

Iwate Kamaishi Travel Guide

KAMAISHI

釜石

GOOD DAY

*Good days, good travels, good times
Lifelong memories*



Sanriku Fukko National Park / Sanriku Geopark

Kamaishi City, Iwate Pref.



Sightseeing in Kamaishi

Search

August, 2024

Another Good Day in Kamaishi

Leave everyday life behind and take a relaxing deep breath.

Enjoy the serene air, expansive sea, and vast sky.

Spend time hiking, engaging in marine sports, getting close to nature, and reflecting on yourself.

Occasionally, take a break at a cafe, and when hunger strikes, indulge in delicious ramen.

Time seems to slow down, and at night, the lively atmosphere of the city's shops feels nostalgic.

Despite being in the city, nature is close by, offering immense relaxation.

It's another good day in Kamaishi, a city where you can spend your time without being swept away by crowds of people.

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City of Kamaishi Recognized as One of the World's Top 100 Sustainable Tourism Destinations by Green Destinations which is certified by Global Sustainable Tourism Council

Kamaishi was the first and only Japanese destination to be selected for six consecutive years from 2018 to 2023, and in 2022, it became the first in Japan to win the Silver Award. Its efforts to propose environmentally conscious tourism and to preserve the region's culture and economy have been highly praised.



Kamaishi City Disaster Prevention Hazard Map

Prepare, evacuate, do not return, and pass on the lessons



Citizens' Charter for Disaster Prevention

Nagasaki Beach (commonly known as Kojirahama Beach)

Map E-2

Nagasaki Beach is a hidden spot where locals enjoy leisure activities. Its attractions include white sand and crystal-clear waters.

Access About 30 minutes on foot from Osawa Historic Site parking lot

Enjoy Nature on Sunny Days

When you have some time to spare, pack lightly and head to Kamaishi.

Visit whenever you feel like it and relax in this seaside city. The mountains present a unique appearance each season, and a deep breath in the midst of nature will free you from the hustle and bustle of daily life.



Stand-Up Paddleboarding (SUP)



Camping in the Sea Breeze



Nebama Beach



Fishing Boat Cruise



Hiking



Open Field Museum Kamaishi A Menu of Exciting Experiences

Encounters, realizations, and discoveries will stimulate your curiosity. The entire city of Kamaishi is like a museum where you can casually encounter the treasures of nature, history, and people's way of life.



Fishing Boat Cruise

You can board a local fisherman's boat and enjoy views of Kamaishi Daikannon and the ria coast from the sea.

Reserve

- Kamaishi Bay Fishing Boat Cruise
0193-27-5566 (Uogashi Terrace)
- Fishing Boat Cruise Otsuchi Bay Course
- Fishing Boat Cruise Nebama Beach Course
0193-27-5455 (Nebama Rest House)



Disaster Prevention Program

A program where you can learn from the lessons of disasters and raise your awareness about disaster prevention.

Reserve 0193-27-5666 (Tsunami Memorial Hall)



Rugby Experience and Stadium Tour

Enjoy a rugby experience and facility tour at Kamaishi Unosumai Memorial Stadium.

Reserve 0193-27-5666 (Tsunami Memorial Hall)



SDGs Learning Program

A program for learning about the Sustainable Development Goals (SDGs), such as local community exchange and marine and forest conservation, held at a guesthouse in a fishing village settlement.

Reserve 0193-27-5455 (Nebama Rest House)

Sea and Mountain Activities

Enjoy activities that allow you to interact with nature firsthand, such as sea kayaking at Nebama Beach and hiking at Hakozaki Peninsula.

Reserve 0193-27-5455 (Nebama Rest House)



Fishing and Forestry Experience

Discover the livelihoods that have supported Kamaishi. Programs where you can taste fresh seafood are also offered.

Reserve 0193-27-5455 (Nebama Rest House)

Rugby Camp in Kamaishi, the Town of Rugby

In the Showa era, the Nippon Steel Kamaishi Rugby Team won the Japan Championship seven times in a row, and the city became enthusiastic about rugby. Even now, the local Nippon Steel Kamaishi Seawaves team is active. Kamaishi Unosumai Memorial Stadium, which was a venue for the Rugby World Cup 2019™, is recommended not only for facility tours and rugby experiences but also for rugby training camps.



Activity menu details here

Activity Menu Unique to Kamaishi

Disaster prevention and workcation training programs are also offered.



Enjoy the **Ocean** at Nebama Seaside

An outdoor area hub for enjoying Nebama Beach. Supporting everyone who loves playing outdoors, including camping, marine sports, and hiking.



Swim and play in the sea at the white sand beach

Nebama Beach bustles with beachgoers from mid-July to mid-August. With its shallow waters and gentle waves, it's perfect for marine sports like sea kayaking!

A natural grass field great for rugby and soccer

A genuine natural grass multipurpose field. It can also be rented for rugby and soccer.



Start your seaside fun at the rest house!

Equipped with warm water showers, meeting rooms, and a kitchen. A full range of camping and marine sports equipment is also available, serving as a base facility for Sanriku Geopark and Michinoku Coastal Trail.



A well-equipped campground near the sea

Fully equipped with auto campground sites and free sites. You can enjoy stargazing and bonfires while listening to the sound of the waves. Also open in winter, perfect for solo camping!

Nebama Seaside Map E-2

Tel: 0193-27-5455 (Nebama Rest House)
Address: 21-23-1 Unosumai, Kamaishi
Business hours: April to November from 9:00 to 19:00, December to March from 9:00 to 17:00 **Closed:** New Year's holidays



Hakozaki Shirahama Fishing Village Accommodation Facility **Ohakozaki no Yado** Map E-2

A stay-and-exchange type accommodation facility commonly used as a base for enjoying activities such as sea fishing and trekking on the Hakozaki Peninsula. The joy of interacting with local residents and enjoying meals made with fresh seafood is unique to a fishing village accommodation.

Tel: 090-4636-8540 **Address:** 3-6-1 Hakozakicho, Kamaishi
Closed: New Year's holidays
Access: About 20 minutes by car from Kamaishi-kita IC



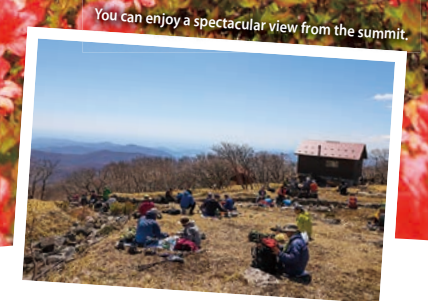
Feel **Kamaishi** with your Body and Relax your Mind

Beautiful flowers in spring and summer, magnificent autumn leaves in autumn. Embrace nature and take a deep breath. Embark on a journey to truly relax.

Mt. Goyo (Iwate Prefectural Natural Park) Map B-5

At an elevation of 1,351 meters, this towering peak overlooks the majestic Sanriku coastline below. Known as a beautiful mountain with flowers such as azaleas (late May to early June) and rhododendrons (early July), it also boasts native forests of hinoki cypress near the summit. *The mountain opens every year on April 29th.

Access About 50 minutes by car from Kamaishi Station to Akasaka Pass entrance, and 25 minutes by car from Kamaishi-minami IC and Kamaishi-Toni IC.



