



Michinoku Coastal Trail Natori to Iwanuma Section

■ Sendai Airport to Yuriage : Half Day Course (Distance: Approx. 10.0km)

1 Sendai Airport

This airport was severely damaged by the 2011 tsunami, but completely reopened in September 2012. From the observation deck you can see the airplanes landing and taking off and get a good view over the Zao mountain range, Sendai's skyscrapers and the Pacific Ocean. The Tohoku Architecture Prize-winning terminal building has a unique roof forming waves like the surf. (Viewing deck "Smile Terrace" is open 6:45 a.m. – 8:00 p.m.)



2 Kitakama Area Greenhouses

Before the disaster, there were rows of almost 1,000 greenhouses in this area. Kitakama was the top producer of bok choy and kamatsuna (Japanese mustard spinach) in the prefecture, but the houses were destroyed by the tsunami. The area is recovering little by little and currently has around 250 vinyl houses. Of these 250, 144 belong to the Natori Kitakama Farm agricultural corporation, which aims for the recovery of local agriculture and restoring a sustainable local community.



3 Yuriage Port Morning Market /Maple Hall

Maple Hall was built using wood donated from the Canadian government after the disaster. Messages of support for Tohoku from all over the world are displayed inside, and there's an area with photos and video about the 2011 earthquake and tsunami. The Yuriage Port Morning Market is lively with people on Sundays and holidays on the neighboring grounds. Cook the food you bought at market at the nearby grill and eat your finds while gazing at the ocean.



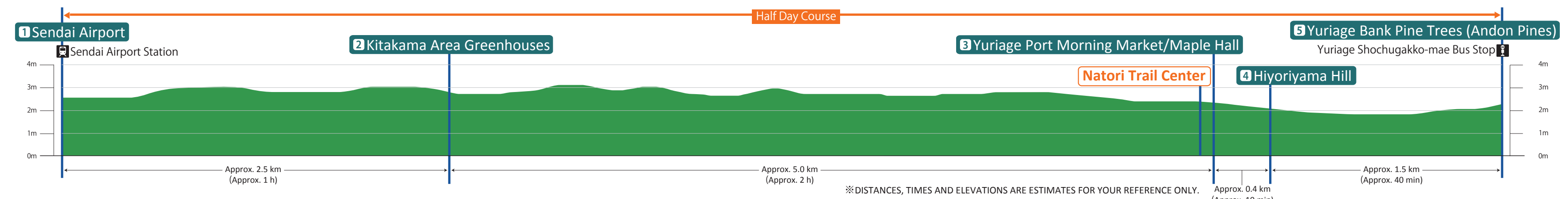
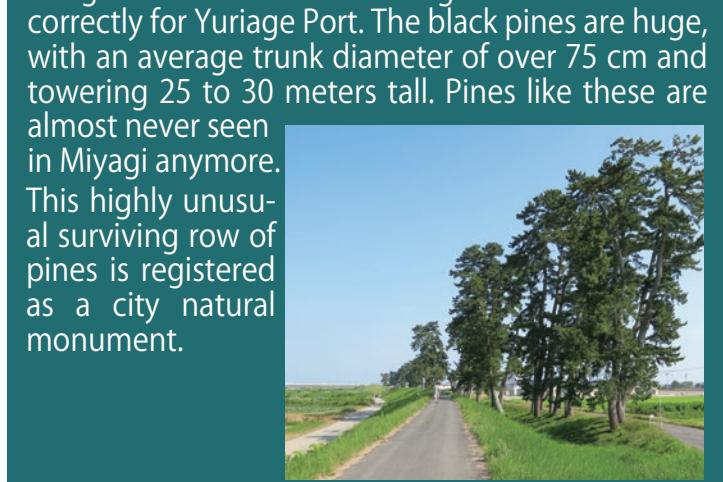
4 Hiyoriyama Hill

The Hiyoriyama Hill project was started in 1920 by the local reservist association chapter to observe ship movement, weather and sea conditions. The hill is manmade, built through the voluntary efforts of supporters. You can look all across the Yuriage region from here. It's also a place to pray for those who passed away.



