Sanriku Fukko National Park

Nature’s bounties and wrath: A symbol of reconstruction and coexistence between people and nature

The Sanriku Fukko (Reconstruction) National Park was established in May 2013 to contribute to the reconstruction of the Sanriku region, which was devastated by the Great East Japan Earthquake of March 11, 2011. The park extends from north to south for approximately 250 km. The northern part, also known as the “Alps of the Ocean,” features dynamic cliffs, while the southern part offers beautiful views with a complex topography. The coast serves as a breeding ground for seabirds such as the black-eared gull and streaked shearwater, and is also a habitat for a diverse collection of marine plants that have adapted to the unique coastal environment. Visitors have countless opportunities to observe wildlife up close.

The park is home to some of Japan’s leading fishing ports, including Hachinohe, Miyako, Kamaishi, Ofunato, and Kesennuma, and its three zones are set on the ocean. A multitude of floating reefs for farming systems and scallops, and bays for farming Watson’s seaweed are placed in the coastal bay area located in the southern part of the park, offering visitors a chance to enjoy scenes of everyday life in a fishing community. The Tanesashi Coast is covered by a vast grassland that has been maintained through grazing and other human activities.

This national park is unlike any other in Japan as it was created for the purpose of demonstrating reconstruction from a natural disaster, and people from all over the country visit this park to learn about disaster prevention.

Access

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Contact information (regarding the above content)

NPO ACTY (Tanesashi Coast Information Center Tour Desk)
Phone: 0178-38-8420
Email: info@actpromote.jp
URL: http://www.npo-acty.jp/tourdesk_j.html
**Sanriku Fukko National Park –Recommended Activities–**

**Activity 01**
Enjoy a luxurious private horse ride at Tanesashi Coast, a scenic spot of Sanriku.
You can ride a horse while admiring the ocean horizon and feeling the sea breeze.
Enjoy a comfortable horse ride while admiring Tanesashi Coast!

**Activity 02**
A sea kayak tour around Kabushima Island, a breeding ground for black-tailed gulls.
Ride the calm waves to enjoy scenery that can only be seen from a sea kayak!

**Activity 03**
Experience yoga in a natural seaside grass area in the sea breeze to detoxify your body!
Topped off with a delectable breakfast featuring local ingredients.
Sea breeze yoga and breakfast in Tanesashi Natural Lawn.

**Activity 04**
A trekking tour taking in splendid scenery along the Michinoku Coastal Trail.
Have a fisherman’s hot pot lunch featuring fresh seafood from Tanesashi’s fishing port.
Trek along the Michinoku Coastal Trail and enjoy a fisherman’s hot pot lunch.

**Activity 05**
Experience the local seaside culture of the fishing town of Hashikami!
Stroll along the Michinoku Coastal Trail and enjoy the seaside townscape.
Adiva: stroll around a fishing town with a guide.

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**Experience yoga in a natural seaside grass area in the sea breeze to detoxify your body!**

**A trekking tour taking in splendid scenery along the Michinoku Coastal Trail.**

**Experience the local seaside culture of the fishing town of Hashikami!**
Michinoku Coastal Trail Trekking Course: Recommended for Beginners

- Explore the richly varied coastal scenery with features ranging from rugged reefs to natural grasslands, and white sands dotted with green pines.
- Dig into seasonal flavors while taking in the scenery of the port and fishing village.
- Enjoy the mostly flat course that can be easily walked by beginners.

