

 **To Iwate Prefecture: By airplane**

- Sapporo (Shin-Chitose) → Iwate-Hanamaki: JAL
- Nagoya (Komaki) → Iwate-Hanamaki: FDA
- Osaka (Itami) → Iwate-Hanamaki: JAL
- Fukuoka → Iwate-Hanamaki: JAL

  **To Iwate Prefecture: By train**

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

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

- To Kuji
  - Iwate Kizuna** (Northern Iwate Transportation Bus, Fujikyuko Bus)  
Tamachi Station entrance → Tokyo Station Yaesu Exit → Kuji Station
- To Miyako
  - Beam 1** (Haneda Keikyu Bus, Northern Iwate Transportation Bus)  
Yokohama Station East Exit → Miyako Station → Michi-no-Eki Yamada
- To Ofunato, Kamaishi
  - Kesen Liner** (Iwateken Kotsu)  
Ikebukuro Station West Exit → Sakari, Sanria SC (Ofunato) → Kamaishi Station
- To Tono, Kamaishi
  - Tono, Kamaishi** (Iwateken Kotsu, Kokusai Kogyo)  
Ikebukuro Station West Exit → Tono Station → Kamaishi Station → Otsuchi Bypass → Michi-no-Eki Yamada

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

- To Kuji Station, Kita-Rias Line
  - Train:** Hachinohe Station → JR Hachinohe Line → Kuji Station
  - Bus:** Ninohe Station → "Swallow" JR Bus → Kuji Station Front
  - Car:** Kunohe IC, Tohoku Expressway → Kuji City
- To Miyako Station, Kita-Rias Line
  - Train:** Morioka Station → JR Yamada Line → Miyako Station
  - Bus:** Morioka Station → 106 Express Bus, (Northern Iwate Transportation, Inc.) → Miyako Station
  - Car:** Moriokaminami IC, Tohoku Expressway → via National Road 106 → Miyako City
- To Kamaishi Station, Minami-Rias Line
  - Train:** Shin-Hanamaki Station → JR Kamaishi Line → Kamaishi Station
  - Car:** Hanamaki IC, Tohoku Expressway → via Kamaishi Expressway → Kamaishi City
- To Sakari Station, Minami-Rias Line (\*Ofunato City)
  - Train and Line Bus:** Ichinoseki Station → JR Ofunato Line → Kesenuma Station → JR Ofunato Line Bus → Sakari Station
  - Bus:** Ichinoseki Station Front → Ichinoseki Ofunato Line, Iwateken Kotsu → Sakari Station
  - Car:** Mizusawa IC, Tohoku Expressway → via National Road 397 Line, 107 Line → Sakari Station

