



Explore Kamaishi

A Local Guide from Airbnb

Kamaishi is a city of iron, fish and rugby on the southern coast of Iwate Prefecture located in Northern Honshu. Visitors can experience life by the ocean and mountains in this city along the rugged Sanriku Coast. Kamaishi's coast serves as one of the three largest fishing areas in the world, where sea urchins, scallops, abalone and other seafood can be enjoyed throughout the year. Although its residents live quiet lives, they are very open-minded and welcoming towards visitors. This may be because of the city's previous status as Japan's largest steel manufacturer and a major port city. Now being designated as one of the host cities for the Rugby World Cup 2019™ while successfully recovering from the Great East Japan Earthquake and tsunami, Kamaishi continues to be a city full of smiles that is open to everyone.

As part of an MOU (Memorandum of Understanding) agreement, Airbnb was able to develop this special guidebook with help from Kamaishi City Hall, supporting organizations, and the local community. We would like to express our greatest respect and appreciation to everyone who has kindly helped our team.

We wish you a wonderful trip!

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Natural Wonders

Visit the most prominent natural wonders of Japan in Kamaishi.

Furusato Okagura Cedar Tree

古里の御神楽スギ

 Dai 27 chiwari 40 Hashino-cho (Furusato Community)
橋野町第27地割40(古里集落)

Looking over Furusato Community of Hashino-cho from the hill, this gigantic tree is 30 meters (approx. 98 feet) tall, 7 meters (approx. 23 feet) girth and over 400 years old. Embrace its greatness by gathering around its trunk and holding hands with your companions.

Access

25-minute drive from Kamaishi Station
15-minute walk from Hagino Hora bus stop



Senjojiki

千畳敷

 Hakozaiki-cho
箱崎町

A scenic location of extraordinary rock formations on the tip of the Hakozaiki Peninsula, the easternmost point of Kamaishi City. With the sea surrounding you on both sides, walking along the peninsula will make you feel as if you are strolling down the middle of the Pacific ocean.

Access

30-minute drive from Kamaishi Station
50 minutes by walking trail from the Osawa Ruins parking lot

Caution

There are potentially hazardous locations in the area. Please refrain from hiking alone.



Takizawa Shrine

滝澤神社奥の院

 Hashino-cho
橋野町

This small shrine stands on mossy stones with a clear creek flowing underneath. It is a mystical place of natural beauty that can be enjoyed throughout the seasons. Immerse yourself in a silent and tranquil environment that will make you forget that time is passing by. The shrine is also featured by the famous writer Kunio Yanagita in his book "Tono Monogatari."

Access

30-minute drive from Kamaishi Station
30-minute walk from Donguri-hiroba-mae bus stop



“Before we knew it, children started to come every day. We want children to play here as much as they want and we plan to make more playgrounds in the future.”
- Satoru (Founder)

Neighborhood Experiences

Experience the life of Kamaishi's warm-hearted residents at local hangouts.

Cosmos Farm Restaurant & Park

創作農家こすもす

 Dai 5 chiwari 72 Kasshi-cho
甲子町第5地割72

Cosmos offers a recreation area where food is made only of sustainable ingredients and fresh vegetables grown in their very own backyard. It hosts a wide range of entertaining events as well. After being damaged by the earthquake, Cosmos Park was reconstructed from scratch by its owners with assistance from Japanese and foreign volunteers. It has now become a popular playground for local kids, full of peace and joy, made possible by this couple's dedication and love for all children.



Information

Phone: 0193-27-3366
Business hours: 11:30 am - 4:00 pm
Closed on Tuesdays and Wednesdays

Access

Access: 20-minute drive from Kamaishi Station
3-minute walk from Kamidosen bus stop
10-minute walk from JR Kamaishi Line Dosen Station



Sanriku Komasha

三陸駒舎

 Dai 9 chiwari 44-7 Hashino-cho
橋野町第9地割44-7

Sanriku Komasha has revived the traditional way of life from days when horses roamed Hashino Ward. It's also developed therapy programs where children who survived the earthquake work with horses along with a variety of eco-tourism programs that allows visitors to experience living

this life. The Nanbu Clan Style House - which is used as the headquarters - is an abandoned house that was later renovated with help from volunteers from within and outside the local area. Children can enjoy playing with the horses and relax in this community's calm atmosphere.

Information

Phone: 090-7070-7378
Business hours: 9:00 am - 5:00 pm
Open year round

Access

40-minute drive from Kamaishi Station
1-minute walk from Nakamura bus stop



Historic Sites

Then and Now in Kamaishi

In 2015, Hashino Iron Mine of Hashino-cho, Kamaishi was designated as a World Heritage Site for its importance in Japan's Meiji Industrial Revolution. It can be said that the history of Kamaishi has progressed alongside its advancements in steel manufacturing. At its peak in the 1960s, the area was populated with over ninety thousand residents. However, the industrial crisis triggered the discontinuation of blast furnaces and ended iron mining, further decreasing industrial activity. Thus, the population of Kamaishi has

dwindled down to approximately thirty-six thousand as of 2017. Despite this, the legacy of modern Japanese steelmaking still lives on to this day. The motto "A heart of steel never bends and gives out" describes this lasting legacy, as well as the city's resilience in recovering from the earthquake. In addition to Hashino, other historic sites and attractions related to the iron industry are available throughout Kamaishi and highly recommended.

