



Six facilities on the Michinoku Coastal Trail

The MCT Natori Trail Center and five other satellite facilities provide helpful information for your walks, such as route info for each area and official maps.

Tanesashi Kaigan Information Center

14-167 Aza Tanakubo, Oaza Same-machi, Hachinohe City, Aomori Prefecture, 031-0841
Phone: 0178-51-8500
<http://www.tanesashi.info/>



Kitayamazaki Visitor Center

129-10 Kitayama, Tanohata Village, Shimohei County, Iwate Prefecture, 028-8402
Phone: 0194-33-3248
<https://www.vill.tanohata.iwate.jp/kankou/see/visitor-center.html>



Jodogahama Visitor Center

32-69 Hitachihama-cho, Miyako City, Iwate Prefecture, 027-0001
Phone: 0193-65-1690
<https://jodogahama-vc.jp/>



Goishi Coast Information Center

Ohama, Massaki-cho, Ofunato City, Iwate Prefecture, 022-0001
Phone: 0192-29-2359
<http://goishi.info/>



Minamisanriku Marine Visitor Center

21-1 Aza Sakamoto, Tokura, Minamisanriku Town, Motoyoshi County, Miyagi Prefecture, 986-0781
Phone: 0226-25-7622
<http://www.kawatouminovisitorcenter.jp/umi/>



MCT Natori Trail Center

This is the trail headquarters and a base where hikers can find all the information they need. There is a library corner showing trails across Japan and the globe, a lounge, showers, and a laundry room.

5-300-31-1 Yuriage, Natori City, Miyagi Prefecture, 981-1213
Phone: 022-398-6181
Hours April to November: 9:00-17:00
December to March: 9:00-16:00
Closed Tuesdays and year-end / New Year holidays
<https://www.mct-natori-tc.jp/en/about/>

