

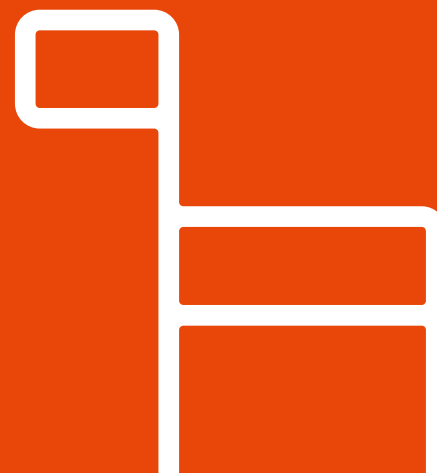


Special hikes through magnificent landscapes
and hot springs let you explore
the region's distinct history
and culture with your five senses.
Come experience this healing journey,
Miyagi Olle.



MIYAGI OLLE TRAIL

At long last, a healing journey
through magnificent landscapes and
rich history



MIYAGI OLLE TRAIL



Miyagi Olle Trail, a Healing Journey

Matsushima, its picturesque bay dotted with islands large and small, is the start of the journey to Miyagi Prefecture, a region rich with natural beauty. In the west is a range of mountains stretching from Mt. Zao to Mt. Funagata to Mt. Kurikoma. In the center, rice fields stretch out as far as the eye can see, with a beauty that changes from season to season, and is ideal for experiencing traditional culture. The coastal area was badly damaged by tsunami caused by the 2011 Great East Japan Earthquake, but the coastal and mountain trails are being restored to their former beauty.

Disaster became the opportunity which sparked the creation of the Miyagi Olle Trail, and with assistance from the Jeju Olle Foundation, the Miyagi Olle Trail was created as a sister trail to those in Jeju (Korea), Kyushu and Mongolia.

Miyagi Olle Trail has diverse routes, ranging from trails which travel by the endless stretch of the Pacific Ocean, to the natural richness of forested trails, to country roads with opportunities to meet local residents. While there are similarities to the Jeju Olle and Kyushu Olle, Miyagi has its own unique features. Olle trails are characterized by people coexisting with nature, and this is firmly embedded in Miyagi Olle as well.



The Miyagi Olle Trail starts with the Kesennuma/Karakuwa Trail along the majestic Pacific Coast and the Oku-Matsushima Trail which overlooks Matsushima, one of the three scenic spots in Japan.

The Miyagi Olle Trail was created as a sister trail to those in Jeju (Korea), Kyushu and Mongolia. It is the first on Japan's main island of Honshu.



Kesennuma / Karakuwa Trail

The sparkling sea and verdant peninsula

Contact

Karakuwa Tourism Association
(at the Karakuwa Peninsula Visitor Center)
TEL 0226-32-3029

km Distance 10 km **🕒** Required time 4-5 hours **🏔️** Difficulty Moderate-Difficult

Trail where the waves resound against the cliffs and unique rock formations

Karakuwa Town, Kesennuma City is a small town located on a peninsula in the northern part of Miyagi Prefecture. It has a population of approximately 6,200 and an area of 42 km². From the dynamic ria coast to the scenery of the Sanriku Geopark, and seasonal flora, there is much to enjoy. The Olle trail goes from the Karakuwa Peninsula Visitor Center at the tip of the peninsula to Ogama Hanzo, a famous landmark in the Sanriku Fukko National Park. As you begin your hike along the coast, you can see giant stones that were ripped from the sea floor and cast ashore by the 2011 tsunami.

A special feature of this area, which on average has experienced a tsunami every 37 years, is a strong disaster warning system and disaster preparedness education. People here chose to live as one with the sea through the generations despite suffering from tsunami and have learned from painful experience that “you cannot defy nature.” As you walk along this trail you can begin to understand the distinct culture of this place whose inhabitants live both in fear of nature and as one with the sea. The trail passes by a number of shrines that were part of pilgrimage paths to pray for safety related to the sea, and the town is dotted with more than 70 such shrines. This Olle connects with a pilgrimage route where wives prayed for the safety of their husbands away at sea, and also with a path used in daily life. This is a special trail course where you can experience the culture and lifestyle of the people of Karakuwa who live in harmony with the sea.



▲ Cape Osaki

A scenic spot at the tip of the peninsula to view the Pacific Ocean. The unique surface of the rock reminiscent of mille-feuille is actually sedimentary rock which dates back some 250 million years, and this area has been designated as one of Japan’s top 100 geological features and the highlight of the Sanriku Geopark.

< Osaki Shrine

This shrine is within a thick Japanese Bay tree forest. Dating back over 1000 years, it is said to help with romantic relationships and good harvest of fish. Nearby there is a Whale Monument dedicated to a whale worshipped as a divine messenger, where you can feel the depth of the faith of these people of the sea.



< Kannokura Tsunami Stones

These giant stones were unearthed from the sea floor and cast ashore on March 11, 2011 by the tsunami. The largest of these stones has a diameter of about 6 meters and estimated weight of 150 tons. You can feel the terrible force of the tsunami here.

