



A bright vermillion torii gate appears suddenly on the side of the mountain road. A forest path leads to the red inner shrine. This Shinto shrine is situated at the tip of a cape that protrudes into the Pacific Ocean, and near to the white Ozaki Lighthouse. The views from the shrine and the tip of the cape are magnificent.

from the torii at the side of the road, but be careful not to miss it.

The shrine is known for the kami (god) of school examinations because the huge rock worshipped here has kept its place without falling down through repeated disasters. Many worshipers visit to pray for passing grades. Prayers here are also effective for meeting a and prosperity for your

descendants.



6 Mt. Joubon Many local cyclists and others enjoy this mountain route for the hill climb. The maiestic flow of the Kitakami River from the summit and the views of Mangokuura and Oku Matsushima are a refreshing reward after an energetic climb.



Ishinomaki Tourism Association 🔟 0225-93-6448

* Picture shown is for illustrative purposes only





Ishinomaki Mangattan Museum 1 Ishinomaki Genki Ichiba

A market that creates great new appeal for Ishinomaki. You will find lots of fresh fish, processed fishery products, local agricultural products, and a variety of special products from the Sanriku region and earthquake reconstruction support are: Experience the world of manga artist Shotaro Ishinomori. The museum features a permanent collection with many manga character statues and original drawings, and offers special exhibits on occasion ₪ 0225-96-5055 Tel 0225-98-5539



Tel 0225-45-3420 Tel 0225-45-2114 (Regional Development Division, Oshika Tel 0225-76-5580

3 Oshika Camping Park

4) Oshika Gobansho Park 5 Ishinomaki City Monou Uetateyama Park 6 Ishinomaki City Kanan Park Golf Course

Ishinomaki City Sant Juan Bautista Park 8 Ogatsu Tanakoyagai Mall

9 Osusaki Lighthouse

11) Oshika Norengai Mall

12 Ishinomaki Fish Market 13 Hiyori Bridge 14 Michi-no-Eki Joubon no Sato (Futago no Yu hot spring)

15 Genki no Yu hot spring Café Hamagurido 17) Tsukinoura Lookout Point Hamasaisai restaurant

Ogatsu Rose Factory Garden

2 Kawanokami Hyappokan (Kome Café)

Tel 0225-57-3077 Tel 0225-45-3456 Until the winter of 2019

Tel 0225-62-3670 Tel 0225-92-5226 Tel 0225-90-2909

Tel 0225-23-1121

Tel 0225-72-2933

Tel 0225-24-2210

Tel 0225-93-6448 Tel 0225-98-7663 Tel 0225-25-7282 回 0225-98-9861

Tel 0225-24-6625

9 Ibuki restaurant, Oshika Peninsula O Ishinomaki City Kitakami Tourism and Local Products Information Cente Tel 0225-23-2551

Stay Inn Suzuya

18 Hamasaisai restaurant

Oshika Norengai Mall 11

Oshika Gobansho Park 4

Mt. Dairokuten Lookout Point

Onagawa Nuclear Power

PR Center

19 Ibuki restaurant, Oshika Peninsula

Hotel New Sakai

0

Oshika Camping Park

B

Onagawa Onsen Hanayubi

16 Café Hamagurido

Cobalt Line

Hill Climb

MANY OF THE PARTY OF THE PARTY

Parking Area

Mt. Dairokuten Lookout Point

1 Hama Terrace № 0225-24-8118

2 Yupo'po 📵 0225-50-2683

3 Onagawa-cho Regional

If you are lucky, you can observe a fish auction from the second floor of the building. There is a market eatery on the third floor, where you can eat freshly prepared seafood, sundays

Onagawa Fish Market @ 0225-54-2111

Onagawa Market Eatery 1el 0225-53-5585

5 Onagawa-cho Machinaka Kouryuukan

Onagawa Nuclear Power PR Center

STATION Cycle Stations

Main Services to be Provided

Sport Bike Rentals

Bicycles are available in four sizes.

