

## Access Guide

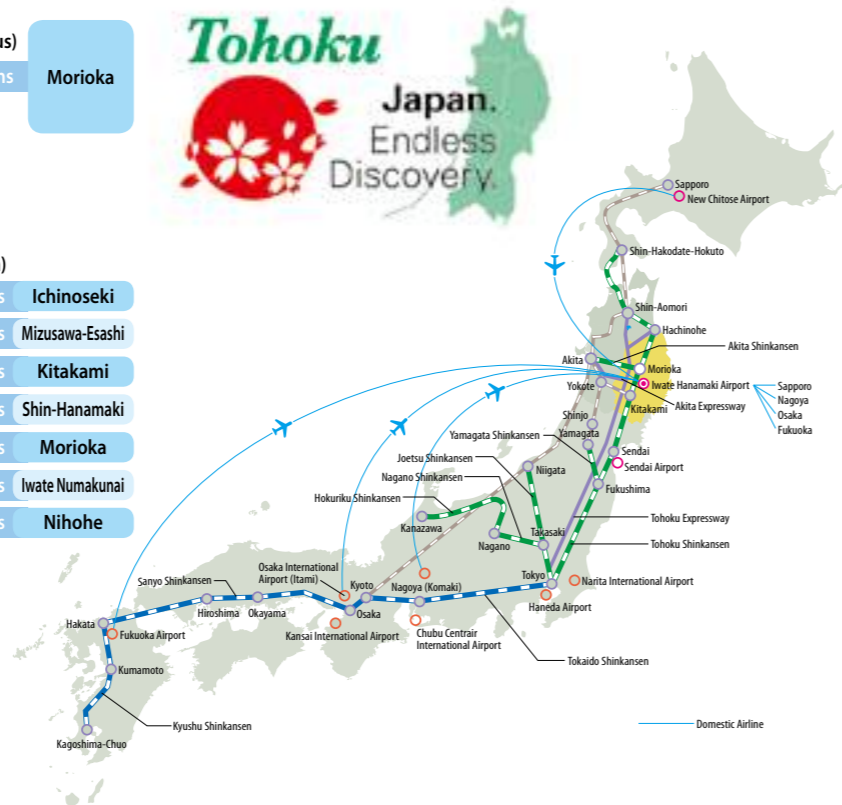
### Access from within Japan

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

### Access from major airports outside of Iwate

(Narita Express)		Tokyo	(Tohoku Shinkansen)	
Narita International Airport	Approx. 1 hr		Approx. 2 hr 05 mins	Ichinoseki
(Tokyo Monorail)	(JR)		Approx. 2 hr 26 mins	Mizusawa-Esashi
Haneda Airport	Approx. 20 mins		Approx. 2 hr 34 mins	Kitakami
	Hamamatsucho	Approx. 6 mins	Approx. 2 hr 42 mins	Shin-Hanamaki
			Approx. 2 hr 10 mins	Morioka
			Approx. 2 hr 40 mins	Iwate Numakunai
			Approx. 2 hr 53 mins	Nihohe

Sendai Airport	(Sendai Airport Access Line)	Sendai	(Tohoku Shinkansen)	Morioka
	Approx. 25 mins			
	(Connecting bus)			
	Approx. 40 mins			



### JR EAST PASS

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

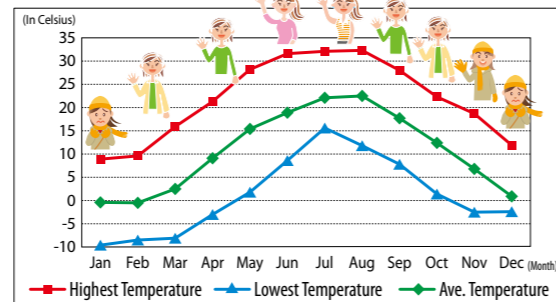
#### "JR EAST PASS" Exchange and ticketing offices

