



みちのく潮風トレイル  
Michinoku Coastal Trail

IWATE

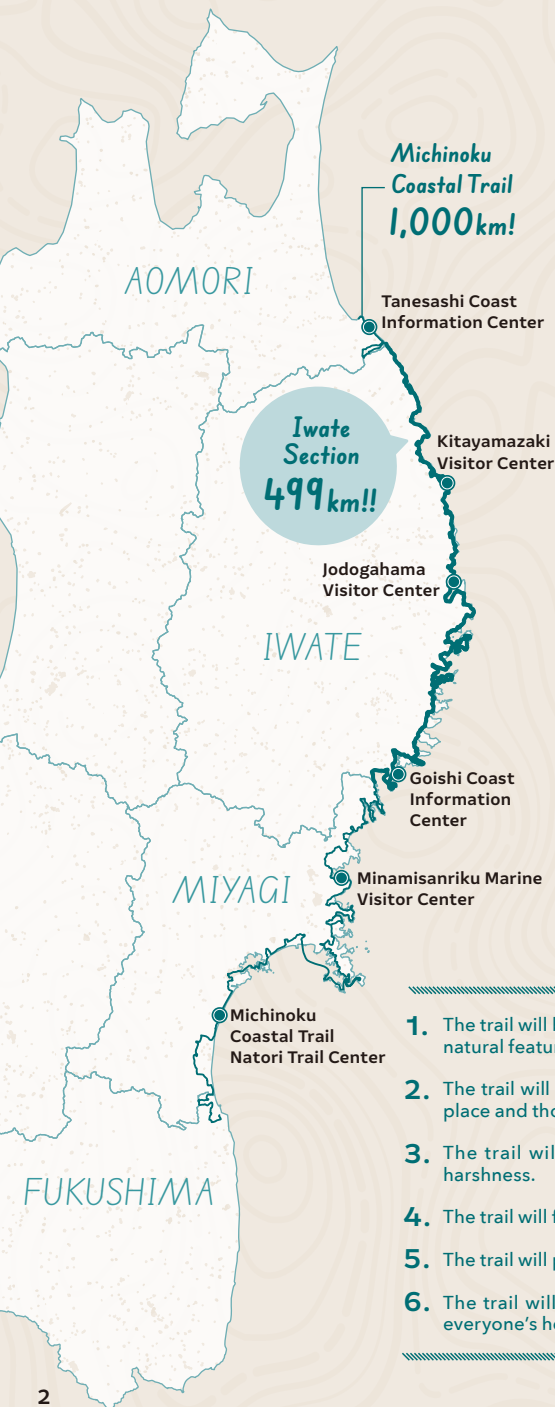
# Welcome

## Guidebook

The charm  
of  
**499**  
—  
**1000**

Of the Michinoku Coastal Trail's total length exceeding 1,000 kilometers, the route within Iwate Prefecture covers about half, spanning approximately 499 kilometers. It is a fascinating path where you can touch the strength of nature—born from the connections between forests, human communities, rivers, and the sea—and the warmth of its people. Please enjoy a moving journey on foot where the rough yet beautiful scenery of the Pacific Ocean intersects with the history of Sanriku's reconstruction.

# The 1,000-km Path Connecting to



The Great East Japan Earthquake that occurred on March 11, 2011, brought unprecedented damage to the Pacific coast of the Tohoku region. Facing a fury of nature said to occur only once in a millennium, it became a major turning point that compelled many people around the world, both in Japan and abroad, to think about how we should face nature.

After the disaster, the Ministry of the Environment formulated the Green Reconstruction Project to aim for sustainable community development and to pass on the rich nature and local lifestyles to the future, and it has been advancing these efforts. One of these initiatives is the Michinoku Coastal Trail.

Based on the proposal by Noriyoshi Kato, who continued to advocate the importance of “walking in nature” to contemplate the relationship between nature and humans—calling for “a national trail passing through the national parks of the Sanriku Coast, created through public-private partnership”—a long trail connecting the Pacific coast with a single path was born. It spans 28 municipalities across four prefectures, from Hachinohe City in Aomori Prefecture to Soma City in Fukushima Prefecture.

We hereby establish six charters, hoping that this trail will value not only the beautiful nature and scenery but also the interaction between the people living in the region and those visiting, the blessings of nature and memories of the disaster, and the lifestyles, history, and culture nurtured within the coexistence with nature. We hope it will become “a symbol of coexistence between nature and humanity” for all involved and endure as a proud National Trail.

\*In March 2023, Kakuda City in Miyagi Prefecture newly joined as a member of the Michinoku Coastal Trail management plan, making it a long trail spanning 29 municipalities across four prefectures.



