

Come to
Excitement
City!

Iwaki

Full of fun IWAKI



Iwaki

Iwaki City Tourism Guide





Located in southern Fukushima prefecture close to the Pacific Ocean, Iwaki is blessed by proximity to both the deep blue sea and the picturesque hinterland region, with ready access to a wealth of famous attractions, historical sites, scenic spots and fun activities.

With so much to see and do, you'll need more than one day to experience it all.

Every visit is a new discovery in Iwaki, Excitement City!

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Things to do in Iwaki Onsens

The Iwaki Yumoto Onsen Resort boasts plentiful supplies of all-natural spring water, flowing at an incredible 5.5 tons per minute.

With a history dating back over 1,000 years, Iwaki Yumoto Onsen is one of the three oldest hot spring resorts in Japan.

The sulfurous waters warm the body and beautify the skin, making these hot springs particularly popular among women.

Relax and enjoy the never-ending cascade of all-natural healing spring waters.

Do you prefer to relax on your own? Or get together with friends? Relax and unwind at an Iwaki onsen

Outdoor onsen with seasonal views over a Japanese garden

1 Ujo no Yado Shintsuta

This onsen takes its name from Ujo Noguchi, a Japanese poet and composer of many well-known children's songs. Highlights include the stunning *rotenburo* (outdoor onsen) at the rear, set within an entrancing garden surrounded by bamboo forest, and the extensive menu of seasonal seafood dishes.

58 Fukiya,
Joban Yumoto-machi
☎0246-43-1111



A friendly and inviting place to stay

3 Iwaso

This ryokan features a rooftop onsen fed by free-flowing water that stays open all night long. With massage chairs and a library, it's the perfect place to relax and unwind. An early morning bath followed by homemade breakfast prepared by the hostess is a particular delight.

39 Fukiya, Joban Yumoto-machi
☎0246-42-2135

Horses like to relax in the onsen too!

5 Racehorse Rehabilitation Center

The Center opened in 1963 as the only facility of its kind in Japan for injured racehorses. Its restorative natural hot spring waters have helped a number of well-known champions including Oguri Cap and Tokai Teio get back on the racetrack.

71 Uenohara, Joban Shiratori-machi
☎0246-43-3185

This is the first
dedicated pool for horses
built in Japan.
Watch the horses swimming
majestically with just their
heads out of the water!
(Open late May through
mid-October)



Onsens of
Iwaki
Hot Tip No.
1

Superb example of Japanese-style architecture

2 Sahako no Yu Public Bathhouse

The bathhouse building is a stunning recreation in the architectural style of the late Edo period. Choose from a variety of different baths made from rock and aromatic cypress, fed by steady cascades of sulfur-rich healing natural hot spring water that will refresh and revitalize the weary traveler.

176-1 Sahako, Joban Yumoto-machi
☎0246-43-0385



Seasonal cuisine and stunning views

4 Shunmi no Yado Uosho

This relaxing hotel, formerly a fish shop, boasts a feature bathhouse with stunning views as well as a range of delicious meal offerings centered on fresh seasonal seafood.

194 Tennozaki, Joban Yumoto-machi
☎0246-43-2363



Japanese-style hula dancing

The Hula Okami

Local ryokan and hotel proprietors in Yumoto Onsen have combined their love of onsen culture and hula dancing to create a unique fusion of Japanese-style hospitality and Hawaiian spirit: hula dancing in kimonos! Their uplifting performances are a delight to watch.

Yumoto Onsen Friends of Hula Group
39-1 Tennozaki, Joban Yumoto-machi
(through the Iwaki Yumoto Onsen Hoteliers Association)
☎0246-43-3017

Onsens of
Iwaki
Hot Tip No.
2

A delightful rest spot popular with the locals

6 Tsuru no Ashiyu Square

This public space provides two foot baths (warm and hot) fed by natural free-flowing sulfur-rich waters, as well as a hand bath and even a dedicated "paw bath" for pets. There is also a monument featuring the remains of *yutsubo* (hot-water pots).

281-1 Sahako, Joban Yumoto-machi



A wide selection of rooms, ideal for a family holiday

9 Furutakiya

This longstanding ryokan inn has been serving travelers with the ultimate hospitality experience ever since 1695. It's a great way to enjoy the all-natural hot spring waters of the region. And with a range of dishes prepared exclusively from locally sourced ingredients, it's the perfect place for a family trip.

208 Sahako, Joban Yumoto-machi ☎0246-43-2191

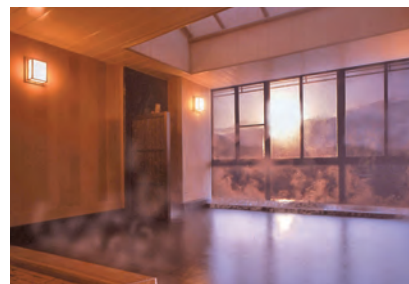


A traditional inn with a rich sense of history

8 Shohakukan

This was once a highly prestigious inn frequented by traveling *daimyo* lords during the Edo period. Today it retains all of the charm of that era, offering guests the ultimate onsen experience in an historical setting together with the finest fresh seafood cuisine.

158 Sahako, Joban Yumoto-machi
☎0246-42-2141



Onsen day trip!
Scan here for ideas



Why not venture beyond Yumoto Onsen to discover these great locations!

A serene setting deep in a ravine

12 Nakanenoyu

This onsen hotel is situated in a beautiful natural setting right next to the Iritono river, offering the unparalleled experience of gazing out at the flowing waters from the warmth of the onsen.

156-4 Shimonakane, Odaira, Tono-machi ☎0246-89-2186

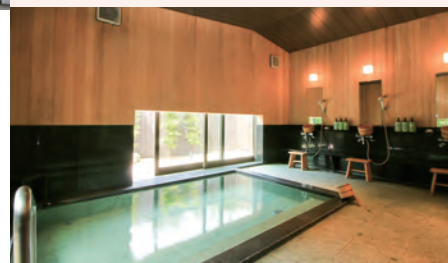


A tranquil inn nestled among low hills

11 Kajiro Onsen, Kunimotoya

This popular onsen attracts visitors from far and wide for the exclusively sourced waters that not only contain a rich combination of health-giving elements but are eminently drinkable. Their signature dish is *kara-age*-style deep-fried fatty channel rockfish, prepared using the freshest produce personally selected by the owner, a former market auctioneer.

30 Oiwake, Kamikajiro, Onahama ☎0246-54-3625



Relax and recharge at Yumoto Onsen

7 Koito Ryokan at Iwaki Yumoto Onsen

Ryokan Koito specializes in the healing powers of sulfurous, sodium-chloride, and sulphate hot springs, three rare types of onsen in Japan. Evening meals are provided only on request, so it is like a hotel where guests come and go at any time.

1 Kasai, Joban Yumoto-machi ☎0246-42-2151



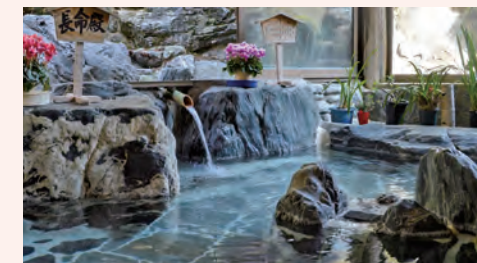
Onsens of
Iwaki
Hot Tip No.
3



10 Englishikina Onsen Shrine

This shrine to the mountain of Yunodake, local deity of Joban Yumoto-machi, is popular with worshippers paying their respects to the god of underground resources and medicines... and occasionally seeking love. There is an onsen on site, together with a year-round evening light show inspired by the bubbling sound of the natural spring waters.

322 Sahako, Joban Yumoto-machi
☎0246-42-2007



Nostalgic appeal with traditional thatched roof

13 Irinomotoyu Shinsentei

All the rooms at this charming ryokan face onto the garden that was once admired by legendary Iwaki-born poet Shimpei Kusano. Enjoy rustic grilled food from the sunken fireplace, soothing walks in the forest, and the stunning open-air rock bath.

54 Nakakura, Uchigo Koya-machi ☎0246-27-3939

Things to do in Iwaki Nature

Iwaki has a plethora of stunning scenery and natural attractions to discover, from sweeping coastal vistas of the vast oceans to inland valleys where the only sounds are gurgling streams and leaves rustling in the breeze. Come to Iwaki and make unforgettable memories of your own.

A wonderland of nature where time moves more slowly Stunning new landscapes to behold



Whitewashed lighthouse against the blue sea 1 Shioyasaki Lighthouse and Hibari no Sono Monument

The brilliant white Shioyasaki lighthouse contrasts beautifully with the stunning coastal scenery and deep blue ocean. It is one of the very few lighthouses in Japan with public access at the top, and features regularly in Top 50 lists for its scenic potential. At the base is a monument to the late singer Hibari Misora and her well-known song Midaregami, which plays automatically as visitors approach. It even has a portrait and lyrics.