- Exchange and ticketing offices
  - 1) Travel agencies and similar businesses (including the 150,000 offices selling airline tickets) with the following GDS terminals (airline ticketing and reservation systems) and travel agencies and businesses with AccessRail and RailNet.  
 Affiliated GDS terminals: Amadeus, WorldSpan, Apollo, Galileo, Sabre, Abacus, Topas
  - 2) Online booking: (<http://www.eastjapanrail.com/>)
- Exchange offices in Japan
  - JR EAST Travel Service Center (Tokyo Station, Tokyo Monorail Line Haneda-Airport International Terminal Station, Narita Airport Station, Narita Airport Terminal 2 Station)
  - Both Narita Airport and Narita Airport Terminal 2 Stations
  - View Plaza offices in Yokohama, Mito, Fukushima, Sendai, Yamagata, Morioka, Hachinohe, Shin-Aomori, Akita, Niigata, and Nagano Stations.
  - Shinagawa Station General Information Counter
  - Shinjuku Station (East Exit) Information Center
  - Ikebukuro Station Information Center
  - "JR EAST PASS Exchange Counter" at the Sendai Airport Station on the Sendai Airport Access Line
  - Shibuya Station Information Center
  - Shinjuku Station (South Exit) General Information Counter
  - Ueno Station (Central Exit) General Information Counter
- Sales and issuance locations in Japan
  - JR EAST Travel Service Center (Tokyo Station, Tokyo Monorail Line Haneda-Airport International Terminal Station, Narita Airport Station, Narita Airport Terminal 2 Station)
  - Both Narita Airport and Narita Airport Terminal 2 Stations
  - View Plaza offices in Shinagawa, Shibuya, Shinjuku, Ikebukuro, Ueno, Yokohama, Mito, Fukushima, Sendai, Yamagata, Morioka, Hachinohe, Shin-Aomori, Akita, Niigata, and Nagano Stations.

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

(English) <http://www.jreast.co.jp/e/>  
 (Simplified Chinese) <http://www.jreast.co.jp/sc/>  
 (Traditional Chinese) <http://www.jreast.co.jp/tc/>  
 (Korean) <http://www.jreast.co.jp/kr/>

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



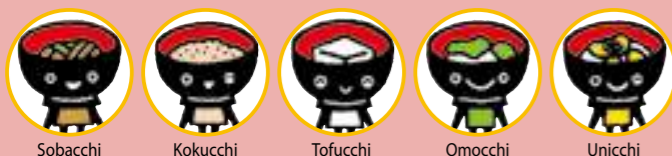
### Iwate Prefecture Tourism Division

10-1 Uchimar, Morioka City, Iwate 020-8570

Tel: +81-19-629-5574

Fax: +81-19-623-2510

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



### Iwate PR characters, the "Wanko Brothers"

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

### Guidance in 4 languages for sightseeing in Iwate

### Iwate Hiraizumi Interpreters & Guides Association

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

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

#### Inquiries:

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



# IWATE

## Japan

Iwate Tourist Guidebook

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



# IWATE

## Japan



### Iwate Prefecture

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



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



**Mutsu-ji (Hiraizumi)**  
Pure Land Gardens boasting exquisite beauty throughout all four seasons.



**Hashino Iron Mine (Kamaishi)**  
It was listed as a World Heritage Site in July, 2015 as a site symbolizing the modernization of the steel industry in Japan.

### History and Culture



**Chagu Chagu Umako Festival (Takizawa, Morioka)**  
100 beautifully decorated horses are ridden by children about 15 km at a walking pace along the road. Held on the 2nd Saturday in June.



**Esashi Fujiwara no Sato Heritage Park (Oshu)**  
This part is a reconstruction of the buildings and streets of the Heian period. It is famous as a location for the filming of TV shows.



**Goshono Jomon Park (Ichinohe)**  
Ruins from the Jomon period dating back about 4,000 years cover the area.



**Morioka Castle Site Park (Iwate Park) (Morioka)**  
With cherry blossoms in the spring and fall colors in the autumn, this beautiful park is full of nature.



