

Michinoku Coastal Trail Charter

On March 11th, 2011, the Great East Japan Earthquake and Tsunami wrought unprecedented damage to Tohoku's Pacific coast. It was a major turning point: faced with the fury of nature in a disaster said to happen at this scale once in a thousand years, many people in Japan and throughout the world were forced to consider how we should relate to nature. After this disaster, the Ministry of the Environment started the “Green Reconstruction Project,” a set of initiatives working for sustainable community planning as well as the preservation of abundant nature and local ways of life for the future. One such initiative is the Michinoku Coastal Trail.

Mr. Noriyoshi Kato, an advocate for walking through natural places when considering how humans and nature should relate to each other, proposed a “national trail leading through the Sanriku Coast national parks, a team effort between government and the people.” Thus this long coastal trail was born, forming a single path along the Pacific coast from Hachinohe, Aomori Prefecture to Soma, Fukushima Prefecture, and passing through four prefectures and twenty-eight cities, towns and villages\*.

We hope this natural trail will live on proudly on as a symbol of coexistence of people and nature for the people involved in the trail, that it will provide not only natural beauty and scenery but interactions between people who live in a place and people visiting that place, and that it will value the blessings of nature, the memories of disaster, and ways of life, histories, and cultures formed from harmony with nature. With this hope, we declare the following six values of our charter.

- 1. The trail will be for enjoying beautiful sights and natural features.
- 2. The trail will bring about connections between people who live in a place and those who visit that place.
- 3. The trail will leave lifelong memories of nature’s kindness and harshness.
- 4. The trail will forever testify the memories of disaster.
- 5. The trail will pass on rich nature and cultures to future generations.
- 6. The trail will welcome all who love to walk and will develop with everyone’s help.

※In March 2023, Kakuda City in Miyagi Prefecture joined the Michinoku Coastal Trail management plan, and the MCT now officially goes through four prefectures and twenty-nine cities, towns and villages.



Michinoku Coastal Trail  
1,000km hiking trail with ocean views

1,000km  
SELECTED COURSES

HACHINOHE to HIRONO  
MIYAKO to FUDAI  
SENDAI to HIGASHI-MATSUSHIMA



みちのく潮風トレイル  
Michinoku Coastal Trail

What Is a Long-Distance Trail?

A long-distance trail is a route designed for long-distance hiking journeys. Some trails around the world span over 3,000 km, with many hikers spending more than six months on their adventure. A hiker explores on foot, carrying their essentials in a backpack.

Along the Tohoku Pacific Coast of Japan, the number of hikers embarking on these journeys steadily increases, bringing new energy to the region.

Take a step onto the trail and experience the warmth and hospitality of the local communities along the way!



Legend

- Michinoku Coastal Trail
- Michinoku Coastal Trail (Sea Route)
- Satellite Facility

\*This map is based on the Digital Map (Basic Geospatial Information 200000) and the Fundamental Geospatial Data published by Geospatial Information Authority of Japan.

# SELECTED COURSE 01

HACHINOHE to HIRONO (39.8km)

## Hiking Along a Beautiful Coastline, Enjoying Food & Culture (3 Days)



### Day 0

Stay overnight and enjoy Hachinohe at night  
Tokyo ➡ Hachinohe ➡ Hon Hachinohe  
Check-in at the accommodation  
(A hotel in Hachinohe)  
Join the Hachinohe Yokocho Bar Hopping Tour

<Inquiry: AC PROMOTE>  
Hachinohe Yokocho  
Bar Hopping Tour



### Day 1

(15.7km)

Hike along Tanesashi Coast, the northern gateway of the MCT  
Depart from the accommodation  
6:43 Hon-Hachinohe Station ➡ Mutsu-Minato Station  
Breakfast at Mutsu-Minato morning market  
8:14 Mutsu-Minato Station ➡ Same Station  
Same Station ➡ Kabushima Jinja Shrine (15 minutes)  
Start from the northern terminus!  
Ashigezaki Observatory  
Tanesashi Coast  
16:08 Kanehama Station ➡ Tanesashi-Kaigan Station  
Walk to the accommodation  
(Minshuku Ishibashi)