5 Yuriage Bank Pine Trees (Andon Pines)

These black pines are part of the row of trees sent from Enshu (now around Hamamatsu City in Shizuoka Prefecture) and planted by the Date clan in the Edo period. The pines came to be called "Andon (lantern) pines" because lanterns were hung on the trees so fishing boats could aim correctly for Yuriage Port. The black pines are huge, with an average trunk diameter of over 75 cm and towering 25 to 30 meters tall. Pines like these are almost never seen in Miyagi anymore. This highly unusual surviving row of pines is registered as a city natural monument.



■ Sendai Airport to Abukuma River : One Day Course (Distance: Approx. 14.0km)

6 Millennium Hope Hills (Ainokama Park) /Exchange Center

The Millennium Hope Hills are fifteen hills built from reused tsunami rubble along coastline struck by the tsunami to convey the memory and lessons of the disaster to future generations a millennium from now. The hills will help to reduce and dissipate the destructive power of future tsunamis, and serve as places of refuge and disaster education. Trees are being planted in the areas between the hills by many volunteers to reduce the damage from tsunamis in the future. The exchange center is free to enter and shows the damage wrought by the tsunami and recovery efforts afterward via panels and video displays. With a reservation, you can learn about the Millennium Hope Hills from a guide.

Hours:
9:00 a.m. – 5:00 p.m.
*except New Year holidays



7 Iwanuma Beach Green

This prefectural park makes full use of the natural beauty of the Sendai Bay coast with tennis courts and a baseball ground at the north block, and barbeque grounds and large playground equipment in the south block. The huge roller slide is very popular with kids. The park reopened in April 2017 after being rebuilt post-tsunami. (Open 8:00 a.m. – 6:00 p.m. from April to September, 8:00 a.m. – 5:00 p.m. October to March. Closed on Tuesdays (Wednesdays when Tuesday is a national holiday) and closed for New Year holidays from December 29 to January 3rd.)



8 Iwanuma Sheep Village

JOCA (Japan Overseas Cooperative Association) is raising free-range sheep as a pilot project on former city grounds after remaining residents moved to higher ground. In this project, the sheep eat weeds and grasses to keep the area neat, and the farm provides an interesting place for people to gather. The 30 sheep are normally kept behind a fence; you can come meet and pet them anytime.



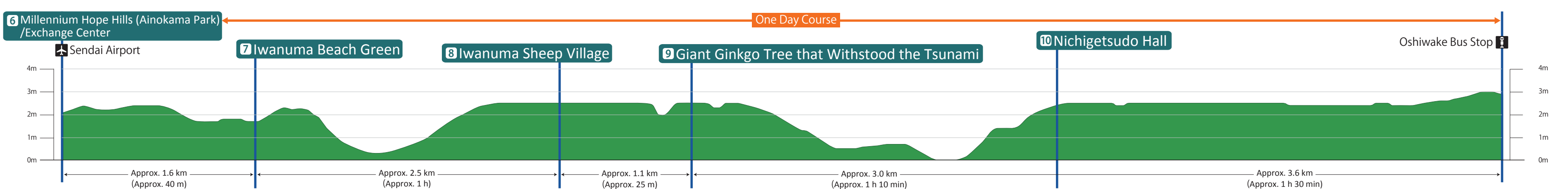
9 Giant Ginkgo Tree that Withstood the Tsunami

A giant ginkgo tree stands at Shinmei Shrine, where Emi no Asakari* is said to have prayed for the protection of Tohoku. It's a famous landmark for the local village and is said to be over 300 years old. This tree survived the 2011 tsunami. *Asakari repaired Taga Castle according to the historical monument within the Taga Castle remains visited by Matsuo Basho on his journey described in Oku no Hosomichi (The Narrow Road to the Deep North.)



