

Michinoku Coastal Trail Supporters PDF

【★】 Services for those who can show a Data Book, Hiking Map Book, or Michinoku Trail Club supporting member card

Please check details for fields marked with an asterisk(※)

Update May 13, 2026

City	Name	Support	Details	Address(Japanese)	Tel.#	MB page	MB page Prev. ed.
Hachinohe	Yoshu Kissa Prince	Trail-related menu items		〒031-0089 青森県八戸市長横町1 8	0178-44-1827	-	-
Hachinohe	Kissa Hebana	Water, toilet, charging		〒031-0001 青森県八戸市類家縄手下1	-	-	-
Hachinohe	Hachinohe Guest House Tosenoie	Shuttle service within the designated area listed in "Details" and free luggage storage are available for staying guests. Contact us for more information.	Rides between Kabushima Shrine and Guest house Tosenoie	〒031-0003 青森県八戸市吹上3丁目9-4 9	-	-	-
Hachinohe	OUTDOOR BOX RIVER RUNS	Water, toilet, charging, sells Hiking Map Books, Trail Gate goods		〒031-0842 青森県八戸市鮫町鮫7 5-5	0178-20-0234	MB1-1	MB1-1
Hachinohe	Hachinohe City Marine Science Museum "Marient"	Luggage/backpack storage (please ask at counter). Free resting area.		〒031-0841 青森県八戸市鮫町下松苗場1 4-3 3	0178-33-7800	MB1-1	MB1-1
Hachinohe	Minshuku Ishibashi	Water, toilet, rides for staying guests in area under details (※), sells Hiking Map Books, Trail Gate original goods	Rides between Minshuku Ishibashi and Same Station, can also go get luggage at Same Station	〒031-0841 青森県八戸市大字鮫町棚久保1 4-1 2	0178-38-2221	MB1-2	MB1-1
Hachinohe	Yanagisawa Store	Water, toilet, sells gas canisters, camping goods		〒031-0841 青森県八戸市鮫町棚久保1 4-1 4 9	0178-38-2024	MB1-2	MB1-1
Hashikami	Hashikami Omotenashi Angel	Hashikami City Supporters' Information https://www.town.hashikami.lg.jp/index.cfm/8,0,96,html		〒039-1201 青森県三戸郡階上町大字道仏字天当平1-87	0178-88-2875	MB1-2~1-5	MB1-2~1-4
Hirono	Hirono Trail Angel	Hirono Town Supporters' Information https://hirono-kankou.jp/post-1247/		〒028-7900 岩手県九戸郡洋野町種市23-27 種市庁舎水産商工課内	0194-65-5916	MB1-5~1-8	MB1-5~1-8
Hirono	Marin Side Spa Taneichi	Discount on stay (★), water, toilet, sells Trail Gate goods	Please see web site (Japanese) for details about discount. https://www.marin-taneichi.com/	〒028-7914 岩手県九戸郡洋野町種市第2 3地割2 7-1 9	0194-65-5735	MB1-6	MB1-5, MB1-6
Hirono	Guest House Hamanasutei	Water, toilet, charging, rest area, food and beverage are available for purchase.	Advance reservation required. Same-day phone reservations available for room-only stays.	〒028-7914 岩手県九戸郡洋野町種市22-131-3	090-6953-2989	MB1-6	MB1-6
Noda	Trail Oasis Noda	Noda Village Supporters' Information https://www.noda-kanko.com/kankou/trail/trail-oasis-noda.html		〒028-8201 岩手県九戸郡野田村大字野田19-117 野田村商工会	0194-78-2012	MB2-2~2-4	MB2-2~2-4
Fudai	Marusa Saga Seafood Store	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第1 3地割普代1 4 2-7	0194-35-3321	MB2-6	MB2-5
