



みちのく潮風トレイル Michinoku Coastal Trail

The Ultimate North Japan Coastal Adventure
Blending Train Rides with Trail Hikes
Along Japan's Scenic Coast



<https://en.sanriku-trail.com/>

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Trail
&
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CONTENTS

- 03 The Northern Michinoku Coastal Trail
- 04 The Trail & Train concept
- 05 More than just walking, a deeper experience of place
- 07 Walking recommendations from local guides

Area Introduction

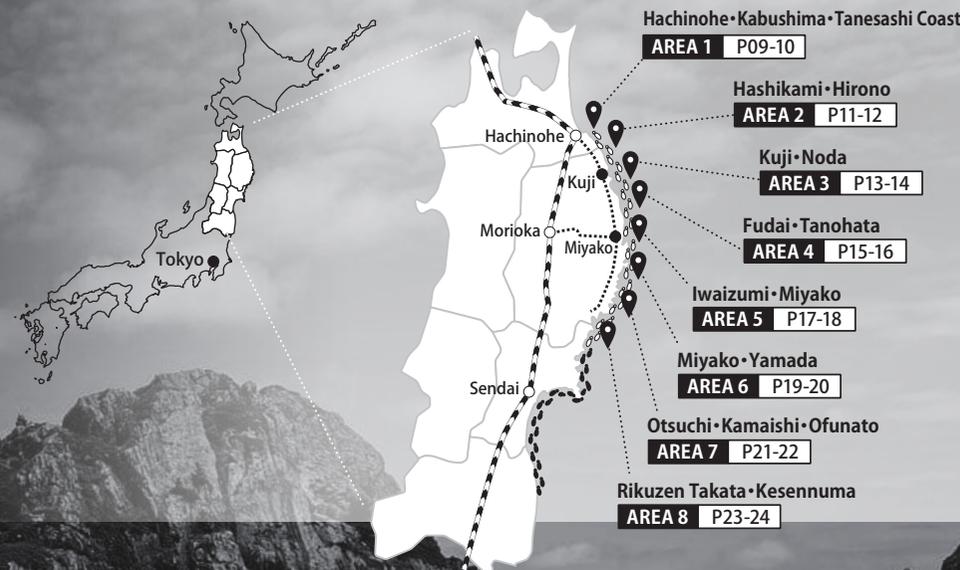
- 09 Area 1 – Hachinohe to the Tanesashi Coast
- 11 Area 2 – Hashikami to Hirono
- 13 Area 3 – Hirono to Kuji and Noda
- 15 Area 4 – Fudai to Tanohata
- 17 Area 5 – Tanohata to Iwaizumi and Miyako
- 19 Area 6 – Miyako to Yamada
- 21 Area 7 – Otsuchi to Kamaishi, and Ofunato
- 23 Area 8 – Rikuzentakata to Kesenuma

Trail & Train Recommended Itinerary

- 25 Beginner Route: "A Taste of Adventure" – Recommended for a 2 days, 1 night hike
- 29 "Scenic Wonders of Northern Sanriku" – Intermediate to Advanced Route spanning 4 days and 3 nights (covering more than 10 kilometers per day)
- 33 "Jodogahama, Kitayamazaki, and the Tanesashi Coast" – Full Tour of Stunning Scenic Spots, Intermediate to Advanced Route for 5 days and 4 nights
- 37 "Exploring Japan's Pristine Villages" – Intermediate Route for a 3 days, 2 nights journey
- 41 "Experiencing the Vibrant Culture and Scenery of Northern Sanriku" – Intermediate to Advanced Route for a 7 days, 6 nights expedition
- 45 "Complete Experience of Hachinohe to Miyako – 240km (150 miles) Challenge" – Intensive Advanced Course for a 13 days, 12 nights adventure
- 49 Winter-Friendly Trail from Japan's Easternmost Point - Miyako to Kesenuma (18 Days, 17 Nights)
- 53 <Luggage delivery plan > The Best of Both Worlds – Mountains, Coastlines, History, and Culture (9 Days, 8 Nights)
- 57 <Luggage delivery plan > "Walking the Scenic Sanriku Coastline and Stories of Recovery" / Intermediate to Advanced Course (9 Days, 8 Nights)

Trail & Train MAP

This booklet introduces the section of the MCT between Hachinohe and Miyako.



The Northern Michinoku Coastal Trail

On the afternoon of March 11, 2011, a 9.0-magnitude earthquake struck off Japan's Sanriku Coast, triggering a tsunami that would claim more than 18,000 lives and devastate scores of local communities. In the years since, the affected Tohoku region has had to rebuild essential infrastructure and local economies along hundreds of kilometers of coast, not to mention trying to cope with the emotional toll of the disaster. As part of the long-term planning, there has also been the construction of a hiking trail—completed in 2019—spanning more than 1,000 kilometers (620 miles) from Hachinohe City in Aomori Prefecture south to Soma City in Fukushima. Called the Michinoku Coastal Trail, it has become not just one of Japan's great hikes, but also a symbol of rebirth and hope.

This booklet covers the northernmost 240 kilometers (150 miles) of the Michinoku Coastal Trail, as it runs from Kabushima Shrine in Hachinohe to breathtaking cliff-top views in Fudai and Tanohata villages. This route is a stretch of trail that traverses a range of scenery and terrain, from fields of wildflowers to rocky shoreline, tranquil coves to sandy beaches. But more than that, it's a trail that connects people.

Planned and built in close collaboration with locals, the Michinoku Coastal Trail offers travelers a way to slowly immerse themselves in local culture, whether that's visiting everyday fish markets, taking in traditional dance performances, sampling regional foods, or just stopping to talk to the people they meet along the way. In a region that has long gone under the radar, the Michinoku Coastal Trail is a way to truly go off the beaten path: to experience Japan as a traveler not a tourist.



The Trail & Trail Concept

This section introduces how to enjoy walking the top 240 km(150miles) section of the over 1,000 km Michinoku Coastal Trail route from Kabushima in Hachinohe, Aomori, the northern terminus of the trail, to Miyako in Iwate via a combination of section hiking and riding local trains.

We often hear people say that they want to walk the Michinoku Coastal Trail! but...
"I don't know what I need"
"Where should I start walking?"
"What should I do with my luggage?"

Therefore, we thought about what we could do to solve such issues, thus increasing the number of people who are currently walking, as well as increasing the people who want to start walking non-stop.

This is where the idea of "Trail and Train" was born. We want to show how easy it is to take the Shinkansen and local trains to a nearby spot and then enjoy the trail. Even when we first started walking, we found that it can be difficult to understand the timetables and where to access the trail from and what to do with larger luggage. Once we actually started walking, we found ourselves wanting to stop and eat various local foods along the way and learn more about the local area, rather than just walking non-stop.

Based on firsthand experience as hikers, we have created a new way of walking called "Trail & Train" by organizing information about routes that can be walked as section hikes utilizing the local trains, and having your luggage transported from one hotel to the next, so you can walk with just a light pack.

This booklet not only lists recommended routes, including train times, it also lists information such as places to see, things to eat, and more along the route, as recommended by local guides. We hope that it will be helpful for your trail trip.

The trail cannot continue without people walking and enjoying it. That is why we would like to increase the number of people walking not only for the continuation of the trail, but also to interact with the local community.

First Challenge

This section introduces how to enjoy walking the 240 km (150 miles) section of the over 1000 km Michinoku Coastal Trail route from Kabushima in Hachinohe City, Aomori Prefecture, the start and end point, to Miyako City, Iwate Prefecture, by section hiking, making good use of the train. We hope you will take advantage of this as your first trail challenge.

※Section Hike: A thru-hike refers to walking the entire length of a long trail at once, whereas a section-hike refers to walking only one section of the trail.

"Walking +1" - More than just walking, it's about immersing yourself in the local experience.

A journey during which you enjoy diverse terrain, discovering the magic of Japan's northeastern coast.

The Michinoku Coastal Trail, created with the involvement of local residents, is designed to give you a view of the daily lives of people living in the region. Visit the local fish markets and savor the delicious offerings of Sanriku. Engage in traditional dances and immerse yourself in the local culture. Most importantly, interact with the people you meet along the way. Be more than a tourist, savor the trail as a traveler. That's the true charm of the Michinoku Coastal Trail (MCT). For those looking to start their trail adventures, local businesses collaborate to encourage more people to walk and love the MCT. They have introduced "Trail & Train" section-hike plans, combining train journeys with walking. They propose model hikes for enjoying the trail this way, focusing on the 240 km (150 miles) in the Northern Sanriku area from Hachinohe to Miyako. Additionally, you can find dedicated tours and various services on a specialized website.



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"Connecting people through trails - Meet and Greet"

Local-Guided Programs:

Walking is not just about enjoying magnificent scenery. Wouldn't it be wonderful to say, 'I'm on my way to meet someone!' There are many people waiting for you along the trail. Interacting with locals is one of the joys of the journey. The city of Miyako in Iwate, being a port town, hosts many fishing boats, including those for Pacific saury and salmon. Here, local taverns in Miyako have formed a unique drinking district. Explore the charm of Miyako through a walking tour of these distinctive streets. With a local trail guide, you'll not only discover the local nightlife but also gain insights into the trail. The Taro district in Miyako suffered extensive damage during the Great East Japan Earthquake. Over a decade later, with ongoing reconstruction efforts, Taro focuses on conveying the earthquake and tsunami experiences to future generations through Taro Tourist Hotel (an artifact of the tsunami) and disaster prevention guides. Get a feel for the current town and coastal levees through cycling. Visit a facility that has revived the salt-making culture of the Sanriku region dating back to the Edo period. Enjoy a factory tour, experience making mild and flavorful salt from seawater, and learn how to make rice balls from locals. Take them with you for a snack while you hike the trail!



① Bar Hopping in Miyako - Discover Miyako's Unique Izakaya Culture

Miyako City in Iwate Prefecture, being a harbor town, hosts many fishing boats like mackerel pike and Salmon in Miyako Port. Local Izakayas have formed their unique drinking alleys. Explore the charm of Miyako through a walking tour of these distinctive Izakaya streets. With a local trail guide, you'll not only discover the local nightlife but also gain insights into the trail.



② Miyako E-Bike Experience Tour - Revitalization of Taro in Miyako City

Taro district in Miyako City suffered extensive damage during the Great East Japan Earthquake. Over a decade later, with ongoing reconstruction efforts, Taro focuses on conveying the earthquake and tsunami experiences to future generations through Taro Tourist Hotel (a tsunami remnant) and disaster prevention guides. Experience the current town and coastal levees through cycling.



③ Salt Making Experience at Fisherman's Hut "Banya" and Rice Ball Lunch with Homemade Salt

Visit a facility that revives the salt-making culture of the Sanriku region dating back to the Edo period. Enjoy a factory tour, experience making mild and flavorful salt from seawater, and learn how to make rice balls from locals. Carry the handmade salt as trail food, convenient for your afternoon trail walk.

A trip to carve your own footprints while enjoying the varied terrain.

The Michinoku Coastal Trail was created with the involvement of local residents so that you can feel the daily lives of the people of Sanriku as you walk. Visit local fish markets to savor Sanriku delicacies. Experience traditional dance and immerse yourself in local culture, talk with the locals you'll meet along the way! Experience the trail as a traveler rather than a tourist. This is the real attraction of the Michinoku Coastal Trail. This site introduces a 240km section hike from Hachinohe to Tanohata.



