

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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- ★ Trail Head / End Point
- Officially Open
- Coming Soon
- Sanriku Fukko National Park



- #### North to Central Ofunato Section ACCESS
- **By JR Train / Highway Bus**
    - From JR Tokyo Station to JR Shin-Hanamaki Station by the Tohoku Shinkansen. (Approx. 2 hours 40 min)
    - From JR Shin-Hanamaki Station to JR Kamaishi Station by the JR Kamaishi Line. (Approx. 1 hour 50 min)
    - From JR Kamaishi Station to Tōni Station by the Sanriku Railway Minami-Riasu Line. (Approx. 15 min)
    - From JR Tōni Station to JR Ichinoseki Station by the Tohoku Shinkansen. (Approx. 2 hours 40 min)
    - From JR Ichinoseki Station to JR Kamaishi Station by the JR Kamaishi Line. (Approx. 1 hour 50 min)
    - From JR Kamaishi Station to Ryōri Station by the Sanriku Railway Minami-Riasu Line. (Approx. 45 min)
    - From JR Ryōri Station to JR Kamaishi Station by the Iwate-ken Kotsu Bus. (Approx. 2 hours 40 min)
    - From JR Morioka Station to JR Kamaishi Station by the Iwate-ken Kotsu Bus. (Approx. 2 hours 40 min)
    - From JR Kamaishi Station to Ryōri Station by the Sanriku Railway Minami-Riasu Line. (Approx. 45 min)
  - **By Car**
    - From Mizusawa IC through National Routes 397 and 107 to Ofunato City. (Approx. 1 hour 45 min)
    - From Ofunato City to Tōni Station through National Route 45. (Approx. 35 min)
    - From Mizusawa IC through National Routes 397 and 107 to Ofunato City. (Approx. 1 hour 45 min)
    - From Ofunato City to Ryōri Station through Ofunato Ryōri Sanriku prefectural road. (Approx. 30 min)
  - **By Air**
    - From Iwate Hanamaki Airport to JR Shin-Hanamaki Station by taxi. (Approx. 10 min)
    - From JR Shin-Hanamaki Station to JR Kamaishi Station by the JR Kamaishi Line. (Approx. 1 hour 50 min)
    - From JR Kamaishi Station to Tōni Station by the Sanriku Railway Minami-Riasu Line. (Approx. 15 min)
    - From Iwate Hanamaki Airport to JR Shin-Hanamaki Station by taxi. (Approx. 10 min)
    - From JR Shin-Hanamaki Station to Ryōri Station by the Sanriku Railway Minami-Riasu Line. (Approx. 45 min)

## Michinoku Coastal Trail North to Central Ofunato Section

■ From Yoshihama Station to Sanriku Station: Half Day Course (Distance: Approx. 8.0 km, Time: Approx. 2 h 40 min)

### 1 Sanriku Hamakaido, Kuwadai Pass

The mountain pass for this road connecting the Toni area of Kamaishi and Yoshihama area of Ofunato, its rock-paved surface and gutters very splendid for the time. You can see ruins from that time even now in some places.



### 2 Yoshihama Village

Yoshihama Village followed the teachings of its predecessors to “not build houses on low areas” after moving to higher ground from the 1896 Meiji Sanriku Earthquake and Tsunami. It was called the *miracle village* after the area was hit by a 17.2 meter tall tsunami in the 2011 Great East Japan Earthquake and Tsunami but the village sustained little damage. The village’s traditional *Yoshihama Suneka* festival where people in fearful masks visit local houses on January 15th (little new year) to pray for the health of children and a bountiful harvest has been designated as an Important Intangible Cultural Property of Japan.



### 3 Kippin Abalone

The Yoshihama area has been famous for abalone for a long time, and the dried Kippin Abalone made here is well known overseas as a top quality brand.



### 4 Yoshihama Tsunami Rock

After the 2011 Great East Japan Earthquake and Tsunami, a tsunami rock in memory of the Showa Sanriku Earthquake and Tsunami of 1933 which has been buried in Yoshihama Bay was rediscovered. The rock is an important artifact for conveying the power of tsunamis to future generations. It is engraved with the message “Tsunami Memorial Rock: This rock was originally at the mouth of the Yoshihama River, 200 meters ahead from here, and was moved by the tsunami of March 3, 1933. It weighs 30 tons.”



### 6 Sanriku King Cedar

There is a Hachiman-jinja Shrine on the slope of a hill overlooking Okirai Bay, and sitting behind that shrine like a guardian deity is the Sanriku King Cedar, said to be 7,000 years old. The King Cedar is a symbol of the Okirai area, and is carefully protected as a living witness of history.

