



Michinoku Coastal Trail Ishinomaki South Oshika Peninsula Section

■ Ayukawa Course : One Day Course (Distance: Approx. 8.7km)

1 Oshika Noren-gai (Temporary Shopping District)



2 Kinkasan Island Koganeyama-jinja Shrine "Ichi no Torii" Gate

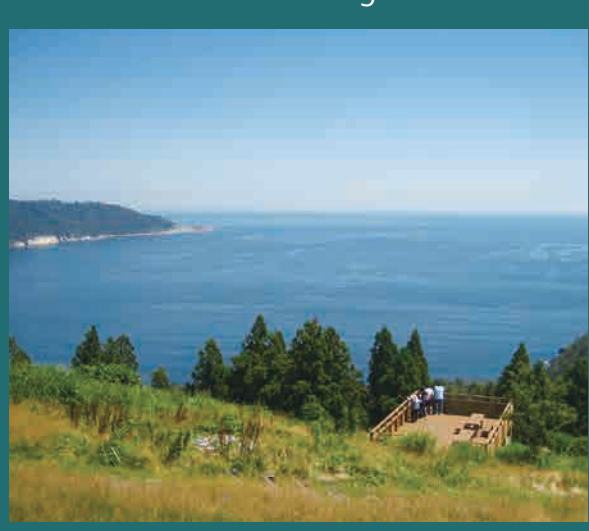
Koganeyama-jinja Shrine on Kinkasan Island has a stone myojin-style torii gate built in 1843. It is about 5.4 meters high, weighs over 10 tons, and is made from slate mined from Inaiyama in Ishinomaki City, near where the Kitakami River pours into the Pacific Ocean. Before the Meiji period, women weren't allowed on Kinkasan Island, so they worshipped from before this gate.

3 Karafune Guard Station

In 1639, the third shogun of the Edo bakufu Tokugawa Iemitsu ordered the country closed to foreign countries, and the Sendai domain was no exception in keeping strict guard against incoming ships. The guard station built here around 1646 was one of five stations built in the Sendai domain. (The current building is a reproduction built in 2010.)

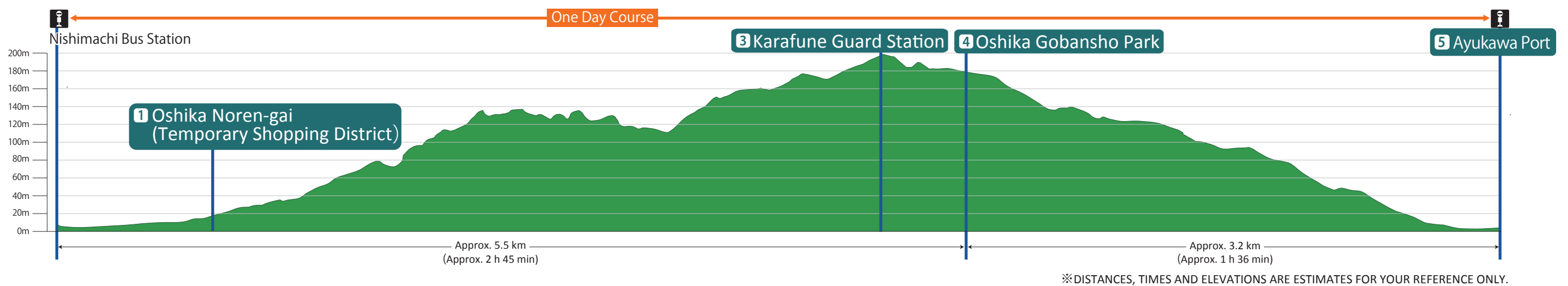
4 Oshika Gobansho Park

Enjoy a 360 degree panorama view including the entire Oshika Peninsula and Kinkasan Island. This place has such a good view and it was used as a guard station.



5 Ayukawa Port

The sea around Kinkasan Island has long been known to have lots of whales. In the Meiji era (between 1868 and 1912) a fishing ground was discovered where sperm whales gathered. Because of this the village was transformed from having less than a hundred houses into a major whaling town with workers coming in from all over the country. At its whaling peak in the late 1950s, over 2,000 whales were being caught each year. The population of what was Oshika Town at the time rose over 13,000 people, with about 80% of those residents said to have been employed in whaling. However, in the 1970s regulations against whaling grew stricter, and by 1990 Oshika Town's population had dropped to around 6,800 people.



■ Island Course : Two Day Course (Distance: Approx. 11.7km, Excluding boat travel time)

7 Cape Mitsuishi

This cape was the setting for the Tashirojima Island folk tale of the Kannon goddess that rose from the sea. It also offers a lovely view of the Pacific Ocean.



