

Great East Japan Earthquake Memorial Facilities Guide

Revised Second Edition

Densho
Shisetsu
Guide

Keeping the Memories Alive for the Future

A detailed guide to 75 facilities in four prefectures

A Journey of Learning about the Earthquake Disaster
through storytelling

1-Day Sample Itineraries
for exploring disaster-stricken areas and Tohoku

Column: If a Disaster Strikes...
for disaster prevention recommendations

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with **Fumihiko Imamura**, Former Director of the International Research Institute of Disaster Science (IRIDeS), Tohoku University

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Memorial Facility Guide

A O M O R I A R E A

Aomori

●八戸市
Hachinohe City

Learn about disaster preparedness on a hill overlooking a damaged port

Hachinohe City Minato Experience & Learning Center

●八戸市みなと体験学習館

Damage in Hachinohe City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	9 km ²	11.18 m	254 bldg.	624 bldg.	851 bldg.	1 person	1 person	71 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
 *Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



"Earthquake Time Tunnel" is located in the center of the Disaster Prevention Learning Floor (first floor). Walk through the corridor installed with monitors on the front and sides. Visuals and sound effects create a realistic simulation of the approaching tsunami and other impacts of the Great East Japan Earthquake



"Minato Wide Scope" is on the History and Culture Learning Floor (second floor). Projected onto a large screen, 2.6 meters tall and 13 meters wide, are images of local attractions, including traditional events such as the Hachinohe Sansha Taisai Festival and the Hachinohe Enburi Festival, as well as scenic views of the Tanesashi Coast



"Earthquake Time Tunnel" leads out to "Tsunami Archive." It displays the events of the Great East Japan Earthquake in chronological order through photographs and newspaper articles. It also describes the recovery process and the support extended to affected areas

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Damage in municipalities

Disaster data, residential damage, and human impacts are presented for each municipality.



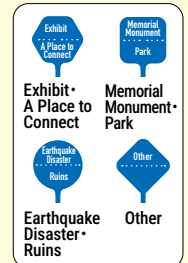
Iwate

Miyagi

Fukushima

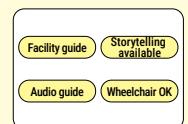
Genre

Facilities are classified into one of four genres based on their characteristics.



Icon

Icons indicate whether facilities have guides ("Facility guide"), storytelling sessions or tours ("Storytelling available"), audio commentary ("Audio guide"), and accessible entry ("Wheelchair OK"), based on responses received from the facilities.



Q&A Consider This

It highlights points to take note of and asks questions that encourage personal reflection. Go to the respective sites to find and verify the answers.

Exhibit
A Place to Connect

Facility guide **Wheelchair OK**

Facility DATA

●八戸市みなと体験学習館
Hachinohe City Minato Experience & Learning Center
 ☎ 0178-38-0385
 67-7 Tatehana, Minatomachi, Hachinohe-shi
 10-min. walk from JR Mutsu-Minato Sta.
 9:00 AM-7:00 PM (Jul./Aug.: Until 9:00 PM; Sun. in Jul./Aug.: 6:30 AM-9:00 PM)
 * Mon. (or the next day when Mon. is a national holiday)
 ♿ Free
 ♿ Available (Large buses: Available)

The port city of Hachinohe was the most severely damaged area in Aomori. In Tatehana Park on a hill overlooking Hachinohe Port, the Hachinohe City Minato Experience & Learning Center opened in July 2019 as a place for learning about the history and culture of the area and the impact of the Great East Japan Earthquake.

The Disaster Prevention Learning Floor (first floor) features exhibits such as "Earthquake Time Tunnel," which allows visitors to experience the sights and sounds of the disaster as if they were there, "Tsunami Archive," which contains records of the disaster's onset to the recovery process, and a display of disaster survival supplies. The exhibits are designed for learning about the disaster and raising disaster awareness. On the History and Culture Learning Floor (second floor), visitors can immerse themselves in the local history and culture through exhibits such as "Minato Wide Scope," which showcases the attractions of Hachinohe, and "Mini Diorama," which recreates scenes from the late 1950s to the early 1960s.

Worth visiting is the observatory in Guretto Tower Minato, also located in Tatehana Park, for sweeping views of Hachinohe's port and cityscape (admission is free).

Consider This

Q1 On the center's second floor is the Minato Cafe. Here, you can eat something that is rarely served in Aomori, food that tastes good even if it is cold. What is it?

A1 You can eat emergency, long-life foods, such as curries and beef rice bowls. Disaster survival supplies are also sold.

*The damage data for each municipality is based on the following.

Maximum seismic intensity	Japan Meteorological Agency, seismic intensities of various areas from "The 2011 off the Pacific Coast of Tohoku Earthquake," December 2012.
Wetted surface area	Geospatial Information Authority of Japan, 津波による浸水範囲の面積 (概略値) について (第5報) ("Tsunami Inundation Area (Approximate Values) (5th Report)"), April 18, 2011.
Maximum inundation height	Tsunami Trace Database in Japan, International Research Institute of Disaster Science, Tohoku University; field survey results of the 2011 Tohoku Earthquake Tsunami Joint Survey Group.
Residential damage / human impacts	Disaster Response Headquarters, Fire and Disaster Management Agency, 平成23年(2011年)東北地方太平洋沖地震(東日本大震災)について(第164報 別紙) ("2011 off the Pacific Coast of Tohoku Earthquake (Great East Japan Earthquake) (Report No. 164, Appendix)"), 2 PM, March 8, 2024.

●The data is up to date as of September 2024. ●The damage figures include those caused by aftershocks of the 2011 off the Pacific Coast of Tohoku Earthquake (excluding damage separately compiled for the earthquakes off the coast of Fukushima on February 13, 2021, and off the coast of Miyagi on March 20, 2021). They also include damage caused by earthquakes outside the aftershock zone that occurred after March 11, 2011, where damage could not be distinguished. ●Unknown areas include those still under investigation (areas left blank or marked as "Unknown" are as stated in the source materials). ●The number of deceased and missing in Fukushima is calculated using a different method from the one used by other prefectures. To the extent possible, duplicate counts and omissions have been eliminated, and some figures have been adjusted for consistency with other prefectures. As a result, there are discrepancies between the figures published by the Fire and Disaster Management Agency and the Fukushima Prefectural Government.

Great East Japan Earthquake



Disaster Memorial Facilities

A Quick Guide

➡ The Great East Japan Earthquake and Nuclear Disaster Memorial Museum (P. 10, 96)



➡ Remains of the Earthquake Namie Town Ukedo Elementary School (P. 11, 95)

(Visit the disaster-stricken areas and take away lessons)

The Great East Japan Earthquake on March 11, 2011, caused catastrophic damage in the Pacific coastal area. To pass on its lessons and protect lives in the future, why not embark on an insightful journey by visiting disaster memorial facilities, places of remembrance, and memorial sites across the Tohoku region?

➡ Ruins of the Great East Japan Earthquake: Sendai Arahama Elementary School (P. 78)



➡ Takatamatsubara Memorial Park for TSUNAMI Disaster (P. 47)

Exhibits and memorial ruins offer multiple perspectives

Disaster memorial facilities comprise various types. They include museums with panel exhibits and video archives, disaster ruins that preserve and display damaged buildings, and memorial monuments for remembering the victims. Each facility and area has different themes, allowing visitors to learn from a variety of perspectives.



➡ Hachinohe City Minato Experience & Learning Center (P. 18)

The 3.11 Densho Road network makes travel to the facilities easier



➡ 3.11 Densho Road pamphlets

The 3.11 Densho Road refers to a network of disaster memorial facilities that dot the region. Pamphlets for Aomori, Iwate, Miyagi, and Fukushima prefectures contain illustrated maps and a list of facilities, helping people plan efficient visits based on their purpose and available time.

➡ 3.11 Densho Road Promotion Organization website <https://www.311densho.or.jp/en/>

➡ Sendai 3/11 Memorial Community Center (P. 77)



What are disaster memorial facilities?

➡ The Tsunami Remains Taro Kanko Hotel (P. 32)



➡ Tsunami Recovery Memorial Museum "Mémoire de Yuriage" (P. 81)

Visitors can hear firsthand experiences

Many facilities registered as disaster memorial facilities offer guided tours and storytelling programs to help deepen visitors' understanding. They are accessible by public transportation or car, and many accommodate large buses. They make some great destinations for educational trips.

See these pages too

- Kamaishi City, Iwate "Unosumai Tomosu" ➡ P.6
- Minamisanriku Town, Miyagi "Minamisanriku 311 Memorial" ➡ P.8
- Futaba Town, Fukushima "The Great East Japan Earthquake and Nuclear Disaster Memorial Museum" ➡ P.10

Planning a visit

Visit roadside stations and tourist facilities to get to know the region better.

New *michi-no-eki* roadside stations as well as tourist and commercial facilities have opened around some disaster memorial facilities. Tasting regional specialties, interacting with locals, and learning about the areas are also important. Visitors are encouraged to not only explore the disaster memorial facilities but also actively take in sightseeing.

Information on sightseeing in the four prefectures

- Aomori: A Quick Guide ➡ P.20
- Iwate: A Quick Guide ➡ P.50
- Miyagi: A Quick Guide ➡ P.88
- Fukushima: A Quick Guide ➡ P.108

Accommodations are limited. Advance bookings are a must.

Disaster-stricken communities in Tohoku had few accommodations even before 3.11, and some of those have closed due to the disaster and other reasons. It's advisable to book accommodations in advance. Upon arrival, be sure to check the evacuation routes in case of an unforeseen emergency.

Note that public transportation is limited. Driving is better.

It is possible to visit Tohoku's disaster-stricken areas along the coastline by public transportation, but trains and buses come relatively infrequently. Driving is recommended for visiting places without time constraints at your own pace. Many facilities have parking areas. For relatively larger cities, taking the Shinkansen and transferring to local trains or buses is also convenient.

For a full experience, visit three to four sites a day.

Most facilities are located along the Pacific coast. In some areas, they are clustered together within walking distance. By visiting various sites, including exhibit facilities, disaster ruins, places of remembrance, and memorial sites, visitors can gain a multifaceted understanding of the earthquake disaster. Refer to maps and other resources to select the sites you wish to visit.

Getting around the 3.11 Densho Road

Hachinohe,
Aomori

Via Sanriku Coast Expwy
(Hachinohe-Korekawa IC → Miyako-Kita IC)
Approx. 2 hr. (130 km)

**JR Hachinohe Sta. →
Sanriku Railway Miyako Sta.**
Approx. 3 hr. 25 min.

Miyako,
Iwate

Miyako, Iwate

Via Sanriku Coast Expwy
(Miyako-chuo IC → Naruse-Okumatsushima IC)
Approx. 3 hr. 50 min. (240 km)

Via Tohoku Expwy
(Morioka-minami IC → Izumi IC)
Approx. 3 hr. 30 min. (250 km)

**Northern Iwate Transportation
bus** (Miyako Sta. → Morioka Sta.) →
Tohoku Shinkansen
(JR Morioka Sta. → JR Sendai Sta.)
Approx. 3 hr. 10 min.

Sendai, Miyagi

Sendai, Miyagi

**Via Sendai-Nanbu Road →
Joban Expwy**
(Nagamachi IC → Sendai-Wakabayashi JCT →
Iwaki-Chuo IC)
Approx. 2 hr. 20 min. (160 km)

JR Sendai Sta. → JR Iwaki Sta.
(Limited Express)
Approx. 2 hr. 10 min.

Iwaki,
Fukushima

*The travel times are approximate and may vary depending on train schedules and road conditions.

Take the Reconstruction Road and Reconstruction Support Roads!

A 570-kilometer-long Reconstruction Road and Reconstruction Support Roads connecting Tohoku's coastal areas fully opened about ten years after the earthquake disaster. These roads have dramatically improved access to the coastal areas. Furthermore, except between Sendai-ko-kita IC and Naruse-Okumatsushima IC, the roads are toll-free! The use of these roads is encouraged for visiting the coastal areas.

- "Reconstruction Road (Sanriku Coast Expwy)" collectively refers to the Hachinohe-Kuji Expressway, Sanriku-Kita Jukan Road, and Sanriku Expressway.
- "Reconstruction Support Roads" collectively refer to the Miyako-Morioka Odan Road, Tohoku Odan Expressway (Kamaishi-Akita Route), Miyagi-Kenpoku Road, and Tohoku-Chuo Expressway (Soma Fukushima Road).

Getting to the coastal areas is now faster and more convenient



INTERVIEW

Interviewer: Kei Gentile / Photo: Miwako Kitamura

Saving Lives—— The Future of Disaster Memories

Fumihiko Imamura

Former Director of the International Research
Institute of Disaster Science (IRIDeS),
Tohoku University

Dr. Eng., Graduate School of Engineering,
Tohoku University (1989). Currently professor at
IRIDeS. Prior positions included IRIDeS director
and professor at Tohoku University Disaster
Control Research Center. Specializes in tsunami
engineering. Serves as representative director
of General Incorporated Foundation 3.11 Densho
Road Promotion Organization.

Looking back on the developments since 3.11

Q. IRIDeS was established after 3.11. Can
you tell us about its research and activities
so far?

**Professor Imamura (hereinafter,
"Imamura"):** The Great East Japan
Earthquake was a massive disaster
caused by a chain of events, including the
earthquake, tsunami, and the nuclear power
station accident, across a wide area. At
IRIDeS, we are researching the mechanisms
of why such a disaster occurred and
proposing measures to prevent damage
in the future. I believe our findings have
contributed to furthering the field of
disaster science.

That said, any insights gained about the
mechanisms must be applied to reducing
the risk of future disasters. Our other key
focus is "practical disaster risk reduction,"
which means we are developing knowledge,
technologies, and systems that can be
utilized locally. We have been supporting
disaster-stricken communities and
implementing initiatives, not only as a
university but also in collaboration with
companies and overseas partners. I
believe we have largely achieved our
initial goals.

Q. What observations have emerged
from your research? What is your
agenda going forward?

Imamura: The first is reducing
human casualties. Many lives were
lost in 3.11 due to the tsunami. This
reinforces the human factors
that still need to be addressed,
such as disaster awareness,
cognitive psychology, and
evacuation behavior. Evacuation
drills and awareness campaigns
had been conducted before
3.11, but they were not enough.
People first need to treat





disasters as a personal matter.

The other issue is that memories fade after about ten years. As people lead their daily lives, the memories of the disaster have gradually faded. As a result, people also become less conscious of disasters. Alongside this, we still need to address the mental health challenges of the affected people grappling with human losses and other issues.

Q. What changes have been observed in the emotions and mentality of the affected people since 3.11?

Imamura: Each person and each region perceives the disaster differently. Some communities are trying to move forward, while others find it difficult to take the first step. The situation is not the same everywhere. It is hard for people to accept the circumstances, in the immediate aftermath or otherwise. These psychological issues we cannot see are a significant and critical concern. The memories of the aftermath will never disappear for those who experienced it firsthand, and they must find ways to come to terms with it. This involves a number of aspects, and there is no correct answer.

The challenges and importance of keeping the memories alive

Q. Disasters have repeatedly hit Japan. You mentioned memories fading. What are the challenges of keeping the memories alive?

Imamura: Past disasters have been remembered primarily through monuments, storytellers, and archives. However, one rarely sees them in today's society. Actually, many people only became aware of the monuments after the 2011 tsunami. While Japan still has a disaster culture that has proven to be effective, 3.11 revealed that this alone is not sufficient. The memories cannot be kept alive unless we create a new culture that is suited to the times. We need

to change the ways in which memories are passed down.

Q. You mentioned new ways of passing down memories. Could you give some specific examples?

Imamura: The Great East Japan Earthquake is documented in videos, photos, and social media posts. There is a lot of digital data. Whereas information volume was limited in the wake of the Great Hanshin-Awaji Earthquake, it has increased dramatically with the times. There are videos people took as they escaped the tsunami. The amount of information at the individual level is extraordinary. Watching videos may bring back memories and may be disturbing for some, but it is effective for preserving the memory of the disaster. For people who are interested, such records should be made properly available at places like disaster memorial facilities and earthquake memorial ruins.

Q. What kinds of programs are offered at the various disaster memorial facilities?

Imamura: Virtual reality (VR) has been introduced as a new way of showing the disaster. There are also programs that let participants go outside the building and walk through different sites. There are storytellers, local residents, and curators. Visitors can deepen their understanding by asking questions and talking with them, which will lead to new discoveries and revelations. I believe learning from people in affected areas and interacting with them are very important.

The significance of disaster memorial facilities in four Tohoku prefectures

Q. Please tell us how disaster memorial facilities build on the lessons of 3.11 and the significance of establishing the Densho Road.

Imamura: The Great East Japan Earthquake affected a wide area and comprised a variety of events. The extent of damage as well as the recovery and reconstruction approach varies considerably by region. I believe these regional characteristics and diversity are presented well at the more than 300 disaster memorial facilities across four prefectures in Tohoku. We wanted people to gain various insights at different facilities and areas, so it was important to connect the coastal areas as Densho Road.

Q. There are exhibit facilities, disaster ruins, and more. Is there a facility that holds special significance for you?

Imamura: One is Sendai Arahama Elementary School (P. 78). We have been working together on disaster education

since even before 3.11. I brought with me an experimental water tank called "Tsunami Hakase (Dr. Tsunami)" and taught children about the dangers of tsunamis. We also conducted evacuation drills. Another facility is the Ruins of the Great East Japan Earthquake Kesennuma City Memorial Museum (P. 56). We conducted evacuation drills and awareness-raising activities in that area as well. It is now a multi-functional facility with memorial ruins, exhibits, workshops, and seminar rooms.

Q. What are your expectations for the future role of disaster memorial facilities?

Imamura: Disaster memorial facilities serve to remind people of the disaster. The enormity of the events cannot be understood without actually visiting the areas. The facilities hold programs and events, so I hope those working on disaster risk reduction and community building will visit from all areas of Japan and the world and gain insights and realizations. Our memories change as time passes. In this sense, the facilities play an essential role in preserving remnants and materials. Along with experiences, they influence contemporary art and culture, particularly literature and film. They have the power to resonate with people. I hope that people see disasters as a personal matter and take action, rather than simply treating the disaster as somebody else's misfortune. My hope is that artistic and cultural activities evolve into disaster risk reduction activities.

Q. Lastly, what is your message to the readers?

Imamura: A single visit will not give a full picture of the disaster. There are various issues and challenges, and there are ways of passing them down. I encourage people to start by visiting anywhere and to keep returning, in addition to visiting different places. Tohoku is also rich in nature. Visitors can enjoy delicious food and stunning scenery as well. As long as we live on this planet, we are sustained by its nature and environment. I hope a visit to Tohoku will offer an opportunity to reflect again on the meaning of enjoying the benefits of natural resources, be it food, history, culture, or energy.



⑦ A visiting lecture for students in 2008. Using the "Dr. Tsunami" experimental water tank, Prof. Imamura explained the mechanisms of tsunamis and the importance of preparing for disasters

Remember and Remind Future Generations A Journey of Learning about the Earthquake Disaster

There are disaster memorial facilities that offer storytelling tours and disaster preparedness programs. See the disaster area firsthand, hear the stories of those who lived through the Great East Japan Earthquake, and apply these lessons for the future.

We participated in

The "Miracle of Kamaishi" Program (Tracing the Evacuation Route Program)

In the Unosumai district, while the human toll was high, most elementary and junior high school students survived. By tracing their actual evacuation route, visitors can get a firsthand sense of the events that occurred after the earthquake.

Length 1 hr. 30 min. Fee 11,000 yen or more

*Reservation required



Learn about what happened in the area where the most victims were concentrated

3

Gozaisho-no-Sato, a former evacuation area where there was a premonition of disaster

This was the first place students and teachers evacuated to from their school. It had been regularly used for evacuation drills. However, a nearby mountainside began to collapse. "That mountain has never collapsed before. It may be a sign of something even bigger." Advised by a local resident, the teachers got the students to aim for higher ground.

An evacuation drill before 3.11 (right) and the evacuation area immediately after 3.11 (left) (Photo: Tsunami Memorial Hall)



Advised by a resident, they aimed for higher ground

1

Get an understanding of the region at the Tsunami Memorial Hall

The disaster is explained through panels, videos, and exhibits under three themes: "The Great East Japan Earthquake and Kamaishi," "The Events at the Unosumai Disaster Prevention Center," and "The Children of Kamaishi"



At the Unosumai Disaster Prevention Center, 162 of the 196 people who evacuated there lost their lives. Although it was designated as an "evacuation center (medium- to long-term evacuation shelter)," it was not designated as an emergency evacuation area for tsunamis. The name, "Disaster Prevention Center," and the holding of evacuation drills here reportedly led to a misunderstanding among local residents.

2

Kamaishi Unosumai Memorial Stadium, built on the site of former schools

Unosumai Elementary School and Kamaishi Higashi Junior High School originally stood here. Located just two meters above sea level, around 570 students from both schools began evacuating to higher ground immediately after the earthquake. The tsunami ultimately reached the third floor of the schools' buildings. It is frightening to think what could have happened had the students stayed there.

Visit a place filled with children's memories



A landmark symbolizing recovery where a Rugby World Cup match was held. The land has since been elevated and now stands at an altitude equivalent to about the second floor of the schools' buildings (around seven meters)

Kamaishi City, Iwate

Unosumai Tomosu

Located in front of Sanriku Railway Unosumai Station, this public facility consists of the Tsunami Memorial Hall, the Kamaishi Memorial Park, and the Unosato Visitor Center. The storytelling program, which is offered both in person and online, is designed to make disasters feel personal and enhance disaster awareness.

DATA➡P. 40 (Kamaishi Memorial Park)
P. 41 (Tsunami Memorial Hall)



Guide

Ms. Aki Kawasaki

Why did you decide to become a storyteller?

I am an Unosumai native. The earthquake happened when I was in my second year of junior high school, during my club activities at school. I wanted to use my experience to pass on the memory of the disaster. After graduating from university, I returned to Unosumai and am now working as a

storyteller, in addition to planning and running programs.

What was the situation like in the aftermath of the earthquake?

When I evacuated to Yamazaki Day Service, I saw the tsunami, which looked like a massive black wall. Houses were being swept away, making a tremendous sound. It was the first time in my life that I thought I



4

Yamazaki Day Service, where the tsunami came within close proximity

About 30 minutes after the earthquake hit, they arrived at the second evacuation area. By that time, the group of evacuees had grown to nearly 1,000 people, including not only students but also local residents, nearby preschoolers, and their parents and guardians. As they were taking a roll call, they saw the approaching tsunami for the first time. Everyone was thrown into panic and could not even hear the teachers' instructions.

A massive black wall came roaring toward us with a deafening sound

Looking out to the sea from Yamazaki Day Service. The tsunami reached the front of the facility



The uphill road from Yamazaki Day Service to Koi no Toge

A roll call being taken after evacuating (Photo: Tsunami Memorial Hall)

They ran frantically without looking back

5 Koi no Toge, to which they dashed with all their might

After seeing the tsunami, the teachers' instructions became inaudible. Everyone dashed up the uphill road as fast as they could. Koi no Toge stands 44 meters above sea level. Before reaching Koi no Toge from their schools, they passed through four evacuation areas. They continued to escape the tsunami, traveling a distance of around 1.6 kilometers in about 40 to 50 minutes.



The Kamaishi Citizens' Charter for Disaster Prevention enshrining the lessons learned



Prepare, evacuate, do not return, pass on the lessons

On March 11, many people visit and offer flowers and prayers



might die. We dashed toward higher ground with all our strength. I was so frantic, I could not even tell I was tired.

What do you hope to convey through your storytelling activities?

By retracing the evacuation route we actually took, the disaster will feel personal to participants. They will learn about how to evacuate and discover that it

can be physically demanding. We survived because we individually determined that a tsunami might come and evacuated. I hope people will take away the importance of being prepared and the significance of evacuating.



Ms. Kawasaki sharing her experience online

You may also want to visit

50-min. drive from Unosumai Tomosu

Rikuzentakata City

Iwate Tsunami Memorial Museum

DATA➡P. 46



The "axis of prayer" extends in a straight line from the facility to the sea

This disaster memorial facility, located in the Takatamatsubara Memorial Park for TSUNAMI Disaster, is close to the national memorial and prayer facility (➡P. 47) and the Michi-no-Eki Takatamatsubara roadside station. It explains the situation in Iwate and the tsunami's mechanisms based on the geographic features of the Sanriku coastline. Footage captured by disaster response helicopters shortly after the earthquake offers a glimpse into what the affected areas looked like at the time. Through panel exhibits and a theater, and with the support of resident guides, the facility helps visitors gain a deeper understanding of the disaster.



A 12-minute film is shown at the theater



A fire truck crushed by the tsunami

Recommended

Highlights!

When this facility was first built, physical exhibits were still uncommon. In the section that explains the history of tsunamis in Japan, geological strata are analyzed, and visitors can see that tsunamis struck repeatedly in the areas. It offers a beautiful view from the entrance leading out to the sea, so I encourage people to visit the facility together with the Memorial Park.



Miwako Kitamura
International Research Institute of
Disaster Science (IRiDeS),
Tohoku University

A Journey of Learning about the Earthquake Disaster

Minamisanriku Town, Miyagi

Minamisanriku 311 Memorial

This memorial facility opened in October 2022 in Minamisanriku Town in the northeastern part of Miyagi. The entire area is registered as Michi-no-Eki Sun Sun Minamisanriku and contains a shopping area, a tourist information center, and a bus terminal (JR Shizugawa bus stop).

DATA➡P. 57

We participated in

Learning Program

In a dedicated theater, participants watch videos of residents' testimonies, hold discussions with each other, and gain knowledge of disaster preparedness. Choose from three programs: "An Evacuation That Became Matter of Life or Death"; "When the Time Comes, Will You Be Able to Protect Your Life?"; and "Reflecting on Life."

Length 60 min. **Fee** 1,000 yen; 800 yen for jr. high / high school students; 500 yen for elementary school students *Including entry *30-min. programs are also available

2 Learn about that day through the testimonies of locals

Over 800 people lost their lives or went missing in Minamisanriku Town. Testimonies were gathered from approximately 90 survivors and recorded on video. The accounts of town officials who were at the Disaster Prevention Office Building on 3.11, together with other individual accounts, vividly convey the circumstances of the earthquake disaster.

What inspired you to work here?

I was a university student in Nagoya when the earthquake hit. I decided to join a volunteer organization and made numerous trips to the disaster-stricken communities. After graduating, I became an employee of the same organization and went to not only Tohoku but also Kumamoto and Nagano. In 2018, the northern Osaka earthquake occurred, and I found myself deeply shocked. Even in

an area that had experienced the Great Hanshin-Awaji Earthquake, an earthquake still caused immense devastation more than 20 years later. Lessons from the past had not been heeded. Seeing the chaos, I keenly realized just how challenging and important it was to pass on lessons from earthquake disasters. I returned to Tohoku with the belief that another earthquake might occur in Tohoku and we must continue to pass on the lessons.

What do you want visitors to take away from the Learning Programs?

In addition to watching testimonial videos, the programs set aside time for participants to discuss and engage with each other. The overall concept of the facility is to encourage participants to not simply view things and leave but to reflect on what they saw and learned. I hope the programs will help participants to prepare for disasters as a personal matter.

Guide

Mr. Yoshitaka Oishi



The height of the tsunami that struck the Disaster Prevention Office Building is marked near the ceiling. The area near the entrance is free

Tsunamis have struck repeatedly

The theater utilizes three screens. Randomly placed chairs encourage a free and open discussion (Photo: Minamisanriku Town)

Christian Boltanski, "MEMORIAL," 2022 (Photo: Minamisanriku Town)

A space to reflect quietly



3 Enter the world of the contemporary artwork, "MEMORIAL"

The installation space "MEMORIAL" was created by French contemporary artist Christian Boltanski at the request of the town. Born to a Jewish father, Boltanski grew up hearing stories of war and has produced works worldwide on the themes of human death, life, and existence. He visited the disaster-stricken community shortly after 3.11. Visitors can immerse themselves in the world of Boltanski's visit-inspired work.

Testimonies of what happened that day in Minamisanriku



The Exhibition Gallery onward requires a fee. Listen carefully to the testimonies while waiting for the Learning Program to begin



4 Learning Program for mutual learning on disasters



Participants can take home the Disaster Prevention Mini-Book. It contains insights on disaster prevention, making it a useful resource for reviewing the content

The facility's main attractions are the Learning Programs. Participants listen to video testimonies lasting about 60 minutes (30 minutes for short programs) and consider how they would react or behave if they were in the given situations. The programs set aside time for various questions and a one-minute discussion, allowing participants to engage actively rather than passively and increase their awareness about disaster preparedness.



5 Photos of those living in the present Open Square

After the Learning Program, you will exit the theater and enter a space filled with the smiles of the people of Minamisanriku Town. The photo project titled "Minna de Minamisanriku (Together in Minamisanriku)" is an outcome of collaboration and the sharing of ideas between photographer Masashi Asada and local residents. The photos convey the sense of gratitude, the resilient spirit, and the joy of living of the people of Minamisanriku and demonstrate their strength and vitality.

Live
stronger



This project was conducted from fall 2013 to summer 2021. It is in the free zone so everyone can see it



6 The Observatory offering sweeping views of the town

Reflect on the
preciousness
of life



Lastly, visitors can climb the outdoor stairs to the Observatory, which overlooks the former Disaster Prevention Office Building, Shizugawa Bay, and Minamisanriku Memorial Park of Earthquake Disaster. While reflecting on what you have learned, take a moment to remember that day and the lives that were lost and offer a silent prayer in your heart. The sight of the reconstructed town will serve as a poignant reminder that more than 10 years have passed since the Great East Japan Earthquake.

The Minamisanriku Sun Sun Shopping Village will be in front of you. Be sure to stop by before you leave



The red rebars are the remnants of the former Disaster Prevention Office Building. To the right is the Minamisanriku Memorial Park of Earthquake Disaster

You may also
want to visit

Approx. 50-min. drive from
Minamisanriku 311 Memorial

Ishinomaki City

Miyagi 3.11 Tsunami Disaster Memorial Museum

DATA➡P. 65



It is built on land that was once an urban area

The museum opened in 2021 with the goal of serving as a gateway to disaster memorial facilities throughout Miyagi. Featuring a striking circular roof, the building has a glass-walled design, offering expansive views of Hioryama and the Memorial Circle. In addition to panel exhibits and theater screenings, visitors can listen to messages from storytellers across the prefecture via touch panels. A live storytelling session is held on Saturdays in which visitors are encouraged to participate.

Storytelling is held on Saturdays



The panels provide clear, visually engaging explanations

Recommended

Highlights!

There is a section where you can view VR videos of six disaster ruins in Miyagi. They make you feel as though you are standing there on that day, after the waves have receded, surrounded by debris that washed up and crumbling walls and ceilings. To be honest, it is frightening. The museum also offers a variety of special programs. Being able to hear from scholars and experts working on the frontlines of recovery efforts is an invaluable experience.

Kei Gentile
Disaster memorial
writer



A Journey of Learning about the Earthquake Disaster

Futaba Town, Fukushima

The Great East Japan Earthquake and Nuclear Disaster Memorial Museum

DATA▶P. 96

Fukushima experienced earthquake and tsunami damage as well as a nuclear disaster. Located in Futaba Town, home to the TEPCO Fukushima Daiichi Nuclear Power Station, the Memorial Museum shares with people in Japan and overseas the records and lessons from the compound disasters and the reconstruction process. Draw lessons from approximately 300 surviving materials and the words of storytellers and reflect together on the future of Fukushima.

We participated in

Storytelling

Storytellers share their personal experiences and thoughts about the earthquake disaster. The program is offered four times a day, with different storytellers each day. Visitors will gain new insights with every visit. Check the official website for the schedule.

Length 40 min.; 4 times a day (starts at 10:00 AM, 11:15 AM, 1:15 PM, and 2:30 PM)

Fee Admission ticket required (600 yen; 300 yen for elementary / jr. high / high school students)

➡Even hospital patients including bedridden ones were forced to evacuate, and many of them reportedly lost their lives under harsh conditions

Can you tell us about your experience with 3.11?

I was a sixth-grade student at Ukedo Elementary School. We were in the classroom getting ready to go home. We ducked under our desks during the earthquake. After the shaking stopped, we all went to Mt. Ohira, about 1.5 kilometers away. It was not until the next morning that I saw my father, mother, and younger brother. Our house near the fishing port was likely swept away by the receding waves. Neither photos nor anything else

Guide
Ms. Wakana Yokoyama

1 First, get familiarized with Fukushima at the theater

Knowing about Fukushima is the first step

A five-minute video shown at the circular theater depicts life and landscapes in the town before the earthquake as well as the day of the nuclear accident. It is narrated by the late Toshiyuki Nishida, a Fukushima native and actor. His heartwarming narration will move viewers to support Fukushima's journey to reconstruction.

🎥The video was supervised by Mr. Michihiko Yanai, a creative director from Fukushima

2 Life in the town before 3.11

You will notice photos of a billboard bearing the words "Nuclear Power, Energy for a Bright Future" and essays written by local children. They convey how the construction of the TEPCO Fukushima Daiichi Nuclear Power Station brought jobs and prosperity to the surrounding areas. While the plant may be associated with the bitter memories of the nuclear accident, the perspectives of the townspeople offer a striking revelation.

When the nuclear plant and the town coexisted

📌The numerous items left behind at places like schools illustrate how lively the town once was

📌Of the four types of billboards, a life-sized replica can be viewed outdoors

3 Nuclear accident, followed by evacuation. The beginning of the disaster

A massive tsunami surged across the coastal areas of Fukushima. The tsunami caused a complete loss of all alternating current power at the TEPCO Fukushima Daiichi Nuclear Power Station, leading to successive hydrogen explosions in the reactor buildings of Units 1, 3, and 4. From the tense atmosphere in the disaster response headquarters to the chaos among the people who had to evacuate with only the clothes they were wearing, the exhibit vividly conveys the situation that worsened with each passing hour.

The evacuation was thought to last only a few days...

📌The displays profoundly convey the anguish of residents who were forced to not only evacuate from their familiar homes but also leave behind pets and livestock

remain. My grandfather and grandmother unfortunately could not escape in time.

Since becoming a storyteller, have you gained any new realizations?

As a local, I never questioned or thought twice about the nuclear power plant being in the town. Becoming a storyteller has allowed me to learn more about what the town was like before the disaster, not just what happened afterward. While this work may feel psychologically draining at

times, I think sharing my story with others helps me not bottle up my emotions.

What do you want to tell people through your work?

A growing number of young people have no memory of the disaster. Japan is a disaster-prone country. If something similar to the Great East Japan Earthquake were to happen, I want people to escape properly. I hope that by coming here, people will learn facts about the disaster and use them as lessons for the future.

➡The Interim Storage Facility, which manages and stores removed soil and other materials until their final disposal outside the prefecture, has an area of about 1,600 hectares (roughly the size of Shibuya, Tokyo)



➡Decontamination efforts by the government are underway in "Specified Living Areas for Returnees" within the difficult-to-return zone



This is not just an issue concerning Fukushima

4 For ensuring a safe return of residents

The impact of the nuclear accident was not limited to reputational damage; it also caused prolonged evacuations, health concerns, and other various hardships. Through many people's tireless efforts to bring the evacuees home, progress was made in rebuilding lives and decontamination. Even in the difficult-to-return zone, evacuation

orders were lifted in all Specified Reconstruction and Revitalization Base Areas* by November 2023. However, there are still more than 20,000 people who are unable to return home.

*Specified Reconstruction and Revitalization Base Area: A specified area within the difficult-to-return zone aimed at lifting the evacuation order to allow people to live there.

No one experience is the same



5 Listen to firsthand accounts told by storytellers

Storytellers recount their experiences of the Great East Japan Earthquake and the nuclear disaster—the separation of families, loss of hometowns, and efforts to reclaim what was lost. The stories are deeply moving and will feel personal to you. On this day, the story themes included "Reflections on the Earthquake Disaster and the Evacuation Experience" and "The First Five Days of a Town Official After the Disaster." *The themes are just examples.

➡Ms. Yokoyama shares her experiences at Ukedo Elementary School and her experience evacuating due to the nuclear accident. She urges visitors to take lessons from the earthquake disaster for the future

6 The ongoing decommissioning work and the future of Fukushima

The end of the exhibition highlights the commitment of Fukushima to overcome challenges and strive for revitalization. It explains ongoing decommissioning efforts at the TEPCO Fukushima Daiichi Nuclear Power Station and the "Fukushima Innovation Coast Framework," a national project aimed at revitalizing industries in the disaster-stricken communities. Fukushima's dedication to a more successful recovery is evident in the displays.

➡Various projects are underway, including robot development and testing, as well as demonstrations of flying cars



From Fukushima to the world through advanced technology

You may also want to visit

5-min. drive from the Great East Japan Earthquake and Nuclear Disaster Memorial Museum

Namie Town

Remains of the Earthquake
Namie Town Ukedo Elementary
School DATA➡P. 95



➡Two-story school building (left) and gymnasium (right)

This elementary school is the only tsunami-stricken structure that has been preserved as "disaster ruins" in Fukushima. It is located just 300 meters from the coastline. The traces of the tsunami are marked on the wall of the second-floor balcony. All the teachers and students survived as a result of evacuating to Ohirayama hill, about 1.5 kilometers from the school. Get a sense of the distances from the coastline and to the mountain and walk through the area imagining the situation at the time.



➡The tsunami reached up to the second-floor balcony level



➡The walls and ceiling are stripped off on the first floor

Recommended

Highlights !

As I got closer, I was very surprised to see that the school stood in a vast plain. While it retained traces of the tsunami, the school building was much sturdier and larger than I had imagined. A mix of emotions swelled up within me comparing it to the building of the school I attended, which was also damaged by the disaster. I think a visit here will reaffirm the importance of schools for everyone.

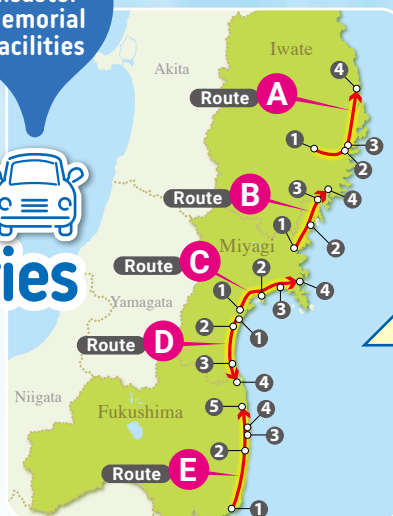


ico. Disaster prevention illustrator

1-Day Sample Itineraries

Here are sample itineraries for day trips around disaster memorial facilities in Iwate, Miyagi, and Fukushima. For a fulfilling day of learning, also stop by an aquarium, shopping facility, or other attractions to see the recovery.

Visiting disaster memorial facilities



Advice for Getting Around

1 Driving is recommended for visiting multiple facilities.

If you're traveling by train or bus, keep in mind that long-distance routes have limited service. Driving is best if you are visiting multiple facilities. For rental cars, it is better to book in advance.

2 Plan where to have lunch!

Checking out places to eat and rest beforehand will help save you time. Stop by a popular seafood restaurant, a scenic cafe, or anywhere else that catches your fancy.

*Meal and rest breaks are not accounted for in the routes and times of the sample itineraries.

3 If time permits, sightsee the surrounding area.

Visiting popular tourist spots near the disaster memorial facilities is also recommended. Explore the local history, culture, and cuisine to get a full experience of the place.

Route

A

Tono City, Iwate—Miyako City, Iwate

Tour through disaster ruins and the ria coastline

Start from Tono City in the inland area of Iwate and continue onto its coastal areas in Kamaishi City, Otsuchi Town, and Miyako City. Visit museums and memorial ruins while getting a flavor of the local culture.

10:00 AM	44 km, 45 min.	11:15 AM	5 km, 10 min.	12:30 PM	53 km, 45 min.	2:15 PM
1 3.11 Great East Japan Earthquake Tono City Logistical Support Archive P. 39		2 Tsunami Memorial Hall P. 41		3 Otsuchi Cultural Exchange Center Oshacchi P. 38		4 The Tsunami Remains Taro Kanko Hotel P. 32
Through panels, photos, newspapers, and videos, learn about the logistical support activities conducted by Tono City in the wake of the Great East Japan Earthquake.		This facility is located in the Unosumai district, which suffered the greatest damage in Kamaishi City. It is adjacent to the Kamaishi Memorial Park (P. 40) and offers a varied selection of storytelling programs.		The first floor displays a model of the townscape before 3.11. In the disaster memorial exhibition room on the second floor, visitors can use tablets to learn about the town's state after the disaster hit.		Memorial ruins of the Great East Japan Earthquake that suffered damage from a tsunami over 17 meters high. Only the pillars remain up to the second floor, standing as a stark reminder of the tsunami's destructive force.
30 min. required		1 hr. required		1 hr. required		1 hr. required



Route

B

Minamisanriku Town, Miyagi—Ofunato City, Iwate

Learn about the journey from disaster to recovery

Tour Minamisanriku Town and Kesennuma City in northeastern Miyagi, as well as Rikuzentakata City and Ofunato City in southeastern Iwate, and learn about the immense force of the tsunami and the recovery progress in the disaster-stricken communities.

11:00 AM	28 km, 30 min.	12:30 PM	24 km, 30 min.	2:00 PM	14 km, 20 min.	3:20 PM
1 Minamisanriku 311 Memorial P. 57		2 Ruins of the Great East Japan Earthquake Kesennuma City Memorial Museum P. 56		3 Iwate Tsunami Memorial Museum P. 46		4 Kyassen Ofunato P. 46
In addition to an exhibition gallery where visitors can view testimonial videos and materials compiling residents' stories, it offers learning programs to think about life-saving preparations.		The former building of Kesennuma Koyo High School, preserved and maintained in the state it was left after the disaster, is open to the public. At the Memorial Museum, visitors can learn about the events of the disaster and the path to reconstruction.		Its theme is "Protecting lives, and living together with the ocean and earth." Through materials and exhibits, understand the facts and lessons of the earthquake and tsunami, and reflect on coexistence with nature.		A commercial facility in central Ofunato City. With a smartphone in one hand, visitors can interactively learn about disaster risk reduction in a game-like manner.
1 hr. required		1 hr. required		1 hr. required		1 hr. required



Photo: Minamisanriku Town

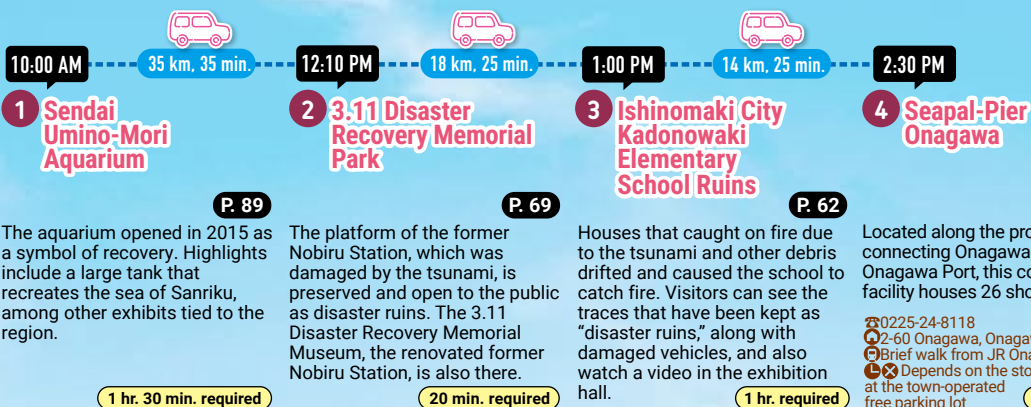
Route

C

Sendai City, Miyagi—Onagawa Town, Miyagi

Get a firsthand understanding of nature's greatness and dangers

Explore Sendai City and the Ishinomaki area in Miyagi, which are rich in nature. Visit disaster ruins that preserve traces of the tsunami and fires, and see nature's dangers firsthand.



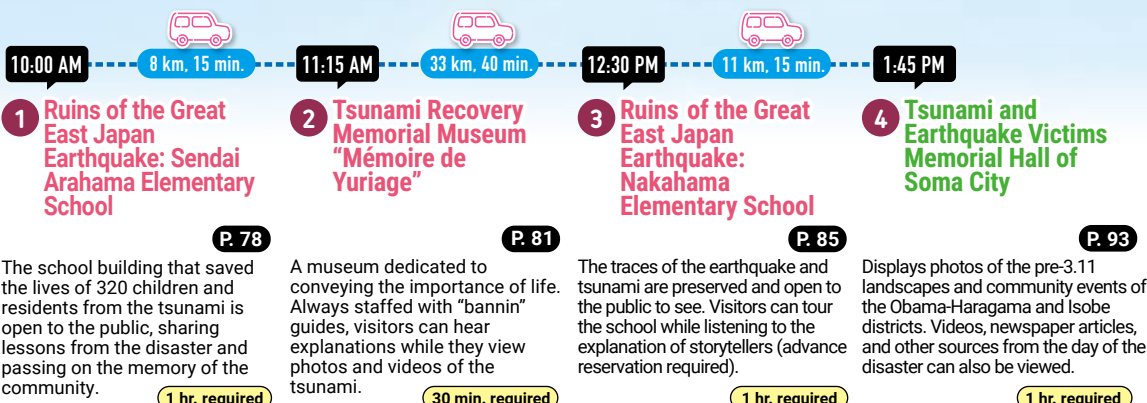
Route

D

Sendai City, Miyagi—Soma City, Fukushima

Trace records of the disaster and before the disaster

Travel south from Sendai City in Miyagi to Natori City and Yamamoto Town and onto Soma City in Fukushima. Visit a memorial hall that displays disaster ruins and the cityscape before the earthquake, and plan for future disasters.



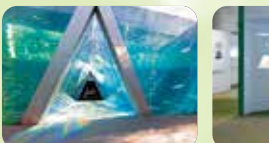
Route

E

Iwaki City, Fukushima—Minamisoma City, Fukushima

Learn about the recovery process from the tsunami and nuclear disaster

Travel from Iwaki City in Fukushima to Tomioka Town, Futaba Town, Namie Town, and Minamisoma City. Find out about the recovery efforts in areas struck by the tsunami and the nuclear disaster.



Walk the Michinoku Coastal Trail!

A trail along the Pacific coast of Tohoku offering views of massive rocks, cliffs, and other dynamic natural landscapes. Feel the ocean breeze as you explore Tohoku's rich natural beauty and deep-rooted history and culture.

What is the Michinoku Coastal Trail?

Over 1,000 kilometers long!

This long trail along the Pacific coast of Tohoku connects Kabushima in Hachinohe City, Aomori to Matsukawaura in Soma City, Fukushima. The entire route spanning over 1,000 kilometers opened in 2019.



Take in spectacular views

During your walk, enjoy breathtaking sceneries, such as the natural grasslands of the Tanesashi Coast in Aomori,



Jodogahama in Iwate, Kinkasan in Miyagi, and Mt. Karo in Fukushima.

Visit disaster memorial facilities

The trail passes through not only tourist attractions and scenic sites but also areas that preserve the traces of the devastation wrought by the Great East Japan Earthquake. Stop by Disaster Memorial and Community Facility Shiome in Ofunato City or other disaster memorial facilities in the area.



Check here for details

The Michinoku Coastal Trail website contains information on various routes and tips for beginners. Plan carefully before starting your hike.



