みちのく潮風トレイル
Michinoku Coastal Trail

Central to South Ofunato Section

Continue to North to Central Ofunato Section

Pass under railway.

Horei Station 甫嶺駅

Koishihama Station 恋し浜駅

Samriku Railway Minami-Riasu Line

Iwate Development Railway

Sakari Station 盛駅

Jinomori Shopping District 地の森八軒街

Ofunato City

Iwate Prefectural Ofunato Hospital 県立大船渡病院

JR Ofunato Line (BRT Service Area)

Ofunato Sanriku Expressway

Rikuzen-Akasaki Station 陸前赤崎駅

7 Ohora Shell Mound 大洞貝塚

6 Ryori Kaido, Ryori Pass 綾里街道・綾里峠

5 Fudo Waterfall 不動滝

3 Miyano Shell Mound 宮野貝塚

2 Ryori Daigongen 綾里大権現

Follow path along ridgeline.

Ofunato Station 大船渡駅

Ofunato Yume Shopping District おおふなと夢商店街

Ofunato Food Stall Village, Prefab Side Street 大船渡屋台村・プレハブ横丁

Route may change due to land adjustment.

Follow valley path.

Follow path along ridgeline.

1896 Meiji Sanriku Earthquake and Tsunami Monument

1 Ryori Station 綾里駅

Ofunato Uoichiba-mae Station 大船渡魚市場前駅

8 Ofunato Fish Market 大船渡魚市場

4 Ryori Townscape 綾里の町並み

Ryori Clinic 綾里診療所

Be careful crossing prefectural highway.

9 Ofunato Bay 大船渡湾

Good view of Ofunato Bay and Sangojima Island

Shimofunato Station 下船渡駅

10 Sangojima Island 珊琥島

Go to path on other side of road.

Many forks in road, be careful not to get lost.

11 Shimofunato Shell Mound 下船渡貝塚

Aquaculture rafts floating in Ofunato Bay stretch out before you

Narrow roadside strip, hard to see ahead.

(Toilets: Closed in Winter)

About a 20 minutes' walk on path from trail.

Large Japanese Nutmeg, fir and Japanese cedars designated as city natural monuments

Hosoura Station 細浦駅

12 Anatoshi-iso Rocks 穴通磯

13 Akadokura 赤土倉

14 Goishi Coast Campground 碁石海岸キャンプ場

Goishikaiganguchi Station 碁石海岸口駅

15 Goishi Coast Information Center 碁石海岸インフォメーションセンター

16 Goishi Coast Rest House 碁石海岸レストハウス

Otomo Station 小友駅

25 Sanmen Tsubaki (Three Directions Camellia) 三面椿

Rikuzentakata City

17 World Camellia Hall Goishi 世界の椿館・碁石

(Closed in Winter)

24 Goishi Beach 碁石浜

18 Kaminariiwa Rock, Ranboya Gorge 雷岩・乱曝谷

19 Ofunato City Museum 大船渡市立博物館

23 Ebisu Beach えびす浜

20 Chiyojima Island 千代島

22 Cape Goishi 碁石岬

21 Goishisaki Lighthouse 碁石埼灯台

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 (Ryori Standard.)

Legend

Michinoku Coastal Trail
- Main Route
- Unpaved Road
- ⚠ Caution

Detour

Side Trip

Railway
BRT operates the JR Ofunato Line to the south of Sakari Station.

- Parking
- Food Service
- Viewpoint
- Rest Area
- Accommodation
- Post Office
- Train Station
- Store
- Toilets
- Public Bath Facility
- Swimming Beach
- Drinking Water
- Hospital
- Bus Stop
- Campground

Sanriku Geopark Point
A Geopark 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.

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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※ 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.

— 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 areas immediately and evacuate to high ground or a tsunami evacuation building.
  Tsunami advisory: *tsunami chuiho*
  Tsunami warning: *tsunami keiho*
  Evacuate: *hinan shite kudasai!*
- You can confirm the Tsunami Warning/Advisory in English on the Japan Meteorological Agency's website. However, sometimes you won't be able 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 Ofunato City) broadcasts news in English/Chinese/Korean/Portuguese during emergencies.

Japan Meteorological Agency's website: www.jma.go.jp/

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