

TOHOKU TOURIST INFORMATION CENTER NETWORK

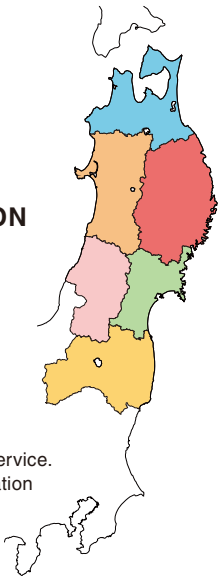
# TOHOKU

## Round Trip Guide

Majestic Nature  
Historic Landmark  
Excellent Cuisine  
Indigenous Festival

### TOHOKU TOURIST INFORMATION CENTER NETWORK

The 42 tourist information centers in the Tohoku region are all connected with an online video chat service. We provide information to you in real time.



Shiroishi River and 1000 Cherry Trees, Miyagi

## TOHOKU TOURIST INFORMATION CENTER NETWORK

Tohoku, an area surrounded by beautiful nature with four seasons.

Architectures with rich Japanese history,  
various local cuisine, unique indigenous festivals.

Experiences only possible in Tohoku await.

### Aomori



Tanesashi Coast

### Iwate



Jodogahama Beach

### Miyagi



Matsushima

### Akita



Godzilla Rock

### Yamagata



Mt. Haguro

### Fukushima



Higashiyama Onsen (Hot Spring)

## INDEX

### Aomori

|            |   |
|------------|---|
| Experience | 4 |
| Cuisine    | 6 |
| Festival   | 7 |

### Iwate

|            |    |
|------------|----|
| Experience | 8  |
| Cuisine    | 10 |
| Festival   | 11 |

### Miyagi

|            |    |
|------------|----|
| Experience | 12 |
| Cuisine    | 14 |
| Festival   | 15 |

### Akita

|            |    |
|------------|----|
| Experience | 16 |
| Cuisine    | 18 |
| Festival   | 19 |

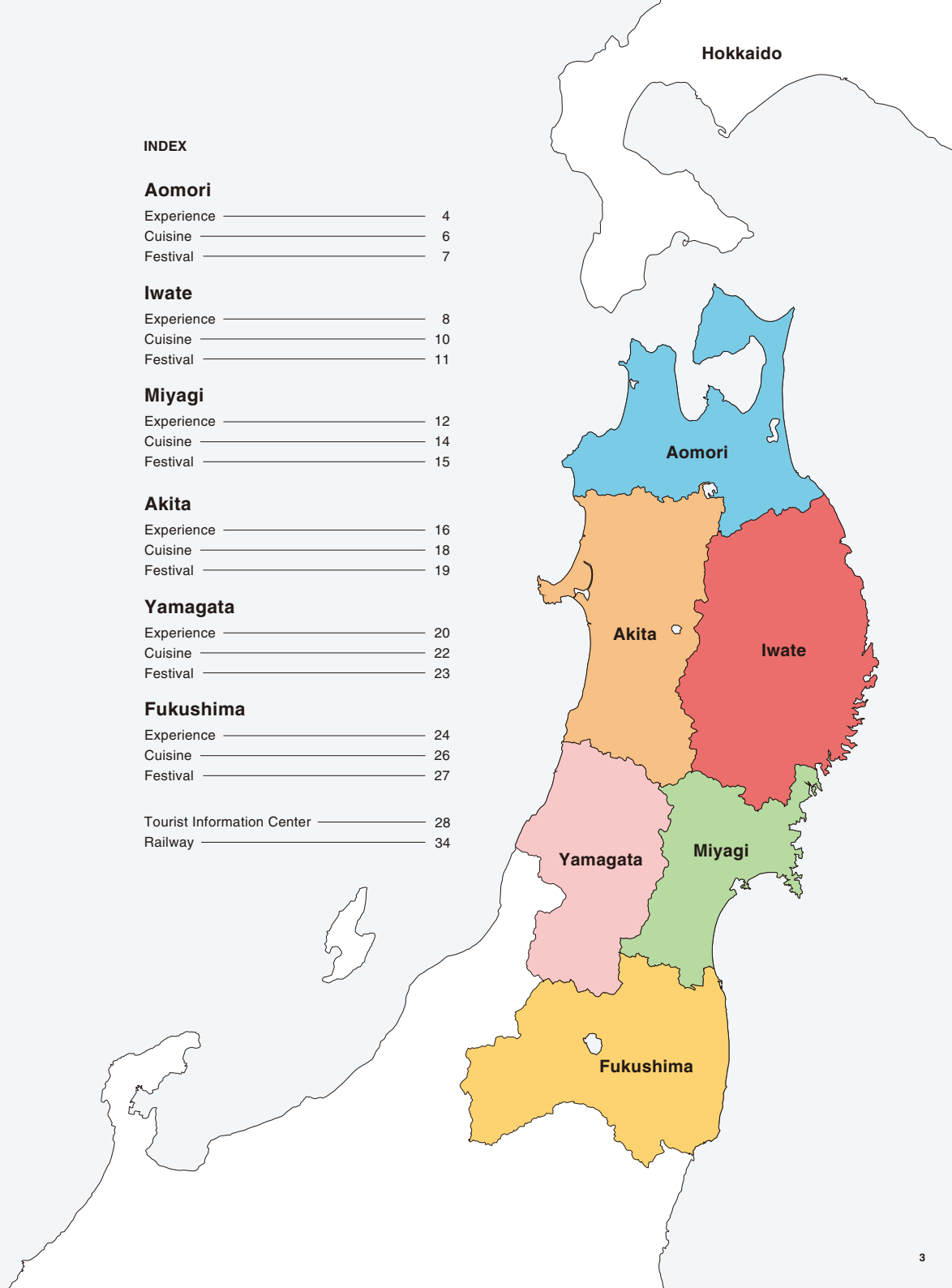
### Yamagata

|            |    |
|------------|----|
| Experience | 20 |
| Cuisine    | 22 |
| Festival   | 23 |

### Fukushima

|            |    |
|------------|----|
| Experience | 24 |
| Cuisine    | 26 |
| Festival   | 27 |

|                            |    |
|----------------------------|----|
| Tourist Information Center | 28 |
| Railway                    | 34 |





# Aomori



## Scenic Spot Selected for the Michelin Green Guide

### Oirase Mountain Stream

**Access** Okuse, Towada City, Aomori (JR bus bound for "Towadako Yasumiya" from Shin-Aomori Station, Aomori Station or Hachinohe Station)

The Michelin Green Guide gave the Oirase Keiryu (mountain stream) two stars. Cliffs covered by deep natural forest line both banks of the stream, and the entire 14km path has superb scenery. We highly recommend taking the trek through the pure forest air, taking in its natural beauty, and experiencing changes in the stream throughout the seasons and time of day. The best season for viewing fresh green leaves is from May to early June. The beauty of mid to late October autumn leaves is also popular.

Enjoy a leisurely walk



## Blue Lake Towada Reflects the Sky and Mountains Like a Mirror

### Lake Towada

Beautiful Lake Towada is a volcanic caldera that reflects the sky and mountains like a mirror. At roughly 46km in circumference and 327m at its deepest point, it is the third deepest lake in Japan. A beech forest and other trees grow around the lake, where the beauty of the four seasons can be enjoyed by seeing vibrant green during spring and summer, deep-colored leaves during autumn, and a silver woodland scene during winter. Despite being a northern lake at a high elevation, this lake doesn't freeze over during the winter, and due to this, it is referred to as "the Mysterious Lake".

**Access** Towada City, Aomori (1 hour and 30 minutes by car from JR Shin-Aomori Station)

## Superb View of 2,600 Cherry Trees (Sakura) and a White-walled Castle

### Hirosaki Castle

Hirosaki Castle in Hirosaki Park, built in the Edo period, has the northernmost castle tower\*1 in Japan and is designated as an important national cultural property. Its extensive castle walls in their original form being opened as a park is rare in Japan. There are about 2,600 Sakura in the park, and many people come for the blossoms in the spring. Seeing the Sakura in full bloom and Hirosaki Castle is like a time slip back to the Edo period. The very popular Hirosaki Cherry Blossom Festival held in late April or early May has about two million visitors from Japan and overseas. <\*1 The tallest structure in the castle. >



### Around 50 varieties of Sakura



Warriors from Tsugaru brought 25 Kasumi zakura from Kyoto in 1715, and presently 2,600 trees of 50 varieties including Somei yoshino, Shidare zakura and Yae zakura are growing in Hirosaki Park. The outer moat when covered in Sakura petals is called a "Sakura carpet" and is a marvelous sight.

**Access** 1, Shimoshiroganecho, Hirosaki City, Aomori (10 minutes by taxi from JR Hirosaki Station)



World natural heritage site

## Walking Route to Experience Nature in Grand Shirakami-Sanchi

### Shirakami-Sanchi and Jyuniko

Shirakami-Sanchi, a World Heritage Site, is in a mountain range which borders on Aomori and Akita prefectures. The pristine natural beech forest, largely unaffected by humans and one of the largest in the world, has many trekking routes for a unique nature experience. An especially popular trek is the 12 pond walk route with the cobalt blue Aoike (blue pond) and the emerald green Wakitsubo pond. There is little up and down so it's easy for beginning trekkers too. Enjoy nature's beautiful colors, fresh green, crimson leaves and bright colored birds.

