



Michinoku Coastal Trail Minamisanriku Section

From Utatsu to Togura: Two Day Course (Distance: Approx. 28.8 km)

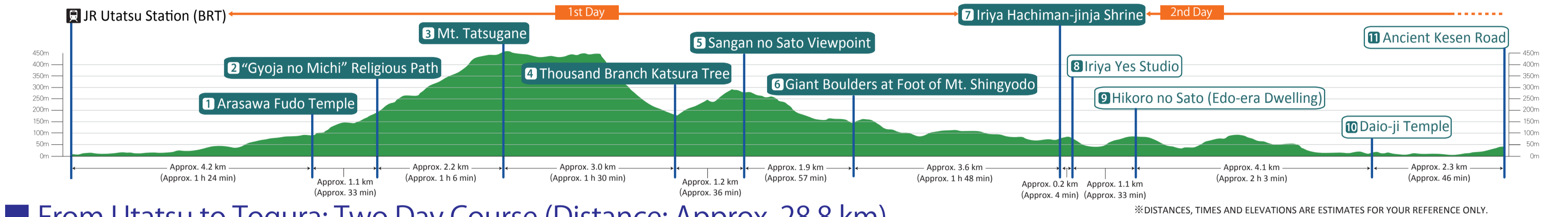
1 Arasawa Fudo Temple
Here rests a statue of Fudo Myo-o (said to be the work of Ennin) and two guardian gods made after the Heian period when Fudo (the Buddhist god of fire) became widely worshipped.

2 “Gyoja no Michi” Religious Path
This 1.5 kilometer mountain path follows along the “Higashi no Gyoba,” a place of ascetic practice during the Heian period when the area around Mt. Tatsugane was prosperous. Once, monks in training fasted and performed cold water ablutions here in Kumotaki and Anataki Falls.

3 Mt. Tatsugane
Mt. Tatsugane has long been worshipped as a sacred mountain. There are eleven scriptures buried at its summit: these “Tatsugane, Sutra Mounds” are a designated historic site by Miyagi Prefecture. Excavations confirm the scriptures as being from the end of the Heian period. Wild azaleas also grow around the peak. In late May to early June, the mountain is a blaze of scarlet as 50,000 azaleas bloom.
The summit provides one of the best views in town of not only Shizugawa Bay, but the area around Kesennuma, Kinkasan Island and the Kurikoma highlands.

6 Giant Boulders at Foot of Mt. Shingyodo
There are cracks in these boulders; according to legend, people needed to pass through these cracks as a coming of age ritual. It is said that a good person could pass through the cracks, but the passage would narrow and become impassable for bad people.

7 Iriya Hachiman-jinja Shrine
Minamoto no Yoshitsune, who was under the protection of Fujiwara no Hidehira, is said to have transferred a deity to this historical shrine from the Iwashimizu Hachimangu Shrine in Kyoto in gratitude for fulfillment of his prayers.



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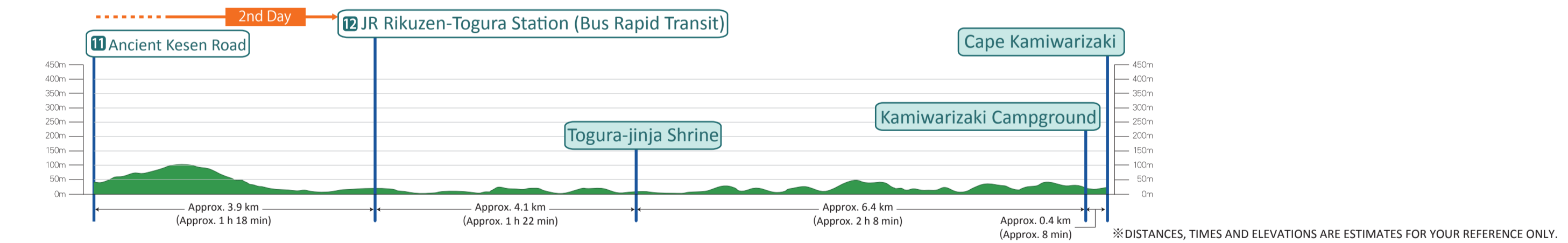
8 Iriya Yes Studio
This studio makes “Octopus-kun” goods. One famous Minamisanriku product is octopus, thus “Octopus-kun.” Octopus in English sounds like a combination of lucky Japanese words including “passing a test,” so lucky charms for test-taking are also sold here. Shop at the store, or with a reservation you can take a tour of the studio.

10 Daio-ji Temple
Daio-ji Temple, dedicated to Amitabha, is the most historically rich temple in Minamisanriku Town. It is said to have been built by Fujiwara no Takahira in the Heian period. Over 80 cedar trees which were likely around 300 years old lined the path to the temple gate, but they all died after the 2011 tsunami.

11 Ancient Kesen Road
This is part of the road stretching from Sendai Castle town to Kesen that the Date clan made in the early Edo period.

