



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/>

Trail  
&  
Train

English

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## Area Introduction

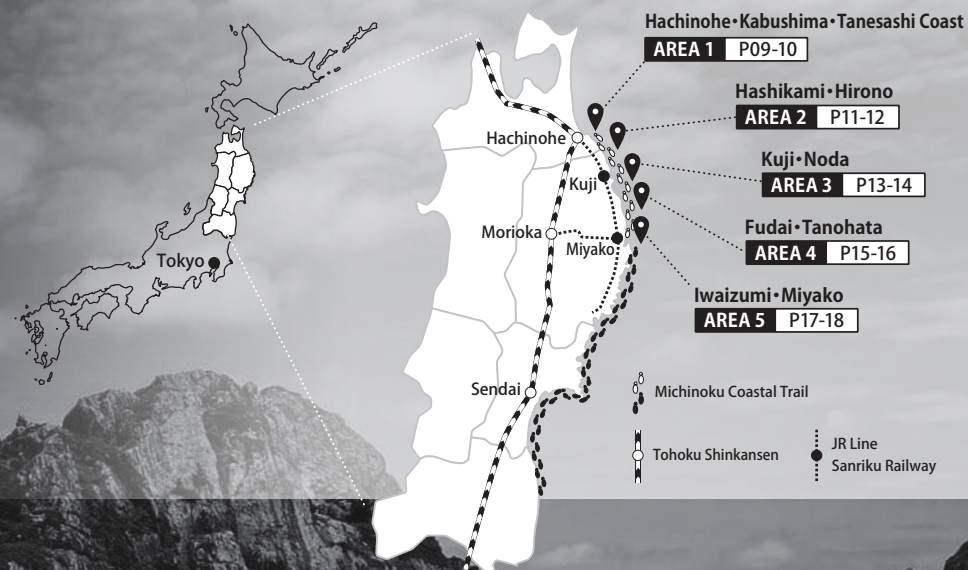
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## Trail & Train MAP

This concept book introduces the section from Hachinohe to Miyako of the over 1000 km MCT route.



## 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 160 kilometers (100 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.



## What's Trail&Train?

### Trail & Train Recommendations

#### Supporting those walking the trail and keeping the trail going.

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 230 km 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.

## Supporting a journey where you enjoy diverse terrains while leaving your own footprints.

The Michinoku Coastal Trail, crafted with the involvement of local residents from the planning stage, is designed to let you feel the daily lives of people living in the region.

For example, visit the local fish market 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. Rather than being a typical 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 a "Trail&Train" section-hike style, combining train journeys with walking. They propose model courses for enjoying this style, focusing on the 240 km(150miles) Northern Sanriku area from Hachinohe City to Miyako City. Additionally, dedicated tours and various services are introduced on a specialized website for an enjoyable experience.



Trail & Train サービス



## "Connecting people through trails - Meet and Greet"

Walking is not just about enjoying magnificent scenery. Wouldn't it be wonderful to say, 'I'm walking to meet that person'? There are many people waiting for you along the trail, making interactions with locals one of the joys of the journey.

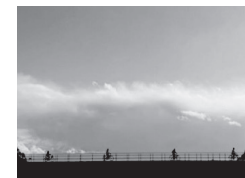


## Local-Guided Programs:



### 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 route, was created with the involvement of local residents from the planning stage and thus is designed so that you can feel the daily lives of people living in the Sanriku area as you walk. Visit the local fish market and savor Sanriku delicacies. Experience traditional dance and immerse yourself in local culture. And most of all, interact with the people you meet along the way. Experience the trail as a traveler, not a tourist. That is the main attraction of the Michinoku Coastal Trail. This site introduces a 160km section hike from Hachinohe City to Tanohata Village out of the over 1000km Michinoku Coastal Trail route for those who want to start the trail.



Walking the trail in winter is my recommendation. In November there are still many areas where you can see autumn leaves, and in December the leaves fall and you can get a great view of the ocean normally not visible due to the trees. The comfort of walking along the coast while stepping on crunchy fallen leaves is a favorite of feeling of mine. The trail is also very special in the clear early morning air with a slightly chilly breeze and the morning sun rising over the Pacific Ocean horizon. The coastal area rarely has large amounts of snow, making it a great place to enjoy all year round.

