map is a reproduction of the 1:25,000 Scale Topograp he Geospatial Information Authority of Japan. horized Number: 平 27 情使、第 49-GISMAP35544 号 ction of the 1:25,000 Scale Topography Map ★ Trail Head / End Point Officially Open Coming Soon Sanriku Fukko National Park Kabushima Island Hashikami Section Pacific Ocean Mt. Hashikamidake Kuji Section Kosode Coast 小袖海岸 Kitayamazaki Cliff 北山崎 Jodogahama Beach 浄土ヶ浜 Cape Todogasaki とどヶ崎 Kirikiri Coast 吉里吉里海岸 Goishi Coast Trail Markers 碁石海岸 The Michinoku Coastal Trail is marked with stickers, posts, and signboards which have みちのく潮風トレイル this logo on them to help hikers stay on the correct route. You can rest easy if you see them while hiking the trail. Kesennuma * The frequency of trail markers varies by Oshima Island section, so use other landmarks to check 気仙沼大島 Sanriku Fukko National Park Mangokuura 照 Mat 和 松島 Matsushima Kinkasan Island Gamo Tideland Torinoumi 鳥の海 Matsukawaura 松川浦

Michinoku Coastal Trail Kamaishi Section

From Horaikan to Ryoishi Bus Stop: Two Day Course (Distance: Approx. 27.4 km)

2 Nebama Beach

The course between Horaikan Inn and Ryoishi Bus Stop is long: about 27.4 kilometers. There are no stores, places to get water, villages, lodging or transportation facilities on the course especially between Hakozaki Shirahama and riyado, and between Kariyado and ıwanohama. Please enjoy this course after eparing in advance and with a flexible plan in ace, making good use of taxis and local lodging

Most of the white sand and green pine beach stretching for 2 kilometers in the inner part of Otsuchi Bay was lost in the 2011 Great East Japan Earthquake and Tsunami, but the morning sun and moon rising from Otsuchi Bay are even now a beautiful view special to

3 Osawa Ruins

This largest ruins in Kamaishi yielded potteries in the middle of the Jomon

4 Ohakozaki, Senjojiki Rock Formation

Ohakozaki is a scenic spot situated on the tip of Hakozaki Peninsula. To the north, you can look over Otsuchi Bay and Yamada Bay, and to the south you can see Kamaishi Bay. On the south side of Ohakozaki is a rock formation called Senjojiki covered in massive granite rocks like a thousand totami mats. The promeada from Osawa

5 Sanganjima Island

This unoccupied island sits southeast off the coast of Hakozaki Peninsula. The name Sanganjima came from the fact that "From the olden days, if you fish here, you will get at least 3 kanmon (old currency unit) worth of fish even during bad fishing seasons." This island is designated as a nastronal natural monument and national wildlife sanctuary as a breeding ground for Streaked Shearwaters and Swinhoe's Storm-Petrels

6 Sanganjima-jinja Shrine

Ichikishimahimenokami a goddess of the water is enshrined here. This shrine was built to pray Island has a long history of being a sacred place with ocean birds acting as divine messengers to show where the fish are. Because ocean birds gather at Sanganjima Island, it was believed to be an island of the

7 Ryoishi Bus Stop

From here, you can take an Iwate-ken Kotsu Bu to JR Kamaishi Station or towards Unosumai



From JR Kamaishi Staion to Toni Station: One Day Course (Distance: Approx. 13.5 km)

Ozaki-jinja Shrine

This shrine is one out of four Ozaki-jinja Shrine and believed to be the oldest shrine in the egion. At Ozaki Peninsula across Kamaishi Bay, here are other shrines related to Ozaki-jinja hrine: Motomiya, Okumiya, and Okunoin.

11 Yakushi Park

his park has a fine view of the city and Kamaisl Bay. It is also known as famous spot of cherry plossoms. In Kamaishi City, there are a lot of ndscape from the Yakushi Park

13 Iron and Steel Museum

みちのく潮風トレイル

Leave what you find—take only pictures and

memories with you. Asian black bears live in

some areas around the trail. We recommend

Animals can die from eating garbage or harm

people while feeding. Bring your garbage back home with you, along with your memories.

Be mindful of other people on the trail Please be considerate of other hikers and local

people so that everyone can enjoy the trail.

carrying bear bells to avoid an encounter.