I think walking the trail during the winter is best. In November, there are still many areas where you can see autumn leaves, and in December the leaves fall, giving you a great view of the ocean normally blocked by the foliage. It feels great to walk along the coast while stepping on crunchy fallen leaves. The trail also feels so special in the clear early morning air with a slightly chill breeze and the morning sun rising over the ocean. The coast rarely has much snow on the ground, making it great to enjoy all year round.

GOTO Mitsumasa



The Michinoku Coastal Trail offers chances to experience people's lives and culture, history, and food culture that has been passed down generations, all while enjoying interactions with locals as you walk.

The greatest attraction is the abundance of spots where you can experience the dynamic coastal landscape. The unique Rias coast boasts some of the most beautiful cliffs in Japan, and the glorious natural features of the area are all on display.

There are also sections where trains run, such as the JR Hachinohe Line and the Sanriku Railway Line, so why not ride the train while you're here? The unique pleasures of the coastal trail await you all. Please come and join us walking the Michinoku Coastal Trail.

KANGYU Toshikazu



The Michinoku Coastal Trail is not just a walking trail, but a trail where you can enjoy the culture, history, food, and scenery of the area while walking. That is why I recommend that you take time to walk and experience what each place has to offer. For example, you can enjoy a meal with local people at fish market, participate in the Hirono emotion activity, make salt in the traditional way, or kayak out to sea and enjoy the scenery from a different perspective. Why not experience the charm of a trail that can only be encountered here?

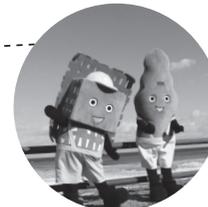
SHINA Katy



Hello! Welcome to the Michinoku Coastal Trail! Those of us who live along the trail look forward to meeting hikers in our daily lives.

I recommend meeting all the residents who live here as you walk. We have lived close to the ocean since we were small children, and have lived in harmony with both the ocean's bounty and sometimes its harshness. We have crossed mountains and descended into valleys to live in small communities. Hikers have taught us just how special these places are. If you see us as you walk, please say hello! Sometimes we are too embarrassed to say hello first.lol

MAEKAWA Masaaki



The Kita Sanriku coast has a series of paths where you can feel the magnificence of the sea and the peacefulness of the forests. Among all the amazing areas, I recommend the Tanohata area.

From Tanohata Station to the Tsukuehama Banyagun area, you can feel the memory of the earthquake and the reconstruction of the area. From the Tsukuehama Banyagun to Kitayamazaki cliffs, the path continues with a steep elevation, so take it easy and use public transportation such as cabs to get around.

The Michinoku Coastal Trail course will give you a sense of enjoyment and awareness of "traveling" by walking.

Let's enjoy it together!

AKASAKA Kouta



Experience the essence of "hometown Japan" on the "Michinoku Coastal Trail." As you walk, locals warmly greet you in regional dialects, creating comforting moments for hikers. In the Miyako area, you'll encounter diverse features of the Michinoku Coastal Trail, including nature trails where you can walk to the sound of waves, challenging routes with continuous ups and downs offering coastal panoramas, and shorter paths perfect for those taking their first steps. Each trail lets you feel the unique charm of Michinoku Coastal, making it a journey filled with local warmth and breathtaking coastal views.

SASAKI Yosuke





Hachinohe to Tanesashi Coast

Northernmost starting point

A day hike from the northernmost trailhead

Sitting atop a small hill protruding into the Pacific, no other shrine in Japan looks quite like Kabushima, at least not during gull breeding season. February to early August, close to 30,000 gulls swirl and squawk on and above the shrine's grounds, creating a very distinctive starting point for an epic hike.

That's because, as well as being a protected breeding ground for birds and a place where fisherman have long come to pray for safety at sea, Kabushima Shrine now also marks the northernmost trailhead of the entire Michinoku Coastal Trail, from where it runs south for just over 1,000 kilometers until reaching Soma City in Fukushima.

Down the Coast to Tanesashi

Following the trail south from Kabushima for several hours offers a taste of the entire Michinoku Coastal Trail. From sandy beaches to the rocky reefs of Cape Tamurazaki, there is an incredible diversity of scenery.

After about 10 kilometers, the trail then winds its way to the striking Tanesashi Coast – once a pasture for horses but now a place where locals come to picnic, walk their dogs, and simply relax in nature. If you are hearty enough to brave a hike here when chilly winds whip off the ocean in winter, the reward is an expansive snowscape. In summer, with the grass a lush green and waves breaking onto the craggy shore, it almost feels like you've stepped onto a golf course.

Of course, like any section of the Michinoku Coastal Trail, the journey from Hachinohe to Tanesashi has more to it than fresh air and views. Stop by the Tanesashi Kaigan Information Center and you'll also find opportunities to immerse yourself in local culture. A tour desk at the Center can help arrange lunch tours to fisherman's huts, bar hopping evenings back in central Hachinohe, outdoor yoga sessions, and many other activities. You can also pick up handy maps and get information from staff at the Center about conditions on the trail ahead.

Local Flavor Before Hitting the Trail

The Michinoku Coastal Trail was created not just as a means to protect nature and help revitalize the communities along the coast, but to be a pathway through which travelers can connect with locals. There's arguably no better place for that than the restaurant-packed yokocho of Hachinohe.

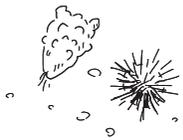
The term yokocho literally means alleyway but across Japan is also used to describe side streets packed with small bars and restaurants. In the center of Hachinohe are more than half a dozen of them, including Miroku Yokocho and its 26 counter-seat-only eateries, each so cramped they can just about squeeze in seven or eight customers sat shoulder to shoulder. Friendly and lively, the yokocho atmosphere can melt any language barrier, while the eateries themselves offer up all sorts of local specialties, from freshly landed squid and mackerel to warming senbei-jiru hotpots.

If you are in Hachinohe on a weekend, it's also worth setting an early Sunday alarm for the Tatehana Wharf Morning Market, to see where some of the produce used at Miroku Yokocho comes from. With close to 300 stalls that between them sell everything from seafood and farm produce to regional street food, it's a must-visit for any foodie.

Planning a Hachinohe to Tanesashi hike

For more on this part of the trail, the Ministry of the Environment's Michinoku Coastal Trail website has a downloadable, one-day hiking guide that outlines the key sites along the way, but also details trail etiquette, lists emergency contact numbers, and offers tips of what gear to bring: everything you need to stay safe and enjoy the journey.

<https://m-tc.org/en/explore/hike/preparation/>



AREA 2

HASHIKAMI — HIRONO

Hashikami to Hirono

To the Trail of Changing Perspectives



AREA 2

HASHIKAMI — HIRONO

Climbing to Mt. Hashikamidake

The trail between Hashikami and Hirono is about 55 km long. Here, a different landscape emerges.



In Hirono, the trail takes you away from the coastline, which is right at sea level, to Mt. Hashikamidake, about 740 meters above sea level.

In Hirono, you can enjoy interacting with locals as well as eating delicious food.

Gagyuzan, or "Gagy Mountain," is a mountain nicknamed by locals because of its gently sloping shape, which looks like a cow lying down. There is actually a ranch here, and grazing cattle can be seen on the trail.



The view from the top of the mountain is spectacular, with magnificent views of the coastline from Rikuchu to Shimokita, the city of Hachinohe, and the mountains of Iwate. The sunrise over the Pacific Ocean and the sunset over the Hakkoda mountain range allow visitors to fully enjoy the beauty of nature.

Connecting with local people

At Hamanasu-tei, three generations of the Niwa family offer advice on walking the trail while serving local seafood such as sea urchins and ascidians. At the Shukudo fishing port in Hirono Town, you can watch the fish being landed, while at the Taneichi shopping street you can enjoy conversations with shopkeepers. On the coast of Kuji City, you can watch the Ama-chan divers free diving to catch abalone and sea urchins. No matter where you walk, the slower you walk, the more you will experience the charm of the Michinoku Coastal Trail, and the more conversations and memories you will have, thus increasing your understanding of this little-known corner of the Tohoku region.





AREA 3

HIRONO — KUJI — NODA

Hirono to Kuji end Noda

A trail that connects people



Feel everyday life

Roughly 45 kilometers of trail separate Hirono and the small city of Kuji, and like other trail sections hikes, this section is punctuated with both moments of scenic beauty and glimpses of everyday life.

Continuing the spiritual theme, you can visit shrines like the hilltop Kanayama Shrine for wide views across Yagi Port.

Around Kuji, the trail also takes in distinctive rock formations, like the helmet-shaped Kabuto Rock on the rugged Kosode Coast and a striking granite platform called Samurai Rock—the latter said to take its name from a feudal lord who rested upon the rocks when visiting to survey tsunami damage in the early 1600s.

In Noda Village, you can see the scenery of a traditional salt-making process with a history of 400 years.

The entire village was built in an environmentally conscious manner, using red pine trees, some 10,000 of which were washed away by the 2011 tsunami. Here, you will be able to experience the careful thought and skill of the local people.

In this way, the trail is full of encounters and interactions with people.

A trail that connects hikers to locals

Take the time to travel slowly and mingle with locals. This stretch of trail offers a reminder that scenery is just one of many parts of the Michinoku Coastal Trail experience.

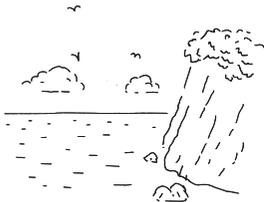
"At the end of the day, the people here are the real attraction of the trail," says Ms. Shisuko Niwa, who runs a seafood restaurant called Hamanasu-tei in Hirono. "Here and there, you meet interesting people (locals and hikers) all along the trail...that's the charm."

In Hamanasu-tei's case, you meet three generations of the Niwa family, serving up local seafood specialties such as sea urchin (uni) and sea squirt (hoya), but also happy to give advice about the trail ahead. Elsewhere, at Hirono's lively Shukunohe harbor, you'll see fishermen unloading their catches, while at the Taneichi shopping district there are plenty of shop owners ready for a chat. In Kuji, you might see female Ama divers, who free dive to catch abalone (awabi) and sea urchin along the coast. Whichever part of the trail you hike, the slower you go, the more of the Michinoku Coastal Trail you discover; the more conversations and memories you'll make; the more you'll begin to understand this lesser-known corner of Japan.



AREA 3

HIRONO — KUJI — NODA



FUDAI ———> TANOHATA

Fudai to Tanohata

Trail to feel the Sea Alps



FUDAI TO TANOHATA

The Michinoku Coastal Trail in a nutshell
The Michinoku Coastal Trail can be walked in one epic, 1,000-kilometer hike, but also offers dozens of sections ideal for one- or two-day adventures. Take the 26 kilometers of trail in Fudai and Tanohata villages: with local markets, fishing ports, sweeping clifftop views, sandy beaches, wooded pathways, friendly inns, and so much else, it packs in many of the elements that make the Michinoku Coastal Trail so special.