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GOTO Mitsumasa



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

The greatest attraction is the abundance of spots where you can experience the dynamic ocean landscape. The unique Rias coast boasts some of the most beautiful cliffs in Japan, and the abundance of the natural blessings in this 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 take utilize this while you walk?

The unique fun of the ocean trail awaits you all. Please come and join us walking the Michinoku Coastal Trail.

KANGYU Tōshikazu -----



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?

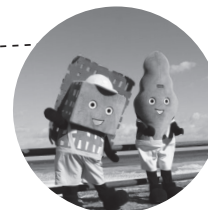
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SHINA K a t y



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 valleys to lived 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

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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 Tuskuehama 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!

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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.

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SASAKI Yosuke





HACHINOHE — TANESASHI

## Hachinohe to Tanesashi Coast

Northernmost starting point

### A day hike from the northernmost trailhead

Sat atop a small hill protruding into the Pacific, no other shrine in Japan looks quite like Kabushima. Not in gull breeding season at least. From late 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 Natural Lawn – 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 1

HACHINOHE  
↓  
TANESASHI



## AREA 2

HASHIKAMI — HIRONO

# Hashikami to Hirono

To the Trail of Changing Perspectives



### Climbing to Mt. Hashikamidake

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

In Hirono Town, the trail takes you away from the coastline, which is 0 meters above sea level, to Mt. Hashikamidake, about 740 meters above sea level.

In Hirono Town, you can enjoy interacting with the locals and delicious food.



*Gagyuzan*, or "Gagyu 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.





HIRONO ———> KUJI ———> NODA

## Hirono to Kuji end Noda

A trail that connects people



### Feel everyday life

Roughly 45 kilometers of trail separate Hirono Town 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, in particular, 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 village is environmentally friendly, using red pine trees, some 10,000 of which were washed away by the 2011 tsunami, and 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.

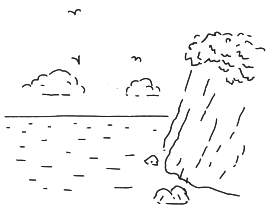
### A trail that connects hikers to locals

Take the time to travel slowly and mingle with locals, and 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. Shizuko 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 less-known corner of Japan.





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 cliff-top 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 Fudai, 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 sea and there are fishing boats on the horizon.

It's sensory, 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 Village 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 listen 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 4

FUDAI ———> TANOHATA



**AREA 5**

TANOHATA — IWAIZUMI — MIYAKO

# Tanohata Village to Miyako City

A Trail Through Japan's Stunning Landscapes and Local Life



Embark on a trail walking journey from Tanohata Village to Miyako City, 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 Village, the trail includes areas such as the "Unosu Cliffs," featuring cliffs with staggering heights, including the renowned "Unosu Cliffs" where nests of cormorants are nestled 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 Town and Miyako City, 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 Village and Jodogahama Beach in Miyako City, with its sharply pointed white andesite rocks, presents 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.

Besides offering the essence of a coastal trail, Miyako City boasts an abundance of seafood and a variety of eateries cherished by the locals. The friendliness of the local people will warmly welcome you, providing a perfect opportunity to experience the warmth of both the local cuisine and the community after a satisfying walk.



## Beginner Course: "First Step Adventure" - Recommended for a 2-day, 1-night trek

Time: 4.5 hours Approx. 17km  
 Recommended time: April-December  
 Course Level: Beginner  
 Recommended shoes: Trail running shoes

I want to walk the trails, but from where? How far can I walk? If you are in doubt, this is the course for you.

Starting from Kabushima Shrine in Hachinohe City, which is the northern entrance to the Michinoku Coastal Trail, a section hike to the Tanesashi Coast, where beautiful grass spreads out, is recommended as a first step. The Tanesashi area is decorated with beautiful flowers in spring. This course 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-cho, which is in season from spring to summer, is exquisite.



