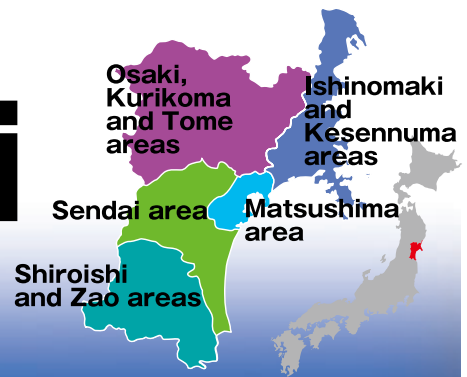


Discover the Wonders

# Journey in Miyagi



A lively city  
with one million people

**Sendai area**

Indulge in delicacies at one  
of the three most scenic spots  
in Japan

**Matsushima area**

Experience nature  
and country life

**Osaki, Kurikoma  
and Tome  
areas**

Enjoy abundant marine products  
off the rugged coastline

**Ishinomaki  
and Kesennuma  
areas**

Relax amongst the surrounding  
nature and hot springs

**Shiroishi  
and Zao  
areas**





## A lively city with one million people

# 仙台 Sendai area 仙台エリア

It has been 400 years since Date Masamune constructed Sendai Castle. Sendai was the largest and prosperous castle city in Northern Honshu (the main island of Japan). It is known as the City of Trees with rows of zelkova and ginkgo trees, with natural surroundings such as the Hirose River and Mt. Aobayama. You can enjoy walking around historic places and shopping malls extending east-west and north-south in fresh air.



### Site of Sendai Castle (Aoba-ku, Sendai City)

仙台城跡(仙台市青葉区)  
This castle was constructed on Mt. Aobayama by Date Masamune. At the site, there is a panoramic view of Sendai City and a reconstructed corner turret will take you back to the old days.



### Tourist information

- Sendai City Tourist Information Center (JR Sendai Station 2F)
- Sendai International Center Koryu Corner

tel.022-222-4069  
tel.022-265-2471



### Sendai Umino-mori Aquarium (Miyagino-ku, Sendai City)

仙台うみの杜水族館(仙台市宮城野区)  
Opened in July of 2015, the new aquarium has it all, with a giant tank themed after the local Sanriku Coast, an exhibition of the Hirosegawa River ecosystem, dolphin and sea lion shows, and opportunities to interact with some of the animals, including feeding and walking amongst the penguins. There is also a food court on the first floor.



### Loople Sendai (Aoba-ku, Sendai City)

るーぷる仙台(仙台市青葉区)  
Sightseeing circular route buses depart from JR Sendai Station at intervals of 15-20 minutes. On this bus you can efficiently tour around sightseeing spots in the city center.  
One-ride ticket: ¥260 for adult and ¥130 for child 12 years or younger  
One-day ticket: ¥620 for adult and ¥310 for child 12 years or younger



### Zuihoden Mausoleum (Aoba-ku, Sendai City)

瑞鳳殿(仙台市青葉区)  
A mausoleum for Date Masamune constructed by Date Tadamune, the second lord of the Sendai domain in 1637. The original construction was of the gorgeous and splendid Momoyama style, and designated as a national treasure, but was burned in the bombing during World War II. It was reconstructed to its original appearance.



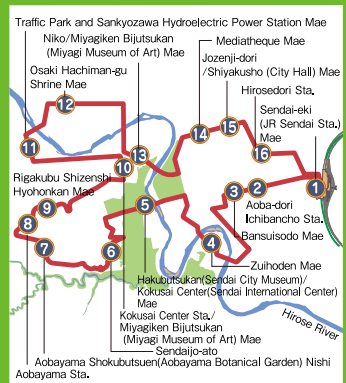
### Osaki Hachimagu Shrine (Aoba-ku, Sendai City)

大崎八幡宮(仙台市青葉区)  
This shrine was erected northwest of Sendai Castle by Date Masamune. The building features the gorgeous and splendid Momoyama style. This rare construction conveys the prestige of the Date clan. It is crowded with worshippers wishing for health and prosperity on January 14 every year when the Dontosai (bonfire festival) takes place.



### Sendai City Museum (Aoba-ku, Sendai City)

仙台市博物館(仙台市青葉区)  
This museum has a collection of about 90 thousand items on Sendai, including cultural properties contributed by the Date clan. Do not miss seeing the items related to the Keicho mission to Europe (around 1600) and designated as a National Treasure, as well as an suit of armor of Date Masamune, which is an important cultural property. (Note that you need to check when they are exhibited.)



### Vlandome Ichibancho



### S-PAL in JR Sendai Sta.

**Shopping street (Aoba-ku, Sendai City)**  
ショッピングストリート(仙台市青葉区)  
Streets from JR Sendai Station to Jozenji-dori Avenue to Minamimachi-dori Avenue from a large shopping zone that consists of six arcades. Near the Station there are volume sellers of home electronics, which are very crowded.



### Kokubuncho

国分町  
This is the "largest forest of neon" in the Tohoku region with over 3,000 restaurants. It is crowded with business people and others on weekends.



