





みちのく潮風トレイル

Michinoku Coastal Trail

Shiohama (City) to

Tagajo to Sendai Section

Sanriku Fukko National Park

Trail Route

## Michinoku Coastal Trail Shiohama (City) to Tagajo to Sendai Section

■ Walk Through 1300 Years of History: A Half Day (Distance: Approx. 11.4km)

### 1 Machikado Museum

The Machikado Museum's renovated building was once the Ebiya Inn, built 150 years ago in the Meiji era. This wooden building has three floors. The first floor is a cafe, and the second floor has a diorama recreating Edo-era Shiohama Port, pictures, old maps and other materials on Shiohama's history. The "Sakura no Ma" room on the third floor has Shiohama Cherry Blossom trees painted over the entire ceiling.



### 2 "Kaisho no Yakata" Former Kamei Residence

This historical building was built in 1924 (Taisho 13) by the first president of Kamei Shoten Company (now Kamei Corporation). It uses a "joint Japanese-western residence" architectural style, with both a traditional Japanese wing using Japanese architecture and a western wing with western architecture. It would be difficult to duplicate the building's plastering work using current methods, making this still-standing residence extremely historically valuable.

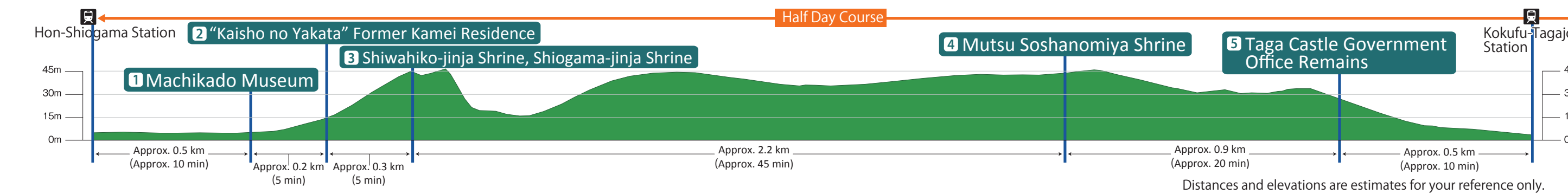


### 3 Shiwahiko-jinja Shrine, Shiohama-jinja Shrine

Shiohama-jinja Shrine was one of the highest-ranking shrines in Mutsu Province, and is the head shrine of all Shiohama-jinja Shrines in the country. It attracts worshippers from all over Japan for safe childbirth, long life, marine safety, bountiful fishing, family safety, traffic safety and victory in battle and competitions. Shiwahiko-jinja Shrine was built on the bank of Kamuri River in Iwakiri Village, Miyagi District (now Iwakiri in Sendai City). It was enthusiastically worshipped by the Imperial Court as a highly ranked Myojin Taisha shrine of the hundred shrines of Mutsu Province, and was made into an associated shrine of Shiohama-jinja Shrine on December 24th, 1874 (Meiji 7).

### 4 Mutsu Soshonomiya Shrine

During the Engi era (901-922) appointed governor to Toga Castle, Mutsu Province was said to have built Mutsu Soshonomiya Shrine, jointly enshrining the deities of the 100 shrines in Mutsu Province. Praying at Shiohama-jinja Shrine thus required a pilgrimage to Mutsu Soshonomiya beforehand. The current hall of worship was built in 1734 (Kyoho 19). On the grounds tower an over 200 year old Yulan Magnolia and an elderly cedar more than 600 years old.



### 5 Toga Castle Government Office Remains

This office was built by the government in the Nara period about 1300 years ago to govern Mutsu Province. After being built in 724 it is said to have lasted as a governmental, military and cultural hub of Tohoku for about 300 years, until the Heian period. Along with the Heijo Palace remains in Nara and the Dazaifu Government Office remains in Fukuoka, it is one of the Three Great Historical Remains of Japan.



### 7 Tagajo City Library

The new Tagajo City Library, opened in March 2016. The building's concept is "home," a place that everyone wants to go, with spacious, comfortable rooms and different purposes for each floor. The library is well-liked by patrons from within and without the city. Events like various workshops and concerts are held here, and there's a cafe and restaurant in the same building, so it's a great rest stop for hikers on the trail.



