

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



Michinoku Coastal Trail Hirono Section

From Kadonohama to Nakano: Two Day Course

1 Kadonohama Station

Arrive at Kadonohama Station after enjoying the sea view from your window. Your walking course starts here.

2 Hama-no-Torii

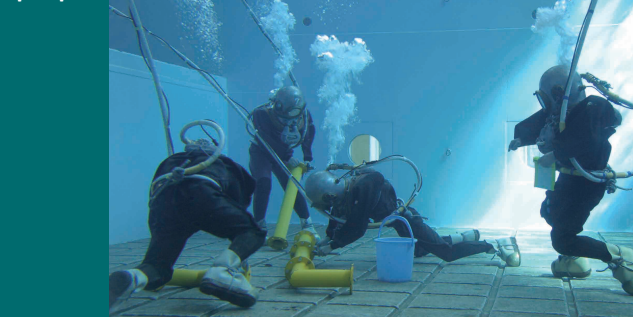
This big red torii gate faces the ocean to welcome gods coming all the way from beyond the sea. Local people coexisting with the sea built the torii to pray for marine safety, good fishing, and good health.

3 Senninzuka

This is said to be the burial site for 1,000 heads of local people killed by the Yamato Chotei—the Imperial Court in the Heian period—when its troops attacked this area.

4 Taneichi High School

This is the only high school in Japan with a Marine Development Course where students can learn diving techniques. Graduates who have mastered the Nanbu Moguri—a traditional diving technique that originated in Hirono Town—work in oceans all over the world. You can watch students training through the observation windows of the 10-meter diving pool. Taneichi High School was used as a location for the Japanese popular TV drama “Amachan”.



5 Kawajiri Tsunami Memorial Tower

This stone marker was built for victims of the 1933 Sanriku Tsunami. Hirono Town has a long history of suffering serious damage from tsunamis, and currently contains a total of seven tsunami stone markers.

6 Sea Urchin Farm

Sea water flows continuously into trenches dug into sea rock so that seaweed grows thickly, providing ample food for sea urchin. Hirono sea urchins, plump from eating this seaweed, get rave reviews for their delicious taste. The peak season is from June to July.



7 Taneichi Station

Don't miss the public restroom modeled after a Nanbu diver's helmet.



8 Taneichi Shopping District

There is a shop on this street selling sweets inspired by Nanbu Moguri. Spend some pleasant time with local people here. Enjoy freshly caught sea urchin and wild sea squirt in early summer, salmon and salmon roe in autumn, and abalone in winter at nearby restaurants and izakaya (Japanese-style bars.) There is also a hotel where you can enjoy taking a morning bath while watching the sun rising from the Pacific Ocean. (Day use bathing available).



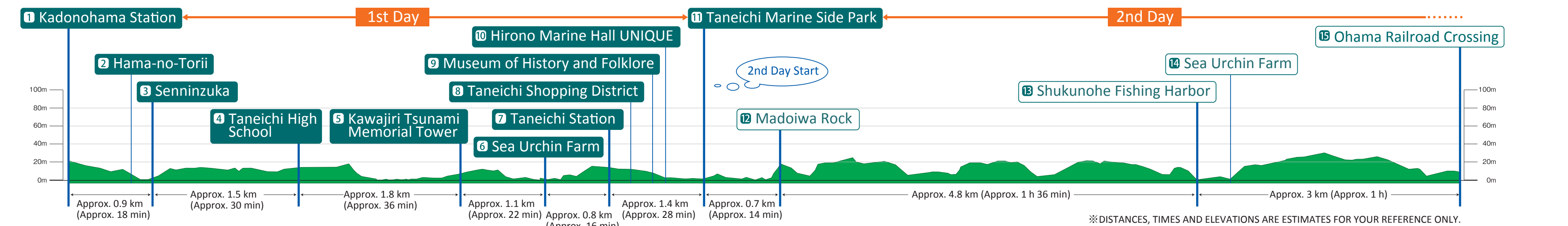
10 Hirono Marine Hall UNIQUE

A wide selection of fresh and processed marine products and souvenirs. On the third floor restaurant, you can enjoy food using local ingredients, especially seafood. See the nearby #9 Museum of History and Folklore for many Nanbu Moguri diving materials on display.