**Day 1**

12:00p.m. Restaurants along the trail (lunch: There is also fresh local seafood) 10min
2:00p.m. Ashigezaki (Trekking on the Michinoku Coastal Trail: beautiful reef scenery and flowers that change with the season) 60min
3:00p.m. Osukahama (Trekking on the Michinoku Coastal Trail: more than 2km of sandy coast with treasured singing sand) 60min
4:00p.m. Shirahama (Trekking on the Michinoku Coastal Trail: a fishing port surrounded by reefs and greenery, a promenade of trees more than 90 years old, and a natural grassland extending to the sea) 60min
5:00p.m. Tanesashi Beach Campsite or Guesthouse (Accommodation)

**Day 2**

8:00a.m. Tanesashi (Trekking on the Michinoku Coastal Trail) 60min
9:00a.m. Takalwa Observatory (Trekking on the Michinoku Coastal Trail: The highest observation deck in Tanesashi overlooks the ocean and coastline) 60min
10:30a.m. Hashikami Hamanoeki (Trekking on the Michinoku Coastal Trail: Get a sense of coastal life and culture) 15min
1:30p.m. Hashikami Hamanoeki (Enjoy fresh seafood at a restaurant after the walk. Fresh local seafood and snacks are also sold here) 90min
3:30p.m. Kominato Park (Rest at Kominato Park, featuring a natural grassland and a white lighthouse) 15min
3:56p.m. Kadonohama Station (Tohoku Shinkansen) 10min
5:06p.m. Hachinohe Station (Tohoku Shinkansen) Toward Tokyo
Unwind with the Scenic Delights of the Kabushima and Tanesashi Coastal Area

- Fully experience the charms of the area with a laid-back itinerary that includes yoga, horseback riding, kayaking and more.
- Enjoy the bounty of the seas with piping hot fisherman’s hot pot.

Notes

Season: April - December
Duration of stay: 1 night, 2 days

From Tokyo (Tohoku Shinkansen)
11:38 a.m. Hachinohe Station (JR Hachinohe Line) 21 min
12:00 a.m. Same Station (Lunch and Walk) 10 min
1:00 p.m. Kabushima
Activity 02 Sea Kayaking Tour (1 hour)
3:30 p.m. Visit to Kabushima Shrine, Kabushima Rest Space, Black-tailed Gull Watching (until August) 30 min
(From March to August of each year, the area is packed with tens of thousands of seagulls that come to the islands to breed. Seagulls have long been considered an important messenger of the god of fishermen.)
4:10 p.m. Hachinohe City Marine Science Museum (Marient) (Approx. 30 min)
(Discover the charms of the sea around Hachinohe.)
4:43 p.m. Marine Science Museum Bus Stop (Tanesashi Kaigan Sightseeing Bus) 5 min
4:58 p.m. Same Station (JR Hachinohe Line) 11 min
5:09 p.m. Tanesashi Kaigan Station 3 min
5:15 p.m. Guesthouse at Tanesashi [Accommodation]

Day 2
7:15 a.m. Guesthouse at Tanesashi 3 min
7:30 a.m. Tanesashi Natural Lawn Activity 01 Shiokaze Yoga and Breakfast (120 min)
10:00 a.m. Tanesashi Coast Activity 04 Michinoko Coastal Trail Hike Followed by Fisherman’s Hot Pot Lunch (180 min)
1:00 p.m. Tanesashi Natural Lawn Activity 01 Horseback Riding (1 hour)
3:30 p.m. Grassland Walk and Visit to Tanesashi Kaigan Information Center (30 min)
(The center is right next to the natural lawn, and offers exhibits, explanations and real-time information about the national park and the trail.)
4:16 p.m. Tanesashi Kaigan Station (JR Hachinohe Line) 10 min
5:06 p.m. Hachinohe Station (Tohoku Shinkansen) Toward Tokyo
Walking the Michinoku Coastal Trail in Sanriku

What is the Michinoku Coastal Trail?
A long trail that follows the Pacific coast for about 1,000km from Hachinohe City in Aomori Prefecture to Soma City in Fukushima Prefecture, the Michinoku Coastal Trail offers some of the best views in Japan. The route also gives you a chance to see people’s lifestyles, culture and history, the portal of nature, and a food culture that has been passed on for generations. As you walk the trail, you can enjoy exchanges with other people and experience the unforgettable emotion of moving through the overwhelming beauty of interwoven nature in the comfort of the sea breeze.

