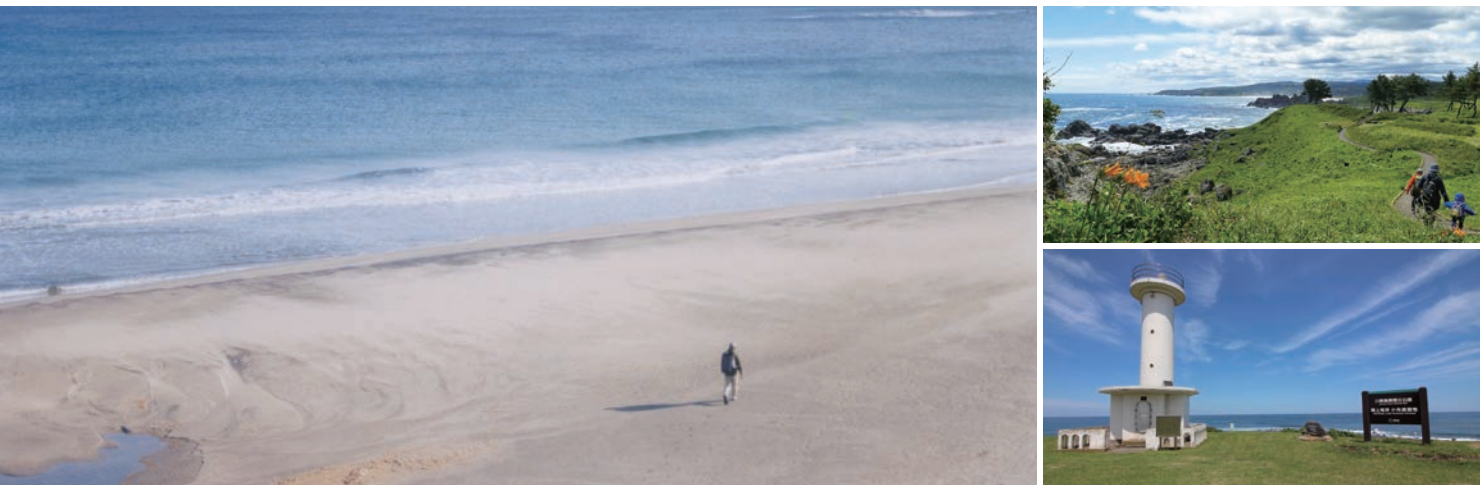


Satellite ▶ **Tanesashi Kaigan Information Center** Hachinohe City,
Hashikami Town, Hirono Town



14-167 Aza Tanakubo, Samemachi,
Hachinohe City, Aomori Prefecture, 031-0841
T E L : +81-178-51-8500
U R L : <http://tanesashi.info>
Open Hour : 9:00 - 17:00 (Apr.-Nov.),
 9:00 - 16:00 (Dec.-Mar.)
C l o s e d : End and beginning of year
 (Please refer to the URL for further details.)
A c c e s s :
 [Train] 3 min walk from JR Hachinohe Line,
 Tanesashi Kaigan Station
 [Car] Approx. 10 min from Hachinohe-Kuji Expressway,
 Tanesashi Kaigan IC

The northern starting point. Walk this gentle path alongside scenery rich in variation, from rugged reefs to natural lawns, green pines and white sands. Encounter different animals and flowers by season: Black-Tailed Gulls, gods of the sea for fishermen, and brilliant pink rugosa roses. This route has all attractions from rural villages, village woodlands, and the seashore. Move inland to find nostalgic shopping streets, mysterious giant trees, the view from the top of Mt. Hashikamidake, known for its rhododendrons and spring water. Savor the seafood of the season like sea urchins, abalone, and sea squirts, and encounter fishing history and techniques. This route is relatively flat, with minimal ups and downs excluding the Mt. Hashikamidake portion.



