

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

< 3 Trails Version >





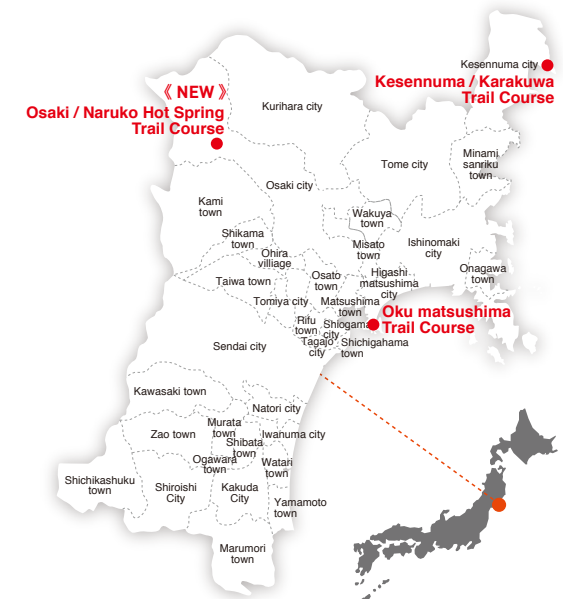
# MIYAGI OLLE TRAIL

## 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, in 2018 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 started in October 2018, with the Kesennuma/ Course along the majestic Pacific Coast and the Oku-Matsushima Trail passes by Matsushima, famous throughout Japan for its beauty. And in September of 2019, the Osaki/ Naruko Trail Course was born, for its soothing and heartwarming hot springs.

Karakuwa Trail Course which the area popular





## Kesennuma / Karakuwa Trail Course

The sparkling sea and verdant peninsula

### Contact

Karakuwa Tourism Association  
(at the Karakuwa Peninsula Visitor Center)

TEL 0226-32-3029

Distance 10km 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 km<sup>2</sup>. 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 / shortest 17 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.> ▶ Karakuwa Peninsula Visitor Center bus stop

● Sendai Airport <Sendai Airport Access Line shortest 17 min.> ▶ JR Sendai Station <Highway Bus for Kesennuma approx. 180 min.> ▶ Kesennuma Shiyakushomae stop <Miyako Bus for Osaki approx. 45 min.> ▶ Karakuwa Peninsula Visitor Center bus stop



Car  
(Rental Car)

From: Tohoku Expressway, Ichinoseki IC <approx. 90 min.> within Kesennuma Chuo IC <approx. 30 min.>  
Within Kesennuma City <approx. 30 min.>



Taxi

Shishiori/ Kihansen Taxi  
Minato Taxi  
Kesennuma Kanko Taxi  
Gojuban Taxi

TEL 0226-22-1234  
TEL 0226-23-3720  
TEL 0226-22-6000  
TEL 0226-22-0050

Nasuya Taxi  
Kesennuma Haitaku  
Motoyoshi Taxi  
Wako Taxi

TEL 0226-22-1512  
TEL 0226-24-0026  
TEL 0226-42-3110  
TEL 0226-42-3800

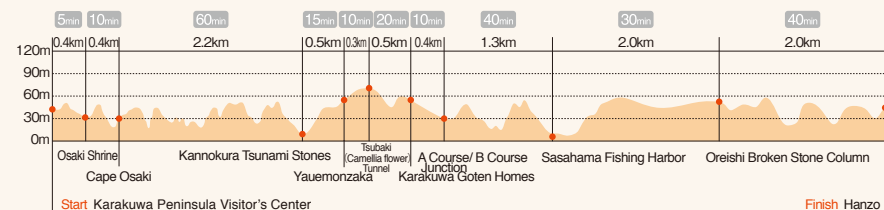






## Kesennuma / Karakuwa Trail Course

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 Yauemonzaka (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.



