



Michinoku Coastal Trail Onagawa Section

■ Mt. Ishinaga Course : One Day Course (Distance: Approx. 13.2km)

1 JR Onagawa Station

The last station on the JR Ishinomaki Line, with a unique, large white roof modeled after a seagull's spread-out wings. The first floor holds the ticket gate and the front desk for Onagawa Hot Springs "Yupoppo." The hot spring baths are on the second floor, and the third floor holds an observation deck. There's also a free foot bath in front of the station.



2 Monument to Mountain God



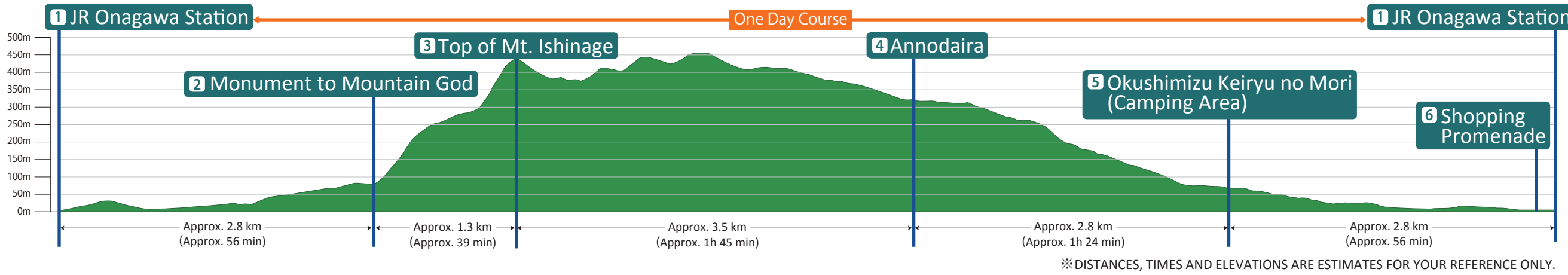
3 Top of Mt. Ishinaga

Mt. Ishinaga (456 meters) is the tallest mountain in Onagawa Town. On a clear day, you can see Izushima Island and Kinkasan Island from its peak.



4 Annodaira

During the Heian Period Zenkunen War, Abe no Sadato (part of a local ruling family in Mutsu Province) sent the women and children of his clan to safety in Annodaira as he battled the Minamoto clan at Kyogamine Mountain. Because of this the river there was called Onagawa (woman river). This is said to be the origin of Onagawa Town's name.



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

■ Mt. Dairokutenzan Course : One Day Course (Distance: Approx. 11.7km)

7 JR Urashuku Station

This is the first station on the JR Ishinomaki line going toward Ishinomaki. You can see Mangokuura from the station platform.

8 Mangokuura

Mangokuura, also called Oku no Umi or "the inner sea," is an inland sea between Ishinomaki City and Onagawa Town. It's famous for its lovely scenery, and hosts an active oyster cultivation trade. The inner part of Mangokuura is brackish (higher salinity than fresh water, lower than sea water).

9 Mt. Dairokuten

Mt. Dairokuten has an elevation of 440.3 meters, and is located where Onagawa Town and Ishinomaki City border near Oginohama. Mikuni-jinja Shrine is also located on this mountain, so it has also been called Mt. Mikuni. From some spots, you can see in all directions, including Sendai, Soma and Minamisoma.



10 Deer Fence

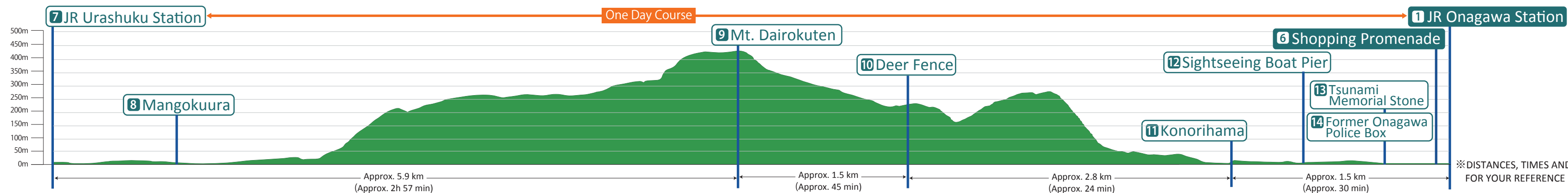
This fence was put up to protect the young trees planted after the 2011 disaster from deer. Onagawa Town has a lot of deer which can sometimes eat trees and shrubs.

11 Konorihama

The Konorihama is located at the south side of Onagawa Port. On the other shore you can see Onagawa Fish Market, with seafood processing plants lined up around it. In the autumn, look for the saury fishing boats equipped with lamps to attract the fish.

12 Tsunami Memorial Stone

The middle school students of Onagawa Town also suffered personal damage from the 2011 earthquake and tsunami. The students started the "Onagawa Stone Memorial of Life Project" so they could directly work to save the lives of people thousands of years later. This memorial stone was made by the students in cooperation with the national stonemason's association effort to make tsunami memorials. The stone is carved with a warning to run to higher ground after a tsunami.

