsunagi Onsen (Morioka) 15 mins by car from the Morioka IC



25 mins by car from the Morioka IC

Ski & Golf





Shizukuishi Ski Resort (Shizukuishi)
Distinguished ski resort where the FIS Alpine World Ski Championships were held. There is an exhilarating downhill run with an elevation drop of 850 meters.

35 mins by car from the Morioka IC



Geto Kogen Resort (Kitakami)

With abundant snowfall and 14 unique courses, both beginners and experts can enjoy the runs.

30 mins by car from the Kitakmi-Ezuriko IC



Kitakami Country Club (Kitakami)



Shizukuishi Golf Resort (Shizukuishi)

An 18-hole golf course that makes excellent use of the natural landscape with various types of practice areas.

15 mins by car from the Kitakmi-Ezuriko IC

A 36-hole golf course with a sweeping view of Mt. Iwate that you can enjoy to your heart's content.

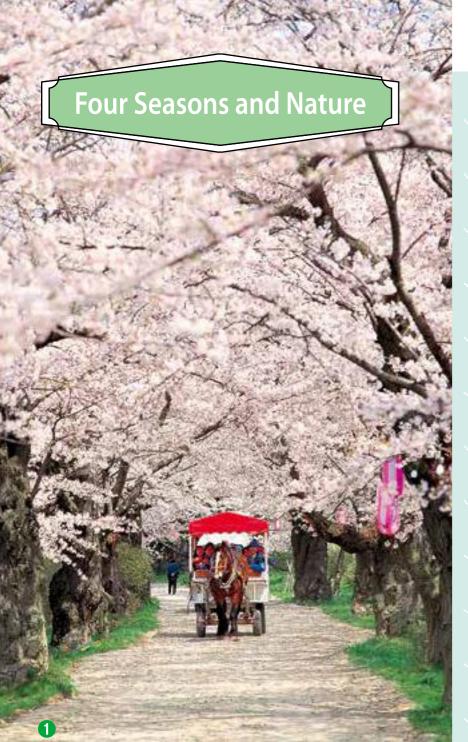
35 mins by car from the Morioka IC



Appi Kogen Golf Club (Hachimantai)

Boasts four serious 36-hole golf courses where domestic professional tournaments were held.

15 mins by car from the Matsuo-Hachimantai IC



Tenshochi (Kitakami) 15 mins by bus from Kitakami Station



Jodogahama (Miyako) 2 hrs and 15 mins by car from the Morioka-Minami IC



Ishiwarizakura (Morioka) 10 mins by bus from Morioka Station



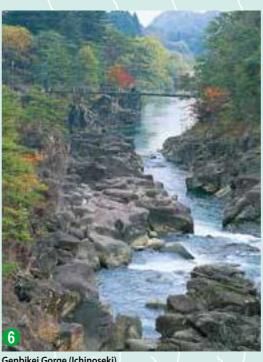
Geibikei Gorge and Sightseeing Boat (Ichinoseki) 30 mins by car from the Ichinoseki IC



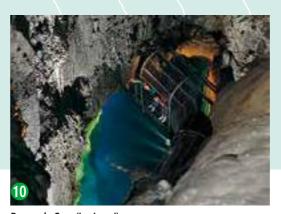
Kappabuchi Pool (Tono) 25 mins by bus from Tono Station



Aspite Line Snow Corridor (Mid-April to early May) (Hachimantai) 25 mins by car from the Matsuo-Hachimantai IC



Genbikei Gorge (Ichinoseki) 10 mins by car from the Ichinoseki IC



Ryosendo Cave (Iwaizumi) 2 hrs by car from the Morioka-minami IC



Koiwai Farm Solitary Cherry Tree (Shizukuishi) 15 mins by car from the Morioka IC



Kitayamazaki (Tanohata) 2 hrs and 25 mins by car from the Morioka-minami IC



Fall colors in Hachimantai (Hachimantai) 40 mins by car from the Matsuo-Hachimantai IC

Experience

Sappa Boat Adventures (Tanohata)

2 hrs and 25 mins by car from the Morioka IC / 10 min walk from the Sanriku Railway Tanohata Station

*Subject to the condition of the ocean. Operating all year round, by reservation.



Shower Climbing (Kuji) Walk up a mountain stream with a guide. 30 minutes by car from Kuji Station



Strawberry Picking (all Iwate) Strawberry picking can be enjoyed all over lwate from late December to June.



