



買遊住暮 遠野暮らしBOOK

Living Guide in Tono -For your comfortable life-



**Supermarkets and restaurants are concentrated around Tono station and along the main bypass street in Tono city.**

**The city is enriched by nature, Tono's three main mountains, forests, fields and rice fields.**

**What about the typical Tono lifestyle ? This small guidebook introduces life in Tono in several aspects; shopping, amusement /play, residence, education, medical treatment, life with pets, etc. We hope you may find useful and practical tips/hints for a comfortable life in Tono from this guidebook.**

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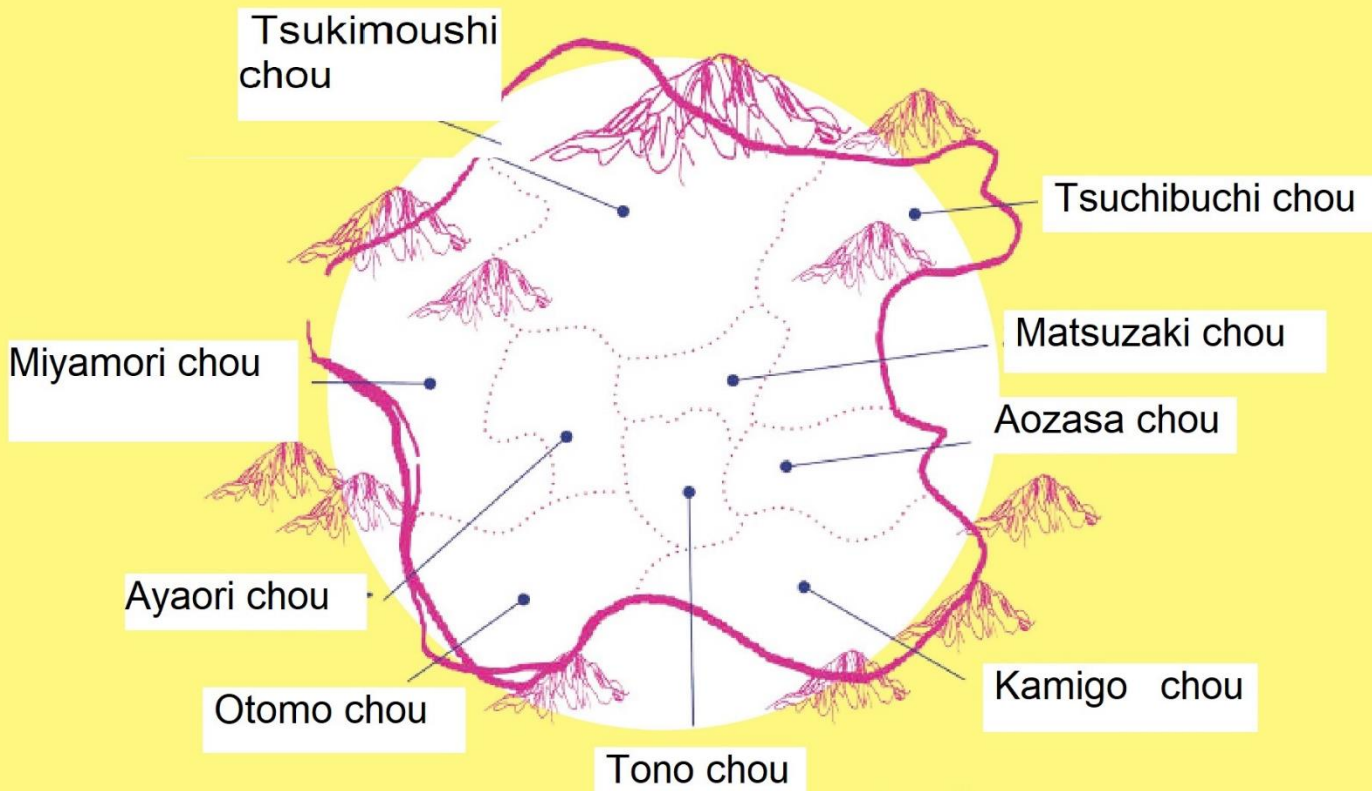
# Tono in numbers

The following are characteristics of Tono in numbers.  
Let us imagine life in Tono based on several real number (as of 2022).

## Administrative division of Tono's 9 districts

# 9 区分

Tono city is divided into 9 districts. Each district has its own characteristics.  
In case you really consider to live in Tono, please do visit the area of your interests by yourself.



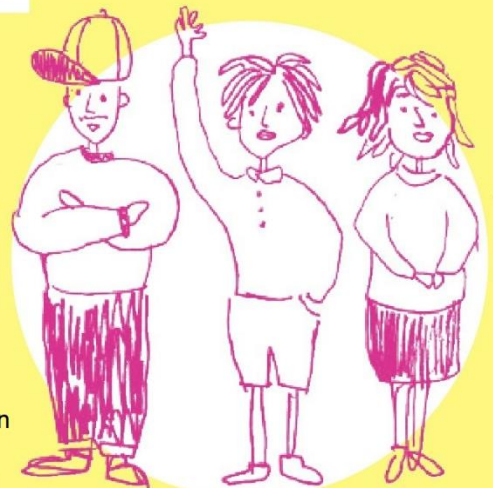
Population

**25,174** 人

Population density

**30.7** 人 /km<sup>2</sup>

Tono city is located in the south east of Iwate prefecture, population 25,174.  
Its area is 825 Km<sup>2</sup>, wider than the total area of Tokyo's 23 wards.



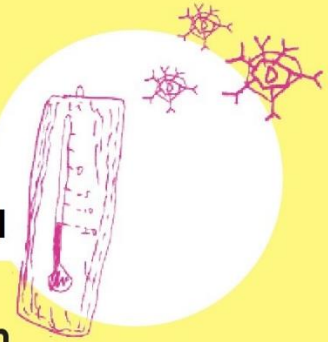


Lowest temperature

約 **-20** °C

Average amount of snowfall

**20~30** cm



As Tono city is located in a mountain basin, the temperature difference is significant in the summer between day and night. In the summer season, you often feel cool in the evening.

The average amount of snowfall is 20-30 cm in winter. Removing snow from roofs is not necessary. However, measures against the cold are more important than snow removal, as the lowest temperature in the winter is below - 10.

Cultivation area of hop  
- No1. in Japan

全国 **1** 位



66 groups are active  
for local  
performing arts

**66** 団体



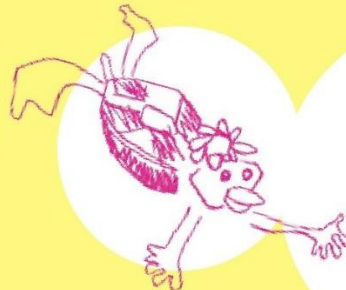
Cultivation area of hop is the widest in Japan. In recent years new efforts to recreate Tono city are going on with a slogan of 'from the home ground of hop to the homeland of beer'; such as the hop harvest festival and beer tourism.