Satellite ▶ **Kitayamazaki Visitor Center** Kuji City, Noda Village,
Fudai Village, Tanohata Village



There's much to see here. The rugged scenery of waves crashing against bedrock in places like the Kosode Coast, famous for its "Ama" female divers. Sandy beaches stretching out in bow-shaped curves, the peaceful scenery of Sanriku Railway trains rolling by. Enjoy the fossils and amber found in the stratum here, salt-making activities, exploring mine shafts, and delicious cuisine like scallops. This course promises adventure and requires physical fitness and advance planning. The path follows the coastline along a series of cliffs over 150 meters above sea level including Kitayamazaki, which are known as the "Ocean Alps." It crosses streams, includes steep climbs and descents and spots that are impassable during high tide, plunges into quiet forests and pitch-dark manually-dug tunnels. There's also a viewpoint with one of the best views in Sanriku sure to please mountain enthusiasts.

129-10 Kitayama, Tanohata Village,
Shimohei-gun, Iwate Prefecture, 028-8402
T E L : +81-194-33-3248
U R L : <https://www.vill.tanohata.iwate.jp/kankou/sosai/visitor-center.html#sai/visitor-center.html>
Open Hour : 9:00 - 17:00 (Mar.-Nov.),
 9:00 - 16:00 (Dec.-Feb.)
C l o s e d : End and beginning of year.
 (Please refer to the URL for further details.)
A c c e s s :
 [Taxi] Approx. 20 min taxi ride from Sanriku Railway,
 Tanohata Station
 [Car] Approx. 20 min from Sanriku Coastal Road, Fudai IC



Satellite ▶ **Jodogahama Visitor Center** Iwaizumi Town, Miyako City,
Yamada Town



32-69 Hitachihamamachi, Miyako City,
Iwate Prefecture 027-0001
T E L : +81-193-65-1690
U R L : <http://jodogahama-vc.jp/>
Open Hour : 8:00 - 18:00 (Apr. - Oct.),
 9:00 - 17:00 (Nov. - Mar.)
C l o s e d : End and beginning of year
 (Please refer to the URL for further details.)
A c c e s s :
 [Bus] Approx. 17 min bus ride from JR Yamada Line,
 Miyako Station
 [Car] Approx. 15 min from Sanriku Coastal Road,
 Miyako-chuo IC

Walk the forests of the "Ocean Alps" along the seashore, as stunning views of wave-eroded caves and fantastically shaped huge rocks stretch out below you. This course has many ups and downs, but many highlights: wading through a mountain stream flowing through the valley, and a view that never gets old. Savor the contrast between dynamic scenes like the cliff sides and Shiotsuki-ana, a blowhole which blasts water up to 30 meters during the right weather conditions, and the peaceful beauty of Jodogahama, which has been compared to paradise. The seasonal selection of seafood caught in the quiet bay and in the rough open ocean is unparalleled. The route along Omoe Peninsula, which includes Todogasaki, the easternmost point of Honshu Island, and Funakoshi Peninsula is challenging and requires carrying a tent and several overnight stays, but hikers will be soothed by forests of enormous trees and untouched beaches.



Satellite ▶ **Goishi Coast Information Center** Otsuchi Town, Kamaishi City, Ofunato City,
Rikuzentakata City, Kesennuma City



Pass over many prominent historic passes along Sanriku Hamakaido Path, a historical road etched in memory by years of traffic. Walk enveloped in deep nature, surrounded by the ria coastline's rich variety of scenery, with intricate inlets, fantastically-shaped boulders, and caves. Enjoy scenes of industry that supported this region in the past, like the steel and gold mine remains, marble from Dairiseki Coast, and salt pan remains, as well as scenes made from local people's livelihoods in the present, like the oyster cultivation in the bay and apple orchards, an unusual crop for the coast. The damage from the tsunami was severe here, and it's an area where you can feel the menace of nature and the strength of reconstruction, with many boulders moved by tsunamis and other disaster monuments.

