

By Air

• From Iwate Hanamaki Airport to Morioka Station by Iwate Kenpoku Bus. (Approx. 45 minutes)

From Miyako Station to Yamada-chuocho by Iwate Kenpoku Bus (Approx. 50 minutes)

From Morioka Station to Miyako Station by Iwate Kenpoku "106 Express Bus." (Approx. 2 hours 15 minutes)

## Michinoku Coastal Trail Yamda Section

Yamada Osawa to Michi no Eki Yamada: A Half Day Course (Distance: Approx. 10.2km)

## Oshima Island (Holland Island)

This island in the middle of Yamada Bay is so named because the Dutch ship "Breskens" stopped here to restock on food and water in 1643 (early Edo period). Now it's used for activities including sea kayaking.



## 1 Yamada Hachimangu Shrine

This place has connections to the legend of Minamoto no Yoshitsune's northern refuge. The oldest son of Yoshitsune's trusted retainer Sato Tsugunobu, who died in the Battle of Yashima against the Taira clan, lived in Yamada. Because of this, on his way north oshitsune was said to have erected a Kannon statue of Tsugunobu's guardian deity here, which became he shrine's object of worship.

his splendidly designed temple with its impressive roof

peams is along the Sanriku Hamakaido, once an important

After the 2011 disaster, the chief priest of Ryusen-ji emple decided to hold various events for local people to ather together. The temple is also involved in activities to

emember what happened "on that day" of March 11th.



## 5 Michi no Eki (Roadside Station) Yamada

Michi no Eki Yamada is on National Route 45 in Funakoshi area, and has a shop and restaurant. The restaurant is known for its wakame seaweed ramen, which uses wakame not only as a topping but also kneaded into the noodles. This roadside station is also a transportation hub, serving as a departure/arrival point for regular buses and night buses between Tokyo and Miyako/Yamada.



## Yamada Festival

Held in September, this is the biggest festival in Yamada Town, held at the same time as Yamada Hachimangu Shrine and Osugi-jinja Shrine's

Portable mikoshi shrines are paraded through the streets along with traditional performances including Kagura, Toramai (tiger dance), Shishi-odori (deer dance), Kenbai (sword dance), and Yagibushi dances. With Osugi-jinja Shrine's festival, you can see "Oshiogori," where people carry the mikoshi portable shrine into the sea.



## 🗓 Osawakawamukai Bus Stop 5 Michi no Eki (Roadside Station) Yamada 1 Yamada Hachimangu Shrine 2 Rikuchu-Yamada Station Yamada Osawa 6 Whale and Sea Science Museu – Approx. 0.6 km — Approx. 3.2 km leph distances and elevations are estimates for your reference only.

## ■Michi no Eki Yamada to Iwate-Funakoshi Station: One Day Course (Distance: Approx. 32.7km)

## 6 Whale and Sea Science Museum

Yamada Town was historically a whaling town until commercial whaling was banned in 1987. In this museum, you can enjoy learning about the sea, whales, and other creatures of the ocean. The museum was struck by the 2011 tsunami, but its whale skeleton was unharmed and is displayed as a symbol of



## 12 Mt. Karogadake

Mt. Karogadake is the tallest peak on Funakoshi Peninsula and above sea level. To the east towards the open ocean, towering straight out of the sea are the Akahira Kongo Cliffs, the largest cliffs on the Rikuchu Coast. Rich nature remains here: near the beak is beech forest, a result of the cold easterly "Yamase" rind. At the summit sits the giant boulder "Ókaro-sama" shrined as an object of worship.

Walk along giant Japanese red pines and Mongolian oaks on this quiet natural walking path in the most secluded part of the Rikuchu Coast. From between the trees, you can see rows of

ock cliffs like a giant folding screen, and the ria coastline of th



23 Ara-jinja Shrine/

Ara-jinja Shrine's real origins are still unclear, bu reportedly started as a shrine for Ainu god vas also enshrined here. The impressive scene of Aragami Beach, its bright sands and clear blu pcean surprising for Tohoku, is visible past th

Aragami Swimming Beach





17 Okamazaki Nature Trail

arious peninsulas south of Hakozaki Peninsula.

## **Trail Markers**

The Michinoku Coastal Trail is marked with stickers, posts, and signboards which have this logo on them to help hikers stay on the correct route. You can rest easy if you see them while hiking the trail.

so use other landmarks to check where you are.