Former Kamaishi Iron Mine Office

旧釜石鉱山事務所

Currently used as an exhibition hall, retro Showa-era office supplies, an infirmary, and telephone switchboards can be found here. Remains of iron mine-related facilities alongside old offices showcase this prime era of steelmaking.

Ozaki Shrine Inner Sanctuary

尾崎神社奥の院

A sacred place in Aodashi-hama and into the forest at the tip of Ozaki Peninsula that enshrines an iron sword as an object of worship surrounded by a stone wall. This shrine is a preeminent place of mystic energy.

Mountain Shrine

山神社

A shrine with an iron gateway dedicated to the Gods of Iron. The vicinity along Kogawa river is a popular cherry blossom spot.

Lively Festivals with Local Entertainment

Iwate Prefecture is a gold mine for local entertainment and is said to have the greatest variety in all of Japan. Kamaishi is no exception. Popular for its "Tiger Dance" passed down by generations from fishing villages, residents wear tiger head ornaments while dancing ferociously. Additionally, there's the "Deer Dance," which was inherited by people of the mountainous regions, which is a heroic dance performed by villagers in deer outfits. Countless traditional dances can be seen at annual events throughout the four seasons. Held every October, the "Kamaishi Matsuri

(Festival)" is the pinnacle of these festivals. It begins with portable shrines parading from the Mountain Shrine and the Osaki Shrine, which protect the sea and head toward the city. The "Hikifune," performed by dozens of ships orbiting the bay while mounting big-catch flags is truly a spectacle. Festive music echoes through the city with the "Tiger Dance" and Shinto music bands visiting each house or store to pray for a prosperous catch and success in business for the future.

📅 Major Festivals and Annual Events

- Mid-January: Koshogatsu/each settlement
- Late April: Cherry Blossom Festival/Toni Town *Held every 3 years. Scheduled for 2018
- July: Hikifune Matsuri/each fishing settlement
- Early August: Kamaishi Yoisa/Central Town
- Mid-October: Kamaishi Festival/Central Town
- Late November: National Tiger Dance Festival/Central Town

“Everyday, I wake up at 2am to prepare these sweets. Even foreign rugby players stop by and enjoy my delicacies. Their love for my products makes me very happy.”

- Takatoshi (Storekeeper)



Cuisine

These delicious destinations of Kamaishi offer nostalgic flavors and a warm environment that will keep you coming back.



Sweets/Confectionery
Amataro Shouten
甘太郎商店

📍 3-1-11 Kosano-cho
小佐野町3-1-11

Amataro is a shop known for its Taiyaki and Obanyaki sweets. The nostalgic flavors and friendly shopkeeper have attracted customers of all ages for over a half century. Their fillings are made of handmade white or dark bean paste and cream, which has avid fans coming back for more.

Information

Phone: 0193-23-5558
Business hours: 10:00 am - 5:00 pm
Closed on Mondays



Seafood
Tasogare
誰そ彼

📍 1-9-1 Omachi
大町1-9-1

If you want to enjoy fresh fish in Kamaishi, this is the place to go. There are courses available from ¥3000 consisting of seasonal Sashimi, boiled fish and grilled fish that make for a hearty meal. The shopkeeper's personality, his love for his restaurant and his story of restoring the restaurant after the 2011 Tohoku earthquake all contribute to making Tasogare such an appealing and inspiring place.

Information

Phone: 0193-24-3553
Business hours: 5:00 pm - 12:00 am
Closed on Mondays



Mie Shokudo
三重食堂

📍 1-4-5 Kogawa-cho
小川町1-4-5

A popular ramen spot revered by many fans and known for its light soup. Customers often order sets of rice balls filled with pickled plum, bonito flakes, as well as salmon roe - a favorite of locals. Classic like the flavor of its ramen, the shop retains a retro "Showa-era" feel.

Information

Phone: 0193-23-8041
Business hours: 11:00 am - 6:00 pm
Closed on Thursdays



Sabo Yakata
茶房 館

📍 3-9-16 Omachi
大町3-9-16

Information

Phone: 0193-22-5380
Business hours: 11:00 am - 8:00 pm
Closed on Tuesdays



Kaisen Maehama
海鮮 まえ浜

📍 Sunfish Kamaishi 2F,
2-1 Suzuko-cho
鈴子町2-1 サン・フィッシュ釜石 2F

Information

Phone: 0193-22-2255
Business hours: 11:30 am - 3:00 pm
Closed on 1st, 3rd,
and 5th Wednesday of each month



cafe blua cielo
カフェ・ブルーア・シエーロ

📍 4-4-17
Kaminakashima-cho
上中島町4-4-17

Information

Phone: 0193-23-3432
Business hours: 11:00 am ~ 4:00 pm
Closed on Mondays and weekends

Souvenirs

Be amazed by the natural and colorful souvenirs inspired by Kamaishi - the city surrounded by mountains and sea.