1. The trail will be for enjoying beautiful sights and natural features.
2. The trail will bring about connections between people who live in a place and those who visit that place.
3. The trail will leave lifelong memories of nature’s kindness and harshness.
4. The trail will forever testify to the memories of disaster.
5. The trail will pass on rich nature and cultures to future generations.
6. The trail will welcome all who love to walk and will develop with everyone’s help.

# the Future: Michinoku Coastal Trail

## Six Satellite Facilities Located Along the Michinoku Coastal Trail

Satellite facilities are centers that introduce information on the entire Michinoku Coastal Trail route, which spans approximately 1,000 kilometers, and disseminate the concepts of Long Trail and Walking Culture. They play a role in sustainable trail management in cooperation with local stakeholders.

### Michinoku Coastal Trail Natori Trail Center (Natori City, Miyagi Prefecture)

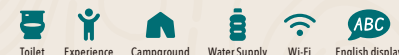


### Minamisanriku Marine Visitor Center (Minamisanriku Town, Miyagi Prefecture)



### Hirono Town

### Tanesashi Coast Information Center



### Kuji City Noda Village Fudai Village Tanohata Village

### Kitayamazaki Visitor Center



### Iwaizumi Town Miyako City Yamada Town

### Jodogahama Visitor Center



### Otsuchi Town Kamaishi City Ofunato City Rikuzentakata City

### Goishi Coast Information Center



## How to Walk and Enjoy the Michinoku Coastal Trail

- Be sure to check the latest information.
- Always check the official trail maps and create a plan while looking at the map.
- Carry a Hiking Passport to record your journey and collect stamps placed at various locations.
- Interacting with local residents and exchanging information with other hikers are another joy of the journey.
- Use the translation function of your browser for information not translated into English.



Michinoku Trail Club Official Website



Important Notices



Hiking Map Book



How to Enjoy the Hiking Passport



Facebook



Instagram

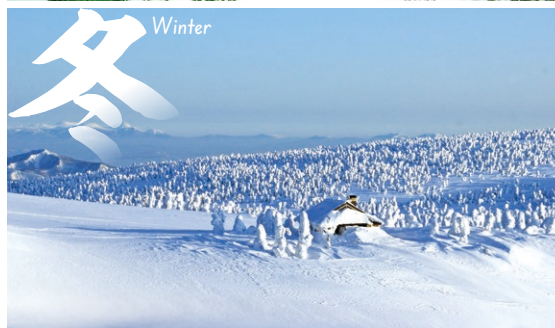
# Know Before You Walk! What Kind of Place Is Iwate Prefecture?



## Characteristics of Iwate Prefecture

### The Largest Area on Honshu

Iwate Prefecture is characterized by its vastness, boasting the second-largest area in Japan after Hokkaido, and its elliptical shape stretching from north to south. Most of the prefecture is occupied by mountains and forests; the Ou Mountain Range, the Kitakami Highlands, and the Kitakami River, which characterize its terrain, create a diverse natural environment and regional characteristics.



## Vivid Changes of the Four Seasons

You can enjoy the contrast of fresh green leaves and cherry blossoms in spring, gentle waves and highly transparent seas in summer, the autumn foliage front slowly advancing from the mountains to the villages in autumn, and the silvery-white world spreading amidst severe cold—a scene unique to Tohoku—and precious natural beauty in winter. Although the climate varies by region, the transition of the four seasons is generally distinct throughout the prefecture.

## The Charm of Iwate Prefecture: Something to Brag to the World

### A Treasure Trove of Food Blessed with Rich Nature: Sea, Mountains, and Earth

Rich seafood from Sanriku; mountain delicacies blessed by the Ou Mountain Range and Kitakami Highlands; grains and fruits grown on fertile land; and the traditional sake brewing of the Nanbu Toji, one of Japan's three great traditions of master brewers. Against the backdrop of diverse ingredients provided by nature, Iwate Prefecture shares its unique food culture with the world.



Seafood Bowl (Kaisendon)



Iwate Beef (Iwate Gyu)



Sake



Iwate Prefecture  
Official Travel Guide:  
Visit Iwate

## The Most in Japan! Iwate's Three World Heritage Sites

Iwate Prefecture possesses three World Heritage sites, the highest number in Japan: Hiraizumi (Hiraizumi Town), Hashino Iron Mining and Smelting Site (Kamaishi City), and Goshono Site (Ichinohe Town). These World Heritage sites, ranging widely from the Jomon period to the Heian and Meiji periods, are symbols of Iwate Prefecture's rich history and culture.



