



Michinoku Coastal Trail Central To South Ofunato Section

From Ryori Station to Rikuzen-Akazaki Station: Half Day Course (Distance: Approx. 8.8 km)

1 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.



3 Miyano Shell Mound

Kesen area has many historic sites from the Jomon period, with especially many shell mounds concentrated in the area. There are many shell mounds within Ofunato, including Takonoura Shell Mound, Ohora Shell Mound, and the Miyano Shell Mound. The Miyano Shell Mound was used from the early to late Jomon period and is carefully preserved as a site showing lifestyle changes through the Jomon period.



5 Fudo Waterfall

This waterfall flows down from a height of 15 meters. The right side is called *Odaki* (man falls) and the left side is called *Medaki* (woman falls.) The falls are called *Fudo no Taki* because the Fudosen temple in a cavern between these two falls. The water from this falls has been long believed to be sacred and good for a bountiful harvest and long life, and was selected as one of Iwate's top 20 famous waters.



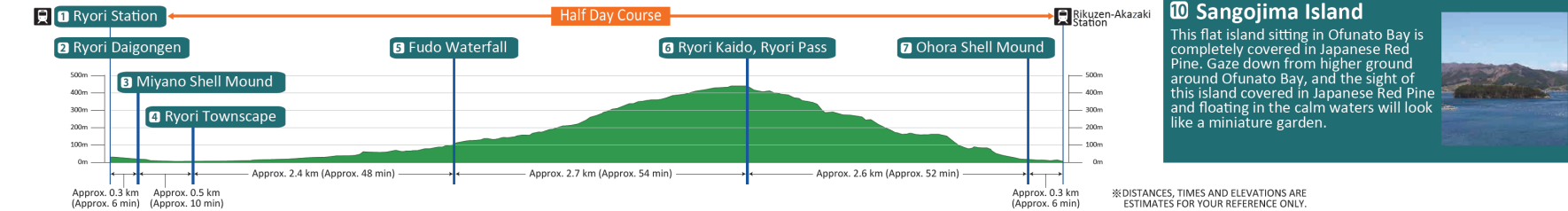
6 Ryori Kaido, Ryori Pass

This pass of the Ryori Kaido highway connected the Ryori is with the Akazaki area. The Ryori Kaido was an important trading road since olden times. Because it used to be the only land route for reaching the neighboring Akazaki Village from Ryori using the Kujukumagari Pass, the road was used by residents in everyday life.



9 Ofunato Bay

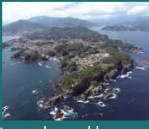
Lots of products are cultivated inside Ofunato Bay, including oysters, sea squirts and scallops. Fishing boats coming and going with aquaculture rafts floating on the water is scenery special to fishing towns.



From Hosoura Station to Goishikaiganguchi Station: One Day Course (Distance: Approx. 11.6 km)

Goishi Coast

This coastline, rich in variety and stretching for 6 kilometers up and down Massaki Peninsula, has been designated as a national place of scenic beauty and a national natural monument. This unique coast has rocks, small islands, cliffs, caves and tunnels, and has trademark aspects of a rias coastline.



14 Goishi Coast Campground

This campground is tranquil and lush with nature, surrounded by the sound of waves, fishing lights and greenery. This ground is equipped to serve as a temporary shelter during a disaster, with a biomass (wood chip) boiler, a solar energy facility, and a water tank.



20 Chiyojima Island

This is the largest island on Goishi Coast, with perpendicular cliffs like a folding screen. The island is a breeding ground for Black-tailed Gulls, so you can see many Black-tailed Gulls during breeding season. After the 2011 Great East Japan Earthquake and Tsunami, waves started spouting through a hole on the island.



24 Goishi Beach

This beach is filled with black round pebbles polished by the waves. Local places like Goishi Beach and Goishi Coast were named because these black pebbles look like game pieces in Go, a board game.



12 Anatoshi-iso Rocks

These rocks are a symbol of Ofunato and provide stunning scenery representative of Goishi Coast. The shape of the rocks sculpted into three large arches through erosion from the waves is truly a work of art by nature. Take the Goishi Coast Anatoshi Boats from Ebisu Beach to be thrilled and refreshed by a ride including sailing through the arches.



18 Kaminariwa Rock, Ranboya Gorge

When waves crash through the opening of Kaminariwa Rock (Thunder Rock) a noise resembling thunder rings out. Ranboya Gorge is formed from Kaminariwa Rock and the nearby cliffs providing a view that looks like a river canyon.



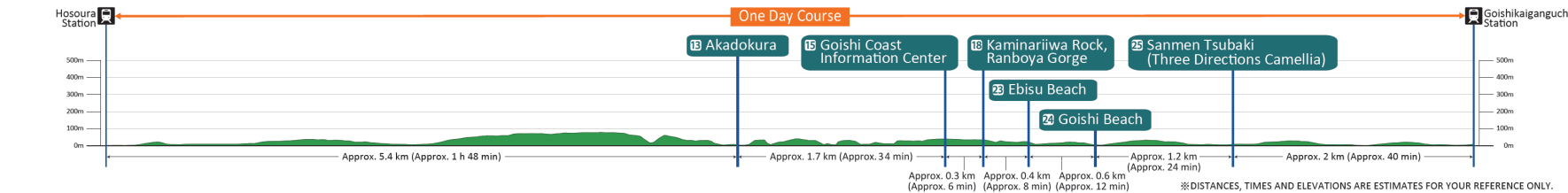
22 Cape Goishi

This is the southernmost cape on Goishi Coast. From the observation deck close to the sea, you can enjoy a panoramic view of Cape Ryori, Karakuwa Peninsula, and as far as Oshika Peninsula and Kinkasan Island.



25 Sanmen Tsubaki (Three Directions Camellia)

This elderly Japanese Camellia on the grounds of Kumano-jinja Shrine has a trunk circumference of 8 meters and is 10 meters high. The camellia got its name because when Kumano-jinja Shrine was built, there were camellia planted to the east, south and west of the main shrine building. The only camellia surviving today is this one, planted at the east.



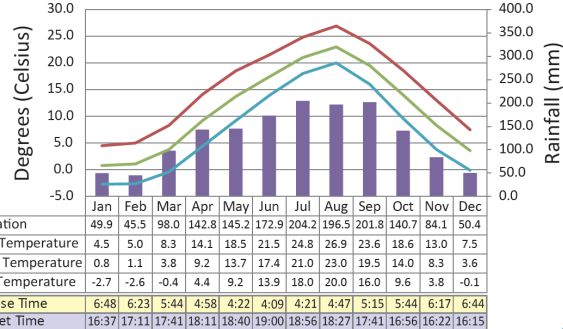
Trail Markers

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

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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!