The Blue Cave / Sappa Boat Ride (Miyako)

Morioka Handi-Works Square (Morioka) Visitors can try their hand at making various crafts, folk crafts, and foods or observe. 10 mins by car from the Morioka IC

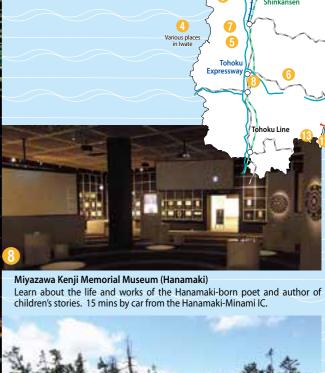


Tono Furusato Village (Tono) Traditional houses and *nambu magariya* from Iwate were relocated here and preserved in this experiential facility. Visitors can try their hand at various activities including making soba and mochi. 60 mins by car from the Towa IC / 20 mins by taxi from Tono Station



Koiwai Farm (Shizukuishi)

Koiwai Farm is the largest private farm in Japan. At "Makiba-en," visitors can enjoy events and walks, meals, shopping, and more. The Iwate Snow Festival is an important part of winter in Iwate. Snow sculptures are lit up at night, allowing visitors to enjoy a different scene from during the day. 15 mins by car from the Morioka IC



Hiking in Hachimantai (Hachimantai)

Lake Towada in Aomori was designated together with Hachimantai as the Towada Hachimantai National Park. It's a great place for hiking.
40 mins by car from the Matsuo-Hachimantai IC

Views of the Sanriku Coast



Kosode Coast (Kuji)

Known for the "Northernmost Ama Divers." There are must-see distinctive rock formations including Tsurigane Cave and Kabutoiwa Rock.



Goishi Coast (Ofunato)

There are spectacular views from this scenic spot of various unique rock formations worn down over the years by the rough waves of the ocean.



Unosu Cliffs (Tanohata)

A picturesque area of Sanriku with cliffs 200 meters stall stretching out along the coast.



Takatamatsubara (Rikuzentakata)

Tens of thousands of pine trees that covered the beach were all destroyed by the tsunami but this one Miraculous Lone Pine Tree survived and became a symbol of post-disaster reconstruction.





Hidehira-nuri Lacquerware





Nanbu Senbei (wheat crackers) (Morioka, etc.)



Koiwai Dairy Products (Shizukuishi)

Shopping

Tel: +81-19-631-3450

Open 365 days a year

Hours: 9:00-22:00

Lala Iwate Morioka

Tel: +81-19-626-8718 Hours: 10:00–18:30 (opens at 10:30 in Jan and Feb) Closed: 2nd Wednesday of each month (Open every day in August and December)

Access: 15 mins walk from Morioka Station https://www.iwatekensan.co.jp/shop/lala/

Aeon Mall Morioka Minami

Access: 10 mins by bus from Morioka Station

http://www.aeon.jp/sc/moriokaminami/

*Some shops have different hours



Parc Avenue Kawatoku

Tel: +81-19-651-1111 Hours: 10:00-19:00 (7th floor restaurant area: 11:00-21:00) Access: 15 mins walk from Morioka Station http://www.kawatoku.com



Aeon Mall Morioka

Tel: +81-19-605-3511 Hours: 9:00–21:00 *Some shops have different hours Open 365 days a year Access: 10 mins by bus from Morioka Station, near the Morioka IC