8 Manga Island (Campground and Lodges)

This campground is located on Tashirojima Island, also known as "Cat Island" for its large number of feline residents. It has five lodges on site also known as the "Manga Lodges," designed by well-known manga artists including Machiko Satonaka and Tetsuya Chiba. The campground is open from April until the end of October, with closures during the week depending on the season. From April 1st to July 18th and from October 4th to the end of October, the campground is closed from Tuesday to Friday. (Except, it is open every day from April 29th to May 5th) From July 19th to October 3rd, it's closed every Tuesday.

【Contact Information】
Manga Island office
(Tel: 0225-21-4141)
*except during open periods
Ishinomaki City Tourism Division
(Tel: 0225-95-1111)



11 Ajishirahama Swimming Beach

This spacious, shallow swimming beach boasts outstanding clear waters and is lively with bathers during the summer. It's open for swimming every year from mid-July to mid-August.



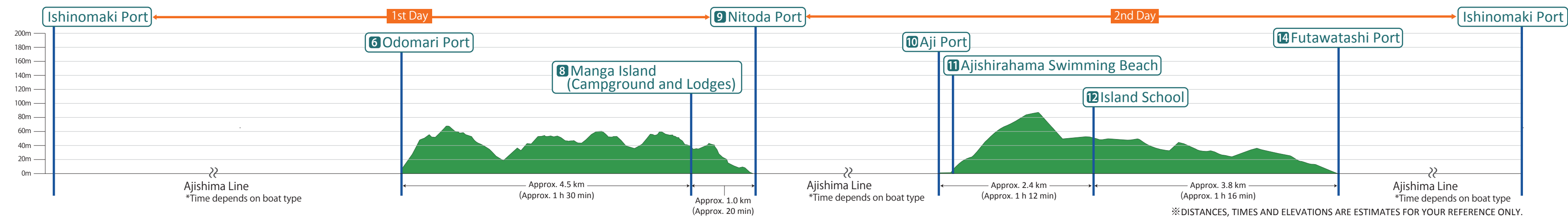
12 Island School

The Island School was started in 2002 to help students be healthy in mind and body through experiencing life surrounded by nature on Ajishima Island. Its building used to be a middle school, and was fully renovated after the school closed. The school can be used for school educational trips and for study and training sessions for educational groups.



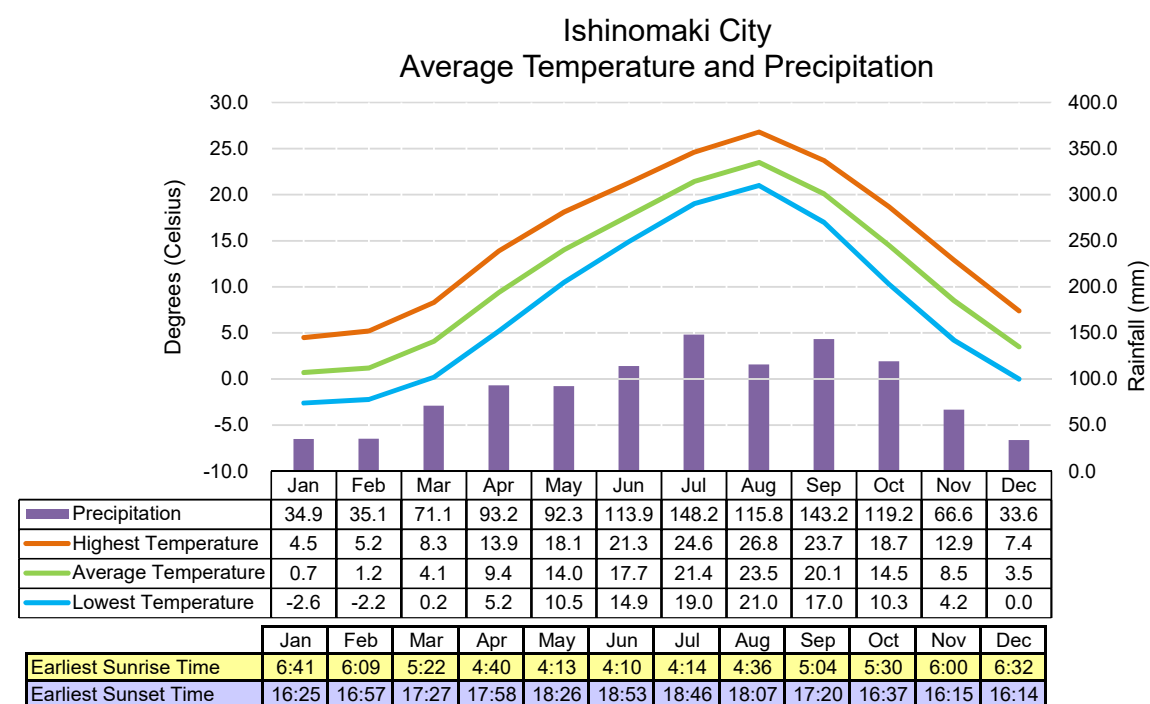
13 Cape Dowameki

At this stunning viewpoint, look out over the vast Pacific Ocean and the holy Kinkasan Island.



