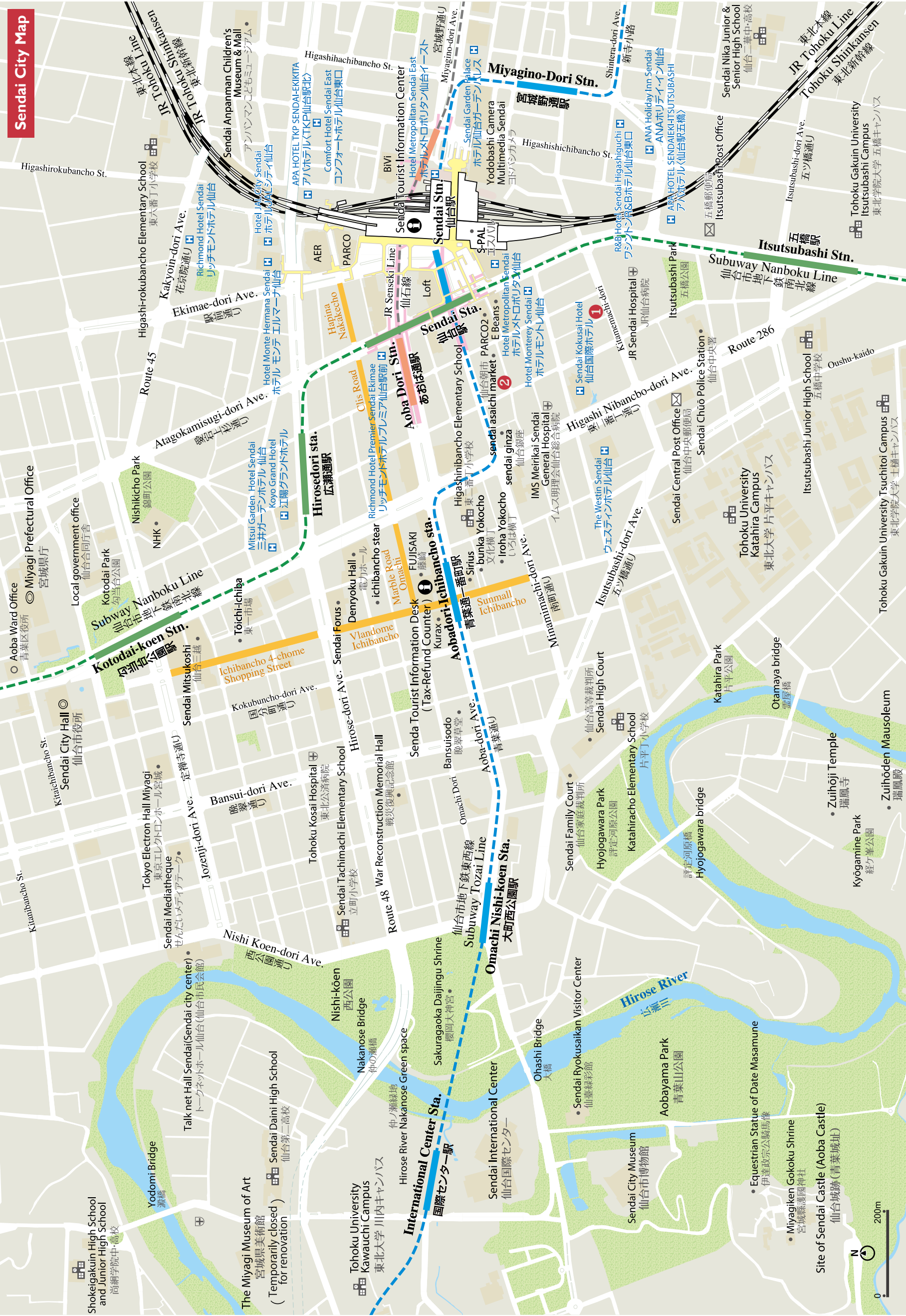




Sendai Motions

2026
Vol. 10



Edited by **S-style** & **Kappo**



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Miyagi: Beyond the Ordinary

宮城でできるアクティブ体験



Horse trekking along Zao's trails and through its forest with an instructor. The time spent moving in rhythm with your horse is part of the fun.