### Yauemonzaka

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** 0226-32-249a0  
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 ¥7,500  
**Address** 44 Iwaisawa, 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

**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

**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

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

## 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 Banyan 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**  
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



**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  
Karakuwa Banyan 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 shark-fin, found in shark-fin sushi, soup and even ramen. In addition, you can watch fish auctions of 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 from 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 8:00-17:00 / Kesennuma Shark Museum 9:00-17:00 / Open daily  
**Address** 7-13 Uoichibamae, Kesennuma City **TEL** 0226-24-5755 Kesennuma Sangyo Center, Inc.  
http://www.uminouchi.com

## Oku-Matsushima Trail Course

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 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

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 10km 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.

The Oku-Matsushima Trail begins at the Aomina Visitor Center.



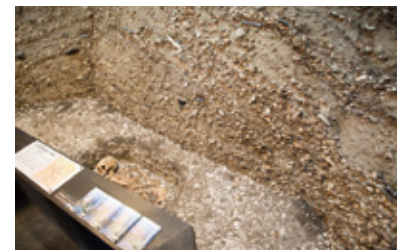
### ▲ Aomina Visitor Center

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 / shortest is 17 min.> ▶ JR Sendai Station<JR Senseki-Tohoku Line or JR Senseki Line / shortest 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 / shortest is 31 min.> ▶ JR Nobiru Station
- \* JR Nobiru Station to Aonami Visitor Center, 15 min. by taxi (estimated fare ¥1,500)
- \* Next to JR Nobiru Station there are rental bicycles at the Ito 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

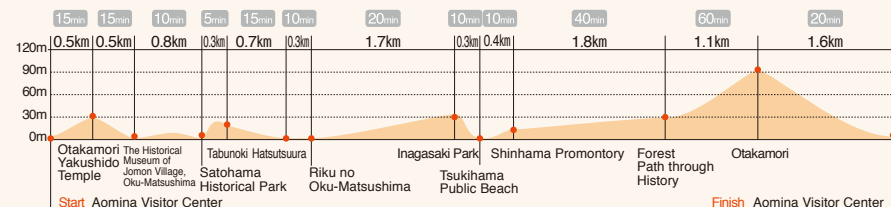
- Oku-Matsushima Kanko Taxi TEL 0225-88-3048





## Oku-Matsushima Trail Course

1 Aomina Visitor Center (Start 0.0 km) → 2 Otakamori Yakushido Temple (Otakamori midpoint 0.5 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 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.



### 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.



### 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.



### 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

**Okumatsushima Lane Hotel**  
1 night stay, incl. breakfast from ¥8,640 (incl. tax)  
**Courtesy shuttle** Please enquire  
**Address** 3-chome, 29-1 Nobirugaoka, Higashimatsushima City  
**TEL** 0225-86-2501  
<http://okumatsushima.lanehotel.jp/>

**KIBOTCHA**  
1 night stay, incl. breakfast from ¥5,400 (incl. tax)  
**Courtesy shuttle** Please enquire  
**Address** 80 Nobiru-aza, Kameoka, Higashimatsushima City  
**TEL** 0225-25-7319  
<http://kibotcha.com>

**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>

**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.k2f.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/kaminoie>

**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://mtqsf941.wixsite.com/sinhamasou>

**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** Thursday 11:00-15:00  
Friday, Saturday, Sunday 10:00-16:30;  
**Closed** Monday, Tuesday, Wednesday,  
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 Kitaakasaka,  
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 Minamiakasaka,  
Higashi-Matsushima City  
**TEL** 0225-98-3715  
<http://socialimagines.wixsite.com/kaisendo>

**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/>



**Gen-chan House**  
**Hours** Weekends and holidays, 10:00-15:00  
**Address** 81-18 Sato Miyato-aza,  
Higashimatsushima City  
**TEL** 090-7669-8759

## 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



## Osaki / Naruko Hot Spring Trail Course

A relaxing trail that surrounds you with the blessings of vast nature, ancient history, and the aroma of the onsen (hot spring) water scenting through the air.