11 Taneichi Seaside Park

This park has a swimming beach, public restrooms, parking lot, and a campground. You've reached the goal point for day one of your trip!



From Kadonohama to Nakano: Two Day Course

13 Shukunohé Fishing Harbor

You can see many boats passing through and fishermen at work in this lively harbor. Please be careful not to get in the way of their work while passing through.



15 Ohama Railroad Crossing

This railroad crossing, which was made to provide access to the sea, is indispensable to the people of Hirono Town who depend on the fishing industry.

18 Kanayama-jinja Shrine

From the hill this shrine is on, you can overlook the Yagiminato bay, thinking about and appreciating the fisherman's way of life.

20 Seikokan Inn Ruins

Kunio Yanagida, known as the father of Japanese folklore, stayed in Seikokan Inn when he traveled along the Sanriku Coast on foot. Only an information board is left to tell where the inn once was. One of Yanagida's pieces “Seikokan Aishi (The Tragic History of Seikokan)” was written when he tried to visit the inn again.

21 Rock Outcrop

Walk through the beach between the rock layers and the sea. You might find something if you observe the rock layers carefully. When the sea is rough, don't go through the Harashinai tide gate, and use the detour instead. If an earthquake or big wave happens when you are on this beach, go to higher ground immediately through the evacuation route which will pass through two railway crossings.



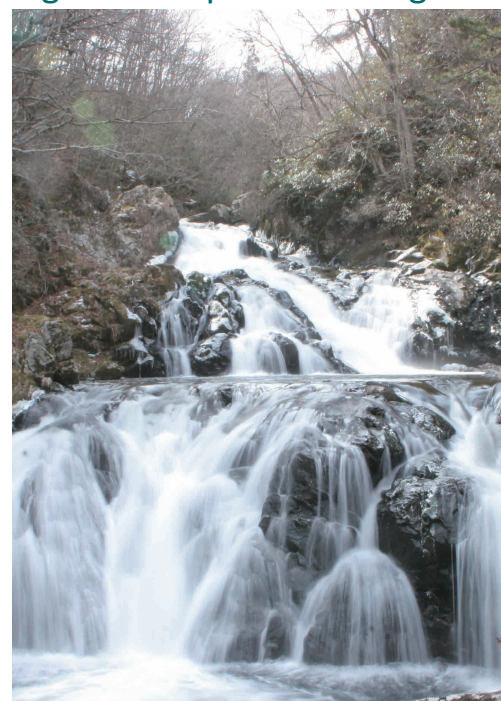
22 Uge Station

A new station was built here after the previous one was washed away by the March 11, 2011 tsunami. The station has a visitor's book. Why don't you write down your thoughts about your journey while looking over the sea? The great expanse of water below is a great surfing point.



23 Nakano Shirataki Falls

Let's go on a side trip up the path along the stream to see the splendid white water of the Nakano Shirataki Falls pouring down. Get up close and personal with this dynamic waterfall through the suspension bridge.



24 Rikuchu Nakano Station

This is the end point of your two-day course. You can ride the train back to JR Hachinohe Station from here. Please take care and come again anytime.

