



Michinoku Coastal Trail Hashikami Section

From JR Oja Station to Kominato Coast: Two Day Course

1 Oja Station

Take a train from JR Hashino Station to JR Oja Station, enjoying the pleasant sea view from the windows.

2 1933 and 2011 Tsunami Monuments

A stone marker was built on the Oja Elementary School premises to pass on memories and lessons learned from the tsunami of March 11, 2011. It was built facing the direction where the tsunami came from and inscribed with a watchword that saved local people. Another older stone describes the 24 meter high March 3, 1933 Sanriku Tsunami.

3 1933 Sanriku Tsunami Monument

This stone marker was built on a hill near the sea to remember the many who died in the 1933 Sanriku Tsunami and pray this tragedy would never be repeated.

4 Tomarikawa-jinja Shrine

This shrine is also called *Toko Jinja* (Octopus Shrine) because of a legend that a huge octopus lived in the neighboring tidal flat. It has been said to have healing properties for eye diseases, because octopi are believed to have healthy eyes.

5 Hashikami Station

You can see the original mechanical semaphore signals used at this station from 1924 to 2005. These signals guarded the safety of trains and passengers for many years.

6 Hashikami Station Shopping District

Shopkeepers at this retro shopping district greet you with warm smiles. Your walking course starts here.

7 Tate-jinja Shrine

There once was a feudal lord's residence here. You can see an old moat site and one of the biggest fir trees in Aomori Prefecture on the premises.

8 Giant Japanese Horse Chestnut Tree

In front of the traditional thatched-roofed house towers an approximately 800-year-old Japanese horse chestnut tree which is a designated prefectural natural monument. Even now, the tree still blooms white flowers in spring and bears countless chestnuts in autumn.

9 Kumanodo Shrine

This small shrine was built in 891, and a divine mirror of Kumanodo Sonzou is enshrined inside.

10 Mt. Hashikamidake Toyabe Trailhead

You can eat local specialty mutton barbecue called "Genghis Khan" and handmade *soba* noodles at restaurants near the trailhead.

11 Mt. Hashikamidake Summit

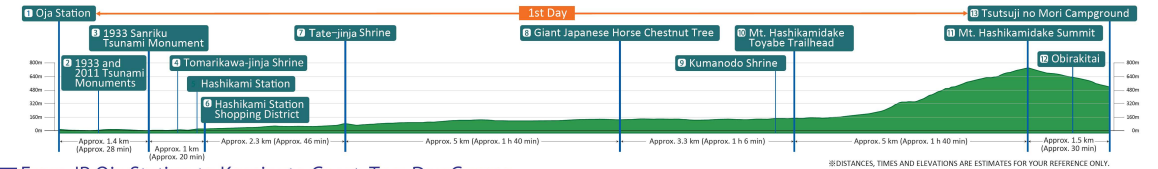
This will be the highlight of your first day. After visiting *Dake Daimyojin* Shrine, have an exceptional lunch or snack while enjoy the breathtaking panoramic view of the Hakko Mountains, Hachinohe City, and the Pacific Ocean.

12 Obirakitai

In June, this area is filled with the pink of Azalea blooms. From here, you can also see the Pacific Ocean, Hakko Mountains, and Hachinohe City.

13 Tsutsuji-no-Mori Campground

Cook dinner at the outdoor kitchen, and sleep under the star-filled sky.



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14 Tomyodo Lighthouse Ruins

Go up the stairs to see the ruins of a lighthouse called Tomyodo, the oil lamps of which were said to have secured the safety of fishing boats during the Edo period. Try closing your eyes imagining this scenery in the past. Go back to the trail pass through the ruins of a five-story pagoda and head to *Terashita Kannon*.

15 Terashita Kannon

Terashita Kannon has been worshipped by locals for a long time as a mixed Shinto-Buddhist sacred site. Within the spacious grounds are waterfalls, maple trees, and cedar groves. Nearby are Shioyama-jinja Shrine, a large temple bell, and a *Ryujin no Matsuri*, an old pine tree resembling a dragon.

16 Giant Ginkgo Tree

This approximately 1,000-year-old ginkgo tree, one of the biggest in Japan, is said to be a blessed tree that helps mothers who come to worship breastfeed. For just a few days each autumn, it allows us to see its brilliant gold magnificent figure.