Access



Train

● Sendai Airport (Sendai Airport Access Line approx. 25 min.) ▶ JR Sendai Station (Tohoku Shinkansen approx. 30 min.) ▶ JR Ichinoseki Station (Ofunato Line or highway bus approx. 1 hour 15 min.) ▶ JR Kesennuma Station (walk approx. 10 min.) ▶ Miyako Bus Mikkamachi Bus stop (Miyako Bus for Osaki approx. 45 min) ▶ Miyako Bus Kokumin Shukushamae stop

● Sendai Airport (Sendai Airport Access Line approx. 25 min.) ▶ JR Sendai Station (Highway Bus for Kesennuma approx. 180 min.) ▶ Kesennuma Shiyakushomae stop (Miyako Bus for Osaki approx. 45 min) ▶ Miyako Bus Kokumin Shukushamae stop



Car (Rental Car)

From: Tohoku Expressway, Ichinoseki IC (approx. 90 min.) Sanriku Expressway, Utatsu IC (approx. 80 min.) within Kesennuma City (approx. 30 min.)



Taxi

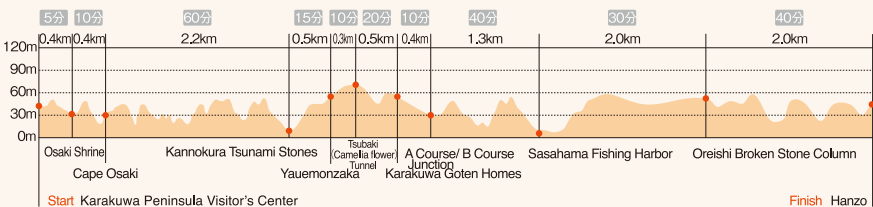
Shishiori/ Kihansen Taxi	TEL 0226-22-1234	Nasuya Taxi	TEL 0226-22-1512
Minato Taxi	TEL 0226-23-3720	Kesennuma Haitaku	TEL 0226-24-0026
Kesennuma Kanko Taxi	TEL 0226-22-6000	Motoyoshi Tax	TEL 0226-42-3110
Gojuban Tax	TEL 0226-22-0050	Wako Taxi	TEL 0226-42-3800





Kesennuma / Karakuwa Trail

① Karakuwa Peninsula Visitor Center (Start 0.0 km) → ② Osaki Shrine (0.4 km) → ③ Cape Osaki (0.8 km) → ④ Kannokura Tsunami Stones (3.0 km) → ⑤ Yaemonzaka (3.5 km) → ⑥ Tsubaki (Camellia flower) Tunnel (3.8 km) → ⑦ Karakuwa Goten Homes (4.3 km) → ⑧ A Course/ B Course Junction (4.7 km) → ⑨ Sasahama Fishing Port (6.0 km) → ⑩ Oreishi Stone Column (8.0 km) → ⑪ Hanzo (Finish 10.0 km)



Sasahama Fishing Port

As is typical for ria coastal areas like the Karakuwa Peninsula, there is a range of inlets large and small which locals use as harbors for fishing. The harbor is also known for its beautiful pebbles on the beach.



▲ Yaemonzaka

Local residents labored to revive this ancient path for the Olle. It was named after a Christian missionary named "Yaemon" who lived nearby a long time ago.



▲ Tsubaki Tunnel

In Karakuwa there are more than 20,000 tsubaki (camellia) trees. In March- April the red flowers make it a flower tunnel and flower path.



▼ Hanzo

This beautiful stretch of coastline is known for "Day lilies" and "Nippon daisies" which bloom in between these unusual stones. It is an ideal place to watch the sun rise over the horizon.



▲ Oreishi Stone Column

This is the scenic gem of the Sanriku Fukko National Park. This stone column rises 16 meter out of the open ocean. In 1896 it was damaged by a large tsunami which broke off the tip, giving it its current name, Oreishi ("broken stone"). There is a similar stone on the Jeju Olle's 7th course called "Oedolgae Rock."

Places to Stay

Rias Karakuwa Youth Hostel
Room ¥4,000, with breakfast ¥4,760,
with breakfast and dinner ¥6,000
Address 2-8 Nakai, Karakuwa Town,
Kesennuma City
TEL 0226-32-2490
www.karakuwayh.com

Karakuwa Goten Tsunakan
Room ¥6,000, with breakfast ¥7,000,
with breakfast and dinner ¥10,000
Address 81 Shibitachi, Karakuwa Town,
Kesennuma City
TEL 0226-32-2264
www.moriyasuisan.com

Sakaya Minshuku
Room ¥4,320, with breakfast ¥5,940,
with breakfast and dinner ¥7,000
Address 44 Iwasawa, Karakuwa Town,
Kesennuma City
TEL 0226-34-3520
www.kesennuma-sakaya.com



Hamanasu Minshuku
Room ¥5,000, with breakfast ¥5,800,
with breakfast and dinner ¥7,000
Address 195-1 Takaishihama, Karakuwa Town,
Kesennuma City
TEL 0226-32-2814
www.0226-32-2814.strikingly.com

Nagisa Minshuku
Room ¥4,320, with breakfast ¥5,400,
with breakfast and dinner ¥7,025
Address 187 Akedo, Karakuwa Town,
Kesennuma City
TEL 0226-32-3198
www.karakuwanagisa.web.fc2.com

* Accommodations and meals all require reservations * All prices listed are tax-included.