### Inquiry

Osaki City, Tourism and Exchange Division  
TEL 0229-23-7097



- Closed during winter season from the end of November to the end of April.
- Between early October and the beginning of November, you will be charged a parking fee when using the Naruko-kyo Rest House parking lot.
- Beware of wild bears that may cross your path.

Period is said to be where Naruko Hot Springs all started. Furthermore, the Naruko Onsen-kyo Hot Spring Village is designated as a "People's Recreational Spring" by the Ministry of the Environment, and there you can enjoy 9 different spring types out of the total 11 types in all of Japan. At the Yumeguri Square, you can soak your hands in hot spring water at the "Hand Baths." The footbath at the Naruko Onsen Station, which is also the finishing point of the trail, is a Japanese cypress wood bathtub that heals your legs from the hike and provides a space for everyone to sit back, relax and enjoy a conversation.

Another way to enjoy the Osaki / Naruko Hot Spring Trail is to walk along the Naruko Onsen-kyo Hot Spring Village lined with traditional shops and eateries. You will be gravitated to the attractiveness of the quaint old-fashioned shops, while the curiosity of travelers will transform Naruko Onsen-kyo Hot Spring Village into a new walking trail. A large-headed doll with a balanced, slender body and chrysanthemum motif are the distinctive features of "Naruko Kokeshi," a traditional wooden doll that represents Naruko. The Kokeshi doll, crafted by around 30 artisans in the area, have a precise and natural taste with a "Simplicity that never gets old," and is a good representation of the spirit of the Osaki / Naruko Hot Spring Trail.

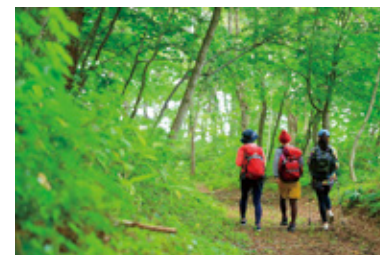
Distance 10km Required time approx. 4 hours Difficulty Beginner

Enjoy nature, embraced by a majestic gorge and hot springs with 1,200 years of history and tradition.

The faint smell of sulfur drifts through this quiet, peaceful onsen town. The Miyagi Olle Osaki / Naruko Hot Spring Trail is located in Osaki, a city in the northwestern part of Miyagi Prefecture. The western part of this city is adjacent to Yamagata and Akita Prefectures. This trail will take you along the deep gorges formed by the erosion of the Oyagawa River and small paths where the Oku no Hosomichi (The Narrow Road to the Interior) lies. Along the way, you can enjoy the hot springs which this area is famous for, including hand and foot baths.

The trail starts from Naruko-kyo Gorge, which is known as one of Tohoku's largest gorges. As you approach, you will be overwhelmed by the greatness of the gorge, which has a depth of 100 meters. Brilliant lush greenery paints the gorge in spring. In the fall, the landscape turns into a stunning display of red and yellow autumn foliage. The scenery of the Naruko-kyo Gorge, which changes its appearance every season, is absolutely picturesque.

On the walking path connecting Nakayamadaira and Naruko Hot Springs, you will pass through the Oku no Hosomichi, a path where many historical figures have walked, including "Matsuo Basho", Japan's most famous 17th-century haiku poet. Naruko Onsen Shrine, a well-known shrine since the Heian



### ^ Naruko-kyo Gorge

Naruko-kyo Gorge is a scenic spot where brilliant fresh greeneries shine from the beginning of May onwards, and the massive gorge, eroded by the Oyagawa River, with a depth of 100 meters is covered in beautiful red and yellow autumn leaves during mid-October to the beginning of November. The amazing various shaped rock surfaces on both sides of the gorge, and the scenery that changes its appearance with every season are also the highlights of this area.

### < Oku no Hosomichi (The Narrow Road to the Interior)

"Dewa Sendai Kaido Nakayama-goe," is an ancient route designated as a national cultural property and closely associated with Matsuo Basho. Many travelers come to visit this path to honor and follow the footsteps of the Haiku master poet Basho. "Tabi ni yande / yume wa kareno o / kakemeguru (Sick on a journey, my dreams wander the withered fields)," is a poem that Matsuo Basho wrote, which considered the journey as a metaphor for life.