34 Yadozaki, Taira Usuiso ☎0246-39-3924

Unmissable Bentenjima Island and Red Lacquer Bridge

2 Hattachi Coast

This picturesque stretch of coastline features a rare pebble beach that looks out to the island of Bentenjima and *torii* gate jutting forth proudly from the sea, as well as a distinctive red lacquer bridge. It is celebrated as one of the best locations in Fukushima prefecture for viewing sunrise on New Year's Day. The island deity is Benzaiten, goddess of fortune.

Tanoamiyokouchi, Hisanohama-machi



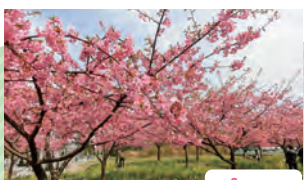
Iwaki's largest park offers a wealth of nature to explore

3 Fukushima Prefectural Iwaki Park

This sprawling 71.3 hectare urban parkland is divided into seven zones.

A key attraction is the unique Mori no Wakuwaku Hashi bridge, where the external cables are mounted beneath the boardwalk. The views from the bridge are spectacular.

Dainichisaku, Taira Kamitakaku Park Office ☎0246-29-1684



9 Joban Joint Power Co., Ltd.

Nakoso Thermal Power Station

Back in 2005, 50 Kawazu cherry blossom trees were planted to commemorate the 50th anniversary of the power station. Today, huge numbers of visitors gather under the trees every year to celebrate the early signs of spring.

Araya, Sanuka-machi



10 Ogawa Suwa Shrine

The shrine boasts a weeping cherry tree thought to be at least 650 years old, which has been designated a natural monument of Iwaki. Every spring, the gardens come alive with cherry blossom parties, followed by a spectacular fantasy light show in the evening.

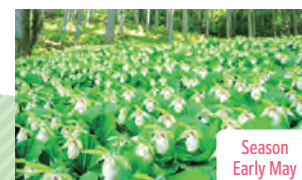
140-1 Ienomae, Takahagi, Ogawa-machi ☎0246-83-0178



11 Matsugaoka Park

The oldest park in Iwaki, Matsugaoka Park has some 340 rhododendrons, many of them transplanted from old stock in the home of the Ando family, former rulers of Taira Castle at Otsuka in Tokyo, as well as around 200 Yoshino cherry plants. It is a popular spot for families and friends to gather for cherry blossom viewing in spring.

3 Yakuojidai, Taira Iwaki City Parks & Tourism Public Corporation ☎0246-43-0033



12 Lady slipper at Tabito

Behind a modest residential district lies a huge outcrop of around 50,000 lady slipper plants, thought to be the largest in Japan. The lady slipper species is officially at risk of extinction since it resists efforts at propagation. Local group Friends of the Lady Slipper are working on environmental remediation strategies to save the species.

41 Ishizumi Tsunagi, Tabito-machi Friends of Lady Slipper ☎0246-89-3414



13 Koya Hanamiyama Park

This 100,000 square meter park boasts more than 200 varieties of plants and flowers. It's a great place to wander around and admire the seasonal foliage.

(Closed some days) 1-1 Hirokaya, Uchigokoya-machi ☎0246-27-2537



14 Iwaki Flower Center

The expansive Iwaki Flower Center is home to an extensive array of trees and plants designed to provide a continuous display of flowers throughout the year. The dome hothouse and hygrophyte (wet plant) garden provide plenty of interest even during the winter months.

116 Ishimori, Taira Yotsunami ☎0246-22-5667



360° panoramic vista from the Sky Deck Iwaki Marine Tower

The 59.99 meter tower, located in Misaki Park at 106 meters above sea level, features an imposing blue and white viewing platform designed to be visible from far away. The unique glass-clad Sky Deck provides an open-air feel with full panoramic views over the ocean and the city of Iwaki. Being buffeted by sea breezes is all part of this very popular experience!



This striking shell-shaped amphitheater is ideally located, set against a backdrop of sun, sea and land.

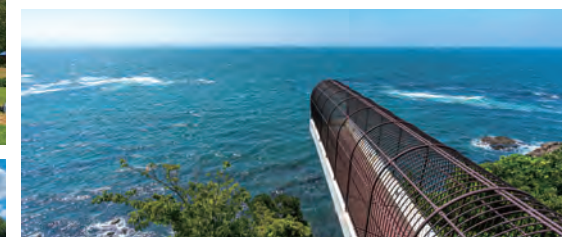


Seaside park with sweeping views over the Pacific Ocean

4 Misaki Park

Located at the eastern end of the Port of Onahama precinct on a hill reaching 46 meters above sea level, Misaki Park boasts a number of attractions including the Marine Tower, a beautifully landscaped picnic garden and barbecue area, and a restaurant, as well as play equipment such as a gigantic roller slide in the shape of a dinosaur.

Misaki Park Office 93 Osaku, Shimokajiro, Onahama ☎0246-53-2448



The park offers nature trails with ocean views as well as a popular viewing platform that extends into the sea, providing a unique vantage point for watching the waves of the Pacific Ocean directly below.



Recommended for newcomers to mountain hiking

6 Kinuyafuji

Formed about 20 million years ago via volcanic activity on the sea floor, this volcanic block from Mt. Ishimori is a designated natural monument of Iwaki. At only 217 meters, it can be scaled in about ten minutes. Sparse tree cover at the peak allows for sweeping 360° vistas over the ocean as far as the Pacific Ocean.

Ishimori, Taira Yotsunami

Popular mountain with spectacular views

5 Mount Futatsuya

The name is derived from the "male" and "female" rock formations that resemble the head of an arrow. The steep rock face close to the peak is popular among rock-climbing enthusiasts, being the only facility in the local area. At 709.2 meters, the mountain is also suitable for intermediate level hikers, who come to admire the *Rhododendron nipponicum* in spring and brilliant red leaves in autumn.

Kamiogawa, Ogawa-machi



A great spot to admire autumnal foliage

7 Natsuigawa Gorge

Natsuigawa Gorge, a designated prefectural park that stretches for 15 km along the upper reaches of the Natsuigawa river, is a natural wonderland where the only sounds are the gently gurgling water and the rustling of the leaves in the breeze.

From Ogawa-machi to Kawamae-machi



Iwaki Destinations

Try these!

Where to see the autumnal foliage



8 Japanese weeping maple at Nakakamado



Shiramizu Amidado ▶ P19



5 Mount Futatsuya



Onsen Shrine ▶ P4

Fun times! Top spots in Iwaki

Season-by-season guide

Polynesia Show

Enjoy captivating performances from a colorful troupe of smiling hula girls along with Japan's one and only fire knife dance team, Sivaola. There are even dance classes every day for young children up to elementary school age.

Things to do in Iwaki Activities

Swimming, sightseeing, learning a new skill...

So many ways to get active in Iwaki!

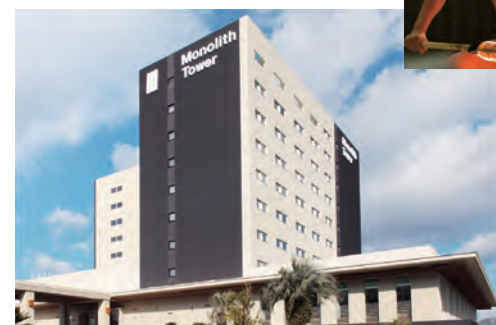
So much more to discover

Making unforgettable memories in Iwaki



Water park

Housed within an all-weather dome that faithfully recreates a tropical climate, the water park boasts Japan's first flowing aquarium pool as well as three different water slides and a family-friendly pool zone.



Monolith Tower

This serene and easy-going hotel represents a unique fusion of Hawaiian hospitality and spa health in a healing space inspired by the natural beauty and culture of Hawaii.

The everlasting summer of Hawaii in Japan

1 Spa Resort Hawaiians

Spa Resort Hawaiians is a sprawling leisure facility comprising six different theme parks, with a variety of pools and hot springs fed by the plentiful natural waters of Yumoto Onsen as well as a hula girl show and other attractions.

50 Warabidaira, Joban Fujiwara-machi ☎0570-550-550 (Navidial)



Edo Jowa Yoichi

One of the largest open-air hot spring facilities in the world, the atmospheric Edo Jowa Yoichi guarantees the ultimate onsen experience.

Fire knife dance



Big Aloha

This ultra-exciting body slide is the longest in Japan with the tallest height drop.



Where ocean currents collide

This gigantic triangular tunnel replicates the meeting point of the Kuril current (Oyashio) and Japan current (Kuroshio) in the Pacific Ocean. Marvel at the tenacity of Kuroshio species such as the bonito as they battle against the current, while Oyashio species such as flounder shelter in rock crevices or on the sea floor.



Seabirds and creatures of the north sea

See spotted seals, Steller sea lions and other large mammals from the north sea, as well as seabirds. Be sure to stay for feeding time.



From the Fukushima seas to the continental shelf

Marvel at the plethora of marine life that exists just off the coast of Fukushima, including the elusive Pacific saury, at the only facility in Japan to hold this species in captivity.



Animal hide and seek in the Egg Forest

Egg Forest is an outdoor area packed with engaging play equipment designed to mimic animal movements, as well as informative exhibits of native Japanese forest animals such as the squirrel and sugar glider.



Coral reef

This exhibit faithfully recreates the natural habitat of species that live in coral reefs at the source of the Kuroshio current, such as the golden sweeper fish and spotted garden eel.



