Michinoku Coastal Trail Soma Section

Komagamine Station to Soma Bus Center: Tow Day Course (Distance: Approx. 25.4 km, Time: Approx. 8 h 28 min)

1 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.

3 Soma Nakamura-jinja Shrine and Nakamura Castle Ruin

The god enshrined here has been known as the *Kiyoken-sama* of Soma since before the Meiji era. Nakamura-jinja Shrine was built by Soma Yoshitane, the 18th head of the Soma clan in 1643. In 1983, it was designated as a National Important Cultural Property. Horses are kept in one corner of the grounds, and you can try horse-riding and feeding the horses. After it was built in 1611, Nakamura castle was the center of the clan's 260 year reign with a revenue of 60,000 koku. The castle tower was burned down in 1670 because of a lighting strike, but the gate, stone walls, moat and banks remain. It is now beloved by locals as Banyo Park. In spring, it is a famous cherry blossom spot representative of the Hamadori region, and in the summer, the *Soma-Nomaoi* (Soma Wild Horse Chase) festival, a tradition with a history of other 1,000 years, is held there.

11 Tsu-jinja Shrine

It is said that during the 869 Jogan Earthquake and the 1611 Keicho Sanriku Earthquake, the shrine was able to escape damage though tsunamis came very close. During the 2011 Great East Japan Earthquake and Tsunami, many people were saved by escaping to Tsu-jinja Shrine.
During the festival held here in April every year, a portable shrine is carried in a parade from the shrine to Soma Minato Park. Then, *kagura* dances and sword dances are held, and children give performances.

4 Senkyaku Banrai-kan (Information Center)

This tourist information center for Soma was opened in 2015. It was named *Senkyaku Banrai*, or "a thousand guests coming 10,000 times" from the hope that many people from within and without Soma could interact with each other at the center.

9 Matsukawaura Environmental Park

This park was built to nurture the spirit of valuing nature through environmental education. The park suffered catastrophic damage from the 2011 tsunami, but was able to become a park again through the help of the nonprofit Matukawaura Furesai Support and many volunteers. The totem poles, which are the symbol of this park, were carved with a chainsaw using Himalayan Cedar that died from the tsunami.

12 Soma City Remembrance and Memorial Hall

This hall was built to show scenery before the disaster from the Obama, Haragama and Isobe areas which were destroyed in the 2011 tsunami to future generations, and to be a place for visitors to meet each other.

※DISTANCES, TIMES AND ELEVATIONS ARE ESTIMATES FOR YOUR REFERENCE ONLY.

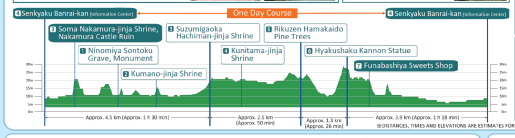
Historical Course : One Day Course (Distance: Approx. 12.2 km, Time: Approx. 4 h 4 min)

3 Suzumigaoka Hachiman-jinja Shrine

During the 1330s, Yuki Munehiro, under the rule of Mutsu Province Governor Kitabatake Aki-ie, built this shrine to pray for continued luck in war. In 1695, the 21st head of the Soma clan Soma Masatane built the main building and restored the grounds. The main building, which connects the hall of offerings with the front shrine decorated with *chidori hafu* gables, is designated as a National Important Cultural Property.
In the festival held here every autumn, *imozuimo* is passed out. The word *imozuimo* is clear taro soup said in the local accent, and is a traditional dish said to be good for health and living a long life.

6 Hyakushaku Kannon Statue

After Buddha sculptor Yoshiaki Ara (died in 1963) who was from Soma traveled around the districts, he carved the enormous Hyakushaku Kannon statue out of the rock face.
The Hyakushaku Kannon continues to pray for everyone's happiness even as time passes.



