



北 越

North Area

海も山も由來めく
美しい景色に出会うエリア

An area to discover beautiful scenery of the sea, mountains, and rivers.



B-3

馬仙峡 Matsukawa Gorge

馬仙川を渡ると、日本一の大きさ誇る乗船が楽しめる立川。両岸緑地遊歩道から四季折々の雄大な景観を楽しめる。

☎0195-235-3641 (一社) 二市観光サービス協会
ズイニニ観光・一戸IC
Touring across the gorge of the Matsukawa River are the largest "natural rocks" in Japan. Enjoy the magnificent seasonal views from the Ogawa Lake Lookout.

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二市 City Niigata City

折爪岳 Ori Oriyama

二市山麓立自然公園に位置し、ツナ栗生林や日本産数のメダカなど生態が数多くある。

☎0195-433-3213 折爪自然環境協会
ズイニニ観光・一戸IC
Mt. Oriyama, located within the Oriyama Bessyoku Prefectural Natural Park, is home to diverse forest beasts and one of Japan's largest habitats for fireflies.



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B-4

軽米町 Karuizawa Town

雪谷川ダムフォレストパーク・軽米 Miyagawa Dam Forest Park・軽米

豊かな自然の恵みを受け、水と緑の公園。春には10万本のつばきとどりのチューリップが咲く。☎0195-445-2444 管理課 ☎019-100-1700

4-10 軽米町 (軽米の森公園) 冬期休業 ズイニニ観光・軽米IC

A water and greenery park created within lush nature. In spring, around 100,000 colorful tulips bloom in abundance.



B-4

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ようこそ！
 皆さんの旅をこのガイドでご紹介します。
 ここから、皆さんの旅ははじまります！

Guide to Area 4 in Iwate

Welcome to Iwate.
 We'll introduce to you the four areas of Iwate.
 Now, let's begin our journey around Iwate.

電話番号 ☎ 営業時間 休休日

Coastal Area

沿岸

迫力満点の海と大地、心が高鳴る大冒険のエリア

An area of thrilling adventures with inspiring coasts and landscapes

H-5

穴通 礎礎 Rock

大蛇渡りできる絶景ポイント。観光船で門をくぐる体験もできる。

●192-29-2359 釜石市海洋イノベーションセンター
 穴通船が船頭7番石海岸に停泊。大蛇渡り体験も可能
 One of Otari's representative scenic locations. Visitors can pass through the sea caves aboard a sightseeing boat.

大蛇渡り 釜石市 Otari City

G-5

滝鏡洞 Rikardo Cave

岩崎町の最奥部にある「天の戸」の岩戸の海は、洞窟内へと通じて無限大のスケールを持つ。

●192-48-2756 滝鏡洞観光センター
 ●30-1360 (11月～2月土・日・祝日のみ営業)
 ●12/28-1/3 弓川と有賀、滝鏡洞IC

「The Ama no Iwato Waterfall」 located at the deepest part of Rikardo Cave. One boasts one of the largest scrolls for an underground waterfall in Japan.

住田町 Sumita Town

D-5

龍泉洞 Ryosen Cave

日本三大鐘乳洞の一つ。世界最長の遊明洞を誇る。「ドゴンブルー」と称される異色の青い鍾乳地帯を見られる。

●194-22-2566 龍泉洞事務所
 ●30-1810 (10月・11月・12月)
 ●御休

弓ヶ崎隧道温泉本郷。世界最長の遊明洞に One of Japan's three great (most impressive) caves, showcasing an underground lake with world-class clear water. Known as "Dragon Blue", the lake glows a deep, mesmerizing blue.

岩崎町 Iwazaki Town

C-6

北山崎 Kiyamazaki Cliffs

約8kmにわたる高さ200mもの大断崖が鋭くダイナミックな景観を築く。「海のアルプス」とも呼ばれる。

●191-33-3438 田野畑村総合観光交流所
 弓三股鉄道の田野畑駅、香住IC、田野畑南IC

A dynamic cosmetic outlook composed of kilometers with cliffs reaching heights of 200 meters. Often referred to as the "Alps of the Sea".

田野畑村 Tanohata Village

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未来に語り継ぐ復興と震災の記憶

Forever keep moving forward and pass on the stories of the disaster and the reconstruction work down the generations.

H-4

復興前川市 Rikuzentakata City

東日本大震災津波伝承館 いてTsunami Memorial Hall

東日本大震災津波の被害と教訓を後世に伝え、復興の記念として希望を込め内閣承認された施設。

●192-47-4451 ●30-7310 (昼間16:30)
 ●12/9-1/3、3月第1 weekend 弓ヶ崎駅南口第一号館、第2号館IC

A facility dedicated to preserving and sharing the facts and lessons of the Great East Japan Earthquake and Tsunami, while showcasing recovery efforts and expressing gratitude for support both domestically and internationally.