Trail &amp; Train

## Model Course 1

## Beginner Course: "First Step Adventure" - Recommended for a 2-day, 1-night trek

Day 1	7.92 km	<p><b>About 2hrs</b> About 2 hours and 45 minutes by Shinkansen from Tokyo Station to Hachinohe Station. Hachinohe City is located in Aomori Prefecture. Following the trail south from Kabushima shrine to get 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. In the evening, please enjoy night time activities such as bar hopping at the local Yokocho alleys. *Please note that Hachinohe Station and Hon-Hachinohe Station are different stations.</p>
Day 2	8.85 km	<p><b>About 2.5hrs</b> Hirono town, Iwate Prefecture Start at Hon-Hachinohe Station. Hike up to Hashikami station. Arrive at Mutsuminato Station (morning market/breakfast, etc.) Start after enjoying Hachinohe's famous morning market and local breakfast. After moving by train, Get off at Hashikami Station and start a 2.5-hour trail course. The goal is Hamanasu-tei, a popular local diner. During the summer months, this restaurant offers an abundance of seafood, with the sea urchin set meal being a popular choice.</p> <p>※Lunch at Hamanasutei requires a reservation ※Please check your own transportation time.</p>
total	16.7 km	





**Model course 1—6**

- Distances listed are approximate distances within the trail course.
- There are individual differences in walking time, so please consider the above course as a reference time only.
- Please note that the number of trains are limited when using the Sanriku Railway.
- If you miss the train, it is convenient to use a local taxi.
- ※For areas without taxi service, please consult the taxi company in the arrival (destination) area.

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

(covering more than 10 kilometers per day)

Time:5hours Approx. 46 km  
Recommended time : April-December  
Course Level: Intermediate  
Recommended shoes: Trail running shoes

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

**View Points**

- ✓ Start at the northern trail head 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 with splashing waves and Kitayamazaki cliffs are great photo spots.





Trail & Train  
**Model Course 2**

**"Scenic Wonders of Northern Sanriku" - Intermediate to Advanced Course spanning 4 days and 3 nights**  
 (covering more than 10 kilometers per day)



Day 1		<p>Hachinohe City, Aomori Prefecture            Enjoy Hachinohe's local cuisine such as senbeijiru while walking around the alleys.            About 2 hours and 45 minutes by Shinkansen from Tokyo Station to Hachinohe Station.            *Please note that Hachinohe Station and Hon-Hachinohe Station are different stations.</p>
Day 2	18.1 km	<p><b>About 5hrs</b>            Start at Hon-Hachinohe Station. Arrive at Mutsuminato Station (morning market/breakfast, etc.) Start after enjoying Hachinohe's famous morning market and local breakfast. After moving by train, visit Kabushima Shrine and start the Michinoku Coastal Trail. Hike up to Hashikami station.</p>
Day 3	17.4 km	<p><b>About 5hrs</b>            Change trains and move to Fudai station. Head for Kitayamazaki from Fudai Station.            Take the JR Hachinohe Line and Sanriku Railway and get off at Fudai Station while enjoying the seaside scenery.            From Fudai station, hike the trail to Kurosaki-so while enjoying lunch and shopping for snacks at the shopping street. (About 2.5 hours)            After lunch at Kurosakiso, head for Kitayamazaki. (About 2.5 hours)            ※Lunch at Kurosakiso requires a reservation            After arriving at Kitayamazaki, transfer to the accommodation facility by hotel pickup.            *Pick-up is available with the Kurosakiso Hiker Accommodation Plan. Confirmation required in advance.</p>
Day 4	10.7 km	<p><b>About 5hrs</b>            Enjoy an advanced course from Kitayamazaki to Tanohata Village.            Move to Kitayamazaki by pick-up service from your accommodation.            *Advance confirmation required.            Enjoy the advanced course from Kitayamazaki to Tsukuehama Banya.            This section of the course, known as the Northern Alps of the Sea, has many ups and downs. (About 3 hours)            Lunch at Tsukuehama Banya. *Lunch is not sold on site.            From Tsukuehama Banya to Tanohata station. (About 2 hours)            Transfer from Sanriku Railway Tanohata Station to Miyako Station.            Transfer to the JR Yamada Line to Morioka Station.</p>
total	46.2 km	



## "Jodogahama, Kitayamazaki, and Taneshi Coast" - Bullet Tour of Scenic Spots, Intermediate to Advanced Course for 5 days and 4 nights

Time: Total 16 hours (42.5km)  
 Recommended Period: Year-round  
 Course Level: Intermediate to Advanced  
 Recommended Footwear: Trail Running Shoes  
 Difficulty: 3, 5 stars

Start your journey from Morioka and reach Miyako City in approximately 2 hours. Consider arriving a day early and rejuvenate your body 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 Kitayamasaki and Tanohata 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

- ✓ Witness the sunrise over Jodogahama, a scenery unique to this trail.
- ✓ Kitayamasaki's cliffs and hand-carved tunnel areas offer an adventurous atmosphere.
- ✓ Tanohata Coast features a majestic natural lawn, and the journey to Bussho-jinja Shrine allows you to enjoy various alpine plants.