Bicycles for rent are

safe cycling trip are listed below

These are cafés, restaurants, and hot spring

facilities where local people provide a rest space and services for cyclists to use on their cycling trip. The main services to help you have a fun and

6 Again Station — Experience & Shopping

Wholesale Market

Recommended 5

CYCLE

This facility for tourism and local products provides a variety of

things to eat and drink. You can buy fresh seafood, specialty products, or eat seafood or sweets from Onagawa here. There are many interesting things to pick up and look at, and the location offers a great view overlooking the sea for taking a break and enjoying local products.

This hot spring facility is on the second floor of the JR Onagawa Station building, perfect for a hot spring bath and a rest. The bath facility features a wall mural of sacred Mount Fuji painted on tile by noted Japanese artist Hiroshi Senju, worth a visit in itself

Oshika Cobalt Line Mt. Dairokuten

A resting point in the middle of the Cobalt Line (Oshika Peninsula Park Line), a prefectural road that extends for 33.9 km with a steep gradient. It is a great spot for taking photos as you have a view of the rugged coastline with its multiple coastal inlets against the blue sea and sky.

Cyclist-Friendly Accommodations

A Ishinomaki Grand Hotel

Oiwake Onsen

The bathtub is made of 500-year-old

kaya (Japanese nutmeg) and is a favorite of wooden bathtub lovers. This quiet inn in the mountains is home to golden eagles (a protected species).

(B) Onagawa Onsen Hanayubi Partially renovated and newly reopened in 2016. The ocean view rooms offer a wonderful view of Mangokuura, and the open-air bath is the best, overlooking the sea at sunset. At this hotel you can enjoy the heartfelt hospitality that Ishinomaki extends to every visitor. The exceptional hospitality will heal all forms of fatigue.



Hotel El Faro

Trailer homes in pretty pastel colors with spacious interiors. This unique hotel can suggest routes for cycling along the seacoast or in the mountains.

	Bioyeles Allowed		
Name of Hotel	Tel	In Room	In Hotel
A Ishinomaki Grand Hotel	0225-93-8111	OK as is	-
Onagawa Onsen Hanayubi	0225-53-4188	Stored in bag	•
Oiwake Onsen	0225-67-3209	-	•
Hotel El Faro	0225-98-8703	Some rooms OK	-
(3 Hotel Sun Fun Village	0225-25-1288	Stored in bag	-
Conveni Ayers Rock Hotel Ishinomaki	0225-23-5030	Stored in bag	-
6 Ishinomaki Apartment Hotel	0225-23-2045	OK as is	•
My Room Suimei	0225-23-3511	Stored in bag	-
Hotel New Sakai	0225-45-2515	Stored in bag	-
● Tama Hotel	0225-98-8188	OK as is	-
	0225-94-2922	OK as is	-
Stay Inn Suzuya	0225-53-4110	Stored in bag	•
	0225-88-2121	Stored in bag	-
▼ Value The Hotel Higashi Matsushima Yamoto	0225-84-1567	Stored in bag	-

tions by Area Onagawa Area

Starting at Onagawa Station, in about 2 km you reach the north entrance of the Cobalt Line. From there, the constant hill

climb is approximately 4.6 km to the Mt. Dairokuten lookout

point parking area. Check STBAVA for the time record for this

Around Onagawa

Onagawa Donburi is a local specialty

dish made with seafood that each

restaurant prepares in its own way. From

raw seafood to tempura, each restaurant

uses fresh ingredients as topping over a

bowl of rice with its own character. Try a

few and find your favorite!

Tell 0225-54-4328

Onagawa Tourism Association

4 Onagawa Tourist Information

Tel 0225-24-6677

Tel 0225-98-7839

Tel 0225-53-3410

Tel 0225-54-4328

Rest Spots " 50

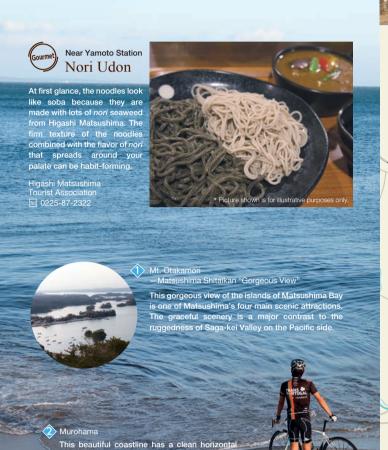
A facility for tourist information and that includes a rest space to recover from fatigue. You might learn of good spots to visit recommended by the locals.