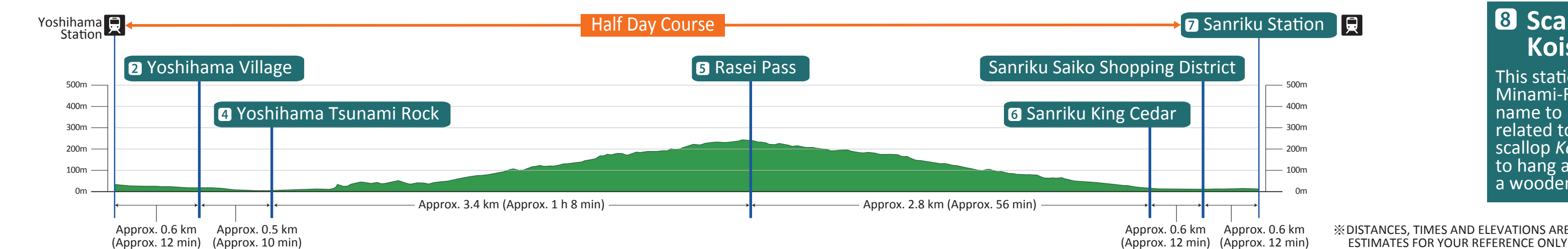


### 7 Sanriku Station

This station in the Okirai area is on the Sanriku Railway Minami-Riasu Line. There is a tourism center in the same building where you can get information on nearby facilities and transportation as well as on the Michinoku Coastal Trail.

### 8 Scallop Shell Messages of Koishihama Station

This station on the Sanriku Railway Minami-Riasu Line, changed its name to Koishihama Station related to Koishihama area’s brand scallop *Koishihama*, enables you to hang a scallop shell as an *Ema*, a wooden votive picture tablet.



■ Ryorizaki Round Tour: One Day Course (Distance: Approx. 14.2 km, Time: Approx. 4 h 44 min)

### 9 Ryori Station

This station on the Sanriku Railway Minami-Riasu Line is in the Ryori area. The area’s name came from the legend of *Ayaori-hime*, the princess who was said to bring weaving to the area, and is also known as *Ayaori-hime’s* hometown. There is a tourism center in the same building where you can get information on the Michinoku Coastal Trail.

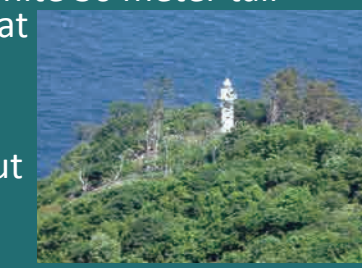
### 10 Ryori Daigongen

In many places in Tohoku, traditional dances wearing lion masks to ward away evil spirits, pray for health and safety and a good harvest have been passed down. One of these is *Ryori Daigongen*, passed down in the Ryori region and representative of *Gongen* dances: the mask is 2 meters across and it weighs 200 kilograms, the largest in Japan.



### 12 Cape Ryorizaki, Ryorizaki Lighthouse

Cape Ryorizaki, one of the capes showcasing the beautiful cliffs special to the Sanriku Rias Coastline, is situated 100 kilometers north of Kinkasan Island offshore of Oshika Peninsula and is a navigation point for ships at sea in southern Sanriku. A white 30 meter tall lighthouse rises from at the end of the cape, with a view of Cape Kobezaki and Cape Sunezaki extending out in the north.



### 13 View of Rias Coastline

The viewing area from Cape Ryorizaki gives excellent views of the Hirota Peninsula and Karakuwa Peninsula to the south, and on sunny days, you can see as far as Oshika Peninsula and Kinkasan Island. Enjoy an amazing view of the elegant rias coastline characteristic of the southern Sanriku coast.



### 14 Toji Daimyojin Shrine

There is a monument here in honor of Toji, who discovered the large fish reef *Tojigane* offshore of Cape Ryorizaki. A grass field stretches out nearby offering a good view and a good place to rest. You can also see beautiful azaleas here in early summer. Go about 50 meters to the west to see *Miso Boulder*, a large granite boulder unique for its tortoiseshell pattern.

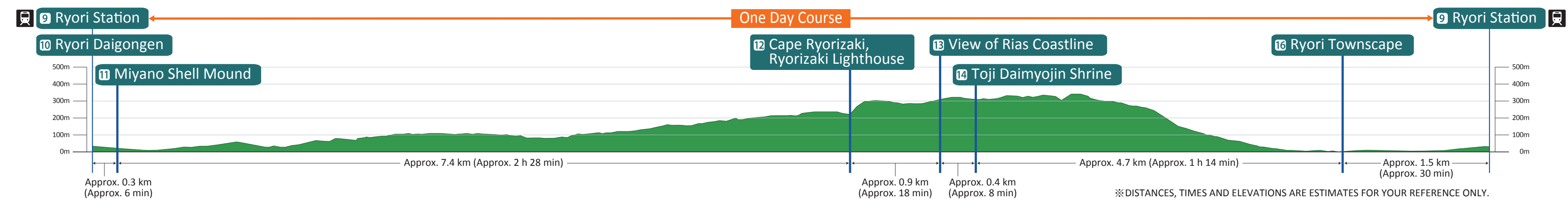


### 15 Japan Meteorological Agency Atmosphere Observation Station

This Japan Metrological Agency facility for measuring greenhouse gases and other information about the atmosphere lies on the side of Mt. Tateishi. Rockets to measure the atmosphere used to be launched from here.

### 16 Ryori Townscape

Ryori was moved to higher ground after the 1933 Showa Sanriku Earthquake and Tsunami, with the new community developed as closely as possible to its previous appearance and size. The area was developed keeping in mind life with the sea, such as making sure there were paths to access the sea.