Sennin-toge Mountain Pass Map B-3

(Best viewed in late October)

At an elevation of 887 meters, this pass boasts beautiful fresh greenery and autumn foliage. The red Sennin-ohashi Bridge adds a perfect accent.

Access About 15 minutes by car from Kamaishi-Sennintoge IC



Tonicho Hongo Cherry Blossom Avenue Map D-5

(best viewed in mid-April)

Yoshino cherry trees, planted in the hope of recovery from the 1933 Sanriku tsunami, adorn the area for 800 meters, coloring the spring.

Access About 5 minutes by car from Kamaishi-Toni IC, and 10 minutes by car from Kamaishi-minami IC



A journey to learn about the reconstruction

To never forget the lessons of the Great East Japan Earthquake, Kamaishi exhibits materials and has spots to reflect on the disaster.

Kamaishi Memorial Park of Great East Japan Earthquake

Unosumai Tomosu Map D-2

The Tsunami Memorial Hall conveys the events and lessons of the disaster and promotes disaster prevention learning to protect future lives from disasters. At the Unosato Visitor Center, you can purchase meals and souvenirs.

Tel: 0193-27-5666 (Tsunami Memorial Hall)
Address: 4-901-2 Unosumaicho, Kamaishi **Opening hours:** 9:30 to 17:30 (until 17:00 from November to February) **Closed:** Wednesdays and New Year's holidays
Access: About 1 minute on foot from Unosumai Station



Bell of Recovery Map D-3

A bell created in front of Kamaishi Station to console the victims of the Great East Japan Earthquake and pray for recovery. The bronze bell is inscribed with the characters "Consolation," "Recovery," "Memory," and "Hope" in Japanese.

Access: About 10 minutes by car from Kamaishi-chuo IC, and 1 minute on foot from Kamaishi Station



The wonders of the Earth felt in the **Sea Breeze**

Along the Michinoku Coastal Trail and Sanriku Geopark, there are many spots where you can enjoy and learn about the unique scenery, culture, and history of the ria coast.



Sanriku Geopark
In 2013, Sanriku Geopark was certified as a learning field to pass on the history of Earth's activities from approximately 500 million years ago and the memories of the earthquakes in the Sanriku region to future generations.



Geotourism for enjoying 6 geo-sites

"Geotourism" refers to enjoying geo-sites from the perspectives of geology and geography. You can learn about the history of the Earth from ancient times to the present by seeing, hearing, and walking with a certified guide. Enjoy the natural formations formed over the long history of the Earth up close.

Learn from Sanriku Geopark certified guides

They provide knowledge about Sanriku Geopark while supporting safe and enjoyable geotourism. You might even get hear some insider stories unique to local guides.

Tel: 0193-27-8172
(Kamaishi Tourist Information Center)
Tel: 0193-27-5455
(Nebama Rest House)



Hashino Iron Mining and Smelting Site



Registered as a World Heritage Site in 2015, this is the oldest existing blast furnace site in Japan.

Ohakozaki Senjojiki



A breathtaking spot where you can feel the power of the earth. The expansive sea and vast rocky terrain created by nature are magnificent.

Kamaishi Mine



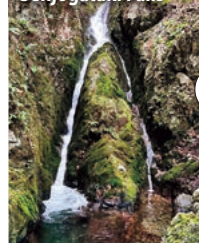
Over 1,000 km of tunnels and underground passages equivalent to 25 Tokyo Domes remain in this vast mining area.

Nebama Beach



Before the earthquake, magnetite from the granite upstream had deposited as iron sand on the sandy beach.

Senjogataki Falls



Fossils have been discovered here that indicate the area was once near the equator.



A *Lepidodendron* fossil, the oldest plant fossil in Japan, was excavated here.
Provided by the Iwate Prefectural Museum.

Ryoishi Tsunami Memorials



Tsunami memorials from the Meiji and Showa eras stand along National Route 45.

みちのく潮風トレイル Michinoku Coastal Trail



Connecting the Pacific coast from Hachinohe City, Aomori Prefecture to Soma City, Fukushima Prefecture, this is Japan's longest trail, spanning over 1,000 km. In February 2024, it was selected as one of the "14 places to visit in Japan" by the British newspaper *The Times*.

Characteristic of the Kamaishi Area A dynamic panoramic view of forests, rivers, and the sea.

The part pertaining to Kamaishi features approximately 68 km of routes that include the nationally designated natural monument Sanganjima Island, the coastline facing the Pacific Ocean, and the historic Sanriku Hamakaido Road (Toyasaka Pass, Ishizuka Pass, Kuwadai Pass), as well as an urban area where you can sense the origins of modern steelmaking.

*The area is a natural habitat for wild birds and animals, and there are sloping paths along the way. Please take sufficient precautions to protect yourself and pay attention to your physical condition.

Take the Hiking Map Book with you!

Enjoy the trail even more with the official map as your companion, which includes locations of railways, campsites, and more!
(Available for purchase in the city at Nebama Rest House)



← Purchase a hiking map online here



Overlook Kamaishi Bay

There are many places in the Kamaishi area where you can overlook the sea and the city. Find your own ideal spot!



See Sanganjima Island from the Hakozaiki Peninsula

You can enjoy a view of Sanganjima Island, a nationally designated natural monument, from the Hakozaiki Peninsula and Ohakozaki/Senjjojiki. Take a break to enjoy the scenery.



Positioned with a panoramic view of the Pacific Ocean

The 7 Joys of Kamaishi Daikannon

It would be a waste to just look up at the large Kannon statue and move on. Discover the 7 different joys it has to offer, such as exploring the inside and appreciating the art.

1 The ocean view from the observation deck

Located on a hill, the view from the red Jodo Bridge and the entrance plaza is great, but the breathtaking view from the Gyoran observation deck found after climbing the stairs to the top is the highlight.



Kamaishi Daikannon mascot character Kanocchi

Kamaishi Daikannon

The Gyoran Kannon, built in 1970, is one of the 33 Kannon statues. It stands at a height of 48.5 meters. The Gyoran observation deck is located at an elevation of 120 meters. There is an escalator after passing through the main gate, but the inside of the Kamaishi Daikannon can only be seen on foot.

Tel: 0193-24-2125

Address: 3-9-1 Odairacho, Kamaishi

Hours: 9:00 to 17:00 (varies by season)

Closed: 12/29 - 12/31

Access: About 10 minutes by car from Kamaishi Station

<http://www.kamaishi-daikannon.com/>



Map E-4

2 Explore the inside while searching for the Seven Lucky Gods on the Seven Lucky Gods Staircase

The staircase leading to the observation deck begins with the Benzaiten statue at the entrance, which is also part of the hunt for the Seven Lucky Gods. With approximately 200 steps, the Seven Lucky Gods will keep you inspired to keep going. You'll quickly find yourself eager to find the next God.



3 Thirty-three Kannon statues resembling an art museum

A hall containing 33 Kannon statues is found on the third floor. If you take your time to observe them, you'll find yourself feeling comforted by the gentle and unique facial expressions of each statue.



The Gyoran Observation Deck is here!

The observation deck is here!

4 Ring the bell at the Lovers Sanctuary

Designated as the Lovers Sanctuary, this spot is perfect for proposing. Feel free to make an unforgettable proposal here or use it to practice with a friend.