ZAO Kurumi Horse Picnic

Enjoy the forests of Zao from horseback
[ZAO Kurumi no Mori Horse Park (Zao Town)]

This experience overturns the idea that "horseback riding looks difficult." After learning the basics—how to stop and turn the horse—you don't spend ages practicing before heading out; instead, you set off straight into the natural beauty of Zao. The gentle riding horses let you relax and enjoy the ride, and through the reins you gradually start to feel a connection with your horse. Seen from the saddle, the sun-dappled forest and green meadows look different than usual. Before you know it, you'll grow so fond of your horse that you'll wish you could keep riding a little longer—a special time that brings a natural smile to your face.

Information

Experience Period: Year-round Duration: 30 minutes (60 minutes including instruction, etc.)
Group Size: From 1 person (depends on the number of reservations and horses available) Age Limit: None (children may be led on a lead-line ride) Price: From ¥9,000 (includes admission, riding fee, consumption tax, insurance, and rental fee)
Reservation: Reservation required by phone by the day before
Notes: Long pants and shoes with a heel (e.g., boots) recommended
Address: 2-132 Dobuyama, Enda, Zao-machi, Katta-gun, Miyagi Prefecture
Phone: 090-4928-4459 Hours: 9:00-16:00 Closed: Irregular closing days
Parking: 30 spaces Cashless Payment: Available Access: 20 min. by car from Murata IC on the Tohoku Expressway, 25 min. by car from Shirosishi IC on the Tohoku Expressway



Matsushima Paragliding Experience

Take in Matsushima Bay from an altitude of 200 m
[Matsushima Paragliding Experience (Shichigahama Town)]
Launching from Shobutahama Beach, the "Matsushima Paragliding Experience" offers a bird's-eye view of Matsushima Bay, one of Japan's three most scenic spots. It's the only motorized paragliding experience in the Tohoku region that flies over the sea, letting you savor the breathtaking scenery for over 10 minutes. Since an experienced pilot flies the two-seater, no piloting skill is required. After a safety briefing, put on your gear and take off! As you climb from sea level to a height of 200 m, nothing blocks the view as the deep blue sea and islands spread out below you. Taking photos with your smartphone or camera from the sky is another highlight. Enjoy a special time with Matsushima's spectacular scenery all to yourself.

Information

Experience Period: Late March to late November Duration: 10 minutes (plus a separate 15-minute briefing) Group Size: From 1 person Age Limit: Age 5 and up Price: ¥14,000 (plus ¥500 insurance fee)
Reservation: Reservation required online by the day before; same-day booking possible if space allows Notes: Clothing suitable for exercise (free rental of athletic shoes available); those weighing 80 kg or more cannot participate Inquiries: Kaze no Oka Address: Nagasuna, Shobutahama, Shichigahama-machi, Miyagi-gun, Miyagi Prefecture Phone: 090-8255-9187 Hours: 10:00-17:00 (may be canceled due to bad weather) Closed: No closing days Parking: Shared parking for 1,000 vehicles Cashless Payment: Available Access: 1 min. walk from Miyagi Kotsu "Shobuta" bus stop; 15 min. by car from JR Senseki Line Tagajo Station



A moving experience of soaring through the sky with a bird's-eye view. The townscape of Shichigahama and the islands of Matsushima Bay spread out below—thrilling!