Model course 01 “Explore the Kujū-Hirosone Route (Iwate Pref.)
From Kujū City, follow the trail through a beautiful forest and you’ll pass along the Sansho route, along which—in legend and in the famous military commander Minamoto no Yoritomo’s (1159-1199) footsteps—his way to Hakata following the Genpei War. You can also visit Shiogama, Aomori and Tsuchi in Hirono Town, a village that retains the traditional diving technique called nankoku meguri. Visit the fishermen’s village, diving lakes and grounds, and the beautiful sandy coastline.

Model course 02 “Visit the beautiful that carries the Jodogahama-Taro Route (Miyagi City, Iwate Pref.)
This is a section that has a relatively high number of ups and downs for the Michinoku Coastal Trail and requires physical strength. There are many highlights on the route, including scenic spots such as Jodogahama, Shiogama, (Blowholes), and SannoIwa, and the earthquake ruins park where the facilities damaged by the tsunami of March 11, 2011 are preserved. It is an interesting route where you can experience both the beauty and severity of nature.

Model course 03 “Visit two warm Tashirojima-Ajishima Route (Ishinomaki City, Miyagi Pref.)
Tashirojima Island and Ajishima Island, which straddle the convergence of cold and warm currents, are blessed with a warm climate and seaford. The lush forest and clear sea are also impressive, and these islands are far from any hustle and bustle. This is a relaxing and beautiful trail course on two islands off the coast of Ishinomaki.

Machinoku Coastal Trail Natori Trail Center
This facility provides necessary information for walking the Michinoku Coastal Trail and promotes local trails and walking culture. It also provides a space where hikers, local residents, and tourists can relax and interact.

Address: 5-300-311 Yuriga, Natori City, Miyagi 981-1213
Phone: 022-388-6181
Closed: Tuesdays and January 1
Entrance: Free

Forest trail, see the sea, and visit the fishing villages

Model course route: 1 night, 2 days
Total distance: about 44.8km
Time required: about 23 hours

Day 1
Kujū Station (H Hachinohe Line Iwate Route) ➔
Rasha Station Kujū ➔
Great Echigo Time (Chişan Great Gardens) ➔
Kumai no Mot (Great Odeikan Restaurant) ➔
Shonosuke Shrine ➔
Yoshimine Viewpoint ➔
Sannōri no Yu "Kinosakaya"

Day 2
Sannōri no Yu "Kinosakaya" ➔
Sannōri Fishing Port ➔
Kago River Wading Point ➔
Okanai store (Fushimi Shop Oika) ➔
Ege Station ➔
Shonosuke Fishing Port ➔
Tashiro Station (H Hachinohe Line)

Coastline of Jodogahama and SannōIwa, as well as the ruins park memories of the Great East Japan Earthquake of March 11, 2011 to future generations

Model course route: 1 night, 2 days
Total distance: about 24.8km
Time required: about 10 hours

Day 1
Jodogahama Visitor Center ➔
Jodogahama ➔
Jodogahama Rest House ➔
Shonosuke (Boritake) ➔
Kawakami (Boritake/Miyake)

Day 2
Morning walk, Seashell picking walk ➔
Kawakami (Boritake), Miyake ➔
Tsunami Memorial Park Nekkoshima ➔
Taro Kame Hotel (restaurant/pavilion keyroom) ➔
Sanno Park ➔
Taro Station (Seaside Railway Line)

Paradise islands soothed by natural beauty and cats

Model course route: 1 night, 2 days
Total distance: about 36km
Time required: about 5 hours

Day 1
Ishinomaki Station ➔
Ishinomaki Port (Ishinomaki Line) ➔
Ishinomaki Station ➔
Oshinomaki Port (Takishi) ➔
Cat Shrine ➔
City road on the west side of the island ➔
Noko Port (Tashirojima) ➔
Aji Port (Aji Shima)

Day 2
Departure ➔
Shirahama Beach ➔
Breakfast at Evergreen Forest Hotel ➔
Shinomaki ➔
Forest Village ➔
Tashirojima Port (Oji Shima) ➔
Ajiwara Port

Superb Scenery Special National Parks by Theme