

A Town Living with the Sea

MINAMISANRIKU MIYAGI

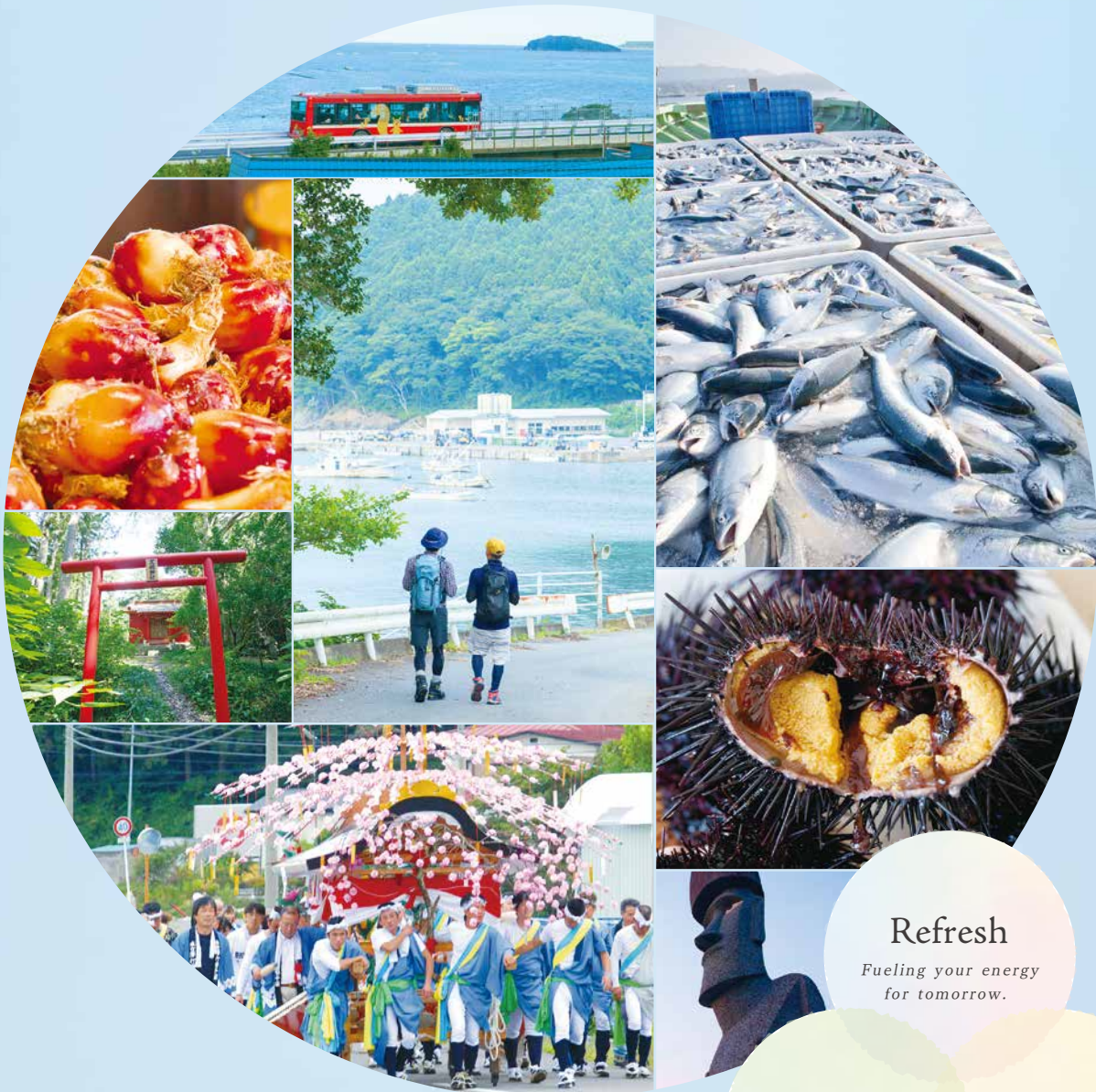
Minami
sanriku

A Journey to Experience the cycles of Life

Minamisanriku is surrounded by mountains on three sides. The rain that falls on the town is rich with minerals, blessings from the forest, nourishing the sato yama (village landscape) where people live. Mountain rivers flow into the sea, which is teeming with diverse life. In Shizugawa Bay, registered as a Ramsar Convention Wetland, the bounties of the sea are nurtured and returned to the land, supporting the livelihoods of the people.

Minamisanriku is a town where you can learn about the relationship between "nature and the environment," feel the connection between "people and nature," and nurture connections among people."

