



Michinoku Coastal Trail Ishinomaki(City) to Higashi-Matsushima to Shiogama(Urato Island) Section

■Kitakami Canal North Course: A Half Day (Distance: Approx. 13.2km)

1 Ishinomaki Community and Info Center

This facility is for residents and visitors to learn and provide information about reconstruction from the disaster, spreading awareness. Besides the main facility in downtown Ishinomaki are centers for each area: the Center in Ogatsu, Center in Kitakami, and Center in Oshika.



2 Kyu-Kitakami River

This river's source is in northern Iwate Prefecture, crossing Iwate to enter Miyagi and flow into the Pacific Ocean. Construction work to change the river's course began in 1911 (Meiji 44) and finished in 1934 (Showa 9). The river split into two directions at what was then Tsuyama Town. The one flowing east using excavation and former Oppa River to reach the Pacific Ocean became Kitakami River, and the one flowing south to Ishinomaki became Kyu-Kitakami River ("Kyu" meaning former).



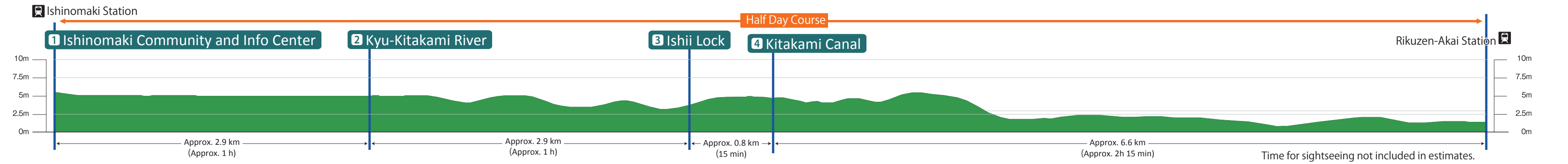
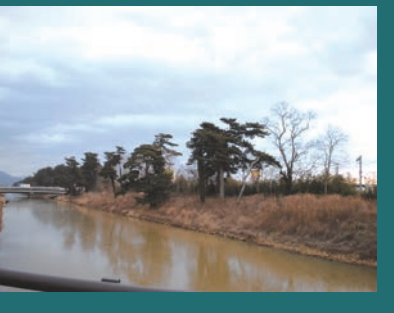
3 Ishii Lock

A lock adjusts water levels to allow boats to pass. This is both the oldest western-style brick lock and the oldest lock with a movable gate in Japan. The gate was originally made of wood and updated to steel in 1966, but the lock itself is original construction. Preserved as a modernization heritage site and symbol of Kitakami River and the Kitakami Canal, it was designated as a national Important Cultural Property on May 23rd, 2002.



4 Kitakami Canal

The Kitakami Canal connects Ishinomaki City in central Miyagi, about 8 kilometers upstream from the mouth of Kyu-Kitakami River, with Higashi-Matsushima City. The 12.8 kilometer long canal was excavated at the same time as work started on Nobiru Port in 1878 (Meiji 11) to connect it to Kitakami River. After the canal was finished in 1882, the area flourished as small steamboats used the canal to transport people and cargo. When boat transportation went into decline, the canal was then used for irrigation.



■Kitakami Canal South Course: A Half Day (Distance: Approx. 14.7km)

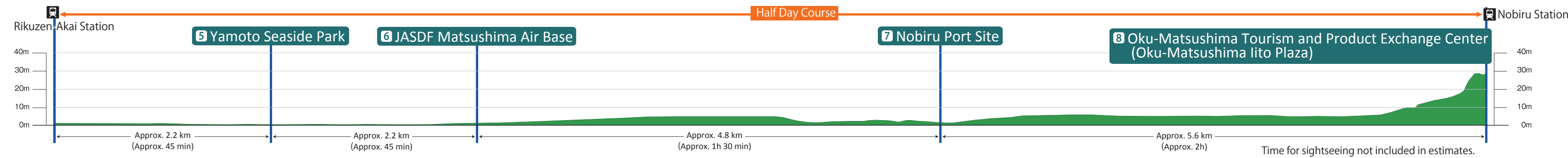
5 Yamoto Seaside Park

Yamoto Seaside Park is a prefectural park that reopened in April 2019. The west side has a lawn, barbecue area and playground, and the east side holds a park golf course and rest facility. You can also use the rest facility for watching the Blue Impulse team practice!



6 JASDF Matsushima Air Base

Be enthralled by the magnificent airborne acrobatics of six blue and white planes trailing lines of white smoke in the sky. The Matsushima Air Base is the home base to the 4th Air Wing, 11th squadron: the Blue Impulse team. They regularly practice above the city, so with the right timing you may encounter a splendid air show.