Iwate TSUNAMI Memorial Museum

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沿岸地域 Coastal Area

三陸鉄道 Sanriku Railway

2024年、開業40周年を記念し、三陸鉄道をつなぐ鉄道の地域を大規模に「復興」を促しています。

●193-42-8900
 Celebrating 40th anniversary in 2024, the railway serves as a strong foundation connecting and supporting the Iwate coastal region.

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pure Temple

この庭園遺構がほぼ完全な状態で特別史跡・特別名勝。

みちのく潮風トレイル

Michinoku Coastal Trail

青森県八戸市から福島県相馬市まで、全長約1,000kmに及び太平洋沿岸各地に広がる自然の恵やし、人々の温もりを体感しながら、震災復興の一歩を踏みしめる旅が待っています。

Japan's longest trail, stretching approximately 1,000 kilometers along the Pacific coastline from Michinoku City in Aomori Prefecture to Soma City in Fukushima Prefecture. A journey awaits where you can experience the healing power of nature and the warmth of local people, while taking steps towards disaster recovery.



H-2

A Pure Land garden and a temple site from the Heian period have been preserved in essentially perfect condition, designated as a special historic site and a special place of scenic beauty.



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岩手県立平泉世界遺産ガイダンスセンター

Iwate Prefectural World Heritage Information Center

「平泉の文化遺産」の構成資産及び関連する遺跡について紹介する施設。

This is a facility that introduces the components of the "Toll-free Heritage of Hiraizumi" and related sites.



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岩手

[illegible]



北上展勝地 さくらまつり
Kamatsuri Sakurafestival Spring Festival
「あちのく三大桜名所」の一つ、北上川河原約2kmの桜並木をほしめ、約15000万本もの桜が咲き誇る。
This is one of the Three Famous Cherry Blossom Spots of Mitoku. It is said that there are 15,000 cherry trees of about 150 species, including a row of cherry blossom trees that run for about 2km along the Kamatsuri River.

盛岡さんさ踊り
Morikawa Sansa Odori Festival
東北を代表する祭り。一つ、東北文化と歴史を伝える「ルーツの日」が白昼間に盛り上げられる。
This is one of the main summer festivals of Iwate. Here, it's a parade full of fireworks with energy with drumming taking drums and magnificent group dances.

チャグチャグ馬コ
Chagu Chagu Umako Festival
色鮮やかな装束と鈴で飾られた約60頭の馬が、奥州街道山田町から津軽まで約40kmまでの約14kmを行進する。
The horse parades have about 60 horses decorated with colorful costumes and bells from around 14km from Oshikauchi Station in Takizawa City to Morioka Technopolis Shrine.

久慈秋まつり
Kuji Autumn Festival
1360年代から続く青森エリア最大の祭り。日本最長の土間や津波宮に毎年参り、中心市街に音楽パレードも実施。
This is the largest festival in the northern area of the prefecture since the 1360s. Congregate floats and portable Mikoshi shrines are paraded through the city.

花巻まつり
Hanamaki Festival
430年余の歴史を誇る、華麗な流流山車や奥州大蛇舞など、数々の伝統行事が賞賛される。
A festival with over 430 years of history, featuring elegant decorative floats, dynamic mikasa parades, and performances of various traditional folk arts.



IWATE TRAVEL MAP

いわて

旅の地図

[岩手県観光案内図]

世界遺産、絶景との出会い。ここから躍る、いわての旅へ。

岩手県へのアクセス ACCESS

自動車 Car	鉄道 Train
<p>332.4km 仙台駅</p> <p>79.7km 盛岡駅</p> <p>41.3km 一関CT</p> <p>31.3km 北上CT</p> <p>20.3km 花巻CT</p> <p>17.2km 盛岡IC</p> <p>39.3km 安代CT</p> <p>76.9km 八戸IC</p>	<p>千歳線・宝珠本線・国鉄本線</p> <p>東北新幹線</p> <p>東武新幹線</p> <p>5時間22分</p> <p>3時間10分</p> <p>4時間50分</p> <p>7時間20分</p>

レンタカー Car Rental

岩手県レンタカー協会 ☎019-637-5363

レンタカー（予約センター）☎03-3358-1909

- ニッポンレンタカー ☎019-23-1151
- 止上社 ☎019-44-4264
- V&Tレンタカー ☎019-61-5212
- 徳栄レンタカー ☎019-25-5007
- トヨレンタカー ☎0800-7000-1111
- ニッポンレンタカー ☎0800-300-0000
- レンタカー ☎020-00-4133
- オリックスレンタカー ☎020-100-5646

フェリー Ferry

盛岡航路

△注意事項

船舶関係機関に掲載されている情報は2025年3月現在のものです。〇掲載の内容については変更になることがございます。〇船期表は天候により変更となる場合があります。〇船期表に掲載されていない船舶等については、お問い合わせください。

お問合せ先 Contact 観光案内所・各市町村観光協会など

観光案内所	観光案内所	観光案内所
岩手県東京事務所 ☎03-3524-8209	中央支庁観光協会 ☎019-63-3258	北上市観光協会 ☎0252-251-2801
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