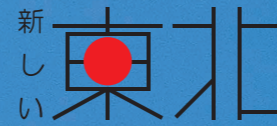


Access the Michinoku Coastal Trail maps here >



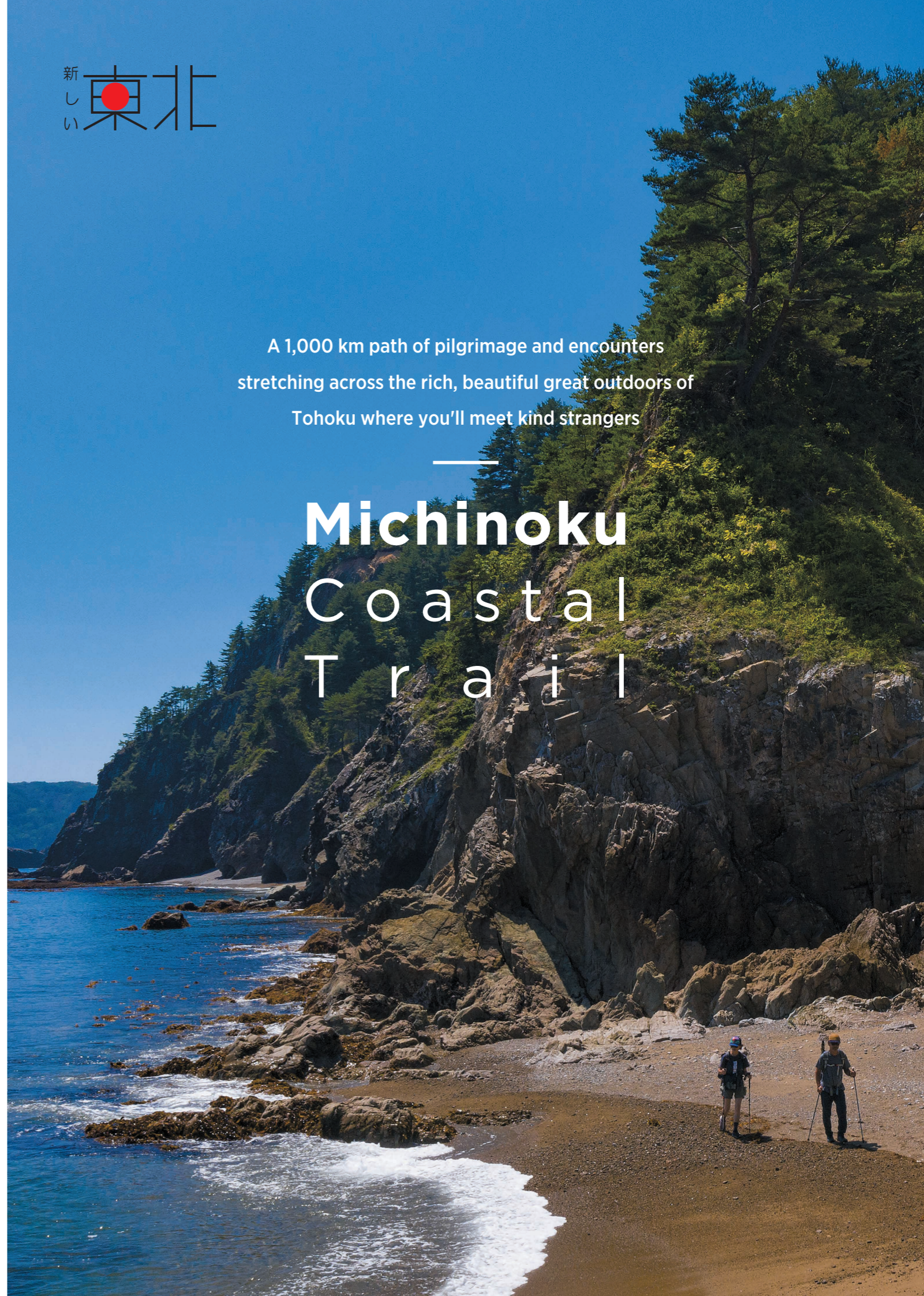
<https://m-tc.org/explore/map/>

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Produced by GOOD LUCK TRIP (Diamond-Big Co., Ltd.)



A 1,000 km path of pilgrimage and encounters stretching across the rich, beautiful great outdoors of Tohoku where you'll meet kind strangers

Michinoku Coastal Trail



* This map is based on the Digital Map (Basic Geospatial Information 2000000) and the Fundamental Geospatial Data published by Geospatial Information Authority of Japan with its approval under the article 30 of The Survey Act. (Approval Number JY05-011 N4-972 2018)

Michinoku Coastal Trail Charter

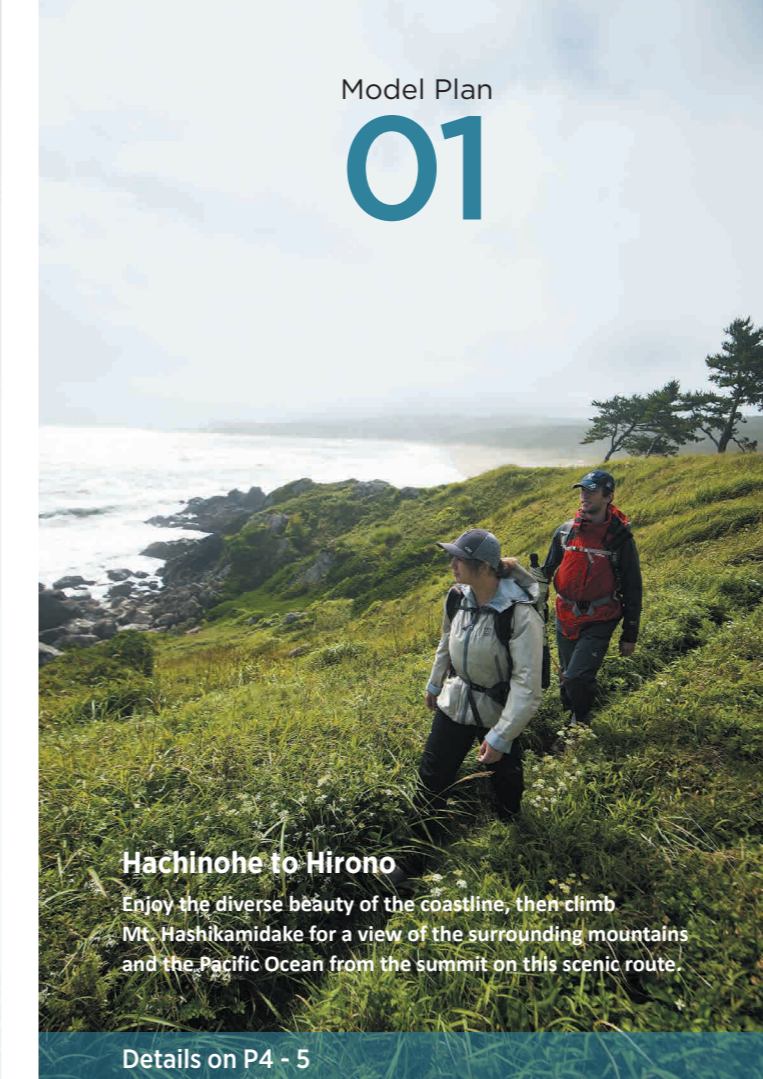
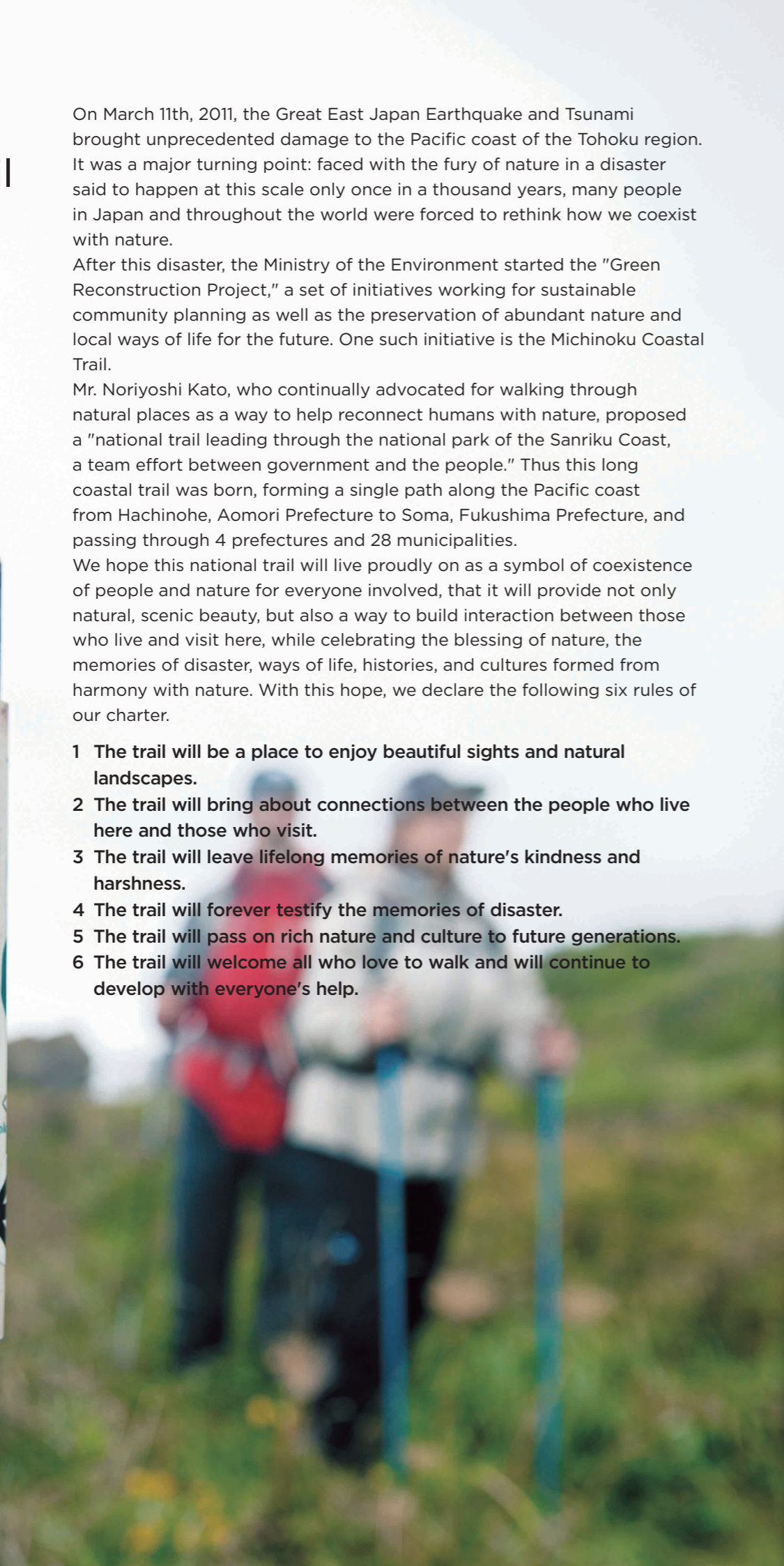
On March 11th, 2011, the Great East Japan Earthquake and Tsunami brought unprecedented damage to the Pacific coast of the Tohoku region. It was a major turning point: faced with the fury of nature in a disaster said to happen at this scale only once in a thousand years, many people in Japan and throughout the world were forced to rethink how we coexist with nature.

