

**Season** Year-round **Duration of stay** 2 nights, 3 days

# Leisurely Enjoy the Attractions of Kabushima Island, the Tanesashi Coast and Hashikami

**Notes**

The picturesque area around the Tanesashi Coast, which boasts 650 species of flowers and plants, offers almost endless breathtaking views and a wide variety of activities to enjoy. Camping on Tanesashi Natural Lawn, eating fresh seafood dishes, partaking in activities that showcase the wonders of nature and experiences only available in the area—all of this awaits you on your visit!



**Activity 03** Experience retreat-style camping on Tanesashi Natural Lawn and relaxing activities



Balance body and soul with a retreat offering the best food and a spellbinding atmosphere.

**Activity 02** A day of trekking and culinary delights beginning with morning at the fishing port



Choose fresh seafood landed before your very eyes for a delectable evening meal.

**Activity 05** Sanriku fishing experience and BBQ plan: No need to bring a thing!



Fish in the stunning seas of Hachinohe and cook your catch at Tanesashi Campground.

**Activity 04** Aldiva: guided walk around a fishing village



Explore an area trail and fishing village with Hashikami Hamanoeki Aldiva as a base.

**Activity 01** Sea Kayaking and SUP Tour Around Kabushima Island, Home of 30,000 Black-tailed Gulls



Enjoy beginner- and family-friendly marine activities around Kabushima Island.

**0** Tanesashi Coast Information Center, Hachinohe, Aomori Prefecture



A spectacular spot to enjoy a panoramic view of the Tanesashi Coast, the center offers a wide variety of activities and provides seasonal information.

**Day 1**

8:40a.m. Tokyo Station (Tohoku Shinkansen) 166min \ 11:34a.m. Hachinohe Station (JR Hachinohe Line) 21min \ Same Station 11:55a.m. Same Station 10min \ Same Station area Lunch (45min) 1:00p.m. Same Station Area 5min \ Kabushima Island Kabushima Shrine (10min) Kabushima Rest Area (10min) Kabunya (10min) (Kabushima Shrine, rebuilt five years after burning to the ground, is associated with the stock market due to the dual meaning of the word "kabu" in Japanese referring to both the name of the island and stocks. This has led it to become a popular destination for those seeking good luck in the stock market, as well as those seeking to improve their own personal "stock." Every year from March to July, black-tailed gulls arrive on the island to raise their chicks.) 1:43p.m. Kabushima Kaihin Koen Park 25min \ Tanesashi Coast Information Center (20min) (The center provides information on the nature and culture of Sanriku-Fukko National Park, the Tanesashi Coast, the Mt. Hashikami area and the Michinoku Coastal Trail, and offers activities and opportunities to experience the region.) 2:30p.m. Tanesashi Coast Information Center \ Tanesashi Coast Area Yodo no Matsubara, Osuka and Ashigezaki Scenic Overlook (Get your fill of the Tanesashi Coast with trekking (one hour with a guide), cycling, beachcombing or another activity of your choice.) Activity 03 Experience retreat-style camping on Tanesashi Natural Lawn and relaxing activities (Activity 120min) 4:30p.m. Tanesashi Campground (A relaxing retreat-style campground on the natural lawn of the picturesque Tanesashi Coast. You will be surrounded by the ocean and the darkening sky, which will set the scene for a memorable evening. Chefs will prepare a meal using prime local ingredients on-site. At night, the sound of the waves and the starry night sky will soothe and relax you.) Activity 03 Experience retreat-style camping on Tanesashi Natural Lawn and relaxing activities (Retreat camping, one night) [Accommodation]

**Day 2**

5:40a.m. Tanesashi Campground 20min \ Tanesashi Fishing Port (Buy fresh fish and shellfish landed at the nearby fishing port and see them cooked before your very eyes. A rare and delicious experience to treasure.) Activity 02 A day of trekking and culinary delights beginning with morning at the fishing port (Shopping 60min) 7:00a.m. Tanesashi Fishing Port 20min \ Tanesashi Campground Breakfast (45min) Activity 03 Experience retreat-style camping on Tanesashi Natural Lawn and relaxing activities (Breakfast 45min) 8:00a.m. Tanesashi Campground \ Tanesashi Natural Lawn Area (60min) (Enjoy a guided trek from Tanesashi Natural Lawn and along the coastal trail, selected as one of Japan's 100 Best Walks, in the crisp morning air.) Activity 02 A day of trekking and culinary delights beginning with morning at the fishing port (Trekking 60min) 9:00a.m. Tanesashi Natural Lawn Area 20min \ Tanesashi Fishing Port Area (Catch seasonal fish in the waters of Sanriku, one of the world's most famous fishing grounds, prepare them while fresh and cook them on the BBQ. This is a popular plan for families. You might even catch a big one!) Activity 05 Sanriku fishing experience and BBQ plan: No need to bring a thing! (390min) 3:27p.m. Tanesashi Coast Information Center 25min \ Same Station 4:34p.m. Same Station (JR Hachinohe Line) 15min \ Hon-Hachinohe Station (Hotel Check-in) 5:30p.m. Hotel 20min \ Area Restaurant (Our chef will prepare a sumptuous dinner course using the fresh fish and shellfish purchased in the morning.) Activity 02 A day of trekking and culinary delights beginning with morning at the fishing port (Dinner 120min) 8:00p.m. Area Restaurant 20min \ Hotel [Accommodation]

**Day 3**

9:37a.m. Hon-Hachinohe Station (JR Hachinohe Line) 37min \ Oja Station 10:11a.m. Oja Station 10min \ Hashikami Hamanoeki Aldiva (Learn about the effects of the Great East Japan Earthquake and reconstruction efforts from a local guide and experience the local culture of Hashikami to the fullest. Each participant will receive a 1,000-yen meal voucher. Participants under the age of 12 will receive a 500-yen meal voucher.) Activity 04 Aldiva: guided walk around a fishing village (150min) 1:00p.m. Hashikami Hamanoeki Aldiva (Fresh marine products, all sold at terrific local prices.) 1:45p.m. Hashikami Hamanoeki Aldiva 10min \ 2:08p.m. Oja Station (JR Hachinohe Line) 20min \ Same Station 2:30p.m. Same Station 10min \ Kabushima Island (Enjoy sea kayaking and stand-up paddleboarding in the waters around Kabushima Island, where 30,000 black-tailed gulls come to build their nests. The sea is calm, so even first-timers can enjoy time on the water. In addition to the instructors by your side, the black-tailed gulls will watch over you from the sky.) Activity 01 Sea Kayaking and SUP Tour Around Kabushima Island, Home of 30,000 Black-tailed Gulls (150min) 5:10p.m. Kabushima Island 10min \ 5:54p.m. Same Station (JR Hachinohe Line) 25min \ 7:06p.m. Hachinohe Station (Tohoku Shinkansen) 178min \ Tokyo Station