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.

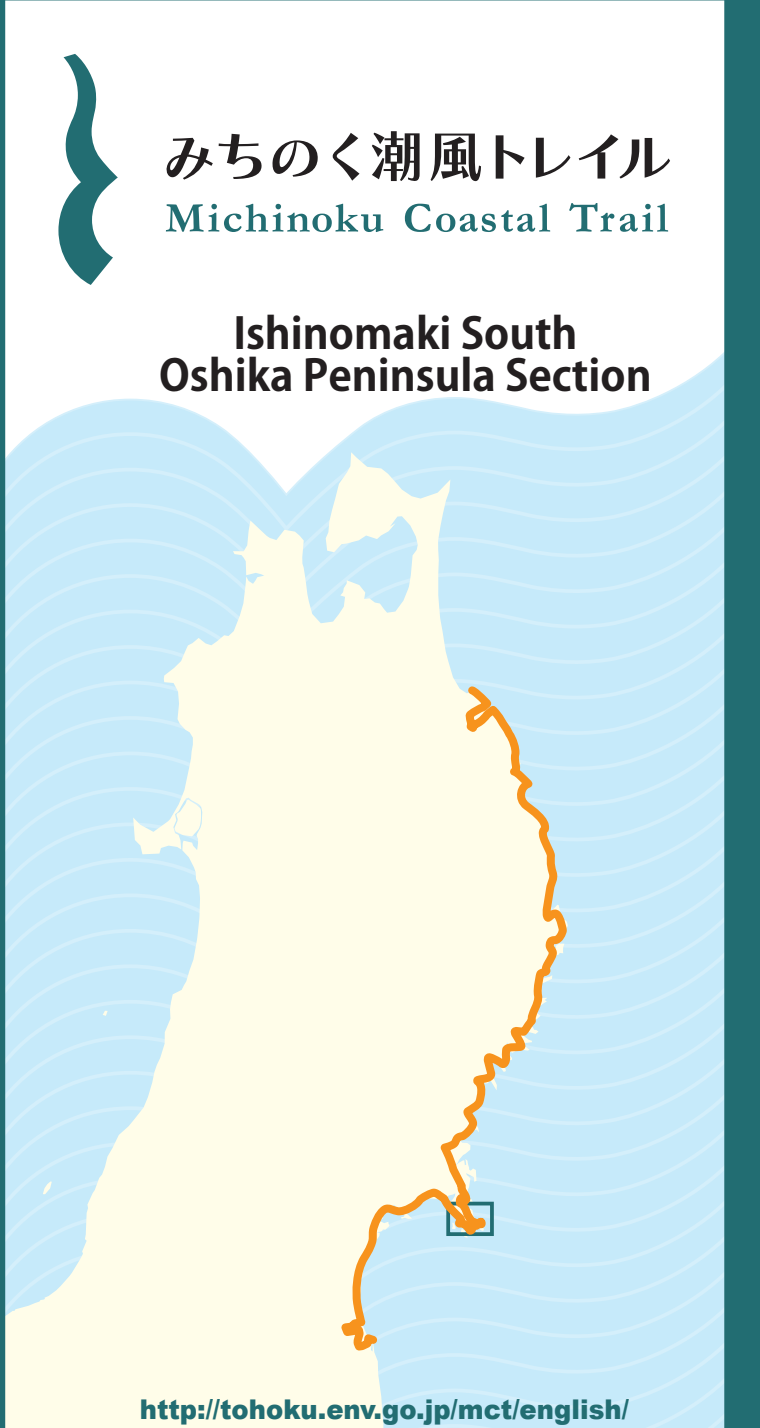


TRAIL ETIQUETTE AND RULES

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

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.



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 (nationwide number) 9 am to 5 pm daily . . . 03-3201-3331 http://www.jnto.go.jp/eng/
- Ishinomaki Tourism Association 8:30 am to 5:30 pm daily, 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)

Bus

- Miyagi 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 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!