Michinoku Trail Club

Miyako City, Iwate

2 days, 1 night

Recommendation from the Jodogahama Visitor Center!

Jodogahama area route

Walking distance Approx. 27.3 km
Walking time Approx. 12 hr. 45 min.

Start

9:30 AM

Bus stop in front of Miyako Sta.



1

9:50 AM

●浄土ヶ浜ビジターセンター

Jodogahama Visitor Center

☎0193-65-1690

Get information on the Michinoku Coastal Trail and the Sanriku Fukko National Park, which opened in 2013 to promote the reconstruction of the Sanriku area.

☎32-69 Hitachihama, Miyako-shi ☎17-min. bus ride from JR / Sanriku Railway Miyako Sta. on the Northern Iwate Transportation bus to Miyako-Byojin-mae or Oku-Jodogahama; brief walk from the Jodogahama Visitor Center stop
☎Free ☎9:00 AM-5:00 PM ☎Open year-round ☎Available

☎Its features include a theater showing highlights of the Sanriku Fukko National Park



10:30 AM

●宮古うみねこ丸

2 Miyako Umineko Maru

☎0193-65-8856 (Miyako Sightseeing Boat Business Department, Northern Iwate Transportation Inc.)

Starting from and returning to Jodogahama Beach or Desaki Pier, the boat takes you to famous spots in Miyako Bay, such as Koyasu Jizo, Ura-Jodogahama, and Rosoku Iwa (Candle Rock). You can also feed black-tailed gulls for 200 yen.

☎32-69 Hitachihama, Miyako-shi (Jodogahama Sightseeing Boat departure/arrival point) ☎3-min. walk from the Jodogahama Visitor Center bus stop ☎Desaki Pier to Jodogahama Beach: 500 yen; 250 yen for children / Bay cruise: 1,500 yen; 750 yen for children ☎Desaki Pier departures: 9:00 AM-4:10 PM *7 tours per day (depends on the season)
☎Tue. (daily service: Jul. 1-Aug. 31); may not be in service in winter ☎Available
☎See the majestic scenery of Jodogahama from the spacious observation deck

0.2 km
3 min



Feeling exhausted,
I looked around and
there was beautiful
scenery.

In October 2022, Mr. Ikuzo Tsuchido, at age 87, became the oldest person to complete the full length of the Michinoku Coastal Trail. He shared with us what inspired him and what he found memorable.

Special
Interview

Mr. Ikuzo Tsuchido

Born in May 1935 in Tochigi. In 1987, moved to Watari Town, Miyagi and began running a premium timber manufacturing business. Retired in 2020.



Started hiking in nearby areas

I retired in May 2020 upon turning 85 years old. I love mountains, and I had planned to see the mountains in Switzerland after retiring. But then the COVID-19 pandemic struck, and I could not. So, I decided to hike places I could make day trips to and began hiking the Michinoku Coastal Trail that fall. At that time, I never imagined I would end up walking its full length.

Determination pushes me to finish

Once I started, I wanted to walk the next section and then the next section. For the distant locations, my daughter or grandchild drove me or walked with me. I walked 73 days in two years. It's hard to believe. To be honest, I do not feel joy or pleasure while I am walking. Sometimes I walked over 20 kilometers a day on hilly paths. Once I even came face-to-face with a large bear on a mountain trail. I just kept walking, determined to safely reach my goal for that day.



Discovered stunning views

When I got tired and took a short break, Sanriku's beautiful scenery came into view. I was particularly struck by the sight of waves crashing against sheer cliffs and seabirds flocking to the rocky shores. I hope many more people will walk this trail. I recommend starting with a section that is easy to get to. Once you discover the stunning views, you will want to walk the other sections as well.

Top: May 2021, Mt. Hashikami, Aomori / Bottom: October 2021, fishing port in the Hakozi Peninsula, Iwate (both photos taken by Mr. Tsuchido's grandchild, Mr. Shotaro Kobayashi)



11:30 AM

3 Jodogahama Rest House

● 浄土ヶ浜レストハウス

Serves dishes such as seafood rice bowls with locally sourced ingredients and Jodogahama-inspired curries. There is a gift shop on the first floor and an observatory on the third floor.

③32 Hitachihamacho, Miyako-shi ⑤15-min. drive from JR / Sanriku Railway Miyako Sta. ⑤10:30 AM-2:00 PM; gift shop: 8:30 AM-5:00 PM (depends on the season) ⑤No regular closings ⑤Available at the Jodogahama parking lots



0.5 km
6 min.

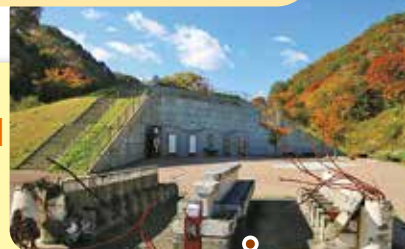
⑤Savor the flavors of the mountains and sea while gazing at Jodogahama

9:00 AM

5 Tsunami Memorial Park Nakanohama

● 震災メモリアルパーク中の浜

Traces of the devastation caused by the Great East Japan Earthquake tsunami are preserved as "disaster ruins." Once a verdant campground, it now has a "memorial hill" made from tsunami debris and more. DATA → P. 35



⑤The damaged cookhouse, toilets, and other remains can be seen

2.7 km
1 hr.

Day 2
8:00 AM

4:00 PM

6 The Tsunami Remains Taro Kanko Hotel

● 津波遺構 たろう観光ホテル

A former hotel has been turned into "tsunami ruins." Those with a Disaster Prevention Tour Guide can get a look inside (the 1-hour course costs 4,000 yen or more, and the 2-hour course costs 10,000 yen or more; reservations required).

DATA → P. 32

⑤Free entry (exterior). Guided tours available from 9:00 AM-5:00 PM



13.1 km
6 hr.
30 min.

5:00 PM

● 休暇村陸中宮古

Stay Kyukamura Rikuchu-Miyako

⑤0193-62-9911

The buffet featuring seasonal seafood and the artificial radium hot spring bathhouse are popular. Stargazing events are held on clear nights.

③18-25-3 Sakikuwagasaki, Miyako-shi ⑤20-min. drive from JR / Sanriku Railway Miyako Sta. ⑤1 night with 2 meals (1 Japanese room, 2 people) for 14,000 yen or more per person ⑤Check-in: 3:00 PM; check-out: 10:00 AM ⑤Available

⑤A lodging near the center of the Sanriku Coast



4:00 PM

● 潮吹穴

4 Blowhole

⑤0193-68-9091 (Tourism Department, Miyako City)

⑤The spray is high when the waves are rough. There may be no spray when the waves are calm

1.1 km
45 min.

It is found along the coast between the Hideshima district and Kyukamura Rikuchu-Miyako. Due to wave pressure, seawater is released through a hole in the rock, spraying mist up to 30 meters high. It is designated a national Natural Monument.

③Sakikuwagasaki, Miyako-shi ⑤20-min. drive from JR / Sanriku Railway Miyako Sta. *10-min. walk to the observatory from the parking lot ⑤Free entry ⑤Available



5:20 PM

● 三王園地

7 Sanno Park

⑤0193-68-9091 (Tourism Department, Miyako City)

Offers sweeping views of the Sanno-iwa Rocks, comprising Otoko-iwa Rock (37 meters tall), Onna-iwa Rock (21 meters tall), and Taiko-iwa Rock (13 meters tall), as well as the Sagabe Cliffs and the Omoe Peninsula.

③Taroaozari, Miyako-shi ⑤5-min. drive from Sanriku Railway Shin-Taro Sta. ⑤Free entry ⑤Available

⑤The Sanno-iwa Rocks are designated a prefectural Natural Monument

1.4 km
20 min.

2.2 km
30 min.

6:00 PM Goal Shin-Taro Sta.

Aomori

Maximum seismic intensity
5 Upper
Wetted surface area
24 km²
Maximum inundation height
11.18 m
(Hachinohe City)

Total collapse
308 bldg.
Incomplete collapse
701 bldg.
Partial collapse
1,005 bldg.

Deceased
3 people
Missing
1 person
Injured
110 people

The first tsunami wave reached Hachinohe City at 3:22 PM, and the largest wave reached at 4:57 PM. The tsunami broke and washed away observation equipment and prevented the collection of accurate data. Some suggest that even larger waves may have followed. Tsunamis have also been confirmed in Mutsu Bay and along the coast of the Sea of Japan, according to studies by the Ministry of Land, Infrastructure, Transport and Tourism and others.

In Aomori, deceased and missing people were concentrated near fishing

ports in Hachinohe City and Misawa City. Nearly 90% of completely and incompletely collapsed homes combined were in Hachinohe City, with the remaining 10% in Misawa City, Oirase Town, and Hashikami Town. Most of the human casualties and housing damage were caused by the tsunami.

Hachinohe City, which suffered significant damage, formulated a 10-year "Hachinohe City Reconstruction Plan" in 2011. The city promoted early recovery efforts and continues to engage in creative efforts toward reconstruction.

The events of 3.11



1



2



3

1 Fishing boats swept onto the streets of Hachinohe City

2 The Shirahama Beach in Hachinohe City became filled with debris

3 Roads at the Misawa fishing port were scattered with fishing equipment and other debris

4 Prefectural Route 19 in Oirase Town was closed due to tsunami damage

5 Residential areas in the Kawaguchi district in Oirase Town also suffered damage

6 Tsunami waves surged into the Oja district in Hashikami Town. Fortunately, there were no human casualties



4



5



6

Photos: Aomori Prefectural Government

Chronicles of the Reconstruction

2011

- March 14** ... Konan Railway fully resumes service
- March 15** ... JR Tsugaru Line fully resumes service
- March 16** ... Hachinohe City fish markets partially reopens
- March 17** ... Applications begin to be accepted for prefectural housing for affected people
JR Ominato Line fully resumes service
Aomori Railway fully resumes service
- March 19** ... JR Gono Line fully resumes service
- March 20** ... Tohoku Electric Power's Hachinohe Thermal Power Station resumes operation
- March 26** ... Aomori begins accepting temporary evacuees from outside the prefecture
- April 6** ... Power outages in Aomori fully resolved

📍 Damage near Hattaro Wharf No. 1 (photographed on March 12, 2011, Hachinohe City)



📍 Near the restored Hattaro Wharf No. 1 (Hachinohe City)

📍 The Tatehana Wharf Morning Market, bustling with people (Hachinohe City)



📍 Unloading at Fish Market No. 1 (Hachinohe City)



- April 23** ... Aomori Destination Campaign "Ganbaro Nippon! Ganbaro Tohoku!" kicks off (until July 22)
- April 30** ... All public facility evacuation shelters closed
- May 7** ... Misawa City fish markets reopens
- June 1** ... Aomori begins providing free private rental housing to evacuees from outside the prefecture
- July 3** ... Tatehana Wharf Sunday Morning Market reopens, attracting approx. 60,000 visitors
- July 19** ... Hachinohe City fish markets fully reopens

Messages for the Future

Read firsthand accounts from people who experienced the Great East Japan Earthquake. Try to imagine the emotions that went through their minds at the time.

*Excerpts from Aomori, 東日本大震災 平成23年3月11日 —その記録と記憶— ("Great East Japan Earthquake March 11, 2011: Its Archives and Memories"), March 2013.

At 2:46 PM on March 11, 2011, a massive earthquake struck suddenly. Objects fell off the shelves in the office, and I was filled with fear. Shortly afterwards, the power went out, and the phone lines were cut off. As work became impossible, all employees were sent home.

Traffic signals were out of order, causing long traffic jams. Seeing this reality deepened my sense of fear as I made my way home.

On this day, the Hachinohe Traffic Safety Association's Numadate and Shiroshita Branch was supposed to hold a regular general meeting at the Miyagi Community Learning Center, but the meeting was canceled due to the earthquake. As the Community Learning Center was designated as an evacuation area, members of the Women's Division made the suiton dumpling soup they had prepared for the meeting, and served it to the large group of evacuees instead.

Since stoves could not be used, we boiled water, poured it into PET bottles, and placed them in several locations to help people stay warm in the cold.

I pray that future generations will never experience such an unprecedented disaster that may or may not occur once in a millennium.

Tomie Miura (Hachinohe City),
General Manager of the Women's Division
Numadate and Shiroshita Branch,
Hachinohe Traffic Safety Association

My shop and home were damaged by the tsunami from the Great East Japan Earthquake. I never imagined that I myself would be caught in a once-in-a-century disaster. On that day, I was working at a processing facility. When the earthquake struck, the power went out, and something felt a little different from other earthquakes. For the time being, I decided to evacuate to a relative's house on higher ground. I can still vividly recall standing by the railroad tracks and seeing dark black waves reaching the road below, sweeping away the fishing huts as if they were movie props. Until I watched TV two days later, I thought I was one of the worst-hit victims. I remember I was overcome with tears thinking about how small my losses seemed compared to those of the people in Fukushima, Miyagi, and Iwate.

At that time, thinking about the future made me feel anxious. However, knowing that customers were waiting gave me the determination to start over, and I quickly took action. People in Hashikami Town were unscathed, and we could not be more thankful.

Following this disaster, the town received an outpouring of donations and support from people all over Japan. We are truly grateful for this. I will work hard to do everything I can to contribute to the community.

While major disasters may continue to occur in the future, I will first and foremost protect my own life and work together with the community to safeguard our livelihood.

Toshiko Nishimura (Hashikami Town),
General Manager of the Women's Division
Hashikami Town Society of Commerce and Industry

Sources:

- Aomori, 東日本大震災 平成23年3月11日 —その記録と記憶— ("Great East Japan Earthquake March 11, 2011: Its Archives and Memories"), March 2013.
- Japan Meteorological Agency, seismic intensities of various areas from "The 2011 off the Pacific Coast of Tohoku Earthquake," December 2012.
- Geospatial Information Authority of Japan, 津波による浸水範囲の面積 (概略値) について (第5報) ("Tsunami Inundation Area (Approximate Values) (5th Report)"), April 18, 2011.
- Tsunami Trace Database in Japan, International Research Institute of Disaster Science, Tohoku University, field survey results of the 2011 Tohoku Earthquake Tsunami Joint Survey Group.
- Disaster Response Headquarters, Fire and Disaster Management Agency, 平成23年(2011年)東北地方太平洋沖地震(東日本大震災)について (第164報 別紙) ("2011 off the Pacific Coast of Tohoku Earthquake (Great East Japan Earthquake) (Report No. 164, Appendix)", 2 PM, March 8, 2024.

●八戸市
Hachinohe City

Learn about disaster preparedness on a hill overlooking a damaged port

Hachinohe City Minato Experience & Learning Center

●八戸市みなと体験学習館

Damage in Hachinohe City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	9 km ²	11.18 m	254 bldg.	624 bldg.	851 bldg.	1 person	1 person	71 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



"Earthquake Time Tunnel" is located in the center of the Disaster Prevention Learning Floor (first floor). Walk through the corridor installed with monitors on the front and sides. Visuals and sound effects create a realistic simulation of the approaching tsunami and other impacts of the Great East Japan Earthquake



"Minato Wide Scope" is on the History and Culture Learning Floor (second floor). Projected onto a large screen, 2.6 meters tall and 13 meters wide, are images of local attractions, including traditional events such as the Hachinohe Sansha Taisai Festival and the Hachinohe Enburi Festival, as well as scenic views of the Tanesashi Coast

"Earthquake Time Tunnel" leads out to "Tsunami Archive." It displays the events of the Great East Japan Earthquake in chronological order through photographs and newspaper articles. It also describes the recovery process and the support extended to affected areas

Exhibit

A Place to Connect

Facility guide

Wheelchair OK

Facility DATA

●八戸市みなと体験学習館

Hachinohe City Minato Experience & Learning Center

☎ 0178-38-0385

① 67-7 Tatehana, Minatomachi, Hachinohe-shi

② 10-min. walk from JR Mutsu-Minato Sta.

🕒 9:00 AM~7:00 PM (Jul./Aug.: Until 9:00 PM; Sun. in Jul./Aug.: 6:30 AM~9:00 PM)

✖ Mon. (or the next day when Mon. is a national holiday)

🆓 Free

🚌 Available (Large buses: Available)

The port city of Hachinohe was the most severely damaged area in Aomori. In Tatehana Park on a hill overlooking Hachinohe Port, the Hachinohe City Minato Experience & Learning Center opened in July 2019 as a place for learning about the history and culture of the area and the impact of the Great East Japan Earthquake.

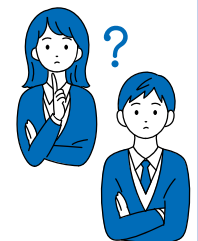
The Disaster Prevention Learning Floor (first floor) features exhibits such as "Earthquake Time Tunnel," which allows visitors to experience the sights and sounds of the disaster as if they were there, "Tsunami Archive," which contains records of the disaster's onset to the recovery process, and a display of disaster survival supplies. The exhibits are designed for learning about the disaster and raising disaster awareness. On the History and Culture Learning Floor (second floor), visitors can immerse themselves in the local history and culture through exhibits such as "Minato Wide Scope," which showcases the attractions of Hachinohe, and "Mini Diorama," which recreates scenes from the late 1950s to the early 1960s.

Worth visiting is the observatory in Guretto Tower Minato, also located in Tatehana Park, for sweeping views of Hachinohe's port and cityscape (admission is free).



Consider This

Q1 On the center's second floor is the Minato Cafe. Here, you can eat something that is rarely served in Aomori, food that tastes good even if it is cold. What is it?



If a Disaster Strikes...

What would you do?

Earthquakes and tsunamis

Step

1



Earthquakes do not necessarily occur when you are at home. You could be at work, on a train, or even walking your dog. While it is difficult to imagine and prepare for every possible scenario, remember that you are responsible for your own life. It can be hard to make calm and rational decisions in an emergency. That is why it is all the more important to empower yourself with disaster preparedness knowledge.

Kei Gentile
Disaster memorial writer

When an earthquake strikes a major city

The predicted Tokyo Inland Earthquake or the Nankai Trough Earthquake is anticipated to cause tsunami damage and many other impacts unique to large cities. Old buildings may collapse, and cracked exterior walls or shattered window glass may fall. High communication volumes may result in phone or internet disruptions. Traffic congestions may make evacuation difficult. What will happen when and where is entirely unpredictable.

Building collapse



Major traffic jam

Beep! Beep!

Honk! Honk!

Vroom



Communication disruption

(Silence)



Jolt!

Strong shaking

Rumble

Rumble

Jolt!



Evacuation route

If an earthquake occurs

If you feel an earthquake, or hear or see an earthquake early warning, remain calm and ensure your safety. When indoors, it is important to cover your head, avoid rushing outside, extinguish fires if possible (but do not put yourself at risk to do so), and open doors to secure an evacuation route. If you are outdoors, watch out for falling objects such as collapsing block walls or window glass and move to a safe location.

If a tsunami occurs

If you feel strong or prolonged shaking, or hear or see a tsunami warning, move away from the coastline without waiting for evacuation instructions and seek the highest ground possible. It is difficult to predict all tsunamis with accuracy. In the case of the Great East Japan Earthquake, some of the tsunami heights far exceeded initial forecasts. Since tsunamis can strike in first and subsequent waves, stay put until tsunami warnings and advisories are lifted. Until then, do not return to your home or workplace.

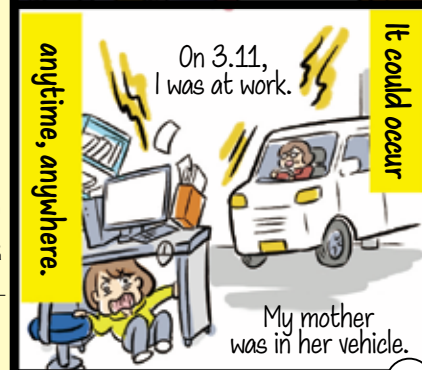
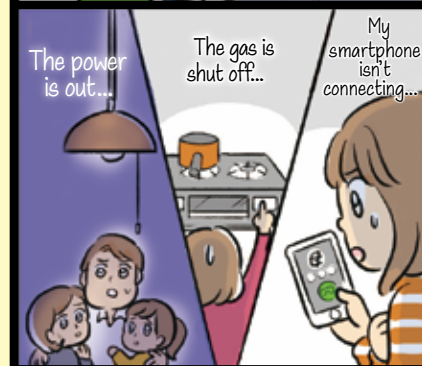
①Evacuation tower (top) and tsunami evacuation sign (bottom)



Author profile / ico.
Born in Yuriage, Natori City, Miyagi, and currently resides in Fukushima City. Illustrator and certified disaster prevention specialist. Having experienced two disasters—the Great East Japan Earthquake and Typhoon No. 19 (Hagibis)—ico. is now engaged in efforts to convey the importance of disaster prevention in an easy-to-understand manner.

"Anytime, Anywhere"

ico. Disaster prevention illustrator



"防災の手引き～いのちとくらしをまもるために～" Prime Minister's Office
("Disaster Prevention Guide: To Protect Lives and Livelihoods").
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("Disaster Prevention Information: Mitigating Disasters Together").
https://www.bousai.go.jp/oyakudachi/info_general.html (accessed August 28, 2024)

Aomori

Explore
the Tohoku
region

A Quick Guide

Aomori abounds with natural beauty, including the Shirakami Sanchi World Heritage Site, the Oirase Gorge, and the Shimokita Peninsula. Also enjoyable to see and discover are Jomon culture and art as well as the Nebuta Festival.



1 First, check
the key attractions
in popular areas



Aomori Town

●三内丸山遺跡

Sannai Maruyama Site

☎017-766-8282 (Jomon Jiyukan)

One of the largest Jomon settlement sites in Japan. Surviving remains, reconstructed buildings, and excavated artifacts offer a glimpse into the lives of the Jomon people.

☎305 Maruyama, Sannai, Aomori-shi ☎5-min. drive from Aomori IC, Tohoku Expwy ☎410 yen; 200 yen for high school / university students; free for jr. high school students and younger *The special exhibition charges a separate fee. ☎9:00 AM-5:00 PM (Golden Week holiday and June-Sept.: Until 6:00 PM; last entry is 30 min. before closing) ☎4th Mon. (or the next day when the 4th Mon. is a national holiday) ☎500 spaces

Aomori Town

●ねぶたの家 ワ・ラッセ

Nebuta Museum Wa Rasse

☎017-752-1311

Displays large Nebuta floats and holds festival music performances. Enjoy the Aomori Nebuta Festival year-round.

☎1-1-1 Yasukata, Aomori-shi ☎Brief walk from JR Aomori Sta. ☎620 yen; 460 yen for high school students; 260 yen for elementary / jr. high school students ☎Nebuta Museum: 9:00 AM-6:00 PM (May-Aug.: Until 7:00 PM; last entry is 30 min. before closing) ☎Aug. 9 and 10 ☎80 spaces



Shirakami Sanchi and Tsugaru West Coast

●白神山地

Shirakami Sanchi

☎0172-85-2810 (Shirakami Sanchi Visitor Center)

A mystical forest of intact beech trees. Has various trails, including those for beginners.

☎Southwestern area of Aomori-northwestern area of Akita ☎1 hr.-drive from Owani-Hirosaki IC, Tohoku Expwy ☎☎☎Free entry ☎Depends on the route

Oirase Gorge, Towada, and Hakkoda

●奥入瀬渓流

Oirase Gorge

☎0176-75-2425

(Lake Towada Information Center)

Flowing from Lake Towada, a lush green tunnel stretches for approximately 14 kilometers. Visitors can stroll through the gorge while admiring the clear streams and waterfalls.

☎Okuse, Towada-shi ☎1-hr. drive from Kosaka IC, Tohoku Expwy ☎☎☎Free entry ☎200 spaces available at Yakeyama Parking

Must
try!

Local foods



Oirase Gorge, Towada, and Hakkoda

Towada barayaki

A popular dish of beef short ribs and onions stir-fried in a sweet and salty soy-based sauce.



Across Aomori

Jappa-jiru

A miso-based soup made with the heads, bones, and guts of codfish. It is a must-have winter dish in Tsugaru.

Shimokita Peninsula

Oma tuna

Bluefin tuna that is firmly fleshed and rich in fat. The tuna landed in Oma Town is of premium quality.



Across Aomori

Kaiyaki miso

A local dish that uses a scallop shell as a pan. The scallop simmered in a miso-flavored broth and a beaten egg is absolutely delicious.



Seasonal events

Hirosaki

Hirosaki Cherry Blossom Festival

☎0172-37-5501 (Hirosaki Municipal Tourist Center)

Held from late April through early May. Approximately 2,600 cherry trees bloom in full glory throughout Hirosaki Park, home to Hirosaki Castle.



Aomori Town

Aomori Nebuta Festival

☎017-723-7211 (Aomori Tourism and Convention Association)

Held annually on August 2-7. Float lanterns featuring warriors, kabuki, and other motifs parade through the streets.

Tsugaru Peninsula and Goshogawara

Goshogawara Tachineputa Festival

☎0173-38-1515 (Goshogawara City Tourist Association)

Held annually on August 4-8. Enormous floats up to about 23 meters high parade through the streets.



Getting there from Tokyo

To Hachinohe

Train

JR Tokyo Sta.

Tohoku Shinkansen
"Hayabusa" /
Approx. 2 hr. 40 min.

JR Hachinohe
Sta.

Express Bus

Shinjuku
Expressway
Bus Terminal

Northern Iwate
Transportation
"MEX Hachinohe-Misawa"
bus / Approx. 9 hr. 35 min.

In front of
Hachinohe
Sta.

Tokyo Sta.
Yaesu South
Exit

Towada Kanko Dentetsu
and Kokusai Kogyo Bus
"Sirius" /
Approx. 9 hr. 15 min.

Hachinohe
Sta.
East Exit



Hachinohe

●館鼻岸壁朝市

Tatehana Wharf Morning Market

☎070-2004-6524 (Minato Sunday Morning Market Cooperative)

A massive morning market selling not only fresh seafood landed in Hachinohe but also vegetables, sweets, and miscellaneous goods.

⑤Shinminato, Hachinohe-shi (Tatehana Wharf, Hachinohe Fishing Port) ⑩10-min. walk from JR Mutsu-Minato Sta. ⑤Sunrise-around 9:00 AM (mid-Mar.-late Dec. on Sun. only) ⑤Jan.-early Mar. ⑤500 spaces



Hachinohe

●八食センター

Hasshoku Center

☎0178-28-9311

The Market Building has around 70 shops. At Shichirin-mura, you can grill the seafood you just purchased over a charcoal brazier. There are also a variety of eateries.

⑤22-2 Kansai, Kawanag, Hachinohe-shi ⑤10-min. drive from Hachinohe IC, Sanriku Coast Expy ⑤9:00 AM-6:00 PM (Kuray Stadium: Until 9:00 PM, Aji Yokocho: Until 6:00 PM; depends on the store) ⑤Wed. (open when Wed. is a national holiday) ⑤1,500 spaces



Hachinohe

●八戸屋台村 みろく横丁

Hachinohe Yataimura Miroku Yokocho

☎0178-38-3692

Located in Hachinohe's city center, Miroku Yokocho has 26 food establishments. It has an open atmosphere, and tourists can enter casually.

⑤25 Mikkamachi-10 Muikamachi, Hachinohe-shi ⑤10-min. walk from JR Hon-Hachinohe Sta. ⑤Depends on the store ⑤Not available

Hashikami wase Hashikami soba

Soba noodles made from "Hashikami wase," a variety of buckwheat native to Hashikami Town, have a deliciously firm texture and rich flavor.



Hashikami

Seaweed ramen

Suki-kombu (kelp that has been boiled, dried, and cut) are kneaded into the noodles. This local ramen with a scent of the ocean delights your senses.

Hachinohe and Hashikami Ichigoni

A clear soup with sea urchin and abalone. It is said to have been a staple food for fishing families in Hashikami Town.



Hachinohe

Hachinohe ramen

A soy-sauce-based ramen with broth made from dried sardines and chicken bones. It has a classically light flavor.

Hachinohe Squid dishes

Hachinohe has one of the largest squid landings in Japan. Savor a variety of squid dishes, including live squid sashimi.



Hachinohe

Hachinohe senbei-jiru

A local soup with Nanbu senbei crackers. The chewy texture of the crackers is irresistible.

2 Coastal attractions to visit in conjunction with memorial facilities

Hachinohe

Hachinohe Sansha Taisai Festival

☎0178-70-1110

●八戸三社大祭

(Visit Hachinohe)

Held annually on July 31-August 4 in central Hachinohe City. This traditional event is steeped in over 300 years of history and culture. The solemn shrine procession and elaborately decorated floats are must-sees!



Hashikami

●階上岳

Mt. Hashikami

☎0178-88-2875 (Fisheries, Commerce, and Tourism Group, Industry Promotion Division, Hashikami Town)

This 739-meter-high mountain offers hiking and camping, among other activities. The azaleas are at their peak from late May to early June.

⑤Toyabe, Hashikami-cho ⑤20-min. drive from Tanesashikaigan-Hashikamidake IC, Sanriku Coast Expy to the trailhead ⑤Free entry ⑤Available

Hashikami

●階上海岸

Hashikami Coast

☎0178-88-2875 (Fisheries, Commerce, and Tourism Group, Industry Promotion Division, Hashikami Town)

Enjoy fishing, tide pooling, hiking, and more while taking in the stunning coastal scenery!

⑤Oja-Kobunato, Hashikami-cho ⑤10-min. drive from Tanesashikaigan-Hashikamidake IC, Sanriku Coast Expy ⑤Free entry ⑤Available



Delicious foods in this area

Hashikami

Hashikami wase Hashikami soba

Soba noodles made from "Hashikami wase," a variety of buckwheat native to Hashikami Town, have a deliciously firm texture and rich flavor.



Hashikami

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Hachinohe

Hachinohe senbei-jiru

A local soup with Nanbu senbei crackers. The chewy texture of the crackers is irresistible.

Iwate

Maximum seismic intensity
6 Lower
Wetted surface area
58 km²
Maximum inundation height
38 m (Miyako City)

Total collapse
19,508 bldg.
Incomplete collapse
6,571 bldg.
Partial collapse
19,068 bldg.

Deceased
5,147 people
Missing
1,107 people
Injured
213 people

The coastal areas of Iwate have been hit by numerous large tsunamis in the past. They include the Sanriku Earthquake tsunamis of 1896 and 1933, as well as the Chile Earthquake tsunami of 1960. However, the tsunami of the Great East Japan Earthquake was even more devastating, causing catastrophic damage across the region.

The human toll, including deceased, missing persons, and injuries, rose to 2.3% of the coastal population as of December 31, 2019. Furthermore, more than 26,000 housing units collapsed, either fully or incompletely. Most of this

damage was due to the tsunami.

Reconstruction efforts are currently being promoted under the "Iwate Prefecture Citizens' Plan (2019–2028)." All 5,833 disaster public housing units planned for construction were completed by December 2020. By December 2021, the Reconstruction Roads—the Sanriku Expressway and roads connecting the inland and coastal areas—became fully operational. Both physical and social infrastructure development are further accelerating the reconstruction process.

The events of 3.11

1 The former Otsuchi Elementary School (now Otsuchi Town Hall) suffered extensive damage from the tsunami and subsequent fire (Otsuchi Town).

2 On the street in front of the Noda Village Hall, workers are standing motionless, staring at the rubble in a daze (Noda Village).

3 An elevated bridge of the Sanriku Railway in the Shimanokoshi district was also destroyed by the tsunami (Tanohata Village).

4 A tsunami sweeping over the embankment in front of the former city hall (Miyako City). **5** Photo taken from the rooftop of the Yamada Town Hall. Large-scale tsunami-induced fires broke out in the Yamada and Tanohama districts (Yamada Town).

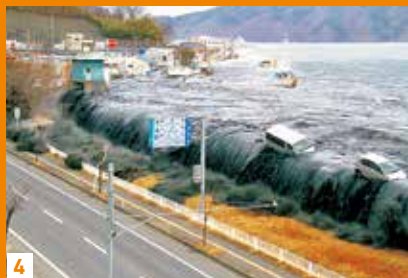
6 Underground Aquarium and Science Museum "Moguranpia" (→P. 25) in Samuraimachō, Kuji City. The administration building above ground collapsed completely due to the tsunami (Kuji City).

7 The tsunami struck the city center, drifting a large cargo ship into Kamaishi Port (Kamaishi City).

8 The city center after the tsunami struck (Ofunato City).

9 A flooded city hall (Rikuzentakata City).

*Photos courtesy of the municipalities inside the parentheses



Chronicles of the Reconstruction

2011

- March 16** ... Sanriku Railway's North Rias Line resumes service between Rikuchu-Noda and Kuji (two other sections resumed service by April 1)
- April 9** ... Residents begin to move into Iwate's first temporary housing units (Rikuzentakata City)
- July 26** ... Support missions by the Japan Self-Defense Forces end, and a ceremony to express appreciation held in front of the prefectural office
- August 11** ... All temporary housing units in the prefecture completed
- August 31** ... All evacuation shelters in Iwate close

Support missions by the Japan Self-Defense Forces end



Completed temporary housing units

2012

- February 10** ... The national government establishes the Reconstruction Agency, as well as the Iwate Regional Bureau of Reconstruction in Morioka City and branch offices in Miyako City and Kamaishi City
- April 1** ... Iwate Destination Campaign held
- December 10** ... Residents begin to move into disaster public housing for the first time in Iwate (Sakari Chuo Public Housing, Ofunato City)

2013

- March 2** ... Bus Rapid Transit (BRT) service begins between the JR Ofunato Line's Kesennuma Sta. and Sakari Sta.
- April 1** ... NHK TV series Amachan set primarily in Kuji City begins airing
- April 3** ... Sanriku Railway's South Rias Line resumes service between Sakari and Yoshihama
- July 3** ... "Miracle Pine Tree" preservation project completion ceremony held

BRT operations begin



Sanriku Railway South Rias Line



Miracle Pine Tree



2014

- March 31** ... Disaster debris processing ends
- April 5** ... Sanriku Railway's South Rias Line resumes service between Yoshihama and Kamaishi and becomes fully operational
- April 6** ... Sanriku Railway's North Rias Line resumes service between Omoto and Tanohata and becomes fully operational



"Sites of Japan's Meiji Industrial Revolution" are inscribed on the UNESCO World Heritage List

2015

- April 26** ... Kosode Ama Center newly built and opens (Kuji City)
- July 8** ... "Sites of Japan's Meiji Industrial Revolution," including the Hashino Iron Mining and Smelting Site in Kamaishi City, inscribed on the UNESCO World Heritage List

Disaster debris processing ends



2016

- January 27** ... 71st National Sports Festival of Japan "Land of Hope Iwate National Winter Sports Festival" held
- April 17** ... Namiita Kaigan Village opens along the Namiita Coast in Otsuchi Town
- April 23** ... Underground Aquarium and Science Museum "Moguranpia" (→P. 25) reopens
- October 1** ... 71st National Sports Festival of Japan "Land of Hope Iwate National Sports Festival" held
- October 22** ... 16th National Sports Festival for People with Disabilities "Land of Hope Iwate" held
- November 10** ... Shopping center "All" opens in Yamada Town



Namiita Kaigan Village



Underground Aquarium and Science Museum "Moguranpia"

2017

- April 27** ... Shopping and library complex "Abasse Takata" opens
- April 29** ... Commercial facility "Kyassen Ofunato" (→P. 12) opens
- December 8** ... Kamaishi Civic Hall "TETTO" opening ceremony held

Kyassen Ofunato



Kamaishi Civic Hall "TETTO"



Kamaishi Unosumai Memorial Stadium

2018

- June 2** ... Tohoku Kizuna Festival 2018 Morioka held
- June 10** ... Otsuchi Cultural Exchange Center Oshacchi (→P. 38) opens
- August 19** ... Kamaishi Unosumai Memorial Stadium completed, and opening event held
- October 1** ... The Miyako City central city hub facility "Eastpia Miyako" is offered for use
- December 14** ... The new building for Rikuzentakata City Kesen Elementary School constructed, completing the rebuilding of all 86 disaster-stricken public schools in Iwate

Opening event



Fiji vs. Uruguay, Rugby World Cup 2019 in Japan

2019

- March 9** ... All sections of the Reconstruction Road "Tohoku Odan Expressway (Kamaishi-Akita Route)" open
- March 23** ... All sections of Sanriku Railway's Rias Line open
- June 9** ... All routes on the Michinoku Coastal Trail open
- September 22** ... Iwate Tsunami Memorial Museum (→P. 46) opens
- September 25** ... Fiji vs. Uruguay match of the Rugby World Cup 2019 in Japan held at Kamaishi Unosumai Memorial Stadium
- November 5** ... Establishment of all 5,550 disaster public housing units in the coastal area completed

2020

- March 22** ... The Olympic flame, the "Flame of Recovery," arrives in Iwate (Ofunato City, Miyako City, Otsuchi Town, and Yamada Town)
- May 18** ... Shin-Taro Sta. on the Sanriku Railway Rias Line opens (Miyako City)
- August 1** ... Ofunato Port Nonoda District Green Park (San Andres Park) opens (Ofunato City)
- December 7** ... Disaster public housing operated by Iwate, "Minami Aoyama Apartment" (Morioka City) constructed, completing the establishment of all 5,833 disaster public housing units in the prefecture
- December 17** ... "Rikuzentakata Fermentation Park CAMOCY" opens in the Imaizumi district, Kesen Town, Rikuzentakata City

2021

- January 23** ... Linked road for community development, "Major Local Road Omoe Peninsula Line," completed (Miyako City and Yamada Town)
- March 28** ... All sections of the Reconstruction Road "Miyako-Morioka Odan Road" open
- December 18** ... All sections of the Reconstruction Road "Sanriku Coast Expressway" open

2022

- July 18** ... Miyako City Sightseeing Boat "Miyako Umineko Maru" (→P. 14) enters service

2023

- June 4** ... 73rd National Tree Planting Festival Iwate 2023 held

Sources:

- Iwate, 岩手県東日本大震災津波の記録 ("Iwate Prefecture Record of the Great East Japan Earthquake and Tsunami," March 2013).
- Japan Meteorological Agency, seismic intensities of various areas from "The 2011 off the Pacific Coast of Tohoku Earthquake," December 2012.
- Geospatial Information Authority of Japan, 津波による浸水範囲の面積 (概略値) について (第5報) ("Tsunami Inundation Area (Approximate Values) (5th Report)," April 18, 2011).
- Tsunami Trace Database in Japan, International Research Institute of Disaster Science, Tohoku University; field survey results of the 2011 Tohoku Earthquake Tsunami Joint Survey Group.
- Disaster Response Headquarters, Fire and Disaster Management Agency, 平成23年(2011年)東北地方太平洋沖地震(東日本大震災)について(第164報 別紙) ("2011 off the Pacific Coast of Tohoku Earthquake (Great East Japan Earthquake) (Report No. 164, Appendix)," 2 PM, March 8, 2024.
- Iwate, "IWATE Moving Toward Reconstruction (6th ed.)," May 2023.
- Disaster Prevention Division, Department of Reconstruction and Disaster Prevention, Iwate, 東北地方太平洋沖地震に係る人的被害・建物被害状況一覧 ("A List of Human and Structural Damage from the Earthquake Off the Pacific Coast of Tohoku"), July 31, 2024.

Photos: Iwate Prefectural Government

● 洋野町
Hirono
Town

A monument that saved the region
from the Great East Japan Earthquake

Kawashiri Tsunami Memorial Tower

● 川尻津波供養塔

Damage in Hirono Town

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
4	1 km ²	8.19 m	10 bldg.	16 bldg.	40 bldg.			

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Memorial
Monument
●
Park

Facility DATA

● 川尻津波供養塔

Kawashiri Tsunami Memorial Tower

☎ None

📍 Dai-27-chiwari 76-19 Taneichi, Hirono-cho

🕒 7-min. drive from Hirono-Taneichi IC, Sanriku Coast Expwy

🚗 Free entry

🚌 Available (Large buses: Available)



A panel installed next to the Kawashiri Tsunami Memorial Tower. The Kawashiri District Tsunami Memorial Service has been held here since 2019. This memorial tower raises awareness of the fact that earthquakes cause tsunamis, which contributed to the lack of casualties during the Great East Japan Earthquake



The front of the tsunami memorial tower reads, "March 3, 1933/ Constant vigilance against unforeseen tsunamis / 3:02 AM." The Kawashiri district has passed down the lesson on this monument by continuing to hold evacuation drills in preparation for earthquakes

The 12-meter-high Kawashiri Seawall stretches out beyond the field with the tsunami memorial tower. The upper part of the seawall is a promenade for pedestrians. The promenade leads to a floodgate that prevents tsunamis from traveling up the river

During the 1933 Sanriku earthquake, a seven-meter-high tsunami hit the Kawashiri district, sweeping away half of the houses and killing 107 people. The Kawashiri fishing port east of the memorial tower also completely collapsed, taking many fishing boats with it. Whenever a major earthquake struck this area, including the 1896 Sanriku earthquake, the district suffered tsunami damage.

The Kawashiri Tsunami Memorial Tower stands in an open field by the sea, 1.6 kilometers northwest of Hirono Town's current Taneichi Town Hall. The monument was erected in 1934 with part of the donated funds. The front of the monument reads, "Constant vigilance against unforeseen tsunamis," while the names of the tsunami victims are listed on the back.

The Kawashiri district was again struck by a tsunami during the Great East Japan Earthquake. This time, however, the lesson memorialized on the monument was put into practice, and the 12-meter-high seawall and floodgate built in front of the monument saved the Kawashiri district from casualties and major damage.

Consider This

Q1 The Kawashiri Tsunami Memorial Tower reads, "March 3, 1933 / Constant vigilance against unforeseen tsunamis / 3:02 AM." What was the scale of damage at this time?



A1 About 3,000 people died or went missing in Iwate, and Hirono Town (then Taneichi Town and Nakano Village) lost 107 people. The names of five of these victims are inscribed on the back of the memorial tower.

●久慈市
Kuji City

An aquarium that bounced back from
the Great East Japan Earthquake

Underground Aquarium and
Science Museum
“Moguranpia”

●久慈地下水族科学館 もぐらんぴあ

Damage in Kuji City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Lower	4 km ²	15.45 m	65 bldg.	213 bldg.	339 bldg.	4 people	2 people	10 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.



Sakana-kun became Moguranpia's head cheerleader after the Great East Japan Earthquake. He also sells fish he has raised, illustrations, original merchandise, and merchandise based off the mascot character Moguchan and Kamekichi



The third-floor disaster prevention exhibition room “Earthpia” displays photos from the disaster and shows how earthquakes and tsunamis work. The storytelling program by the aquarium director must be reserved at least one week in advance (fees and date/time to be arranged)

About 3,000 specimens representing 200 species are on display. You can enjoy demonstrations of *nanbu-moguri*, which became famous through the NHK TV series *Amachan*, and freediving by northern ama divers. Come and observe these traditional diving and freediving techniques

Other

(Aquarium)

Facility guide

Audio guide

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

●久慈地下水族科学館 もぐらんぴあ

Underground Aquarium and Science Museum
“Moguranpia”

☎ 0194-75-3551

📍 1-43-7 Mugyo, Samuraimachō, Kuji-shi

🚗 8-min. drive from Kuji-kita IC, Sanriku Coast Expwy

🕒 9:00 AM–6:00 PM (Nov.–Mar.: 10:00 AM–4:00 PM)

🗓 Mon. (or the next day when Mon. is a national holiday)

🎫 700 yen; 500 yen for high school / university students; 300 yen for elementary / jr. high school students; free for preschoolers

🅑 Available (Large buses: Available)
<https://www.moguranpia.com>



Facing the Pacific Ocean against the backdrop of the Kitakami Mountains, Kuji City is known as the city with the northernmost “ama” female free divers. Its city center is located at the far end of Kuji Bay. It is also home to a national petroleum stockpiling base, and Japan's only underground aquarium and science museum, Moguranpia, was built here using the base's work tunnels.

The aquarium completely collapsed due to the tsunami from the earthquake, but it reopened in its original location in 2016. Today, it has a display corner for merchandise and fish raised by Sakana-kun (Fish Guy), who supported the aquarium's reconstruction, and the Tank of the Sea of Kuji that recreates the sea off the Sanriku Coast. This tank hosts live demonstrations of *nanbu-moguri*, a traditional diving technique, and freediving by northern ama divers on weekends and national holidays. Kamekichi, a green sea turtle who survived the disaster, swims about energetically in the tunnel tank.

The “Earthpia” disaster prevention exhibition room on the third floor highlights the damage sustained by the facility, its recovery progress, and disaster preparations through actual photos of the disaster.

? ? Consider This

Q1 Kamekichi (“lucky turtle”) the green sea turtle is an iconic figure at Moguranpia and a symbol of the facility's recovery. Why is it known as such?



A1 Although most of the aquatic life on display died during the earthquake disaster, Kamekichi was miraculously confirmed to have survived. He was evacuated to an aquarium in Aomori and returned when Moguranpia reopened.

●野田村

Noda Village

An exhibition room that tells the story of the disaster, village life, and livelihoods

Noda Village Reconstruction Exhibition Room

●野田村復興展示室

Damage in Noda Village

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Lower	2 km ²	23.08 m	311 bldg.	168 bldg.	36 bldg.	39 people		19 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to Connect

Wheelchair OK

Facility DATA

●野田村復興展示室

Noda Village Reconstruction Exhibition Room

☎0194-78-2963 (Future Creation Promotion Division, Noda Village)

- 📍 17-107 Noda, Noda-mura
- 🚗 5-min. drive from Noda IC, Sanriku Coast Expwy
- 🕒 8:30 AM-5:15 PM
- 🗓 Sat., Sun., and national holidays
- 💰 Free
- 🚌 Available (Large buses: Available)



The diorama of Noda Village before the disaster was created in 2013 as part of the Iwate Scale Model Project for Restoring "Lost Homes." It was created based on local residents' memories and is filled with details about the lives, livelihoods, and memories of the area before the disaster



Albums and photographs that were swept away by the tsunami were cleaned by volunteers. The photographs were washed of sediment and debris, dried, and stored in the Noda Village Reconstruction Exhibition Room. This photo shows the photographs being returned to their owners



The theme of the exhibition is "What Noda Village wants to tell you." In order to pass on to future generations the thinking behind tsunami disaster prevention measures, the display panels show photos of the disaster damage in Noda Village, the process of recovery and reconstruction, and disaster prevention maps that serve as a record of the Great East Japan Earthquake

Located at the eastern foot of the Kitakami Mountains, Noda Village faces the Pacific Ocean from across Noda Bay. During the disaster, a tsunami easily breached the 12-meter-high seawall and caused devastating damage to coastal areas. The fishing and commercial industries, which were the village's main sources of income, were hit hard, and Noda Village carried out painstaking recovery work.

The Noda Village Reconstruction Exhibition Room was set up on the third floor of the rebuilt village health center to share details of the damage, lessons learned, and steps to recovery. Images and display panels trace the path from disaster to recovery, and a diorama in the center of the room, created based on the memories of local residents, shows what the village looked like before the disaster. The window looks out across the village, which has completed a land readjustment project and raised the height of the seawall to 14 meters.

Learn about life in the village and the livelihoods that have been maintained since before the disaster, as well as facts about the disaster and recovery process, while gazing out at the current state of the village. The exhibits clearly convey the spirit of the people of Noda Village.