Fudai	Marukoshi Store	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第1 3地割普代1 4 0-4	0194-35-2233	MB2-6	MB2-5
Fudai	Maruni Supermarket	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第1 3地割普代1 2 8-7	0194-35-2201	MB2-6	MB2-5
Fudai	Mifune Seika Sweets	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第1 3地割普代1 2 8-1	0194-35-2020	MB2-6	MB2-5
Fudai	Kamikanda Meat Shop	Water		〒028-8335 岩手県下閉伊郡普代村第13地割字普代112-6	0194-35-2210	MB2-6	MB2-5
Fudai	Shimokawara Sweets Shop	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第1 3地割普代9 5-2	0194-35-2037	MB2-6	MB2-5
Fudai	Fudai Antenna Shop Aide	Charging		〒028-8332 岩手県下閉伊郡普代村第9地割銅屋5-3	0194-35-2411	MB2-6	MB2-5
Fudai	Beachside Farmer's Market Kiraumi	Charging		〒028-8341 岩手県下閉伊郡普代村第7地割	0194-35-2114	MB2-6	MB2-5
Fudai	Restaurant Uosada	Water, toilet		〒028-8344 岩手県下閉伊郡普代村 第6地割字中山29-2	0194-35-3011	MB2-6	MB2-5
Fudai	Michinoku Coastal Trail Nedari Beach Rest Area	Tent camping (★), water, toilet		-	-	MB2-6	MB2-5
Fudai	Kurosakiso	Rides for staying guests in area listed under details (★), water, toilet	Rides between Kurosakiso and Fudai Station, Kurosakiso and Kitayamazaki	〒028-8351 岩手県下閉伊郡普代村第2地割下村8 4-4	0194-35-2611	MB2-6	MB2-5
Fudai	Minshuku Michiai	Rides for staying guests in area listed under details (★)	Rides between Michiai and Fudai Station, between Michiai and Tanohata Station when possible (please check)	〒028-8351 岩手県下閉伊郡普代村第2地割下村1 7	0194-35-2555	MB2-6	MB2-5
Tanohata	Aketo Campground	Water supply, toilets (Only from 9:00 to 17:00 during winter season)		〒028-8402 岩手県下閉伊郡田野畑村明戸157-3	0194-33-2816	MB2-7	MB2-7
Tanohata	Guest House TACHI stay&bar	Water, toilet, charging, Wi-Fi, [Transportation available for hotel guests only (★), shower, washing machine]	Same-day reservations OK	〒028-8407 岩手県下閉伊郡田野畑村菅窪40-3	080-1984-8806	-	-
Iwaizumi	Gotenzaki Natural Rest Park	Toilet, tent camping (※)	Please see this PDF	-	-	MB2-9	MB2-8
Iwaizumi	Japanese Seafood Restaurant Kanazawa	Freebie with order		〒027-0421 岩手県下閉伊郡岩泉町小本字茂師1-1	090-9109-1256	MB2-10	MB2-9
Miyako	Trail Town MIYAKO	Miyako City Supporters' Information https://kankou385.jp/topics-trailtownmiyako/		〒027-8501 岩手県宮古市宮町一丁目1番30号 宮古市産業振興部観光課	0193-62-2111	MB2-10~3-10	MB2-9~3-9
Miyako	Greenpia Sanriku Miyako	Toilet		〒027-0373 岩手県宮古市田老向新田148	0193-87-5111	MB3-2	MB2-9, 3-1
Miyako	Minshuku Jirobeeya	Water, toilet(contact in advance)	Please contact in advance (sometimes not on-site)	〒027-0097 岩手県宮古市崎山5-48	0193-62-7150	MB3-4	MB3-3
Miyako	Hideshima Paddling Club	Tent camping (※), Water, charging, shelter during rough weather. Pick up trash generated by the activity and trash picked up	Please make a reservation at least a day in advance by phone or email. taronokato@yahoo.co.jp	〒027-0096 岩手県宮古市崎嶺ヶ崎15地割	090-7062-7044	MB3-4	MB3-3