Onagawa Donburi

The best hill climb in the Onagawa area!

Note: Please inquire in advance with each facility for more details on allowances for bicycles.







A reconstruction-project multi-purpose facility located at the entrance to the Oku Matsushima area. There is a specialty product shop and reception area for sightseeing boat tours, plus an oyster grill area open in season and a free Tel 0225-84-1770 footbath, perfect for a short break. Tel 0225-86-2177



3.11 Disaster Recovery Memorial

The former JR Nobiru Station building, damaged in the Great East Japan Earthquake, was rehabilitated into this museum that memorializes the damage caused by the earthquake and tsunami and the history of area's recovery from the disaster. View photos and video footage taken on and after March 11, 2011. Tel 0225-86-2985

Inside is a café for taking a break, or you can buy seasonal vegetables and seafood from Higashi Matsushima at the shop. The second floor is a health and fitness facility run by the city — Yuputo — which has a heated pool and natural hot spring public bath, which you can use to wash Tel 0225-83-3391

Machindo

Higashi Matsushima Antenna Shop

Recommended Rest Spots " 50 Matsushima Shizen no le

6 The Historical Museum of Jomon Village Oku Matsushima Discovery Center (reservations required) 8 Higashi Matsushima City Oku Matsushima Tourism Center (Oku Matsushima Eat Plaza)

Takaginomori Athletic Park 10 Smile Dining

Tel 0225-90-4323 Tel 0225-88-3927 Tel 0225-90-4083 Tel 0225-88-2611

Tel 0225-82-1101

Tel 050-5890-8225

T2 training aircraft monument Cape Kamiwarisaki Blue Impulse is an acrobatic demonstration flight team. Its official name is "11 Squadron" belonging to the 4th Air Wing of the Matsushima Air Oiwake Onsen Base. If you are lucky you may be able to 20 5 Ishinomaki City Kitakami Tourism and see the team flying dynamically through Local Products Information Center Tsuriishi Shrine 4 5 Ishinomaki City Monou Uetateyama Park Kitakami River reed beds 8 Ogatsu Tanakoyagai Mall 9 Osusaki Lighthouse 21 22 Kawanokami Hyappokan Ogatsu Rose Factory Garden Saito Garden 10 14 Michi-no-Eki 6 Mt. Joubon 6 Joubon no Sato Ishinomaki City Kanan Park Golf Course Value The Hotel Higashi Matsushima Yamoto Tama Hotel

12 Ishinomaki Fish Market

Hotel Sun Fun Village

Ozaki Shrine B Higashi Matsushima City Oku Matsushima Tourism Center 17 Tsukinoura Lookout Point 3.11 Disaster Recovery Memorial Museum JR Nobiru Sta. Hotel El Faro Onagawa Onsen Yupo'po Samegaura Local market Hama Terrace nagawa-cho /achinaka Kouryuukan-Murohama Matsushima Shizen no le Again Station-Onagawa-cho Experience & Shopping Regional Wholesale Market Onagawa Tourist Information Center Puratto

Hiyori Bridge 13

Ishinomaki City Sant Juan Bautista Park

Genki no Yu 15

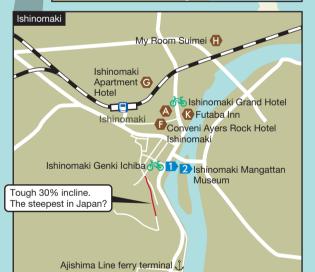


Takaginomori Athletic Park [9]

Higashi Matsushima

Smile Dining 10 Blue Impulse

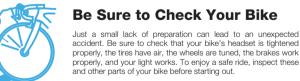
Bicycles for rent are available in spots on the map with



The road that climbs to the Oku Mats Sagamidai Lookout Point goes through this hand-dug tunnel that leads to the forme negaura fishing port. Water drips from the exposed rock ceiling as you enter a mysterious world leading to the ant opening at the other end. There is also a beautiful beach nearby, if you look for it. Go and find it!

