



Michinoku Coastal Trail Shinchi Section

1 House of Kurumegasuri

This house was built in Musashino City, Tokyo in 1931 by architect Arata Endo, who was born in Shinchi. Its design was based on "being like *kurumegasuri* (a kind of traditional Kyushu cotton fabric) that gets better the more you wear it." After its owner passed away, the rising calls for the house's preservation led to its relocation to Endo's hometown.



2 Fukuda Suwa-jinja Shrine

The *Fukuda Juno Kagura* dance, a designated Prefectural Important Intangible Folk Cultural Property, is performed at this shrine on May 3rd and November 3rd each year.



4 Ryusho-ji Temple

The grave of Date Masamune's grandson Date Ukon is on higher ground behind the temple, where you can enjoy the peaceful countryside and ocean scenery. The temple gathered tombstones washed away by the 2011 Great East Japan Earthquake and Tsunami and put them back to rest here in a collective tomb.



6 Ukon-shimizu Spring

This spring water was named *Ukon* – from the first name of Date Ukon, grandson of Date Masamune, in recognition of his contributions to the area. It was selected as one of "the 100 Best Spring Waters of the Heisei period in Japan." There is a cherry-tree-lined walkway near the spring water maintained by local residents. Try feasting your eyes strolling under the different varieties of cherry blossoms in spring.



7 Mayumi-shimizu Spring

This spring is halfway up Mt. Goshadan (elevation 383 meters.) The water was used locally through a simple water supply system until 1972, then was developed by popular demand to be open to the public. Since the water comes from two different sources, you can taste two different spring waters at the same time.



8 Mt. Karosan

Mt. Karosan includes the meaning "deer" and "wolf" in its name because a god called *Tenaga Myojin* is said to live in the mountain with a deer and wolf. Mt. Karosan, elevation 430 meters, was selected as one of "the 100 Best Green Sceneries in Fukushima." You can see different scenery each season like autumn colors and new spring greens. Each trail to the top is 1.5 to 2.0 kilometers and easy to hike. From the top, you can get a great view of the Pacific Ocean in the east, and Zao Mountain Range in the west.



9 Mt. Karosan Trailhead

There is a public toilet and 20 parking spots here. From above the parking area on a hill, you can overlook Shinchi's rich village woodland scenery and the Pacific Ocean beyond. Even those who don't hike the mountain can feel refreshed by visiting here.



13 Kobimine-jinja Shrine

There are various legends about this shrine: the Seven Wonders, and horse-related ones like a tragic love story between a princess and a horse. Since all the legends of the enshrined deity are related to horses, the shrine has been worshipped as a guardian of horses from long ago. *Okuno Sozengu* is the shrine's alternative name.



14 Shinchi Shell Mound

This shell mound shows that ancient people lived here 4,000 years ago, during the late Jomon period, and is designated as a national historic site. A variety of rope-patterned pottery called *Jomon Doki* was excavated from here. Some of the pottery was unusual and called Shinchi-style pottery after the site. There is also a legend that the god *Tanaga Myojin* who lived in Mt. Karosan used to reach his long hands out to the sea from the mountain to gather shellfish, and the place he threw away the shells became this shell mound.

17 Shinchi Town Sports Park

This sports park is well-equipped with a gym, baseball field, track and field stadium, and tennis courts. Many people visit this park frequently to enjoy sports or exercise. The children's area has a variety of playground equipment and resting area, and is popular with families during holidays and weekends.



15 Niwatari-jinja Shrine

A Buddhist priest named Kazan, who moved to this place in the Edo period, was loved by many for his caring and kindness. After his death, they enshrined a stone statue of Jizo in his honor. In August each year on the anniversary of his death, local people hold a memorial service, spreading Kazan's favorite food *anko* bean paste around the statue's mouth.