17 Akaishi Daimyojin Shrine, Tsunami Monuments

Many stone markers which were washed away by tsunamis, sometimes several times were retrieved by locals and enshrined here within the premises of Akaishi Daimyojin. In the back, another stone marker stands as a memorial to honor the victims of the 1896 Meiji Sanriku Tsunami. These stone markers make us feel the deep connection between this place and tsunamis.

18 Kominato Coast

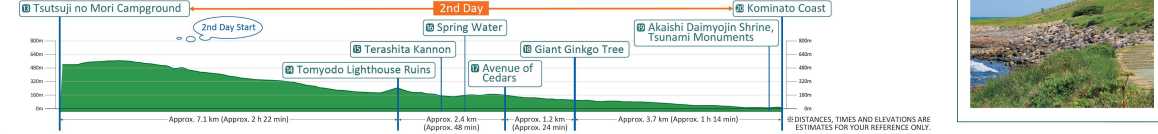
The small white lighthouse goes very well with the gentle green lawn. This place is on the boundary between Aomori and Iwate Prefectures, so there are boundary stones on land and in the sea. Try finding one! You've reached the end of your trip. Take your train back at JR Hashikami Station or JR Kadonahama Station.

19 Spring Water

This water is known to bring good luck for pregnancy and marriage.

20 Avenue of Cedars

Go through the lovely country road surrounded by sunlight filtering down through the needles.



Trail Markers

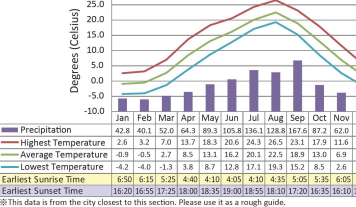
The Michino-ko Coastal Trail is marked with stickers, posts, and signboards which have this logo on them to help hikers stay on the correct route. You can rest easily if you see them while hiking the trail.

※ The frequency of trail markers varies by section, so use other landmarks to check where you are.



Hashikami Town

Average Temperature and Precipitation



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.
- 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.
- Be mindful of other people on the trail.
 - Please be considerate of other hikers and local people so that everyone can enjoy the trail.
- 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.

HIKING THE MICHINOKU COASTAL TRAIL

- Choose a course that fits you.
 - Decide which part of the trail you will hike based on your stamina and experience, the length of the route, and altitude variation. Make your plan carefully if you choose a course with difficult parts.
- Hike at your own pace.
 - Being safe is based on having good judgment. Don't strain yourself. You can arrange for a guide to accompany you if you need one or join a group tour. Let's enjoy hiking the trail safely!
- Imagine the whole route.
 - First, plan how to get to your starting point, and consider the distance of the whole route and the time required for it. If you also plan ahead where to eat lunch or have breaks, it will make the long distance easier to manage and more bearable. Make sure to check where the safety evacuation areas are on your map in case of disaster. Look for point that could be dangerous and think about how to handle them. We recommend you check the tide level and wave height in advance if you pass through along the coast.

TRAIL HIKING GEAR LIST

Clothing & Gear



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
 - 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
Michino-ko Coastal Trail

Hashikami Section

http://www.env.go.jp/jishin/park-sanriku/trail/

Emergency Services (24/7/365)

- Police (Traffic Accident/Crime) 110
- Police English Service 03-3501-0110
- Fire Station (Fire/Ambulance) 119

Tourist Information

- JNTO (Japan National Tourist Organization) Telephone Inquiry Service 03-3201-3331 <http://www.jnto.go.jp/eng/>
- Taneshashi Kaigan Information Center <http://taneshashi.info/> 0178-51-8500
- Hachinohe General Tour Information Plaza 0178-27-4243 <http://www.jnto.go.jp/eng/location/spot/tic/hachinohe.html>

Railway

- JR East Infoline 050-2016-1603

Taxi

- Hashikami Taxi 0178-89-2011

※ Cell phone signal cannot be guaranteed for the full length of the trail. Please ask somebody for help in case of emergency.

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ABOUT THE MICHINOKU COASTAL TRAIL

The Michino-ko 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!