Miyako	EFRICA	Water, toilet, charging	Closed on Wednesdays. Open 11:00-18:00 (open at 10:30 for use)	〒027-0074 岩手県宮古市久保田8-20	050-3635-2070	MB3-5	MB3-4
Miyako	Ijinkan Cafe	Tent camping (※), water, toilet, charging	Reservations in advance by phone. Cafe is closed on Tuesdays, consult if you can camp on a Tuesday.	〒027-0032 岩手県宮古市高浜1丁目1-1 0	0193-63-0065	MB3-6	MB3-4
Miyako	Nagisahaku Umino-miyako	Tent Hiker Plan, Water, toilet, charging, Shoe washing place, Discount on stay (★)	Make a reservation via the website by the day before. For same-day stays, please make a reservation by phone. (+81-193-77-5952)	〒027-0111 岩手県宮古市重茂1-27-2	0193-77-5952	MB3-8	MB3-7

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Miyako	Miyako City Omoe Fisheries Experience Exchange Center	Water, toilet, charging (During business hours), Ice cream 100 yen off	Please present your hiking passport at the time of purchase.	〒027-0111 岩手県宮古市重茂第7地割33番地5	0193-68-2301	MB3-8	MB3-7
Yamada	HOLA!TACOS	Water, toilet, charging		〒028-1361 岩手県下閉伊郡山田町織笠11-68-10	090-9748-0571	MB3-11, 4-1	MB3-10, 4-1
Yamada	Kinoko House	Tent camping (★), toilet	Please contact Jodogahama Visitor Center for the use of the service. 0193-65-1690	〒028-1371 岩手県下閉伊郡山田町船越第23地割		MB4-2	MB4-2
Yamada	Rikuchu Kaigan Youth Center	Water, toilet		〒028-1371 岩手県下閉伊郡山田町船越第2地割42	0193-84-3311	MB4-4	MB4-4
Otsuchi	Minshuku Sato	Toilet. Staying guests leaving early in the morning can switch to onigiri instead of regular breakfast (please mention at check-in)		〒028-1101 岩手県上閉伊郡大槌町吉里々々第11-64	0193-44-2749	MB4-4	MB4-4
Otsuchi	Sanriku Hana Hotel Hamagiku	Water, Toilet, rest area, Information		〒028-1101 岩手県上閉伊郡大槌町浪板海岸第14地割	0193-44-2111	MB4-4	MB4-4
Otsuchi	Matsuhashi Jidosha	Toilet, charging, Wi-Fi, parking (free of charge), vehicle transfer service (charged)	Please contact us for vehicle moving service (for a fee).	〒028-1101 岩手県上閉伊郡大槌町吉里吉里1丁目140番2号	0193-44-2133	MB4-5	MB4-5
Otsuchi	Kirikiri-Koku	Water, toilet, charging (see details at left※)	Please see this PDF	〒028-1101 岩手県上閉伊郡大槌町吉里吉里3-404-44	0193-43-1018	MB4-5	MB4-4
Otsuchi	Haga Fishmonger	Water, Toilet, Electric outle, rest area		〒028-1105 岩手県上閉伊郡大槌町安渡3-522	0193-42-3879	MB4-5	MB4-5
Otsuchi	Sanriku Shikiyusai Mast-no-yu	Toilet, charging, Wi-Fi, 100 yen discount from bathing fee (770 yen) for Hiking Passport User		〒028-1112 岩手県上閉伊郡大槌町大町43-16	0193-27-5881	MB4-5	MB4-5
Otsuchi	Chari Cafe	Water, toilet, charging, Wi-Fi		〒028-1117 岩手県上閉伊郡大槌町末広町12-14	0193-27-5888	MB4-5	MB4-5
Otsuchi	Sanriku Oshacchi Tenmangu shrine	Toilet, charging, Provision of tea		〒028-1117 岩手県上閉伊郡大槌町末広町12-16	0193-27-9321	MB4-5	MB4-5
