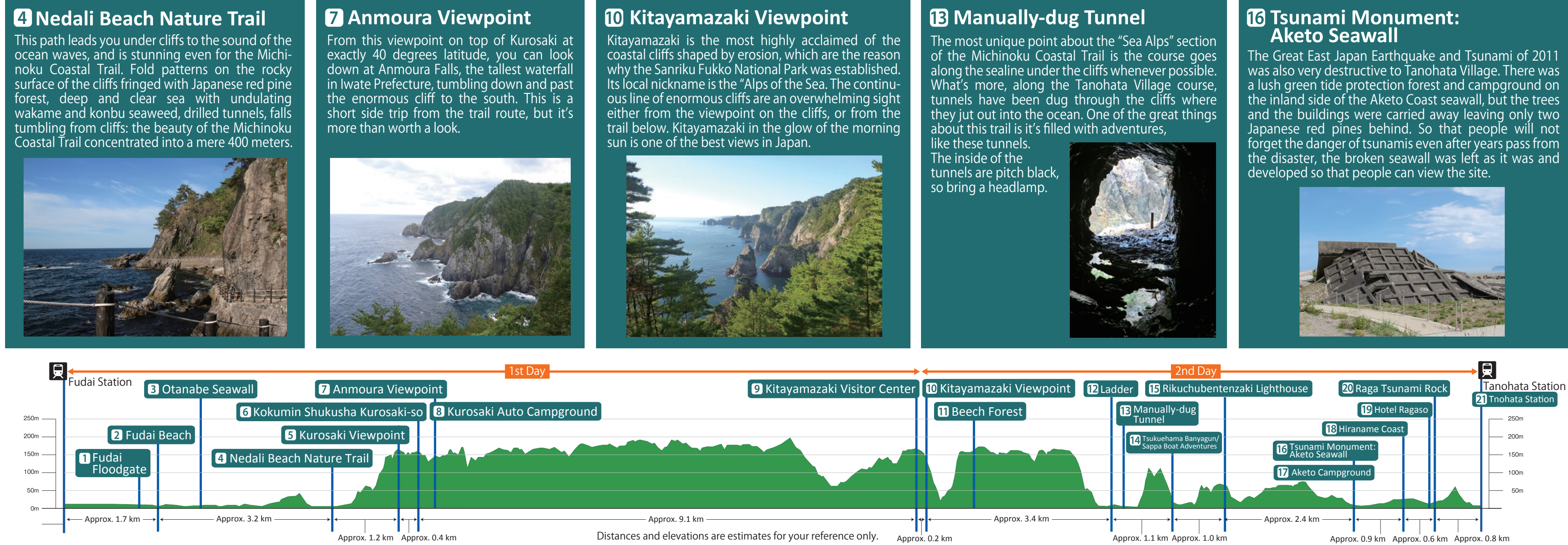


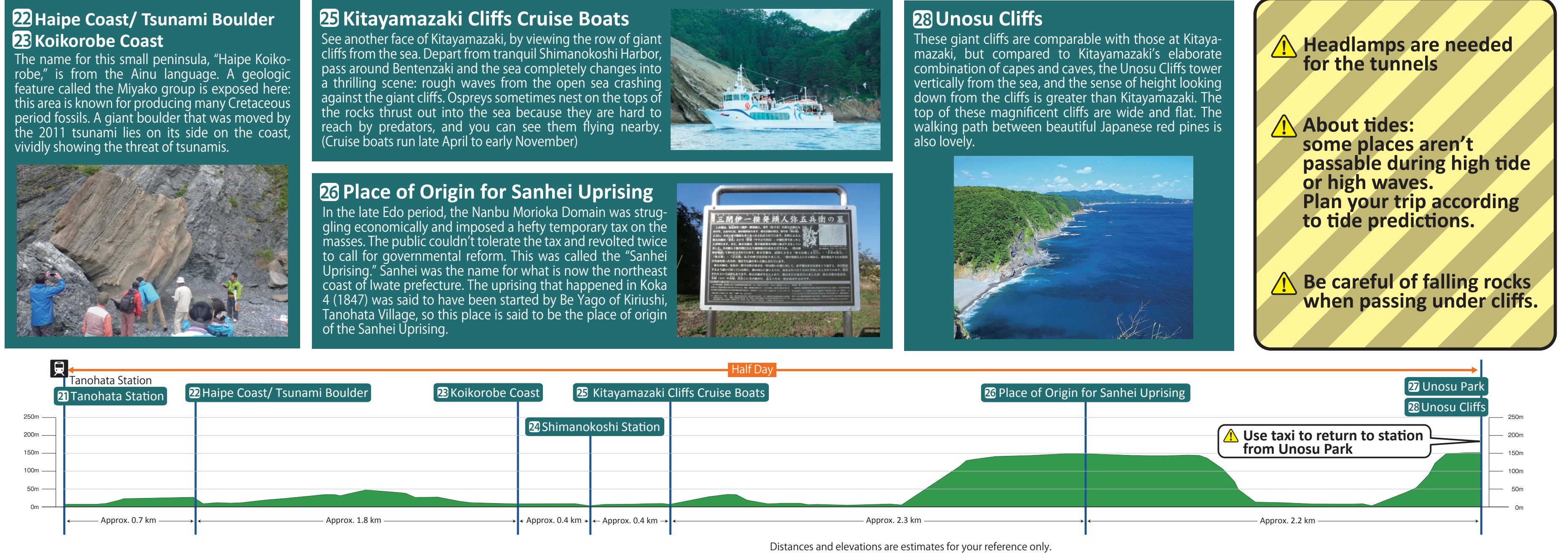


Michinoku Coastal Trail South Fudai to Tanohata to North Iwaizumi Section

From Fudai Station to Tanohata Station: Two Day Course (Distance: Approx. 26km)



From Tanohata Station to Unosu Cliffs: Half Day Course (Distance: Approx. 7.8km)



Headlamps are needed for the tunnels

About tides: some places aren't passable during high tide or high waves. Plan your trip according to tide predictions.