5 Wash your money at Kanahebisui Water to boost your fortune

While you're here, you might as well visit this spot to boost your wealth. Cleanse your precious money in the water. A heart that values money attracts good fortune.



6

Learn about Buddhism at the stupa

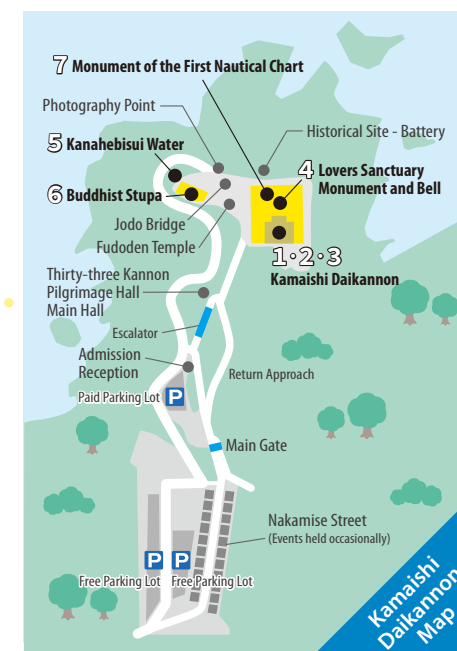
You can learn about the history of Japanese Buddhism, which spread under various founders after the Buddha proclaimed "I alone am honored in heaven and earth" at birth.



7

The first Japanese-made nautical chart: a must-see monument commemorating the history of Kamaishi Port

The first nautical chart made by Japanese hands in the year 1872 was for none other than Kamaishi Port. Make sure to see the monument with the plate of the nautical chart from that time.



Kamaishi Daikannon Map

The Story of Kamaishi, the Iron City

Discover Kamaishi, which shaped the history of steelmaking in Japan, including the registered World Heritage Hashino Iron Mining and Smelting Site.



Sites of Japan's Meiji Industrial Revolution Photo Contest 2022 Grand Prize: "Eternal Remnants of the Tataro Forge and Starry Sky"



World Heritage Hashino Iron Mining and Smelting Site

A mining site with the oldest existing blast furnace in Japan, registered as part of UNESCO's World Cultural Heritage "Sites of Japan's Meiji Industrial Revolution," along with other assets in the country. This industrial heritage allows us to understand the entire process of steelmaking and tells the story of the pioneering modernization of Japan's steelmaking technology.

This location was chosen for the construction of blast furnaces due to the presence of iron ore as raw material, forests supplying wood charcoal as fuel, and rivers serving as the power source for waterwheels.



The remains of Blast Furnace No. 3 at the Hashino Iron Mining and Smelting Site, a World Heritage (on the left), and a full-scale restored model exhibited at the Iron and Steel History Museum (on the right).



December 1st is Iron Day

Iron products were introduced to Japan during the Yayoi period (roughly 300BC~250AD), but full-fledged ironmaking began in the Kofun period (6th century). Along the Sanriku coast, there was abundant iron sand, and the Tataro ironmaking process using iron sand began in the Nara period (late 8th century). Later, during the Edo period, it boasted production volume second only to the Chugoku region. As the end of the Edo period approached, to defend the country from foreign threats, each domain aimed to cast cannons and built reverberatory furnaces. To produce high-quality iron for this purpose, Oshima Sozaemon (later known as Takato) of the Morioka Domain, constructed a blast furnace in Ohashi, Kasshi Village (now Kasshicho Daiichi-chiwari), and on December 1st, 1857 (January 15th, 1858 of the Gregorian calendar), successfully achieved continuous iron production using iron ore as raw material.

To commemorate this achievement, the day is celebrated as Iron Day. In an era when foreign engineers could not be hired, this success was achieved through research while deciphering Dutch texts.

A World Heritage Site that embodies the origins of Japan's modernization

Following their construction in Ohashi, the Morioka Domain went on to construct the Hashino Iron Mining and Smelting Site. This site, which includes the oldest surviving blast furnace site, as well as remnants of mining and transportation routes, was registered as a component of the UNESCO "Sites of Japan's Meiji Industrial Revolution: Iron and Steel, Shipbuilding and Coal Mining" in 2015. Some parts of the foundations remain on-site, and visitors can learn about ironmaking through a full-scale restored model of Blast Furnace No. 3 at the Iron and Steel History Museum. With iron ore as raw material, wood as fuel, and

water as power, the Hashino Iron Mine offers lush greenery and can be leisurely enjoyed as a walking destination. Additionally, it is known for its cherry blossoms, including varieties such as Sora Zakura (grown from seeds of cherry blossoms travelled in the space), Ishiwari Zakura (mountain cherry), and double-flowered cherry blossoms, which can be admired from late April to mid-May.



The Iron Nation: Kamaishi's Indomitable Challenge

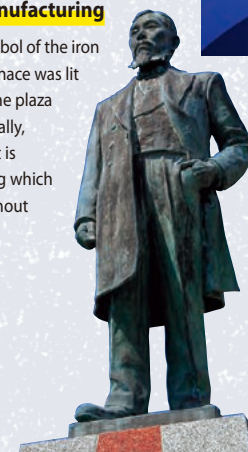
The government-run Kamaishi Ironworks, which was extensively constructed by the Meiji government, including the installation of large blast furnaces and the construction of a railway for iron ore transportation (the third in Japan), closed down after only three years and was transferred to private ownership.

Nonetheless, overcoming 48 failed trial operations with an indomitable spirit, Kamaishi Mine Tanaka Ironworks inherited and developed the industry. Subsequently, despite many hardships such as the Meiji and Showa era tsunamis and two naval bombardments just before the end of the Pacific War, it continued to rebuild and support post-war economic growth while adapting its management structure. The Kamaishi Mine also flourished against the backdrop of Japan's largest iron mine. However, due to the scarcity of flat land in Kamaishi, the construction of large blast furnaces was postponed, and in 1989, after a century of operation, the flames of the blast furnaces were extinguished. Concurrently, iron ore mining at the mines ceased. Presently, at the steelworks (Nippon Steel Corporation, North Nippon Works Kamaishi Area), wire rods are manufactured for materials such as steel cords used in tire reinforcement, and a thermal power plant operates on the site of the former

blast furnace. Meanwhile, the Kamaishi Mine utilizes water from its tunnels for the production of natural mineral water, power generation, and solar power generation using sedimentation sites and former company housing locations.

The Eternal Flame of Manufacturing

In an effort to preserve the symbol of the iron town, the flame of the blast furnace was lit within the iron monument in the plaza in front of the station. Additionally, the week around December 1st is designated as Iron Week, during which various events are held throughout the city.



Station Square

The flame of the blast furnace that stopped operating in 1989 continues to burn within the iron monument in the square. Nearby stands a statue of Oshima Takato.

Statue of Oshima Takato, the Father of Modern Ironmaking

Spots to Explore Iron City Kamaishi

Can a magnet stick to a stone?



Try it

Kamaishi's iron ore is exhibited in various places.



Hashino Iron Mining and Smelting Site Information Center

The world heritage site and Hashino Iron Mining and Smelting Site are introduced through theater footage and panel exhibits. Local guides and audio guide pens in four languages (Japanese, English, Chinese, and Korean) are also available for use (additional cost).