Consider This

Q1 The diorama of Noda Village before the disaster, which is displayed in the center of the room, has many handwritten notes attached to it. What kind of things are written on them?



A1 The notes contain residents' memories and describe the lives, livelihoods, and traditions that have been passed down in Noda Village.

● 普代村

Fudai Village

A close call! The miraculous floodgate that spared a village

Fudai Floodgate

● 普代水門

Damage in Fudai Village



*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



This panel introduces the achievements of the late Kotoku Wamura, the former mayor who devoted himself to the construction of the Fudai Floodgate. He was first elected as mayor after World War II and served 10 terms over a 40-year period, contributing to the development of Fudai Village as its leader. His efforts truly saved the village from disaster



The Fudai Floodgate and the Otanabe Seawall prevented the tsunami from reaching residential areas and the central part of the village, resulting in no deaths and no damage to homes from the tsunami. For this reason, the Fudai Floodgate is also known as the "miraculous floodgate"

To express their heartfelt gratitude for the former mayor's foresight, the villagers vowed to pass on his lesson to future generations: "What has happened twice must not happen a third time." In 2013, a monument was erected with this phrase engraved on it



Other

(Floodgate)

Facility guide

*Reservation required

Facility DATA

● 普代水門

Fudai Floodgate

☎ 0194-35-2114 (Policy Promotion Office, Fudai Village)

📍 Dai-14-chiwari, Fudai-mura

🚗 2-min. drive from Fudai IC, Sanriku Coast Expwy

🆓 Free entry

🚌 Available (Large buses: Available)

Fudai is a small village with a population of around 2,300 people, located along the north coast of Iwate. Although a massive tsunami hit the area after the earthquake, the Fudai Floodgate, which is said to be the tallest in the Tohoku region at 15.5 meters, minimized the damage, and there were zero casualties from the tsunami. As the village had previously suffered many casualties in the tsunami caused by the 1896 Sanriku earthquake, the requirements for the design of the floodgate were set to protect the village from a tsunami of a similar magnitude. The floodgate was completed in 12 years after construction began in 1972.

The wise foresight and efforts of the mayor at the time were instrumental in the construction of the floodgate. Despite facing opposition from the national government and local residents, he persevered in persuading people and eventually made it happen. When the earthquake struck on March 11, an attempt was made to close the gate remotely, but because of a power outage, firefighters had to close the floodgate manually. The tsunami that arrived shortly after was about two meters higher than the floodgate, but the gate did not break, and the tsunami stopped a few hundred meters upstream, saving the village by a narrow margin.

Consider This

Q1 Former mayor Kotoku Wamura overcame opposition from the national government and local residents, successfully persuading them to build the floodgate. Where did his strong determination come from?



A1 The former mayor personally experienced a major tsunami caused by the Sanriku earthquake in 1933. He persuaded opponents that "what has happened twice must not happen a third time," and managed to see the construction through.

● 田野畑村

Tanohata Village

This damaged seawall is a testament to the destructive power of the tsunami

Disaster Ruins Aketo Seawall

● 震災遺構 明戸海岸防潮堤

Damage in Tanohata Village

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
4	1 km ²	28.33 m	225 bldg.	45 bldg.	11 bldg.	17 people	15 people	8 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The seawall that was destroyed by the tsunami has been preserved exactly as it was after the disaster. In addition to a viewing path, information boards with photos of the area before and after the disaster and at the exact moment of the collapse have been installed, allowing visitors to learn about the tsunami's destructive power and the devastation left in its wake



Before the Great East Japan Earthquake, the Aketo Coast in Tanohata Village was home to a vast sandy beach and a protective forest of black pine trees, and beach roses bloomed here in the summer. Children loved playing in the Aketo River, which flows into the Pacific Ocean, and the pine forest



The "Great Tsunami Storytellers" conduct guided tours of the disaster ruins and the surrounding affected areas. Sign up through the Taikenmura Tanohata Network (☎ 0194-37-1211, 1 hour required, ¥2,500 yen per person *¥5,000 yen for a single participant; price varies by group size; reservation required)

Earthquake Disaster
Ruins

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

● 震災遺構 明戸海岸防潮堤

Disaster Ruins Aketo Seawall

☎ 0194-33-3248

(Tanohata Village Tourist Information Center)

📍 Aketo Coast, Tanohata-mura

🚗 8-min. drive from Tanohata-chuo IC, Sanriku Coast Expwy

🆓 Free entry

🚌 Available (Large buses: Available)

Surrounded by mountains, the Aketo district of Tanohata Village is a valley community that faces the Pacific Ocean. Aketo Beach, which is bordered by a protective pine forest, is not suitable for swimming due to strong currents, but it had a campground and a mallet golf course that many people used for recreation before the disaster.

During the tsunami, the first wave, estimated to be 17 meters high, breached the seawall and damaged the embankment as it receded. The tsunami also engulfed the pine forest and sports facilities and swept the eight-tonne wave-dissipating blocks that were placed offshore onto the beach. A section of the seawall that was destroyed at this time has been preserved here exactly as it was following the disaster. Layers of crumpled concrete, with parts of the interior exposed, vividly demonstrate the destructive power of the tsunami.

The Aketo Seawall was restored in 2017, and the area around the ruins has been turned into a park with pavilions and other features. The sports facilities in the area have also been rebuilt, and people once again gather on the beach to play and enjoy sports.



Consider This

Q1 The huge concrete slabs piled on top of each other illustrate the power of the tsunami, but just how large was the seawall before the disaster?

Q2 The Aketo district's new seawall, completed in 2017, was built further away from the sea than the one before it. How large is this seawall?

● 田野畑村

Tanohata Village

A place of rest and a place for community revival

Raga Fureai Park

● 羅賀ふれあい公園

Damage in Tanohata Village

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
4	1 km ²	28.33 m	225 bldg.	45 bldg.	11 bldg.	17 people	15 people	8 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



There is a memorial for the victims of the Great East Japan Earthquake, as well as memorials for the victims of the 1896 and 1933 tsunamis. This photo shows the Raga tsunami boulder that was swept here during the Sanriku earthquake and tsunami of 1896. Like the Aketo Seawall (→P. 28), storytelling tour guides can be reserved through the Taikenmura Tanohata Network



Like the Raga district, the Hiraiga district was also hit by a tsunami that reached deep into the community. It once thrived as a port for shipping charcoal. During the disaster, many Hiraiga residents evacuated to higher ground, but many of their homes were completely destroyed

The Hiraiga fishing port and Raga district sustained extensive damage from the tsunami that followed the earthquake. The coastline has geological strata formed during the Cretaceous era. The tsunami boulder from the Sanriku earthquake and tsunami of 1896, which weighs nearly 20 tonnes, was carried by the tsunami to a field 28 meters above sea level, about 250 meters inland from the coast

Memorial Monument
Park

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

● 羅賀ふれあい公園

Raga Fureai Park

☎ 0194-33-3248

(Tanohata Village Tourist Information Center)

📍 27-2 Raga, Tanohata-mura

🚗 7-min. drive from Tanohata-chuo IC, Sanriku Coast

Expiry

🆓 Free entry

🅇 Not available

Raga Fureai Park is a 10-minute walk northeast of Sanriku Railway Tanohata Station, the gateway to Tanohata Village. This park was created as a place of repose for the souls of those lost to the tsunami, as well as a place for the community to come together again.

The park is home to a 20-tonne tsunami boulder that was swept here by the Sanriku earthquake and tsunami of 1896, a stone monument inscribed with lessons from the Sanriku earthquake and tsunami of 1933, and a memorial and monument for the Great East Japan Earthquake that recounts the story of the great tsunami, all of which serve to teach visitors about the threat of tsunamis and lessons learned in the past.

The tsunami caused by the earthquake surged deep into the Raga district, and many homes were swept away. The monument erected in the park to memorialize the disaster bears the inscription, "Do not underestimate the power of a tsunami. Escape to higher ground as quickly as possible." It was created with the fervent hope that people looking at the stone monument would come to understand the threat posed by tsunamis.

Consider This

Q1 What kind of damage did the Sanriku earthquake and tsunami of 1896, which is said to have carried the Raga tsunami boulder 250 meters inland, inflict on the Raga district?



● 田野畑村

Tanohata Village

A monument with a poem by Kenji Miyazawa conveys the reality of the tsunami disaster

Shimanokoshi Fureai Park

● 島越ふれあい公園

Damage in Tanohata Village

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
4	1 km ²	28.33 m	225 bldg.	45 bldg.	11 bldg.	17 people	15 people	8 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
 *Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Memorial Monument

Park

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

● 島越ふれあい公園

Shimanokoshi Fureai Park

☎ 0194-33-3248

(Tanohata Village Tourist Information Center)

① 1-4, 1-52 Matsumaesawa, Tanohata-mura

② 10-min. drive from Tanohata-chuo IC, Sanriku Coast Expwy

③ ♿ Free entry

④ Available (Large buses: Available at the nearby Shimanokoshi Sta.)



The Shimanokoshi district of Tanohata Village is a valley community located about five kilometers southeast of the village hall. Many locals are involved in the fishing industry. Prior to the disaster, the Shimanokoshi fishing port was a thriving base for harvesting seafood such as seaweed, salmon, sea urchins, and abalone, and many families would visit the nearby Shimanokoshi Beach.

The Shimanokoshi district has been hit by tsunamis many times in the past and has recovered each time, but the tsunami that struck the area following the Great East Japan Earthquake caused enormous damage. Even Shimanokoshi Station was swept away without a trace, leaving only a section of the stairs leading to the platform. The stone monument inscribed with the poem "Motorboat No. 2" by Kenji Miyazawa, which was located in front of the station, however, miraculously survived without major damage.

Shimanokoshi Fureai Park was built around this stone monument and the station stairway that survived the massive tsunami. A new memorial has also been erected in the park to commemorate the victims of the multiple tsunamis that have hit this area, reminding visitors of the threat of earthquakes and tsunamis and the lessons we can learn from them.



The park was built on the site of the former Shimanokoshi Station, which was swept away by a giant tsunami. The stone monument inscribed with a poem by Kenji Miyazawa, which survived the tsunami, has been left standing as it was following the disaster. Like the Aketo Seawall (→P. 28), storytelling tour guides can be reserved through the Taikenmura Tanohata Network



Sanriku Railway Shimanokoshi Station was rebuilt on a hill about 100 meters north of the site of the old station that was swept away. The former Shimanokoshi Station, which faced the sea and had served as the gateway to the region since the Sanriku Railway began operations in 1984, was completely erased by the giant tsunami that struck during the disaster



A section of the stairs connected to the former Shimanokoshi Station that was spared by the giant tsunami. A tsunami height marker showing the height of the tsunami that hit the area (17.9 meters) has been installed nearby, serving as a stark reminder of the threat of giant tsunamis



Consider This

Q1 Kenji Miyazawa (1896–1933) was a poet and children's literature writer from the area that is now Hanamaki City. What was his connection to Tanohata Village? Also, why was there a monument in front of the station with his poem "Motorboat No. 2"?



●岩泉町

Iwaizumi
TownA tsunami memorial inscribed
with a vital warningGreat East Japan Earthquake
Tsunami Memorial

●東日本大震災津波記念碑

Damage in Iwaizumi Town



*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The extent of the damage is recorded on the back of the monument, conveying the threat of tsunamis to future generations. On the front, next to the words "Save Lives," there are five lessons about how to save lives, such as "Call to evacuate: Escape to higher ground; don't return under any circumstances"



The Omoto Tsunami Disaster Prevention Center, where the monument is located. In the wake of the disaster, public facilities damaged by the tsunami were no longer usable. Based on this lesson, this building was built as a place where people could gather and help each other in an emergency

The 88 students of the former Omoto Elementary School ran up the evacuation staircase leading from the school to National Route 45 on higher ground and were able to evacuate just in time. A signboard with the story of this evacuation staircase is displayed at Hama-no-Eki Omoto Aidokan

Memorial
Monument

Park

Facility DATA

●東日本大震災津波記念碑

Great East Japan Earthquake Tsunami Memorial

None

- 239-1 Minaminakano, Omoto, Iwaizumi-cho
- 1-min. drive from Iwaizumiryusendo IC, Sanriku Coast Expwy
- Free entry
- Available (Large buses: Available)

Iwaizumi Town is located in the eastern basin of the Kitakami Mountains and is dotted with small settlements in a river valley. The town is home to Ryusendo Cave, famous for its transparent spring water.

The Omoto district, where the tsunami memorial is located, is an area that prospered due to its rich marine resources. The district is situated at the mouth of the Omoto River, facing the Pacific Ocean. In the past, it was severely damaged by tsunamis from the Sanriku earthquakes of 1896 and 1933, as well as by the tsunami from the Great East Japan Earthquake. The tsunami memorial was built in memory of the lessons learned from this event. The words "Save Lives" are inscribed on the front of the monument, along with the lessons from the tsunami that have been passed down in this region. The back of the monument records the damage caused by the Great East Japan Earthquake. This district also has an evacuation staircase that has saved lives. When the tsunami flooded an elementary school during the disaster, children ran for their lives up these stairs to higher ground (National Route 45). This staircase was installed just two years before the earthquake—just in time to save lives during the disaster.

Consider This

Q1 In order to protect flatland areas such as the Omoto district from tsunamis that travel upriver, the Omoto River Floodgate, which is 221 meters long and one of the largest in Japan, was built over a period of four decades from 1953. How large was the tsunami that hit the area during the Great East Japan Earthquake?

●宮古市
Miyako City

Disaster ruins that still serve as a reminder
of the danger of tsunamis

The Tsunami Remains Taro Kanko Hotel

●津波遺構 たろう観光ホテル

Damage in Miyako City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	10 km ²	38 m	2,677 bldg.	1,328 bldg.	444 bldg.	476 people	94 people	33 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



You will be able to tour the inside of the building if you apply for a Disaster Prevention Tour Guide at Taro Shiosato Station (P. 33).

🕒 9:00 AM-5:00 PM 🗳️ 1-hr. course: 4,000 yen (6,000 yen for groups of 10+); 2-hr. course: 10,000 yen (12,000 yen for groups of 10+)

*Reservation required; up to 40 people per guide



Join a Disaster Prevention Tour Guide and you can watch footage of the tsunami that was filmed from the sixth floor of the hotel on the day of the disaster. An elevator has been installed for visitors, enabling people who cannot climb the stairs to enter the building and take the tour

On the first floor, you can see the elevators and stairs that were destroyed by the force of the tsunami, as well as the damage to the concrete floors. These valuable buildings that have been preserved convey the terrifying power of natural disasters

Earthquake
Disaster
Ruins

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●津波遺構 たろう観光ホテル

The Tsunami Remains Taro Kanko Hotel

☎️ 0193-77-3305 (Disaster Prevention Tour Guide)

📍 80-1 Nohara, Taro, Miyako-shi

🕒 15-min. walk from Sanriku Railway Shintaro Sta.

🚶♂️ Free entry (exterior only)

🚌 Available (Large buses: Available)

Built in 1986, the Taro Kanko Hotel is a six-story building located about 400 meters north of the Taro fishing port. During the disaster, the building was struck by a tsunami more than 17 meters high, flooding the first four floors. Everything below the third floor was wiped out, leaving only the pillars behind. Despite this, the hotel did not collapse, and it remains standing today in roughly the same state as during the disaster.

To pass on the memory of the immense damage to future generations in a way that will not be forgotten, Miyako City decided to preserve the hotel as a relic of the tsunami. The remains of the hotel illustrate the enormous destructive power of the tsunami: thick concrete slabs were broken, and the hotel walls were torn off up to part of the third floor.

During tours, visitors enter the building and take the emergency stairs and indoor staircase to the sixth floor. Here, they can watch a video of the incoming tsunami, filmed from a room on the sixth floor on the day of the disaster. This footage was taken by the hotel's president and is shown only in this location to give people a real-life sense of the height and power of the tsunami.

Consider This

Q1 During the disaster, the tsunami rose as high as the fourth floor of the hotel. What do you think you can learn from the experience of climbing the emergency stairs to the fifth floor?



A1 By experiencing the difficulty of climbing the emergency stairs, you can experience the challenges of evacuation and the situation at the time of the earthquake with everything around you becoming part of the ocean.

●宮古市

Miyako City

Tourist information, Sanriku Geopark, and a base for learning about disaster prevention

Taro Shiosato Station

●たろう潮里ステーション

Damage in Miyako City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	10 km ²	38 m	2,677 bldg.	1,328 bldg.	444 bldg.	476 people	94 people	33 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



At the center of the facility is a scale model that recreates the look of the Taro district before the disaster. The facility serves as a base for exploring the Taro district, providing sightseeing information to Sanriku Geopark visitors and accepting requests for Disaster Prevention Tour Guides



Michi-no-Eki Taro is a rest stop located along National Route 45. It has a farmer's market, fast food area, and individual shops. Located in the center of the Taro district, the rest stop is used by locals as a place to socialize, as well as by tourists

A geopark is a park that protects an area of geological significance. You can learn a variety of information at the booth displaying highlights of Sanriku Geopark, such as attractions and activities in the Sanriku area

Exhibit
.....
A Place to Connect

Facility guide

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

●たろう潮里ステーション

Taro Shiosato Station

☎ 0193-65-7506

📍 2-5-1 Taro, Miyako-shi

🚗 4-min. drive from Taro-minami IC, Sanriku Coast Expwy

🕒 9:00 AM-5:00 PM (tour guide requests accepted until 4:00 PM, or until 3:00 PM for the 2-hr. course)

🔄 Open year-round

💰 Free / Disaster Prevention Tour Guide: 4,000 yen for the 1-hr. course (6,000 yen for groups of 10+); 10,000 yen for the 2-hr. course (12,000 yen for groups of 10+)

*Reservation required (up to 40 people per guide)

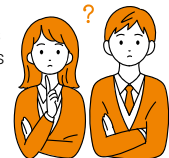
🚌 Available (Large buses: Available)

The tourist information center that was located at Sanriku Railway Taro Station, which was completely destroyed by the tsunami, has been reopened inside Michi-no-Eki Taro. It is being run as both a tourist information center and a local base for learning about disasters and disaster prevention.

This facility arranges local tours with a Disaster Prevention Tour Guide (fee-based; reservation required), including tours of the Taro Kanko Hotel (→P. 32) and Taro Seawall (→P. 34). The video shown at the Taro Kanko Hotel provides a glimpse of the tsunami that struck the town that day. Learning about the situation at the time of the tsunami and touring the town with a guide will allow you to gain a deeper understanding of the disaster. There is also a diorama that recreates the streets of the Taro district before the disaster, as well as displays related to Sanriku Geopark. This facility serves as the gateway to Sanriku Geopark, the largest geopark in Japan, where you can experience nature's immense power, the region's unique topography, and life in a fishing village.

Consider This

Q1 The Taro district has been called a "disaster prevention town." The Disaster Prevention Tour Guides also highlight the town planning efforts of the Taro district. Why did this district become known as a "disaster prevention town"?



A1 For many years, the Taro district has been working on the construction of seawalls and tsunami evacuation routes, as well as conducting disaster prevention education and drills. In 2001, the district also won the Fire and Disaster Management Agency's Disaster Town Planning Award.

●宮古市
Miyako City

A sturdy seawall dubbed the “Great Wall of Japan”

Taro Seawall

●田老防潮堤

Damage in Miyako City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	10 km ²	38 m	2,677 bldg.	1,328 bldg.	444 bldg.	476 people	94 people	33 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.

Other

(Seawall)

Facility guide

*Reservation required

Facility DATA

●田老防潮堤

Taro Seawall

☎ 0193-65-0031 (Miyako Civil Engineering Center, Civil Engineering Department, Coastal Regional Development Bureau, Iwate)

- 📍 Kawamukai, Taro, Miyako-shi
- 🚗 5-min. drive from Taro-minami IC, Sanriku Coast Expwy
- 🎫 Free entry
- 🚗 Not available



The Taro district's population decreased from around 4,400 people before the disaster to around 2,800 people. Low-lying areas that were inundated by the tsunami were designated as disaster risk areas, and the construction of residential buildings was prohibited. Only homes that double as storefronts are allowed to be built in these areas



The two white lines visible along the Taro fishing port are the first layer of the seawall that was built after the disaster. The second layer (formerly the first seawall) is located further inland, wrapping around the town from the Osanai River area in the upper right of the photo to the national highway in the center of the photo



People accompanied by a Disaster Prevention Tour Guide, applied for at the local Taro Shiosato Station (→P. 33), can actually stand on the Taro Seawall and listen to the tour guide's explanation of the tsunami and disaster prevention in the area

Dubbed the “Great Wall of Japan,” the massive double seawall in Taro that stood 10 meters high and spanned 2.4 kilometers was an international symbol of disaster prevention.

The Taro district (formerly Taro Town) began construction of the seawall in 1934 after it was devastated by tsunamis from the Sanriku earthquakes of 1896 and 1933. The first seawall was completed in 1958, after World War II. By 1979, the second and third seawalls had been built, resulting in an X-shaped, double-layered structure. However, the massive tsunami caused by the Great East Japan Earthquake breached this formidable seawall and caused immense damage to the Taro district.

Today, the second layer (formerly the first seawall), which was spared from destruction, has been restored to its original state by raising it to compensate for ground subsidence. It stands as a lesson for future generations about the threat of tsunamis. Together with the first layer, which was newly built after the original collapsed, the seawall is expected to play a role in preventing future disasters, in terms of both tangible and intangible defenses.



Consider This

Q1 In the past, the Taro Seawall's double-layered, X-shaped structure was one of the most robust seawalls in the world. What was the extent of the damage caused by the giant tsunami during the Great East Japan Earthquake?



A1 The tsunami destroyed part of the seawall on the ocean-facing side. Although the seawall was only partially damaged, the tsunami that swept over it struck the town from the inside.

●宮古市

Miyako City

Traces of the devastating disaster in a beautiful natural environment

Tsunami Memorial Park Nakanohama

●震災メモリアルパーク中の浜

Damage in Miyako City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	10 km ²	38 m	2,677 bldg.	1,328 bldg.	444 bldg.	476 people	94 people	33 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The "observation hill" in the center of the park is designed to offer a tsunami-height view of the surrounding area. For guided tours, contact Kyukamura Rikuchu-Miyako ☎0193-62-9911 ☎3,000 yen; 6,000 yen for 10 people *For groups of 11–50, add 100 yen for each additional person; reservation required)



These trees, the same species as those in the surrounding fields and forests, were planted in the Fukko-Fureai-no-Mori (Forest of Reconstruction and Connection) area when the Memorial Park opened. Children from the local Sakiyama Elementary School observe the growth of the trees every year and learn about the power of living things



The cookhouse has been preserved unchanged since the tsunami as disaster ruins. Its concrete columns, 40 centimeters in diameter, are broken, and the steel rebars are twisted. They are leaning in the direction of the receding water, not the incoming wave, which speaks to the power of the backwash

Memorial Monument
Park

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

●震災メモリアルパーク中の浜

Tsunami Memorial Park Nakanohama

☎0193-62-3912 (Sanriku Fukko National Park Management Office, Ministry of the Environment)

📍Dai-3-chiwari 123 Sakiyama, Miyako-shi

🕒15-min. drive from Miyako-kita IC, Sanriku Coast Expwy

🎫Free entry

🚌Available (Large buses: Available)

Tsunami Memorial Park Nakanohama, located on the coast about 10 kilometers north of Miyako City, was once a lush campground bordering the ocean. However, the site was hit by a tsunami that reached over 15 meters high, causing catastrophic damage. Since the disaster, the campground toilets and cookhouse have been preserved as examples of disaster ruins to teach future generations about the terrifying power of nature.

If you climb the "observation hill" made of recycled tsunami debris, you can look down on the vast area that was swallowed up by the tsunami from the same height as the tsunami. There are markers on the slope next to the hill indicating the height the tsunami reached, a stark reminder of the importance of evacuating as high up as possible.

Fishing gear tangled around the columns of the collapsed cookhouse and in the branches of a 17-meter-high tree also illustrate the force of the tsunami backwash. Apart from the damage, however, you can also feel nature's abundance while interacting with the natural environment of the park.

Consider This

Q1 The "observation hill" was built using recycled materials from the tsunami debris. How much debris was used?



A1 The equivalent of 2,800 10-tonne trucks was used. You can experience the height of the tsunami that struck this area by standing on the 13-meter-high hill.

●宮古市
Miyako City

A place to learn about the disaster and disaster prevention

Miyako City Civic Center Disaster Prevention Plaza

●宮古市市民交流センター防災プラザ

Damage in Miyako City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	10 km ²	38 m	2,677 bldg.	1,328 bldg.	444 bldg.	517 people ^{*1}	94 people	33 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to Connect

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●宮古市市民交流センター防災プラザ

Miyako City Civic Center Disaster Prevention Plaza

☎ 0193-63-4166

🕒 1-1-30 Miyamachi, Miyako-shi

🚶 3-min. walk from JR / Sanriku Railway Miyako Sta.

🕒 9:00 AM~9:00 PM

🕒 Open year-round

💰 Free

🚗 Available (Large buses: Please inquire)

<https://eastpia-miyako.jp>



*1 Source: Miyako City, 東日本大震災の「記録」(“Records of the Great East Japan Earthquake”), March 2013.



The Disaster Prevention Plaza, which introduces Miyako City's damage from the disaster and progress to recovery, is located on the first floor of the Miyako City Civic Center in Eastpia Miyako, directly connected to the Miyako Station Plaza by a skyway. Because nothing separates the plaza from the adjacent rest area, anyone can visit during Civic Center hours. The second floor has a multipurpose room and community space where parents with young children can interact, so it is also a place where a wide range of people gather.

The exhibits aim to raise awareness of natural disasters as well as disaster prevention and mitigation, and include items such as a map of monuments related to tsunami storytelling, tsunami footage filmed in the city, and books related to the disaster, from which visitors can learn about the disaster from a variety of perspectives. There is also a wealth of content for children who have never experienced a disaster, such as disaster prevention games and live storytelling. Adults and children alike can have fun learning at this innovative facility.



The plaza introduces the experiences and lessons learned from the Great East Japan Earthquake in Miyako City, the city's road to recovery, and its history of past disasters. Feel free to browse the wide selection of books on disaster prevention that provide information that you can use in daily life



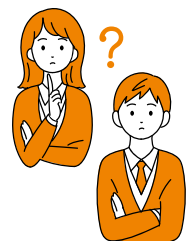
Opened in October 2018, the Disaster Prevention Plaza is located inside Eastpia Miyako, a center for city planning for the future with a focus on disaster prevention. Easy-to-understand explanations are provided using a variety of visual aids and models



Various video materials are also available. The plaza aims to raise awareness about natural disasters as well as disaster prevention and mitigation through digital and model exhibits, in addition to child-friendly learning at the disaster prevention quiz corner

Consider This

Q1 Eastpia Miyako, where the Disaster Prevention Plaza is located, can serve as a temporary evacuation site in the event of a disaster. What equipment is available at this facility?



A1 Eastpia Miyako is equipped with an emergency power generator and a disaster stockpile. It serves as a base facility for disaster-prevention-focused city planning.

●山田町

Yamada Town

A disaster memorial gallery attached to a place to connect with the community

Yamada Civic Exchange Center

●山田町まちなか交流センター

Damage in Yamada Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	5 km ²	18.97 m	2,762 bldg.	405 bldg.	202 bldg.	824 people ^{*1}	1 person ^{*1}	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The panel titled "Funakoshi Elementary School Swallowed by the Tsunami" recounts the evacuation of Funakoshi Elementary School, in which the principal decided to evacuate everyone to a hill behind the school based on the advice of a school custodian who knew the local sea conditions, saving the lives of the children and faculty



The monitor in the memorial gallery shows video narratives of tsunami survivors, fire department members, and local group members who provided food aid, as well as "Reconstruction After the Great East Japan Earthquake"



The panel titled "Record of March 11, 2011" shows the extent of the inundation and damage to buildings in Yamada Town on a map. You can also watch videos of the tsunami as it struck and tsunami fires

Exhibit
.....
A Place to Connect

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

●山田町まちなか交流センター

Yamada Civic Exchange Center

☎ 0193-82-3111 (Yamada Town Hall)

📍 6-24 Kawamukaicho, Yamada-machi

🚶 Brief walk from Sanriku Railway Rikuchu-Yamada Sta.

🕒 10:00 AM-5:00 PM

🗓 Tue. (or the next weekday when Tue. is a national holiday)

💰 Free / Storytelling tour guide: 5,000 yen for up to 2 hrs.

*Reservation required; course is flexible. To apply, call ☎ 0193-77-3732 (Shinsei Yamada Shopping Center Cooperative Association).

🚗 Available (Large buses: Not available)

*1 Source: Yamada Town, 3.11東日本大震災 山田町被害概要 ("Overview of Damage in Yamada Town from the Great East Japan Earthquake of March 11"), presented at 3:00 PM on November 26, 2021.

Yamada Town is situated near the center of the Sanriku Coast facing the Pacific Ocean. Its coastal areas, including the town center, were heavily damaged by the tsunami. To inform future generations about the reality of the tsunami damage, the lessons learned, and the journey to recovery, the town has established a "disaster memorial gallery" in the Civic Exchange Center.

This gallery contains panels showing the extent of damage in each district of the town, the evacuation route used by the Funakoshi Elementary School, and the restored townscape, as well as video narratives of tsunami survivors. Damaged road signs and other remnants of the tsunami are also displayed in the room. These materials convey the sheer power of the tsunami and the rawness of the damage.

The gallery is small, but admission is free, and it has a large collection of videos and reference materials. The video program "Reconstruction After the Great East Japan Earthquake" is particularly worth seeing, as it shows the town planning process. Storytelling tour guides are available for a fee and will enhance your understanding.

Consider This

Q1 The sequence of events surrounding the evacuation of Funakoshi Elementary School was reported by the media during the disaster. This school was located on a hill, but how high up was it relative to the sea?

Q2 The students and faculty had evacuated to the schoolyard as instructed in the manual. What was the factor that led the school custodian to advise the principal to evacuate everyone to an even higher hill behind the school?

●大槌町
Otsuchi Town

A memorial exhibition where survivors' raw words resonate

Otsuchi Cultural Exchange Center Oshacchi

●大槌町文化交流センター おしゃっち

Damage in Otsuchi Town

Maximum seismic intensity 6 Lower ^{*1} (Estimated)	Wetted surface area 4 km ²	Maximum inundation height 22.12 m	Total collapse 3,579 bldg.	Incomplete collapse 588 bldg.	Partial collapse 208 bldg.	Deceased 856 people	Missing 415 people	Injured Unknown
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^{*1}Data on damage without annotation is according to materials noted on the bottom of P. 1.

^{*}Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to Connect

Wheelchair OK

Facility DATA

●大槌町文化交流センター おしゃっち

Otsuchi Cultural Exchange Center Oshacchi

☎ 0193-27-5181

📍 1-15 Suehirocho, Otsuchi-cho

🚶 7-min. walk from Sanriku Railway Otsuchi Sta.

🕒 9:00 AM-9:00 PM

🗓 Tue.

🆓 Free

🚌 Available (Large buses: Available)

<https://www.oshacchi.com>



^{*1} Source: Iwate, 岩手県東日本大震災津波の記録 ("Iwate Prefecture Record of the Great East Japan Earthquake and Tsunami"), March 2013.

The town of Otsuchi faces the Pacific Ocean on its eastern side and extends inland from the coast to the northwest. This town was devastated by the tsunami and subsequent tsunami fires.

Oshacchi is a multipurpose facility that combines the town's public library with a community center and other facilities that were completely destroyed by the tsunami. In the entrance hall, there is a diorama that recreates the streets of Otsuchi Town before the disaster, created based on the written memories of the townspeople, and exhibition panels that show the process of recovery from the disaster.

In the disaster memorial exhibition room on the second floor, you can learn about the situation during the disaster through photo panels and videos. An 18-minute guidance program that summarizes the reconstruction progress is shown in the multipurpose hall. Books such as *Ikita Akashi*, a collection of narratives by disaster survivors, and *Ikiru Akashi*, a record of the disaster, are also on display, with every word capturing the deep emotions of each individual.



The hallway (called the "foyer") next to the multipurpose hall on the first floor displays photos and text introducing life in Otsuchi Town, the area's rich natural environment, and the journey to recovery from the Great East Japan Earthquake



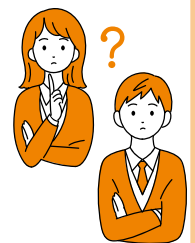
In the disaster memorial exhibition room on the second floor, where materials and photo panels related to the Great East Japan Earthquake are displayed, you can use the tablets provided to view 360-degree visuals of the state of the town immediately after the disaster. Be sure to take a look for yourself



These panels in the second-floor disaster memorial exhibition room read, "Never forget, tell others, be prepared," and "Words that save lives and keep you prepared." The thoughts behind the survivors' words come through in each panel. Take your time to read them

Consider This

Q1 The site of the former Otsuchi Town Hall is located just a five-minute walk from Oshacchi. Today, it is a field covered in clover. What was the extent of the damage caused by the disaster?



A1 The former town hall was hit by a tsunami over 10 meters high, which swallowed the building up to the second floor. A signboard at the site explains the damage during the disaster.

● 遠野市

Tono City

A record of public-private efforts to provide logistical support to coastal disaster areas

3.11 Great East Japan Earthquake
Tono City Logistical Support
Archive

● 3.11 東日本大震災 遠野市後方支援資料館

Damage in Tono City



Maximum seismic intensity

5 Upper

Wetted surface area

Maximum inundation height



Total collapse

Incomplete collapse

Partial collapse

4 bldg.

622 bldg.



Deceased

Missing

Injured

4 people

1 person

4 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
 *Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Tono City is easily accessible from coastal municipalities via arterial roads, serving as a hub with spokes radiating outward. Many organizations set up bases here to provide backup support for the coastal areas from Tono City



As a result of the drills and preparations it had made up to that point, Tono City was able to immediately fulfill its role in providing logistical support. Volunteers from Kanagawa University and Tono Magokoro Net participated in relief support center activities, demonstrating the strengths of the network



Although Tono City itself was unaffected by the tsunami, it did suffer significant damage to its lifelines, including power outages. The city hosted a total of 266 groups involved in support activities, such as organizations with bases in the city, and over 7,000 active personnel

Exhibit

A Place to Connect

Wheelchair OK

Facility DATA

● 3.11 東日本大震災 遠野市後方支援資料館

3.11 Great East Japan Earthquake
Tono City Logistical Support Archive

☎ 0198-62-2111 (Disaster Prevention and Crisis Management Division, General Affairs and Planning Department, Tono City)

📍 10-chiwari 46 Nukamae, Aozasacho, Tono-shi

🕒 10-min. drive from Tono IC, Kamaishi Expwy

🕒 9:00 AM-5:00 PM

🕒 Open year-round

💰 Free

🚗 Available (Large buses: Available)

Tono City experienced an earthquake measuring 5 Upper on the Japanese seismic intensity scale, which caused the collapse of the city hall's central building, among other damage. However, the city was not hit by a tsunami as it lies inland and does not face the sea. Tono City is connected to coastal municipalities by arterial roads, and it had been preparing a plan for a disaster support system with Kamaishi City and Miyako City before.

Immediately after the earthquake, the mayor issued instructions to open all sports stadiums and large parking lots in the city for use by the Self-Defense Forces and police. Soon, in response to the tsunami damage being reported from the coast, over 3,500 personnel gathered in Tono City to begin public-private logistical support activities for the disaster-affected coastal areas in Iwate.

This archive displays many materials related to the logistical support provided during the disaster. Since 2021, the archive has set up a disaster heritage photo exhibit and video section to share facts and lessons from the disaster in an easy-to-understand manner for generations of people who did not experience it.

Consider This

Q1 Tono City quickly began providing logistical support to coastal areas in Iwate damaged by the tsunami, but what was the extent of the damage in Tono City?

Q2 The archive was renovated in March 2021, which included extending the facility. What is the main purpose of the facility's exhibit?

A1 After recording a 5 Upper earthquake, the entire city experienced a power outage (lasting four days) and a water outage, and the main city hall's central building collapsed.

A2 To disseminate information from the perspective of "logistical support" that can be provided by inland municipalities that are not affected by tsunamis.

●釜石市

Kamaishi City

A place of prayer that stands on the site of the city's greatest loss

Kamaishi Memorial Park

●釜石祈りのパーク

Damage in Kamaishi City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	7 km ²	29.34 m	2,957 bldg.	699 bldg.	1,048 bldg.	775 people ^{*1}	152 people ^{*1}	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Memorial Monument

Park

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●釜石祈りのパーク

Kamaishi Memorial Park

☎ 0193-27-5666 (Unosumai Tomosu)

📍 (Unosumai Tomosu) 4-901-2 Unosumaicho, Kamaishi-shi

🚗 4-min. drive from Kamaishi-kita IC, Sanriku Coast Expwy

🆓 Free entry

🅐 Available (Large buses: Available)

https://unosumai-tomosu.jp



*1 Source: Kamaishi City, 東日本大震災 釜石市証言・記録集「伝えたい3.11の記憶」
 ("Kamaishi City Collection of Testimonies and Records of the Great East Japan Earthquake '3.11 Records to Be Passed Down'"), July 13, 2016.

Unosumaicho was the district of Kamaishi City that suffered the most damage. In 2019, several public facilities were built in front of Sanriku Railway Unosumai Station to serve as a place where people can relax and feel how precious and wonderful it is to be alive, while passing on the memory of the Great East Japan Earthquake and its lessons to future generations. These facilities form an area collectively known as Unosumai Tomosu and include the Kamaishi Memorial Park, a facility that commemorates and pays tribute to victims of the disaster. The park consists of: a monument with the nameplates of victims and flower stands; a monument showing the tsunami inundation height of the Unosumai Station area (11 meters above sea level); a monument inscribed with the Kamaishi Citizens' Charter for Disaster Prevention, which was created as a pledge of consensus by citizens of the city; and a monument at the site of the disaster prevention center, where many people evacuated and lost their lives.

Panels summarizing the events at the disaster prevention center are displayed at the adjacent Tsunami Memorial Hall (→P. 41), so be sure to visit to deepen your understanding.



This monument is engraved with the Kamaishi Citizens' Charter for Disaster Prevention, which was created as a pledge of consensus by the citizens to protect future lives from all kinds of disasters. It explains the importance of "prepare, flee, don't go back, and pass on the story" to future generations



The memorial monument and flower stand area. Above the memorial engraved with the names of the victims is the monument that marks the height of the tsunami that hit this district, 11 meters above sea level. Don't forget to visit the adjacent Tsunami Memorial Hall as well



The tsunami reached the second-floor ceiling of the Unosumai Disaster Prevention Center, which became the location with the highest number of casualties in Kamaishi City. A monument was erected at the site to ensure that this inconceivable tragedy will not be forgotten



Consider This

Q1 On the day of the disaster, many residents evacuated to the Unosumai Disaster Prevention Center. A misunderstanding is said to have exacerbated the damage, but why did it occur in the first place?



●釜石市

Kamaishi City

Walk the actual evacuation route that saved many students' lives

Tsunami Memorial Hall

●いのちをつなぐ未来館

Damage in Kamaishi City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	7 km ²	29.34 m	2,957 bldg.	699 bldg.	1,048 bldg.	775 people ^{*1}	152 people ^{*1}	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The exhibition room displays panels and videos under three themes: "The Great East Japan Earthquake and Kamaishi," "The Events at the Unosumai Disaster Prevention Center," and "The Children of Kamaishi." You can walk around freely, but the free storyteller guide is recommended (reservation required; minimum three people)



A moment from a storytelling program that takes participants down the evacuation route. Participants walk the actual route taken by local elementary and junior high school students, accompanied by the storyteller. You can choose from 1.5- and 2.5-hour courses, as well as online programs



The reading room contains books and materials related to the Great East Japan Earthquake, as well as donated photos, all of which are free to browse. The disaster prevention learning room also functions as a multipurpose space where special exhibitions and workshops are held

Exhibit
.....
A Place to Connect

Facility guide

Storytelling available

*Reservation required

*Reservation required

Wheelchair OK

Facility DATA

●いのちをつなぐ未来館

Tsunami Memorial Hall

☎ 0193-27-5666 (Unosumai Tomosu)

📍 (Unosumai Tomosu) 4-901-2 Unosumaicho, Kamaishi-shi

🚗 4-min. drive from Kamaishi-kita IC, Sanriku Coast Expwy

🕒 9:30 AM-5:30 PM (Nov.-Feb.: Until 5:00 PM)

🗓 Wed.

💰 Free entry (Storytelling program: 11,000 yen or more for a 1.5-hr. course *Reservation required at least one week in advance)

📍 Available (Large buses: Available)
<https://unosumai-tomosu.jp>

*1 Source: Kamaishi City, 東日本大震災 釜石市証言・記録集「伝えたい3.11の記憶」
("Kamaishi City Collection of Testimonies and Records of the Great East Japan Earthquake '3.11 Records to Be Passed Down'", July 13, 2016.)

This public facility was established in Unosumai Tomosu in front of Unosumai Station as a place to pass on the story of the disaster and learn about disaster prevention. Located next to Kamaishi Memorial Park (→P. 40), it has an exhibition room, reading room, and disaster prevention learning room. Staff are available to give free tours of the building (reservation required) and host a variety of programs, including disaster prevention workshops and disaster prevention training for groups.

In the storytelling program, the hall's main attraction, participants walk the same route that local elementary and junior high school students took when they evacuated, giving them a more personal experience of the events that occurred during the disaster. While many people lost their lives in the Unosumai district, most of the students survived. By following the evacuation route, you can understand for yourself what evacuation is like. Other routes include the Kamaishi Unosumai Memorial Stadium, floodgates, and seawall, from which many things can be learned.

Consider This

Q1 After the earthquake, local elementary and junior high school students moved from one evacuation site to another four times. What was the distance of their actual evacuation route, and how long did it take?

Q2 Why were the students evacuated to higher ground from Gozaisho-no-Sato, which they normally used for evacuation drills?

A1 The students evacuated continuously for 40 to 50 minutes along a 1.6-kilometer route. If you walk the route yourself, you will feel how strenuous this was.

A2 A nearby cliff began to crumble, and the locals, sensing that something was wrong, advised that it would be better to flee further. After they evacuated, Gozaisho-no-Sato was swallowed up by the tsunami.

●大船渡市
Ofunato City

A symbol of the recovery and development of Ofunato City's coastal area

Ofunato Fish Market

●地方卸売市場大船渡市魚市場

Damage in Ofunato City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	8 km ²	26.39 m	2,791 bldg.	1,147 bldg.	1,654 bldg.	340 people	79 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The complex includes market facilities such as an auction hall and a cargo handling area that adhere to principles of sanitation management, as well as tourist-oriented features such as a viewing deck, exhibition room, multipurpose hall, and restaurant facilities. Go out onto the viewing deck for a magnificent view of Ofunato Bay



The exhibition room contains videos, photos, and panels that explain the damage to the fish market and fishing port caused by the tsunami, as well as recovery and reconstruction efforts. Individuals must tour the room on their own, but a staff guide is available for groups

Despite sustaining damage from the tsunami, Ofunato City was able to resume fishery operations about two months after the disaster. The exhibition room provides a glimpse into the fishing industry of Ofunato City, which has been revived with the support of many people, and the work that goes on at the fish market

Exhibit

A Place to Connect

Facility guide

*Reservation required

Audio guide

Wheelchair OK

Facility DATA

●地方卸売市場大船渡市魚市場

Ofunato Fish Market

☎ 0192-26-4112

📍 209 Nagasawa, Ofunatocho, Ofunato-shi

🕒 12-min. drive from Ofunato-Goishikaigan IC, Sanriku Coast Expwy

🕒 9:00 AM-5:00 PM

🗓 Wed.

💰 Free

🚗 Available (Large buses: Available)

<https://www.ofunato-fm.com>



*1 Source: Ofunato City, 東日本大震災による被害状況等について ("About the Damage from the Great East Japan Earthquake"), September 30, 2020.

The former Ofunato Fish Market, which opened in 1964, had been undergoing construction since 2009 to implement advanced sanitation management, introduce IT systems, and address the aging of the building. This work was interrupted by the tsunami. Construction resumed the year after the disaster and was completed in 2014. The market serves as a landing base for the abundant seafood caught in one of the world's leading fishing grounds in the Sanriku region and as a bridge between producers and consumers.

The exhibition room on the third floor contains videos, photos, and panels that explain the damage to the fish market and fishing port caused by the tsunami, as well as the fisheries' recovery and reconstruction efforts. It is also used as a learning facility, with staff holding tours for groups of tourists and elementary, junior high, and high school students (free; reservations required).

The market was listed as a disaster memorial facility in February 2023. It will continue to preserve the memories and lessons of the disaster as a symbol of recovery for the port of Ofunato City.

Consider This

Q1 The Ofunato Fish Market was hit by the disaster in the middle of construction, and work was suspended. After that, the damage was assessed, work was redone (steps that were already completed were undone and then redone), and the renovations were completed in 2014. In the course of redoing the restoration work, the first floor was raised. Why was this done?

A1 The ground had sunk nearly 80 centimeters due to the disaster. The layer of soil with the capacity to support the building (load-bearing strata) had subsided.

●大船渡市

Ofunato City

An exhibition of the history of the major earthquakes and tsunamis that have hit the Sanriku Coast

Ofunato City Museum

●大船渡市立博物館

Damage in Ofunato City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	8 km ²	26.39 m	2,791 bldg.	1,147 bldg.	1,654 bldg.	423 people	79 people	2 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Materials related to the nature and culture of the Kesen region (Ofunato City, Rikuzentakata City, and Sumita Town) in the southeastern part of Iwate are displayed. The theater shows "Raging Sea: Ofunato, Hit with Frequent Tsunami" and a video guide to the permanent exhibition titled "Ofunato: Its Ocean and Land"



To pass on the lessons of local elders to future generations, the panels reflect on the Sanriku and Chile earthquakes and tsunamis and the Great East Japan Earthquake, explaining the damage caused by each disaster and the relationship between earthquakes and tsunamis

The program "Raging Sea: Ofunato, Hit with Frequent Tsunami" compiles tsunami footage from the Great East Japan Earthquake and is available in a 20-minute full version and a five-minute condensed version. The content is also available in English, Chinese (simplified and traditional), and Korean



Other

(Museum)

Wheelchair OK

Facility DATA

●大船渡市立博物館

Ofunato City Museum

☎ 0192-29-2161

📍 221-86 Ohama, Massakicho, Ofunato-shi

🚗 10-min. drive from Ofunato-Goishikaigan IC, Sanriku Coast Expwy

🕒 9:00 AM-4:30 PM (Last entry at 4:00 PM)

🗓 Mon. (or the next day when Mon. is a national holiday), material sorting days, and fumigation periods

💰 300 yen; free for high school students and younger

🚗 Available (Large buses: Available)

A Although the Ofunato City Museum was spared from the tsunami due to its elevated location, the museum storehouse in the city was hit and suffered material losses and water damage. After reopening, the museum collected photographic records taken by the city and photos provided by locals to widely share what happened during the disaster. It has since been introducing the city's recovery efforts.

Along with these exhibits, the museum shows a video titled "Raging Sea: Ofunato, Hit with Frequent Tsunami," which summarizes the records of the great tsunami, and displays photos and records of the Sanriku earthquakes and tsunamis of 1896 and 1933 as well as the Chile earthquake and tsunami of 1960. From this content, you can learn about the characteristics of the massive tsunamis experienced in this region, the lessons learned from the disasters, and other facts about tsunamis.

