



Michinoku Coastal Trail North Kesennuma Section

■Karakuwa Peninsula Round Trip: One Day Course (Distance: Approx. 19.6km)

2 Ogama 3 Oreishi Rock

Ogama, or "Large Pot," got its name because its waters seen from Maeda Beach look like a cauldron's boiling waters, and because the large Hachiman-iwa Rock looks like a lid. The oblong "Oreishi Rock," or "Broken Rock," got its name because it broke about 2 meters from the top during the 1933 Sanriku Tsunami, and is a symbol of Karakuwa Peninsula. The coast along the east-central part of Karakuwa Peninsula, with its large and uniquely shaped rocks, is famous for its scenery.



5 Kannokura Tsunami Rocks

These rocks were washed up from the ocean into the bay by the 2011 tsunami. The largest is 6 meters tall and 5 meters wide: the 5 rocks are scattered along the small beach, partially blocking the ocean. Evidence these rocks came from the ocean, such as coralline algae, are visible on their surfaces, showing the tsunami's fearful power to push something so giant up from the seafloor.



Dairiseki Coast

White marble rocks and small islands eroded and polished over a long period of time and surrounded by gentle waves dot this inlet. Once high quality marble was extracted from this coast, but no longer; this beautiful scenery is protected. Shells and fossils are visible inside the marble.



9 Cape Osaki

Cape Osaki, in the southern part of Karakuwa Peninsula, has multiple famous views—Hassobiki, Onuma, Menuma, Osojima Island, Ko-okishima Island—connected by a walking path to see them all. Enjoy different plants each season, such as the orange Thunberg lilies and Rugosa roses. This area is also designated as a Sanriku Geo Park Point.



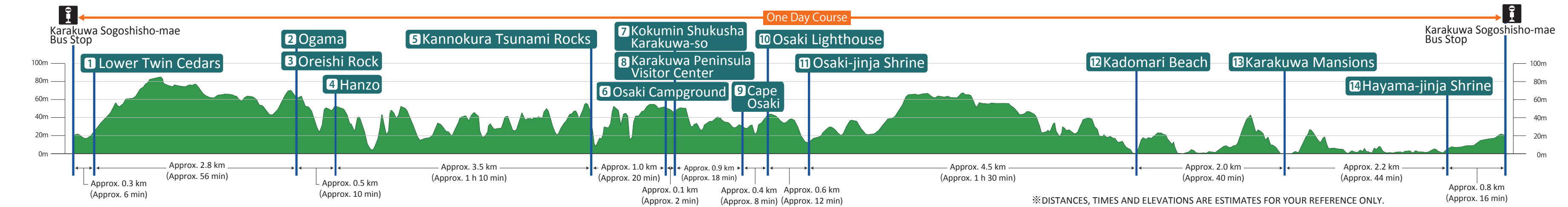
13 Karakuwa Mansions

In Karakuwa district, which prospered from deep sea fishing, ship captains and crew built mansions with hip-and-gable roofs to one-up each other. These men who left their homes for the sea for long periods of time built their houses as an expression of their pride and spirit. These splendid mansions form a striking scene lined up on the inclined ground with their red and black baked brick roofs. You can see many Karakuwa mansions while walking the trail route.



Mt. Anbasan

The 239 meter high Mt. Anbasan (literally "safe wave") was so named to pray for safe sailing and plentiful fishing. This mountain surrounded by parkland is symbolic of harbor town Kesennuma. From its summit and other viewpoints, you can enjoy the view of inner Kesennuma Bay and Oshima Island.



■Kesennuma Oshima Island Round Trip: One Day Course (Distance: Approx. 15.1km)

17 Mt. Kameyama

From the top of Mt. Kameyama, which towers 235 meters above sea level from the north end of Oshima Island, you can see over the entire island. A beautiful panorama with Karakuwa Strait, Uranohama Beach and the jagged line coastline stretches out before you, with even Kinkasan Island visible in the distance. Enjoy the rich diversity of views, from the wonder of the sunrise to the gorgeous sunset, to the fishing lights and perfectly starry sky at nighttime.



