



Michinoku Coastal Trail Ishinomaki (Kitakami, Kahoku, Ogatsu) Section

■ Kitakami River Course: A Half Day Course (Distance: Approx. 11.7km)

1 Shirahama Swimming Beach, Shirahama Beach Park

This beach park was damaged by the 2011 earthquake and tsunami. Starting in 2013, it opened during limited time events held by local groups, and it fully reopened in 2018. The park is fully equipped with beach volleyball courts, seine net fishing (available in-season only, with reservation) and a day use campground.



2 Ishinomaki Riverside Visitor Center/ Kitakami Tourism and Product Exchange Center

This visitor center introduces visitors to the Sanriku Fukko (Reconstruction) National Park and the local natural world, providing encounters with nature through hands-on programs. You can also buy Ishinomaki's seafood products at the neighboring tourism and product center.



3 Tsurishi-jinja Shrine

The enormous boulder and object of worship at this shrine has been completely unaffected by many disasters. Because the boulder looks like it will fall (fall) but never does, many people come to worship at this shrine for successful test results. The shrine welcome examinees with its specially made "ema" wooden plaques to pray for passing exams.



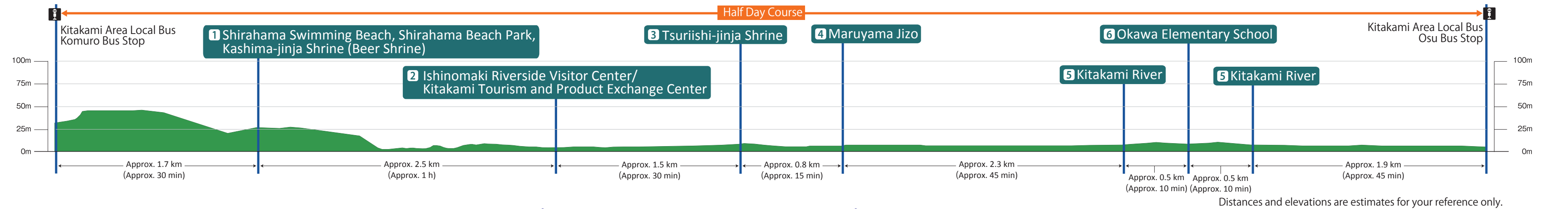
5 Kitakami River

Kitakami River is the largest river in Tohoku, its source in northern Iwate Prefecture. In the fall, salmon swim Kitakami River to spawn, and freshwater clams can be caught at the mouth of the river where the river water and seawater intermingles. Common reeds grow thickly on the riverside for over 10 kilometers upstream from the river mouth, providing habitat to birds including Great Reed Warblers, Eastern Spot-Billed Ducks and Eurasian Coots. The reeds are also harvested in winter as materials for thatched roofs and other products. The amount of reeds growing at the river mouth were halved as a result of the 2011 tsunami, but even after the disaster, these reeds are being carefully maintained: every April, a controlled burn takes place at the reed beds to stimulate growth of new shoots.



Kashima-jinja Shrine (Beer Shrine)

Once, a kind of cloudy sake made from rice called doburoku was used as an offering for Kashima-jinja Shrine, but when the rice crop failed one year, alcohol made from wheat was used instead. This continued on for a few years. When they could harvest rice again, worshippers switched back to doburoku, but then the village was struck by a series of major illnesses and injuries. Since then, worshippers have only used wheat-based alcohol as an offering, because the gods had saved everyone with wheat during hard times. Starting in the 1920s, offerings to the shrine switched to beer, and the shrine is affectionately known by locals as the "beer shrine."



■ Ogatsu Peninsula Course: One Day Course (Distance: Approx. 14.6km)

7 MORIUMIUS LUSAIL

This multipurpose facility for children is a renovated and repaired 93 year old former school building. The facility plans and runs programs for encountering the people and rich nature in Ogatsu, helping children learn about natural life cycles and how to live within those cycles.