Otsuchi	Otsuchi Cultural Exchange Center (Oshacchi)	Charging		〒028-1117 岩手県上閉伊郡大槌町末広町1-15	0193-27-5181	MB4-5	MB4-5
Otsuchi	Ogawa Ryokan	Water, toilet, charging, Wi-Fi, showers (see details at left※)	500 yen for a stay of 1 hour or less, 1,000 yen for a stay of 2 hours or less	〒028-1121 岩手県上閉伊郡大槌町小槌26-131-1	0193-42-2628	MB4-6	MB4-5
Kamaishi	Houraikan Inn	Water, toilet, charging, sells Hiking Map Books		〒026-0301 岩手県釜石市鶴住居町第20地割93-18	0193-28-2526	MB4-6	MB4-6
Kamaishi	Nabama Seaside Campsite	Sennin Hisui mineral water (※), water, toilet, charging, sells Hiking Map Books, Trail Gate goods, gas canisters	Respond to survey and get one free bottle of Sennin Hisui mineral water. Ask at information desk.	〒026-0301 岩手県釜石市鶴住居町21-23-1	0193-27-5455	MB4-6	MB4-6
Kamaishi	Minshuku Maekawa	Water, toilet, charging (Use of washing machine and one free drink included in stay)	Please contact in advance (sometimes not on-site)	〒026-0301 岩手県釜石市鶴住居町22-38-2	0193-28-3869 / 080-6047-0224	MB4-6	MB4-6
Kamaishi	Sasaei Syoten	Water, toilet, rest area, food & drinks for hikers, shop / merchandise	Closed on Sundays. Open in the afternoon only; please contact us for details. As we also operate Ohakozaki Inn, staff may be absent at times.	〒026-0303 岩手県釜石市箱崎町第三地割25-4	0193-28-2535	MB4-7	MB4-6, MB4-7
Kamaishi	Hotel Ohakozaki no Yado	Accommodation discounts, Exclusive shuttle service for guests (Advance notice required and same-day requests not accepted)	Please mention that you are a Michinoku Coastal Trail hiker when making your reservation. Upon check-in, you may be asked to present your "Data Book," "Hiking Map Book," or "Michinoku Trail Club Membership Card."	〒026-0303 岩手県釜石市箱崎町第三地割6番地1	0193-27-5455	MB4-7	MB4-6, MB4-7
Kamaishi	Hotel Kagetsu House in Hamacho	Water, toilet, rest area, charging, Wi-Fi	Please contact in advance (sometimes not on-site)	〒026-0013 岩手県釜石市浜町3-14-8	070-4712-9359	MB4-9, MB5-1	MB4-8, MB5-1
Kamaishi	HOTEL KAMAISHI HILLS RIVERSIDE	Water, toilet, charging		〒026-0025 岩手県釜石市大渡町2丁目1-10	0193-24-3911	MB4-9, MB5-1	MB4-8, MB5-1
Kamaishi	Hotel Folkloro Sanriku Kamaishi	Day bathing customers can also use coin laundry machines		〒026-0031 岩手県釜石市鈴子町22-4	0193-38-5536	MB4-9, MB5-1	MB4-8, MB5-1
Kamaishi	MESA	Water, toilet, charging, sells gas canisters, outdoor gear		〒026-0003 岩手県釜石市壱石町2-4-1	090-4555-7971	MB4-9, MB5-1	MB5-1
Kamaishi	Kamaishi City Iron History Museum	Water, toilet, charging, 100 yen discount on admission fee (★)	When using the toilet, water supply, or charging, please ask at reception.	〒026-0002 岩手県釜石市大平町3丁目12番7号	0193-22-8846	MB4-9, MB5-1	MB5-1
Ofunato	Shiome	Tent camping (※)	Contact owner via the phone number posted on-site.	〒022-0101 岩手県大船渡市三陸町越喜来字肥ノ田30-10	—	MB5-4	MB5-4