### Beef tongue

牛たん  
Grilled beef tongue slices originated in Sendai. They are popular due to the unique, deep taste and flavor of the tongue rich in a tasty juice. A must is a set of grilled beef tongue slices, boiled barley and rice, and an oxtail soup.



### Mitsui Outlet Park Sendai Port (Miyagino-ku, Sendai City)

三井アウトレットパーク仙台港(仙台市宮城野区)  
The largest outlet mall in Tohoku features approximately 120 shops and restaurants. The complex boasts a food court with an array of tastes and a 50-meter Ferris wheel on site, making this a must for a full day of shopping and family fun.



### Sendai-Izumi Premium Outlets (Izumi-ku, Sendai City)

仙台泉プレミアムアウトレット(仙台市泉区)  
Modeled after the image of a town in the Northeastern United States, this complex houses more than 80 luxury brand and household goods shops. Along with neighboring Izumi Park Town Tapio, this shopping spot consists of 160 stores.



### Sendai Tanabata Festival (Aoba-ku, Sendai City)

仙台七夕まつり(仙台市青葉区)  
A traditional event that has continued since the times of Date Masamune. It is considered as one of the three great festivals in the Tohoku region. In the central arcades, and the shopping streets around them, there are about 3,000 tanabata bamboo decorations, small and large, swinging in the wind. On the eve of the festival, the Tanabata Fireworks Display is held, crowded with many spectators. Tanabata takes place on August 6th-8th (An eve is on 5th).



### Sendai Pageant of Starlight (Aoba-ku, Sendai City)

SENDAI光のページェント(仙台市青葉区)  
Electric lights decorating the Zelkova trees on Jozenji street and Aoba street color the night sky of Sendai. From 17:30 to 23:00 during December. (Till 24:00 on Dec 31.)  
They are simultaneously put out and lit again one minute later, three times at 18, 19 and 20 o'clock, which is called the starlight wink. There are also various events such as a Santa Claus parade called the Story of Santa's Forest.



## Akiu Onsen area 秋保温泉エリア



### Akiu Onsen (Taihaku-ku, Sendai City)

秋保温泉(仙台市太白区)

A prominent hot spring in the Tohoku region with the stream of the Natori River in the background and the surrounding mountains bring new beauty each season. There are many recommended spots to see in the area.

### Akiu Traditional Crafts Village (Taihaku-ku, Sendai City)



秋保工芸の里(仙台市太白区)

There are many workshops in this crafts village, of kokeshi dolls (traditional wooden dolls), umoregi-zaiiku (traditional wood crafts), Sendai tansu (chest) and Edo koma (traditional tops) craftsmen. Not only can you buy their products, but you can also see how they make them. Furthermore, you can even paint on the products for a charge.

### Akiu Otaki (Great Falls) (Taihaku-ku, Sendai City)

秋保大滝(仙台市太白区)

This is one of the three great falls in Japan, powerful and overwhelming, 55 meters high and 6 meters wide. There is an observation platform in the back of Akiu Otaki Fudosen (Buddhist temple), and a path to the falls.



## Sakunami Onsen area 作並温泉エリア



### Sakunami Onsen (Aoba-ku, Sendai City)

作並温泉(仙台市青葉区)

This hot spring resort is located in the mountainous, upstream area of the Hirose River a marked feature of Sendai City with a feeling of simplicity and calmness.



### Gokurakusan Saihoji Temple (Jogi Nyorai) (Aoba-ku, Sendai City)

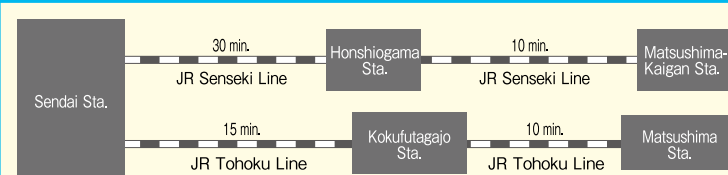
極楽山西方寺(定義如来)(仙台市青葉区)

An old Buddhist temple said to grant people wishes for marriage or having babies. It is usually called "Jogi Nyorai." In front of it are many stores.

Enjoy the beauty of one of the three most scenic spots of Japan, an area closely connected to the great haiku poet Matsuo Basho and offers delicious cuisine.

# 松島 Matsushima area 松島エリア

When Basho visited Matsushima on June 25, 1689, he wrote that Matsushima was the greatest scenery in Japan in his book of travels in the Tohoku region. The view of Matsushima, with its over 260 small islands, is nothing short of being one of three most scenic spots of Japan. It is also beautiful when lit by the moon light, or covered with snow. It has various delicious delicacies, including oysters.



## Sightseeing at Matsushima Bay

松島湾観光

There are various cruise trips, including cruises around the islands in the bay starting and returning to the Matsushima Sightseeing Pier, and regular sightseeing lines to Shiogama City. Enjoy close-up views of the beautiful islands.