### < Yumeguri Square "Hand Bath"

An open square for hot spring hopping with a corridor lined with "Hand Baths" for you to enjoy hot spring water with your hands. Since there's a foot bath at the goal area, you can take your time and enjoy the atmosphere of the onsen village as much as you like.

## Access

### \*To the starting point



Train

- Sendai International Airport <Sendai Airport Access Line / shortest 17 min.> ▶ Sendai Station <Tohoku Shinkansen / approx. 13 min.> ▶ Furukawa Station <Rikuu East Line / approx. 55 min.> ▶ Nakayamadaira-Onsen Station
- \*30-minute walk from JR Nakayamadaira-Onsen Station
- \*10 minutes by taxi from JR Naruko Onsen Station to Naruko-kyo Rest House (Fare is approx. ¥1,600)



Bus

- Sendai International Airport <Sendai Seibu Airport Liner / approx. 35 min.> ▶ Sendai Station <Miyako bus / approx. 1 h 30 min.> ▶ Naruko Onsen Kurumayu bus stop \*10 minutes by taxi from Naruko Onsen Kurumayu



Car (Rental Car)

- Sendai International Airport ▶ Sendai International Airport IC <Sendai-Tobu Road / Tohoku Expressway / approx. 45 min.> ▶ Furukawa IC <National Route 47 / approx. 45 min.> ▶ Naruko-kyo Rest House

### \*From finishing point to starting point



Train

- JR Rikuu East Line Naruko Onsen Station <10 min.> ▶ Nakayamadaira-Onsen Station
- \*30-minute walk from Nakayamadaira-Onsen Station



Bus

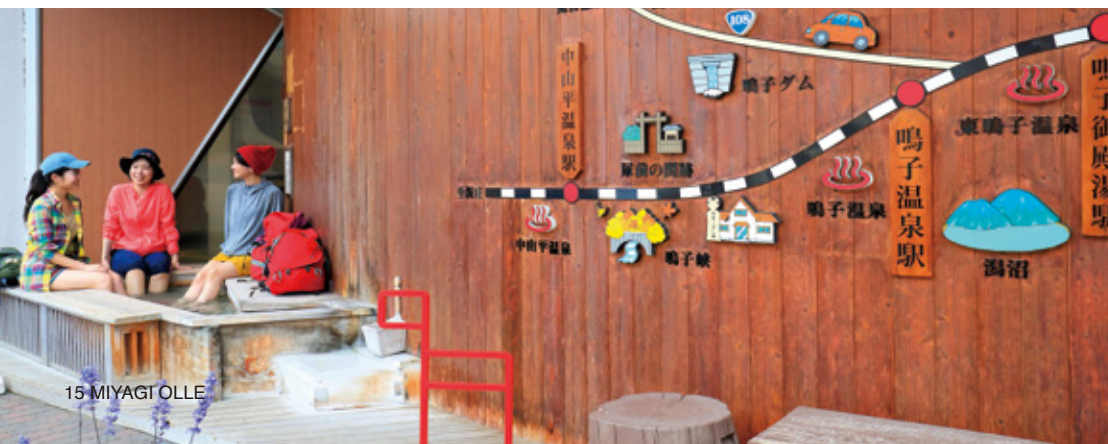
- Naruko Onsen Station <13 min.> ▶ Naruko-kyo Nakayamadairaguchi (Operates only from mid-October to the beginning of November)



