



Michinoku Coastal Trail Kuji Section

■Samuraihama : One Day Course (Distance: Approx. 18.4 km)

5 Samuraisi Rock

A huge granite rock platform jutting into the sea. In 1614, when a tsunami hit this area, the lord of Nanbu domain Nanbu Toshimichi traveled here to inspect damage and direct relief and was said to have rested at Samuraisi Rock. According to legend, Minamoto no Yoshitsune was said to have landed by boat near here while escaping northward from his stepbrother, Yoritomo.

6 Kita Samuraihama Campground

This tranquil campground lies inside Japanese red pine woods facing the seashore. Wooden tent platforms make for comfortable camping even with a little rain. In summer, you can swim in the salt water pool carved into the rockbed.

7 Samuray no Yu "Kinokoya"

This inn also has a restaurant and day use bath. Relieve your fatigue from hiking gazing down at Samuraihama Coast from the baths. A mushroom cultivation company runs this inn, so you can enjoy various mushroom dishes like shiitake hamburger steak.

8 Yokonuma Viewpoint

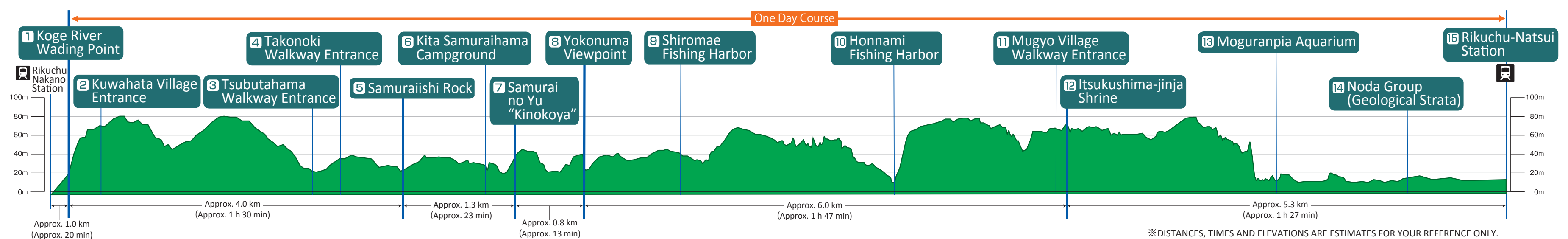
The best view on this course. Enjoy looking over the magnificent view as the rough waves of the Pacific Ocean crash into the intricate jagged rocks.

12 Itsukushima-jinja Shrine

One of the branches of Itsukushima-jinja Shrine of Aki no Miyajima, Hiroshima. Many torii gates stand in a row toward Ushijima Island. Don't miss the elaborate, beautiful wooden dragon and lion carved on the shrine crossbeams.

13 Moguranpia Aquarium

This aquarium was completely destroyed in the 2011 tsunami, and reopened in 2016. Learn about neighboring Kuji National Petroleum Reserve Base, see disaster preparedness exhibits, walk through aquarium tunnels, and shop at the farmer's market. Here, the whole family can learn about creatures of the sea, disaster safety, and more.



■ From Kuji Station to Rikuchu Noda Station : Two Day Course (Distance: Approx. 26.5 km)

1 Tatsumiyama Park

This park sits on a hill overlooking of Kuji City, with Inari-jinja Shrine in the middle. The park is also famous for cherry blossoms. It's near Michi no Eki Kuji Dofukan and is a good place for a stroll around Kuji City.

2 Shinkai Bridge

A tasteful old wooden bridge across the Otsari River. Cars have to pass the bridge one by one. If the bridge is closed for repairs, please take a detour through the Otsari Bridge downriver instead.

4 Suwa-jinja Shrine

The place was in "The Legend of Minamoto no Yoshitsune's Northern Refuge." Yoshitsune and his party managed to escape from their pursuers and in Suwa no Mori forest encountered Hatakeyama Shigetada. Shigetada had fought alongside Yoshitsune against the Taira family, but Shigetada had been ordered to kill Yoshitsune by his stepbrother Yoritomo. He shot arrows while praying they would miss. The arrows hit pine trees and Yoshitsune and his party successfully fled north. Shigetada built a shrine to deify the arrows, which are still at Suwa-jinja Shrine to this day.

8 Kabutoiwa Rock and Tsuriganedo Cave

The Kosode Coast, even now considered to be a difficult spot to traverse, has a splendid landscape with uniquely shaped rocks rising from the sea and steep cliffs along the coast. Kabutoiwa Rock was named from protrusions that look like the horns from a samurai's kabuto helmet. The neighboring rock, Tsuriganedo (Hanging Bell Cave) got its name from a bell-shaped rock that used to hang down from the top. Tsuriganedo Cave towering from the sea and bathed in sunlight makes for a dramatic scene.

10 Meoto-iwa Rocks (Married Couple Rocks)

The rock to your left facing the ocean is the male rock, and the female is to the right. The shimenawa rope binding the two together was unbroken by the 2011 tsunami. The gods of these rocks have long been worshipped for safe sailing and good luck. Look at these rocks up close and you'll see they have "columnar joints" forming a pattern like a turtle shell. This shows these rocks were formed by magma cooling and hardening inside the ground.