## Tourist information

● Matsushima Kaigan Station V Information Center

tel.022-354-2263



### Zuiganji Temple (National Treasure) (Matsushima Town)

瑞巖寺(国宝)(松島町)

This is a zen Buddhist temple with a long history dating from the ninth century, which was favorably maintained as the family temple of the Date clan, the feudal lord of Sendai in the 17th - 19th centuries. It is characterized by the gorgeous Momoyama style (architecture style of the late 16th century), with the main hall and priest's living quarters, which are national treasures of Japan, and the Onarimon Gate and the Nakamon Gate, which are important cultural properties of Japan.



### Godaido (Matsushima Town)

五大堂(松島町)

By tradition, this worship hall originated as an enshrinement for the god of treasure called Bishamonen by Sakamoue-no-Tamuramaro, an ancient general, in 807. This is a symbol of Matsushima and also a sightseeing spot. It was constructed as a one-story structure with a pavilion roof on an island to which there is a red bridge with gaps to see the water below.



### Shiogama Shrine (Shiogama City)

鹽竈神社(塩竈市)

This Shinto shrine has a history of over 1200 years as the shrine of the highest rank in Mutsu (now Tohoku region). The present shrine was constructed as the benefaction of the Date clan, the feudal lord of Sendai in the 17th - 19th centuries. Shiogama-zakura (cherry blossom trees), a natural treasure of Japan, are in full bloom early May.



### Tamonzan (Shichigahama Town)

多間山(七ヶ浜町)

This is one of the four great scenic spots of Matsushima, commanding a spectacular view of Matsushima Bay. It is a 10-minute walk from the parking lot of the Tamonzan observation park.



### Entsuin Temple (Matsushima Town)

円通院(松島町)

This was the family temple of Date Mitsumune, a grandson of Date Masamune. A statue of Mitsumune is worshipped in a mausoleum called Sankeiden. There is the small cabinet shrine (zushi) in the mausoleum ornamented with drawings of western-style motifs such as a rose and a heart. This is also a scenic spot for autumn leaves, and the area is lit up at night. You can also experience making a Buddhist rosary.



### Sagakei Cliff (Higashimatsushima City)

嵯峨渓(東松島町)

This is one of the three great cliff views in Japan. In contrast to the other views of Matsushima, the white cliff looks more rugged because it has been eroded by violent waves, winds and rains of the Pacific Ocean. There are cruises in which you can see the area closely.



### Kanrantei (Matsushima Town)

観瀾亭(松島町)

This traditional tea room from Fushimi Castle was bestowed on Feudal Lord Date Masamune by Toyotomi Hideyoshi. It was moved to its current location by Lord Masamune's son and successor Tadamune in order to enjoy cool days and moon viewing. The museum portion displays valuable belongings connected to the Date Clan. Visitors can enjoy tea and snacks while taking in the beautiful bay.



### Shiogama Suisanbutsu Nakaoroshi Ichiba (marine product market) (Shiogama City)

塩釜水産物仲卸市場(塩竈市)

This is a large-scale market with as many as about 120 marine food stores for lined in rows within a large building. Middlemen and general consumers are allowed to buy here. You can buy fresh fish and shellfish and processed marine food at low prices. At restaurants in the market, you can eat sashimi (slices of raw fish) that you have just bought, with the sashimi put on a bowl of cooked rice (Note that they do not cook the food you purchased there.)



## Oysters

かき

Miyagi Prefecture is a center of oyster production and proud to have the second largest production in Japan. Oyster cultivation is prosperous in the coastal area, especially in Matsushima. Oysters in Matsushima Bay are smaller with firmer meat and full of flavor. (October through March)

## Sushi

寿司

Sushi with fresh fish/shellfish caught off the Pacific coast of the Tohoku region is a pride of Miyagi Prefecture. Especially in Shiogama City, where the largest amount of tuna is landed in Japan, there are a lot of popular sushi restaurants.



### Michinoku Date Masamune Historical Museum (Matsushima Town)

みちのく伊達政宗歴史館(松島町)

This museum reconstructs 25 major events in the life of Date Masamune with 200 wax figures. It also has 50 wax figures of other great people in the Tohoku region, including Dazai Osamu, a novelist, and Miyazawa Kenji, a poet.



### Tohoku History Museum (Tagajo City)

東北歴史博物館(多賀城市)

This museum was opened to provide hands-on exhibitions as a base for transmitting the history and culture of the Tohoku region. It has a general exhibition hall and a special exhibition hall where the history of the Tohoku region from the Old Stone Age to the present is displayed. It also has a Children's History Museum where children can enjoy hands-on experiences such as making a fire.