Why not take a journey to Minamisanriku, a town living in harmony with nature, and discover a new version of yourself, different from the day before?



Refresh

*Fueling your energy
for tomorrow.*

Reset

*A chance to experience
a richer daily life.*

Relation

*Connections with
the cycles of life.*



BLESSINGS OF THE OCEAN

The town's boundaries are defined largely by ridgelines. The rain that falls in the town flows into the sea. Mountains that foster the rich blessings of the sea and the beautiful coastline will be your travel companions as you take in the breathtaking views of islands floating in the bay.



Shizugawa Bay "HOBIE Sea Walk"

Immerse yourself in the vast sea, feel the wind, sway with the waves, and refresh your body and soul. Experience a sense of unity with nature while experiencing peace and tranquility of being on the water.

- Capacity: 1-15 people
- Duration: 90 minutes
- Price: From 15,400 yen/per boat



Minamisanriku Camping

Enjoy a campsite looking out at the sea, free of unnecessary lights, with a clear view of the stars floating in the night sky. Wake up to the sound of waves in the morning and enjoy quiet reflection while sipping coffee and gazing at the sea.



- Kamiwarizaki Campground (Wide Cabin Type)
- Capacity: 1+ people
 - Price: 12,000 yen/person and up



PEOPLE & ART :

REFLECTING ON LIFE AND NATURE

Minamisanriku's sea, part of a rich ecosystem registered under the Ramsar Convention, produces top-quality ingredients such as ASC-certified oysters and abalone that have been presented to the Imperial Family. After the earthquake, local fishermen took steps to create sustainable fisheries with minimal environmental impacts. Minamisanriku wine, produced at a coastal winery from grapes grown in the satoyama vineyards, enhances the flavors of local ingredients from the forest, sea, and village.

Channeling Prayers into Paper Art :

"Kiriko (traditional Japanese paper cutting) Experience"

- Group Experience: From 10 people
- Duration: 90 minutes
- Price: From 2,420 yen/person and up



In Minamisanriku, residents have long faced natural disasters. During such times, they created paper offerings shaped like rice cakes or sake and prayed to the gods. The Kiriko experience allows participants to focus on cutting a single piece of paper in a quiet, meditative setting, connecting their hearts to the prayers of the people in this region.



"Minamisanriku 311 Memorial"

A memorial is dedicated to sharing experiences of the Great East Japan Earthquake and to ensuring future generations learn from the disaster. Designed by architect Kengo Kuma, the facility was made from local Minamisanriku cedar. The memorial museum offers programs where visitors reflect on life, nature, and disaster preparedness through dialogue. The installation "Memorial" by contemporary artist Christian Boltanski reminds us of the weight of life and the memories of the earthquake.

- Capacity: 1 to 50 people
- Duration: 60 minutes
- Price: From 1,000 yen/person





Blending with Sea and Sky

At Minamisanriku Hotel Kanyo, the infinity hot spring gives the illusion of merging with the sea. Experience the luxury of an extraordinary moment, becoming one with nature while relaxing in the warm water.



Fishing Experience

Board a fishing boat used by local fishermen and tour the bay, learning about Minamisanriku's primary industry. In 2016, Minamisanriku became the first location in Japan to obtain ASC (Aquaculture Stewardship Council) certification, an international standard. After the earthquake and tsunami of March 2011, fishermen reduced the oyster farming area by one-third choosing to coexist with nature, a decision made to address environmental issues and ensure sustainable futures.

Group Plan

- Capacity: 8+ people
- Duration: 90 minutes
- Price: 4,000 yen/person and up

*By exploring the town's "life," something within you is sure to awaken.
- Travel as if Living, Embraced by the Ocean and Mountains -*

FOOD CULTURE

Minamisanriku's sea, part of a rich ecosystem registered under the Ramsar Convention, produces top-quality ingredients such as ASC-certified oysters and abalone that have been presented to the Imperial Family. After the earthquake, local fishermen took steps to create sustainable fisheries with minimal environmental impacts.



Stay at a fisherman's inn where fresh seafood caught that day is served. While it may not be luxurious, the inn offers a warm, simple, and welcoming atmosphere. This is a chance to engage with locals and learn about the region's culture and way of life.

Minamisanriku wine, produced at a coastal winery from grapes grown in the satoyama vineyards, enhances the flavors of local ingredients from the forest, sea, and village.