### Recommended Eateries Around the Route

Miyako City: Sushi Izakaya Uchidate (Sushi)

Kuji City: Highball Bar & Dining KENSOH (Whiskey)

Fudai Village: 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 Course 3**

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

Day 1		
Day 2	8.2 km	<p><b>About 5 hours 30 minutes</b>            Departure from the hotel            Jodogahama Visitor Center - Trail course start, approximately (3.5-hour course)            Jodogahama Rest House            Takonohama Fishing Harbor-Hide Fishing Harbor-Sakiyama Blowhole            National Park Resort Rikuchu-Miyako            Depart from Hotel by bus to Miyako Station (30 minutes)            Arrival at Miyako Station - Accommodation: Hotels around Miyako Station            Recommended accommodation: Guesthouse 3710            For dinner, explore nearby izakayas or join a bar-hopping tour.</p>
Day 3	10.5 km	<p><b>About 6 hours 40 minutes</b>            Check-out from the hotel            Miyako Station / Sanriku Railway            Arrival at Tanahata Station            Start the trail course from Tanahata 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)            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)</p>
Day 4	16 km	<p><b>About 10 hours 40 minutes</b>            Departure from the hotel (Accommodation facility transfer *Prior confirmation required)            Arrival at Kitayamazaki Visitor Center, then trail start (3-hour course)            Kurosakiso (Break) - Departure at 12:30            Nedarihama Area, (2.5 hours course)            Arrival at Fudai Station            Depart from Fudai Station / Sanriku Railway Line            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.</p>
Day 5	7.8 km	<p><b>About 9 hours 50 minutes</b>            Departure from the hotel            Depart from Kuji Station / JR Hachinohe Line            Arrival at Tanahata Station            Taneshashi Coast Information Center - Trail start (2.5 hours course)            : Arrival at Taneshashi Shrine (Michinoku Coastal Trail Trailhead)            Same Station (15 minutes walk from Taneshashi Shrine)            Arrival at Hachinohe Station            Depart from Hachinohe Station (Tohoku Shinkansen / Hayabusa No.32)            Arrival at Tokyo Station</p>
total	42.5 km	





Trail &amp; Train

## Model Course 4



## Spectacular view of the coastline

### 3 days/2 nights

(For intermediate)

Time: 10 hours Approx. 31.8 km

Recommended season : April-June and September-December

Course 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 shopping streets for popular local products and enjoy conversation with locals.

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

#### View Points

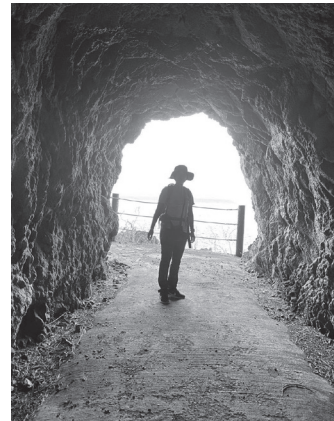
- ✓ The morning sunrise and local scenery seen from the Sanriku Railway is also recommended.
- ✓ The view of the coastline from the top of the hill is also a good place to enjoy the contrast of the scenery.
- ✓ The view of Kitayamazaki at the finish line is breathtaking.