**Access** 1-56, Matsukami, Fukauramachi, Nishitsugarun, Aomori (Mori-no-Bussankan Kyororo : About 15 minutes by shuttle bus from JR Jyuniko Station)

## About 5500 Year Old Jomon Village Site

### Special Historical Site Sannai-Maruyama Site

This is the biggest Jomon village site in Japan and is designated as a special historical site. Excavation and research undertaken since 1992 has uncovered the remains of pit houses, burial pits of adults and children, storage pits, and close to 2000 other relics. Some of the highlights include the reconstructed large pit-dwellings and large pillar-supported buildings. At the Jomon Jiyukan you can learn about the lives of the Jomon people through exhibits and array of activities such as making 'Magatama' beads and 'Dogu' miniature clay dolls.



**Access** 305, Maruyama, Oazasannai, Aomori City, Aomori (About 20 minutes by car from JR Aomori Station, and 10 minutes by car from JR Shin-Aomori Station)



# Popular Local Dish is a Unique Food Sensation

## Hachinohe Sembei (Crispy Thin Cracker) Soup

A local dish of Hachinohe is sembei made with flour and salt put in a soup stock of meat, fish, mushrooms and vegetables, then cooked. This sembei developed for soups, is chewy when cooked, and has a pleasant texture similar to al dente pasta. Many foods also go well with the rich tasty soy sauce flavored soup. Hachinohe City has about 140 restaurants that offer the dish so it's fun to try and compare their dishes.



Production share of 60%



## Apples

Aomori's apple history started from three seedlings planted in the Aomori Prefectural Government grounds in 1875, and now, Aomori grows about 60% of Japan's apples. The percentage for each variety is Fuji 50%, Orin, Jonagold, and Tsugaru each have 10% and other varieties make up the rest. Some of the processed goods made with the apples are juice, apple cider, jam, dressing and vinegar and they all make excellent gifts.

# Japan's Apple Paradise

## Experience the Delights of Hachinohe's Local Kitchen



## Hasshoku Center

At the 60 shops in this market, find the full lineup of Hachinohe's fresh seafood, dried foods and souvenirs. There are seasonal foods too, and the foods you buy can be charcoal broiled and eaten in the plaza on site or at places like Shichirinmura. There's also a playground for kids too, so feel free to bring them along.

**Access** 22-2, Azakansai, Kawaragi, Hachinohe City, Aomori (About 12 minutes by bus from JR Hachinohe Station)



## Aomori Nebuta Festival

Every year three million spectators gather for the Aomori Nebuta Festival. Large dolls (nebuta) made of wood, wire and Japanese paper with lights inside march through town. Dancers called haneto, dance wildly to calls of "rassera, rassera" for a very energizing performance. Anybody can participate if they wear the haneto outfit so don't just watch, be a part of the festivities yourself!

# Fantastic and Gigantic Nebuta Parade!


**Date**  Held yearly from August 2 to 7

**Access**  Aomori City, Aomori (About a 7 minute walk from JR Aomori Station)

## Nebuta Museum WA RASSE

The red exterior of this very unique facility introduces the appeal and history of the Aomori Nebuta Festival. Nebuta used in the festival are on permanent display, so you can see how big they are.



**Access**  1-1-1, Yasukata Aomori City, Aomori (1 minute walk from JR Aomori Station)

Osorezan is one of the three most famous holy mountains in Japan




## Osorezan (Mt. Osore)


Gokuraku Beach with its mysterious bleak bare rock and white sand enveloped in the odor of sulfur, and the clear emerald green of the sea, along with Sainokawara entice you to visit a fantasy world with scenery that seems to be from both heaven and hell. There's also an onsen (hot spring) on the temple grounds and shrine visitors can bathe there to relieve their tiredness.

# A Place that Connects Our World to the Other World

## Osorezan (Mt. Osore) Sanmon (temple gate)

Osorezan on the Shimokita Peninsula, and Hieizan and Koyasan are the three most famous holy mountains in Japan, and visitors come to visit Osorezan from all over Japan. In the summer there's the Osorezan grand festival, and in autumn during the Osorezan Akimairi (fall temple visit) season, many people visit in remembrance of the spirits of the dead. At Osorezan you can sense the sacredness of a place that inherits and protects the culture of the northernmost region of Japan's mainland.

**Date**  Held yearly from July 20 to 24 \* Osorezan opens in May and closes in October (The exact dates depend on snow conditions)

**Access**  3-2, Usoriyama, Tanabu, Mutsu City, Aomori (About 40 minutes by car from JR Shimokita Station)



# Iwate



Experience



World  
Heritage  
Site

## The Golden Heart of Hiraizumi

### Chuson-ji Temple

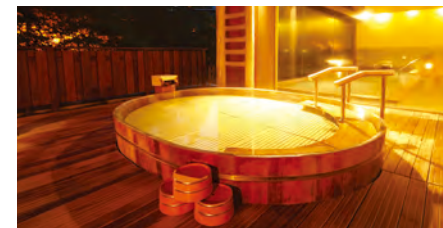
Chuson-ji Temple was accepted in the World Heritage Registry in 2011, and is the home of the Konjikido (Golden Hall). First built in 1124 by Hiraizumi's ruler, Kiyohira Fujiwara, this shrine embodies the height of Heian craftsmanship. Coated inside and out with gold leaf, and further embellished with detailed engravings, inlays, and ornaments, the Konjikido speaks clearly to Hiraizumi's historical wealth and prosperity. The addition of the Buddha icons evokes the Buddhist afterlife, a paradise said to be watched over by the Buddha and lit by a golden radiance. Making your way through the hilltop temple complex, surrounded by ancient trees, you may just feel as if you're in a moment out of time. The natural surroundings offer diverse views in every season, including cherry blossoms in spring, fresh greenery and flowers in summer, blazing autumn foliage, and a white blanket of snow in winter.



**Access** 202, Koromonoseki, Hiraizumi, Hiraizumicho, Nishiwaigun, Iwate (About a 20 minute walk from JR Hiraizumi Station)

### The Fujiwara Clan's Eternal Repose

The Konjikido is not just a shrine, but also a mausoleum for the Fujiwara clan, Hiraizumi's 12th century founders and rulers. Though not visible to the public, the mummified remains of Kiyohira, Motohira, Hidehira, and Yasuhira, the four generations of Fujiwara leaders, lie interred in golden caskets beneath the altar.



### An Onsen Resort to Enjoy Diverse Hot Springs

#### Hanamaki Onsen and Hanamakiminami Onsen Village

There are twelve unique onsen areas and among them are Dai Onsen, which is good for spending a quiet time in a mountain valley to refresh your body and Osawa Onsen where you can enjoy beautiful mountain stream scenery and a rotenburo (outdoor bath). In Hanamakiminami Onsen Gorge in the west of Hanamaki, there's an unusual onsen that has a bath that's 1.25m deep that you can stand in.

**Access** Hanamaki City, Iwate (15 to 35 minutes by taxi or bus from JR Hanamaki Station)

Superb  
view!

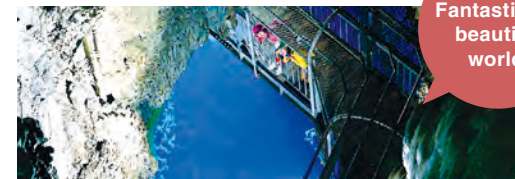


### Drive Through Bright Red Autumn Leaves

#### Sennintoge (Autumn Leaves)

Sennintoge is an 887m high pass on the boundary of Tono City and Kamaishi City. In 2007, the 18.6km Shinsennin Highway with four tunnels and nine bridges opened, making access better. The crimson leaves in autumn are especially beautiful and the best time to see them is from late October to early November. While popular for mountain climber, it is also well-known as a driving course. Tyr taking a breath along the road at the Kamaishi Sennintoge roadside station and enjoy the taste of local cuisine.

**Access** Kamaishi City, Iwate (About 3 minutes by car from JR Rikuchu-Onashi Station)



Fantastically  
beautiful  
world

### Underground Lake Shines a Mysterious Blue

#### Ryusendo Cave

As one of the 'Three Great Limestone Caves', Ryusendo Cave is a popular spot where you can see many limestone rocks while advancing through mysterious spaces. The highlight of the cave is the illuminated and very transparent underground pool. It glistens with a beautiful color called dragon blue. Enjoy passing through a spot called Moon Palace, a formation of overlapping rocks which has a heart-shape. Artwork of the two dragons' heads form shapes of heart, and is great date spot for couples. The cave temperature is always a cool 10 degrees Celsius, so be sure to bring something warm to wear even in summer.

**Access** 1-1, Iwaizumikannari, Iwaizumicho, Shimoheigun, Iwate (About 2 hours and 15 minutes by car from JR Morioka Station)

### Heavenly Beautiful Seashore

#### Jodogahama Beach

Jodogahama is a place you shouldn't miss on the Sanriku Coast. This coast formed about 5.2 million years ago, and is an awe-inspiring scene with white volcanic rock, small stones and inlets lined with pines that brings to mind a Japanese garden. You can also view Jodogahama in a pleasure boat and enjoy feeding the seagulls.