Tel: 0193-54-5250
Address: 2-6 Hashinocho, Kamaishi **Hours:** 9:30 to 16:30
Closed: 12/9 - 3/31
Access: About 30 minutes by car from Unosumai Station
<http://www.city.kamaishi.iwate.jp/>



Iron and Steel History Museum

This facility introduces the history of steelmaking and the development of iron production in Kamaishi. Inside are rows of fascinating exhibits, including a life-size model of a blast furnace that has been restored. Enjoy learning about the history of iron in an engaging way.

Tel: 0193-24-2211
Address: 3-12-7 Odairacho, Kamaishi **Hours:** 9:00 to 17:00 (Admission until 16:00)
Closed: Tuesdays and 12/29 - 1/3
Access: About 10 minutes by car from Kamaishi Station
<http://www.city.kamaishi.iwate.jp/>

Metal Casting Hands-On Activity (60 minutes) (Reservation required)
Pour metal into a mold made by compacting sand to create a keychain.



Kamaishi Mine / Former Kamaishi Mine Office

Kamaishi Mine prospered as Japan's largest iron mine, and its office is designated as a nationally registered tangible cultural property. In this retro building, you can enjoy exhibits unique to a mining town, showcasing the atmosphere of the time and the mineable ores.

Tel: 0193-55-5521
Address: 1-90-2 Kasshicho, Kamaishi **Hours:** 9:30 to 16:30 (Admission until 16:00)
Closed: Tuesdays, Wednesdays, and 12/9 - 3/31
Access: About 30 minutes by car from Kamaishi Station
http://www.city.kamaishi.iwate.jp



Kamaishi Historical Materials Display

There are various exhibitions on nature, archaeology, folklore, and more. In the steelmaking area, the history of Hashino Iron Mine is introduced through panels, and excavated items like blast furnace slag from the remains of the blast furnace are on display.

Tel: 0193-22-2046
Address: 15-2 Suzukocho, Kamaishi **Hours:** 9:30 to 16:30
Closed: Tuesdays and 12/28 - 1/4 **Access:** About 3 minutes on foot from Kamaishi Station
<http://www.city.kamaishi.iwate.jp/kyoudo>

Kamaishi

A Stroll through the Downtown

Ten minutes from the station, Kamaishi's main street offers a mix of new and old shops, where you can even find Miffy during a leisurely stroll.



The Showa-era retro atmosphere is exciting

12 Kuniya (928)'s Vending Machine Burgers

The rare, old vending machine selling hamburgers located behind the eye-catching black-colored fashion shop 928 building is popular. You can also enjoy the retro packaging of the cheeseburgers.



13 Yakushi Park

A cherry blossom spot in spring. It also serves as a tsunami evacuation area.



14 Shinkansen Honten

A super famous shop known as the birthplace of Kamaishi Ramen, where you'll likely find long queues. Their Chinese dinners are also recommended.

Tel: 0193-22-1888
Address: 2-1-20 Omachi, Kamaishi
Hours: 11:00 to 15:00 / 17:00 to 20:00
Closed: Tuesdays and the 3rd Wednesday of the month

Relaxing sophisticated time with jazz



15 Town Hall

The smartphone generation should also listen to music through large speakers. Enjoy a blissful sophisticated time.

Tel: 0193-24-2313
Address: 2F, 3-9-1 Omachi, Kamaishi
Hours: 15:00 to 23:00 (until 22:00 on Sundays and holidays)
Closed: Irregularly



16 Yakata

A nostalgic Showa-era coffee shop. Their parfaits are loved by the locals. Their Japanese-style pasta is also recommended.

Tel: 0193-22-5380
Address: 3-9-16 Omachi, Kamaishi
Hours: 11:00 to 17:00
Closed: Tuesdays

WANTED



Deer

You can often find them around city. They're cute, but never approach or feed them.



17 Zuiho Conveyor belt Sushi

Their delux lunch nigiri set is popular.

Tel: 0193-27-8284
Address: 1-1-21 Tadakocho, Kamaishi
Hours: 11:00 to 13:30 / 17:00 to 20:30
Closed: Wednesdays

Downtown Accommodation Facilities
1 2 3 5 6 8 9 14 16
Information p. 22



01 Miffy Book-Shaped Information Sign

Follow the Miffy road signs along the way to the main street from here.

Photogenic spot

Watch your step! Miffy will guide you.

02 Kamaishi Products Center "Sea Plaza Kamaishi"

A restaurant and souvenir shop facility adjacent to the station. There is also a rugby cafe where you can get information about rugby in Kamaishi.

Souvenirs and food all in one place

03 Kamaishi Historical Materials Display

Free admission for high school students and younger! Spend some time learning about the history of Kamaishi.



05 Hashizume Square

A resting spot with a view of the Kasshi River. Beyond the footbridge you might even see deer on the riverside or the Sanriku Railway.



Kamaishi Station Plaza

Home to a monument made of magnetite iron, a statue of Oshima Takato, and the Bell of Recovery.



PIT's wall is so photogenic!

07 Kamaishi PIT

An event venue with a large screen. The wall was decorated with heart-shaped artwork to brighten the city after the earthquake.



Can you handle this much meat?

06 Kudo Butcher Shop Restaurant

While they also serve Kamaishi ramen, the main attraction of this butcher shop's restaurant is the hefty bowls and set meals that even rugby players would appreciate.

Tel: 0193-22-3193
Address: Chuo Building 2F, 1-1-2 Owataricho, Kamaishi
Hours: 11:00 to 15:00 / 17:00 to 20:00
Closed: Wednesdays

08 Town Port Omachi/Omachi Square

An outdoor spot with seating and a collection of shops, including restaurants.

Dining: Naniwaya/Shimokamo/Kojima Café



Oyafuko Street

Home to various izakayas and bars. The nighttime seafood delights are also worth exploring. From well-known establishments to hidden gems, it's a must-visit spot.



Kasshi River

A flowing river that stretches from the Kamaishi Mine. A renowned cherry blossom spot in spring. Deer often appear along the riverbank. There's a rest area at the foot of the bridge.

18 Uogashi Terrace

A spot overlooking Kamaishi Port, where events are also held. On the first floor, there is a gelato shop, and on the second floor, there are four restaurants serving Japanese and Western cuisine. On sunny days, you can enjoy terrace seating and the Kamaishi Bay Fishing Boat Cruise (reservation required).

Tel: 0193-27-5566
Address: 3-3 Uogashi, Kamaishi
**Please check the business hours and holidays for each restaurant.*

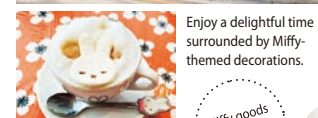


Restaurants: Hikari Shokudo / HAMAYUI / Uogashi Shogoro / CHEZ MARCO / Uogashi Gelato-bu

11 Miffy Cafe Kamaishi

A Kamaishi original cafe themed around Miffy. Enjoy homemade Dutch food and sweets.