Taxi

Naruko Taxi TEL 0229-82-2511  
Naruko Chuo Taxi TEL 0229-82-2244

Nakayamadaira Taxi TEL 090-4042-3744  
Kawatabi Onsen Taxi TEL 0229-84-7044

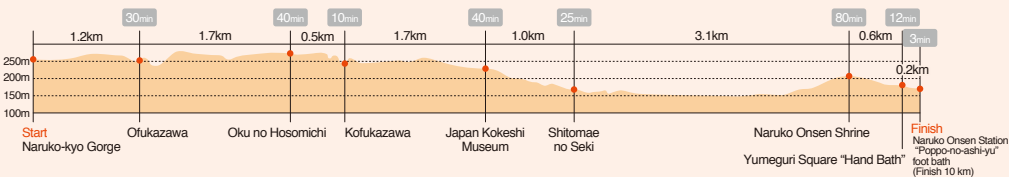






## Osaki / Naruko Hot Spring Trail Course

①Naruko-kyo Gorge (Start 0.0 km)→②(Mikaeribashi (Round trip 0.7 km))→③Ofukazawa (1.2 km)→④Oku no Hosomichi (2.9 km)→⑤Kofukazawa (3.4 km)→⑥Japan Kokeshi Museum (5.1 km)→⑦Shitomae no Seki (6.1 km)→⑧Naruko Onsen Shrine (9.2 km)→⑨Yumeguri Square “Hand Bath” (9.8 km)→⑩Naruko Onsen Station “Poppo-no-ashi-yu” foot bath (Finish 10 km)





## HOTEL & RYOKAN

### “Naruko Onsen Information Center” (Open all year round)

Address 2-1 Yumoto, Naruko Onsen, Osaki City TEL 0229-83-3441

“The Naruko Onsen-kyo Hot Spring Village is designated as “People’s Recreational Spring” by the Ministry of the Environment. There, you can enjoy 9 different spring types out of a total of 11 types in Japan.

“By purchasing the “Yu-meguri” ticket, visitors can enjoy the hot springs at the ryokans without having to stay overnight.

<http://en.naruko.gr.jp/>

### “Yu-meguri” Ticket

Sold at ryokans or the Tourism & Ryokan Information Center at Naruko Onsen Station

Price: 1,650 yen including ticket and kokeshi souvenir (1,300 yen only for the ticket)



## RESTAURANT & CAFÉ

### Naruko-kyo Rest House

Hours 8:30-17:00 Closed Winter season (end of November to end of April)

Udon noodles, soba noodles, curry rice, pork rice bowl

Address 13-5 Hoshinuma, Naruko Onsen, Osaki City

TEL 0229-87-2050

### Wakichi

Hours 11:30-14:30

Closed Wednesdays, 2nd and 4th Tuesdays

Pork cutlet rice bowl, ramen noodles set

Address 87-3 Shitomae, Naruko Onsen, Osaki City

TEL 0229-82-3982

### Maruzen

Hours 11:00-15:00 Closed Irregular

Poached egg curry rice,

mountain vegetable soba noodles

Address 109-1 Yumoto, Naruko Onsen,

Osaki City

TEL 0229-83-2202

### Takahashi-tei

Hours 10:00-15:00

Closed Wednesdays (except when a national

holiday falls on a Wednesday)

Naruko Yakisoba with Okuzukake,

Soft-boiled “Onsen” egg curry

Address 121-1 Shinyashiki, Naruko Onsen,

Osaki City(In front of Naruko Post Office)

TEL 0229-81-1510

### Egaho Shokudo

Hours 9:00-20:00

Closed Irregular

Poached egg curry rice, mountain vegetables

and mushroom soba noodles

Address 2-4 Yumoto, Naruko Onsen, Osaki City

TEL 0229-83-3074

### Light Meal / Café Maruyuu

Hours 10:00-17:00

Closed Irregular

Classic Spaghetti Napolitana (Ketchup-based

spaghetti), poached egg curry rice

Address 2-1 Yumoto, Naruko Onsen, Osaki

City

TEL 0229-82-2233

## PLUS UP

### [ Traditional crafts ]



### Naruko Kokeshi Wooden Dolls

A big-headed wooden doll with a balanced, slender body and a chrysanthemum motif, are the distinctive features that the popular Naruko Kokeshi is known for. The doll is crafted by the “Hamekomi Method,” a special method of inserting the head into the body so that when completed, their heads squeak when turned. There are shops where you can see the artisans making the dolls or shops where you can experience hand-painting them.