(Ishinomaki)

Before You Start Cycling CONTROL OF THE STATE OF T



Drink Plenty of Fluids and Rest After riding for two to three hours, if you take a break for more

than one hour, your body will cool and tighten up. In general, it is best to rest for 10 to 30 minutes for every 1 to 1.5 hours of riding. It is also a good idea to start riding again as soon as you replenish your fluids to keep your body warm and avoiding



Follow the Traffic Rules

According to the Road Traffic Law, a bicycle is in principle considered a vehicle on roadways. Always ride on the left side of the road. Let other vehicles pass on narrow roads. It is important to park your bicycle in a designated bicycle parking area or other spot that does not block space for others. Be safe and you'll enjoy great cycling.

The Ishinomaki area was almost entirely wiped out by the 2011 tsunami, since

which great reconstruction efforts have been made. There are still some places where the roads are bad. You may also encounter large trucks coming and going in the reconstruction effort. Please pay careful attention when riding. When you encounter a large truck, please give it the right of way so that reconstruction is not delayed. This can be your contribution to the reconstruction effort.

In Case of Earthquake



















Kahoku Police Station

Makabe Hospita

Yamaguchi Ringvo Shokai

Kumagai Cycle

Cyclo Salon Kimur

Ishinomaki, Higashi Matsushima, Onagawa Umimachi Ride



Emergency Numbers						
Ishinomaki Area Taxi Companies (rescue taxis)						
shinomaki Area						
shinomaki Kanko Taxi	Tel 0120-05-8951	Toho Taxi	Tel 0225-22-510			
Marugo Taxi	Tel 0120-05-7661	Miyagi Kanko Taxi	Tel 0225-22-924			
Hibari Taxi	Tel 0120-23-5240	Higashi Matsushima Are	ea			
Koyo Taxi	Tel 0225-93-3660	Yamoto Taxi	Tel 0120-02-318			
shinomaki Taxi	Tel 0120-22-3165	Oku Matsushima Kanko Taxi	Tel 0225-88-304			
Kitakami Taxi	Tel 0120-45-6311	Onagawa Area				
Kogyoko Taxi	Tel 0120-22-9171	Kogane Taxi	Tel 0225-53-333			

* Please ask the individual taxi company if they have a cycle rack, etc Ishinomaki Police Station Tel 0225-95-4141 1-6-20 Yamashita-cho, Ishinomak

Tel 0225-82-7111 109-4 Shishiishimae, Yamoto, Higashi Matsushima

Tell 0225-22-6826 2-4-4 Higashinakasato Ishinomaki Tel 0225-90-3133 1-2-39 Okaidohigashi, Ishinomaki

Tel 0225-23-0328 1-6-21 Minaminakasato, Ishinomaki

Tell 0225-62-3411 20 Sugigasaki, Ainova, Ishinomak

Ishinomaki Area Hospitals		
Japanese Red Cross Ishinomaki Hospital	Tel 0225-21-7220	71 Nishimichishita, Hebita, Ishinomaki
Ishinomaki Municipal Hospital	Tel 0225-25-5555	15-1 Koku-cho, Ishinomaki
Ishinomaki Royal Hospital	Tel 0225-73-5888	2 Yakimaki, Hirobuchi, Ishinomaki
Saito Clinics	Tel 0225-96-3251	1-7-24 Yamashita-cho, Ishinomaki
Ishinomaki Ken-ikukai Hospital	Tel 0225-94-9195	3-3-27 Okaidonishi, Ishinomaki
Ishinomaki Municipal Oshika Hospital	Tel 0225-45-3185	7 Kiyosakiyama, Ayukawahama, Ishinomaki
Onagawa Town Community Medical Center	Tel 0225-53-5511	51-6 Horikiriyama, Washinokamihama, Onagawa-cho, Oshi

Machi no Jitenshava-san Endo Shinrin Tel 0225-28-7949 129-19 Hamasonenoichi, Watanoha, Ishinomaki Nakamura Cycle Center Tel 0225-22-3937 2-13-5 Nozomino, Ishinomaki Tel 0225-54-3881 40-1 Hara, Urashukuhama, Onagawa-cho, Oshika-gun Noguchi Shokai

Ishinomaki Area Tourism Promotion Organization 2-11-21 Chuo, Ishinomaki, Miyagi 986-0822 Tel: 0225-98-8285 Mail: info@umimachi-sanpo.com