http://morioka-aeonmall.com



Accommodation

Accommodation				
	Facility name	Address	Phone	URL
Hachimantai				
Appi Kogen Hot Springs	Hotel Appi Grand	Appi Kogen, Hachimantai	+81-195-73-5011	http://www.appi.co.jp/foreign_country/english/
2 Matsukawa Hot Springs	Matsukawaso	Matsukawa Onsen, Matsuoyoriki, Hachimantai-shi	+81-195-78-2255	http://www.matsukawasou.com/
2 Matsukawa Hot Springs	Shofuso	1-41 Matsuoyoriki, Hachimantai-shi	+81-195-78-2245	http://www.hachimantaishi.com/~shofuso/
3 Hachimantai Hot Springs	Hachimantai Royal Hotel	1-590-5 Matsuoyoriki, Hachimantai-shi	+81-195-78-3311	http://www.daiwaresort.jp/en/hachimantai/index.html/
Shizukuishi				
4 Shizukuishi Hot Springs (Kunimi Hot Springs)	Ishizuka Ryokan	Kunimi Onsen, Hashiba, Shizukuishi-cho, Iwate-gun	+81-90-3362-9139	http://www5.famille.ne.jp/~kunimihp/
Shizukuishi Hot Springs (Takakura Hot Springs)	Shizukuishi Prince Hotel	Takakura Onsen, Shizukuishi-cho, Iwate-gun	+81-19-693-1111	http://www.princehotels.com/en/shizukuishi/
6 Shizukuishi Hot Springs (Oshuku Hot Springs)	Hotel Mori no Kaze Oshuku	10-64-1 Oshuku, Shizukuishi-cho, Iwate-gun	+81-19-695-3333	http://www.hotelhigashinihon-group.com/foreign/en/index.htm
Morioka				
7 Tsunagi Hot Springs	Yumori Taikan	37-1 Yunotate, Tsunagi, Morioka-shi	+81-19-689-2121	http://www.hotel-taikan.com/
7 Tsunagi Hot Springs	Aishinkan	40-4 Nurisawa, Tsunagi, Morioka-shi	+81-19-689-2111	http://www.aishinkan.co.jp/
7 Tsunagi Hot Springs	Shikitei	137 Yunotate, Tsunagi, Morioka-shi	+81-19-689-2021	http://www.shikitei.jp/en/
Hanamaki				
8 Hanamaki Hot Springs (Shidotaira Hot Springs)	Yu no Mori, Hotel Shidotaira	Shidotaira, Yuguchi, Hanamaki-shi	+81-198-25-2011	http://www.shidotaira.co.jp/
Hanamaki Hot Springs (Osawa Hot Springs)	Sansuikaku	181 Osawa, Yuguchi, Hanamaki-shi	+81-198-25-2021	http://www.oosawaonsen.com/shisetsu/sansui.html
10 Hanamaki Hot Springs (Hanamaki Hot Springs)	Hanamaki Hot Springs	Yumoto, Hanamaki-shi	+81-198-37-2111	http://www.hanamakionsen.co.jp/
Nishiwaga				
1 Yuda Hot Springs (Yumoto Hot Springs)	Hotel Tairyukaku	Yumoto Onsen, Nishiwaga-machi, Waga-gun	+81-197-84-2221	http://www.tairyukaku.co.jp/
Kitakami				
12 Geto Hot Springs	Motoyu Geto	1-22 Iwasaki Shinden, Wagacho, Kitakami-shi	+81-90-5834-5151	http://mizuki.sakura.ne.jp/~geto/
Ichinoseki				
3 Sukawa Hot Springs	Sukawa Kogen Hot Springs	Matsurubeyama, Genbicho, Ichinoseki-shi	+81-191-23-9337	http://www.sukawaonsen.jp/
Genbikei Hot Springs	Itsukushien	15 Minamitakinoue, Genbicho, Ichinoseki-shi	+81-191-29-2101	http://www.itsukushien.co.jp/
Miyako				
(5	Jodogahama Park Hotel	32-4 Hitachihamacho, Miyako-shi	+81-193-62-2321	http://www.jodo-ph.jp/eng/

Major ski resorts and golf courses

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1 Hachimantai	Appi Kogen Ski Resort	Appi Kogen, Hachimantai-shi	+81-195-73-5111	http://www.appi-japan.com/
2	Appi Kogen Golf Club	Appi Kogen, Hachimantai-shi	+81-195-73-5311	http://www.appi-japan.com/
8	Nanbu Fuji Country Club	47-34-2 Obuke, Hachimantai-shi	+81-195-76-3151	http://www.nambufujicc.co.jp/
4 Iwate-cho	Roseland Country Club	1-120-1 Ikkatai Iwate-machi, Iwate-gun	+81-195-62-6111	http://www.roseland-cc.com/
6	Iwate Numakunai Country Club	17-24-1 Ikkatai Iwate-machi, Iwate-gun	+81-195-62-5511	http://www.princehotels.co.jp/golf/numakunai/
6 Shizukuishi	Shizukuishi Ski Resort	Takakura Onsen, Shizukuishi-cho, Iwate-gun Phone: +81-19-693-1111 (Shi	izukuishi Prince Hotel)	http://www.princehotels.com/en/ski/shizukuishi.html
0	Shizukuishi Golf Resort	Takakura Onsen, Shizukuishi-cho, Iwate-gun Phone: +81-19-693-1111 (Shi	izukuishi Prince Hotel)	http://www.princehotels.com/shizukuishi/
8 Takizawa	Maple Country Club	1-1 Osawa, Takizawa-shi	+81-19-684-5111	http://www.maple-cc.jp/
Shiwa	Iwate Golf Club	1-1 Manoko, Tsuchidate, Shiwa-cho	+81-19-673-7121	http://www.iwategolf.co.jp/
10 Kitakami	Geto Kogen Ski Resort	Iwasakishinden, Waga-cho, Kitakami-shi	+81-197-65-9000	http://www.geto8.com/english/
•	Kitakami Country Club	1 Susumago, Waga-cho, Kitakami-shi	+81-197-73-6911	http://www.kitakamicc.jp/
12 Miyako	Miyako Country Club	4-86-3 Sakiyama, Miyako-shi	+81-193-62-7001	http://miyako-countryclub.com/

