



Michinoku Coastal Trail Rikuzentakata Section

■ Hirota Peninsula Round Trip : One Day Course (Distance : Approx. 24.1km)

1 Otomo Station

Since the 2011 disaster, the JR Ofunato Line between Kesennuma Station and Sakari Station is being served by Bus Rapid Transit (a high speed bus transportation system).



3 Koiwai Beach

A walking path goes along the coastline of northeast Hirota Peninsula from Mutsugaura Fishing Port to Kurosaki Senkyo; enjoy gazing at the ria coastline from among the trees and seasonal plant life. Kick back for a while on the beach at the water's edge, gazing at the rock face along the coastline and the open sea.



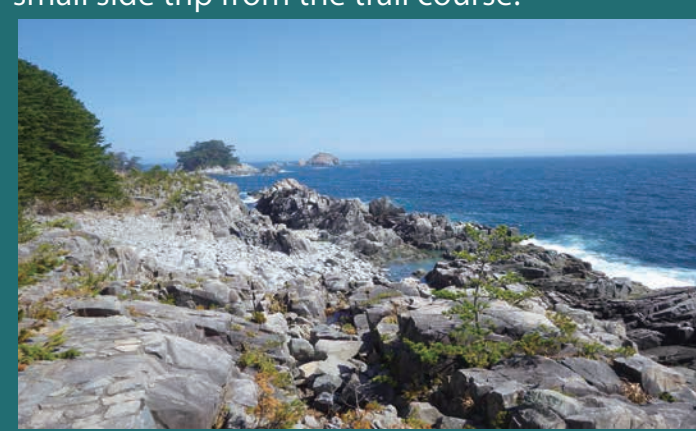
4 Kurosaki Senkyo

A narrow channel flows between towering cliffs formed when rock partially sank into the ocean, eroded over the long years by the Pacific Ocean's rough waves. Nearby is a pretty hidden spot with camellias. On the rock beyond the cliffs lining the ravine are two giant boulders, each with a diameter of about 2 meters. Tengu (a kind of legendary creature) were said to have used these boulders for juggling.



6 Cape Hirota

Cape Hirota sits at the tip of Hirota Peninsula, which is sandwiched between the richly endowed Hirota Bay and Ono Bay. Its scenery is like a postcard, with reefs popping up here and there among the waves and the vast open ocean beyond. From the walking paths and viewpoints, you can see Aomatsushima Island and Tsubakijima Island, famous as seabird breeding grounds and designated natural monuments. Worth the small side trip from the trail course.



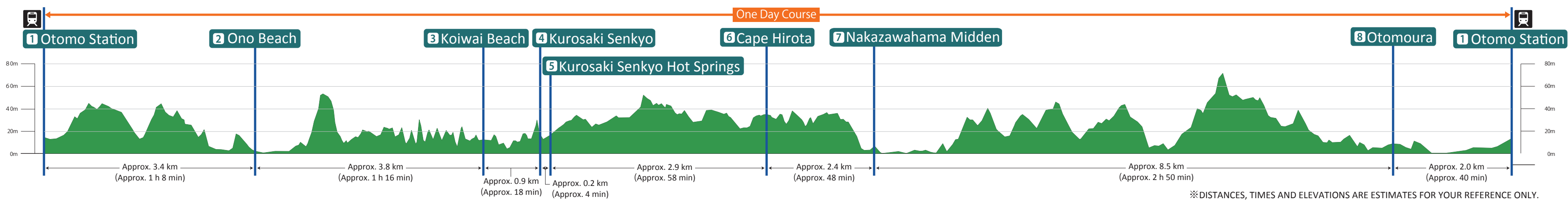
8 Otomoura

Otomoura was reclaimed as farmland, but during the 2011 tsunami its breakwaters were destroyed and almost half of the land was left underwater. The plan is not to return Otomoura to farmland, but to restore it to the tidal flat that local residents once liked to go to and relax.