After this disaster, the Ministry of the Environment started the "Green Reconstruction Project," a set of initiatives working for sustainable community planning as well as the preservation of abundant nature and local ways of life for the future. One such initiative is the Michinoku Coastal Trail.

Mr. Noriyoshi Kato, who continually advocated for walking through natural places as a way to help reconnect humans with nature, proposed a "national trail leading through the national park of the Sanriku Coast, a team effort between government and the people." Thus this long coastal trail was born, forming a single path along the Pacific coast from Hachinohe, Aomori Prefecture to Soma, Fukushima Prefecture, and passing through 4 prefectures and 28 municipalities.

We hope this national trail will live proudly on as a symbol of coexistence of people and nature for everyone involved, that it will provide not only natural, scenic beauty, but also a way to build interaction between those who live and visit here, while celebrating the blessing of nature, the memories of disaster, ways of life, histories, and cultures formed from harmony with nature. With this hope, we declare the following six rules of our charter.

- 1 The trail will be a place to enjoy beautiful sights and natural landscapes.
- 2 The trail will bring about connections between the people who live here and those who visit.
- 3 The trail will leave lifelong memories of nature's kindness and harshness.
- 4 The trail will forever testify the memories of disaster.
- 5 The trail will pass on rich nature and culture to future generations.
- 6 The trail will welcome all who love to walk and will continue to develop with everyone's help.



Hachinohe to Hirono

Enjoy the diverse beauty of the coastline, then climb Mt. Hashikamidake for a view of the surrounding mountains and the Pacific Ocean from the summit on this scenic route.

Details on P4 - 5



Hirono to Iwaizumi

Climb and descend the sheer cliffs towering vertically over the coastline. Prepare to cross rivers and streams, and descend ladders on this adventurous route.

Details on P6 - 9



Miyako to Iwaizumi

Enjoy ocean scenery including a beautiful ria coast, and scenic white sandy beaches while seeing remnants of the Great East Japan Earthquake and Tsunami on this memorial route.

