

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(※).

City	Name	Support		Address (Japanese)	Tel. #	MB page
			Details			
Hachinohe	Hachinohe Portal Museum"nacchi" KANEIRI shop	Sells Hiking Map Books, Trail Gate goods		〒031-0032 青森県八戸市三日町11-1	0178-20-9661	-
Hachinohe	Yoshu Kissa Prince	Trail-related menu items		〒031-0089 青森県八戸市長横町18	0178-44-1827	-
Hachinohe	Outdoor Box River Runs	Water, toilet, electric outlet, sells Hiking Map Books, Trail Gate goods		〒031-0842 青森県八戸市鮫町鮫75-5	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14-33	0178-33-7800	MB1-1
Hachinohe	Minshuku Ishibashi	Water, toilet, rides for staying guests(※), sells Hiking Map Books, Trail Gate original goods	Rides between Minshuku Ishibashi and Same Station, can also get luggage from Same Station	〒031-0841 青森県八戸市大字鮫町棚久保14-12	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14-149	0178-38-2024	MB1-1
Hashikami	Hashikami Hama no Eki Aldiva	1 free funori seaweed donut		〒039-1201 青森県三戸郡階上町大字遠伝大蛇203-208	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 (※)	See details on later page.	〒039-1202 青森県三戸郡階上町赤保内寺下13-1	0178-88-3987	MB1-4
Hirono	Marin Side Spa Taneichi	Discount on stay (★), water, toilet, sells Trail Gate goods		〒028-7914 岩手県九戸郡洋野町種市第23地割27-19	0194-65-5735	MB1-5
Hirono	Hirono Marine Hall UNIQUE	Sells Hiking Map Books, Trail Gate goods		〒028-7914 岩手県九戸郡洋野町種市22-133-11	0194-65-5161	MB1-6
Kuji	Michi no Eki Kuji	Sells Hiking Map Books		〒028-0056 岩手県久慈市中町2丁目5-6	0194-66-9200	-
Kuji	Kosode Ama Center	Sells Hiking Map Books		〒028-8111 岩手県久慈市宇都町24-110-2	0194-54-2261	MB1-10
Fudai	Marusa Saga Seafood Store	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第13地割普代142-7	0194-35-3321	MB2-5
Fudai	Marukoshi Store	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第13地割普代140-4	0194-35-2233	MB2-5
Fudai	Maruni Supermarket	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第13地割普代128-7	0194-35-2201	MB2-5
Fudai	Mifune Seika Sweets	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第13地割普代128-1	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	Shimokawara Sweets Shop	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第13地割普代95-2	0194-35-2037	MB2-5
Fudai	Fudai Antenna Shop Aide	Electric outlet		〒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	Electric outlet		〒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84-4	0194-35-2611	MB2-5
Fudai	Minshuku Michiai	Rides for staying guests in area listed under details (※)	Rides between Michiai and Fudai Station, 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17	0194-35-2555	MB2-5
Iwaizumi	Gotenzaki Natural Rest Park	Toilet, tent camping (※)	See details on later page.	-	-	MB2-8
Iwaizumi	Hama no Eki Omoto Aidokan	Sells Hiking Map Books		〒027-0421 岩手県下閉伊郡岩泉町小本小本6-25	0194-32-3288	MB2-8
Iwaizumi	Japanese Seafood Restaurant Kanazawa	Freebie for hikers with order		〒027-0421 岩手県下閉伊郡岩泉町小本小本茂師1-1	090-9109-1256	MB2-9
Miyako	Greenpia Sanriku Miyako	Rides for staying guests in area listed under details (※)	Rides between Greenpia Sanriku Miyako and Michi no Eki Taro, between Greenpia Sanriku Miyako and Iwaizumi Omoto Station	〒027-0373 岩手県宮古市田老向新田148	0193-87-5111	MB3-1
Miyako	Jodogahama Park Hotel	Sells Trail Gate goods		〒027-0001 岩手県宮古市日立浜町32-32-4	0193-62-2321	MB3-4
Miyako	PENCO Café & MARKET	Sells individual fruits and vegetables		〒027-0084 岩手県宮古市大通1丁目1-29 1階	0193-65-8822	MB3-4
Miyako	Guest House 3710	Water, toilet, electric outlet		〒027-0084 岩手県宮古市末広町4-6	0193-77-3710	MB3-4
Miyako	Shiga Sports	Sells gas canisters, other gear		〒027-0051 岩手県宮古市南町3-20	0193-62-3498	MB3-4
Miyako	Ijinkan Cafe	Tent camping (※), water, toilet, electric outlet	Reserve 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
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 can have 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	Otsuchi Magohachiro Shoten	Water, toilet (see details at right※)	This store is open Saturdays and Sundays, but can also use weekdays if staff are around.	〒028-1105 岩手県上閉伊郡大槌町安渡三丁目522	0193-27-7122	MB4-5
Otsuchi	Chari Cafe	Water, toilet, electric outlet, wifi		〒028-1117 岩手県上閉伊郡大槌町末広町12-14	0193-27-5888	MB4-5
Otsuchi	Otsuchi Cultural Exchange Center (Oshacchi)	Electric outlet		〒028-1117 岩手県上閉伊郡大槌町末広町1-15	0193-27-5181	MB4-5
Kamaishi	Houraikan Inn	Water, toilet, electric outlet, 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 Auto Campsite	Sennin Hisui mineral water (※), water, toilet, electric outlet, sells Hiking Map Books, Trail Gate goods	1 free bottle of Sennin Hissui mineral water to hikers who answer survey. Please ask at front desk.	〒026-0301 岩手県釜石市鶴住居町第21地割	0193-27-5455	MB4-6
Kamaishi	Hotel Marue	Water, toilet, electric outlet		〒026-0025 岩手県釜石市大渡町2丁目1-10	0193-24-3911	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	MB5-1
Kamaishi	Mesa	Water, toilet, electric outlet, sells gas canisters, outdoor gear		〒026-0003 岩手県釜石市壇石町2-4-1	090-4555-7971	MB5-1