Serpent's Eye Beach

This expansive outdoor area has sandy beach as well as rocks and mudflats to explore in bare feet. It's a great place for children to look for marine animals and splash about in the water. Best time to visit: late April to late November



Iwaki beaches—The best place to be in summer!

For information about Iwaki beaches call:
City of Iwaki Tourism Department ☎0246-22-7480



3 Hisanohama Hattachi Beach

This lovely beach boasts unusually large round sand grains and glorious views straight out to Bentenjima island and the torii gate out to sea.

Tanoamiyokouchi, Hisanohama-machi



4 Yotsukura Beach

As the largest beach in Iwaki with huge stretches of golden sand, Yotsukura is often used for beach sports events.

4 Higashi, Yotsukura-machi



5 Usuiso Beach

Located just to the north of Shiroyasaki lighthouse, this is the best-known beach in Iwaki, and was featured in a Top 100 list

Kozuka, Usuiso



6 Nakoso Beach

Best known for the nearby twin islands and brilliant red torii gate, this beach is perennially popular as the most accessible beach for visitors from the Kanto region.

Kokozura Sakashita, Nakoso-machi

Things to do in Iwaki

Activities



The wondrous world of Shimpei Kusano, the frog poet

7 Kusano Shimpei Memorial Literature Center

The Center is located in a spacious natural setting with views of the Abukuma mountains, close to where poet Shimpei Kusano (1903–1988) lived up to the age of 16. It houses a permanent exhibition celebrating the life and work of Kusano as well as rotating exhibits on literature themes, and is also used for events such as presentations and recitals. Kusano's former home nearby is also open to the public.

1-39 Shitamichi, Takahagi, Ogawa-machi
☎0246-83-0005



Museum dedicated to Nakosonoseki

8 Iwaki City Nakoso Barrier Museum of Literature and History

This museum uses both audio and visuals to recreate the look and feel of the Edo-period post town of Nakosonoseki, which features extensively in Japanese *tanka* poems. On the museum grounds is a replica of a Heian-era structure known as a *suifuden*, which encourages engagement with both history and the natural world. The museum is used for tea ceremonies, *tanka* competitions and traditional performances.

6-1 Sekita Nagasawa, Nakoso-machi ☎0246-65-6166



See how the ancestors lived and worked

9 Museum of Folklore and Traditional Housing

These traditional thatched-roof houses are open to visitors, so you can sit around the sunken fireplace and get a feel for home life in the Edo period. Learn all about how people lived in those days, with exhibits of ceremonial implements, children's toys and much more.

14-16 Sanya, Shimoyada, Kashima-machi, Iwaki
(Chuodai, inside Fukushima Prefectural Iwaki Park)
☎0246-29-2230



Glamping in the great outdoors

11 Sah, Iwaki Yumoto Onsen

Conveniently located just five minutes by car from Yumoto station on the JR Joban line, glamping in this spacious natural setting is the perfect place to enjoy the great outdoors with friends or family. Everything is provided—you don't need to pack a thing! Enjoy an outdoor barbecue or visit the nearby Yumoto Onsen. Ideal for those new to camping.

Harukaze no Yado 22 Shiza, Joban Shimoyunagaya-machi
☎050-3612-8034

Just like being in Hawaii

13 Hawaiian-style glamping at Mauna Village

Named after mauna, the Hawaiian word for mountain, this facility provides privacy in a beautiful natural setting, with ample separation between tents. Enjoy a generous barbecue with local Fukushima produce, then spend the night chatting away around your own private campfire. It's the ultimate outdoor experience—you'll feel like you're on a mountain up in Hawaii!

Spa Resort Hawaiians Golf Course 215 Hashinoue, Kamikamado, Watanabe-machi
☎0570-550-550 (Navidial)



Enjoying the sea breeze out on the waters of Onahama

10 Sunshine Seagull boat cruise

No fixed schedule

Gaze out at the Onahama scenery and entertain the seagulls on this delightfully relaxing cruise around the port area.

1F, Iwaki Lalamew 43-1 Tatsumi-cho, Onahama
Onahama Day Cruises ☎0246-38-4197



Combine camping with traditional crafts

12 Iwaki Tohno Auto Camping Park

Situated right next to the Iritono river, this campground is a colorful natural paradise offering a succession of seasonal delights throughout the year, such as dancing fireflies in early summer and stunning red foliage in autumn. In the nearby town of Tonomachi you can watch artisans practicing traditional crafts from 500 years ago, such as papermaking, bamboo art and leather work—and even take a lesson yourself!

97-1 Koedai, Iritono, Tono-machi ☎0246-74-1031

Iwaki Destinations Try these!

Fun activities

Unforgettable memories!

Book first to avoid disappointment



Hunt for 89 million year old fossils

14 Iwaki Ammonite Center

The Center houses several covered sites where ammonite and other fossils from 89 million years ago have been discovered. There is also an open-air section where anyone can try their hand at looking for fossils. So put on your helmet and gloves, grab a hammer and start the treasure hunt! This is a very popular activity that helps us to understand the links between life in the ancient past and the present, and the mysteries of our planet.

147-2 Tsurubo, Ohisa, Ohisa-machi ☎0246-82-4561



Hothouse strawberry picking

15 Agri Park Iwaki strawberry farm

Agri Park is a strawberry farm theme park where the plants are mounted up off the ground within easy reach of small children and people in wheelchairs. The main strawberry variety is Kaorino, but they also grow Akihime, a juicy variety with low acidity, as well as local Fukushima varieties Fukuharuka, Oi-C Berry and Koiminori. You can stay as long as you like, so why not take some friends and do a taste test of all the different varieties?

Open late December through early June (TBC)
25 Minaminaiki, Taira Shimokabeya ☎0246-68-7203



Fruit picking in Iwaki

Scan for more

I w a k i f r u i t s



Pick tomatoes any time of year

16 Wonder Farm

This theme park is one of the few places in Japan where you can pick your own hothouse tomatoes at any time of year, then try fresh-picked tomato juice or tomato ice-cream at the adjoining restaurant. Other attractions include a shop selling produce direct from the farm, and barbecues where all the food is provided so you don't need to bring a thing.

1 Hiromachi, Nakajima, Yotsukura-machi
☎0246-85-5105



Horseriding for beginners

17 Helena International Horse Riding Club

Built in conjunction with a golf course, and boasting one of the largest riding grounds in Japan with multiple tracks, this facility offers outstanding horse riding experiences for people of all levels. Beginners receive comprehensive one-on-one instruction covering everything from how to approach a horse through to basic riding technique, while experienced riders benefit from lessons with instructors who have represented Japan in equestrian events. With a strawberry picking farm also on site, there's something for everyone in the family to enjoy.

66-3 Zukindaira, Soeno-machi ☎0246-77-1161



Create your very own kamaboko

18 Iwaki Kamaboko Workshop

Kamaboko, boiled fish paste made from the white flesh of the Alaska pollock, can be formed into almost any shape, including letters, numbers and simple figures. In this class, you will learn how to wrap the fish paste around a bamboo stick to produce the traditional rounded *take-chikuwa* shape. There's nothing quite like the taste of fresh *kamaboko* that you made yourself!

51 Matsubara, Takijiri, Izumi-machi
Iwaki Kamaboko Workshop ☎0246-75-1666

Explore Iwaki your way

Walk Iwaki guided walking tours

Local guides take you on a walking tour showcasing all the local highlights.



Iwaki-style outdoor entertainment!

Hula City Outdoor

Hula City Outdoor offers a range of activities that showcase the natural attractions of Iwaki, including beach hula, surfing and stand-up paddleboarding. For beginners, there are instructors and guides on hand to help you get started. Book early to avoid disappointment!





Iwaki as the top team in Tohoku

Iwaki FC

Iwaki FC is a professional soccer club based in both Iwaki and Futaba. The club was promoted to the J2 league in 2023, just three years after entering the JFL. As of 2024, Iwaki FC is doing well in the J2 league, fulfilling their mission to use sport to help make the world a better place by giving their all for the full 90 minutes.

1-1 Kamanomae, Joban Kamiyūnagaya-machi
Iwaki Sports Club ☎0246-72-2511



Harmer & Dolly

Harmer & Dolly, the official Iwaki FC mascots unveiled in 2022, were inspired by the *Futabasaurus suzukii* fossil discovered in Iwaki. Harmer & Dolly are best friends. Harmer always rides on top of Dolly's head.

Japan's first combined clubhouse and commercial facility

1 Iwaki FC Park

This combined clubhouse and commercial facility run by Iwaki Sports Club comprises training facilities for Iwaki FC players along with a range of facilities for the general public, including a café, shop, medical clinic, English language school and fitness gym. The café terrace looks out over the Iwaki FC training grounds.

1-1 Kamanomae, Joban Kamiyūnagaya-machi
Iwaki FC Park ☎0246-43-2677

Iwaki FC Training Base

Iwaki FC Training Grounds

The Iwaki FC training base comprises a full-sized soccer pitch plus two futsal courts, with seating for 400 spectators. In addition to team training sessions, the facility is used by other sporting clubs for training purposes and also hosts events.