8 Shirogane-jinja Shrine

Said to have been established in the Asuka/Nara period (between 592 and 794 AD), with its enshrined god known as Shirogane Daimyōjin. The successive lords of the Date clan were devout worshippers of the shrine, with records showing that offerings were made here before hunting deer at Cape Shiroganezaki.



9 Isono-jinja Shrine, Hayama-jinja Shrine

Isono-jinja Shrine sits at the top of Mt. Ishimine, its object of worship an enormous boulder. At the foot of the mountain is Hayama-jinja Shrine, which was built as a temple to manage Isono-jinja Shrine. Hayama-jinja Shrine is said to have been established in the late Kamakura period (after 1300 AD), and a Yakushi Nyorai figure is enshrined there. The successive lords of the Date clan were said to have worshipped at these temples. Hayama-jinja Shrine's main building and shrine office were completely destroyed by the 2011 tsunami, but both were rebuilt in 2015.



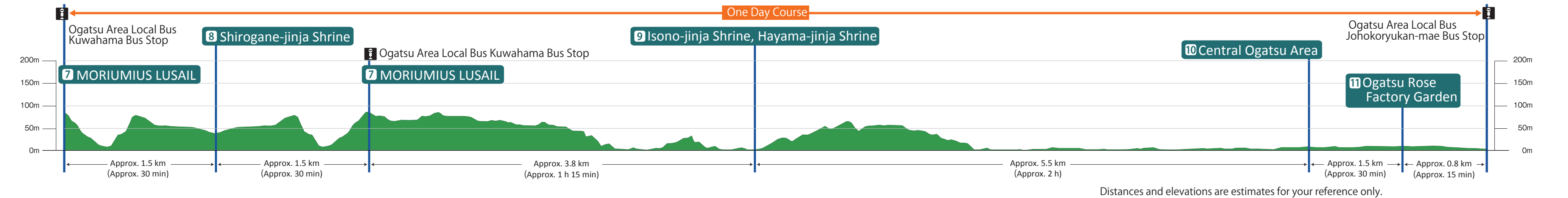
10 Central Ogatsu Area (opens in 2019)

A new all-in-one shopping and tourism complex is planned to open in 2019, bringing life back to the heart of Ogatsu. The tourism products and exchange facility will hold local stores, and visitors will be not only be able to sample Ogatsu's seafood but buy fresh marine products to take home. Next door, visitors can learn about the history and craft of Ogatsu "suzuri" inkstones, a designated National Traditional Artifact, at Ogatsu Inkstone Traditional Industries Center.



11 Ogatsu Rose Factory Garden

This garden is managed by "Ogatsu Flower Story," an organization that started from planting flowers to help soothe and heal areas hit by the 2011 earthquake and tsunami. Seasonal flowers planted throughout the park make it a joy at any time of the year. Ogatsu Rose Factory Garden takes reservations for educational trips to the disaster-struck area, disaster safety education workshops, and business seminars, as well as nature experience and pressed flower craft activities.

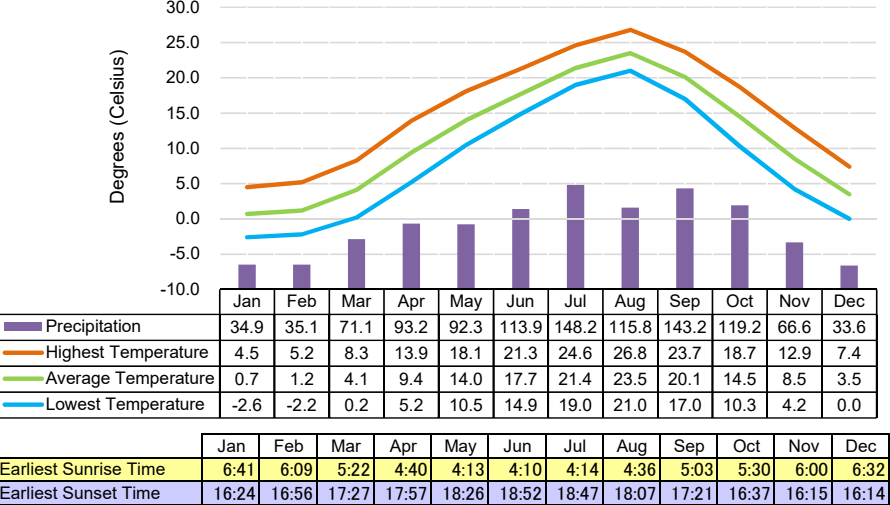


Trail Markers

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. ※The frequency of trail markers varies by section, so use other landmarks to check where you are.