Trail & Train

Model Course 4

**Spectacular view of the coastline**  
3 days/2 nights (For intermediate)

Day 1	13 km	<p><b>About 3hours 30 minutes</b></p> <p>After taking the Shinkansen and a local train, alight at Rikuchu-noda Station. When you arrive at the station, go to the restaurant on the second floor of the station and fill up on ramen, a popular local dish. From there it is a 3.5 hour trail to Eboshi-so Hotel. A coffee break at a scenic spot while walking along the coastline along the way is also recommended. This route will give you a taste of the local way of life. The goal of the day is reached when you arrive at Eboshi-so Hotel, which is built on top of a small hill.</p>
Day 2	9.6 km	<p><b>About 3hours 30 minutes</b></p> <p>Departing from the hotel, warm up with a 1 hour walk to arrive at Horiuchi Station. Move to Fudai Village by Sanriku Railway. On the way, listening to the announcement from the train about the story of the time of the earthquake, you will reconfirm that this trail is a symbol of reconstruction. This course will take you through a local shopping street lined with various types of stores and passing by a large water gate, which helped keep the area safe from the Tsunami. There you will find a restaurant run by local fishermen, where you can enjoy a lunch using freshly caught fish. From there, walk along the wild coastal path while being splashed by waves (2.5 hours) and stay at Kurosaki-so.</p>
Day 3	9.2 km	<p><b>About 3hours</b></p> <p>Depart from the hotel after breakfast. We will walk along the nature trail which offers views of the ocean. During the green season, you can walk along the lush green ridge. In winter, fallen leaves provide a soft carpet, making for a pleasant walk. The goal of this day is the Kitayamazaki lookout with its spectacular views of the Kitayamazaki Cliffs. Enjoy the magnificent view that unfolds before your eyes. Upon arrival, please enjoy the famous kamameshi (rice cooked in a pot) at Shakunage-so.</p>
total	31.8 km	





## "Experiencing Life and Scenery in Northern Sanriku" - Intermediate to Advanced Course for a 7-day, 6-night expedition

Time: Total 21 hours 30 minutes (53km)  
 Recommended Period: April to November  
 Course 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 City to Miyako City 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

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

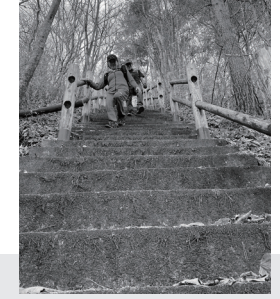
### Recommended Eateries Around the Route

- ✓ Hachinohe City: Miroku Yokocho (Bar Hopping)
- ✓ Kuji City: Snack Happy (Ramen)
- ✓ Fudai Village: 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 Course for a 7-day, 6-night expedition

Day 1	13 km	<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/ 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	<p><b>About 5hours</b></p> <p>Depart the hotel for Honhachinohe Station.(15 minutes on foot)</p> <p>Depart from Honhachinohe Station: JR Hachinohe Line</p> <p>Arrival at Same Station (15 minutes on foot to Kabushima Shrine)</p> <p>Arrival at Kabushima Shrine</p> <p>Start of Trail (2.5 hours course)</p> <p>Arrival at Tanesashi Coast Information Center</p> <p>Obtain various information, including MCT.</p> <p>Accommodation: Tanesashi Coast Area Minshuku</p> <p>Recommended Accommodation: Minshuku Ishibashi</p>
Day 3	15.6 km	<p><b>About 8hours 10 minutes</b></p> <p>Departure from the Hotel</p> <p>Arrival at Taneshikaigan Station</p> <p>Depart from Tanesashi Coast Station: JR Hachinohe Line</p> <p>Arrival at Rikuchu-Nakano Station</p> <p>Start of Trail(6.5 hours course)</p> <p>Rikuchu-Nakano Station—Samuraihama—Itsukushima Shrine—Moguranpia Aquarium</p> <p>Taxi transfer from "Moguranpia Aquarium" (pre-arranged) (15minutes by Taxi)</p> <p>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	<p><b>About 5hours</b></p> <p>Departure from the Hotel</p> <p>Arrival at Sanriku Railway Kuji Station</p> <p>Depart from Kuji Station: Sanriku Railway</p> <p>Arrival at Fudai Station</p> <p>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>Kurosaki Viewpoint</p> <p>Arrive at Kurosakiso</p>