66 groups are active in Tono for local performing arts, such as Kagura, Lion dance, Nambu bayashi, etc. You can see and enjoy these traditional performances at the Tono festival, which is held in the city center every September. Also, these are performed at the annual festival of shrines and local performance recitals. These traditional dances have been inherited for many generations in Tono.

1910, the year of publication  
of the legend of Tono (*Tono Monogatari*)

**1910** 年



The legend of Tono (*Tono Monogatari*) was written and published in 1910 by a famous Folklorist, Kunio Yanagita.

This is well known for many anecdotes and traditions in Tono, including Kappa (mischievous water spirits), apparition of Zashikiwarashi (child spirits) and other *local Gods*. This legend is deeply influencing the local culture of Tono. You can see bronze statues and decorations in many spots in the city. Please enjoy trying to find them in the city center.



## 買い物編

### Shopping environment

スーパー・産直  
精肉・酒屋



## Shopping environment

### 01 Vegetables available at Fresh from farms (direct sales shops)

There are 4 fresh from the farm shops in Tono city. They have their own product lineups. They sell fresh vegetables in each season, and not only food, you can also buy flowers and crafts there.



### 02 Fresh fish

Tono is located inland in Iwate prefecture. However since Tono is a neighbor to Kamaishi city and other cities along the coastal area, many kinds of fresh fish are easily available at supermarkets in the city. Window shopping is also fun.



### 03 Many shops are along the main bypass street

It is very common to move around the Tono area by private cars. Many do their daily shopping at shops with a large car park along the bypass road. You can buy necessary goods at pharmacies and home centers along this main street.





## Supermarkets, fresh from farms, butchers, and liquor shops



### Buying vegetables at fresh from farms

I usually buy vegetables at a fresh from farms shop. I feel funny to see rare vegetables that are not available at supermarkets in the city center, and also it is interesting to find a cheaper price. That is funny. I hope you enjoy unique natural products from Ayaori, Otomo and Kamigo and other areas.



Daiki Odagiri

(a member of the regional revitalization cooperation team)

I select liquor shops properly, dependent on the kind of alcohol I want to buy. My recommendation is Asakura liquor shop, where many kinds of craft beers are available. When my friends come to my house, I often bring growlers and buy beers at *Tono Jozo*.



●Tono Jozo  
You can buy your favorite beer and take it out in your personal Growler.



### Shopping at a small shop on weekdays and Marche on Holidays

I often get meat and fish at supermarkets along the bypass street. However I buy vegetables at a fresh from farms shop. I get Natto and Tofu at *Sako Shouten* which is close to my residence. The shop is small, but all the normal food and daily necessary goods are available. That is very helpful to my life.

●Sako shouten  
Located in the shopping street of Otomo chou. Food and daily necessary goods are available.



Opening events are periodically held at the roadside station of *Tono Kazenooka* (a wind blowing hill) and *Marche*(open market) in front of the Tono railway station. I sometimes enjoy buying vegetables at these spots. I can get different vegetables there and I am a fan of this style of shopping.

●Roadside station of Tono Kazenooka  
Several challenging shops are open and kitchen cars or food trucks are periodically available.



Risa KIKUCHI  
(company staff)

## Genghis Khan and Beers



### Genghis Khan Style meat grilled at home

In Tono city, you can find many butcher shops selling fresh lamb meat. Besides enjoying grilled meat at restaurants, the typical Tono style is to enjoy meat grilled outside in a style called Genghis Khan, using a tin plate bucket.



### Many kinds of craft beers

Tono city is proud of being the No1 cultivation area of hop production in Japan. Also the local pub of *Tono Jozo* and the local beers such as *Zumon beer* are well known. Thank to this, in liquor shops in the city, craft beers are commonly sold and a variety of beers are available.



## Groceries (supermarkets, Fresh from the farms, Liquor shops and butchers)

### supermarkets

- |    |                           |  |
|----|---------------------------|--|
| 01 | ACTI MARKET PLACE Tono    | 32-1 Shiraiwa Aza Chimori, Matsuzaki chou<br>☎ 0198-62-9465 9:00 ~ 21:00 Open all year       |
| 02 | BIGHOUSE Tono             | 19-73 Shiraiwa Matsuzaki chou<br>☎ 0198-63-2266 9:00 ~ 21:00 Business Holiday: January 1     |
| 03 | KIKUKO Store Topia        | 1-11 Shinkoku chou ☎ 0198-63-1808<br>9:00 ~ 20:00 Business Holiday :Same as Topia's off days |
| 04 | KIKIUKO Store BYPASS      | 19-45-1 Shiraiwa Matsuzaki chou<br>☎ 0198-62-5119 9:00 ~ 22:00 Open all year around          |
| 05 | KIKUKO Store MYOJIN       | 9-24-1 Shiraiwa Matsuzaki chou<br>☎ 0198-62-1733 9:00 ~ 22:00 Open all year around           |
| 06 | MARCHE SEISEN KAN         | 30-37-5 Shimomiyamori Miyamori chou<br>☎ 0198-67-2239 9:00 ~ 19:00 Open all year around      |
| 07 | SUNDAY HOME MART Miyamori | 30-37-5 Shimomiyamori Miyamori chou<br>☎ 0198-69-1301 9:00 ~ 19:00 Open all year             |
| 08 | SANMARUYA                 | 41-1 Tono chou ☎ 0198-62-4919 8:00 ~ 21:00<br>Business Holiday :Once per month (Irregular)   |



## Fresh from the farms

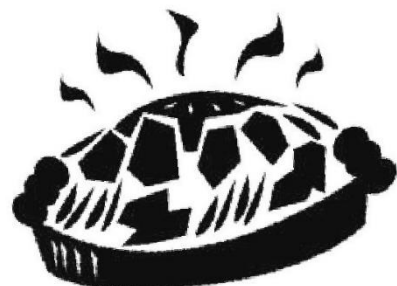
- |   |   |
|---|---|
| <p>01 Tono Agriculture product direct sales association</p> | <p>8-2-1 Niisato Ayaori chou ☎ 0198-62-0888<br/>         April October :8:30~18:00 January March:9:00-17:00<br/>         Business holiday: January 1</p>            |
| <p>02 Yume Sanchoku Kamigou</p>                             | <p>36-10-5 Hirakura Kamigou chou ☎0198-65-2100<br/>         April October:8:30~18:00 November March:9:00~17:00<br/>         Business holiday: New year holidays</p> |
| <p>03 Sanchoku Tomochan</p>                                 | <p>15-7 Otomo chou<br/>         ☎ 0198-68-2233 April September:8:30~18:00<br/>         October March:8:30~17:00 Business holiday: New year</p>                      |
| <p>04 Meganebashi direct sales</p>                          | <p>30-37-1 shimomiyamori Miyamori chou<br/>         ☎0198-67-2929 April September 9:00~17:30<br/>         October-March 9:00~17:00 Business holiday: January 1</p>  |

