

[Information on Emergencies / Disasters]

これは外国人のための緊急時・災害時の情報です。これを見せられたら、温かいご協力をお願いします。

（危険を知らせることば）
(Kiken wo Shiraseru Kotoba, Words for Alerting People of Danger)
 逃げて (Nigete, Run) 火事だ (Kajida, Fire)
 危ない (Abunai, Watch Out) だめ (Dame, No)

緊急時の電話 (Kinkyū ji no denwa, Emergency Call)
119 : 火事、病気・けが (救急車) **Kaji, Byōki • Kega (Kyūkyūsha),**
 Fire/illness • Injury (Ambulance)
110 : 事故・事件 **Jiko • Jiken, Accident • Crime**

標識等 (Hyōshiki, Signs)

			
避難所 Hinanjo Evacuation Centre	避難場所 Hinanbashi Evacuation Area	津波避難ビル Tsunami hinan-biru	津波避難場所 Tsunami hinan-biru • basho

			
立ち入り禁止 Tachiri kinshi Keep Out	通行止 Tsūko dome Road Closed	危険 Kiken Danger	注意 Chūi Caution

（助けをを求めることば）
(Tasuke wo motomeru kotoba, Words for when you need help)
 日本語がよくわかりません
Nihongo ga yoku wakarimasen.
 I don't really understand Japanese.
 ゆっくり話してください。
Yukkuri Hanashite kudasai.
 Please speak more slowly.
 助けて
Tasukete.
 Please help me.
 今何が起きていますか？
Ima nani ga okotte imasu ka?
 What is happening now?
 私を避難所に連れて行ってください。
Watashi wo hinanjo ni tsurete itte kudasai.
 Please take me to the evacuation centre.