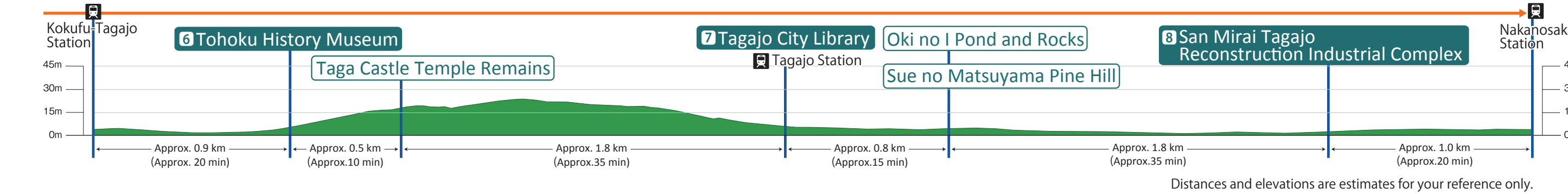
### 6 Tohoku History Museum

This historical museum focuses on Tohoku as a whole from the Paleolithic age to the modern era. Its relocated and restored traditional Japanese farmhouse shows a wide range of Tohoku's traditional customs. The museum grounds balance greenery and water to great effect, with a lovely walking course to experience the seasons.



### 8 San Mirai Tagajo Reconstruction Industrial Complex

This complex was built to prepare for future major natural disasters after the 2011 earthquake and tsunami, as well as to boost Tagajo City's recovery and reconstruction from the disaster. There are many food industry related factories here: you can experience grilling your own sasa-kamaboko fish cakes, take a tour of some factories, see an egg vending machine, and more. The complex is in a great location logistically, as it's about 2 kilometers away from Sendai International Commercial Port and about a kilometer away from Sendai-ko-kita Interchange.



## Masamune Date's Legacy and Memories of the Disaster: A Half Day (Distance: Approx. 17.3km)

### 9 Sendai 3.11 Memorial Community Center

Sendai 3.11 Memorial Community Center is a place to learn about the March 11, 2011 earthquake and tsunami and also serves as a gateway to the eastern coastal side of Sendai City, which suffered immense damage from the tsunami. The center has an area for teaching and interaction, an exhibition room, and a studio. Various exhibits and workshops held here convey the memories and experiences of the disaster as well as local ways of life.

### 10 Tsunami Monument Sendai Arahama Elementary School

During the March 11, 2011 tsunami, 320 students, teachers and residents took refuge in Arahama Elementary School as the tsunami reached the second floor. The building has been preserved in its post-tsunami state and made open to the public. Through the building itself and displayed materials including photographs of the tsunami's immediate aftermath, visitors can grasp the power and danger of tsunamis and become more aware of how to prevent and reduce damage from natural disasters.



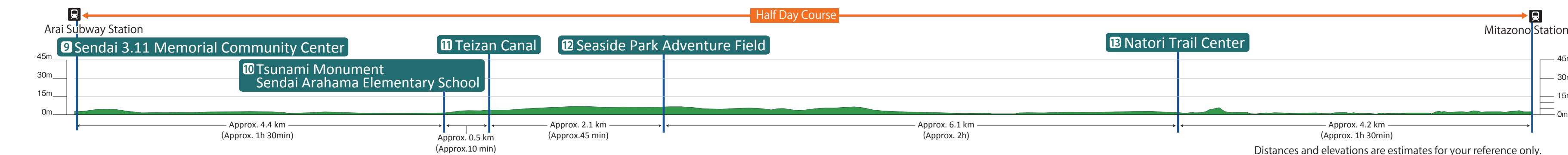
### 11 Teizan Canal

In his later years as first lord of the Sendai Domain, Masamune Date ordered the Teizan Canal be built to connect Matsushima Bay with Abukuma River, and the canal was finished by the mid-Meiji era. The canal also has separate names by section: Kitakami Canal, Tona Canal, and Teizan Canal. At a total of 49 kilometers long, it is the longest canal in Japan and is beloved by locals. Before land transportation became more advanced, the canal was busy with boats coming and going carrying rice payments, wood and other cargo.