The museum offers interesting and insightful exhibits about the nature and culture of the region, with a theater, a geology exhibition room, an archaeology and folklore exhibition room, and a hands-on section for children.

Consider This

Q1 It took a year to organize, edit, and translate the many videos and photos into the program "Raging Sea: Ofunato, Hit with Frequent Tsunami" that is shown in the theater. What can you learn from the video and the permanent exhibition?



A1 You can learn about the characteristics of past tsunamis that have hit the Sanriku Coast, the lessons learned from these disasters, and accurate knowledge about tsunamis.

●陸前高田市
Rikuzentakata City

Learn about the harsh and nurturing aspects of the Sanriku Sea

Rikuzentakata City Museum

●陸前高田市立博物館

Damage in Rikuzentakata City

Maximum seismic intensity 6 Lower	Wetted surface area 13 km ²	Maximum inundation height 17.6 m	Total collapse 3,807 bldg.	Incomplete collapse 240 bldg.	Partial collapse 3,988 bldg.	Deceased 1,559 people ^{*2}	Missing 201 people	Injured Unknown
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*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



About 460,000 of the museum's 560,000 items have been salvaged and are being restored. The "Preserving Hometown Treasures" section looks at the materials being recovered and introduces the stabilization and restoration techniques. You can observe tsunami-damaged materials being restored in the museum's workshop



The Discovery Room is a place where you can have fun learning about Rikuzentakata's nature, history, and culture while playing with puzzles and toy models. Exhibits and interactive displays make use of hands-on tools and worksheets that stimulate visitors' desire to learn



The Sanriku Sea off the coast of Rikuzentakata is known as a "fish kingdom." The "Miraculous Sanriku Sea" section introduces the wildlife of the local mountains, rivers, and sea through a diverse array of photographs and specimens. Be sure to also visit the Shellfish Room, which displays around 2,000 shells from the Sanriku region and around the world

Exhibit

A Place to Connect

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●陸前高田市立博物館

Rikuzentakata City Museum

☎ 0192-54-4224

📍 300-1 Namisugi, Takatacho, Rikuzentakata-shi

🚗 5-min. drive from Rikuzentakata IC, Sanriku Coast

Expiry

🕒 9:00 AM–5:00 PM (Last entry at 4:30 PM)

🗓 Mon. (or the next day when Mon. is a national holiday)

💰 Free

🅐 Available at the public parking lot across from the facility

<https://www.city.rikuzentakata.iwate.jp/soshiki/kanrika/hakubutsukan>



*1 Source: Rikuzentakata City, Rikuzentakata City Great East Japan Earthquake Analysis Report, July 2014.

*2 Source: Survey by Rikuzentakata City, end of December 2022

This popular comprehensive museum was established in 1959 as the first public museum in the Tohoku region, but its facilities were completely destroyed by the disaster. In 2022, it was combined with the Sea and Shell Museum, which had also been affected by the disaster, and reopened as a new facility. Damaged materials have been recovered with the cooperation of specialized organizations across Japan, and repair work is still ongoing.

The permanent exhibition is divided into nine sections, each storing and displaying materials related to Rikuzentakata's nature, history, and culture. The section titled "Living with Our Fate" looks back at the history of tsunamis that have hit the city in the past while introducing tsunami memorials and valuable records that have been left behind. It explains how people's experiences of each tsunami were put to use (or not put to use) during the next tsunami. Meanwhile, "Miraculous Sanriku Sea" showcases the diverse wildlife that live in the sea off the Sanriku Coast. Although the sea can be terrifying, as it brings tsunamis, it is also a place that has nurtured rich resources and traditions.



Consider This

Q1 In the museum, there is a note on display that reads, "Please do not take the museum materials. They are important treasures that will allow us to restore Takata's nature, history, and culture." –City Board of Education." Someone wrote this note during the disaster and left it in the devastated museum. Where is this note currently displayed, and what was the motivation for displaying it?

A1 The note is displayed at the entrance to the permanent exhibition room. During the disaster, the staff of the museum drew great courage from this note and considered it as a symbol of the museum's revival.

●陸前高田市

Rikuzentakata
City

Feel the devastating power of the tsunami

Topic 45 (Former Michi-
no-Eki Takatamatsubara)

●タピック 45 (旧道の駅高田松原)

Damage in Rikuzentakata City

		
Maximum seismic intensity	Wetted surface area	Maximum inundation height
6 (Estimated) ^{*1}	13 km ²	18.34 m
Total collapse	Incomplete collapse	Partial collapse
3,807 bldg.	240 bldg.	3,988 bldg.
Deceased	Missing	Injured
1,606 people	201 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The building was designed to be easily accessible from the side facing the sea. During the disaster, the tsunami rose as high as 14.5 meters, nearly reaching the rooftop. You can hear stories like this from the local residents who serve as park guides



The interior of the building was severely damaged by the pressure of the tsunami. Although the walls and ceiling are crumbling and scattered, they are being preserved as much as possible in the same condition as they were immediately after the disaster. The extension on the side of the national highway was also completely uprooted and washed away by the tsunami



Inside the building, there are panels with photos showing the moment the tsunami hit and signs describing the feelings of the three people who managed to escape to the roof of the building. Reading their stories while looking at the condition of the building will help you better understand the situation during the disaster

Earthquake
Disaster
Ruins

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●タピック 45 (旧道の駅高田松原)

Topic 45 (Former Michi-no-Eki Takatamatsubara)

☎ 090-7528-8182 (Takatamatsubara Memorial Park for TSUNAMI Disaster Park Guide Reception Office)

📍 28-5 Furukawa, Takatacho, Rikuzentakata-shi

🕒 5-min. drive from Rikuzentakata IC, Sanriku Coast Expwy

🆓 Free to view from outside the fence (Takatamatsubara Memorial Park for TSUNAMI Disaster Park Guide required to tour the interior. 9:00 AM-5:30 PM *Tours may end earlier in winter depending on the sunset time Fee-based *Check the website; group tours only)

🚌 Available (Large buses: Available) <https://takanavi.org/shinsai>



*1 Source: Iwate, 岩手県東日本大震災津波の記録 ("Iwate Prefecture Record of the Great East Japan Earthquake and Tsunami"), March 2013.

A testament to the threat of tsunamis, this former highway rest stop has been preserved and reopened to the public as disaster ruins within the Takatamatsubara Memorial Park for TSUNAMI Disaster (→P. 47). To tour the premises, visitors must use a Takatamatsubara Memorial Park for TSUNAMI Disaster Park Guide (fee-based; reservation required).

While the shape of the building dissipated the energy of the tsunami and prevented the exterior from sustaining significant damage, the inside of the building tells a completely different story. The walls, ceiling, and floor were destroyed, and almost everything inside was washed away. Even the "load-bearing walls," designed to withstand wind and tremors, were knocked down, demonstrating the enormous, devastating power of the tsunami.

A sign on the premises tells the story of three people who evacuated to the roof of this building and narrowly escaped death. If another tsunami were to occur, should you take the same actions as they did to survive during the Great East Japan Earthquake? Or if there is a higher place nearby, should you evacuate there? The story makes you think deeply from the perspective of those involved.

Consider This

Q1 Even the "load-bearing walls" designed to withstand the impact of wind and tremors, a feature seen in concrete buildings, were powerless against the tsunami and were completely destroyed. If you look at the load-bearing walls in the building, you can see that they are leaning toward the sea, the side from which the tsunami came. What does this mean?

A1 The walls were knocked down by the tsunami as it receded, not by its incoming surge. It illustrates that the power of the backwash is just as strong as the uprush.

● 陸前高田市

Rikuzentakata
CityTheme: Protecting lives, and living together
with the ocean and earthIwate Tsunami
Memorial Museum

● 東日本大震災津波伝承館 (いわてTSUNAMIメモリアル)

Damage in Rikuzentakata City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 (Estimated) ^{*1}	13 km ²	18.34 m	3,807 bldg.	240 bldg.	3,988 bldg.	1,606 people	201 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



At the entrance, LCD monitors and panels provide detailed information about places such as the Takatamatsubara Memorial Park for TSUNAMI Disaster, Rikuzentakata City, the Sanriku Coast, and the 3.11 Densho Road, and a map of the Sanriku Coast is displayed



The museum is staffed with docents who provide easy-to-understand explanations to help visitors understand the exhibits so that they can take action to prevent and mitigate disasters. Educational activities such as seminars are also held

A 12-minute video plays in the theater, summarizing the theme of the exhibition. The exhibition shares the lessons learned from repeated tsunamis and a message for the future and encourages visitors to think about what they can do to never experience the sadness of such events again



Exhibit

A Place to
Connect

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

● 東日本大震災津波伝承館 (いわてTSUNAMIメモリアル)

Iwate Tsunami Memorial Museum

☎ 0192-47-4455

① 180 Dotekage, Kesencho, Rikuzentakata-shi

② 5-min. drive from Rikuzentakata IC, Sanriku Coast

Expyw

🕒 9:00 AM-5:00 PM (Last entry at 4:30 PM)

🚫 Open year-round (occasional temporary closings)

💰 Free

🚗 Available (Large buses: Available)

<https://iwate-tsunami-memorial.jp>

*1 Source: Iwate, 岩手県東日本大震災津波の記録 ("Iwate Prefecture Record of the Great East Japan Earthquake and Tsunami"), March 2013.

Rikuzentakata City, where the Miracle Pine Tree is located, lies at the southern end of the Sanriku Coast and was the area hardest hit by the Great East Japan Earthquake and Tsunami in Iwate. This facility was built with the aim of passing on the facts and lessons of the Great East Japan Earthquake and Tsunami to future generations so that the same tragedy will never happen again and to share the story of the area's recovery with people in Japan and around the world, while expressing gratitude for their support.

Under the theme "Protecting lives, and living together with the ocean and earth," the exhibition is divided into four zones: "Tracing History," "Learning the Facts," "Learning Lessons," and "Moving Towards Reconstruction Together." About 150 items are displayed, covering the history of tsunami disasters in the Sanriku region, photos and videos related to the earthquake, tsunami, and recovery efforts, damaged items, and testimonies from survivors. The Takatamatsubara Memorial Park for TSUNAMI Disaster (→P. 47), where the museum is located, encompasses five disaster ruins, including the Miracle Pine Tree. The entire park functions as a field museum that teaches powerful lessons about the tsunami.

Consider This

Q1 There are permanent displays of actual items that were damaged during the disaster, such as part of a girder from the Kesen Ohashi Bridge and a fire engine from Tanohata Village. What were the thoughts behind these displays?



A1 The museum hopes that people will accurately learn the facts and lessons of the Great East Japan Earthquake and Tsunami, see the disaster as something that is relevant to them, and take action to prevent and mitigate disasters.

●陸前高田市

Rikuzentakata
CityA place for the rest and remembrance of
victims that preserves five disaster ruinsTakatamatsubara Memorial Park
for TSUNAMI Disaster

●高田松原津波復興祈念公園 国営追悼・祈念施設

Damage in Rikuzentakata City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 (Estimated) ^{*1}	13 km ²	18.34 m	3,807 bldg.	240 bldg.	3,988 bldg.	1,606 people	201 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



A "sea viewing spot" lies at the end of the Line of Prayer. From here, you can look out at Hirota Bay, which was hit by the tsunami, and enjoy the scenic beauty of Takatamatsubara, which continues to rebuild, the city of Rikuzentakata, and the local mountains



The large roof facade is a symbol of prayer and remembrance. It was designed to convey a sense of pure beauty. The white concrete panels are illuminated with indirect lighting and shine with 18,434 lights at night



The sky-lit water basin is situated at the intersection of the Line of Prayer, which directs prayers toward the ocean where the tsunami originated, and the Line of Reconstruction, which connects the old highway rest stop to the new one. It is a place of rest and remembrance that soothes the hearts of those who visit

Memorial
Monument
Park

Wheelchair OK

Facility DATA

●高田松原津波復興祈念公園 国営追悼・祈念施設

Takatamatsubara Memorial Park for TSUNAMI Disaster

☎ 0192-22-8911

📍 180 Dotekage, Kesencho, Rikuzentakata-shi

🕒 5-min. drive from Rikuzentakata IC, Sanriku Coast

Expy

🕒 9:00 AM–6:00 PM (Oct.–Mar.: 9:00 AM–5:00 PM)

🕒 Open year-round

💰 Free

🚌 Available (Large buses: Available)

<https://takatamatsubara-park.com>

*1 Source: Iwate, 岩手県東日本大震災津波の記録 ("Iwate Prefecture Record of the Great East Japan Earthquake and Tsunami"), March 2013.

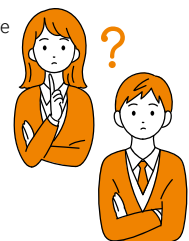
*2 According to materials released by the National Police Agency on March 11, 2018

This expansive park is a national memorial facility centered around a "Line of Prayer" and a "Line of Reconstruction," which includes features such as the Miracle Pine Tree, Remembrance Square, and a sea viewing spot. The Line of Prayer runs from east to west in a straight line toward the sea, connecting Hirota Bay, which was hit by the tsunami, with the upper reaches of the Kesen River, along which the tsunami traveled upstream. The Line of Reconstruction runs from north to south, parallel to the sea, connecting Tapic 45, the former *michi-no-eki* that conveys the threat of tsunamis (→P. 45), with the current Michi-no-Eki Takatamatsubara.

At the point where the two lines intersect, there is a water basin designed to reflect the natural light that shines in from the ceiling. The water symbolizes the tsunami, while the light evokes a sense of recovery toward the future, marking this place as a space of rest and remembrance. The facade of the large roof bears 18,434 small holes through which light shines outward at night. These lights represent the number of victims of the disaster (*2).

Consider This

Q1 What features have been incorporated into the current Takatamatsubara Memorial Park for TSUNAMI Disaster to protect the city center from future tsunami damage?



A1 To protect the city center from tsunamis, work is underway to build seawalls and coastal disaster-protection forests, as well as to add features that will dissipate tsunami energy.

●陸前高田市

Rikuzentakata
City

A devastated school building that demonstrates the importance of emergency preparedness

Kesen Junior High School

●気仙中学校

Damage in Rikuzentakata City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 (Estimated) ^{*1}	13 km ²	18.34 m	3,807 bldg.	240 bldg.	3,988 bldg.	1,606 people	201 people	Unknown

^{*1}Data on damage without annotation is according to materials noted on the bottom of P. 1.

^{*}Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



A door bent by the impact of the tsunami. At 14.2 meters, the tsunami reached the roof of the building. A sign on the exterior wall shows the height of the tsunami. To escape as far away and as quickly as possible from a tsunami, it's important to think about when to begin evacuating



A lone organ is all that remains of the music room that once was here. Other things you can see in the school building include school uniforms and chairs stuck in the ceiling, as well as household appliances and the roof of a house swept inside, demonstrating the threat of tsunamis



Mud-covered desks and chairs are scattered as they were at the time of the disaster. These ruins are located in the Takatamatsubara Memorial Park for TSUNAMI Disaster (→P. 47), and there is a spot in the school building from which you can see the Miracle Pine Tree. You should also visit the Iwate Tsunami Memorial Museum (→P. 46) in the park

Earthquake
Disaster

Ruins

Facility guide

^{*}Reservation required; wheelchair users can be shown around the entrance of the facility (by prior arrangement)

Facility DATA

●気仙中学校

Kesen Junior High School

☎ 090-7528-8182 (Takatamatsubara Memorial Park for TSUNAMI Disaster Park Guide Reception Office)

📍 202 Obuchi, Kesencho, Rikuzentakata-shi

🚗 4-min. drive from Rikuzentakata-Osabe IC, Sanriku Coast Expwy

🆓 Free to view from outside the fence (Takatamatsubara Memorial Park for TSUNAMI Disaster Park Guide required to tour the interior. 🕒 9:00 AM-5:30 PM ^{*}Tours may end earlier in winter depending on the sunset time 🆓 Fee-based ^{*}Check the website (management fee of 500 yen/person charged separately); group tours only)

📄 Available (Large buses: Available) <https://takanavi.org/shinsai>



^{*1} Source: Iwate, 岩手県東日本大震災津波の記録 ("Iwate Prefecture Record of the Great East Japan Earthquake and Tsunami"), March 2013.

This junior high school was completely destroyed by the 14.2-meter tsunami and is now open to the public for tours. It can be viewed from outside the fence at any time, but you must be accompanied by a Takatamatsubara Memorial Park for TSUNAMI Disaster Park Guide (fee-based; reservation required) to tour the inside of the school building. Because of its proximity to the sea, Kesen Junior High School conducted disaster prevention drills more intensively than other schools. When the disaster struck, all the students and teachers at the school were able to evacuate immediately, saving everyone's lives. Based on this kind of real-life experience, the tour guides describe the situation at the time of the disaster while conveying the importance of regular disaster prevention education.

The tsunami completely engulfed the three-story school building, leaving school uniforms and chairs caught in the ceilings, a large refrigerator on the second floor, and the roof of a house on the third floor. What would you have done if you were at school or commuting alone when the disaster struck? How would you have contacted your family if you could not use your mobile phone or other means of communication? The tour makes you consider these scenarios as if they were happening to you.

Consider This

Q1 The roof of a house swept into the school building and got stuck on the third floor, where it remains. Instead of coming from the seaside, where the tsunami originated, it is stuck on the opposite mountain side. What do you think this tells us?



A1 The backwash of the tsunami was also as high as the third floor of the school building or even higher. It also tells us that the water moved with enormous force, dragging debris along with it.

If a Disaster Strikes...

Thinking about the "what ifs"

Wind and water disasters

Step 2



Do you know of the "normalcy bias"? The normalcy bias is a psychological tendency for people to reassure themselves that they are fine and that things will always be the way they normally have been. In the event of a disaster, this bias can prevent you from recognizing the danger and may delay your escape. First, it's important to know the facts. Be sure to check information regularly.

Kei Gentile
Disaster memorial writer

First, check the risks around you

Municipalities and other organizations publish hazard maps that show what types of disasters could occur in your area. These maps cover various types of disasters. The "Hazard Map Portal Site" allows you to check multiple disaster risks such as flooding, landslides, storm surges, and tsunamis. Familiarize yourself with the hazardous areas along your daily route to school or work. You should also check the locations of designated emergency evacuation sites and safe areas.



●Hazard Map Portal Site (<https://disaportal.gsi.go.jp/>)

Gather reliable information



- ▶ Prime Minister's Office (Disaster/Crisis Management Information)
@Kantei_Saigai
- ▶ Cabinet Office, Government of Japan (Disaster Management)
@CAO_BOUSAI
- ▶ Japan Meteorological Agency Disaster Prevention Information
@JMA_bousai

In the aftermath of the Great East Japan Earthquake, information was difficult to obtain due to the extensive damage to telecommunications infrastructure, and social media was widely used as a means of communication. However, in times of disaster, information can easily become garbled, and false or baseless rumors can spread. Make sure to check reliable sources of information on a routine basis. The following resources, such as the social media accounts of the Prime Minister's Office and the Japan Meteorological Agency, are useful in times of disaster.

You must evacuate at Alert Level 4

Effective May 20, 2021, the "Evacuation Recommendation" has been discontinued, and everyone is now instructed to evacuate hazardous areas under the Alert Level 4 "Evacuation Instruction." People who need more time to evacuate, such as elderly people and people with disabilities, should evacuate at Alert Level 3. Evacuation does not mean simply going to a nearby school or community center. Evacuation means "escaping danger." Decide ahead of time what you will do in the event of a disaster. In addition, during an ongoing disaster, there will be continuous updates of information beyond the initial evacuation instructions. Be sure to always get the latest information.



(Photo source: "Poster about Evacuation Information (Revised Version)"; Cabinet Office, Government of Japan (Disaster Management in Japan) and Fire and Disaster Management Agency)

"防災の手引き～いのちと暮らしをまもるために～" Prime Minister's Office
("Disaster Prevention Guide: To Protect Lives and Livelihoods"),
<https://www.kantei.go.jp/jp/headline/bousai/index.html> (accessed August 28, 2024)

"災害が起きる前にできること" Prime Minister's Office
("What You Can Do Before a Disaster Occurs"),
<https://www.kantei.go.jp/jp/headline/bousai/sonae.html> (accessed August 28, 2024)

"防災情報のページ みんなで減災" Cabinet Office, Government of Japan
("Disaster Prevention Information: Mitigating Disasters Together"),
https://www.bousai.go.jp/oyakudachi/info_general.html (accessed August 28, 2024)

Author profile / ico.
Born in Yuriage, Natori City, Miyagi, and currently resides in Fukushima City. Illustrator and certified disaster prevention specialist. Having experienced two disasters—the Great East Japan Earthquake and Typhoon No. 19 (Hagibis)—ico. is now engaged in efforts to convey the importance of disaster prevention in an easy-to-understand manner.



"This is real life..."

ico. Disaster prevention illustrator



Iwate

Explore
the Tohoku
region

Sanriku Coast

●三陸鉄道

Sanriku Railway

This line connects Kuji Station and Sakari Station along the Sanriku Coast. There are scenic spots along the route, so it's a great way to relax and enjoy the view.

☎0193-62-7000
(Sanriku Railway Passenger
Sales Department)

1 First, check
the **key attractions**
in **popular areas**

Sanriku Coast

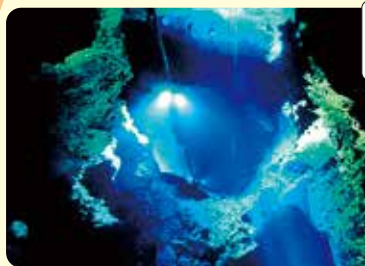
●龍泉洞

Ryusendo Cave

☎0194-22-2566
(Ryusendo Cave Office)

One of the three largest limestone caves in Japan, designated a national natural monument. The beautiful "dragon blue" underground lake is a must-see!

☎1-1 Kannari, Iwaizumi, Iwaizumi-cho
☎30-min. drive from Iwaizumiryusendo IC, Sanriku Coast Expwy ☎1,100 yen; 550 yen for elementary / jr. high school students ☎8:30 AM-5:00 PM (May-Sept.: Until 6:00 PM)
☎Open year-round (may close temporarily due to flooding, etc.) ☎400 spaces



Must
try!

Local foods

Morioka

Morioka reimen



Firm noodles in a refreshing, flavorful soup. It's a staple of yakiniku restaurants in Morioka, but many people order just this dish.

Maesawa

Maesawa beef

A premium brand of beef that is famous throughout Japan. Savor this high-quality marbled beef in the form of yakiniku, steak, sushi, and more!



Across Iwate

Wanko soba

Serving soba noodles in small bowls has been a long-standing custom in inland areas of Iwate. Challenge yourself to eat as many as you can.



Tono

Tono jingisukan



Popular jingisukan (mutton barbecue) restaurants are scattered throughout Tono, where the custom of eating mutton at home has taken root. Try each restaurant's secret sauce.



Shizukuishi

●小岩井農場

Koiwai Farm

☎019-692-4321

A historic farm that has been around since the Meiji era. There are tons of fun activities, craft workshops, and food!

☎36-1 Maruyachi, Shizukuishi-cho
☎15-min. drive from Morioka IC, Tohoku Expwy
☎800 yen; 300 yen for children ages 5-12 and elementary school students; 500 yen for pets (dogs) *Varies by season ☎9:00 AM-5:00 PM (Last entry is 1 hr. before closing) *Varies by season ☎No regular closings ☎1,500 spaces

Hanamaki

●宮沢賢治記念館

Miyazawa Kenji Museum

☎0198-31-2319

Author Kenji Miyazawa was born in present-day Hanamaki City. This museum displays Kenji's personal belongings, handwritten manuscripts, and memos.

☎1-1-36 Yasawa, Hanamaki-shi ☎5-min. drive from JR Shin-Hanamaki Sta. ☎350 yen; 250 yen for high school / university students; 150 yen for elementary / jr. high school students ☎8:30 AM-5:00 PM (Last entry at 4:30 PM) ☎Open year-round ☎50 spaces



Hiraizumi

●平泉

Hiraizumi

☎0191-46-2110

(Hiraizumi Tourism Association)

Five cultural properties registered together as a UNESCO World Heritage Site, including Chuson-ji Temple, known for the Konjiko Golden Hall (national treasure), and Motsuji Temple, which has a beautiful garden.



Getting there from Tokyo

To the Sanriku Coast

Train + Bus

JR Tokyo Sta.	Tohoku Shinkansen "Hayabusa" // Approx. 2 hr. 40 min.	JR Ninohe Sta.	JR Bus Tohoku "Swallow" // Approx. 1 hr. 10 min.	In front of Kuji Sta.
JR Tokyo Sta.	Tohoku Shinkansen "Hayabusa" // Approx. 2 hr. 10 min.	JR Morioka Sta.	Northern Iwate Transportation "106 Express" bus // Approx. 1 hr. 40 min.	In front of Miyako Sta.

Express Bus

Tokyo Sta. Yaesu Exit	Northern Iwate Transportation & Fuji Express "Iwate Kizuna" bus // Approx. 10 hr. 45 min.	In front of Kuji Sta.
Tokyo Sta. Yaesu Exit	Northern Iwate Transportation "MEX Miyako-Morioka" bus // Approx. 9 hr. 10 min.	In front of Miyako Sta.
Ikebukuro Sta. West Exit	Kokusai Kogyo Bus "Kesen Liner" // Approx. 8 hr. 30 min.	In front of Kamaishi Sta.

Seasonal events

Morioka

Morioka Sansa Odori Festival

☎019-624-5880 (Morioka Sansa Odori
Festival Organizing Committee)

Held annually on August 1-4. A grand parade makes its way down Morioka's Chuo-dori Street with stirring taiko drumming and colorful dancing.



Photo: Morioka Sansa Odori Festival
Organizing Committee

Hiraizumi

Spring Fujiwara Festival

☎0191-46-2110 (Hiraizumi
Tourism Association)

Held annually on May 1-5. Events such as Yoshitsune's Eastern Flight Processional, a parade that recreates a scene from a Heian-period picture scroll, are held.



Kitakami

Kitakami Tenshochi Cherry Blossom Festival

☎0197-65-0300 (Kitakami Tourism
and Convention Association)

Held from early through late April. One of the three most famous cherry blossom viewing spots in the Tohoku region. About 500 trees bloom along a two-kilometer stretch.



Kuji

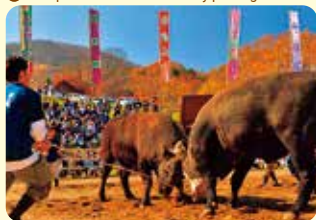
●平庭闘牛大会

Hiraniwa Bullfighting Tournament

☎0194-72-2111 (Iwate Hiraniwa Kogen Bullfighting Association)

The only bullfighting tournament in the Tohoku region. You can see the bullfights up close four times a year.

☎20-13-172 Rainai, Yamagatacho, Kuji-shi ☎40-min. drive from JR / Sanriku Railway Kuji Sta. ☎1,200 yen (advance tickets: 1,000 yen; May tournament is free); free for jr. high school students and younger ☎600 spaces available at nearby parking lots



Miyako

●浄土ヶ浜

Jodogahama

☎0193-68-9091 (Miyako City Tourism Division)

National Place of Scenic Beauty. A calm inlet with white rhyolite rock formations and green pines that enhance the beauty of the coast.

☎Hitachihamacho, Miyako-shi ☎15-min. drive from JR / Sanriku Railway Miyako Sta. ☎Free entry ☎422 spaces



Ofunato

●基石海岸

Goishi Coast

There are various picturesque sights, such as the Anatoshi Iso, a rock formation with three sea arches.

☎221-68 Ohama, Massakicho, Ofunato-shi ☎11-min. drive from Ofunato-Goishikaigan IC, Sanriku Coast Expwy ☎Free entry ☎92 spaces



Rikuzentakata

●ワタミオーガニックランド

Watami Organic Land

☎0192-53-2107

A hands-on organic farming theme park where you can enjoy a light meal, BBQ, camping, and more.

☎309 Dotekeage, Kesencho, Rikuzentakata-shi ☎5-min. drive from Rikuzentakata-Osabe IC, Sanriku Coast Expwy ☎Free entry (activity fees charged separately) ☎Day camp: 10:00 AM-4:00 PM (Burger shop: 11:00 AM-3:00 PM on Sat.-Sun.) ☎Open year-round (depends on the facility) ☎30 spaces



Tanohata

●サッパ船アドベンチャーズ

Sappa Boat Adventures

☎0194-37-1211 (NPO Taikenmura Tanohata Network)

Ride a fishing boat operated by an experienced fisherman and tour the Kitayamazaki Cliffs (takes 1 hour; reservation required).

☎Tsukue, Tanohata-mura (Sappa Boat Terminal, Tsukue Port) ☎5-min. drive from Sanriku Railway Tanohata Sta. ☎3,800 yen; 3,000 yen for elementary school students (min. charge: 7,600 yen/boat) ☎9:00 AM-5:00 PM (depends on the season) ☎Open year-round (canceled in the event of rough seas) ☎20 spaces



Kamaishi

●釜石市立鉄の歴史館

Kamaishi City Iron and Steel History Museum

☎0193-24-2211

Kamaishi has a long history in iron and steel manufacturing. Learn about the history of this industry and its role in people's lives here.

☎3-12-7 Odairacho, Kamaishi-shi ☎10-min. drive from JR / Sanriku Railway Kamaishi Sta. ☎300 yen; 300 yen for high school students; 150 yen for elementary / jr. high school students ☎9:00 AM-5:00 PM (Last entry at 4:00 PM) ☎Tue. ☎50 spaces



2 Coastal attractions to visit in conjunction with memorial facilities

Delicious foods in this area



Tanohata Soft-serve ice cream

Taste the rich, sweet flavor of Tanohata milk. Available at Michi-no-Eki Tanohata Shiinokaze.

Noda Yamabudo (wild grape) wine

Made from wild grapes that are a specialty of Noda Village. The high acidity produces a crisp finish.



Kuji

Mamebu-jiru

A local specialty made with "mamebu" flour dumplings containing black sugar and walnuts, simmered with other ingredients in a soy-sauce-based soup.



Rikuzentakata

Pecans

Chocolates and dumplings made with pecans have become popular as new local specialties of Rikuzentakata.



Ofunato

Ofunato sanma ramen

A regional style of ramen topped with Pacific saury caught in Ofunato. The presentation is eye-catching!

Kamaishi

Kamaishi ramen

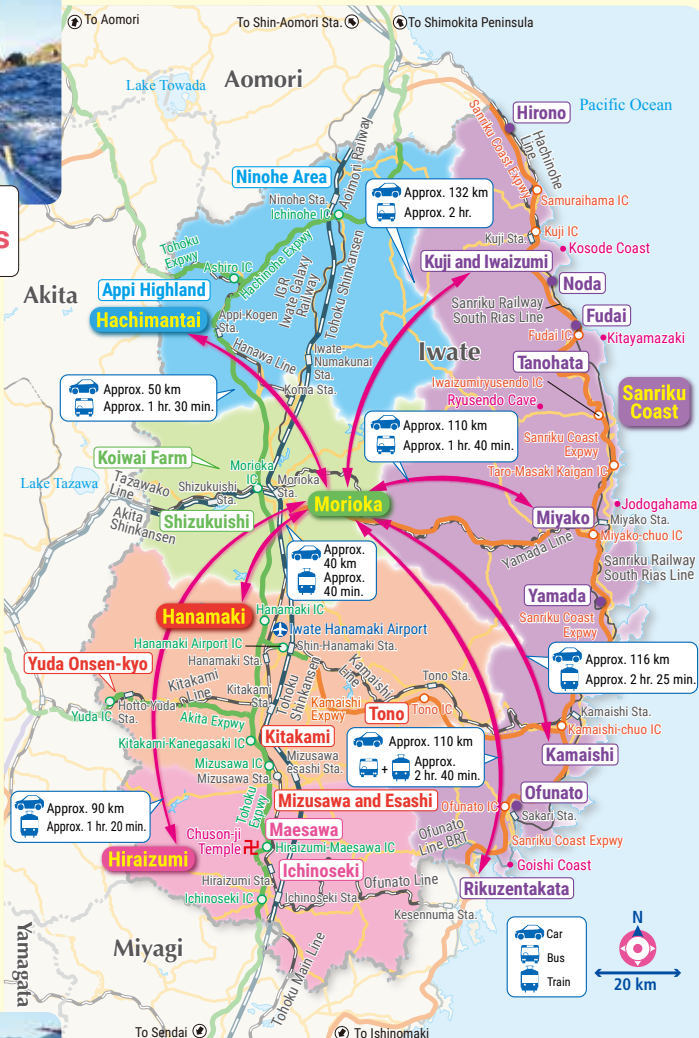
Extra-fine, crinkly noodles served in a clear soy-sauce-based soup. The flavor varies by restaurant.



Miyako

Fried cod

The soul food of Miyako, a city that boasts one of the largest landings of Pacific cod in Japan. Enjoy the light and tender texture of this fish.



Aomori

Iwate

Miyagi

Fukushima

Miyagi



Maximum seismic intensity

7

Wetted surface area

327 km²

Maximum inundation height

32.75 m

(Minamisanriku Town)



Total collapse

83,005 bldg.

Incomplete collapse

155,131 bldg.

Partial collapse

224,202 bldg.



Deceased

10,571 people

Missing

1,215 people

Injured

4,148 people

The massive 9.0-magnitude earthquake, with its epicenter located about 130 kilometers east of the Oshika Peninsula in Miyagi at a depth of about 24 kilometers, was the largest earthquake ever recorded in Japan and the fourth largest in the world since 1900.

Miyagi observed a maximum seismic intensity of 7 in Kurihara City, more than 10,000 deceased and missing people across the prefecture (equivalent to about 50% of the total number of victims nationwide), and a wetted surface area of 327 square kilometers (equivalent to about 60% of the total wetted surface area of 561 square kilometers across six

prefectures, and more than half of the area of Tokyo's 23 special wards). It was the hardest-hit area of the Great East Japan Earthquake, and much of the damage was caused by the tsunami that followed.

Fourteen years have passed since the disaster, and most of the more tangible projects, such as infrastructure work, have been completed. Currently, Miyagi is doing its utmost to resolve the remaining challenges, such as providing mental healthcare for the disaster victims and reviving local communities, in line with its policy of "providing detailed support toward the complete reconstruction of the disaster-stricken communities."

The events of 3.11

1 The tsunami engulfed the area around the Onagawa Town Hall
2 Ogatsu Community Center. A bus was carried onto a roof by the tsunami
3 The former Minamisanriku Disaster Prevention Office Building reduced to its steel frame
4 The Kadenowaki district of Ishinomaki City was completely devastated by the tsunami and fires
5 The Yuriage district of Natori City was engulfed by the tsunami and wiped out in an instant
6 Sendai Airport is the only airport in Japan that was damaged by the tsunami. About 1,700 people were left behind at the time of the disaster
7 Residential neighborhoods in Sendai City were also damaged by the earthquake
8 View of the fire in Kesennuma Bay, taken from the Kesennuma Joint Government Building
9 Evacuees stranded on the roof of Sendai Arahama Elementary School (→P. 78)

Photos/Sources: (1-6) Great East Japan Earthquake Archive Miyagi; (7-8) The Great East Japan Earthquake: Disaster Response in Miyagi Prefecture in the First Year Following the Earthquake and Tsunami; (9) Sendai City



Chronicles of the Reconstruction

2011

- March 30** ... Sanriku Expressway fully restored
- April 28** ... Residents begin to move into Miyagi's first prefabricated emergency provisional housing units (Shiogama City)
- April 29** ... Tohoku Shinkansen line fully restored
- August 1** ... Reconstruction support activities by the Japan Self-Defense Forces end
- September 25** ... Sendai Airport building completely restored and scheduled international flights begin
- December 11** ... All essential infrastructure in the prefecture restored (excluding tsunami-flooded areas)
- December 26** ... All prefabricated emergency provisional housing units completed (22,095 units in 406 compounds)
- December 30** ... All evacuation centers in the prefecture closed



Support missions by the Japan Self-Defense Forces end



All emergency provisional housing units are completed

2012

- February 10** ... Government of Japan establishes a Reconstruction Agency; Miyagi Reconstruction Bureau established in Sendai City, with branch offices in Ishinomaki City and Kesennuma City
- August 20** ... JR Kesennuma Line begins operations using the Bus Rapid Transit (BRT) system (Kesennuma City, Minamisanriku Town, and Tome City)



BRT operations begin

2013

- April 1** ... Residents begin to move into Miyagi's first disaster public housing (Sendai City, Ishinomaki City, and Yamamoto Town)
- May 24** ... Rikuchu Kaigan National Park incorporated into the Sanriku Fukko National Park
- June 20** ... Miyagi's first "Disaster Prevention Collective Relocation Area Project" (Sendai City) completed
- September 1** ... A new fishery opens in the special fishery reconstruction zone (Ishinomaki City)

2014

- March 12** ... Disaster debris processing ends
- April 30** ... All road closures on prefectural roads due to the disaster lifted (Ishinomaki City and Onagawa Town)

2015

- May 30** ... JR Senseki Line fully resumes service, Senseki-Tohoku Line opens
- July 19** ... "Town opening" ceremony held in the Tamauranishi district, where residents of six coastal districts were located (Iwanuma City)
- December 23** ... Onagawa Station shopping promenade opens (Onagawa Town)



Onagawa Station shopping promenade

2016

- February 13** ... Sendai 3/11 Memorial Community Center (→P. 77) opens (Sendai City)
- April 1** ... New medical school established at Tohoku Medical and Pharmaceutical University (Sendai City)
- July 1** ... Sendai Airport becomes the first nationally operated airport in Japan to go private (Natori City and Iwanuma City)

Sendai 3/11 Memorial Community Center



Sendai Airport



2017

- March 3** ... Minamisanriku Sun Sun Shopping Village relocated and opens for business (Minamisanriku Town)
- April 30** ... Ruins of the Great East Japan Earthquake: Sendai Arahama Elementary School (→P. 78) opens to the public (Sendai City)
- June 30** ... Tourism and exchange facility "Ishinomaki Genki Ichiba" opens (Ishinomaki City)
- November 5** ... 3.11 Disaster Recovery Memorial Park (→P. 69) completed (Higashi-Matsushima City)

Minamisanriku Sun Sun Shopping Village



Ishinomaki Genki Ichiba

2018

- April 14** ... "Watari Urban Park / Torinoumi Park" completed (Watari Town)
- July 12** ... Shiogama Tsunami Evacuation Center (→P. 72) opens (Shiogama City)
- October 7** ... Miyagi Olle Kesennuma / Karakuwa Trail Course opens (Kesennuma City)

2019

- February 9** ... Yamamoto Town Farmer's and Fisherman's Market "Yamamoto Yume Ichigo-no-Sato" opens (Yamamoto Town)
- March 31** ... All disaster public housing units in the prefecture completed
- April 7** ... Kesennuma Oshima-ohashi Bridge completed; opening ceremony held (Kesennuma City)
- June 9** ... All routes on the Michinoku Coastal Trail open
- November 30** ... Eastern Reconstruction Road opens (Sendai City)



Kesennuma Oshima-ohashi Bridge

2020

- June 12** ... "Miyagi Prefecture Floodgate and Floodwall Gate Automated Closure System" begins operations
- October 3** ... Grand opening of the Natori Cycle Sports Center (Natori City)
- October 12** ... Minamisanriku Memorial Park of Earthquake Disaster fully opens (Minamisanriku Town)



Natori Cycle Sports Center
Minamisanriku Memorial Park of Earthquake Disaster

2021

- March 6** ... The section of the Sanriku Coast Expressway between Kesennuma-Port IC and Karakuwahanto IC and the Kesennuma Bay Crossing Bridge open to traffic (Kesennuma City)
*From 2015, the expressway opens in stages from Tagajo IC to Kesennuma-Port IC
- March 11** ... Kesennuma Reconstruction Memorial Park (→P. 54) opens (Kesennuma City)
- March 28** ... Ishinomaki Minamihamama Tsunami Memorial Park (→P. 65) opens (Ishinomaki City)
- June 6** ... Miyagi 3.11 Tsunami Disaster Memorial Museum (→P. 65) opens (Ishinomaki City)
- July 18** ... Ishinomaki City Okawa Elementary School Ruins (→P. 60) open (Ishinomaki City)



Kesennuma Reconstruction Memorial Park

2022

- March 30** ... Ishinomaki City Kadonowaki Elementary School Ruins (→P. 62) opening ceremony held (Ishinomaki City)
- October 1** ... Minamisanriku 311 Memorial (→P. 57) opens (Minamisanriku Town)

2023

- November 9** ... Ishinomaki City Reconstruction Project (Infrastructure Development) Completion Ceremony held (Ishinomaki City)

Photos: Great East Japan Earthquake Archive Miyagi and Tourism Strategy Division, Miyagi Prefectural Government

Sources:

- Crisis Measures Division, General Affairs Department, Miyagi Prefectural Government, "The Great East Japan Earthquake: Disaster Response in Miyagi Prefecture in the First Year Following the Earthquake and Tsunami," published March 2015.
- Japan Meteorological Agency, seismic intensities of various areas from "The 2011 off the Pacific Coast of Tohoku Earthquake," December 2012.
- Geospatial Information Authority of Japan, 津波による浸水範囲の面積 (概略値) について (第5報) ("Tsunami Inundation Area (Approximate Values) (5th Report)"), April 18, 2011.
- Tsunami Trace Database in Japan, International Research Institute of Disaster Science, Tohoku University; field survey results of the 2011 Tohoku Earthquake Tsunami Joint Survey Group
- Disaster Response Headquarters, Fire and Disaster Management Agency, 平成23年(2011年)東北地方太平洋沖地震(東日本大震災)について(第164報 別紙) ("2011 off the Pacific Coast of Tohoku Earthquake (Great East Japan Earthquake) (Report No. 164, Appendix)", 2 PM, March 8, 2024.
- Miyagi Prefecture Reconstruction Task Force, みやぎ・復興の歩み13 ("Miyagi Steps Toward Reconstruction 13"), published March 2024.

● 気仙沼市

Kesennuma
CityA 10-meter monument unifying the hopes of
the worldKesennuma Reconstruction
Memorial Park

● 気仙沼市復興祈念公園

Damage in Kesennuma City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	18 km ²	27.06 m	8,483 bldg.	2,571 bldg.	4,761 bldg.	1,220 people	214 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Memorial
Monument

Park

Wheelchair OK

Facility DATA

● 気仙沼市復興祈念公園

Kesennuma Reconstruction Memorial Park

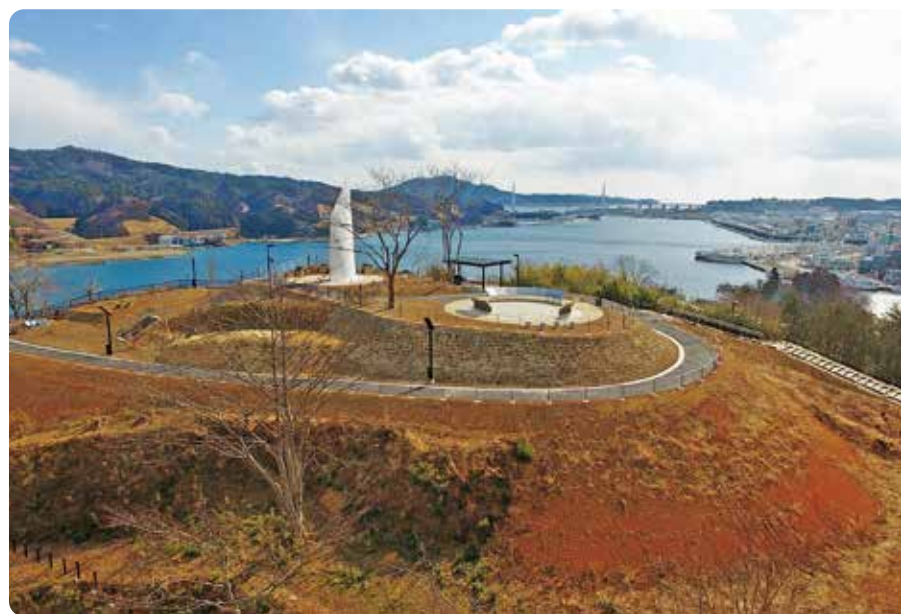
☎ 0226-22-3401 (General Affairs Department,
General Affairs Division, Kesennuma City)

📍 264 Jinyama, Kesennuma-shi

🚗 10-min. drive from Urashima-Oshima IC, Sanriku Coast
Expyw

🆓 Free entry

🚌 Available (Large buses: Available)

🌐 <https://www.kesennuma.miyagi.jp/memorialpark>*1 Source: Miyagi, 東日本大震災における被害状況 ("Damage from
the Great East Japan Earthquake"), March 8, 2024.

The park opened on March 11, 2021, exactly 10 years after the disaster. Established on a hill, the park affords a sweeping view of reconstruction in the disaster-stricken city. The site both memorializes the victims and prays for a serene, peaceful future.

"Prayer's Sail" is a 10-meter-high monument symbolizing prayers for restoration that was created from aluminum steel used in ships. Its design blends the winning entries from an idea contest held for the park, such as an arch, ship, door, lighthouse, and prayer hands. The view from inside the monument overlooks the inlet, so you can say a prayer while facing the horizon.

The narrative sculptures in the park tell stories, and you can read episodes based on true stories from the 2-D barcodes on the pedestals. The park was established with the hope of being a place where park visitors can recall and share with one another memories of the disaster. Doing so will pass on the stories to people from areas and generations unfamiliar with the disaster.



The 10-meter-high monument "Prayer's Sail" represents prayers for reconstruction. The design blends winning entries from an idea contest held for Kesennuma Reconstruction Memorial Park, such as an arch, ship, door, lighthouse, and prayer hands



The park was created on a hill as a site to memorialize the victims and communicate memories of the disaster to future generations. Nameplates engraved with the names and ages of the deceased victims are placed in a circular shape looking down on the ocean and city



This narrative sculpture is titled "To the Sea." Each of the sculptures scattered throughout the park has a title. You are invited to read episodes from the 2-D barcodes on the pedestals and the reasons behind the titles



Consider This

Q1 Nameplates engraved with the names of the deceased victims are placed in a circular shape in the park. What are the thoughts behind establishing the park on a hill?

Q2 The nameplates of the victims are placed facing certain directions so that each and every individual can be remembered and memorialized. What directions are they facing?

A1 The nameplates of the deceased victims were constructed on a hill in the hope that they would never again be harmed by a tsunami.

A2 They are placed in the direction of the districts where the victims lived.

● 気仙沼市

Kesennuma
CityAn exhibit of a disaster-related collection
obtained through diligent research by curatorsRias Ark Museum of Art
A permanent exhibit of a “Documentary
of the East Japan Earthquake and
Tsunami & History of Tsunami Disaster”

● リアス・アーク美術館 「東日本大震災の記録と津波の災害史」 常設展示

Damage in Kesennuma City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	18 km ²	27.06 m	8,483 bldg.	2,571 bldg.	4,761 bldg.	1,220 people	214 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.