Sunago Minshuku
Room ¥4,320, with breakfast ¥5,400,
with breakfast and dinner ¥7,020
Address 21-1 Baba, Karakuwa Town,
Kesennuma City
TEL 0226-32-2613

Funado Minshuku
Room ¥4,320, with breakfast ¥5,400,
with breakfast and dinner ¥7,020
Address 14-5 Naka, Karakuwa Town,
Kesennuma City
TEL 0226-32-3148

Misuzuso Minshuku
Room ¥4,320, with breakfast ¥5,400,
with breakfast and dinner ¥7,020
Address 245-1 Konagane, Karakuwa Town,
Kesennuma City
TEL 0226-32-2235

Horishin Minshuku
Room ¥4,320, with breakfast ¥5,400,
with breakfast and dinner ¥7,020
Address 24-34 Tsumoto, Karakuwa Town,
Kesennuma City
TEL 0226-32-2373

Places to Eat

Marusan
Sushi set ¥1,600 **Closed** Tuesdays
Address 55-5 Kamikosaba, Karakuwa Town,
Kesennuma City
TEL 0226-32-3730

Wakaba Sushi
Nigiri sushi ¥1,000 **Open** daily
Address 44-6 Kamikosaba, Karakuwa Town,
Kesennuma City
TEL 0226-32-3610

Coffee Shop GIGI
Hamburg steak set ¥700 **Open** daily
Address 113-4 Naka, Karakuwa Town,
Kesennuma City
TEL 0226-32-3216

Isaribi Godai
Miso ramen ¥890 **Closed** Thursdays
Address 98-18 Kitanaka, Karakuwa Town,
Kesennuma City
TEL 0226-32-4340

Karakuwa Banyu Oyster Shack
Oyster, scallop set ¥1,500
Open Oct-May (Sat, Sun & National Holidays
only) Reservation required
Address 241-6 Shibitachi, Karakuwa Town,
Kesennuma City
TEL 080-8205-4186



Kitchen Higashiyama
Sweet and sour pork set ¥800
Closed Wednesdays
Address 184 Baba, Karakuwa Town,
Kesennuma City
TEL 0226-32-4285

Café Printemps
Hoya (sea pineapple) and
wakame seaweed spaghetti ¥1,000
Closed Wednesdays + Thursdays
Address 409-2 Shukuura, Karakuwa Town,
Kesennuma City
TEL 0226-25-8077



Hanzo Resthouse
Chicken curry ¥700 **Closed** Mondays
Address 264-2 Konagane, Karakuwa Town,
Kesennuma City
TEL 0226-31-2055

* All prices listed are tax-included

Local Highlights



Karakuwa Peninsula Visitor Center,
Tsunami Experience Theater
(Tourist Information Center)

Exhibits related to nature, people on the
Karakuwa Peninsula, and past tsunamis.
Gift shop with local products.

Address 4-3 Sakihama, Karakuwa Town,
Kesennuma City
TEL 0226-32-3029
Open 08:30-16:30, **Closed** Tuesdays,
Tsunami Experience Theater has an
admission fee

Oysters

Karakuwa oysters are nourished by
nutrients from the forests that flow into the
sea. They are carefully cultivated in this rich
natural environment and are known for their
large size and rich flavor. From the Karaku-
wa Banyu Oyster Shack you can observe
floating oyster farms as you enjoy steamed
oysters. (Open October-May on Saturdays,
Sundays and National Holidays. Reservations
required: 080-8205-4186)

Okarakuwa

Jams and teas using Okarakuwa berries are
popular gifts known for their properties which
promote health and beauty. (Okarakuwa
Cultivators Appreciation Society)



More to Enjoy in Miyagi Treasure-trove of fresh seafood in Kesennuma

Kesennuma City is located in the northeastern part of Miyagi Prefecture, and is a hub for transportation and industry. It is known for its fishing ports and beautiful coastal scenery. It is famous for its production of high-end ingredients including swordfish, tuna, shark, bonito, saury, pacific sunfish, salmon, flounder and cod at the Kesennuma Fish Market.

Sanriku, a Seafood Powerhouse



Shark heart

The ultimate delicacy; the heart of the salmon shark. Fresh from the ocean, tasting it as sashimi is an experience that can only be enjoyed in Kesennuma. It is said to be similar in taste to sashimi liver.

Hoya (sea pineapple)

The inspiration for Kesennuma's adorable mascot, Hoya Boya. Kesennuma is well-known as one of Japan's main hoya producers. Try the taste of a fresh hoya while you are here.

One of Japan's leading fish markets with an annual catch of 100,000 tons Kesennuma Fishing Port / Kesennuma Fish Market



This is one of just 13 ports in Japan designated as category 3 (large). Each day brings a new haul of fresh seasonal catch from the Sanriku fishing grounds, one of top three most productive in the world. Not limited to local fisheries, this port is home to oceanic fishing vessels which bring in some of the country's largest catches of bonito, saury, swordfish, shark and more. The second floor has a 354-meter-long observation deck, among the largest in Japan, giving visitors the perfect vantage point to watch the lively auction take place below in the early morning. Bidding begins at about 7 a.m., and the scene of fish arranged for sale is a remarkable sight.

Fishing Season for Primary Fish

Bonito (June-November), saury (September-December), tuna (year-round), swordfish (year-round), shark (year-round)

Hours 5:00-12:00, **Open** daily (Contact in advance for tours)

Kesennuma City, Industries Department, Fisheries Division, Fish Market Supervisor (Kesennuma City Fish Market Management Office)
Address 8-25 Uoichibamae, Kesennuma City **TEL** 0226-22-7119

The Only Shark Museum in Japan Kesennuma Shark Museum (Kesennuma Umi no Ichi building)



Adjacent to Kesennuma Fish Market is a building called "Kesennuma Umi no Ichi", a good sightseeing spot with all the favorite local products on offer. On the first floor are fish, shellfish and processed seafood from Kesennuma Port as well as restaurants. The second floor has a tourism information center as well as Japan's only shark museum. At the Kesennuma Tourism & Convention Bureau you can get information about what to see in the city, where to eat and where to stay. The Kesennuma Shark Museum has life-sized shark models and exhibits to help you easily understand their unusual biology. Surprises and wonder await at this museum which can only be found in Kesennuma, the capital of shark fishing. In addition, in the "Recovery Theater" of the same museum there is a 15-minute video covering the disaster, recovery and future from the viewpoint of local residents.