Cherish our nature.

🥙 Bring garbage with you.

12 Kamaishi Station

25.0

20.0

15.0

ne area around Kamaishi Station is filled with usefu cilities including a tourist information center, a icinities including a tourist information center, a roducts center, market, a museum, a restaurant istrict and lodging facilities. There is also a bronze tatue of Takato Oshima, known as the father of nodern iron making, a Steel Monument, the Kamais evival Bell and salmon

- Approx. 3 km (Approx. 1 h) — Approx. 1.4 km

Kamaishi City

Average Temperature and Precipitaion

 Jan
 Feb
 Mar
 Apr
 May
 Jun
 Jul
 Aug
 Sep
 Oct
 Nov
 Dec

 62.5
 62.1
 108.7
 153.7
 141.7
 172.1
 192.2
 240.0
 254.7
 168.8
 107.0
 66.7

Refrain from smoking and be responsible

If you like, try saying hello to people you meet!

Hello: Konnichi wa, Good evening: Konban wa

Good morning: Ohavo aozaimasu

are not on the trail course.

Smoking may cause a forest fire, so please do not smoke

Many people can understand English "hello," or you can

Do not enter the forests, fields and private property that

on the trail. Also only start fires in designated places.

Average Temperature 0.8 1.0 3.8 9.4 13.9 17.1 20.8 23.0 19.2 13.6 8.2 3.7

Earliest Sunset Time 16:20 16:52 17:25 17:56 18:26 18:53 18:46 18:05 17:17 16:33 16:10 16:05

with fire.

Say hello.

TRAIL ETIQUETTE AND RULES

Approx. 0.2 km Approx. 0.3 km (Approx. 4 min) (Approx. 6 min)

12 Iron and Steel Museum

including the Hashino Iron Mining and Smelting of including the Hashino Iron Mining and Smelting Site egistered as a World Heritage Site, the history of Camaishi, the town of iron and steel, and the chievements of pioneers involved in iron making. an analysis are town overlooking maishi Bay from the chievements of pioneers involved in iron making.

Toni Station

400 O

350.0

300.0 🚖

250.0

200.0 =

150 0

100.0

🔁 Sanriku Hamakaido, Ishizuka Pass



T Survey Monument, Constellation Stone

There is a monument here showing Ino Tadataka, who surveyed the coastline from 2u to Tohoku at the request of the Shogunate, had measured this place as being atitude 39°12'. Kasai Masahiro, who erected the monument, also left a constellation stone are carved with the 12 elliptical constellations and 12 constellations of the



12 Hongo Cherry Blossom Road

2,800 cherry blossom trees were planted in





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

TRAIL HIKING GEAR LIST



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

Tissue paper

along the coast.

- Trekking shoes Backpack Layered clothing to regulate body temperature
 - Rainwear
- Flashlight
- First aid kit Backpacking food Health insurance card (copy is also OK)
- Portable radio (We strongly recommend carrying this for safety) - Bear bell

- Trekking poles - Trekking gaiters - Spare clothing

- Digital camera

Mobile phone

- GPS unit

ABOUT THE MICHINOKU COASTAL TRAI

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

※ Cell phone signal cannot be guaranteed

for the full length of the trail. Please ask somebody for help in case of emergency.

🔷 環境省

みちのく潮風トレイル

Michinoku Coastal Trail

Kamaishi Section

http://tohoku.env.go.jp/mct/english/

♦ JNTO (Japan National Tourist Organization)

Telephone Inquiry Service -----03-3201-3331

Local Products Association -----0193-22-5835

----- 03-3501-0110

-- 050-2016-1603

--- 0193-62-8900

- 0120-22-3881

- 0120-23-2200

-0120-22-1540

- 0193-23-5911 -0193-28-1414

http://www.jnto.go.jp/eng/

Emergency Services (24/7/365)

Police (Traffic Accident/Crime) -

Fire Station (Fire/Ambulance)

Police English Service

♦ Kamaishi City Tourism and

Sanriku Railway Inquiry Service

Tourist Information

Railwav

Taxi

JR East Infoline

♦ Kamaishi Taxi ----

Bunka Taxi

Nishien Taxi

The Michinoku Coastal Trail is a long distance footpath along the Pacific coas 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!