The “Ark Diary” is a permanent exhibit on the second floor displaying historical and folk materials centering around the abundant food of the Sanriku Coast surrounded by the ocean and mountains. It is a general exhibit of regional folk customs, folkways, history, lifestyles, and culture that are waning. Easy-to-understand explanations are provided using illustrated panels



A glass-walled observation deck extends into the open air. Since it is situated on a hill, on a clear day, it provides a panoramic view of the city and the rich green mountains surrounding it. The museum also has a restaurant and museum shop



While introducing artworks centering on modern art, the multifaceted art museum presents permanent exhibits related to history and folk customs to promote regional lifestyles and culture. It is located on a corner of a hilly area overlooking Kesennuma Bay

Exhibit
.....
A Place to
Connect

Wheelchair OK

Facility DATA

● リアス・アーク美術館
「東日本大震災の記録と津波の災害史」 常設展示

Rias Ark Museum of Art

A permanent exhibit of a “Documentary of the East Japan Earthquake and Tsunami & History of Tsunami Disaster”

☎ 0226-24-1611

📍 138-5 Akaiwamakisawa, Kesennuma-shi

🚗 10-min. drive from Kesennumachuo IC, Sanriku Coast Expwy

🕒 9:30 AM–5:00 PM (Last entry at 4:30 PM)

🗓 Mon., Tue., and the next day of a national holiday (excluding Sat., Sun., and national holidays)

💰 700 yen; 600 yen for vocational school / jr. college / university students; 500 yen for high school students; 350 yen for elementary / jr. high school students

🅑 Available (Large buses: Available)

http://www.riasark.com



The art museum was established in 1994, prior to the disaster, as an ark to preserve and pass on regional culture to the future. The museum has a permanent exhibit of a disaster-related collection, along with items related to the tsunami and regional culture. It also has the “Ark Diary” that introduces regional history and folk customs centering around the keyword “food” and the “Museum Collection” that introduces artwork by artists associated with the facility.

For about two years immediately after the disaster, the museum’s curators researched records of damage to Kesennuma City and Minamisanriku Town. The permanent exhibit that is open to the public displays 203 photographs taken by the curators, 155 disaster-related articles they collected, and 137 items such as historical records. The theme of the exhibit is “how to present the Great East Japan Earthquake and make the most of it for future generations in the region.” The exhibited disaster-related articles are accompanied by text conveying what the curators felt and thought, including “the sense that the everyday objects scattered at our feet in the disaster-stricken sites were telling some kind of story.”

Consider This

Q1 Ordinary disaster data typically focuses on how objects were destroyed, but this museum conducted research from a different perspective. What kind of perspective was it?



● 気仙沼市

Kesennuma
City

A car washed onto the third floor attests to the immense power of the tsunami

Ruins of the Great East Japan Earthquake Kesennuma City Memorial Museum

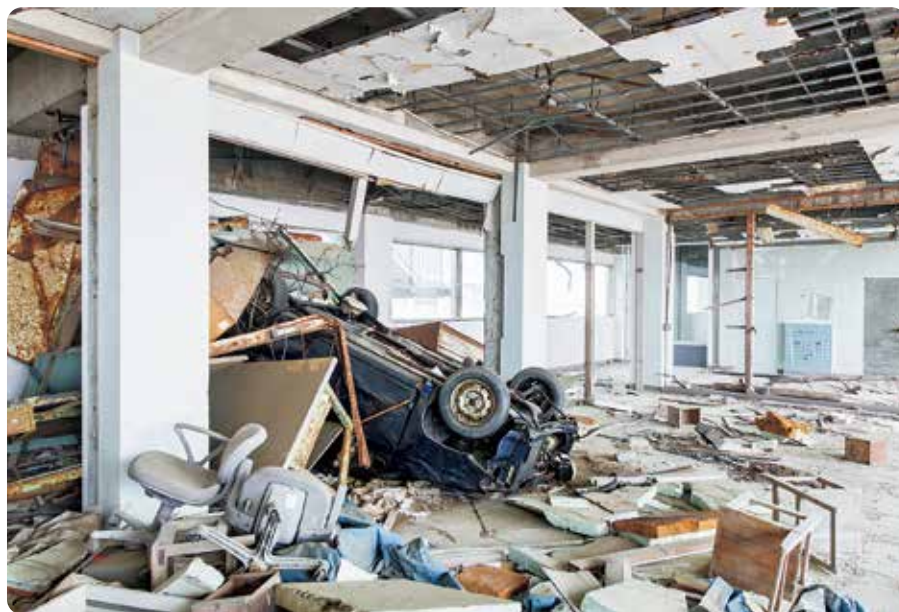
● 気仙沼市 東日本大震災遺構・伝承館

Damage in Kesennuma City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	18 km ²	27.06 m	8,483 bldg.	2,571 bldg.	4,761 bldg.	1,220 people	214 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Viewing videos of the disaster and its debris heightens awareness of disaster prevention and mitigation. Storytelling tour guides require 1 hour 30 minutes, ¥6,000 yen per group (up to 20 people)
*Reservations required at least 10 days in advance



The area between the General Practice Building and North School Building became the path of the receding waves. Disaster debris, such as cars piled up on one another and timber thought to be building materials, is heaped up like a mountain. The sight brings home anew the perils of a tsunami

Visitors first enter the memorial museum and view videos in the Video Theater. A 13-minute video depicting the disaster as it happened is shown on a large, 300-inch screen every hour on the hour, and every 20 and 40 minutes past the hour

Earthquake
Disaster

Ruins

Audio guide

Storytelling
available

Wheelchair OK

*Reservation required

Facility DATA

● 気仙沼市 東日本大震災遺構・伝承館

Ruins of the Great East Japan Earthquake
Kesennuma City Memorial Museum

☎ 0226-28-9671

⑨ 9-1 Hajikamisemukai, Kesennuma-shi

⑩ 10-min. drive from Oyakaigan IC, Sanriku Coast Expwy

⌚ 9:30 AM-5:00 PM (Oct.-Mar.: Until 4:00 PM)

*Last entry is 1 hr. before closing

✖ Mon. (or the next day when Mon. is a national holiday; open on the 11th of every month, Sept. 1, and Nov. 5)

¥ 600 yen; 400 yen for high school students; 300 yen for elementary / jr. high school students

⑦ Available (Large buses: Available)
<https://www.kesennuma-memorial.jp>

The building that had been Kesennuma Koyo High School up until the day of the Great East Japan Earthquake has been preserved as disaster ruins. It is now open to the public, together with a newly constructed memorial museum. The memorial museum has exhibition rooms and a theater showing the disaster's damage through videos and photo panels. You can learn about disaster prevention and mitigation from storytelling tour guides and disaster prevention seminars, and participate in workshops that apply what you learned from the disaster ruins and memorial museum to your own life (fee-based; reservation required).

Be sure to take a tour of the ruins with a storytelling tour guide. In addition to visible evidence of the disaster such as cars swept up to the school by the tsunami on the third floor and the tsunami's highest mark on the fourth floor, listening to the storyteller gives you a stronger understanding of disaster memories and lessons learned, enabling you to realize they are vital to your own life. A free storytelling event, "Everyone's Stories," is held on the Saturday and Sunday closest to the 11th of every month, courtesy of junior high and high school students who share true stories. The event is well attended each time.

Consider This

Q1 When you look up at the outer wall of the South School Building's fourth floor, you can see a large part has been gouged out. What happened to cause this damage?

Q2 On the roof of the ruins, there are five desks scattered about, recreating the scene at the time of the disaster. What action taken by the evacuees does this scene recreate?

A1 The refrigerating plant buildings were swept away by the tsunami, and one struck the outer wall and gouged it. It is surprising they were thrust up as high as the fourth floor.

A2 This recreates their effort to pile up desks to reach the rooftop tower and get to even higher ground.

●南三陸町

Minamisanriku
Town

The facility asks, "What would you do?"

Minamisanriku 311
Memorial

●南三陸町東日本大震災伝承館 南三陸 311 メモリアル

Damage in Minamisanriku Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	10 km ²	32.75 m	3,143 bldg.	178 bldg.	1,204 bldg.	620 people	211 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Photo: Minamisanriku Town



The facility is divided into the free area and paid zone. In the paid zone gallery, you can see disaster remnants put together based on the testimonies of residents, as well as video accounts given by town hall employees struck by the disaster while in the former Disaster Prevention Office Building



The Open Square, a free area, is a space to express gratitude for restoration support and showcase the town residents' indomitable spirit and joy for life. You will be inspired when you see that the town residents have experienced sadness yet possess strength and cheerfulness as they continue on the journey to reconstruction



The Learning Theater is a paid zone. You can watch either a 30- or 60-minute video learning program compiling resident accounts, and think about natural disasters as something that personally affects your own life while talking with others

Exhibit
.....
A Place to
Connect

Facility guide

Storytelling
available

Wheelchair OK

Facility DATA

●南三陸町東日本大震災伝承館 南三陸 311 メモリアル

Minamisanriku 311 Memorial

☎ 0226-28-9215

📍 200-1 Itsukamachi, Shizugawa, Minamisanriku-cho

🚶 3-min. walk from BRT Shizugawa Sta.

🕒 9:00 AM-5:00 PM (Dec.-Feb.: Until 4:00 PM)

🗓 Tue. (or the next day when Tue. is a national holiday)

💰 Paid zone entrance fee: 200 yen; 100 yen for elementary / jr. high / high school students

Regular program (60 min.): 1,000 yen; 800 yen for jr. high / high school students; 500 yen for elementary school students *Includes entrance fee

Short program (30 min.): 600 yen; 500 yen for jr. high / high school students; 300 yen for elementary school students *Includes entrance fee

📍 Available (Large buses: Available)
<https://m311m.jp>

The memorial opened in October 2022 based on the concept of a facility that prompts you to continuously think of disaster prevention and mitigation as something that personally affects your own life. The words and stories of Minamisanriku residents form the core of conveying the disaster. However, the facility also shares disaster facts and provides fee-based learning programs so you can think about what actions you would have taken in such a situation and what decisions and actions to take if caught in a natural disaster. The facility hands out a booklet on disaster prevention. You should take it home to think about and discuss disaster prevention and mitigation with others.

There is also an installation space on display titled "MEMORIAL" by Christian Boltanski, a contemporary artist from France. The Open Square displays 19 artworks that have been selected from "Minna de Minamisanriku (Together in Minamisanriku)," a collection of pieces created by town residents with photographer Masashi Asada. Next to the memorial is the Minamisanriku Memorial Park of Earthquake Disaster where you can tour disaster ruins, including the former Disaster Prevention Office Building.

Consider This

Q1 What kind of meaning does the artwork "MEMORIAL" by Christian Boltanski have, and what kind of space is it?

Q2 Architect Kengo Kuma was in charge of the facility design, which uses an abundance of locally sourced Minamisanriku cedar. What image was the design based on?

A1 In the space, visitors confront death, think about the dead, and consider lost lives and life. It was created after the artist visited the disaster-stricken area following the disaster to gain inspiration.

A2 The design imagines a "ship" connecting the ocean and mountains, as well as the past and present. The Observatory affords a sweeping view of the Minamisanriku Memorial Park of Earthquake Disaster.

●南三陸町

Minamisanriku
TownConveying the importance of
daily disaster-prevention awareness
without uttering a word

Takano Hall

●高野会館

Damage in Minamisanriku Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	10 km ²	32.75 m	3,143 bldg.	178 bldg.	1,204 bldg.	620 people	211 people	Unknown

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*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



A storyteller bus drives around Takano Hall and the town's Togura district. The former Disaster Prevention Office Building, preserved as disaster ruins, can also be viewed from the bus windows. The tour was awarded the Japan Tourism Award Grand Prize in 2017. About 460,000 people have visited the facility from Japan and abroad



Four massive tsunamis struck, inundating the building up to around the fourth floor, but the staff's good judgment saved the lives of 327 people and two dogs who evacuated to the roof. Take note of the marker indicating the tsunami's height on the outer wall between the third and fourth floors



The storyteller staff call Takano Hall the "silent storyteller." The storyteller bus operates every day, even if there is only one participant. Reservations for the storyteller bus can be made by both overnight guests and day trippers, but visitors should note that departure times vary

Earthquake
Disaster

Ruins

Storytelling
available

*Reservation required

Facility DATA

●高野会館

Takano Hall

☎ 0226-46-2442 (Minami Sanriku Hotel Kanyo)

- ③ 32-1 Shiomicho, Shizugawa, Minamisanriku-cho
- ⑤ 6-min. drive from Shizugawa IC, Sanriku Coast Expwy
- 🕒 Regular course: Departs hotel at 8:45 AM (approx. 60 min. required)
- Takano Hall course (overnight guests only): Departs hotel at 10:15 AM (approx. 90 min. required)

- ✕ Open year-round
- 👤 Regular course: 500 yen for jr. high school students and older; 250 yen for elementary school students and younger
- Takano Hall course (overnight guests only): 1,000 yen for jr. high school students and older; 500 yen for elementary school students and younger
- 🅐 Available (Large buses: Available)
- *Available at the Minami Sanriku Hotel Kanyo parking lot
- <http://www.mkanyo.jp/> 語り部バス



Takano Hall was built as a wedding hall in 1986 on flatland about 300 meters from Shizugawa Bay. Prior to the disaster, it served as a temporary evacuation site for the region. On the day of the disaster, a gathering for the town's senior citizens was underway at the facility, but due to the staff's good judgment and swift guidance, the lives of 327 senior citizens and nearby residents, plus two dogs, were saved. The staff had regularly held evacuation drills and stocked emergency supplies on every floor. The various measures they took, along with their routine disaster-prevention awareness and efforts, paid off.

Today, the building is preserved as privately owned disaster ruins. Minami Sanriku Hotel Kanyo, which manages it, operates a storyteller bus every day (fee-based; reservation required). Not only can you look at the exterior, but you can also enter the building to view the destruction and height of the tsunami inundation. Seeing them firsthand is an extremely valuable experience. You can reflect on the day of the disaster while listening to the storyteller staff speak about what it was like on that day.



Consider This

- Q1** Minami Sanriku Hotel Kanyo manages Takano Hall and preserves it as privately owned disaster ruins. Besides preventing memories of the disaster from fading, there is another reason for opening it to the public. It is the purpose of Takano Hall's existence. What is it?

●南三陸町

Minamisanriku
TownLearn to prepare for disaster in a forest
created by everyoneOcean View Forest for
Saving Life

●海の見える命の森

Damage in Minamisanriku Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	10 km ²	32.75 m	3,143 bldg.	178 bldg.	1,204 bldg.	620 people	211 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

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The forest shares the message from Minamisanriku to the world for sustainable creation and harmonious existence with nature. When there are no programs taking place, visitors are free to climb the path. The forest is also envisioned to be used as a place to stop along the Michinoku Coastal Trail, which runs along the coast in Tohoku



The Minamisanriku Buddha statue sits atop a low hill overlooking the ocean. This large Buddha statue, completed in 2019, was gifted by the president of a commercial firm in Myanmar to pray for the eternal rest of the victims. Let's say a prayer together



The hands-on programs prepare participants for living in an evacuation site, teaching them to split wood and bake pizza themselves. It offers a place to consider the blessings and perils of nature, while learning skills for living in an environment with broken infrastructure

Other

(Forest)

Facility DATA

●海の見える命の森

Ocean View Forest for Saving Life

☎ 0226-46-2442 (Minami Sanriku Hotel Kanyo)

📍 Kurosaki, Shizugawa, Minamisanriku-cho

🚗 10-min. drive from Shizugawa IC, Sanriku Coast Expwy

🕒 9:00 AM~sunset

🆓 Free entry *Reservations required for programs

👤 Free entry *Hands-on experience: 1,100 yen/person + 300 yen for rental of materials (Pizza-making lunch experience: 1,100 yen/person, etc.; depends on the program)

🅐 Available (Large buses: Available)

*Available at the Minami Sanriku Hotel Kanyo parking lot

<https://umimori2011.wixsite.com/mysite>

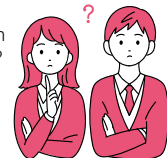


After experiencing the Great East Japan Earthquake, an endeavor to maintain the forest owned by Minami Sanriku Hotel Kanyo began in 2016 through efforts by hotel staff, volunteer residents, and other volunteers out of a desire to share what was learned and what should be passed on to future generations, along with wanting to preserve the landscape and give prayers. It was created as a place for bringing back the smiles and cheer of disaster victims, memorializing and remembering the dead, and sharing disaster preparation with the next generation. On sunny days, the forest provides a commanding view of Shizugawa Bay and Areshima Island. Since the forest was restored by human labor rather than machines, visitors should take care on the rough paths. The hands-on feel adds to the fun as you climb and attests to the efforts of those involved.

Hands-on programs are occasionally held in a mountaintop hut, which is anticipated to be used as an evacuation site in a disaster. The various programs cultivate an awareness of disaster preparation while having fun. They include making pizza and cooking rice in a handmade cook stove, as well as learning skills for self-reliance and helping one another to prepare for disasters.

Consider This

Q1 The Ocean View Forest for Saving Life can also be used as an evacuation site when a disaster occurs. In addition to a hut, other facilities useful in a disaster have been built in the forest. What are they?



●石巻市

Ishinomaki City

Communicating the power of the major tsunami that hit from the river and land

Ishinomaki City Okawa Elementary School Ruins

●石巻市震災遺構大川小学校

Damage in Ishinomaki City



*Data on damage without annotation is according to materials noted on the bottom of P. 1.
 *Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Earthquake Disaster

Ruins

Wheelchair OK

*The schoolyard may be muddy, depending on the weather.

Facility DATA

●石巻市震災遺構大川小学校

Ishinomaki City Okawa Elementary School Ruins

☎ 0225-24-6315

📍 94 Nirashima, Kamaya, Ishinomaki-shi
 🚗 20-min. drive from Kahoku IC, Sanriku Coast Expwy
 🕒 9:00 AM~5:00 PM (Last entry to Okawa Tsunami Memorial Hall at 4:30 PM)

✖ Ishinomaki City Okawa Elementary School Ruins: Open year-round; Okawa Tsunami Memorial Hall: Wed. (or the next day when Wed. is a national holiday; or the next day when special open days [11th of every month, June 12, Sept. 1, and Nov. 5] are on a Wed.)

🆓 Free

📍 Available (Large buses: Available)

https://www.ishinomakiikou.net



*1 Source: Ishinomaki City, 東日本大震災からの復旧・復興の歩み 取組の総括
 ("The Path to Recovery & Reconstruction After the Great East Japan Earthquake: A summary of initiatives"), March 2022.

At Okawa Elementary School, 74 children and 10 teachers died or are missing* because of the tsunami. The school stands about 3.7 kilometers inland from the mouth of the river. No one thought a tsunami would reach it. However, the tsunami traveled up the river and struck at a height that reached the school building's roof (8.6 meters). There were children, teachers, and many residents who became tsunami victims in the Okawa district.

The facility is a place to remember and memorialize the victims. It is also open to the public as a place for disaster prevention education to teach about the events and lessons of the disaster, as well as the importance of evacuating. You can view the ruins from outside a fence, including a corridor that was twisted and brought down by the force of the tsunami. Okawa Tsunami Memorial Hall has an exhibition room and multipurpose space. In addition to exhibiting lifestyles before the disaster and a diorama of the region, panel displays show the steps taken by the children and teachers on the day of the disaster, as well as the thoughts of survivors. You can also view court case records and photos of the interior of the damaged school building.

*As of August 2024



Consider This

Q1 The twisted, broken corridor was pushed out toward the ocean and destroyed. Why was it pushed in that direction?

Q2 There is an area in Okawa Tsunami Memorial Hall titled "Various Thoughts" that shares the thoughts of the survivors. Why was this area established?



Though you are unable to enter the ruins, you can view it from outside a fence. There are explanatory panels and messages placed near the fence. If you would like to hear from storytellers, you must contact a storyteller organization yourself



Okawa Tsunami Memorial Hall exhibits a timeline of events from when the earthquake hit until the tsunami struck, as well as panels sharing testimonials. You should consider why so many lives were lost and what could have been done to save people while thinking about your own community



The corridor connected the school building to the gymnasium. Made of reinforced concrete, it was twisted and broken from its base by the force of the tsunami. It attests to just how tremendous the power of the tsunami was that hit Okawa Elementary School

A1 The tsunami that had traveled up the river surged toward the ocean. Tsunamis do not always come from the ocean.

A2 The creators of the memorial hall want you to know the survivors' thoughts so you can consider, "What if it were me?"

●石巻市

Ishinomaki City

Handwritten wall newspapers supported disaster-stricken areas and residents

Kizuna no Eki
Ishinomaki NEWSée

●絆の駅 石巻ニューゼ

Damage in Ishinomaki City

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	73 km ²	25.99 m	20,044 bldg.	13,050 bldg.	19,948 bldg.	3,553 people	417 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Ishinomaki Hibi Shinbun was established in 1912. Though the company office was also damaged by the tsunami during the Great East Japan Earthquake, it continued to ceaselessly transmit regional information. Kizuna no Eki Ishinomaki NEWSée is on the second floor of Ishinomaki Hibi Shinbun.



The situation improved little by little with each passing day, as can be seen through newspaper headlines such as "Search & Rescue Units Arrive from Various Places," "Restoring the Lifeline Begins with Electricity," "Encouraging Messages from Throughout Japan," and "Electricity Restored to Over 10,000 Homes"

The state of damage in Ishinomaki City is exhibited in chronological order from March 11. Explanations accompany each of the photos to give a good understanding of what the disaster was like. Storytelling tour guides require 30–60 minutes, ¥1,000 yen (500 yen for students) *Reservation required

Exhibit

A Place to Connect

Storytelling available

*Reservation required

Facility DATA

●絆の駅 石巻ニューゼ

Kizuna no Eki Ishinomaki NEWSée

☎ 0225-95-5231 (Ishinomaki Hibi Shinbun; main)

📍 Ishinomaki Hibi Shinbun 2F

8-17 Futabacho, Ishinomaki-shi

🚗 15-min. drive from Yamoto IC, Sanriku Coast Expwy

🕒 10:00 AM–4:00 PM

🚫 Sun., national holidays, and temporary closures

💰 Free

📄 Available *Please inquire as spaces are limited.

<https://hibishinbun.com/newsee>

Ishinomaki Hibi Shinbun is a local evening newspaper that has been published for over a century in the Ishinomaki area. It established this disaster memorial facility so people will know how information was shared during the disaster.

Inside, handwritten wall newspapers (the actual newspapers) are on display that were posted in evacuation centers from the day after the disaster on March 12 until the 17th. These were written because the newspaper company suffered damage and was unable to print newspapers. They were extra editions delivered to evacuation sites to convey regional information to residents affected by the disaster. You can sense how seriously the newspaper staff took their responsibility as newspaper reporters and how they succeeded in fulfilling their mission to communicate regional information. Reporters on staff at the time of the disaster also give talks explaining the handwritten wall newspapers (fee-based; reservation required). You should listen to what was happening during the disaster and the feelings of those who can speak from firsthand experience. A display of news photographs showing the damage relays the conditions in Ishinomaki immediately after the disaster and provides a chance to reevaluate your own disaster readiness.

Consider This

Q1 The March 12 and 13 wall newspapers display the message "Act based on accurate information!" What does this message from the newspaper company mean?

Q2 The handwritten wall newspapers were read by numerous people affected by the disaster and gave them emotional support. Think about how difficult it was to obtain information at the time of the disaster.

A1 Rumors were going around at the time of the disaster. The message meant it was important to check out the information and not accept it without question.

A2 Immediately after the disaster, the entire region was without electricity, and cell phones didn't work either. People were unable to get information even about the immediate area.

●石巻市

Ishinomaki City

Understanding the horrors of tsunami-induced fire and applying lessons learned

Ishinomaki City Kadonowaki Elementary School Ruins

●石巻市震災遺構門脇小学校

Damage in Ishinomaki City



*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Two facility guided tour 60- and 90-minute courses are available (¥3,000 yen for groups of one to five for either the 60- or 90-minute course; reservation required). The explanations for each exhibit can also be listened to and viewed through audio and text using a tablet (¥200 yen)



A display in the second-floor Exhibition Hall (Second School Building) of geological formations shows that the Ishinomaki Plain has been hit by large tsunamis at least three times in the past. Revealing past natural disasters helps to prepare for disasters today and in the future



Vehicles damaged by the disaster are on display in the Exhibition Hall (Gym). In addition, a relocated temporary house (partially reconstructed) is on display. You can view messages written on the walls of the dwelling that has three rooms and a kitchen

Earthquake Disaster

Ruins

Facility guide

*Reservation required

Audio guide

Wheelchair OK

Facility DATA

●石巻市震災遺構門脇小学校

Ishinomaki City Kadonowaki Elementary School Ruins

☎ 0225-98-8630

④ 4-3-15 Kadonowakicho, Ishinomaki-shi

⑤ 15-min. drive from Ishinomakiko IC or Ishinomaki Kanan IC, Sanriku Coast Expwy

⌚ 9:00 AM-5:00 PM (Last entry at 4:00 PM; Nov.-Jan.: Last entry at 3:30 PM)

✖ Mon. (or the next day when Mon. is a national holiday; or the next day when special open days [11th of every month, June 12, Sept. 1, and Nov. 5] are on a Mon.)

¥ 600 yen; 300 yen for high school students; 200 yen for elementary / jr. high school students; free for preschoolers

⑦ Available (Large buses: Not available)

*Only drop-off/pick-up spaces available
<https://www.ishinomakiikou.net>

*1 Source: Ishinomaki City, 東日本大震災からの復旧・復興の歩み 取組の総括 ("The Path to Recovery & Reconstruction After the Great East Japan Earthquake: A summary of initiatives"), March 2022.

The school was opened to the public in April 2022 as disaster ruins that communicate the peril of tsunami and fire. It also serves to convey the city's overall disaster damage and lessons learned through exhibition halls that display panels summarizing the damage to Ishinomaki City and records showing that the Ishinomaki Plain has been repeatedly struck by tsunamis in the past.

When the disaster struck, the children and teachers in the school evacuated to Hioryiyama behind the school, but a huge tsunami hit about an hour after the earthquake. Then, fires broke out. You can view the interior of the ruins (school building) from an outside path. Marks remain from the tsunami and tsunami-induced fire on the first floor and from the tsunami-induced fires on the second and third floors. This shows there are also dangerous aspects to vertical evacuation where you seek safety higher up. The exhibition halls communicate the importance of regular safety drills and knowing the area, as well as the preciousness of life nurtured together with nature. There are also talks given by storytellers, worksheet-based learning, and hands-on experiences in a temporary house.



Consider This

Q1 Generally, exhibited items are often photos and videos, but the "Passing Down Our Memories" exhibit on the third floor of the Exhibition Hall (Second School Building) uses a slightly unusual presentation form. What is it?

Q2 You can actually enter the temporary housing units on display to experience firsthand the thinness of the walls and how sound reverberates. Why is it that you are allowed to go inside the house?

A1 Lessons learned from the disaster are expressed in words and pictures. You can view them at your own pace.

A2 That is so you can imagine the creativity needed in the cramped space, as well as the anxiety and stress residents experienced.

●石巻市

Ishinomaki
CitySharing what couldn't be done so we can
prepare for the futureMarch 11 Education & Exhibition
Theater (MEET) Kadonowaki

●伝承交流施設 MEET 門脇

Damage in Ishinomaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	73 km ²	25.99 m	20,044 bldg.	13,050 bldg.	19,948 bldg.	3,553 people	417 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



In the Children's Disaster Prevention Learning Corner, an animated video is shown that was created based on the real experiences of six people affected by the disaster who were in elementary school to high school at the time. People whose friends died and a person rescued from their home nine days after it was destroyed by the tsunami communicate their thoughts and lessons learned



Facility staff courteously answer questions while sharing their own experiences. The facility offers storytelling (requires 1 hour or more, ¥770 yen or more per person *Reservation required), indoor talks, and programs that walk through the city. Online programs are also available



Guides attentively show you around the area where streets and living sites were lost while pointing out ruins and memorial facilities. You can fully understand the severity of the disaster by visiting the sites and listening to stories of the disaster and evacuation shared by the guides that made the difference between life and death

Exhibit

A Place to
Connect

Facility guide

Storytelling
available

Wheelchair OK

*Reservation required

Facility DATA

●伝承交流施設 MEET 門脇

March 11 Education & Exhibition Theater (MEET)
Kadonowaki

☎ 0225-98-3691 (3.11 Memorial Network)

📍 5-1-1 Kadonowakicho, Ishinomaki-shi

🚗 15-min. drive from Ishinomakiko IC, Sanriku Coast
Expy

🕒 10:00 AM-5:00 PM (Last entry at 4:30 PM)

🗓 Wed. (but open on the 11th, the anniversary date of the
disaster)💰 300 yen (Free entry on the 11th of every month and for
high school students and younger)

📄 Available (Large buses: Not available)

https://311support.com/learn311/
meetkadonowaki

Based on the concept of taking action for the future, this facility was newly constructed in 2021 to communicate disaster readiness and disaster prevention. The two-screen theater shows videos of the disaster damage and survivor accounts. There is plenty to learn from what the survivors say, such as "I couldn't imagine a disaster happening" and "Returning to look for my family was probably the most dangerous thing I could do." An exhibit visualizing actual evacuation actions using projection mapping lasts about an hour. It shows evacuations from the time the earthquake occurred until the tsunami hit, based on interviews with 100 local residents. Most people at first did not feel their life was in danger and carried on doing things like tidying up their house, but after the tsunami breached the levee, they realized the urgency of the situation. You can also take an outdoor tour with a storyteller to the Ishinomaki Minamihama Tsunami Memorial Park (→P. 65) and around the Ishinomaki City Kadonowaki Elementary School Ruins (→P. 62) to experience the drastic changes to the townscape wrought by the disaster and the actions people took.

Consider This

Q1 The projection mapping visualizes actions people actually took after the earthquake on March 11. It includes people who did not evacuate because they were tidying up their home and people who came back one after another from areas not inundated with water. If you or your family were in this place, what kind of action would you have taken?

●石巻市
Ishinomaki
City

Lessons in the importance of mental
preparedness from five children

Great East Japan Earthquake Monument (Hiyori Kindergarten Cenotaph)

●東日本大震災慰霊碑 (日幼稚園被災園児慰霊碑)

Damage in Ishinomaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	73 km ²	25.99 m	20,044 bldg.	13,050 bldg.	19,948 bldg.	3,553 people	417 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Memorial
Monument

Park

Storytelling
available

Wheelchair OK

*Reservation required

Facility DATA

●東日本大震災慰霊碑 (日幼稚園被災園児慰霊碑)

Great East Japan Earthquake Monument
(Hiyori Kindergarten Cenotaph)

☎ 0225-98-3691 (3.11 Memorial Network)

⑤ 5-13 Kadosowakicho, Ishinomaki-shi

⑤ 15-min. drive from Ishinomakiko IC, Sanriku Coast
Expy

⑤ Free entry

⑤ Not available (parking available at Shoninbori Parking
within the Ishinomaki Minamihama
Tsunami Memorial Park)
<https://www.311hiyori.com>



The bus was discovered by the bereaved three days after the disaster, several minutes on foot from the cenotaph. The storytelling (1 hour 30 minutes required; ¥5,000 yen for one to 10 people or 8,000 yen for 11 to 20 people *Reservation required) and actual walk give a sense of distance within the town



There is also an information panel next to the cenotaph that summarizes this tragic event in Hiyori Kindergarten's history. The Ishinomaki Minamihama Tsunami Memorial Park (→P. 65) is across the street, with disaster memorial facilities scattered throughout within walking distance. Why not visit them too?



A crayon case and a pair of slippers were found inside the bus, with the pattern on the fabric of the slippers allowing for their owner to be identified. The bereaved gave permission to March 11 Education & Exhibition Theater (MEET) Kadosowaki (→P. 63) to exhibit these items in the hopes that many people would see them

A lthough they were safe in their kindergarten on high ground, the lives of five children were cut short after they were put on a bus headed for lower ground and engulfed by the tsunami and the ensuing flames. This cenotaph was erected by the Hiyori Kindergarten Volunteers of the Bereaved in 2018. It memorializes the lives of those five children, serving as a tragic reminder to prioritize safety above all else in an emergency. The monument standing in front of the cenotaph is meant to represent souls ascending to the heavens, and it stands roughly as tall as the kindergarteners who passed away. Visitors often caress the spherical part, symbolizing the act of doting on a child.

Storytelling is available through the Hiyori Kindergarten Volunteers of the Bereaved (fee-based; reservation required). It retraces the actual route taken by the ill-fated bus, visiting stops like Kadosowaki Elementary School and culminating at the bus's final location and the cenotaph. Learn about what happened to these children, allow yourself to get emotional, and take those feelings home with you. The experience emphasizes the greater importance of mental preparedness over material preparedness.



Consider This

Q1 The cenotaph stands near the base of the slope heading up the hill of Hiyoriyama. What significance does this place hold for the bereaved?

Q2 The spherical part of the monument in front of the cenotaph is supported by five semicircular columns. What do they represent?

A1 It signifies their plea for people to seek safe refuge somewhere higher than the cenotaph in case of a similar disaster.

A2 They represent five flower petals.

●石巻市

Ishinomaki
City

A symbol of recovery in the Minamihama area

Miyagi 3.11 Tsunami Disaster
Memorial Museum
(Ishinomaki Minamihama
Tsunami Memorial Park)

●みやぎ東日本大震災津波伝承館 (石巻南浜津波復興祈念公園)

Damage in Ishinomaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	73 km ²	25.99 m	20,044 bldg.	13,050 bldg.	19,948 bldg.	3,553 people	417 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



These are illustrative panels inside the museum. They compile real tsunami footage, survivor accounts, and more, stressing that the only way to stay safe from a tsunami is to flee. They also introduce community reconstruction efforts that emerged in response to the disaster.



This is a panorama of the Ishinomaki Minamihama Tsunami Memorial Park. The Kyu-Kitakami River lies to the right, with the Pacific Ocean in front. The area features numerous memorial facilities, such as disaster ruins and exhibit facilities, centered around the museum and Memorial Circle. They are all within walking distance, so why not pay them a visit?

Memorial Circle is located roughly at the center of the park. It has a permanent flower stand, and many people gather there to pay their respects. The park's Prayer Space faces the Zenkaidaike pond, a symbol of the area.

Exhibit

A Place to
Connect

Facility guide

Wheelchair OK

Facility DATA

●みやぎ東日本大震災津波伝承館 (石巻南浜津波復興祈念公園)

Miyagi 3.11 Tsunami Disaster Memorial Museum
(Ishinomaki Minamihama Tsunami Memorial Park)

☎ 0225-98-8081

📍 2-1-56 Minamihamacho, Ishinomaki-shi

🚗 15-min. drive from Ishinomakiko IC or Ishinomaki Kanan IC, Sanriku Coast Expwy

🕒 9:00 AM-5:00 PM (Last entry at 4:30 PM) *Park: 9:00 AM-6:00 PM (Oct.-Mar.: Until 5:00 PM)

🗓 Mon. (or the next day when Mon. is a national holiday) *Always open on the 11th of every month *Park: Open year-round

💰 Free

🚗 Available (Large buses: Available)

The museum was opened in 2021 as the gateway to the disaster memorial facilities in Miyagi. In addition to real tsunami footage shown in the theater and explanations based on scientific viewpoints, interwoven video accounts from survivors and rescue personnel emphasize the lesson that the only way to stay safe from a tsunami is to flee. Emotional video accounts from survivors from the time of the disaster to the present are also available for viewing, providing an opportunity to think about the disaster from multiple angles, such as how survivors faced the disaster and how they got back on their feet. The museum has resident guides who can give you a personalized tour.

Besides the museum, you can check out other sites in the Ishinomaki Minamihama Tsunami Memorial Park like the first Ganbaro Ishinomaki Signboard (→P. 66) or the 3.11 Memorial Hall Minamihama Tsunagu-kan (→P. 67). Make sure to also visit the memorial facilities located outside the park, such as the Ishinomaki City Kadonowaki Elementary School Ruins (→P. 62) and March 11 Education & Exhibition Theater (MEET) Kadonowaki (→P. 63).

Consider This

Q1 The highest point of the Miyagi 3.11 Tsunami Disaster Memorial Museum is its roof on the north side, which is 6.9 meters off the ground. What does this number represent?

Q2 Memorial Circle has a distinctive circular design. What purpose does this design have?

A1 It represents the peak height of the tsunami when it hit the area. Stand near the roof to get a sense of the sheer scale of the tsunami.

A2 The circular design avoids pointing in a specific direction, ensuring the deceased could be mourned from any direction. Feel free to offer your thoughts and prayers.

●石巻市

Ishinomaki
CityAn emotional pillar that inspired and
continues to inspire residentsGanbaro Ishinomaki
Signboard

●がんばろう！石巻看板

Damage in Ishinomaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	73 km ²	25.99 m	20,044 bldg.	13,050 bldg.	19,948 bldg.	3,553 people	417 people	

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Exhibit

A Place to
Connect

Wheelchair OK

Facility DATA

●がんばろう！石巻看板

Ganbaro Ishinomaki Signboard

☎ 0225-23-9638 (Ganbaro Ishinomaki-no-Kai)

④ Within 3 Minamihamacho, Ishinomaki-shi (Civil Society Base within the Ishinomaki Minamihama Tsunami Memorial Park)

④ 12-min. drive from Ishinomakiko IC or Ishinomaki Kanan IC, Sanriku Coast Expwy

④ Free entry

④ Available (Large buses: Available)

<https://ganbaruishinomaki.jimdofree.com>

In the hopes that evacuees returning from higher ground to their low-lying homes would stay strong, local volunteers started making plans for a signboard about two weeks after the disaster, completing it a month later from wood and other materials salvaged from the rubble. As a place that now serves to pass on the lessons of the disaster to future generations, the signboard is replaced every five years and is continuously on display. The activities of the volunteers are explained in greater detail at the neighboring 3.11 Memorial Hall Minamihama Tsunagu-kan (→P. 67). There is even a photo of the first signboard, taken on April 20, 2011, soon after it was installed. The brand-new signboard, standing alone amid debris and washed-up cars, will leave you speechless. As of January 2023, this is the third iteration of the sign. While it occupies a different spot from the first one, its dimensions have not changed, being about 2 meters tall and about 11 meters wide. Just like the first iteration, this iteration faces the post-disaster public housing units used by survivors.



A pole marking the height of the tsunami was installed in July 2012. While the height and force of the tsunami can vary within a district depending on the topography and elevation, the tsunami's height was estimated at 6.9 meters based on the traces left on the second floor of a now-demolished gas station near the first signboard



This is a photo of the first signboard. Soon after it was installed, the signboard was adorned with koinobori carp streamers in May 2011, signifying wishes for the healthy development of children and the reconstruction of the community. It is seasonally decorated with Tanabata Festival ornaments and a Christmas tree and continues to uplift people in the community



The signboard is replaced every five years with the help of local junior high school students and is continuously on display. It has been replaced twice so far, with each replacement providing an opportunity to pass on the memories of the disaster to future generations



Consider This

Q1 A lone seed, carried by the tsunami from parts unknown, washed up near the then-standing first signboard. The seed sprouted with vigor and blossomed that same summer. It was a hot topic at the time, receiving the nickname "Gutsy ____." What kind of flower was it?

A1 A sunflower. The second and third generations have been meticulously preserved and are currently being nurtured with care both in Japan and abroad.

●石巻市

Ishinomaki
City

A hub for activities that pass down the memories of the town and connect people with the community

3.11 Memorial Hall
Minamihama Tsunagu-kan

●東日本大震災メモリアル 南浜つなぐ館

Damage in Ishinomaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	73 km ²	25.99 m	20,044 bldg.	13,050 bldg.	19,948 bldg.	3,553 people	417 people	

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*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



There are many points of interest featured on the "Tsunami Info AR" app within walking distance of the Ishinomaki Minamihama Tsunami Memorial Park. The app will be continually updated going forward to make the content more accessible to visitors



Since the area encompassing the hall is a base for civic activities, education, tree planting, and a wide range of other activities are introduced. Numerous resident-focused events are also held, including the annual "3.11 Gathering" memorial event held on March 11

The hands-on learning experiences and guided tours using the "Tsunami Info AR" app held in the memorial park require 1 hour to 1 hour 30 minutes (¥1,320 yen, or 770 yen for high school students and younger *Reservation required). Tablets can also be rented out

Exhibit

.....
A Place to
Connect

Storytelling
available

*Reservation required
for some programs

Wheelchair OK

Facility DATA

●東日本大震災メモリアル 南浜つなぐ館

3.11 Memorial Hall Minamihama Tsunagu-kan

☎ 0225-98-3691 (3.11 Memorial Network)

📍 3-1-1 Minamihamacho, Ishinomaki-shi

🕒 15-min. drive from Ishinomaki IC, Sanriku Coast

Expiry

🕒 10:00 AM-4:00 PM

🕒 No regular closings

💰 Free

🚗 Available (Large buses: Available)

https://311support.com/learn311/
tsunami_museum

A part of the Ishinomaki Minamihama Tsunami Memorial Park (→P. 65), this building conveys the realities and lessons of the 3.11 earthquake disaster. A video created by overlaying a visualization of approximately 80 people's evacuation behaviors at the time of the disaster with a tsunami simulation is shown. Their increasingly panicked movements in the face of the approaching tsunami are true to life and will deepen your understanding of evacuation behaviors when viewed alongside accounts from residents. For school trips, the hall collaborates with groups operating in the memorial park and storytellers while providing a space for hands-on learning. Solo visitors and families alike are also welcome to drop by.

The hall is proactive about using the "Tsunami Info AR" app, which is free for anyone to install. By tapping pins on the screen, you can view memories of the town before and after the disaster under "Memory," evacuation behaviors as told by survivors under "Evacuation," and lessons learned from actual experiences under "Lesson." View the content alongside the actual locations.

Consider This

Q1 At this facility as well as at nearby sites like the Ganbaro Ishinomaki Signboard and the plant nurseries, various activities are being run by civic groups. There are vast tracts of low-lying land in disaster-stricken communities whose utilization is still undecided. How can sites left behind by such a large-scale disaster be used to share its stories and lessons?

●女川町

Onagawa Town

Minimal intervention with the building and the ground as they were

Great East Japan Earthquake Remains
Old Onagawa Police Box

●東日本大震災遺構 旧女川交番

Damage in Onagawa Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	3 km ²	19.98 m	2,924 bldg.	349 bldg.	661 bldg.	615 people	257 people	

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
 *Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



A slope connects the pre-disaster and post-reconstruction ground elevations, and panels on the wall surrounding the police box show the damage and other information. They describe the community development process and how people faced their challenges



The town's Tsunami Memorial Stone was designed by sculptor Kosei Maeda to symbolize the town's pride and treasure. It features words etched by Onagawa Junior High School alumni. The stone looks over Onagawa Port and stands 18 meters above sea level (the height of the tsunami)

Over a decade has gone by, and plants are now growing on the ruins. While this man-made, former police box continues to deteriorate, Mother Nature's plants—its antithesis—are thriving. At the same time, the town is bouncing back from the disaster, and its people are looking to the future with renewed hope

Earthquake Disaster

Ruins

Wheelchair OK

Facility DATA

●東日本大震災遺構 旧女川交番

Great East Japan Earthquake Remains
Old Onagawa Police Box

☎ 0225-24-8118 (Onagawa Mirai Sozo)

- 📍 1 Kaigandori, Onagawa-cho
- 🕒 5-min. walk from JR Onagawa Sta.
- 🆓 Free entry
- 🚌 Available (Large buses: Available)

The foundation piles of this formerly two-story, reinforced-concrete police box were ripped out by the receding tsunami, causing it to topple over. Its two police officers were spared because they were elsewhere, helping people evacuate when the tsunami struck. The town considered preserving this police box as ruins. After a comprehensive assessment of factors such as the townspeople's feelings, the academic value of the ruins, the police box's place in new community development plans, and issues regarding its maintenance and management, the decision was made to preserve the police box, which finally opened in 2020.

Preserved under the principle of minimal intervention, the police box was allowed to deteriorate over time, providing a glimpse of its condition at the time of the disaster, with its facade missing and its foundation exposed. Rather than build a seawall, Onagawa Town practices a community development strategy that protects people from tsunamis by raising the entire area and relocating homes to higher ground. The old Onagawa police box sits at its pre-disaster elevation, allowing you to get a sense of the elevation difference relative to the raised land around it.



Consider This

Q1 The old Onagawa police box has been preserved as it was at the time of the disaster and intentionally left to deteriorate over time for all to see. Since it has not been weeded, there are plants growing here and there. What significance do these plants have?

A1 The plants symbolize a bright future of "recovery" and "revitalization." They contrast Mother Nature's thriving plants with the ruins of a man-made structure.

●東松島市

Higashi-Matsushima City

A memorial park that houses the vestiges of a former station building

3.11 Disaster Recovery Memorial Park

●東松島市東日本大震災 復興祈念公園

Damage in Higashi-Matsushima City



*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The former Nobiru Station building was renovated into the 3.11 Disaster Recovery Memorial Museum to keep the memories and lessons of 3.11 alive. There is a space that not only introduces exhibits and videos on reconstruction-related efforts and pre- and post-3.11 Higashi-Matsushima City but also Japanese and international assistance activities



The second floor of the museum houses a variety of objects—characteristic of a station building—that tell the story of what happened back then, including a clock that stopped when the earthquake struck and a ticket machine that was engulfed by the tsunami. Numerous records of the disaster from places throughout Higashi-Matsushima City are also exhibited



This former station was once used by countless tourists as a gateway to tourism in the Oku-Matsushima area. The platform of the former Nobiru Station, which was hit by the giant tsunami, serves as disaster ruins. The station signage, a distorted section of rail, and other remnants of the disaster have been preserved as they were

Memorial Monument
Park

Facility guide

Wheelchair OK

*Up to the first floor.
The second floor is accessible via the stair lift.

Facility DATA

●東松島市東日本大震災 復興祈念公園

3.11 Disaster Recovery Memorial Park

☎ 0225-86-2985

- 📍 56-36 Kitayokei, Nobiru, Higashimatsushima-shi
- 🚗 10-min. drive from Naruse-Okumatsushima IC, Sanriku Coast Expwy
- 🕒 9:00 AM–5:00 PM (Memorial park: Free entry)
*Advance notice required for groups of 10+
- 🗓 3rd Wed. (Memorial plaza: Open year-round)
- 💰 Free
- 🚌 Available (Large buses: Available)

*1 Source: Higashi-Matsushima City, 東日本大震災復興記録誌
("Great East Japan Earthquake Reconstruction Record"), March 31, 2021.

This park was established to mourn the victims of the Great East Japan Earthquake and pray for their repose and features a memorial facility, a memorial plaza, and disaster ruins all in one place.

The former Nobiru Station building was renovated into the 3.11 Disaster Recovery Memorial Museum, which opened in 2016 and underwent renovations again in 2020. It was established to pass down the memories and lessons of the disaster to future generations without letting them be forgotten, showcasing display panels with photos juxtaposing pre- and post-3.11 Higashi-Matsushima City, archived videos of the disaster, Japanese and international assistance activities, and other content. The exhibits go beyond conveying the destruction left by the disaster, with reconstruction efforts and processes described at length. The platform of the former Nobiru Station, which was hit by the giant tsunami, has been preserved as disaster ruins. The station signage, a section of rail, and other remnants were left as they were at the time of the disaster, and, when seen up close, the crushed iron pole gives a sense of the devastating power and terror of the tsunami.

Consider This

Q1 A particularly striking 3.11 disaster recovery monument (cenotaph) can be found in the memorial plaza. This wave-patterned monument is 3.7 meters tall. What does its height represent?

