

# *Visit* MIYAGI

Miyagi Prefecture is blessed with an abundance of natural beauty and numerous historic sites. Its capital, Sendai, boasts a population of over a million people and is filled with vitality and passion. Miyagi's major attractions are introduced here.



# COURAGE

# 勇

## The one-eyed warlord cast his ambitious gaze far beyond the boundaries of Miyagi

While several warlords fought for supremacy during the 16th century in Japan, there was one who reigned supreme in the Ou region (present Tohoku region). His name was Date Masamune (1567-1636), and he came to dominate the south Ou region at the age of 23. After Tokugawa Ieyasu's unification of Japan, he ruled a vast area, including Miyagi, and founded the Sendai Domain. He was well known as the "One-Eyed Dragon" due to his gallantry and the loss of sight in his right eye when he was a child. Masamune's ambition never died out even when he grew old. In 1613, he dispatched the Keicho Mission, with Hasekura Tsunenaga (1570-1621) as ambassador, to Europe to seek out trading opportunities. The mission visited various parts of Europe transmitting their lord's message through audiences with such important persons as Phillip III of Spain and Pope Paul V. However, despite their efforts, no trading agreements were reached, and only the objects Tsunenaga brought back from his travels remain as a representation of Masamune's dreams. Masamune's influence and culture remain alive in this region today, and their importance was recognized by the national government as the Date Culture was certified by the Japanese Agency for Cultural Affairs as a Japan Heritage.



Portrait of Date Masamune  
Desaiguated as a Cultural  
Property by Sendai City.  
Donated by  
the Date Family

Stored in Sendai City Museum

This portrait of Date Masamune (1567-1636), the first lord of the Sendai Domain, was painted by a shogunate government painter Kano Yasunobu. The poem in the top left corner was created by Masamune in his later years and the calligraphy written by a Confucian scholar Sakai Hakugen.

Important Cultural Property

### Black-Lacquered Set of Armor with Five Pieced Cuirass

Stored in Sendai City Museum

This armor, worn by Date Masamune, is said to be the model for a mask worn by a villain who appeared in a world-famous and popular science fiction movie series.



UNESCO's Memory of the World

### Portrait of Hasekura Tsunenaga, National Treasure

Stored in Sendai City Museum

During his visit to Europe as the ambassador of the Keicho Mission, Hasekura Tsunenaga was baptized. When he came back after traveling for seven years, Christianity was banned in Japan, so he lived the rest of his life in relative obscurity. This portrait of Hasekura Tsunenaga is believed to have been painted while he was in Rome, and is now designated as a National Treasure. The collection of objects he brought back to Japan is collectively called "Documents of the Keicho Mission to Europe" and is also a National Treasure, with three of the items being included in UNESCO's Memory of the World Register in June 2013.



### Sendai City Museum

Located on the site of the ruins of Sendai Castle, which was founded by Date Masamune, this museum accommodates and permanently displays approximately 1,000 items showcasing the history of Miyagi. These items include weapons and artworks related to Date Masamune and his Sendai Domain, as well as historical documents, fine arts and crafts from ancient times to the present.

Website for Sendai City Museum  
<http://www.city.sendai.jp/museum/museum/index.html>



### Sant Juan Bautista Museum

This replica of the Keicho Mission ship, Sant Juan Bautista, is a museum located in Ishinomaki City, which was the departure point for Ambassador Hasekura Tsunenaga and the mission to Europe.



### Date Bushotai, The Sendai Welcome Squad

Visitors here are entertained by a group of actors dressed up as the feudal lord Date Masamune and his warriors, who survived with great gallantry through the civil war era. They will welcome you at Sendai Castle ruins and take you back 400 years in time.

Website for Date Bushotai <http://www.datebusyou.jp/>



### Musubimaru

Musubimaru is Sendai and Miyagi's tourism promotion mascot. His head is in the shape of a rice ball made from Miyagi rice to represent this region's affluent food culture. His armor resembles the suit worn by Date Masamune, a powerful feudal lord.

むすび丸



Find us online!

Website for Visit Miyagi [www.visitmiyagi.com](http://www.visitmiyagi.com)

[www.facebook.com/visitmiyagi](https://www.facebook.com/visitmiyagi) [@visitmiyagi](https://www.instagram.com/visitmiyagi)

Website for the Sendai Miyagi Tourist Campaign Promotion Council  
<http://www.sendaimiyagdc.jp/en/>

## BEAUTY

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Enveloped in marvelous natural beauty,  
changing according to the season

Miyagi is one of the best areas to enjoy nature in Japan, offering seasonal beauty up close throughout the year with a large number of majestic views throughout the prefecture.