### 12 Seaside Park Adventure Field

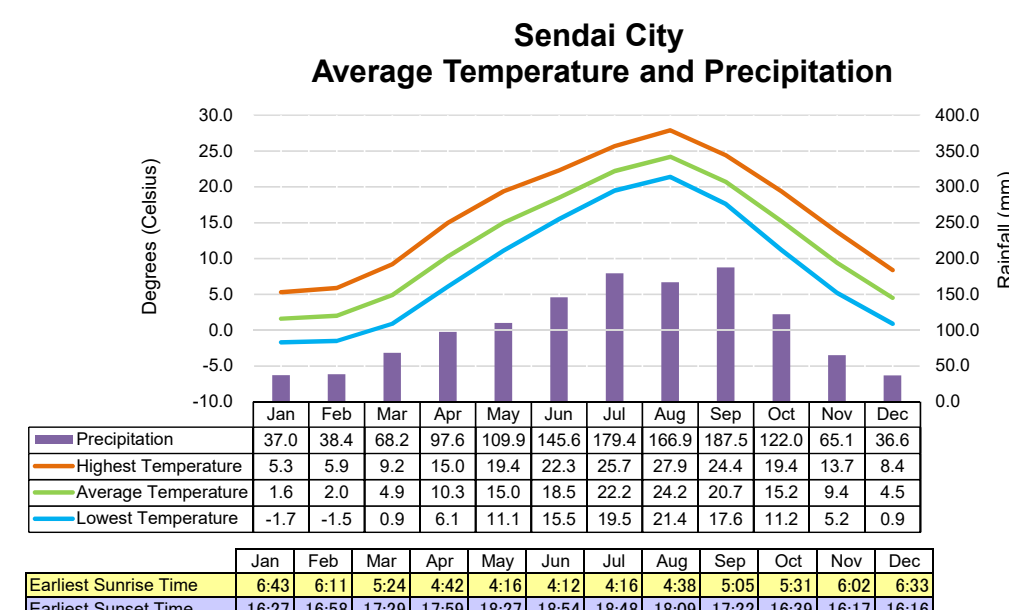
This park has jumbo play equipment and an adventure playground where children are free to let their imaginations run wild. The park had to close after the disaster, but reopened on Sunday, July 8th, 2018. At the far side of the park is "Evacuation Hill," which serves as a temporary refuge point if a tsunami warning is issued.



### 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 HIKING GEAR LIST

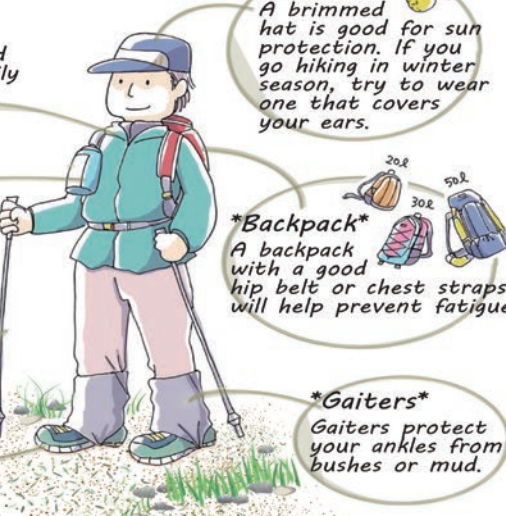
#### Clothing & Gear

"Clothing" Wear comfortable layered clothing that can be easily worn or removed when your body temperature.

"Water" Carrying water is a must for keeping hydrated.

"Treking poles" They can help minimize impact on your knees.

"Treking shoes" Wear comfortable shoes you've broken in beforehand.

