

🧩 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.

By Car

(Approx. 2 hours 15 min.).

• From Morioka Minami IC through Prefectural Route Kamiyonai Yuzawa/ National Route 106 to Miyako Station

• From Morioka Station through National Route 455 to Iwaizumi-Omoto Station (Approx. 2 hours 20min.).

• From Iwate Hanamaki Airport to Morioka Station by the Iwate-ken Kotsu Bus (Approx. 45 min.). From Morioka Station to Miyako Station by the Northern Iwate Transportation "106 Express Bus"

They can help minimize impact on your knees.

\*Trekking shoes\*

you've broken in beforehand.

Hello: Konnichi wa,

Stay on the trail.

Good evening: Konban wa

Do not enter the forests, fields and private

property that are not on the trail course.

Tissue paper

Backpacking food

Portable radio

Health insurance card (copy is also OK)

(We strongly recommend carrying this for safety)

First aid kit

\*Gaiters\*

Gaiters protect

みちのく潮風トレイル Michinoku Coastal Trail

South Iwaizumi to North Miyako Section



Trail Headquarters

◆ Natori Trail Center

Emergency Services (24/7/365)

◆ Police (Traffic Accident/Crime)

◆ Police English Service

• • • 022-398-6181

• • • • 110

• • • • • 03-3501-0110

◆ Fire Station (Fire/Ambulance)
 Tourist Information
 ◆ INTO (Japan National Tourist Organic

◆ JNTO (Japan National Tourist Organization)
Telephone Inquiry Service (nationwide number)
9 am to 5 pm daily

◆ Jodogahama Visitor Center

◆ Nativaria Tourism Association

→ Jodoganama Visitor Center
 → Iwaizumi Tourism Association
 → Iwaizumi Tourism Guide Association
 → Miyako Tourism Cultural Exchange Association
 → 0194-22-5955
 → Miyako Tourism Cultural Exchange Association
 → 0193-62-3534

Railway

JR East Info

R East Info Line
(English/Korean/Chinese languages are available)
anriku Railway
• • • 050-2016-1603
• • • 050-2016-1603
• • • 050-2016-1603
• • • 050-2016-1603
• • • 050-2016-1603
• • • 050-2016-1603

Northern Iwate Transportation
JR Bus Tohoku Morioka Branch
Town Bus Iwaizumi Town Office
• • 019-641-1212
• • 019-604-2211
• • 019-22-2111

Taxis

◆ Ogawa Taxi
◆ Iwaizumi taxi

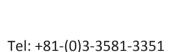
 ♦ Ogawa Taxi
 • • 0194-25-5151

 ♦ Iwaizumi taxi
 • • 0194-22-2365

 ♦ Ryusendo Kanko Taxi
 • • 0194-22-3310

 ♦ Masaki Taxi
 • • 0120-802727

**環境省** 



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!