



Michinoku Coastal Trail South Kesennuma Section

■ From Rikuzen-Hashikami Station to Rikuzen-Koizumi Station: One Day Course (Distance: Approx. 25.9km)

1 Hajikami Salt Pan Remains

The channeled beach-style salt pan remains in this spot provided salt for the Sendai Date domain, actively producing salt until the Meiji period. Even now, you can see remains of salt pans around Kesennuma Koyo High School and other places from the shape of the land. Nearby Cape Iwaisaki has a facility where you can experience this history by making salt yourself in the traditional way.



2 Cape Iwaisaki

This lovely cape surrounded by pine trees is equipped with walking paths, an open space, and more. It also hosts a statue of 9th sumo wrestling yokozuna Hide-noyama Raigoro which withstood the damage from the 2011 tsunami, and the Ryu no Matsu (Dragon Pine) that looks like a dragon rising up into the air. Unfortunately, the Dragon Pine died after the tsunami, but it was preserved and restored to its original shape as a symbol of recovery from the disaster.



3 Shiofuki-iwa Rock

Cape Iwaisaki, formed as its limestone rocks were eroded by seawater over long years. At its tip is Shiofuki-iwa Rock, which sprays water into the air each time the waves hit the holes of its eroded caves. During low tide when the waves are rough, the spray reaches even higher, making for a dynamic scene.



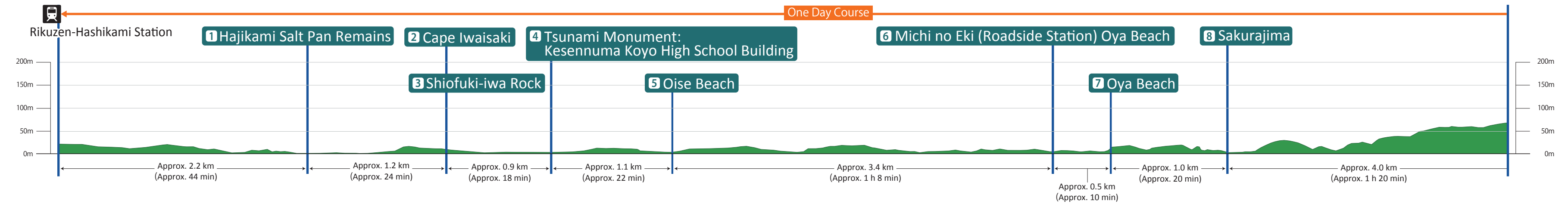
4 Tsunami Monument: Kesennuma Koyo High School Building

Kesennuma Koyo High School was destroyed by the 2011 tsunami, and its south building has been preserved as a tsunami monument. Along with the neighboring Iwaisaki Promenade Center slated to be reconstructed, it serves as a hub for disaster education as well as a resource to pass on the memory and lessons of the Great East Japan Earthquake and Tsunami for future generations.



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.
- ❖ **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.
- ❖ **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.
- ❖ **Stay on the trail.**
Do not enter the forests, fields and private property that are not on the trail course.
- ❖ **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*



7 Oya Beach

This major Tohoku swimming beach has a sandy shore about 2 kilometers long, which was once busy with tourists. The beach's scale was greatly diminished by damage and land sinkage from the 2011 tsunami, but the sand is gradually returning, and many people are working hard to bring the beach back to its former liveliness.



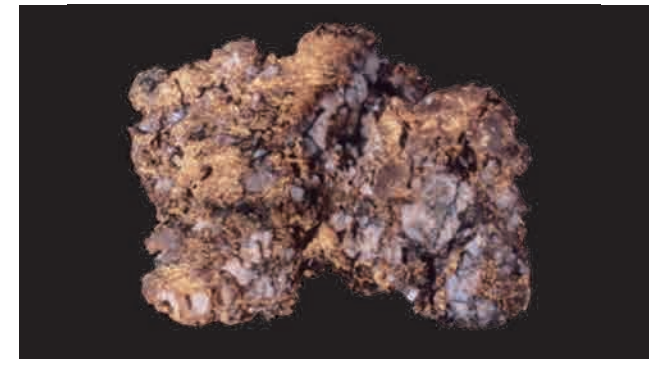
10 Oya Mine Remains

The Oya Mine was said to be one of the gold-producing areas that supported the golden culture of Hiraizumi Fujiwara, and prospered as a leading gold mine from the Meiji era and into the Showa era (from 1905 to 1976). At the site overlooking the gold mine is the Oya Mine Historical Museum, which displays minecarts used at the mine and gold ore. You can also experience gold panning with a reservation.