Zuiganji Temple

National Treasure The official name of Zuiganji Temple is "Shoto Seiryuzan"

Zuiganempukuzenji (松島青龍山瑞巖円福禪寺). This is a Zen temple of the Myoshinji school of the Rinzaï 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			
Categories		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

〒 981-0213 91 Matsushima Aza chonai Matsushima-machi, Miyagi Pref. Tel: 022-354-2023



At the center of the exhibition room is a projection mapping display showing the flow of rocket engine propellant. The vibrations of a rocket launch are reproduced using a subwoofer—place your hand on it to feel them.

JAXA Kakuda Space Center

Learn about the present state of space development through exhibits and simulations
[Tour of the Space Development Exhibition Room at JAXA Kakuda Space Center (Kakuda City)]

JAXA Kakuda Space Center plays a central role in the research and development of Japan's rocket engines. Its free-admission Space Development Exhibition Room was renovated and reopened in July! New additions include projection mapping that shows the flow of fuel on a model LE-7A engine and an experience that lets you physically feel air vibrations similar to those at an actual rocket launch. Along with displays of full-scale rocket parts and recovered components, the hall is packed with quizzes and simulation games for fun, hands-on learning. Get up close to the powerful rocket engines and experience the present state of space development firsthand.

Information
Experience Period: Year-round Duration: 30–60 minutes Group Size: None Age Limit: None Price: Free admission Reservation: Not required (groups of 15 or more should reserve by phone) Note: Open on weekdays only from November to March Address: 1 Koganesawa, Kimigaya, Kakuda, Miyagi Prefecture Phone: 050-3362-7500 Hours: 10:00–17:00 Closed: Saturdays, Sundays, and national holidays (Nov–Mar); year-end and New Year holidays Parking: 25 spaces Cashless Payment: Not available Access: 30 min. by car from Murata IC on the Tohoku Expressway



Speed along a circuit lit by floodlights! The more you drive, the more you discover the thrill of attacking the corners, and the more you feel like a real racer.

Night Karting at Sportsland SUGO

Race through the night on a kart!

[Night Karting at Sportsland SUGO (Murata Town)]

Rental karting is popular during the day too, but at night it takes on a special atmosphere, as if you were slicing through the darkness. No driver's license is needed, and staff carefully explain how to operate the kart and navigate the course, so beginners can feel at ease. Although the top speed is only about 60 km/h, you sit so close to the road surface that it is said to feel like 100 km/h. Roaring around the corners of a hushed nighttime circuit with your engine echoing across the track delivers an exhilaration you can't experience in everyday life. Floor the accelerator and blow away your stress.

Information
Experience Period: Designated days from April to November (check the website for specific dates) Duration: 10 minutes (Standard Plan); beginners receive a 30-minute briefing before riding Group Size: 1–7 people Age Limit: None/None (minimum height 145 cm) Price: ¥4,400 (rental helmet users must also purchase a face mask to wear underneath: ¥500) Reservation: Reservations required by phone; same-day bookings accepted. The Race Pack (groups of 5 or more; night sessions only; ¥5,400 per person) must be reserved at least 3 days in advance Notes: Unavailable during races or private bookings; please confirm by phone. Canceled in case of rain Address: 6-1 Sugo, Murata-machi, Shibata-gun, Miyagi Prefecture Phone: 0224-83-3111 Hours: 9:00–17:00 (until 22:00 on night karting days) Closed: Closed irregularly Parking: 5,000 spaces Cashless Payment: Not available Access: 5 min. by car from Sugo Smart IC on the Tohoku Expressway



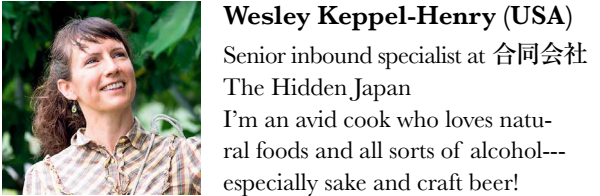
Sendai Dining Recommendations for Visiting Friends_ file:003



①Organic Macrobiotic Café Ohisamaya / オーガニックマクロビcafé おひさまや

This was my go-to lunch spot back when I had an office job in central Sendai. The food is delicious, but also healthy enough to eat every day. The cooking is fresh and homestyle, a kind of dining experience visitors to Japan often want to try but which can be hard to find at restaurants. It's also macrobiotic, so even vegans can easily eat here (Their fu-based katsu is incredible!). Just because the food happens to be vegan doesn't mean it's suitable only for vegans—I've taken meat-loving friends here, and they liked it so much that they keep going back even when I'm not with them. English menu available.