Kesen Carpentry

Kesen Carpentry, one of the four great carpentry traditions of Japan, is said to have originated in Otomo, Rikuzentakata City. You can see its techniques not only at coastal tiled roof fisherman houses and Buddhist temples but in the dragon boats floating on Oizumi-ga-Ike Pond in Hiraizumi's Motsu-ji Temple. You can see many houses built with Kesen Carpentry along the trail route in Hirota Peninsula. (Photo is of Kesen Carpenters Folklore Museum in Shiminori Mori Forest, Mt. Hakone)



■ Wakinosawa Station to Osabe Station : Half Day Course (Distance : Approx. 9.0km)

9 Yonesaki Apple Orchards

Yonesaki is an apple-producing area close to the sea, which is unusual within Japan. The apples grown on slopes on high ground get plenty of sunlight and minerals from the sea air. Here and there along the trail course on hillsides facing the sea are apple orchards blessed with copious sunlight.



11 Tsunami Monument: Michi no Eki Takata-Matsubara (Topic 45)

To relay the memories and lessons of the Great East Japan Earthquake and Tsunami to future generations, Rikuzentakata City has designated and preserved four buildings as tsunami monuments: The Settlement Promotion Housing Building, Michi no Eki Takata-Matsubara, Rikuzentakata Youth Hostel, and Kesen Middle School. Inside the Michi no Eki Takata-Matsubara grounds are a memorial facility and a recovery and city planning information center.



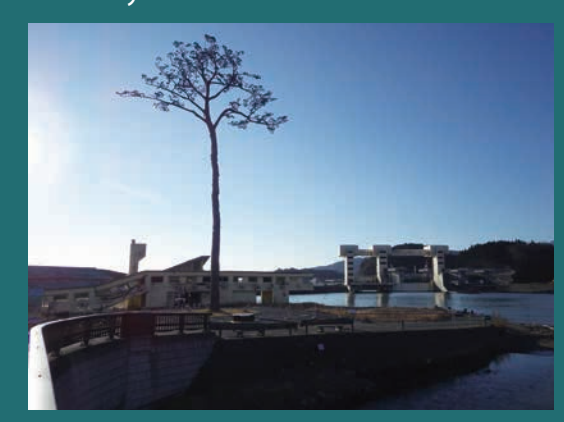
13 Takata-Matsubara Pine Forest

The Takata-Matsubara Pine forest, with its white sands and green pines, was a nationally designated place of scenic beauty as well as a national park, and was symbolic of Rikuzentakata City. Almost all of the approximately 70,000 pine trees were washed away in the 2011 tsunami, and the sandy beach was also lost. Work is underway to rebuild Takata-Matsubara by constructing a memorial park, replanting pines, and restoring its beach.



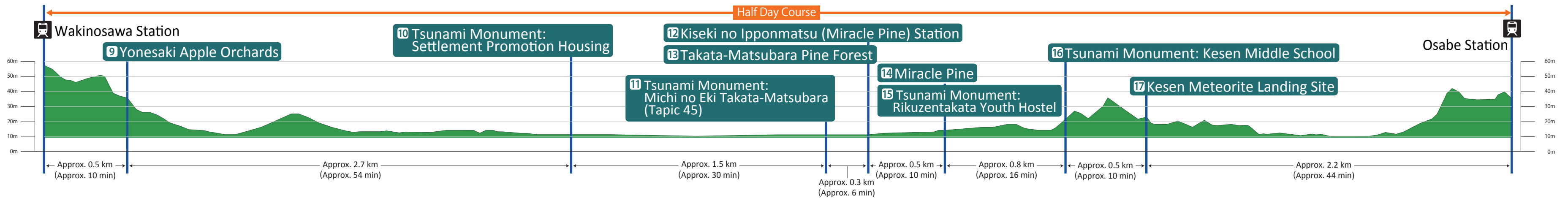
14 Miracle Pine

The Miracle Pine monument stands where the Takata-Matsubara forest once was. This single pine tree among the trees of Takata-Matsubara forest was the only one to withstand the 2011 tsunami. It unfortunately later died, but was preserved and restored to its original place as a symbol of recovery from the disaster.