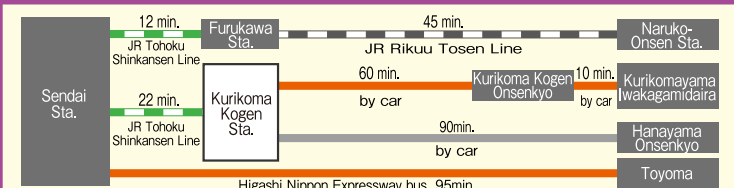


## Experience nature and country life

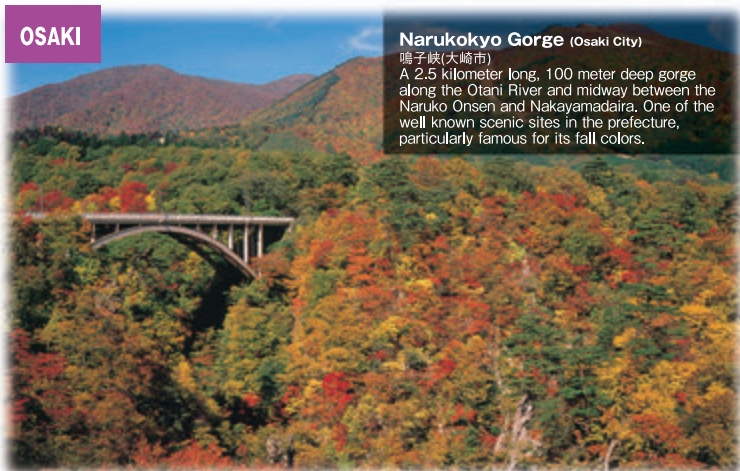
大崎  
栗駒  
登米

# Osaki, Kurikoma and Tome areas 大崎・栗駒・登米エリア

The northern area of Miyagi Prefecture is a vast agricultural area. It is the center of agriculture, forestry and stock farming in "Food Kingdom Miyagi." Experience rice farming, vegetable cultivation, local craft making, etc., while enjoying exchanges with local people. Hot spring resorts such as Naruko, Hanayama and Kurikoma will become unforgettable.



### OSAKI



#### Narukokyo Gorge (Osaki City)

鳴子峡(大崎市)  
A 2.5 kilometer long, 100 meter deep gorge along the Otani River and midway between the Naruko Onsen and Nakayamadaira. One of the well known scenic sites in the prefecture, particularly famous for its fall colors.

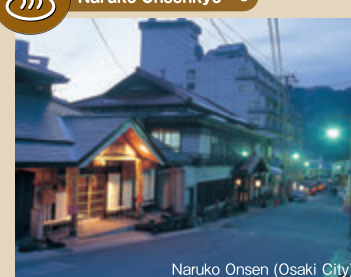
### KURIKOMA



#### Sekaiyachi Wild Flower Garden (Kurihara City)

世界谷地原生花園(栗原市)  
At the south foot of Mt. Kurikoma, spreading across, is the largest marsh lands in Japan, with Japanese beech trees surrounding it. The daylilies that blossom all over the marsh in the early summer are particularly famous.

### Naruko Onsenkyo 鳴子温泉郷



Naruko Onsen (Osaki City)

**Higashi Naruko Onsen (Osaki City)** 東鳴子温泉(大崎市)  
These palatial baths of the Sendai clan were built in the Edo era. It is reminiscent of the bathing facilities in olden times.

**Nakayamadaira Onsen (Osaki City)** 中山平温泉(大崎市)  
This spa features the greatest volume of water in Naruko Spa Village and is known as the "spa for beautiful skin."



Naruko Onsen (Osaki City)

**Naruko Onsen (Osaki City)** 鳴子温泉(大崎市)  
This is an important stop along the Oshu Dewa Kaido highway, and this onsen (hot spring) has had large crowds visiting since very long ago. There are two public bathhouses. You can enjoy soaking in the different hot springs baths.

**Kawatani Onsen (Osaki City)** 川渡温泉(大崎市)  
This is at the entrance to the Naruko Onsenkyo. Known as "Kawatani for beriberi" from ancient times, this hot spring is proud of its quality and the large amount of hot water that comes out.

**Onikobe Onsen (Osaki City)** 鬼首温泉(大崎市)  
This is a hot spring resort on a plateau with abundant hot springs. You can enjoy outdoor sports throughout the year.



#### Mt. Kurikoma (Kurihara City)

栗駒山(栗原市)  
A beautiful mountain with an elevation of 1627 meters lying across the borders of three prefectures, Miyagi, Akita and Iwate. There are hiking courses for families, and at the mountaintop there is a panoramic view of Mt. Gassan, the Zao Mountain Range and the Pacific Ocean. The natural forests of Japanese beech trees are beautiful in the seasons of fresh green leaves or autumn leaves. The best time to see the autumn leaves is from mid-September to late October.

### Kurikoma Kogen Onsenkyo くりこま高原温泉郷

This resort area is famous for its two hot springs located at Mount Kurikoma and at Hanayama Gorge.

- Heilsam Kurikoma [ハイルザーム栗駒]
- Shinyu Spa Kurikoma-so [新湯温泉くりこま荘]
- Komanoyu Onsen [駒の湯温泉(日帰り温泉)]
- Yuhama Spa Miura Inn [湯浜温泉三浦旅館]
- Nuruyu Spa Sato Inn (Closed) [温湯温泉佐藤旅館(休業中)]
- Hanayama Spa Nuruyu Sanso [花山温泉温湯山荘]

### TOME

#### Meiji Village Museum of Miyagi (Tome City)

みやぎの明治村(登米市)  
The Toyoma area of Tome City was the castle town of the lord Toyoma Date clan in the Edo era (the 17th - late 19th centuries), and was prosperous with ship transportation along the Kitakami River in the Meiji Restoration. It is scattered with western-style constructions such as the Education Museum and the Police Museum. It has a retrospective feeling that you can enjoy. Enjoy tea at Shunrai-tei, an old samurai residence.