Ishinomaki City Average Temperature and Precipitation



TRAIL ETIQUETTE AND RULES

- 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 trail.
- 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.
- Refrain from smoking and be responsible with fire. 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 gozaimasu, 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.

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.
- 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.
- 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!

TRAIL HIKING GEAR LIST

- Clothing & Gear
 - *Clothing* Wear comfortable layered clothing that can be easily worn or removed when necessary to regulate your body temperature.
 - *Water* Carrying water is a must for keeping hydrated.
 - *Trekking poles* They can help minimize impact on your knees.
 - *Trekking shoes* Wear comfortable shoes you've broken in beforehand.
 - *Hat* A brimmed hat is good for sun protection. If you go hiking in winter season, try to wear one that covers your ears.
 - *Backpack* A backpack with a good hip belt or chest straps will help prevent fatigue.
 - *Gaiters* Gaiters protect your ankles from bushes or mud.
- Necessary Items
 - Trekking shoes
 - Backpack
 - Layered clothing to regulate body temperature
 - Hat
 - Rainwear
 - Map
 - Compass
 - Water flask or bottled water
 - Flashlight
 - Towel
 - Tissue paper
 - First aid kit
 - Backpacking food
 - Health insurance card (copy is also OK)
 - Gloves
 - Portable radio (We strongly recommend carrying this for safety)
 - Bear bell
- Helpful Items
 - Trekking poles
 - Trekking gaiters
 - Spare clothing
 - Digital camera
 - Mobile phone
 - GPS unit
 - Folding umbrella
 - Reflective gear
 - Insect repellent

みちのく潮風トレイル Michinoku Coastal Trail

Ishinomaki (Kitakami, Kahoku, Ogatsu) Section



Trail Headquarters

◆ Natori Trail Center ◆ ◆ ◆ 022-398-6181

Emergency Services (24/7/365)

◆ Police (Traffic Accident/Crime) ◆ ◆ ◆ 110
◆ Police English Service ◆ ◆ ◆ 03-3501-0110
◆ Fire Station (Fire/Ambulance) ◆ ◆ ◆ 119

Tourist Information

◆ JNTO (Japan National Tourist Organization) Telephone Inquiry Service (nationwide number) 9 am to 5 pm daily ◆ ◆ ◆ 03-3201-333
◆ Ishinomaki Tourist Association ◆ ◆ ◆ 0225-93-6448
◆ Minamisanniku Marine Visitor Center ◆ ◆ ◆ 0226-25-7622

Railway

◆ JR East Info Line ◆ ◆ ◆ 050-2016-1603 (English/Korean/Chinese languages are available)

Bus

◆ Miyako Bus Ishinomaki Office ◆ ◆ ◆ 0225-22-4161
◆ Kitakami Area Local Bus* (Please contact Kitakami General Branch Office Regional Development Division) ◆ ◆ ◆ 0225-67-2114

◆ Ogatsu Area Local Bus* (Please contact Ogatsu General Branch Office Regional Development Division) ◆ ◆ ◆ 0225-57-2115 (Please note that Kitakami and Ogatsu local buses only run on weekdays. There is no bus service on Saturdays, Sundays and holidays)

Taxis

◆ Matsuyama Kanko Taxi ◆ ◆ ◆ 0225-62-2131
◆ Kogane Taxi ◆ ◆ ◆ 0225-53-3334
◆ Miyagi Prefectural Taxi Association Ishinomaki Branch ◆ ◆ ◆ 0225-22-6015

環境省 Ministry of the Environment

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ABOUT THE MICHINOKU COASTAL TRAIL

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.

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!