## Liquor shops

- |                                |  |
|--------------------------------|--|
| <p>01 Asakura liquor shop</p>  | <p>1-19 Koku chou<br/>         ☎ 0198-62-3008 8:00 ~ 21:00 Business holiday: January 1</p>                                   |
| <p>02 Sasaki liquor shop</p>   | <p>4-2 Daiku chou<br/>         ☎ 0198-62-2106 9:45 ~ 18:30 Business holiday: None</p>  |
| <p>03 Sotokawa liquor shop</p> | <p>5-32 Muika machi ☎ 0198-62-2338<br/>         9:00 ~ 20:00 Business holiday: 1<sup>st</sup> and 3<sup>rd</sup>, Sunday</p> |
| <p>04 Matsuda liquor shop</p>  | <p>1-20 Chuo dori ☎ 0198-62-2333 9:00~19:30<br/>         Business holiday: 2<sup>nd</sup> Tuesday and New Year Holidays</p>  |
| <p>05 Sasaki liquor shop</p>   | <p>26-4-1 Shimomiyamori Miyamori Chou<br/>         ☎ 0198-67-3013 9:00 ~ 19:30 Business holiday: Sunday</p>                  |
| <p>06 Sato liquor shop</p>     | <p>8-1 Hosogoe Kamigo chou ☎ 0198-65-3020<br/>         7:00 ~ 18:00 Business holiday: January 1</p>                          |
| <p>07 Toriyabe shouten</p>     | <p>5-92-4 Touzenji Tsukimoushi Chou<br/>         ☎ 0198-64-2022 7:00 ~ 21:00 Business holiday: None</p>                      |

## Butchers

- |                             |   |
|-----------------------------|---|
| <p>01 Sasamura Butcher</p>  | <p>3-15 Koku chou ☎ 0198-62-2226 10:00 ~ 18:00<br/>         Business holiday: Sunday and National holiday</p> |
| <p>02 Tono meat center</p>  | <p>20-13-1 Shiraiwa Matsuzaki chou ☎ 0198-62-2242<br/>         10:00 ~ 20:30 Business holiday: Monday</p>     |
| <p>03 Ambe Genghis Khan</p> | <p>4-12 2 Chome Hayase chou ☎ 0198-62-4077<br/>         9:00 ~ 19:00 Business holiday: Thursday</p>           |





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## Amusement /Play

Sports

Outdoor

Activities (mountain climbing and fishing)

Relaxation and outings



## Amusement in Tono

### 01 Outdoor activities in beautiful natural environment

The Tono area is enriched with many mountains and rivers. You can enjoy outdoor activities such as mountain climbing and fishing. We have no camping facilities in Tono city, but many enjoy camping in the designated sites located in the outskirts of Tono city.



### 02 Many shops are rich in individuality

Restaurants, cafes and general stores are spotted around Tono station and along the bypass street. At night, the locals gather at pubs for beer and snacks along OYAFUKO Dori.



### 03 You can go to neighbouring areas by car in around 1 hour

You can visit various areas such as Morioka city and Kamaishi city by using the Kamaishi Highway and Tohoku express way in about 1 hour.



## Sports



### Football, futsal and basketball games

I usually enjoy football, futsal or basketball games after my daily work, as a member of a local team. Especially football and futsal are popular here. A number of teams in the city periodically compete at competitions.

Mr.KIKUCHI started playing basketball two years ago. He thinks a new sport you never experienced in your school days is very easy to start in Tono.



Yoji KIKUCHI  
(company staff)

### Golf

Besides that, I sometimes enjoy playing golf in Morioka city and Oshu city. Many enjoy golf in the Tono area and we often go together by car.

Many started playing golf by Mr. KIKUCHI's invitation.



In addition to the above, a number of sports clubs are active in Tono.

- volleyball
- billiards
- table tennis
- swimming
- ground golf
- baseball





# Mountain climbing and camping

Tono Sanzan



**Haruka TADA**  
(local coordinator)

## Tono Sanzan

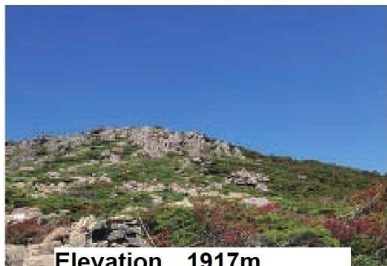
( the 3 main mountains in the Tono area)

The first tale in the Tono legend is of the *female Gods* in Tono Sanzan. Each has its own characteristics. My favorite is mount Hayachine, one of the 100 most famous mountains in Japan. The atmosphere there is like different world. I love many alpine plants in the mountain. I urge you to try climbing the mountain.



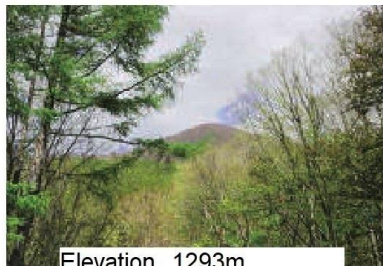
Tono's main mountains

### The Mount Hayachine



Elevation 1917m  
Required time(standard)  
5hours and 30minutes

### The Mount Rokkoushi



Elevation 1293m  
Required time (standard)  
3hours

### The Mount Ishigami



Elevation 1038m  
Required time (standard)  
3hours and 30 minutes

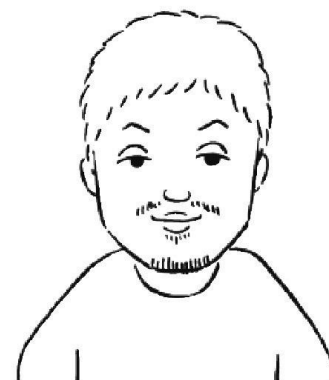


I began enjoying camping around 2 years ago. I usually go camping with my family. In Tono city, I use camping facilities on the outskirts of Tono city within 1 hour drive by car because there are no camping facilities in the city.



I have been enthusiastic to go camping since buying many camping goods. I recently got this gas burner. Not all the camping goods are convenient, including this device. However, I enjoy time spent maintaining my camping goods.

Mr.SASAKI's favorite gas burner, that is useful for cooking and heating.



**Yuta SASAKI**  
(company staff)

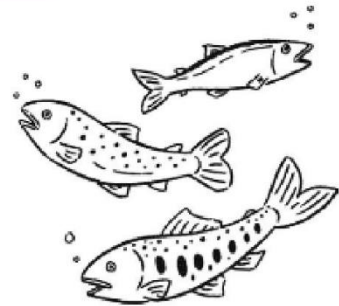


# Fishing



## Mountain stream fishing

The locals enjoy mountain stream fishing in Tono's mountain areas such as along the first class river of Sarugaishi and its branch rivers of the river Hayase, Otomo, and Kotorise. Especially in the upper stream, the water is very pure and the people love fishing for Yamame and Char there. Kamisarugaishi fishery cooperative association annually conducts fly release of Char, Yamame and sweet fish, making use of the recreational fishing income.