The Flavors of Fudai

Hiking through Fudai, there's a good chance you will meet Tokio and Ruriko Aisa, a husband-and-wife team running a small market called Kiraumi. Located right on the trail and being the only building by the picturesque Fudai Beach, it's impossible to miss. The Aisas opened Kiraumi after the 2011 tsunami, as the part of the community effort to rebuild their village. Today, it serves as a casual meeting place for locals, but also somewhere hikers can get a taste of local food culture.

"We are a small village, but we have a lot of delicious food for travelers to try - that's something I hope hikers will remember Fudai for," says Ruriko. "At Kiraumi, we sell the fish my husband catches, as well as regional specialties such as bottles of salted sea urchin and wakame seaweed."

"We have lots of seasonal produce along the northern Sanriku Coast," adds Tokio, who has been a fisherman for close to 40 years, just as his father and grandfather were before him. "But I also want people to come and walk on the natural beaches here and think, 'It's so beautiful, the water is so clear and blue.' I hope the beauty of this place remains in their memory."

Nedarihama to Kurosaki

Not long after Fudaihama, there is plenty more natural beauty on show. After following a main road by newly built port facilities and floodgates, the trail reaches an ocean-hugging stretch called Nedarihama, where you walk close to waves crashing into the base of precipitous cliffs. You feel, hear and inhale the scents of the ocean here. Gulls and birds of prey fly above. Look out to the sea and you'll see fishing boats on the horizon.

It's gorgeous, but also adventurous, with patches of trail passing through dank, hand-dug tunnels, up and down ladders, and across beaches where you might well find yourself dodging breaking waves - very different to most coastal hikes.

Then there's a short, but steep climb up the cliffs, where you could break for the night at Kurosaki-so, one of many municipality-run inns along the trail: in this case, one with expansive coastal views, in-season seafood on the dinner and breakfast menus, and soothing public baths that are perfect after a good hike.

Hands-on Experiences in the "Alps of the Sea"

From Kurosaki-so, the Michinoku Coastal Trail reveals another of its faces, with several hours of up-and-down, wooded trail leading through bear habitat to another trail highlight—a viewpoint in Tanohata called Kitayamazaki. Here, wooden observation decks deliver sweeping views over jagged, tree-covered cliffs, which understandably have been nicknamed the "Alps of the sea."

Like many other trail sections, the pathway after Kitayamazaki also offers up opportunities to interact with locals and try hands-on experiences. At the rocky Tsukuehama Beach, you'll find a collection of banya fishing huts—rebuilt after the 2011 tsunami—that as well as functioning as working huts for fisherman are used by locals to provide educational workshops.

"The people here offer salt making workshops, diving experiences, and sappa fishing boat rides, but also the chance for visitors to learn about the local fishing industry and life as a fisherman from locals," says Mr. Takuro Kusuda, who leads an NPO in Tanohata that runs hands-on experiences. "There are also cooking classes, where locals show visitors how to prepare and cook fish using the catch of the day—whether that's sashimi, grilled or boiled—and then eat it together with local pickled vegetables and seaweed dishes."

If you opt for a trip in one of the small sappa boats, you'll be rewarded with a different perspective of the rugged shoreline and can also be dropped off further down the trail at Aketo Beach or the nearby Ragaso Hotel. The latter affords the opportunity to unwind in traditional-style accommodation (complete with multi-course meals and soothing public baths), while the chunk of damaged seawall left as a memorial at Aketo Beach serves as a reminder of the tsunami - and why the Michinoku Coastal Trail was built in the first place.



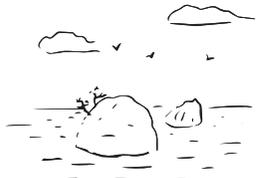


AREA 5

TANOHATA — IWAIZUMI — MIYAKO

Tanohata to Miyako

A Trail Through Japan's Stunning Landscapes and Local Life



Embark on a trail-walking journey from Tanohata to Miyako, covering approximately 72 kilometers (from Tanohata Station to Miyako Station). This trail offers a captivating experience of Japan's breathtaking landscapes and local life.

As you traverse this route, you'll encounter awe-inspiring landscapes, including towering cliffs and the stunning scenery of Jodogahama Beach. Moreover, you'll pass through areas that still bear the scars of the disaster, providing a glimpse into the resilience of the local communities alongside the beauty and potential threats of nature.

The distinctive feature of this area lies in the coexistence of natural beauty and the livelihoods of those living in harmony with nature. Passing through numerous fishing ports, you'll feel the vibrancy of local communities intertwined with the surrounding nature.

In Tanohata, the trail includes areas such as the Unosu Cliffs, featuring cliffs of staggering heights where nests of cormorants are nestled mid-slope. The panoramic view of 200-meter-high cliffs arranged in five rows like folding screens is truly breathtaking. In summer, enjoy the refreshing greenery, while autumn presents vibrant foliage. The contrast between the emerald sea and marine blue is a visual spectacle.

In Iwaizumi and Miyako, you'll pass through several fishing ports and settlements where traces of the earthquake are still visible. This trail not only allows you to experience the natural threats but also showcases the strength and resilience of the people who have faced these challenges and worked towards recovery.

This area is renowned for its spectacular views, including the Unosu Cliffs in Tanohata and Jodogahama Beach in Miyako, with its sharply pointed white rhyolite rocks present a coastline adorned with distinct expressions. The contrast between the green of the pine trees, the white rock surface, and the deep blue sea is truly a sight to behold.

Miyako City boasts an abundance of seafood and a variety of eateries cherished by the locals. You'll be welcomed by friendly locals, providing a perfect opportunity to experience the warmth of both the local cuisine and the community after a satisfying walk.



AREA 6

MIYAKO ———> YAMADA

Miyako to Yamada

A Trail of Breathtaking Views at Honshu's Easternmost Point



This section of the trail highlights the natural beauty of the Sanriku Rias coastline and the unique charm of the local area. It includes Todogasaki, the easternmost point of Honshu, offering spectacular views of the vast Pacific Ocean from its observatory. The trail leading to the Todogasaki Lighthouse is well-maintained and offers a rewarding hike to this iconic spot, where many hikers feel the edge of the sea.

The rias coastline, with its intricate bays and peninsulas, defines this section's distinct character. Alternating between steep cliffs and serene coves, the scenery constantly changes. The trail winds through seaside paths, pine forests, and small fishing villages, offering a harmonious blend of nature and local life.

A must-see spot is Jodogahama Beach in Miyako City, where the striking contrast of white rocks and blue ocean creates a stunning view. In Yamada, the tranquil scenery of Yamada Bay, dotted with fishing boats and aquaculture rafts, provides a peaceful and picturesque atmosphere. Along the route, visitors can also encounter remnants of the Great East Japan Earthquake and facilities commemorating the region's recovery, offering a chance to reflect on its history.

This trail section has numerous ups and downs, requiring stamina, but rest areas and roadside stations with restrooms and water are available. Additionally, the area is known for its fresh seafood and fisherman's cuisine, allowing hikers to enjoy both nature and the rich local culture. It is a particularly appealing part of the Michinoku Coastal Trail, where natural beauty, history, and regional culture come together.



AREA 7

OTSUCHI → KAMAISHI → OFUNATO

Otsuchi Town to Kamaishi, and Ofunato

A Trail of Stunning Nature and Post-Disaster Recovery



The Sanriku Rias Coastline offers a special blend of awe-inspiring natural landscapes and stories of recovery from the Great East Japan Earthquake. In Otsuchi Town, highlights include the tranquil beauty of Otsuchi Bay, as well as Kirikirihama Beach and Namiita Beach, where crystal-clear waters provide breathtaking views. Visitors can enjoy fresh seafood and fisherman's cuisine in many local eateries, experiencing the unique flavors of the region. The town also features disaster memorials and recovery landmarks, showcasing both its history and hope for the future.

In Kamaishi City, visitors can enjoy the beautiful scenery of Kamaishi Bay and explore facilities developed after the earthquake. These sites offer insight into the region's resilience and forward-looking initiatives. Riding the Sanriku Railway adds an extra layer of charm to the journey.

Ofunato boasts the Goishi Coast, a national scenic site known for its distinctive rock formations and intricate bays that showcase nature's artistry. In the revitalized city center, visitors can savor fresh seafood, shop for local specialties, and experience the vibrant energy of a community rebuilding.

This area is a symbolic section of the Michinoku Coastal Trail, harmonizing the grandeur of the Rias coastline with the resilience and warmth of the local communities. Well-maintained accommodations and rest areas make it an accessible and rewarding trail. From Otsuchi to Ofunato, hikers can immerse themselves in the stunning scenery, connect with the local people, and reflect on the powerful story of recovery and hope.





AREA 8

RIKUZEN TAKATA ———> KESENNUMA

Rikuzentakata to Kesennuma

A Trail That Connects Nature and Local Livelihoods



The Sanriku Rias Coast is a region of exceptional character, where the dramatic beauty of nature is interwoven with powerful stories of recovery from the Great East Japan Earthquake.

In Otsuchi Town, visitors are welcomed by tranquil coastal views overlooking Otsuchi Bay, as well as pristine beaches such as Kirikiri Beach and Namiita Beach, known for their crystal-clear waters. The town's many eateries serve fresh seafood and traditional fishermen's cuisine, offering a taste of the area's rich maritime culture. Disaster memorials and symbols of recovery scattered throughout the town invite quiet reflection on its history and its hopes for the future.

Kamaishi City features scenic views of Kamaishi Bay and a range of facilities developed after the earthquake. Together, these sites tell a compelling story of resilience, connecting the region's past with its forward-looking future. Traveling on the Sanriku Railway enhances the journey, adding a sense of nostalgia and closeness to the local landscape.

In Ofunato City, the nationally designated scenic site of Goishi Coast is renowned for its dramatic rock formations and intricate inlets unique to the rias coastline. The natural artistry of this rugged shore leaves a lasting impression on visitors. In the revitalized city center, travelers can enjoy local cuisine made with fresh seafood and browse for regional specialties and souvenirs.

Ofunato is also one of the symbolic hubs of the Michinoku Coastal Trail. Around Sanriku Station, hiker-friendly initiatives are actively promoted, with local residents warmly welcoming walkers from near and far. This strong community support creates a reassuring and comfortable environment for those traveling on foot. As an optional experience, hikers can visit Mount Natsumushi, a beloved local viewpoint where watching the sunset over Ofunato Bay offers a quiet and deeply moving moment.

As a whole, this area represents one of the most memorable sections of the Michinoku Coastal Trail, where breathtaking coastal scenery harmonizes with the strength and warmth of local communities. Well-maintained accommodations and rest areas along the route make it easy to plan and walk at a comfortable pace. From Otsuchi to Ofunato, hikers gain not only unforgettable views, but also a deeper understanding of the region's ongoing recovery and its enduring hope for the future.



Model Route 1—6

Distances listed are approximate distances within the trail route.

There are individual differences in walking time, so please consider the above route as a reference only.

Please note that the number of trains is limited when using the Sanriku Railway.

If you miss the train, it is best to use a local taxi.

For areas without taxi services, please consult a taxi company in the destination area.