1-1 Kamanomae, Joban Kamiyūnagaya-machi
Iwaki Sports Club ☎0246-72-2511



A spectacular coastal cycling trail

Iwaki Nanahama Cycling Road Symbol of the reconstruction effort

This 53 km cycling trail runs from Nakoso Barrier Park in the south to the Hisanohama protection zone up north. In addition to the gentle sea breezes and glorious coastal views of white sandy beaches and green pine groves, there are countless detours to places of interest along the way.

City of Iwaki Works Department, Roads Section ☎0246-22-7482



Services for cyclists

4 Shinmaiko Heights and Cycle Station

This rest stop and bicycle maintenance center is conveniently located at the mid-point of the Iwaki Nanahama Cycling Road. Here you can rent road bikes and children's bikes as well as bicycle helmets.

Iwaki Shinmaiko Heights
16-4 Minamiyaji, Taira Shimotakaku
☎0246-39-3801



Promoting outdoor sport in Iwaki

5 Noreru? Bike Hub

The Noreru? bike hub is a great place for cyclists to meet up and share cycling tips and suggestions. With permanent on-site mechanics for servicing and support, the aim is to spread joy of cycling to all, including those with less experience on bicycles.

Lot 102, Iwaki FC Park 1F
1-1 Kamanomae, Joban Kamiyūnagaya-machi
☎0246-85-0170



Games and tournaments

Comprehensive sporting facility

All-weather facility promotes healthy activity all year round

Iwaki is the place for sport!

Things to do
in Iwaki
Sport

Soccer, rugby and other sports

2 21st Century Forest Park and Hawaiians Stadium Iwaki

The expansive 21st Century Forest Park is home to a baseball stadium with seating for 5,048 spectators as well as the home ground of J2 team Iwaki FC. The Park is about five minutes by car from nearby JR Yumoto station, and has parking for around 1,500 vehicles across multiple locations. It is not serviced by a bus route, so taxi and private vehicle are the best options. Spectators often head to Yumoto Onsen to relax and unwind after a game.

308 Ryugasawa, Joban Mizunoya-machi ☎0246-43-0033

Marathon through the streets of hula town

3 Iwaki Sunshine Marathon

The only official marathon in Fukushima prefecture, Iwaki Sunshine Marathon produces the iconic image of runners streaming along the coastline in front of the imposing Marine Tower. Local residents add color and excitement by cheering from the roadsides, while aides fortify the runners with local produce. The finish line area at Aquamarine Park (Port of Onahama) has food and drink stalls as well as a variety of events to enjoy.

Iwaki Sunshine Marathon Organizing Committee
(City of Iwaki Sports Department) ☎0246-22-7607



A seaside golf course overlooking the ocean

8 Onahama Ocean Hotel & Golf Club

The vast expanse of the Pacific Ocean is visible from every hole on this magnificent course. Highlights include a shot across the water on the short 16th hole, and the mid-length 18th hole that follows the ocean for its entire length on the right-hand side.

17 Ohata, Shimogawa, Izumi-machi ☎0246-56-3311



Pure excitement! Kuchu Bank takes you nearer to the action

7 Iwaki Taira Keirin Velodrome

This is the only velodrome in Japan with a raised seating platform (called the Kuchu Bank) positioned right above the track, bringing you closer than ever to riders as they work their way around the 400 meter circuit. It hosts major pro racing events such as the GI race as well as night races. The Kuchu Bank is particularly impressive at night, making the velodrome a great place for a night out.

Iwaki Municipal Sports Office 1 Nishisaku, Taira Yagawase ☎0246-23-3751



Other golf courses in Iwaki

Onahama Country Club	27H	1-44 Higashiosawa, Kamikajiro, Onahama ☎0246-52-1411
JGM Thoroughbred Golf Club	18H	245 Uenodai, Kamikamado, Watanabe-machi ☎0246-56-0123
Shioyazaki Country Club	27H	279-1 Machida, Taira Numanouchi ☎0246-39-3311
Helena International Country Club	18H	66-3 Zukindaira, Soeno-machi ☎0246-62-0555
Byron Nelson Country Club	27H	130-2 Kotsunagi, Kamikamado, Watanabe-machi ☎0246-56-8222
Izurateien Country Club	18H	193-1 Otsuki, Kubota, Nakoso-machi ☎0246-65-0011
Spa Resort Hawaiians Golf Course	27H	216 Hashinoue, Kamikamado, Watanabe-machi ☎0246-56-0111
Yumoto Springs Country Club	18H	24-5 Yamanokami, Taki, Tono-machi ☎0246-89-2421

Things to do in Iwaki Festivals

Come in summer for the fireworks and Iwaki Odori festivals

Come in winter for the glittering light shows

Iwaki boasts a full calendar of traditional festivals, attractions and events throughout the year.

So much to enjoy!

There'll be something happening whenever you visit!



July and August

Summer festivals in the land of onsen

1 Iwaki Yumoto Onsen Summer Evening Festival

Starting with the annual festival at Yasakamitsumine Shrine late July, the streets of Yumoto Onsen come alive with a succession of summer festivals and events including the Kingyo-tsukami (goldfish-catching) festival, Yappe Odori and Kaso-bon traditional dance festivals, the summer fireworks display, and hula dancing performances.

Iwaki Yumoto Onsen Tourism Association
☎0246-42-4322



July

2 Yotsukura Nebuta and Iwaki Odori Evening Festival

This festival takes place on the last Saturday in July along a section of Yotsukura-machi between the main shopping strip and JR Yotsukura station. Teams of Iwaki locals fitted out in matching costumes dance through the streets to the familiar cry of *Donwasse!* This is followed by a parade of fierce and gallant Yotsukura *nebuta* and *neputa*, figures, finishing up with a spectacular light show in the evening.

Yotsukura Festival Organizing Committee
(Yotsukura-machi Commerce and Industry Association)
☎0246-32-2900



August

Tanabata festival with street stalls and bamboo decorations 3 Iwaki Tanabata Festival

The Tanabata Festival in Iwaki is held over three days from August 6 to 8 every year. The streets of downtown Taira are closed to traffic and festooned with bamboo decorations, and the whole area comes alive with the sound of traditional music and performances as well as countless street stalls.

Iwaki Tanabata Festival Organizing Committee ☎0246-25-9151



August

The *Donwasse!* chant rings out through town

4 Iwaki Odori

The Iwaki Odori dance was created to commemorate the 15th anniversary of Iwaki being formally designated as a city. It is designed to be fun and simple, providing a shared experience where everyone can join in, whether singing or dancing or both. Held in various locations around Iwaki, it is a key event in the summer calendar. People like to dress up and get into the spirit, chanting *Donwasse!* and dancing energetically through the streets.

Iwaki Odori Organizing Committee
Secretariat: Iwaki Tourism & Urban Planning Bureau
☎0246-44-6545



August

Traditional event in Uchigo featuring rotating turret festooned with lights

5 Iwaki Rotating Turret Odori Festival
This traditional event associated with the Uchigo area of Iwaki is held during the Obon holiday period from August 13 to 15 every year. A huge rotating turret measuring 13 meters by 13 meters, is richly decorated with paper lanterns and electric lights. The turret, modelled on Shiramizu Amidado, a designated national treasure, makes its way through throngs of people dressed in *yukata* summer kimonos, along streets lined with stalls and vendors.

Iwaki Rotating Turret Odori Festival Organizing Committee ☎0246-26-1256



August

Captivating and colorful fireworks display reflected in the river below

6 Nakoso Summer Festival

Nakoso Samegawa Fireworks Display
Nakoso turns up the summer heat with this impressive fireworks display on the banks of the Samegawa river. The focal event of summer in southern Iwaki, it boasts around 3,000 fireworks. The beautifully lit up power station nearby makes a wonderful backdrop.

Nakoso Summer Festivals Organizing Committee
☎0246-63-6521

Gargantuan fireworks display
out at sea

7 Iwaki Fireworks Festival

Held on the first Saturday in August, this is easily the largest fireworks display in Iwaki. Featuring some 10,000 different fireworks synchronized to music, with star mines and balls as highlights, it is a highly popular event that attracts spectators from all over Japan. Paid seating and parking spots are available.

Iwaki Fireworks Festival Organizing Committee
☎0246-53-5677



September

Horseback archery dating back to the Kamakura period

8 Ino Hachiman Shrine Annual Festival

Minamoto no Yoriyoshi is said to have visited Ino Hachiman Shrine during the Heian and Zenkunen War to pray for victory on his way to the battle front at Oshu. The shrine's annual festival in September comprises a number of rituals and ceremonies, of which the horseback archery event and associated offerings have been designated as Important Intangible Folk Cultural Properties by Fukushima prefecture.

84 Hachimankoji, Taira ☎0246-21-2444



October

The streets of Taira are the stage!

9 Iwaki Street Concert

This annual event in early October features a main performance space in front of Iwaki station as well as 15 other indoor and outdoor stages in central Taira showcasing a broad spectrum of music, dance (including traditional *yosako*), drumming and other performances by both amateur and professional groups.