Fishing in Tono area thus contributes to the conservation of the local environment. We wish for many people to enjoy mountain fishing at Tono.

**Kamisarugaishi fishery cooperative association**  
(TEL: 0198-62-9800)



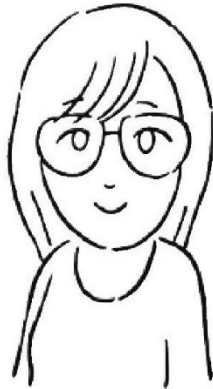
## Sports activities facilities

- 01 Tosupo Civic Gymnasium** 1-10 Shinmachi ☎ 0198-62-4414  
Monday-Saturday 9:00 ~ 21:00 Sunday 9:00 ~ 17:00  
Business holiday: last Tuesday (every month) and New Year Holiday
- 02 Tono citizen swimming pool** 1-10 shinmachi In Civic Gymnasium ☎ 0198-62-4414  
Tuesday, Thursday and Saturday 13:00 ~ 15:00, 18:30 ~ 20:30  
Sunday 10:00 ~ 12:00, 13:00 ~ 15:00  
Business holiday: last Tuesday (every month) and New Year Holiday
- 03 Inarishita indoor playground** 16-11 Higashi Koku Chou ☎ 0198-62-4414  
[Reception] Monday-Saturday 9:00 ~ 21:00 Sunday 9:00 ~ 17:00  
Business holiday: Last Tuesday (every month) and New Year Holiday
- 04 Miyamori Gymnasium** 29-74-2 Shimo Miyamori Miyamori chou ☎ 0198-67-3133 [Reception]  
Monday-Saturday 9:00 ~ 21:00 Sunday 9:00 ~ 17:00  
Business holiday: Monday
- 05 Tono Sports Park** 11 Nukamae Aozasa chou ☎ 0198-62-4414 [Reception]  
Monday-Saturday 9:00 ~ 21:00 Sunday 9:00 ~ 17:00  
Business holiday: every last Tuesday
- 06 Kokutai Memorial Park citizen soccer field** 80 Shiraiwa aza Chimori, Matsuzaki chou ☎ 0198-62-4414 [Reception]  
Monday-Saturday 9:00 ~ 21:00 Sunday 9:00 ~ 17:00  
Business holiday: every last Tuesday
- 07 Hayase river green space** 19 Tono chou ☎ 0198-62-4414 [Reception]  
Monday-Saturday 9:00 ~ 21:00 Sunday 9:00 ~ 17:00  
Business holiday: every last Tuesday
- 08 Akabane Ski resort** 41-47 Hirakura Kamigo chou ☎ 0198-65-3343  
Monday-Friday 9:00 ~ 20:45 Saturday and Sunday 9:00 ~ 16:30  
<https://tono-sks.com/akabane-ski/index.html>
- 09 Ginga no Mori comprehensive sports park** 25 Shimomiyamori Miyamori chou ☎ 0198-67-3133 [Reception]  
Monday-Saturday 9:00 ~ 21:00 Sunday 9:00 ~ 17:00
- 10 Square Kuranomichi (Kuranomichi Hiroba)** 4-6 Chuo Dori This facility is free for everyone.  
For only group use, please have reservation from the following.  
☎ 0198-62-4411



## Relaxation and Yoga

### Relaxing by Yoga



Miki SUGATA  
(childminder)

Periodically I attend Yoga lesson once a week. Around six month have passed since I began Yoga. I have a very meaningful time at Yoga lessons because I feel so relaxed by exercising.



My instructor, John He of J-Park instructs me not only in Yoga, but also food and posture for maininaining health. Thanks to Yoga, my approach to daily life is gradually changing.

At training studio of J-PARK, you can enjoy trial lesson and events. Ms. SUGATA started going there after being inspired by an outdoor event.



## Relaxation and Yoga Studio

- |  |  |
|--|--|
| <p><b>01</b> Personal training studio J-Park</p> | <p>10-13 Chuo dori Korean kitchen KAJANA 2F<br/>☎ 080-3327-7597<br/>See our URL <a href="https://www.studio-j-park.com">https://www.studio-j-park.com</a></p>      |
| <p><b>02</b> Purity yoga</p>                     | <p>13-1 Koku chou ☎ 080-3144-7272<br/>Tuesday and Friday 10:00 ~ 21:00 Wednesday and Thursday 14:00 ~ 21:00<br/>Saturday 10:00 ~ 17:00 Business holiday Monday</p> |
| <p><b>03</b> Mariko Yoga</p>                     | <p>See our page on LINE<br/><a href="https://lin.ee/X1UbqUJ">https://lin.ee/X1UbqUJ</a> Business holiday: Wednesday</p>  |
| <p><b>04</b> Tono relaxation manipulative</p>    | <p>41-82 Tono chou ☎ 090-5841-0011 10:00~18:00(Reception)<br/>Business holiday: Sunday, New Year Holiday, Obon period (Middle of August)</p>                       |
| <p><b>05</b> Relaxation space Feriche</p>        | <p>11-10 Chuo Dori ☎ 080-5570-2877<br/>10:00 ~ 18:00(Reception) Business holiday: Irregular</p>  |



## Cafe and restaurant

遊

お出かけスポット

### Going to cafe to see a master



**You Sato**  
(Tono Jozo)

I like going to cafes. I usually go to Brew Note Tono and NOTO GENERAL STORE and others.  
Of course I go there for coffee, but mostly I go there just to have a good time by meeting the master of the café. This sense is very unique in Tono.



Also I sometimes go to Morioka and Oshu city for lunch and tea. Each time my friends recommend some restaurant and if I feel it's nice, I go there.

●NOTO GENERAL STORE  
Renovated Gas station. International cuisine, cafe, bar and shop. Ms.SATO often goes there either during the day or night.



## Izakaya and Snack bar



Friday night and weekend nights or the day before my day off work, I go to the city center for communication with the locals. I often go there with my boss, but I also like going there alone. I enjoy spending time chatting with the staff or people sitting next to me by chance at Izakayas (local pubs).



I prefer going to DEN Kakurega. I feel so relaxed there thanks to the individuality of the master. I can choose my favorites from many choices on the menu. My favorite is Padoron, which is nice with beers. Besides that, diced steak and fried Negi chahan (fried rice) are my choice.

Padron is originally from Spain. In Tono it is widely cultivated.



**Kousuke SASAKI**  
(company staff)



## Going out of the city and staying at home



Mr.KIKUCHI often goes to a shopping store called GINGA Mall HANAMAKI.