Ohama, Massakicho, Ofunato City,
Iwate Prefecture, 022-0001
T E L : +81-192-29-2359
U R L : <http://goishi.info>
Open Hour : 8:30 - 17:15
C l o s e d : End and beginning of year
 (Please refer to the URL for further details.)
A c c e s s :
 [Bus] Approx. 50 min bus ride from Sanriku Railway,
 Sakari Station
 [Car] Approx. 10 min from Sanriku Coastal Road,
 Ofunato-Goishikaigan IC



Satellite ▶ **Minamisanriku Marine Visitor Center** Minamisanriku Town,
Onagawa Town, Ishinomaki City



21-1 Sakamoto, Tokura, Minamisanriku Town,
Motoyoshi-gun, Miyagi Prefecture, 986-0781
T E L : +81-226-25-7622
U R L : <http://kawatouminovisitorcenter.jp/umi/>
Open Hour : 9:30 - 16:30
C l o s e d : Tuesdays, Dec. 29 ~ Jan. 3
A c c e s s :
 [BRT] Approx. 60 min walk from BRT Rikuzen-Togura Station
 [Car] Approx. 20 min from Sanriku Coastal Road,
 Shizugawa IC

Climb up Mt. Tatsugane, which fills with azalea blossoms in late May, and Mt. Ishinaga. From the ridgeline, gaze down at the lovely village woodlands, the shape of the ria coast, and surrounding islands as you walk. Soak your fatigue away at the footbath and hot springs down in the newly reconstructed town. Feel the lifestyle of the little beach villages of Oshika Peninsula as you walk, looking out at Mangokuura with its robust oyster and nori seaweed cultivation. Then travel by boat from the tip of Oshika Peninsula to follow the pilgrimage route of Kinkasan Island, one of the three great sacred sites of Mutsu, where you can find wild deer and monkeys and see giant beech and zelkova trees. See Ajishima Island, with its swimming beach, white sands and panoramic view of the Pacific Ocean, and Tashirojima Island, where cats are enshrined as fishing gods. The course within the city is a leisurely stroll on a walking path along the Kitakami River.



Satellite, Headquarter ▶ **Michinoku Coastal Trail Natori Trail Center** Higashimatsushima City, Shioama City, Tagajo City,
Sendai City, Natori City, Iwanuma City, Iwajima City, Wakari Town,
Kakuda City, Yamamoto Town, Shinchi Town, Soma City



Walk along open fields and village woodlands, encountering people's everyday lives. This section has many of Tohoku's traditionally major tourist attractions and historical remains. Highlights include Matsushima, one of the Three Views of Japan, Shogama-jinja Shrine, the highest ranking shrine in ancient Mutsu Province, Tagajo Castle Remains, where Mutsu Province's capital once stood, Sue no Matsuyama, well known for poetry, and Somanakamura-jinja Shrine, known for its Soma-Nomaoi (wild horse chase). Look out over the Sendai Plains from a 200 meter elevation ridgeline, with especially good views from Mt. Karo of Matsukawaura, the southernmost entrance of the trail. Also enjoy Blue Impulse aerobatic team planes flying over canals, wetlands where migratory birds gather, and touring the Urateo Islands. On your way, munch on fresh fruit and vegetables from farmer's markets, freshly-fried croquettes and bread hot from the oven. This route was meant for snacking and strolling.

3-12-1 Yuriage Higashi, Natori City,
Miyagi Prefecture 981-1204
T E L : +81-22-398-6181
U R L : <https://www.mct-natori-ic.jp>
Open Hour : 9:00 ~ 17:00 (Apr.-Nov.),
 9:00 ~ 16:00 (Dec.-Mar.)
C l o s e d : Tuesdays and from December 29 to January 3
A c c e s s :
 [Train] Approx. 30 min bus ride from JR Tohoku Line,
 Natori Station
 [Car] Approx. 5 min from Sendai Tobu Road, Natori IC