#### Japan Kokeshi Museum (Osaki City)

日本こけし館(大崎市)  
This museum exhibits about 5,000 traditional wooden kokeshi dolls. You can see the craftsmen working and experience painting a kokeshi yourself. Closed from January to March.



#### Yubikan (Osaki City)

旧有備館(大崎市)  
The Yubikan was first built as a family house and retreat for the Iwadayama Date clan at the time of Date Munetoshi, the second head of the clan, in the Edo era (the 17th - late 19th centuries). It was used as a school for the children of the lord Iwadayama Date's subjects.

### Other areas



#### Yakurai Plateau (Kami Town)

やくらい高原(加美町)  
At the foot of Mt. Yakurai, also called "Kami Fuji" due to its beautiful, smooth contours, is Yakurai Plateau. There are leisure facilities, including hot spring facilities with open-air baths, a pool with hot spring water, flower gardens, a golf course, park golf course and ski slopes.



#### Tenpyo Roman Kan (Wakuya Town)

天平ろまん館(涌谷町)  
This lies on the land of the first gold mine in Japan in 749. This is the best site to experience digging for gold nuggets or gold dust in Japan. The building features stores and restaurants, and the neighboring Kugane-An golden tea house can be used for tea ceremonies.



#### Lakes in the northern area of the prefecture (Tome City, Kurihara City, Osaki City) 県北部の湖沼(登米市・栗原市・大崎市)

県北部の湖沼(登米市・栗原市・大崎市)  
Izunuma Marsh, Uchinuma Marsh and Kabukurinuma Marsh located at the north of Miyagi prefecture are registered wetlands under the Ramsar Convention. One of the main wintering spots for birds in Japan. In Izu Marsh, beautiful lotus flowers blossom in the summer.





## 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.

©石森章太郎 石森プロ

#### KESENNUMA



**Ogama and Hanzo (Kesennuma City)**

巨釜・半造(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)**

宮城県歴代使節船ミュージアム(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 fishermen, 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.



**Iwasaki (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・アーケ美術館(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.





## Relax amongst the surrounding nature and hot springs

白石蔵王

# Shiroishi and Zao areas

白石・蔵王エリア

Shiroishi was constructed as a castle town of Katakura Kojiro, the right-hand subject of Date Masamune. Specialties of this area include umen noodles, Japanese paper, kokeshi dolls, and other products that have been handed down from the feudal age. To the west is Shichikashuku, to the north is Ogawara, Shibata, and to the east is Marumori, all historic towns. You can leisurely soak in the hot spring at the foot of the Zao mountains.



### Zao/Okama (Zao Town)

蔵王/御釜(蔵王町)

A crater lake that is a symbol of Zao, with a perimeter of about 1 kilometers and a water depth of about 25 meters. It is also called "Goshikinuma" (lake of five colors) because the color changes several times a day depending on the angle of the sunlight.

### Alpine plants of Zao (Zao Town)

蔵王の高山植物(蔵王町)

Beautiful alpine plants in various colors can be appreciated in Zao. The area is particularly well known as a spot for seeing *Dicentra peregrina* (Komakusa) with its small pink flowers.

### Nanokahara Plateau (Zao Town)

七日原高原(蔵王町)

This is a plateau spreading at the foot of the Zao Mountain Range. It has a vast grassland where you can see cattle eating grass. Dairy products from fresh milk are popular among tourists. You can also experience milking cows or the producing of dairy products.



### Togatta Onsen (Zao Town) 遠刈田温泉(蔵王町)

There are two public bathhouses, and the hot spring is popular for therapeutic bathing.

### Kamasaki Onsen (Shiroishi City) 鎌先温泉(白石市)

This is known as a therapeutic hot spring in northeastern Japan, which is effective for injuries or neuralgia.

### Obara Onsen (Shiroishi City) 小原温泉(白石市)

This onsen has a long history and is located in the upstream area of the Shiroishi River, with a beautiful view of the valleys. Famous as a good spa for eye problems.

### Gaga Onsen (Kawasaki Town) 峯々温泉(川崎町)

This is an isolated resort in the Zao Mountain Range at an elevation of 850 meters. This onsen is long known as one of three major hot springs effective for gastric diseases.

### Aone Onsen (Kawasaki Town) 青根温泉(川崎町)

The main attraction is the superb panoramic view from this mountainous area overlooking the Pacific Ocean.

Kamasaki Onsen

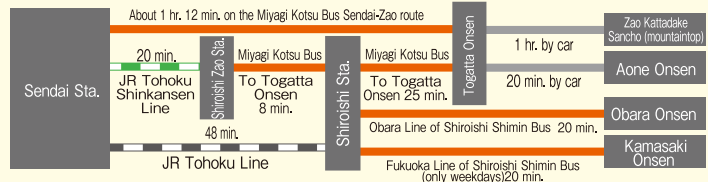
### COLUMN



### Umen noodles (Shiroishi City)

温麺(うめん)(白石市)

Umen noodles, a specialty of Shiroishi, are one of "three Shiroishi white products" together with Japanese paper and arrowroot starch called kuzu. By tradition, they were created by a son who had a father with gastric disease, made only of wheat powder and salt water without oils. It was therefore called umen (warm noodles) after the son's warm kindness to his father. They digest well, and contain good nutrients, with a unique, attractive flavor. They are delicious, hot or cold.