- Capacity: From 1 person
- Price: From 8,500 yen/night (1 night, 2 meals)



- Dinner • Capacity: 4-16 people
- Price: 5,000 yen/person and up (reservation required)



Trail Program:

"Meeting the Satoyama Wind and Way of Life on Foot"

In the satoyama region, people preserve old customs and ways of life, many folktales and legends remain and are centered around scattered megaliths. Experience a heartwarming journey of self-discovery, gaining glimpses into the lives of locals.



Trail Program:

"Walking the Monks' Path"



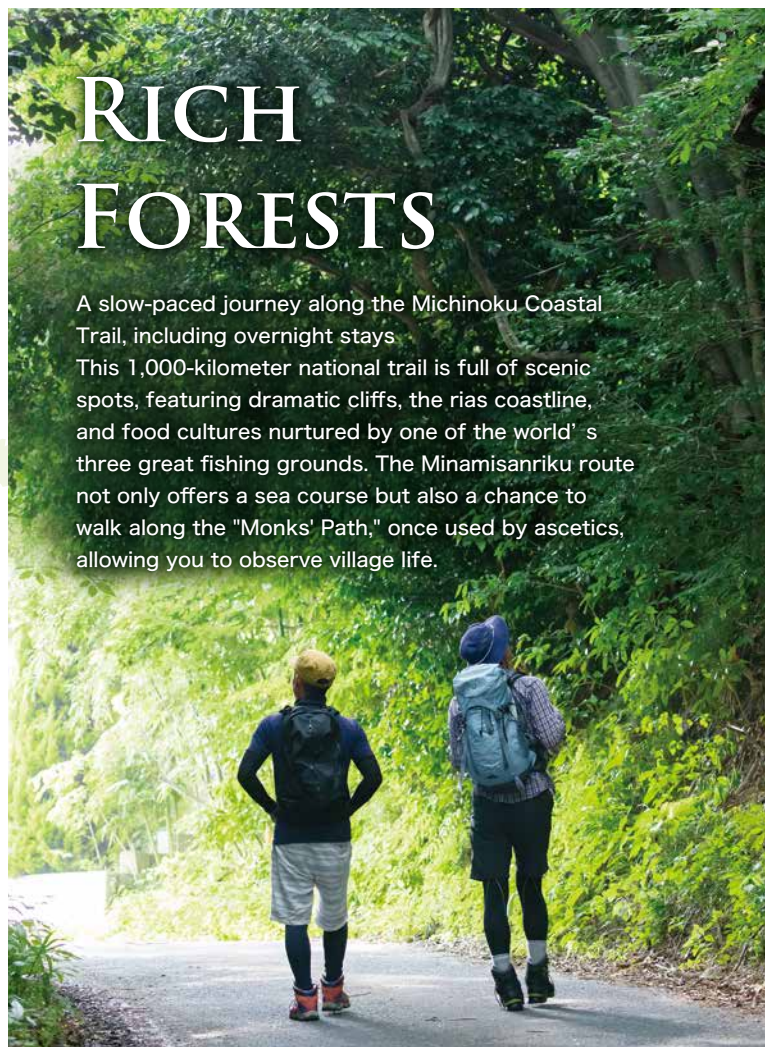
Mt. Tatsugane, long revered as a sacred mountain, offers a magnificent view of the Pacific Ocean. Follow the path once walked by monks and feel the mountain's breath, while discovering ancient beliefs and spiritual practices.

- Capacity: 2-8 people
- Duration: 1 night, 2 days
- Price: 15,000 yen/person and up (includes accommodation)



RICH FORESTS

A slow-paced journey along the Michinoku Coastal Trail, including overnight stays. This 1,000-kilometer national trail is full of scenic spots, featuring dramatic cliffs, the rias coastline, and food cultures nurtured by one of the world's three great fishing grounds. The Minamisanriku route not only offers a sea course but also a chance to walk along the "Monks' Path," once used by ascetics, allowing you to observe village life.



LIFE IN THE COUNTRYSIDE

100% Home-Grown Indigo Dyeing Experience

Create a one-of-a-kind souvenir in a village beside a beautiful mountain stream. Dye cloth or t-shirts using home-grown indigo, basking in the peaceful atmosphere of a village untouched by time.

- Capacity: 2-15 people
- Duration: 120 minutes
- Price: 4,950 yen/person and up



Cycling through Satoyama and Satoumi with Home Visits

Visit local homes and experience life in a rural coastal village while building meaningful connections with residents. This exchange fosters mutual understanding of different values, offering a special bond that extends beyond ordinary travel.



- Capacity: 1-4 people
- Duration: 240 minutes
- Price: 10,000 yen/person and up



To reserve group activities or for other inquiries, please use this form.