Day 5	10 km	<p><b>About 6hours 15 minutes</b></p> <p>Hotel Departure (Shuttle service with advance reservation)</p> <p>Arrival at Kitayamazaki Visitor Center(Break)</p> <p>Start of Trail (3 hours course)</p> <p>Manually-dug Tunnel(Recommend headlamp)-Tsukuehama Banyagun (Fisherman's Huts)</p> <p>Arrive at Tsukuehama Banyagun(Fisherman's Huts)(Break)</p> <p>Departure from Tsukuehama Banyagun(Fisherman's Huts) (2hours course)</p> <p>Arrival at Hotel Ragaso</p>
Day 6	12.5 km	<p><b>About 7hours</b></p> <p>Hotel Departure (Shuttle service with advance reservation)</p> <p>Arrival at Tanohata Station</p> <p>Depart from Tanohata Station: Sanriku Railway</p> <p>Arrival at Shin-taro Station</p> <p>Start of Trail (1.5 hours course)</p> <p>Shin-taro Station—Tsunami Monument:Taro Kanko Hotel—Sannojiwa</p> <p>Rocks—Roadside Station Tarou</p> <p>Roadside Station Tarou(Break)</p> <p>Depart from Roadside Station Taro by Taxi (pre-arranged) to Ama-no-Hashidate Observatory (20 minutes)</p> <p>Arrival at Anegasaki Viewpoint</p> <p>Anegasaki Viewpoint—Sakiyama Blowhole-Takonohama Beach—Jodogahama Visitor Center(3 hours course)</p> <p>Arrival at Jodogahama Park Hotel</p>
Day 7	0 km	<p>Hotel Departure</p> <p>•Shuttle service/Taxi/Bus to Miyako Station</p> <p>Arrival at Miyako Station</p> <p>Depart from Miyako Station: JR Yamada Line/Iwateken Kita Bus 106 Express Bus</p> <p>Arrival at Morioka Station</p> <p>Depart from Morioka Station: Shinkansen Hayabusa No.18/Hayabusa No.22 (Departure at 12:50/Arrival at 15:04)</p> <p>Arrival at Tokyo Station</p>
total	66 km	





## "Complete Conquest of Hachinohe to Miyako Area - 240 km (150 Miles) Challenge" - Intensive Advanced Course for a 13-day,

Time: Total 79 hours 45 minutes (240km)  
 Recommended Period: April to November  
 Course 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 effectively 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

- ✓ Tanohata Coast features a vast natural lawn, and the journey to Bussho-jinja 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, witnessing the resilience and lifestyle of the local people who have recovered. You'll sense the meaning and significance behind the creation of this trail.
- ✓ Upon reaching the goal of this course, Jodogahama, the breathtaking landscape that unfolds will reward you for the challenges you've overcome.

### Recommended Eateries Around the Route

- ✓ Hachinohe City: Miroku Yokocho (Bar Hopping)
- ✓ Hannocho: Hamanasi-tei (Sea urchin Cuisine)
- ✓ Miyako City: 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 Course for a 13-day, 12-night 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	<b>About 8hours 10minutes</b> Departure From the Hotel to Honhachinohe Station (10minutes on Foot) Depart from Honhachinohe Station: JR Hachinohe Line Arrival at Same Station (15 minutes on foot to Kabushima Shrine) Arrival at Kabushima Shrine Start of Trail (2.5 hours course) Arrival at Tanesashi Coast Information Center(Break) Depart from Tanesashi Coast Information Center/ (2.5 hours course) Arrival at Hashikami Station Depart from Hashikami Station: JR Hachinohe Line Arrival at Taneichi Station Arrive at Hamanasu-tei Guesthouse/10 minutes walk from station
Day 3	30.5 km	<b>About 10hours</b> Departure from the Hotel (10minutes on Foot) Depart from Taneichi Station: JR Hachinohe Line Arrival at Hashikami Station Start of Trail (7.5 hours course) Hashikami Station – My.Hashikamidake – Kadonohama Station (Estimated arrival around 16:00) Depart from Kadonohama Station: JR Hachinohe Line Arrival at Taneichi Station Arrive at Hamanasu-tei Guesthouse/staying over continuously
Day 4	25 km	<b>About 8hours 30minutes</b> Departure from the Hotel (15minutes on Foot) Depart from Taneichi Station: JR Hachinohe Line Arrival at Kadonohama Station / JR Hachinohe Line Start of Trail (7 hours course) Kadonohama Station – Taneichi – Shukunohe Fishing Harbor – Uge Staion – Rikuchu-Nakano Station  Depart from Rikuchu-Nakano Station: JR Hachinohe Line Arrival at Taneichi Station Arrive at Hamanasu-tei Guesthouse/staying over continuously
Day 5	18.4 km	<b>About 9hours 30minutes</b> Hotel Departure Depart from Taneichi Station: JR Hachinohe Line Arrival at Rikuchu-Nakano Station / JR Hachinohe Line Start of Trail (8 hours course) Rikuchu-Nakano Station – Samurauahama – Moguranpia Aquarium – Rikuchu-Natsui Station Arrival at Rikuchu-Natsui Station (Around 15:40) Depart from Rikuchu-Natsui Station: JR Hachinohe Line (Next train at 18:02, 4 minutes ride) Arrival at Kuji Station Recommended Accommodation: Kuji Grand Hotel
Day 6	22.7 km	<b>About 10hours</b> Hotel Departure Arrival at Kuji Station Depart fromKuji Station: JR Hachinohe Line Arrival at Rikuchu-Natsui Station ( Start of Trail (9 hours course) Kuji Station – Kosode Coast - Rikuchu-Noda Station rival at Rikuchu-Noda Station 【Cab transfer or advance reservation Eboshi-so pick-up available/negotiable】 Accommodation: National Lodging Eboshiso (Arrival around 16:15)