18 Monument Engraved with Fuji Mizukami Poem

Oshima Island's scenery was described by poet Fuji Mizukami, who was from Oshima, as a "pearl of green." "Life comes from the sea, waves are the brilliance of life, Oshima, may you forever be a pearl of green." This poem by Fuji Mizukami, who so loved Oshima is inscribed on this monument close to Oshima-jinja shrine, where you can gaze down at the ocean.



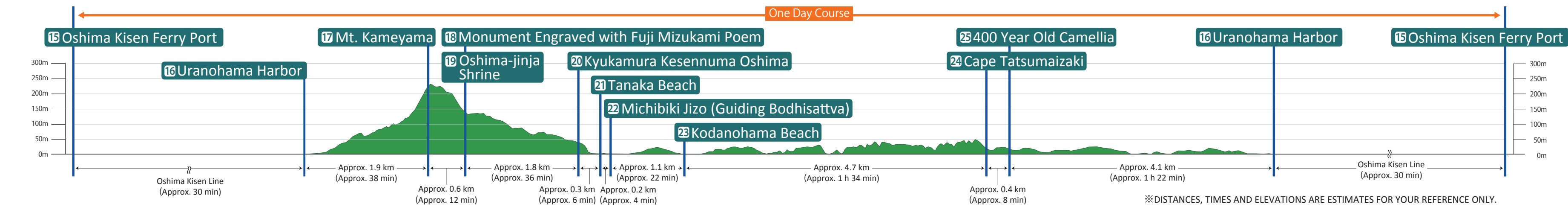
23 Kodanohama Beach

This lovely swimming beach, which forms a gentle curved half circle, was chosen by the Ministry of the Environment as one of the 100 best bathing spots. It sustained serious damage from the 2011 tsunami, but thanks to the efforts of locals and volunteers, it was able to reopen very soon after in 2012.