Trail Markers

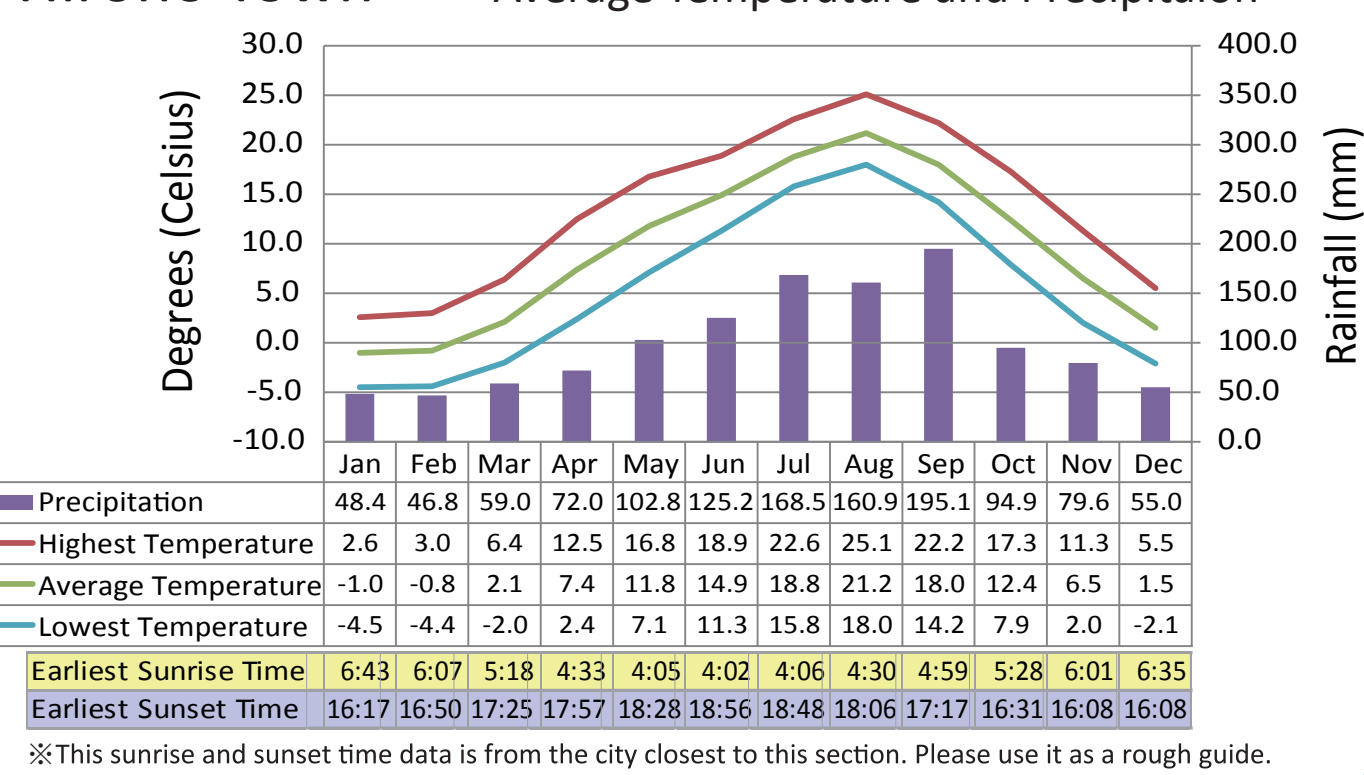
The Michinoku Coastal Trail is marked with stickers, posts, and signboards which have this logo on them to help hikers stay on the correct route. You can rest easy if you see them while hiking the trail.

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



Hirono 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.

❖ 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.

❖ 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.

❖ 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*

❖ Be mindful of other people on the trail.

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

❖ 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



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 | Helpful Items |
|---|--------------------|
| - Trekking shoes | - Trekking poles |
| - Backpack | - Trekking gaiters |
| - Layered clothing to regulate body temperature | - Spare clothing |
| - Hat | - Digital camera |
| - Rainwear | - Mobile phone |
| - Map | - GPS unit |
| - Compass | - Folding umbrella |
| - Water flask or bottled water | - Reflective gear |
| - Flashlight | - Insect repellent |
| - 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 | |

ABOUT THE MICHINOKU COASTAL TRAIL

The Michinoku 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!

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/>
◆ Kuji Area Tourism Council 0194-53-5756

Railway
◆ JR East Info Line 050-2016-1603

Taxi
◆ Yagi Taxi 0194-65-2011

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

環境省

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