Beginner Route: "First Step Adventure" - Recommended for a 2 days, 1 night hike

Time: Total 4-5 hours (17km /10.6miles)

Recommended season: April-December

Course Level: Beginner

Recommended shoes: Trail running shoes

You'd like to explore the trails, but aren't sure where to start or how far you can walk? If you are in doubt, this is the route for you.

Start from Kabushima Shrine in Hachinohe, the northern entrance to the Michinoku Coastal Trail, and hike to the Tanesashi Coast, where a beautiful grassy area spreads out. This is a perfect first experience for new hikers. The Tanesashi area is decorated with beautiful flowers in spring. This route will enchant you with its spectacular scenery and make you want to walk more and more.

View Points

- ✓ The Tanesashi area, with 650 varieties of native plants, beautiful flowers, and natural lawns, is a great place to visit from May to October.
- ✓ Kabushima Island is designated as a national natural monument as a breeding ground for petrels.
From March to August every year, you can see so many petrels as they cover the island and shrine located here.
- ✓ The sea urchin at the world's only sea urchin farm in Hirono is exquisite. The sea urchin season is from spring to summer.



Trail & Train

Model Route 1

Beginner Route: "First Step Adventure" - Recommended for a 2 days, 1 night hike

Day 1	7.92 km (4.9 miles)	8:40	Departure from Tokyo Station/Shinkansen Hayabusa No.9/ Departure from Sendai (10:16) Arrival at Morioka (10:59)
		11:26	Arrival at Hachinohe Station Lunch at Hachinohe Station
Day 2	8.85 km (5.5 miles)	12:25	Departure from Hachinohe Station/JR Hachinohe Line
		12:46	Arrival at Same Station (On foot to Kabushima Shrine)
		13:10	Arrival at Kabushima Shrine (Stamping and Shrine visit)
		13:30	Start of Michinoku Coastal Trail (2-hour course)
		16:00	Arrival at Tanohata Coast Information Center (Break)
		16:30	Departure from Tanohata Coast Information Center (Taxi)
		17:00	Hotel check-in (Stay at a hotel in Hachinohe city) Enjoy the evening with options like exploring alleys and nightlife. The English translation reflects the schedule provided but may need additional context based on specific preferences or travel details
		19:04	Arrival at Tokyo Station
Total	16.7 km (10.4 miles)		





"Scenic Wonders of Northern Sanriku" - Intermediate to Advanced Route spanning 4 days and 3 nights

(covering more than 10 kilometers per day)

Time: Total 5 hours (46km/28.7miles)

Recommended season: April - December

Route Level: Intermediate

Recommended shoes: Trail running shoes

Start the hike in Hachinohe, Aomori with a section hike from Kabushima to the Tanesashi Coast. Then take the JR Hachinohe Line and the Sanriku Railway to Fudai in Iwate. From there, walk along the most popular scenic areas such as Nedarihama beach and the Kitayamazaki cliffs.

View Points

- ✓ Start at the northern trailhead by praying for safety and stamping your hiking passport at Kabushima Shrine.
- ✓ Hiking from May to October is recommended for the Tanesashi area, as you can see some of the 650 kinds of wild plants, beautiful flowers and natural grass that grow in this area.
- ✓ Nedari Beach and the Kitayamazaki cliffs are great photo spots.



"Scenic Wonders of Northern Sanriku" -Intermediate to Advanced Route spanning 4 days and 3 nights

(covering more than 10 kilometers per day)

Day 1		<p>Arrival in Hachinohe from Various Locations (Approximately 2 hours and 45 minutes by Shinkansen from Tokyo Station)</p> <p>Staying near Hachinohe Station is recommended, and コートリー is a great option. For those who want to enjoy the nightlife like exploring the alleys, the area around Hon-Hachinohe Station is recommended.</p> <p>※Please note that Hachinohe Station and Hon-Hachinohe Station are different stations, so please be careful.</p>
Day 2	18.1 km (11.3miles)	<p>6:45 Departure from the hotel (Arrival at Hon-Hachinohe Station at 7:00) *In case of staying around Hon-Hachinohe Station</p> <p>7:16 Departure from Hon-Hachinohe Station/JR Hachinohe Line</p> <p>7:23 Arrival at Mutsu-Minato Station (Morning market/Breakfast, etc.) Enjoy the famous morning market in Hachinohe before starting.</p> <p>8:13 Departure from Mutsu-Minato Station</p> <p>8:20 Arrival at Same Station (Walk to Kabushima Shrine)</p> <p>8:40 Arrival at Kabushima Shrine (Shrine visit)</p> <p>8:50 Michinoku Coastal Trail Start (5-hour course)</p> <p>11:00 Arrival at Tanesashi Coast Information Center (Toilet/Break)</p> <p>11:20 Departure from Tanesashi Coast Information Center</p> <p>13:20 Arrival at Hashikami Hama-no-Eki Aludiba (Restaurant lunch/Break)</p> <p>14:10 Departure from Hashikami Hama-no-Eki Aludiba</p> <p>15:00 Arrival at Hashikami Station *Use a taxi if running late</p> <p>15:13 Departure from Hashikami Station</p> <p>15:23 Arrival at Taneichi Station (Walk to the hotel)</p> <p>15:45 Arrival at Hamanasu-tei - Accommodation: Guesthouse Hamanasu-tei</p>
Day 3	17.4 km (10.8miles)	<p>6:40 Departure from the hotel (Taneichi Station at 6:55)</p> <p>7:05 Departure from Taneichi Station/JR Hachinohe Line</p> <p>7:51 Arrival at JR Kuji Station (Transfer to Sanriku Railway Kuji Station)</p> <p>8:05 Departure from Kuji Station/Sanriku Railway Line</p> <p>8:47 Arrival at Fudai Station</p> <p>9:00 Departure from Fudai Station - Shopping in the shopping district for lunch or aid food (2-hour course)</p> <p>11:30 Arrival at Kurosaki-so (Lunch/Break) *Bento can be arranged with prior notice</p> <p>12:15 Departure from Kurosaki-so (2.5-hour course)</p> <p>15:00 Arrival at Kitayama-zaki (Pickup/Accommodation facility transfer)</p> <p>15:15 National Youth Hostel Kurosaki-so (Fudai Village) or Shira Hana Shakunage-so (Kitayama-zaki)</p> <p>Use the transfer service for hikers at Kurosaki-so</p> <p>*Prior confirmation required</p> <p>*Shira Hana Shakunage-so does not require transfer as it is an accommodation facility in the arrival area</p>

Day 4	10.7 km (6.6miles)	<p>8:15 Departure from the hotel (Transfer service from the accommodation facility *Prior confirmation required)</p> <p>8:30 Departure from Kitayama-zaki (3-hour course)</p> <p>11:30 Arrival at Tsukihama Ban'ya-gun (Lunch/Break)</p> <p>12:30 Departure from Tsukihama Ban'ya-gun (2-hour course)</p> <p>14:30 Arrival at Tanahata Station</p> <p>15:03 Departure from Tanahata Station/Sanriku Railway Line</p> <p>15:49 Arrival at Miyako station</p> <p>15:54 Departure from Miyako station/JR Yamada Line</p> <p>18:21 Arrival at Morioka Station</p> <p>18:50 Departure from Morioka Station (Tohoku Shinkansen/Hayabusa No.42/Connection)Arrival at Sendai Station</p> <p>19:29 Arrival at Sendai Station</p> <p>21:04 Arrival at Tokyo Station</p>
Total	46.2 km (28.8miles)	





Jodogahama, Kitayamazaki, and Tanesashi Coast - Experience 3 Scenic Spots, Intermediate to Advanced Route for 5 days and 4 nights

Time: Total 16 hours (42km/26.2miles)
 Recommended Season: Year-round
 Route Level: Intermediate to Advanced
 Recommended Footwear: Trail Running Shoes
 Difficulty: 3, 5 stars

Start your journey from Morioka and reach Miyako in approximately 2 hours. Consider arriving a day early to relax and recharge in a hotel within the national park. It's highly recommended to kick off the trail early in the morning, starting from the breathtaking Jodogahama while basking in the sunrise. Explore other scenic points such as Kitayamazaki and the Tanesashi Coast on this northward trail. If you're short on time but want to experience the highlights, this course is perfect for you.

View Points

- ✓ See the sunrise over Jodogahama, a view unique to this trail.
- ✓ Kitayamazaki's cliffs and hand-carved tunnel areas offer an adventurous atmosphere.
- ✓ The Tanesashi Coast features a majestic natural lawn, and the journey to Kabushima Shrine allows you to enjoy various alpine plants.

Recommended Eateries Around the Route

Miyako: Sushi Izakaya Uchidate (Sushi)

Kuji: Highball Bar & Dining KENSOH (Whiskey)

Fudai: Kami-Kanda Butcher Shop (Curry Bread)

Enjoy the diverse landscapes and culinary delights along this trail, making it an unforgettable experience for those seeking both adventure and scenic beauty.



Trail & Train
Model Route 3

**"Jodogahama, Kitayamazaki, and Tanesashi Coast" -
 Bullet Tour of Scenic Spots, Intermediate to
 Advanced Route for 5 days and 4 nights**

MODEL ROUTE
3

Day 1		Reference Itinerary: Tokyo Station – JR:Shinkansen - Morioka Station – (JR Local Line or Bus) -Miyako Station (About 6 hours) Recommended Accommodation: Jodogahama Park Hotel
Day 2	8.2 km (5.1miles)	9:45 Departure from the hotel 10:00 Jodogahama Visitor Center - Trail course start, approximately (3.5-hour course) 10:15 Jodogahama Rest House 13:30 Takonohama Fishing Harbor-Hide Fishing Harbor-Sakiyama Blowhole 14:00 National Park Resort Rikuchu-Miyako 14:43 Depart from Hotel by bus to Miyako Station (30 minutes) 15:15 Arrival at Miyako Station - Accommodation: Hotels around Miyako Station Recommended accommodation: Guesthouse 3710 For dinner, explore nearby izakayas or join a bar-hopping tour.
Day 3	10.5 km (6.5miles)	7:20 Check-out from the hotel 7:52 Miyako Station / Sanriku Railway 8:36 Arrival at Tanohata Station 9:00 Start the trail course from Tanohata Station to Tsukuehama Banyagun (Fisherman's Huts),(1 hour and 45 minutes) Tsukuehama Banyagun(Fisherman's Huts)—Manually-dug Tunnel (Recommend headlamp)— Kitayamazaki/ (3-hour course) 14:00 Arrival at Kitayamazaki Visitor Center Hotel transfer via shuttle (Accommodation facility transfer *Prior confirmation required) Recommended accommodation: Hotel Rogaso (Tanahata Village) or Hotel Kurosakiso (Fudai Village)
Day 4	16 km (10miles)	8:15 Departure from the hotel (Accommodation facility transfer *Prior confirmation required) 8:30 Arrival at Kitayamazaki Visitor Center, then trail start (3-hour course) 11:30 Kurosakiso (Break) - Departure at 12:30 13:00 Nedarihama Area, (2.5hours course) 15:30 Arrival at Fudai Station 16:06 Depart from Fudai Station / Sanriku Railway Line 16:54 Arrival at Kuji Station - Accommodation: Hotels around Kuji Station Recommended accommodation: Kuji Grand Hotel For dinner, explore nearby izakayas or join a bar-hopping tour.
Day 5	7.8 km (4.8miles)	8:15 Departure from the hotel 9:16 Depart from Kuji Station / JR Hachinohe Line 10:27 Arrival at Tanesashi Coast Station 10:45 Tanesashi Coast Information Center - Trail start(2.5hours course) 13:15 Arrival at Kabushima Shrine (Michinoku Coastal Trail Trailhead) 14:24 Same Station (15 minutes walk from Tanesashi Shrine) 14:45 Arrival at Hachinohe Station 15:06 Depart from Hachinohe Station (Tohoku Shinkansen / Hayabusa No.32) 18:04 Arrival at Tokyo Station
Total	42.5 km (26.5miles)	



Spectacular view of the coastline 3 days 2 nights

Time: Total 10 hours (31.8km/19.8miles)

Recommended season: April - June and September - December

Route Level: Intermediate

Recommended shoes: Trail running shoes

You can tour the three villages in a compact manner while also taking advantage of the local Sanriku Railway line.