### Hitome Senbon Zakura (Ogawara Town and Shibata Town)

一目千本桜(大河原町・柴田町)

Cherry trees in rows extend about eight kilometers along the banks of the Shiroishi River running through the middle of Ogawara Town and Shibata Town. When the cherry blossoms are in bloom, the trees are lit at night and the Cherry Blossom Festival is held, attracting many people. One of the famous spots for viewing cherry blossoms in the prefecture.



### Zao Echoline (Zao Town)

蔵王エコーライン(蔵王町)

The Echoline is a 26-kilometer sightseeing road running through the mountains. It is refreshing to drive through the gorgeous scenery of the Zao mountains.



### Narcissus Festival (Zao Town)

すいせん祭り(蔵王町)

Miyagi Zao Eboshi Ski Resort is famous for narcissus in spring. The ski slope is covered with this flower. The Narcissus Festival takes place from late April to mid-May every year.



### Juhyo (snow monsters) (Zao Town)

樹氷(蔵王町)

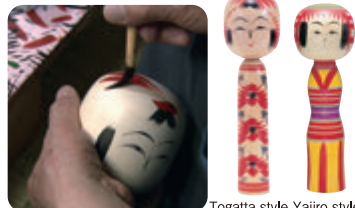
Juhyo or trees covered with snow and ice (also called "snow monster") can only be seen in places meeting certain conditions, such as the existence of naturally-grown amorilododmatsu pine trees and suitable topographic and climatic conditions. Thus, it is a very rare art of nature. In Miyagi Zao Sumikawa Snow Park, you can enjoy the mysterious world of snow monsters on a snow vehicle named the "Wild Monster."



### Shiroishi Castle (Shiroishi Town)

白石城(白石市)

This castle was originally the residence of Katakura Kojiro, a right-hand person of Date Masamune. It was reconstructed in 2005 based on traditional Japanese architectural styles according to historical data. There is a panoramic view of the Zao Mountain Range and the city area from its castle tower.



### Kokeshi (Zao Town and Shiroishi City)

こけし(蔵王町、白石市)

Local wooden dolls called kokeshi are unique to the Tohoku region and different in shape, face and patterns according to the area. The Togatta style of kokeshi (Zao Town) is characterized by hand-painted flower patterns of chrysanthemums, plums, etc., and gentle face appearances. The Yajiro style (Shiroishi City) is characterized by the head as if covered with a beret. There are facilities where you can experience painting a kokeshi doll.



### State-run Michinoku Lakeside Park (Kawasaki Town)

国営みちのく杜の湖畔公園(川崎町)

A state-run park on the lakeside of the Kamafusa Dam. The park features a Colorful Area where flowers bloom in each season, old folk houses from six Tohoku prefectures, and various leisure activities that can be enjoyed.



### Miyagi Zao Fox Village (Shiroishi City)

宮城蔵王キツネ村(白石市)

Dozens of foxes roam free in this green sanctuary surrounded by nature. Visitors can pet, feed, and walk among them.

## Ski Resorts in Miyagi



Miyagi Zao St. Mary Ski Resorts

- Miyagi Zao Eboshi Ski Resort (Zao Town)
- Miyagi Zao Sumikawa Snow Park (Zao Town)
- Miyagi Zao St. Mary Ski Resort (Kawasaki Town)
- Miyagi Zao Shiroishi Ski Resort (Shiroishi City)
- Miyagi Zao Shichikashuku Ski Resort (Shichikashuku Town)
- Onikobe Ski Resort (Osaki City)
- Uenono Ski Resort (Naruko Onsen, Osaki City)
- Yakurai Family Ski Resort (Kami Town)
- Spring Valley Izumi Highland Ski Resort (Sendai City)
- Izumigatake Ski Resort (Sendai City)

Check out the website for more information on traveling in Miyagi.

### ● Miyagi Tourism Federation

[http://www.miyagi-kankou.or.jp/tourist\\_infomation/](http://www.miyagi-kankou.or.jp/tourist_infomation/)

### ● Tourism section of Miyagi Prefectural Government

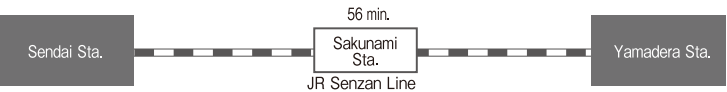
<http://www.pref.miyagi.jp/kankou/>



Recommended spots near Miyagi Prefecture

Yamadera Temple

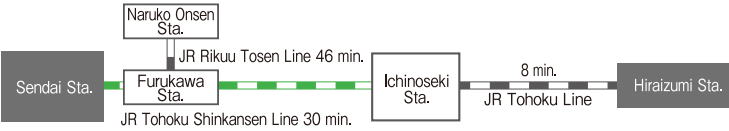
Yamadera (Hojuzan Risshakuiji Temple) is a holy place that was opened by Ennin, or Jikaku Daishi, in 860. The premises have an area of 1,650,000 square meters, with subtle and profound scenery. It is designated as a National Historic Site and a National Special Place of Scenic Beauty.