Hiraizumi (Hiraizumi Town)



Hashino Iron Mining and  
Smelting Site (Kamaishi City)



Goshono Site  
(Ichinohe Town)



Iwate's Three World  
Heritage Sites

## A Journey to Learn About the Earth Is Close at Hand! Sanriku Geopark

This is Japan's most expansive Geopark, traversing the coast from Hachinohe City in Aomori Prefecture to Kesennuma City in Miyagi Prefecture. It is a park of the Earth where geological formations and topography shaped by the Earth's activity over approximately 500 million years, as well as the ecosystem and cultural resources extending above them, are conserved and utilized as "sites." Here, you can learn about the history of the Earth and people's lives while touching upon both the blessings and threats (disasters) of nature.



Amber (Kuji City)



Ryusendo Cave (Iwaizumi Town)



Goishi Coast / Anatoshi-iso Rock  
(Ofunato City)



Sanriku Geopark  
Official Website





Campground Information

- Hirono Town
- Kuji City
- Noda Village
- Fudai Village

# A Path That Tickers the Spirit of Adventure, Continuing Through Sea, River, Village, and Mountain

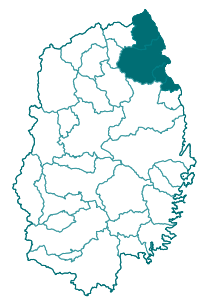
Dynamic scenery continues, from sandy beaches spreading out in an arc to precipitous cliffs called the Alps of the Sea. You can enjoy an adventure route rich in variety, including satoyama walks, coastline walks, river wading, and steep slopes with intense ups and downs. It is an area abundant in highlights where you can touch upon history and daily life, such as salt-making experiences, mining ruins, and the Fudai Floodgate, a disaster ruin.

## AREA POINTS

- 1** From Rikuchu-Nakano Station to Rikuchu-Natsui Station (JR Hachinohe Line) and from Kuji Station to Rikuchu-Noda Station (Sanriku Railway Rias Line), the railway moves away from the trail, making approach on foot difficult; use taxis or pick-up services from inns.
- 2** The Koge River crossing is premised on entering and wading across a river approximately 3 meters wide; prepare to get wet, and use the detour route if the water volume is high.
- 3** Because there are few shops, check resupply locations in advance.



Wading the Koge River



**Sea Urchin Propagation Trenches (Hirono Town)**  
Grooves artificially dug into the coastal bedrock to help sea urchins grow easily



**Tsurigane Cave (Kuji City)**  
A strange rock formation located within Sanriku Fukko National Park



**Atago Sando Square Grand Torii Gate (Noda Village)**  
The village symbol, boasting a height of 13.4 m



**Fudai Floodgate (Fudai Village)**  
A massive seawall floodgate with a height of 15.5 m

2011.3.11 東日本大震災  
津波到達高 23.6m  
ここまで  
March 11, 2011 Great East Japan Earthquake  
Tsunami reach height 23.6 m

Making Long-Distance Walking Travel Comfortable  
**Luggage Delivery Service**  
Trail Transport Inquiry



Campground Information

Tanohata Village

Iwaizumi Town

Miyako City

Yamada Town

# A Path to Feel the Heritage of the Earth

Experience the history of the Earth up close, with superb views looking down on sea caves and strange rocks, as well as cliffs. The Omoe Peninsula route, which features Cape Todo (Todogasaki)—the easternmost point of Honshu—is a high-difficulty path requiring several nights, but it is an area where you can be healed by pristine nature, such as the calls of wild birds and the growth of virgin beech forests, despite its proximity to the Pacific Ocean.

## AREA POINTS



- 1 The Sanriku Railway Rias Line runs along the trail, making entry and exit easy, but caution is required in places where the trail separates significantly from the railway, as some areas have no escape routes.
- 2 Passing through the Omoe Peninsula requires several days. Access to public transport is poor, so you only have the choice to go forward or turn back. You should prepare thoroughly by gathering information in advance, such as regarding the use of campgrounds.
- 3 Sufficient resupply is possible in the central parts of Miyako and Yamada. There are shops and convenience stores in some places, so check before heading to the peninsula.



Cape Todogasaki, the Easternmost Point of Honshu



**Manually-dug Tunnel (Tanohata Village)**  
Created by hollowing out seaside cliffs



**Kumanohana (Iwaizumi Town)**  
A peninsula covered in Japanese red pines protruding to the south of Omoto Coast



**Jodogahama Beach (Miyako City)**  
A scenic spot representing Iwate Prefecture



**Sukuiso Coast (Yamada Town)**  
A mountain trail continuing to the summit of Mt. Karogatake



- Otsuchi Town
- Kamaishi City
- Ofunato City
- Rikuzentakata City

# A Path Connecting to the Future, Spun by People's Livelihoods

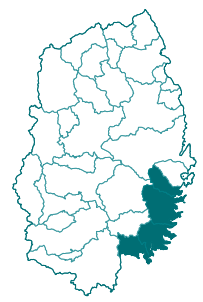
This route passes through part of the Sanriku Hama-kaido, which was traveled by many wayfarers as a road for daily life connecting Sanriku since the Edo period. It is characterized by many difficult places where rias coastlines, coastal terraces, and precipitous cliffs coexist. As an area historically prone to earthquakes, tsunamis, and famines, many tsunami memorial monuments and disaster ruins remain along the road; it is a path where history and the present intersect, connecting lessons to the future.