Iwaki Street Concert Organizing Committee
☎0246-47-0130



January/February

Hanging dolls brighten up the port area

10 Nakanosaku Hanging Dolls Festival

The Nakanosaku Hanging Dolls Festival, which runs from late January to early February, is centered on Seikokan, a 200 year old homestead with sweeping views across the entire Nakanosaku port area. The port is awash with color, with many *hina* dolls that have been passed down through the generations on display.

Mamaya Crepe Workshop ☎0246-55-6280



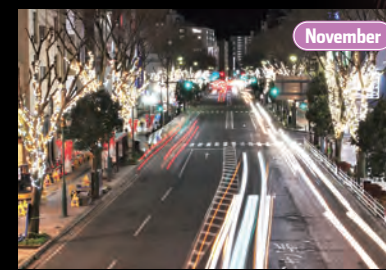
January

Konpirasama Festival to pray for safety at sea and success in business

11 Kotohira Shrine Annual Festival

Kotohira is a 500 year old shrine dedicated to the god known as Omononushi-no-Okami. The annual festival on January 10, also known as Hatsu-Konpira, is held to pray for safety at sea and success in business. The streets are alive with stalls and people clamoring to purchase good luck omens such as *fukudaruma* figurines and bamboo rakes.

6-3 Suwashita, Joban Sekifune-machi
☎0246-43-1001



November

Light show to illuminate the winter night skies

12 Illumi Eeru Iwaki

This striking light show, which started out as a gesture of solidarity toward the reconstruction effort, runs from mid-November through to early January. The spectacular and uplifting display of white and gold main along the street from Iwaki station is coordinated with other light shows and tie-in events in Iwaki during this period.

Junior Chamber International, Iwaki
☎0246-24-0780

Summer in Iwaki



August

Jangara Nenbutsu Odori

This dynamic and rhythmic dance is performed in August during the Obon period of the lunar calendar. Dancers visit *niibon* households (households in which someone has passed within the past year) to chant Buddhist prayers while beating drums and bells in rhythm. Jangara Nenbutsu Odori was designated an intangible folk cultural property of Iwaki in 1992. Normally there are three drummers surrounded by around ten people playing the handbells and backing away slowly.

Jangara Nenbutsu Odori is thought to be derived from Hosai Nenbutsu, a popular dance in Edo (modern-day Tokyo) during the early Edo period that was performed at the graveside of Kanbei Sawamura in the mid-17th century to honor his spirit. The 15th century monk Kanjun at Komyoji Temple in Tairaizumizaki enshrined a Buddhist tablet in honor of Kanbei Sawamura and on the first anniversary of his death erected a stone monument and conducted a memorial service. Today, Jangara Nenbutsu Odori is performed on August 14 every year by the Izumizaki Youth Association as a ritual offering.



Try this! Kaiko Sashimi Teishoku

A generous serving of delicious fresh sashimi

1 Kaiko Seafood Restaurant

This restaurant in a converted fishmonger's shop is run by a seasoned expert who knows how to spot the best and freshest seafood. The most popular dish is the sashimi teishoku, which has eight to ten (depending on seasonal availability) generous thick-cut sashimi varieties for you to enjoy, together with a selection of side dishes to ensure that you won't go hungry. Other tempting options include deep-fried mehikari (greeneye) chunks and anglerfish hotpot, a surefire winter winner.

1-163 Tennozaki, Joban Yumoto-machi ☎0246-43-0139



Try this! Rice bowl with ise-ebi lobster

Sample delicious seafood while gazing at flamingos

3 Mexico Iwaki Flamingo Seafood Restaurant

The signature dish of crab pilaf is available in a choice of small, medium and large sizes, with shells either on or off as you please. Looking out through the windows at flamingos while you dine is certainly a unique experience! Ask about the birthday specials. (Bookings required)

3 Shitanda, Hashirikuma, Kashima-machi ☎0246-29-4407



The best lobster you will ever see!

2 Urokoju Seafood Restaurant

A new addition to the local *Joban-mono* menu, this *ise-ebi* lobster dish is sure to impress.

54-3 Hayashizaki, Shimokajiro, Onahama ☎0246-85-5915

Premium seafood at an affordable price

5 Urokoichi

This local cafeteria-style restaurant just near Onahama fish market serves generously proportioned dishes made with the finest fresh-caught seafood.

It's so popular that there are queues at the door even in the morning.

Urokoichi offers a variety of seafood on rice dishes served with crab soup, as well as sashimi, fish boiled in soy sauce and grilled fish dishes.

66-40 Sakae-cho, Onahama ☎0246-54-1233



Fish market with shops and restaurants showcasing Iwaki produce

7 Iwaki Lalamew

Lalamew is home to a range of shops, restaurants and tourist facilities showcasing Iwaki history, culture and cuisine.

43-1 Tatsumi-cho, Onahama ☎0246-92-3701



Shopping followed by dining

8 Onahama Dining at AEON Mall Iwaki Onahama

The 4th floor of AEON Mall Iwaki Onahama has a range of restaurants and eateries with options such as Italian cuisine, Japanese cuisine and steak.

* Check website for store details

79 Tatsumi-cho, Onahama ☎0246-54-4000



Gourmet ryokan with gorgeous view near the Port of Onahama

6 Tenchikaku Gourmet Ryokan

High up on a hill with sweeping views over the Port of Onahama and the Pacific Ocean, Tenchikaku has a deserved reputation for exquisite multi-course *kaiseki* banquets prepared using seasonal produce and fresh local seafood. Marvel at the spectacle of chefs deftly slicing up *Joban-mono* anglerfish suspended from hooks. The miso flavored anglerfish hotpot with liver menu option is a particular delight.

143-23 Tsunadori, Shimokajiro, Onahama ☎0246-53-3285



Oceans of crab in an ocean setting

4 Kanifune Japanese Restaurant

Kanifune has been serving up crab dishes in Nakosomachi for 50 years, including signature dishes such as crab in miso paste and crab boiled with rice. Seafarer's Crab pairs crab tempura and crab soup with crab boiled with rice for a truly hearty meal.

16-1 Sekita Mijomae, Nakoso-machi ☎0246-65-4631



Try this! Anglerfish hotpot



Iwaki cuisine with a view of the ocean!

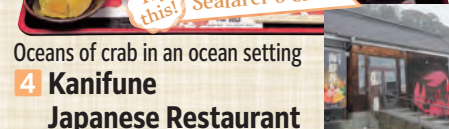
9 Michi-no-eki at Yotsukura Port

The food court on the second floor is a great place to relax and gaze out to sea while enjoying seafood on rice featuring local *Joban-mono* delicacies, or ramen noodles from the sister store of the ever-popular Kitakata Ramen.

5-218-1 Yotsukura-machi ☎0246-32-8075



Try this! Seafarer's Crab

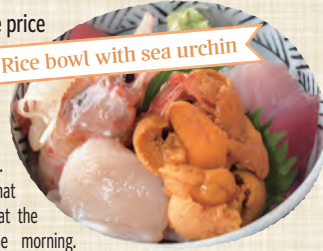


Try this! Crab pilaf

Try this! Crab pilaf



Try this! Rice bowl with sea urchin



Things to do in Iwaki Food and drink

Iwaki is right on the sea so it has the very best seafood!

Be tempted by an array of delicious and

attractively presented dishes lovingly prepared from local Iwaki seafood (known as *Joban-mono*).

Iwaki is a gourmet delight!

So many unique local delicacies to try

常磐もの

What is *Joban-mono*?

Ninety-nine percent of industry experts at Tsukiji fish market in Tokyo are agreed on the quality of *Joban-mono* seafood from the Iwaki region. The waters off the coast of Fukushima prefecture provide a unique environment for propagation, where fish carried north on the Japan current (known as Kuroshio) meet plankton brought by the Kuril current (Oyashio). The abundance of feed produces fish of the highest quality in great quantities. The term *Joban-mono* describes not just the freshness and quality of the seafood, but also the level of dedication to excellence in local cuisine.



Mehikari (greeneye) is a perennial local favorite commonly associated with Iwaki. It is served in restaurants around town typically as sashimi and sushi, and prepared in the home often in deep fried *kara-age* style.



Mixed grill might just be the soul food of Iwaki!

11 Coffee Spot Break

This is the place to enjoy individually brewed siphon coffee prepared the same way since 1977. Be sure to try the delicious mixed grill sandwiches with thickly sliced bread and generous filling.

68-1 Tamachi, Taira ☎0246-22-3054



Try this! Mixed grill and sandwiches



Try this! Garlic chicken pilaf (with soup)

A culinary experience enhanced by the glorious view!

13 Marine Village

This ideally located café has large windows with sweeping vistas across to the Port of Onahama and Marine Tower. The extensive menu takes in lunch and dinner as well as cakes and pastries. The garlic chicken pilaf served on a sizzling hotplate is a popular choice.

11-58 Misaki, Shimokajiro, Onahama ☎0246-54-3739



Delicious cakes and sweet treats to bring a smile to your face!

Try this! Creamy soda

Laid-back café with a retro feel

15 Umineko Shoten

With its soothing background music, Umineko Shoten provides a relaxing setting to complement an extensive menu of café staples, from freshly baked cakes and pastries and toasted sandwiches to home-made sweet treats, not to mention fresh-brewed coffee made from beans roasted in-house and creamy sodas in a choice of flavors.