### Matsushima Godaido Covered with Snow

Matsushima consists of 260 small islands covered in verdant pines and has changed its shape over a long period of time. It is designated as one of the three most scenic spots of Japan for its natural beauty and has been featured in the works of a number of traditional Japanese poets, including the famous Matsuo Basho. Godaido – a worship hall – is named for the statues of Godaimyo (Five Buddhist gods) that were enshrined here in 828. The current hall building was established in 1604 by Date Masamune, the first lord of the Sendai Clan, and was constructed using the distinctive architectural style of the Momoyama period. It is also recognized as being one of the main symbols of Matsushima.



### Zao and Cherry Blossoms

This is a must-visit place in the Tohoku region for cherry blossom viewing. Somei Yoshino cherry trees, the most common variety in Japan, create a blossom tunnel all along the 8-kilometer riverbank from Kanagase in Ogawara Town to Funaoka in Shibata Town, with the snow covered Zao mountain range in the background. These magnificent blossoms also reflect on the surface of the river, creating a magical spectacle.



### Okama Crater Lake

This circular crater lake is surrounded by the three mountains (Katta, Kumano and Goshiki) of the Zao mountain range. It was named Okama as the shape of the lake resembles a *kama*, or traditional cooking pot. The color of the water's surface is emerald green and changes in shade several times a day according to the angle of the sunlight, which contrasts with the rough surface of the crater walls. This view is a well-known symbol of Zao, along with the snow monsters in the winter.



### Autumn colors in the Naruko-kyo Gorge

Formed by the Oya-gawa River, the Naruko-kyo Gorge (100 meters deep and 25 kilometers long) offers spectacular views all year round. The Naruko-kyo Gorge in the fall is an especially spectacular sight with the tree leaves changing into vibrant colors.

## COLORS

# 彩

### Traditional festivals filled with prayers and seasonal colors

A variety of festivals are held throughout the year across Miyagi to pray for the health and safety of family members and a rich harvest from both the land and sea. These events are also conducted as a way of respecting tradition and to appease the more malevolent side of nature. Miyagi festivals are known for the vivid colors seen in costumes, decorations and fireworks. The Sendai Tanabata Festival, one of the three major festivals of the Tohoku region, and the Sendai Pageant of Starlight, which fills people with the light of hope in winter nights, are also famous nationwide. Festivals are generally held throughout the year, but many of the festivals are held during the summer time.



### Sendai Tanabata Festival (August)

Tanabata Festivals, or star festivals, are held in the summer throughout Japan. The one in Sendai is especially famous for its multicolored and splendidly handcrafted streamers hung on long bamboo poles. These decorations are kept hidden until the morning of the opening day of the festival, when they appear on the shopping mall arcades in the city's center. The graceful streamers made out of *washi*, or traditional Japanese paper, flutter in the wind, making for a very impressive scene.



### Fire Prevention Tiger Dance (April)

Held in Kami Town in the northern part of Miyagi, this is a festival of prayers for fire prevention. The distinguishing feature of the event is the dancers dressed in tiger costumes who perform on rooftops in the town center. There are also many other interesting features, including vibrant floats parading down the street.



### Entsuin Temple's Fall Light Up (Late October to Late November)

Entsuin Temple in Matsushima was established in 1647 when the 100th priest of Zuiganji Temple founded the Sankeiden Hall. This hall, a designated National Important Cultural Property, is a square-shaped mausoleum with a side of 3-gen (ken or gen is a traditional Japanese measurement in architecture) in length. This style is quite rare in the Tohoku region and has been secretly treasured for three and a half centuries. Every autumn, the trees in the garden turn the brightest colors and are illuminated at night, creating a magical atmosphere.



### Shiogama Port Festival (July)

A large, colorful boat carrying portable shrines from the Shiogama and Shiwahiko shrines, each over 1000 years old, and over 100 other smaller boats take to the sea during this festival, making it one of the most spectacular and dynamic festivals in the entire region.



### Sendai Pageant of Starlight (December)

Now Sendai's symbol of the winter season, this festival was started in 1986 under the concept "small lights can make a truly beautiful atmosphere." A myriad of lights decorate the trees along Jozenji-dori Avenue, illuminating the city and attracting a great number of visitors every year.



# THE BEST OF MIYAGI



## SENDAI AREA SENDAI, WHERE DATE MASAMUNE'S DREAMS AND IDEALS LIVE ON



### Sendai City and Site of Sendai Castle

The land where Date Masamune lived out his dreams and ideals

Sendai City is a large city with a population of more than one million and is the administrative and economic center of not only Miyagi Prefecture but also the entire Tohoku region. This area started to fully develop as a city around 1600 when the area was dominated by Date Masamune, a feudal lord who ruled the Oshu region (current Tohoku region) from Sendai. He established the extravagantly decorated Sendai Castle as his base atop Mt. Aoba, which was considered to be a natural fort as it was located between a gorge and a river. His intention was to develop a beautiful castle town, and this became the foundation for present-day Sendai City. Although the castle itself does not exist anymore, its magnificence lives on in part through the stonewall remains and the restored tower. There is a statue of Date Masamune on a horse on the castle grounds (Aobayama Park), and the site offers a spectacular view of the city.