### Day 2

(15.2km)

Travel around to visit small fishing villages  
Depart from the accommodation  
8:15 Tanesashi-Kaigan Station ➡ Kanehama Station  
Kanehama Station ➡ Hashikami Station  
10:14 Hashikami Station ➡ Kadonohama Station  
Kadonohama Station ➡ Tamagawa Station  
13:44 Tamagawa Station ➡ Taneichi Station  
Walk to the accommodation  
(Marine side spa Taneichi)

### Day 3

(8.9km)

Discover delicious seafood along the coast  
Depart from the accommodation  
\* Don't forget to bring your lunch!  
8:18 Taneichi Station ➡ Tamagawa Station  
Tamagawa Station ➡ Uge Station  
13:32 Uge Station ➡ Hachinohe Station  
From Hachinohe Station,  
travel back to Tokyo Station ➡

## Day 0

SELECTED COURSE 01

### Enjoy the night in Hachinohe Yokocho!

Hachinohe, known for its large port, features many alleys called "yokocho" filled with restaurants and bars. Join a "yokocho" tour to explore these alleys and find your favorite dining spots.



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### Experience the charm of Hachinohe

Venture into a popular bar beloved by hikers! At Bar Prince, you can enjoy original MCT cocktails.



## Day 1

SELECTED COURSE 01

### Take a train to the morning market.

Start your day with a hearty meal at the Mutsu-Minato fisherman's Morning Market, where fresh seafood from the Sanriku coast awaits.



### Wake up early for a breakfast at the morning market!

Choose your favorite seafood to create a personalized seafood bowl at the fisherman's market and enjoy casual chats with friendly locals.



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### The first step to the 1,000 km trail starts here

Welcome to Kabushima, the northern terminus of the Michinoku Coastal Trail! Visit Kabushima Jinja Shrine, home to 40,000 black-tailed gulls, and take a moment for a prayer. Don't forget to take pictures, as this marks the beginning of the 1,000-km trail!



(How to obtain a hiking passport.)

### Hiking Passport as your travel companion!

Bring your little journal to use as an "MCT Hiking Passport" so that you can collect stamps from various locations. It's a wonderful way to connect with locals and create lasting memories by adding dates to each stamp.

# Day 1

SELECTED COURSE 01



The Yodo Pine Grove

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会



Chat with kelp fishing ladies and sunbathe.



Nakasuka



Nakasuka



▲Umi Cafe's recommendation is a mackerel sandwich.



味



Tanesashi Coast Information Center

◀Enjoy local cuisine at night at the inn (Minshuku Ishibashi)

# Day 2

SELECTED COURSE 01

Hiking while transferring between trains. This route leads you to many small shrines where people have long prayed for the safety of fishermen and offered their prayers to the sea.



Optional Course

Mt. Hashikamidake, cherished by the locals, is also part of the trail route. Terashita Kannon Temple, located at the foot of the mountain, is a historic spot founded about 1,300 years ago.

景



Terashita Kannon-do



Hashikami Lighthouse

How to Walk the Michinoku Coastal Trail

The Michinoku Coastal Trail stretches 1,000 km from Hachinohe to Soma. You can thru-hike, break it up into smaller sections, or enjoy a day hike at your favorite spot. Experience the beauty of the Tohoku coastline at your own pace, whether through day trips or longer hikes. There are maps and Data Books with essential hiking information. Although trail markers are available, be sure to consult the map and check the official website for any alerts. Along the trail, in addition to the Natori Trail Center, five information centers known as "satellites" provide helpful resources.



(Alerts on the MCT)

# Day 3

SELECTED COURSE 01

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Uge Beach Walking at high tide is impossible, so check the tide table before hiking.



通



Our three-day trip ends at Uge station, where you can take your train back to Hachinohe. Where will you go hiking next?

