



Michinoku Coastal Trail Noda to North Fudai Section

■ From Rikuchu-Noda Station to Horinai Station: One Day Course (Distance: Approx. 15.7km)

2 Michi no Eki (Roadside Station) Noda Farmer's Market "Purple"

Sanriku Railway's Rikuchunoda Station is in the same building as the roadside station, offering Noda salt ice cream and many speciality products with Noda salt and Yama-budo (wild grape). The neighboring Noda Farmer's Market "Purple" sells locally grown vegetables and homemade food, as well as foods unique to here such as Shidami Dango (Dumplings filled with sweet acorn paste.)



4 Tofugaura Beach

This is a beautiful 3.5 kilometer long arch-shaped beach described in a Heian-era Japanese poem. The sand is called "azuki suna" (adzuki bean sand) for its light purple color. On Yoneda Coast, at the southern tip of Tofugaura Beach, clusters of lovely Rugosa roses go into full bloom in early summer.



11 Akka River

This river is about 48 kilometers long, and its source is Mt. Akkamori (elevation 1,239 m) in the northern Kitakami Mountains. It is famous among mountain stream fishing enthusiasts for its clean water. A species of freshwater pearl mussel thought to be a living fossil from the last ice age lives in the river. The rivers flowing from the Kitakami Mountains, including Akka River, pass through lush deciduous forests, carrying the forest's nutrients to the sea and nourishing the fishing resources of Sanriku.



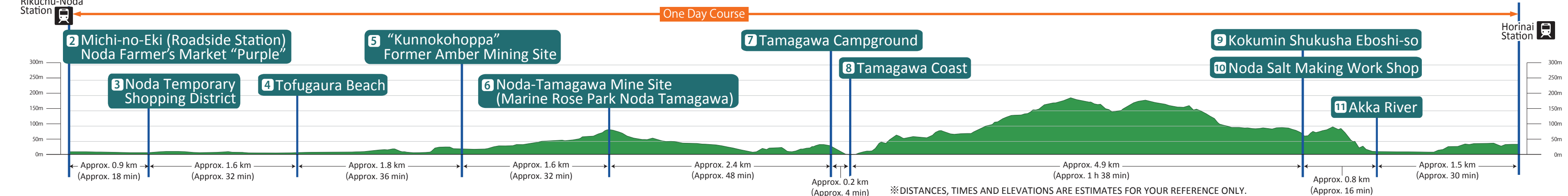
5 "Kunnokohoppa" Former Amber Mining Site

"Kunnokohoppa" is the regional word for an amber mining site. The Kuji area is one of the leading producers of amber in the world. Once, there were many amber mining sites in Noda Village as well. At the Tamagawa and Tsuchinai amber digging sites in Yoneda, Noda, there is a panel made by a local group explaining the Kuji area's amber history and about fossils found in the area.



6 Noda-Tamagawa Mine Site (Marine Rose Park Noda-Tamagawa)

Noda-Tamagawa Mine was one of the leading producers of manganese in Japan. It is no longer used as a mine; it is now open as a museum called Marine Rose Park Noda-Tamagawa. You can still enter a portion of the mine tunnel. The museum displays veins of the mineral rhodonite, also known as marine rose, and beautiful minerals from all over the world.



■ From Horinai Station to Fudai Station: Half Day Course (Distance: Approx. 10.4km)

■ Side Trip to Unotori-jinja Shrine: One Day Course (Distance: Approx. 13.9km)

14 Sanriku Railway Osawa Bridge

Osawa Bridge supports the Sanriku Railway Kita Riasu line between Horinai Station and Shirakaigawa Station. The view from the national highway is to die for: the train rushes past framed by the lovely sea and trees. The Osawa Bridge is the leading figure supporting this splendid scene symbolic of the area and used in Sanriku Railway posters.



15 Shirai Coast/Chikaramochi Coast

Under rows of white granite cliffs, the cobalt blue sea sparkles, and sea urchins and seaweed are visible swaying in the water. Further south of here are a series of tall cliffs more characteristic of the Rikuchu coastline. In many spots, the coastline is too dramatically shaped to walk along, so the hiking course has many strenuous ups and downs through Japanese red pine and deciduous forest.



18 Unotori-jinja Shrine

Unotori-jinja Shrine, on high ground in Fudai Village, was said to have been built in the Heian Era. Fishermen from as far as Hachinohe in the north and Kamaishi in the south come to worship and pray for safety on the ocean and bountiful fishing. The designated National Important Intangible Cultural Property "Unotori Kagura" is performed every year at the shrine's May festival. You can feel the traditional culture treasured by local people in the impressive shrine, the splendid vermilion Kagura Hall, and the Unotori Kagura Dance passed from generation to generation.



16 Fudai Floodgate

This floodgate is an enormous 15.5 meters high and approximate 200 meters wide. There was some opposition to the floodgate's size when it was being planned, but the mayor at the time didn't back down because he felt it would protect against tsunamis. In fact, the floodgate and seawall did minimize damage to the town during the 2011 Great East Japan Earthquake and Tsunami.



