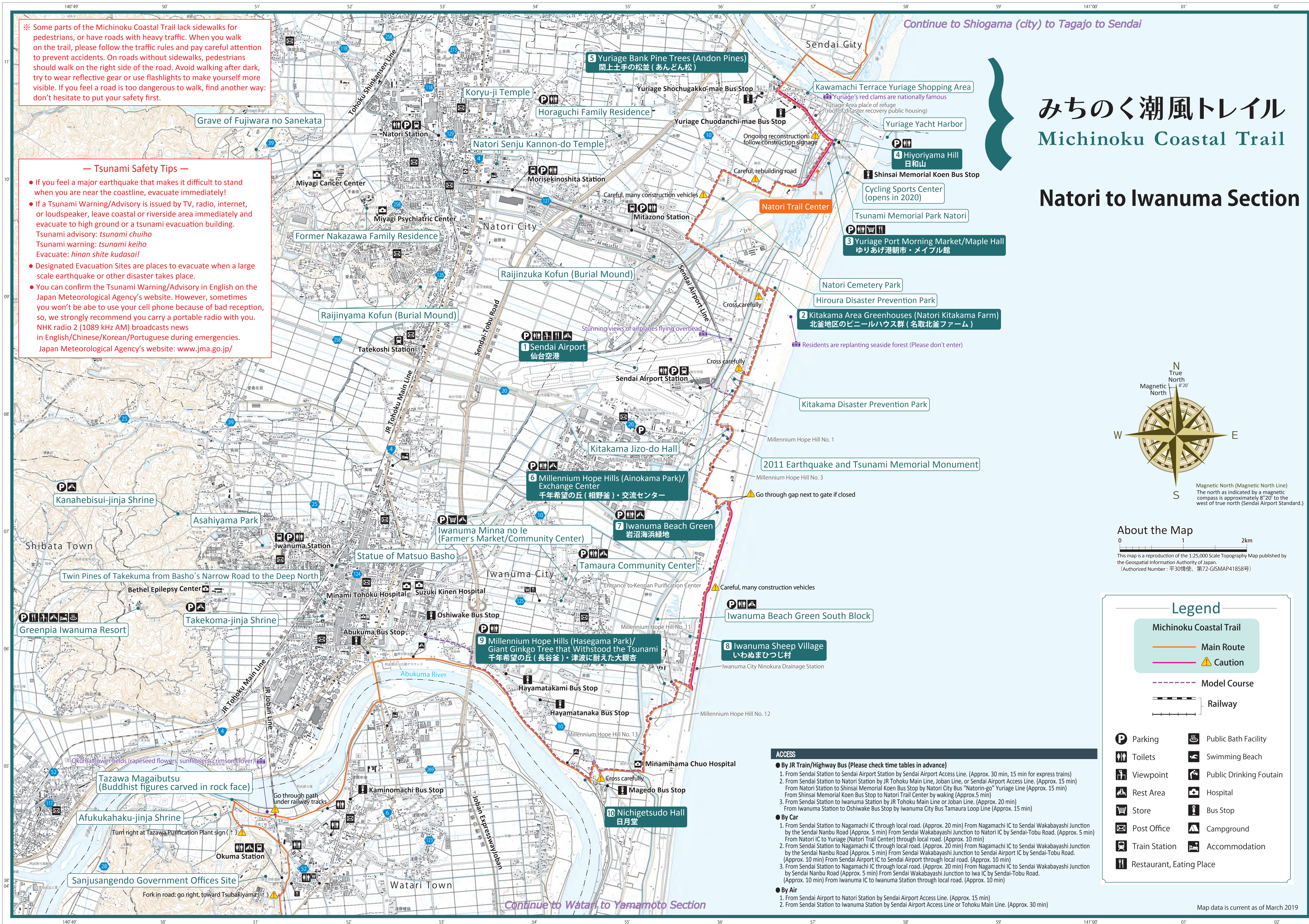


※ Some parts of the Michinoku Coastal Trail lack sidewalks for pedestrians, or have roads with heavy traffic. When you walk on the trail, please follow the traffic rules and pay careful attention to prevent accidents. On roads without sidewalks, pedestrians should walk on the right side of the road. Avoid walking after dark, try to wear reflective gear or use flashlights to make yourself more visible. If you feel a road is too dangerous to walk, find another way: don't hesitate to put your safety first.

