

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 28, 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 | |
| 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 | |
| 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 | MB1-1 | |
| 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 | MB1-1 | |
| 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 | MB1-2~1-4 | |
| Hashikami | Hashikami Hama no Eki Aldiva | 1 free funori seaweed donut | | 〒039-1201 青森県三戸郡階上町大字道仏大蛇203-2 0 8 | 0178-38-3166 | MB1-2 | |
| Hashikami | Nohara Store | Water, toilet, electric outlet | | 〒039-1201 青森県三戸郡階上町道仏字野附窪6-20 | 0178-87-3344 | MB1-3 | |
| Hashikami | Forestpia Hashikami | Free drink | | 〒039-1203 青森県三戸郡階上町大字鳥屋部大柿1-2 | 0178-88-4449 | MB1-4 | |
| Hashikami | Tea House Toumon | Meal discount (★), tent camping (※) | Please see this PDF | 〒039-1202 青森県三戸郡階上町赤保内寺下1 3-1 | 0178-88-3987 | MB1-4 | |
| 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 | |
| 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 | MB1-5, 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 | |
| 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 | |
| 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 | MB2-5 | |
| 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 | MB2-5 | |
| 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 | MB2-5 | |
| 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 | MB2-5 | |
| 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 | MB2-5 | |
| Fudai | Cafe AWAII | Water, charging, Wi-Fi | | 〒028-8335 岩手県下閉伊郡普代村第13地割字普代112-1 | 080-4517-3279 | MB2-5 | 090-9373-7489 |
| 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 | MB2-5 | |
| 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 | MB2-5 | |
| 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 | MB2-5 | |
| 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 | MB2-5 | |
| Fudai | Michinoku Coastal Trail Nedari Beach Rest Area | Tent camping (★), water, toilet | | - | - | 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 | MB2-5 | |
| 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 | MB2-5 | |
| 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 | |
| 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 | - | - | MB2-8 | |
| Iwaizumi | Japanese Seafood Restaurant Kanazawa | Freebie with order | Closed on Wednesdays. Open 11:00-18:00 (open at 10:30 for use) | 〒027-0421 岩手県下閉伊郡岩泉町小本字茂師1-1 | 090-9109-1256 | 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 | MB2-9~3-9 | |
| Miyako | Greenpia Sanriku Miyako | Toilet | | 〒027-0373 岩手県宮古市田老向新田148 | 0193-87-5111 | 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 | MB3-3 | |
| 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 岩手県宮古市崎嶮ヶ崎第15地割 | 090-7062-7044 | MB3-3 | |
| Miyako | EFRICA | Water, toilet, charging | | 〒027-0074 岩手県宮古市久保田8-20 | 050-3635-2070 | MB3-4 | |

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 28, 2026

| City | Name | Support | Details | Address(Japanese) | Tel.# | MB page | MB page Prev. ed. |
|---------------|---|---|--|-----------------------------------|------------------------------|--------------|----------------------|
| 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1-10 | 0193-63-0065 | 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 | MB3-7 | |
| 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 | MB3-7 | |
| 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 | MB3-10, 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | MB4-4 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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籠26-131-1 | 0193-42-2628 | 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 | |
| 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 | |
| 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 | |
| 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 | MB4-6, 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 | MB4-6, 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 | MB4-8, 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 | MB4-8, MB5-1 | 0193-24-3911 |
| 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 | MB4-8, MB5-1 | |
| Kamaishi | MESA | Water, toilet, charging, sells gas canisters, outdoor gear | | 〒026-0003 岩手県釜石市塘石町2-4-1 | 090-4555-7971 | 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 | 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 | |
| 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 | |
| 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 | MB5-4 | |
| 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 | MB5-6 | |
| 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 | MB5-7 | |
| 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 | MB5-7 | |
| 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 | MB5-9 | |
| 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 | MB5-9 | |
| 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 | MB5-9, 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 | MB5-9, MB6-1 | |

