みちのく潮風トレイル
Michinoku Coastal Trail

Sanriku Fukko National Park
Trail Route

HACHINOHE
HASHIKAMI
HIRONO
KUJI
NODA to NORTH FUDAI
SOUTH FUDAI to TANOHATA to NORTH IWAIZUMI
SOUTH IWAIZUMI to NORTH MIYAKO
NORTH to CENTRAL MIYAKO
SOUTH MIYAKO
KAMAISHI
NORTH to CENTRAL OFUNATO
CENTRAL to SOUTH OFUNATO
RIKUZENTAKATA
NORTH KESENNUMA
SOUTH KESENNUMA
MINAMISANRIKU
ISHINOMAKI(KITAKAMI, KAHOKU, OGATSU)
ONAGAWA
ISHINOMAKI NORTH OSHIKA PENINSULA
ISHINOMAKI SOUTH OSHIKA PENINSULA
ISHINOMAKI(CITY) to HIGASHI-MATSUSHIMA to SHIOGAMA (URATO ISLANDS)
SHIOGAMA(CITY) to TAGAJO to SENDAI
NATORI to IWANUMA
WATARI to YAMAMOTO
SHINCHI
SOMA

Kabushima Island
Tanesashi Kaigan Information Center
Mt. Hashikamidake
Kosode Coast
Kitayamazaki Cliffs
Kitayamazaki Visitor Center
Jodogahama Beach
Jodogahama Visitor Center
Cape Todogasaki
Kirikiri Coast
Goishi Coast
Goishi Coast Information Center
Kesennuma Oshima Island
Minamisanriku Marine Visitor Center
Mangokuura
Kinkasan Island
Natori Trail Cener
Matsukawaura

Pacific Ocean

Aomori Bay
Noheji Bay
Lake Ogawara
Lake Towada
Lake Tazawa
Shin-Aomori
Aomori
Noheji
Aomori Airport
Misawa Airport
Shichinohe-Towada
Hon-Hachinohe
Hachinohe
Hachinohe IC
Hashikami IC
Ninohe
Kunohe IC
Kuji
Rikuchu-Noda
Horinai
Fudai
Tanohata
Iwaizumi-Omoto
Miyako
Morioka IC
Morioka
Morioka Minami IC
Iwate Hanamaki Airport
Hanamaki
Tono
Kamaishi
Toni
Yoshihama
Sanriku
Sakari
Ofunato
Koishihama
Ryori
Rikuzen-Akasaki
Ichinoseki IC
Ichinoseki
Kesennuma
Wakayanagi Kannari IC
Shizugawa IC
Yanaizu
Maeyachi
Ishinomaki
Ishinomakiko IC
Onagawa
Matsushima
Shiogama
Tagajo
Sendai
Sendai Higashi IC
Natori
Iwanuma
Sendai Airport
Shinchi
Soma
Soma IC
Aomori Expressway
Michinoku Toll Road
Tohoku Shinkansen Line
Aoimori Railway
JR Ominato Line
JR Tsugaru Line
Aomori Airport Toll Road
JR Ou Main Line
Tohoku Expressway
Hachinohe Expressway
Ashiro JCT
JR Hachinohe Line
Sanriku Railway Riasu Line
JR Hanawa Line
Iwate Galaxy Railway
Akita Shinkansen Line
JR Taza wako Line
JR Yamada Line
JR Kitakami
Akita Expressway
Kitakami
JR Kamaishi Line
JR Ofunato Line (BRT)
JR Ofunato Line
JR Kesennuma Line (BRT)
Sanriku Expressway
JR Rikuu East Line
JR Kesennuma Line
JR Ishinomaki Line
JR Senseki Line
JR Senzan Line
Yamagata Expressway
Tohoku Main Line
Abukuma Express
Soma-Fukushima Road
Joban Expressway
JR Joban Line