While enjoying the scenery along the trail route, we also recommend enjoying meals at local restaurants along the way and exploring shopping streets for popular local products, where you can also converse with locals.

In the baths at your lodging, taking a bath while watching the sunrise is a great way to recharge and enjoy the spectacular view.

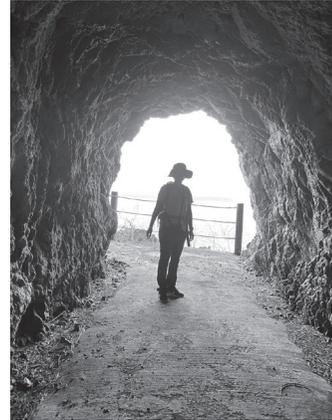
View Points

- ✓ The sunrise and local scenery seen from the Sanriku Railway are also recommended.
- ✓ The view of the coastline from the top of the hill is also a good place to enjoy the contrast of the scenery.
- ✓ The view of Kitayamazaki at the finish line is breathtaking.

Trail & Train

Model Route 4

Spectacular view of the coastline 3 days 2 nights



Day 1	13 km (8.1miles)	<p>6:32 Departure from Tokyo Station: Shinkansen Hayabusa No.1 Departure: 8:05 from Sendai (8:50 from Morioka)</p> <p>9:21 Arrival at Hachinohe Station</p> <p>9:29 Departure from Hachinohe Station: JR Hachinohe Line</p> <p>11:08 Arrival at Kuji Station</p> <p>12:07 Departure from Kuji Station: Sanriku Railway</p> <p>12:21 Arrival at Rikuchu-Noda Station—Lunch at Restaurant Purple on the 2nd floor (recommended for ramen)</p> <p>13:00 Start of Michinoku Coastal Trail (3.5hours course)</p> <p>16:30 Arrival at Hotel Eboshiso</p>
Day 2	9.6 km (6miles)	<p>10:00 Departure from the Hotel (1-hour trail to Sanriku Railway Horinai Station)</p> <p>11:07 Departure from Horinai Station: Sanriku Railway Line</p> <p>11:18 Arrival at Fudai Station</p> <p>11:40 Start of Michinoku Coastal Trail (It is also recommended to purchase snacks such as local sweets and bread at the shopping street near the station.)</p> <p>12:40 Lunch at Kirauumi with a seafood set meal (Reservation required by the previous day)</p> <p>13:30 Continue on Trail for 2 hours and 30 minutes</p> <p>16:00 Arrival at Hotel Kurosakiso</p>
Day 3	9.2 km (5.7miles)	<p>8:00 Departure from hotel (3 hours course)</p> <p>11:00 Arrival at Kitayamazak visitor Center : Lunch at Shakunageso (kama-meshi(Japanese small pot) is recommended)</p> <p>12:35 Take a shared taxi (reserve up to 1 hour before departure) to Tanohata Station</p> <p>12:55 Arrival at Tanohata Station</p> <p>13:03 Departure from Tanohata Station: Sanriku Railway Line</p> <p>13:50 Arrival at Miyako Station</p> <p>14:45 Departure from Miyako Station (Iwate Kenpoku Bus/Express Bus No. 106)</p> <p>16:25 Arrival at Morioka Station (East Exit)</p> <p>17:50 Departure from Morioka Station: Shinkansen Hayabusa No.38</p> <p>18:29 Arrival at Sendai Station/Staying overnight in Sendai is also recommended!</p> <p>20:04 Arrival at Tokyo Station</p>
Total	31.8 km (19.8miles)	



Experiencing Life and Scenery in Northern Sanriku - Intermediate to Advanced Route for a 7 days, 6 nights expedition

Time: Total 21 hours 30 minutes(53km/33.1km)
 Recommended Season: April to November
 Route Level: Intermediate to Advanced
 Recommended Footwear: Trail Running Shoes
 Difficulty: 3, 5 stars

Embark on a journey that seamlessly connects the picturesque areas from Hachinohe to Miyako using trains. Alongside the breathtaking views unique to this region, the route allows you to immerse yourself in the daily lives of the local people, particularly centered around fishing ports. This week-long adventure offers a variety of days, allowing for leisurely walks and tackling slightly challenging courses. Exploring local eateries, especially during dinner, where the locals dine, is highly recommended.

View Points

- ✓ Tanesashi Coast features a vast natural lawn, and the journey to Kabushima Shrine allows you to enjoy various alpine plants.
- ✓ Enjoy the magnificent views of Samurai-hama in Kuji Area, making it an ideal spot for a coffee break.
- ✓ In Fudai, savor the local atmosphere by exploring shopping streets and the fishing ports, and consider having lunch at nearby eateries.

Recommended Eateries Around the Route

- ✓ Hachinohe: Miroku Yokochō (Bar Hopping)
- ✓ Kuji: Snack Happy (Ramen)
- ✓ Fudai: Kami-Kanda Butcher Shop (Curry Bread)

This route provides a rich tapestry of landscapes and cultural experiences, offering a blend of scenic beauty and the vibrant lifestyle of the local community.

Experiencing Life and Scenery in Northern Sanriku - Intermediate to Advanced Route for a 7 days, 6 nights expedition



Day 1		<p>Arrival and Exploration in Hachinohe/Approximately 2 hours and 45 minutes by Shinkansen from Tokyo Station to Hachinohe Station.</p> <p>Hachinohe Station to Honhachinohe Station</p> <p>Recommended Accommodation: Hachinohe Grand Hotel</p> <p>Explore the nightlife around Honhachinohe Station.</p> <p>Note: Hachinohe Station and Honhachinohe Station are different, so please be cautious.</p>
Day 2	7.9 km (4.9miles)	<p>10:00 Depart the hotel for Honhachinohe Station.(15 minutes on foot)</p> <p>10:51 Depart from Honhachinohe Station: JR Hachinohe Line</p> <p>11:03 Arrival at Same Station (15 minutes on foot to Kabushima Shrine)</p> <p>11:20 Arrival at Kabushima Shrine</p> <p>11:30 Start of Trail (2.5 hours course)</p> <p>15:00 Arrival at Tanesashi Coast Information Center</p> <p>Obtain various information, including MCT.</p> <p>Accommodation: Tanesashi Coast Area Minshuku (family-run guesthouse)</p> <p>Recommended Accommodation: Minshuku Ishibashi</p>
Day 3	15.6 km (9.7miles)	<p>7:30 Departure from the Hotel</p> <p>7:45 Arrival at Tanesashi Coast</p> <p>7:55 Depart from Tanesashi Coast Station: JR Hachinohe Line</p> <p>8:39 Arrival at Rikuchu-Nakano Station</p> <p>8:50 Start of Trail(6.5 hours course)</p> <p>Rikuchu-Nakano Station—Samuraihama—Itsukushima Shrine—Moguranpia Aquarium</p> <p>15:20 Taxi transfer from "Moguranpia Aquarium" (pre-arranged) (15minutes by Taxi)</p> <p>15:40 Arrival at Kuji Station Area Hotel</p> <p>Recommended Accommodation: Kuji Grand Hotel</p> <p>Explore local izakayas or join a bar-hopping tour for dinner.</p>
Day 4	7 km (4.3miles)	<p>10:00 Departure from the Hotel</p> <p>10:10 Arrival at Kuji Station:Sanriku Railway</p> <p>10:39 Depart from Kuji Station: Sanriku Railway</p> <p>11:17 Arrival at Fudai Station</p> <p>11:25 Start of Trail (3 hours course)</p> <p>Fudai Station - Shopping street - Beachside Famer's Market Kiraumi (Break)</p> <p>Fudai Beach—Nedari Beach area</p> <p>14:45 Kurosaki Viewpoint</p> <p>15:00 Arrive at Kurosakiso</p>



Day 5	10 km (6.2miles)	<p>8:45 Departure from the hotel (Shuttle service with advance reservation)</p> <p>9:00 Arrival at Kitayamazaki Visitor Center(Break)</p> <p>9:10 Start of Trail (3 hours course)</p> <p>Manually-dug Tunnel(Recommend headlamp)-Tsukuehama Banyagun(Fisherman's Huts)</p> <p>12:10 Arrive at Tsukuehama Banyagun(Fisherman's Huts)(Break)</p> <p>13:00 Depature from Tsukuehama Banyagun(Fisherman's Huts) (2hours course)</p> <p>15:00 Arrival at Hotel Ragaso</p>
Day 6	12.5 km (7.8miles)	<p>8:30 Departure from the hotel (Shuttle service with advance reservation)</p> <p>8:40 Arrival at Tanohata Station</p> <p>8:57 Depart from Tanohata Station: Sanriku Railway</p> <p>9:21 Arrival at Shin-taro Station</p> <p>9:30 Start of Trail (1.5 hours course)</p> <p>Shin-taro Station—Tsunami Monument:Taro Kanko Hotel—Sannoiva Rocks—Roadside Station Tarou</p> <p>11:00 Roadside Station Tarou(Break)</p> <p>11:45 Depart from Roadside Station Taro by Taxi (pre-arranged) to Anegasaki Viewpoint (20 minutes)</p> <p>12:05 Arrival at Anegasaki Viewpoint</p> <p>12:15 Anegasaki Viewpoint—Sakiyama Blowhole-Takonohama Beach—Jodogahama Visitor Cente(3 hours course)</p> <p>15:30 Arrival at Jodogahama Park Hotel</p>
Day 7	0 km	<p>8:25 Departure from the hotel</p> <p>·Shuttle service/Taxi/Bus to Miyako Station</p> <p>9:00 Arrival at Miyako Station</p> <p>9:19 Depart from Miyako Station: JR Yamada Line/Iwate Kenpoku Bus 106 Express Bus</p> <p>11:41 Arrival at Morioka Station</p> <p>11:50 Depart from Morioka Station: Shinkansen Hayabusa No.18/ Hayabusa No.22 (Departure at 12:50/Arrival at 15:04)</p> <p>14:04 Arrival at Tokyo Station</p>
Total	53 km (33.1miles)	





Complete Conquest of Hachinohe to Miyako Area - 240 km (150 Miles) Challenge - Intensive Advanced Route for a 13 days, 12 nights expedition

Time: Total 79 hours 45minutes(240km/150miles)

Recommended Season: April to November

Route Level: Advanced

Recommended Footwear: Trail Running Shoes

Difficulty: 4.5 stars

Embark on a meticulously designed course covering approximately 240 kilometers (150 miles) from Hachinohe to Miyako, utilizing trains for a section hike across the entire route. This course, designed for experienced long-distance trail enthusiasts, features diverse elevations. For those seeking flexibility, it's recommended to add rest days, extending the duration to around two weeks. Although challenging, you'll have the opportunity to savor unique landscapes and experience the coastal sections of the Michinoku Coastal Trail, including walking along the shoreline bathed in the morning sun.