Q2 There are plates inscribed with the names of every victim on the inner part of the monument, with a large number of engraved circles on the back. What significance does this have?

A1 The monument's height matches the height of the tsunami when it hit the area. The wave patterns go up to that height, making the actual waves easy to visualize.

A2 The engraved circles represent the spirits of the victims, signifying that they will never be forgotten. Feel free to offer your thoughts and prayers to each of the victims.

●松島町

Matsushima
TownBecomes a shelter that protects locals and
tourists in times of disasterIshidasawa Disaster
Prevention Center

●石田沢防災センター

Damage in Matsushima Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	1.7 km ² *1	2.6 m *1	221 bldg.	1,593 bldg.	1,562 bldg.	16 people	0 people	37 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
 *Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to
Connect

Wheelchair OK

Facility DATA

●石田沢防災センター

Ishidasawa Disaster Prevention Center

☎ 022-253-7110

- 12-2 Ishidasawa, Matsushima, Matsushima-machi
- 5-min. drive from Matsushimakaigan IC, Sanriku Coast Expy
- 9:00 AM–5:00 PM (Winter: Until 4:00 PM)
- Wed. (or the next weekday when Wed. is a national holiday)
- Free
- Available (Large buses: Available)

*1 Source: Matsushima Town, 復興のあゆみ
 ("Road to Recovery"), March 2021.



Although the over 260 islands that dot Matsushima Bay helped protect the Matsushima district from incurring catastrophic damage by dampening the tsunami's force, an area of about 1.7 square kilometers was still inundated with water. The center was thus established as a hub for building a disaster-resilient community. In times of disaster, it also serves as a base for providing information, food, first aid, and other services and as a shelter for displaced locals and tourists alike. The facility has an emergency radio system as well as an adjacent warehouse stocked with blankets, water, and rations in case of emergencies.

The Disaster Prevention Center building, which houses both a collection of earthquake disaster records and an exhibition area, is normally open as a rest area free of charge. To help tourists visiting Matsushima Town learn about disaster preparedness, there are panels and videos introducing both the area's recovery and reconstruction efforts since the disaster as well as initiatives related to the operation of its roads, rivers, and ports. Disaster-related records and materials are also available for perusal in the reading corner.



According to the panels, the number of shelters and the number of evacuees peaked at 45 and 3,719, respectively, on March 12. The panel displays are sorted into themes, such as the damage caused by the disaster, reconstruction plans, and initiatives toward the recovery of the area's tourism and industries



Dive into a 3-D simulation by projecting videos onto a 3-D map using projection mapping and explore the themes of "Disaster Preparedness," "Reconstruction," "History," "Tourism," and "Basics." The tsunami simulation is easy to understand due to its 3-D format



The wooden Disaster Prevention Center building is spacious, having a length of 30 meters, a width of 12 meters, and a height of 9 meters. The facility also features a conference building, a restroom building, and a 68-meter-long connecting corridor. It is also notable for its design, which minimizes differences in level across the facility

Consider This

- Q1** Although its over 260 islands helped protect the town from incurring catastrophic damage by dampening the tsunami's force, the unique topography of "ria coasts," phenomena found along Pacific coastlines, is generally said to make them more vulnerable to tsunami damage. Why?



A1 With a V-shaped bay, the further in a tsunami travels, the more its energy concentrates, causing its waves to increase in height as it becomes more and more compressed. The energy of a tsunami is also likely to concentrate at the tip of a cape, magnifying its waves in an attempt to become parallel with the coastline.

●利府町

Rifu Town

Bridging disaster-stricken areas and the world for mutual empowerment

Tokyo 2020 Recovery Monument

●東京2020 復興のモニュメント

Damage in Rifu Town

		
Maximum seismic intensity	Wetted surface area	Maximum inundation height
6 Lower	0.5 km ²	2.79 m
Total collapse	Incomplete collapse	Partial collapse
56 bldg.	901 bldg.	3,564 bldg.
Deceased	Missing	Injured
2 people		4 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

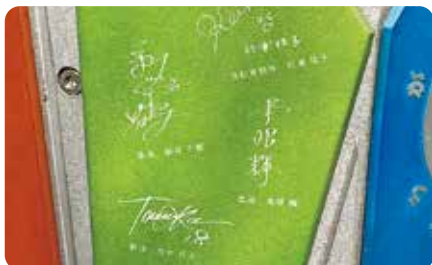
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Tokyo University of the Arts students collaborated with junior high and high school students from disaster-stricken areas to construct the monuments. Their vibrant use of color is energizing. Miyagi's diamond-shaped monument also features an autograph from Tomokazu Harimoto, a professional table tennis player from the city of Sendai in Miyagi



Visitors can even find messages and autographs from Thomas Bach, the president of the International Olympic Committee, and Seiko Hashimoto, the president of the Tokyo Organising Committee of the Olympic and Paralympic Games. See which athletes and people involved in the Games are also featured



During the Games, disaster-stricken areas gave athletes their support. After the Games, athletes signed this monument, which was later relocated to Grande 21, the Miyagi Prefectural Sports Park. An information panel next to the monument explains how it was made

Other

(Monument)

Facility DATA

●東京2020 復興のモニュメント

Tokyo 2020 Recovery Monument

☎ 022-356-1122 (Miyagi Prefectural Sports Park)

📍 40-1 Tate, Sugaya, Rifu-cho

🚗 3-min. drive from Rifu-Shirakashidai IC, Sendai-Hokubu Road

🕒 8:00 AM-6:00 PM (when parking is available at Parking Lot No. 1)

🕒 Open year-round

💰 Free

🚐 Available (Large buses: Available)

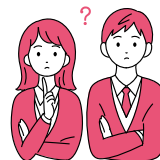
The "Tokyo 2020 Recovery Monuments" project was designed to foster two-way communication between disaster-stricken areas and the world. Disaster-stricken areas expressed their gratitude for the support received and sent messages of encouragement to Tokyo 2020 Olympic and Paralympic athletes. In return, the world conveyed appreciation for the former's support of the Games and cheered them up through the power of sports and passion.

Tokyo University of the Arts students created these monuments at workshops held in disaster-stricken areas, reflecting designs and messages chosen by junior high and high school students. During the Games, the monuments were installed at a related facility near the Japan National Stadium. Miyagi's over 2-meter-tall monument uses a cut diamond as its motif and features messages of gratitude from junior high and high school students as well as autographs from Tokyo 2020 Olympic and Paralympic athletes.

Consider This

Q1 Recycled aluminum was used to build the Tokyo 2020 Recovery Monuments.

That is, the monuments were made by recycling parts collected from temporary housing units used in the Tohoku region's three disaster-stricken prefectures. Where in the temporary housing units were these parts found?



A1 Windows (aluminum sashes) used in the temporary housing units were collected, and the aluminum recycled from them was used to create the monuments.

●塩竈市

Shiogama City

Learn practical disaster preparedness tips from a record of the week following the disaster

Shiogama Tsunami Evacuation Center

●塩竈市津波防災センター

Damage in Shiogama City

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	6 km ²	4.9 m	672 bldg.	3,278 bldg.	6,993 bldg.	42 people		11 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



These hanging scrolls provide a day-by-day account of the week following the disaster. They list information on the damage, the number of evacuees, and the infrastructure situation, including electricity, water, gas, food, transportation, and telecommunications. Various tsunami videos taken in Shiogama City are shown non-stop



In the "Seeds of Knowledge" corner, you can use a jog dial and a button to simulate the seven days following the earthquake on a three-screen display system. The weather and city conditions at the time are recreated using CG

In the exhibit space, you can look at a 3-D model featuring the topography of Shiogama City (including the Urato Islands) and the surrounding area as well as tsunami flood zones. Explanatory materials on tsunamis, a plaque dedicated to aid workers dispatched to Shiogama City, and other exhibits are also on display

Exhibit

A Place to Connect

Facility guide

Wheelchair OK

Facility DATA

●塩竈市津波防災センター

Shiogama Tsunami Evacuation Center

☎ 022-794-7232

① 1-4-1 Minatomachi, Shiogama-shi

② 10-min. walk from JR Hon-Shiogama Sta.

🕒 9:00 AM~5:00 PM

✖ Mon. and 2nd Tues. (or the next weekday when Mon. or the 2nd Tues. is a national holiday); may be temporarily closed

🆓 Free

🅐 Not available (Available at the Marine Gate Shiogama parking lots and other private parking lots)

The center provides a day-by-day account of events, needs, and changing circumstances, focusing on the week following the disaster. There is a record of the seven days after the disaster, which lists information on the damage, the number of evacuees, the infrastructure situation, the hardships at the time, and other specifics. You can easily learn about disaster preparedness because the information lays out important steps to take and things you can do like turning off your circuit breaker. Pay close attention to the experiences of survivors as their despair slowly gives way to hope, going from freezing due to a lack of blankets and heaters to clapping with joy upon the restoration of power.

In addition to various tsunami- and disaster-related materials and records, a 3-D model featuring the topography of Shiogama City (including the Urato Islands) and the surrounding area as well as tsunami flood zones is also on display. Footage of the then-named Matsushima, a Miyagi Coast Guard patrol vessel, riding over towering 10-meter-high waves about an hour after the earthquake struck is shown, alongside a display of a compass it actually used.



Consider This

Q1 Since the building also functions as a temporary waiting area for Urato residents when the Shiogama City Ferry is out of service, it is stocked with food and all sorts of other items. Did you know that the box-shaped seats available for visitors to use can be transformed into something useful in emergencies? What can they turn into?

A1 When put together, the box-shaped seats can transform into a makeshift bed. The center's storage has enough instant rice, water, blankets, and other emergency supplies for around 1,400 people.

●セケ浜町
Shichigahama
Town

A robust seawall with new tsunami
countermeasures

3.11 Great East Japan Earthquake Information Board: Shobuta Coast Seawall

● 3-11 東日本大震災伝承板 - 葛蒲田海岸防潮堤 -

Damage in Shichigahama Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper	4.8 km ²	12.1 m	674 bldg.	650 bldg.	2,605 bldg.	97 people	2 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

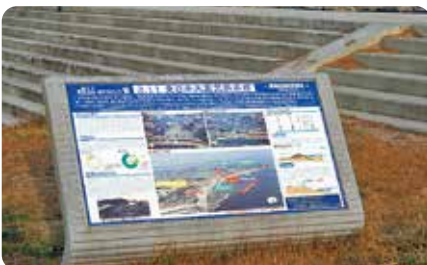
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Shichigahama Town is taking multiple tsunami countermeasures that integrate evacuation systems, community development, and protective facilities. The Shobutahama Seaside Park was built near the seawall, with a green space and a protection forest in place for mitigating tsunami damage



The Shobutahama Reconstruction Road was completed in 2017, the same year the seawall was rebuilt. With the lessons of the disaster in mind, Miyagi's coastal Shiogama-Shichigahama-Tagajo Reconstruction Road was widened to ensure the smooth passage of evacuation vehicles



To make sure that experiences from the disaster are not forgotten, information boards have been installed on coasts throughout the prefecture to pass down such experiences for generations to come and raise awareness of decisive evacuation behaviors to take in the event of future disasters

Other

(Seawall)

Wheelchair OK

*The information board is step-free

Facility DATA

● 3-11 東日本大震災伝承板 - 葛蒲田海岸防潮堤 -

3.11 Great East Japan Earthquake Information Board:
Shobuta Coast Seawall

None

- Within Shobutahama, Shichigahama-machi
- 20-min. drive from Sendai-ko-kita IC, Sendai-Tobu Road
- Free entry
- Available (Large buses: Available)
- *Paid parking during the swimming season

*1 Source: Shichigahama Town, セケ浜町の復興概況
("Reconstruction Situation in Shichigahama Town"), April 1, 2024.

The scenic Shobutahama district is known for its beautiful, old-fashioned beach as well as its white sands and green pines. The district is home to the Shobuta Public Beach, Japan's third-oldest swimming beach, and it bustled with swimmers during the summer months. All the same, the tsunami came, causing over 30% of the town to become inundated with water. The Shobutahama district too sustained extensive damage.

As part of the reconstruction effort, the Shobuta Coast Seawall was rebuilt along with its fishing harbor, roads, and other damaged structures. As part of new tsunami countermeasures, the restored seawall was designed to be 6.8 meters higher than the mean sea level of Tokyo Bay—a height capable of handling tsunamis that occur once every couple generations—to safeguard people's lives and property from future tsunamis and storm surges. The seawall's robust, concrete-covered structure makes it more likely to withstand a tsunami, even if one manages to surge over it. Nevertheless, complete protection against tsunamis is a difficult task, so an information board advising people to flee in the face of giant tsunamis is also in place.

Consider This

Q1 While the new coastal seawall is anticipated to be able to defend against relatively common L1 tsunamis, it is not expected to provide complete protection against large L2 tsunamis on the same scale as the tsunami generated by the Great East Japan Earthquake, making decisive evacuation behaviors essential to staying safe. With that in mind, a protection forest has been put in place behind the coastal seawall around the Shobutahama district. Why?

A1 By slowing the tsunami's advance, it buys people a little more time to evacuate to places away from the sea.

●多賀城市

Tagajo City

High school students install tsunami height markers

Tagajo City
Tsunami Height Marker

●多賀城市津波高標識

Damage in Tagajo City



*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



A surveying instrument is used to measure the height of tsunami traces. Based on this value, the height is marked on a nearby utility pole. The tsunami height marker was designed by students. Sometimes they receive requests from the heads of residents' associations who wish to preserve a record of the tsunami in their neighborhood



Stops on the walking tour include a parking lot of a commercial facility and the historic heritage site Sue-no-Matsuyama. While visiting various sites, listen to the lessons from the disaster and the highlights of the region as conveyed by high school students in their own words



During the 3.11 Memorial Re-Dit Meeting, students act as storyteller guides (1 hour 30 minutes required; 〇 free; reservation required). The tour takes visitors to various markers and concludes at the Tagajo City Great East Japan Earthquake Monument

Other

(Tsunami Height Marker)

Storytelling available

*Reservation required

Facility DATA

●多賀城市津波高標識

Tagajo City Tsunami Height Marker

☎ 022-366-1225 (Miyagi Prefecture Tagajo High School)

- ① Throughout Tagajo City
- ② Depends on the marker location
- ③ 〇 〇 〇 Free entry (Storytelling at 3.11 Memorial Re-Dit Meetings: Free; reservation required)
- ④ Depends on the marker location

*1 Source: Tagajo City, 多賀城市における東日本大震災の被害状況概要 ("Damage Caused by the Great East Japan Earthquake in Tagajo City"), August 1, 2018.

Students from Tagajo High School visit tsunami-stricken areas on foot and survey tsunami heights. Heights are measured from the traces left behind by the tsunami and based on interviews of local residents. In August 2013, students began installing tsunami height markers on utility poles and other structures. So far, 150 markers have been installed. Among them is a marker in front of the historic heritage site Sue-no-Matsuyama. An early Heian-period legend has it that this hill will be spared from a tsunami, and it is one of the components of a national Place of Scenic Beauty, "The Scenic Sites of The Narrow Road to the Deep North."

During the 3.11 Memorial Re-Dit Meeting held annually in January, students conduct walking tours as storytellers to pass on the memory of the tsunami in Tagajo City. Students of the disaster science department who study disaster prevention, mitigation, and memories guide visitors through areas installed with tsunami height markers. The tour concludes at the Tagajo City Great East Japan Earthquake Monument in front of JR Tagajo Station. Through students' stories, visitors can gain a deeper understanding of the earthquake disaster.



Consider This

Q1 By the following year, tsunami traces on the city's buildings and structures had gradually become less visible in the course of the recovery work, such as cleaning and the repainting of walls, and due to exposure to natural elements. That was when a certain sentiment inspired students to begin conducting surveys and installing tsunami height markers. What was this sentiment?

A1 Students wanted to preserve the "negative legacy" of tsunami traces as valuable lessons and leave them for future generations.

●仙台市

Sendai City

Learn about the assistance provided by a co-operative that supports people's livelihood

Miyagi Co-op The Great East Japan Earthquake Exhibition

●みやぎ生協 東日本大震災学習・資料室

Damage in Sendai City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	Miyagino: 20 km ² Wakabayashi: 29 km ² Taihaku: 3 km ²	19.7 m	30,034 bldg.	109,609 bldg.	116,046 bldg.	924 people	27 people	2,277 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The exhibition was the idea of Miyagi Co-op, believing it had a responsibility to pass on the memory of its post-disaster efforts to future generations. It explains assistance provided by the Co-op, which was closely aligned with the needs of people's lives and was made possible by its extensive regional network



Visitors can watch footage on a 120-inch screen in the 20-seat circular theater room. In addition to footage of the Co-op's activities, there is a collection of DVDs related to the disaster. The walls display heartfelt messages received from people all over the country

Miyagi Co-op's initiatives are presented in a viewer-friendly format on digital signage. On the walls, special editions and regular issues of the Kahoku Shimpō newspaper are displayed in chronological order from the day of the disaster. The audio guide nearby is worth listening to

Exhibit

A Place to Connect

Facility guide

Audio guide

Wheelchair OK

Facility DATA

●みやぎ生協 東日本大震災学習・資料室

Miyagi Co-op
The Great East Japan Earthquake Exhibition

☎ 022-374-8531

📍 4-2-2 Yaotome, Izumi-ku, Sendai-shi
🚶 15-min. walk from Yaotome Subway Sta. on the Namboku Line
🕒 10:00 AM-5:00 PM
🌞 Sun. and national holidays
💰 Free
🚌 Available (Large buses: Please inquire)
https://www.miyagi.coop/outline/shien/study_data



Miyagi Co-op established and operates this exhibition space of approximately 132 square meters. At its center is a circular theater room with 20 seats, which shows footage documenting the activities conducted by Miyagi Co-op in the chaotic aftermath of the earthquake disaster. The corridor surrounding the theater room is the exhibition area. Visitors can learn about the events through exhibits on themes such as "Damage at Miyagi Co-op," "Kizuna (Support from Nationwide Co-ops)," and "Supporting Each Other Toward Tomorrow."

At the entrance, digital signage provides a digest of Miyagi Co-op's initiatives in the wake of the disaster. By viewing the numbered displays sequentially, visitors can trace the events in chronological order. While an audio guide is available, Co-op staff are also on site to provide explanations based on the records of the disaster. Messages of support and gifts received from people all over Japan are on display, creating a space that emanates warmth and kindness.

Consider This

Q1 Miyagi Co-op established four volunteer centers across Miyagi, believing that there was something the Co-op could do. It conducted a total of 4,311 activities, involving 137,330 participants and 31,066 volunteers. What specific activities were carried out?

●仙台市
Sendai City

“Experience” disaster-stricken areas through VR and 8K video

NHK Sendai Broadcasting Station Jozenji Media Station

● NHK 仙台放送局 定禅寺メディアステーション

Damage in Sendai City

Maximum seismic intensity 6 Upper	Wetted surface area Miyagino: 20 km ² Wakabayashi: 29 km ² Taihaku: 3 km ²	Maximum inundation height 19.7 m	Total collapse 30,034 bldg.	Incomplete collapse 109,609 bldg.	Partial collapse 116,046 bldg.	Deceased 924 people	Missing 27 people	Injured 2,277 people
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*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.

Exhibit

A Place to Connect

Facility guide

*Reservation required

Facility DATA

● NHK 仙台放送局 定禅寺メディアステーション

NHK Sendai Broadcasting Station Jozenji Media Station

☎ 022-211-1001 (Main)

📍 2-20-1 Honcho, Aoba-ku, Sendai-shi

🚶 15-min. walk from JR Sendai Sta.

🕒 10:00 AM–5:00 PM (may open from 1:00 PM on Sat.)

🗓 Mon. (or the next day when Mon. is a national holiday)

🆓 Free

📄 Not available

https://www.nhk.or.jp/sendai/station_info/guide.html



The exhibition is located on the second floor of the NHK broadcasting station. Visitors can obtain a variety of information in various rooms, including a room showing NHK General TV news footage from the first 72 hours after the earthquake and live cam recordings of the long-term recovery process, a room where visitors are transported into disaster-stricken areas through 360-degree camera footage and ultra-high-definition 8K Super Hi-Vision video, and a theater room where you can learn about disaster preparedness in a fun and engaging way through quiz-style videos.

The VR program (up to five people per session; children under 13 years of age watch on a tablet or monitor) offers an array of immersive content. This includes visits to disaster ruins in Iwate and Miyagi, as well as facilities in disaster-stricken areas in Fukushima, guided by a storyteller and accompanied by a member of Nogizaka46 or other Sakamichi idol groups. On weekdays when the media station is open, staff give guided tours of the facility for general visitors. The tours are free and require reservation. They are provided twice a day and accommodate up to 20 people per group.



The 3.11 Theater shows footage, such as “Lessons from ‘That Day’: It’s an Earthquake! What Will You Do?” Through quizzes, people of all ages, from children to adults, can learn about how to evacuate in the event of an earthquake or tsunami.



The facility’s concept is “passing on the facts, memories, experiences, and lessons of the Great East Japan Earthquake.” On weekdays when the media station is open, group tours for elementary and junior high school students are offered from 10:00 to 11:10 AM and from 1:30 to 2:40 PM (free; the number of participants is capped).



In the “72 Hours After the Earthquake” section, you can choose and watch actual NHK news that was aired, listed in chronological order. Furthermore, various exhibits show memories of the disaster and the recovery process of the disaster-stricken areas.



Consider This

Q1

The immersive video section displays a panel explaining “Tsunami no toki wa tendenko,” a teaching in the dialect of Iwate’s Sanriku coastal region. This teaching originated from repeated tsunamis that took the lives of many people and has been passed down to children and grandchildren. What does it mean?

A1 “Tendenko” means “individually.” It is a teaching that says, “If a tsunami comes, people must escape individually. You have to protect your own life.”

●仙台市










Sendai City

A place where individual memories and reflections can be shared

Sendai 3/11 Memorial Community Center

●せんだい 3.11 メモリアル交流館

Damage in Sendai City

								
Maximum seismic intensity 6 Upper	Wetted surface area Miyagino: 20 km ² Wakabayashi: 29 km ² Taihaku: 3 km ²	Maximum inundation height 19.7 m	Total collapse 30,034 bldg.	Incomplete collapse 109,609 bldg.	Partial collapse 116,046 bldg.	Deceased 924 people	Missing 27 people	Injured 2,277 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



"Our March 11th" is a hands-on exhibit. Write about the events of March 11, 2011, on the front of a *tanzaku* paper strip and your wishes for the future on the back, and then hang it wherever you like. Coinciding with the Sendai Tanabata Festival, the *tanzaku* will be displayed as Tanabata decorations inside the center



The illustration map is the work of Sendai resident and illustrator Junko Sato. From Sendai Port in the north to Yuriage, Natori City in the south, the map of the coastal areas of Sendai City contains illustrations of local attractions, as well as memories from before the disaster to the present



The community space on the first floor is directly connected to the subway station and is easily accessible. It provides information about the eastern coastal region of Sendai City through a 3-D map, books, and other resources. Printed materials are available, such as a leaflet you can take home with you

Exhibit
.....
A Place to Connect

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●せんだい 3.11 メモリアル交流館

Sendai 3/11 Memorial Community Center

☎ 022-390-9022

📍 85-4 Kutsugata, Arai, Wakabayashi-ku, Sendai-shi

Within Arai Subway Sta. on the Tozai Line

🚶 Directly linked to Arai Subway Sta. on the Tozai Line

🕒 10:00 AM-5:00 PM

🗓 Mon. (or the next day when Mon. is a national holiday) and the next day of a national holiday (excluding Sat., Sun., and national holidays)

💰 Free

🅇 Not available (Paid parking lot available nearby)

<https://sendai311-memorial.jp>


Serving as a gateway to the eastern coastal region of Sendai City which suffered catastrophic tsunami damage, this facility was established not only to provide information about the earthquake disaster unidirectionally but also to create a space for interaction, where visitors can pass on their own memories and reflections. The community space on the first floor has books and a 3-D map of tsunami flood zones. Here, visitors can find information about the eastern coastal region of Sendai City. The second-floor gallery houses a permanent exhibit on the disaster's impact and the progress of the recovery, as well as special exhibits that examine the disaster from various perspectives. From time to time, it organizes workshops where people can discuss the earthquake disaster with each other, as well as field tours to nearby areas. In the second-floor hallway, there is an illustration map created by Junko Sato, an illustrator based in Sendai City. Visitors can write their memories of the areas on the map using sticky notes and add them to the map. Everyone is welcome to participate!



Consider This

Q1 The floor, tables, and benches in the second-floor gallery are made from repurposed materials. Where did the materials come from?

Q2 Many *tanzaku* strips are attached to the wall of the "Our March 11th" hands-on exhibit. What intentions are embodied in this display?

●仙台市
Sendai City

A damaged school building kept largely untouched

Ruins of the Great East Japan Earthquake: Sendai Arahama Elementary School

●震災遺構 仙台市立荒浜小学校

Damage in Sendai City



*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



On the first floor of the school building, visitors can look inside the nurse's room and the first- and second-grade classrooms from the hallway. The photographs on display were taken by the principal before leaving the school as the last person to evacuate



On the fourth floor is the exhibit "Arahama Area Before the Great East Japan Earthquake." It touches on the history of the Arahama district and memories associated with Arahama Elementary School. From a diorama model created with the cooperation of former residents, visitors can imagine what the area looked like before the earthquake disaster



The fourth-floor exhibition room, "The 3.11 Memories of Arahama," shows a video about 17 minutes long that recounts the first 27 hours from the earthquake to the rescue of all evacuees. The video includes interviews with the school principal and the head of the neighborhood association at the time, as well as footage taken from firefighting helicopters

Earthquake Disaster
Ruins

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●震災遺構 仙台市立荒浜小学校

Ruins of the Great East Japan Earthquake:
Sendai Arahama Elementary School

☎ 022-355-8517

📍 32-1 Shinborihata, Arahama, Wakabayashi-ku, Sendai-shi

🚗 15-min. drive from Sendai-higashi IC, Sendai-Tobu Road

🕒 9:30 AM-4:00 PM (Jul.-Aug.: Until 5:00 PM)

✖ Mon. and 4th Thu. (open when Mon. or the 4th Thu. is a national holiday)

🆓 Free

🅐 Available (Large buses: Available)

<https://arahama.sendai311-memorial.jp>



In the wake of the earthquake, this elementary school was one of the designated evacuation shelters in the area. Located about 700 meters from the coastline, the tsunami reached up to the second floor of the school. All 320 students, teachers, staff, and local residents survived. Following seismic retrofitting work, the school building has been preserved and opened to the public as "disaster ruins." It teaches the dangers and lessons of tsunamis to future generations to ensure that no more lives are lost to tsunamis.

The first and second floors show the damage to the building. In a fourth-floor exhibition room, photographs and videos provide an account of the events, from the earthquake's onset to evacuation, the tsunami's arrival, and rescue work, offering insights into preparing for disasters. There are also exhibits on the history and culture of the Arahama district and people's memories of the school. In January 2023, a new disaster education section was added. A seven-minute walk away is "Ruins of the Great East Japan Earthquake: Residential Foundation, Arahama Area of Sendai City," where you can view the foundations of homes and remnants of buildings that have survived the tsunami.



Consider This

Q1 What caused the bowed walls, bent blackboards, and damaged ceilings on the first floor of the school building? In the second-floor hallway, you can see marks 40 centimeters above the floor. What are they?



A1 The bowing and damage were caused by the weight of the water from the tsunami and the impact of wood and debris carried by the waves. The marks above the floor on the second floor are watermarks left by the flooding.

●名取市

Natori City

Learn about the actual experiences of the community and connect them to disaster education

Natori Earthquake Recovery Museum

●名取市震災復興伝承館

Damage in Natori City

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	27 km ²	8.5 m	2,801 bldg.	1,129 bldg.	10,061 bldg.	965 people		208 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The community space displays a diorama created in 2014 by Kobe University and other institutions in collaboration with local residents. It recreates the town of Yuriage as it looked before the tsunami struck. Houses and shops have plaques inscribed with their memories.



A panel exhibit documents the path toward recovery. To encourage visitors to explore the Yuriage area, there is also a walking map packed with the attractions of Natori City. At the museum, visitors can learn about the region's past and present.

Visitors can feel how heavy a door becomes in 30 centimeters of water. Although the water is no higher than below the knees, around 36 kilograms of water pressure is applied to the door. Even adults can open only several dozens of centimeters, demonstrating how difficult evacuation can be in a flood.

Exhibit

A Place to Connect

Wheelchair OK

Facility DATA

●名取市震災復興伝承館

Natori Earthquake Recovery Museum

☎ 022-393-6520

📍 1-1-1 Yuriagehigashi, Natori-shi

🚗 5-min. drive from Natori IC, Sendai-Tobu Road

🕒 9:30 AM~4:30 PM (Dec.~Mar.: 10:00 AM~4:00 PM)

🗓 Tue. (or the next day when Tue. is a national holiday)

💰 Free

🚌 Available (Large buses: Available)

https://www.natori-denshoukan.jp



*1 Source: Natori City, 東日本大震災名取市の記録

("Natori City Record of the Great East Japan Earthquake"), October 2014.

*2 Source: Natori Earthquake Recovery Museum, 記録で知る被災 ("The Disaster Through Records"), May 30, 2020.

This memorial facility opened in 2020 in the Yuriage district near the mouth of the Natori River. It aims to become a space where visitors and local residents can interact and collaborate through their disaster experiences and disaster prevention activities. The building offers views of the Natori River, the Teizan Canal, and the sea at the river's mouth. From the beautiful landscape, it is hard to imagine the havoc that was left by the disaster.

Inside, the museum displays footage of the tsunami engulfing the town, a video taken from a patrol boat overcoming the waves, and a panel exhibit titled "The Truth of the Tsunami" featuring testimonies from residents. A diorama recreates the townscape of Yuriage before the disaster, and the area's journey to recovery is explained in detailed materials. Drawing on the area's experiences with numerous natural disasters, the museum also shares disaster prevention information to help minimize the impact of natural calamities. The disaster education exhibit offers hands-on activities, such as opening a door against water pressure and slogging through water in geta wooden sandals. The museum provides a valuable opportunity to learn about disaster preparedness while participating in activities firsthand.

Consider This

Q1 Natori City, located southeast of Sendai City, faces the Pacific Ocean. The Yuriage district in Natori City stretches along the coastline. Here, residents have long held a certain belief. It is said that this belief may have contributed to evacuation delays, and the lesson learned has since been passed down. What was this belief?

●名取市
Natori City

An urban park for remembering the victims

Natori Earthquake Disaster Memorial Park

●名取市震災メモリアル公園

Damage in Natori City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	27 km ²	13.1 m	2,801 bldg.	1,129 bldg.	10,061 bldg.	954 people	38 people	208 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Memorial Monument

Park

Wheelchair OK

Facility DATA

●名取市震災メモリアル公園

Natori Earthquake Disaster Memorial Park

☎ 022-384-2111 (City Planning Division, Construction Department, Natori City)

📍 2-13 Yuriagehigashi, Natori-shi

🚗 5-min. drive from Natori IC, Sendai-Tobu Road

🆓 Free entry

🚌 Available (Large buses: Available)



The park is divided into five zones. The "Prayer Zone" is a place to offer prayers in memory of those who lost their lives in the disaster. The "Rest Zone" is a space for relaxation and communication in daily life. The "Ocean-Facing Zone" offers views of Hiroura Bay beyond the coastal levee. The "Hiyoriyama Zone" symbolizes future reconstruction. The "Remembrance and Memorial Zone" passes on the lessons of the disaster to the future.

The memorial monument in the Prayer Zone is the exact height of the tsunami that reached this area. The memorial is engraved with the names of Natori City residents who lost their lives and others who perished in this city.

From Hiyoriyama, a longstanding landmark of the area, you can enjoy sweeping views of the Yuriage district. It enshrines Yuriage Minato Shrine and Tominushihime Shrine, which were washed away by the massive tsunami. While you're here, also visit the nearby Natori Earthquake Recovery Museum (P. 79) and the Tsunami Recovery Memorial Museum "Mémoire de Yuriage" (P. 81).



In the "Earthquake Remains Area," flat blocks recreate the topography and main roads of Yuriage before the disaster. A section of the pedestrian bridge in front of Yuriage Elementary School is displayed to the public as "disaster ruins." On 3.11, people evacuated to this bridge, and many lives were saved.



The shrine that was enshrined at the top of Hiyoriyama was swept away by the tsunami. Thanks to crowdfunding, a new shrine building was constructed in 2013. The Hiyoriyama area used to host local festivals and was a gathering place for the locals.



This site has been created as a space for remembering the victims, for passing on the memories of the disaster, and for gathering and relaxing. Near the memorial monument, which stands at the exact height of the tsunami, is a poetry monument inscribed with a poem the Emperor composed when he was Crown Prince following a visit to extend his condolences.

Consider This

Q1 In this expansive park, the memorial monument stands tall and visible even from a distance. What was the inspiration behind its soaring design?

Q2 The Earthquake Remains Area is designed so that visitors can picture the Yuriage district as it was before the disaster. The flat blocks that were used are made from a certain material. What is it?

A1 The design represents the victims of the disaster ascending to the heavens as well as a commitment to recovery.

A2 The flat blocks are made from disaster debris in the Yuriage district.

●名取市

Natori City

Even if the tsunami is forgotten, the lessons from it will never be forgotten

Tsunami Recovery Memorial Museum “Mémoire de Yuriage”

●津波復興祈念資料館 開上の記憶

Damage in Natori City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	27 km ²	13.1 m	2,801 bldg.	1,129 bldg.	10,061 bldg.	954 people	38 people	208 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.



“Storytelling” (40 minutes to 60 minutes required; ¥5,000 yen per group; reservation required at least 20 days in advance) is a program held at the museum to learn about the disaster and the importance of life. It is recommended for those who want to learn a lot about the disaster in a short time



The storytelling members include representatives from the Yuriage Junior High School Bereaved Families Association, officers of the Yuriage Neighborhood Association, the Town Development Council, and the museum director. Storytellers are selected based on what visitors wish to know and learn

On the “Guided Tour of Yuriage,” visitors will walk through the area with a guide and learn in depth about the disaster (1 hour 30 minutes required; ¥5,000 yen or more; reservation required at least 20 days in advance). You can hear about the situation before and immediately after the disaster, as well as the area’s journey to recovery based on the guide’s personal experiences



Exhibit
.....
A Place to Connect

Facility guide

Storytelling available
*Reservation required for some programs

Wheelchair OK

*Two steps at the entrance. Staff assistance available.

Facility DATA

●津波復興祈念資料館 開上の記憶

Tsunami Recovery Memorial Museum
“Mémoire de Yuriage”

☎ 022-738-9221 (Weekdays: 10:00 AM–3:00 PM)

📍 3-5-1 Yuriagehigashi, Natori-shi

🚗 3-min. drive from Natori IC, Sendai-Tobu Road

🕒 10:00 AM–3:00 PM (Sun. and national holidays: Open at 9:00 AM)

📅 Thu. (open when Thu. is a national holiday or the 11th)

🆓 Free

🚌 Available (Large buses: Available)

https://tsunami-memorial.org



Once home to over 5,000 people, the Yuriage district in Natori City was utterly destroyed by a tsunami that left behind only empty land. Fourteen students from Yuriage Junior High School lost their lives to the tsunami. At this museum, staff guide visitors through exhibits and footage that trace the memories of the disaster, including lockers actually used by students at the former Yuriage Junior High School, personal belongings of the student victims, and doors bearing marks that indicate the height of the tsunami.

One of the highlights of the museum is its extensive storytelling programs. As the number of young people who have no direct memory of the disaster increases, the programs aim to help them connect the disaster with their present selves. Many of the 15 or so guides and storytellers live in Yuriage. Visitors can choose from programs such as “Storytelling,” where they listen to stories about the disaster without leaving the museum, and the “Guided Tour of Yuriage,” where they tour Yuriage with a guide to gain a deeper understanding of the disaster’s impact on the area. Programs can be tailored to fit various purposes and schedules (for details, check the website).

Consider This

Q1 What is the message that this facility wants to convey to visitors the most with a strong sense of mission?

Q2 The people of Yuriage have led the development of this facility. It has another major role beyond being a “place to convey the lessons of the disaster.” What do you think it is?

A1 The importance of life. They carry out activities hoping that no one else will ever have to endure what they went through.

A2 It serves as a place for the people of Yuriage to heal emotionally. It is also a gathering place for those who have lost loved ones and for those from other areas involved in activities to pass on the lessons of the disaster.

●岩沼市

Iwanuma City

Fourteen man-made hills created by applying lessons learned

Iwanuma Millennium Hope Hills Exchange Center

●岩沼市千年希望の丘交流センター

Damage in Iwanuma City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	29 km ²	10.5 m	736 bldg.	1,606 bldg.	3,086 bldg.	186 people	1 person	293 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to Connect

Facility guide

Storytelling available

*Reservation required

Wheelchair OK

Facility DATA

●岩沼市千年希望の丘交流センター

Iwanuma Millennium Hope Hills Exchange Center

☎ 0223-23-8577

📍 177 Hama, Shimonogo, Iwanuma-shi

🚗 7-min. drive from Sendai Airport IC, Sendai-Tobu Road

🕒 9:00 AM~5:00 PM

🗓 Tue. (or the next day when Tue. is a national holiday)

💰 Free

🚌 Available (Large buses: Available)

https://sennen-kibun-o-oka.com



The coastal region of Iwanuma City was divided into six districts. However, due to the damage caused by the tsunami, residents moved to a disaster prevention collective relocation area approximately three kilometers from the coast. The land where people can no longer live has been turned into a memorial park, Millennium Hope Hills. Six parks and 14 evacuation hills (including two existing hills) were created over a coastal area around 10 kilometers long. The hills are connected by garden paths (green coastal tide embankments) that weaken the strength of a tsunami and can serve as evacuation sites in an emergency.

The Exchange Center exhibits 80 panels and photos communicating the damage suffered and reconstruction status. In addition, an informative disaster prevention video is available in multiple languages to educate visitors from other countries. When you take a tour of the memorial monument, evacuation hills, and disaster ruins in the memorial park accompanied by a disaster storytelling guide (fee-based; reservation required), you can learn about disaster memories and lessons learned, while discovering what it was like at the time of the disaster and the reconstruction efforts.



Site tours are provided by earthquake disaster storytelling guides (¥3,000 yen for a group of 5~30 people per guide; guidance is tailored to the duration of the visit *Reservation required). A guide will show you around Ainokama Park where the Exchange Center is located



Photos and panels documenting the disaster and reconstruction efforts are on permanent display. They clearly explain the vision of Millennium Hope Hills and functions of the evacuation hills. You can also rent a bicycle (fee-based) to view the six parks and surrounding areas



The Exchange Center is a facility for passing on disaster records and memories, providing disaster prevention education, and conducting environmental preservation activities such as tree planting and cultivation. A walkthrough video lets you virtually experience the relocation of the pre-disaster community and understand the landscape lost to the tsunami

Consider This

Q1 What was used to build the foundation of the hills in the park? The materials used are evidence of the lives lived there and convey to future generations remnants of the tsunami and the emotions of people affected by the disaster.

Q2 What is the meaning behind the shape and height of the memorial monument constructed in Ainokama Park?

● 亘理町

Watari Town

Explaining the disaster in an exhibit section newly established after the disaster

Watari Municipal Museum

● 亘理町立郷土資料館

Damage in Watari Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	35 km ²	10.73 m	2,389 bldg.	1,150 bldg.	2,048 bldg.	283 people	4 people	45 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The video program "Our Town Watari" is shown on a large screen in the entrance area of the permanent exhibition room, which was designed after the Abukuma River flow. There are also many other exhibits associated with local history, including a theater corner and an area that delves into the Watari-Date clan



The memorial monument in Torinoumi Park was erected where the Chikko neighborhood once stood. The area with flowerbeds forms a triangular shape after Sankaku (Triangle) Park that once stood there. The flowerbeds are maintained by local residents

On the first floor, every second Saturday of the month and the following day, an approximately 16-minute video titled "Watari's Path to Reconstruction" is shown that summarizes what happened in the town over 10 years, starting just after the disaster struck (excluding days the museum is closed). The observation hall on the fifth floor gives a panoramic view of the town, so you can enjoy the townscape that stretches to the ocean



Exhibit

A Place to Connect

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

● 亘理町立郷土資料館

Watari Municipal Museum

☎ 0223-34-8701

📍 140 Nishigo, Watari-cho

🕒 3-min. walk from Watari Sta.

🕒 9:00 AM~4:30 PM (Last entry at 4:00 PM)

📅 Mon. and national holidays (excluding special open days), material sorting days (last Fri. of every month), and special management period (in Feb.)

💰 Free

🚗 Available (Large buses: Not available)

<https://www.town.watari.miyagi.jp/museum>


This local history museum is housed on the first floor of Yurikan, which opened in 1994. The Special Exhibit on the Great East Japan Earthquake was newly established after the disaster. A panel of 25 photos explains what happened from the time of the disaster through reconstruction. Every second Saturday of the month and the following day, a video is screened that summarizes the town's journey over 10 years, starting just after the disaster struck (about 16-minute run time). In addition, the museum sells karuta cards that have been created to pass on to future generations the landscapes and culture lost to the disaster. The text on the cards to be read aloud is based on entries provided by the town's elementary and junior high school students, while the illustrations on the cards to be picked up were drawn by members of junior high school art clubs, painting groups, and individuals.

A 10-minute drive from the museum, Torinoumi Park faces the Pacific Ocean. A memorial monument was erected in the park, and next to it is a stone monument inscribed with lessons learned from the tsunami. Submitted by town residents, these lessons reflect firsthand experiences. One says, "Receding river water means a major tsunami is coming."

?

?

Consider This

Q1

Five lessons chosen from submissions by people who experienced the disaster firsthand have been inscribed on the stone monument in Torinoumi Park out of a desire to pass them on to future generations. One of those lessons strongly refutes a belief about tsunamis that had been handed down in the Arahama district. What is that lesson?

●山元町
Yamamoto
Town

A place for learning about disaster prevention and practicing disaster preparedness

Yamamoto Town Disaster Prevention Base & Yamashita Community Exchange Center (1F Disaster Prevention Information Corner)

●山元町防災拠点・山下地域交流センター（1階防災情報コーナー）

Damage in Yamamoto Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	24 km ²	13.52 m	2,217 bldg.	1,085 bldg.	1,138 bldg.	701 people	17 people	90 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to Connect

Facility guide

Wheelchair OK

*Weekdays: 9:00 AM-5:00 PM;
reservation required

Facility DATA

●山元町防災拠点・山下地域交流センター（1階防災情報コーナー）

Yamamoto Town Disaster Prevention Base & Yamashita Community Exchange Center
(1F Disaster Prevention Information Corner)

☎ 0223-37-5592

📍 1-8 Tsubamenomori, Yamamoto-cho
🚶 Brief walk from JR Yamashita Sta.

🕒 9:00 AM-9:30 PM

🚫 Open year-round (temporary closures)

💰 Free

🚌 Available (Large buses: Available)



This facility was constructed after the disaster as a disaster prevention base that protects the safety and security of town residents during disasters and as a base for interaction to create regional exchange and vibrancy during ordinary times. The disaster prevention information corner on the first floor uses various media for the purpose of passing on tsunami disaster information, being utilized for disaster prevention education, and boosting disaster prevention awareness. There are monitors in four places that continuously show videos related to the disaster. Other exhibits include simulations of tsunami inundation areas and tsunami impacts using projection mapping, as well as models explaining the process up to the completion of the new town center. Panels also convey the damage incurred as well as the road to recovery and reconstruction. The facility sustains interest by changing explanations and exhibits by theme. It also serves as a base for community development addressing tsunami prevention. The center is equipped with private power generation, an earthquake-resistant water tank, manhole toilets, and a storeroom for emergency supplies. Tips for disaster readiness can be found in the disaster prevention functions that have applied lessons learned.



The first floor features a spacious 72-square-meter indoor event hall. Other areas that can also be used include the expansive, sun-filled library corner on the second floor and the outdoor terrace on the third floor, overlooking the Joban Line platform at Yamashita Station



In the disaster prevention information corner, there are many earthquake-disaster-related books. Using a hand-cranked radio, you can listen to some broadcasts by Ringo Radio, a temporary disaster information FM station that was launched by Yamamoto Town on March 21, 10 days after the disaster, and broadcast until March 2017



Panels not only introduce the damage suffered but also facilities established after the disaster. Exhibits on transferring the town center covering a wide area, relocating the Joban Line, and sediment disaster prone areas are shown using models to present a broad view and make them easy to understand

Consider This

Q1 To fulfill its role as a base for community development addressing tsunami disaster prevention, blankets and a "rolling stock" of emergency foods are kept in the emergency supply storeroom. In an emergency, emergency supplies will be taken from here and distributed to town residents. What exactly is the "rolling stock" method of stockpiling?

A1 Regularly used items and foods are bought in slightly large quantities, and the amounts used and consumed are newly purchased to replenish the stock.

●山元町

Yamamoto
TownStanding at the disaster site and thinking
about that dayRuins of the Great East Japan
Earthquake:
Nakahama Elementary School

●山元町震災遺構 中浜小学校

Damage in Yamamoto Town

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	24 km ²	13.52 m	2,217 bldg.	1,085 bldg.	1,138 bldg.	637 people	0 people	90 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



In the multipurpose hall on the first floor, you can learn about disaster preparedness and lessons learned from the situation at the time of the disaster as told by storytelling guides from the Yamamoto Storytelling Group (45 minutes required; ¥5,000 yen per guide *Reservation required; up to 20 people per guide)



This is the attic storage room where children, teachers, and community residents spent the night while enduring frequent aftershocks and the bitter cold. They got through the cold using blankets that miraculously had not been swept away. Each time an aftershock occurred, they comforted one another with words of encouragement



In the exhibition room on the second floor, you can see dioramas of the vicinity around Nakahama Elementary School prior to the disaster, created by residents to preserve their memories. There is also a model of the entire facility grounds. You can learn about various tsunami countermeasures applied to Nakahama Elementary School

Earthquake
Disaster
Ruins

Facility guide

Storytelling
available

*Reservation required

Facility DATA

●山元町震災遺構 中浜小学校

Ruins of the Great East Japan Earthquake:
Nakahama Elementary School

☎ 0223-23-1171

📍 22-2 Kune, Sakamoto, Yamamoto-cho

🚗 10-min. drive from Yamamoto-minami Smart IC, Joban Expwy

🕒 9:30 AM-4:30 PM (Last entry at 4:00 PM)

🗓 Mon. (or the next day when Mon. is a national holiday)

💰 400 yen; 300 yen for high school students; 200 yen for elementary / jr. high school students *Free entry on special open days (Mar. 11 Yamamoto Remembrance Day, Sept. 1 Disaster Prevention Day, and Nov. 5 World Tsunami Awareness Day)

🚗 Available (Large buses: Available)

*1 Source: Yamamoto Town website, 東日本大震災および津波の被害状況 ("Damage Caused by the Great East Japan Earthquake and Tsunami"), October 25, 2019.

The elementary school where the lives of 90 children and teachers were saved from the massive tsunami is being preserved and maintained in its damaged state as much as possible. It is open to the public as a place to teach disaster prevention and pass on the story of the disaster. On the first floor, you can gain an understanding of the enormity of the tsunami damage from traces of the tsunami passing through, broken equipment, and driftwood and other debris that were swept inside. On the second floor, exhibits such as dioramas recreating the townscape before the disaster and videos of people sharing their disaster experiences prompt you to think about disaster prevention measures and evacuation actions. You can actually enter the storage room where people who had evacuated to the roof spent the night to feel firsthand the events of that disaster and understand it as something that could happen to you.