Website for Sendai Tourism  
<http://www.sendai-travel.jp>

### Zuihoden

Mausoleum of Date Masamune, the first lord of the Sendai Clan



The mausoleum of Date Masamune was constructed during the early 17th century, featuring some splendid Momoyama-style architecture, rated on par with the famous building of Nikko Toshogu in Tochigi Prefecture. The original building burned down during World War II, but was rebuilt in 1979. Adjacent to this is a museum that includes historical artifacts and a documentary movie about the excavation.

Website for Zuihoden Mausoleum  
<http://www.zuihoden.com/en>

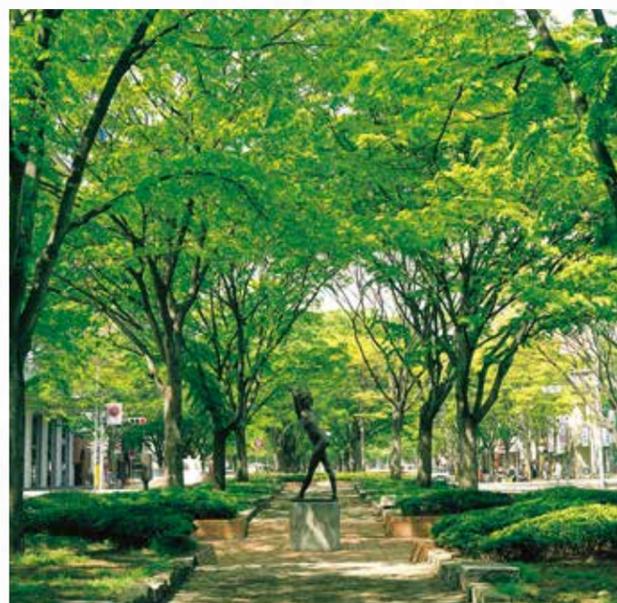
### Sendai Mediatheque

A public facility where anybody can transmit information and promote culture using various media



This facility is a hub for art and visual culture and also offers opportunities for anyone to share information. This glass-walled, stylish building was designed by the architect Toyo Ito, and employs Kesennuma's advanced shipbuilding technology.

Website for Sendai Mediatheque  
<http://www.smt.jp/en/>



### Jozenji-dori Avenue

Jozenji-dori Avenue, lined with beautiful "keyaki" (zelkova) trees, is a popular spot for strollers. In December, the trees are lit at night with 600,000 lights during the "Pageant of Starlight."



### Osaki Hachimangu

One of the largest shrines in Sendai

Osaki Hachimangu Shrine was built in 1607 under the orders of Date Masamune, who brought in the best craftsmen of his time to construct this magnificent shrine. The gorgeous carvings, brilliant colors, lacquer and metal fixtures entice visitors with their elegance.

Website for Osaki Hachimangu  
<http://www.osaki-hachiman.or.jp/pop/index.html>

### Loople Sendai

Unlimited ride pass available, ideal for sightseeing

This retro design bus circulates around tourist spots in the city center, starting at Sendai Station. If you purchase a one-day pass, you can get on and off as many times as you like and enjoy Sendai at your own pace.



#### Fares for Loople Sendai

Single ride: 260 yen (Adult), 130 yen (Child)  
 One-day pass: 630 yen (Adult), 320 yen (Child)  
 One-day pass (Loople and Subway): 920 yen (Adult), 460 yen (Child)

Operation hours: 9:00-16:00 (Last departure time)  
 Operating every 20 minutes on weekdays and every 15 minutes on weekends and holidays  
 \* One-day pass allows unlimited rides on the day of purchase.  
 \* Single ride ticket allows only one ride from and to any bus stop.

Website for Loople Sendai <http://www.loople-sendai.jp/en>

The best of Miyagi from the past to the present, including historical art, architecture, natural sites, traditional handicrafts and food.

## MATSUSHIMA AREA The magnificent world-renowned view of the bay's many islands transports visitors back to ancient times.



### Matsushima Bay

Matsushima - revered by famous haiku poet Matsuo Basho for its world-renowned beauty.