Useful apps in the case of a disaster
 Useful app in case of emergency

Safety tips

Android 

iPhone 

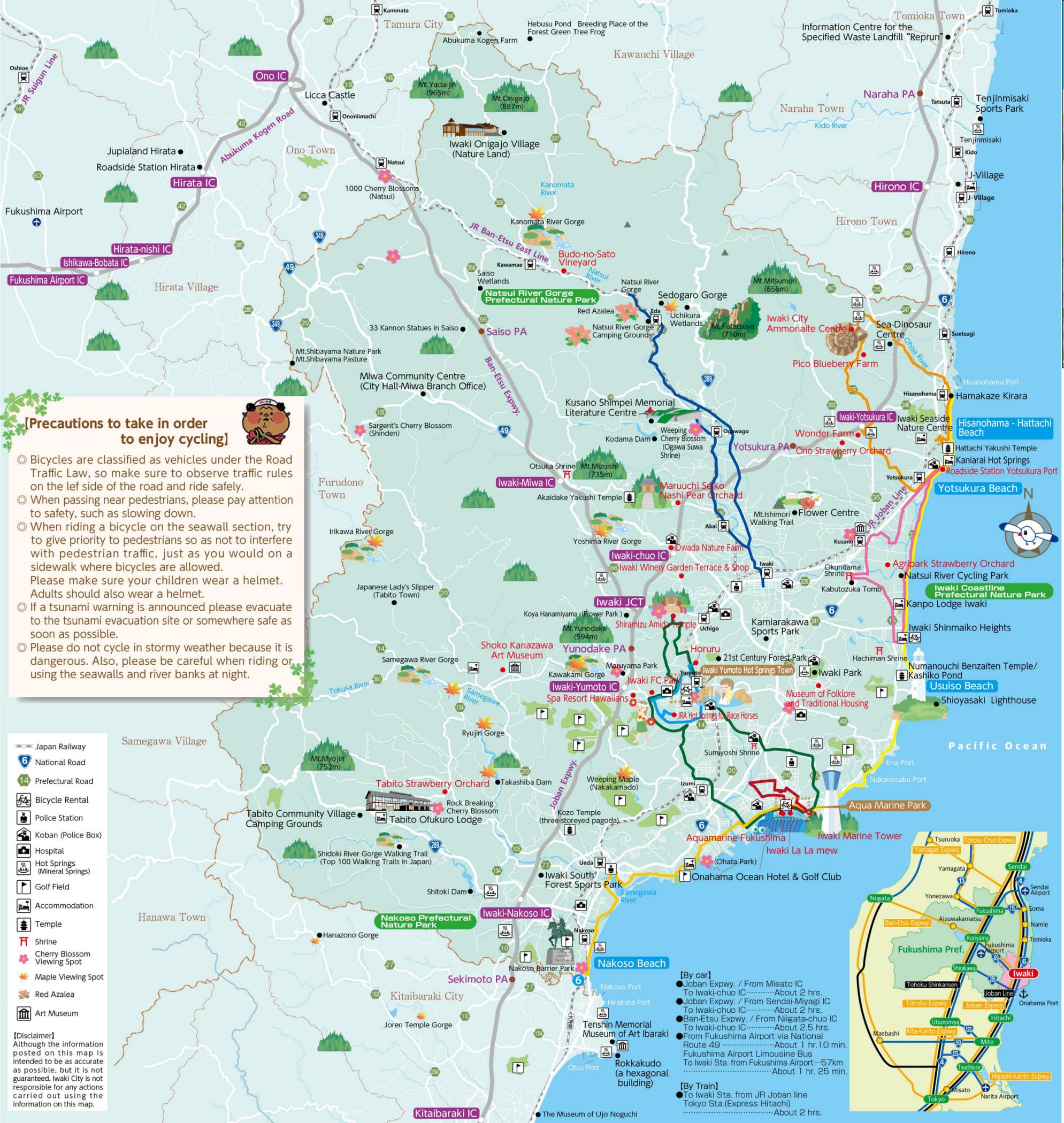
Welcome to Iwaki

Iwaki City, located in the southeasternmost part of Tohoku, has one of the longest daylight hours in Japan and is blessed with a mild climate throughout the year. It doesn't snow much, and it's also ideal for enjoying a variety of sports, including golf, marathons and bicycles. In addition, it has a good amount of hot springs with various effects, boasts a thousand-year history "Iwaki Yumoto Onsen-go", and a large-scale hot spring leisure facility known as "Hula Girl" "Spa Resort Hawaiians", popular nationwide. On top of that, you can find many delicious foods such as marine products and agricultural products grown in a rich natural environment. It takes about 2 hours by train from Tokyo, and about two and a half hours to get there by car through the Joban Expressway. "Sunshine Iwaki," a city full of blessings of the sun and the sea, where people are warm and nature welcoming, looks forward to your visit.

Bicycle NAVITIME
 Let's go around Iwaki's cycling trail using the bicycle-only navigation app!

Iwaki City sightseeing sites
 We send out seasonal sightseeing information such as recommended spots and events in Iwaki!

Iwaki City Tourism Exchange Office Tourism And Business Division ☎0246-22-7477



[Precautions to take in order to enjoy cycling]

- Bicycles are classified as vehicles under the Road Traffic Law, so make sure to observe traffic rules on the left side of the road and ride safely.
- When passing near pedestrians, please pay attention to safety, such as slowing down.
- When riding a bicycle on the seawall section, try to give priority to pedestrians so as not to interfere with pedestrian traffic, just as you would on a sidewalk where bicycles are allowed. Please make sure your children wear a helmet. Adults should also wear a helmet.
- If a tsunami warning is announced please evacuate to the tsunami evacuation site or somewhere safe as soon as possible.
- Please do not cycle in stormy weather because it is dangerous. Also, please be careful when riding or using the seawalls and river banks at night.

-  Japan Railway
-  National Road
-  Prefectural Road
-  Bicycle Rental
-  Police Station
-  Koban (Police Box)
-  Hospital
-  Hot Springs (Mineral Springs)
-  Golf Field
-  Accommodation
-  Temple
-  Shrine
-  Cherry Blossom Viewing Spot
-  Maple Viewing Spot
-  Red Azalea
-  Art Museum

[Disclaimer]
 Although the information posted on this map is intended to be as accurate as possible, but it is not guaranteed. Iwaki City is not responsible for any actions carried out using the information on this map.

IWAKI CYCLING MAP



Bicycle Rental information

Cycling is a popular hobby. There are various cycling courses in Iwaki, where you can enjoy from beginners to advanced people. Please use the Bicycle Rental and discover the charm of Iwaki.

