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Michinoku Coastal Trail Watari to Yamamoto Section

■ Abukuma Mountains Course : One Day Course (Distance: Approx. 15.0km)

1 Shinzan Chinkon no Kane (Bell of Requiem)

Mt. Shinzan is on the ridgeline of the Abukuma Mountains, offering a good view of its village and woodland surroundings. Both of the nature trails leading to its peak at 287 meter elevation are easy to hike and beloved by locals. At the top, look out over the rice fields of Yamamoto Town and the Pacific Ocean in the distance. The bell was built at Mt. Shinzan's peak using donations from all over the country by town residents, who wanted to appease the souls of those who died in the tsunami. You can get information about the nature trails at the nearby Shinzan Sanroku Shonen no Mori Park (Hishinuma no Sato).



2 Mt. Shiho

This 272 meter mountain is at the borderline between Kakuda City, Watari Town and Yamamoto Town. An antiaircraft gun and tower were installed at its peak during World War II. From the observation deck, get your fill of the vast stretches of Pacific Ocean in the east and the rugged peaks of the Zao mountain range in the west. This view was chosen as one of the "36 Views of Miyagi Zao."



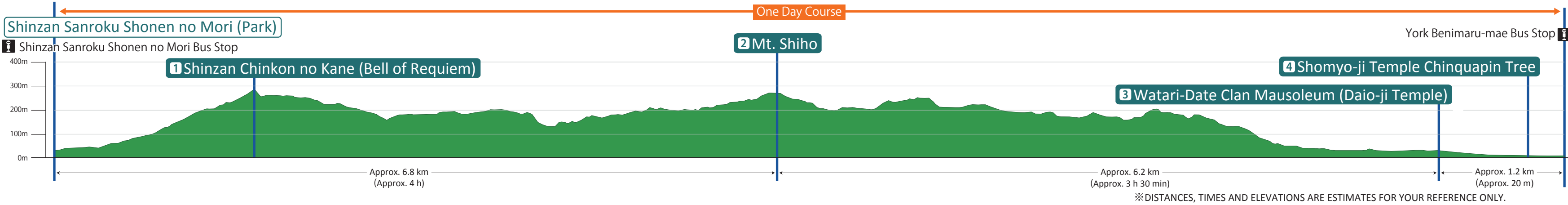
3 Watari-Date Clan Mausoleum (Daio-ji Temple)

This mausoleum on the grounds of Daio-ji Temple houses the eternally slumbering souls of thirteen generations of lords and masters of the Watari-Date clan, including the mausoleum of Date Shigezane, which is a designated prefectural cultural treasure. Date Shigezane's mausoleum is open to the public twice a year on January 16th and August 16th.



4 Shomyo-ji Temple Chinquapin Tree

There is a huge chinquapin tree on the grounds of Shomyo-ji Temple, which was founded with a principal image of Amida Nyorai Buddha that is a prefectural designated cultural property. This approximately 14 meters tall, 11 meters to 7.5 meters wide tree is estimated to be 700 years old and is a designated national natural monument. Another kind of chinquapin tree towers nearby, estimated at 300 years old and designated natural monument of Miyagi Prefecture.



■ Historical Road Course : Half Day Course (Distance: Approx. 10.0km)

5 Tazawa Magaibutsu (Buddhist figures carved in rock face)

These Buddhist figures carved in the rock face hanging over Abukuma River are also called rock jizo figures. People were once ferried over the river nearby at "Inaba-no-watashi" pier as part of the Azuma Kaido, an ancient important road. The Buddhist figures are thought to be closely related with this ferry, carved to pray for safety while crossing. Hidari Jingoro was said to have carved these figures while waiting for a ship.



6 Sanjusangendo Government Offices Site

The Heian period Mutsu Province Watari District Office once stood here. This is a well-preserved, valuable site that acts as a reference for local government and political systems of the time. In 1992, it was designated as a national historic site.



7 Kashima Amatarashiwake-jinja Shrine

This shrine was recorded in the Heian period shrine register Englishish Jinmyocho. It was first built at the top of Mt. Mitsumon, relocated to Kitakashima in 941 AD, and was moved into its current location in 1686 by Date Saneuji, fifth head of the Watari-Date clan. Its front shrine built in 1790 is now the Shinyoko, where the portable shrine is stored.