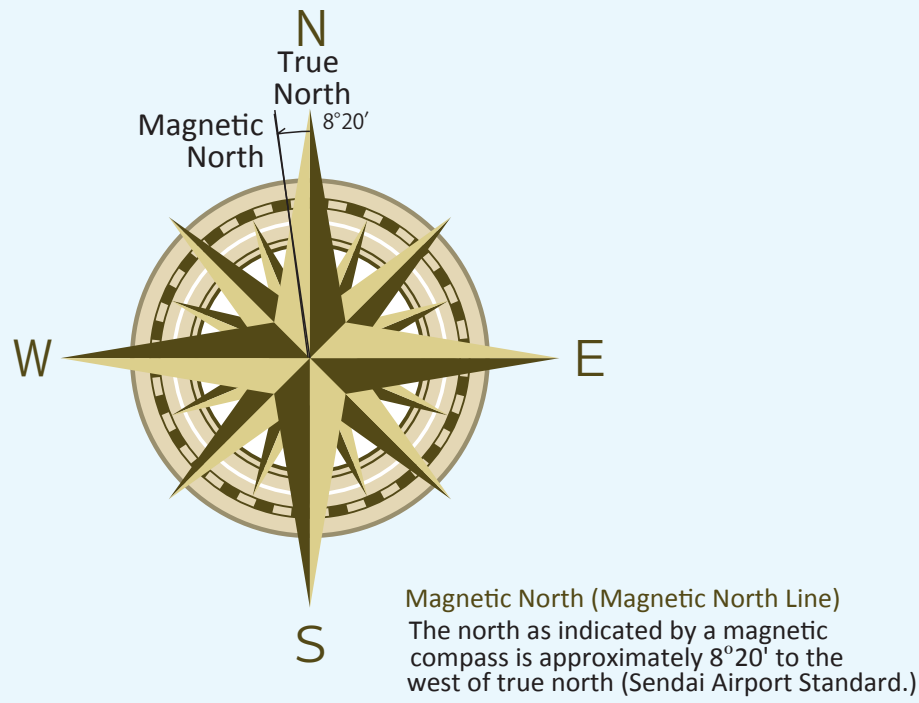
- Tsunami Safety Tips —
- If you feel a major earthquake that makes it difficult to stand when you are near the coastline, evacuate immediately!
 - If a Tsunami Warning/Advisory is issued by TV, radio, internet, or loudspeaker, leave coastal or riverside area immediately and evacuate to high ground or a tsunami evacuation building.
Tsunami advisory: *tsunami chuiho*
Tsunami warning: *tsunami keiho*
Evacuate: *hinan shite kudasai!*
 - Designated Evacuation Sites are places to evacuate when a large scale earthquake or other disaster takes place.
 - You can confirm the Tsunami Warning/Advisory in English on the Japan Meteorological Agency's website. However, sometimes you won't be able to use your cell phone because of bad reception, so, we strongly recommend you carry a portable radio with you.
NHK radio 2 (1089 kHz AM) broadcasts news in English/Chinese/Korean/Portuguese during emergencies.
Japan Meteorological Agency's website: www.jma.go.jp/



Continue to Shiogama (city) to Tagajo to Sendai

みちのく潮風トレイル Michinoku Coastal Trail

Natori to Iwanuma Section



About the Map
0 1 2km

This map is a reproduction of the 1:25,000 Scale Topography Map published by the Geospatial Information Authority of Japan.
(Authorized Number: 平30情使、第72-GISMAP41858号)

Legend

Michinoku Coastal Trail
Main Route
Caution

Model Course
Railway

- | | |
|--------------------------|--------------------------|
| P Parking | Public Bath Facility |
| Toilets | Swimming Beach |
| Viewpoint | Public Drinking Fountain |
| Rest Area | Hospital |
| Store | Bus Stop |
| Post Office | Campground |
| Train Station | Accommodation |
| Restaurant, Eating Place | |

- ACCESS**
- By JR Train/Highway Bus (Please check time tables in advance)
1. From Sendai Station to Sendai Airport Station by Sendai Airport Access Line. (Approx. 30 min, 15 min for express trains)
 2. From Sendai Station to Natori Station by JR Tohoku Main Line, Joban Line, or Sendai Airport Access Line. (Approx. 15 min)
From Natori Station to Shinsai Memorial Koen Bus Stop by Natori City Bus "Natorin-go" Yuriage Line (Approx. 15 min)
From Shinsai Memorial Koen Bus Stop to Natori Trail Center by walking (Approx. 5 min)
 3. From Sendai Station to Iwanuma Station by JR Tohoku Main Line or Joban Line. (Approx. 20 min)
From Iwanuma Station to Oshiwake Bus Stop by Iwanuma City Bus Tamaura Loop Line (Approx. 15 min)
- By Car
1. From Sendai Station to Nagamachi IC through local road. (Approx. 20 min) From Nagamachi IC to Sendai Wakabayashi Junction by the Sendai Nanbu Road (Approx. 5 min) From Sendai Wakabayashi Junction to Natori IC by Sendai-Tobu Road. (Approx. 5 min)
From Natori IC to Yuriage (Natori Trail Center) through local road. (Approx. 10 min)
 2. From Sendai Station to Nagamachi IC through local road. (Approx. 20 min) From Nagamachi IC to Sendai Wakabayashi Junction by the Sendai Nanbu Road (Approx. 5 min) From Sendai Wakabayashi Junction to Sendai Airport IC by Sendai-Tobu Road. (Approx. 10 min)
 3. From Sendai Station to Nagamachi IC through local road. (Approx. 20 min) From Nagamachi IC to Sendai Wakabayashi Junction by Sendai Nanbu Road (Approx. 5 min) From Sendai Wakabayashi Junction to Iwa IC by Sendai-Tobu Road. (Approx. 10 min)
- By Air
1. From Sendai Airport to Natori Station by Sendai Airport Access Line. (Approx. 15 min)
 2. From Sendai Station to Iwanuma Station by Sendai Airport Access Line or Tohoku Main Line. (Approx. 30 min)

Map data is current as of March 2019