	
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<ul style="list-style-type: none"> ● Reception: Shiome station Onahama Gastronomic Hotel ● Vehicle type: 5 cross bikes ● Hours: 10:30am to 4:30pm ● 43-9 Tatsumicho, Onahama, Iwaki City Taira, Iwaki City ☎0246-54-3409 	<ul style="list-style-type: none"> ● Reception: Shinmaiko Cycle Station ● Vehicle Type: 4 cross bikes, 4 road bikes, 2 junior bikes ● 16-4 minamiyachi, Aza, shimotakaku, Taira, Iwaki City ☎0246-39-3801
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*Please contact each facility for fees, etc.

No.7 Iwaki Nanahama Kaido Course(53km)

"Iwaki Nanahama Kaido" is a cycling route with a total length of about 53 km along the beautiful coastline where white sand and green pine trees spread. From "Nakoso-no-Seki Park" in the south to "Kunohara Disaster Prevention Green Space" in the north, it is a bicycle traveling route that utilizes seawalls developed through restoration and reconstruction projects, as well as existing national, prefectural, and municipal roads.

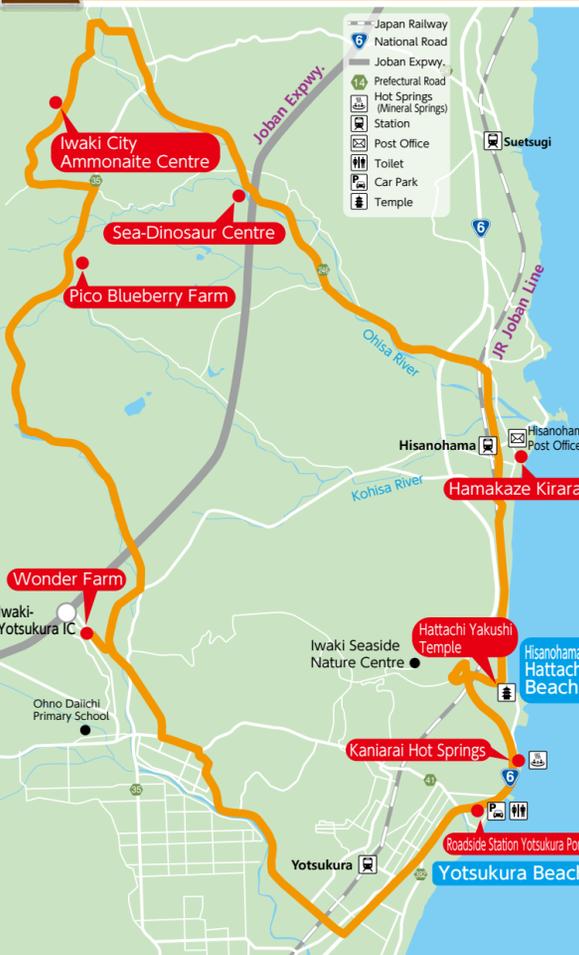
*Iwaki Nanahama is a general term for the coastline that extends from the south to Nakoso, Onahama, Nagasaki, Toyoma, Usuiso, Shikura, and Kunohama, and runs for about 60 kilometers along the Iwaki coast.

<p>Iwaki City Nakoso Barrier Museum of Literature and History</p>  <p>Nakoso is introduced in four exhibition rooms, such as "Uta Pillow Nakase", where you can enjoy 19 poems by sound, video, gimmicks, and modeling, and "History Town Nakaku", an interesting historical experience zone.</p> <ul style="list-style-type: none"> ● 6-1 Seitō Nagasawa, Nakosomachi, Iwaki City ☎0246-65-6166 ● Business Hours: 9:00am to 5:00pm ● Closed: 3rd Wednesday 	<p>Aquamarine Fukushima</p>  <p>An experiential aquarium that exhibits more than 800 species of living things under the theme of "Sea of Time" of the coast of Fukushima Prefecture. It is characterized by an exhibition that reproduces the natural environment where living creatures live, and you can enjoy a group of tuna and sardines as you pass through the tunnel at the "Shiome Large Tank".</p> <ul style="list-style-type: none"> ● 50 Tatsumi-cho, Onahama, Iwaki City ☎0246-73-2525 ● Opening hours: 9:00am-5:00pm (December 1 to March 20 until 5:00pm) ● Open all year round
<p>Iwaki La La mew</p>  <p>There are restaurants, fish zones, food and beverage zones, a merchandise sales zone, and you can taste fresh seafood and buy souvenirs and local goods, full of deliciousness and fun!</p> <ul style="list-style-type: none"> ● 43-1 Tatsumicho, Onahama, Iwaki City ☎0246-54-3701 ● Business Hours: 9:00am-6:00pm ● Irregular holidays 	<p>Iwaki Marine Tower (Misaki Park)</p>  <p>A lot of fun spots such as a vast lawn park, a huge roller slide with a total length of 74.8m, a tide watching platform with a direct view of the ocean, and an observation tower "Iwaki Marine Tower".</p> <ul style="list-style-type: none"> ● 111 Onahama shimokajiro, Aza, osaku, Iwaki City ☎0246-54-5707 ● Business Hours: Iwaki Marine Tower 9:00am-5:00pm ● Closed: 3rd Tuesday and January 1st

