

Enjoy abundant marine products off the rugged coastline

石巻
気仙沼

Ishinomaki and Kesennuma

areas 石巻・気仙沼エリア

Various views can be seen from the rugged coastline of Miyagi Prefecture—from Ishinomaki to Oshika Peninsula, Minami Sanriku and Kesennuma and the abundant marine products vary from area to area. The Ishinomaki and Kinkasan areas have plentiful catches of sea squirts, sea urchins and saury, Minami Sanriku and Kesennuma areas have catches of shark fin, tuna and abalone. Enjoy the gourmet food each area has to offer.

ISHINOMAKI



Ishinomori Manga Museum (Ishinomaki City)

石ノ森萬画館(石巻市)

You can see popular characters created by Ishinomori Shotaro, such as Cyborg 009 and Kamen Rider. This museum has a library with lots of comic books and video materials.

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KESENNUMA



Ogama and Hanzo (Kesennuma City)

巨釜・半道(気仙沼市)
These are two points of land located on the east side of the Karakuwa Peninsula. "Oreishi" (broken stone pillar) at Ogama Point is worth seeing. There is a succession of strange and bizarre marble rock formations formed by sea water erosion.



Sant Juan Bautista Museum (Ishinomaki City)

宮城県歴史博物館(石巻市)

A reconstruction of Sant Juan Bautista, which carried the Keicho trade mission to Europe including Hasekura Tsunenaga as the crew's leader (around 1600, Keicho era), is exhibited.



Kinkasan Island (Ishinomaki City)

金華山(石巻市)

This is a divine mountain island with a 26-kilometer perimeter, and monkeys and deer living in the primeval forests. Koganeyama Shrine, located on a mountain side, is one of the three major sacred places in the Tohoku region.



Tashirojima, Cat Island (Ishinomaki City)

田代島 猫の島(石巻市)

On Tashirojima Island, cats are believed to bring good luck in the form of large catches for local fisherman, thus they have been revered since long ago. Neko Jinja (Cat Shrine) on the island was built to honor the animals, which can be found all over the island. Many tourists visit the island to see the cats for themselves.



Kamiwarizaki (Minami-Sanriku Town, Ishinomaki City)

神割崎(南三陸町・石巻市)

Scenic area with a local legend that god split the cliff in half. Spectacular to see the waves raging violently through the gap in the cliffs.



Mt. Tokusenjo (Kesennuma City)

徳仙丈山(気仙沼市)

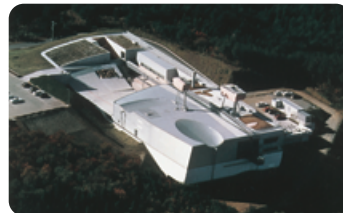
A mountain with an elevation of 711 meters, and wild azalea (Rhododendron kaempferi var. kaempferi and Rhododendron japonicum) which are said to be the largest group of azaleas in Miyagi Prefecture. From mid May to early June is the best season for seeing them.



Iwaisaki (Kesennuma City)

岩井崎(気仙沼市)

The southernmost point of land in the Sanriku Fukko National Park is famous for the rocks that spout sea water. At ebb tide when the waves are especially turbulent, the spray of water is even more dynamic.



Rias Ark Museum of Art (Kesennuma City)

リアス・アーク美術館(気仙沼市)

The museum opened fully in April 2013 with the addition of a new permanent exhibition "Record of the Great East Japan Earthquake and Tsunami Disasters in History." Tsunami disasters and the history of the local area are presented in an easy-to-understand display of records and memories of the earthquake.



Shopping street for reconstruction

(Ishinomaki City, Kesennuma City, Onagawa Town, Minami-Sanriku Town)

復興商店街(石巻市・気仙沼市・女川町・南三陸町)
Shopping streets in the coastal areas hit by the Great East Japan Earthquake have restarted their business in temporary stores. There are various stores from restaurants using fresh local products including seafood to stores selling daily necessities such as clothing. Purchasing something at these shopping streets is one way of helping the disaster-stricken areas. Please take this opportunity to shop there.



Ishinomaki and Kesennuma fishing ports

石巻・気仙沼の漁港

Off the Sanriku coast there are abundant marine treasures. The Ishinomaki and Oshika Peninsula areas are close to the Kinkasan-Sanriku fishing grounds, one of the world's three major fishing grounds. It is famous for catches of bonito and mackerel branded as Kinka Brand. It is also famous for catches of sea squirt and whales. Kesennuma has the largest catch of shark fin, as well as catches of abalone. There are marine product markets that sell fresh fish and shellfish in these areas.



Shark fins (in Kesennuma City)

フカヒレ(気仙沼市)

Kesennuma City has the largest production of dried shark fins that are popular as a high class Chinese food ingredient. You can enjoy various dishes from dried shark fin including sushi and ramen noodles here.



Sea squirt

ホヤ

Sea squirt is also called sea pineapple. It is a delicacy in spring and summer in Sanriku. It can be eaten with sweetened vinegar or sliced raw.

Saury (Onagawa Town and Kesennuma City)

サンマ(女川町・気仙沼市)

Onagawa and Kesennuma ports are both proud of the largest catches of saury in Japan. In autumn a lot of fat and fresh saury is sold in many local markets. Grilled saury with salt, of course, is delicious, but they can also be eaten sliced raw, which is a luxury particularly at the port towns.