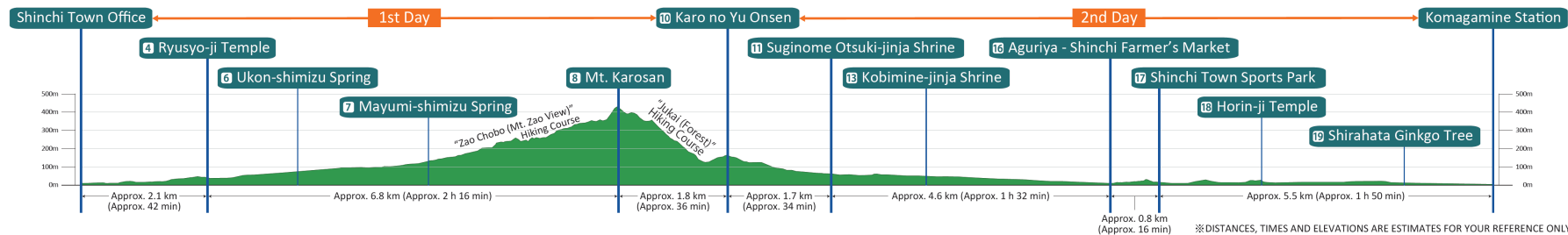


19 Shirahata Ginkgo Tree

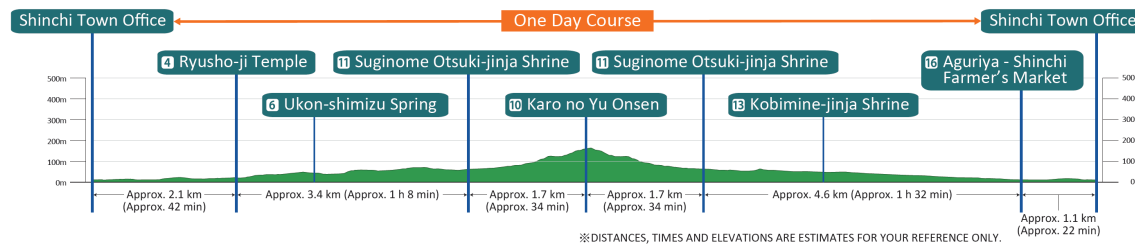
This tree has another name literally meaning an upside down ginkgo tree in Japanese, from the legend that a riding crop Date Masamune thrust upside down into the ground turned into this tree. It was designated as a municipal natural monument in 1991 and a prefectural natural monument in 1997.



From Shinchi Town Office to Komagamine Station: Two Day Course (Distance: Approx. 23.3 km, Time: Approx. 7 h 46 min)



From Shinchi Town Office to Central Shinchi Town: One Day Course (Distance: Approx. 14.6 km, Time: Approx. 4 h 52 min)



5 Bakery Bonheur Yasuhiro 66

Fresh-baked, additive-free breads containing only the finest ingredients await you at this shop. Inquiries: Tel. 0244-62-2721



12 Shinchi Agri Green

This farming company implemented a new farming method using coral sand instead of soil, producing a sweet variety of tomato. These tomatoes are also sold at Aguriya. Inquiries: Tel. 0244-62-4500



10 Karo no Yu Onsen

This isolated inn founded more than 100 years ago is located at the foot of Mt. Karosan. The guest rooms and the hot spring bath provide a view of the Pacific Ocean, and you can eat at the restaurant while enjoying the seasonal view of Mt. Karosan. Karo no Yu accepts day trip visitors at the hot springs and restaurant. Come and have a refreshing bath after your hike. Inquiries: Tel. 0244-63-2617



16 Aguriya - Shinchi Farmer's Market

Aguriya is filled with various products made by locals, like produce and food. Most of the store's products are from Shinchi. Inquiries: Tel. 0244-62-5220

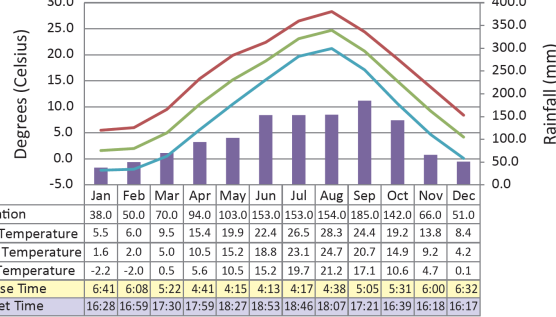


Trail Markers

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.



Shinchi Town Average Temperature and Precipitaion



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.
- 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.
- 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.
- Say hello. If you like, try saying hello to people you meet! Many people can understand English "hello," or you can try Japanese. Good morning: *Ohayo gozaimasu* Hello: *Konnichi wa*, Good evening: *Konban wa*
- Stay on the trail. Do not enter the forests, fields and private property that are not on the trail course.

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.

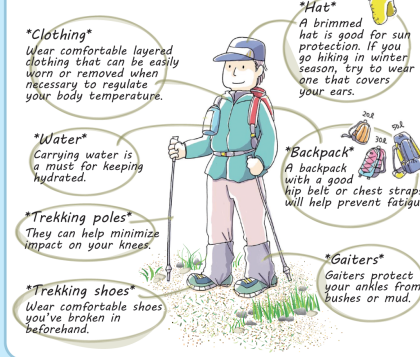
Being safe is based on having good judgment. Don't strain yourself. You can arrange for a guide to accompany you if you need one or join a group tour. Let's enjoy hiking the trail safely!

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 think 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



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.

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

みちのく潮風トレイル Michinoku Coastal Trail Shinchi Section



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/>
- Shinchi Town Tourism Association 0244-62-2112

Railway

- JR East Infoline 050-2016-1603

Taxi

- Shinchi-machi Noriai Taxi Information Center 0244-63-2338

※ Cell phone signal cannot be guaranteed for the full length of the trail. Please ask somebody for help in case of emergency.

環境省

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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!