

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

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

(*Tasuke wo motomeru kotoba*, Words for when you need help)

日本語がよくわかります
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.
今何が起っていますか？
Ima nani ga okotte imasu?
What is happening now?
私を避難所に連れて行ってください。
Watashi wo hinarjo 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



Android



iphone



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!



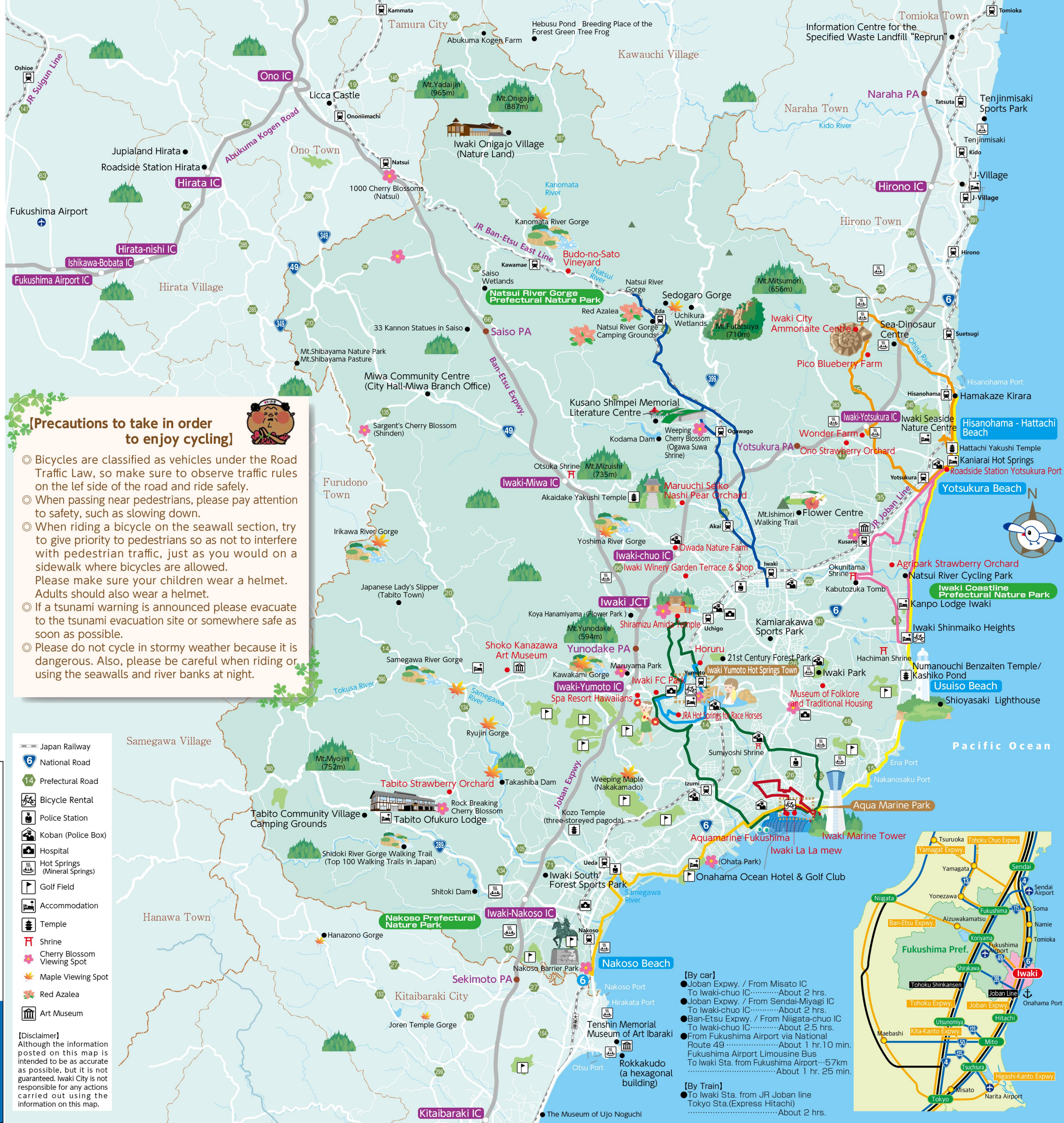
Precautions to take in order to enjoy cycling



- 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.



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.

"Iwaki Nahaama 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 "Kunohama 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 City Nakoso Barrier Museum
of Literature and History

Nakaso is introduced in four exhibition rooms, such as "Uta Pillow Nakase", where you can enjoy the 19 poems by sound, video, gimmicks, and modeling, and "History Town Nakaku", an interesting historical experience zone.

● 6-1 Seita Nagasawa, Nakasomachi, Iwaki City ☎0246-65-6166

● Business Hours: 9:00am to 5:00pm

● Closed: 3rd Wednesday

An experiential aquarium that exhibits more than 800 species of living things under the theme of "Sea of Tide" of all 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 in the "Shime Large Tank".

● 50 Tatsunohi, Onahama, Iwaki City ☎0246-73-3529

● Opening hours: 9:00am-5:30pm (December 1 to March 20 until 5:00pm)

● Open all year round

Iwaki La La mew Iwaki Marine Tower (Misaki Park)

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!

●43-1 Tatsunobiki, Onahama, Iwaki City
 ☎0246-92-3701

●Business Hours: 9:00am-6:00pm
 ●Regular holidays

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".

●11f Onahama shimojikoji, Aza, osaku, Iwaki City
 ☎0246-54-5707

●Business Hours: Iwaki Marine Tower 9:00am-5:00pm
 ●Closed: 3rd Tuesday and January 1st

NO.1 Yotsukura-Hisanohama Course (29km)




Legend:

- Japan Railway
- National Road
- Joban Expwy.
- Prefectural Road
- Hot Springs (Mineral Springs)
- Station
- Post Office
- Toilet
- Car Park
- Temple

Course Details:

- Start: Yotsukura
- End: Hisanohama
- Distance: 29km
- Opening hours: 9am-6pm
- Closed: Tuesday, 1/1

NO.2 Shinmaiko Heights North Course (26km)



Course Details:

- Start: Yotsukura
- End: Shinmaiko Heights
- Distance: 26km
- Opening hours: 9am-6pm
- Closed: Tuesday, 1/1

NO.3 Natsugawa Valley Challenge Course (46km)



Course Details:

- Start: Yotsukura
- End: Natsugawa Valley
- Distance: 46km
- Opening hours: 9:00am to 6:00pm (last order 5:30pm)
- Closed: Thursday (with irregular holidays)

NO.4 Yunomachi Course (12km)



Course Details:

- Start: Yumoto
- End: Yunomachi
- Distance: 12km
- Opening hours: 9:00am-5:00pm (Tour: until 3:00pm on weekdays)
- Closed: Saturday and public holidays only in the morning
- Fee: Free

NO.5 Iwaki City Tour Course (37km)



Course Details:

- Start: Iwaki City
- End: Iwaki City
- Distance: 37km
- Opening hours: 10:00am-12:00am (depending on the store)
- Closed: Depending on the store

NO.6 Onahama City Course (11 km)



Course Details:

- Start: Onahama City
- End: Onahama City
- Distance: 11 km
- Opening hours: 9:00am-3:00pm
- Closed: Sunday, 1st Monday

NO.7 Natsugawa Valley Challenge Course (46km)



Course Details:

- Start: Yotsukura
- End: Natsugawa Valley
- Distance: 46km
- Opening hours: 9:00am to 6:00pm (last order 5:30pm)
- Closed: Thursday (with irregular holidays)