Hours Umi no Ichi 08:00-17:00 / Kesennuma Shark Museum 09:00-17:00 / **Open** daily
Address 7-13 Uoichibamae, Kesennuma City **TEL** 0226-24-5755 Kesennuma Sangyo Center, Inc.
<http://www.uminouchi.com>

Oku-Matsushima Trail

Head to the land of whispering winds and blue seas and experience the ancient landscape of Matsushima

Contact

Oku-Matsushima Pleasure Boat Information Center
(inside Selco Home Aomina Visitor Center)
TEL 0225-88-3997

Higashi-Matsushima Tourist Association
TEL 0225-87-2322

Higashi-Matsushima City, Commerce, Industries and Tourism Department
TEL 0225-82-1111

The Oku-Matsushima Trail begins at the Selco Home Aomina Visitor Center. Experience the history and nature from the prehistoric Jomon period to many of today's most picturesque spots as you hike through Oku-Matsushima and Miyato Island. The start of the course is a trail dating back to prehistoric times. In the Satohama Historical Park, step back in time and visit the Satohama Shell Mound from the Jomon period, one of the largest in Japan. At Inagasaki Park and on top of Otakamori (one of the four panoramic views of Matsushima), you can enjoy a 360-degree view of Oku-Matsushima's landscape. This course is also an opportunity enjoy delicious seafood and the warm hospitality of local residents.

Distance 10 km Required time approx. 4 hours Difficulty Moderate

Trail to experience the ancient landscape of Matsushima, the land of whispering winds and blue seas

This landscape with water as calm as a lake, and dotted by countless islands, is so beautiful it seems like a painting.

Matsushima, one of the Three Most Scenic Spots of Japan, has an eastern part called Oku-Matsushima. It encompasses the largest island in Matsushima Bay, Miyato Island, and the Nobiru coastline which stretches along the Pacific Ocean. With its relatively mild climate, many camellia flowers bloom in early spring and wild windmill palm trees flourish, prompting a comparison with the famous Izu Peninsula near Tokyo. The still waters of the inner bay and the waves of the ocean make possible a wealth of activities; swimming, wind-surfing, fishing, and drag-net fishing, which can be enjoyed throughout the year. This area is also a Miyagi Prefecture International Tourism Theme Area.



▲ Selco Home Aomina Visitor Center

This is the starting and finishing point for the Oku-Matsushima Trail. Find local souvenirs here as well as drinks and snacks. Rest your tired feet in a footbath. With the Oku-Matsushima Pleasure Boat Visitor Center also inside this building, you can start your exploration of Oku-Matsushima here.

< Otakamori Yakushido Temple

This temple was built in 1915 half-way up the Otakamori hillside by then Miyagi Governor Masataka Mori. Inside there is a Yakushi Nyorai (Buddha of healing) statue made of unvarnished wood. When Kozoji Temple in the Igu District in Southern Miyagi was renovated, the center pillar was carved into Yakushi Nyorai, Prince Shotoku Taishi and 33 Kannon statues, and the Yakushi Nyorai was dedicated to the Otakamori Yakushido Temple.

< The Historical Museum of Jomon Village, Oku-Matsushima

This museum displays clay pots, bone tools, stone tools and costumes that were excavated from the Satohama Shell Mound on Miyato Island. The shell mound dates from the pre-historic Jomon period and is registered as a National Historic Site. There are hands-on activities to let you experience life in the Jomon period. The museum is dedicated to the wisdom and culture of the ancient Jomon people who lived as one with nature.

Access



Train

● Sendai Airport ▶ (Sendai Airport Access Line/ fastest is 17 minutes) ▶ JR Sendai Station ▶ (JR Senseki-Tohoku Line or JR Senseki Line/ fastest is 31 min.) ▶ JR Nobiru Station

● JR Tokyo Station ▶ (Tohoku Shinkansen/ approx. 95 min) ▶ JR Sendai Station ▶ (JR Senseki-Tohoku Line or JR Senseki Line/ fastest is 31 min) ▶ JR Nobiru Station

* JR Nobiru Station to Selco Home Aomina Visitor Center, 15 min. by taxi (estimated fare ¥1,500)

* Next to JR Nobiru Station there are rental bicycles at the lito Plaza.



Car (Rental Car)

● Sendai Airport IC ▶ (Sendai Tobu Road to Sanriku Expressway/ approx. 45 min) ▶ Naruse Oku-Matsushima IC, via Oku-Matsushima Park Line/ approx. 20 min.