There are always town staff in the building. You can tour the facility and listen to an explanation on the second floor and rooftop, or hear commentary from a storytelling guide (fee-based; reservation required). Nakahama Elementary School merged with the inland Sakamoto Elementary School in 2013, but it continues to communicate lessons learned as disaster ruins.

Consider This

Q1 To prepare for tsunamis and other emergencies, an outdoor stairway was built onto the outside wall of Nakahama Elementary School. Why is there a stairway outside of the school building?

Q2 Luckily, the faculty entrance remains as the door and frame were not washed away. Actually, the door opened outward, but now it opens inward. Why?

A1 It was established so that even during disasters that occur outside school hours, such as at night or on non-school days, community residents could evacuate to the second floor.

A2 It stood in the path of the tsunami, and the impact of the water when it receded pushed it inward. This gives a sense of the strength not only of the tsunami's leading wave, but also the receding wave.

●山元町
Yamamoto
Town

An opportunity to reflect on disasters in Japan and worldwide

Nakahama Elementary School Earthquake Monument “Sundial of March 11th”

●中浜小学校震災モニュメント「3月11日の日時計」

Damage in Yamamoto Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	24 km ²	13.52 m	2,217 bldg.	1,085 bldg.	1,138 bldg.	637 people	0 people	90 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.

Other

(Monument)

Storytelling available

*Reservation required

Facility DATA

●中浜小学校震災モニュメント「3月11日の日時計」

Nakahama Elementary School Earthquake Monument
“Sundial of March 11th”

☎ 0223-23-1171

📍 22-2 Kune, Sakamoto, Yamamoto-cho

🚗 10-min. drive from Yamamoto-minami Smart IC, Joban Expwy

🕒 9:30 AM~4:30 PM

🗓 Mon. (or the next day when Mon. is a national holiday)

🆓 Free

🚌 Available (Large buses: Available)

*1 Source: Yamamoto Town website, 東日本大震災および津波の被害状況 (“Damage Caused by the Great East Japan Earthquake and Tsunami”), October 25, 2019.

The disaster monument is built on the spot the rescue helicopter landed at the time of the disaster. Not only does the stone on the dial mark the time of the earthquake, 2:46 PM, but a compass at the center also displays directions and distances to past major earthquakes and the TEPCO Fukushima Daiichi Nuclear Power Station, calling on people to understand earthquake disasters from a broad perspective. Standing beside the sundial, which marks the slow passage of time, and the school building, where time seems frozen, offers a moment to reflect on the disaster. This is also a place where you can learn about science, including the workings of the sundial.

Ruins of the Great East Japan Earthquake: Nakahama Elementary School (→P. 85), where this monument is located, is being preserved and maintained to the extent possible as it was at the time of the disaster. The exhibit space powerfully speaks of what occurred on that day. In 2020, the site received the Good Design Award in recognition of the method of preserving the ruins and creativity exercised in the tour experience.



The site communicates the severity and impact of tsunamis. Taking a tour with a Yamamoto Storytelling Group guide will prompt you to think more seriously about earthquake disasters (45 minutes required; ¥5,000 yen per guide *Reservation required; up to 20 people per guide)



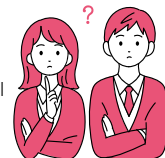
In the center of the dial is a compass displaying directions and distances to past major earthquakes, regardless of whether they occurred in Japan or abroad. This thoughtful design encourages a broad, global perspective on the Great East Japan Earthquake and other earthquake disasters



The sundial was created so that March 11 is zero hour (the sundial shadow indicates the actual time). If you look closely, you see the divisions are not symmetrical. This is primarily due to the surface being at a slant so water will run off it

Consider This

Q1 The “Sundial of March 11th” compass also indicates the direction of something that gave hope to those who evacuated to Nakahama Elementary School, symbolizing the promise that “morning will always come.” What is it?



A1 It indicates the direction the sun rose on March 12, the day after the Great East Japan Earthquake. It gave people hope and courage.

If a Disaster Strikes...

Preparing for the "what ifs"

Disaster preparedness

Step 3



Being prepared is the cornerstone of disaster prevention. From small adjustments such as rearranging or securing furniture to stockpiling emergency food and drinks as well as seismically retrofitting buildings, these are all things you need to do to "save lives." Tomorrow could be the crucial day. Be sure to check your preparedness around your home.

Kei Gentile
Disaster memorial writer

What you can do at home

During major earthquakes, many people are killed or seriously injured when they are crushed by falling furniture. You can buy disaster prevention supplies, such as door stoppers or tension rods that secure furniture in place, at hardware stores or 100-yen stores. Also consider the orientation and placement of furniture to ensure that furniture that is prone to tipping or falling is not placed in bedrooms and children's rooms, and that it does not block doors if it falls.



Tension rod



Door stopper



Prepare a stockpile and survival kit

Stockpile at least three days' worth of supplies in the event that lifelines such as electricity, gas, and water are cut off. *Supplies such as water, non-perishable foods, and toilet paper can be the same items that you eat or use every day during normal times (rolling stock) and do not need to be special disaster preparedness supplies. It's also a good idea to have a survival kit that you can readily take with you at any time.

*In case of a major disaster, you should have enough supplies to last a week.



Portable power bank

Contact lenses and, eye drops

Wet wipes

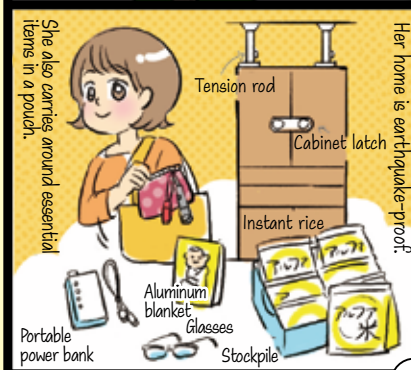
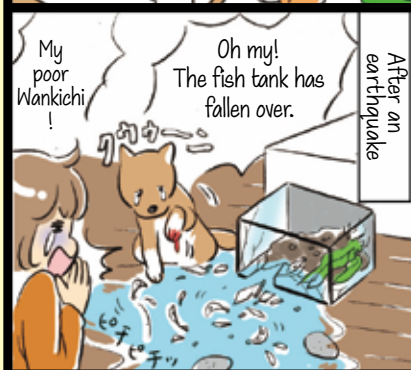
Face masks

Things to keep on you at all times

You can never predict when a disaster will strike. Even if you only pack what fits in your bag, it's a good idea to keep essential items with you at all times. You should have a portable power bank, face masks, wet wipes, and bandages, as well as any items you would be unable to live without, such as contact lenses and prescription medications.

"If only I had that..."

ico. Disaster prevention illustrator



"防災の手引き～いのちとくらしをまもるために～" Prime Minister's Office
("Disaster Prevention Guide: To Protect Lives and Livelihoods"),
<https://www.kantei.go.jp/jp/headline/bousai/index.html> (accessed August 28, 2024)

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("What You Can Do Before a Disaster Occurs"),
<https://www.kantei.go.jp/jp/headline/bousai/sonae.html> (accessed August 28, 2024)

"防災情報のページ みんなで減災" Cabinet Office, Government of Japan
("Disaster Prevention Information: Mitigating Disasters Together"),
https://www.bousai.go.jp/oyakudachi/info_general.html (accessed August 28, 2024)

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Great East Japan Earthquake and Typhoon No. 19
(Hagibis)—ico. is now engaged in efforts to convey
the importance of disaster prevention in an
easy-to-understand manner.

Miyagi

Explore
the Tohoku
region

A Quick Guide

There are many highlights in Miyagi, including the ruins of Sendai Castle, which is known for its statue of Masamune Date on horseback, and Matsushima, said to be one of the three most iconic landscapes in Japan. Don't forget the seasonal seafood and hot springs!

1 First, check
the key attractions
in popular areas

Zao and Shirosishi

●御釜

Okama

☎ 0224-34-2725 (Zao Town Tourist Information Center)

A caldera lake approximately 325 meters in diameter and 27 meters deep. Note the lake's emerald color, which changes its expression depending on the sunlight!

- ☑ In Zao Quasi-National Park
- ☑ 1-hr. drive from Shirosishi IC, Tohoku Expwy
- ☑ Free entry
- ☑ Early Nov.-late Apr.
- ☑ 350 spaces available at the Zao High Line Parking Lot



Naruko Onsen and Osaki

●鳴子温泉郷

Naruko Onsen-kyo

☎ 0229-83-3441 (Naruko Onsen-kyo Tourist Information Center)

This hot spring resort has long been favored as a therapeutic spa due to its variety of hot spring sources. Strolling through the atmospheric Naruko Onsen-kyo resort town is a delight.

Matsushima

●松島

Matsushima

☎ 022-354-2618 (Matsushima Tourism Association)

This scenic area, consisting of around 260 islands in a calm bay, offers beautiful views of the multitude of islands that can be enjoyed from observation decks and cruises. There are also many famous temples such as Zuiganji Temple.



Tome (Toyoma)

●登米

☎ 0220-52-5566 (Toyoma Promotional Public Corporation)

Tome (Toyoma)



A retro town that still maintains samurai residences and historic Western-style buildings. The Education Museum, which occupies an elementary school building built in the Meiji era, is an Important Cultural Property of Japan.



Akiu Onsen

●秋保温泉

☎ 022-398-2323 (Akiu Onsen-kyo Tourist Information Center)

A historic hot spring area associated with the Date family that has been in use for about 1,500 years. The rich natural environment, including Akiu Otaki Falls and Rairaiyoko Gorge, adds to the area's appeal.

Must
try!

Local foods

Sendai Town

Beef tongue

Deliciously crispy and juicy grilled beef tongue. A standard set meal comes with barley rice and oxtail soup.



Sendai Town

Zunda mochi

Mashed edamame seasoned with sugar and other ingredients, eaten together with rice cakes. The Zunda Shake is also popular.



Across Miyagi

Sushi/seafood

You can enjoy sushi and seafood dishes at various locations in Miyagi, thanks to the wide variety of seafood caught off the Sanriku Coast.



Sendai Town

Seri nabe

An iconic winter hotpot dish that uses the entire Japanese parsley plant, including its roots. Enjoy the fresh crunch and aroma.



Getting there from Tokyo

To Sendai, Ishinomaki, Matsushima, and Kesennuma

Train

JR Tokyo Sta.	Tohoku Shinkansen "Hayabusa" / Approx. 1 hr. 35 min.	JR Sendai Sta.	JR Senseki-Tohoku Line (Rapid service) / Approx. 15 min.	JR Shiohama Sta.	Approx. 40 min.	JR Ishinomaki Sta.
JR Tokyo Sta.	Tohoku Shinkansen "Hayabusa" / Approx. 1 hr. 35 min.	JR Sendai Sta.	JR Senseki Line / Approx. 30 min.	JR Hon-Shiogama Sta.	Approx. 10 min.	JR Matsushima kaigan Sta.
JR Tokyo Sta.	Tohoku Shinkansen "Hayabusa" / Approx. 1 hr. 35 min.	JR Sendai Sta.	Miyagi Kotsu Expressway Bus Sendai-Kesennuma Line / Approx. 1 hr. 40 min.			
			Miyagi Kotsu Expressway Bus Sendai-Kesennuma Line / Approx. 1 hr.			Kesennuma City Hall (Kesennuma Shiyakusho Mae)

Express Bus

Shinjuku Expressway Bus Terminal	Sakura Kotsu "Sakura Highway Bus" / Approx. 5 hr. 40 min.	Sendai Sta. East Exit
Tokyo Sta. Yaesu South Exit	Tohoku Express "Sendai Line (New Star)" bus / Approx. 5 hr. 30 min.	Sendai Sta. West Exit
Ikebukuro Sta. West Exit	Kokusai Kogyo Bus "Kesen Liner" / Approx. 6 hr. 50 min.	Kesennuma City Hall (Kesennuma Shiyakusho Mae)

Seasonal events

Sendai Town

Sendai Aoba Festival

☎ 022-223-8441 (Sendai Aoba Festival)

Held annually in mid-May. The Sendai Suzume Odori (sparrow dance), Yamaboko (float) parade, and other performances are held on Jozenji-dori Street and elsewhere.



Sendai Town

Sendai Tanabata Festival

☎ 022-265-8185 (Sendai Tanabata Festival Support Association)

Held annually on August 6-8. Shopping streets such as Chuo-dori and Ichibancho-dori are decorated with bamboo branches for this traditional summer event.



Sendai Town

Jozenji Street Jazz Festival

☎ 022-722-7382 (Jozenji Street Jazz Festival Association)

Held annually in early September. Live band performances are held on stages throughout the city.





Kesennuma

●商業施設「ないわん」

Naiwan (commercial complex)

This spot consists of four areas, including commercial facilities and a community center. You'll find plenty of products and foods that are unique to Kesennuma.

☎0226-48-5091 (Kesennuma Community Development Inc.)

- 1-14 Minamimachikaigan, Kesennuma-shi 7-min. drive from JR Kesennuma Sta. 15-18 min. drive from JR Kesennuma Sta. (BRT) 18 spaces (Parking also available at the Kesennuma City Naiwan Area Parking Lot)

☎0226-25-8903 (Office)

Minamisanriku

●南三陸さんさん商店街

Minamisanriku Sun Sun Shopping Village

A shopping street lined with restaurants and souvenir stores. Many of these restaurants serve Minamisanriku's dazzling "kirakira-don" seafood rice bowls. 201-5 Itsukamachi, Shizugawa, Minamisanriku-cho Brief walk from JR Shizugawa Sta. (BRT) 18 spaces (Parking also available at the store) 200 spaces

Ishinomaki

●石ノ森萬画館

☎0225-96-5055

Ishinomori Mangattan Museum

Enjoy exhibits and attractions that depict the creative worlds of manga artist Shotaro Ishinomori, who was born in Miyagi.

- 2-7 Nakaze, Ishinomaki-shi 12-min. walk from JR Ishinomaki Sta. 900 yen; 600 yen for jr. high / high school students; 250 yen for elementary school students; free for preschoolers 9:00 AM-5:00 PM Tue. (some exceptions; check the official website) Affiliated parking lot available



Matsushima

●松島島巡り観光船

Matsushima Shima-meguri

☎022-354-2233 (Matsushima Shima-meguri Kigyō Kumiai)

Get a close-up look at the islands in Matsushima Bay and enjoy the magnificent view of the Pacific Ocean. The Niomaru Course takes you to the major sights in about 50 minutes.

- 98-1 Matsushimachonai, Matsushima-machi (Matsushima Kaigan Rest House) 7-min. walk from JR Matsushimakai Station. To the boarding point on the Matsushima sightseeing cruise pier Depends on the course (Niomaru Course: 1,500 yen) 9:00 AM-4:00 PM, every hour (Nov.-Mar.: Until 3:00 PM) May be canceled due to bad weather Not available



Yamamoto

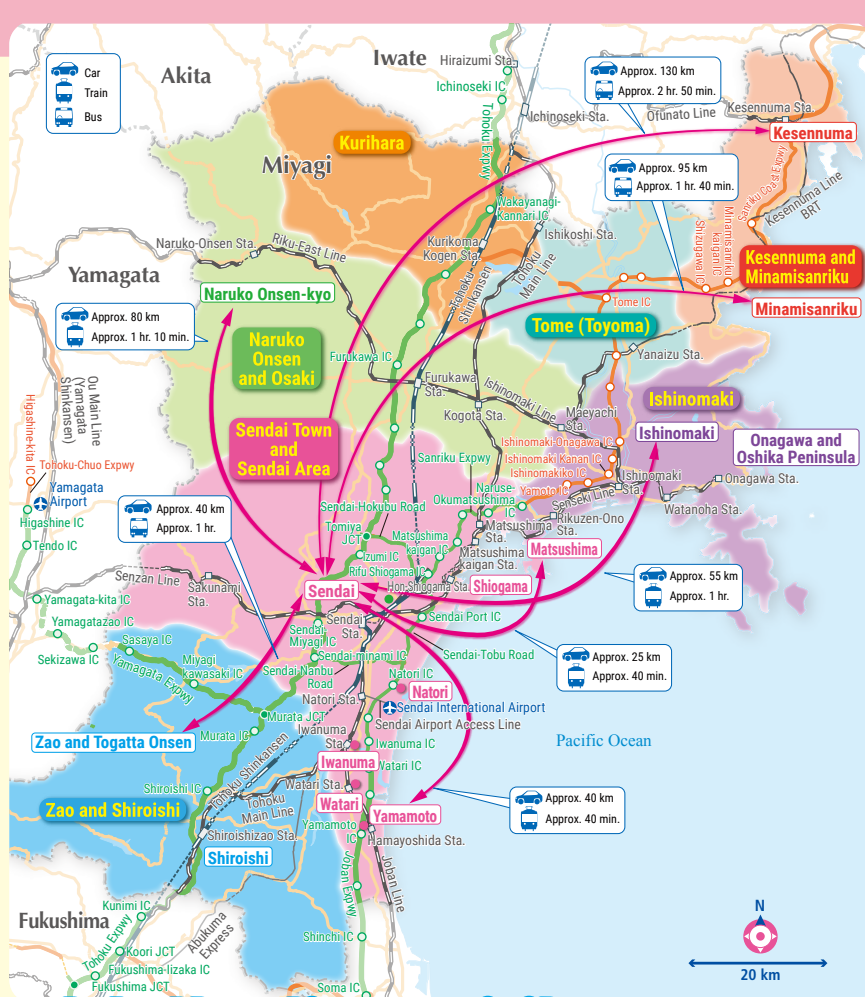
●山元いちご農園

Yamamoto Strawberry Farm

☎0223-37-4356

The largest strawberry farm in the Tohoku region. You can pick strawberries and visit the farmer's market, cafe, and winery.

- 60 Inami, Yamadera, Yamamoto-cho 5-min. drive from Yamamoto IC, Joban Expwy 10:00 AM-closing time depends on the facility Open year-round (Jul.-Oct.: Cafe closed on Tue.) 100 spaces



2 Coastal attractions to visit in conjunction with memorial facilities



Shiogama

●塩釜水産物卸市場

Shiogama Seafood Wholesale Market

☎022-362-5518

About 100 vendors, including fish sellers, gather here. You can buy seafood and enjoy it right away as a seafood rice bowl or BBQ.

- 1-20-74 Shinhamacho, Shiogama-shi 15-min. walk from JR Higashi-Shiogama Sta. Free entry 6:00 AM-1:00 PM (Until 2:00 PM on Mon., Sat., Sun., and national holidays; depends on the store) Wed. 500 spaces



Minamisanriku

Minamisanriku's kirakira-don

These rice bowls topped with seasonal seafood from Minamisanriku are both delicious and "kirakira" (dazzling) to look at.

Sendai

●仙台うみの杜水族館

Sendai Umino-Mori Aquarium

☎022-355-2222

Many species can be seen in the large tank that recreates the marine environment of the Sanriku Sea. The dynamic dolphin, sea lion, and bird performances are also popular.

- 4-6 Nakano, Miyagino-ku, Sendai-shi 15-min. walk from JR Nakanosakae Sta. 2,400 yen; 1,700 yen for jr. high / high school students; 1,200 yen for elementary school students; 700 yen for preschoolers; 1,800 yen for those age 65 and older 9:00 AM-5:30 PM (Last entry at 5:00 PM) *Varies by season Open year-round 800 spaces



Natori

●ゆりあげ朝市

Yuriage Harbor Morning Market

☎022-395-7211

A morning market held every Sunday and on national holidays with around 50 stalls. The robata-yaki (charcoal grill) area and the auction market, which is open to the general public, attract many people.

- 3-5-1 Yuriagehigashi, Natori-shi 5-min. drive from Natori IC, Sendai-Tobu Road 6:00 AM-1:00 PM (Open on Sun. and national holidays only) Mon.-Sat. 200 spaces

Delicious foods in this area

Kesennuma

Shark fin

In Kesennuma, which boasts the largest shark landings in Japan, you can try shark fin sushi and rice bowls.



Ishinomaki

Ishinomaki yakisoba

These brown noodles are double-steamed and then stir-fried in a seafood broth. Adding the sauce later is the Ishinomaki style.

Matsushima

Matsushima oysters and anago

Matsushima's small but flavorful oysters are in season in winter. Wild anago (conger eels) are a summer delicacy. Photo: Matsushima Tourism Association



Shiogama

Sushi in Shiogama

The port town of Shiogama is a fierce battleground for many famous sushi restaurants. Enjoy the unique nigiri sushi at each restaurant!

Fukushima



Maximum seismic intensity

6 Upper

Wetted surface area

112 km²

Maximum inundation height

21.1 m (Tomika Town)



Total collapse

15,480 bldg.

Incomplete collapse

83,612 bldg.

Partial collapse

141,065 bldg.



Deceased

3,943 people

Missing

224 people

Injured

183 people

Fukushima experienced a combination of disasters no other place in the world had seen before—in addition to the earthquake and tsunami damage, TEPCO's Fukushima Daiichi Nuclear Power Station suffered hydrogen explosions. This nuclear disaster resulted in the evacuation of many people, and rumors of radioactive contamination also affected the area. The hardships caused by the unprecedented long-term evacuation and health concerns required a wide range of measures, and the prefecture is still only halfway through the process of reconstruction and revitalization. However, decontamination

and recovery work has been carried out, and area-wide decontamination of the prefecture (excluding the "difficult-to-return" zone) was completed in 2018. Evacuation orders have also been gradually lifted from areas under such orders. By November 2023, all evacuation orders had been lifted in the Specified Reconstruction and Revitalization Base Areas* established in the "difficult-to-return" zone. In addition, Specified Living Areas for Returnees were established in 2023, and efforts are being made to enable residents to return to their homes and rebuild their lives.

*Areas where reconstruction bases are being developed with the aim of having people return and resettle

The events of 3.11

1 Namie Town's Ukedo area was devastated by the tsunami

2 Iwaki City's Hisanohama district was also damaged by the tsunami, and fires broke out

3 Area around Soma Port in Soma City. Fires can be seen here, too

4 TEPCO's Fukushima Daiichi Nuclear Power Station. The site became a wasteland of rubble, and the core melted

5 Sukagawa City's Yoshimine district. Roads collapsed and became impassable

6 Hachimanmachi, Sukagawa City. Buildings buckled and were in a dangerous state

7 8 Minamisoma City and Soma City were also hit by the tsunami, and uprooted trees and debris were scattered everywhere

9 Minamisoma City-Soma City area. The massive tsunami swept over the embankment and engulfed the town



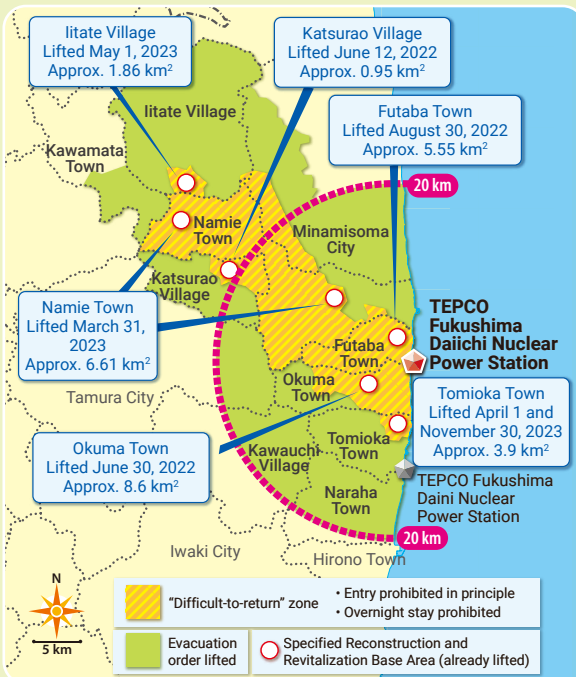
Road to Reconstruction and Revitalization

A fresh look at the nuclear accident

There are two nuclear power plants in Fukushima: the Fukushima Daiichi Nuclear Power Station owned by the Tokyo Electric Power Company (TEPCO), which straddles the towns of Okuma and Futaba, and TEPCO's Fukushima Daini Nuclear Power Station, which straddles the towns of Naraha and Tomioka. Immediately after the earthquake, the reactors at both the Daiichi and Daini nuclear power stations shut down automatically. At the Daiichi Nuclear Power Station, the external power supply was disabled by the earthquake, and then all AC power sources, including emergency power sources, were lost in the massive tsunami that followed. Units 1 to 3 of the Daiichi Nuclear Power Station lost the ability to cool the reactors, and the situation worsened further as more fuel was exposed. The damage and melting of the reactor cores resulted in the release of radioactive materials into the environment, and the internal pressure of the containment structure increased due to the large amount of steam generated. Hydrogen explosions occurred at Unit 1 on March 12 and Unit 3 on March 14. Then, on March 15, a hydrogen explosion occurred at Unit 4, which had been shut down for a routine inspection at the time of the earthquake, due to the inflow of hydrogen from Unit 3. The accident was one of the most serious of its kind in the world, on par with the accident at the Chernobyl Nuclear Power Plant in 1986.

The current situation in areas where evacuation orders are gradually being lifted

The number of evacuees peaked at 164,865 in May 2012 and has since decreased to about 26,000 as of May 2024. Evacuation orders have also been gradually lifted, and by November 2023, evacuation orders had been lifted in all six municipalities designated as Specified Reconstruction and Revitalization Base Areas. In addition, Specified Living Areas for Returnees have been established in four towns (Okuma, Futaba, Namie, and Tomioka), and decontamination work is currently underway.



*Created based on the map on page 2 of "Steps for Revitalization of Fukushima No. 40" by the New Fukushima Revitalization Promotion Headquarters

- Sources:
- New Fukushima Revitalization Promotion Headquarters, "Steps for Revitalization of Fukushima No. 40," published July 22, 2024.
 - Japan Meteorological Agency, seismic intensities of various areas from "The 2011 off the Pacific Coast of Tohoku Earthquake," December 2012.
 - Geospatial Information Authority of Japan, 津波による浸水範囲の面積(概略値)について(第5報) ("Tsunami Inundation Area (Approximate Values) (5th Report)," April 18, 2011.
 - Tsunami Trace Database in Japan, International Research Institute of Disaster Science, Tohoku University, field survey results of the 2011 Tohoku Earthquake Tsunami Joint Survey Group.
 - Disaster Response Headquarters, Fire and Disaster Management Agency, 平成23年(2011年)東北地方太平洋沖地震(東日本大震災)について(第164報 別紙) ("2011 off the Pacific Coast of Tohoku Earthquake (Great East Japan Earthquake) (Report No. 164, Appendix)," 2 PM, March 8, 2024.
 - Fukushima Prefectural Government, "Record of the Great East Japan Earthquake and Progress Towards Revitalization," published March 2013.
 - Central Disaster Management Council, "Report of the Committee for Technical Investigation on Countermeasures for Earthquakes and Tsunamis Based on the Lessons Learned from the '2011 off the Pacific Coast of Tohoku Earthquake,'" September 28, 2011.
 - The Great East Japan Earthquake and Nuclear Disaster Memorial Museum Guidebook (The Great East Japan Earthquake and Nuclear Disaster Memorial Museum).



☞The Disaster Management Headquarters meeting on March 20, 2011, with a huge amount of materials collected

☞Patients being transported from the hospital for evacuation on March 13, two days after the disaster



☞In June 2011, an intensive search was conducted in the coastal area of Minamisoma City, with participants wearing protective clothing



☞Decontamination work in progress



Lifting and reorganization of evacuation orders in the past

2014

- April 1** ... Tamura City / Evacuation order lifted for the "Preparation Area for Lift of Evacuation Orders"
- October 1** ... Kawauchi Village / Evacuation order lifted for the "Preparation Area for Lift of Evacuation Orders"; Restricted Residence Zone reorganized as "Preparation Area for Lift of Evacuation Orders"

2015

- September 5** ... Naraha Town / Evacuation order lifted for the "Preparation Area for Lift of Evacuation Orders"

2016

- June 12** ... Katsurao Village / Evacuation order lifted for the Restricted Residence Zone and "Preparation Area for Lift of Evacuation Orders"
- June 14** ... Kawauchi Village / Evacuation order lifted for the "Preparation Area for Lift of Evacuation Orders"
- July 12** ... Minamisoma City / Evacuation order lifted for the Restricted Residence Zone and "Preparation Area for Lift of Evacuation Orders"

2017

- March 31** ... Kawamata Town, Namie Town, and Iitate Village / Evacuation order lifted for the Restricted Residence Zone and "Preparation Area for Lift of Evacuation Orders"
- April 1** ... Tomioka Town / Evacuation order lifted for the Restricted Residence Zone and "Preparation Area for Lift of Evacuation Orders"

2019

- April 10** ... Okuma Town / Evacuation order lifted for the Restricted Residence Zone and "Preparation Area for Lift of Evacuation Orders"

2020

- March 4** ... Futaba Town / Evacuation order lifted for the "Preparation Area for Lift of Evacuation Orders" and the area around Futaba Station in the "difficult-to-return" zone
- March 5** ... Okuma Town / Evacuation order lifted for the area around Ono Station in the "difficult-to-return" zone
- March 10** ... Tomioka Town / Evacuation order lifted for the area around Yonomori Station in the "difficult-to-return" zone

2022

- June 12** ... Katsurao Village / Evacuation order lifted for Specified Reconstruction and Revitalization Base Areas
- June 30** ... Okuma Town / Evacuation order lifted for Specified Reconstruction and Revitalization Base Areas
- August 30** ... Futaba Town / Evacuation order lifted for Specified Reconstruction and Revitalization Base Areas

2023

- March 31** ... Namie Town / Evacuation order lifted for Specified Reconstruction and Revitalization Base Areas
- April 1** ... Tomioka Town / Evacuation order lifted for Specified Reconstruction and Revitalization Base Areas (excluding point and line revitalization base areas)
- May 1** ... Iitate Village / Evacuation order lifted for Specified Reconstruction and Revitalization Base Areas
- November 30** ... Tomioka Town / Evacuation order lifted for Specified Reconstruction and Revitalization Base Areas (point and line revitalization base areas)

●新地町

Shinchi Town

The revival flag that gave disaster-affected residents courage becomes a symbol

Revival Flag Square

●復興フラッグ広場

Damage in Shinchi Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	9.4 km ² *1	8.73 m	474 bldg.*1	156 bldg.*1	669 bldg.	119 people*2	*1	3 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The motorcycle parking lot in Revival Flag Square has a motorcycle stand featuring the revival flag pattern on a crushed can design. Cars can be parked in the parking lot of Tsurushi Disaster Prevention Green Space Park



Revival Flag Square is in Tsurushi Disaster Prevention Green Space Park. There are parking spaces for 579 cars, as well as areas such as a car camping site and a place for barbecuing. Since the park is near the coast, you can also enjoy swimming in the sea



The revival flag has messages written on it, such as "Let's do our best" and "We love Shinchi." The Park Center in the park has exhibits including a timeline of the earthquake disaster and reconstruction in Shinchi Town, as well as a diorama of the Tsurushi district before the disaster

Other

(Monument)

Facility guide

Storytelling available

*Reservation required *Reservation required

Wheelchair OK

Facility DATA

●復興フラッグ広場

Revival Flag Square

☎ 0244-62-2730 (Tsurushi Disaster Prevention Green Space Park)

📍 Tsurushi, Yachigoya, Shinchi-machi (Within Tsurushi Disaster Prevention Green Space Park)

🕒 13-min. drive from Shinchi IC, Joban Expwy

🆓 Free entry (Park: 9:30 AM-5:30 PM; Dec.-Mar.: Until 5:00 PM)

🆓 Free entry (Park: Tue. *Or the next day when Tue. is a national holiday)

🆓 Free entry (separate fees for camping, BBQs, etc. in the park)

🅓 Available (For motorcycles; car parking available at the park parking lot)

<https://revifwixsite.com/revifw>



*1 Source: Shinchi Town, 新地町・震災と復興 50年後の新天地へ ("The Earthquake Disaster & Reconstruction in Shinchi Town: Initiatives for Shinchi residents in 50 years"), March 31, 2014.

*2 Source: Same (values updated February 1, 2020)

This colorful flag that uplifts people is located in Tsurushi Disaster Prevention Green Space Park. It has become a symbol of reconstruction in the town of Shinchi. The site was inspired by local motorcycle enthusiasts who heard about a national flag discovered amid the rubble in the Tsurushi district. They created and hoisted a new flag as a symbol of reconstruction. That endeavor cheered local residents and became the talk of the community. A motorcycle parking lot was built based around the flag, which is designed with encouraging messages.

Storytelling activities are also carried out by Revival F, the group that maintains the revival flag. You can learn more by listening to reconstruction stories starting from the time the revival flag was established until the present (free; reservation required).

In addition, Tsurushi Disaster Prevention Green Space Park, where Revival Flag Square is located, is also a place that passes on stories of the earthquake disaster. Be sure to stop by the Park Center, which has a diorama of the Tsurushi district prior to the disaster and a panel displaying a timeline of the earthquake disaster in Shinchi Town.

Consider This

Q1 Inspired by the flag created after the earthquake disaster, Revival Flag Square was recognized as a disaster memorial facility. Think about the role the revival flag has.

Q2 Tsurushi Disaster Prevention Green Space Park, where the square is located, was established to promote town development that can withstand tsunamis and other disasters. What kind of disaster prevention role is it anticipated to play?

●相馬市

Soma City

Praying for the victims and the safety of people living today

Tsunami and Earthquake Victims Memorial Hall of Soma City

●相馬市伝承鎮魂祈念館

Damage in Soma City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	29 km ²	14.49 m	1,004 bldg.	833 bldg.	3,397 bldg.	466 people	19 people	11 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Next to the facility, there is a memorial monument for those who died or are missing because of the tsunami. Both the memorial hall and monument were established to mourn for the victims, record the past, and share the tragedy with future generations



A place of remembrance has been established in the hall entrance that lists the names of the dead and missing in Soma City. Families, friends and acquaintances, others with ties to the tragedy, and visitors, including those on observational tours, can be seen offering prayers in remembrance

Photos are exhibited of bustling scenes from before the earthquake disaster, such as people going clamming. In addition to a guided Soma Reconstruction Tour (📍 depends on the plan), talks are also given by earthquake disaster storytellers (📍 3,000 yen/group). Check the Soma City Tourist Association website

Exhibit

.....
A Place to Connect

Facility guide

Storytelling available

*Reservation required *Reservation required

Wheelchair OK

Facility DATA

●相馬市伝承鎮魂祈念館

Tsunami and Earthquake Victims Memorial Hall of Soma City

☎ 0244-32-1366

📍 270 Otsu, Haragama, Soma-shi

🚗 15-min. drive from Soma IC, Joban Expwy

🕒 9:00 AM-5:00 PM

🕒 Open year-round

🆓 Free

🚗 Available (Large buses: Available)

The memorial hall was built with the aim of sharing what Soma once looked like with first-time visitors and as a place of heartfelt remembrance and prayer for families who lost loved ones.

Inside, the facility displays photos from before the earthquake disaster that show the Haragama-Obama and Isobe districts in Soma, which suffered damage from the tsunami. You can also view other exhibits, such as video footage from the day of the disaster. Many other photos are on display that were collected and restored by volunteers, though it is not known to whom they belong. They have been preserved so that the memories of those who lived here are not lost.

A memorial monument next to the facility lists the names of tsunami victims from the community on the front, with the damage incurred inscribed on the back. The monument is for the eternal rest and remembrance of victims and to share experiences with future generations. It is also for memories of the community that have been lost. When people visit the monument and talk with one another, it encourages them to value life and fosters the capability and mindset to prepare for disasters.

Consider This

Q1 The facility displays a bronze statue of Saint Thangtong Gyalpo to ward off calamities and disasters. How did the statue come to be here?



A1 The statue is a gift from the King of Bhutan. It was donated as a result of the visit by the King and Queen of Bhutan to Soma City in November 2011.

●南相馬市

Minamisoma
CitySharing memories of the earthquake disaster
from a hill overlooking the oceanMinamisoma City
Memorial Park

●南相馬市メモリアルパーク

Damage in Minamisoma City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	40.8 km ² *1	17.75 m	2,323 bldg.	2,430 bldg.	3,718 bldg.	1,156 people		59 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



On the right is a monument indicating the height of the tsunami on arrival in this area. The memorial park itself forms a small hill about 10 meters high. A line in the middle of the monument indicates 11.1 meters, the tsunami's height on arrival



The names of approximately 800 victims have been inscribed on the monument with consent from their families, communicating the vast extent of destruction. The city was struck by a compound disaster since it was also affected by the nuclear accident. Today, it is working toward regional reconstruction under the slogan "100-year city development"

A panel display of Kitaizumi Seaside Park, where the memorial park is located, shows it before the earthquake disaster and when struck by the disaster. Information such as the scale of damage is also noted to pass down to future generations. It will also serve as an emergency evacuation site should a tsunami strike. Even wheelchairs can reach the top of the hill

Memorial
Monument
Park

Wheelchair OK

Facility DATA

●南相馬市メモリアルパーク

Minamisoma City Memorial Park

☎ 0244-24-5251

(City Planning Division, Minamisoma City)

- 📍 Jizodo, Kitaizumi, Haramachi-ku, Minamisoma-shi
- 🕒 18-min. drive from Minamisoma IC, Joban Expwy
- 🆓 Free entry
- 🚌 Available (Large buses: Not available)

*1 Source: Minamisoma City, 東日本大震災とその後 南相馬市の現況と発展に向けた取組 ("The Great East Japan Earthquake & Aftermath: The current state of Minamisoma City and development initiatives"), September 2022.

Three minutes after the earthquake struck at 2:46 PM, the Japan Meteorological Agency announced a tsunami warning, but the tsunami that hit the coastal region of Minamisoma City is believed to have arrived at around 3:35 PM. Since the observation equipment was destroyed, the precise height of the tsunami on arrival is unknown, but a massive tsunami hit and wrought major damage. The tsunami struck repeatedly, causing damage from inundation to 10% of the municipal area. Over 1,000 lives were lost, and the number of homes that were completely or partially damaged was extensive. The city of Minamisoma suffered the most human casualties in the Hamadori region.

Minamisoma City Memorial Park opened in April 2021 as a place to pass on memories of the earthquake disaster and for the eternal peace of those lost. It is situated on a hill overlooking the ocean. A monument marking the height of the tsunami impact and inscribed monument have also been erected. Be sure to note the distance from the ocean and tsunami height. From that, you can understand the importance of disaster readiness.

Consider This

Q1 Minamisoma City Memorial Park was built by elevating a former residential area by 10 meters. Think about the significance of building it on a hill.



A1 This is so it can be used as an emergency evacuation site when a tsunami hits. The city also wants you to experience firsthand the scale of the tsunami as you look out at the ocean.

●浪江町

Namie Town

The only disaster ruins in Fukushima struck by a tsunami

Remains of the Earthquake Namie Town Ukedo Elementary School

●震災遺構浪江町立請戸小学校

Damage in Namie Town

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	6 km ²	15.5 m	772 bldg.	2,384 bldg.	154 bldg.	596 people	31 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Ukedo Elementary School, situated about 300 meters from the coast, was directly hit by a tsunami over 15 meters high. A mark on the wall of the second-floor veranda indicates the height of the tsunami's impact. Quick evacuation saved the lives of the teachers and children



The administration building exhibition room on the second floor has panels displaying scenes such as children busily learning and playing. You can also learn about actions taken during the tsunami and the importance of decision-making from panels depicting the evacuation at the time of the earthquake disaster

This is the tour path on the first floor. Each of the classrooms was hit by the tsunami. Both the walls and ceilings were ripped apart and washed away. The damaged equipment and fixtures torn askew remain as they were at the time of the disaster. The terrible destructive force of the tsunami is astonishing

Earthquake
Disaster
Ruins

Wheelchair OK

Facility DATA

●震災遺構浪江町立請戸小学校

Remains of the Earthquake Namie Town
Ukedo Elementary School

☎ 0240-23-7041

- 56 Motsutaira, Ukedo, Namie-machi
- 25-min. drive from Namie IC, Joban Expwy
- 9:30 AM-4:30 PM (Last entry at 4:00 PM)
- Tue. (or the next weekday when Tue. is a national holiday)
- ¥ 300 yen; 200 yen for high school students; 100 yen for elementary / jr. high school students; free for preschoolers
- Available (Large buses: Available)
- <https://namie-ukedo.com>



The Ukedo district in the town of Namie is a fishing community centered around a fishing port. Approximately 1,600 people lived there.

Forty-seven minutes after the Great East Japan Earthquake hit, the Ukedo district was significantly damaged by a major tsunami estimated to have been 15.5 meters high. The first floor of Ukedo Elementary School, located 300 meters from the ocean, was completely destroyed by the tsunami, but the building remains.

At the time of the earthquake disaster, 95 teachers and children were present. However, because they knew about the tsunami warning and there were continuing aftershocks, they immediately left the school and evacuated on foot to Mt. Ohira about 1.5 kilometers away. The swift judgment of the teachers enabled everyone to safely evacuate.

Today, the school building destroyed by the tsunami is preserved as is to the extent possible and open to the public. There are also exhibits such as panels showing what occurred in Namie Town after the earthquake disaster, including the evacuation of the children at that time, the town before the earthquake disaster, and the evacuation order triggered by the nuclear disaster.

Consider This

Q1 All the teachers and children of Ukedo Elementary School were able to evacuate to the mountain and survive. How long do you think it took to evacuate?

Q2 The teachers and children evacuated to Mt. Ohira, not the designated evacuation site. Why did they evacuate to the mountain instead of the actual evacuation site?

A1 Everyone reached the mountaintop in about an hour. The details of their evacuation are told through panels.

A2 The road going to the designated evacuation site was crowded with evacuating cars. Also, it was thought evacuating to Mt. Ohira would be safer since there were many students.

●双葉町

Futaba Town

Communicating a compound disaster:
What happened in Fukushima?

The Great East Japan Earthquake and Nuclear Disaster Memorial Museum

●東日本大震災・原子力災害伝承館

Damage in Futaba Town

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	3 km ²	16.5 m	103 bldg.	14 bldg.	1 bldg.	177 people ^{*2}	4 people	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



"Prologue" shows the compound disaster through a combination of animations and videos of the earthquake, tsunami, and nuclear accident when they occurred. Narration is provided by an actor from Fukushima, the late Toshiyuki Nishida



The interior of the facility is comprised of six booths. Numerous materials on display prompt you to think about compound disasters, including videos explaining the causes of the nuclear accident and a model recreating the TEPCO Fukushima Daiichi Nuclear Power Station right after the accident



Extensive information on the nuclear disaster is provided, including a display on decontamination work, a model of inspections conducted on all bags of rice, a display of thyroid test equipment, and residents' personal experiences. You can also view a video on the events that took place the week after the nuclear accident

Exhibit

A Place to Connect

Facility guide

Storytelling available

Wheelchair OK

Facility DATA

●東日本大震災・原子力災害伝承館

The Great East Japan Earthquake and Nuclear Disaster Memorial Museum

☎ 0240-23-4402

📍 39 Takada, Nakano, Futaba-machi

🚗 10-min. drive from Joban-Futaba IC, Joban Expwy

🕒 9:00 AM-5:00 PM (Last entry at 4:30 PM)

🗓 Tue. (or the next weekday when Tue. is a national holiday)

💰 ¥ 600 yen; 300 yen for elementary / jr. high / high school students; free for preschoolers

🅑 Available (Large buses: Available)

https://www.fipo.or.jp/lore/



*1 Source: Fukushima Prefectural Disaster Response Headquarters, 平成23年東北地方太平洋沖地震による被害状況即報 (第1796報) ("Immediate Report on Damage Caused by the 2011 off the Pacific Coast of Tohoku Earthquake" (Report No. 1796)), June 26, 2024.

*2 Includes 17 direct deceased

Confronted by a compound disaster wrought by an earthquake, tsunami, and nuclear accident, what kind of damage did the disaster-stricken communities of Fukushima suffer, and what kind of lives did residents live in evacuation shelters? The Great East Japan Earthquake and Nuclear Disaster Memorial Museum answers these questions in detail through exhibits, such as a model of the TEPCO Fukushima Daiichi Nuclear Power Station right after the accident. The facility has approximately 290,000 items, including materials showing regional life before the earthquake disaster and damage after the disaster. Around 300 of those items are displayed in the permanent exhibition room. If you walk along the viewing route, you will learn about the sequence of events from the earthquake to the tsunami and nuclear accident. You can also understand the residents' evacuation process and post-evacuation life.

The facility also focuses on storytelling activities and holds talks four times a day in the permanent exhibition room. Storytellers talk about evacuation during the earthquake disaster and the importance of disaster readiness, each from different perspectives. The memorial museum also gives a detailed introduction to future endeavors in disaster-stricken communities, including the Fukushima Innovation Coast Framework.



Consider This

Q1

The memorial museum also displays flexible container bags used to store protective clothing and soil from decontamination work. Think about the problem of decontaminated soil disposal.

Q2

The memorial museum also exhibits lighting fixtures from the Tomioka High School gymnasium that fell because of the earthquake. What is the message of this exhibit?

●三春町

Miharu Town

Looking back on the struggle with the nuclear disaster and path to reconstruction

Fukushima Prefectural Centre for Environmental Creation, Information and Communication Building “Commutan Fukushima”

●福島県環境創造センター交流棟「コミュタン福島」

Damage in Miharu Town

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
5 Upper			32 bldg.	231 bldg.	1,404 bldg.	1 person		2 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.



Details of the nuclear accident are explained in an easy-to-understand manner using a model and timeline. In Fukushima's Progress Theater, you can look back on the struggle with the nuclear disaster and path to reconstruction through an approximately 10-minute video



Visitors consider the environment and future of Fukushima at the Environmental Creation Theater. The entire interior of the spherical theater is comprised of screens, so you can fully experience beautiful nature from various places in the prefecture. This is one of only two 360-degree spherical theaters in all of Japan



In the Environmental Creation Area, you can learn about the creatures that live in Fukushima, as well as other aspects of the prefecture, through hands-on experiences. You can also have fun learning about a safe, secure, and sustainable society and renewable energy through interactive exhibits

Exhibit
.....
A Place to
Connect

Facility guide

Wheelchair OK

Facility DATA

●福島県環境創造センター交流棟「コミュタン福島」

Fukushima Prefectural Centre for Environmental Creation, Information and Communication Building “Commutan Fukushima”

☎ 0247-61-5721

📍 10-2 Fukasaku, Miharu-machi

🚗 5-min. drive from Funehiki-Miharu IC, Ban-Etsu Expwy

🕒 9:00 AM-5:00 PM

🗓 Mon. (or the next weekday when Mon. is a national holiday)

💰 Free

🚗 Available (Large buses: Available)

<https://www.com-fukushima.jp>

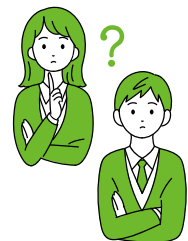
Commutan Fukushima was established to provide accurate information to people in Japan and overseas about issues such as the current state of Fukushima as well as the radiation and environmental issues caused by the nuclear disaster. The facility was renovated and reopened in March 2023. It has a 360-degree spherical theater and hall that can accommodate approximately 200 people. It also has many interactive exhibits.