**Oni Kenbai (Demon's Sword Dance) (Kitakami)**



**Hayachine Kagura (Hanamaki) (Throughout Iwate)**  
Registered as a UNESCO Intangible Cultural Heritage in 2009.



**Shishi-Odori (Deer Dance) (Throughout Iwate)**

### Festivals



**1 January: Kokuseki-ji Sominsai (Oshu)**  
Kokuseki-ji, a Buddhist temple of the Tendai Sect of Mt. Myokensan, holds this festival of naked men and fire to ward off disaster and pray for an abundant harvest.



**2 April: Hitaka Hibuse Matsuri (Oshu)**  
9 musical hayashi-yatai floats decorated with luxurious ornaments move around town.



**3 April: Spring Fujiwara Festival (Hiraizumi)**  
Various events take place including Yoshitsune's Eastern Flight Processional and a parade of children in period costume.



**4 May: Esashi Jinku Festival (Oshu)**  
A festival celebrated by ten musical hayashi-yatai floats and 3,000 dancers.



**5 May: Gokusei no En (Hiraizumi)**  
Sake glasses float down the stream passing Mutsu-ji, and poets dressed in the garb of the Heian period read poetry.



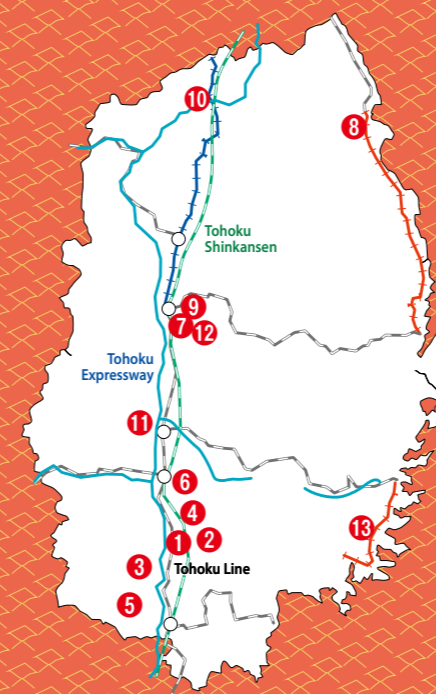
**6 August: Kitakami Michinoku Performing Arts Festival (Kitakami)**  
More than 100 groups of performers gather from all over Tohoku to give competing performances.



**7 August: Funekko Nagashi (Morioka)**  
Boats adorned with lanterns and other striking decorations float down the Nakatsugawa River wrapped in flame.



**8 September: Kuji Autumn Festival (Kuji)**  
Large, gorgeous floats and dynamic mikoshi pass down the main streets of the city.



**9 August: Sansa Odori (Morioka)**  
A vast parade of over 20,000 dancers, taiko drummers, and flute players. You can jump right in and join.



**10 September: Ninohe Matsuri (Ninohe)**  
A mikoshi leads a parade of 9 floats through the city.



**11 September: Hanamaki Matsuri (Hanamaki)**  
150 mikoshi and 10 splendid floats parade through the city.



**12 September: Morioka Autumn Festival (Morioka)**  
With cries of "yaaare, yaaare," luxurious floats are pulled through the city.



**13 October: Kamaishi Matsuri (Kamaishi)**  
Boats carrying shinto gods travel on the ocean with toramai (tiger performance) and Shinto dancers on board.

# Hot springs



1

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



2

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



4

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



3

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



5

Oshuku Onsen (Shizukuishi)  
25 mins by car from the Morioka IC



# Ski & Golf



1

Appi Ski Resort (Hachimantai)  
21 courses totally 45.1km of total runs. A large ski resort with mainly long courses.  
15 mins by car from the Matsuo-Hachimantai IC



2

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



3

Geto Kogen Resort (Kitakami)  
With abundant snowfall and 14 unique courses, both beginners and experts can enjoy the runs.  
30 mins by car from the Kitakmi-Ezuriko IC



4

Kitakami Country Club (Kitakami)  
An 18-hole golf course that makes excellent use of the natural landscape with various types of practice areas.  
15 mins by car from the Kitakmi-Ezuriko IC



5

Shizukuishi Golf Resort (Shizukuishi)  
A 36-hole golf course with a sweeping view of Mt. Iwate that you can enjoy to your heart's content.  
35 mins by car from the Morioka IC