[By car]
 ● Joban Expwy. / From Misato IC To Iwaki-chuo IC.....About 2 hrs.
 ● Joban Expwy. / From Sendai-Miyagi IC To Iwaki-chuo IC.....About 2 hrs.
 ● Ban-Etsu Expwy. / From Niigata-chuo IC To Iwaki-chuo IC.....About 2.5 hrs.
 ● From Fukushima Airport via National Route 49About 1 hr. 10 min.
 Fukushima Airport Limousine Bus To Iwaki Sta. from Fukushima Airport...57kmAbout 1 hr. 25 min.

[By Train]
 ● To Iwaki Sta. from JR Joban line Tokyo Sta.(Express Hitachi)About 2 hrs.

NO.1 Yotsukura-Hisanohama Course (29km)



This course runs in the northern part of Iwaki Nanahama Kaido. Starts at the roadside station Yotsukura Port and tour the Shikura and Kunohama areas. Enjoy cycling while enjoying the blessings of the mountains and seas at a place where the blue sky and the sea meet.



Roadside Station Yotsukura Port



Kaniarai Hot Springs
A popular health center with an open-air bath overlooking the Pacific Ocean. You can enjoy a wide variety of 10 kinds of baths such as ultrasonic whirlpool, vibrabath, sleeping bath, medicine bath bath, etc.
●164-2-chome, Aza/Otsukuramachi, Iwaki City
☎0246-32-2500

Wonder Farm



Wonder Farm is one of the rarest tomato theme parks in the country. In addition to enjoying the colorful "tomato hunting" of 9 kinds of tomatoes, the restaurant "Mori no Kitchen" offers all-you-can-eat 40 kinds of menus, including fresh tomatoes, tomato curry, authentic stone kiln pizza, and original dishes made with local fresh ingredients. The direct sales office "Morino Marche" sells processed products such as tomato juice and jam, sweets using tomatoes, and local fresh vegetables.
●21 Kitamachi, Aza, Hisanohama, Hisanohamamachi, Iwaki City
☎0246-38-8851
●Closed: 2nd, 4th Wednesday, Year-end and New Year holidays
●Open Daily

Hamakaze Kirara
This community commercial facility opened in April 2017 via the temporary store "Hamakaze Shopping Street", which was opened on the premises of an elementary school half a year after the earthquake, aiming at the reconstruction of Hisanohama-cho, Iwaki City, which was damaged by the Great East Japan Earthquake. Restaurants, cafes, charity shops, etc. are located.
●118-1-5-chome, Aza, Yotsukuramachi, Iwaki City
☎0246-32-8075
●Opening hours: 9am-6pm
●Closed: Tuesday, 1/1

NO.2 Shinmaiko Heights North Course (26km)



This course runs in the northern direction from Shinmaiko Cycle Station. Half of the course can enjoy the scenery along the sea that is unique to Iwaki. In addition, Shinmaiko Cycle Station has a rental bicycle service and maintenance space, feel free to use it.