**Access** 32, Hitachihamacho, Miyako City, Iwate (Jodogahama Visitor Center : About 20 minutes by bus from JR and Sanriku Railway Miyako Station)



# Three Major Noodles of Morioka You Should Eat

## Morioka Reimen (Cold Noodles), Wanko Soba and Morioka Jajamen

If you come to Morioka, be sure to eat Morioka Reimen, Wanko Soba and Morioka Jajamen. Morioka Reimen are noodles with robust body in cold soup, topped by meat, vegetables, Kimchi and fruits pieces. Its looking is splendid too. The distinctive feature of Wanko Soba is a waitress serves you small amount of noodles one after another until you are full and can't eat. Morioka Jajamen is boiled flat udon with special meat miso sauce and shredded cucumbers eaten with ginger, vinegar and chili oil. It also can be finished off by adding a egg soup and enjoyed as "Chitan Soup".



© Iwate Prefecture

## Pork with a Tender and Sophisticated Taste

### Hakkin Pork

Hakkin Pork is a pork brand raised in Hanamaki City, Iwate Prefecture. The taste of this incredibly tender meat becomes even more delicious the more you chew, and if you try Hakkin Pork, you won't want to eat other pork because of its tenderness and high-quality fattiness which melts in your mouth without an off taste. We recommend it for people who like pork as steak or cutlets.



Particular raising method

## Seafood Stuffed in a Bottle Pour It on Rice and Eat !

### Bindon (Bottled Rice Bowl)


Bindon is a specialty of Miyako: sea urchin roe, salmon roe, and other seasonal food of Miyako are stuffed in a milk bottle. It's also beautiful to look at: it looks like a bottle filled with jewels. Arrange the content of the bottle on a bowl of hot rice, and eat. What makes this dish special is that it uses the five senses while seeing, arranging to eating. Be sure to eat this if you come to Miyako.


Sakkora  
choiwa  
yasse ♪

# The World's Biggest Drum Parade

## Morioka Sansa Odori Festival

Held in Morioka City yearly from August 1 to 4, it is one of the Tohoku's biggest summer festivals. There are more than 10,000 Wadaiko (Japanese drums) and about 35,000 people who participate. The dancers move gracefully to calls of "sakkorachoiwayasse", and parade to the beat of the drums. Anyone can participate in the "Wadori" held after the parade is finished. Don't just watch. It's more fun to try dancing.

**Date**  Held yearly from August 1 to 4

**Access**  Main site: Chuo-dori, Morioka City, Iwate / Secondary sites: 1. Morioka Civic Cultural Hall (MALIOS : 2-9-1, Nishi-dori, Morioka Station, Morioka City, Iwate) 2. Taki no Hiroba (public square) in front of JR Morioka Station (Next to the JR Morioka Station east exit taxi stand) Closest station: About a 15 minute walk from the JR Morioka Station

### What is Sansa?

Long ago, a demon appeared in the Nambu Morioka castle town. The troubled townsfolk prayed to the god of Mitsuishi Shrine for help and the god drove out the demon. Their dancing to "sansa-sansa" around huge three stones "Mitsuishi" to give thanks to the god is said to be the beginning of the Sansa Odori.

# A Courtly Pastime from Medieval Japan

See  
Beautiful  
Heian  
Costumes

## Motsuji Gokusui no En

Motsu-ji Temple, another of Hiraizumi's World Heritage sites, hosts the Gokusui no En (Poetry Banquet) each year in the temple garden. This recreation of an elegant pastime from the Heian period sees participants dress in period wear and compose poems as a cup of sake is floated down the stream to their seats. Spectators can enjoy the colorful costumes, the recitation of the poems, and the atmosphere of this historical recreation.

**Date**  Held yearly on the 4th Sunday in May **Access**  58, Osawa, aza, Hiraizumicho, Iwate (About a 7 minute walk from JR Hiraizumi Station)



# Miyagi



@zuiganji



@zuiganji

The paintings on the golden fusuma (sliding papered door) are a must-see

## Temple Imbued with an Inherited Aesthetic Sense

### Zuiganji Temple

Zuiganji Temple was founded in 828. It's said that Date Masamune had it rebuilt over five years starting in 1604 and you can feel his aesthetic sense everywhere. The magnificent sculptures in the main temple building were made during the Momoyama period (16<sup>th</sup> cent.). The main building and the temple kitchen are both must-see national treasures and important cultural properties. This is Japan Heritage site you have to see if you visit Matsushima.

**Access** 91, Matsushima Aza Chonai, Matsushimamachi, Miyagigun, Miyagi (About a 20-minute walk from JR Tohoku Line Matsushima Station or about a 5-minute walk from JR Senseki Line Matsushimakigaon Station.)



## The Fifth Tallest Bodhisattva Statue in the World

### Sendai Daikannon (Bodhisattva)

The 100m tall white statue stands at the outskirts of Sendai City. You can go up to its chest by elevator where you can enjoy the panoramic view of the city.

**Access** 31-36, Nakayama Minami, Sanazawa, Izumi-ku, Sendai City, Miyagi (Take the bus from the No.14 bus stop at Sendai Station. Get off at Sendai Daikannonmae. About 10 minutes by car from JR Kunimi Station on JR Senzan line.)

## Your Gateway to the Local Experience

### i-SENDAI

SENDAI Tourist Information Desk (a.k.a. i-SENDAI), located right in the heart of downtown Sendai, offers a number of activities and tours for visitors interested in Japanese cultural experiences. Come to the Sake Tasting Workshop, a bimonthly sake tasting event held at "Sake Bar Hatago," if you are a sake lover. The bar owner, Mr. Aoya, will walk you through six different types of seasonal sake, where you will learn about sake on a deeper level to enjoy and appreciate sake like never before. In the "Decorative Japanese Dessert Making Workshop," you can make adorable and colorful decorative Japanese wagashi desserts with guidance from Chika Ogasawara. "SENDAI Cooking Meetup" is also among the most popular activities that i-SENDAI offers.



**Access** 3-2-17, Fujisaki main bldg 1F, Ichibancho, Aoba-ku, Sendai City, Miyagi (About 400m west of JR Senseki Line Aoba-dori Station. Or about 500m west of Tohoku Honsen Line Sendai Station.)

## The Attraction of Diverse Onsen Waters

### Naruko Onsen Kyo (Hot Spring Village)

Naruko Onsen Kyo (Hot Spring Village) has five onsen. Japan's onsen have 11 different types of water and Naruko Onsen Kyo has 9 of them. Because the color, smell and composition of each onsen's water are quite different, we highly recommend comparing the different onsen for fun. Late October is the best season for the autumn leaves. About 10 minutes by car from Naruko Onsen Station, Naruko-kyo Gorge is a well-known sightseeing spot. A bridge over the Gorge and the vibrant warm colors of the mountain scenery are sure to remain etched in your memories.



**Access** Naruko Onsen, Osaki City, Miyagi (JR Naruko Onsen Station)

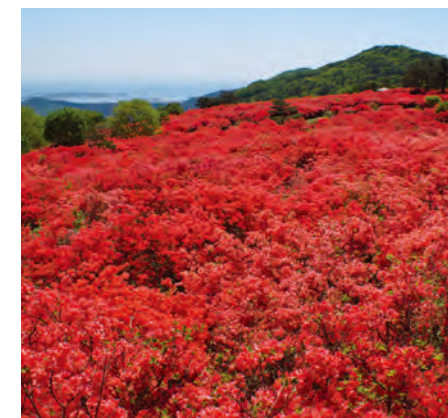


In the spring more than 200 Sakura (cherry trees) are in full bloom

## Japan's Top Azalea-Viewing Spot!

### Mt. Tokusenjo

The 711m high Mt. Tokusenjo is said to be the best place in Japan for viewing azalea. A round trip to the summit and back is about a one and a half to two hour leisurely hike where you can appreciate 500 thousand azaleas. They are in full bloom from mid to late May. The scenery from the summit is a gorgeous contrast between the mountain dyed crimson and the blue of the Pacific Ocean.



**Access** Kesenuma City, Miyagi (About 30 minutes by car from JR Kesenuma Station)

## Finely restored legendary castle of the Katakura Clan

### Shiroishi Castle

Shiroishi Castle was the residence of the Katakura lords for about 260 years after the Battle of Sekigahara in 1600. In 1995 it was faithfully restored as it was then, and is appreciated as the highest quality of castle architecture restoration using wood. From the topmost third floor, you'll have a sweeping view of Shiroishi City. There's also a museum with Japanese armor and swords on display, and you can learn about samurai history there.

**Access** 1-16, Masuokacho, Shiroishi City, Miyagi (About 5 minutes by car from JR Shiroishi Zao Station, 10 minutes walk from JR Shiroishi Station)



# Carefully Selected Top Quality Beef

## Sendai Beef

If you visit Miyagi Prefecture, be sure to indulge in Sendai Beef. Top quality Sendai beef that has passed the strictest standard has a delicious sweetness that seems to melt in your mouth and is a luxurious dining experience. It can be eaten grilled, in sukiyaki or in shabu-shabu hotpots. Be sure to try one or more of the many unique shops around Sendai City serving Sendai Beef.



