


 **To Iwate Prefecture: By airplane**




- Sapporo (Shin-Chitose) → Iwate-Hanamaki: JAL (1hr)
- Nagoya (Komaki) → Iwate-Hanamaki: FDA (1hr 10min)
- Osaka (Itami) → Iwate-Hanamaki: JAL (1hr 20min)
- Fukuoka → Iwate-Hanamaki: JAL (1hr 45min)
-  It takes 45 minutes from Iwate Hanamaki Airport to Morioka station by rapid bus.

 **To Iwate Prefecture: By train**

- Sapporo → via Muroran-Honsen Line → Shin-Hakodate-Hokuto → Hokkaido / Tohoku-Shinkansen → Morioka (or Ninohe, Hachinohe) (6hr)
- Tokyo → Tohoku Shinkansen → Morioka (or Ichinoseki, Shin-Hanamaki, Ninohe, Hachinohe) (2hr 10min)

 **To Sanriku: Highway Express Overnight Bus (reservations required)**

- To Kuji
 - Iwate Kizuna (Northern Iwate Transportation Bus, Fujikyuko Bus)
 - Bus terminal Tokyo Yaesu → Kuji Station (10hr 45min)
- To Miyako
 - MEX Miyako, Morioka (Northern Iwate Bus)
 - Bus terminal Tokyo Yaesu → Miyako Station (9hr 10min)
- To Ofunato, Kamaishi
 - Kesen Liner (Iwateken Kotsu)
 - Ikebukuro Station West Exit → Sakari, Sanria SC (Ofunato) → Kamaishi Station (8hr 50min)
- To Tono, Kamaishi
 - Tono, Kamaishi (Iwateken Kotsu, Kokusai Kogyo)
 - [Temporary suspension of service]**
 - Ikebukuro Station West Exit → Tono Station → Kamaishi Station (9hr 55min)

   **From within Iwate Prefecture (Shinkansen Stations, Airports, Expressway IC) to Sanriku**

- To Kuji Station, Rias Line
 - Train: Hachinohe Station → JR Hachinohe Line → Kuji Station (1hr 45min)
 - Bus: Ninohe Station → "Swallow" JR Bus → Kuji Station Front (1hr 10min)
 - Car: Kunohe IC, Tohoku Expressway → Kuji City (45min)
- To Miyako Station, Rias Line
 - Train: Morioka Station → JR Yamada Line → Miyako Station (2hr 20min)
 - Bus: Morioka Station → 106 Express Bus, (Northern Iwate Transportation, Inc.) → Miyako Station (1hr 40min)
 - Car: Morioka Minami IC, Tohoku Expressway → via National Road 106 → Miyako City (1hr 30min)
- To Kamaishi Station, Rias Line
 - Train: Shin-Hanamaki Station → JR Kamaishi Line → Kamaishi Station (1hr 30min)
 - Car: Hanamaki IC, Tohoku Expressway → via Kamaishi Expressway → Kamaishi City (1hr 10min)
- To Sakari Station, Rias Line (*Ofunato City)
 - Train and Line Bus: Ichinoseki Station → JR Ofunato Line → Kesennuma Station → JR Ofunato Line Bus → Sakari Station (3hr)
 - Bus: Ichinoseki Station Front → Ichinoseki Ofunato Line, Iwateken Kotsu → Sakari Station (2hr 20min)
 - Car: Mizusawa IC, Tohoku Expressway → via National Road 397 Line, 107 Line → Sakari Station (1hr 20min)



 Major sightseeing spots

Sanriku Fukko National Park