Tel: 0193-55-6707
Address: 1-1-10 Omachi, Kamaishi
Inside Kamaishi Information and Community Center
Hours: Weekdays: 11:00 to 15:00
Saturdays, Sundays, and holidays: 11:00 to 16:00
Closed: Wednesdays and the 1st and 3rd Thursday of the month
Access: 10 minutes on foot from Kamaishi Station
<http://en-trance.jp/miffy>



Enjoy a delightful time surrounded by Miffy-themed decorations.

Miffy goods as souvenirs

There's a Miffy manhole in front of the cafe.

© Mercis by

Also recommended! Kamaishi Guided Tours

Tours where local guides share the best of Kamaishi, from local tourist spots and World Heritage sites to geology and disaster prevention learning. Get to know Kamaishi in depth.

Kamaishi Tourist Guide Association (Kamaishi Tourist Information Center)
Tel: 0193-27-8172
**Reservation required 8 days in advance*



Tsunami water level sign

If you look closely, you'll see signs like this around the city.

Explore

Kamaishi's Gourmet Spots



Eat and drink plenty of delicacies only available in Kamaishi.



Ayutoku Map D-3

This popular shop is committed to making homemade ultra-thin noodles with no artificial colors or preservatives added. It is also known for its authentic Western cuisine.

Tel: 0193-23-5099
Address: 1-1-35 Kaminakashimacho, Kamaishi
Hours: 11:00 to 15:00 / 17:00 to 21:00
Closed: Mondays



Map D-2

Shinraiken Map D-4

This one-of-a-kind Kamaishi Ramen that has been passed down since its establishment, boldly topped with special offal.

Tel: 0193-55-6077
Address: 3-16-14 Sadanaicho, Kamaishi
Hours: 10:30 to 13:00
Closed: Wednesdays



Kamaishi Ramen

Fast food from Kamaishi, Iwate. It is said that the cooking time was shortened so that workers at the Kamaishi Ironworks and fishermen could eat quickly.

Premiered in July 2023:

The "Kamaishi Ramen Monogatari" Movie

Directed by: Akiyoshi Imazeki, Starring: Hiroe Igeta

A wife managing a ramen shop in town went missing after the disaster, so her husband and second daughter take over, when the eldest daughter return home after being out of touch, the family and their relationship to the shop changes.

Mie Shokudo Map D-3

Tel: 0193-23-8041 Address: 1-4-5 Kogawacho, Kamaishi
Hours: 11:00 to 17:00 (Closes early when broth runs out) Closed: Irregularly



The movie was filmed here!

List of establishments serving Kamaishi Ramen →



→ For Kamaishi Ramen souvenirs, see p. 21.



Versatile Western and Japanese-style arrangements Monthly seafood pasta

Not only the ingredients, but also the presentation is carefully crafted. Enjoy a pasta filled with sparkling treasures of the sea.

HAMAYUI

Tel: 0193-55-6616
Address: Uogashi Terrace 2F, 3-3 Uogashi, Kamaishi
Hours: 11:30 to 14:00 L.O. / 17:30 to 20:00 L.O.
Closed: Mondays (open on holidays)

Map D-3 Downtown p.15-18

Generously filled with large pieces of seafood Sea onigiri rice balls

*Limited to specific days and quantities
Made with fluffy and locally sourced rice from Kamaishi. Easily enjoy the taste of the sea.

Roadside Station Kamaishi-Sennintoge

→ See p. 20 for information



Tuesday to Friday: Scallop onigiri
Saturday, Sunday, Monday, and Holidays: Sea urchin onigiri



Enjoy local fish in Kamaishi! Fried Brown hakelet Set meal

*Lunch only

The fish is directly sourced from Kamaishi fishermen and prepared by cutting the spinal cord of the fish to keep it extra fresh. Classic dishes like sashimi and tempura also offer an outstanding taste.

Wa-no-Zen Miyakawa

Tel: 0193-22-1234
Address: San Fish Kamaishi 2F, 2-1 Suzukocho, Kamaishi
Hours: 11:30 to 13:30 L.O. / 18:00 to 21:00
Closed: Sunday nights and Mondays

Map D-3 Downtown p.14-04

Enjoy a course meal at night

Seafood



Kamaishi Sweets

Warm mochi with a gentle sweetness KOJIMA's Walnut Mochi

Topped with plenty of walnut sauce and additional walnuts. Enjoy a relaxing time with tea included. Seasonal walnut sundae also available.

Kojima Café

Map D-3

Downtown p.15-08

Tel: 0193-27-8885
Address: Town Port Omachi 2F, 1-2-10 Omachi, Kamaishi
Hours: 11:00 to 17:00 (Until 16:00 on Sundays)
Closed: Tuesdays



Over 10 flavors Uogashi Gelato

Flavors include local specialties such as Kasshi persimmon, tomato, and Hamachidori daiginjo sake. Gelato made with commitment to the concept of local production for local consumption.

Uogashi Gelato-bu

Tel: 0193-27-5260
Address: Uogashi Terrace 1F, 3-3 Uogashi, Kamaishi
Hours: 14:00 to 16:00
Closed: Mondays

Map D-3 Downtown p.15-18



Available only between 14:00 and 16:00!

Featured treat at the roadside station Two unique soft serve ice cream flavors

Do you prefer sweet and salty Fujiyu soy sauce or Kasshi persimmon with plenty of fresh puree?

Roadside Station Kamaishi-Sennintoge

→ See p. 20 for information

Kasshi persimmon premium sennin soft serve ice cream



Fujiyu soy sauce soft serve ice cream

Enjoy Kamaishi at night



Kamaishi Isaribi Sake District Kamariba

Address: 1-3-9 Omachi, Kamaishi
Lined with small restaurants where you can enjoy fresh seafood from Sanriku and delicious local sake, here you can experience the traditional style of Kamaishi's drinking district. Some places are also open for lunch.

MAP D-3 Downtown p.15-10

See the list of establishments here →



End your day with Kamaishi's seafood menu paired with local sake. Have a drink in Kamaishi and stay overnight. It will make your trip even more enjoyable.

Hamachidori

A local sake offered at various restaurants in the city, including Kamariba. Its light and smooth taste pairs perfectly with a variety of dishes.

→ See p. 20 for information

The most popular drink



Visually Appealing Seasonal Sashimi Platter

The discerning eye of a fisherman owner meets the skill of a seasoned chef. Each dish is a masterpiece. This restaurant is bustling at all hours.

Amimoto Chaya Manpo

Tel: 0193-55-5922
Hours: 17:30 to 22:30
Closed: Sundays and 2nd and 3rd Mondays of the month



Bliss up to the last bite Uni-Shabu

Seafood shabu-shabu featuring shrimp, squid, octopus, and scallops with a rich sea urchin soup. Finish with pasta and risotto. Enjoy three distinct delicious experiences.

Mami

*Uni-shabu is available by reservation only, for at least 2 to 3 people.

Tel: 080-5568-7983
Hours: 17:30 to 22:00
Closed: Sundays, Mondays, Holidays



Passionate Kamaishi

Tradition passed down through generations and a new wave of sports.
Connecting the community and its people.
Experience the bonds created by Kamaishi.



OCT

Experience the power and solemnity of the coastal festival and sacred rituals

Kamaishi Festival

A joint festival combining the long-standing Osaki Shrine Festival and the San Shrine Festival (the guardian shrine of the North Nippon Works). On Saturday, a parade of towing boats takes place at Kamaishi Port, and on Sunday, portable shrines and Toramai dancers parade through the main streets.