LEARNING TOURISM: NURTURING THE FUTURE

Discover learning experiences unique to Minamisanriku:

- Understand personal earthquake experiences and reflect on the value of life.
- Learn how to live in harmony with nature and carry this lifestyle into the future.
- Engage with local residents and experience their lifestyle.

A unique experience you can not have on regular sightseeing tours.

Japanese Language & Cultural Immersion Tour

with Daily Life Experience

Stay with a local family while learning Japanese and participating in cultural and community activities. This program offers a unique opportunity to experience the daily life and culture of a rural area, different from urban environments.

During the two-week stay, students build close bonds with host families, becoming part of the family.



Model Course

based on a two-week visit by Taiwanese high school students in mid-July

Day 1 Arrive at Sendai Airport (or station), transfer to Minamisanriku (chartered bus)

Day 2 Welcome ceremony, tour of Minamisanriku, meet host family

Day 3 School exchange (local elementary/junior high school)

Day 4 School exchange (within Miyagi Prefecture)

Day 5 Visit to a university in Miyagi Prefecture

Day 6 Free day

Day 7 Traditional culture experience, primary industry experience

Day 8 Japanese language classes, traditional Japanese pastimes and customs

Day 9 Local cuisine experience, cultural exchange through self-introductions

Day 10 Free day

Day 11 Japanese language classes, debate and discussion in Japanese

Day 12 Visit to local companies, workplace experience

Day 13 Participate in a local summer festival

Day 14 Final presentation, farewell ceremony with host family, depart



- **Estimated Cost: From 150,000 yen/person**
(Excludes travel costs. This covers the period from arrival in Sendai to departure.)
- Customized itineraries are available upon request.



Homestay & Home Visit

Minamisanriku: Your Second Home Satoyama-Satoumi Living Experience

Stay with local families, prepare meals together, and help around the house to experience Japanese life and culture. These brief encounters often create unforgettable memories. The local tourism association arranges matches to ensure a safe and enjoyable experience for both parties.

Homestay (1 night, 2 days):

Maximum group size: 30 people (3-6 people per household)
Price: From 9,460 yen/person (1 night, 2 days)

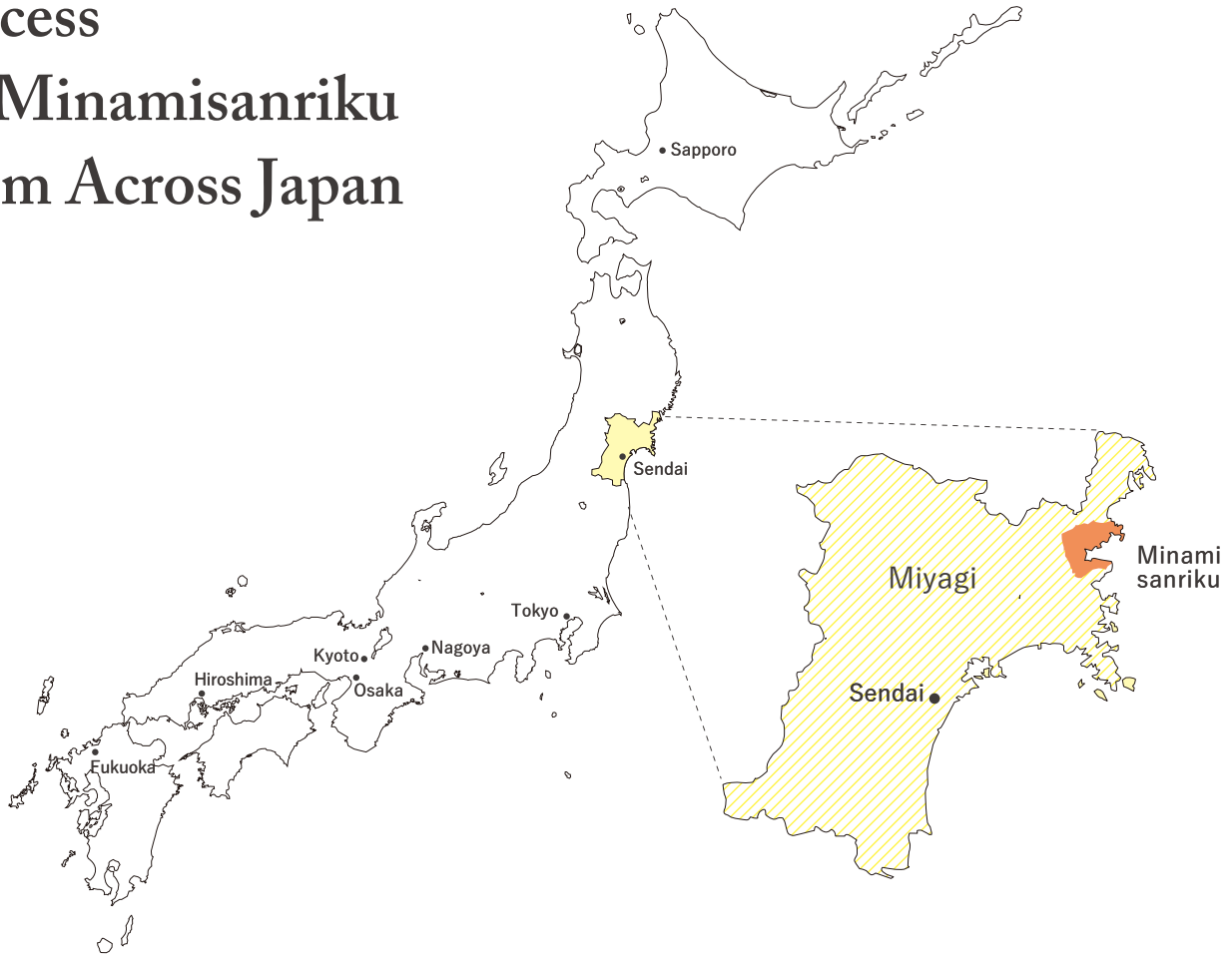
Home Visit (2-3 hours):