100 Tomiokame, Ohara, Onahama ☎0246-51-7420



Try this! Willpower pudding



With the salty sea breeze it feels just like Hawaii!

16 Hawaiian Café Island Bowl

Enjoy authentic Hawaiian delights such as *mochiko* chicken and chewy pancakes made with 100% Japanese *mochi* rice flour, in an authentic setting like the Hawaii of old.

4-1 Ohira, Nagasaki ☎050-1474-1567



Try this! Caramelized banana pancakes



Western dishes prepared by a Grand Chef

10 Cross Wonder Dining

Cross Wonder Dining offers a buffet style selection of innovative hors d'oeuvres, many featuring tomatoes grown at Wonder Farm, along with desserts and a drinks bar. The extensive a la carte menu includes pizza, pasta and meat dishes with a strong focus on locally sourced produce, and there are kids' meals too.

95-1 Hiromachi, Nakajima, Yotsukura-machi ☎0246-38-8853



Try this! Hors d'oeuvres



Available June through December only (permitted sea claim fishing season)

12 Kusanone Restaurant

Kusanone specializes in fresh seafood and fresh-picked vegetables, with an extensive menu that means there's always something new to try. The *teishoku* (set meal) adorned with mini sashimi pieces of local fish is something that can only be found in a genuine fishing village like Yotsukura.

2-167-1 Higashi, Yotsukura-machi ☎0246-32-6460



Try this! Hokkimeshi Teishoku

Try this! Fresh juice Salad smoothie



The ultimate juice drink made from ripe seasonal fruit and vegetables

14 Cheerful Café

Cheerful Café makes sumptuous cold-pressed fruit juices and smoothies using seasonal produce sourced from veteran greengrocer Ishikawayama. They also do crepes, including the attractively presented Ultimate Fruit Crepe (¥700) that combines seasonal fruit with home-made dried fruit pieces—definitely worthy of an Instagram post!

3 Sakaeda, Joban Yumoto-machi ☎0246-42-2203



Try this! Huge selection of jelly treats



Too beautiful to eat!

17 Kururu Jyure

These handcrafted jellies are made using agar derived from seaweed, for a unique mouthfeel. For a special treat, try a jelly paired with one of their brightly colored mousse desserts made with seasonal fruits and honey for just the right amount of sweetness.

2-8-11 Sakumachi, Taira ☎090-1373-2309





1 Jumbo Choux Cream

At 30 cm across and weighing 1.2 kg, this enormous choux cream features mild sweet custard and fresh cream encased within a crunchy exterior.



2 Jelly

These popular jelly desserts in strikingly beautiful gemstone colors combine with creamy pudding for a magical flavor burst. The ingredients change with the seasons so there's always something new.



6 Hawaiians Bear

This cute and cuddly bear, exclusive to Spa Resort Hawaiians, has charming light-blue fur and wears a colorful lei.

People love minis!



3 Mini Jangara

This is a bite-sized version of the ever-popular Iwaki snack *jangara*, the preferred choice of well-known *shoji* champion Sota Fujii. Sweet *ogura an* paste prepared from delicately roasted Hokkaido azuki beans is sandwiched between two biscuits made solely with eggs and milk.

Things to do in Iwaki
Gifts and souvenirs

Something special!

Check out this selection of Iwaki treats, from traditional staples to stunning new offerings

Everybody will love these

Here are our top recommendations,

from sweet treats featured on television to local specialties made the traditional way



7 Tomato Miso

A joint initiative of Wonder Farm and Spa Resort Hawaiians, this unique miso paste is flavored with an extra-sweet fruit tomato variety called Hula Girl that is grown at Wonder Farm.

4 Hula Manju

Hula Girl *manju* cakes, better known as *hulaman*, were highly sought after in the mid 20th century. They were revived in 2022, this time in the form of milky white *an* bean paste wrapped in silky soft dough.



5 Seafood Cake

This is a creative form of *kamaboko*, fish flesh that is ground to paste, gently molded into stick shapes then baked to perfection. Available in six varieties including plain, crab and cheese, it's the perfect Iwaki souvenir.

15 Iwaki Enobori Banners

Brightly colored *enobori* banners are used to pray for health and happiness on the occasion of a baby boy's first Children's Day. Common motifs include the Tao god Shoki, who protects the child from evil, as well as depictions of famous heroes and historical events from the civil war period and the Genpei War between the Genji and Heike clans.



8 Galaxy Macarons

Every macaron sports a hand-drawn galaxy decoration, so no two are the same. The coconut ganache base produces a crunchy outside and soft, chewy inside. They are available in a range of delicious flavors such as bitter orange.



12 Shichihamazuke Sashimi Kasuzuke

Kasuzuke, or pickling in sake lees, enhances the flavor and umami of fish and seafood. *Kasuzuke* pickled fish and seafood can be eaten raw, just like sashimi. It makes the perfect gift or souvenir.



16 Iwaki Daruma Dolls

The rounded *daruma* dolls are finished in marine blue and white, representing the sea and the ocean spray of Shichihama. They are available in 20 different sizes, each with its own unique expression.



9 Fukushima Kimamori Colored Pencils

These unique colored pencils release a wonderful cypress scent when sharpened. The cypress is grown locally in Tabito, while the pencil leads are also made in Japan.



13 Hulashiki®

Hulashiki is the Iwaki version of *furoshiki* cloth squares, with the Hula City Iwaki logo featured prominently. The smaller size can be used as a handkerchief or bandana, while the larger size is suitable for wrapping gifts or making into carry bags.

17 Kizuna Premium Sake

Kizuna is a refreshing *junmai*-grade premium sake made from highly polished local *amanotsubu* rice, brewed using local yeast varieties from Fukushima called *utsukushima-yume* and *kirameki*.



11 Tabito Manju

This wonderfully chewy steamed *manju* bun consists of simple home-made *an* bean paste encased in soft white dough.

10 Mehikari (Greeneye) Salted Chocolate

Chocolates shaped like mehikari (greeneye) fish from Iwaki. These delicious chocolates have soft salted caramel centers and are topped with sea salt. A winning combination of chocolate, salted caramel and sea salt.



14 Iwaki Sodachi no Yume Wine

This premium product from Iwaki Winery is the result of exacting quality control applied to all processes from viticulture through to wine production, designed to preserve the inherent qualities of the grape.



18 Matabei Premium Sake

Made with no added sugars, this sake nevertheless has a hint of sweetness that has made a popular after-dinner drink. It is delicious served hot or cold.



Where to buy

6 Hawaiians Market

This enormous indoor retail space has a huge range of goods on offer, including exclusive Hawaiians-branded versions of popular sweets and other products from Iwaki and the wider Tohoku region as well as genuine imported Hawaii products.
Hotel Hawaiians (1F) 50 Warabidaira, Joban Fujiwara-machi
☎0570-550-550 (Navidial)

12 Okawa Uoten Yotsukura Main Store

Okawa Uoten is a seafood restaurant that has been operating for more than 100 years from the port town of Yotsukura in northern Iwaki. They use traditional home-style culinary techniques passed down through the generations, with a particular focus on quality of ingredients, recipes, and no automation.
3-6-8 Nishi, Yotsukura-machi ☎0246-32-2916

1 Shiradoya Kashiten

This longstanding confectionary shop is famous for its jumbo choux creams, but there are four other sizes available, including the bite-sized mini version. On some days there are long queues and the choux creams sell out by mid-morning, so place your order in advance to avoid disappointment.
36-1 Minamimachida, Kamiyoshima, Yoshima-machi
☎0246-36-2645

7 Wonder Farm Mori no Marche (Forest Market)

The extensive range on offer at Mori no Marche includes fresh-picked tomatoes and home-made products such as tomato juice; kitchen staples such as miso paste, salad dressing and salt made with tomatoes; premium local farm vegetables and sweet treats; and selected quality products from the Fukushima area.
1 Hiromachi, Nakajima, Yotsukura-machi ☎0246-38-8851

13 Nemoto Kimono Fabrics

Founded in 1921, Nemoto is an established kimono fabric supplier. Third-generation owner Kitaro Nemoto is a passionate advocate for traditional *furoshiki* cloth pieces, and is actively involved in a range of local programs and initiatives in Iwaki dedicated to promoting the benefits of *furoshiki*.
6-3 Omachi, Taira ☎0246-23-2253

2 Zerry House

Zerry House produces a range of handmade jelly creations in a range of striking colors and delicious flavors, all lovingly prepared using 100% gelatine. The shop is so popular that they have to hand out numbered tickets before opening time, and are generally sold out before lunch.
Iwaki FC Park 3F 1-1 Kamanomae, Joban Kamiyungaya-machi
☎0246-84-8442

8 Cream

Cream is a popular vendor of choux creams and macarons made to order, with cream inside flaky pastry. Don't forget to try their latest hit product Tenshi no Purin (Angel Pudding), which matches the slight bitterness of caramel with the sweetness of custard pudding.
1F-B, Takahashi Building 14-4 Hanabatake-cho, Onahama
☎0246-68-7756