Gold Produced on the Golden Route

Ishinomaki, Kesennuma and Motoyoshi were called the Golden Route because this area produced gold that supported the Hiraizumi golden culture of Oshu Fujiwara. Even now, many physical remnants of gold production such as tunnels and legends of the Fujiwara clan and Minamoto no Yoshitsune show this area's deep historical roots.



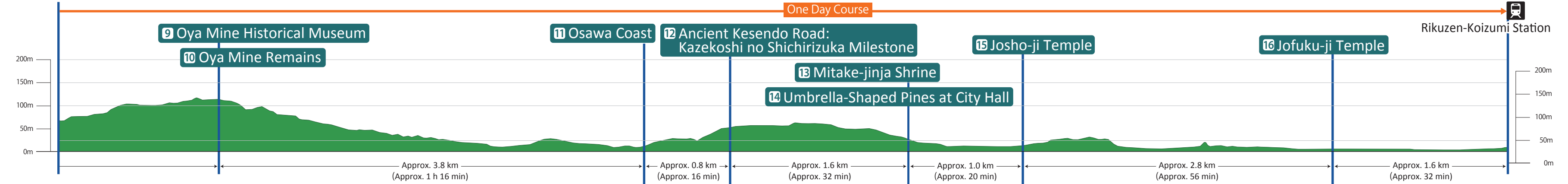
12 Ancient Kesen-do Road: Kazekoshi no Shichirizuka Milestone

The Kesen-do Road, which linked Sendai to Kesennuma in the Edo Period, was a major route in the Sanriku area, conveying many people, a rich variety of goods including marine products, and information. Kazekoshi no Shichirizuka is one of this road's milestones, and is also called “Dan no Matsu,” or “pine on a platform.” On both sides of the road, small markers remain where they always have been, and there a great thick pine stands surrounded by old stone monuments.



13 Mitake-jinja Shrine

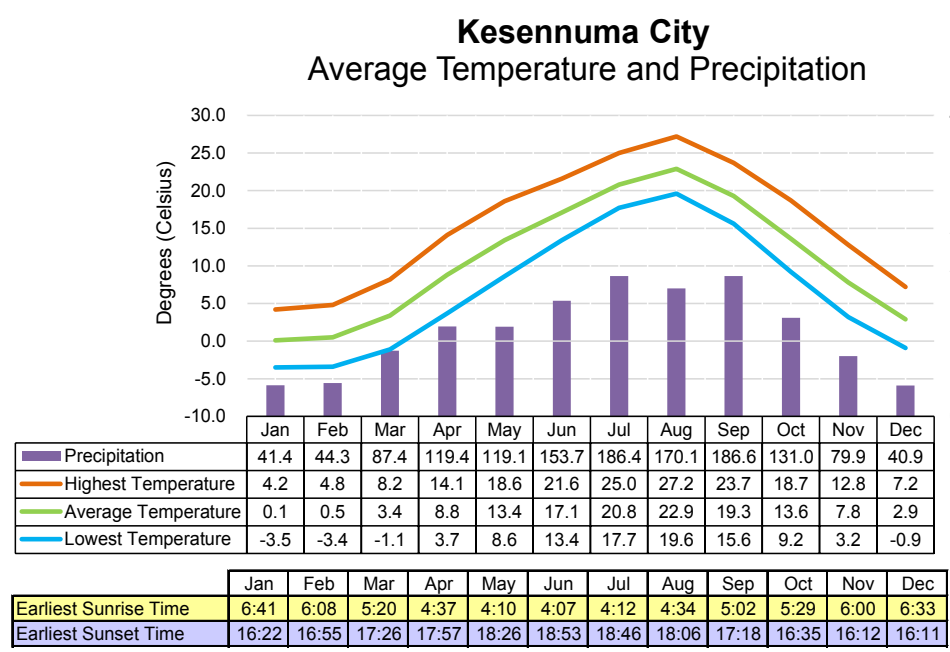
The Motoyoshi area of Kesennuma City is dotted with historical sites relating to two of the four great retainers of Minamoto no Yoshitsune, Sato Tsugunobu and Sato Tadanobu, as well as their mother, Otowa-hime, who was granddaughter of Hiraizumi dynasty founder Fujiwara no Kiyohira. These sites include Mitake-jinja Shrine, Josho-ji Temple and Jofuku-ji Temple. Mitake-jinja Shrine is also famous for its Yamada Daimyo Gyoretsu, where a procession of people walks the streets clothed in brightly colors and filling the air with their voices.



