



# Michinoku Coastal Trail Otsuchi Section

■Namiita Beach – Honcho : One Day Course (Distance: Approx. 16.5 km)

## 1 Namiita Beach

This beach is known for its “one-sided” waves, where incoming waves come in but the outgoing wave vanishes. Many people come to this well-known beach in Otsuchi to enjoy ocean pastimes like surfing. You can also enjoy the morning sun rising from Funakoshi Bay and the lovely sight of the moon at night. Nearby are rest areas, cafes, the Namiita Beach Village group of community facilities, and Sanriku Hana Hotel Hamagiku.



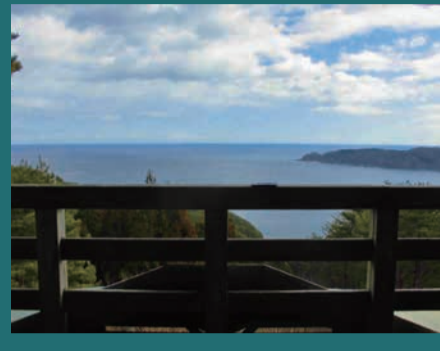
## 5 Kirikiri Beach

Kirikiri Beach's name came from the Ainu word “kirikiri,” which means white sandy beach. An alternate explanation for the name is that the rough “singing sand” squeaks - “kiri-kiri” - as you walk. In summer, this swimming beach is lively with bathers.



## 8 Mt. Sujiyama

You can see various facets of the Pacific Ocean view from the Rias Scenic Line road that goes along Kirikiri Peninsula. Along the way is Mt. Sujiyama, which is perfect for walking and enjoying the forest with its walking paths, a rest area, and the Ikoi no Hiroba open space. From its viewpoint, you can look down on Hakozaiki Peninsula.



## 6 Sakiyama Viewpoint

From Sakiyama Viewpoint, which sits on the Rias Scenic Line road from Kirikiri Beach to Akahama, a wide swath of the Pacific Ocean is visible including Namiita Beach and Funakoshi Bay. Enjoy a splendid view beneath you of Nojima Island's contrast of green pines and white rocks. This viewpoint is also popular as an excellent spot to watch the first sunrise of the year.



## 9 Horaijima Island

This island inspired a famous children's TV show, “Hyokkori Hyotanijima.” On a small island shrine, the goddess Benzaiten is enshrined; this has long been a place of worship for fishermen praying for an abundant catch and safe sailing. There is a memorial tower and statue of a fur seal next to the lighthouse.

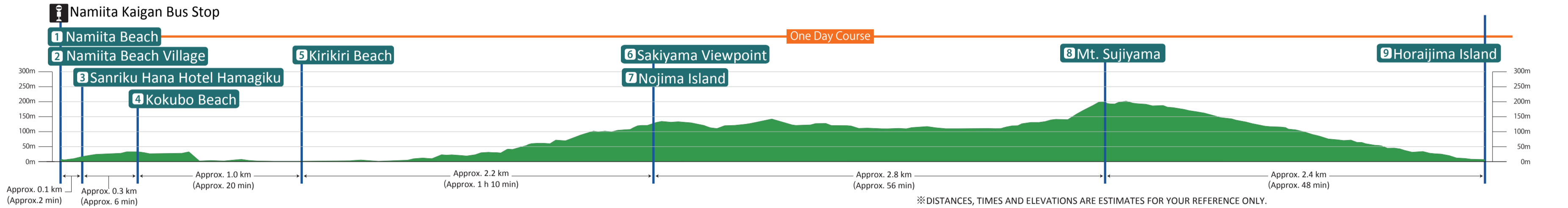


## Mt. Kujira

This 610 meter sacred mountain with a history of whale legends (“kujira” means whale) sits on the boundary between Yamada Town and Otsuchi Town. You can see this mountain well from Funakoshi Bay and Kirikiri Bay, and its unique shape served as a landmark for ships sailing in and out of the ocean around Sanriku. Enjoy great views of the ria coastline from the mountaintop.

## Otsuchi Town Spring

Otsuchi Town is blessed with many springs which have long been used to support local people's lives. The rain-water that falls in the drainage basin around Otsuchi River and Kozuchi River flows into the rivers or flows underground, resurfacing at the alluvial fan where the two rivers meet or in Otsuchi Bay. The abundant springs support a rich diversity of life.



## 11 Fukko Kirari Shopping District

This temporary shopping district opened on December 17th, 2011 on Otsuchi Town Kita Elementary School grounds. There are around 40 shops here, including a supermarket, a bento shop, a home electronics store, a clothing store, a sweetshop and a bicycle shop. Around 90 percent of Otsuchi Town businesses sustained damage from the tsunami, but a portion of these owners could reopen their stores when this shopping district opened.