14 Iwaki Winery

Iwaki Winery was launched in 2015 on a mission to support those with handicaps to live independent and fulfilling lives. It has a terrace and gift shop with around 30 different wines for sale at any time, as well as an inexpensive tasting menu of around ten wines that are rotated on a daily basis.
34-72 Hannukizawa, Nakayoshima, Yoshima-machi
☎0246-36-0008

3 Miyoshi Factory Outlet

The Miyoshi factory outlet sells a wide range of traditional Japanese sweets such as the ever-popular *jangara*, as well as Western confectionery and other delights that beautifully preserve the flavors of old, and some exclusive limited-edition lines that are only available from the factory outlet. There is also a shop at Kitaibaraki in downtown Iwaki.
1-11-3 Yagawase, Taira ☎0246-24-3443

9 Iwaki Takahashi

Iwaki Takahashi champions recycling of local timber resources by transforming unprocessed timber from forest thinning operations into quality products such as cedar disposable chopsticks, cedar wood pellet pillows, and cypress pencils.
95-1 Tsubonouchi, Minamiotaira, Tabito-machi
☎0246-65-0848

15/16 Takahashi Kobo

Third-generation owner Kenichiro Takahashi has preserved the traditional craft of Iwaki *daruma* dolls and hand-painted *koinobori* and Iwaki *enobori* banners. These traditional techniques, which date back more than 100 years, have been designated as intangible cultural properties of Iwaki.
1-7 Taira Shogatsu-machi ☎0246-23-4077

4 Kasho Shiraishi Main Store

Tucked away in a quiet corner of Iwaki Yumoto Onsen is this longstanding confectionery store offering a range of delicious home-made preservative-free *manju* (bean-jam buns). Their flagship product, miso-flavored *manju*, is joined by a range of tempting delights such as *shiomame daifuku* (salted bean rice cakes), *karinto manju* (fried dough cakes) and *kashiwamochi* (rice cakes wrapped in oak leaf).
164 Sahako, Joban Yumoto-machi ☎0246-42-2711

10 Iwaki Chocolate

Founded in Onahama in 2006, Iwaki Chocolate has an outlet in the S-PAL shopping center at Iwaki station that stocks the full range of Iwaki Chocolate products as well as limited-edition pies, cakes and pastries and chocolate-flavored drinks.
61-1 Tanbanuma, Onahama ☎0246-53-5265

17 Taiheizakura Shuzo

Founded in 1725, Taiheizakura Shuzo brews sake exclusively from local rice grown in Iwaki and elsewhere in Fukushima prefecture. The superb taste reflects the care and dedication in the totally manual brewing process.
Taiheizakura Shuzo factory outlet
72-1 Shiza, Joban Shimoyunagaya-machi
☎0246-43-2077

5 Kaneman Main Store

This is a factory outlet selling over 30 different types of *kamaboko* fish cake made without the use of preservatives, sweeteners or synthetic colorings, to bring out the inherent goodness of the fresh fish base. There are also freshly-made samples to try, and a viewing window into the factory so you can watch the *kamaboko* being made.
83 Shimohara, Shimotakaku, Taira ☎0120-17-3360

11 Isshindo Confectionery

This shop offers just one product: Tabito *manju*. At ¥400 each, and with only a limited quantity available each day, they are often sold out by mid-morning, as customers come from far and wide; outside the city and even the prefecture, to stock up.
62-1 Betto, Kuroda, Tabito-machi ☎0246-69-2548

18 Shike Shuzoten

Shike Shuzoten was founded in 1845 by passionate sake aficionado Matabei, who was determined to create a sake that he himself would appreciate. Today, Matabei Daiginjo is an award-winning sake that has taken out first prize in a number of national competitions.
14 Nakadaira, Uchigo Takasaka-machi ☎0246-26-3504



Things to do
in Iwaki

Shrines and temples

The city of Iwaki is home to around 500 shrines and temples.

A deeper appreciation of history and culture revitalizes the soul

Get a real sense of
history in Iwaki

key historical sites

Experience the majesty and gravitas of

A majestic temple with sweeping views of Iwaki

2 Chisan sect of Shingon Buddhism
Gyokuzoin Temple Mount Suisho

Akaidake Yakushi Temple and Jofukuji Temple

Situated atop Akaidake with stunning views, this temple has a history of around 1,300 years and is home to a magnificent tree dated at over 1,200 years of age. During the annual Saito Ogoma summer festival on August 31 and September 1, monks dressed in the garments of mountain priests walk in bare feet over the hot ashes in the altar used to burn holy sticks, in a ritual said to bring good fortune to onlookers.

1 Akaidake, Taira Akai ☎0246-36-2161

Iwaki's oldest shrine enshrined as the top of the seven Buddhist pedestals of Iwaki

3 Okunitama Shrine at Englishiki



The main deities enshrined at Okunitama Shrine are Okuninushi-no-Mikoto and Onamuchi-no-Kami. Although the construction date is not known, nearby Kabutozuka burial mounds and a 1,000 year old large cedar tree suggest it was at least that long ago. The shrine holds the Kunitama Monjo, a precious historical work that tells us much about life in Iwaki in the middle ages. Yamatomai music and dance performances called *kagura* in the Iuzumi style are held twice per year.

26 Miyamae, Taira Suginami
☎0246-34-0092

One of the three Yakushi (temple dedicated to healing Buddhas) of Iwaki, nicknamed the hydrangea temple

4 Myoshinji denomination of the Rinzaï sect of Buddhism Mount Ito Haryūji Temple (Hattachi Yakushi Temple)

This temple is said to have been built by the great Buddhist teacher Tokuitsu in 806, in homage to the Bhaisajyaguru that appeared from the sea and as a prayer for peace and tranquility at sea. The temple grounds are planted with countless hydrangeas that normally come into bloom in late June.

89 Tanoamiyokouchi, Hisanohama-machi
☎0246-82-2820

Things to do
in Iwaki
**Historical coal
mining sites**

Well-preserved historical sites and refurbished mining shafts transport us back the days of coal mining

Discover a different side of Iwaki

A town built on coal mining



Learn all about the legacy of coal mining

1 Mirokusawa Coal Mine Museum

Located at the spot where Heizo Katayose discovered the coal seam that became the Joban coalfield, this is a personal collection of mining equipment and associated articles. Near the museum building is a recreated mining trolley and rails, and you can also see sections of exposed coal at ground level.

223 Hirohata, Uchigo Shiramizu-machi ☎0246-26-6282



Get a sense of life in a coal mine
Joban Coal Mine Uchigo Mine
Underwater Coal Storage

In an effort to boost coal quality and fetch higher prices, the Joban Coal Mine built a revolutionary underwater coal storage facility in 1954, the first in Japan.

Iwaki City Coal & Fossil Museum
3-1 Mukaida, Joban Yumoto-machi
Iwaki Heritage Tourism Association
☎0246-42-3155



Step back in time and into a mine tunnel

3 Iwaki City Coal & Fossil Museum (Horuru)

In addition to fossils unearthed in Iwaki and related artefacts from around the world, the museum describes the history of coal mining at the Joban coalfields. There is also a recreation of a mine tunnel that simulates conditions 600 meters below the surface, including tunnel framing, where you can see how the miners used to work. There are plenty of information panels and descriptions throughout.

3-1 Mukaida, Joban Yumoto-machi ☎0246-42-3155



Amphitheater for festivals and ceremonies
2 Former Uchigoyama Shrine and Sumo Ring

The remains of the former Uchigoyama Shrine have been designated as Heritage of Industrial Modernization. There was also a covered sumo ring, which would have been a popular attraction during the coal mining era when there was not much entertainment for people to enjoy. The site is now part of Uchimachi Park.

Maeda, Uchigo Uchi-machi ☎0246-26-7008



Nostalgic journeys that you won't find in other guidebooks
Heritage Tourism

The Joban coalfields were the largest in Japan by production volume, and made Iwaki a flourishing coal mining town. Although coal mining ended long ago, much of the industrial infrastructure remains in place. And while much of it is now off limits to the general public, a guided tour of those areas that are still accessible is a great way to get a sense of the history of Iwaki.

Iwaki City Coal & Fossil Museum 3-1 Mukaida, Joban Yumoto-machi
Iwaki Heritage Tourism Association ☎0246-42-3155



Things to do in Iwaki

Learning from disaster

There is much that we can learn from those with direct experience of the unprecedented March 2011 earthquake and tsunami.

Improved disaster prevention and preparedness

Lessons to learn from Iwaki

The advent of Hope Tourism

Fukushima prefecture was subjected to unprecedented damage and destruction from the combined impact of the earthquake, tsunami and nuclear power plant leak, compounded by the subsequent reputational damage. Hope Tourism, a unique type of study tour developed by Fukushima, is centered on the idea of using learnings and insights from the disaster to design more sustainable communities and places.



How was Iwaki impacted by the Great East Japan Earthquake?

1 Live Iwaki Museum at Iwaki Lalamew

The March 2011 Great East Japan Earthquake in Iwaki exhibition has panels and video presentations describing the disaster as well as the subsequent reconstruction and rebuilding process. There is also a recreation of an evacuation center showing how people lived in the aftermath, and a number of eyewitness accounts.