Ofunato	Shiome Tsunami Memorial	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	Sanriku Active	Water, toilet, electric outlet, wifi		〒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	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
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	Rikuzentakata City Tourism and Products Assoc.	Sells Hiking Map Books, Trail Gate goods		〒029-2205 岩手県陸前高田市高田町館の沖111	0192-54-5011	MB5-9
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	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	MB6-1
Kesennuma	Minshuku Nagisa	Staying guests get free onigiri rice ball for lunch, free use of washing machine.	Please let phone ring for awhile: they might not pick up right away.	〒988-0533 宮城県気仙沼市唐桑町明戸187	0226-32-3198	MB6-3
Kesennuma	Guest House Umikaze	Special no meals plan for hikers (plan available for one room per night, 2500 yen, reservation at least two days in advance※. Contact via phone for details)	Can use shower, toilets, kitchen, washing machine, electric outlets with this plan. Separate charge for bedding.	〒988-0603 宮城県気仙沼市外畑113	0226-25-8698/080-5426-1342	MB6-5
Kesennuma	Pension Petit Roku	Tent camping (※)	Please contact pension staff berfore use. Water, washing machine, showers (300 yen), bath (500 yen).	〒988-0284 宮城県気仙沼市本吉町赤牛12-3	0226-31-5623	MB6-8
Kesennuma	Kabutomushi Surf Shop	Tent camping (※), sells Hiking Map Books, Trail Gate goods	See details on later page.	〒988-0331 宮城県気仙沼市本吉町中島284-1	0226-42-2983	MB7-1
Minamisanriku	Minamisanriku Manabi no Sato Iriyado	Water, toilet, electric outlet, wifi		〒986-0782 宮城県本吉郡南三陸町入谷鏡石5-3	0226-25-9501	MB7-3
Ishinomaki	Karaage Kokkoya	Water, toilet, electric outlet		〒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, electric outlet, wifi, 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	Futaba Inn	Sells Hiking Map Books		〒986-0821 宮城県石巻市住吉町1丁目2-15	0225-94-2922	MB9-1
Shiogama	Shiogama Guest House Minatomaru	Special plan for hikers (※)	See details on later page.	〒985-0003 宮城県塩竈市北浜2-6-11	022-703-3141	MB9-5
Tagajo	Matsushima Kamaboko Honpo Co. Tagajo Factory Store	Water (can also provide ice), toilet		〒985-0874 宮城県多賀城市八幡一本柳3-5 さんみん	022-766-8830	MB9-5
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
Iwanuma	Iwanuma Sheep Village	Water (※), toilet (※), electric outlet (※)	Please pay entrance fee (100 yen per 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
Watari	Aoi Tomato Cafe	Water, toilet		〒989-2385 宮城県亶理郡亶理町逢隈字郡1	0223-32-1556	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
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11-1	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

寺下観音茶屋 東門 テント場使用上の注意

寺下観音茶屋 東門オーナーのご厚意により、「みちのく潮風トレイル憲章」や長距離ハイキングのマナーを共に考え、実践してくださるハイカー専用にお店に隣接する広場をテント場として使用させていただけることになりました。事前予約の上、以下の注意事項を確認してからご利用ください。

【料金】

1 テントにつき 1,000 円

(持ち運んでいるゴミとリサイクルを分別して袋にまとめれば、東門さんで処分してもらえます。)

【支払方法】

現金のみです。東門に到着した際にお支払いください（営業時間：11:00～16:00、定休日：火曜日）。東門のスタッフさんが待機しており、テント場までご案内します。

