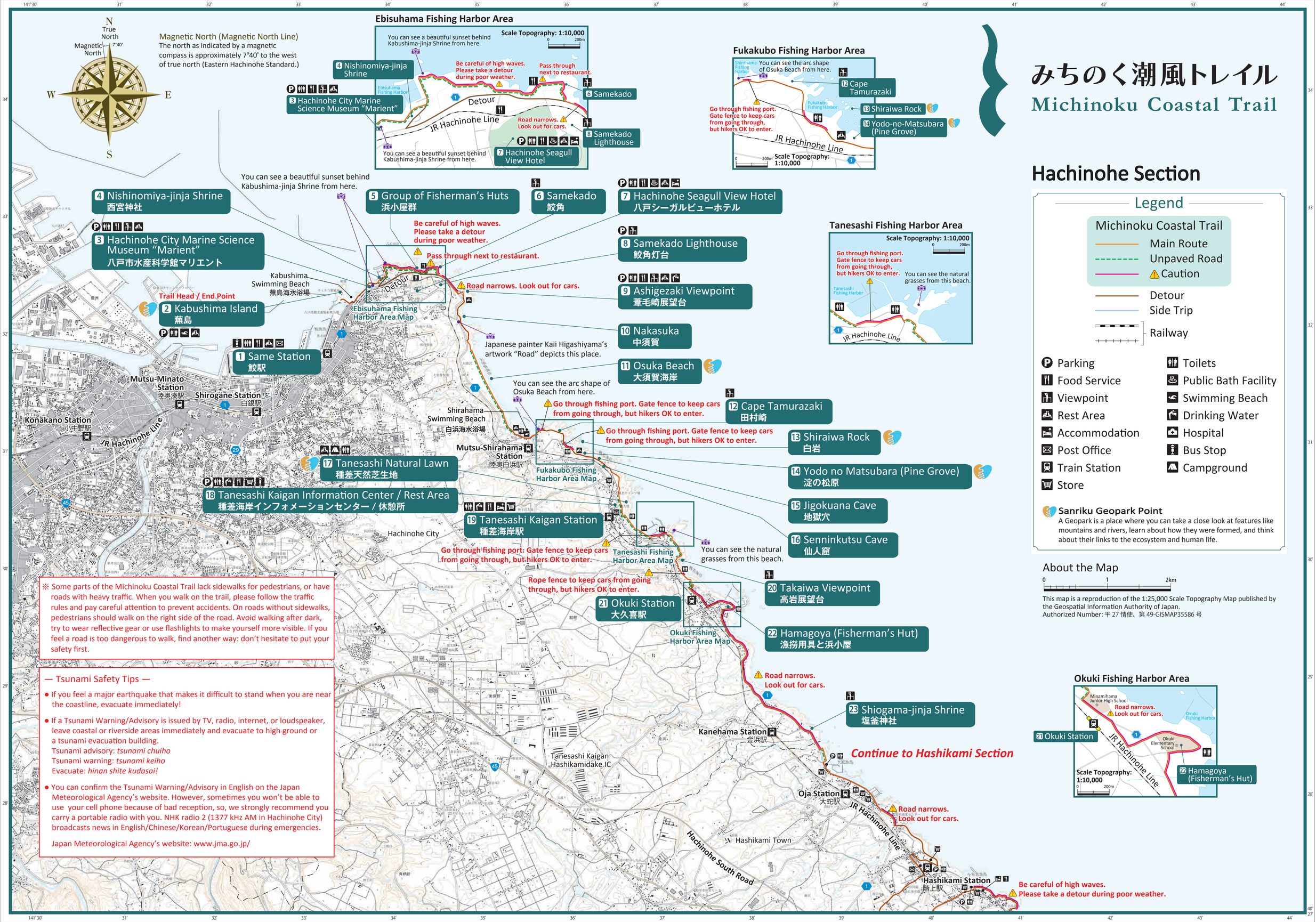
# みちのく潮風トレイル
# Michinoku Coastal Trail

## Hachinohe Section




※ Some parts of the Michinoku Coastal Trail lack sidewalks for pedestrians, or have roads with heavy traffic. When you walk on the trail, please follow the traffic rules and pay careful attention to prevent accidents. On roads without sidewalks, pedestrians should walk on the right side of the road. Avoid walking after dark, try to wear reflective gear or use flashlights to make yourself more visible. If you feel a road is too dangerous to walk, find another way: don't hesitate to put your safety first.

### — Tsunami Safety Tips —

- If you feel a major earthquake that makes it difficult to stand when you are near the coastline, evacuate immediately!
- If a Tsunami Warning/Advisory is issued by TV, radio, internet, or loudspeaker, leave coastal or riverside areas immediately and evacuate to high ground or a tsunami evacuation building.
  Tsunami advisory: *tsunami chuiho*
  Tsunami warning: *tsunami keiho*
  Evacuate: *hinan shite kudasai!*
- You can confirm the Tsunami Warning/Advisory in English on the Japan Meteorological Agency's website. However, sometimes you won't be able to use your cell phone because of bad reception, so, we strongly recommend you carry a portable radio with you. NHK radio 2 (1377 kHz AM in Hachinohe City) broadcasts news in English/Chinese/Korean/Portuguese during emergencies.

  Japan Meteorological Agency's website: www.jma.go.jp/

### Legend

**Michinoku Coastal Trail**
- Main Route
- Unpaved Road
- Caution
- Detour
- Side Trip
- Railway

- Parking
- Food Service
- Viewpoint
- Rest Area
- Accommodation
- Post Office
- Train Station
- Store
- Toilets
- Public Bath Facility
- Swimming Beach
- Drinking Water
- Hospital
- Bus Stop
- Campground

**Sanriku Geopark Point**
A Geopark is a place where you can take a close look at features like mountains and rivers, learn about how they were formed, and think about their links to the ecosystem and human life.

### About the Map

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This map is a reproduction of the 1:25,000 Scale Topography Map published by the Geospatial Information Authority of Japan.
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