Tender and  
delicious!

Sanriku  
seafood is  
splendid.



## Seafood Rice Bowl a delight for the eyes and mouth!

### Kirakira Domburi (Colorful Glistening Rice Bowl)

Locally sourced Minamisanriku seafood is used abundantly in this dish, and not only is it great to look and to eat, but just as the name suggests this fresh catch glistens magnificently. Why not try this beautifully presented domburi filled with seasonal ingredients. They offer four kinds of domburi in each season; harutsuge-don (signs of spring) in spring, uni-don (sea urchin) in summer, akiuma-don (taste of autumn) in autumn, and ikura-don (salmon roe) in winter.

# Fresh Oysters with Rich Taste.

## Oysters

Miyagi is some of the best oyster-producing regions in Japan. The oysters are well-fed by nutrient-rich waters of both the ocean and rivers until they reach maturity for harvesting. These oysters are rich in flavor and have a mild brininess. Try these oysters raw, fried, Spanish style deep fried with garlic or cooked in a Japanese style hot pot.



Chewy and  
plump taste  
sensation!

# Brilliant Paper and Bamboo Decoration Festival

## Sendai Tanabata Festival

With over two million visitors a year, this is one of Japan's top festivals. Arched green bamboo adorned with elaborate and colorful decorations line the shopping arcade streets of Sendai City. If you'd like to make your own decoration, there's a spot for making one, so, give it a try.



**Date**  Held yearly from August 6 to 8 **Access**  Sendai City and nearby shopping streets (JR Sendai Station)



Let's dance  
the Suzume Odori  
(Sparrow dance)  
together!



# Two Days to Enjoy Sendai's History and Folk Entertainment

## Sendai Aoba Festival

The origin of this traditional event is said to date back to a Sendai festival that started in 1655. On Saturday the eve of the festival, a feeling of excitement overflows as the Sendai Suzume Odori (Sparrow Dance) fills the streets. At night, three yamaboko (festival floats) lit up with paper lanterns parade and decorate Jozenji-dori Avenue beautifully. For the main festival the next day, there is a parade with warriors wearing Japanese armor and eleven gorgeous yamaboko. It's a perfect chance to experience Sendai's history as a castle town and Date-en, a reenactment of the castle town festival, is held in Kotodai Park on both days.

**Date**  Held yearly on the 3rd Saturday (Eve of the festival) and the 3rd Sunday (Main festival) of May  
**Access**  Held in the Public Square in front of the Sendai City Office, Kotodai Park and Jozenji-dori Avenue



# Akita



The round tail is cute!

## Meet the Japanese Dog of your Dreams

### Akita Inu

**Access** 📍 Akita Inu no Sato : 1-13-1 Onaricho, Odate City, Akita (A short walk from JR Odate Station)  
Akita Inu Kaikan : 13-1 Sannomaru Odate City, Akita (A 15 minute walk from JR Higashiodate Station)

The Akita breed is a large dog at 61cm to 67cm tall and weighing 35kg to 50kg that's known for being loyal to its master. It was bred as a hunting dog, but nowadays many are just loved as pets. You can learn more about this dog breed at the 'Akita Inu no Sato' where there is a comprehensive display on the origins and characteristics of the Akita as well stories about them with celebrities. Why not visit the 'Akita Inu Kaikan' where breeding videos and breed information documents are stored. Enjoy the cute Akita Inu.

## Huge Gathering of more than 150 Masks of Namahage!

### NAMAHAGE Museum

In traditional folk events handed down on the Oga Peninsula and the surrounding area, Namahage are deities who visit at the end of the year to admonish laziness, and bear tidings of good health, good harvests, and products from the mountains and oceans. The NAMAHAGE Museum with Namahage as its theme introduces local history and climate, and it displays 150 diverse actual masks made in each village. There's also a spot where you can wear a real Namahage costume for a commemorative photo, and a shop where you can buy a wide variety of gifts. Please come and experience Akita's folk culture!

**Access** 📍 Mizukuisawa, Kitaurashinzan, Oga City, Akita (About 20 minutes by Namahage shuttle bus from JR Oga Station)

Surprising design sense in the mask



## Proud to be Japan's Deepest Cobalt Blue Lake

### Lake Tazawa

The water of the lake is a transparent cobalt blue, and you can see fish swimming in its beautiful transparency. This is Japan's deepest lake being 423.4m at its greatest depth. As the water gets deeper its surface color changes to a vivid blue, it is a sight worth seeing. The lake is a popular spot for viewing scenery from pleasure boats, and also for outdoor activities such as canoeing, kayaking and stand-up paddle boarding.

**Access** 📍 Semboku City, Akita (About 15 minutes by bus from JR Tazawako Station, and about 40 minutes by bus from JR Kakunodate Station)

### The Legend of Tatsuko

There's a famous spot at Lake Tazawa; a golden statue of a woman called Tatsukozo. The statue was built to commemorate the legend from long ago, when a young girl named Tatsuko who longed to be beautiful forever, was suddenly transformed into a dragon and thrown into the lake.

## Seven Hot Springs Well Up from the Depths at Seven Inns

### Nyuto Onsen (Hot Spring)

The Nyuto Onsen Village, well known throughout Japan for its secluded hot springs in Towada-Hachimantai National Park, is dotted with seven onsen inns. Each of the seven onsen has its own unique spring. There's an inn with milky water and a thatched roof, and modern Japanese inns with mountain streamside rotenburo (outdoor onsen). There's even an onsen with a quaint log waterfall. It has a wonderful diversity in water type, inn appearance and amenities. The Yumeguri Pass is a one-day pass which gives purchasers' access to all seven onsen and also includes use of a convenient shuttle bus. Enjoy the picturesque landscape and change of the four seasons of the beech tree forest of the onsen's surrounding vicinity.



**Access** 📍 50, Sendatsukokuyurin, Tazawakotazawa, Semboku City, Akita (About 40 minutes by bus from JR Tazawako Station)



## Pounded Rice Cylinders Toasted Over an Open Hearth

### Kiritampo (Rice Cylinders)

Kiritampo Nabe is Akita's most recognizable dish. 'Tampo' refers to cooked rice wrapped on a skewer which is then baked. Long and narrow in shape, this spear-like cylinder can be cut in half or into thirds which is how it earned the name 'Kiri (cut) tampo.' Chicken, burdock, mushrooms, and other ingredients are cooked together in a soy sauce broth, creating a simple but delicious hot pot dish which is well-loved in Akita. Be sure to try Akita's taste of home.



### Inaniwa Udon

Inaniwa Udon is dried udon noodles made by skilled artisans. They are thick bodied, and have a smooth feel on the tongue. In the strainer, the noodles have a shiny luster and an elasticity that slides smoothly down your throat. Making them takes three to four days and a lot of effort. These noodles are valuable as they are not mass produced so they are popular as a special gift.

## Unique Full-bodied Noodles Only Found in Akita



Unforgettable  
taste of Akita

## Unique Texture Captivates Chicken Lovers



### Hinai Chickens

Reputed as one of the top three chickens, the Hinai Free-range Chickens have a unique firm texture and a full bodied umami flavor. Its high rating lends to the fact that nothing is wasted from this chicken as a rich stock is made from the bones and meat, and the birds' flavor-rich eggs are also a real treat. Yakitori (grilled chicken), Oyakodon (chicken and egg rice bowl) and hot pots made with Hinai Chicken have an unforgettable taste.

#### The particular raising method.

Different from a broiler chicken, they are raised as free-range chickens. Each chicken having about 3.3 to 5 square meters is the standard. Only females are selected and are carefully raised for a long period of about six months.





## Over 10,000 Paper Lanterns Shine in the Night Sky

Incredible  
skill

### Akita Kanto Festival

Akita Kanto Festival – an event where locals pray for bountiful harvests while giant lantern structures, called kanto, sway in the summer night sky. This festival is one of the great summer festivals in Tohoku, and is a National Important Intangible Folk Cultural Property with a history spanning about 270 years. The skill of raising and manipulating the large kanto requires a good sense of balance. This traditional technique has been passed down for generations.


**Date**  Held yearly from August 3 to 6 **Access**  Kanto Odori, Akita City, Akita (About a 15-minute walk from JR Akita Station)



## Fireworks Display Where Pyro-technicians Compete

### Omagari Hanabi National Fireworks Competition

With a proud history of over 100 years, this is one of Japan's top fireworks displays. Its power, history and tradition draws over 700 thousand spectators yearly. Thematically original and very creative fireworks are freely combined as 18 thousand bursts of artistic light fill the night sky. The show also takes place in spring, fall and winter.

**Date**  Held yearly on last Saturday in August (The Others are on early May, mid-October, late March)


**Access**  Daisen City, Akita (About a 25 minute walk from JR Omagari Station)

## Enjoy Sakura blossoms in a Castle Town, Kakunodate

### Kakunodate Sakura (Cherry Trees) Festival

Kakunodate still has vestiges of an early Edo period castle town. Even now Shidarezakura (weeping cherry) bloom on the street where samurai residences still remain, and a road lined of the Hinokinai River side with the beautiful pink Someyoshino Sakura awaits you. It's even more fantastic lit up at night.



