

**TOURWAVE CO.,LTD**  
 Depart from **SENDAI STATION**  
**ONE DAY TRIP** Recommended SUMMER TOURS

We'll introduce day trips where you can fully enjoy summer, including representative summer festivals and fruit picking in the Tohoku region!

**Giant Golden Ears of Rice Swaying in the Night Sky**  
 — 280 kanto poles 10,000 lanterns

**Akita Kanto Festival Day Trip** Exclusive viewing seats are included

Departure on **Tuesday, August 4, 2026**

Operates with a minimum of **20 participants**

**Tour Price per Person** ¥29,800

Facility entrance fees, ride fees and lunch fees for plan must be paid separately on-site

Large, colorful, and impressive human-shaped floats called "Nebuta," modeled after ancient warlords, parade through the streets.

**Aomori Nebuta Festival Day Trip** Exclusive viewing seats are included

Departure on **Thursday, August 6, 2026**

Operates with a minimum of **20 participants**

**Tour Price per Person** ¥29,800

Facility entrance fees, ride fees and lunch fees for plan must be paid separately on-site

Fruit Picking Experience in Yamagata, the "Fruit Kingdom" of Tohoku, & Ginzan Onsen Sightseeing

**Yamagata Fruit Picking Experience & Ginzan Onsen**

Operates with a minimum of **2 participants**

**Tour Price per Person** ¥19,800

Facility entrance fees, ride fees and lunch fees for plan must be paid separately on-site

**纏う MATOU**

The One and Only Sakura Experience.

A photo experience wearing garments dyed with Hitome Senbonzakura

Wrap yourself in sakura-colored attire, colored with natural dye extracted from cherry blossom branches, for a photo experience that will become a lifelong memory.

Both traditional Japanese and Western-style attire are available. We will tailor the photo shoot to meet your specific purpose and requests.

April Limited Special Plan

We offer a photography plan at Funaokajoshi Park, selected as one of Japan's Top 100 Cherry Blossom Spots. If the timing is right, you can even have your photos taken right under the blooming cherry trees.

Wedding Photo Plan (Couple Plan) Your Own Original Photo Plan (Single Plan)

Please feel free to contact us.

(Inquiries / Applications): <https://machico.mu/special/detail/3066>  
 (U-MEDIA Inc.) mail: sakura\_matou@u-media.jp

**What is this?**

**Don't Google it! Ask a local with LinguaLink.**

**LinguaLink** HOW TO USE

LinguaLink is an on-demand telephone interpretation service. Connect with a live interpreter in real-time, anywhere in Japan, using just your smartphone.

- Scan the QR code with your smartphone.
- Enter your email and credit card information.
- Press the button "Make a call" to start calling interpreter.

24h Support 365d Credit Cards Only 21 Languages Available

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ELAN SERVICE Co., Ltd. Planning Division, Sales Department 2-14-30 Muraimachiminami, Matsumoto, Nagano, 399-0036 TEL: 0263-44-0981

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# Sendai Motions

2026 Vol.9

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## Sendai Dining Recommendations for Visiting Friends

友人に仙台の飲食店をおすすめするなら?



### 1 Date no Irori-yaki Kura no Sho Ichibancho Main Store / 伊達のいりり焼 蔵の庄一番町本店

This comfortable, centrally located izakaya has an extensive menu of high-quality local specialties and sake in a warm atmosphere that features traditional hearth grilling (irori-yaki). There are friendly, English-speaking staff on hand to explain the wide variety of dishes and assist groups of any size, making it a great choice for first-time visitors to Sendai looking for an introduction to the local food culture.

Shop Information  
 Address: Suzuki Avanti Bldg, 3-8-14, Ichibancho, Aoba-ku, Sendai  
 TEL: 022-224-3031 Opening Hours: 16:00-23:30  
<http://kuranosho.jp/>

**Hayley Gauvin**  
 Hailing from Vancouver, Canada, Hayley Gauvin has lived in Sendai since 2017. She works in translation and international projects. She also produces a variety of media content about Japan's people, places, and traditions for a foreign audience, with an emphasis on the Tohoku region.



### 3 nordic / nordic

This cozy counter-seating spot run by an English-fluent chef from Sendai who trained in Denmark specializes in beautifully plated smørrebrød made with Japanese ingredients. It's the perfect choice for those looking for sophisticated plates that are equally big on flavor and a feast for the eyes. Craft beer lovers will appreciate the top-tier selection, too.

Shop Information  
 Address: Bell Mansion Suzuriki 102, 1-4-1 Kokubancho, Aoba-ku, Sendai  
 TEL: 070-8593-4041  
 Closed: Please check Instagram for the latest information.  
[https://www.instagram.com/smorrebrød\\_nordic/](https://www.instagram.com/smorrebrød_nordic/)



### 2 Kissa Elbe / 喫茶エルベ

From its no-nonsense menu, to its retro interior, to its tobacco-smoking patrons, dining at this Showa-era kissaten feels like stepping back in time. I recommend it to fans of American diner fare who are curious to experience the Japanese equivalent. The nostalgic dishes and hearty portions here are a hit with local office workers, so note that service can take longer during the weekday lunch rush. You won't find an English menu here, so let the plastic food display be your guide.