Shop Information
4-8-17 Chuo, Aoba-ku, Sendai Tel: 022-224-8540 Restaurant & Café Lunch: 11:30 a.m.–2:30 p.m. Café: 2:30 p.m.–5:00 p.m. (Last order: 4:30 p.m.) Closed Sundays



Wesley Keppel-Henry (USA)
Senior inbound specialist at 合同会社 The Hidden Japan
I'm an avid cook who loves natural foods and all sorts of alcohol—especially sake and craft beer!



②Louver / ルーバー

A modern café that gets everything right: the beverages, the food, the ambiance—it's got it all! The drink menu highlights brews from third-wave roaster Weather Coffee, listing enough detail to satisfy coffee geeks (roast type, bean origin, etc.), but is simple enough to not be overwhelming to the uninitiated. The food menu features flawlessly executed fresh Western-style fare—their savory buckwheat crepes are my favorite. And the slick design invites a hip, cultured clientele to linger in the café's warmly minimalist interior.

Shop Information
Daini Kanema Building 1F, 3-8-8 Chuo, Aoba-ku, Sendai Café: 8:00 a.m.–6:00 p.m. (No reservations) Dinner: 6:00 p.m.–midnight (Reservations accepted by phone) Open daily



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伝承千年の宿
佐勘 Sakan

Address: Yakushi 28, Yumoto, Akiu-machi, Taihaku-ku, Sendai, Miyagi
Phone: 022-398-2233

Michinoku Park Autumn Festa 2026

September 19–October 25

*Free admission days: October 11 (Sun) and October 18 (Sun)

7,000 kochia (green: late September–mid October / red: mid October–)

Experience the Beauty of Japan's Autumn at Michinoku Park!

From September 19 to October 25, join us for the Autumn Festa at Michinoku Park in Miyagi, where you can enjoy breathtaking landscapes filled with bright yellow cosmos (Kibana Cosmos) and the fiery red of Kochia (burning bush). This spacious park is known for its stunning seasonal flowers, traditional Japanese village, and peaceful natural surroundings—perfect for families, nature lovers, and photographers!

みちのく公園 MICHINOKU PARK

Michinoku Park | 53-9 Nihonmatsu, Ono, Kawasaki-machi, Shibata District, Miyagi Prefecture Tel: 0224-84-5991 Web: <https://michinoku-park.info>

Entrance Fee	Operating Hours
Adults (15 years and over)	450 yen
Children (Junior high school students and younger)	Free
Silver (65 years and over)	210 yen
	Closed Days
- Every Tuesday (or the following weekday if Tuesday is a public holiday), and the second and third Wednesdays of December	
- Year-end/New Year closure: December 29 – January 3	
- Open Daily Periods: April–May, third Monday of July (Marine Day) – August 31, and October	

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For tour prices and detailed itinerary information, please scan the QR code and visit our dedicated website.

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Click here to apply

Enjoy the breathtaking scenery of Naruko Gorge in autumn and Izunuma, home to migratory birds, and visit a historic samurai academy and traditional Japanese garden.

Click here to apply

Explore Ancient Taga Castle, Shiogama Shrine, and the Scenic Beauty of Matsushima!

Click here to apply

Visit Akiu Otaki Falls, Jogi Nyorai Saihōji Temple, and a Historic Whisky Distillery!

Click here to apply

Visit Historic Aizu Tsuruga Castle and View the Scenic Tadami Line Railway

Click here to apply