

Sanriku Fukko National Park

Come here to experience the life and culture nurtured through the bounty and dangers of nature and the coexistence of man and nature.

The Sanriku Fukko (Reconstruction) National Park was created in May 2013 to contribute to the reconstruction of the Sanriku region that was devastated by the Great East Japan Earthquake in 2011. The park extends to the north and south approximately 220 km, and the northern part is also called the "Alps of the Ocean" with its dynamic cliffs. You can see a beautiful ria coast with its complex topography at the south. The coast is a breeding ground for seabirds, such as the black-tailed gull and streaked shearwater. Additionally, the coasts are a habitat for a diverse collection of maritime plants that have adapted to

the unique coastal environment and visitors have an opportunity to observe wildlife up close. In the shallow waters, eelgrass beds and seaweed beds have formed, supporting the biological diversity of the maritime area. There are some of Japan's largest fishing ports at Hachinohe, Miyako, Kamaishi, Ofunato, and Kesennuma, and visitors can enjoy fresh seafood. This national park is unlike any other in Japan as it was created for the purpose of reconstruction from a disaster, and people from all over the country visit this park to learn about disaster prevention.

Date of Designation :
May 2, 1955
(as Rikuchukaigan National Park)
May 24, 2013
(as Sanriku Fukko (reconstruction)
National Park)

Area : 28,539 ha (land area)

Related Prefecture :
Aomori, Iwate, Miyagi



Enjoy the ocean, rivers, and other water scenery



Goishi Coast



Kitayamazaki Cliff



Enjoy the mountains and flora



Mt. Tatsugane



Flower fields of the Tanesashi Coast



Experience culture and local life



Scenery of harvesting Wakame Seaweed
(Kesennuma Oshima Island)



Yanaizu Kokuzoson Temple



Meet the wildlife



Osprey



Band-rumped Storm-petrel

Itinerary

Feel the danger and blessings of nature in the Sanriku Coast and energy of local residents

Featuring a great rock face nicknamed the "Alps of the Sea" in the north and the beautiful convoluted ria coast in the south, Sanriku Fukko (reconstruction) National Park, which was built to help the region recover after the devastating Great East Japan Earthquake and tsunami of March 11, 2011, is also home to a famous Japanese port on the coast. Feel the sea breeze while walking along a trail with a local guide, enjoy the overwhelming cliffs and oceanic beauty of the coast from sea level in a boat with local fishermen. Learn about the nature and culture of the area, reconstruction, the many lessons learned from initiatives for reconstruction through interaction with the locals. See threats posed by nature behind the amazingly beautiful landscape and feel the resilience of the locals.

web site



Day 1

Trekking with a view of an astonishing great rock face created by powerful waves of the Pacific Ocean and enjoy a fishermen's specialty hotpot dish made by locals

Previous day *Overnight in Hachinohe
(Using the Tohoku Shinkansen from Tokyo)

9:45 ● Meet at the Tanesashi Coast Information Center

10:00 ● Trail trekking and fisherman hotpot
} Enjoy the beauty of nature's sculptures created by the powerful waves and interact with the locals
15:00

 On foot (Free time)

16:30 ● Tanesashi-Kaigan Station

 Train

18:00 ● Kuji (Overnight stay)

Day 2

Visit the area hit hard by the Great East Japan Earthquake to learn first-hand and experience the lessons learned in the earthquake

8:00 ●  Train

}
9:00
9:15 ● Tanohata Station

9:30 ● Great tsunami experience storyteller
} Reconstruction and lessons from the Great East Japan Earthquake
11:30

11:30 ● Lunch
 Private tour car

13:00 ● Sightseeing cruise on a small fishing
} boat (called sappa boats) to the Kitayamazaki Cliffs
14:00 Interaction with local fishermen and scenic cruises along the shoreline

 Private tour car

14:15 ● Tanohata Station

 Train

15:50 ● Miyako Station

  Car or on foot

16:00 ● Hotel
(Miyako, Jodogahama, Taro district)

Day 3

Guided walk of Sanriku Geopark and Jodogahama Beach to learn about the nature, culture, history, and daily lives of local residents

9:00 ●  Bus
}
9:30

10:00 ● Jodogahama guided tour
} Deepening understanding of the geopark and local culture
11:00

 Bus

11:30 ● Miyako Station

 Bus

15:00 ● JR Morioka Station

Inquiry

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