【予約方法】

階上町役場 産業振興課 商工観光グループへ電話かメールでご予約ください。

電話：0178-88-2875

メール：nicholas_s@town.hashikami.lg.jp

営業時間：平日 8:15～17:00、定休日：土日祝、年末年始

氏名、テント泊人数、テント数、テント泊希望日、東門到着予定時間、をお知らせください。なお、当日予約も可能ですが、町役場の定休日に利用したい場合は事前予約のみです。ご了承ください。

【使用上の注意】

- 1 地域の方のご厚意により、利用させていただいている場所です。騒音を出さないよう気をつけましょう。
- 2 到着順での共同利用です。場所の譲り合い、荷物の整理整頓、利用後の掃除・片付けなど、みんなが気持ち良く利用できるよう他の利用者に配慮し、きれいに利用しましょう。
- 3 地域の営みへの配慮をしましょう。トレイルが通る自然の中には野生動物が棲み、植物も自生しています。「お邪魔させてもらっている」ことを意識しましょう。
- 4 持ち込んだものは残さないようにしましょう。景観保全、動植物への配慮が必要です。
- 5 火気使用時は最大限の注意を払いましょう。

【その他】

Hiking Map Book、データブック、みちのくトレイルクラブ会員証のいずれかをお持ちの方は、寺下観音茶屋 東門での食事代金が 10%OFF になります。

Regarding Use of the Tent Area Next to Terashita Kannon Teahouse Tomon

The owner of Terashita Kannon Teahouse Tomon has generously agreed to exclusively allow hikers of the Michinoku Coastal Trail to set up their tents and spend the night in an open area next to his restaurant. To all hikers who request use of this space, please bear in mind the principles of the MCT charter and general hiking manners.

【Fee】

1 tent: 1,000 yen (As an extra service, the owner of Teahouse Tomon will dispose of any garbage or recyclables you are carrying with you. Please separate them properly and tie them up in bags.)

【How and When to Pay】

Payment is **cash only**. Please pay when you arrive at Teahouse Tomon. (Hours: 11:00~16:00, closed Tuesdays) A member of the Tomon staff will be waiting for you, and will show you to the tent area.

【How to Make a Reservation】

Please call or email the following:

Hashikami Town Hall, Industry and Promotion Section, Tourism and Commerce Group

(Nicholas Swanson)

TEL: 0178-88-2875

Email: nicholas_s@town.hashikami.lg.jp

Open Hours: Monday through Friday 8:15~17:00; Closed Saturday, Sunday and national holidays

Please provide the following information: full name; number of hikers spending the night; number of tents; date(s) you would like to spend the night; time you are planning to arrive at Teahouse Tomon.

Please be aware: same-day reservations are possible, but if you are planning to spend the night on a day that the Hashikami Town Hall is closed, you MUST make your reservation in advance.

【Cautions Regarding Use of the Tent Area】

1. Local residents have generously offered use of their space. Please refrain from loud activity.
2. Tent spots are assigned based on order of arrival. Please be flexible regarding where you are asked to set up your tent(s). Please be considerate of other visitors and keep your area neat and clean, making sure to clean your area and pick up all your trash and other items before leaving.
3. Please be considerate of local residents and do not disrupt their daily activities. Please also be aware of the nature through which the trail passes. There are wild animals and plants who were there before you arrived, and they will be there after you leave. Please remember that you are a visitor in someone else's home.
4. Please protect the environment and be considerate of the plants and animals which live there. Please

do not leave behind any trash or other items.

5. If you use fire for any purpose, please exercise the utmost of caution.

【Miscellaneous】

If you have the official Hiking Map Book, Data Book, or some other official proof that you are hiking the Michinoku Coastal Trail, you can receive 10% off your order at Terashita Kannon Teahouse Tomon.

みちのく潮風トレイル ハイカーの皆様

御殿崎自然休養林施設管理棟及びその敷地（砂利敷きの部分）は岩泉町が所有、管理しています。

岩泉町並びに管理者のご厚意により、「みちのく潮風トレイル憲章」や長距離ハイキングのマナーを共に考え、実践してくださるハイカー専用、御殿崎自然休養林施設管理棟とその敷地内をテント場として利用できるようにしていただきました。