■Oku-Matsushima and Urato Islands Course: A Day (Distance: Approx. 12.5km)

9 Higashi-Matsushima Great East Japan Earthquake Reconstruction Memorial Park

To pass on the memories and lessons of the disaster to future generations, a memorial museum to teach about the disaster and a park to honor and soothe the spirits of those who died were built around the damaged platform of former Nobiru Station (now a preserved tsunami monument).

10 Oku-Matsushima (Miyato)

Oku-Matsushima is a name of an area including Miyato Island at the mouth of Matsushima Bay and Nobiru Beach facing the Pacific Ocean. It's warm even in winter, in the early spring is filled with camellia blooms, and lots of wild windmill palms grow here, so it's also known as the "Izu of Tohoku." From Sagamidai Viewpoint you can see Oku-Matsushima east of Matsushima (one of Three Most Scenic Spots in Japan) and further off, Sagakei Gorge, one of the Three Greatest Gorges in Japan. From Mt. Otakamori, of Matsushima's "four panoramic views," enjoy the grand spectacle of Matsushima Bay.

11 Sabusawajima Island

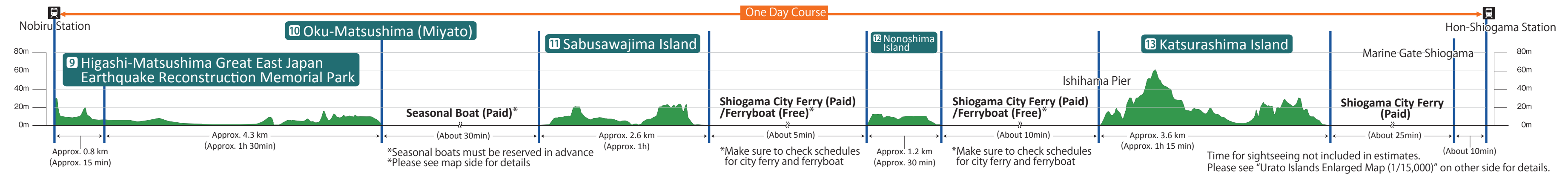
Sabusawajima Island is the largest among the Urato Islands. In the Edo period, it flourished as a port to transport rice for the Date Clan. The Chinese zodiac, stone, compass and bound Jizo statues of Mt. Hiyoriyama, the monument commemorating "Kaiseimaru," the first western-style battleship in Japan built by the Date Clan, and ferry battery remains show the prosperity of the port at that time even now, and hearing of this fascinating history makes walking even more enjoyable.

12 Nonoshima Island

This island is important for daily life, as it has Urato Islands General Development Center (Blue Center), a branch of Shiogama City Hall and lodging facility, with Urato Clinic next door. On higher ground on the island is the only elementary and middle school in Urato, which shares the same building. Nonoshima Island has many mysteries, like the unexplained series of caves and the legend of the millionaire Utsumi, and bewitching views including camellia tunnels and nearby Kageitajima Island.