## 12 Three-Spined Sticklebacks of Gensui River

The Three-Spined Stickleback is an unusual fish, with populations that live only in freshwater, and other populations that go to the sea and return to freshwater to breed. Otsuchi Town is unique within Japan in that it has three populations, including a hybrid of the exclusively freshwater and freshwater-sea types. Gensui River is a freshwater river with a constant temperature of around 15 degrees Celsius, and it houses freshwater Three-Spined Sticklebacks. Sticklebacks couldn't survive in here without this cold, clean spring water environment.



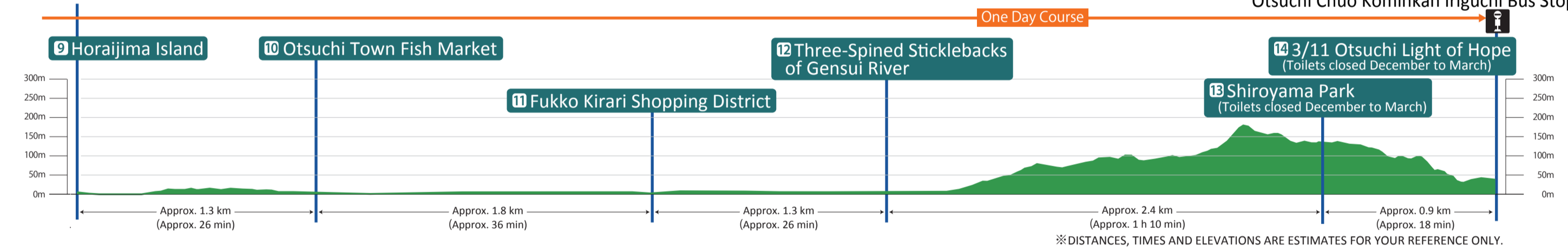
## 13 Shiroyama Park

Otsuchi Castle, which took advantage of the strategic natural features of its surroundings—Otsuchi River, Kozuchi River, and Otsuchi Bay—was abandoned after the Otsuchi clan's downfall in 1617, but now the castle remains have been made into a park and serves as a relaxing spot for residents. You can look out over Otsuchi Town and Otsuchi Bay from this park's observation point.



## 14 3/11 Otsuchi Light of Hope

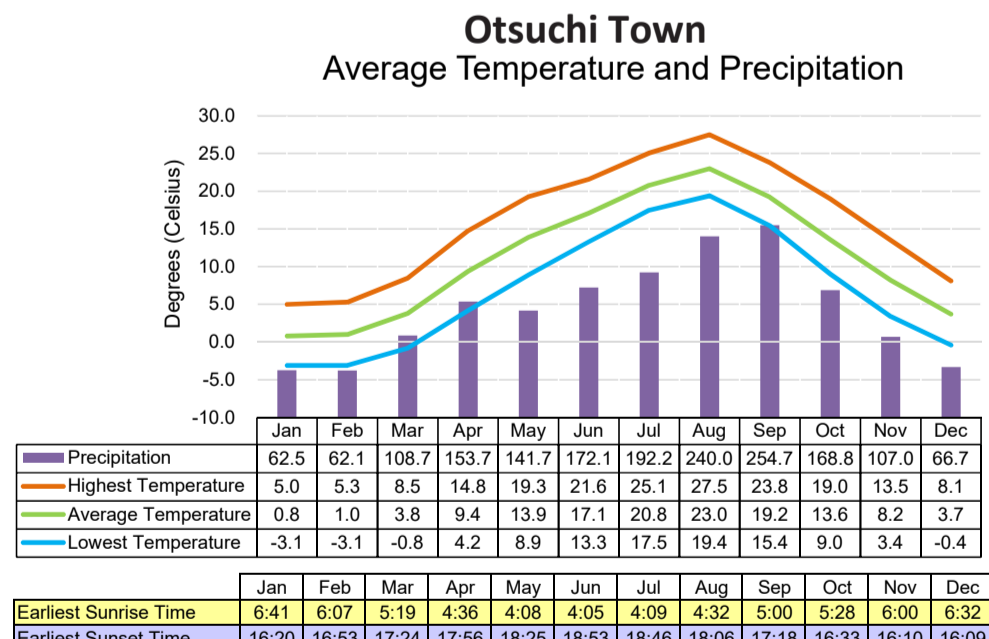
Otsuchi's Light of Hope is a gas lamp installed inside Shiroyama Park to memorialize the tragedy of the March 2011 tsunami and pray for recovery. It was placed in front of Chuo Community Center, which overlooks the center of the town. Its flame, the “light of hope” to pray for recovery and comfort the spirits of the dead came from Kobe City and is shared with Rikuzentakata City and Minamisoma City.



## 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.



※This sunrise and sunset time data is from the city closest to this section. Please use it as a rough guide.