Maximum group size: 40 people (3-6 people per household)
Price: From 4,620 yen/person (for a 3-hour stay)

For inquiries about the plan, please contact us here.

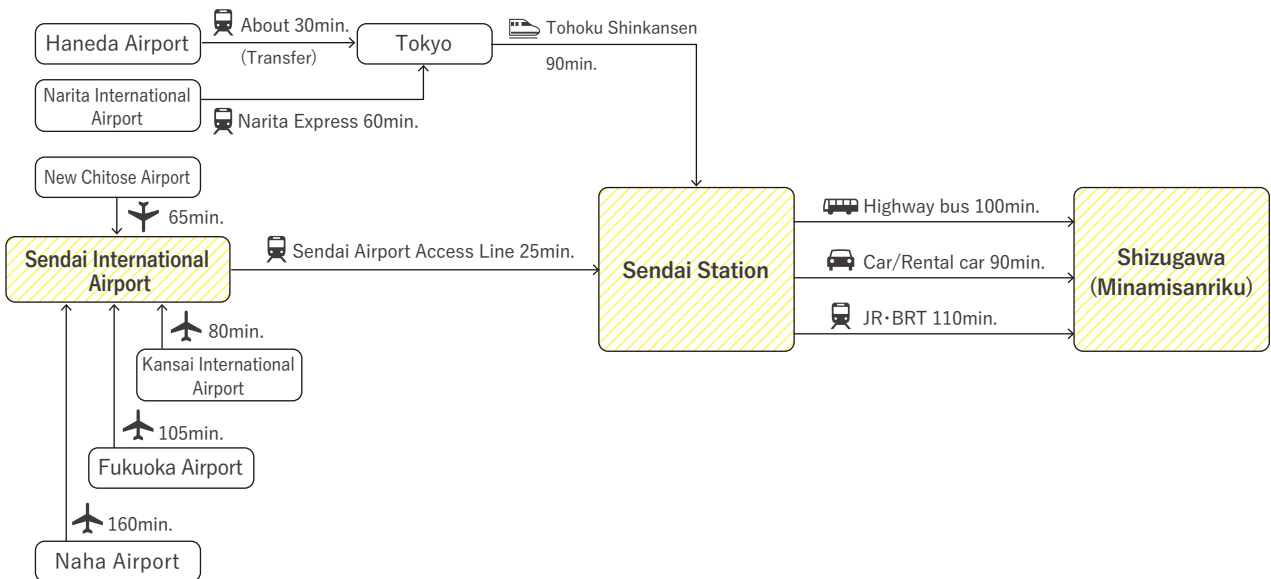


Access to Minamisanriku from Across Japan



Air route

Land route



Contact Information

Minamisanriku Tourism Association

Travel Agency Registration No.: Miyagi Prefecture Governor
 Registration No. 3-330
 200-1 Itsukamachi, Shizugawa, Minamisanriku Town,
 Motoyoshi District, Miyagi, Japan 986-0752
 Phone: 0226-47-2550 Email: post@m-kankou.jp
 (Support available in English & Traditional Chinese)



Website via
QR Code



Inquiries can
be made via QR Code