Friday: Osaki Shrine Eve Festival
Saturday: The sacredshintal object from Osaki Shrine is welcomed by boat and paraded around Kamaishi Bay
Sunday: Toramai, Kagura, floats, Teodori hand dances, and portable shrines from both shrines parade through the main streets of the city
The sacredshintal object of Osaki Shrine is returned to the main shrine by boat



AUG

3,000 fireworks to light up the summer sky

Kamaishi Summer Fireworks

Held in remembrance of those lost in the earthquake and with hopes for regional revitalization. The famous underwater fireworks create towering 20-meter-high columns of fire, brilliantly illuminating the night over Kamaishi Bay with magnificent flaming flowers.

SEP

Join the fun, Saa-ssa, Yoi-yassa

Kamaishi Yoisa



This festival was created to revive the spirit of Kamaishi after the blast furnace of the ironworks, which had burned for 100 years, was extinguished, leading to a decline in vitality. Yoisa Komachi dancers in yukata gracefully dance, and participants join in with jumping and leaping group dances. Spontaneous participation is welcome! The festival music energizes and heats up the summer in Kamaishi.

OCT

The autumn foliage provides motivation in this challenging course

Kamaishi Sennin toge Marathon

The course features a 400-meter elevation difference and an average gradient of 5%, climbing up the pass on the way out and descending on the way back. The highlight of this autumn event is the fall foliage of Sennin-toge Mountain Pass. Run towards the goal amidst the beautiful nature.



Experience traditional performing arts...

Toramai

There are various theories about its origin and history. One theory suggests that during the Edo period, the tradition spread from the proverb "A tiger can travel a thousand miles in a day and return a thousand miles in a day" for praying fishermen's safe return. Currently, there are 14 groups in the city, with five of them designated as intangible folk cultural assets of the city.



Kagura

A dance performed while wearing a lion's head, praying for exorcism of evil spirits, fire prevention, good health, and family safety. The Nanbu Hanjushoin Nengyojishi Haidai Kagura in particular is performed once every 20 years during the Ise Jingu Shikinen Sengu ritual.



Shishiodori

The city's Shishiodori involves dancers wearing heads shaped like deer or lions and dancing while holding cloth attached to their bodies. The origins vary by district, but it is said to have been danced as a form of worship for deer hunted for sustenance and as a prayer for a bountiful harvest.



Obu Daiko

Named after the rhythmic drumming amidst the full bloom of cherry blossoms after the harsh winter. Symbolizes the prosperity of the homeland and the growth of children.



Kamaishi Seasonal Calendar

Seasonal encounters await.

APR MAY JUN JUL AUG SEP OCT NOV DEC JAN FEB MAR

Wakame Seaweed (December to May)

Sea Urchin (June to August)

Kasshi Persimmon (October to November)

Events

- Toni Cherry Blossom Festival (Held every three years; April 2024)
- Mt. Goyo Opening (Every year on April 29th)
- Hashino Iron Mining and Smelting Site Yaezakura Cherry Blossom Festival
- Kamaishi Spring Festival



Kamaishi Mini-Truck Market (July - November)

- Kamaishi Open Water Swimming
- Kamaishi Summer Fireworks
- Hamayuri Triathlon
- Kamaishi Yoisa
- Kamaishi Manpuku Festival
- Kamaishi Bonds Day

Scallop (September to February)

Oyster (October to March)



Iron Week (the week around December 1st)

Hair Crab (February to April)



- National Toramai Festival

*Event dates may vary.



Sennin Hisui Water

This natural mineral water, sourced from Kamaishi Mine without any heat treatment, has won the ITI Superior Taste Award's highest honor for 11 consecutive years since 2013.



Sennin Hisui Beer

Made with fragrant hops from Tono City and France, this beer offers a clear, refreshing taste thanks to the Sennin Hisui Water.

Fujiyu Soy Sauce

Established in 1902, this long-standing soy sauce offers the taste of the coast, perfect for sashimi, tofu, and simmered fish dishes!



Kamaishi Rugby Player Ramen

Try the bold spicy miso flavor!

Kamaishi Ramen

5 varieties: Fujiyu Soy Sauce's "Gold"; Salted "Silver"; Sake lees, koji, and miso "Bronze"; Seaweed scented "Sea urchin" and "Krill."

Recreate the flavors at home!



Frozen

Kasshi Persimmon

A type of persimmon grown in the Kasshi district, smoked to bring out its sweetness.

Fresh

Kamaishi Kamadango Rice-dumplings

The brown sugar syrup spreads in your mouth, offering a local taste. Named after their shape resembling a *kama* (sickle).



Kurumitto Walnut Sweets

The flavor of walnuts and their moist texture evoke a sense of nostalgia.



Kamamocchi sweet bun

Sweets featuring a chewy texture, inspired by Kamadango.

Available in souvenir sizes too!



Kamaishi Rugby Pie

A pie shaped like a rugby ball, filled with homemade sweet bean paste.



Rugby Player Ball sweet bun

A steamed bun flavored with almonds, resembling a rugby ball.



Hashino Iron Mine Cookies from Kamaishi

Handmade cookies shaped like rocks from the Hashino Iron Mine. Enjoy four different flavors.



Kamaishi Souvenir Guide

Indulge in the lingering memories of your journey with something just for you, or share a piece of those memories as a gift. Find your favorite souvenirs.

Hamachidori Sake

Mainly brewed using sake rice varieties "Yui no Ka" and "Gin Giga," this sake is crafted by Nanbu Toji master brewers who are committed to using high-quality water from Iwate. It's highly acclaimed both domestically and internationally.



Cup sake is also recommended for train journeys!

Hamayuri Ale

Made with the yeast of the Hamayuri flower, the city flower, which continues to bloom vigorously even after the disaster. It enhances the aroma and sweetness derived from malt.



Dried Fish and Seafood Products

Tightly packed to preserve the umami flavor.



Canned Food

From classic canned saury, mackerel, and salmon to uniquely flavored canned dishes to enjoy at home.



Sanriku Kaihozuke Marinated Seafood

Abalone, salmon roe, sea urchin, scallops. A delicacy of the sea, marinated in delicious soy sauce-based sauce.



Also available in mini sizes!



Premium Iwate Sanriku Kamaishi Salmon Trio

Salmon flakes seasoned with Fujiyu soy sauce, Hamachidori daiginjo sake lees, and salt from Miyako.

Fresh Seafood

★ For each seasonal period, see p. 18, 19.



Souvenir and Farmers Market Spots

Roadside Station Kamaishi-Sennintoge



Kasshi persimmons are also sold from October to November!

Address: 7-155-4 Kasshicho, Kamaishi Tel: 0193-27-8530
Hours: 9:00 to 18:00 (Restaurant 9:30 to 17:00)
Closed: New Year Holiday



Kamaishi Products Center "Sea Plaza Kamaishi"



A perfect spot for souvenir shopping. It also has an event venue and a Tourist Information Center.

Address: 22-1 Suzukochi, Kamaishi
Tel: 0193-31-1177 Hours: 9:00 to 19:00
Closed: 1st, 3rd, and 5th Tuesdays of the month



SAN FISH KAMAISHI



Open from early morning, they offer seafood caught in Kamaishi. There's also a seafood restaurant on the second floor.