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5 Yamagataya Shop

Open for 150 years, this shop makes *miso* and soy sauce. Yamagataya's acclaimed *Yamabun Special Grade Pure Brew Soy Sauce* is made the old-fashioned way and tempts the appetite with its flavor and aroma. In the 2013 Japan Soy Sauce Competitive Show, it won the highest prize, the Minister of Agriculture, Forestry and Fisheries Prize.
Inquiries: Tel. 0244-35-2066

8 Wada Strawberry Farm

This strawberry farm overcame the damage it suffered from the 2011 tsunami to resume business. Enjoy all you can eat strawberry picking from greenhouses raising varieties like Akihime, Tochiotome, and Sachinoka.
Inquiries: Tel. 0244-36-5535

6 Torikyu Meat Shop

This shop deals in safe, delicious meat including Soma beef. Besides the meat, the lovingly made deli selection and affordable, lunches with jumbo-sized portions are a hit. The *Soma Beef Iucky Minced Cutlet* with crispy batter is exquisite.
Inquiries: Tel. 0244-35-2929

10 Takohachi Seafood Restaurant/Shop

Look for the large octopus sign. This is a restaurant and shop selling fresh marine products. Classic favorite menu items are the *Iyokki-meshi tenshoku* (clam rice special), the *anago-tendon* (sea eel tempura rice bowl), and the seafood curry.
Inquiries: Tel. 0244-38-8808

7 Funabashiya Sweets Shop

This venerable sweets shop has been in business since 1888. Their special *anko* bean paste is carefully made from red beans using their own company factory. Offering a wide selection of products including painstakingly crafted fresh Japanese sweets and seasonal western sweets.
Inquiries: Tel. 0244-35-2784

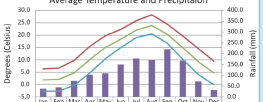
12 Ryokans (Inns) of Matsukawaura

The scenery in Matsukawaura has unfortunately been changed by the tsunami, but the hospitality at its *ryokans* (inns) is just as warm. The association of inns at Matsukawaura will pamper you with fresh seafood dishes and baths with spectacular views.
Homepage: http://matsukawaura.com/ (Japanese)

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.

Soma City
Average Temperature and Precipitaion



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Precipitation	38.2	44.6	74.1	103.1	109.8	150.2	177.7	171.7	220.1	159.4	72.0	31.3
Highest Temperature	6.4	6.7	9.8	15.4	19.7	22.3	25.8	28.1	24.4	19.8	14.5	9.5
Average Temperature	1.9	2.1	4.8	10.1	14.9	18.5	22.0	23.9	20.5	14.9	9.5	4.7
Lowest Temperature	-2.7	-2.6	-0.3	4.7	10.4	14.9	19.0	20.5	16.7	10.2	4.1	-0.1
Earliest Sunrise Time	6:43	6:08	5:22	4:41	4:15	4:13	4:17	4:38	5:05	5:31	6:00	6:30
Earliest Sunset Time	16:28	16:59	17:36	17:59	18:27	18:53	18:46	18:07	17:21	16:39	16:18	16:17

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

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.

This map is a reproduction of the 1:25,000 Scale Topography Map published by the Geospatial Information Authority of Japan.
Authorized Number: 平 27 関複、第 49-G2MAP15544 号
Trail Head / End Point
Officially Open
Coming Soon
Sanriku Fukko National Park
Kabushima Island
Hachinohe Section
Hashikami Section
Hirono Section
Mt. Hashikamidake
Kuji Section
Kosode Coast
Noda to North Fudai Section
Kitayamazaki Cliff
South Iwaizumi to North Miyako Section
Jodogahama Beach
North to Central Miyako Section
Cape Todogasaki
Kirikiri Coast
Kamaishi Section
Goishi Coast
Kesennuma Oshima Island
Sanriku Fukko National Park
Pacific Ocean
Mangokoura
Kinkasan Island
Matsushima
Gamo Tideland
Torinoumi
Shinchi Section
Matsukawaura
Soma Section
Sendai Airport
Ishinomaki Section
Sendai Tobu Road
Sendai Higashiyashi ICT
Sendai Nishi ICT
Sendai Minami ICT
Sendai Minami IC
Sendai Nanbu Road
Sendai Nanbu Road Extension