### Shopping at stores in neighboring town

I am living in Ayaori district. I regularly go out for shopping and amusement to Morioka city, Hanamaki city, Kitakami city or Ohshu city, which are all located within about a 1 hour drive from Tono.



**Yusuke KIKUCHI**  
(company staff)



At these suburban shopping centers, I usually buy kids clothes and sporting goods. On holidays I often spend free time at home, playing with balls, swimming in pools, etc. My kids are fond of playing games. In 2022, optical fiber cable network completely covered the entire area of Tono city. Thanks to that, I can enjoy a comfortable internet environment.

## Car life in Tono

### Each individual needs a personal car?



Most of the locals are using private cars for commuting and shopping in Tono. Some tend to spend time in the city, while others prefer or often need to go out of Tono. Please select a suitable car that fits your life style in Tono.

### Consultation with the professionals

It is recommended to ask advice from professional automobile dealers, repair and maintenance facilities or gas stations for tire changes for winter season, or any other car related problems or concerns.







住まい編

Residence



New construction and Rent  
Renovation  
Systems relating to residence



## Housing environment in Tono

### 01 Making use of supporting systems

If you would like to build a new house or purchase an empty house in Tono city, it is possible to make use of the supporting system of subsidies managed by Iwate Prefecture or Tono city.



### 02 Empty House Bank

“De Kurasu Tono” a consultation window for those who are considering immigration to Tono city, is operating an empty house bank. They have much information on property for sale and rent. You can use the service if you are seeking new life in Tono.



### 03 Different life styles in Tono

The local lifestyle differs according to the district in Tono. Each area has its own originality. Some of you may wish to live in a rich natural environment. While, others may prefer new life close to the city center.

Please pay attention to the diversity of life styles in Tono before you decide.



## Measures against the cold is essential in Tono life



### Heaters

It is very cold in winter season in Tono. In every residence, a wide range of different types of heaters are used. Fan heaters, wood stoves, air conditioners, etc. It is important to select a suitable heating system for each residence.



### Devices for windows

Anti-cold condensation sheets, insulation sheets and gap-tapes are commonly used devices for windows at residences in Tono.

Measures against the cold is more important for the old buildings than new or renovated ones. You can receive practical advice from the locals so that you can weather the cold season in a more comfortable way.

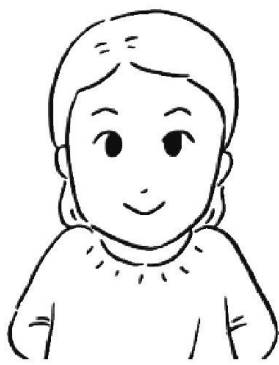




## Rental properties

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**Misato Ueyama**  
(cooker)



### Life with my favorite tools

I am living in a rental house property with 2 stories. This was once used for a shop and I renovated it. On the first floor, a living room, a dining room, a kitchen and a bathroom are located. A bedroom is on the second floor.

I spend most of my time on the first floor, cooking in the kitchen, reading books in the living room, playing with my children, etc.

A white based color is mostly used for flooring, walls and ceilings.

I coordinated the color of furniture and home appliances with the surrounding environment.

Also I use old cupboards and bookshelves.

I love all the items in this house.

### Family table and

### kitchen for professional work

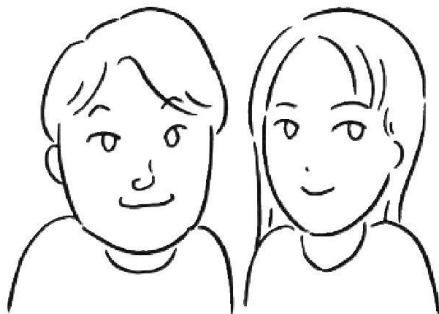
My most favorite area is the kitchen. My job is related to cooking.

Besides cooking for daily food, I spend much of my time on trial cooking and recipe development for my professional work.

I came up with using an old cupboard for a workbench, a space for keeping many ingredients and for attaching recipes.



## New house



**Manabu and Asami Ogasawara**

### A house where a family can live in peace

Once we lived together in my parents' house, but we wanted to be independent from them. Then we decided to build a new house in May 2022. We paid special attention to the design of a living room and a free space on the second floor. We have 3 children. We designed the house so that we can overlook the entire space of the free space and the living room from the kitchen. The free space is designed as one space without partition. The space can be used for our kids' playroom and also I place my favorite books there.



### Making use of Iwate's local wood

This house was constructed by Marujun Koumuten (engineering firm) in Tono city. Most of the wood is locally procured in Iwate and I used the supporting system called the Housing popularization promotion project to make use of Iwate's local wood. I like this house so much because I feel the warmth of wood.



## Reformed house

遊

改築・リフォーム



**Tetsuro and Haruka KIKUCHI**

### Refurbishment of an old house aged 80 years

We came to this house in 2015. Before that, we lived in an apartment house in Morioka city. This house was built around 80 years ago. My wife's parents lived in this house. Now we live here with 8 family members. This is very historical, so we decided to conserve it without dismantling. However, we felt it would be hard to use it as it was, so we refurbished some parts. We repaired the kitchen, bathroom, toilet and washroom, and we installed a wood-burning stove near the kitchen.

### DIY (Do it yourself) with Family

### and Friends support

For this refurbishment, we asked for support mainly from our uncle, a carpenter. Also my friends and family members helped us. As to the washbasin, we didn't buy ready-made goods, but we replaced it by our own work. We love this space so much.





## Real estate offices

- |    |  |   |
|----|--|---|
| 01 | <b>Ide Real estate</b>   | 4-3 Daiku chou<br>☎ 0198-62-2354 9:00 ~ 17:00 Business holidays: Sunday   |
| 02 | <b>Izumu Real estate</b>   | 16-31-8 Shiraiwa Matsusaki chou<br>☎ 0198-62-8202 9:00 ~ 17:00 Business holidays: Irregular   |
| 03 | <b>Kikusho Real estate</b>   | 8-2 Chuou Dori ☎ 0198-62-4035<br>10:00 ~ 17:30 Business holidays: Saturday and Sunday   |
| 04 | <b>Mimatsu Kikaku</b>  | 5-41-2 Aozasa, Aozasa Chou ☎ 0198-62-9466<br>9:00 ~ 17:00 Business Holidays: Sunday   |
| 05 | <b>Eiwa Real estate</b>  | 15-9-4 Shiraiwa Matsuzaki chou ☎ 0198-62-7283<br>9:00 ~ 17:00 Business Holidays:<br>Sunday, National holidays, 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday |
| 06 | <b>Ojima Real estate</b>   | 2-31 4chome Hayase Chou<br>☎ 0198-60-2101 9:00 ~ 18:00 Business Holidays: none  |
| 07 | <b>Sato Real estate</b>  | 11-20 Chuou dori ☎ 0198-66-3075 9:00 ~ 17:00<br>Business Holidays: Sunday and National Holidays   |
| 08 | <b>Tateishi Engineering firm<br/>(buying and selling only)</b>                 | 7-31 2 chome Hayase Chou ☎ 0198-63-1731<br>8:30 ~ 18:00 Business Holidays: National Holidays  |
| 09 | <b>Furusato Jouhoukan Michinoku<br/>Iwate office (buying and selling only)</b> | 4-31 chuou dori ☎ 0198-63-2611<br>9:30 ~ 17:30 Business holidays: Thursday  |
| 10 | <b>Kaihatsu Fudousan<br/>Kikaku(buying and selling only)</b>                   | 4-10 Chuou Dori ☎ 0198-68-3690 9:00 ~ 16:00<br>Business holidays: Saturday, Sunday and National holiday   |