Iwaki Shinmaiko Heights

Hot spring accommodation along the Shinmaiko coast. Shinmaiko Onsen "Ryugi-no-Yu" is also available for day trip bathing. Seasonal and seafood dishes are available, as well as a variety of sports facilities, including a health pool, tennis courts, a soccer field and a baseball field.
●16-44 Minamiyachi, Aza, Shimo Takaku, Taira, Iwaki City
☎0246-39-3801

BLUE MUG COFFEE



When you enter the bright shop where natural light shines through a large window, you will be greeted by the good smell of coffee, freshly baked sweets, and bread. Drip coffee and espresso drinks made with home-roasted specialty coffee, as well as a menu centered on baked goods and bread. (Power supply /Wi-Fi available)
●48-1 Sunada, Aza, Izumizaki, Taira, Iwaki City
☎0246-88-8233
●Opening hours: 9:00am to 6:00pm (last orders 5:30pm)
●Closed: Thursday (with irregular holidays)

Restaurant Kusa-no-Ne



Fresh seafood selected by the owner himself at the market and freshly grown vegetables carefully grown by local farmers. Mothers will provide lovingly the local cuisine that is unique to Shikura and uses them the center. From December to March, Iwaki's local cuisine.
●167-1 Higashi 2-chome Aza, Yotsukuramachi, Iwaki City
☎0246-32-6460
●Closed: Monday

NO.3 Natsugawa Valley Challenge Course (46km)



Natsugawa Valley is a scenic spot where you can enjoy the varied scenery created by many waterfalls. The valley is colored with red palm trees in the spring, and Japanese maples in the autumn. Enjoy beautiful scenery and cycling while feeling nature.



Ogawa Suwa Shrine

Ogawa Suwa Shrine is one of the city's most famous cherry blossom spots. Boasting a tree of over 500 years old, Shidarezakura is designated as a natural monument of the city, and the cherry blossom season is very crowded with many cherry blossom viewers. In particular, it attracts visitors with a beautiful view of the nighttime illumination.
●140-1 Takahagi, Aza, Ienomae, Ogawamachi, Iwaki City
☎0246-83-0178

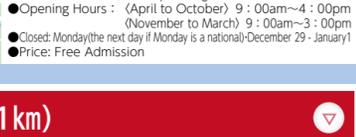
Kagoba Falls



Kagoba Falls

Kagoba Falls is a waterfall with a head of 5 meters that appears when you go back to the Natsui River from the entrance of the backwater valley "Sedogaro", which is a tributary of the Natsui River.
●Shiotachinai, Ogawamachi, Iwaki City
☎0246-22-7480 (Tourism Division)

Kusano Shinpei's Birthplace



This is the birthplace of the poet Kusano Shinpei, who was a recipient of the Order of Culture and an honorary citizen of Iwaki City until the age of 16. Introducing the emotionally sensitive young boyhood with models of birthplaces, yearly notes, and audio commentary.
●6-1 Uenouchi, Aza, Kamiogawa, Ogawamachi, Iwaki City
☎0246-83-0005 (Iwaki City Kusano Memorial Literature Museum)
●Opening Hours: (April to October) 9:00am~4:00pm (November to March) 9:00am~3:00pm
●Closed: Monday (the next day if Monday is a national holiday) December 29 - January 1
●Price: Free Admission

NO.4 Yunomachi Course (12km)



Iwaki Yumoto Onsen-go, one of Japan's three ancient springs, is promoting "hospitality" and "community development" by the people of the town, including "Hula Landlady" who dance hula in kimono. Please come and visit the town of Yu.
*Iwaki Yumoto Onsen Ryokan Cooperative association offers rental bicycles.