Details on P10 - 11



A tour of Miyagi islands

Tour the three islands of Kinkasan, Ajishima, and Tashirojima while experiencing the laid-back, slow way time flows in the islands on this relaxing route.

Details on P12 - 13



The beautiful Tanesashi Coast Trail runs from Ashizezaki Cliff

Be inspired by the diverse ocean scenery and enjoy mountain climbing on this route

This route features a rich and varied shoreline as you head south from the north trailhead at Kabushima Island. Different scenes appear one after the other - craggy reefs, lovely fields of wildflowers, patches of grassy land, and white, sandy beaches. On the second day of your hike you can enjoy a climb up 740-meter-high Mt. Hashikamidake.

Model Plan

01

Hachinohe to Hirono

3-day, 2-night Plan
49.52 km

Hiking Difficulty
★★★★☆



Model Plan - Detailed Route P15

Detailed trail route official maps
<http://tohoku.env.go.jp/mct/english/>



hachinohe_map.pdf



hashikami_map.pdf



hirono_map.pdf

Pass by a group of fisherman's huts in Same unknown even to locals. You may get the chance to meet some fishermen taking a break.



Passing through untouched beaches is part of the joy of trail hiking



The tracks alongside the gentle coastline touches the heart of the traveler



Meeting a local woman harvesting kelp at Heruke Fishing Harbor



Pray for a safe hike at Kabushima-jinja Shrine, the starting point of the trail

ACCESS

from TOKYO

Tokyo Sta. 6:32-9:21 Hachinohe Sta. 9:32-10:00 Same Sta.

JR Tohoku Shinkansen Hayabusa No. 17: 2 hr. 49 min.

JR Hachinohe Line: 28 min.

to TOKYO

Taneichi Sta. 13:44-14:42 Hachinohe Sta. 15:06-18:04 Tokyo Sta.

JR Hachinohe Line: 58 min.

JR Tohoku Shinkansen Hayabusa No. 32: 2 hr. 58 min.

Rest Area — Activity



Tanesashi Kaigan Information Center / Rest Area

At the Tanesashi Kaigan Information Center you can find info on Tanesashi Coast geography, vegetation and information on the Michinoku Coastal Trail. The free rest area nearby is home to Umi Cafe Tanesashi, which is known for its tasty mackerel sandwiches and boxed lunches.

14-167 Aza Tanakubo, Oaza Same-machi, Hachinohe City, Aomori Prefecture
Phone: (Tanesashi Kaigan Information Center) 0178-51-8500 (Cafe) 0178-32-7175
Hours: April to November 9:00-17:00, December to March 9:00-16:00
Closed: Year-end/New Year holidays



Trail guide hints and tips

This trail is best for people who can walk 20 km a day, including easy mountain climbing. Make sure to take the detour during high tide on the shore from Harashinai Floodgate to Uge.





The massive, nearly 30 m² Samuraiishi Rock is legendary for a great samurai who visited on horseback

The gorgeous scenery of Nedari Beach Nature Trail passing underneath the cliff



Secluded, unmanned Shirai-Kaigan Station and the Sanriku Railway



Accommodation

Minshuku Michiai

This homey guest house is run by a friendly proprietress. They boast fresh, splendid seafood dishes. Book ahead of time to enjoy a meal in a private room with an open hearth.

2-17 Fudai Village, Shimohei County, Iwate Prefecture
Phone: 0194-35-2555
Adult, 1 night, 2 meals: ¥7,500 and up (tax excl.)

A route packed with fierce nature and wonderfully charming highlights

The main attraction on this route is the 150-meter-high sheer cliffs along the shoreline known as the Ocean Alps. This wild area, featuring rocks weathered by rough seas, river crossings, and steep up and down inclines is dotted with scenery that is sure to make lasting memories.

Model Plan 02

Hirono to Iwaizumi

4-day, 3-night Plan
39.7 km

Hiking Difficulty
★★★★☆



Model Plan - Detailed Route P15

Detailed trail route official maps
<http://tohoku.env.go.jp/mct/english/>



kuji_map.pdf



noda_map.pdf



tanohata_map.pdf



The 50-meter-tall tuff Daito no Kura Cliff is a famous spot



When the water level is high, make sure to take the detour instead of trying to cross at the Kogei River wading point. Remember, your shoes will get wet!



Most of fishing harbors on the trail are home to shrines where people pray for a safe return from fishing.

ACCESS

from TOKYO

Tokyo Sta. 8:40 – 11:26 Hachinohe Sta. 12:22 – 13:40 Rikuchu-Nakano Sta.

JR Tohoku Shinkansen
Hayabusa No. 9:
2 hr. 46 min.

JR Hachinohe Line:
1 hr. 18 min.

to TOKYO

Iwaizumi-Omoto Sta. 13:18 – 13:57 Miyako Sta. 15:05 – 17:20 Morioka Sta. 17:50 – 20:04 Tokyo Sta.

Sanriku Railway
Rias Line: 39 min.

Northern Iwate Transportation
Express Bus 106/reservations
required: 1 hr. 15 min.