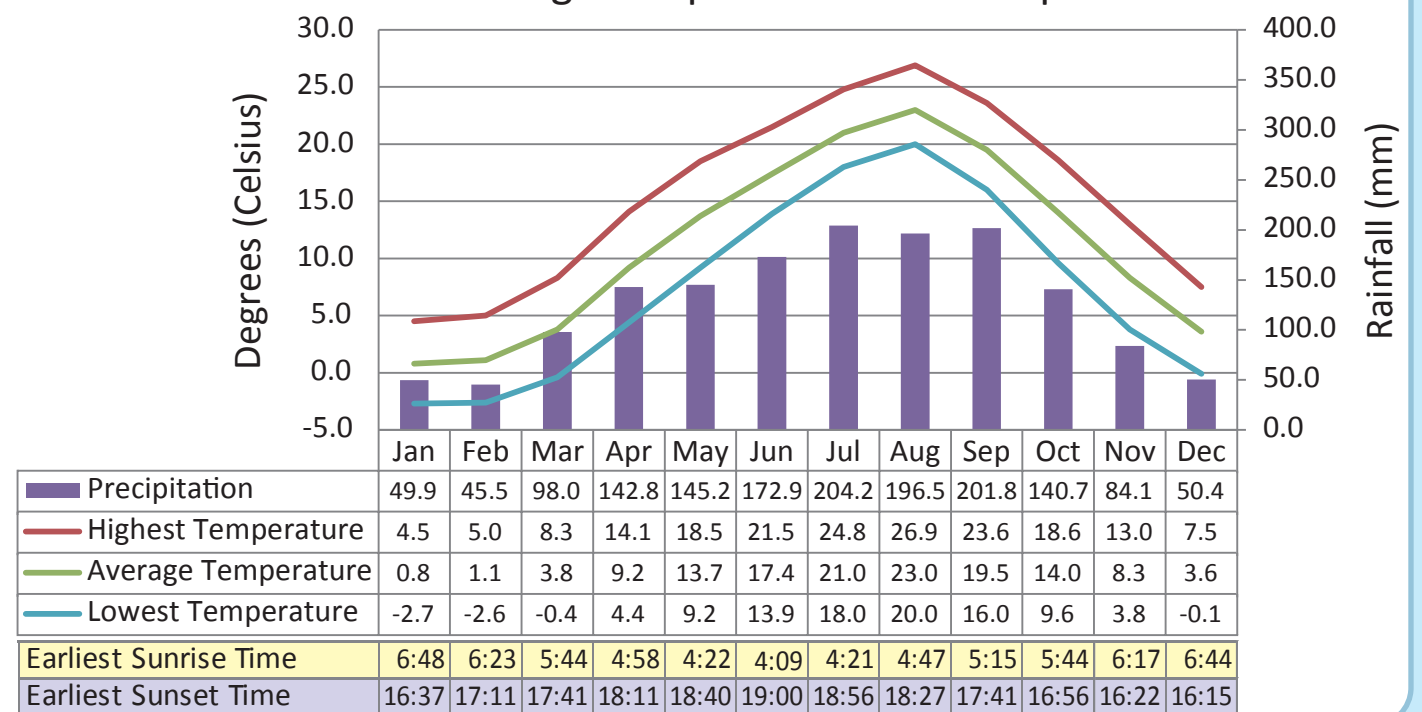
### Trail Markers

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.



### Ofunato City Average Temperature and Precipitaion



### 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.
- ❖ **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.
- ❖ **Be mindful of other people on the trail.**  
Please be considerate of other hikers and local people so that everyone can enjoy the trail.
- ❖ **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.
- ❖ **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*
- ❖ **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

### みちのく潮風トレイル

Michinoku Coastal Trail

### North to Central Ofunato Section



<http://www.env.go.jp/jishin/park-sanriku/trail/>

### Emergency Services (24/7/365)

- ◆ Police (Traffic Accident/Crime) ..... 110
- ◆ Police English Service ..... 03-3501-0110
- ◆ Fire Station (Fire/Ambulance) ..... 119

### Tourist Information

- ◆ JNTO (Japan National Tourist Organization)
  - ◆ Telephone Inquiry Service ..... 03-3201-3331
  - <http://www.jnto.go.jp/eng/>
- ◆ Goishi Coast Information Center ..... 0192-29-2359

- ◆ Ofunato City Tourism and Local Products Association ..... 0192-21-1922
- ◆ Sanriku-cho Tourism Center ..... 0192-44-3333
- ◆ Ryori Local Products and Tourism Center “Ginga” ..... 0192-42-2541

### Railway

- ◆ JR East Infoline ..... 050-2016-1603
- ◆ Sanriku Railway Inquiry Service ..... 0193-62-8900

### Taxi

- ◆ Sanko Taxi ..... 0192-44-2151
- ◆ Kanno Taxi ..... 0192-26-5151
- ◆ Ofunato Taxi ..... 0192-26-6166
- ◆ Tokai Taxi ..... 0192-26-3141

※ 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

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

### 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!