# SELECTED COURSE 02

MIYAKO to FUDAI (36.2km)



An Adventurous Journey to  
Enjoy Breathtaking Scenery (3 Days)

## Day 0

Stay overnight and enjoy Miyako at night

- Tokyo → Morioka → Miyako
- Check-in at the accommodation  
(A hotel in Miyako)
- Explore restaurants around Miyako Station

<Sightseeing Shared Taxi>  
(Advance reservation required)

\* Japanese  
language only



## Day 1

(9.7km)

A hike to enjoy the precipitous cliffs

- Depart from the accommodation
- \* Don't forget to bring your lunch!
- 7:52 Miyako Station → Tanohata Station
- 8:36 Take a shared taxi from Tanohata Station  
to Unosu Cliffs
- Start from Unosu Cliffs
- Shimanokoshi Station
- Accommodation (Hiraiga Kaisou)

## Day 2

(17.8km)

Walking in the "Alps of the Sea"

- Depart from the accommodation
- Tsunami Monument "Aketo Seawall"
- Tsukuehama Banyagun (fisherman's huts)
- Kitayamazaki Visitor Center
- Accommodation (Kurosaki-sou)

## Day 3

(8.7km)

Enjoy local food in the shopping street

- Depart from the accommodation
- Kurosaki Observatory
- Nedari Beach
- Fudai Village's Shopping Street
- Fudai Station
- 12:53 Fudai Station → Miyako Station
- 14:45 Miyako Station → Morioka Station
- From Morioka Station, travel back to Tokyo Station

## Day 0

SELECTED COURSE 02

Visit an izakaya near Miyako Station

Small, cozy restaurants frequented by locals  
provide a warm atmosphere.



食



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Don't forget to buy lunch at a store near Miyako  
Station for Day 1, as there are no shops along  
the route.

## Optional Course

Situated in the heart of the Sanriku Fukko  
(reconstruction) National Park and the Sanriku  
GeoPark, Jodogahama is part of the trail route  
and a widely renowned scenic spot located in  
Miyako.



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Please drop by the Jodogahama  
Visitor Center, one of the satellite  
facilities along the trail.

(Jodogahama Visitor Center HP)



## Day 1

SELECTED COURSE 02

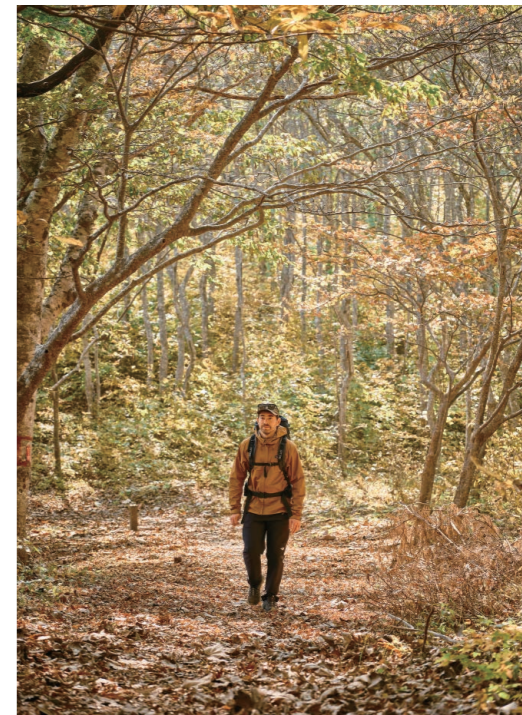
Start from Unosu Cliffs.



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Hanging persimmons, an autumn tradition

Discover the everyday life and culture of local people and enjoy the  
conversation.



宿



Arrive at the inn. Get stamps first! Dinner is  
freshly caught seafood.



## Day 2 SELECTED COURSE 02

The Disaster Ruin tells the story of how the usually calm sea became a tsunami and destroyed the seawall with tremendous force.