The legend goes that when the poet Matsuo Basho visited Matsushima Bay during his travels he was so overwhelmed by its beauty that he was unable to write any haikus. Each view of the bay from the surrounding mountains in the north, west, east and south has a special name (see left) for the unique and splendid view it offers. Matsushima Bay is the first bay in Japan to join The Most Beautiful Bays in the World Club in December 2013, joining the ranks of other world famous bays such as San Francisco Bay, Mont Saint-Michel Bay, and Ha Long Bay.



Website for Matsushima Tourism Association  
<http://www.matsushima-kanko.com/en/>

### Cherry Blossoms in Saigyo Modoshi No Matsu Park

One of Matsushima's best spots to view the gorgeous seasonal scenery all year round



Saigyo Modoshi No Matsu Park (literally meaning "the park of the pine trees that sent Saigyo home") was named after the monk Saigyo, who met a small child under a large pine tree. They exchanged riddles and Saigyo lost to the child, thus giving up on his journey to Matsushima. There are 260 cherry trees and visitors can enjoy a stunning view in spring of both the cherry blossoms and Matsushima Bay.

### Zuiganji Temple

The temple that exudes the passion of Date Masamune, the lord of the Oshu region (current Tohoku region)



This temple was originally established in 828, but was rebuilt over a five-year period by Date Masamune in 1609 to incorporate the extravagant Momoyama design. The lavish decorations on some parts of the building and the gorgeous paintings on the doors and alcoves are well recognized as some of the most impressive pieces of work made in Japan.

### Shiogama Fish Market

Offering fresh seafood at great prices



My Kaisen-don (fresh seafood rice bowl)

This market is located near the very port where marine products caught in the nearby sea are landed, with approximately 150 shops offering the freshest seafood available. This market is not only open to those in the restaurant business but also to visitors. One of the most popular dishes offered here is the "My Kaisen-don" (my fresh seafood rice bowl" in English), which you can make yourself by purchasing seafood of your choice at wholesale prices.

Website for Shiogama Fish Market  
<http://www.nakaoroshi.or.jp/lang/en>

### Kanrantei Tea House

Take a step back in time at this traditional, cultural Japanese teahouse



Originally located at Fushimi-Momoyama Castle in Kyoto, this teahouse was presented to Date Masamune by Toyotomi Hideyoshi. After this, Date Tadamune, Masamune's son and the second lord of the Sendai Clan, moved the teahouse to its current site. Just as they had done hundreds of years ago, visitors can enjoy traditional green tea while looking at the marvelous view of Matsushima.

### Sightseeing Cruise

Showcasing the internationally recognized beauty of Matsushima Bay



Matsushima Bay is characterized by its islands of various sizes, uniquely shaped rocks that have been created by the waves and the wind, and the dynamic crashing of waves hitting the quays. The sightseeing cruise provides passengers with the opportunity to enjoy these features up close and also visit some of the islands.

Website for Matsushima Tourism Association  
<http://www.matsushima-kanko.com/en/index.html>

### Sagakei Gorge

Stunning sights of rocks in the ocean



Sagakei Gorge is considered as one of the three great gorges in Japan, located on the peninsula of Miyatojima Island in Higashi-Matsushima City. The magnificent, mysterious rocks formed by years of waves, wind and rain spreads out before you, providing the perfect opportunity to press the shutter button on your camera. The Sagakei Cruise is the perfect way to see the great gorge at all different angles.

## NORTHERN MIYAGI Amazing scenery and natural features that showcase Japan's traditional culture



### Rice Paddies in Kurihara City

Kurihara - where we can experience traditional Japan

Kurihara City, located in the northern part of Miyagi Prefecture, is surrounded by majestic mountains, like Mt. Kurikoma, and a vast rural landscape where high-quality rice is produced. The area's pleasant lifestyle and culture have been developed mainly through farming, producing top-quality local delicacies. With its tranquil landscape, warm-hearted people, and cuisine, this city is reminiscent of Japan's olden days.

### Naruko-kyo Gorge

The exquisite, painting-like Naruko-kyo Gorge



Naruko-kyo Gorge, a prefecturally designated natural monument, has a variety of natural features, such as its vivid autumn leaves. The foliage on the beech, oak and maple trees, turns to beautiful reds and yellows, contrasting with the many evergreen trees such as pine to create a truly picturesque scene. The gorge also includes a hiking trail (approximately 2.5 kilometers), which offers a close-up view of the beautiful autumn scenery.

### Mt. Kurikoma Area Geopark

Ideal for hiking, especially in the fall



In 2015, Mt. Kurikoma Area was designated as a geopark. This area's beauty is shaped by Kurikoma Volcano, the base of the volcano with its rich vegetation, the land formed by a landslide that occurred in the 2008 earthquake, to Lake Izunuma-Uchinuma that welcomes the most number of geese in all of Japan. Visitors can take hikes, enjoy the hot springs, learn about the ecosystem and about the relationship between nature and people.

