

みちのく潮風トレイル Michinoku Coastal Trail

Hirono Section

Legend

Michinoku Coastal Trail

- Main Route
- Unpaved Road
- Caution

- Detour
- Side Trip
- Railway

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

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

0 1 2km

This map is a reproduction of the 1:25,000 Scale Topography Map published by the Geospatial Information Authority of Japan.
Authorized Number: 平 27 情使、第 49-GISMAP35586 号

13 Shukunohe Fishing Harbor
宿戸漁港

14 Sea Urchin Farm
ウニの増殖溝

There is a stone marker called *Koshin-to* (pillar of the folk religion Koshin.)

View of JR Hachinohe Line and the Pacific Ocean from up close

15 Ohama Railroad Crossing
大浜踏切

16 Rikuchu-Yagi Station
陸中八木駅

17 Kanayama-jinja Shrine
金山神社

18 Tatsu no kuchi, "Mouth of the Dragon"
辰の口

19 Seikokan Inn Ruins
清光館跡

Go through stairs of water gate.
Be careful of high waves.
Please take a detour during poor weather.
Evacuation route entrance.
(Please see explanation on title page: #20 Rock Outcrop.)

20 Rock Outcrop
露頭

21 Uge Station
有家駅

View of Hachinohe Line right along the shore line

You can look over the Pacific Ocean from here.

22 Nakano Kumano-jinja Shrine
中野熊野神社

23 Rikuchu-Nakano Station
陸中中野駅

24 Gorilla Rock
ゴリラ岩

Continue to Kuji Section

Please take a detour during high water.

25 Nakano Shirataki Waterfall
中野白滝

Nakano Shirataki, a famous two-tiered big waterfall

Continue to Hashikami Section

Be careful passing through when flood tide occurs.

2 Hama no Torii
浜の鳥居

3 Senninzuka
千人塚

4 Taneichi High School
種市高校

5 Kawajiri Tsunami Memorial Tower
川尻津波供養塔

Be careful of high tide and falling rocks.

6 Sea Urchin Farm
ウニの増殖溝

7 Taneichi Station
種市駅

8 Taneichi Shopping District
種市商店街

9 Museum of History and Folklore
歴史民俗資料館

10 Hirono Marine Hall UNIQUE
ひろの水産会館ウニーク

11 Taneichi Seaside Park
種市海浜公園

12 Madoiwa Rock
窓岩

You can see spawning salmon swimming upstream in autumn.

You can look over the Pacific Ocean from here.

Scenic fields and rice paddies

Tamagawa Station
玉川駅

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Harashinai Area
Scale Topography: 1:10,000

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Nakano Area
Scale Topography: 1:10,000

22 Nakano Kumano-jinja Shrine

※ 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 Hirono Town) broadcasts news in English/Chinese/Korean/Portuguese during emergencies.
Japan Meteorological Agency's website: www.jma.go.jp/