遺



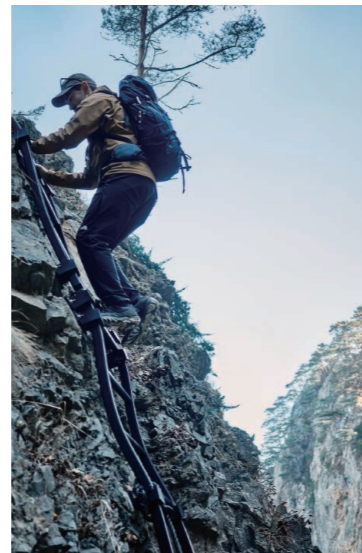
Hiking begins!



At the Tsukuehama Banyagun (fisherman's huts), various experience programs are offered, along with trail guide tours. If you have extra time, it is a great idea to take the "Sappa Boat Adventures" and view the trail from the sea.



(Banya Ecotourism HP)



Pass through hand-dug tunnels and arrive at a small beach.



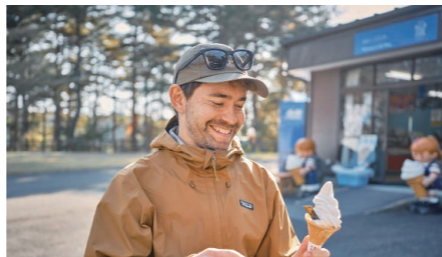
海



泊



On Day 2, you can also set up a tent at Kurosaki Camping Ground near Kurosaki-sou.



For lunch, the area around the Kitayamazaki Visitor Center is recommended.

## Day 3 SELECTED COURSE 02

Watch the sunrise from Kurosaki Lighthouse. Enjoy the ocean view from Kurosaki Observatory.



望



Along the route, you might see small, birdhouse-shaped boxes. These are hiker counters that track the number of people passing through. Please press the button once for each person to contribute to the count.



**x10**

**Equivalent to 10 Mount Fujis**

The Michinoku Coastal Trail stretches 1,000 km from Hachinohe, Aomori Prefecture, to Soma, Fukushima Prefecture. It winds through scenic coastal landscapes with many ups and downs. The total elevation gain exceeds 38,000 m—the equivalent of climbing Mount Fuji ten times! That said, there are also gentler sections suitable for beginners to enjoy.



港



Freshly caught fish at the fishing port.



The nature trail at Nedari Beach runs along the ocean, just below the cliff.

The "Miracle Sluice Gate" protected Fudai Village from the tsunami in 2011.

街



Treat yourself to steaming hot croquettes and sweet delights as a well-deserved reward on Fudai Village's shopping street.



Take the Sanriku Railway from Fudai Station to Miyako Station.

# SELECTED COURSE 03

SENDAI to HIGASHI-MATSUSHIMA (21.4km)



## Exploring the Scenic Urato Islands and Historic Michinoku (2 Days)

### Day 0

Stay overnight and enjoy Sendai at night  
Tokyo ➡ Sendai  
Check-in at the accommodation  
(A hotel in Sendai)  
Dine at restaurants in Sendai

<Inquiry: InOutbound Tohoku Inc.>  
Back-alley Night Izakaya Hopping in Sendai



### Day 1

(12.6km)  
Sea route excluded

Trip to enjoy touring the islands  
Depart from the accommodation  
\*Don't forget to bring your lunch!  
7:33 Sendai Station ➡ Nobiru Station  
Higashi Matsushima 3.11 Disaster Recovery Memorial Museum  
Aomina (Boarding point of the fisherman's boat ride) ➡  
Sabusawa-jima Island ➡ Nono-shima Island ➡  
Katsura-shima Island (last ferry departs at 17:01) ➡  
Marine Gate Shiogama  
Check-in at the accommodation

### Day 2

(8.8km)

Historical Exploration in Shiogama and Tagajo  
Depart from the accommodation  
Start from Hon-Shiogama Station  
Shopping Street to Shiogama Jinja Shrine  
Mutsu Sosha-no-miya Shrine  
Site of Tagajo (Government Office Remains) and the South Gate  
14:08 Tagajo Station ➡ Sendai Station  
From Sendai Station, travel back to Tokyo Station ➡

## Day 0

SELECTED COURSE 03

### Enjoy a night in Sendai

Savor delicious local cuisine and exquisite sake in the heart of Sendai's gourmet scene. Bar hopping is fun too.