**Yamadera (Yamagata City)**  
山寺(山形市)  
Basho, a great haiku poet, who visited this temple on July 13, 1689, wrote a famous haiku poem of "How still it is here ~ Stinging into the stones, The locusts' 'brill' (translated by Donald Keene). After entering the main gate, follow the 1,015 stone steps, leading you up to the magnificent view from the Godaido building overhanging from the cliff.

Hiraizumi

It is expected that Hiraizumi will be registered as a World Heritage as "a cultural scene on the basis of the Hiraizumi thought of the pure land" in 2008. It is known due to its history of three generations of the Oshu Fujiwara family with the culture of gold, which is said to be a model for "Zipang, the country of gold," and a legend of Minamoto no Yoshitsune and his subject Benkei.



**Motsuji Temple (Hiraizumi Town)**  
毛越寺(平泉町)  
Motsuji, much esteemed as a Chusonji Temple, was constructed by Ennin, or Jikaku Daishi, who also constructed the Chusonji Temple. It is said that, in old times, this temple had 40 buildings for worship and 500 buildings to house monks. The remnants of the temple and a garden called "Jodo Teien" remain now. They have been designated as a National Special Historic Site and Special Places of Scenic Beauty.

**Chusonji Temple (Hiraizumi Town)**  
中尊寺(平泉町)  
This temple was the center of the Hiraizumi culture. It was constructed by Ennin, or Jikaku Daishi, in 850. The road to the main building is lined with Japanese cedar trees some hundreds of years old. The golden building fully covered with gold foil enshrines the remains of the heads of the Fujiwara family in three generations, the ruler of the Tohoku region in the 11th and 12th centuries. It is a National Special Historic Site.

Miyagi's Specialties

Miyagi Prefecture produces distinguished crafts that have been handed down through a long history, harnessing the local resources found in this environmentally-rich prefecture. The prefecture is also a great granary in Japan with abundant water resources. There is a lot of food that takes advantage of the local climate. The traditional tastes produced in the life of common people are valued and kept.



**Sendai Shiro (god of luck)**  
仙台四郎  
This is a person who really lived in Sendai in the late 19th century. It was said that any store he went into would become prosperous, so people believed that he was a god of luck. His figure is made into various goods, such as ornamental objects and votive tablets.



**Wakayanagi fabrics**  
若柳地織  
Cotton fabrics widely used mainly in Wakayanagi, Kurihara City, in the late 19th century and early 20th century. They are characterized by the unique, deep blue and stripes. They are used not only for room wear but also small items such as ties and card boxes.

**Kokeshi (wooden doll)**  
こけし  
Kokeshi has a simple and lovely face. There are several styles of kokeshi dolls in this prefecture: Naruko, Togatta, Yajiro, Sakunami, Hijiori.



**Matsukawa daruma and Sendai hariko**  
松川だるま・仙台張り子  
These items were made by samurai in lower ranks as their side work in the feudal age. Hariko (paper mache) products include masks and toys in the form of tigers, cows and horses, made with care.



**Tamamushinuri lacquerware**  
玉虫塗  
This is a craft product that was originally devised in the middle of the 20th century. They are characterized by delicate pictures on a lacquer finish. Silver powder is laid under the lacquer to show an iridescence like the wings of a jewel beetle (tamamushi).



**Tsutsumi doll**  
堤人形  
This is a clay doll with a simple figure created by samurai in lower ranks as their side work. They are designed with a kabuki play and ukiyoe woodblock print motif and with an elegant flavor.



**Ogatsu inkstone**  
雄勝硯  
The Ogatsu area in Ishinomaki City is the production center for stones called genshoskeshi (black clay slate). The processing of such stones into inkstones has a history of about 600 years. It has been designated as a National Traditional Craft.



**Sendai tansu (chest)**  
仙合簞笥  
This is a fine chest produced by craftsmen, using a kijiro lacquering technique to enhance the beautiful grains of the wood and with embossed iron and metal fittings. It is as sturdy as it is elegant.



**Sendai Tsuishu lacquerware**  
仙合堆朱  
Sendai Tsuishu is an engraved lacquerware made by repeated lacquering in vermilion. Sophisticated, complicated designs give the products a profound and classy feeling. Excellent heat and water resistance.



**Sendai dagashi (commoner's confectionery)**  
仙台駄菓子  
Various kinds and shapes of colorful confectionery were created by commoners. Children enjoy these sweets made by hand and from the heart using natural ingredients.



**Sake (rice wine)**  
日本酒  
Good quality rice and water are essential to making good sake. Miyagi's sake is famous for its exquisite taste and appreciated as a gift.