## SOUTHERN MIYAGI A prosperous atmosphere still remains from bygone days of this castle town watched over by the magnificent Zao mountain range.

### Zao's "Snow Monsters"

A mysterious natural phenomenon brought about by the unique weather conditions



"Snow monsters" are a natural phenomenon only seen on a few mountains in Japan. Supercooled water droplets do not usually turn to snow even in temperatures below zero degrees, but do freeze on impact once they come into contact with trees, thus transforming the trees into "snow monsters." Tours are organized to see this amazing natural phenomenon from mid-December to mid-March.

Website for Sumikawa Snow Park  
<http://www.zao-sumikawa.jp/>

### Fox Village

A one of a kind opportunity to interact with foxes



Over 100 foxes of several different species roam freely in this green sanctuary surrounded by nature. Visitors can walk among the foxes, take pictures, feed them with treats, and even hug a baby fox in the spring. Other animals such as goats, rabbits, and ponies are also on-site.

Website for Fox Village  
<http://zao-fox-village.com/en>

### Strawberry picking

Large, sweet strawberries can be enjoyed on site.



The southern part of Miyagi ranks first for strawberry production in the Tohoku area. Greenhouses are opened to tourists to offer them the seasonal opportunity to pick their own ripe and naturally sweet strawberries.

### Shiroishi Castle

Experience the rich history of Japan



The Shiroishi Castle was a key establishment in southern Miyagi for the Date clan, and it was the resident castle of the Katakura clan, who lived there for approximately 260 years. The castle was dismantled in 1874, but in March 1995, the three-storied castle tower and gates were restored, and visitors can also step back in time, dressing up as a samurai warrior or in a traditional Japanese kimono dress.

Website for Shiroishi Tourism  
<http://shiroishi-navi.jp/en>

## SANRIKU AREA True strength and spirit toward recovery



©Ishimori Production Inc.

### Ishinomaki Mangattan Museum

A fascinating world of manga - from Japan to the rest of the world

This manga museum stores and exhibits the work of Miyagi-born manga artist Shotaro Ishinomori. It is the hub for both manga and local culture, featuring a variety of attractions, including an exhibition of original drawings and videos of Ishinomori's work, a special section for Masked Riders, and a program of special events and workshops. The museum is named, "Mangattan Museum" for resembling a bird's eye view of New York's Manhattan Island.

### Kinkasan Island

A sacred island that harbors tales related to gold



Located in the sea adjacent to the Oshika Peninsula, this small sacred island is known as one of the three holiest places in the Tohoku region. Kinkasan Koganeyama Shrine on this island was built approximately 1,250 years ago and a god known as the guardian of gold and silver treasures is enshrined here.

### Onagawa Town and Seapal Pier

A symbol of recovery and hope



Onagawa Town was devastated by the 2011 Great East Japan Earthquake with more than half of its town destroyed; however, the support received and the resilience of the people helped begin the recovery process. Onagawa Station and Seapal Pier Onagawa shopping district in front of the station have beautifully been rebuilt, attracting many visitors to enjoy the onsen facility on the second floor of the station, enjoy the delicious sea products caught off its coast or try scuba diving to see the beauty of the sea stretching out before one's eyes.

### Tashirojima Island (Cat Island)

The perfect getaway for cat lovers



Ishinomaki's famous Tashirojima Island is home to hundreds of friendly, feral felines. The cats, which outnumber the human population, roam freely and are not afraid to play with visitors, accept food, or pose for pictures. In addition to making new feline friends, guests can explore hiking trails or visit a shrine dedicated to the island's furry residents. Overnight stays are also possible at cat-shaped lodges (reservations required). Tashirojima is an absolute must for any cat lover or photography enthusiast.

## Learn About Disaster Prevention and Preparedness

Receiving worldwide attention for their educational value.

### Tours with Storytellers

Miyagi Prefecture offers a "Storyteller Program" in which guides take tourists to coastal areas of Miyagi that were seriously damaged by the Great East Japan Earthquake and tell stories and lessons from their own experiences. Their stories are truly valuable in learning about the risk of natural disasters, as well as disaster prevention and the value of human life.  
URL : <http://www.miyagi-kankou.or.jp/sp/page/shiendantai/>



A storyteller explaining his personal experience of the earthquake disaster to visitors

TASTES

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Miyagi's rice with a variety of tastes

Miyagi is one of the major rice-producing regions in Japan. Its rich soil cultivates flavorful rice, which has become an integral part of the Japanese food culture, not only as a staple food, but also for sake and confectionary.

Sushi



Miyagi is well-known for famous rice brands, including Sasanishiki, Hitomebore and the new rice brand Date Masayume, which was created in Miyagi.