Ofunato	New Okirai	Water, toilet, charging, Wi-Fi, rest area	Business is open from 9:00am to 5pm on Sunday, Monday, and Saturday. (The restroom is anytime Use)	〒022-0101 岩手県大船渡市三陸町越喜来字肥ノ田29番地3	0192-22-9464	MB5-4	MB5-4
Ofunato	Sanriku Active	Water, toilet, charging, Wi-Fi		〒022-0101 岩手県大船渡市三陸町越喜来南嶺134-2	0192-47-3756	MB5-5	MB5-4
Ofunato	THREE PEAKS	Toilet, charge, tent camping (★)		〒022-0002 岩手県大船渡市大船渡町字茶屋前99	080-3330-0745	MB5-8	MB5-6
Ofunato	Ofunato Hot Springs	Footbath		〒022-0002 岩手県大船渡市大船渡町丸森29-1	0192-26-1717	MB5-9	MB5-7
Ofunato	Goishi Coast Information Center	Ofunato City Supporters' Information		〒022-0001 岩手県大船渡市末崎町大浜	0192-29-2359	MB5-10	MB5-7
Rikuzentakata	Minshuku Numataya	Staying guests can use shoe dryer.		〒029-2206 岩手県陸前高田市米崎町字 川内179-2	0192-55-2542	MB5-12	MB5-9
Rikuzentakata	Capital Hotel1000	Water, toilet, charging, Wi-Fi, a free sports drink for one night stay		〒029-2205 岩手県陸前高田市高田町長砂60-1	0192-55-3111	MB5-13, MB6-1	MB5-9
Rikuzentakata	Rikuzentakata Hiker Supporters	Rikuzentakata City Supporters' Information□ https://takanavi.org/spot/michinokucoastaltrail_rikuzentakatahikersupporters/		〒029-2205 岩手県陸前高田市高田町字並杉300番地2	0192-54-5011	MB5-13, MB6-1	MB5-9, MB6-1
Rikuzentakata	Watami Organic	Toilet, charge		〒029-2204 岩手県陸前高田市気仙町土手影309	0192-53-2107	MB5-13, MB6-1	MB5-9, MB6-1
Rikuzentakata	Minshuku Musashi	Staying customers can order lunch for the next day (Extra charge for lunch. Please reserve lunch during check-in)		〒029-2204 岩手県陸前高田市気仙町福伏173	0192-55-4421	MB5-13, MB6-1	MB6-1
Rikuzentakata	Hotel Sanyo	Same-day reservations OK (breakfast only plan/no meal plan only)		〒029-2204 岩手県陸前高田市気仙町福伏155-6	0192-55-3050	MB5-13, MB6-1	MB6-1

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Kesennuma	Hotel Sakaya	Special lunch menu for hikers (Hatto soup SHIOKAZE・Set meal SHIOKAZE)	Lunch is open from 11:30am to 2pm on Tuesday, Wednesday, and Thursday. Please inquire in advance about fees, etc., as they are subject to change.	〒988-0512 宮城県気仙沼市唐桑町岩井沢44	0226-34-3520	MB6-2	MB6-3
Kesennuma	Hotel Nagisa	Rice ball lunch service for staying customers. Washer is free.		〒988-0512 宮城県気仙沼市唐桑町岩井沢44	0226-32-3198	MB6-3	MB6-3
Kesennuma	Hanzo Rest House Ogama Table	Water, toilet, hot Water, charging, resting area, Luggage Storage	Hours: 9:30 AM - 4:30 PM (Closed on Tuesdays)	気仙沼市唐桑町小長根264-2	0226-25-8430	MB6-4	MB6-3
Kesennuma	Riasu Karakuwa Youth Hostel	Water, toilet, Bath / shower (200 yen), charging, resting area, electric Kettle Rental, luggage storage (Prior notice required), shuttle service to destination (For guests only)		〒988-0563 宮城県気仙沼市唐桑町中井2-8	0226-32-2490	MB6-4	MB6-3