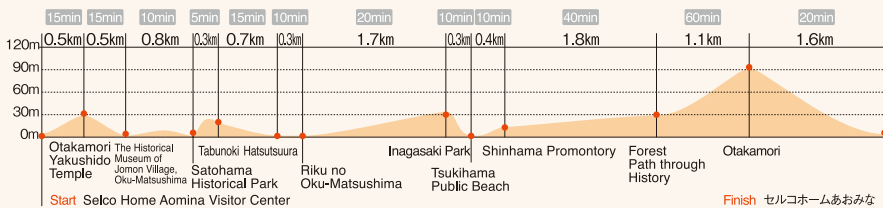
Taxi

● Oku-Matsushima Kanko Taxi TEL 0225-88-3048



Oku-Matsushima Trail Course

① Selco Home Aomina Visitor Center (Start 0.0 km) → ② Otakamori Yakushido Temple (Otakamori midpoint .5 km) → ③ The Historical Museum of Jomon Village, Oku-Matsushima (1.0 km) → ④ Satohama Historical Park (1.8 km) → ⑤ Tabunoki (2.1 km) → ⑥ Hatsutsuura (2.8 km) → ⑦ Riku no Oku-Matsushima (3.1 km) → ⑧ Inagasaki Park (4.8 km) → ⑨ Tsukihama Public Beach (5.1 km) → ⑩ Shinhama Promontory (5.5 km) → ⑪ Forest Path through History (7.3 km) → ⑫ Otakamori (8.4 km) → ⑬ Selco Home Aomina Visitor Center (Finish 10.0 km)



▲ Japanese Bay Tree

Behind the Satohama Historical Park stands a large sacred bay tree. This type of tree is an evergreen related to the camphor tree. It grows in warm coastal areas from central-southern Tohoku to the south and has been mistaken for the similar-looking camphor tree.



▲ Shinhama Promontory

Beyond the path lies the beautiful blue of the sea. It is known as "the horse's back" for the shape of the rock promontory. The sunny lookout point is a perfect place to take a rest.



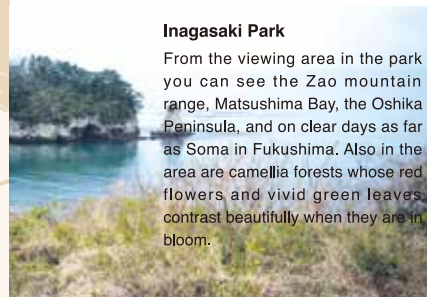
▲ Satohama Historical Park

The Satohama Shell Mound began before the Jomon period and continued until the Yayoi era, making it among the largest shell mounds in Japan. From the eastern part of the lookout, the scenery is wonderful and you view the same sea the ancient Jomon people once gazed upon. In spring there are yellow canola blossoms, and in summer soba flowers bloom in terraced fields.



▲ Riku no Oku-Matsushima

Oku-Matsushima's famous rock faces bear traces of their underwater origins. Even locations that are at present rice fields were once part of the sea.



Inagasaki Park

From the viewing area in the park you can see the Zao mountain range, Matsushima Bay, the Oshika Peninsula, and on clear days as far as Soma in Fukushima. Also in the area are camellia forests whose red flowers and vivid green leaves contrast beautifully when they are in bloom.



> Tsukihama Public Beach

The transparent blue water and bright sand set this beach apart. In summer it is open for swimming and is popular with the public. As the waves are calm, the beach is well-suited for children and families.



▲ Forest Path through History

This forested path starts at Kanonji Temple. According to the chief priest, "It's a road that comes alive when people walk upon it." It used to connect settlements and was a school route. Surrounded by green, it is a path to walk on and feel refreshed.

▼ Otakamori

This 105.8 meter mountain at the center of Miyato Island is one of Matsushima's four panoramic views, known as the "Gorgeous View." Prince Noriyoshi (1328-1368) and Sendai's samurai ruler Date Masamune (1567-1636) praised the view from the peak. There is a 360-degree panoramic view of Matsushima Bay and the Pacific Ocean. At dusk, Matsushima Bay glistens in a beautiful golden light. In addition, there is a large stone dedicated to the protector Raijin (the god of thunder). This is also a good place to watch the sunrise.



Places to Stay

Otakamori Kanko Hotel
Room ¥4,000 (plus tax),
room with two meals ¥7,000 (plus tax),
meal-only ¥3,000 (plus tax)
Courtesy shuttle No
Address 3 Miyato Aza Gawara,
Higashi-Matsushima City
TEL 0225-88-2121
<http://www.otakamori.com/>

Sakura-sou Fishermen's Minshuku
Room ¥3,880 (tax included),
room with two meals ¥7,600 (tax included),
meal-only ¥1,500 (tax included),
other price options available upon inquiry,
reservation required
Courtesy shuttle Yes
Address 25 Miyato Aza Sato,
Higashi-Matsushima City
TEL 0225-88-3206
<http://www.sakura-k2.com>

Isuzu Guest House
Room with two meals ¥8,500 (plus tax)
Courtesy shuttle No
Address 35 Miyato Aza Sato,
Higashi-Matsushima City
TEL 0225-88-3090

Yakushido Ryokan
Room ¥3,500 (plus tax),
room with two meals ¥7,000 (plus tax),
meal-only ¥1,500 (plus tax)
Courtesy shuttle No
Address 9 Miyato Aza Ushiyamazaki,
Higashi-Matsushima City
TEL 0225-88-2054

Yamane Minshuku
Room ¥3,500 (plus tax),
room with two meals ¥6,500 (plus tax),
meal-only ¥2,000 (plus tax)
Courtesy shuttle Yes
Address 38 Miyato Aza Misaga,
Higashi-Matsushima City
TEL 0225-88-3349
<http://www.k21.jp/yamane/>

Kami no Ie Minshuku
Room with two meals ¥7,000 (tax included),
meal-only ¥3,500 (tax included)
Courtesy shuttle Yes
Address 16-1 Miyato-mura Tsukihama,
Higashi-Matsushima City
TEL 0225-88-4141
<http://okumatsushima.wixsite.com/kaminio>