船

Local fishermen guide hikers between Miyato Island in Higashi-Matsushima and Sabusawa-jima Island in Shiogama, providing the boat ride service on the Michinoku Coastal Trail. This marine route was designed specifically for MCT hikers.



(About the fisherman's boats)

## Day 1

SELECTED COURSE 03

### Nobiru Station~Marine Gate Shiogama



The former Nobiru Station platform, situated next to the "Higashi Matsushima 3.11 Disaster Recovery Memorial Museum," has been maintained in the same condition after the tsunami's destruction.



The fisherman's boat, specifically designated for MCT, departs from the "Aomina" pier.

渡



Meet the captain in person to receive a special stamp, only available to those who board the boat!



### Sabusawa-jima Island



Sabusawa-jima Island has long been a place where many of its residents practiced both fishing and farming. In autumn, you can witness the nostalgic sight of rice being sun dried.



The Urato Islands offer a free boat service run by the local government—an essential transportation means for residents.

### Nono-shima Island



Unai Beach is a scenic spot, perfect for lunch or a break.



### Katsura-shima Island



Katsura-shima Beach is a popular summer destination for swimming.



From Katsura-shima Island, take the ferry to Marine Gate Shiogama (last ferry at 17:01).



After hiking, you can enjoy oven-baked pizza at Pizzeria La Gita.

### Michinoku Coastal Trail Hiking Map Book

When hiking on the MCT, be sure to look at a map. MCT has a set of 10 maps called the Hiking Map Book, which covers about 100 km per book and includes information necessary for planning a hike, such as resupply and water points, shops, distances between these locations, and elevation cross sections. Maps are at 1/25,000 scale. Get the maps before you hike. You can also see Google Maps and download the GPX data. For more information, please visit Michinoku Trail Club's website!



(About Hiking Map Books)

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On Sabusawa-jima Island, there are Jizo statues that are enshrined with great care in the community. The "Roku Jizo (Six Jizos)" watches over islanders and travelers on street corners.



"Kesho (Make-up) Jizo" is said to bring beautiful children if you put white powder on the jizo's face and pray for it.



"Shibari (Rope-Tied) Jizo" In the old days, prostitutes on the island tied up Jizo statues to pray for adverse winds to stop men from setting sail.

Day 2 SELECTED COURSE 03

From Hon-Shiogama Station to Tagajo Station

The trail route goes through the premises of Shiogama Jinja Shrine.



城



Tagajo was the political, military, and cultural center of the Tohoku region until the mid-11th century. Today, it is designated as a Special Historic Site of Japan.



The South Gate was reconstructed to commemorate the 1,300th anniversary of Tagajo Castle's founding.



Two days on the trail, full of unforgettable memories. Let's come back and hike together again!

Leave No Trace

Leave No Trace is an environmental ethics program from the U.S. that aims to minimize the human impact on nature during outdoor activities such as hiking and camping. Grounded in its seven principles, the Michinoku Coastal Trail encourages responsible hiking practices that contribute to environmental protection.



\*Japanese language only

- Principle 1 Plan ahead and prepare
- Principle 2 Travel and camp on durable surfaces
- Principle 3 Dispose of waste properly
- Principle 4 Leave what you find
- Principle 5 Minimize campfire impacts
- Principle 6 Respect wildlife
- Principle 7 Be considerate of other visitors

Source: Nonprofit organization Leave No Trace Japan HP

Preparation

Hiking a long-distance trail means spending time in natural areas. Staying safe on your hike is your responsibility. Make sure to gather enough information and plan your hike in advance. The Michinoku Trail Club website has a page that users can check before hiking to ensure their safety on the trail. This page includes information on obtaining maps, plans, equipment, precautionary information, and what to do in an emergency. Please check it out before you start hiking.



(Preparation)



Michinoku Coastal Trail  
1,000km hiking trail with ocean views

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(Michinoku Trail Club HP)