Sake



The high-quality rice produced in Miyagi and the fresh water running through the region combine to make high-quality sake, an increasingly popular drink all over the world. Miyagi's sake is smooth on the palette and complements not only Japanese but also Western cuisine.

Zunda-Mochi



Zunda-Mochi is a Miyagi local sweet made with mochi (sticky rice cake) and topped with mashed and sweetened edamame beans. Today, zunda can be enjoyed in a number of different forms, such as sweets and milkshakes.



Beef Tongue

A popular food that leaves you craving for more



Sendai's original dish, thinly sliced beef tongue flavored with salt and pepper and grilled over charcoal is commonly eaten with barley rice and oxtail soup. Other ways to prepare beef tongue include smoked and miso-marinated recipes.

Sasakamaboko Fish Cake

A Miyagi delicacy made from fresh seafood



This is a Miyagi specialty made from fresh fish that is pureed and molded into the shape of bamboo leaves and then cooked. It can be eaten straight out of the package, but can also be enjoyed when grilled or served with wasabi (Japanese horse radish). It pairs well with sake.

Miyagi Oysters

Filled with nutrients and overflowing in flavor



Miyagi oysters are plump and filled with nutrients of the sea. Each bite is overflowing with flavor. There are oyster huts that offer all-you-can-eat oysters in the winter, freshly shucked oysters in restaurants and at fish markets.

CRAFTS

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Miyagi Kokeshi Dolls

Colorful, traditional wooden dolls



It is said that these wooden dolls were originally made as souvenirs for children who visited the onsen (hot spring) resorts in the Tohoku region starting from the late Edo period in the 19th century. Miyagi's kokeshi dolls are categorized into five styles: Naruko, Togatta, Yajiro, Sakunami and Hijiori. The simple painting style gives these dolls a sweet and lovely appearance. Some facilities offer visitors the chance to paint their own kokeshi dolls.

Tamamushi Lacquerware

A traditional technique of refined beauty



Tohoku Kogei Co., Ltd. produces Tamamushi lacquerware products by applying layers of lacquer to wood or other bases. It is named Tamamushi as its rich and iridescent colors resemble the wings of a Tamamushi (jewel beetle).

Sendai Papier-mâché

Handmade, traditional craftwork



It is believed that this craftwork was originally made by feudal warriors in Sendai between 1830 and 1844, but afterwards its production became a side job for lower ranked warriors in the domain. The colorful Matsukawa Daruma is one of the most common Sendai Hariko products and is a popular good luck charm. There are a number of other Sendai Hariko products, including black masks and children's toys.

Ogatsu Ink Stone

Local product of Ogatsu in Ishinomaki City - an area recovering from the devastation caused by the earthquake disaster



The quality of the raw black stone found in the Ogatsu area is perfect for ink stone production due to its homogeneity and smooth surface. Ogatsu produces 90% of the ink stones in Japan, and roofing slates of the Tokyo Station were also produced in this region.

Musubimaru Souvenirs

Souvenirs featuring this cute, local mascot are perfect gifts to take home



Musubimaru is Miyagi's local mascot who has a triangular rice ball (omusubi) for a head. Musubimaru souvenirs such as T-shirts, bags, dolls, badges and stickers are available for purchase at various locations in Miyagi, including Sendai Airport, Sendai Station, and the tourism information center on the first floor of the prefectural government office.

RELAXATION

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YUMEGURI TICKET

Akiu Onsen

Located in a suburb of Sendai, the onsen water is known to be effective for maintaining beautiful skin



This onsen was loved by the feudal lord Date Masamune, and he kept it a secret from the public for his family's exclusive use. The crystal clear spring water is well known for being effective in maintaining beautiful skin, and this attracts many visitors to the area. It is also in a very convenient location, as it takes only half an hour by car to reach this resort from downtown Sendai City. The area also contains such beautiful scenic spots as the Akiu Waterfall and Rairaikyo Gorge.

Website for Akiu Onsen  
<http://akiuonsenkumiai.com/en/index.html>

Togatta Onsen

Hot spring resort surrounded by the magnificent Zao mountain range



Located at the foot of the Zao mountain range, this resort is relatively new with just a 400 year history. Visitors can enjoy the area's onsen in accommodation facilities or at the two public bathhouses. This onsen is said to be most effective in relieving nerve pain, rheumatism, and other health conditions.

Website for Togatta Onsen  
<http://www.e-zao.net/e-u/in01.html>

Naruko-onsen-kyo Hot Springs Village

One of Japan's best onsen (hot spring) resorts

This onsen resort is over 1,000 years old and has nearly 400 spring sources with many hotels offering access to their own onsen. An abundance of onsen water allows many hotels to run the water directly from the source to bathtubs without recycling. There are eleven types of onsen in Japan and nine of them are found in the Naruko area. Visitors can purchase a "Yu-meguri Ticket," which allows them to enjoy all the different onsen within the resort area.