6

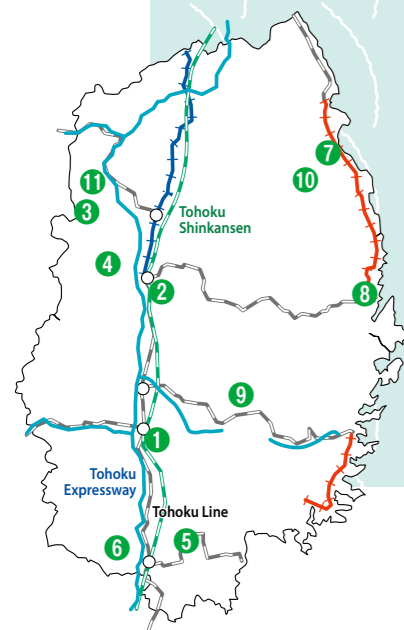
Appi Kogen Golf Club (Hachimantai)  
Boasts four serious 36-hole golf courses where domestic professional tournaments were held.  
15 mins by car from the Matsuo-Hachimantai IC

# Four Seasons and Nature



1

**Tenshochi (Kitakami)**  
15 mins by bus from Kitakami Station



8

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



2

**Ishiwarizakura (Morioka)**  
10 mins by bus from Morioka Station



5

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



9

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



3

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



6

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



10

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



4

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



7

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



11

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

## Experience



1

**Sappa Boat Adventures (Tanohata)**  
2 hrs and 25 mins by car from the Morioka IC / 10 min walk from the Sanriku Railway Tanohata Station  
\*Subject to the condition of the ocean. Operating all year round, by reservation.



2

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



3

**The Blue Cave / Sappa Boat Ride (Miyako)**  
\*Subject to the condition of the ocean.  
Operates every day from March to November



4

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



5

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



6

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



7

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



8

**Miyazawa Kenji Memorial Museum (Hanamaki)**  
Learn about the life and works of the Hanamaki-born poet and author of children's stories. 15 mins by car from the Hanamaki-Minami IC.



9

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

## Views of the Sanriku Coast



10

**Kosode Coast (Kuji)**  
Known for the "Northernmost Ama Divers." There are must-see distinctive rock formations including Tsurigane Cave and Kabutoiwa Rock.



12

**Goishi Coast (Ofunato)**  
There are spectacular views from this scenic spot of various unique rock formations worn down over the years by the rough waves of the ocean.



11

**Unosu Cliffs (Tanohata)**  
A picturesque area of Sanriku with cliffs 200 meters tall stretching out along the coast.



13

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



# Iwate Culinary Culture



Sushi, seafood



Wanko Soba (Morioka, Hanamaki)



Morioka Jajamen Noodles (Morioka)



Morioka Reimen (Morioka, etc.)



Sea urchin, Ichigoni (Hirono, Kuji)



Abalone



Mutton Barbecue (Tono, Hachimantai, Shizukuishi, etc.)



Mochi Dishes (southern Iwate)



Grains Dishes (northern Iwate, Hanamaki)



Apples



Soba



Iwate Beef

## Traditional crafts and specialty items

Nanbu Cast Ironware (Morioka, Oshu)



Sake



Nanbu Kodai Katazome (Morioka)



Kuji Amber (Kuji)



Iwayado Tansu (chest of drawers)  
(Morioka, Oshu)



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



Koivai Dairy Products (Shizukuishi)



Joboji-nuri Lacquerware (Ninohe, etc.)