**Access**  Kakunodatemachi, Semboku City, Akita  
About a 20 minute walk from JR Kakunodate Station



# Yamagata

## This Entire Mountain is a Power Spot

### Yamadera Risshaku-ji Temple

The Hoshusan Risshaku-ji Temple, commonly called Yamadera, was built in 860 AD. It has vast temple grounds of 1.9M square meters, and in it more than 30 large and small temple buildings remain. Especially famous are the 1015 stone steps to the summit. Along the one hour walk from the trailhead to the Great Buddha Hall inner sanctuary can be found the Godaido hall, the best scenic spot of Yamadera, offering a splendid view of the surrounding rural landscape. Yamadera is a popular praying destination that has many attractions.

**Access** 4456-1, Yamadera, Yamagata City, Yamagata (A 5-minute walk from JR Yamadera station to the temple entrance)



1,015 steps to the top

## Reset Your Body and Mind at these Three Mountains

### Dewa Sanzan (Three Mountains of Dewa)



Dewa Sanzan consists of three mountains: Mt. Haguro, Mt. Gassan, and Mt. Yudono. They've been loved since ancient times as sacred mountains. The trip is said to be a rebirth journey with Mt. Haguro representing your present life, Mt. Gassan your past life and Mt. Yudono your future life.

**Access** Tsuruoka City, Yamagata (Mt. Haguro: About 55 minutes by bus from JR Tsuruoka Station, Mt. Gassan: About 2 hours and 5 minutes by bus from JR Tsuruoka Station [The bus only runs during summer], Mt. Yudono: About 50 minutes by car from JR Tsuruoka Station)

## Feel the Culture of The Uesugi Warrior Clan

### Uesugi Shrine

Uesugi-jinja Shrine was built on the site of Yonezawa Castle to enshrine Uesugi Kenshin, the bravest warrior in the Sengoku period, who is also known as "God of War". The most part of the shrine was destroyed by the Great Fire of Yonezawa during the Taisho period, but it rebuilt a few years later. The shrine was designed by Ito Chuta, the pioneer of shrine architecture from Yonezawa City. There is Keishoden, the treasure house with a large collection of Important Cultural Properties related to the Uesugi clan, in the precincts, and Yonezawa City Uesugi Museum is also located near the house.



**Access** 1-4-13 Marunouchi, Yonezawa-shi, Yamagata (Take a bus from JR Yonezawa Sta. and get off at Uesugi Jinja-mae Bus Stop)



## Enjoy Hot Springs, Skiing and Snow Monsters

### Zao Onsen

Zao Onsen thrives as a resort area where people can enjoy hot springs, ski and snow monsters. The abundant hot spring water comes from a strong acidic sulfur spring that is said to be highly effective for beautiful skin and health. The hot spring can be enjoyed casually at one of the three public baths as the entrance to each (Kamiyu, Shimoyu and Kawayayu) is just 200 yen. They are close to each other so we recommend trying them all.

**Access** Zao Onsen Yamagata City, Yamagata (About 40 minutes by bus from JR Yamagata Station)

## A Hot Spring Resort with 560 years of History

### Kaminoyama Onsen (Hot Spring)

Kaminoyama's onsen (natural hot spring) baths are scattered throughout the six districts of the city. You can enjoy a unique onsen tour of the five open-air baths. We also recommend visiting the footbaths scattered around town while strolling through the historic castle area in your yukata (casual kimono). The rotenburo (outdoor baths) at the traditional ryokan (Japanese inns) have beautiful views of the majestic Zao mountain range, and you can also use a free shuttle bus to enjoy the nature environment of Zao.



**Access** Kaminoyama City, Yamagata (About 5 minutes by car from Kaminoyama Onsen Station, About 5 minutes by car from Tohoku-Chuo Expressway Kaminoyama Onsen Interchange)



Jelly fish with an artistic form

## Recognized in Guinness World Records! Aquarium with the Most Kinds of Jellyfish

### Kamo Aquarium

Kamo Aquarium's nickname is Jellyfish Dream House. There are over 60 types of jellyfish, and it was recognized in Guinness World Records for having the most kinds of them in 2012. The rounded water tank holding 40 tons of water with about 2,000 Aurelia jellyfish swimming in it is a must-see attraction. Jellyfish goods and jellyfish ice cream sold only here are pretty popular.

**Access** 657-1, Imaizumiokubo, Tsuruoka City, Yamagata (About 35 minutes by bus from JR Tsuruoka Station)

## Four Dramatic Waterfalls

### Yozotoge (Yozo Pass)

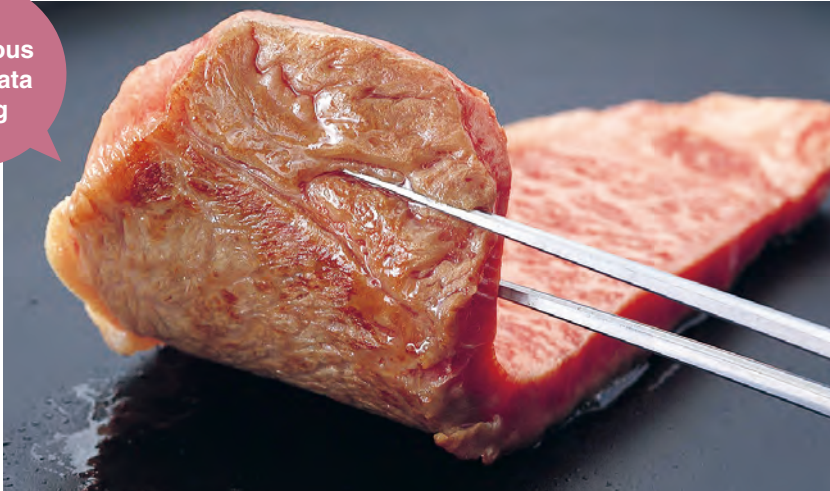
Yozotoge is a 685m high pass that connects Sakegawa Village and Sakata City. Walking along the path nearby the river, you'll see four waterfalls discovered in 1993. Every June, there are many people who participate in the nature tour such as viewing beautiful beech trees and varied aspects of waterfalls.



**Access** Oashizawa, Sakegawa Village, Yamagata (About 1 hour by car from JR Shinjo Station)



Luxurious  
Yamagata  
dining



## High Quality Beef Raised in the Climate and Natural Features of Yamagata

### Yonezawa Beef

One of Japan's most famous wagyu (Japanese beef) is Yonezawa Beef. Used in Yamagata's premium dining, this fully marbled meat not only has a delicious taste but also melts in your mouth, and there are many famous restaurants in Yonezawa City which serve this beef. Its deliciousness can be savored in many ways including grilled as steak, cooked in shabu-shabu hotpot and in various other meat dishes.



**The Tradition of Yonezawa Beef was Started by a Teacher from England.**

It's said that four-legged animals were not eaten in Yonezawa at the start of the Meiji period, but after British teacher Charles Henry Dallas ate some of the Wagyu beef, its use as a food source began. Surprised by how tasty it was, Mr. Dallas took a cow back to Yokohama with him and from there its consumption spread throughout Japan.



## Three Famous Fruits of Yamagata

### Cherries, La France Pears and Grapes


Yamagata Prefecture grows about 70% of Japan's cherries. The harvest season is from April to July and in there are many orchards in the prefecture to try cherry picking and eat them off the trees. Yamagata also has about 80% share of La France pear production. The harvest season is from October to January and their sophisticated sweetness and juicy tenderness makes them popular as a gift. Grapes cultivation in Yamagata dates back about 400 years with fairly abundant varieties such as Kyoho, Takao and Pione. Fresh and tasty fruits can be had throughout the year in Yamagata.



## Beautiful Art Created by Nature

### Snow Monsters and Illumination

The world-famous snow monsters, known as juhyo, are soft rime covered trees, a beautiful work of art only on display in winter. If you take the ropeway from the Zao Onsen resort in the afternoon you can observe the snow monster forest below, and if you ski or snowboard, you can enjoy sliding nearby and see them up close. The snow monsters are also illuminated on some nights to create an absolutely fantastic scenery.

**Access**  ZAO Ropeway Jizosanchō Station and around the Sancho Line (About 40 minutes by bus from JR Yamagata Station to Zao Onsen Bus Terminal, then a 10 minute walk to the Zao Ropeway Sanroku Station)

## A Fascinating and Dynamic Dance


### Yamagata Hanagasa Festival

This is a summer festival that shows off Yamagata City. Accompanying the call of "yassho makasho" and sound of drums, over 10,000 performers parade and dance to the Hanagasa-ondo song. The dynamic scene of the dancers wearing elegant kimono and holding kasa hats with safflower decorations dancing in unison helps you to discover Japanese traditions. It's a splendid festival that colors the Yamagata midsummer night.