Website for Naruko Onsen Resort  
<http://en.naruko.gr.jp/>



Full of wonders and attractions!

Minamisanriku Onsen

High-quality onsen providing physical and mental relaxation



A hotel located on a hill overlooking Shizugawa Bay with a panoramic view of the sea offers a natural onsen here that is said to be effective in alleviating fatigue, nerve pain, muscle pain and wounds.

Website for Minamisanriku Onsen  
<http://www.mkanyo.jp/>

Matsushima Onsen

Experience the spectacular scenery and relaxing onsen

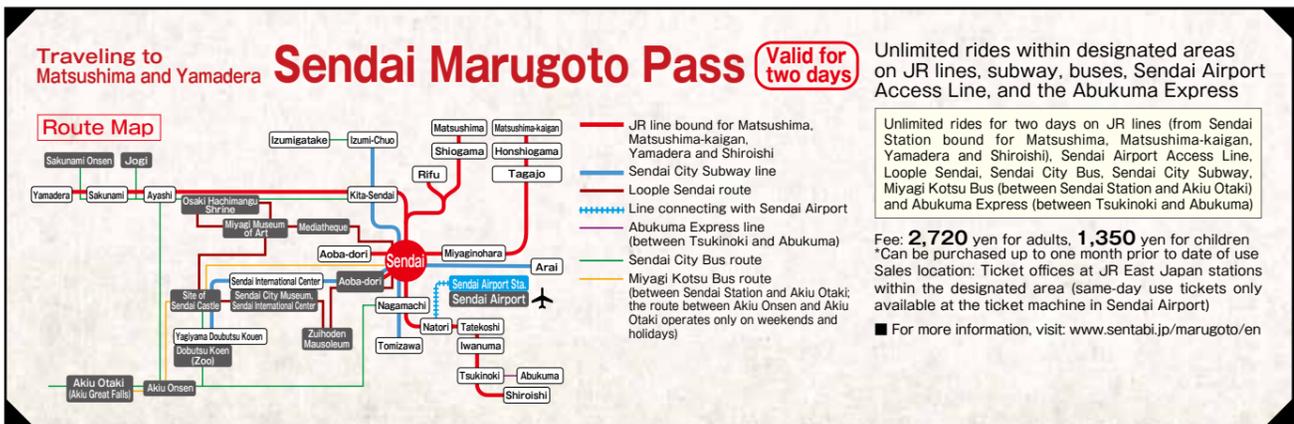


This onsen resort was opened in 2008 and offers a breathtaking view of Matsushima as well as the sunrise and starry night sky over the Pacific Ocean. There are seven hotels located near Matsushima Bay, offering different types of spring water.

