

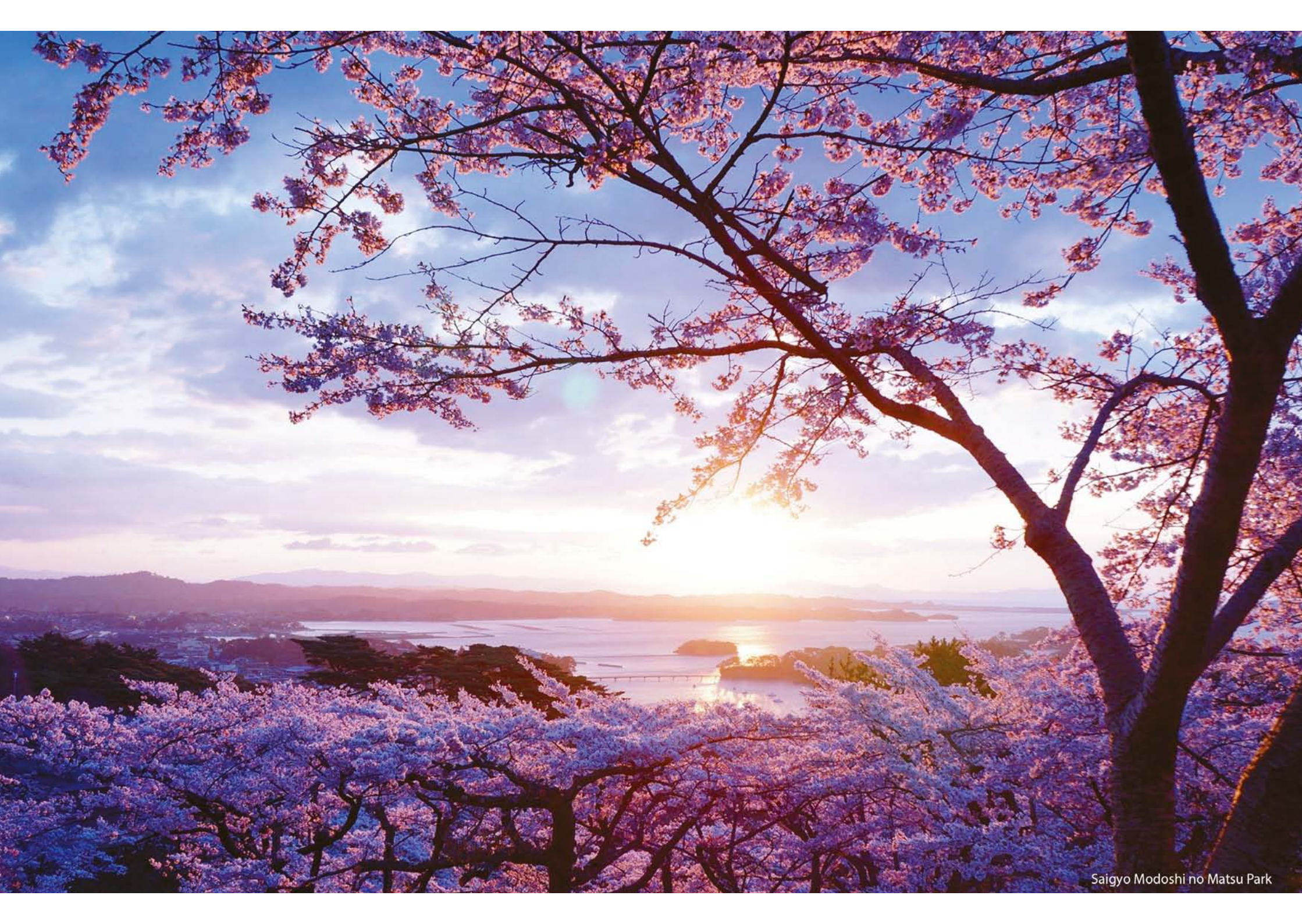


MATSUSHIMA

JAPAN

English





MATSUSHIMA ISLANDS



Matsushima's name ("matsu" means pine and "shima" means island) is said to come from various tales. One tale says it comes from Emperor Toba gifting a thousand pine trees after hearing of Kenbutsu Shonin. The famous 17th century haiku poet Matsuo Basho was also reportedly quite fond of the area.

The sweeping views of Matsushima Bay from the Shidaikan (The Four Panoramic Views) highlight the seasonal beauty of its islands, which appear to float under a never-ending expanse of sky.

