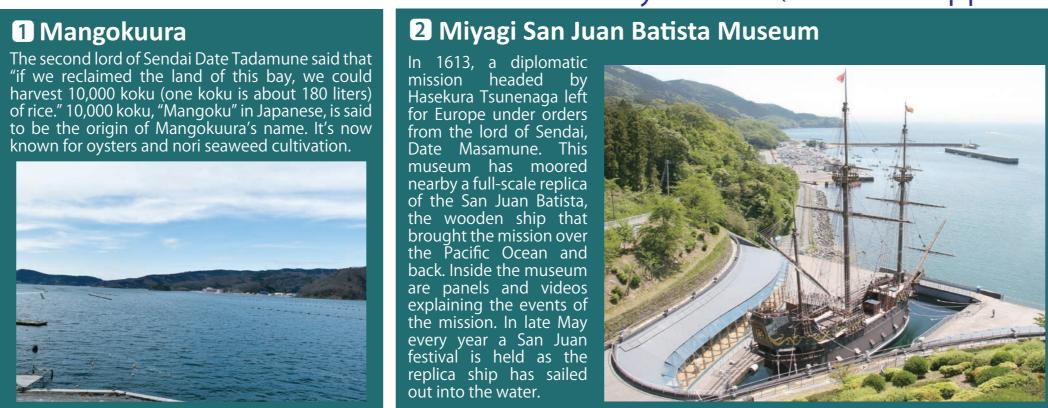
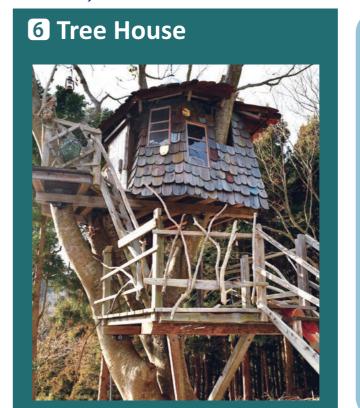


# Michinoku Coastal Trail Ishinomaki North Oshika Peninsula Section

San Juan Museum to Momonoura: One Day Course (Distance: Approx. 14.5km)





## **Hunting and Safety**

The deer population on Oshika Peninsula is rising, so the period between November 15th and March 15th is hunting season. The hunters use traps and rifles. When you go into the mountains, wear clothing with bright colors to let hunters know you' re around. Also try to avoid hiking in the early morning, and don't enter any places with warnings posted about

7 Momonoura 4 Orihama leph distances, times and elevations are estimates for your reference only

Momonoura to Koamikurahama: One Day Course (Distance: Approx. 9.9km)

## 8 Tsukinoura: San Juan Batista **Diplomatic Mission Departure Point** This is where Hasekura Tsunenaga sailed off for Europe on the San Juan Batista in 1613. On higher ground where you can look down at the cobalt blue ocean, there is an observation deck, a stone monument showing the mission's journey, and a statue of Tsunenaga by sculptor Churyo Sato, who is from Miyagi

2 Miyagi San Juan Batista Museur

Shiomidai Koen Iriguchi Bus Stop

1 Mangokuura

### 8 Kinkasan Island Pilgrimage Route, Koamikurahama Trailhead

The Kinkasan pilgrimage route was used by worshipers traveling from Oshika Peninsula to the holy Kinkasan Island. Until a prefectural road was built here in the early Showa period, this route was also the only road available to support the everyday lives of Oshika Peninsula residents. The Michinoku Coastal Trail follows this pilgrimage route as much as possible.



## 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.

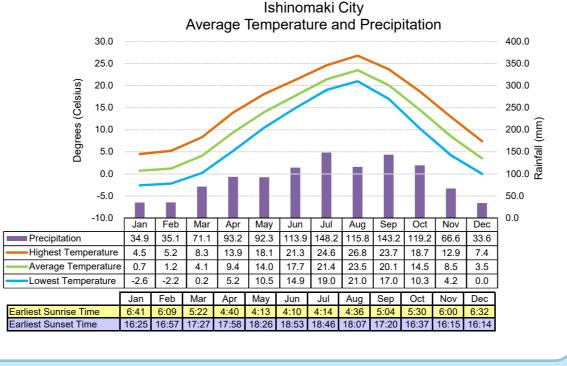
☑ Kinkasan Island Pilgrimage Route, ☐ Koamikurahama 7 Momonoura Koamikurahama Trailhead **10**Oginohama **11** Kozumihama Samuraihama Approx. 3.8 km ※ DISTANCES, TIMES AND ELEVATIONS ARE ESTIMATES FOR YOUR REFERENCE ONLY.

## **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.







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.

Helpful Items

Trekking poles

- Spare clothing

Digital camera

- Mobile phone

- Folding umbrella

Reflective gear

Insect repellent

- GPS unit

- Trekking gaiters

Trekking shoes Backpack body temperature

Layered clothing to regulate Rainwear Compass

Water flask or bottled water Flashlight **Towels** Tissue paper First aid kit

Backpacking food Health insurance card (copy is also OK)

Portable radio (We strongly recommend carrying this for safety)

TRAIL ETIQUETTE AND RULES

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.

Do not enter the forests, fields and private property that are not on the trail course.

through walking the trail. discoveries!



## Emergency Services (24/7/365)

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

**Tourist Information** ◆ JNTO (Japan National Tourist Organization) Telephone Inquiry Service (nationwide number)

• • • 03-3201-3331 9 am to 5 pm daily http://www.jnto.go.jp/eng/ ♦ Ishinomaki Tourism Association

Closed from December 31st to January 1st • • 0225-93-6448 Oshika Regional City Office, Regional Development Section • • 0225-45-2114

#### Railway

♦ JR East Info Line • • • 050-2016-1603 (English/Korean/Chinese languages are available) ♦ Miyako bus Ishinomaki Office • • • 0225-22-4161

Taxi ◆Kogane Taxi • • 0225-53-3334 Miyagi Prefectural Taxi Association Ishinomaki Branch

· · · 0225-22-6015



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

#### ABOUT THE MICHINOKU COASTAL TRAII

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

Let's start walking for new exciting

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.

Animals can die from eating garbage or harm people while feeding. Bring your garbage back home with you, along with your memories.

If you like, try saying hello to people you meet! Many people can understand English "hello," or you can try Japanese. Hello: Konnichi wa, Good evening: Konban wa, Good morning: Ohayo gozaimasu,