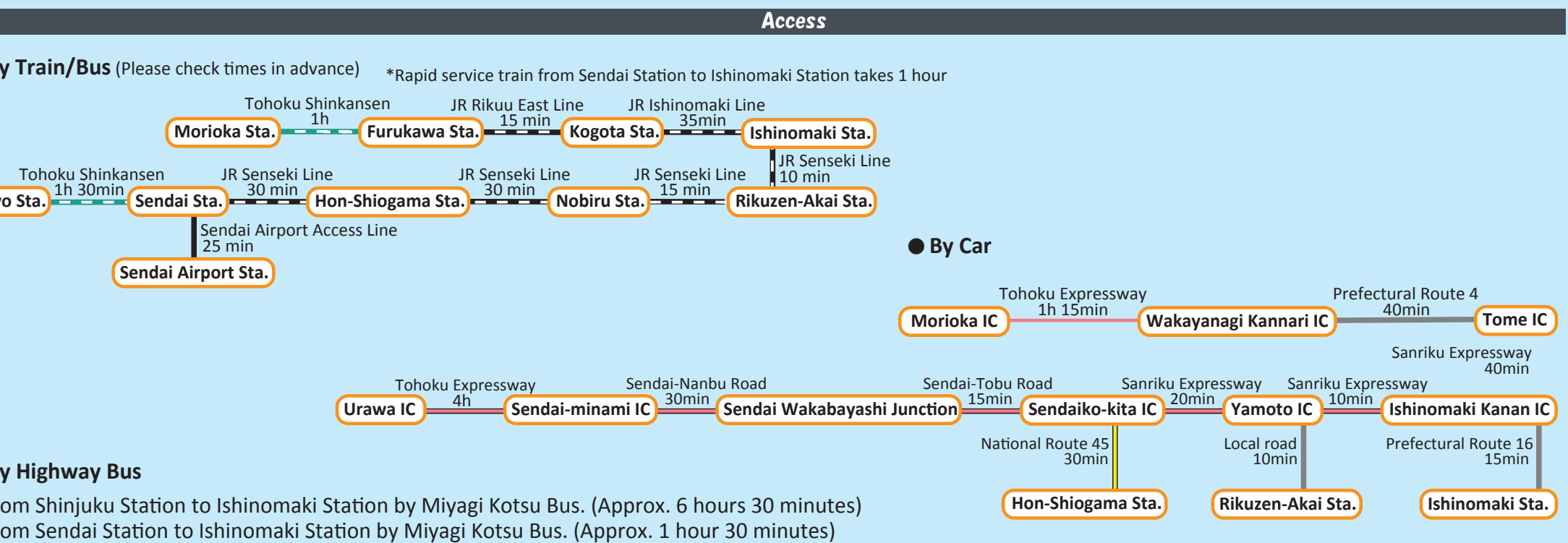
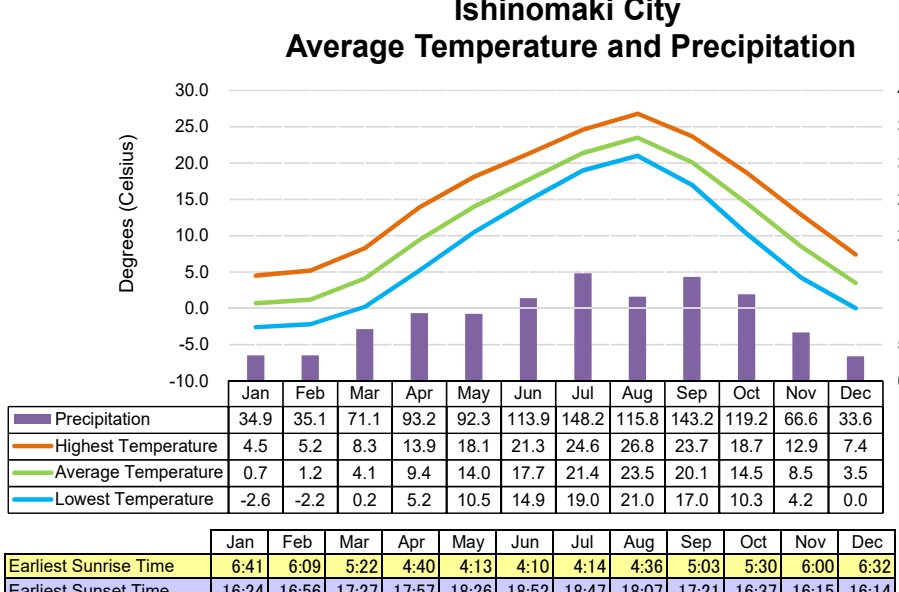
13 Katsurashima Island

The furthest island from mainland Shiogama. To the west is Katsurashima area which centers around Katsurashima village, and on the east side is Ishihama area and Ishihama village. The western coastline is a series of cliffs from which you can enjoy beautiful scenery of nearby islands including Omonejima, Komonejima and Niogima, with the Ou Mountains visible in the distance. See grand natural landscapes and feel the history of people living here at Katsurashima Swimming Beach, Matsuzaki-jinja Shrine, cited as one of the fourteen subordinate shrines of Shiogama-jinja Shrine, the remains of Hirozo Shiraiishi's residence in Ishihama area, who devoted himself to Shiogama's development, and Amefurishi Rock where prayers were held for rain.



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.



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.

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
- 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

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Michinoku Coastal Trail

Ishinomaki (City) to Higashi-Matsushima to Shiogama (Urato Islands) Section

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

Trail Headquarters

- ◆ Natori Trail Center

Emergency Services (24/7/365)

- ◆ Police (Traffic Accident/Crime)
- ◆ Police English Service
- ◆ Fire Station (Fire/Ambulance)

Tourist Information

- ◆ JNTO (Japan National Tourist Organization)
- Telephone Inquiry Service (nationwide number)

Railway

- ◆ JR East Info Line
- ◆ Sendai Airport Transit

Shiogama City Ferry

- ◆ Shiogama City Industry and Environment Department
- Urato Promotion Division (City Ferry Contact)

Bus

- ◆ Miyako Bus Ishinomaki Office

Taxis

- ◆ Miyagi Pref. Taxi Association Ishinomaki Branch
- ◆ Miyagi Pref. Taxi Association Shiogama Branch
- ◆ Shiogama Kotsu
- ◆ Oku-Matsushima Kanko Taxi
- ◆ Higashi-Matsushima Marusen Taxi
- ◆ Anshin Taxi (Higashi-Matsushima City)

環境省
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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!