## Available support systems related to housing

### 01 Subsidy for the renovation of empty houses

This subsidy is aimed at supporting the cost for renovation of detached empty houses registered at the Empty House BANK.

Also, estate cleaning expenses can be supported by this system.

Renovation: Max 400,000 yen (50% support),(Child care addition available)

Estate cleaning: Max 100,000 yen (50% support)

### 02 Encouragement of acquisition of empty houses for youth and the immigrants

This subsidy can be utilized by the youth under 39 and immigrants from outside of Iwate prefecture, who wish to acquire and live in the empty houses registered at Empty House Bank.

Incentives: Max 300,000 yen (child care addition available)

### 03 Subsidy for expenses of wood utilization

This subsidy is designed to promote the utilization of local wood from the Tono area.

This financial support is applicable for both new construction and renovation. For further details, please contact to the following.

Agriculture and Forestry division: 0198-62- 2111 (main)





暮らし  
編

Living



Educational institution  
Medical institution  
Life with pets



## Education and Medical care in Tono

### 01 Commuting situation

Nursery schools and elementary schools are placed in every school district.  
Pupils whose commute distance is long can use the school bus service. Two senior high schools are placed in Tono city, and it is possible to commute to the schools of neighbouring cities by using the JR Kamaishi line.



### 02 Cultural inheritance

In the education program of Tono's elementary schools, junior high schools and senior high schools, significant time is allocated for the inheritance of the local tradition and culture; such as local performing arts, children's storytelling and activities related to "Tono legend".



### 03 Medical institutions

In the districts of Tono, Otomo, Matsuzaki, Aozasa and Miyamori, there are 15 Medical facilities and 9 dental facilities.  
Emergency care on Sundays, National holidays and New year holidays is possible by a system of on-duty doctors for emergency treatment.



## Education and medical care



**Kimi Matsuda  
(Matsuda Shorindo)**

In the Tono area, the locals traditionally regard children as a local common assets. I feel warm atmosphere towards the children in the overall city. I find many locals are keeping their eyes on children gently.  
I am originally from Sendai. When I came to Tono for the first time, I knew nobody except my family. However the local network of childcare support circles helped me a lot. I felt reassured as the instructors gave me practical advice and instructions.



Parenting support circles are placed in each of 10 districts in the city. Every circle has different activities. Please take part in the circle according to your interests.





## Educational organizations in Tono city



### Nursery school

- |    |                                   |   |    |                                   |   |
|----|-----------------------------------|---|----|-----------------------------------|---|
| 01 | <b>Tono nursery school</b>        | 3-21 Zaimokuchou<br>☎ 0198-62-2034                          | 08 | <b>Tsuchibuchi nursery school</b> | 3-53-3Tsuchibuchi<br>Tsuchibuchi chou ☎ 0198-62-2458  |
| 02 | <b>Shinmei nursery school</b>     | 8-22 Muikamachi<br>☎ 0198-62-2036                           | 09 | <b>Aozasa nursery school</b>      | 11-22-4 Aozasa Aozasa chou<br>☎ 0198-62-2022          |
| 03 | <b>Ayaori nursery school</b>      | 12-22-1 shimoayaori Ayaorichou<br>☎ 0198-62-2812            | 10 | <b>Kamigo nursery school</b>      | 11-6-2 Itazawa Kamigo chou<br>☎ 0198-65-2030          |
| 04 | <b>Iwataki nursery school</b>     | 16-105-3 Otomochou<br>☎ 0198-68-2333                        | 11 | <b>Miyamori nursery school</b>    | 26-87-2 Shimomiyamori<br>Miyamori chou ☎ 0198-67-2130 |
| 05 | <b>Tsukimoushi nursery school</b> | 11-31-1 Shimotsukimoushi<br>Tsukimoushi chou ☎ 0198-64-2330 | 12 | <b>Tassobe nursery school</b>     | 15-31 TassobeMiyamori chou<br>☎ 0198-67-6131          |
| 06 | <b>Shiraiwa nursery school</b>    | 13-42-1 Shiraiwa Matsuzakichou<br>☎ 0198-62-2395            | 13 | <b>Masuzawa nursery school</b>    | 33-218-1 Shimomasuzawa<br>Miyamorichou ☎ 0198-66-2210 |
| 07 | <b>Matsuzaki nursery school</b>   | 24-50 Komagi Matsuzakichou<br>☎ 0198-62-2826                |    |                                   |   |

### Authorized nursery school

- |    |                             |                                  |
|----|-----------------------------|----------------------------------|
| 01 | <b>Tono Seikou Kodomoen</b> | 3-10 Chuo Dori<br>☎ 0198-62-2150 |
|----|-----------------------------|----------------------------------|

### Kindergarden

- |    |                                    |   |
|----|------------------------------------|---|
| 01 | <b>Hikari no sono kindergarden</b> | 14-7 Higashikoku chou<br>☎ 0198-62-3341 |
|----|------------------------------------|---|

### Elementary schools

- |    |                                      |  |    |                                   |   |
|----|--------------------------------------|--|----|-----------------------------------|---|
| 01 | <b>Tono Elementary school</b>        | 11-28 Higashidate chou<br>☎ 0198-62-3231                     | 07 | <b>Aozasa Elementary school</b>   | 11-1 Aozasa<br>Aozasa chou ☎ 0198-62-2802           |
| 02 | <b>Tono Kita Elementary school</b>   | 43 Shiraiwa aza yagenbuchi<br>Matsuzakichou ☎ 0198-62-2030   | 08 | <b>Kamigo Elementary school</b>   | 46-56-1 Sahinai Kamigo chou<br>☎ 0198-65-2031       |
| 03 | <b>Ayaori Elementary school</b>      | 13-13-5 Shimo Ayaori<br>Ayaori chou ☎ 0198-62-2803           | 09 | <b>Miyamori Elementary school</b> | 26-6 Shimomiyamori<br>Miyamori Chou ☎ 0198-67-2135  |
| 04 | <b>Otomo Elementary school</b>       | 16-133 Otomo chou<br>☎ 0198-68-2220                          | 10 | <b>Tassobe Elementary school</b>  | 15-10 Tassobe<br>Miyamori chou ☎ 0198-67-6133       |
| 05 | <b>Tsukimoushi Elementary school</b> | 11-43-1 Shimo Tsukimoushi<br>Tsukimoushi chou ☎ 0198-64-2220 | 11 | <b>Masuzawa Elementary school</b> | 17-5 Shimo Masuzawa<br>Miyamori chou ☎ 0198-66-2270 |
| 06 | <b>Tsuchibuchi Elementary school</b> | 6-1 Tsuchibuchi<br>Tsuchibuchi chou ☎ 0198-62-2804           |    |                                   |   |