JR Tohoku Shinkansen
Hayabusa No. 38:
2 hr. 14 min.



Enveloped in the greenery of a hardy rubber tree forest

Trail guide hints and tips

Hikers will need strong legs for the intense climbs and descents on this trail. Take extra care at wading points and on the rocks along the ocean.

Model Plan
02
Hirono
to Iwaizumi

This manually-dug tunnel is made from cliffs jutting out into the ocean



Wild Kitayama Beach is home to rough rocky spots and ladders

This mountain stream route is near Kitayamazaki Cliff. The charming trail is home to different sights in addition to the ocean.

HOTEL



Iwate Tanohata Shiosai no Yado Hotel Ragaso

This white walled hotel sits in a quiet cove. All rooms feature an ocean view so you can see the morning sun rising from the deep blue ocean. The hotel is known for its scenic baths with views of the ocean right before one's eyes and a delicious seafood-packed menu. Day trips to the baths are also available.



60-1 Raga, Tanohata Village, Shimohei County, Iwate Prefecture, 028-8403
Phone: 0194-33-2611
10 floors, total 67 rooms, all rooms equipped with bath and toilet

Cruising in a sappa boat



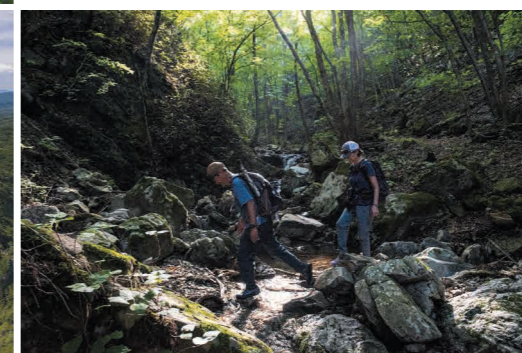
This 60-minute cruise takes place aboard a sappa boat piloted by local fishermen. The cruise is packed with excitement, such as slipping between boulders and entering a shining blue cave. Get your fill of dynamic coastline scenery and view trails you walked from the ocean.

Boarding spot
142-3 Tsukue, Tanohata Village, Shimohei County, Iwate Prefecture (Tsukue Fishing Harbor)

Inquiries
NPO Taiken Mura Tanohata Network
Address: 129-10 Kitayama, Tanohata Village, Shimohei County, Iwate Prefecture, 028-8402 (Inside Kitayamazaki Visitor Center)
Phone: 0194-37-1211
Hours: 9:00-17:00 Reservations required
Fee: ¥3,800 for junior high school students and older, ¥3,000 for elementary school students, small children free of charge



200-meter-high Kitayamazaki Cliff, also known as the Ocean Alps



Take a leisurely stroll along the untouched sand of Kashinai Beach



A beautiful seaside route that still bears the marks of the 2011 disaster

A deep blue ocean, serene fishing villages, and scenic beaches. As you walk along, fascinated by the natural beauty, suddenly you chance upon the marks of the Great East Japan Earthquake. This is the moment to truly face the reality of Tohoku. This area was chosen for people who want to walk among the remnants of the disaster and talk to the locals about their experiences.

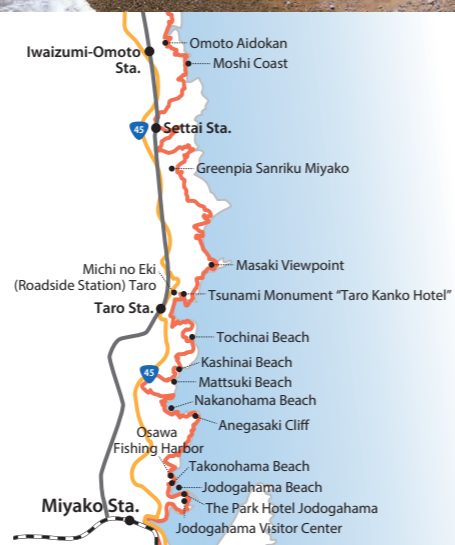
Model Plan

03

Miyako to Iwaizumi

4-day, 3-night Plan
29.64 km

Hiking Difficulty



Model Plan - Detailed Route P15

Detailed trail route official maps

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



[iwaizumi_map.pdf](#)



[miyako_map.pdf](#)



Ocean views on the trail include natural beaches and laid-back fishing harbors



Enjoy views of sheer cliffs, tunnels, and caves from Anegasaki Viewpoint



Friendly local residents talk to hikers walking along country roads in small villages

Tsunami Memorial Park Nakanohama is home to a campground destroyed in the disaster

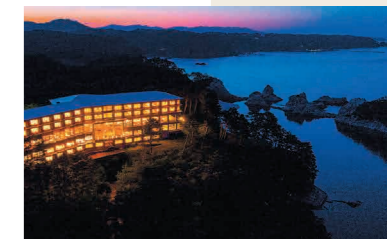


The Tarocho breakwater and hotel destroyed by the tsunami, and the new storm surge barrier



Jodogahama Beach offers views reminiscent of paradise

HOTEL



The Park Hotel Jodogahama

This resort hotel stands on a plateau overlooking the scenic Jodogahama Beach. The Japanese and Western style guest rooms all offer a relaxing atmosphere. The scenic outdoor baths, and dishes made with plenty of local seafood, produce, and meats are popular.