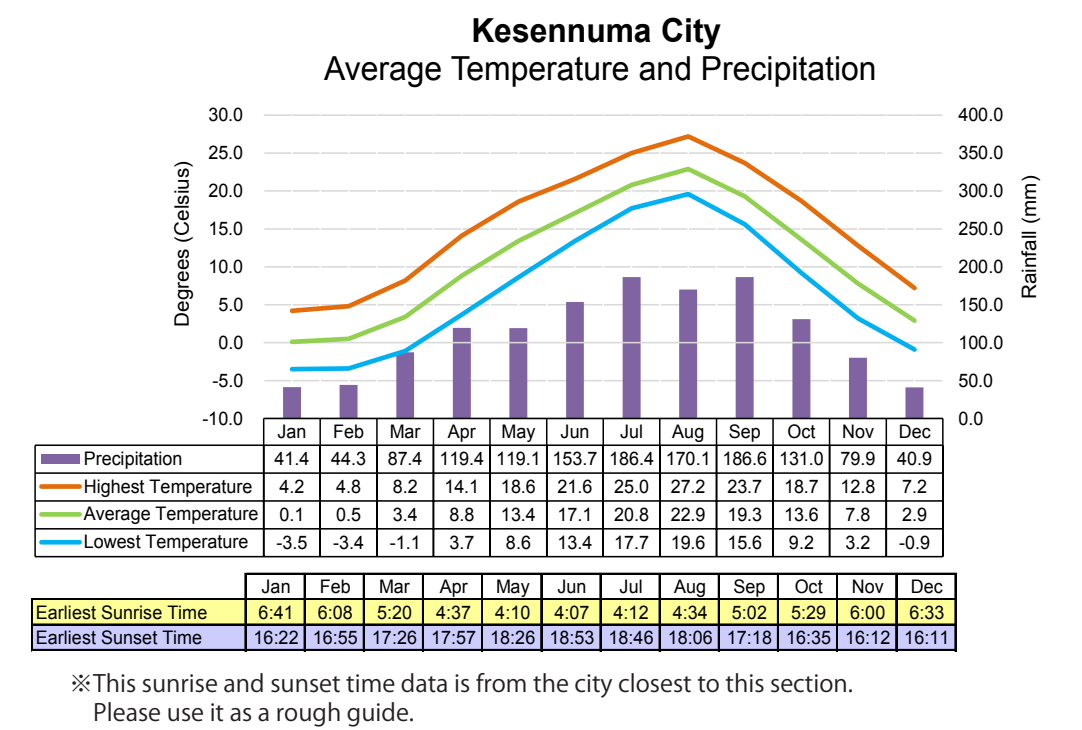
24 Cape Tatsumaizaki

This famous viewing spot is on the southernmost part of Oshima Island. The scenery is of stout reefs eroded by the sea. The rough waves crashing in are like a dragon flying up, and this comparison brought about the cape's name (flying dragon). There are maintained walking paths here, so you can enjoy a nature walk and the view of Cape Iwaisaki across the bay. This area is also designated as a Sanriku Geo Park Point.