10 Nichigetsudo Hall

Emi no Asakari* is said to have built this temple while he was a kokushi, an official sent by the central government to rule the province, to appease gods and for the safety and peace of the area after Abukuma River disastrously flooded. Each wall of the hall is 4 "shaku" (about 1.21 meters) wide. The hall is dedicated to Nikko and Gakko Bosatsu. *Asakari repaired Taga Castle according to the historical monument within the Taga Castle remains visited by Matsuo Basho on his journey described in "Oku no Hosomichi" (The Narrow Road to the Deep North.)

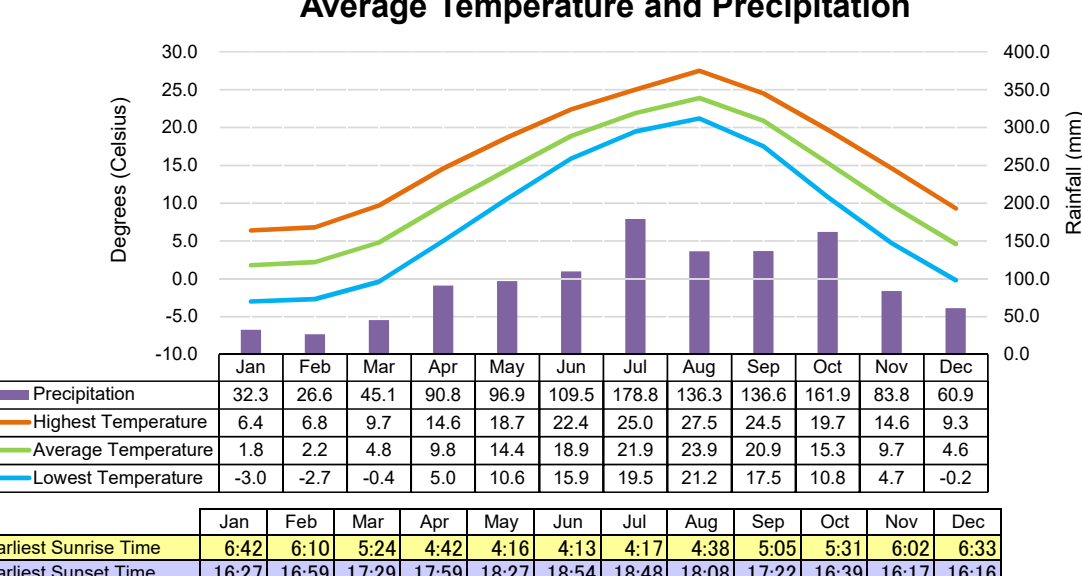


Trail Markers

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.



Natori City Average Temperature and Precipitation



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 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,

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 impacts 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

- ◆ Natori Trail Center

Emergency Services (24/7/365)

- ◆ Police (Traffic Accident/Crime)
- ◆ Police English Service
- ◆ Fire Station (Fire/Ambulance)

Tourist Information

- ◆ JNTO (Japan National Tourist Organization) Telephone Inquiry Service (nationwide number) 9:00 a.m. to 5:00 p.m. daily
- ◆ Sendai Tourist Information Center 8:30 a.m. to 7:00 p.m. daily, 9:00 a.m. to 5:00 p.m. from December 31 to January 3
- ◆ Natori City Tourism and Local Products Association
- ◆ Iwanuma City Tourism and Local Products Association

Railway, Bus

- ◆ JR East Info Line (English/Korean/Chinese languages are available)

Taxis

- ◆ Natori Kotsu
- ◆ Masuda Taxi
- ◆ Sennan Kotsu
- ◆ Natori-gawa Kotsu
- ◆ Inari Taxi
- ◆ Kikuya Taxi

環境省
Ministry of the Environment
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!