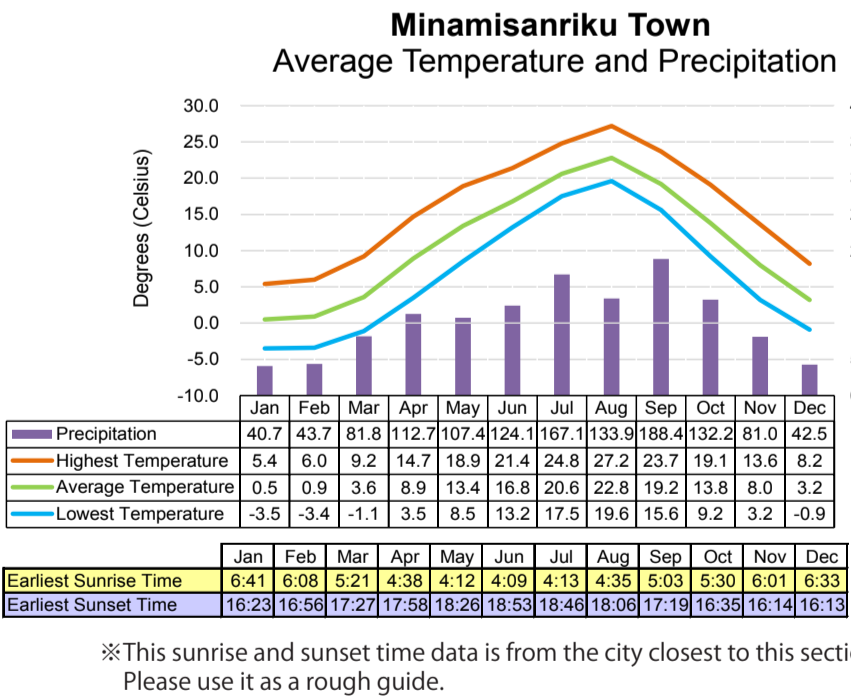
Kamiwarizaki Campground
This camp is on high ground and was untouched by the 2011 tsunami. It has three cabins, 20 auto camp sites, a free tent site and a barbecue space for day use. There are even places to stay with your pet (ask for details)! From your tent, you can hear the waves crashing and seagulls calling. Enjoy varied experiences, like watching the sun rise over the Pacific, stargazing at night, fishing and playing on the shore. The campground main office also contains a restaurant serving dishes with local ingredients and a store selling camping goods and more.

Cape Kamiwarizaki
One of the best views in Minamisanriku, where waves crash through the gap in two giant boulders sending spray into the air. There is a legend these boulders were split evenly in two by a god to bring peace to humans. Kamiwarizaki was chosen as one of the “100 white sand pine beaches” of Japan.
Every year in mid-February and again in late October, you can watch the sun rise from right between the two boulders. On the rocks, you can see many yellow day lilies and nippon daisies. Nearby is a walking path surrounded by pine trees, where you can enjoy the ocean view while being soothed by the forest.



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.



ACCESS

●By Train / BRT (Bus Rapid Transit)

- From Sendai Station to Kogota Station by the JR Tohoku Main Line. (Approx. 45 min) From Kogota Station to Maeyachi Station by the JR Ishinomaki Line. (Approx. 15 min) From Maeyachi Station to Utatsu Station by JR BRT Kesennuma Line. (Approx. 1 hour 30 min)
- From Sendai Station to Kogota Station by the JR Tohoku Main Line. (Approx. 45 min) From Kogota Station to Maeyachi Station by the JR Ishinomaki Line. (Approx. 15 min) From Maeyachi Station to Yanaizu Station by the JR Kesennuma Line. (Approx. 25 min) From Yanaizu Station to Utatsu Station by JR BRT Kesennuma Line. (Approx. 1 hour)
- From Sendai Station to Kogota Station by the JR Tohoku Main Line. (Approx. 45 min) From Kogota Station to Yanaizu Station by the JR Kesennuma Line. (Approx. 40 min) From Yanaizu Station to Utatsu Station by JR BRT Kesennuma Line. (Approx. 1 hour)

●By Highway Bus

- From in front of Sendai Station (Sendai Eki-mae) to Utatsu Station by Miyako Bus. (Approx. 2 hours)

●By Car

- From Sendai Higashi IC to Shizugawa IC through the Sendai-Tobu Road and the Sanriku Expressway. (approx. 1 hour 20 min)
- From Shizugawa IC to Utatsu Station through National Route 398, National Route 45. (Approx. 40 min)
- From Wakayanagi Kannari IC to Utatsu Station through local roads. (approx. 1 hour 20 min)

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 this 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

Emergency Services (24/7/365)

- Police (Traffic Accident/Crime)110
- Police English Service03-3501-0110
- Fire Station (Fire/Ambulance)119

Tourist Information

- JNTO (Japan National Tourist Organization) Telephone Inquiry Service.....03-3201-3331 <http://www.jnto.go.jp/eng/>
- Minamisanriku Tourism Association0226-47-2550

Railway, Bus(BRT)

- JR East Ino Line050-2016-1603 (English/Korean/Chinese languages are available.)
- JR Kesennuma Line BRT Office0226-41-0012
- Miyako Bus Kesennuma Office0226-22-7163

Taxi

- Shizugawa Kanko Taxi0226-46-2132
- Utatsu Taxi0226-36-2021



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!