Tomiyama
(The Beautiful View)



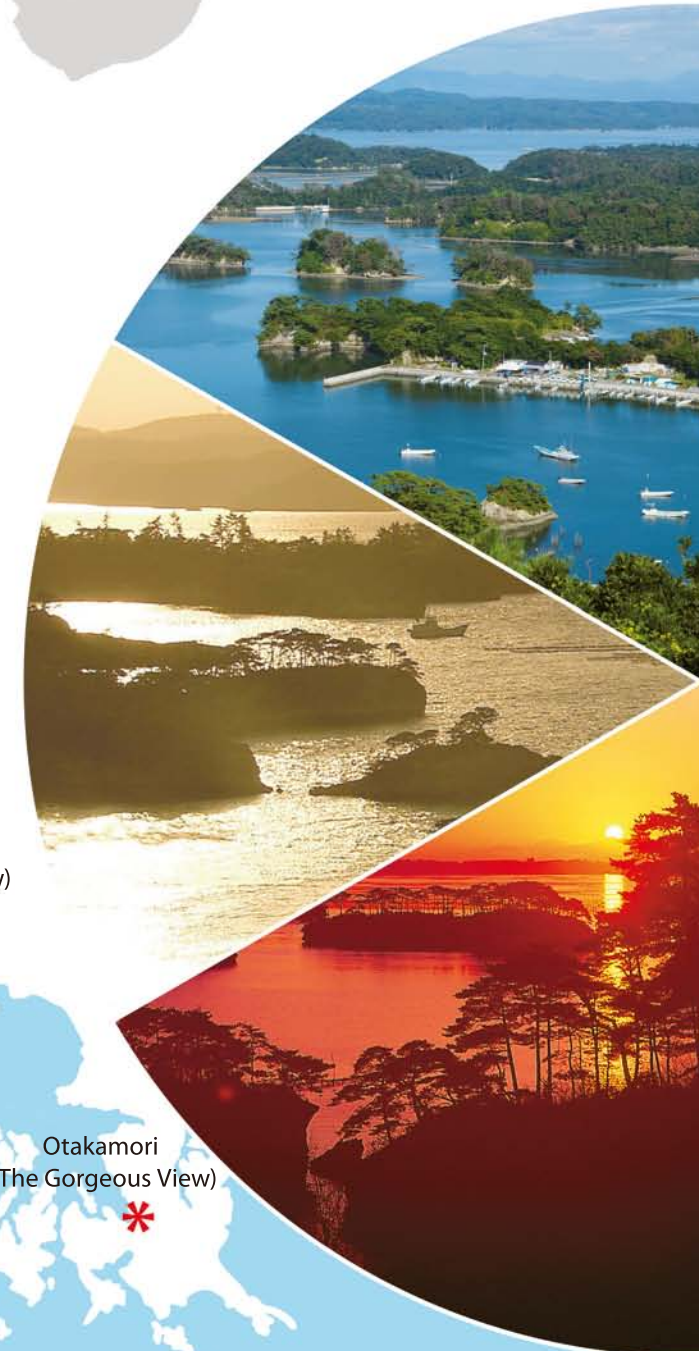
Ogitani
(The Mysterious View)



Tamonzan
(The Dynamic View)



Otakamori
(The Gorgeous View)



Matsushima has been known as one of the "Three Most Scenic Spots of Japan" for about 400 years. Recently, Matsushima has also been recognized internationally as France's Michelin Guide awarded Matsushima three stars, its most prestigious rating. Matsushima Bay became the first bay in Japan to be accepted in 2013 into the association "The Most Beautiful Bays in the World", joining well-known bays including Mont Saint-Michel.

SIGHTSEEING

Zuiganji Temple

Zuiganji Temple is a designated national treasure and one of the most famous Zen Buddhist temples in northern Japan. Founded in 828 by Jikaku Taishi, the temple as it is today was rebuilt by samurai ruler Lord Date Masamune in 1609 to be his family temple.