Shinhamasou Minshuku
Room ¥3,500 (plus tax),
room with two meals ¥7,000 (tax included),
meal-only ¥3,000 (tax included)
Courtesy shuttle Yes
Address 31 Miyato Aza Misaga,
Higashi-Matsushima City
TEL 0225-88-2045
<http://mtqs941.wixsite.com/shinhamasou>

Nishi no Ie Minshuku
Room ¥3,500 (tax included),
room with two meals ¥7,000 (tax included),
meal-only ¥2,500 (tax included),
inquire for other price options
Courtesy shuttle No
Address 64 Miyato Aza Tsukihama,
Higashi-Matsushima City
TEL 0225-88-2063

Shiosai no Yado, Chidorikan
Room ¥4,000 (plus tax),
room with two meals ¥7,000 (plus tax),
meal-only (inquire for price)
Courtesy shuttle Yes
Address 11-1 Miyato Aza Yokoyama,
Higashi-Matsushima City
TEL 0225-88-2066
<http://chidorikan.com/>

* Rooms and meal-only plans are all by reservation only

Places to Eat



Miyato Tsubame Shokudo
Hours Friday, Saturday, Sunday 10:00-16:30;
Closed Tuesday, Wednesday, Thursday
Tsubame Set, butter chicken curry, cakes, etc.
Address 5-1 Miyato Aza Kawahara,
Higashi-Matsushima City
TEL 080-9639-7218

Enmantei
Hours 10:30-19:00, Open daily
Seafood ramen, oyster ramen, clam ramen,
sea urchin rice bowl, grilled innards set
Address 8-4 Nobiru Aza Kitaakasaki,
Higashi-Matsushima City
TEL 080-5579-3769
<http://socialimagines.wixsite.com/enmantei>

Oyster Shack Kaisendo
Hours 11:00-15:00, Open daily
Grilled oysters, fried oyster sets, etc.
Address 71-38 Nobiru Aza Minamiakasaki,
Higashi-Matsushima City
TEL 0225-98-3715
<http://socialimagines.wixsite.com/kaisendou>

Kibotcha Mori no Kitchen
Hours 11:00-21:00 (Weekdays from 11:30)
Higashi-Matsushima Ozen
(with nori seaweed udon), Nobiru daily special,
deep fried chicken rice bowl, etc.
Address 80 Nobiru Aza Kameoka,
Higashi-Matsushima City
TEL 0225-25-7319
<http://kibotcha.com/eat/>



Local Highlights

Nori Seaweed
Higashi-Matsushima nori is of such a high quality it has won prizes in competitions and been offered to the Imperial Household many times. In addition to baked nori and seasoned nori, there are also other local products like salted nori, cooked with sweet soy sauce as tsukudani, nori salad dressing, and many more.

Nori Udon Noodles
In this Higashi-Matsushima specialty, udon noodles are infused with nori seaweed. This popular item is marked by its smooth texture and subtle nori flavor. Especially recommended are the chilled "hiyashi nori udon," nori udon salad, and other variations made by the chefs of different restaurants. Dried noodles make a perfect souvenir and can be bought together with a special noodle soup.

Nobiru Baum Cake
Made with wheat and rice flour grown in the Nobiru area of Higashi-Matsushima, this type of Baumkuchen ring cake is made by the farmers themselves. Nobiru Baum comes in three varieties: soft, hard and children's, with large sizes and ones that fit in the palm of your hand, making them perfect for souvenirs or sending as a present.



Oysters
These oysters are grown in the mineral-rich water from two Class A streams flowing down from the Ou mountains. They have a large and rich meat with a sweetly rich flavor. Enjoy them prepared in many ways at local establishments including grilled at a local oyster shack, in a nabe stew, or fried.



More to Enjoy in Miyagi Experience the sea and sky to the fullest in Higashi-Matsushima

Higashi-Matsushima City is located in central Miyagi Prefecture, between Ishinomaki City and the town of Matsushima. Matsushima Bay has a reputation as a rich fishing ground with flourishing seaweed and oyster farms. The city is home to the Matsushima Air Base, if you're lucky, you can see the Blue Impulse acrobatic squadron practicing in the sky above.

Enjoy Matsushima by Sea Sagakei Gorge Pleasure Boat



See the Sagakei, known as one of the three greatest gorges in Japan, by boat. Its dramatic cliffs contrast with the serene beauty of Matsushima. Only by boat can you come face to rock face with these spectacular 20 to 40-meter rock cliffs.

Fare Sagakei Gorge Course (60 min./ ¥2,200 adults, ¥1,500 elementary students)
Minimum group size: Sagakei Mirai boat- 5 adults
(minimum charge of ¥10,000 if less than 5);
#2, #5 Saga boats 3 adults (minimum charge of ¥6,000 if less than 3)
Hours 8:30-17:00 (daily, year-round) First departure 8:45, last departure is 16:00
from April-September, 15:00 other months
Address 5-1 Miyato Aza Kawahara, Higashi-Matsushima City
TEL 0225-88-3997

Enjoy the Sky over Higashi-Matsushima Blue Impulse

The Japan Air Self-Defense Force, Matsushima Air Base is home to the "Blue Impulse" acrobatic flight team (4th Air wing, 11th Squadron). They often perform practice flights in the skies above the city. At the summer air festival, the blue and white jets perform impressive acrobatic maneuvers and make drawings with their white smoke trails.