Kesennuma	Yamayo Shokudo (Yamayo Diner)	Water, toilet, charging	Hours: 9:00 AM - 3:00 PM	気仙沼市亀山8	0226-25-8505	MB6-5	MB6-5
Kesennuma	Guest House Umikaze	Special no meals plan for hikers (plan available for one room per night, 2,900 yen with futon bed quilt and mattress) Make reservation at least two days in advance※. Contact via phone for details)	Can use shower, toilets, kitchen, washing machine, chargings with this plan.	〒988-0603 宮城県気仙沼市外畑 1 1 3	0226-25-8698 / 080-5426-1342	MB6-6	MB6-5
Kesennuma	Ryokan Kuroshio	Water, toilet, free Oshima Island walking map		〒988-0633 宮城県気仙沼市駒形 1 1 1	0226-28-2125	MB6-6	MB6-5
Kesennuma	Glamping & Camp CAMELLIA (Kesennuma Oshima)	Special accommodation plans available for hikers	Prior online booking is required via our official website or major booking platforms.	〒988-0622 宮城県気仙沼市中山245-2	0226-25-7158	MB6-6	MB6-5
Kesennuma	Kakuboshi Sake Brewery	Water, toilet, charging		気仙沼市魚町2丁目1-17	0226-22-0007	MB6-7	MB6-4
Kesennuma	Kesennuma Plaza Hotel	Day-use hot spring discount, complimentary gift with stay(Hiker ID required)	Day-use Hot Spring: 11:00 AM - 3:00 PM (Irregular holidays)	気仙沼市柏崎1-1	0226-23-1313	MB6-7	MB6-4
Kesennuma	Guest House SLOW HOUSE Kesennuma	Water, toilet, charging, resting area		〒986-0026 宮城県気仙沼市幸町1-3-3	0226-25-8131	MB6-7	MB6-6
Kesennuma	Chukaya Kaika (Chinese Diner Kaika)	Charging	Available with food/drink purchase only.	気仙沼市明戸 6 0-1	0226-24-3751	-	-
Kesennuma	Kesennuma Park Hotel	Toilet, charging		気仙沼市魚市場前6-23	0226-24-3489	MB6-7	MB6-4
Kesennuma	Banya Minkoma (Teishoku Diner)	Water, toilet, charging	Available during lunch hours only. Closed on Wednesdays and Sundays. Please call us in advance to confirm availability, as we may have irregular closures.	気仙沼市松崎前浜 7 1	0226-23-0325	MB6-7	MB6-6
Kesennuma	Sanriku Printing Co., Ltd.	Water, toilet		気仙沼市松崎柳沢228-100	0226-22-0319	-	-
Kesennuma	Guest House Kakehashi	Water (★), toilet (★), charging (★)	Water, toilet and charging is available from 16:00-19:00. If you wish to stay overnight, please contact us by the day before.	〒988-0224宮城県気仙沼市長磯前林55-3	0226-25-7739	MB6-8	MB6-7
Kesennuma	Hamawarasu	Water, Toilet, rest area	8:00 a.m. - 6:00 p.m. (staff may be unavailable)	〒988-0283 宮城県気仙沼市本吉町大森8番地3	0226-25-7701	MB6-9	MB6-8
Kesennuma	Pension Petit Roku	Tent camping (※)	Please contact pension staff before use. Water, washing machine, showers, bath (500 yen).	〒988-0284 宮城県気仙沼市本吉町赤牛 1 2-3	0226-31-5623	MB6-9	MB6-8
Kesennuma	Motoyoshi Taxi	Water, toilet, shower, bath, nap room (available in night as well), charge	Contact required by the day before	〒988-0318 宮城県気仙沼市本吉町登米沢86-2	0226-42-3110	MB6-10, MB7-1	MB6-8, MB7-1
Kesennuma	Kabutomushi Surf Shop	Tent camping (※), sells Hiking Map Books, Trail Gate goods	Please see this PDF	〒988-0331 宮城県気仙沼市本吉町中島 2 8 4-1	0226-42-2983	MB6-10, MB7-1	MB7-1