### Junior High school

- |    |  |   |    |                                      |   |
|----|--|---|----|--------------------------------------|---|
| 01 | <b>Tono junior high school</b>         | 11-30 Shiraiwa Matsuzaki chou<br>☎ 0198-62-2814 | 03 | <b>Tono Nishi junior high school</b> | 39-65 Shimomiyamori<br>Miyamori chou ☎ 0198-67-2139 |
| 02 | <b>Tono Higashi junior high school</b> | 10-16 Aozasa Aozasa chou<br>☎ 0198-62-2816      |    |                                      |   |

### Senior High school

- |    |  |   |
|----|--|---|
| 01 | <b>Iwate Prefectural Tono Senior High school</b>         | 3-17 Muika machi<br>☎ 0198-62-2823                |
| 02 | <b>Iwate Prefectural Tono Ryokuho Senior High school</b> | 21-14-1 Shiraiwa Matsuzaki chou<br>☎ 0198-62-2827 |

## Hospital

- |           |  |  |   |
|-----------|--|--|---|
| <b>01</b> | <b>Tono National Health Insurance Central clinic</b> | Internal Medicine, Smoking cessation outpatient, pain treatment<br>Date of treatment: Monday, Wednesday and Friday                               | 4-1 Shiraiwa aza yagenbuchi, Matsuzaki chou<br>☎ 0198-62-2277 |
| <b>02</b> | <b>Tono National Health Insurance Otomo clinic</b>   | Internal Medicine<br>Date of treatment: Tuesday (morning) and Thursday   | 16-31 Otomo chou<br>☎ 0198-68-2260                            |
| <b>01</b> | <b>Iwate Prefectural Tono hospital</b>               | Internal Medicine, Gastroenterology, Eurology, Cardiology<br>Pediatrics, Surgery, Orthopedics, Neurosurgery, Orhinolaryngology<br>Anesthesiology | 14-74 Shiraiwa Matsuzaki chou<br>☎ 0198-62-2222 (main)        |
| <b>02</b> | <b>Tono Hayachine Hospital</b>                       | Psychiatry, Internal Medicine  | 5-5 Nakazawa Aozasa chou<br>☎ 0198-62-2026 (main)             |
| <b>03</b> | <b>Moriguchi Doctor's office</b>                     | Neurosurgery, Internal Medicine, Rehabilitation  | 2-25 Zaimoku chou<br>☎ 0198-63-2170                           |
| <b>04</b> | <b>Chiba Doctor's office</b>                         | Dermatology  | 1-22 Koku chou<br>☎ 0198-62-4039                              |
| <b>05</b> | <b>Kawakami Doctor's office</b>                      | Gastroenterology, Internal Medicine  | 1-27 Koku chou<br>☎ 0198-62-2051                              |
| <b>06</b> | <b>Tono Miyamoto Ophthalmology</b>                   | Ophthalmology  | 8-7 Higashidate chou<br>☎ 0198-62-2035                        |
| <b>07</b> | <b>Aizumi Internal Medicine</b>                      | Internal Medicine, Gastroenterology, Respiratory medicine, Radiology, Pediatrics   | 3-1 Shinkokuchou<br>☎ 0198-63-2021                            |
| <b>08</b> | <b>Kikuchi Toshihiko Internal Medicine clinic</b>    | Internal Medicine, Gastroenterology<br>Respiratory Medicine  | 5-19 Shinkoku chou<br>☎ 0198-62-8600                          |
| <b>09</b> | <b>Tokita Doctors office</b>                         | Orthopedics, Surgery, Urology  | 5-5 Shinmachi<br>☎ 0198-62-2147                               |
| <b>10</b> | <b>Kamikumichou hohoemi skin clinic</b>              | Dermatology, cosmetic dermatology  | 3-4 Kamikumi chou<br>☎ 0198-68-3330                           |
| <b>11</b> | <b>Kashiwabara Doctor's office</b>                   | Internal Medicine, Pediatrics  | 28-75 Shimo miyamori, Miyamori chou<br>☎ 0198-67-3016         |
| <b>12</b> | <b>Masusawa clinic (Monday Wednesday Friday)</b>     | Internal medicine, Pediatrics  | 34-8-5 Shimo Masuzawa Miyamori chou<br>☎ 0198-66-2273         |
| <b>13</b> | <b>Tono Bypass Orthopedics</b>                       | Orthopedics, rehabilitation  | 15-13-11 Shiraiwa Matsuzaki chou<br>☎ 0198-66-3555            |

## Dentists

- |           |                                  |  |  |
|-----------|----------------------------------|--|--|
| <b>01</b> | <b>Uchikoshi Dental Clinic</b>   | Dentistry, Pediatric Dentistry                               | 3-10 Kamikumi chou<br>☎ 0198-60-1010                   |
| <b>02</b> | <b>Ryokawa Dental Clinic</b>     | Dentistry  | 7-39 Koku chou<br>☎ 0198-62-3211                       |
| <b>03</b> | <b>Tono Dental Clinic</b>        | Dentistry, Pediatric Dentistry<br>Orthodontics               | 45-8 Shin Koku chou<br>☎ 0198-62-2101                  |
| <b>04</b> | <b>Sato Dental Clinic</b>        | Dentistry, Pediatric Dentistry                               | 1-6 2 chome Hayase chou<br>☎ 0198-62-0303              |
| <b>05</b> | <b>Iitaka Dental Clinic</b>      | Dentistry  | 11-44-8 Shiraiwa, Matsuzaki chou<br>☎ 0198-62-8917     |
| <b>06</b> | <b>Nagane Dental Clinic</b>      | Dentistry, Pediatric Dentistry<br>Orthodontics, Oral surgery | 15-33-1 Shiraiwa, Matsuzaki Chou<br>☎ 0198-62-6454     |
| <b>07</b> | <b>Numazaki Dental Clinic</b>    | Dentistry  | 23-71-5 Shiraiwa, Matsuzaki chou<br>☎ 0198-62-4108     |
| <b>08</b> | <b>Kashiwabara Dental Clinic</b> | Dentistry, Pediatric Dentistry<br>Orthodontics               | 26-106-3 Shimomiyamori Miyamori chou<br>☎ 0198-67-2010 |
| <b>09</b> | <b>Miyamori Dental Clinic</b>    | Dentistry, Pediatric Dentistry<br>Orthodontics               | 29-85-2 Shimomiyamori Miyamori chou<br>☎ 0198-67-2225  |



## Animal related facilities

### Life with animals

#### Living with animals- dogs, cats and others



**Yoshiyuki Uchikoshi (Tsukushi farm)**

At Tsukushi farm, I operate a dog-run facility in Tono, which is the only one in Tono. Tono is located in the countryside, however not all the people are living in big houses. Some wish to let their dogs run freely in a broad space. Please feel free to contact me if you have any concern or troubles with pets, as I am also working as a dog trainer.