32-4 Hitachihama-cho, Miyako City, Iwate Prefecture, 027-0001
Phone: 0193-62-2321
5 floors, total 74 rooms, all rooms equipped with bath and toilet

Trail guide hints and tips

The coastal terrace and ria coast scenery are the highlights of the area. Hikers must have enough leg strength to withstand repeated uphill and downhill sections.



Jodogahama Rest House

This beach side restaurant offers a varied menu. The Bin-don, packed with fresh seafood on rice and the curry are popular items.

Rest Area Activity

32 Hitachihama-cho, Miyako City, Iwate Prefecture, 027-0001
Phone: 0193-62-1179
Hours: 8:30-17:00

ACCESS

from TOKYO

Tokyo Sta. 9:08-11:21 Morioka Sta. 11:40-3:55 Miyako Sta.

JR Tohoku Shinkansen Hayabusa No. 11: 2 hr. 13 min.

Northern Iwate Transportation Express Bus 106/reservations required: 2 hr. 15 min.

to TOKYO

Iwaizumi-Omoto Sta. 13:18-13:57 Miyako Sta. 15:05-17:20 Morioka Sta. 17:50-20:04 Tokyo Sta.

Sanriku Railway Rias Line: 39 min.

Northern Iwate Transportation Express Bus 106/reservations required: 2 hr. 15 min.

JR Tohoku Shinkansen Hayabusa No. 38: 2 hr. 14 min.



This is the view of Kinkasan Island from Gobansho Park in Ayukawa. Be sure to stop by Kinkasan Island Koganeyama-jinja Shrine, a power spot found among the massive beech trees and expansive grasslands of the island trail.

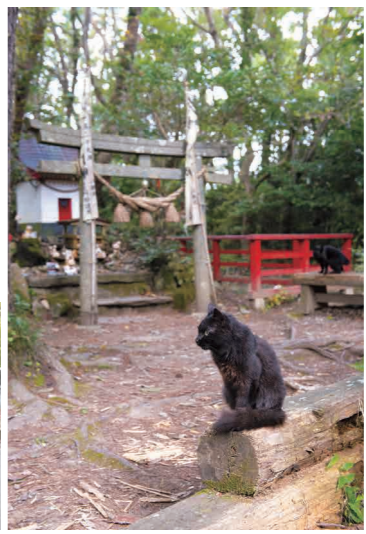
Trail guide hints and tips

This is a hiking level trail with easy mountain climbing. Enjoy a leisurely walking tour of the islands. Be careful of land leeches from May to October while on Kinkasan Island.

Tashirojima Island or "Cat Island," where there are more cats than residents



Charming off-season beach in Ajishima Island



The "Cat Shrine" where a cat god is deified, is a place where cats can relax



Enjoy lovely trails with a view of the ocean from Tashirojima Island



A ferry to the islands is part of the fun



Rest Area — Activity



Oshika Peninsula Visitor Center

This facility showcases the natural environment and way of living in the Oshika Peninsula, including Kinkasan Island, Ajishima Island, and Tashirojima Island. Feel free to ask about area highlights and activities.

50-1 Ayukawahama Minami, Ishinomaki City, Miyagi Prefecture
Phone: 0225-24-6912
Hours: 9:00-16:30
Closed Wednesdays and year-end/New Year holidays



The rustic island scenery of Ajishima Island port

A route packed with the unique charms of outlying islands

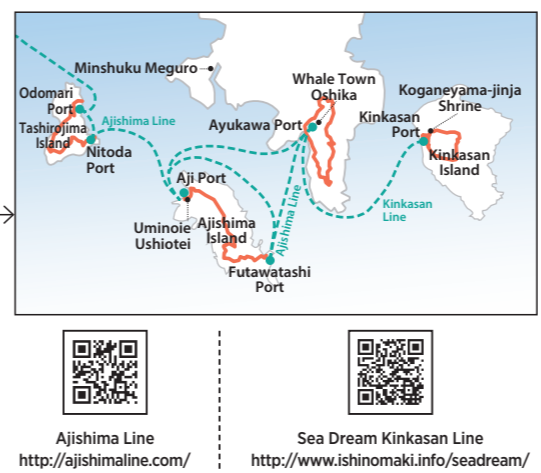
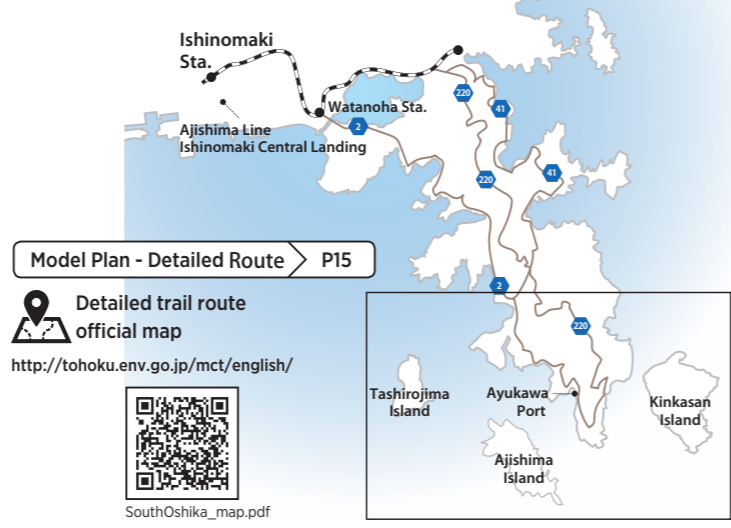
Kinkasan Island is known as a power spot and an island of faith. Ajishima Island for its charming ocean and mountain woodlands, while Tashirojima Island also known as "Cat Island" has more cats than residents. The gentle trails on these three unique islands can be completed on a three-day, two-night tour. The slow pace of island time is sure to fill you body and soul.