Hidehira-nuri Lacquerware

## Shopping

### Lala Iwate Morioka

Tel: +81-19-626-8718  
Hours: 10:00-18:30 (opens at 10:30 in Jan and Feb)  
Closed: 2nd Wednesday of each month (Open every day in August and December)  
Access: 15 mins walk from Morioka Station  
<https://www.iwatekensan.co.jp/shop/lala/>



### Aeon Mall Morioka Minami

Tel: +81-19-631-3450  
Hours: 9:00-22:00  
\*Some shops have different hours  
Open 365 days a year  
Access: 10 mins by bus from Morioka Station  
<http://www.aeon.jp/sc/moriokaminami/>



### Parc Avenue Kawatoku

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



### Aeon Mall Morioka

Tel: +81-19-605-3511  
Hours: 9:00-21:00 \*Some shops have different hours  
Open 365 days a year  
Access: 10 mins by bus from Morioka Station, near the Morioka IC  
<http://morioka-aeonmall.com>



Accommodation

	Facility name	Address	Phone	URL
<b>Hachimantai</b>				
①	Appi Kogen Hot Springs	Hotel Appi Grand	Appi Kogen, Hachimantai	+81-195-73-5011 <a href="http://www.appi.co.jp/foreign_country/english/">http://www.appi.co.jp/foreign_country/english/</a>
②	Matsukawa Hot Springs	Matsukawaso	Matsukawa Onsen, Matsuoyoriki, Hachimantai-shi	+81-195-78-2255 <a href="http://www.matsukawasou.com/">http://www.matsukawasou.com/</a>
②	Matsukawa Hot Springs	Shofuso	1-41 Matsuoyoriki, Hachimantai-shi	+81-195-78-2245 <a href="http://www.hachimantaishi.com/~shofuso/">http://www.hachimantaishi.com/~shofuso/</a>
③	Hachimantai Hot Springs	Hachimantai Royal Hotel	1-590-5 Matsuoyoriki, Hachimantai-shi	+81-195-78-3311 <a href="http://www.daiwaresort.jp/en/hachimantai/index.html/">http://www.daiwaresort.jp/en/hachimantai/index.html/</a>
<b>Shizukuishi</b>				
④	Shizukuishi Hot Springs (Kunimi Hot Springs)	Ishizuka Ryokan	Kunimi Onsen, Hashiba, Shizukuishi-cho, Iwate-gun	+81-90-3362-9139 <a href="http://www5.famille.ne.jp/~kunimihp/">http://www5.famille.ne.jp/~kunimihp/</a>
⑤	Shizukuishi Hot Springs (Takakura Hot Springs)	Shizukuishi Prince Hotel	Takakura Onsen, Shizukuishi-cho, Iwate-gun	+81-19-693-1111 <a href="http://www.princehotels.com/en/shizukuishi/">http://www.princehotels.com/en/shizukuishi/</a>
⑥	Shizukuishi Hot Springs (Oshuku Hot Springs)	Hotel Mori no Kaze Oshuku	10-64-1 Oshuku, Shizukuishi-cho, Iwate-gun	+81-19-695-3333 <a href="http://www.hotelhigashinihon-group.com/foreign/en/index.html">http://www.hotelhigashinihon-group.com/foreign/en/index.html</a>
<b>Morioka</b>				
⑦	Tsunagi Hot Springs	Yumori Taikan	37-1 Yunotate, Tsunagi, Morioka-shi	+81-19-689-2121 <a href="http://www.hotel-taikan.com/">http://www.hotel-taikan.com/</a>
⑦	Tsunagi Hot Springs	Aishinkan	40-4 Nurisawa, Tsunagi, Morioka-shi	+81-19-689-2111 <a href="http://www.aishinkan.co.jp/">http://www.aishinkan.co.jp/</a>
⑦	Tsunagi Hot Springs	Shikitei	137 Yunotate, Tsunagi, Morioka-shi	+81-19-689-2021 <a href="http://www.shikitei.jp/en/">http://www.shikitei.jp/en/</a>
<b>Hanamaki</b>				
⑧	Hanamaki Hot Springs (Shidotaira Hot Springs)	Yu no Mori, Hotel Shidotaira	Shidotaira, Yuguchi, Hanamaki-shi	+81-198-25-2011 <a href="http://www.shidotaira.co.jp/">http://www.shidotaira.co.jp/</a>
⑨	Hanamaki Hot Springs (Osawa Hot Springs)	Sansuikaku	181 Osawa, Yuguchi, Hanamaki-shi	+81-198-25-2021 <a href="http://www.oosawaonsen.com/shisetsu/sansui.html">http://www.oosawaonsen.com/shisetsu/sansui.html</a>
⑩	Hanamaki Hot Springs (Hanamaki Hot Springs)	Hanamaki Hot Springs	Yumoto, Hanamaki-shi	+81-198-37-2111 <a href="http://www.hanamakionsen.co.jp/">http://www.hanamakionsen.co.jp/</a>
<b>Nishiwaga</b>				
⑪	Yuda Hot Springs (Yumoto Hot Springs)	Hotel Tairyukaku	Yumoto Onsen, Nishiwaga-machi, Waga-gun	+81-197-84-2221 <a href="http://www.tairyukaku.co.jp/">http://www.tairyukaku.co.jp/</a>
<b>Kitakami</b>				
⑫	Geto Hot Springs	Motoyu Geto	1-22 Iwasaki Shinden, Wagacho, Kitakami-shi	+81-90-5834-5151 <a href="http://mizuki.sakura.ne.jp/~geto/">http://mizuki.sakura.ne.jp/~geto/</a>
<b>Ichinoseki</b>				
⑬	Sukawa Hot Springs	Sukawa Kogen Hot Springs	Matsurubeyama, Genbicho, Ichinoseki-shi	+81-191-23-9337 <a href="http://www.sukawaonsen.jp/">http://www.sukawaonsen.jp/</a>
⑭	Genbikei Hot Springs	Itsukushien	15 Minamitakinoue, Genbicho, Ichinoseki-shi	+81-191-29-2101 <a href="http://www.itsukushien.co.jp/">http://www.itsukushien.co.jp/</a>
<b>Miyako</b>				
⑮		Jodogahama Park Hotel	32-4 Hitachihamacho, Miyako-shi	+81-193-62-2321 <a href="http://www.jodo-ph.jp/eng/">http://www.jodo-ph.jp/eng/</a>