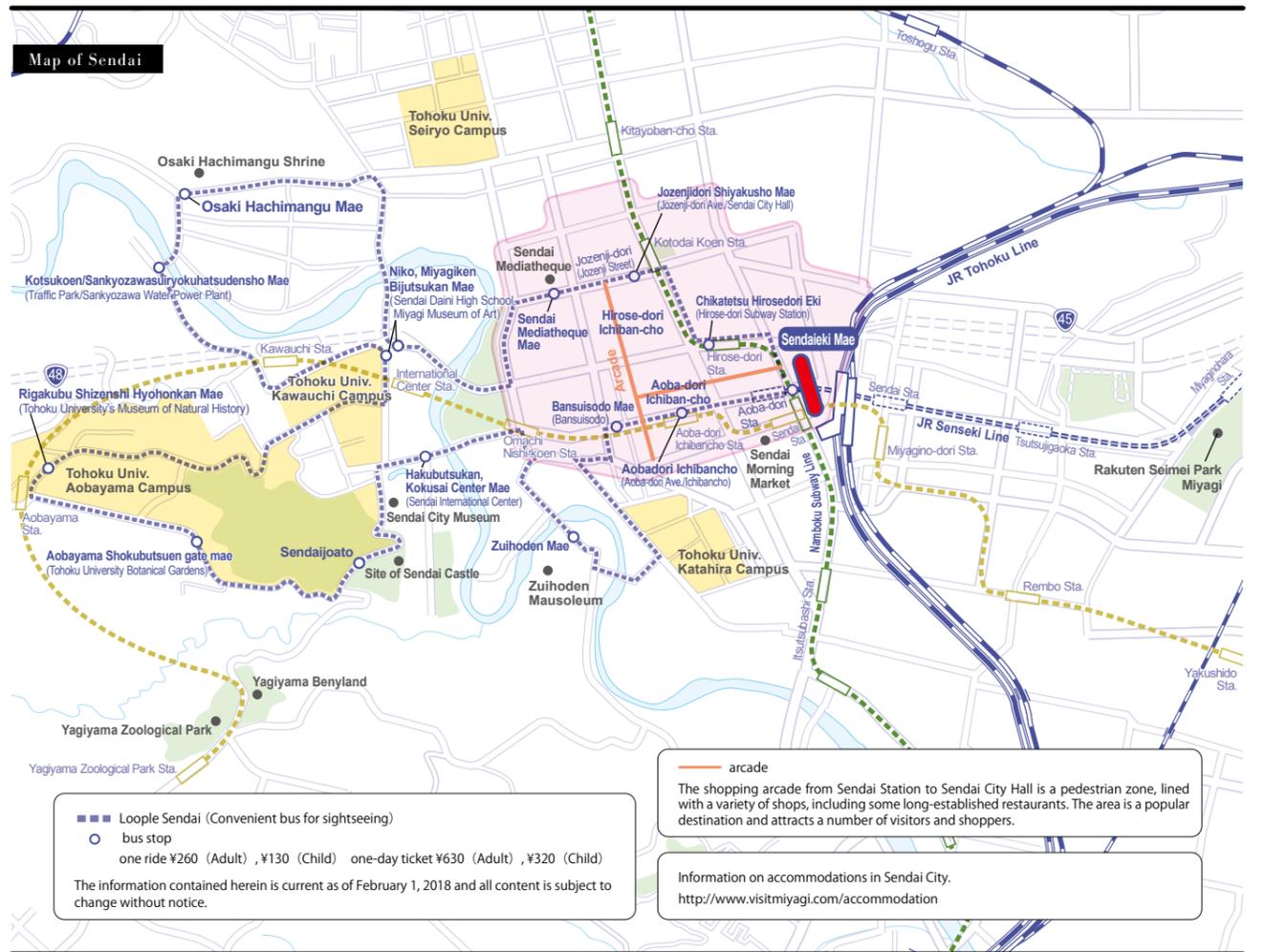
Website for Matsushima Tourism Association  
<http://www.matsushima-kanko.com/en/>

# MIYAGI TRAVEL INFORMATION

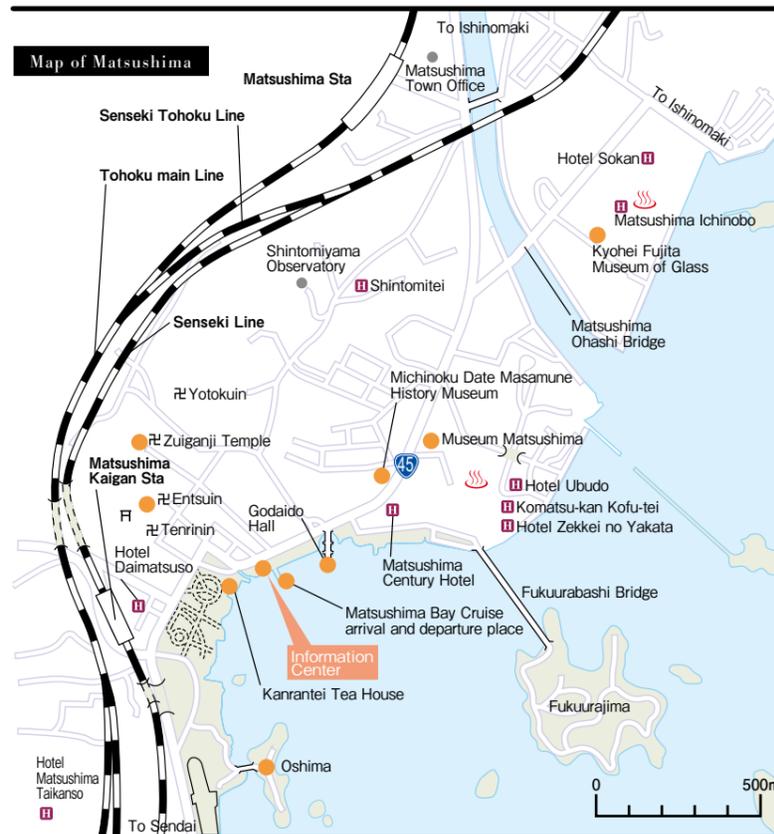
Map of Miyagi Prefecture



Map of Sendai



Map of Matsushima



## Tourism information for Miyagi Prefecture is also available online

Miyagi tourism information regarding cultural experiences and fine dining, is available on the following websites.

**VISIT MIYAGI**  
<https://visitmiyagi.com/>



**Sendai Information Desk**  
<http://i-sendai.jp/>



**Free Wi-Fi Service** <http://fets.com/freewifi/index.html>