Learn about the Great East Japan Earthquake and Progress Towards Recovery

Higashi-Matsushima City Great East Japan Earthquake Recovery Memorial Park, 3.11 Disaster Recovery Memorial Museum



At the 3.11 Disaster Recovery Memorial Museum in former JR Nobiru Station, you can learn about damage to this area from the Great East Japan Earthquake and steps towards recovery. In the prayer plaza there is a disaster and recovery monument to serve as a memorial for those who lost their lives.

Hours 9:00-17:00
Closed Mondays, every third Wednesday and for the year-end New Year's holiday
Address 56-36 Nobiru Aza Kitayokei, Higashi-Matsushima City
TEL 0225-86-2985



Top 3 Tastes of Miyagi

Zunda Gyutan Sasakamaboko

Miyagi Prefecture is a destination for excellent dining. While practically overflowing with fresh seafood from the Sanriku Coast, there are other foods Miyagi locals think you must try. "Zunda," made from green edamame soybeans, is used in a variety of ways. Miyagi's soul food is Gyutan, or grilled beef tongue. Miyagi is a top savory fish cake producer and makes these "Sasakamaboko" in the shape of a bamboo leaf. Sample them all for the true Miyagi culinary experience.



The Amazingly Versatile Edamame

Zunda

Zunda is made from edamame, or young soybeans, that are ground into a paste. In Miyagi Prefecture there are a variety of zunda dishes. The best known is zunda mochi, where sweet zunda paste is spread on top of sweet mochi rice cakes. In recent years, a category of zunda sweets using the ground edamame has emerged. Recently, zunda is used in savory snacks and dishes, zunda transcends food genres.

Miyagi's Soul Food

Gyutan

This slightly unusual delicacy began in Sendai and then spread throughout Japan. Gyutan, which means cow tongue, is seasoned, cured, and then grilled over charcoals. Miyagi gyutan is extravagantly thick, does not use the tougher base of the tongue, and carefully selects the soft center part, giving it a rich texture that is easy to eat. Gyutan originated in Sendai in the chaotic days following the end of World War II, when Japanese people cooked and ate beef parts discarded by the occupying American troops. It has garnered such popularity over the years that there is even luxury pet food made with Gyutan for sale today.



Fragrant ocean breeze in a chewy and slightly salty snack

Sasakamaboko

Seafood powerhouse Miyagi Prefecture is also the top producer of fish paste, with a 10% national market share. Sasakamaboko fish cakes are a Miyagi specialty made from this fish paste. Sasakamaboko is made by forming the savory cakes into the shape of a bamboo leaf, adding starch and then steamed or grilled. In Miyagi, restaurants often put sasakamaboko on a bamboo skewer and grill them on a hibachi (traditional Japanese grill). There are also new variations including sasakamaboko with cheese, salami, or even sea urchin inside.



Top 3 Places of Miyagi

Date Masamune Historical Museum Zao Naruko Onsen

In Miyagi Prefecture, many places related to the first ruler of the Sendai domain, Date Masamune, remain to this day. Masamune once ruled from Sendai Castle, and today the site where the castle stood is a history museum which tells the story of how this samurai hero led Miyagi to prosperity. Located in the southern part of the prefecture is Zao, with a volcanic crater lake that will impress you with its natural beauty. In northern Miyagi, Naruko Onsen is a hot spring area famous for its many distinct types of springs, and is one of many places in Miyagi worth including in your visit.



Meet Miyagi's Samurai Hero

Date Masamune

Date Masamune lived from the end of the warring Sengoku period until the early Edo period. He became the first ruler of the Sendai domain and led it to prosperity. When he was young, he lost his right eye to smallpox, and while short in stature he was tireless as a military commander and became an exemplary samurai ruler. In 1602, just before the start of the Edo period, Date Masamune built his castle on Aobayama in Sendai, a hill with a view as far as the ocean. Sadly, Sendai Castle, which had led the Miyagi area to a Renaissance, was partially torn down in the late 19th century during

Meiji period and then completely destroyed during the bombing of Sendai during World War II. You can see Date Masamune's legacy and discover his legend for yourself in the history museum at the castle site as well as other locations across Miyagi.

Feel Deep Nature in Miyagi's Mountains

Zao

The Zao Echo Line traverses the Zao Mountain range from east to west, and is steep and notoriously high. It is the ideal place to see the beautiful scenery of Mt. Zao, and as you can enjoy the unique scenery and alpine plants, it is a popular route for driving. For a full autumn experience, see the leaves change color from the end of September. The Zao Okama crater lake, formed by an eruption in 1182, has a circumference of approximately 1 kilometer, and reaches depths of 25 meters. Many people climb to the peak of Mt. Kattadake for its view of the Okama lake. As there is a walking trail that connects the mountain peaks, hiking is a great way to see the whole area.



One-Stop Shop for Hot Springs

Naruko Onsen

Naruko is a historic onsen hot spring village consisting of five individual hot spring areas that is located in Osaki City, Miyagi Prefecture. Naruko Onsen is prized for its health benefits and its excellent water quality. It is a popular place to visit as you can conveniently try nine distinct types of hot spring water in a single area. There are nearly 400 hot spring sources in Naruko, and this variety makes it the ultimate one-stop shop for onsen. Nearby is Naruko Gorge, a steep ravine originally formed by volcanic activity. 4-6 kilometers long, 80-100 meters tall and just 10 meters wide, Naruko Gorge is famous for its stunning fall colors.