Day 7	25.7 km	<b>About 9hours 20minutes</b> Hotel Departure (Taxi or pre-arranged shuttle from hotel) Arrive at Rikuchu-Noda Station Start of Trail (8.5hours course) Rikuchu-Noda Station – Tamagawa Coast – Fudai Station Arrive at Fudai Station Accommodation: Kurosaki-so (Shuttle service with advance reservation)
Day 8	16.1 km	<b>About 7hours 15minutes</b> Departure from the hotel (pick-up and drop-off by advance reservation) Arrive at Fudai Station Start of Trail (5hours course) Lunch shopping from Fudai Station / via shopping street is recommended. Fudai Station- – Beachside Famer's Market Kiraumi – Nedari Beach – Hotel Kurosakiso (Break) Departure from the hotel Arrive at Kitayamazaki Visitor Center From Kitayamazaki (KUROSAKISO/pre-reserved pick-up) Arrival at Krosakiso
Day 9	10 km	<b>About 5hours 30minutes</b> Departure from the hotel (pick-up and drop-off by advance reservation) After arriving at Kitayamazaki Visitor Center, start the trail (3.5 hours course) Arrival at Tukuehama Banyagun( Fisherman's Huts) (Break) Departure from Tukuehama Banyagun( Fisherman's Huts) (2hours course) Arrival at Hotel Ragaso
Day 10	19.8 km	<b>About 8hours 30minutes</b> Departure from Hotel Ragaso Start the trail (7.5hours course) Shimanokoshi Station – Unosu Ckiffs Hama no Eki OMOTO Aidokan (Break) Arrival at Iwaiizumi Station Depart from Iwaiizumi Station: Sanriku Railway Arrival at Tanohata Station (Hotel Raga-so offers advance reservation shuttle service) Arrival at the hotel
Day 11	25 km	<b>About 10hours 10minutes</b> Hotel Shuttle from Tanohata Station (Advance reservation shuttle service by Hotel Raga-so) Departure from Tanohata Station: Sanriku Railway Arrival at Iwaiizumi Station Start the trail (9.5hours course) Arrive at Hotel Taro-an (Taro area)
Day 12	24.5 km	<b>About 8hours 15minutes</b> Hotel Departure Start the trail (8.5hours course) Sannoiwa Rocks – Tsunami Monument Taro kanko Hotel -Anegasaki viewpoint – Sakiyama Blowhole – Takonohama Fishing Harbor Arrival at Jodogahama Visitor Center Recommended Accommodation: Jodogahama Park Hotel (10 minutes walk from the center)
Day 13	4.5 km	<b>About 6hours 20minutes</b> Hotel Departure Start the trail/From Jodogahama Visitor Center to Miyako Station (1hours course) Options: Hotel Shuttle (8:25), Taxi, or Bus Arrival at Miyako Station Depart from Miyako Station: JR Yamada Line/Iwateken Kita Bus 106 Express Bus Arrival at Morioka Station Depart from Morioka Station: Shinkansen Hayabusa No.18/Hayabusa No.22 (Departure at 12:50/Arrival at 15:04) Arrival at Tokyo Station
total	240 km	



## 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