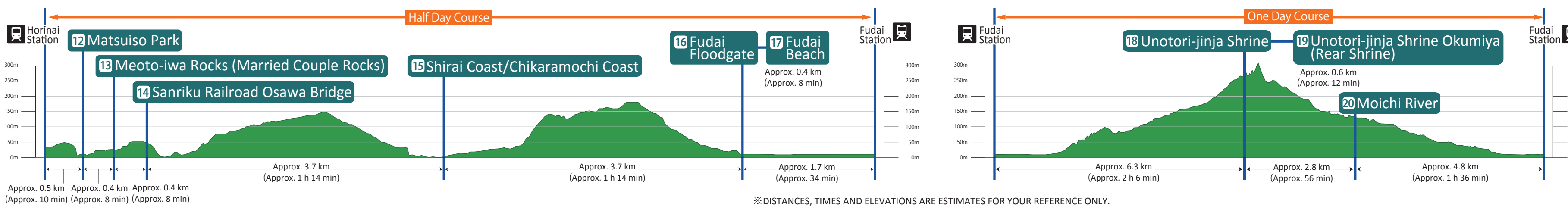
17 Fudai Beach

This campground destroyed by the 2011 tsunami has been rebuilt into a park with a spacious lawn where people can sunbathe. It has changing rooms and showers for bathers a vast area with a roof, and you can lounge on the lawn gazing at the enormous stones washed up by the tsunami.



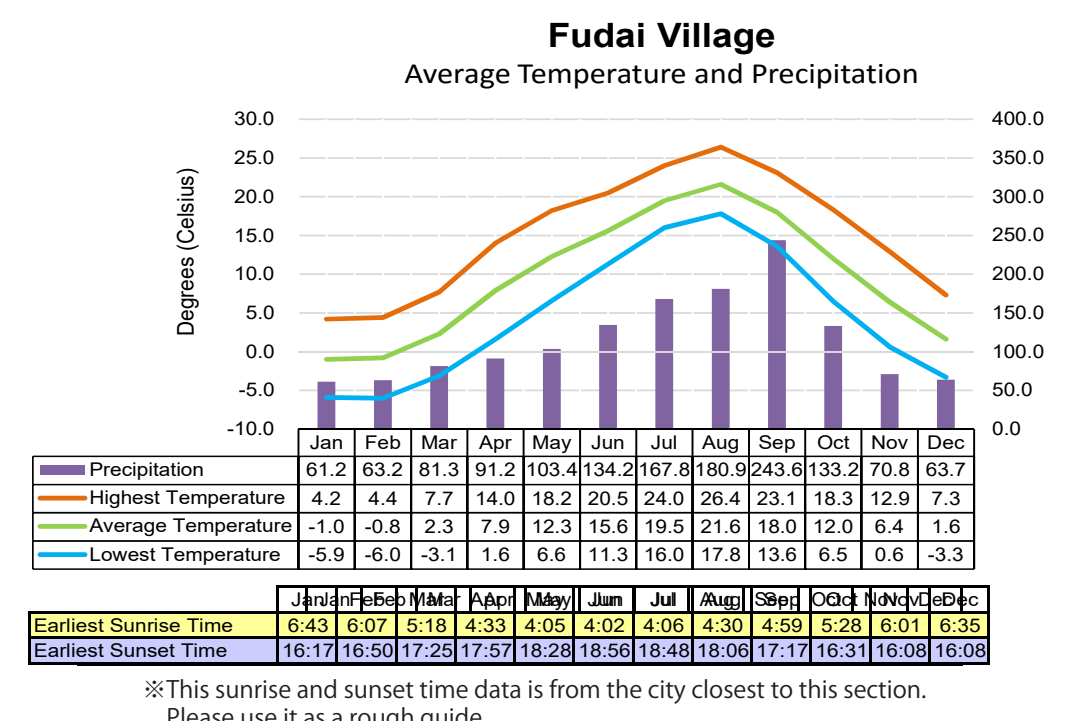
20 Moichi River

This approximately 13 km long tributary of Fudai River streaming from the border between Fudai Village and Iwazumi Town. The clean water flows over granite rockbeds and sand. You may spot swimming mountain stream fish such as char. The side trip route to Unotori-jinja Shrine is 4.5 kilometers away on the woodland path following this river.



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.



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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Michinoku Coastal Trail

Noda to North Fudai 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 . . . 03-3201-3331
http://www.jnto.go.jp/eng/
◆ Kuji Area Tourism Council . . . 0194-53-5756
◆ Noda Tourism Association . . . 0194-78-2012

Railway
◆ JR East Infoline . . . 050-2016-1603
(English/Korean/Chinese languages are available.)
◆ Sanriku Railway Inquiry Service . . . 0193-62-8900

Taxi
◆ Noda: Tomoe Taxi Noda Office . . . 0194-78-3131
◆ Fudai: Fudai Taxi . . . 0194-35-2626

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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!