Model Plan **04**

A tour of Miyagi islands

3-day, 2-night Plan
25.67 km

Hiking Difficulty
★☆☆☆☆



ACCESS

from TOKYO

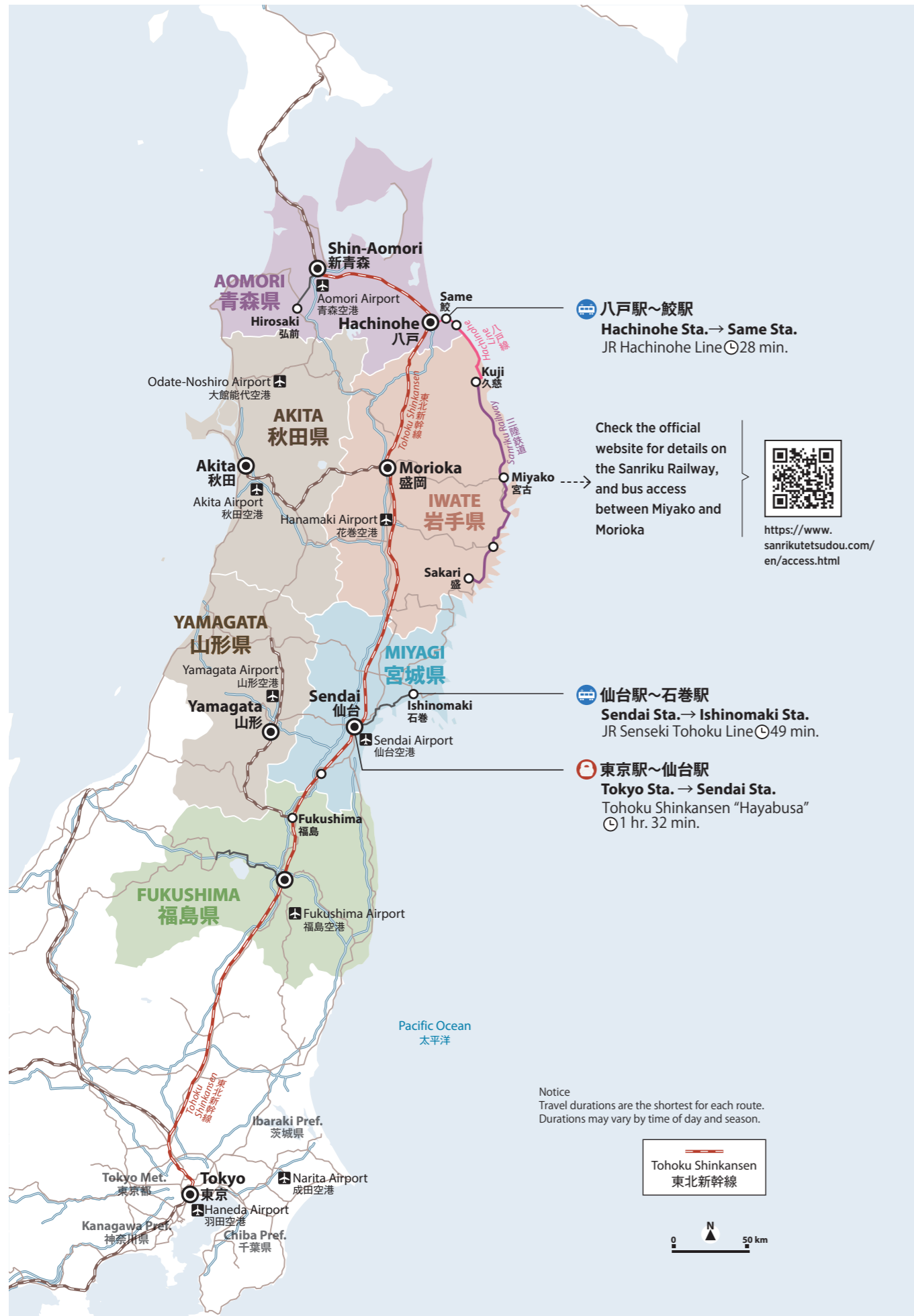
Tokyo Sta.	7:32 – 9:04	Sendai Sta.	9:25 – 10:14	Ishinomaki Sta.
JR Tohoku Shinkansen Hayabusa No. 5:		JR Senseki-Tohoku Line:		
	1 hr. 32 min.		49 min.	