Yassho,  
Makasho

**Date**  Held yearly from August 5 to 7

**Access**  Tokamachi, Honcho, Nanokamachi-odori ~ Bunshokan, Yamagata City, Yamagata (About a 15-minute walk from JR Yamagata Station East Exit)



# Fukushima




## Thoughts of a Famous Castle and Crimson Leaves on an Autumn Evening

**Tsuruga-jo Castle (Crimson Leaves Illumination)**

**Date** 📅 Held from mid-October to mid-November

**Access** 📍 1-1, Otemachi Aizuwakamatsu City, Fukushima (About 10 minutes by bus from JR Aizuwakamatsu Station)

Tsuruga-jo Castle Park is illuminated for the autumn leaves beginning from mid-October until early November. Brightly colored autumn leaves seem more vivid thanks to the special lighting used to illuminate the park. Besides the crimson leaves and stone walls, other sites of interest are illuminated under the starry night sky. Daytime Tsuruga-jo Castle is well worth seeing too.



## Take a Dip in Alleviating Waters at Three Famous and Unique Onsen

**Iizaka Onsen (Hot Spring), Takayu Onsen and Tsuchiyu Onsen**

At the long established Iizaka Onsen that sits alongside the Surikamikawa River, there are several Ryokan (Japanese style inns). There are nine public baths which you can visit casually, so try as many as you like. Many people visit Takayu Onsen for its water quality and skin beautifying properties held by this milky sulfur spring water. At Tsuchiyu Onsen which sits alongside a mountain stream, you can enjoy a bountiful flow of water and 13 different water types. As each onsen area has been noted for their recuperative value from long ago, there are many people who stay at them for long periods. Relieve tiredness from traveling while taking in Japan's beautiful natural scenery.

**Access** 📍 Iizaka Onsen: Yuzawa, Iizaka-cho, Fukushima City, Fukushima (From JR Fukushima Station transfer to the Fukushima Kotsu Iizaka Line and after about 25 minutes get off at Iizaka Onsen)  
Takayu Onsen: Niwazaka, Fukushima City, Fukushima (About 30 minutes by car from JR Fukushima Station)  
Tsuchiyu Onsen: Tsuchiyu Onsen-cho, Fukushima City, Fukushima (About 40 minutes by car from JR Fukushima Station)

## Theme Park with Six Giant Onsen

**Spa Resort Hawaiians**

Spa Resort Hawaiians is a popular theme park, where you can enjoy various onsen. There's a gigantic onsen pool where you feel as if you're in a tropical country. There's the world's biggest rotomburo (outdoor bath) that's like travelling back to ancient Japan. And, a waterslide that's 283m long with a 40.5m drop. These are some of the many things you can only enjoy at this onsen.



**Access** 📍 50, Warabidaira, Fujiwaramachi, Joban, Iwaki- City, Fukushima  
(About 15 minutes by free shuttle bus or 10 minutes by car from JR Yumoto Station)

Sakura cherry trees in spring and crimson leaves in the fall



## A Blustery Plateau Brimming with Greenery

**Koriyama Nunobiki Kaze no Kogen (Kaze no Highland)**

Referred to as the Windy Plateau, this highland is home to 33 power-generating wind turbines, each 100m tall, lined up like giants, tuning slowly as they intake the gales provided by mother nature. It's a popular spot with a sweeping view of Mt. Bandai and Lake Inawashiro. There's an observation platform and a walking course, and rapeseed flowers in the spring, sunflowers in the summer and cosmos in the fall are in full bloom.



**Access** 📍 Akatsubatouhara, Konanmachi, Koriyama City, Fukushima (Tohoku Expressway : 70 minutes by car from Koriyama South Interchange, Banetsu Expressway : 60 minutes by car from Bandai Atami Interchange)

## Chaotic History Calmly Relayed by a Castle

**Komine Castle**

Komine Castle is a renowned castle that was largely rebuilt by Niwa Nagashige in 1632, during the early Edo period. The beautiful stone-walled and graceful Sanjuyagura castle was largely burned down during the Boshin War (1868 to 1869). But, it was faithfully restored using wood in the Heisei era (1989 to 2019) based on excavation, research and Edo period drawings. It's also been selected as one of Japan's Top 100 Castles.

**Access** 📍 Kakunai, Shirakawa City, Fukushima  
(About a 5 minute walk from JR Shirakawa Station)





Hand kneaded noodles

## Enjoy Picking Peaches in a Vast Pink Peach Orchard

### Peaches


Fukushima is a famous peach production region where many delicious fruits are harvested. Its peaches in particular, are juicy and firm and have outstanding sweetness. In the west part of Fukushima City, there's National Route 13 called the Peach Line which has many orchards where you can enjoy picking peaches. Harvest season is from July to September.



## A Place where Specialty Ramen Shops Compete Fiercely

### Shirakawa Ramen

The chewy hand-made noodles tangle in a robust soup for a superb flavor in Shirakawa Ramen. There are many shops in Shirakawa City, and each shop owner is constantly pursuing a unique tastiness, which builds Shirakawa City's ramen culture.



Why not try some with beer?

## 20 to 30 Gyoza on One Plate

### Disk Gyoza Dumplings

These popular disk-shaped gyoza are fried in a pan then moved in one piece onto a plate. The crisp yet soft exterior combined with the juicy meat and hearty cabbage fillings' flavor spreads out in your mouth, an irresistible taste you'll want to savor. Eat them while still hot with the special secret sauce of each shop.


## Japan's Biggest 12m Long Straw Sandal

### Waraji Festival

Waraji are traditional Japanese footwear. In this festival a 12m long giant waraji is carried to Haguro Shrine and dedicated in a ceremony held from long ago. The festival is over three days, and there's a gorgeous dance, Waraji Odori, accompanied by a drum corps and many other events.



**Date** 🏰 Held in early August **Access** 📍 Route 13, Nobuo Street (About a 5 minute walk from JR Fukushima Station)



Why don't you go to the famous Sakura site?

## Celebrating Spring with Various Events at Tsuruga-jo Castle

### Tsuruga-jo Castle Sakura (Cherry Tree) Festival

The Tsuruga-jo Castle festival is held from early April to early May when the Sakura bloom. Enjoy the fantastic beauty of 1,000 Sakura trees in full bloom in the night sky at the 'Tsuruga-jo Castle Park Illumination' and many other events at the Tsuruga-jo Castle festival. Here you can experience the distinctive Japanese spring scenery of beautiful Sakura and lofty white Tsuruga-jo Castle.

**Date** 🏰 Held from early April to Early May

**Access** 📍 1-1, Otemachi, Aizuwakamatsu City, Fukushima (10 minutes by bus from JR Aizuwakamatsu Station)



# Tourist Information Center

The 42 Tourist information centers in the Tohoku region are all connected with an online video chat service. We provide information to you in real time.

## Explanatory Notes

- ☎ : Phone
- 🌐 : Languages
- 🌐 : URL
- 📶 : Wi-Fi Available for free
- 🕒 : Hours of Operation

## Aomori

**2 Aomori Aomori Prefecture Tourist Information Center**

☎ 017-734-2500  
🌐 <https://www.en-aomori.com/>  
🕒 9:00-19:00 (Apr.-Oct.)  
9:00-18:00 (Nov.-Mar.)  
● English, Chinese, Korean

**3 Aomori Aomori City Tourist Information Center**

☎ 017-723-4670  
🌐 <https://global.atca.info/>  
🕒 8:30-19:00 (8:30-17:00 on 31 Dec., 1 Jan.)  
● English

**4 Aomori Airport Aomori Airport Information Center**

☎ 017-739-2007  
🌐 <https://www.aomori-airport.co.jp/en/>  
🕒 8:30-20:30  
● English, Chinese, Korean

**5 Hirosaki Hirosaki Tourist Information Center**

☎ 0172-26-3600  
🌐 <http://www.hirosaki-kanko.or.jp/en/>  
🕒 8:45-18:00  
● English

**6 Hachinohe Hachinohe General Tour Information Plaza**

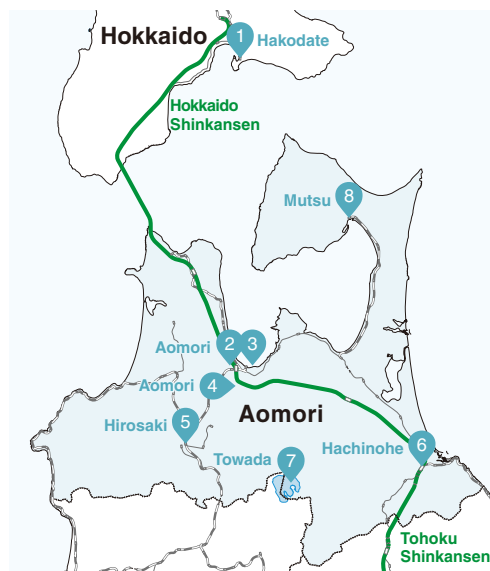
☎ 0178-27-4243  
🌐 <https://visithachinohe.com/en/>  
🕒 9:00-19:00 (9:00-17:00 on 30 Dec., 1 Jan. and 2 Jan.)  
● English, Chinese(Not always)

**7 Towada Lake Towada Tourist Information Center**

☎ 0176-75-1531  
🌐 <https://www.towada.travel/en/index>  
🕒 9:00-17:00  
● English, Chinese, Korean

**8 Mutsu Shimokita Tourist Information Center**

☎ 0175-34-9095  
🌐 <https://gururin-shimokita.com/>  
🕒 9:00-19:00  
● English



## Hokkaido

**1 Hakodate Hakodate Tourist Information Center**

☎ 0138-23-5440  
🌐 <https://www.hakodate.travel/en/>  
🕒 9:00-19:00 (Apr.-Oct.)  
9:00-17:00 (Nov.-Mar.)  
● English, Korean

## Japan's Most Famous Night View Mt. Hakodate

It is a 3 minute ride to the top of the mountain by ropeway. The night view lights from the top of the 334m high Mt. Hakodate make the landscape appear as if beautiful jewels.