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 28, 2026

| City | Name | Support | Details | Address(Japanese) | Tel.# | MB page | MB page Prev. ed. |
|---------------|---|--|--|----------------------------------|---------------------------------|--------------|----------------------|
| 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 1 7 3 | 0192-55-4421 | 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 1 5 5-6 | 0192-55-3050 | MB6-1 | |
| 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 | MB6-3 | |
| 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 | |
| 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 | MB6-3 | |
| 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 | MB6-3 | |
| 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 | |
| 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 | MB6-5 | |
| Kesennuma | Ryokan Akemiso | Water, toilet, charging, Coin Laundry (Paid service), Special no meals plan for hikers, Tent Space Rental | Please contact in advance (sometimes not on-site), Free Drink Service (Coffee, Cocoa, etc.) | 〒988-0621 宮城県気仙沼市長崎176 | 0226-28-3500 | 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 | MB6-5 | |
| Kesennuma | Glamping & Camp CAMELLIA (Kesennuma Oshima) | ①Water, toilet, charging, Wi-Fi, ②Special accommodation plans available for hikers | ①available if staff are present. ②Prior 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 | MB6-5 | |
| Kesennuma | Kakuboshi Sake Brewery | Water, toilet, charging | | 気仙沼市魚町2丁目1-17 | 0226-22-0007 | MB6-4 | |
| Kesennuma | Kesennuma DMC KNEWS | Trash Disposal Service (★), Local Dining Maps & Tourist Brochures | | 〒988-0013 宮城県気仙沼市魚町3-1-8 | 0226-22-5950 | MB6-4 | |
| Kesennuma | Kesennuma Plaza Hotel | Day-use hot spring discount, complimentary gift with stay (★) | Day-use Hot Spring: 11:00 AM - 3:00 PM (Irregular holidays) | 気仙沼市柏崎1-1 | 0226-23-1313 | MB6-4 | |
| Kesennuma | Sun Marine Kesennuma Hotel Kanyo | Day-use hot spring discount, complimentary gift with stay (★) | Day-use Hot Spring: 11:00 AM - 3:00 PM (Irregular holidays) | 気仙沼市港町4-19 | 0226-24-1200 | 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 | MB6-6 | |
| Kesennuma | Chukaya Kaika (Chinese Diner Kaika) | Water (Bottle Refills), toilet, 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 | MB6-4 | |
| Kesennuma | Hotel Ikkeikaku | Water, toilet, charging, Wi-Fi, Coin Laundry (Exclusive for overnight guests (Paid service)) | Please speak to the front desk staff before use. | 気仙沼市弁天町1-4-7 | 0226-22-0602 | MB6-4 | |
| Kesennuma | PASEO | Assistance with trail routes and tourist information in Kesennuma City | Please contact in advance (sometimes not on-site) | 〒988-0866 宮城県気仙沼市魚市場前4-5 | 090-6243-7246 | 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 | MB6-6 | |
| 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 | MB6-7 | |
| 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 | MB6-8 | |
| 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 | MB6-8 | |
| 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 | MB6-8, 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 | 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 | MB7-3 | |
| 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 | MB7-3 | |
| 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 | MB7-3 | |