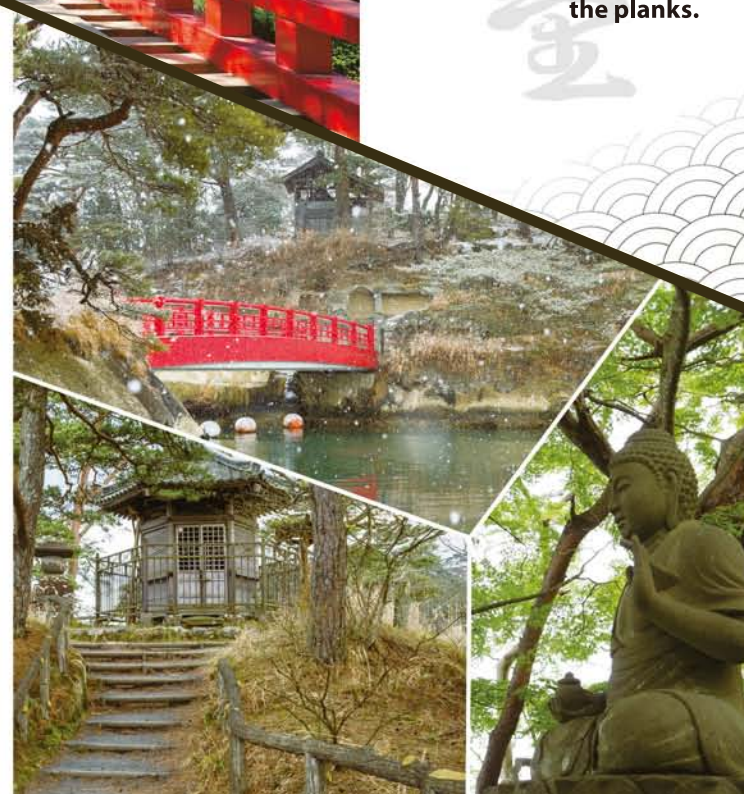


Entsuin Temple

Entsuin Temple contains the mausoleum for Lord Date Masamune's grandson, who died at the tender age of 19. Due to the plentiful Western imagery, this site was closed during the two hundred year period of Japan's national isolation. In modern days, guests can enjoy a Zen rock garden as well as craft their own Buddhist prayer bead bracelets here. The maple trees are also illuminated at night during the autumn.

Oshima Island

This island is where the ascetic monk Kenbutsu Shonin, who was of the mystic Tendai sect of Buddhism, came to practice meditation over 900 years ago. It is said that he gained supernatural powers after reciting sutras 60,000 times over the course of ten years. Many monks came here afterwards to follow in his footsteps. It is for these reasons that Oshima is considered a sacred island to this day.



Godaido Temple

Named for the five Buddhas of Wisdom housed within, this symbol of Matsushima was reconstructed by Date Masamune in 1604. Adorning the roof of this structure are statues of the twelve zodiac animals, and leading to the island temple are vermilion bridges with unusual spaces between the planks.



Local Foods

Oysters are Matsushima's specialty. From late October to early March, visitors can enjoy all-you-can-eat grilled oysters at kakigoya (oyster shacks). There are also many local restaurants that offer kakidon (oyster-over-rice specials). The town is likewise famous for anago (conger eel), which is in season from June to September.

Hot Springs

Established in 2008, Matsushima's natural hot springs (onsen) beautify and smooth out the stratum corneum layer of skin. These natural waters will leave even the most weary traveler feeling refreshed while enjoying the sunrise or gazing at the moon of Matsushima Bay from an inn. For those on the go, enjoy a free footbath located on the map.



Regional Foods

Miyagi's prefectural specialties include gyutan (beef tongue), sasakamaboko (fish cakes), and zunda (ground, sweetened edamame bean paste). Moreover, neighboring the south of Matsushima and situated near a prolific fishing ground, Shiogama City's sushi is renowned nationwide.



Cruises

Board one of several sightseeing cruises to see the 260 unique islands in Matsushima Bay up close. Round trip ventures and one-way cruises to nearby Shiogama or inside the bay are available daily. Higashi-Matsushima City also offers summer cruises around Sagakei Gorge.



SUGGESTED ROUTE

MAP



- Matsushimakaigan Station
- Oshima Island
- Kanrantei Tea House
- Zuiganji Temple
- Entsuin Temple
- Fukuurabashi Bridge
- Godaido Temple
- Sightseeing Cruise



- Legend**
- Tsunami Evacuation Area
 - Public Restroom
 - Free Wi-Fi
 - Coin Lockers
 - Convenience Store
 - ATMs for Overseas Transactions
 - Hospital
 - Bank
 - Post Office
 - Matsushima Line Bus Stop for Sendai Airport
- *The Narita Airport Night Bus only stops at Matsushimakaigan Station

Tsunami Evacuation Area This is a sign indicating an evacuation area or high ground.
 Protecting yourself from a tsunami:
 -Evacuate immediately to a safe place, such as high ground or a tsunami evacuation area if:
 *You feel a strong quake while in a coastal area or near a river.
 *You hear an announcement or siren warning of a tsunami, even if you feel little or no shaking.
 -Do not return until after the tsunami warning and/or evacuation advisory is lifted.
 -A tsunami is a series of waves that can continue for hours. Do not assume that the danger is over after one wave.



Access

By Bullet Train

Approximately 1.5 hours from Tokyo Station to Sendai Station

By Train

Approximately 40 minutes from Sendai Station to Matsushimakaigan Station on the JR Senseki Line

Approximately 25 minutes from Sendai Station to Matsushima Station on the JR Tohoku Line

Approximately 25 minutes from Sendai Airport to Sendai Station on the Sendai Airport Access Line

By Bus

Approximately 55 minutes from Sendai Airport to Matsushimakaigan

By Boat

Approximately 50 minutes from Marine Gate Shiogama to the Matsushima Sightseeing Boat Pier

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Page 1 and 2 cherry blossom photo provided by Tomoko Inagaki. Page 3 moon photo and page 5 Light Up photo provided by the Matsushima Tourism Association. Page 5 and 6 photos of Zuiganji Temple, Godaido Temple, and Oshima Island provided by Zuiganji Temple. Page 7 beef tongue photo provided by the City of Sendai. Page 7 sushi photo provided by the City of Shiogama.

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Matsushima Bay Wonderland