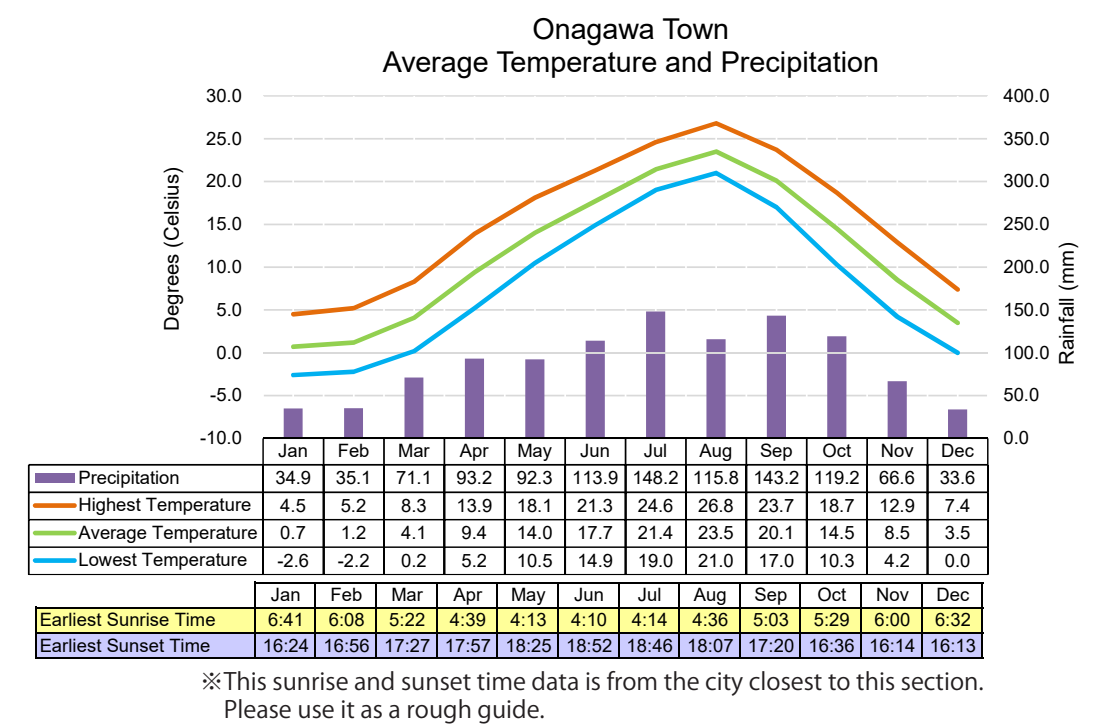


※ DISTANCES, TIMES AND ELEVATIONS ARE ESTIMATES FOR YOUR REFERENCE ONLY.

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 Train

From Tokyo Station to Sendai Station by the Tohoku Shinkansen. (Approx. 1 hour 30 minutes)
From Sendai Station to Ishinomaki Station by the JR Senseki Line. (Approx. 1 hour)
From Ishinomaki Station to Onagawa Station by the JR Ishinomaki Line. (Approx. 30 minutes)

● By Highway Bus

From Tokyo Station to Sendai Station by the Tohoku Shinkansen. (Approx. 1 hour 30 minutes)
From Sendai Station to Onagawa Station by Miyagi Kotsu Bus. (Approx. 2 hours) ※ Only one bus runs per day

● By Car

1. From Sendai Kita IC to Ishinomaki Onagawa IC by the Sanriku Expressway. (Approx. 40 minutes)
From Ishinomaki Onagawa IC to Onagawa Station by local roads. (Approx. 30 minutes)
2. From Furukawa IC to Onagawa Station by local roads. (Approx. 90 minutes)

● By Air

From Sendai Airport to Sendai Station by the Sendai Airport Access Line. (Approx. 25 min)
From Sendai Station to Ishinomaki Station by the JR Senseki Line. (Approx. 1 hour 30 minutes, 1 hour for rapid service trains)
From Ishinomaki Station to Onagawa Station by the JR Ishinomaki Line. (Approx. 30 minutes)

5 Okushimizu Keiryu no Mori (Camping Area)

This open space at the side of a mountain stream is surrounded by water and greenery. It has a restroom, benches, and a well, and is also a free camping space. (Please bring garbage home with you.) In the summer, you can enjoy playing in the stream.



6 Shopping Promenade

This 15 meters wide, 370 meters long brick promenade for pedestrians goes straight from Onagawa Station toward the sea. The promenade was designed so that the first sunrise of the year is visible from Onagawa Station coming up over the sea.



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,

14 Former Onagawa Police Box

This police box destroyed by the 2011 tsunami has been left to show people the threat of natural disasters and the importance of evacuation. It was a two floor steel and concrete building built in 1980. Before being destroyed, the first floor was a police box and the second floor was used as a break room.



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
 - 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

Onagawa 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 (nationwide number)
9 am to 5 pm daily
http://www.jnto.go.jp/eng/
- ◆ Sendai Tourist Information Center
8:30 am to 7:00 pm daily,
9:00 am to 5:00 pm from December 31st to January 3rd
. . . 022-222-4069

Railway

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

Bus

- ◆ Miyako bus Ishinomaki Office . . . 0225-22-4161

Taxi

- ◆ Kogane Taxi . . . 0225-53-3334
- ◆ Oshika Taxi . . . 0225-54-2530

環境省 Ministry of the Environment

Godochosha No. 5, Kasumigaseki 1-2-2,
Chiyoda-ku, Tokyo 100-8975, Japan.
Tel: +81-(0)3-3581-3351

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!