Minamisanriku	Minamisanriku Yes Factory	Toilet	Please contact staff if you would like to use the restroom.	〒986-0782 宮城県本吉郡南三陸町入谷字中の町227番地	0226-46-5153	MB7-4	MB7-3
Minamisanriku	Minamisanriku Manabi no Sato Iriyado	Water, toilet, charging, Wi-Fi, lunch service for staying guests (※)	Extra fee for lunch, order in advance, and only available for guests departing 8 AM or later	〒986-0782 宮城県本吉郡南三陸町入谷鏡石 5-3	0226-25-9501	MB7-4	MB7-3
Minamisanriku	Michi no Eki Sansan Minamisanriku	Water supply (in the food court), Toilet, rest area, Wi-Fi (inside Minamisanriku Portal Center and Minamisanriku 311 Memorial), Luggage storage (available at Minamisanriku Portal Center for 300 yen)	Closed: January 1st	〒986-0752 宮城県本吉郡南三陸町志津川字五日町201-5	0226-25-8903	MB7-4	MB7-3
Minamisanriku	Maruichi Store	Toilet, Beverage sales and hot water available during business hours only.	Business hours 8:00-17:00(In his absence, please call the phone number posted on site.), Non-scheduled holiday.	〒986-0781本吉郡南三陸町戸倉字坂本73-6	-	MB7-5	MB7-4, MB7-5
Minamisanriku	Tamiko no umi pack	Toilet	Business hours 9:00-16:00, Please speak to a member of staff when using the facilities.	〒986-0752 宮城県本吉郡南三陸町戸倉長清水9-3	-	MB7-6	MB7-5
Minamisanriku	Kamiwarisaki Camp Field	Water (also ice), toilet, charging, Wi-Fi, accepting trash hikers picked up(Please separate the garbage, Acceptance only in time), fuel, food and consumable goods are available for purchase.	Business hours 9:00-18:00	〒986-0781 宮城県本吉郡南三陸町戸倉字寺浜81-23	0226-46-9221	MB7-6	MB7-5
Onagawa	Again Station	Water(★), charging(★), tent camping(contact in advance, 330yen, 17:00-9:00)(★)	Water and charging is available during business hours in the office	〒986-2261 宮城県牡鹿郡女川町女川2丁目16-4	0225-98-7839	MB7-13, MB8-1	MB7-10, MB8-1
Onagawa	ochakkoclub(Diamond Head)	Water, toilet(When restrant opens),tent camping (contact in advance)		〒986-2246 宮城県牡鹿郡女川町黄金町 3 - 1 1	090-9422-8248	MB7-13, MB8-1	MB7-10, MB8-1
Ishinomaki	Karaage Kokkoya	Water, toilet, charging		〒986-0201 宮城県石巻市北上町十三浜宮浦田 3 0 5	090-9207-1317	MB7-7, MB7-8	MB7-6
Ishinomaki	Restaurant and Minshuku Magaki	Water, charging, Wi-Fi, washing machine/dryer (300 yen). Please see details for use of any of the above	Please contact in advance (sometimes not on-site)	〒986-0114 宮城県石巻市針岡字山下60-15	090-8788-2965	MB7-8	-

Michinoku Coastal Trail Supporters PDF

【★】 Services for those who can show a Data Book, Hiking Map Book, or Michinoku Trail Club supporting member card

Please check details for fields marked with an asterisk(※)

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City	Name	Support	Details	Address(Japanese)	Tel.#	MB page	MB page Prev. ed.
