— 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!*
- Designated Evacuation Sites are places to evacuate when a large scale earthquake or other disaster takes place.
- 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 (1359 kHz AM in Miyako City) broadcasts news in English/Chinese/Korean/Portuguese during emergencies.
  Japan Meteorological Agency's website: www.jma.go.jp/

※ 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.

Continue to South Miyako Section

(Closed in Winter)
Honshu's Easternmost Point: Cape Todogasaki, Todogasaki Lighthouse
Aneyoshi Stone Tsunami Monument
Aneyoshi Bus Stop
Narrow road, careful of cars
Aneyoshi Day Campground
Chikei
Ishihama
Miyako City
Narrow road, careful of cars
Narrow road, careful of cars
Kawashiro
Old Village Mountain Pass Road
Walk along valley, careful not to get lost
Go through logging roads in some places, be careful not to get lost
Chain handrail on path next to mountain stream, be careful not to slip
Cross logging road
Enter natural path from logging road (↑)
Go through path next to farmland
Osawa Fishing Harbor Aera Map
Yamada Osawa
Hamakawame
Hayakawame Bus Stop
Osawa Reclining Dragon Plum
Nanyo-ji Temple Stone Tsunami Monuments
Yamada Bay
Oshima Island (Holland Island)
Yamada Town
1 Yamada Hachimangu Shrine 山田八幡宮
Kitahamacho Bus Stop
Central Yamada Area
2 Rikuchu-Yamada Station 陸中山田駅
Kondo Clinic
Iwate Prefectural Yamada Hospital
Take road next to junior high school
3 Orikasa Station 織笠駅
4 Ryusen-ji Temple 龍泉寺
Ryusenji-mae Bus Stop
Take sidewalk next to national highway
Kitanagabayashi Bus Stop
7 Oyster Hut カキ小屋
Go through stairs at side of road
5 Michi no Eki (Roadside Station) Yamada 道の駅やまだ
6 Whale and Sea Science Museum 鯨と海の科学館
Maesuka Bus Stop
Iwate-Funakoshi Station
Uranohama Bus Stop
Funakoshi Kazoku Ryoko Mura (Campground)
8 Karogadake-jinja Shrine 霞露ヶ岳神社
Ouragyokyo-mae Bus Stop
Koyadoriguchi Bus Stop
9 Shuzendo Temple 秀全堂
12 Karogadake 霞露ヶ岳
11 Mt. Karogadake Path Entrance 霞露ヶ岳参道口
10 Hettso Boulder ヘッツォ石
13 Beech Forest ブナ林
14 Akahira Kongo Cliffs 赤平金剛
Cross stream, careful during high water
15 Sukuiso Coast 漉磯海岸
16 Sukuiso-guchi Entrance 漉磯口
17 Okamazaki Nature Trail 大釜崎自然歩道
18 Okamazaki Cliffs 大釜崎
19 Koyadori-guchi Entrance 小谷鳥口
20 Koyadori Coast 小谷鳥海岸
Enter natural path from unpaved local road (↓)
Detour
Cross logging road
Cross logging road
21 Ushikorobashi Pass 牛転峠
Take detour during high waves. Use your judgment and proceed at your own risk
22 Kyu-Tabunokiso 旧タブの木荘
Funakoshi Island (Tabu no Oshima Island)
Funakoshi Gyokyo-mae Bus Stop
Tanohama Bus Stop
Sanriku Railway Rias Line
Shijuhassaka Bus Stop
23 Ara-jinja Shrine/ Aragami Swimming Beach 荒神社・荒神海水浴場
24 Rikuchu Kaigan Youth Center 陸中海岸青少年の家
25 Mt. Kujira 鯨山
Go through paved logging road for about 50 meters
Namiita Fudo Waterfall
※20 meter high waterfall, lovely contrast between waters and natural forest
Namiita Kaigan Station Area
Route may change due to construction
Pass under national highway
Namiita Beach
Namiita Beach Village
Nojima Island
Go down towards the sea (↦) at signpost marked "史跡アサカ尻台場"
Sakiyama Viewpoint
Kirikiri Beach
Kokubo Beach
Sanriku Hana Hotel Hamagiku
Kirikiri Station
Otsuchi Town

Osawa Fishing Harbor Area

17 Nanyo-ji Temple Stone Tsunami Monuments
Osawa Elementary School
Osawa River
下条
16 Osawa Reclining Dragon Plum
Osawa Bus Stop
Gyogyo Kumiai-mae Bus Stop
Osawakawamukai Bus Stop
Yamada Bay
Scale Topography: 1:12,500
0 300m

Central Yamada Area

Yamada Town Hall Mikkamachi Bus Stop
1 Yamada Hachimangu Shrine
Sanriku Railway Rias Line
2 Rikuchu-Yamada Sta.
Yamada Post Office
Yamada Byoin(Hospital) Bus Stop
Yamada Gymnasium
Take road next to junior high school
Yamada middle School
Kibogaoka Danchi-mae Bus Stop
0 200m
Scale Topography: 1:12,500

Namiita Kaigan Station Area

Sanriku Railway Rias Line
浪板
Namiita Kaigan Station
Route may change due to construction
Pass under national highway
Namiita Beach Village
Namiita Beach
Sanriku Hana Hotel Hamagiku
Scale Topography: 1:12,500
0 500m
Kokubo Beach

N True North
Magnetic North 7°40′
W E
S

Magnetic North (Magnetic North Line)
The north as indicated by a magnetic compass is approximately 7°40′ to the west of true north (Rikuchu-Yamada 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.
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Legend

Michinoku Coastal Trail
- Main Route
- Unpaved Road
- ⚠ Caution
- Detour
- Detour for Construction
- Railway

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

Sanriku Geo Park Point
A Geo Park 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.

みちのく潮風トレイル
Michinoku Coastal Trail
Yamada Section

Map data is current as of March 2018

Continue to Otsuchi Section

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