Continue to South Fudai to Tanohata to North Iwaizumi Section

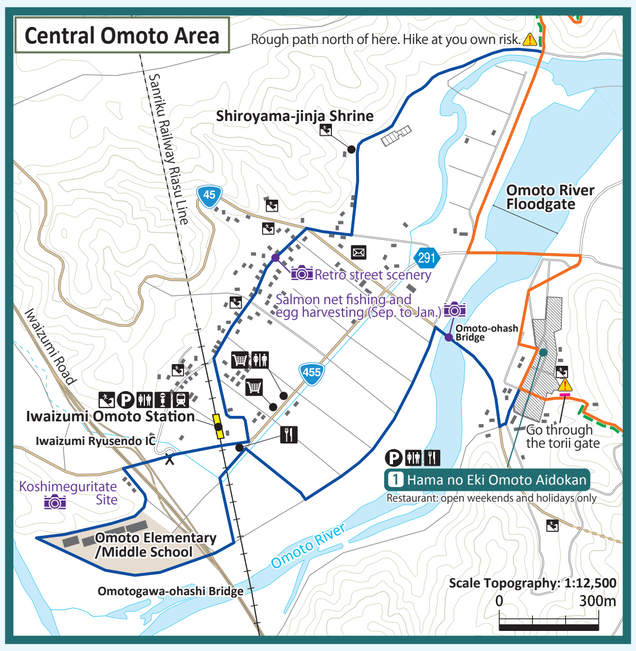
みちのく潮風トレイル
Michinoku Coastal Trail

South Iwaizumi to North Miyako Section

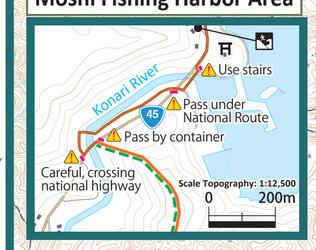
Cross stream, careful during high water.
Enter natural path from logging road.
(Closed in Winter)
(↑)
Enter natural path from logging road.(↓)
Cross stream, careful during high water.
Go through logging roads in some places, careful not to get lost.
Walk along mountain ridge, careful not to fall.
Pass along strea, careful during high water.
Oushinai Nature Trail
Enter natural path from logging road(↓)
Cross stream, careful during high water.
Flat ground, easy to get lost.
Rough path north of here. Hike at you own risk.
Restaurant: open weekends and holidays only
1 Hama no Eki Omoto Aidokan
浜の駅おもと愛土館
Go through the torii gate.
2 Kuma no Hana Viewpoint
熊の鼻展望所
3 Moshi-ryu Fossil Site
(First dinosaur fossil discovered in Japan)
モシリュウ化石産地
Careful, crossing national highway.
4 Moshi Coast
茂師海岸
Use stairs.
Careful, crossing national highway.
Pass under National Route.
Pass by container.
Walking along mountainside, careful not to get lost.
Fork in road, careful not to get lost.
6 Settai Tsunami Rock
摂待の津波石
5 Settai Station Farmer's Market
摂待駅前産直
Careful, crossing national highway.
Go up road embankment.
Enter thin logging road, careful not to get lost.(↑)
Enter Japanese cedar forest from logging road.(↙)
7 Greenpia Sanriku Miyako
グリーンピア三陸みやこ
(Closed in Winter)~
Karakasamatsu Viewpoint
Cross stream, careful during high water.
Careful, crossing national highway.
Cross stream, careful during high water.
Move to working road a level up, careful not to get lost.(↘)
Careful, crossing national highway.
Climb straight up sharp incline.(↘)
Walk along mountain ridge.
Walk along valley.
Rikuchu-Masaki Lighthouse
(Closed in Winter)
8 Masaki Viewpoint
真崎展望所
Sawajiri Coast
11 Tsunami Monument "Taro Kanko Hotel"
津波遺構「たろう観光ホテル」
12 Taro Seawall
田老の防潮堤
13 Michi no Eki (Roadside Station) Taro
道の駅たろう
9 Sanno Park
三王園地
9 Sannoiwa Rocks
三王岩
10 Plate Showing the Height of 1896, 1933 and 2011 Tsunamis
明治 29 年、昭和 8 年
平成 23 年に発生した津波の高さを示すプレート
Cross river, careful during high water.
Sagabe Viewpoint
Sagabe
Tochinai Beach
Detour
Cannot pass during high tide and high waves, use detour. Check tide levels in advance.
Mattsuki Beach
Cannot pass along coast due to subsidence.