Be careful of falling rocks when passing under cliffs.

Use taxi to return to station from Unosu Park

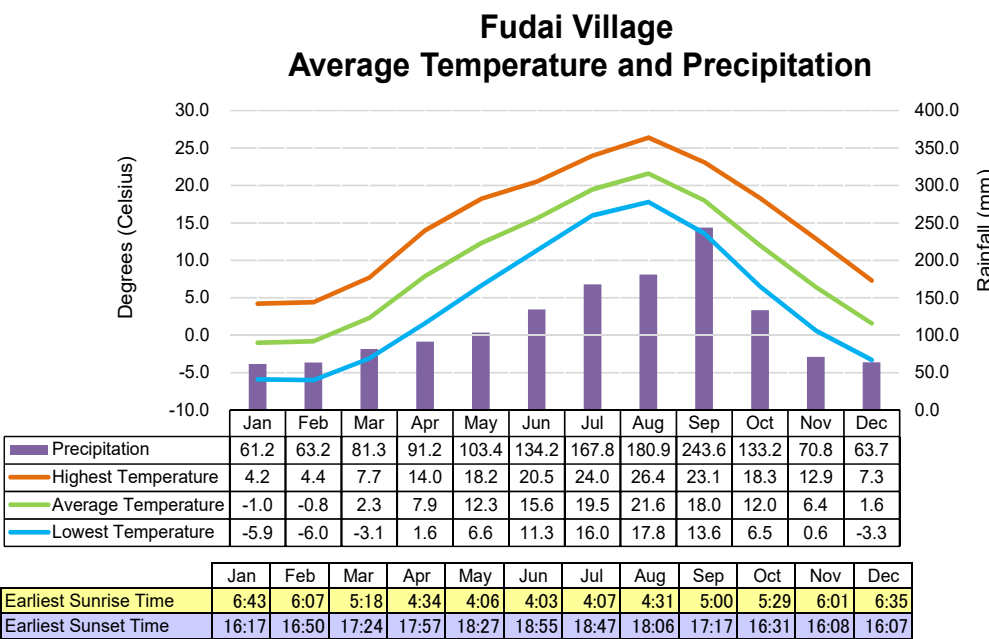
Trail Markers

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.

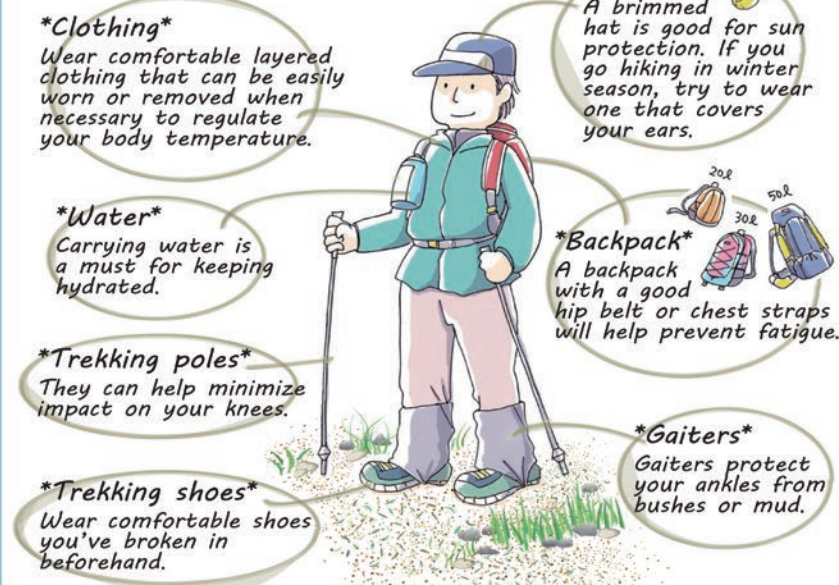
Being safe is based on having good judgment. Don't strain yourself. You can arrange for a guide to accompany you if you need one or join a group tour. Let's enjoy hiking the trail safely!

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



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 | |

みちのく潮風トレイル
Michinoku Coastal Trail

South Fudai to Tanohata to North Iwaizumi Section



Trail Headquarters

◆ Natori Trail Center

Emergency Services (24/7/365)

◆ Police (Traffic Accident/Crime)

◆ Police English Service

◆ Fire Station (Fire/Ambulance)

Tourist Information

◆ INTO (Japan National Tourist Organization)

Telephone Inquiry Service (nationwide number)

9 am to 5 pm daily

◆ Kitayamazaki Visitor Center

◆ Kuji Area Tourism Council

◆ Iwate/Morioka Regional Tourist Information Center

9 am to 5:30 pm daily except Dec. 31st to Jan. 2nd.

◆ Morioka Tourist Information Center

9 am to 7 pm daily except second Tuesday of month and Dec. 29th to Jan. 3rd.

◆ JR East Info Line (English/Korean/Chinese languages are available)

◆ Sanriku Railway

◆ JR Bus Tohoku Morioka Branch

◆ Northern Iwate Transportation inc.

Taxis

◆ Fudai Taxi

◆ Tanohata Kankō Taxi

◆ Tanohata Kotsu

環境省
Ministry of the Environment

Godochosha No. 5, Kasumigaseki 1-2-2,
Chiyoda-ku, Tokyo 100-8975, Japan.
Tel: +81-(0)3-3581-3351



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!