10:36 – 10:46	Watanoha Sta.	10:56 – 11:56	Ayukawa Port bus stop
JR Ishinomaki Line:		Miyagi Transportation Bus	
10 min.			

to TOKYO

Odomari Port	14:02 – 14:40	Ishinomaki Port	Ishinomaki Sta.	15:54 – 16:48	Sendai Sta.	17:21 – 18:56	Tokyo Sta.
Ajishima Line:		JR Senseki-Tohoku Line:		JR Tohoku Shinkansen Hayabusa No. 11:			
38 min.		54 min.		1 hr. 35 min.			

Access Map



Model Plan Itinerary

01 Hachinohe to Hirono | 3 days, 2 nights

day 1 Same Sta. (20-min. walk) → Kabushima Island (2.63 km) → Ashigezaki Cliff (5.29 km) → Tanesashi Kaigan Information Center (7.5 km) → Oja Sta. (30 min. by lodging shuttle) → Hashikami farmhouse stay, etc.

day 2 Lodging → Forestpia Hashikami (5.1 km) → Mt. Hashikamidake Summit (14.3 km) → Kominato Coast (0.73 km) → Kadonohama Sta. (JR Hachinohe Line: 7 min.) → Taneichi Sta. (100-m walk) → Lodging at Marineside Spa Taneichi, etc.

day 3 Lodging → Uge Sta. (13.97 km) → Marineside Spa Taneichi (Taxi/lodging shuttle) → Taneichi Sta. (100-m walk) → Hachinohe Sta. (JR Hachinohe Line: 1 hr.)

02 Hirono to Iwaizumi | 4 days, 3 nights

day 1 JR Rikuchu-Nakano Sta. (1.21 km) → Koge River Wading Point (Use bypass during rainy season) (3.03 km) → Samuraiishi Rock (1.41 km) → Lodging at Samurai no Yu "Kinokoya," etc.

day 2 Lodging → Kuji Sta. (13.7 km by taxi) → Shirai-Kaigan Sta. (Sanriku Railway: 30 min.) → Fudai Beach (8.16 km) → Otanabe Fishing Harbor (0.79 km) → Nedari Beach (2.79 km) → Lodging at Minshuku Michiai, etc. (Lodging shuttle)

day 3 Lodging → Kurosaki-so (9.15 km) → Kitayamazaki Cliff (3.64 km) → Manually-dug Tunnel (1.03 km) → Tsukuehama Banyagun (Fisherman's Huts) (30 min. by lodging shuttle) → Lodging at Ragaso, etc.

day 4 Lodging → Unosu Park (9.52 km) → Iwaizumi-Omoto Sta. on the Sanriku Railway (30 min. by lodging shuttle)

03 Miyako to Iwaizumi | 4 days, 3 nights

day 1 JR Miyako Sta. → Lodging at The Park Hotel Jodogahama, etc. (Lodging shuttle) → Area walking

day 2 Lodging → Takonohama Beach (1.04 km) → Osawa Fishing Harbor (1.06 km) → Anegasaki Cliff (5.9 km) → Nakanohama Beach (2.41 km) → Lodging at The Park Hotel Jodogahama, etc. (15 min. by lodging shuttle)

day 3 Lodging → Mattsuki Beach (1.14 km) → Kashinai Beach (1.98 km) → Tochinai Beach (4.44 km) → Michi no Eki (Roadside Station) Taro (4.17 km) → Masaki Viewpoint (30 min. by lodging shuttle) → Lodging at Greenpia Sanriku Miyako, etc.

day 4 Lodging → Settai Sta. (10 min. by lodging shuttle) → Moshi Coast (4.38 km) → Iwaizumi-Omoto Sta. on the Sanriku Railway (3.12 km)

04 A tour of Miyagi islands | 3 days, 2 nights

day 1 Ayukawa Port (200-m walk) → Whale Town Oshika (Oshika Peninsula tip tour: 8.2 km) → Ayukawa Port (10 min. by lodging shuttle) → Lodging at Minshuku Meguro, etc.

day 2 Lodging → Ayukawa Port (Lodging shuttle) → Kinkasan Island (Boat (reservations only, chartered): 30 min.) → Kinkasan Island (Island tour: 5.51 km) → Ajishima Island Futawatashi Port (Boat (reservations only, chartered): 30 min.) → Aji Port (6.37 km) → Lodging at Ushiottei, etc. (5-min. walk)

day 3 Lodging → Aji Port (230-m walk) → Tashirojima Island Nitoda Port (Boat (Ajishima Line): 10 min.) → Odomari Port (5.37 km) → Ishinomaki Port (Boat (Ajishima Line): 40 min.)

Tips / Things to keep in mind before hitting the trail The Michinoku Coastal Trail offers chances to learn about Tohoku through the natural beauty and scenery of the Sanriku Fukko (Reconstruction) National Park, interacting with locals, and revisiting the memories of the 2011 disaster. Cherish new feelings, the things you see, and the things you learn as you walk here for the first time.