View Points

- ✓ The Tanesashi Coast features a vast natural lawn, and the journey to Kabushima Shrine allows you to enjoy various alpine plants.
- ✓ In various places, including the Taro area, you can feel the lingering impact of the earthquake and tsunami, and witness the resilience and lifestyle of the local people. You'll gain a real understanding of the meaning and significance behind the creation of this trail.
- ✓ Upon reaching the goal of this route, Jodogahama, the breathtaking landscape that unfolds will reward you for the challenges you've overcome.

Recommended Eateries Around the Route

- ✓ Hachinohe: Miroku Yokocho (Bar Hopping)
- ✓ Hirono Town: Hamanasu-tei (Sea urchin)
- ✓ Miyako: Sushi Izakaya Uchidate (Sushi)

This course offers a blend of rugged terrains and coastal wonders, providing a unique Michinoku Coastal Trail experience that is both challenging and rewarding.

"Complete Conquest of Hachinohe to Miyako Area - 240 km (150 Miles) Challenge" - Intensive Advanced Route for a 13 days, 12 nights adventure

Day 1		Arrival and Exploration in Hachinohe/Approximately 2 hours and 45 minutes by Shinkansen from Tokyo Station to Hachinohe Station. Hachinohe Station to Honhachinohe Station/ Recommended Accommodation: Hachinohe Grand Hotel Explore the nightlife around Honhachinohe Station. Note: Hachinohe Station and Honhachinohe Station are different, so please be cautious.
Day 2	18.1 km (11.3miles)	7:30 Departure From the Hotel to Honhachinohe Station (10minutes on Foot) 8:04 Depart from Honhachinohe Station: JR Hachinohe Line 8:21 Arrival at Same Station (15 minutes on foot to Kabushima Shrine) 8:40 Arrival at Kabushima Shrine 9:00 Start of Trail (2.5 hours course) 11:30 Arrival at Tanesashi Coast Information Center(Break) 12:00 Depart from Tanesashi Coast Information Cente/ (2.5 hours course) 14:30 Arrival at Hashikami Station 15:13 Depart from Hashikami Station: JR Hachinohe Line 15:23 Arrival at Taneichi Station 15:40 Arrive at Hamanasu-tei Guesthouse/10 minutes walk from station
Day 3	30.5 km (19miles)	7:20 Departure from the Hotel (10minutes on Foot) 7:51 Depart from Taneichi Station: JR Hachinohe Line 8:02 Arrival at Hashikami Station 8:10 Start of Trail (7.5 hours course) Hashikami Station — My.Hashikamidake — Kadonohama Station (Estimated arrival around 16:00) 16:56 Depart from Kadonohama Station: JR Hachinohe Line 17:03 Arrival at Taneichi Station 17:20 Arrive at Hamanasu-tei Guesthouse/staying over continuously
Day 4	25 km (15.6miles)	9:30 Departure from the Hotel (15minutes on Foot) 10:01 Depart from Taneichi Station: JR Hachinohe Line 10:07 Arrival at Kadonohama Station / JR Hachinohe Line 10:20 Start of Trail (7 hours course) Kadonohama Station — Taneichi — Shukunohe Fishing Harbor — Uge Station — Rikuchu-Nakano Station 17:25 Depart from Rikuchu-Nakano Station: JR Hachinohe Line 17:44 Arrival at Taneichi Station 18:05 Arrive at Hamanasu-tei Guesthouse/staying over continuously
Day 5	18.4 km (11.5miles)	6:30 Departure from the Hotel 7:05 Depart from Taneichi Station: JR Hachinohe Line 7:26 Arrival at Rikuchu-Nakano Station / JR Hachinohe Line 7:40 Start of Trail (8 hours course) Rikuchu-Nakano Station — Samurauahama — Moguranpia Aquarium — Rikuchu-Natsui Station 15:40 Arrival at Rikuchu-Natsui Station 16:04 Depart from Rikuchu-Natsui Station: JR Hachinohe Line (Next train at 18:02, 4 minutes ride) 16:09 Arrival at Kuji Station Recommended Accommodation: Kuji Grand Hotel
Day 6	22.7 km (14.1miles)	6:20 Departure from the hotel 6:30 Arrival at Kuji Station 6:42 Depart fromKuji Station: JR Hachinohe Line 6:45 Arrival at Rikuchu-Natsui Station 7:00 Start of Trail (9 hours course) Kuji Station — Kosode Coast - Rikuchu-Noda Station 16:00 rrvial at Rikuchu-Noda Station 【Cab transfer or advance reservation Eboshi-so pick-up available/negotiable】 16:15 Accommodation: National Lodging Eboshiso



Day 7	25.7 km (16miles)	7:40 Departure from the hotel (Taxi or pre-arranged shuttle from hotel) 8:10 Arrive at Rikuchu-Noda Station Start of Trail (8.5hours course) Rikuchu-Noda Station — Tamagawa Coast — Fudai Station Arrive at Fudai Station 16:40 Accommodation: Kurosakiso (Shuttle service with advance reservation)
Day 8	16.1 km (10miles)	8:30 Departure from the hotel (pick-up and drop-off by advance reservation) 8:45 Arrive at Fudai Station Start of Trail (5hours course) 9:00 Lunch shopping from Fudai Station / via shopping street is recommended. 11:00 Fudai Staion- — Beachside Famer's Market Kiraumi — Nedari Beach — Hotel Kurosakiso (Break) 12:00 Departure from the hotel 15:00 Arrive at Kitayamazaki Visitor Center 15:30 Departure from Kitayamazaki (KUROSAKISO/pre-reserved pick-up) 15:45 Arrival at Krosakiso
Day 9	10 km (6.2miles)	9:30 Departure from the hotel (pick-up and drop-off by advance reservation) 10:00 After arriving at Kitayamazaki Visitor Center, start the trail (3.5 hours course) 12:00 Arrival at Tukuehama Banyagun(Fisherman's Huts) (Break) 13:00 Departure from Tukuehama Banyagun(Fisherman's Huts) (2hours course) 15:00 Arrival at Hotel Ragaso
Day 10	19.8 km (12.3miles)	7:30 Departure from Hotel Ragaso Start the trail (7.5hours course) Shimanokoshi Station — Unosu Ckiffs Hama no Eki OMOTO Aidokan (Break) 15:30 Arrival at Iwaizumi-Omoto Station 15:44 Depart from Iwaizumi-Omoto Station: Sanriku Railway 15:54 Arrival at Tanohata Station (Hotel Raga-so offers advance reservation shuttle service) 16:00 Arrival at the hotel
Day 11	25 km (15.6miles)	7:20 Hotel Shuttle from Tanohata Station (Advance reservation shuttle service by Hotel Raga-so) 7:42 Departure from Tanohata Station: Sanriku Railway 7:53 Arrival at Iwaizumi-Omoto Station 8:00 Start the trail (9.5hours course) 17:30 Arrive at Hotel Taro-an (Taro area)
Day 12	24.5 km (15.3miles)	8:00 Departure from the hotel Start the trai (8.5hours course) Sannoiwa Rocks — Tsunami Monument Taro kanko Hotel -Anegasaki viewpoint — Sakiyama Blowhole — Takonohama Fishing Harbor 16:15 Arrival at Jodogahama Visitor Center Recommended Accommodation: Jodogahama Park Hotel (10 minutes walk from the center)
Day 13	4.5 km (2.8miles)	7:45 Departure from the hotel Start the trail/From Jodogahama Visitor Center to Miyako Station (1hours course) Options: Hotel Shuttle (8:25), Taxi, or Bus 9:00 Arrival at Miyako Station 9:19 Depart from Miyako Station: JR Yamada Line/Iwate Kenpoku Bus 106 Express Bus 11:41 Arrival at Morioka Station 11:50 Depart from Morioka Station: Shinkansen Hayabusa No.18/Hayabusa No.22 (Departure at 12:50/Arrival at 15:04) 14:04 Arrival at Tokyo Station
Total	240 km (150miles)	





Winter-Friendly Trail from Japan's Easternmost Point - Miyako to Kesenuma (18 Days, 17 Nights)

Intermediate to Advanced Level

Intermediate to Advanced Level

Total Time: Approx. 95 hours (about 210 km/131miles)

Best Season: April-June, September-January

Recommended Gear: Trail running shoes

Difficulty: 4/5

The Miyako to Kesenuma section of the Michinoku Coastal Trail offers stunning views of the Sanriku coastline and rich local culture. Highlights include Miyako's Jodogahama Beach and Ofunato's Goishi Coast, where you can marvel at the majestic ria coastline and unique rock formations. Rikuzentakata's Miracle Pine Tree, a symbol of recovery, inspires visitors with its powerful story. In Kesenuma, you can savor fresh seafood, shark fin dishes, and experience the vibrant fishing culture.

This section is particularly recommended in winter. With leaves fallen along the ridges, you can enjoy breathtaking views of the vast ocean while walking on soft, leaf-covered paths. The area experiences minimal snowfall and has no bothersome insects, providing a comfortable environment to explore. In the crisp, clear air of winter, the trail offers a perfect blend of natural beauty and cultural charm.

View Points

- ✓ The vast ocean views from Tsubakizaki Lighthouse, Japan's easternmost point.
- ✓ The 500-km midpoint of the Michinoku Coastal Trail.
- ✓ Winter-friendly paths with little to no snow accumulation.

