



Michinoku Coastal Trail North to Central Miyako Section

■ From Taro Station to Miyako-Anegasaki: One Day Course (Distance: Approx. 12.6 km, Time: Approx. 5 h 35 min)

1 Sagabe

Sagabe has a white granite cliff and reef of about 30 rock reef groups of various sizes stretching out toward the sea. The view of Sagabe sparkling in the early morning sun is outstanding even among views in the Rikuchu area. It's also known as a nesting ground for sea birds, with about 100,000 Black-tailed Gulls nesting there from May to August.



2 Tochinai Beach

This natural beach has no manmade structures such as dikes, which is rare in this day and age. Before the Great East Japan Earthquake and Tsunami, this place was overgrown with coastal plants. These plants suffered devastating damage from the disaster, but clusters of Rugosa rose and other plants are slowly beginning to recover.



5 Tsunami Memorial Park Nakanohama

As this disaster monument, you can see camping facilities and restrooms left as they were after being struck by the tsunami. By coming here, you can feel the terrible power of tsunamis. If you walk up the *Tenbo no Oka* (viewing hill) inside the park, you can stand at eye level to the height the tsunami came, to see that a huge area of land normally inland was covered by the tsunami. National Park Resort Rikuchu-Miyako conducts guided talks here.



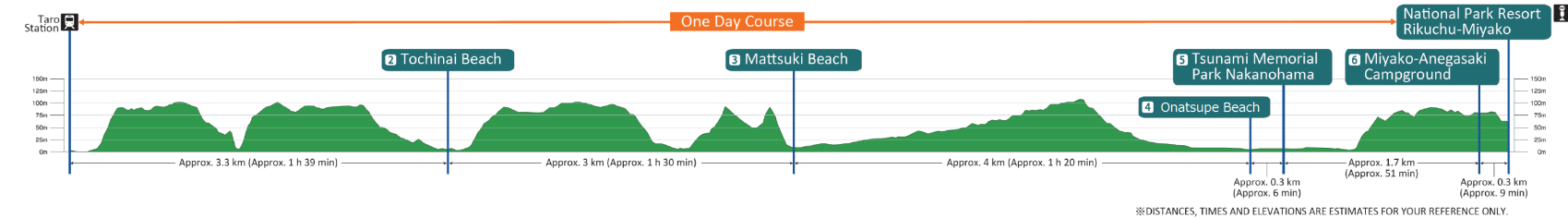
6 Miyako-Anegasaki Campground

After the 2011 disaster, the Nakanohama Campground was moved to higher ground and equipped with emergency facilities. It has a biomass (wood chip) boiler, a solar energy facility, and a water tank. It can provide 280 people with three days of hot water shower in an emergency.



7 Anegasaki Viewpoint

Here, cliffs eroded by the sea of about 60 meters jut out. There are many rock tunnels and caves in the reef offshore. You can also see Black-tailed Gull breeding grounds from the viewing platform.



■ From Miyako Anegasaki to Jodogahama Beach: Half Day Course (Distance: Approx. 8.3 km, Time: Approx. 4 h 2 min)

8 Shiofukiana (Blowhole)

The spindle-shaped Shiofukiana is 2.5 meters tall and 65 centimeters at the widest. The hole is connected to a cave eroded by waves that opens to the sea, so when the waves are rough the seawater spouting from there can reach 30 meters. However, when the tides or weather conditions aren't right, the water doesn't spout, so some joke it's a *Horafukiana* (Full of Hot Air Hole.)



9 Hideshima Island

Hide (pron. "hee day") means "sunrise." From inland villages, it looked as though the sun was rising from this island, thus the name. In 1935, Japan designated Hideshima Island along with Sanganjima Island in Kamaishi as a Natural Monument for being the only breeding ground in the Northern Hemisphere for the rare Band-rumped Storm Petrel. It is also known for having many fossils such as ammonites.



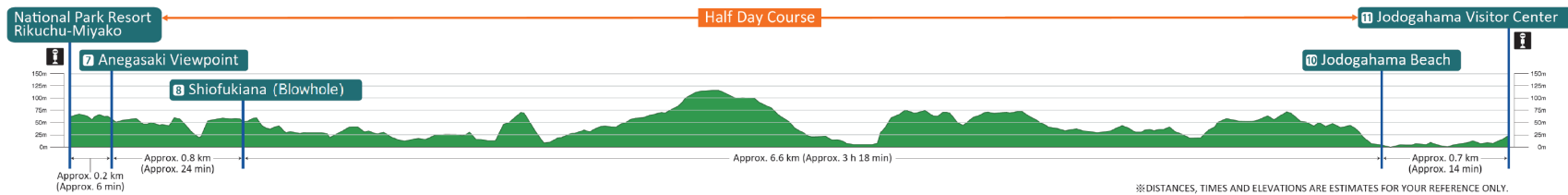
10 Jodogahama Beach

This beach has sharply pointed white rhyolite rocks grouped together, with a completely white gravel beach stretching out. The name *Jodogahama* came from the monk Reikyo Ryuko of Miyakosan Joan-ji Temple during the Tenwa era (1681-1684.) He was moved by the scenery saying it was like the Pure Land, or Paradise.



11 Ryujinzaki Viewpoint

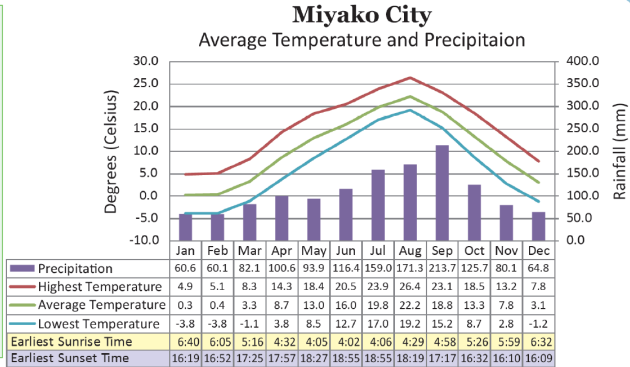
This cape provides a great panoramic view of Miyako. In the west: Mt. Hayachine (1,917 meters), the Heigawa river flowing from the Kitakami mountains, Miyako City, and Miyako Bay, the northernmost Riasu bay in Sanriku. In the north: Jodogahama Beach and cliffs eroded by the sea continuing from Hideshima Island toward Taro. In the east: the Pacific Ocean and white waves crashing into the rugged Omoe coastline.



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.

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.

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.

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*

Be mindful of other people on the trail.

Please be considerate of other hikers and local people so that everyone can enjoy the trail.

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 think 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

- 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



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!