Shop Information  
 Address: B1F, Minamimachi-dori Yurakukan Building, 1-1-30 Ichibancho, Aoba-ku, Sendai  
 TEL: 022-262-1980  
 Opening Hours: 11:30-17:00 (L.O.16:30)  
 17:30-21:00 (L.O.20:30)  
 Closed on Sundays and public holidays  
<https://www.kissa-elbe.com/>

**Where the Pacific Ocean Meets the Zao Mountain Range**

Visit a spectacular hot spring overlooking the Pacific Ocean and the Zao Mountain Range! At Miyagi's "Watarai Onsen Torinoumi," spend blissful moments in an open-air bath with sweeping ocean views. In autumn, savor the traditional local specialty "harakomeshi," a dish of jewel-like salmon and salmon roe. Just a 20-minute drive from Sendai Airport, with easy access by train or rental car. Enjoy a healing journey unique to Japan.

わたり温泉  
**鳥海 TORINOUMI**

Address: 41-2, Arabama Chikko-dori, Watarai-cho, Watarai-gun, Miyagi 989-2311 TEL: 0223-35-2744  
 Access: 20 minutes by car from Sendai Airport

Open-air baths with Pacific Ocean views (Higashi-no-yu) Refresh in the sauna Local specialty "harakomeshi" (around September to December) Guest rooms with spacious terraces Torinoumi Bay and the morning sun



#### 4 MUKU / ムク

If you're looking for a mindful, healthy, and delicious meal in Sendai, MUKU is an absolute must-visit! This cafe truly stands out for its commitment to sustainable and ethical dining. Their menu heavily features animal-welfare (AW) ingredients, including cage-free pork and free-range eggs, alongside eco-friendly seafood. What really amazed me was their dedication to supporting local agriculture. Their signature salad bowls are packed with vibrant, organic, and pesticide-free vegetables sourced directly from local farmers in the Tohoku region. Every bite tastes incredibly fresh and wholesome! Whether you choose their Koji Tofu or the AW Pork Grill Salad Bowl, the balance of nutrients and authentic flavors is just perfect. They also offer great vegan-friendly options. Finally, you absolutely cannot leave without trying their rare koji (fermented rice) ice cream! It's a unique, subtly sweet dessert that beautifully highlights Japan's traditional fermentation culture while being guilt-free.



##### Shop Information

Address: 1-11-19 Ichibancho, Aoba-ku, Sendai  
 Opening Hours: Morning Menu: 9:00-11:00 Food Menu: 11:00-15:30  
 Desserts: 11:00-16:30  
 Closed: Open daily (No regular holidays)  
<https://muku-maryu.jp/>



#### 5 Kamomaru (Yatai Handmade Soba) / 鴨まる(屋台手打蕎麦)

A rare and fantastic yatai (food stall) style gem in Sendai! The young, handsome owner runs the place entirely by himself. He is super friendly and tries his best to speak English. The duck soba is outstanding. The juicy duck slices and the slightly sweet, smoky roasted green onions create a deeply flavorful dipping broth. The noodles have a perfect bite to them, soaking up the savory sauce beautifully.

##### Shop Information

Address: North Side Plaza of AER, 1-3-1 Chuo, Aoba-ku, Sendai  
 Opening Hours: From around 9:40 until around 14:00 \*Closes when sold out  
 Closed: Sundays, National Holidays, and other irregular holidays (Please check Instagram for business days.) [https://www.instagram.com/kamomaru\\_soba/](https://www.instagram.com/kamomaru_soba/)



**Huang YiKai**  
 International Project Coordinator

Originally from Taiwan, is in his second year living in Sendai. He enjoys Japanese literature, film, mountain hikes, and wandering with a film camera. I love exploring places that strike a great balance between healthy, fermented foods and authentic local flavors.



#### 6 Genmai Shokudo Ban / 玄米食堂 番

If you want to experience authentic, health-conscious Japanese cuisine that truly nourishes your body, this restaurant is a hidden gem! The menu is thoughtfully designed around wellness and clean eating, using zero chemical seasonings and focusing on high-quality local ingredients from Miyagi. I highly recommend their "Jinenjo" (wild mountain yam) set meal sourced from Kurihara (available in autumn and winter)—it's incredibly comforting and great for natural stamina. Another standout is the herring gently simmered with local Kakuda plums until the bones are perfectly soft (pictured), served alongside fluffy Miyagi "Hitomebore" brown rice.

##### Shop Information

Address: 2-15-16 Honcho, Aoba-ku, Sendai City  
 Phone: 022-266-0838  
 Opening Hours: Lunch: 11:30-15:00  
 Dinner: 17:00-21:00  
 Closed: Please check Instagram for the latest information.  
[https://www.instagram.com/genmaishokudou\\_ban/](https://www.instagram.com/genmaishokudou_ban/)



#### Zuiganji Temple National Treasure

The official name of Zuiganji Temple is "Shoto Seiryuzan Zuiganempukuzenji (松島青龍山隠院門禪寺)". This is a Zen temple of the Myoshinji school of the Rinzai sect. It is said that it began at Empukuji Temple (延福寺), the Tendai sect temple founded by "Jikaku Daishi Ennin (慈覚大師円仁)" in 828. The current building was completed by "Date Masamune (伊達政宗)" in 1609 after five years of construction.



Admission fee		Individuals	Groups of 30+ (Per person)
Adults (Including high school and college students)		JPY1000	JPY900
Children (Elementary and junior high school students)		JPY500	JPY400

  

Visit time			
Month	Gate Opening	Last reception	Gate Closing
From April to September	08:30 am	04:30 pm	05:00 pm
October/March	08:30 am	04:00 pm	04:30 pm
November/February	08:30 am	03:30 pm	04:00 pm
December/January	08:30 am	03:00 pm	03:30 pm

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