**Access** 📍 About 10 minutes by car from JR Hakodate Station



Fantastic beauty

©City of Hakodate

## Service&Facilities

### Category 1: [ Cat 1 ]

**Coverage area:** Within the city / prefecture  
**Language:** No full-time staff with foreign language skills on duty, but service is available with minimal English, and other languages may sometimes be available.

### Category 2: [ Cat 2 ]

**Coverage area:** Neighboring prefectures  
**Language:** English-speaking staff are on duty full-time

### Category 3: [ Cat 3 ]

**Coverage area:** All over Japan  
**Language:** Service is available in English and 2 other languages, full time.

## Iwate

**9 Morioka Iwate/Morioka Regional Tourist Information Center**

☎ 019-625-2090  
🌐 <http://www.odette.or.jp/>  
🕒 9:00-17:30  
● English

**10 Miyako Miyako Tourist Information Center**

☎ 0193-62-3534  
🌐 <http://www.kankou385.jp/>  
🕒 9:00-18:00  
● English, Italian

**11 Hanamaki Hanamaki Tourist Information Center**

☎ 0198-31-2244  
🌐 <https://www.kanko-hanamaki.ne.jp/en/>  
🕒 9:00-18:00 (Apr.-Sep.)  
9:00-17:30 (Oct.-Mar.)  
● English

**12 Hanamaki Airport Iwate Hanamaki Airport INFORMATION DESK**

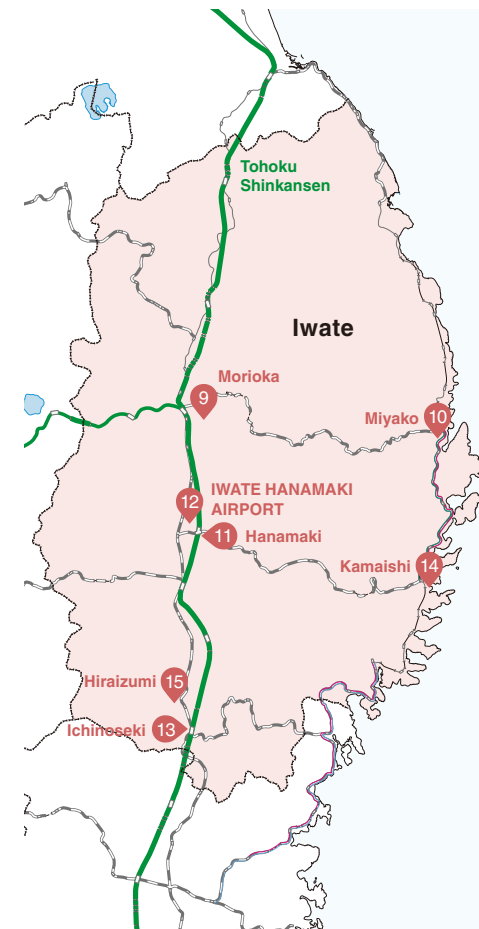
☎ 0198-26-5011  
🌐 <https://www.hna-terminal.co.jp/en/>  
🕒 8:00-19:00  
● English

**13 Ichinoseki Ichinoseki Tourist Information Center**

☎ 0191-23-2350  
🌐 <https://www.ichitabi.jp/index.php>  
🕒 9:00-17:00  
● English, Chinese

**14 Kamaishi Kamaishi tourist information center**

☎ 0193-22-5835  
🌐 <http://kamaishi-kankou.sakura.ne.jp/wp/>  
🕒 9:00-18:00  
● English



**15 Hiraizumi Hiraizumi Tourist Information**

☎ 0191-46-2110  
🌐 <http://hiraizumi.or.jp/en/>  
🕒 8:30-17:00  
● English, Chinese



## Explanatory Notes


☎ : Phone    🌐 : URL    ⌚ : Hours of Operation    🗣 : Languages    📶 : Wi-Fi Available for free

## Miyagi

**16 Sendai** **Sendai Tourist Information Center**

☎ 022-222-4069  
🌐 <https://www.senia-sendai.jp/english-guide/>  
⌚ 8:30-19:00  
(9:00-17:00 31 Dec. - 3 Jan.)  
🗣 English

[ Cat 2 ]



**17 Sendai** **SENDAI Tourist Information Desk**

☎ 080-2815-8321  
🌐 <https://i-sendai.jp/>  
⌚ 10:00-19:30  
\*Subject to change  
🗣 English, Chinese, Korean

[ Cat 2 ]



**18 Sendai Airport** **TOHOKU TOURIST INFORMATION**


☎ 022-383-6741  
🌐 <https://www.tourist-information-center.jp/tohoku/sendai/en/>  
⌚ 9:00-20:00  
🗣 English, Chinese, Korean

[ Cat 2 ]



**19 Kesennuma** **Kesennuma Station tourist center**


☎ 0226-22-4669  
🌐 <https://kesennuma-kanko.jp/>  
⌚ 8:30-17:00  
🗣 English



**20 Shiroishi** **Shiroishi Tourist Information Center**

☎ 0224-26-2042  
🌐 <http://shiroishi.ne.jp/>  
⌚ 9:00-17:30  
🗣 English

[ Cat 1 ]



**21 Osaki** **Furukawa Station Tourist Information**

☎ 0229-24-0062  
🌐 <https://www.mo-kankoukousya.or.jp/publics/index/295/?1566538650>  
⌚ 9:00-17:00  
🗣 English

[ Cat 1 ]



**22 Matsushima** **Matsushima Information Center**


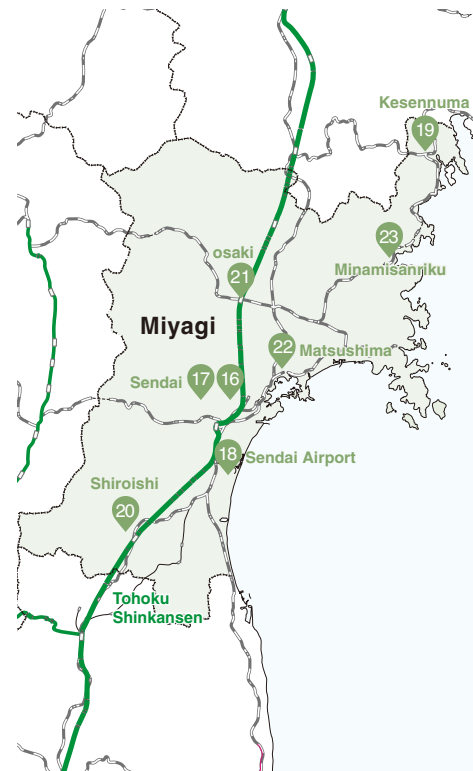
☎ 022-354-2618  
🌐 <https://www.matsushima-kanko.com>  
⌚ 8:30-17:00  
(8:30-16:30 Dec.-Mar.)  
🗣 English, Chinese, Korean

[ Cat 2 ]



**23 Minamisanriku** **Minamisanriku Tourist Information**

☎ 0226-25-8903  
🌐 <https://www.m-kankou.jp/english/>  
⌚ 9:00-17:00  
🗣 English

## Akita

**24 Akita** **Akita City Tourist Information Center**

☎ 018-832-7941  
🌐 <https://www.akita-yulala.jp/en/>  
⌚ 9:00-19:00 (Apr.-Oct.)  
9:00-18:00 (Nov.-Mar.)  
🗣 English

[ Cat 2 ]



**25 Odate** **Odate City Tourist Information Center**

☎ 0186-57-8120  
🌐 <http://www.dodasuka.com/>  
⌚ 9:00-17:00  
🗣 English

[ Cat 1 ]



**26 Yurihonjo** **Akita Yashima, Chokai Tourist Information Center**


☎ 0184-56-2236  
🌐 <http://www.obako5.com/>  
⌚ 9:00-12:00, 13:00-17:00



**27 Oga** **Oga Station Tourist Information Center**

☎ 0185-24-2100  
🌐 <https://oganavi.com/>  
⌚ 9:00-17:00  
🗣 English


[ Cat 1 ]



**28 Daisen** **Daisen Tourist Information Center-Grand Port**

☎ 0187-86-0888  
🌐 <http://daisenkankou.com/>  
⌚ 9:00-18:00  
🗣 English


[ Cat 1 ]



**29 Semboku** **Kakunodate Tourist Information Center**

☎ 0187-54-2700  
🌐 <https://tazawako-kakunodate.com/>  
⌚ 9:00-18:00 (Apr.-Sep.)  
9:00-17:30 (Oct.-Mar.)  
🗣 English