Address: 2-1 Suzukochi, Kamaishi Tel: 0193-31-3668
Hours: 7:00 to 16:00 Closed: Wednesdays
*Subject to change during holidays



Unosato Visitor Center



A facility serving as a community hub in the Unosato district, utilizing local specialty products and more.

Address: 4-900 Unosumaicho, Kamaishi Tel: 0193-27-5666
Hours: 9:00 to 18:00 (Restaurant 11:00 to 18:00)
Closed: Wednesdays and New Year Holiday



Hashino Acorn Square

Address: 38-41-1 Hashinocho, Kamaishi Tel: 0193-57-2650
Hours: 9:00 to 17:00 *Subject to change by season
Closed: Obon and New Year Holidays



Mini Farmers Market - Cosmos (Creative Farmer Cosmos)

Address: 5-72 Kasshicho, Kamaishi Tel: 0193-27-3366
Hours: 11:00 to 16:00
Closed: Irregularly (Tuesdays and every 3rd Wednesday)



Toge no Chaya

Address: 2-38 Hashinocho, Kamaishi Tel: 0193-57-2005
Hours: 11:00 to 14:00 *Reservation required



Uogashi Terrace

Address: 3-3 Uogashi, Kamaishi Tel: 0193-27-5566



Farmers Market Mickey Farm

Address: 9-42-1 Kasshicho, Kamaishi Tel: 0193-23-3035
Hours: 9:00 to 17:00 Closed: Mondays



Toni Farmers Market

Address: Kojirahama, Tonicho, Kamaishi (Next to Asada Shoten)
Hours: Sundays 9:00 to 9:30 (Open from June to October)



Sanriku
Kamaishi
Genki Ichiba



Iwate
Kamaishi
Online Shop



Kamaishi Area Map

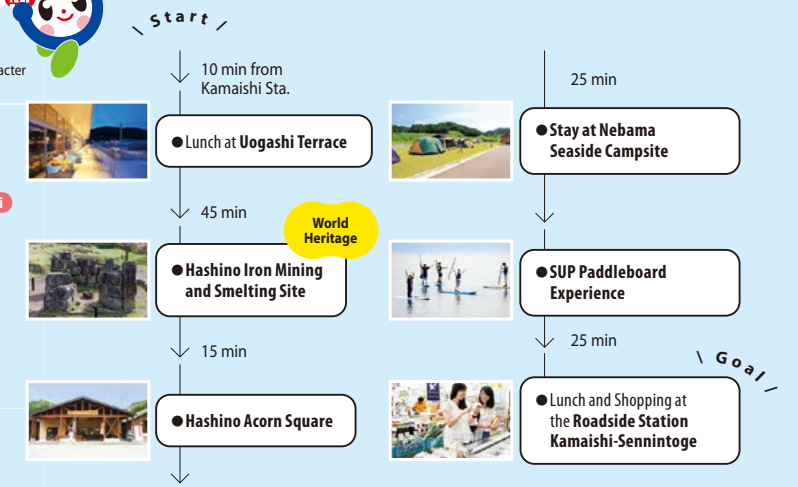


Kamaishi Sightseeing Model Courses

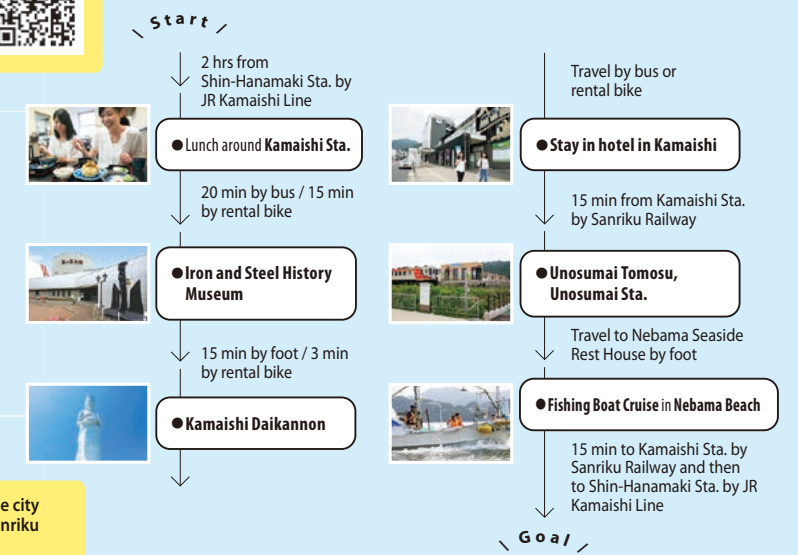
Have a great day in Kamaishi!



2-Day Trip by car to immerse yourself in Kamaishi



2-Day Trip by public transport to explore Kamaishi



Moroko to Kamaishi 125km
Enjoy the nature on the sightseeing train "Hinabi" by JR Kamaishi Line

Feeling the seaside city atmosphere by Sanriku Railway Rias Line

Kuji to Sakari 163km

Accommodation Facilities

1 Hotel Folkloro Sanriukamaishi 22-4 Suzukocho, Kamaishi Tel: 0193-38-5536	6 Hotel Route-Inn Kamaishi 2-5-17 Omachi, Kamaishi Tel: 050-5847-7701	11 Japanese Inn Nakamura 2-4-15 Nakazumacho, Kamaishi Tel: 0193-23-7527	16 Kamaishi Fukko bldg. 2-6-3 Tadakocho, Kamaishi Tel: 0193-22-6633
2 Kamaishi Baycity Hotel 1-8-1 Omachi, Kamaishi Tel: 0193-22-6611	7 Rikuchu Kaigan Grand Hotel 1-2-3 Minatomachi, Kamaishi Tel: 0193-22-1211	12 Houraikan 20-93-18 Unosumaicho, Kamaishi Tel: 0193-28-2526	17 Ohakozaki no Yado 3-6-1 Ohakozakicho, Kamaishi Tel: 090-4636-8540
3 Hotel Crown Hills Kamaishi 2-3-3 Omachi, Kamaishi Tel: 0193-24-3311	8 Takakin Inn 6-8 Suzukocho, Kamaishi Tel: 0193-22-4559	13 B&B Maekawa (Representative's mobile number) 080-6047-0224 22-38-2 Unosumaicho, Kamaishi Tel: 0193-28-3869	Car Rental
4 Hotel Seagullea marine 3-61-22 Heitacho, Kamaishi Tel: 0193-26-5111	9 Tada Japanese Inn 3-5-15 Omachi, Kamaishi Tel: 0193-22-3576	14 Owatari Pansion / Owatari Pansion Will 1-5-8 Owataricho, Kamaishi Tel: 0193-22-5525	TOYOTA Rent a Car Kamaishi-ekimae Shop 22-10 Suzukocho, Kamaishi Tel: 0193-22-0100
5 Hotel Marue 2-1-10 Owataricho, Kamaishi https://www.marue.info/	10 Hiraji Japanese Inn 1-20-31 Nakazumacho, Kamaishi Tel: 0193-23-5805	15 Heita Pansion 1-101 Heitacho, Kamaishi Tel: 0193-26-6511	Eki Rent-A-Car Kamaishi Shop 22-10 Suzukocho, Kamaishi Tel: 0193-22-5007

Taxi

Kamaishi Taxi Co., Ltd. 1-9-19 Omachi, Kamaishi (6:30am-3:00am) Tel: 0120-22-3881
Aoba Taxi Co., Ltd. 5-3-5 Kogawacho, Kamaishi Tel: 0193-23-5911
Maekatsu Taxi Co., Ltd. 2-7-14 Unosumaicho, Kamaishi Tel: 0193-28-3232
SOQO Co., Ltd. 2-14-18 Nakazumacho, Kamaishi (7:00am-12:40am) Tel: 0120-23-2200
Taiyo Taxi Co., Ltd. 15-7-1 Unosumaicho, Kamaishi Tel: 0193-28-1414

Kamaishi Domestic Migration and Resettlement Portal Site

Try

Fure-Fure Kamaishi Try-jin

Introducing the members of team Kamaishi one after another!