Main sightseeing facilities

1 Ichinohe	Goshono Jomon Park	2 Goshono, Iwadate, Ichinohe-machi	+81-195-32-2652	http://goshono-iseki.com/en
2 Shizukuishi	Koiwai Farm	36-1 Maruyachi, Shizukuishi-cho, Iwate-gun	+81-19-692-4321	http://www.koiwai.co.jp/
3 Morioka	Morioka Handi-Works Square	64-102 Oirino, Tsunagi, Morioka-shi	+81-19-689-2201	http://tezukurimura.com/main/
4	Iwachu Casting Works	2-23-9 Minamisenboku, Morioka-shi	+81-19-635-2505	http://www.iwachu.co.jp/
5 Shiwa	Shiwa Fruits Park	1-11 Matsubara, Toyama, Shiwa-cho	+81-19-676-5301	http://www.shiwa-fruitspark.co.jp/
6 Hanamaki	Kinkontei	11-88 Nishimiyanome, Hanamaki-shi	+81-198-26-2250	http://www.michinoku.co.jp/
0	Miyazawa Kenji Memorial Museum	1-1-36 Yasawa, Hanamaki-shi	+81-198-31-2319	http://www.miyazawa-kenji.com/kinenkan.html
8 Tono	Tono Furusato Village	5-89-1 Kamitsukimoushi, Tsukimoushicho, Tono-shi	+81-198-64-2300	http://www.tono-furusato.jp/
Oshu	Esashi-Fujiwara Heritage Park	86-1 Konamaru, Iwayado, Esashiku, Oshu	+81-197-35-7791	http://www.fujiwaranosato.com/images/panf/fujiwaranosato01.pdf
10 Hiraizumi	Chuson-ji	202 Koromonoseki, Hiraizumi, Hiraizumi-cho, Nishiiwai-gun	+81-191-46-2211	http://www.chusonji.or.jp/en/
10	Motsu-ji	58 Osawa, Hiraizumi, Hiraizumi-cho, Nishiiwai-gun	+81-191-46-2331	http://www.motsuji.or.jp/en/
Ichinoseki	Geibi Tourist Center	467 Machi, Nagasaka, Higashiyamacho, Ichinoseki-shi	+81-191-47-2341	http://www.geibikei.co.jp
12 Kuji	Kuii Amber Museum	19-156-133 Kokujicho, Kuji-shi	+81-194-59-3831	http://en.kuji.co.jp/

Main "V" Information Center Visit Japan Centers ("V" Information Centers for Short) are information centers designated by the Japan National Tourism Organization located throughout Japan that have staff that speak foreign languages, pamphlets in foreign languages, and established to be easy for foreign tourists to utilize.

Morioka	Morioka Tourism and Cultural Exchange Center (Plaza Odette)	$2^{\rm nd}$ Floor, Plaza Odette, 1-1-10 Nakanohashidori, Morioka-shi	+81-19-604-3300	http://odette.or.jp/plaza-odette/
	Iwate Morioka Koiki Tourism Center	$2^{\rm nd}$ Floor, Morioka Station 1-48 Morioka Ekimae, Morioka-shi	+81-19-625-2090	http://hellomorioka.jp/
	Iwate Tourism Association	(Malios 3 rd Floor) 2-9-1 Morioka Ekinishidori, Morioka-shi	+81-19-651-0626	http://www.japan-iwate.info/
Hachimantai	APPI Foreign Tourist Information Center	117-17 Appikogen, Hachimantai-shi	+81-195-73-5636	http://www.appi-japan.com/
Ichinoseki	Ichinoseki Tourism Information Center	Inside JR Ichinoseki Station, 1 Ekimae, Ichinoseki-shi	+81-191-23-2350	http://www.ichitabi.jp/guidebook/guidebook_en.htm
Hiraizumi	Hiraizumi Tourism Information Center	61-7 Izumiya, Hiraizumi, Hiraizumi-cho, Nishiiwai-gun	+81-191-46-2110	http://hiraizumi.or.jp/en/index.html