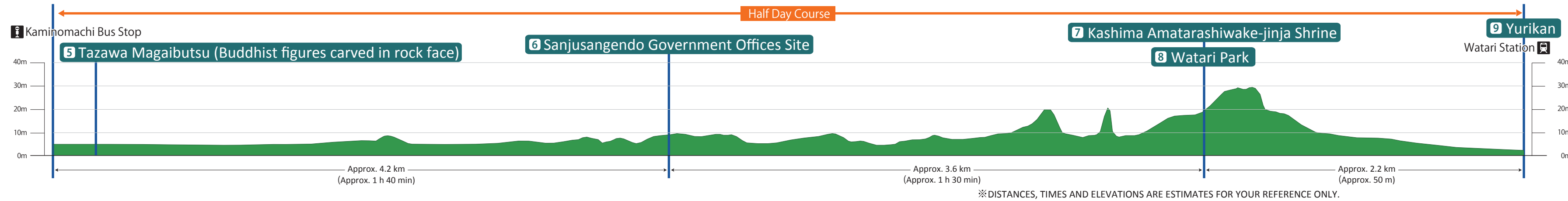
8 Watari Park

This park is filled with flowers that reach full bloom in different seasons including cherry trees, irises, pansies, and marigold so you can enjoy beautiful scenery at any time of year. There are paths throughout so you can enjoy a walk while looking at the gardens. The baseball grounds, tennis courts and play/athletic equipment provide fun for all ages (usage fee for baseball grounds and tennis courts).



9 Yurikan (Local Museum and Library)

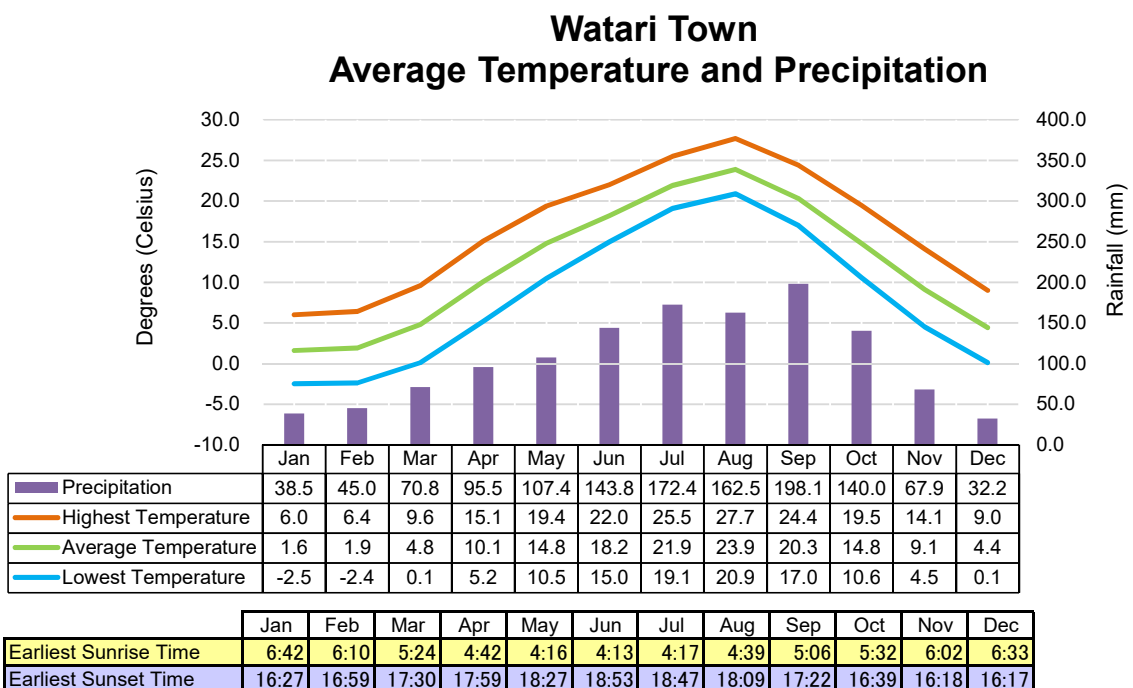
Yurikan is a multipurpose facility shaped like a castle containing a library and local museum, and is a well-known Watari Town building. This place isn't just for history buffs: there's a corner for listening to Watari Town folk tales. Get a full view of the entire town from the 5th floor observation hall at the top of Yurikan.



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 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.

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
- Spare clothing
- Digital camera
- Mobile phone
- GPS unit
- Folding umbrella
- Reflective gear
- Insect repellent

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.

みちのく潮風トレイル Michinoku Coastal Trail

Watari to Yamamoto Section



<http://tohoku.env.go.jp/mct/english/>

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) 9:00 a.m. to 5:00 p.m. daily
- ◆ Sendai Tourist Information Center • • • 022-222-4069 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
- ◆ Watari Tourism Association • • • 0223-34-0513
- ◆ Yamamoto Industry Development Section • • • 0223-37-1119

Railway, Bus

- ◆ JR East Info Line • • • 050-2016-1603 (English/Korean/Chinese languages are available.)

Taxis

- ◆ Maruwa Kots • • • 0223-34-1300
- ◆ Yamashita Taxi • • • 0223-34-1523
- ◆ Yamamoto Taxi • • • 0223-37-0042
- ◆ Hagino Taxi • • • 0223-37-0505
- ◆ Wakabata Taxi • • • 0223-37-1100
- ◆ Tsubame Taxi • • • 0223-23-1611



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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!

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,