Iwaizumi Town
Miyako City
Unosudangai IC
Iwaizumi-Omoto Station
Iwaizumi Minami IC
Taro Kita IC
Taro Masaki Kaigan IC
Taro Station
Settai Station
Sabane Station
Kashinai Bus Stop
Mattsuki Bus Stop
Sanriku Railway Riasu Line
Iwaizumi Road
Central Omoto Area Map
Moshi Fishing Harbor Area Map
Mizusawa Area Map

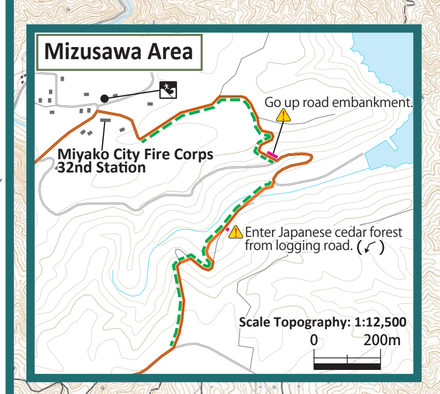
Central Omoto Area



Moshi Fishing Harbor Area



Mizusawa Area



N True North
Magnetic North 8°10′
W E
S

Magnetic North (Magnetic North Line)
The north as indicated by a magnetic compass is approximately 8°10′ to the west of true north (Taro Mine Standard.)

About the Map

0 1 2km

This map is a reproduction of the 1:25,000 Scale Topography Map published by the Geospatial Information Authority of Japan.
(Authorized Number : 平30情使、第72-GISMAP40850号)

※ Some parts of the Michinoku Coastal Trail lack sidewalks for pedestrians, or have roads with heavy traffic. When you walk on the trail, please follow the traffic rules and pay careful attention to prevent accidents. On roads without sidewalks, pedestrians should walk on the right side of the road. Avoid walking after dark, try to wear reflective gear or use flashlights to make yourself more visible. If you feel a road is too dangerous to walk, find another way: don't hesitate to put your safety first.

— Tsunami Safety Tips —

- If you feel a major earthquake that makes it difficult to stand when you are near the coastline, evacuate immediately!
- If a Tsunami Warning/Advisory is issued by TV, radio, internet, or loudspeaker, leave coastal or riverside area immediately and evacuate to high ground or a tsunami evacuation building.
  Tsunami advisory: *tsunami chuiho*
  Tsunami warning: *tsunami keiho*
  Evacuate: *hinan shite kudasai!*
- You can confirm the Tsunami Warning/Advisory in English on the Japan Meteorological Agency's website. However, sometimes you won't be abe to use your cell phone because of bad reception, so, we strongly recommend you carry a portable radio with you. NHK radio 2 (1602 kHz AM in Iwaizumi Town) broadcasts news in English/Chinese/Korean/Portuguese during emergencies. Japan Meteorological Agency's website: www.jma.go.jp/

Legend

Michinoku Coastal Trail
- Main Route
- Unpaved Road
- Caution
- Detour
- Construction Detour
- Side Trip
- Railway

- Parking
- Restaurant
- Viewpoint
- Rest Area
- Accommodation
- Post Office
- Train Station
- Public Bath Facility
- Public Drinking Fountain
- Hospital
- Bus Stop
- Campground
- Store
- Toilets
- Tsunami Evacuation Area

Sanriku Geopark Point
A Geopark is a place where you can take a close look at features like mountains and rivers, learn about how they were formed, and think about their links to the ecosystem and human life.

Continue to North and Central Miyako Section

Map data is current as of March 2018

If a third party wishes to reproduce or use the reproductions approved by the Geographical Survey Institute, permission of the Director General of the institute is required.