MIYAGI OLLE TRAIL

Collect Miyagi Olle Stamps

Kesennuma / Karakuwa Trail Course Start



Finish
Oreishi Broken Stone Column
Karakuwa Peninsula's Symbol:
Oreishi & Camellia

Oku-Matsushima Trail Course Start



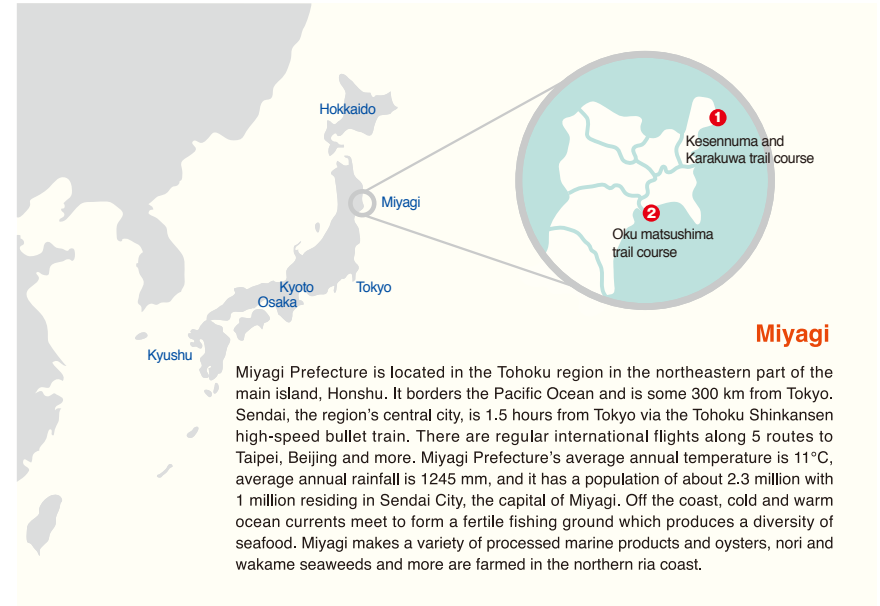
Finish
Otakamori
View of Matsushima from above
Scenic view

Miyagi Olle Souvenirs

"Kanse" is a wild horse that lives in Jeju, Korea, and has become the symbol of Olle. Kanse is Jeju dialect for "a carefree being." The Kanse dolls are sewn together using decorative pieces of old clothes or clothing scraps, making them an environmentally friendly handcraft.



Kanse doll keyholder ¥1,800 (tax included)



Miyagi

Miyagi Prefecture is located in the Tohoku region in the northeastern part of the main island, Honshu. It borders the Pacific Ocean and is some 300 km from Tokyo. Sendai, the region's central city, is 1.5 hours from Tokyo via the Tohoku Shinkansen high-speed bullet train. There are regular international flights along 5 routes to Taipei, Beijing and more. Miyagi Prefecture's average annual temperature is 11°C, average annual rainfall is 1245 mm, and it has a population of about 2.3 million with 1 million residing in Sendai City, the capital of Miyagi. Off the coast, cold and warm ocean currents meet to form a fertile fishing ground which produces a diversity of seafood. Miyagi makes a variety of processed marine products and oysters, nori and wakame seaweeds and more are farmed in the northern ria coast.

Tips to Enjoy the Miyagi Olle Trails

Hiking Tips

- 1 When passing close to residential properties, do not enter private property and trespass.
- 2 Ask for permission when photographing local residents or private property.
- 3 Greet people you meet along the way with a smile.

Olle Trail Etiquette

- 1 Don't take ribbons as souvenirs or the next person may lose their way.
- 2 Please do not touch the markers (Kanse horses, ribbons, arrows).
- 3 Take all trash home with you.
- 4 Do not pick any plants growing by the road. Appreciate flowers and trees with your eyes.
- 5 Do not frighten or tease any wild or domestic animals you encounter.

Safety Tips

- 1 Follow the Miyagi Olle Markers (Kanse horses, ribbons, arrows) and stay on the trail.
- 2 Refrain from any dangerous activities in steep areas outside the trail.
- 3 Wear appropriate clothing and footwear for outdoor hiking.
- 4 When walking on roads, watch out for cars.
- 5 Do not hike during typhoons, heavy rain, heavy snow or other inclement weather.

Emergency Contacts

Police: dial 110 Ambulance: dial 119

For any information relating to Olle Trail

Tourism Division, Miyagi Prefectural Government
TEL 022-211-2755

What is Miyagi Olle?



Originally from Jeju, Korea, Olle Trails have now begun in Miyagi Prefecture. Olle mean "the alleys that lead home from the main road" in Jeju dialect, but now refer to hiking courses and walking paths. The appeal of Olle is that they both bring you into nature, whether the coast or in the mountains, and bring you close to homes, and are a way to enjoy yourself at your own pace.

The Miyagi Olle was created as a sister to those in Jeju (Korea), Kyushu and Mongolia. Miyagi Olle is a special hiking course that lets you experience the history, landscape and hot springs, and culture of the area with your five senses.

Miyagi Olle Mark

The symbol of Miyagi Olle is a color representative of Japanese culture, the color of the torii gates of shrines. Just like the original Jeju Olle, the Kanse horses, arrows and ribbons will show you the way.



* The Miyagi Olle Trail course is self-guided tour. You are responsible for your own safety both on and off the course. We highly recommend getting traveler's insurance. In case of an emergency or accident.