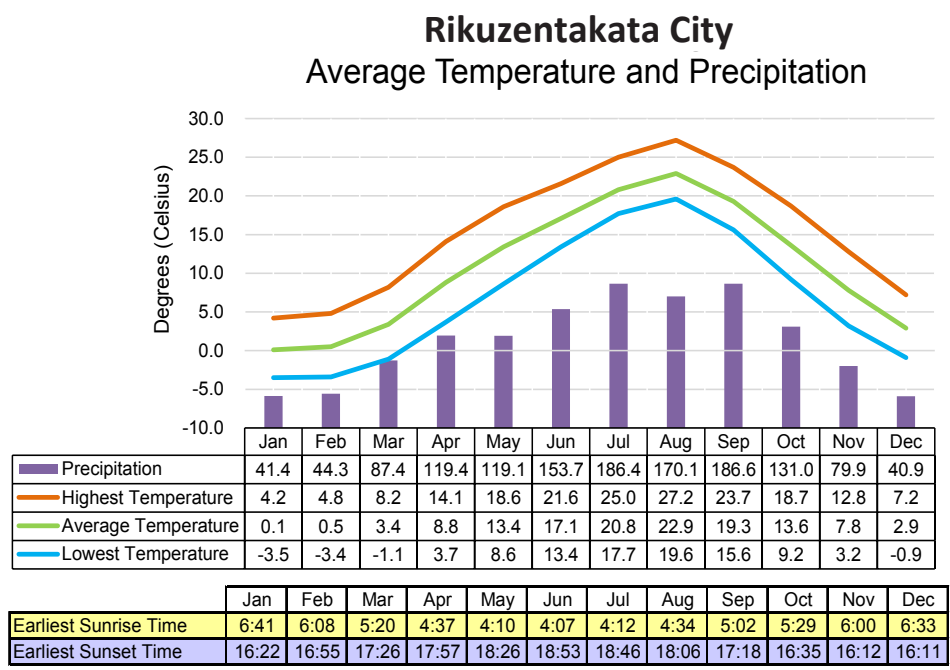
TRAIL ETIQUETTE AND RULES

- ❖ **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. Good morning: *Ohayo gozaimasu*, Hello: *Konnichi wa*, Good evening: *Konban wa*



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.



ACCESS

- **By JR Train/Highway Bus**
 - From Tokyo Station to Ichinoseki Station by Tohoku Shinkansen. (Approx. 2 hours 30 min) From Ichinoseki Station to Kesennuma Station by JR Ofunato Line. (Approx. 1 hour 20 min)
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 - From Kesennuma Station to Otomo Station by JR Ofunato Bus Rapid Transit Line. (Approx. 20 min)
 - From Morioka Station to Sakari Station by Iwate-ken Kotsu Bus. (Approx. 2 hours 10 min) From Sakari Station to Otomo Station by JR Ofunato Bus Rapid Transit Line. (Approx. 25 min)
 - From Sendai Station to Rikuzentakata Shiyakusho-mae by Miyagi Kotsu Bus. (Approx. 3 hours 20 min) From Rikuzentakata Shiyakusho-mae to Osabe Station by JR Ofunato Bus Rapid Transit Line. (Approx. 10 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 Sakari Station by the Sanriku Railway Minami Riasu Line. (Approx. 1 hour) From Sakari Station to Otomo Station by JR Ofunato Bus Rapid Transit Line. (Approx. 25 min)
 - 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 Sakari Station by the Sanriku Railway Minami Riasu Line. (Approx. 1 hour) From Sakari Station to Osabe Station by JR Ofunato Bus Rapid Transit Line. (Approx. 1 hour)

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

- *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.

Necessary Items

- Trekking shoes
- Backpack
- Layered clothing to regulate body temperature
- 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

- ### 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/>
 - ◆ Rikuzentakata City Tourism
and Local Products Association . . . 0192-54-5011

- ### Railway
- ◆ JR East Info Line . . . 050-2016-1603
(English/Korean/Chinese languages are available)
 - ◆ JR Kesennuma Line BRT Office . . . 0226-41-0012

- ### Taxi
- ◆ Takata Taxi . . . 0192-55-3118
 - ◆ Kesen Taxi . . . 0192-55-3241
 - ◆ Takata Kotsu Taxi . . . 0192-56-2000

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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!