Recommended Eateries Around the Route

- ✓ Miyako: Uchidate (Sushi restaurant)
- ✓ Kamaishi: Mummy (Izakaya)
- ✓ Ofunato City: Another World Bar KEIJI (Bar)

Winter-Friendly Trail from Japan's Easternmost Point - Miyako to Kesennuma (18 Days, 17 Nights)

Day	Distance	Reference: Tokyo Station - Shinkansen - Morioka Station - JR - Miyako Station (or bus) 6 hours Recommended accommodation: Guesthouse 3710
Day 1		
Day 2	12 km (7.5miles)	10:00 Check-out Procurement of food at convenience stores around Miyako Station (difficult to get supplies on the Omoe Peninsula) 11:00 Take the Iwate Kenhoku Bus bound for "Sato" from bus stop number 2 11:32 Get off at "Shirahama" 11:40 Start of Omoe Peninsula Trail (12km/7.5miles) Average time 5 hours Shirahama - Gassan - Minshuku Otobeso 16:40 Arrived at Minshuku Otobeso Accommodation: Minshuku Otobeso *Those who wish can order a lunch box for the next day.
Day 3	15 km (9.3miles)	10:00 Trail start from hotel (15km/9.3miles) Average time: 6 hours Otobe-so - Togasaki Lighthouse (the easternmost point of Honshu) - Aneyoshi bus stop 17:10 Take the "Shigemo" bus from the Teikenkita bus stop Aneyoshi, or take a taxi. 17:26 Get off at Shigemoe Garage. After arriving, take a shuttle to Minshuku Otobeso. Accommodation: Minshuku Otobeso (multiple nights)
Day 4	16 km (10miles)	8:45 Check-out 9:11 Take the bus bound for "Sato" from the bus stop "Ozunogara" in front of Otobe-so 9:55 Get off at "Ishihama" 10:00 Trail start (16km/10miles) Average time: 6 hours Ishihama bus stop - Terachigoe pass - Yurax (hotel) 16:00 Arrived at Umineko Onsen Yurakus Accommodation: Umineko Onsen Yulux There are supermarkets and convenience stores nearby.
Day 5	13.5 km (8.4miles)	10:00 Check-out 10:36 Sanriku Railway Rias Line Rikuchu-Yamada Station (3 minutes walk from the hotel) 10:44 Arrived at Iwate Funakoshi Station 10:50 Trail start (13.5km/8.4miles) Average time: 5 hours Tanohama Community Center - Ushiten Pass - Kojin Beach - Iwate Funakoshi Station 16:59 Sanriku Railway Rias Line Departing from Iwate Funakoshi Station 17:08 Sanriku Railway Rias Line Namiita Kaigan Station (1km walk to the hotel) Accommodation: Sanriku Hana Hotel Hamagiku
Day 6	6.5 km (4miles)	10:00 Take a taxi from the hotel to Rikuchu Kaigan Youth House 10:15 Trail start (6.5km/4miles) Average time: 5 hours Rikuchu Coast Youth House - Kujirayama - Namiita Coast Station-Hotel 15:15 Accommodation: Sanriku Hana Hotel Hamagiku (multiple nights)
Day 7	16.5 km (10.3miles)	10:00 Check-out Trail start (16.5km/10.3km) Average time: 7 hours Kirikiri Coast - Sakiyama, Sujiyama - Akahama - Ootsuchi - Gensui - Shiroyama 16:00 Accommodation: Business Hotel Kotobuki
Day 8	17 km (10.6miles)	9:00 Check-out Trail start (17km/10.6miles) Average time 6 hours Ootsuchi Oshachi - Murohama - Katagishi - Unosu Memorial Stadium - Hakozaki Shirahama Fishing Port 14:30 Accommodation: Ohakozaki Inn
Day 9	12 km (7.5miles)	11:10 Check-out(Travel by car *Seeing off the inn) Unosumai Station, Sanriku Railway Rias Line 11:14 Ryoishi Station Trail Start (12km/7.5miles) Average time: 6 hours 11:15 Ryoishi Station - Mizuumi General Park - Sanrikuhama Highway, Toriyazaka - Kamaishi Station 16:11 Accommodation: Hotel Folkloro Sanriku Kamaishi



Day 10	10.6 km (6.6miles)	8:33 Check-out (3 minutes walk from the hotel) 8:43 Departing from Kamaishi Station Sanriku Railway Rias Line Karatani Station Trail start (10.6km/6.6miles) Average time 6 hours 16:06 Kuwadai Pass - Yoshihama Station 16:12 Yoshihama Station Sanriku Station Hotel Pick-up and Drop-off Accommodation: Kahoso
Day 11	9.2 km (5.75miles)	8:05 Check-out (Travel by car *Seeing off the inn) 8:17 Sanriku Railway Rias Line Sanriku Station Ayari Station Trail Start (9.2km/5.75miles) Average time 5 hours 15:00 Ayari Station - Tsukumomagari - Ayari Pass - Rikuzen-Akasaki Station 15:05 Rikuzen-Akasaki Station, Sanriku Railway Rias Line 15:15 Sanriku Railway Rias Line Sakari Station → Sakari Station (BRT) 15:10 → Ofunato Station Ofunato Station (BRT) Accommodation: Ofunato Plaza Hotel
Day 12	12.1 km (7.56miles)	9:10 Check-out (3 minutes walk from the hotel) 9:15 Ofunato Station (BRT) 9:26 Hosoura Station Trail Start (12.1km/7.56miles) Average time 7 hours 16:47 Anatoiso - Goishi Coast Information Center - Goishi Coast Station 16:53 Goishi Coast Station (BRT) Ofunato Marumori Station (BRT) Accommodation: Ofunato Onsen
Day 13	10.96 km (6.8miles)	8:15 Check-out (3 minutes walk from the hotel) 8:23 Departing from Ofunato Marumori Station (BRT) 8:34 Arrive at Otomo Station (there are toilets at the station) 8:45 Otomo Station Trail Start (11km/6.8miles) Average time 5 hours 15:00 Trail: Halfway around Hirota Peninsula/Midpoint, Kurosaki Senkyo (with day spa) Accommodation: Minshuku Shida inn
Day 14	12.76 km (8miles)	8:50 Check-out 9:06 Take a local bus from near the hotel or walk (30 minutes) 10:00 Arrive at Otomo Station (there are toilets at the station) Trail start (12.8km/8miles) Average time: 4 hours Otomoura - Hakoneyama Citizen's Forest (stop at Kesen Carpentry and Plastering Museum) - Yonezaki Town apple orchard- Takatamatsubara Tsunami Reconstruction Memorial Park (Recommended stops: Great East Japan Earthquake Tsunami Memorial Museum, Takada Matsubara Roadside Station, Miracle Pine Tree) 16:57 Miracle Pine Station = (BRT) 17:03 Takada High School Station 17:10 Accommodation: Capital Hotel 1000
Day 15	12.67 km (7.9miles)	8:40 From the hotel on foot 8:49 Takada High School Station = (BRT) 10:23 Rikuzentakata Station 9:12 Rikuzentakata Station = (BRT) 11:02 Karakuwa-Osawa Trail start (12.7km/7.9miles) Average time 4 hours Karakuwa Osawa - Marble Coast - Shimonihonmatsu - Ogama - Hanzo Rest House 15:00 Accommodation: Rias Karakuwa Youth Hostel
Day 16	13.56 km (8.5miles)	9:00 From the hotel on foot Trail start (13.6km/8.5miles) Average time 6 hours Hanzo Rest House - Karakuwa Peninsula Visitor Center - Misaki Shrine - Magurodate Fishing Port 15:00 Arrive at Karakuwa Palace Tsunanakan Accommodation: Karakuwa Palace Tsunanakan From the hotel on foot
Day 17	13.21 km (8.25miles)	9:00 Trail start (13.2km/8.25miles) Average time: 6 hours Maguro Port - Fujihama - Hayama Shrine - Kesennuma Oshima Bridge - Kameyama Peak - Kesennuma Oshima Holiday Village 15:00 Accommodation: Kesennuma Oshima Holiday Village
Day 18	6.47 km (4miles)	8:00 From the hotel on foot Trail start (6.5km/4miles) Average time: 4 hours Tanakahama - Odanohama Beach House - Tatsumaizaki (toilets available) 12:00 Ryumaizaki Parking Lot: Taxi (book in advance) or bus Sea Market (stopping by: Rias Shark Museum, Kesennuma Onsen, Naiwan, etc.) 14:28 Kawarada/Umi no Ichi Entrance Bus Stop Expressway Bus to Sendai Station 17:16 Arriving at Sendai Station Sendai Station - Shinkansen - Tokyo Station
Total	210 km (131miles)	



Luggage delivery plan

The Best of Both Worlds - Mountains, Coastlines, History, and Culture (9 Days, 8 Nights)

Intermediate to Advanced Level

Total Time: Approx. 37 hours 30 minutes (about 99.5 km/62miles)

Best Season: April-June, September-January

Recommended Gear: Trail running shoes

Difficulty: 4/5

The Miyako to Kesennuma section of the Michinoku Coastal Trail offers a variety of experiences, from walking along the coastline to hiking small hills and exploring peninsulas. The diverse scenery includes breathtaking ocean views and peaceful mountain trails. Early mornings are perfect for enjoying the sunrise along the trail, while mountain summits provide panoramic views of the areas you've traveled. This course is ideal for those who want to visit key landmarks within a limited timeframe.

In the evenings, indulge in delicious meals made with local ingredients to round off each day of exploration.

View Points

- ✓ Marvel at the natural beauty of the ria coastline.
- ✓ Walk along bayside paths and experience the local way of life.
- ✓ Learn about the recovery process from the 2011 earthquake and tsunami while enjoying spectacular views.

Recommended Eateries Around the Route

- ✓ Miyako City: Otobe-so (Bento meals)
- ✓ Ofunato City: O22 Butcher Shop (Restaurant)
- ✓ Rikuzentakata City: Hakoneyama Terrace (Coffee shop)

Luggage delivery plan-The Best of Both Worlds - Mountains, Coastlines, History, and Culture (9 Days, 8 Nights)

Day 1		Reference: Tokyo Station - Shinkansen - Morioka Station - JR - Miyako Station (or bus) 6 hours 16:13 Miyako Station Sanriku Railway Rias Line 16:26 Tsugaruishi Station Taxi (15 minutes) Accommodation: Otobeso
Day 2	15 km (9.3miles)	10:00 Trail start from hotel (15km/9.3miles) Average time: 6 hours Otobe-so - Togasaki Lighthouse (the easternmost point of Honshu) - Aneyoshi bus stop 17:10 Iwate-Kenkita bus stop, board at Aneyoshi bus, travel by bus 17:26 Get off at Shigemoe Garage. After arriving, take a shuttle to Minshuku Otobeso. Accommodation: Otobe-so (multiple nights)
Day 3	13.5 km (8.4miles)	9:30 Check-out 9:45 Take a taxi from Otobeso to Tsugaruishi Station 10:11 Tsugaruishi Station, Sanriku Railway Rias Line 10:44 Arrived at Iwate Funakoshi Station 10:50 Trail start (13.5km/8.4miles) Average time: 5 hours Tanohama Community Center - Ushiten Pass - Kojin Beach - Iwate Funakoshi Station 16:59 Sanriku Railway Rias Line Departing from Iwate Funakoshi Station 17:08 Sanriku Railway Rias Line, Namiita Kaigan Station, 1km walk to the hotel Accommodation: Sanriku Hana Hotel Hamagiku
Day 4	10.6 km (6.6miles)	10:00 Check-out 10:53 Namiita Kaigan Station, Sanriku Railway Rias Line 11:49 Toni Station Trail Start (10.6km/6.6miles) Average time:4 hours Kuwadai Pass - Yoshihama Station Yoshihama Station Travel by private car to Sanriku Station. Travel by car = Watch the sunset or interact with locals at Shiome Dinner at a local izakaya After the event, drive to Ofunato Onsen Accommodation: Ofunato Onsen
Day 5	15.1 km (9.4miles)	9:10 Check-out (3 minutes walk from the hotel) 9:15 Departing from Ofunato Marumori Station (BRT) 9:26 Hosouraguchi Station Trail Start (15.1km/9.4miles) Average time 5 hours Hosoura Station - Goishi Coast Information Center - Goishi Coast Entrance Station 16:39 Goishi Kaiganguchi Station (BR T) 16:59 Takada High School Station Accommodation: Capital Hotel 1000 From the hotel on foot Takada High School Station (BRT)