Ishinomaki	MORIUMIUS	Water, toilet, tent camping (contact in advance)		〒986-1313 宮城県石巻市雄勝町桑浜字桑浜60	0225-25-6506	MB7-10	MB7-8
Ishinomaki	Kuwahama Fisherman`s Inn	Water, toilet, same-day reservations OK (please phone beforehand), rides for staying guests to MCT route, tent camping (※)	Please contact in advance, 500 yen, can use water and toilet	〒986-1313 宮城県石巻市雄勝町桑浜桑浜3 2-2 5	080-1668-0476	MB7-10	MAP7-8
Ishinomaki	B&B m. s. s. books	Water, toilet, charging, Wi-Fi, luggage storage, tent camping(500yen), B&B Hiker Plan(3000yen), B&B with shuttle service(5000yen~), Pick up trash generated by the activity and trash picked up.	Contact in advance by Instagram or phone	〒986-1333 宮城県石巻市雄勝町雄勝味噌作1 0 5-6	080-5025-0156	MB7-11	MB7-9
Ishinomaki	Namiita Lab	Water, toilet, chargings, wi-fi, laundry (with fee), tent camping(※), resting on-site until next day (with fee, see ※)	Same-day reservations OK. Please contact in advance by phone or email. namiitatikukai@gmail.com	〒986-1322 宮城県石巻市雄勝町分浜波板1 4 0-1	0225-98-5145	MB7-12	MB7-9
Ishinomaki	Referral-based private lodging Ayukawa House	Water, toilet, charging, accepting trash hikers picked up, discounted room rates, overnight stay with no meal and tents available, guests can use the washing machine and dryer (300 yen), luggage storage available.	Please check with X (@ayukawahouse) for available dates. For reservation inquiries, please DM us on Instagram at https://www.instagram.com/ayukawahouse/ or email us at info@mctp.life	〒986-2523 宮城県石巻市鮎川浜黒崎63番地	080-2794-6411	MB8-6	MB-8-4, 8-5
Ishinomaki	Hotel Minamiso	Water, toilet, charging, accepting trash hikers picked up(★), discounted room rates(★)	Please contact us by DM on Instagram (https://www.instagram.com/mnm_sew/) or call (0225-45-2501) for reservations.	〒986-2523 宮城県石巻市鮎川浜マノ上3	0225-45-2501	MB8-6	MB-8-4, 8-5
Ishinomaki	FUTABA INN	Sells Hiking Map Books, gas canisters		〒986-0821 宮城県石巻市住吉町1丁目2-1 5	0225-94-2922	MB9-1	MB9-1
Higashi-Matsushima	NOBICO Mill Nobiru Store	Toilet		〒981-0411 宮城県東松島市野蒜字羽黒50番地1	0225-86-2535	MB9-4	MB9-3
Higashi-Matsushima	KIBOTCHA	Tent camping	Contact in advance(not free)	〒981-0411 宮城県東松島市野蒜字 亀岡80番	0225-25-7319	MB9-4	MB9-3
Shiogama	Pizzeria La Gita	Water, toilet, charging, Luggage/backpack storage	Luggage/backpack storage is available from 7am to 5:30pm between Tuesday to Saturday, 7am to 2pm for Sunday. If you need this service, please contact them by the previous day. Monday is not available. *Please note that they may not be able to provide this service even on the days mentioned above due to a private matter.	〒985-0016 宮城県塩竈市港町1丁目6-1 0	050-5487-3548	MB9-7	MB9-5
Tagajo	Matsushima Kamaboko Honpo Co. Tagajo Factory Store	Water (also ice), toilet		〒985-0874 宮城県多賀城市八幡一本柳3-5 さんみらい多賀城・復興団地内	022-766-8830	MB9-8	MB9-5
Sendai	SEA SIDE GAIA RESORT HOTEL			〒983-0002 宮城県仙台市宮城野区蒲生5丁目2-8	022-766-9735	MB9-8	MB9-6