The migration coordinators living in Kamaishi dispatch Kamaishi's attraction!



Lots of delicious food information here

COLUMN

Access Guide

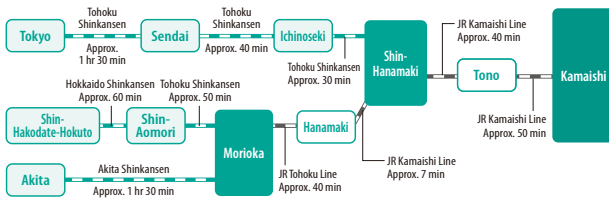
*The time required is an estimate.

This booklet is also available as a digital book.

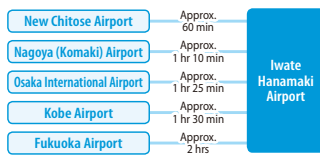
Iwate Kamaishi Travel Guide



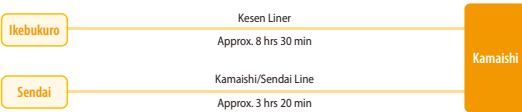
By railway



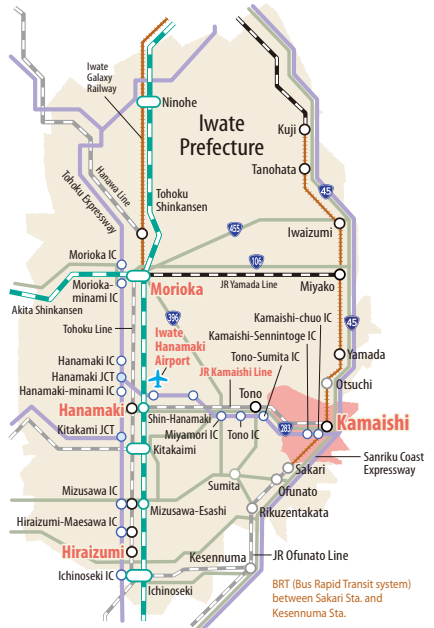
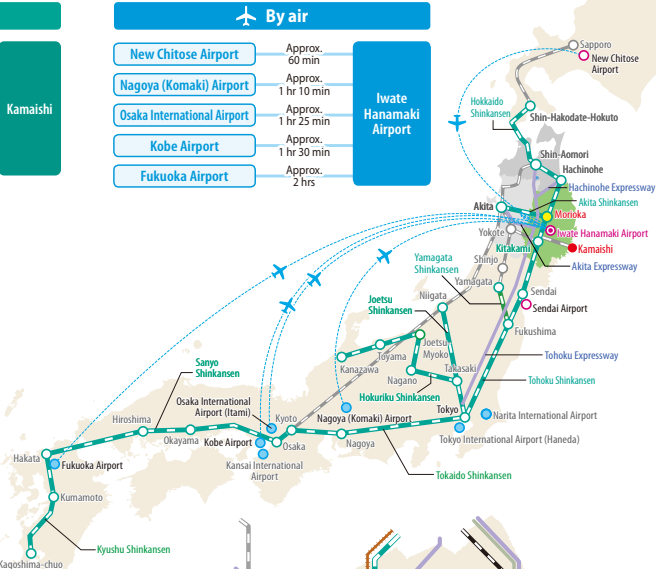
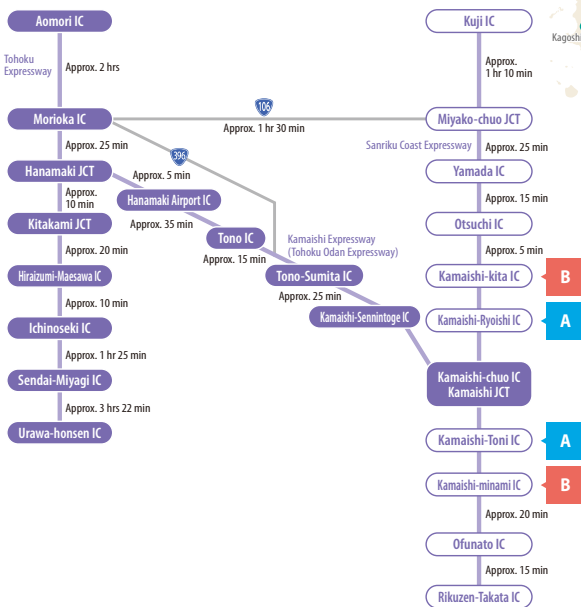
By air



By highway express bus



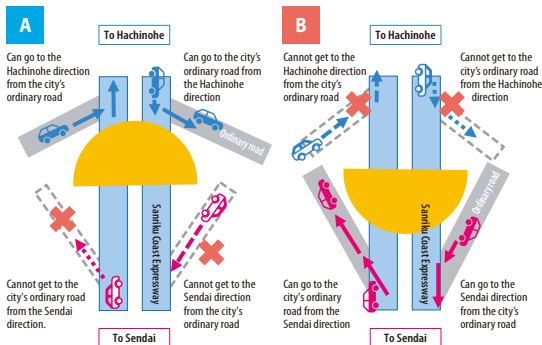
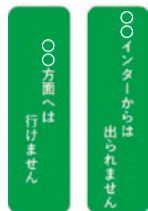
By car



Please note! Half Interchange

This is an interchange that allows access only in one direction, either up (to Sendai) or down (to Hachinohe).

*Signs on the road and at the entrance to the IC are also posted.



Sightseeing Inquiries

Commerce and Tourism Section, Industrial Promotion Dept., Kamaishi City

Postal code: 026-8686
Address: 3-9-13 Tadakocho, Kamaishi, Iwate Pref.
Tel: 0193-27-8421 Fax: 0193-22-2762



Kamaishi Tourist Information Center (Kamaishi Tourism & Products Association)

Postal code: 026-0031
Address: 22-1 Suzukocho, Kamaishi, Iwate Pref. (Sea Plaza Kamaishi)
Tel: 0193-27-8172 Fax: 0193-27-8173



Kamaishi DMC Ltd.

Postal code: 026-0012
Address: 3-3 Uogashi, Kamaishi, Iwate Pref. (Uogashi Terrace)
Tel: 0193-27-5260 Fax: 0193-27-5261