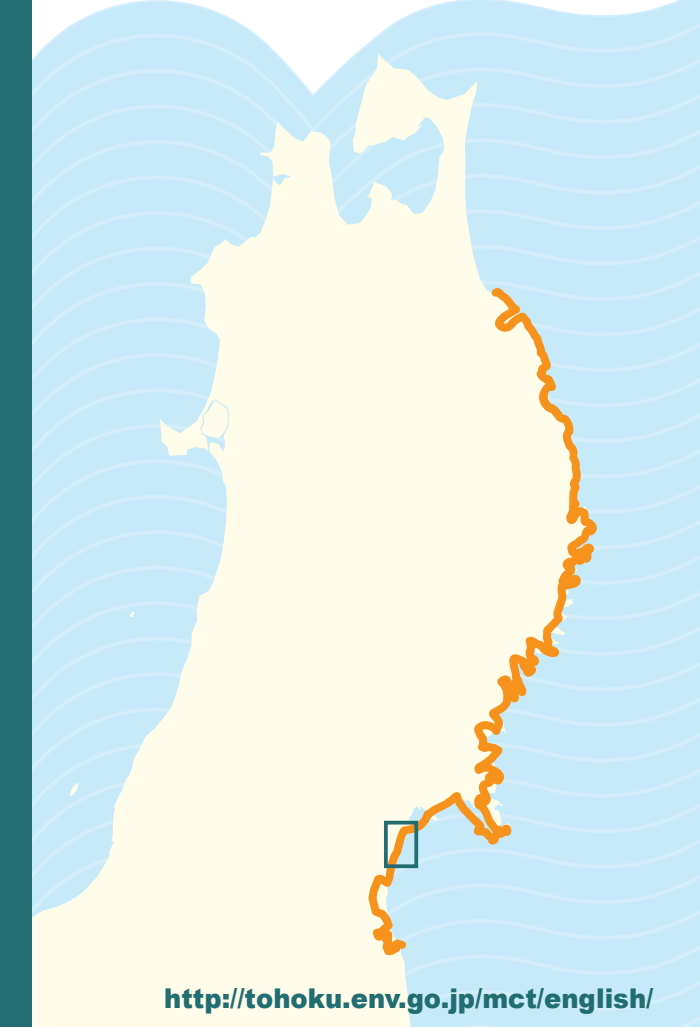


Pack gear that fits with your hiking plan. Make sure you don't forget important things and only carry what you really need to avoid an overloaded backpack.

- Necessary Items**
  - Trekking shoes
  - Backpack
  - Layered clothing to regulate body temperature
  - Hat
  - Rainwear
  - Map
  - Compass
  - Water flask or bottled water
  - Flashlight
  - Towels
  - 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

### Shiohama (City) to Tagajo to Sendai Section



### Trail Headquarters

◆ Natori Trail Center

### Emergency Services (24/7/365)

◆ Police (Traffic Accident/Crime) . . . . 022-398-6181  
◆ Police English Service . . . . 03-3501-0110  
◆ Fire Station (Fire/Ambulance) . . . . 022-361-9919

### Tourist Information

◆ JNTO (Japan National Tourist Organization) Telephone Inquiry Service (nationwide number) 9 am to 5 pm daily . . . . 03-3201-333  
◆ Shiohama Tourist Information Office . . . . 022-362-2525  
◆ Tagajo Tourism Association . . . . 022-364-5901

### Railway

◆ JR East Info Line . . . . 050-2016-1603 (English/Korean/Chinese languages are available)  
◆ Sendai Airport Transit . . . . 022-383-0150

### Shiohama City Ferry

◆ Shiohama City Industry and Environmental Department Urato Promotion Division (City Ferry Contact) . . . . 022-361-7710

### Bus

◆ Miyako Bus Shiohama Office . . . . 022-365-5161  
◆ Sendai City Transportation Bureau . . . . 022-224-5111  
◆ Senen Kotsu . . . . 022-366-2811  
◆ Rinkai Taxi . . . . 0120-60-3575

### Taxis

◆ Miyagi Pref. Taxi Association Sendai General Branch . . . . 022-256-0356  
◆ Miyagi Pref. Taxi Association Shiohama Branch . . . . 022-356-4848  
◆ Union Kotsu (Shiohama City) . . . . 022-366-2811  
◆ Rinkai Taxi . . . . 0120-60-3575



環境省

Ministry of the Environment

Godochosha No. 5, Kasumigaseki 1-2-2, Chiyoda-ku, Tokyo 100-8975, Japan.

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

### 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!