Hamachidori

浜千鳥

Born in the lush nature of Iwate prefecture, this sake is smooth, deep and palatable. It pairs excellently with fresh Sanriku seafood and vegetables grown in the soil of the Kitakami Mountains.



Fuji Soy Sauce Mini Bottle

富士醤油 ミニボトル

Preferred by many for its strong sweetness and thickness, this soy sauce is beloved by Kamaishi citizens and is a classic product of the Fujiyu Brewery. It has a salty but mellow taste that will add flavor to all kinds of meals.



Jyuwari Koji Miso Cake

十割糀みそケーキ

A moist cake made of chestnuts and Jyuwari Koji Miso marbled into its dough adding a special aromatic scent. The cake gives you a sense of nostalgia when eating it but also introduces you to new flavors.



Miffy Goods

ミッフィーグッズ

Since Kamaishi is a city known for rugby, Miffy plush toys in rugby shirts and holding rugby balls are popular items. Additionally, original Kamaishi tote bags, mugs, masking tape, file folders, and other Miffy goods are available here.



Kamaishi Cedar Tiger Dance Rugby Keychain

釜石杉 虎舞ラグーキーホルダー

Made with Kamaishi cedar wood, this keychain uses motifs of the community including the "Tiger Dance" and "rugby".



Whole Dried Squid

いかの丸干し

Dried young squid caught during June and July are tender and strong in sweetness. Enjoy the different textures and flavors of each part of the squid.



Kashi Persimmon Soda

柿酢サイダー

Soda flavored with "Sennin Persimmon Vinegar" made from a Kamaishi specialty - Kashi persimmons. The light sweetness of persimmons and tanginess of Persimmon Vinegar give it a distinct refreshing taste.



Kashi Persimmon Salad Dressing

甲子柿ドレッシング

This salad dressing draws from the the sweetness of persimmons while being free of sugar and additives. It tastes great with vegetables, fried food, and pasta.

Souvenir Shops

Roadside Station Sennintouge

道の駅釜石仙人峠

Dai 7 chiwari 155-4 Kashi-cho
甲子町第7地割155-4

Information

Phone: 0193-27-8530
Business hours: 9:00 am - 6:00 pm
Closed from December 31 to January 1

Kamaishi Sea Plaza Specialty Souvenir Shop

かまいし土産店 (シープラザ釜石)

Sea Plaza Kamaishi 2F 22-1 Suzuko-cho
鈴子町22-1 シープラザ釜石 2F

Information

Phone: 0193-31-1180
Business hours: 9:00 am - 7:00 pm
Closed on the 1st, 3rd, 5th Tuesday of each month

Voices from Kamaishi

Messages for future guests by visitors from foreign countries who have visited Kamaishi.



“Before living in Kamaishi, my impression of it was that it was a town symbolic of many societal issues that plague Japan -- declining birth rate, aging society, and movement from rural areas to big cities. Thus I had unconsciously made the

Kamuela,
Former Kamaishi High School ALT

incorrect assumption that the town would have a bit of a gloomy atmosphere. However, I came to find that the people were hopeful and lively, and that the town is blessed with vibrant nature and a not so dense population, providing an environment that fostered community and intimacy.”



“Don't miss the seafood! The fresh, locally caught seafood tastes great. One day, I hope to bring my kids along to enjoy a drive through the hills and streams, take in the peace

Duane,
Corporate Volunteer

and quiet, while being sure they learn first hand the impact of the Tsunami so they are better prepared for their future.”



“Kamaishi is full of some of the most interesting and friendly people I've ever met. Those who live here are always so welcoming to newcomers that anyone can feel like one of the locals, no matter how long or short your stay is.”

Emily,
Employee of Kamaishi City



“It is really nice to see the mountain, forests, and rivers. I also recommend “Kamaishi Daikannon.” You might be able to see deer if you have a chance to walk around the place.”

Charlotte,
Kamaishi High School ALT



“The nature sites of Kamaishi are very beautiful from the rugged mountains to the vast coastal beaches. Going to “Kamaishi Daikannon” and looking over the bay of Kamaishi is also quite a site to see.”

Osuka Lloyd,
Rugby Player for the Kamaishi Seawaves R.F.C.



“People in Kamaishi are very friendly. I feel it comes from all the people helping each other after what happened with the tsunami.”

Mahe,
Rugby Player for the Kamaishi Seawaves R.F.C.

Special Thanks



釜石市
KAMAISHI CITY

三陸の大地に光輝き
希望と笑顔があふれるまち



Natsuko Sasaki & Haruna Sasaki from Kamaishi High School
Shin Hiramatsu from Kamaishi Teppan Map



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