ハイカーの皆様が楽しく、安全に、みちのく潮風トレイルの歩き旅ができるよう支援していただいている場所ですので、以下の点に注意しながら、ご利用をお願いします。

- 1 地域の方のご厚意により、利用させていただいている場所です。騒音を出さないよう気をつけましょう。
- 2 到着順での共同利用です。場所の譲り合い、荷物の整理整頓、利用後の掃除・片付けなど、みんなが気持ち良く利用できるよう他の利用者に配慮し、きれいに利用しましょう。
- 3 御殿崎自然休養林施設管理棟周辺は保安林のため、利用の対象外です。ご注意ください。
- 4 トイレ前の水道は飲用ではありません。
- 5 地域の営みへの配慮をしましょう。トレイルが通る自然の中には野生動物が棲み、植物も自生しています。「お邪魔させてもらっている」ことを意識しましょう。
- 6 ゴミは全て持ち帰り、持ち込んだものは残さないようにしましょう。景観保全、動植物への配慮が必要です。
- 7 火気使用時は最大限の注意を払いましょう。
- 8 災害時は慌てないようにしましょう。避難についての情報収集をしておきましょう。地震・津波が来たら垂直避難です。

以上

岩泉町

みちのく潮風トレイル統括本部

(特定非営利活動法人みちのくトレイルクラブ)

To Michinoku Coastal Trail Hikers

Iwaizumi Town owns and manages the Gotenzaki Natural Rest Park administration building and its surrounding grounds (the gravel portion). Iwaizumi Town and the park managers have agreed to let Michinoku Coastal Trail hikers camp in the administration building and grounds. This area has been made available to support hikers, so they can have a fun and safe journey on the Michinoku Coastal Trail, so please follow these rules to use this site.

1. This place has been made available to MCT hikers as a kindness. Please be careful not to be loud.
2. This site is to be shared with other hikers, in order of arrival. Please be considerate of other hikers so that everyone can enjoy their time here: share this space, keep your belongings organized, and clean up after you use the site.
3. The area around the administration building and its surrounding grounds (the gravel portion) is national forest, and you cannot camp there.
4. The water faucet in front of the toilet is not potable (it is not for drinking).
5. Please be considerate of local people. Wild animals and plants also live in natural areas the trail passes through. Remember you are a guest.
6. Bring all garbage and anything else you brought to this site home with you. Be kind to this beautiful area and its plants and animals.
7. Take the utmost care with fire.
8. If there's a natural disaster, don't panic. Look up information on where to evacuate so you'll know what to do during a natural disaster. If there is an earthquake or a tsunami, get to high ground.

Iwaizumi Town and
Michinoku Coastal Trail headquarters
(NPO Michinoku Trail Club)



Surf Shop かぶとむし 敷地内テント場

- ・ みちのく潮風トレイルハイカーは、上記白点線内「テント場」でテントを張れます。ご利用の際は、周辺の民家、他の利用者へご配慮ください。
- ・ 「小泉海岸駐車場」脇にトイレ、水道があります。
- ・ 直火は厳禁です。
- ・ 営業時間外、定休日（月曜）でも利用できます。



Tent site on Surf Shop Kabutomushi grounds

- **Michinoku Coastal Trail hikers** can set up tents in the area labeled “tent site” above. Be respectful of people living nearby and other hikers using the site.
- A toilet and water are available next to Koizumi Coast parking lot.
- **Open fire is strictly prohibited.**
- The tent site can be used even outside of Surf Shop hours and on days the shop is closed (Mondays)

しおがまゲストハウスみなと丸 ハイカー特別プランについて

【宿泊料金】

1泊寝袋利用 1,000 円/人 (通常：相部屋ベッド利用 3,000 円/人)

ベッドを利用せずに寝袋でお休みするので構わないという方へ、宿泊費を安価に提供いたします。寝室は共用の畳の部屋で、消灯時間（23 時）以降に寝袋を敷いてお休みいただけます。

※館内の施設（シャワー、トイレ、キッチンなど）も自由に利用できます。

無料サービス：Wi-Fi、コンセント、冷蔵庫、電子レンジ、ドライヤー、
リンスインシャンプー&ボディソープ

有料サービス：レンタルタオル小 50 円、大 150 円、洗濯のみ 200 円、洗濯乾燥 500 円

詳細は、以下の QR コードでご確認いただくか、お電話でご確認ください。

しおがまゲストハウスみなと丸

TEL：022-703-3141（受付時間 9:00～12:00／16:00～21:00）

Shiogama Guest House Minato Maru's Special Hiker's Plan

【Price】

1000 yen/person for guests using sleeping bag

(Normally: 3000 yen per person using a bed in dorm-style room)

We are offering a special discounted price for guests who don't mind using their sleeping bag instead of a bed. Guests using this plan will sleep in the shared tatami room, and will be able to put out their sleeping bag and sleep there after lights out at 11 pm.

※Guests using this plan can also freely use the facilities (shower, toilet, kitchen, etc.)

Free services: Wi-fi, electric outlets, refrigerator, microwave, hairdryer, shampoo and body soap.

Paid services: Small rental towel 50 yen, large rental towel 150 yen, washing machine 200 yen, washing machine and dryer 500 yen.

For details, please use the QR code below.

• Details about the hiker's plan (Japanese only)

• Inquiry form