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 28, 2026

| City | Name | Support | Details | Address(Japanese) | Tel.# | MB page | MB page Prev. ed. |
|--------------------|--|---|--|--|---------------|---------------|----------------------|
| 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 | — | MB7-4, 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 | — | MB7-5 | |
| 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 | MB7-5 | |
| 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 | MB7-10, 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 | MB7-10, MB8-1 | |
| Ishinomaki | Karaage Kokkoya | Water, toilet, charging | | 〒986-0201 宮城県石巻市北上町十三浜菖蒲田305 | 090-9207-1317 | 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 | — | |
| 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 | MB7-8 | |
| 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32-25 | 080-1668-0476 | 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105-6 | 080-5025-0156 | 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140-1 | 0225-98-5145 | 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 | 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/mmm_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 | 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2-15 | 0225-94-2922 | 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 | MB9-3 | |
| 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 | MB9-3 | |
| 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6-10 | 050-5487-3548 | 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 | MB9-5 | |
| Sendai | SEA SIDE GAIA RESORT HOTEL | Water, toilet, charging, Wi-Fi, 300 yen discount for overnight guests | To receive the discount, please book through the Gaia Resort official website and enter the coupon code "Michinoku Coastal Trail". (You will be asked to present proof of hiker status at check-in.) | 〒983-0002 宮城県仙台市宮城野区蒲生5丁目2-8 | 022-766-9735 | MB9-6 | |
| Sendai | Seaside Park Center House | Water, (ask staff for hot water), toilet | | 〒984-0033 宮城県仙台市若林区荒浜北官林30 | 022-288-4021 | MB9-6 | |
| Natori | JINCHU YURIAGE FACTORY | Toilet | | 〒981-1204 宮城県名取市関上東三丁目9-1 | 022-302-5840 | MB9-7, MB10-1 | 090-2278-4129 |
| Iwanuma | Iwanuma Sheep Village | Water, toilet, charging (see details at right※) | Please pay entrance fee (100 yen/person, elementary school age and older) to use | 〒989-2423 宮城県岩沼市押分須加原61 | 080-4105-5538 | MB10-2 | |
| Iwanuma | Rakunomura | Water, toilet, charge, tent camping | | 〒989-2424 岩沼市早股字松原178-8 | 070-6951-5991 | MB10-2 | |
| Watari | Hotel Nakajimayado | Water, rest area | | 〒989-2301 宮城県亶理町逢隈中泉字東29-8 | 070-3825-5908 | — | |
| Watari | Nakasyo Ryokan | Toilet | | 〒989-2351 宮城県亶理郡亶理町中町東 53番地 | 0223-34-1224 | MB10-3 | |
| Watari | Green Up, Inc. | Tent camping (※) | Please make a reservation in advance by phone | 〒989-2361 宮城県亶理郡亶理町字泉ヶ入52 | 090-3124-1262 | MB10-4 | |
| Yamamoto | casano-va | Toilet, Sells individual vegetables | | 〒989-2202 宮城県亶理郡山元町高瀬西北谷地134-1 | 090-9743-8616 | MB10-5 | |
| Shinchi | Bread Shop Bonheur Yasuhiro 66 | Water, toilet | | 〒979-2702 福島県相馬郡新地町谷地小屋北狼沢11-75 | 0244-62-2721 | MB10-7 | |
| Soma | Funabashiya Sweets Shop | Water, toilet | | 〒976-0042 福島県相馬市中村大町73 | 0244-35-2784 | MB10-8, 10-9 | |
| Soma | Torikyu Butcher Shop | Water, toilet | | 〒976-0042 福島県相馬市中村字田町60 | 0244-35-2929 | MB10-9 | |
| Soma | Ryokan Isamiya | Water, toilet | | 〒976-0022 福島県相馬市尾浜字平前109 | 0244-38-8216 | MB10-9 | |

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 28, 2026

| City | Name | Support | Details | Address(Japanese) | Tel.# | MB page | MB page Prev. ed. |
|------|---|---|---------|---------------------------|--------------|---------|----------------------|
| Soma | Hotel Minatoya | One complimentary drink with an overnight stay. | | 〒976-0022 福島県相馬市尾浜字追川137 | 0244-38-8115 | MB10-9 | |
| Soma | Wada Tourist Strawberry Association | Toilet | | 〒976-0023福島県相馬市和田字下柴迫94 | 0244-36-5535 | MB10-9 | |
| Soma | sweetrap | Water, toilet | | 〒976-0022福島県相馬市尾浜字高塚228-2 | 0244-26-5493 | MB10-9 | |
| Soma | Hama-no-Eki Matsukawaura (Soma Reconstruction Citizens' Market) | Toilet | | 〒976-0022福島県相馬市尾浜字追川196 | 0244-32-1585 | MB10-9 | |