Major ski resorts and golf courses

①	Hachimantai	Appi Kogen Ski Resort	Appi Kogen, Hachimantai-shi	+81-195-73-5111	<a href="http://www.appi-japan.com/">http://www.appi-japan.com/</a>
②		Appi Kogen Golf Club	Appi Kogen, Hachimantai-shi	+81-195-73-5311	<a href="http://www.appi-japan.com/">http://www.appi-japan.com/</a>
③		Nanbu Fuji Country Club	47-34-2 Obuke, Hachimantai-shi	+81-195-76-3151	<a href="http://www.nambuufjcc.co.jp/">http://www.nambuufjcc.co.jp/</a>
④	Iwate-cho	Roseland Country Club	1-120-1 Ikkatai Iwate-machi, Iwate-gun	+81-195-62-6111	<a href="http://www.roseland-cc.com/">http://www.roseland-cc.com/</a>
⑤		Iwate Numakunai Country Club	17-24-1 Ikkatai Iwate-machi, Iwate-gun	+81-195-62-5511	<a href="http://www.princehotels.co.jp/golf/numakunai/">http://www.princehotels.co.jp/golf/numakunai/</a>
⑥	Shizukuishi	Shizukuishi Ski Resort	Takakura Onsen, Shizukuishi-cho, Iwate-gun Phone: +81-19-693-1111 (Shizukuishi Prince Hotel)		<a href="http://www.princehotels.com/en/ski/shizukuishi.html">http://www.princehotels.com/en/ski/shizukuishi.html</a>
⑦		Shizukuishi Golf Resort	Takakura Onsen, Shizukuishi-cho, Iwate-gun Phone: +81-19-693-1111 (Shizukuishi Prince Hotel)		<a href="http://www.princehotels.com/shizukuishi/">http://www.princehotels.com/shizukuishi/</a>
⑧	Takizawa	Maple Country Club	1-1 Osawa, Takizawa-shi	+81-19-684-5111	<a href="http://www.maple-cc.jp/">http://www.maple-cc.jp/</a>
⑨	Shiwa	Iwate Golf Club	1-1 Manoko, Tsuchidate, Shiwa-cho	+81-19-673-7121	<a href="http://www.iwategolf.co.jp/">http://www.iwategolf.co.jp/</a>
⑩	Kitakami	Geto Kogen Ski Resort	Iwasakishinden, Waga-cho, Kitakami-shi	+81-197-65-9000	<a href="http://www.geto8.com/english/">http://www.geto8.com/english/</a>
⑪		Kitakami Country Club	1 Susumago, Waga-cho, Kitakami-shi	+81-197-73-6911	<a href="http://www.kitakamicc.jp/">http://www.kitakamicc.jp/</a>
⑫	Miyako	Miyako Country Club	4-86-3 Sakiyama, Miyako-shi	+81-193-62-7001	<a href="http://miyako-countryclub.com/">http://miyako-countryclub.com/</a>