The Exhibition Room is divided into the six themes of (1) From 3/11 in Fukushima, (2) Future Creation Area, (3) Environmental Restoration Area, (4) Environmental Creation Area, (5) Environmental Creation Theater, and (6) Tangible Earth. The creative exhibits teach you about the current state of Fukushima based on scientific knowledge.

Conversations between visitors and staff are considered important for guidance in the Exhibition Room. In addition to Japanese, information is also available in English, Chinese (in part), and Korean (in part). There are also other features, such as a meeting room and simultaneous interpreting room. International meetings can also be held in the facility.

Consider This

Q1 You can fully experience the beautiful nature in Fukushima in one of only two 360-degree spherical theaters in Japan. What does the Environmental Creation Theater bring to your attention?



A1 Visitors can get to know and think together about Fukushima. The point is that disasters happen not only in unfamiliar places, but they can also occur in your own community.

●富岡町

Tomioka Town

Conveying the town's history and culture
and introducing earthquake disaster ruins

The Historical Archive Museum of Tomioka

●とみおかアーカイブ・ミュージアム

Damage in Tomioka Town

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	1 km ²	21.1 m	355 bldg.	2,819 bldg.	2,130 bldg.	479 people ^{*2}		Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The front half of the first-floor exhibition room displays and introduces historic and cultural materials from Tomioka Town, from ancient to modern times. The rear half has videos and numerous displays of disaster remnants that communicate the large scale of the damage. Workshops and hands-on experiences are also held where you can learn about things unique to the town



You can view workrooms and storage rooms where disaster remnants, historical materials, and folkcraft are kept. It takes around 1.5 hours to view the entire facility. If accompanied by a curator who explains everything, then it takes around 3 hours



This police car swallowed by the tsunami was found near the mouth of the river. At the time of the earthquake disaster, two police officers were in the car. They died in the line of duty while giving residents evacuation guidance. It is being exhibited with understanding from their families and prefectural police and through cooperative efforts of volunteer residents

Exhibit

A Place to
Connect

Facility guide

Audio guide

Wheelchair OK

Facility DATA

●とみおかアーカイブ・ミュージアム

The Historical Archive Museum of Tomioka

☎ 0240-25-8644

📍 760-1 Otsuka, Motooka, Tomioka-machi

🚗 10-min. drive from Joban-Tomioka IC, Joban Expwy

🕒 9:00 AM~5:00 PM (Last entry at 4:30 PM)

🗓 Mon. (or the next weekday when Mon. is a national holiday)

💰 Free

🚌 Available (Large buses: Available)

*1 Compiled by Living Environment Division,
Tomioka Town, Feb. 28, 2023

*2 Includes related deceased and 6 missing

A tsunami struck on March 11, 2011, and, on the 12th, a hydrogen explosion occurred at the TEPCO Fukushima Daiichi Nuclear Power Station. The residents of Tomioka Town were robbed of the daily life they took for granted and forced to leave their town without having prepared to live in a different place.

The Historical Archive Museum of Tomioka introduces disaster ruins that resulted from the Great East Japan Earthquake and nuclear accident. It explains the compound disaster that suddenly hit the town, stage by stage, while weaving in the community's culture and history. In addition to three theater videos that show records of the 10 years since the earthquake disaster and residents talking of their disaster experiences, the museum also uses projection mapping to explain the town's damage, changes in evacuation order zones, and evacuation routes.

Actual items on display in the area exhibiting earthquake disaster remnants include clocks that have stopped. If you ask, a curator will explain the exhibits free of charge. The exhibit contents are creatively displayed so that you can gain a good sense of the reality of the compound disaster and importance of countermeasures.



Consider This

Q1 In Tomioka Town, many of the clocks from the time of the earthquake disaster are preserved. Why did the clocks on display stop at various times?

Q2 Tomioka Town's unique aspects and origins prior to the earthquake disaster comprise 50% of the facility's exhibits. Why is this?

A1 The clocks stopped for different reasons, such as stopping during the earthquake or tsunami. Think about the various reasons for the clocks stopping.

A2 Because the region's history and culture can't be separated from the consequences of the large-scale disaster.

● 檜葉町

Naraha Town

A facility that town residents are free to creatively use

Naraha CANvas: A Social Center for Everyone

● みんなの交流館ならはCANvas

Damage in Naraha

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	3 km ²	10.5 m ^{*1}	147 bldg.	1,218 bldg.	289 bldg.	26 people	^{*1}	2 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to Connect

Facility guide

Storytelling available

*Reservation required *Reservation required

Wheelchair OK

Facility DATA

● みんなの交流館ならはCANvas

Naraha CANvas: A Social Center for Everyone

☎ 0240-25-5670

📍 260 Nakaman, Kitada, Naraha-machi

🕒 10-min. drive from Hirono IC, Joban Expwy

🕒 9:00 AM-9:00 PM

🗓 2nd and 4th Tue.

💰 Free (fee charged for exclusive use of communal space)

🅑 Available (Large buses: Not available)
<https://naraha-canvas.com>

*1 Source: Naraha Town, 檜葉町災害記録誌第1編
("Disaster Records for Naraha Town
Vol. 1"), December 2014.



Everyone's Living Room is free for all to use. Residents readily stop by to rest or meet someone. Dividers are available, so it is also possible to have your own space. There are also tables with chairs



The two-story building is open until 9:00 PM, so it can be used for hobby groups or other activities. On clear evenings, the sunset in Naraha Town can be seen from the second floor. Visitors other than residents can also enter the facility, so be sure to stop by



Part of the facility was built using pillars and other materials that were swept away by the tsunami. There are storytellers who talk about the earthquake disaster, evacuation, and life after evacuation orders were lifted (☎ 0240-23-6771 (Naraha Mirai); 60 min. required; 🗳 7,500 yen
*Reservation required at least one month in advance)

After the disaster, the entire town of Naraha had no choice but to evacuate. The area within a 20-kilometer radius of the TEPCO Fukushima Daiichi Nuclear Power Station became a hazard zone, but the evacuation orders for Naraha Town were finally lifted in September 2015.

After repeated discussions among people connected to the town of Naraha and much consideration, this facility opened in 2018 as a place for socializing built with the aim of restoring people's spirits. The center is also run as a disaster memorial facility. It uses pillars from disaster-damaged homes and has panel displays summarizing the path to reconstruction.

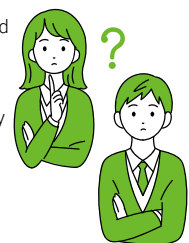
The center is located in Emifuru Town Naraha, in the center of the community. The north, west, and south sides are made of glass doors that can be opened and shut, and the facility can also be used for events and other occasions as an open space that merges the indoors and outdoors. People can use it for various activities, such as cooking classes and hobby groups. It is a place of emotional support where locals can interact and help one another.

?

?

Consider This

Q1 This facility opened after tea drinking workshops were held nine times. What kind of meaning does the facility name have?



A1 The town wants this to be a place where the potential of the facility and the people CAN come true. The name CANvas was given with the aim of being a facility where people can each express their "potential" on a white canvas.

● 檜葉町

Naraha Town

An observation space that is also an evacuation facility

Tsunami Disaster Prevention Measures View Point “Miruru Tenjin”

● 津波防災対策ビューポイント “みるーる天神”

Damage in Naraha Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	3 km ²	19.74 m	147 bldg.	1,218 bldg.	289 bldg.	155 people	2 people	5 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as “unknown” are listed as shown in reference materials.

Memorial Monument

Park

Facility DATA

● 津波防災対策ビューポイント “みるーる天神”

Tsunami Disaster Prevention Measures View Point “Miruru Tenjin”

☎ 0240-25-3113

📍 27-29 Uenohara, Kitada, Naraha-machi

🚗 10-min. drive from Naraha Smart IC, Joban Expwy

🆓 Free entry

(Cycling Terminal reception: 8:00 AM~8:00 PM)

🅐 Available (Large buses: Available) <https://naraha-tenjin.net/>

A monument has been erected as a tsunami viewpoint that preserves memories of the natural disaster, with hopes and wishes for recovery. It is situated on a hill in Tenjin Misaki and gives a sweeping view of the Pacific Ocean



A display at the observation deck lets you view a video of the tsunami, and a panel explains the mechanisms of tsunamis. You will understand that the beautiful ocean before you can transform into a natural disaster that is a tsunami. We should all be ready

Tenjin Misaki Sports Park is an extensive facility that features a car camping site, campsite, restaurant, overnight hot spring accommodations, playground, dog park, and bicycle rentals for cycling in the park. After strolling in the park, you can enjoy a meal or a day trip to the hot spring

Tens of minutes after the earthquake occurred on March 11, 2011, an enormous tsunami estimated to have been 10.5 meters high struck the coast in the town of Naraha. At least 10 people, including firefighters, lost their lives that day.

The next day, the 12th, the town voluntarily decided to evacuate all residents. Approximately 7,000 people evacuated to places such as Iwaki City and Aizumisato Town. Later, areas within a 20-kilometer radius of the TEPCO Fukushima Daiichi Nuclear Power Station were designated hazard zones. Naraha Town fell into that zone, and entry was prohibited. In September 2015, all evacuation orders were lifted. However, even now, the town's population is down to around 60% of what it was before the disaster.

Miruru Tenjin is an observation deck constructed in December 2015 inside Tenjin Misaki Sports Park. In addition to being able to look out on the Maebara and Yamada areas, which suffered extensive damage, you can also learn about the tsunami through media such as videos. The facility also doubles as an evacuation site for park visitors.



Consider This

Q1 At the observation deck, you can learn about the terror and mechanisms of tsunamis, among other things, through a panel and video. What is the reason behind establishing these?



A1 The display provides hints for taking measures against earthquakes and tsunamis because the town wants people to remember the earthquake disaster and boost routine disaster prevention awareness.

● 檜葉町

Naraha Town

Reopened in 2019 after serving as a base for handling the nuclear power plant accident

National Training Center J-VILLAGE

● National Training Center J-VILLAGE

Damage in Naraha Town

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Upper	3 km ²	19.74 m	147 bldg.	1,218 bldg.	289 bldg.	155 people	2 people	5 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The facility became the operational base for handling the accident at the TEPCO Fukushima Daiichi Nuclear Power Station. J-VILLAGE had been a facility for soccer practice, but while it was closed, the fields were turned into parking areas. Prefabricated housing for the power station workers lined the grounds



J-VILLAGE STREET is on the first floor of the Center House. It introduces the facility's past, from its opening to its partial reopening, and finally to its full reopening in 2019. In summer 2024, information from 2020 until the present was added



It boasts an area around 10 times that of Tokyo Dome. One of the best facilities in Tohoku, it not only has natural grass and artificial turf fields, but also a pool, fitness gym, arena, indoor practice field, hotel, and more

Other

(Sports Facility)

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

● National Training Center J-VILLAGE

National Training Center J-VILLAGE

☎ 0240-26-0111

📍 8 Utsukushimori, Yamadaoka, Naraha-machi

🚶 5-min. walk from JR J-Village Sta.

🚗🚚🚚 Depends on the facility (check website)

🅑 Available (Large buses: Available)

<https://j-village.jp>

Opened in 1997 as Japan's first national soccer training center, this popular facility is visited by many from both inside and outside the prefecture, including athletes such as soccer players from J.League and the World Cup Japan national team who use it for training camps.

While it was not damaged by the tsunami during the Great East Japan Earthquake, the facility closed because of the nuclear accident. For approximately eight years starting immediately after the earthquake disaster, it became the operational base for handling the nuclear accident. The fields were used for cars and iron plates, presenting a completely different appearance. People spent many days hoping it would reopen.

In April 2019, it was finally fully reopened. As a symbol of Fukushima's reconstruction, all-weather training grounds and a hotel were newly constructed in addition to ordinary facility renovation. Furthermore, on the first floor of the Center House there is a panel display showing the journey from the time the facility was opened until it was fully reopened after the disaster. In the fourth-floor Observation Hall, you can view video content including "The trajectory of J-VILLAGE."

Consider This

Q1 J-VILLAGE was unavoidably closed for approximately eight years after the earthquake disaster. While it was closed, how was it used as an operational base for responding to the nuclear accident?



A1 The fields became parking areas for people who handled the nuclear accident. The facility was also used to store resources both inside and outside, such as building materials and food.

● 広野町
Hirono Town

Memories of the earthquake disaster remain in an area of disaster prevention green space

Hirono Town Earthquake Disaster Memorial Park

● 広野町震災記念公園

Damage in Hirono Town

								
Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	2 km ²	9.08 m	160 bldg.	593 bldg.	3,244 bldg.	49 people	*1	Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



Following the cancellation of the emergency evacuation preparation zone designation, 90% of the town's residents returned and rebuilt their lives as of 2019. The town is steadily getting back its vibrancy through the utilization of land, such as the redevelopment around the station and creation of an Education Hill where kids from preschoolers to high schoolers are educated next to one another



Multiple defenses have been constructed, as can be seen in the foreground on the right in the photo: an 8.7-meter-high seawall, a 10.5-meter-high prefectural road, and a 10.7-meter-high disaster prevention green space. A supporters club formed from local volunteers and others concluded an agreement with the prefecture and town to carry out activities such as maintenance, management, and utilization

The Hirono Disaster Prevention Green Space is approximately two kilometers long. About 380,000 cubic meters of embankment was used overall, and around 60,000 black pine, sawtooth oak, and konara oak are being cultivated. A tree-planting festival that was held in the past attracted over 500 volunteers from around Japan

Memorial Monument

Park

Wheelchair OK

Facility DATA

● 広野町震災記念公園

Hirono Town Earthquake Disaster Memorial Park

☎ 0240-27-2111 (General Affairs Division, Hirono Town)

📍 3 Motomachi, Shimoasamigawa, Hirono-machi

🕒 11-min. walk from JR Hirono Sta.

🎫 Free entry

🚌 Available (Large buses: Not available)

*1 Source: Hirono Town, 福島県広野町東日本大震災の記録Ⅳ ふる里「幸せな帰町」復興・創生への道のり ("Records on the Great East Japan Earthquake in Hirono Town, Fukushima Prefecture Vol. IV: The road to reconstruction and revitalization for the 'happy homecoming' hometown"), August 11, 2021.

During the earthquake disaster, a tsunami estimated to have been at least nine meters high hit the town of Hirono, which is on the southernmost edge of Futaba District. In addition, the town independently issued an evacuation order on March 13 because of the TEPCO Fukushima Daiichi Nuclear Power Station accident, and the entire town evacuated. The whole town area is situated inside a 20–30-kilometer radius from the station and was later designated an emergency evacuation preparation zone. However, after this was lifted, the population that had been approximately 5,500 at the time of the earthquake disaster gradually began returning. In 2021, it was back to approximately 5,400.

To boost disaster prevention capabilities in the Ekihigashi district, the town made improvements to coastal levees and prefectural roads and developed the Hirono disaster prevention green space. The Earthquake Disaster Memorial Park was built on those grounds to keep memories of the disaster from fading. A monument is inscribed with the damage suffered and details of events that took place, from the town-wide evacuation due to the nuclear accident to reconstruction and revitalization. In addition, Kashima Shrine is next door, and vestiges such as traces of a well in front of the monument simultaneously communicate the town's past prosperity as a post town on the coastal road.

Consider This

Q1 The supporters club, which is endeavoring to create a large forest through community-wide efforts, organized a certain project. Tree nuts were picked up throughout the town and planted in pots. Then, the cultivated saplings were planted together with elementary school students. The aim was to create a green space that would be loved by the community and become a place for children to play. The trees from those nuts are still thriving and growing strong in the disaster prevention green space. What kind of tree nuts are they?

A1 Acorns. Many people joined in this "Acorn Project" as an opportunity to learn about the importance of disaster prevention and the environment.

●いわき市

Iwaki City

A community networking and disaster prevention facility prepared for disaster

Iwaki City Regional Disaster Prevention Exchange Center
Hisanohama / Ohisa Fureaikan

●いわき市地域防災交流センター 久之浜・大久ふれあい館

Damage in Iwaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	15 km ²	9.22 m	4,644 bldg.	32,921 bldg.	26,004 bldg.	437 people	37 people	4 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The Disaster Prevention Urban Development Reference Room is on the second floor. It has a compilation of data, materials, and other information on the Great East Japan Earthquake and tsunami and helps to improve residents' disaster prevention awareness and regional disaster prevention capabilities



The Disaster Prevention Urban Development Reference Room exhibits panels of photos taken right after the disaster. You can also view videos from the earthquake disaster. Sights, sounds, and audio communicate the earthquake disaster through video



There is a concentration of facilities within a five-minute walk from the building, including the Hisanohama disaster prevention green space, Inari Shrine (Akiba Shrine), and the Hisanohama-Ohisa Great East Japan Earthquake Memorial Monument. You should tour the community together with the facilities in the vicinity (requires approximately 1 hour)

Exhibit
.....
A Place to Connect

Storytelling available

Wheelchair OK

*Reservation required.
For reservations, contact
Iwaki 3.11 Memorial and
Revitalisation Museum
(P. 104).

Facility DATA

●いわき市地域防災交流センター 久之浜・大久ふれあい館

Iwaki City Regional Disaster Prevention Exchange Center
Hisanohama / Ohisa Fureaikan

☎ 0246-82-2111 (Hisanohama-Ohisa Branch Office)

📍 32 Nakamachi, Hisanohama, Hisanohamamachi, Iwaki-shi

🚶 3-min. walk from JR Hisanohama Sta.

🕒 8:30 AM-5:15 PM

🚫 Sat., Sun., and national holidays (gov. building visits / storytelling available with reservation)

🆓 Free

🚌 Available (Large buses: Available)

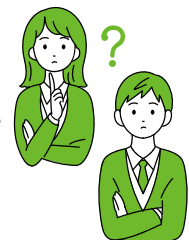
This facility was built in 2016 in the Hisanohama-Ohisa area in Iwaki City, which suffered major tsunami damage. It is a three-story building made of reinforced concrete. On the first floor is the City Hall Branch Office and community center reception desk. On the second and third floors, there are training rooms and a reference room related to the earthquake disaster damage.

Ordinarily, it serves as an administrative base where resident services are conducted and a facility for community social activities. However, should a tsunami triggered by a major earthquake occur again, it will be used as a tsunami evacuation building (a facility for emergency evacuations when there is insufficient time to evacuate to high ground).

In a disaster, it can accommodate the emergency evacuation of 260 residents from the coastal area within 300 meters of the facility. The building has a storage room that keeps three days' worth of food and water, and is equipped with emergency generators. The training rooms and other areas will become evacuation spaces. It supports and watches over the daily lives of residents as a complex that integrates disaster prevention functions and an operational base for urban development.

Consider This

Q1 There is a replica of an evacuation site in the Disaster Prevention Urban Development Reference Room. Why was this kind of exhibit recreated?



A1 It was built so visitors can understand the hardships of the disaster and think about regularly preparing for disasters.

●いわき市
Iwaki City

Communicating disaster lessons learned through exhibits and storytelling

Iwaki 3.11 Memorial and Revitalisation Museum

●いわき震災伝承みらい館

Damage in Iwaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height ^{*1}	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing ^{*2}	Injured
6 Lower	15 km ²	8.57 m	4,644 bldg.	32,921 bldg.	26,004 bldg.	468 people		Unknown

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The exhibition room features a 200-inch large screen, where you can view videos of the tsunami that struck the city and other related visuals. There is also a touch panel that presents a simulation of what happened when the earthquake disaster hit and life in an evacuation site, plus interactive displays such as disaster prevention goods



An outdoor storytelling program is also carried out. A guide will take you to the beach near the facility, as well as to other facilities and areas in the vicinity. There is a model course that lasts about an hour, and the contents can be changed by request



Talks by storytellers are also held in the multipurpose room. Many elementary school students have never experienced an earthquake disaster, and the storytellers are one way to provide important education. There are regular talks held on Saturdays, Sundays, and national holidays (free) and talks given during a guided tour (fee-based), as well as other related programs

Exhibit
.....
A Place to Connect

Storytelling available

Wheelchair OK

Facility DATA

●いわき震災伝承みらい館

Iwaki 3.11 Memorial and Revitalisation Museum

☎ 0246-38-4894

📍 3-11 Utsuho, Iwaki-shi

🕒 30-min. drive from Iwaki-Chuo IC, Joban Expwy

🕒 9:00 AM-5:00 PM (Last entry at 4:30 PM)

🗓 Mon. (or the next weekday when Mon. is a national holiday)

💰 Free

🚗 Available (Large buses: Available)
<https://memorial-iwaki.com>



*1 Source: Iwaki City, ふるさとの復旧・復興・創生を未来に紡いでいわき市・東日本大震災の10年 ("Creating Recovery, Restoration, and Revitalization in Our Hometown's Future—10 Years After the Great East Japan Earthquake in Iwaki City"), March 2021.

*2 Source: Iwaki City, いわき市災害対策本部週報 ("Iwaki City Disaster Response Headquarters Weekly Report"), February 15, 2023.

The Hamadori district in Fukushima not only was hit by the Great East Japan Earthquake that measured over 6 on the Japanese seismic intensity scale, but it was also greatly damaged by the tsunami. Moreover, since the nuclear accident struck an additional blow, it can be said the area suffered a triple tragedy. The city of Iwaki is one such community.

Iwaki 3.11 Memorial and Revitalisation Museum was opened in May 2020 to share the memories and lessons learned from the earthquake disaster and to improve disaster prevention awareness and other preparedness efforts.

Inside, there are theme-based panel exhibits showing circumstances from when the earthquake disaster hit up until the present. In addition to being able to view videos on a large screen that summarize the tsunami as well as the recovery and reconstruction, you can learn about the terror of the earthquake, tsunami, and nuclear disaster through various creative exhibits, including a specimen of a cross-section of faults.

Furthermore, every Saturday, Sunday, and national holiday, members of the Iwaki Storytellers' Association hold regular storytelling talks on the earthquake disaster (free). Hearing about their firsthand experiences gives you a good understanding of the path to reconstruction and disaster readiness.

Consider This

Q1 Items on display include blackboards, desks, and clocks from a junior high school that was holding a graduation ceremony on the day of the tsunami. One of the items that has garnered attention is the grand piano from the former Toyama Junior High School, referred to as the "miracle piano." Why is it called that?



A1 Though it was struck by the tsunami, piano tuners and other contributors in the city restored it to working order. It has been used for performances in various places, including Kohaku Uta Gassen, the year-end singing contest broadcast by NHK.

●いわき市

Iwaki City

Recording the damage to and reconstruction of Onahama Port's facility for tourism and local products

Iwaki Lalamew "3.11 Iwaki Great East Japan Earthquake Exhibition"

●いわき・ら・ら・ミュウ 「3.11 いわきの東日本大震災展」

Damage in Iwaki City

Maximum seismic intensity	Wetted surface area	Maximum inundation height	Total collapse	Incomplete collapse	Partial collapse	Deceased	Missing	Injured
6 Lower	15 km ²	9.22 m	4,644 bldg.	32,921 bldg.	26,004 bldg.	437 people	37 people	4 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.

Exhibit

A Place to Connect

Storytelling available

Wheelchair OK

*Reservation required

Facility DATA

●いわき・ら・ら・ミュウ 「3.11 いわきの東日本大震災展」

Iwaki Lalamew
"3.11 Iwaki Great East Japan Earthquake Exhibition"

☎ 0246-92-3701

➊ Iwaki Lalamew 2F, 43-1 Tatsumicho, Onahama, Iwaki-shi
 ➋ 30-min. drive from Iwaki-Yumoto IC or Iwaki-Nakoso IC, Joban Expwy
 ⌚ 9:00 AM-6:00 PM (shorter business hours in winter)

*Check website

✕ No regular closings (closed approx. once/month)

*Check website

¥ Free

P Available (Large buses: Available)

https://www.lalamew.jp



Iwaki Lalamew is a facility for tourism and local products standing right near Onahama Port. It has numerous shops selling fresh, locally caught fish and used to be bustling with many tourists. However, the tsunami also struck here on the day of the Great East Japan Earthquake, significantly damaging the first floor. There were people who escaped to the second floor and spent the night there in fear.

The building was rebuilt in 2012. On the first floor, there are many seafood and souvenir shops just as before the earthquake disaster. On the second floor, the 3.11 Iwaki Great East Japan Earthquake Exhibition is permanently on display. Panel displays provide easy-to-understand explanations on damage in the Onahama district, gratitude for support, efforts made to restore the facility, and other related information. There is also a section recreating life in an evacuation site so you can fully imagine what it was like. However, although the facility has been restored, the volume of customers and sales have yet to return to what they were before the disaster due to reasons such as harmful rumors stemming from the nuclear accident. It is hoped that an increase in tourists will boost the recovery.



A section recreates life at an evacuation site. Spring comes late to Tohoku, but especially in the year of the earthquake disaster, the cold lasted even into April. Life in evacuation sites stretched on, and heavy coats were necessary since people felt chilled to the bone



The panel display introduces the efforts of shop owners wanting to protect Iwaki Lalamew, the unavoidable impact of the damage, and the path to restoration and reconstruction. A storyteller guide is available by request in advance



Many personnel from the Self-Defense Forces and volunteers came to Onahama and worked hard carrying out activities such as clearing debris, handing out everyday necessities, and providing medical care. A panel display shows their efforts so that the gratitude felt toward them will not be forgotten

Consider This

Q1 Iwaki City covers the largest area in Fukushima. While it is a disaster-stricken area impacted by the tsunami damage and nuclear disaster, it accepted evacuees from places near the power station, such as towns and villages in Futaba District. What issues became apparent during the drawn-out evacuation?



A1 Accepting evacuees was quite costly. In addition, there are still issues seen today in forming a community between the original residents and evacuees.

●いわき市

Iwaki City

An aquarium that lost approximately 90% of its animals but recovered just four months later

Aquamarine Fukushima

●アクアマリンふくしま

Damage in Iwaki City



Maximum seismic intensity

6 Lower



Wetted surface area

15 km²

Maximum inundation height

9.22 m



Total collapse

4,644 bldg.



Incomplete collapse

32,921 bldg.



Partial collapse

26,004 bldg.



Deceased

437 people



Missing

37 people



Injured

4 people

*Data on damage without annotation is according to materials noted on the bottom of P. 1.
*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The Coral Reef Sea is on the second floor of the main building. You can see tiny creatures that hide in coral crevices and brightly colored fish. During the Great East Japan Earthquake, the creatures in this water tank died because the blackout made it impossible to circulate the seawater



Janome Beach recreates the natural seascape in an outdoor area, including rocky shores, tidal flats, and beaches. During the earthquake disaster, it was directly hit by the tsunami and the ground sank. Currently, it has been restored and is once again filled with the smiles and energy of children

The large Tide Tank reaches from the second floor to the fourth floor. In addition to tuna and bonito that swim in the Kuroshio waters, you can also see small creatures in the Oyashio waters. During the earthquake disaster, algae grew in the tank, and it became so clouded that nothing could be seen

A1 It took approximately 10 hours by car from Chiba on roads that were also torn up. The evacuation began on March 16, five days after the disaster. The large mammals survived because they were saved through the efforts of many.

Other

(Aquarium)

Wheelchair OK

Facility DATA

●アクアマリンふくしま

Aquamarine Fukushima

☎ 0246-73-2525

📍 50 Tatsumicho, Onahama, Iwaki-shi

🚗 20-min. drive from Iwaki-Yumoto IC, Joban Expwy

🕒 9:00 AM~5:30 PM (Dec. 1~Mar. 20: Until 5:00 PM)

*Last entry is 1 hr. before closing

✖ Open year-round

💰 1,850 yen; 900 yen for elementary / jr. high / high school

students; free for preschoolers

🅑 Available (Large buses: Available)

<https://www.aquamarine.or.jp>

Aquamarine Fukushima is one of the largest interactive aquariums in Tohoku, opened in July 2000. It is based on the theme, "Tide of the Sea," where the Kuroshio and Oyashio currents meet. The extremely popular aquarium exhibits approximately 800 different marine creatures by theme.

At the time of the Great East Japan Earthquake, the lives of the visitors and staff were saved, but many of the marine animals were swept away by the tsunami. Ultimately, around 90% of all the animals were lost due to the subsequent blackout and interrupted water supply. Among those that survived were large marine mammals. Despite ongoing aftershocks, desperate measures of support were taken to save their lives. These included staff from Kamogawa Sea World (Chiba) coming to take the animals.

Due to the extremely hard work of the staff, the aquarium reopened four months later. Today, in addition to the regular hands-on exhibits, schools and other groups can make a reservation to learn about the aquarium's situation after the earthquake disaster and its story up until it reopened.

?

?

Consider This

Q1

After the disaster, large marine mammals were evacuated to Kamogawa Sea World in Chiba. How long did it take for the rescuers to arrive?

Q2

What kind of situation was the aquarium plunged into after losing electricity due to the earthquake disaster?

A2 Though there were emergency generators, fuel was limited. Circulation and water temperature controls had to be stopped in many water tanks. The staff continued diligently working, but the fish were unable to live long.

●白河市

Shirakawa City

Restoring the collapsed stone wall and learning about the restoration process

Komine Castle

●小峰城

*1 Source: Shirakawa City, 東日本大震災の記録と復興への歩み
 ("Records of the Great East Japan Earthquake and the Path to Reconstruction"), March 2014.

Damage in Shirakawa City



*Data on damage without annotation is according to materials noted on the bottom of P. 1.

*Blank spaces or spaces marked as "unknown" are listed as shown in reference materials.



The Komine-jo Castle History Museum uses panels, models, and videos to introduce the history of Komine Castle and a timeline of events from the earthquake disaster up to the restoration of the stone wall. There are also exhibits of artworks and historical documents related to the succession of feudal lords.



A VR theater inside the Komine-jo Castle History Museum projects a CG reconstruction of Komine Castle in the Edo period through a 270-degree view on three screens. You will feel as if you traveled 200 years back in time and can experience the size and extent of Komine Castle.

Tourism Guide Shirakawa will provide a free explanation of Komine Castle's history, including its restoration after the earthquake disaster (☎0248-22-1147 [Shirakawa Tourism and Products Association]).
 *Reservation required). In addition to the castle's stone wall, you can also view highlights such as the three-story turret and front gate, which were restored in the 1990s.



Other

(Castle)

Facility guide

Wheelchair OK

*Reservation required

Facility DATA

●小峰城

Komine Castle

☎0248-22-1111 (Cultural Properties Division, Shirakawa City)

📍Kakunai, Shirakawa-shi

🚗10-min. drive from Shirakawa-chuo Smart IC, Tohoku Expwy

🕒Komine Castle Sanjuyagura Turret: 9:00 AM–5:00 PM (Oct.–Mar.: Until 4:00 PM); Komine-jo Castle History Museum: 9:00 AM–4:30 PM (Last entry at 4:00 PM)

🗨️Komine Castle Sanjuyagura Turret: Open year-round; Komine-jo Castle History Museum: Mon. (or the next weekday when Mon. is a national holiday)

💰Komine Castle Sanjuyagura Turret: Free / Komine-jo Castle History Museum: 300 yen; 100 yen for elementary / jr. high / high school students and persons with disabilities

🅐 Available (Large buses: Available)

Komine Castle is believed to have been built around the mid-14th century in the Nanbokucho period. In the early Edo period, the castle was significantly renovated by the first feudal lord of Shirakawa, Nagashige Niwa. Thereafter, it became the home for seven families and 21 generations of Shirakawa feudal lords. However, in 1868 at the end of the Edo period, the castle was yielded during the Battle of Shirakawaguchi in the Boshin War. Only the moat and stone wall in areas such as the main enclosure remain as they were at that time.

In 2010, the structure was designated a national historic site as the Komine Castle Ruins, but the following year, the Great East Japan Earthquake struck. Komine Castle's stone wall was damaged and collapsed in 10 places. It was restored utilizing traditional construction methods. Ongoing restoration work returned and stacked each stone to its original position using reference materials and photos from before the collapse. The restoration was finally completed in 2019. At the same time, the Komine-jo Castle History Museum opened inside the castle. In addition to learning about the history of Komine Castle, you can learn about the sequence of events from the time of the earthquake disaster until the stone wall restoration and other information through panels and videos.

Consider This

Q1 What kind of damage did the earthquake disaster do to Komine Castle's stone wall?

Q2 During the stone wall restoration work, photos and other materials from before the collapse were used for reference, and each stone was returned and stacked in its original position. How long did it take to complete the restoration work?

A1 Approximately 7,000 stones collapsed in 10 places. There were also many other places along the stone wall that were buckled or otherwise distorted.

A2 It took eight years from the earthquake disaster, and five years and three months from the time the work was started.

Fukushima

Explore
the Tohoku
region

A Quick Guide

Historical attractions such as Tsurugajo Castle, which tells the story of Aizu, and Ouchijuku, an Edo-period post town, are must-sees. Don't overlook the local specialties and onsen resorts either.

1 First, check the key attractions in popular areas



Bandai Highland and Inawashiro

●五色沼湖沼群

Goshikinuma Ponds

A group of over 30 lakes and marshes, large and small, that were formed by the eruption of Mt. Bandai. Each lake reflects a different color, such as green, red, or blue.

●Hibara, Kitashiohara-mura ●25-min. drive from Inawashiro Bandaikogen IC, Ban-Etsu Expwy
●L●X Free entry ●Available at nearby parking lots

●0241-32-2349
(Urabandai Tourism Association)

Bandai Highland and Inawashiro

●猪苗代湖

Lake Inawashiro

The fourth largest lake in Japan. Also called Tenkyoko ("heavenly mirror lake"), this lake's crystal-clear surface reflects the beautiful shape of Mt. Bandai.

●Inawashiro Town, Aizuwakamatsu City, and Koriyama City
●L●X Free entry

●0242-62-2048
(Inawashiro Tourist Association)



Koriyama, Miharu, and Shirakawa

●あぶくま洞

Abukuma Cave

A 4,218.3-meter-long limestone cave with a viewing area of about 600 meters, where you can see a rich variety and number of stalactites. Explore the wonders of this underground world.

●1 Higashikamayama, Sugaya, Takinemachi, Tamura-shi ●10-min. drive from JR Kammata Sta.
●1,200 yen; 800 yen for jr. high school students; 600 yen for elementary school students (The discovery course is an additional 300 yen) ●8:30 AM-5:00 PM (Summer: Until 5:30 PM / Winter: Until 4:30 PM) ●Open year-round ●700 spaces

●0247-78-2125
(Abukuma Cave Administration Office)

Koriyama, Miharu, and Shirakawa

●三春滝桜

Miharu Takizakura

This famous tree was the first cherry blossom tree to be designated a natural monument of Japan in 1922. It is one of Japan's three most famous cherry blossom sites and is said to be one of the largest weeping cherry blossom trees in the country.

●296 Sakurakubo, Taki, Miharu-machi ●10-min. drive from JR Miharu Sta.
●Blossom-viewing fee: 500 yen (during the blossom-viewing period only)
●6:00 AM-6:00 PM (Until 9:00 PM during the illumination)
●Open every day during the viewing period
●850 spaces available at the Takizakura Large Parking Lot

●0247-62-3690
(Miharu Town Development Corp.)



Aizuwakamatsu

●鶴ヶ城

Tsurugajo Castle

●0242-27-4005 (Tsurugajo Castle Management Office, Aizu-Wakamatsu City Tourism Bureau)

This castle was the site of a major battle during the Boshin War. The red-tiled castle tower, which was rebuilt in 1965, is a symbol of Aizuwakamatsu.

●1-1 Outemachi, Aizuwakamatsu-shi
●15-min. drive from JR Aizu-Wakamatsu Sta.
●Castle tower entrance fee: 410 yen; 150 yen for children
●8:30 AM-5:00 PM (Last entry at 4:30 PM) ●Open year-round ●360 spaces (300 yen/2 hr.)

Ouchijuku and Minamiaizu

●大内宿

Ouchijuku

●0241-68-3611 (Ouchijuku Tourist Information Center)

A post town that flourished during the Edo period, with traditional thatched-roof houses nestled among the mountains. You can view the entire town from the observation deck.

●Yamamoto, Ouchi, Shimogo-machi ●10-min. drive from Aizu Railway Yunokami Onsen Sta. ●L●X Free entry ●300 spaces (500 yen/day)



Must try!

Local foods

Across Fukushima

Fruits

Fukushima is a major producer of peaches and other fruits. Experience the in-season flavors by picking fruit or having a fruit parfait.



Fukushima

Fukushima gyoza

These potstickers are fried until crispy in a circle shape, filling the entire pan. Their small size makes it impossible to stop eating.



Kitakata

Kitakata ramen

Ramen culture thrives in Kitakata, where famous ramen shops are everywhere. Ramen is even served for breakfast.



Aizuwakamatsu

Wappameshi

A flavorful local dish made by steaming rice and other ingredients in a circular wooden box.

Getting there from Tokyo

To Iwaki and Hamadori

Train

JR Tokyo Sta. JR Joban Line Limited Express "Hitachi" / Approx. 2 hr. 15 min. JR Yumoto Sta. Approx. 5 min. JR Iwaki Sta.

JR Tokyo Sta. Tohoku Shinkansen "Hayabusa" / Approx. 1 hr. 35 min. JR Sendai Sta. JR Joban Line for Haranomachi / Approx. 55 min.

JR Shinchi Sta. Approx. 10 min. JR Soma Sta. Approx. 12 min. JR Kashima Sta.

Express Bus

Tokyo Sta. Yaesu South Exit Shin Joban Kotsu Express Bus / Approx. 3 hr. 5 min. Iwaki Sta.

Seasonal events

Aizuwakamatsu

Aizu Festival

●0242-23-4141 (Aizu Festival Association)

Held annually in late September. Various events are held, including a procession from Tsurugajo Castle of people dressed in costumes from various periods of the Aizu Domain.



Fukushima

Fukushima Waraji Festival

●024-572-7118 (Fukushima Waraji Festival Executive Committee)

Held annually in early August. A parade in which people carry the largest straw sandals in Japan and pray for healthy legs.

Photo: Fukushima Waraji Festival Executive Committee

Iwaki and Hamadori

Soma Nomaioi

●0244-22-3064 (Soma Nomaioi Executive Committee Office)

An Important Intangible Folk Cultural Property in which armor-clad warriors race each other and fight to capture sacred flags on horseback. Check the official website for the schedule.

Photo: Soma Nomaioi Executive Committee





Shinchi

●鹿狼山

Mt. Karo

☎ 0244-26-3720 (Shinchi Town Tourist Information Center)

A local mountain that can be climbed in all four seasons. The hike is known for ocean views, and the view of the Pacific Ocean from the top is particularly scenic.

📍 Idoi, Suginome, Shinchi-machi 🕒 10-min. drive from JR Shinchi Sta. 🚶🏻‍♂️🚶🏻‍♀️🚶🏻🚶🏻 Free entry 📶 30 spaces



Soma

●松川浦

Matsukawa-ura Bay

☎ 0244-35-3300 (Soma City Tourist Association)

A scenic spot nicknamed "Mini Matsushima" because of its small, scattered islands. Sunset at Matsukawa-ura Pier is a breathtaking sight. Enjoy seafood and the onsen.

Soma

●道の駅そうま

Michi-no-Eki Soma

☎ 0244-37-3938

This rest stop has restaurants and a produce stand with plenty of local specialties and other products. The exterior is designed to resemble a Soma Nomaomi encampment.

📍 77-1 Kanaya, Nikkeshi, Soma-shi 🕒 3-min. drive from JR Nittaki Sta. 🕒 9:30 AM-6:00 PM; restaurants: 10:00 AM-last order at 3:30 PM (Sat., Sun., and national holidays: Last order at 4:00 PM) 🚶🏻‍♂️🚶🏻‍♀️🚶🏻🚶🏻 Open year-round 📶 70 spaces



Iwaki

●スパリゾートハワイアンズ

Spa Resort Hawaiians

☎ 0570-550-550

A huge onsen theme park where you can relax in pools and baths to your heart's content. Don't miss the exhilarating Polynesian show.

📍 50 Warabidaira, Fujiwaramachi, Joban, Iwaki-shi 🕒 15-min. free shuttle bus ride from JR Yumoto Sta. 🕒 3,570 yen or more 🕒 10:00 AM-9:30 PM (depends on the season and facility) 🚶🏻‍♂️🚶🏻‍♀️🚶🏻🚶🏻 Occasional building closure dates (check the official website) 📶 4,000 spaces (paid)



Minamisoma

●鳥崎海岸

Karasuzaki Coast

Photo: Minamisoma City

A sandy beach stretching approximately two kilometers, famous for the early morning horseback training in preparation for the Soma Nomaomi. Horses galloping against the sunrise are a spectacular sight.

📍 256-2 Ushijima, Karasuzaki, Kashima-ku, Minamisoma-shi 🕒 10-min. drive from JR Kashima Sta. 🚶🏻‍♂️🚶🏻‍♀️🚶🏻🚶🏻 Free entry 📶 30 spaces



Iwaki

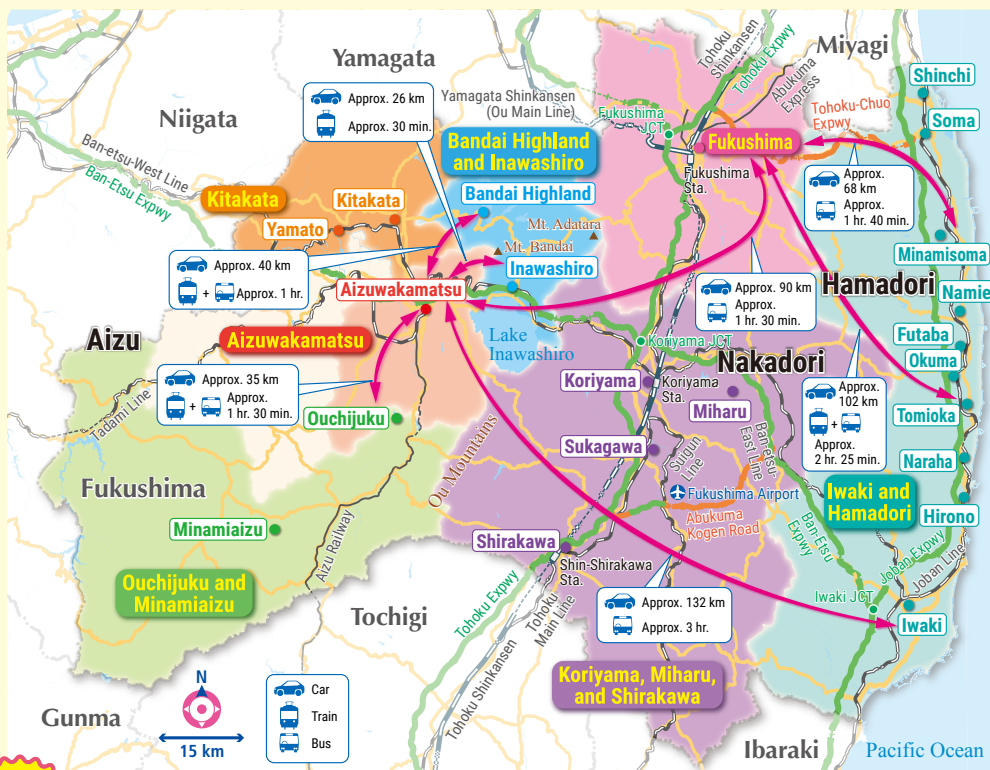
●いわき湯本温泉

Iwaki Yumoto Onsen

☎ 0246-43-3017 (Iwaki Yumoto Onsen Tourism Association)

One of Japan's three oldest onsen resorts, dating back over 1,600 years. The town is lined with a variety of inns and prides itself on its abundant hot spring water.

📍 Yumotomachi, Joban, Iwaki-shi 🚶🏻‍♂️🚶🏻‍♀️🚶🏻🚶🏻 Brief walk from JR Yumoto Sta.



2 Coastal attractions to visit in conjunction with memorial facilities

Minamisoma

Daihisen Stone Buddhas

●大悲山の石仏

☎ 0244-24-5284 (Cultural Properties Division, Minamisoma City Board of Education)

The largest and oldest group of stone Buddhas in the Tohoku region. In addition to the Yakushi-do, which features carved reliefs of Tathagata and Bodhisattva statues, there are also an Amida-do and a Kannon-do.

📍 Yakushimae, Izumisawa, Odaka-ku, Minamisoma-shi; and elsewhere 🕒 10-min. drive from JR Odaka Sta. 🚶🏻‍♂️🚶🏻‍♀️🚶🏻🚶🏻 Free entry 📶 15 spaces



Delicious foods in this area



Iwaki Jumbo menus

Iwaki City's Yoshima district is famous for its extra-large portions, such as this jumbo-sized cream puff (see photo).

Iwaki Anko nabe

An Iwaki winter hotpot made by stewing a whole monkfish with miso and vegetables.



Namie yakisoba

A beloved local specialty for over half a century. These stir-fried noodles are made with thick ramen noodles, bean sprouts, and pork.

Soma Crab dishes

Matsukawa-ura Bay is famous for its snow crabs. Many restaurants serve crab sashimi and shabu-shabu.



Minamisoma

Ice manju

A famous confectionery made by a long-established milk factory in Minamisoma City. The ice cream and red bean paste go perfectly together.

Aomori

Iwate

Miyagi

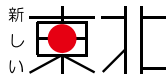
Fukushima



1 "Symbol of Reconstruction" by Shin Murakami, taken at Takadai 3, Takatacho, Rikuzentakata-shi, Iwate 2 "Being Themselves" by Yuzu, taken in a sunflower field in Yamamoto-cho, Miyagi
3 "Hoping for Reconstruction" by Ken Kashiwadate, taken at Ukedo Port, Namie-cho, Futaba-gun, Fukushima



<https://www.reconstruction.go.jp/>



<https://www.newtohoku.org/>

The "New Tohoku" project being implemented in areas affected by the Great East Japan Earthquake aims to create autonomous and sustainable communities by solving regional challenges. The Reconstruction Agency is engaged in efforts to disseminate information and increase awareness of New Tohoku within and beyond the disaster-stricken areas.



Disaster Memorial Network Council
(Tohoku Regional Development Bureau, Aomori Prefecture, Iwate Prefecture, Miyagi Prefecture, Fukushima Prefecture, Sendai City, and Reconstruction Agency)

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<https://www.thr.mlit.go.jp/shinsaidensho/network.html>

The Disaster Memorial Network Council aims to form networks to pass on the memories of the Great East Japan Earthquake more effectively and efficiently. Recognizing that "lessons save lives," the Council works to contribute to strengthening disaster preparedness, alongside promoting exchanges and revitalizing communities.

Rurubu Special Edition "Great East Japan Earthquake Memorial Facilities Guide" (Revised Second Edition)

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●The information contained in this publication is up to date as of September 2024. Some information may have changed after publication; we recommend calling in advance to confirm. We take no responsibility for any damages, etc. incurred due to the content of this publication and cannot provide compensation under any circumstances. ●Fees listed in this publication generally include consumption tax, which was checked at the time of research. ●In general, the year-end and New Year holidays, Obon summer holiday, and Golden Week (late April to early May) holiday are not mentioned in the descriptions of regular closings. ●Hours, unless otherwise mentioned, generally refer to the period from a facility's opening time to its closing time. Please note that the last entry time for facilities is generally 30 minutes to one hour before closing. ●Transportation information is subject to change depending on the season, weather, and/or other factors. We recommend confirming in advance with relevant public transportation providers.