# Yamada Town **Average Temperature and Precipitation** 350.0 150.0

## HIKING THE MICHINOKU COASTAL TRAIL

Choose a course that fits you. Decide which part of the trail you will hike based on your stamina and experience, the length of the route, and altitude variation. Make your plan carefully if you choose a course with difficult parts.

Hike at your own pace. Being safe is based on having good judgment Don't strain yourself. You can arrange for a guide to accompany you if you need one or join a group tour. Let's enjoy hiking the trail safely!

Imagine the whole route. First, plan how to get to your starting point, and

consider the distance of the whole route and the time required for it. If you also plan ahead where to eat lunch or have breaks, it will make the long distance easier to manage and more bearable. Make sure to check where the safety evacuation areas are on your map in case of disaster. Look for point that could be dangerous and this about how to handle them. We recommend you check the tide level and wave height in advance if you pass through along the coast.

# TRAIL HIKING GEAR LIST



### Pack gear that fits with your hiking plan. Make sure you don't forget important things and only carry what you really need to avoid an overloaded backpack.

Helpful Items

- Trekking poles

Trekking gaiters

Spare clothing

Digital camera

**Necessary Items** Trekking shoes - Backpack Layered clothing to regulate body temperature Rainwear Compass

Mobile phone - GPS unit Folding umbrella - Reflective gear Water flask or bottled water Insect repellent Flashlight

Tissue paper - First aid kit

Backpacking food Health insurance card (copy is also OK)

Portable radio (We strongly recommend carrying this for safety)

The Michinoku Coastal Trail is a long distance footpath along the Pacific coast of the Tohoku region between Hachinohe City, Aomori Prefecture and Soma City, Fukushima Prefecture. The trail is for walking; through forests, countryside, beaches, and villages.

みちのく潮風トレイル

Michinoku Coastal Trail

**Yamada Section** 

http://tohoku.env.go.jp/mct/english

• • • 0193-65-1690

• • • 03-3501-0110

• • • 03-3201-3331

• • • 0120-023511

· · · 0120-033455

• • 0120-089044

• • • 0193-84-2012

• • • 0193-86-2323

Jodogahama Visitor Center

Police (Traffic Accident/Crime)

Fire Station (Fire/Ambulance)

Police English Service

Tourist Information

mergency Services (24/7/365)

JNTO (Japan National Tourist Organization)

8:30 am to 5:30 pm daily expect Wednesdays

Railway, Bus

Yamazaki Taxi

Marin Taxi

Maruyo Taxi

Tanohama Taxi

Toyomane Taxi

axis

「elephone Inquiry Service (nationwide number)

Iwate/Morioka Regional Tourist Information Center

Morioka Tourist Information Center • • • 019-604-3305 9 am to 6 pm daily except second Tuesday of month and Dec. 29th to Jan. 3rd.

Yamada Tourist Information Center • • • 0193-65-7901

(English/Korean/Chinese languages are available)

Godochosha No. 5, Kasumigaseki 1-2-2,

Chiyoda-ku, Tokyo 100-8975, Japan.

ABOUT THE MICHINOKU COASTAL TRAIL

Tel: +81-(0)3-3581-3351

Northern Iwate Transportation Inc • • • 019-641-1212

By traveling on foot, you can learn about many things; the threat of nature like tsunamis and seasonal winds called Yamase, the unique culture that is deep-rooted in the region, and the warm hospitality of people.

We can feel our connection to nature and with each other as human beings through walking the trail.

Let's start walking for new exciting discoveries!

## **TRAIL ETIQUETTE AND RULES** Refrain from smoking and be responsible

## Cherish our nature.

Leave what you find—take only pictures and memories with you. Asian black bears live in some areas around the trail. We recommend carrying bear bells to avoid an encounter.

## Be mindful of other people on the trail. Please be considerate of other hikers and local people so that everyone can enjoy the

## Bring garbage with you.

Animals can die from eating garbage or harm people while feeding. Bring your garbage back home with you, along with your memories.

Smoking may cause a forest fire, so please do not smoke on the trail. Also only start fires in designated places.

## Say hello.

If you like, try saying hello to people you meet! Many people can understand English "hello," or you can try Japanese. Good morning: Ohayo qozaimasu,

## Hello: Konnichi wa, Good evening: Konban wa Stay on the trail.

Do not enter the forests, fields and private property that are not on the trail course.

# hip belt or chest straps will help prevent fatigue