43-1 Tatsumi-cho, Onahama ☎0246-92-3701



2 Iwaki 3.11 Memorial and Revitalization Museum

Located in an area that was devastated by the tsunami, the museum provides a comprehensive record of the Great East Japan Earthquake through a range of exhibits including information panels, video presentations and articles recovered from damaged schools, while also exploring insights and learnings from the disaster. The observation deck on the second floor looks out to the Utsuiso coastline, and has photo boards showing what the view was like prior to the disaster.

3-11 Utsuiso ☎0246-38-4894

Hear directly from a local



Local residents who lived through the earthquake and tsunami describe their experiences and what they learned, and describe the progress of rebuilding and reconstruction in affected areas. Choose from a variety of formats including regular presentations at the Iwaki 3.11 Memorial and Revitalization Museum, guided tours, and on-site talks.



3 Iwaki City Regional Disaster Prevention Exchange Center Hisanohama / Ohisa Fureaikan

This building serves as a branch of city hall as well as a community center, disaster response control center, and evacuation center for local residents in the event of a tsunami.

32 Nakamachi, Hisanohama, Hisanohama-machi ☎0246-82-2165



4 Kimito Monument

This monument is a time capsule containing audio and video recordings by local residents in Nakoso describing their experiences of the tsunami. The name Kimito, a Japanese-language contraction of the phrase "sending our memories into the future," was chosen through a public competition.

Iwashita, Iwama-machi
Nakoso Community Support Center (NPO)
☎0246-63-5055

Ten years on... looking to the future

Iwaki stories from March 2011

The earthquake that struck eastern Japan on March 11, 2011 caused immeasurable damage to Iwaki. Scan the QR code below to learn more about museums and facilities dedicated to recording the events of that fateful day, as well as the monument erected by locals in memory of those who perished in the tsunami.

All the must-see sights!

So many ways to experience Iwaki! Sample Itineraries

Let's see that ... let's eat there...

There's so much to see and do in Iwaki!

Plan ahead so you can do it all.

Total time: 5 hours

Plan 1

The very best of Iwaki!

Iwaki highlights half-day tour

Scan for details

Includes:

Start

10 min. by car from Iwaki Yumoto IC

1	2	3	4
Ganjoji Temple and Shiramizu Amidado	Shiroyasaki Lighthouse	Iwaki Lalamew	Aquamarine Fukushima Environment Aquarium
P19	P05	P15	P08
30 min by car	15 min by car	5 min walk	

Total time: 2 days

Plan 2

Stay overnight at Spa Resort Hawaiians with pools and fun activities

Two full days to discover more of Iwaki!

Scan for details

Includes:

Start

5 min by car from Iwaki Yumoto IC

Day 1	Day 2
1 Spa Resort Hawaiians (overnight at Hawaiians hotel)	2 Iwaki City Coal & Fossil Museum (Horuru)
P07	P20
5 min by car	15 min by car
	3 Aquamarine Fukushima Environment Aquarium
	P08
	4 Iwaki Lalamew
	P15

Online store showcasing the best of Iwaki produce

IWAKI NO IPPIN
いわきの逸品

Iwaki Tourism & Urban Planning Bureau

[Official YouTube channel]

The YouTube channel has seasonal promotions as well as a host of recipes for delicious Iwaki cuisine

Iwaki Area map and transport access



Onsens P3-4

- 1 Shintsuta
- 2 Sahako no Yu Public Bathhouse
- 3 Iwaso
- 4 Uosho
- 5 Racehorse Rehabilitation Center
- 6 Tsuru no Ashiyu Square
- 7 Koito Ryokan
- 8 Shohakukan
- 9 Furutakiya
- 10 Onsen Shrine
- 11 Kunimotoya
- 12 Nakanenoyu
- 13 Shinsentei

Nature P5-6

- 1 Shioyasaki Lighthouse
- 2 Hattachi Coast
- 3 Fukushima Prefectural Iwaki Park
- 4 Misaki Park
- 5 Mount Futatsuya
- 6 Kinuyafuji
- 7 Natsugawa Gorge
- 8 Japanese weeping maple at Nakakamado
- 9 Joban Joint Power Co., Ltd. Nakoso Thermal Power Station
- 10 Ogawa Suwa Shrine
- 11 Matsugaoaka Park
- 12 Lady slipper at Tabito
- 13 Koya Hanamiyama Park
- 14 Iwaki Flower Center

Activities P7 to 10

- 1 Spa Resort Hawaiians
- 2 Aquamarine Fukushima Environment Aquarium
- 3 Hisanohama Hattachi Beach
- 4 Yotsukura Beach
- 5 Usuiso Beach
- 6 Nakoso Beach
- 7 Kusano Shimpei Memorial Literature Centre
- 8 Iwaki City Nakoso Barrier Museum of Literature and History
- 9 Museum of Folklore and Traditional Housing
- 10 Sunshine Seagull Boat Cruise
- 11 Sah, Iwaki Yumoto Onsen
- 12 Iwaki Tohno Auto Camping Park
- 13 Mauna Village
- 14 Iwaki Ammonite Center
- 15 Agri Park Iwaki strawberry farm
- 16 Wonder Farm
- 17 Helena International Horse Riding Club
- 18 Iwaki Kamaboko Workshop

Sport P11-12

- 1 Iwaki FC Park
- 2 21st Century Forest Park
- 3 Hawaiians Stadium Iwaki
- 4 Iwaki Sunshine Marathon
- 5 Shinmaiko Heights and Cycle Station
- 6 Norenu?
- 7 Hula Girls Koshien
- 8 Iwaki Taira Keirin Velodrome
- 9 Onahama Ocean Hotel & Golf Club

Festivals P13-14

- 1 Iwaki Yumoto Onsen Summer Evening Festival
- 2 Yotsukura Nebuta and Iwaki Odori Evening Festival
- 3 Iwaki Tanabata Festival

Festivals P13-14

- 4 Iwaki Odori
- 5 Iwaki Rotating Turret Odori Festival
- 6 Nakoso Summer Festival Nakoso Samegawa Fireworks Display
- 7 Iwaki Fireworks Festival
- 8 Ino Hachiman Shrine Annual Festival and Horseback Archery
- 9 Iwaki Street Concert
- 10 Nakanosaku Hanging Dolls Festival
- 11 Kotohira Shrine Annual Festival
- 12 Illumi Eeru Iwaki

Food and Drink P15-16

- 1 Kaiko
- 2 Urokoju
- 3 Mexico Iwaki Flamingo
- 4 Kanifune
- 5 Urokoichi
- 6 Tenchikaku Gourmet Ryokan
- 7 Iwaki Lalamew
- 8 AEON Mall Iwaki Onahama
- 9 Michi-no-eki at Yotsukura Port
- 10 Cross Wonder Dining
- 11 Break
- 12 Kusanone
- 13 Marine Village
- 14 Cheerful Café
- 15 Umineko Shoten
- 16 Hawaiian Café Island Bowl
- 17 Kururu Jyure

Gifts and Souvenirs P17-18

- 1 Shiradoya Kashiten
- 2 Zerry House
- 3 Miyoshi Factory Outlet
- 4 Kasho Shiraishi Main Store
- 5 Kaneman Main Store
- 6 Hawaiians Market
- 7 Wonder Farm Mori no Marche (Forest Market)
- 8 Cream
- 9 Iwaki Takahashi
- 10 Iwaki Chocolate
- 11 Isshindo Confectionery
- 12 Okawa Uoten Yotsukura Main Store
- 13 Nemoto Kimono Fabrics
- 14 Iwaki Winery
- 15 Takahashi Kobo
- 16 Taiheizakura Shuzo
- 17 Shike Shuzoten

Shrines and Temples P19

- 1 Ganjoji Temple and Shiramizu Amidado
- 2 Akaidake Yakushi Temple and Jofukuji Temple
- 3 Okunitama Shrine
- 4 Haryuji Temple (Hattachi Yakushi Temple)

Historical Coal Mining Sites P20

- 1 Mirokuzawa Coal Mine Museum
- 2 Former Uchigoyama Shrine and Sumo Ring
- 3 Iwaki City Coal & Fossil Museum (Horuru)

Learning from Disaster P21

- 1 Live Iwaki Museum at Iwaki Lalamew
- 2 Iwaki 3.11 Memorial and Revitalization Museum
- 3 Iwaki City Regional Disaster Prevention Exchange Center
- 4 Hisanohama / Ohisa Fureaikan
- 5 Kimito Monument

Iwaki is less than two hours by car from both Tokyo and Sendai

By car	Tokyo (Misato IC)	Joban expressway (1 hr 50 min)	Iwaki Chujo IC
	Sendai (Sendai-higashi IC)	Joban expressway + Sendai-Tobu road (1 hr 50 min)	
	Niigata (Niigata Chuo IC)	Ban-etsu expressway + Joban expressway (2 hr 30 min)	
By train	Shinagawa/Tokyo/Ueno	Hitachi Limited Express on JR Joban line (2 hr 20 min from Ueno)	Iwaki
	Sendai	Hitachi Limited Express on JR Joban line (2 hr 20 min)	

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<https://kankou-iwaki.or.jp>



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