Day 6	12.76 km (8miles)	8:16 Takada High school station (BRT) 8:33 Arrive at Otomo Station (there are toilets at the station) 8:45 Trail start (12.8km/8miles) Average time 3.5 hours Otomoura - Hakoneyama Citizen's Forest (stop at Kesen Carpentry and Plastering Museum) - Yonezaki Town apple orchard- Takatamatsubara Tsunami Reconstruction Memorial Park (Recommended stops: Great East Japan Earthquake Tsunami Memorial Museum, Takada Matsubara Roadside Station, Miracle Pine Tree) 16:57 Miracle Pine Station (BRT) 17:06 Takada High School Station (BRT) 17:10 Accommodation: Capital Hotel 1000
Day 7	13.56 km (8.5miles)	8:40 From the hotel on foot 8:49 Takada High School Station =(BRT) 10:23 Rikuzentakata Station 9:12 Karakuwa-Osawa Station (BRT) Karakuwa-Osawa Station - Taxi transfer - Hanzo Rest House Trail start (13.6km·8.5miles) Average time 5 hours Hanzo Rest House - Karakuwa Peninsula Visitor Center - Misaki Shrine - Magurodate Fishing Port Accommodation: Karakuwa Palace Tsunakan 15:30 From the hotel on foot
Day 8	12.54 km (7.8miles)	9:00 Trail start (12.5km/7.8miles) Average time: 5 hours Maguro Port - Fujihama - Hayama Shrine - Kesennuma Oshima Bridge - Kameyama Peak - Kesennuma Oshima Holiday Village 15:00 Accommodation: Kesennuma Oshima Holiday Village
Day 9	6.47 km (4miles)	8:00 From the hotel on foot Trail start (6.5km/4miles) Average time: 4 hours Tanakahama - Odanohama Beach House - Tsumaizaki (toilets available) 12:00 Ryumaizaki Parking Lot: Taxi (book in advance) or bus Sea Market (stopping by: Rias Shark Museum, Kesennuma Onsen, Naiwan, etc.) 14:28 Kawarada/Umi no Ichi Entrance Bus Stop Expressway Bus to Sendai Station 17:16 Arriving at Sendai Station Sendai Station - Shinkansen - Tokyo Station
Total	240 km	



Model Route 9



Luggage delivery plan

Walking the Scenic Sanriku Coastline and Stories of Recovery (Hachinohe—Kesennuma) / Intermediate to Advanced Course (9 Days, 8 Nights)

Duration: Approx. 45 hours and 30 minutes (about 112 km/70miles)
 Season: April–June, September–November
 Difficulty: 4 (Intermediate-Advanced)
 Recommended Gear: Trail running shoes

This section of the Michinoku Coastal Trail spans approximately 600 km, from Kabushima in Hachinohe City, Aomori Prefecture, to Kesennuma City, Miyagi Prefecture. Part of the trail's 1,000 km total length, it offers not only the breathtaking scenery of the rugged ria coastline but also a chance to witness the recovery and resilience of communities following the Great East Japan Earthquake, as well as experience their rich local culture.

Highlights along the route include Kabushima in Hachinohe, where black-tailed gulls soar above; Jodogahama in Miyako City, with its stunning contrast of white rocks and blue sea; and Kesennuma's vibrant port town and recovery landmarks. Walking the trail, you'll feel the refreshing sea breeze, pass through serene pine forests, and explore charming fishing villages, making it a truly immersive experience.

The region's food culture is another attraction. Fresh seafood and traditional local dishes, combined with the warmth of the locals, enhance the journey. This trail offers a unique opportunity to connect with the beauty of nature and the inspiring stories of recovery, creating a truly unforgettable experience.

View Points

- ✓ Kabushima: A natural monument where black-tailed gulls soar, offering breathtaking views of the Pacific Ocean.
- ✓ Jodogahama: A paradise-like scene of white rocks and blue ocean, evoking the serene beauty of the Pure Land.
- ✓ Goishi Coast: A striking ria coastline featuring unique rock formations and caves.

Recommended Eateries Around the Route

- ✓ Hachinohe City: Miroku Yokocho
- ✓ Ofunato City: Shukone(Izakaya)
- ✓ Kesennuma City:Cha-dokoro Printemps (Coffee Shop)

This route provides a rich tapestry of landscapes and cultural experiences, offering a blend of scenic beauty and the vibrant lifestyle of the local community.

Walking the Scenic Sanriku Coastline and Stories of Recovery / Intermediate to Advanced Course (9 Days, 8 Nights)

Day 1	Everywhere		Each region - Hachinohe (Tokyo Station to Hachinohe Station by Shinkansen takes about 2 hours and 45 minutes) Hachinohe Station - Hon-Hachinohe Station Recommended accommodation: Hachinohe Grand Hotel If you want to enjoy the nightlife, such as exploring the alleys, we recommend the area around Hon-Hachinohe Station. *Please note that Hachinohe Station and Hon-Hachinohe Station are different stations.
Day 2	7.9 km (7.9miles)	10:00 10:51 11:03 11:20 11:30 15:00	From the hotel on foot (About 15 minutes on foot) Departing from Hon-Hachinohe Station/JR Hachinohe Line Arrive at Same Station (walk to Kabushima Shrine / approx. 15 mins) Arriving at Kabushima Shrine (visiting the shrine) Start of Michinoku Coast Trail (7.9km/4.9miles) Average time: 3 hours 30 minutes Arrive at Tanesashi Coast Information Center *You can get various information about the Michinoku Coast Trail here Accommodation: Tanesashi Coast Area Minshuku Ishibashi
Day 3	15.6 km (9.75miles)	7:30 7:45 7:55 8:39 8:50 15:20 15:40	From the hotel on foot Tanesashi Kaigan Station Departing from Tanesashi Beach/JR Hachinohe Line Arriving at Rikuchu Nakano Station Trail Start (15.6km / 9.75miles) Average time 6 hours 30 minutes Rikuchu Nakano Station - Samurahiama - Itzukushima Shrine - Moguranpia (Aquarium) Travel by taxi from "Moguranpia" (arrange in advance) Arrive at the hotel near Kuji Station Accommodation: Kuji Grand Hotel *For dinner, we recommend a local izakaya or a bar hopping tour.
Day 4	7 km (4.3miles)	10:00 10:10 10:39 11:17 11:25 14:45 15:00	From the hotel on foot Land railway arrival at Kuji Station Departing from Kuji Station/Sanriku Railway Arriving at Fudai Station Trail start (7km/4.3miles) Average time 3 hours Fudai Station - Shopping street - Hamanosanchoku Kiraumi (resting place) Fudaihama - Nedarihama area Kurosaki Observatory Arrived at Kurosaki National Guest House Recommended accommodation: Kurosakiso or Minshuku Michiai
Day 5	12.5 km (7.8miles)	8:15 8:30 9:30 10:30 11:28 12:04 12:30 16:00	Hotel pick-up (hotel pick-up *must confirm in advance) Kitayamazaki, Kitayamahama start (4.5km/2.8miles) Average time 3 hours Hand-carved tunnels - Tsukuhama Banya gun Arrive at Tsukuehama Banya (resting place) L'Aureole Tanohata: Taxi (pre-arranged) 15 minutes Sanriku Railway Rias Line departing from Tanohata Station Arrive at Ichinowatashi Station by taxi (pre-arranged) Kyukamura Rikuchu Miyako (Anegasaki) Trail start (8km/5miles) Average time 3 hours Shiofukiwa Rock - Hidden Island Fishing Port - Takonohama Beach - Jodogahama Visitor Center If you are staying around Miyako Station, take a taxi or bus. Recommended accommodation: Jodogahama Park Hotel or Omiya inn
Day 6	12.5 km (7.8miles)	9:56 10:09 10:30 15:00 15:30	From Hotel Departing from Miyako Station Sanriku Railway Rias Line Arrive at Tsugaruishi Station and take a taxi Omoe Fishing Port Trail Start (12.5km/7.8miles Average 4 hours 30 minutes) Togasaki Lighthouse (the easternmost point of Honshu) to Aneyoshi Campsite Transfer to accommodation by taxi Accommodation: Otobeso



Day 7	9.3 km (9.3miles)	9:30 10:11 11:49	Taxi ride from hotel: 15 minutes Sanriku Railway Rias Line departing from Tsugaruishi Station Toni Station Trail Start (10.6km/6.6miles) Average time:4 hours Kuwadai Pass - Yoshihama Station Yoshihama Station Travel by private car to Sanriku Station. Travel by car = Watch the sunset or interact with locals at Shiome Dinner starts with a winter Sanriku seafood barbecue at an izakaya and a viewing of the local performing art Tarajigane. After the event, drive to Ofunato Onsen Accommodation: Ofunato Onsen
Day 8	15.1 km (9.4miles)	8:45 8:48 8:56 15:39 15:59	Check-out (3 minutes walk from the hotel) Departing from Ofunato Marumori Station (BRT) Hosouraguchi Station Trail Start (15.1km/9.4miles) Average time 5 hours Hosoura Station - Goishi Coast Information Center - Goishi Coast Entrance Station Goishi Kaiganguchi Station (BR T) Takada High School Station Accommodation: Capital Hotel 1000
Day 9	12.76 km (8miles)	9:06 10:00 16:37 16:46 16:50	From the hotel on foot Takada High School Station (BRT) Arrive at Otomo Station (there are toilets at the station) Trail start (12.8km/8miles) Average time 3.5 hours Otomoura - Hakoneyama Citizen's Forest (stop at Kesen Carpentry and Plastering Museum) - Yonezaki Town apple orchard~ Takatamatsubara Tsunami Reconstruction Memorial Park (Recommended stops: Great East Japan Earthquake Tsunami Memorial Museum, Takada Matsubara Roadside Station, Miracle Pine Tree) Miracle Pine Station = (BRT) Takada High School Station Accommodation: Capital Hotel 1000
Day 10	13.56 km (8.5miles)	8:35 8:49 9:12 9:40 16:00	From the hotel on foot Takada High School Station (BRT) Karakuwa-Osawa Karakuwa-Osawa Station - Taxi transfer - Hanzo Rest House Trail start (13.6km·8.5miles) Average time 5 hours Hanzo Rest House - Karakuwa Peninsula Visitor Center - Misaki Shrine - Magurodate Fishing Port Accommodation: Karakuwa Palace Tsunakan
Day 11	6.47 km (4miles)	8:00 12:00 14:28 17:16	Trail start (6.5km/4miles) Average time: 4 hours Tanakahama - Odanohama Beach House - Tatsumaizaki (toilets available) Ryumaizaki Parking Lot: Taxi (book in advance) or bus Sea Market (stopping by: Rias Shark Museum, Kesenuma Onsen, Naiwan, etc.) Kawarada/Umi no Ichi Entrance Bus Stop Expressway Bus to Sendai Station Arriving at Sendai Station Sendai Station - Shinkansen - Tokyo Station
Total	112.69 km (70.5miles)		

About Luggage Delivery

If you would like to walk with as light equipment as possible and would like your suitcase to be sent from hotel to hotel, we offer a plan that includes lodging. If you want to check the details, please contact us at

tours@inoutbound.co.jp
Contact: Goto