Many are living with dogs, cats, horses and cows in Tono. I also live with a dog and a goat. My goat is almost like one of my family members and also a staff member, as she/he helps me mowing in the summer season.



## Animal related facilities

### Animal Hospital

#### 01 I love Animal Hospital

Dogs and Cats

7-30 4 Chome Hayase chou  
☎ 0198-62-1699 9:00 ~ 17:30  
Business Holidays:  
Sunday, National Holiday, Afternoon on Thursday

#### 02 Iwate Prefectural Agricultural Mutual Aid Association

Iwate Prefectural South Backbone livestock clinic, Tono livestock clinic

19-20-7 Tsuchibuchi, Tsuchibuchi chou.  
☎ 0198-62-5322

### Salon and Hotel

#### 01 Dog Grooming& Hotel KANNA

10-27-1 Nukamae, Aozasa chou  
☎ 080-4510-6685 8:00 ~ 17:30  
Business holiday: Every Wednesday and irregular

#### 02 Worldwide kennel (Breeding and sales of Miniature schnauzer )

10-27-1 Nukamae Aozasa chou  
☎ 080-4510-6685 8:00 ~ 17:30  
Business holiday: Every Wednesday and Irregular

#### 03 Dog salon fuwafuwa

15-6-7 Shiraiwa Matsuzaki chou  
☎ 090-2994-9680 9:00 ~ 18:00  
Business Holiday: Irregular

#### 04 Pet Beauty Pappy

25-4-5 Shiraiwa Matsuzaki chou  
☎ 080-2836-7371 9:00 ~ 18:00 (Reservation needed)  
Business holiday: Thursday, Sunday and National holiday

### Dog school/ Dog run facility

#### 01 Tsukushi Farm

5-60-2 ShimoTsukimoushi, Tsukimoushi chou  
☎ 090-6737-4722 9:00 ~ 16:00  
Business Holidays: Irregular



## Original support systems of Tono city for children and workers

### 01 Subsidy for outpatient expenses for pregnant women

Pregnant women who are going to the hospitals out of Tono city can receive support for traffic expenses, according to the number of visits.



### 02 Support for diapers for Warasukko (in the Tono dialect, “babies and kids”)

Any baby /infant born after April 2022 can be supported up to 3 packs of baby diapers.

### 03 Postpartum care

A mother who is anxious or nervous after birth can be supported by midwives.

There are several services;

- Home nursing care by midwives
- Consultation services and care at maternity homes
- Day trip services using a facility located in a hotel in the city

### 04 Maternity home NET AND YURIKAGO

The facility can provide services for women including a birth environment with a safe and secure atmosphere.



### 05 Support for commuting expenses for senior high school students

Guardians who purchased commuting passes for their children can be reimbursed for some commuting expenses.

### 06 Subsidy for side dishes at nursery schools

The cost for side dishes at kindergartens, nursing facilities and authorized nursing schools can be provided.



## 07 Free service for after-school childcare

After school, childcare is available free of charge at 11 elementary schools (except additional cost)

## 08 Subsidy for scholarship reimbursement

A citizen who is working for an office in the city can be supported up to 12,000 yen per month for scholarship expenses.

## 09 Support for distance learning university

A citizen who studies at a distance learning university while working in the city can be supported up to 700,000 yen for entrance fees and tuition fees.



## 10 Support for youth of continuous working

A citizen who is working as a regular employee for offices in the city for more than 3 years after school graduation can receive a 30,000-yen gift certificate.

## 11 Support for immigration to Tono

Those immigrating to Tono can be financially supported, if they lived in the area of Tokyo 23 wards or were commuting to the offices in that area before immigration. However there are some conditions; They need to work for the designated offices according to the Tono city office. Up to 600,000 yen for single household and up to 1 Million yen for households of more than two (Childcare addition also available).

### Contact information

01 02 03 04	Maternity home "NET・YURIKAGO"	☎0198-62-1103
05	School education Division, Board of Education	☎0198-62-4412
06 07	Childcare support Division, Department of Health and Welfare	☎0198-62-0189
08 09 10	Commerce and Labor Division, Industry Department	☎0198-62-2111 (main number)
11	Tourism Exchange Division, Industry Department	☎0198-62-2111 (main number)

※The support systems described above are based on the situation as of October 2022. Please confirm the newest conditions using the contact information described above.

# Practice for Tono life!

In this small guidebook, the local information on shopping, amusement, housing, education, medical care and pets have been introduced. For the final part, I would like to share a tip of real practice for Tono life for your reference. Studying starts from imitation ! I wish you will have really good life here just by trying the following tips.

## Shopping for ingredients at a supermarket

Now, I am going to introduce a wonderful way of spending the holidays in Tono city. As introduced in this guidebook, I think everyone might have a common feeling that it would be wonderful to spend time in the fresh air;relaxing in natural environment with original lunchboxes prepared from the local fresh food.

Step one is to find some nice vegetables at a fresh from the farm supermarket that is very close to Tono railway station. It is fun just to see the products, even without buying them, because the displayed content varies according to the season. Today I got some tomatoes, kidney beans and burdock.



## Fresh meat is available at a butcher shop

The next is buying fresh meat. I enjoyed my conversation with the master of the butcher shop.

I like him for his smile and gentle mind. After shopping, at once I went back to my home.

Today's theme is "cooking with minimum effort."

I wanted to go out while it's sunny after cooking with a nice lunchbox by making the best use of the original flavors of the food.



## Picnic with a lunchbox

I went out for a picnic to "Kuranomachi Hiroba" (a public space in the area of Kuranomachi, Tono city center). In Tono, there are several parks, but among them this park is special. It is so broad.

I do recommend this space to you all, because the area is grassy and it is very close to the town center where other shops are located.

I really enjoyed trying my homemade lunchbox, and seeing Mt. Nabekura from the park.



©Commerce and Labor Division, Industry  
Department, Tono city office

〒028-0592 9-1 Chuo Dori, Tono city, Iwate Prefecture  
TEL: 0198-62-2111(main number) FAX: 0198—62-3047

2022.11