**Zunda-mochi (rice cake)**  
ずんだ餅  
This is a specialty of Sendai made by boiling and grinding young soybeans into a paste called zunda, and putting it on mochi (rice cake). It has a unique taste with a well-balanced combination of the flavorful soybeans and sweetness.



**Sasakamaboko**  
笹かま  
High grade white fish meat such as rock fish or flatfish are minced, shaped into bamboo leaves (sasa) and grilled. Thus, it was named sasakamaboko (bamboo-leaf shaped grilled fish paste). Fresh materials are carefully selected and grilled.



**Recommended!**

**From Sendai Station**

# Suggested itineraries for Miyagi



## Sendai and Matsushima sightseeing route

**AM**

JR Sendai Station → 40 min. by JR Senseki Line → arrive at JR Matsushima-Kaigan Station → Sightseeing at Matsushima (Godaigo, Entsuin Temple, Zuiganji Temple, etc.) → JR Matsushima-Kaigan Station (40 min. by JR Senseki Line) → JR Sendai Station → lunch in the city



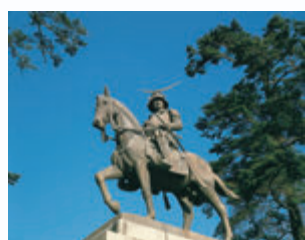
Matsushima Bay

**PM**

Sightseeing in the center of Sendai City by Loope Sendai (Zuihouden, the ruins of Sendai Castle, Osaki Hachiman-gu, etc.) → JR Sendai Station



Loope Sendai



The ruins of Sendai Castle (equestrian statue of Masamune)

## Matsushima pleasure boat and stay in Sendai City itinerary

**AM**

JR Sendai Station → (40 min. by JR Senseki Line) → arrive at JR Matsushima Kaigan Station → sightseeing in Matsushima (Godaigo, Entsuin Temple, Zuiganji Temple, etc.) → Matsushima bay cruise → (50 min. cruise) arrive at Marine Gate Shiogama → sightseeing in the town area of Shiogama City (Shiogama Shrine, Aeon Town Shiogama, sushi lunch, etc.)



Matsushima Bay cruise



Shiogama Shrine

**PM**

JR Hon-Shiogama Station → (10 min. by JR Senseki Line) → arrive at JR Nakano-sakae Station → 10 min. walk → Mitsui Outlet Park Sendai Port → 10 min. walk → JR Nakano-sakae Station → (20 min. by JR Senseki Line) → JR Sendai Station → stay in Sendai City (downtown area of Sendai City, Akiu Spa, Sakunami Spa)



Akiu Spa

## Matsushima and Naruko Spa stay over itinerary

**AM**

JR Sendai Station → (40 min. by JR Senseki Line) → arrive at JR Matsushima-Kaigan Station → sightseeing in Matsushima (Godaigo, Entsuin Temple, Zuiganji Temple, etc. → lunch in Matsushima)



Godaigo

**PM**

JR Matsushima-Kaigan Station (40 min. on the JR Senseki Line) → JR Sendai Station (15 min. by Tohoku Shinkansen) → change at JR Furukawa Station → (40 min. on the JR Rikuu Tosen Line) → arrive at JR Naruko-Onsen Station → walk around Naruko Spa town, bathe at spa → stay at Naruko Spa



Narukokyo Gorge



Naruko Spa Village

## Shiroishi-Zao and Togatta Spa stay over itinerary by car

**AM**

Center of Sendai City → Sendai-Miyagi IC → (Travel time: 30 min.) → Shiroishi IC → (Travel time: 10 min.) → sightseeing in center of Shiroishi City (visit Shiroishi Castle, experience wearing armor, eat Shiroishi Umen nodles for lunch, etc.) → (Sightseeing time: 30 min.) → Zao Echo Line → (Travel time: 40 min.) → Zao and Okama



Okama▷

**PM**

(Sightseeing time: 40 min.) → walk in Togatta Spa town (bathe at spa, walk around the spa town, etc.) → stay at one of the spa towns around Shiroishi City (Togatta Spa, Kamasaki Spa, Obara Spa, Aone Spa)



Shiroishi Castle



Obara Spa

● For tourist information on Miyagi Prefecture, contact the following:

Miyagi Official Tourist Information Center, 3-8-1 Honcho, Aoba-ku, Sendai 980-8570, Tel: 022-211-2822, Fax: 022-211-2829 E-mail: kankou@pref.miyagi.jp

Tourism and Products Service Center, Tokyo Office, Miyagi Prefectural Government. Association for the Promotion of the Products of Miyagi Prefecture Miyagi Furusato Plaza, 1-2-2 Higashi Ikebukuro, Toshima-ku, Tokyo 170-0013, Tel: 03-5956-3591, Fax: 03-5956-3513

Osaka Office, Miyagi Prefectural Government, 1-3-1-900 Umeda, Kita-ku, Osaka 530-0001, Tel: 06-6341-7905, Fax: 06-6341-7906

Miyagi Tourist Information Center, 1-1-12-506 Minami Nijo Higashi, Chuo-ku, Sapporo 060-0052, Tel: 011-223-1155, Fax: 011-223-1156