Main sightseeing facilities

①	Ichinohe	Goshono Jomon Park	2 Goshono, Iwadate, Ichinohe-machi	+81-195-32-2652	<a href="http://goshono-iseki.com/en">http://goshono-iseki.com/en</a>
②	Shizukuishi	Koiwai Farm	36-1 Maruyachi, Shizukuishi-cho, Iwate-gun	+81-19-692-4321	<a href="http://www.koiwai.co.jp/">http://www.koiwai.co.jp/</a>
③	Morioka	Morioka Handi-Works Square	64-102 Oirino, Tsunagi, Morioka-shi	+81-19-689-2201	<a href="http://tezukurimura.com/main/">http://tezukurimura.com/main/</a>
④		Iwachu Casting Works	2-23-9 Minamisenboku, Morioka-shi	+81-19-635-2505	<a href="http://www.iwachu.co.jp/">http://www.iwachu.co.jp/</a>
⑤	Shiwa	Shiwa Fruits Park	1-11 Matsubara, Toyama, Shiwa-cho	+81-19-676-5301	<a href="http://www.shiwa-fruitspark.co.jp/">http://www.shiwa-fruitspark.co.jp/</a>
⑥	Hanamaki	Kinkontei	11-88 Nishimiyaname, Hanamaki-shi	+81-198-26-2250	<a href="http://www.michinoku.co.jp/">http://www.michinoku.co.jp/</a>
⑦		Miyazawa Kenji Memorial Museum	1-1-36 Yasawa, Hanamaki-shi	+81-198-31-2319	<a href="http://www.miyazawa-kenji.com/kinenkan.html">http://www.miyazawa-kenji.com/kinenkan.html</a>
⑧	Tono	Tono Furusato Village	5-89-1 Kamitsukimoushi, Tsukimoushicho, Tono-shi	+81-198-64-2300	<a href="http://www.tono-furusato.jp/">http://www.tono-furusato.jp/</a>
⑨	Oshu	Esashi-Fujiwara Heritage Park	86-1 Konamaru, Iwayado, Esashiku, Oshu	+81-197-35-7791	<a href="http://www.fujiwaranasoto.com/images/panf/fujiwaranasoto01.pdf">http://www.fujiwaranasoto.com/images/panf/fujiwaranasoto01.pdf</a>
⑩	Hiraizumi	Chuson-ji	202 Koromonoseki, Hiraizumi, Hiraizumi-cho, Nishiiwai-gun	+81-191-46-2211	<a href="http://www.chusonji.or.jp/en/">http://www.chusonji.or.jp/en/</a>
⑩		Motsu-ji	58 Osawa, Hiraizumi, Hiraizumi-cho, Nishiiwai-gun	+81-191-46-2331	<a href="http://www.motsuji.or.jp/en/">http://www.motsuji.or.jp/en/</a>
⑪	Ichinoseki	Geibi Tourist Center	467 Machi, Nagasaka, Higashiyamacho, Ichinoseki-shi	+81-191-47-2341	<a href="http://www.geibikei.co.jp">http://www.geibikei.co.jp</a>
⑫	Kuji	Kuji Amber Museum	19-156-133 Kokujicho, Kuji-shi	+81-194-59-3831	<a href="http://en.kuji.co.jp/">http://en.kuji.co.jp/</a>

Main “V” Information Center

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

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