1 Daito no Kura Cliff

You can clearly see striped rock layers in this tuff (volcanic ash rock) cliff jutting out near Noda Harbor. "Daito" refers to imperial China, and "Kura" in this case means cliff or precipice. According to legend, long ago a ship carrying the two grandsons of Taira no Kiyomori and a high priest of Song dynasty China drifted ashore here. During full tide and high water you can't pass under this cliff, so have a tide chart on hand.

Point	Distance (km)	Approx. Time (min)
1 Tatsumiyama Park	0.6	12
2 Shinkai Bridge	1.1	22
3 Nakaosanai Ruins	4.8	36
4 Suwa-jinja Shrine	4.0	20
5 Akahama Viewpoint	2.1	42
6 Kabutoiwa Rock and Tsuriganedo Cave	5.3	38
7 Kosode Ama Center	5.1	33
8 Meoto-iwa Rocks	5.1	33
9 Cape Misaki	1.1	22
10 Kukiham Beach	2.4	46
11 Daito no Kura Cliff	2.4	46

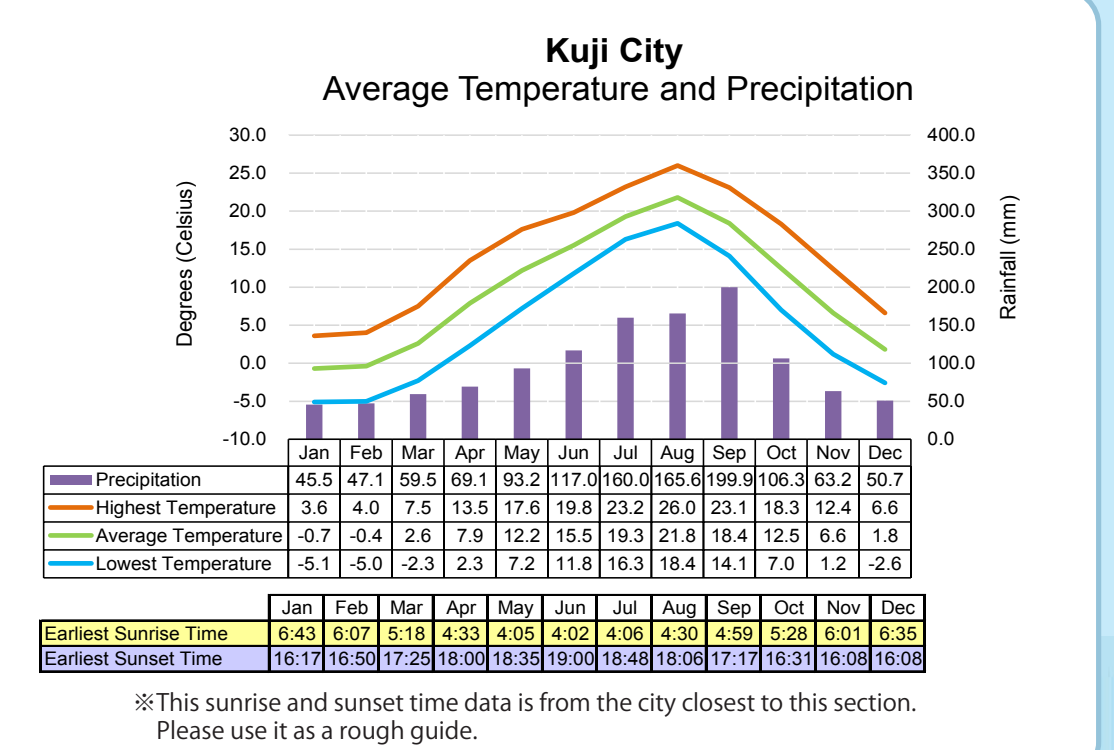
※After finishing first day, use bus to Kuji Station or Rikuchūnoda Station
Call Northern Iwate Transportation Inc. at 0194-53-5200 for schedule, details

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.

みちのく潮風トレイル
Michinoku Coastal Trail



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.
- ❖ **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.
- ❖ **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 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

- *Clothing***
Wear comfortable layered clothing that can be easily worn or removed when necessary to regulate your body temperature.
- *Water***
Carrying water is a must for keeping hydrated.
- *Trekking poles***
They can help minimize impact on your knees.
- *Trekking shoes***
Wear comfortable shoes you've broken in beforehand.
- *Hat***
A brimmed hat is good for sun protection. If you go hiking in winter season, try to wear one that covers your ears.
- *Backpack***
A backpack with a good hip belt or chest straps will help prevent fatigue.
- *Gaiters***
Gaiters protect your ankles from bushes or mud.

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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Kuji Section

<http://tohoku.env.go.jp/mct/english/>

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
<http://www.jnto.go.jp/eng/>
- ◆ Kuji Area Tourism Council . . . 0194-53-5756
- ◆ Kuji Tourism and Local Products Association . . . 0194-66-9200

Railway/Bus

- ◆ JR East Info Line . . . 050-2016-1603
(English/Korean/Chinese languages are available.)
- ◆ Sanriku Railway Inquiry Service . . . 0193-62-8900
- ◆ Northern Iwate Transportation Inc. . . 0194-53-5200

Taxi

- ◆ Mikawa Taxi . . . 0120-30-6161
- ◆ Rikuchū Kanko Taxi . . . 0194-53-4321
- ◆ Kuji Taxi . . . 0120-52-3131
- ◆ Tomoe Taxi . . . 0120-22-5251
- ◆ Hikari Sogo Kotsu . . . 0194-52-3333

環境省 Ministry of the Environment

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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!