## ACCESS

### ●By JR Train/Highway Bus

- From Tokyo Station to Shin-Hanamaki Station by Tohoku Shinkansen. (Approx. 2 hours 40 min)
- From Shin-Hanamaki Station to Kamaishi Station by JR Kamaishi Line. (Approx. 1 hour 50 min)
- From Kamaishi Station to Otsuchi Chuo Kominkan Iriguchi by Iwate-ken Kotsu Bus. (Approx. 25 min)
- From Otsuchi Chuo Kominkan Iriguchi to Namiita Kaigan (Namiita Beach) by Iwate-ken Kotsu Bus. (Approx. 10 min)
- From Morioka Station to Funakoshi-ike-mae by Iwate Kenpoku “106 Express Bus.” (Approx. 3 hours 5 min)
- From Funakoshi-ike-mae to Namiita Kaigan (Namiita Beach) by Iwate-ken Kotsu Bus. (Approx. 10 min)
- From Namiita Kaigan to Otsuchi Chuo Kominkan Iriguchi by Iwate-ken Kotsu Bus. (Approx. 10 min)
- From Sendai Station to Kamaishi Station by Iwate-ken Kotsu Bus. (Approx. 3 hours 45 min)
- From Kamaishi Station to Otsuchi Chuo Kominkan Iriguchi by Iwate-ken Kotsu Bus. (Approx. 25 min)
- From Otsuchi Chuo Kominkan Iriguchi to Namiita Kaigan (Namiita Beach) by Iwate-ken Kotsu Bus. (Approx. 10 min)

### ●By Car

- From Tono IC through National Route 283 to Kamaishi City. (Approx. 1 hour 20 min)
- From Kamaishi City to Otsuchi Town through National Route 45. (Approx. 20 min)

### ●By Air

- From Iwate Hanamaki Airport to Shin-Hanamaki Station by taxi. (Approx. 10 min).
- From Shin-Hanamaki Station to Kamaishi Station by JR Kamaishi Line. (Approx. 1 hour 50 min)
- From Kamaishi Station to Otsuchi-cho Chuo Kominkan Iriguchi by Iwate-ken Kotsu Bus. (Approx. 25 min)
- From Otsuchi-cho Chuo Kominkan Iriguchi to Namiita Kaigan (Namiita Beach) by Iwate-ken Kotsu Bus. (Approx. 10 min)

## 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.

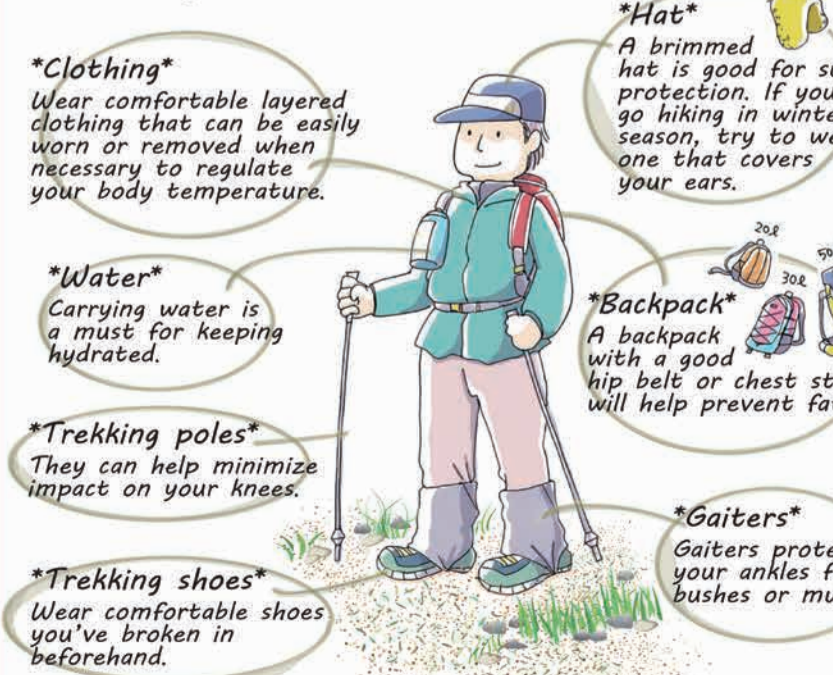
Being safe is based on having good judgment. Don't strain yourself. You can arrange for a guide to accompany you if you need one or join a group tour. Let's enjoy hiking the trail safely!

### 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 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

## Otsuchi 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)  
. . . 03-3201-3331  
9 am to 5 pm daily  
<http://www.jnto.go.jp/eng/>
- ◆ Otsuchi Town Tourism and Local Products Association . . . 0193-42-8725

## Railway

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

## Bus

- ◆ Iwate-ken Kotsu Bus . . . 0193-25-2527
- ◆ Otsuchi Kanko Bus . . . 0193-44-2661

## Taxi

- ◆ Otsuchi Taxi . . . 0120-422-256
- ◆ Akahama Taxi . . . 0193-42-2621
- ◆ Dalian Taxi . . . 0120-194-089



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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!