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.



※This sunrise and sunset time data is from the city closest to this section. Please use it as a rough guide.

ACCESS

● By JR Train/Highway Bus

- From Tokyo Station to Ichinoseki Station by Tohoku Shinkansen. (Approx. 2 hours 30 min) From Ichinoseki Station to Kesennuma Station by the JR Ofunato Line. (Approx. 1 hour 20 min) From Kesennuma Station to Rikuzen-Hashikami Station by JR Kesennuma Rapid Bus Transit Line. (Approx. 25 min)
- From Tokyo Station to Ichinoseki Station by Tohoku Shinkansen. (Approx. 2 hours 30 min) From Ichinoseki Station to Kesennuma Station by the JR Ofunato Line. (Approx. 1 hour 20 min) From Kesennuma Station to Rikuzen-Koizumi Station by JR Kesennuma Rapid Bus Transit Line. (Approx. 50 min)
- From Sendai Station to Kesennuma Station by Miyagi Kotsu Bus. (Approx. 2 hours 30 min)
- From Kesennuma Station to Rikuzen-Hashikami Station by JR Kesennuma Rapid Bus Transit Line. (Approx. 25 min)
- From Sendai Station to Kesennuma Station by Miyagi Kotsu Bus. (Approx. 2 hours 30 min)
- From Kesennuma Station to Rikuzen-Koizumi Station by JR Kesennuma Rapid Bus Transit Line. (Approx. 50 min)

● By Car

- From Ichinoseki IC to Kesennuma City through National Route 284. (Approx. 1 hour 10 min) From Kesennuma City to Rikuzen-Hashikami Station through National Route 45. (Approx. 20 minutes) From Rikuzen-Hashikami Station to Rikuzen-Koizumi Station through National Route 45. (Approx. 20 minutes)

● By Air

- From Sendai Airport to Sendai Station by the Sendai Airport Access Line. (Approx. 30 min) From Sendai Station to Ichinoseki Station by Tohoku Shinkansen. (Approx. 20 min) From Ichinoseki Station to Kesennuma Station by the JR Ofunato Line. (Approx. 1 hour 20 min) From Kesennuma Station to Rikuzen-Hashikami Station by JR Kesennuma Rapid Bus Transit Line. (Approx. 25 min)
- From Sendai Airport to Sendai Station by the Sendai Airport Access Line. (Approx. 30 min) From Sendai Station to Ichinoseki Station via Tohoku Shinkansen. (Approx. 20 min) From Ichinoseki Station to Kesennuma Station by the JR Ofunato Line. (Approx. 1 hour 20 min) From Kesennuma Station to Rikuzen-Koizumi Station by JR Kesennuma Rapid Bus Transit Line. (Approx. 50 min)

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 this 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
- Water flask or bottled water
- 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

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Michinoku Coastal Trail

South Kesennuma Section



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 (nationwide number) • • • 03-3201-3331 9 am to 5 pm daily
- Karakuwa Peninsula Visitor Center • • • 0226-32-3029
- Kesennuma Tourism and Convention Bureau • • • 0226-22-4560
- Kesennuma City Hashikami Tourism Association • • • 0226-27-5410
- Motoyoshi-cho Tourism Association • • • 0226-44-3180

Railway, Bus(BRT)

- JR East Info Line • • • 050-2016-1603 (English/Korean/Chinese languages are available.)
- JR Kesennuma Line BRT Office • • • 0226-41-0012
- Miyako Bus Kesennuma Office • • • 0226-22-7163

Taxis

- Kesennuma Kanko Taxi • • • 0226-22-6000
- Kesennuma Haitaku • • • 0226-24-0026
- Gojuban Taxi • • • 0226-22-0050
- Shishiori Kihansen Tax • • • 0226-22-1234
- Nasuya Taxi • • • 0226-22-1512
- Minato Taxi • • • 0226-23-3720
- Motoyoshi Taxi • • • 0226-42-3110
- Wako Taxi • • • 0226-42-3800

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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!