Iwaki Yumoto Hot Springs Town



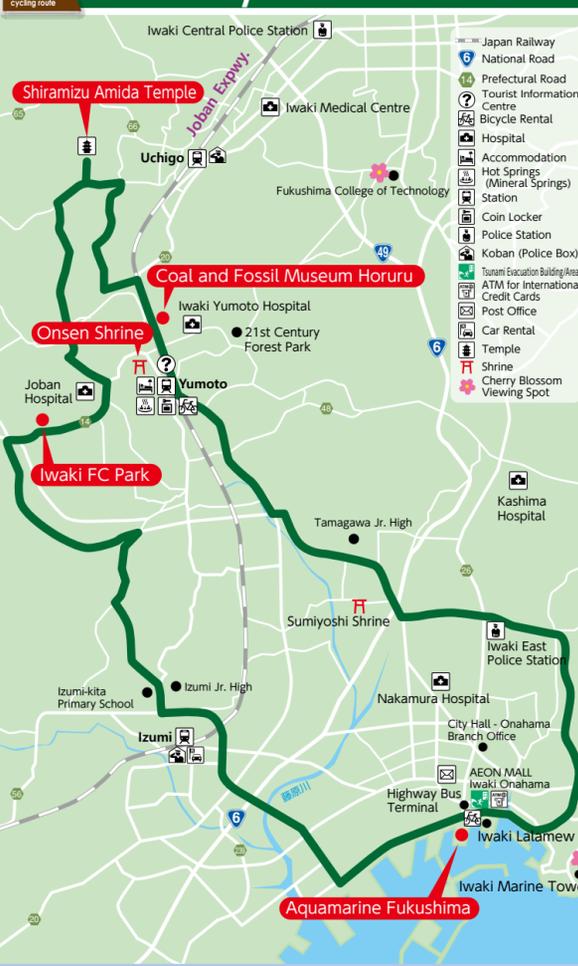
With a history of more than 1600 years, "Iwaki Yumoto Onsen-go" is said to be one of Japan's three ancient springs along with Arima Onsen and Dogo Onsen. It is a natural sulfur spring that boasts as much as 5 tons of hot water per minute, one of the best in the world, and there are many places where you can take a day trip bath, and public bathing facilities are also popular.
●Yumotomachi, Joban, Iwaki City
☎0246-43-3017 (Iwaki Yumoto Onsen Ryokan Cooperative Association)

Tsuru-no-ashiya Foot Bath



This is a footbath that can be used by anyone, with a free-flowing source spring. In addition to two types of footbaths, hot water and lukewarm water, there are also hand baths and pet footbaths. Many events are held as a space for relaxation loved by locals.
●281-1 Sanhako, Joban Yumoto machi, Iwaki City

NO.5 Iwaki City Tour Course (37km)



Starting from the Aquamarine Park of "Iwaki Nanahama Kaido", it is a course where you can enjoy sightseeing spots in the city while stopping by Iwaki FC Park, National Treasure Shiramizu Amidado, Iwaki Yumoto Onsen Village, etc.



Iwaki FC Park

Japan's first commercial complex multi-story clubhouse. The home of Iwaki FC, a professional soccer club with the vision of "making Iwaki the best city in the Tohoku region through sports." In addition to world-class sports facilities, the hotel also has restaurants and cafes where the general public can easily stop by, and the UNDER-ARMOR outlet shop.
●11 Omoromae, Kamiyagagomachi, Joban, Iwaki City
☎0246-43-2677
●Opening hours: 10:00am~12:00am (depending on the store)
●Closed: Depending on the store

Shiramizu Amida Temple



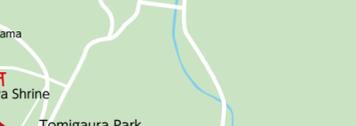
Shiramizu Amida Temple

"National Treasure" Ganjoji Shiramizu Amidado is one of the three existing Heian period wooden buildings in the Tohoku region, and it is the only building designated as a national treasure building in the prefecture.
●22 Hirohata, Shiramizumachi, Uchigo Iwaki City
☎0246-26-7008
●Opening hours: 8:30am~4:00pm (from November to March until 3:30pm. Reception ends 15 minutes before each)
●Closed: 4th Wednesday, Memorial Service, etc.

NO.6 Onahama City Course (11 km)



Starting from the Aquamarine Park of "Iwaki Nanahama Kaido", this course is a tour of onahama city area. This course is especially recommended for women, visiting fashionable cafes and sweets.



Umineko Shoten

A café popular for home-roasted coffee, freshly baked bread and cream soda. You can also enjoy stylish Mashiko ware reminiscent of the sea and miscellaneous goods.
●100 Tomikamae, Aza, Onahama, Iwaki City
☎0246-51-7420
●Opening hours: 9:00am~6:00pm
●Closed: Every Monday, Tuesday

Jelly House



Jelly House

Specialty store of handmade jelly. The showcase features jelly with a plump and elastic texture that is as colorful as a jewel and rich in taste.
●716 Teramagari-machi, Onahama, Iwaki City
☎0246-54-2431
●Opening hours: 9:00am~3:00pm ●Closed: Saturday, Sunday, public holidays