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

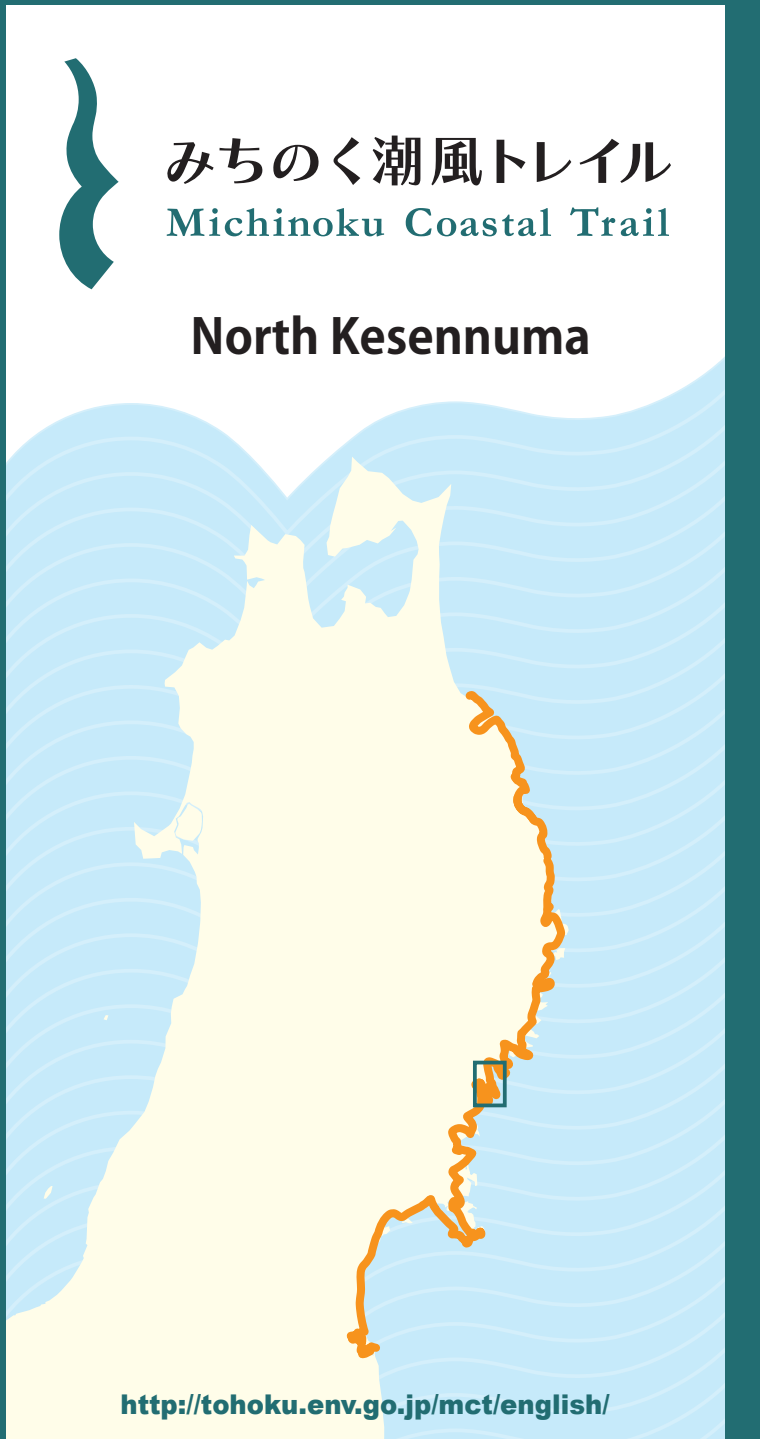
- By Train/Highway Bus
 - From Tokyo Station to Ichinoseki Station by Tohoku Shinkansen. (Approx. 2 hours 30 min) From Ichinoseki Station to Kesennuma Station by the JR Ofunato Line. (Approx. 1 hour 20 min) From Kesennuma Station to Shishiori-Karakuwa Station by the JR Ofunato Rapid Bus Transit Line. (Approx. 5 min) From Shishiori-Karakuwa Station to Karakuwa Sogoshisho-mae by Miyako Bus. (Approx. 20 min)
 - From Tokyo Station to Ichinoseki Station by Tohoku Shinkansen. (Approx. 2 hours 30 min) From Ichinoseki Station to Kesennuma Station by the JR Ofunato Line. (Approx. 1 hour 20 min) From Kesennuma Station to Oshima Kisen Ferry Port by taxi. (Approx. 5 min)
 - From Sendai Station to Kesennuma-shiyakusho-mae by Miyagi Kotsu Bus. (Approx. 2 hours 30 min) From Kesennuma-shiyakusho-mae to Karakuwa Sogoshisho-mae by Miyako Bus. (Approx. 30 min)
- By Car
 - From Ichinoseki IC to Kesennuma City (Oshima Kisen Ferry Port) through National Route 284. (Approx. 1 hour 10 min)
 - From Kesennuma City to Karakuwa Sogoshisho-mae through National Route 45. (Approx. 15 minutes)
- By Air
 - From Sendai Airport to Sendai Station by the Sendai Airport Access Line. (Approx. 30 min) From Sendai Station to Ichinoseki Station by Tohoku Shinkansen. (Approx. 20 min) From Ichinoseki Station to Kesennuma Station by the JR Ofunato Line. (Approx. 1 hour 20 min) From Kesennuma Station to Shishiori-Karakuwa Station by the JR Ofunato Rapid Bus Transit Line. (Approx. 5 min) From Shishiori-Karakuwa Station to Karakuwa Sogoshisho-mae by Miyako Bus. (Approx. 20 min)
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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**
- "Clothing" Wear comfortable layered clothing that can be easily worn or removed when necessary to regulate your body temperature.
 - "Water" Carrying water is a must for keeping hydrated.
 - "Trekking poles" They can help minimize impact on your knees.
 - "Trekking shoes" Wear comfortable shoes you've broken in beforehand.
 - "Hat" A brimmed hat is good for sun protection. If you go hiking in winter season, try to wear one that covers your ears.
 - "Backpack" A backpack with a good hip belt or chest straps will help prevent fatigue.
 - "Gaiters" Gaiters protect your ankles from bushes or mud.
- 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 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/>
 - ◆ Karakuwa Peninsula Visitor Center . . . 0226-32-3029
 - ◆ Kesennuma Tourism and Convention Bureau . . . 0226-22-4560
 - ◆ Kesennuma Oshima Tourism Association . . . 0226-28-3000
- Railway, Bus(BRT)**
- ◆ JR East Info Line . . . 050-2016-1603 (English/Korean/Chinese languages are available.)
 - ◆ JR Kesennuma Line BRT Office . . . 0226-41-0012
 - ◆ Miyako Bus Kesennuma Office . . . 0226-22-7163
- Taxi**
- ◆ Kesennuma Kanko Taxi . . . 0226-22-6000
 - ◆ Kesennuma Haitaku . . . 0226-24-0026
 - ◆ Gokuban Taxi . . . 0226-22-0050
 - ◆ Shishiori Kihansen Tax . . . 0226-22-1234
 - ◆ Nasuya Taxi . . . 0226-22-1512
 - ◆ Minato Taxi . . . 0226-23-3720
 - ◆ Motoyoshi Taxi . . . 0226-42-3110
 - ◆ Wako Taxi . . . 0226-42-3800
- Ferry**
- ◆ Oshima Kisen . . . 0226-23-3315

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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!