## AREA POINTS

- 1 Entry and exit are easy because the Sanriku Railway Rias Line runs north of Sakari Station and the JR Ofunato Line BRT runs south of it, generally along the trail; however, caution is needed in places where the trail separates significantly from the lines.
- 2 Cape Ryori (Ryori) and the Hirota Peninsula cover long distances, and crossing a pass takes about half a day, so time allocation is important. Prepare thoroughly by gathering information in advance, such as regarding the use of campgrounds.
- 3 Sufficient resupply is possible in the central parts of Kamaishi and Ofunato. There are shops and convenience stores in some places, so check before heading to the peninsulas.



Cape Ryori (Ryori)



**Goishi Coast / Anatoshi-iso Rock (Ofunato City)**  
 Characterized by black gravel polished by waves and strange rocks caused by marine erosion



**Hongo Cherry Blossom Avenue (Kamaishi City)**  
 A tunnel of about 150 cherry trees spanning 800 m



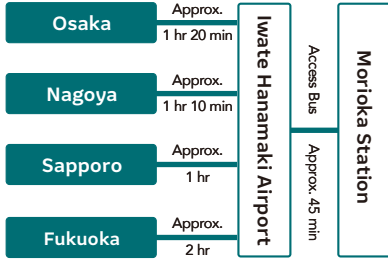
**Horaijima island (Otsuchi Town)**  
 Revered since ancient times as a guardian deity of bountiful fishing and safe navigation



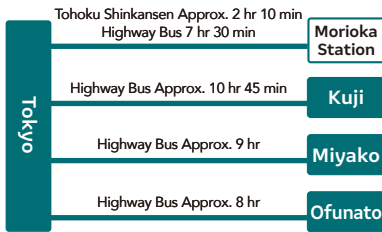
**The Miracle Pine Tree (Rikuzentakata City)**  
 A symbol of reconstruction from the Great East Japan Earthquake tsunami

# Access

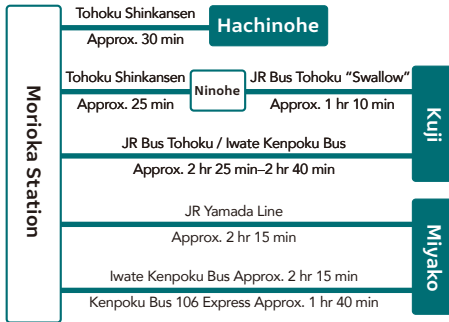
**Airplane** From all over the country to Iwate Hanamaki Airport → Morioka Station



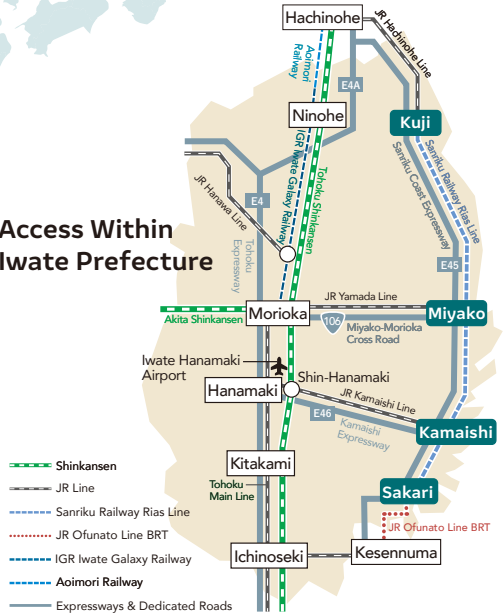
**Train / Bus** Tokyo → To Trail Area



Morioka Station → To Trail Area



## Access Within Iwate Prefecture



# Information

Information on Accommodation, Dining Facilities, etc. in Iwate Prefecture



Iwate Sanriku Tourism Guide:  
**Sanriku Tabishirube**

General Information



Iwate Prefecture Official Travel Guide:  
**Visit Iwate**

Iwate Tourism Association  
TEL 019-651-0626

**Emergency Contacts** Lost tel 110 Injury or Illness tel 119