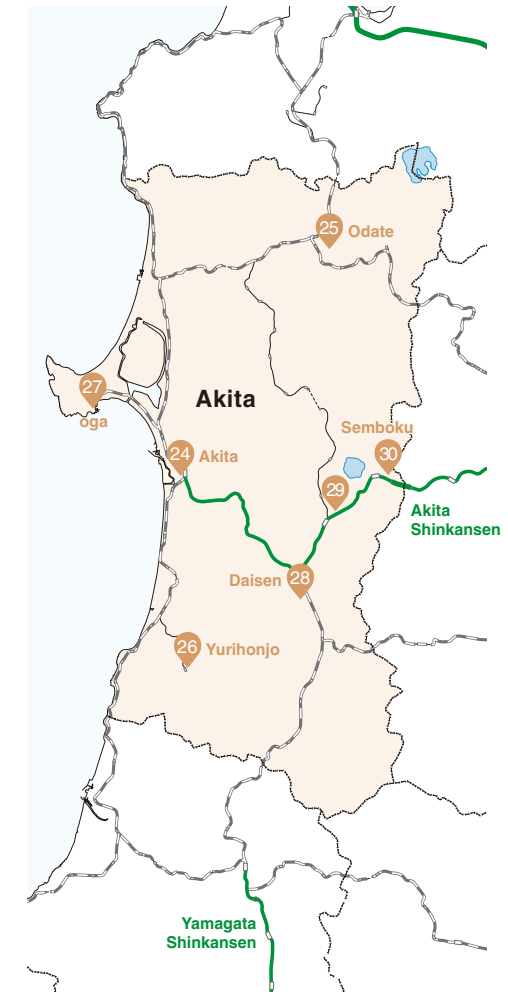
[ Cat 1 ]



**30 Semboku** **Tazawako Tourist Information Center**

☎ 0187-43-2111  
🌐 <https://tazawako-kakunodate.com/>  
⌚ 8:30-17:15  
🗣 English, Korean

[ Cat 2 ]



## Explanatory Notes

☎ : Phone    🌐 : URL    🕒 : Hours of Operation    🗣 : Languages    📶 : Wi-Fi Available for free

# Yamagata

**31 Yamagata Yamagata City** Tourist Information Center

☎ 023-647-2266  
🌐 <http://www.kankou.yamagata.yamagata.jp/db/>  
🕒 9:00-17:30  
🗣 English


[ Cat 2 ]



**32 Yonezawa Okitama** Tourist Information Center

☎ 0238-24-2965  
🌐 <http://yamagatakanko.com.e.db.hp.transer.com/>  
🕒 8:00-18:00  
🗣 English

[ Cat 2 ]



**33 Yonezawa Michi-no-Eki Yonezawa** Tourist Information

☎ 0238-40-8400  
🌐 <http://yamagatakanko.com.e.db.hp.transer.com/>  
🕒 9:00-18:00  
🗣 English, Chinese


[ Cat 2 ]



**34 Tsuruoka Tsuruoka** Tourist Information Center

☎ 0235-25-7678  
🌐 <https://www.tsuruokacity.com/>  
🕒 9:00-17:30  
🗣 English


[ Cat 2 ]



**35 Shinjo Mogami** Information Center

☎ 0233-28-8881  
🌐 <http://www.ecopolis.or.jp/index.html>  
🕒 9:00-18:00  
🗣 English


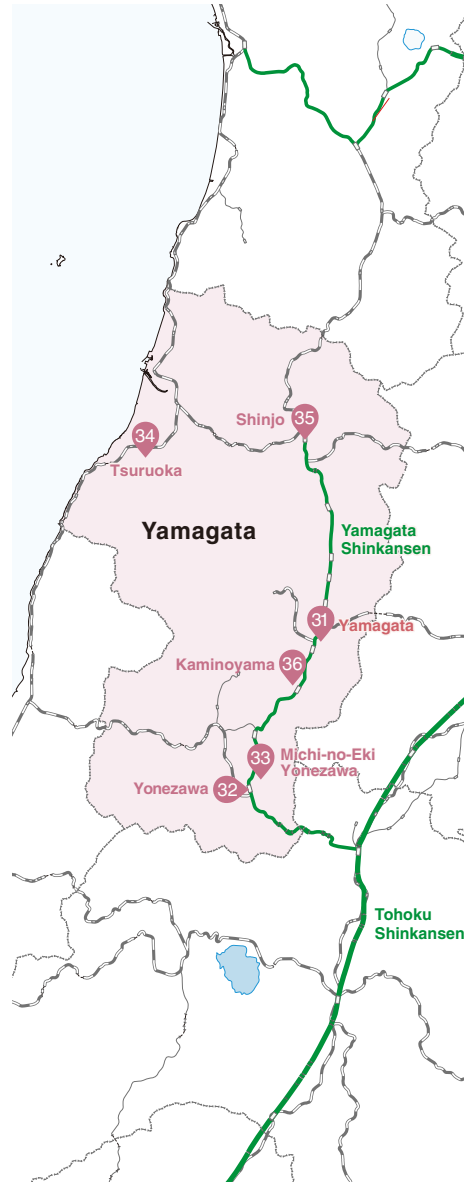
[ Cat 1 ]



**36 Kaminoyama Kaminoyama Onsen** Tourist Information Center

☎ 023-672-5703  
🌐 <http://kaminoyama-spa.com/>  
🕒 9:00-19:00  
🗣 English

[ Cat 1 ]

# Fukushima

**37 Fukushima Fukushima City** Tourist Information Center (JR Fukushima Sta. West Exit)

☎ 024-531-6428  
🌐 <https://www.f-kankou.jp/en/>  
🕒 9:00-18:00  
🗣 English, German, Spanish

[ Cat 2 ]



**38 Fukushima Iizaka** Tourist Information Center

☎ 024-542-6421  
🌐 <http://iizaka.info/>  
🕒 9:00-18:00  
🗣 Korean, English



**39 Aizuwakamatsu Aizuwakamatsu Station** Tourist Information Center

☎ 0242-32-0688  
🌐 <https://aizuwakamatsu.mylocal.jp/trip/en/>  
🕒 9:00-17:30  
🗣 English

[ Cat 2 ]



**40 Koriyama Koriyama** Tourist Information Center

☎ 024-924-0012  
🌐 <https://www.kanko-koriyama.gr.jp/>  
🕒 9:00-17:30  
🗣 English, Chinese (Not always)

[ Cat 2 ]



**41 Iwaki Iwaki City** Tourist Information Center

☎ 0246-23-0122  
🌐 <http://kankou-iwaki.or.jp/>  
🕒 10:00-18:00

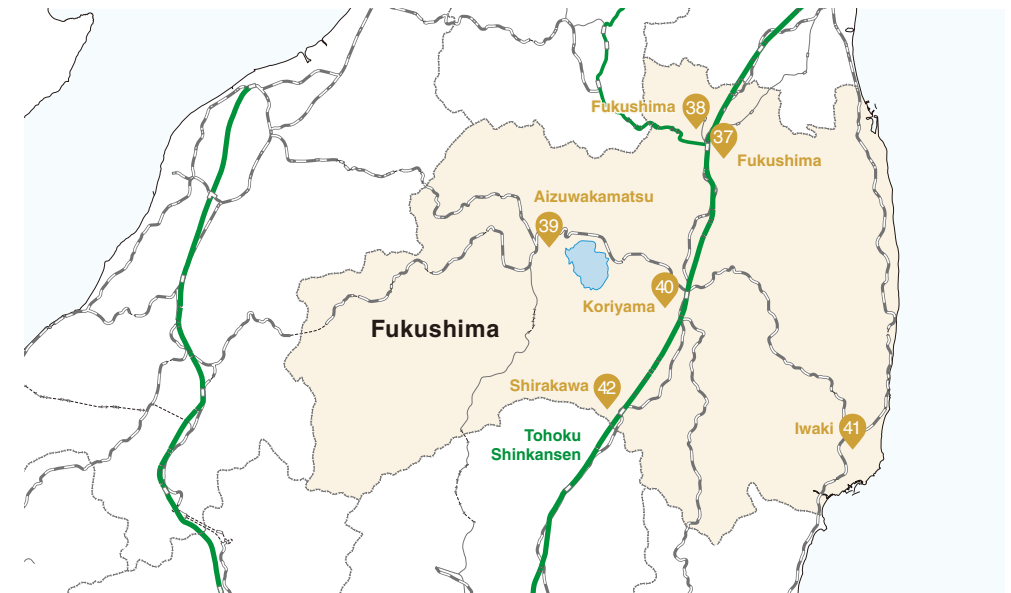
[ Cat 1 ]



**42 Shirakawa ShinShirakawa Wide Area** Tourist Information Center

☎ 0248-27-2287  
🌐 <http://shirakawa315.com/eng/index.html>  
🕒 9:00-17:00 (Nov.-Feb.)  
9:00-18:00 (Mar.-Oct.)  
🗣 English

[ Cat 1 ]



# Railway

\* From Tokyo Station to Sendai Station, the Tohoku Shinkansen operates at a rate of 80 trains per day on weekdays, and about 90 trains per day on weekends and on public holidays.



## ROUND TRIP TO TOHOKU

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