### Naruko Lacquerware

This lacquerware is said to have started over 350 years ago and the skills to produce such craft-works are still passed on to this day. Its distinctive feature lies in the painting technique called “Kiji-ro-nuri,” which the lacquer is applied to the wood turned on a lathe, bringing out the beauty in the wood grain. Also, there is a unique method called Ryumon-nuri, an ink-spilling technique that gives the product a seemingly moist beauty.



### Miyagino Beya's (Stable) traditional Naruko Chankonabe (Japanese pot dish eaten by sumo wrestlers)

Try this dish at a certified traditional restaurant, which was established after being proposed by the professional sumo Miyagino Stable as part of the disaster recovery efforts.



### Kuri Dango (Chestnut mochi sticky rice cake)

The “Kuri Dango” with a whole sweetened chestnut wrapped inside a mochi (sticky rice cake) is a local specialty of Naruko Hot Spring. You can eat them hot and fresh from the kitchen at the shops.

Mochi Rice Cake Store “Fukake”

Address 24-2 Yumoto, Naruko Onsen, Osaki City  
TEL 0229-83-2146



## Enjoy and further discover “Takara-no-Kuni (Treasure City) Osaki in Miyagi

Osaki City is located in the northwestern part of Miyagi Prefecture, 40 kilometers north of Tohoku's largest city, “Sendai”. A region with a prosperous agricultural industry since ancient times, due in part to vast its fields of fertile “Osaki Tilled Soil,” this area has been designated as a “Globally Important Agricultural Heritage Site.” Also, the city takes pride in its local sake made in a rich, natural environment using high-quality rice. Traditional crafts carrying an air of culture and history such as the “bamboo crafts” of Iwadeyama, or “Naruko Kokeshi” dolls and “Naruko Lacquerware” continue to be passed down generations and famous nationwide.

## Local Sake

The local sake is made nearby the flowing Eaigawa and Narusegawa Rivers, which enrich the land with a sense of “eternity.” The golden-colored rice grown in the vast Osaki plain, which includes part of the Globally Important Agricultural Heritage Site of the “Osaki Tilled Soil” fields is also used in sake production.

Osaki City is blessed with high-quality and delicious water and rice, and several sake breweries produce sake with overflowing passion, producing great sake with character. Enjoy tasting the sake products filled with the uncompromising dedication of each brewery.

○ Tanaka Shuzoten Osaki-kura Sake Brewery

Address 3-2 Yashiki, Furukawa Mayose, Osaki City TEL 0229-22-0061

○ Ichinokura

Address 14, Ookeyaki, Matsuyama Sengoku, Osaki City TEL 0229-55-3322

○ Kanbai Shuzo Sake Brewery

Address 15 Sakaida, Furukawa Kashiwazaki, Osaki City TEL 0229-26-2037

○ Asakan Shuzoten Sake Brewery

Address 87 Kitayachi, Furukawa Yanome, Osaki City TEL 0229-26-2255

○ Niizawa Jyozoten Brewery

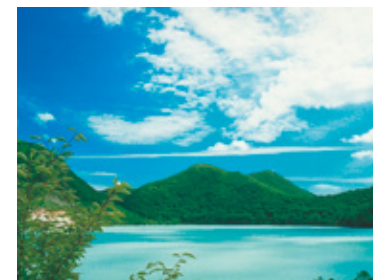
Address 63 Kitamachi, Sanbongi, Osaki City TEL 0229-52-3002

○ Moritami Shuzoten Sake Brewery

Address 15 Kamikawaramachi, Iwadeyama Osaki City TEL 0229-72-1010

○ Hashihei Shuzoten Sake Brewery

Address 3-10 Furukawa Nanokamachi, Osaki City TEL 0229-22-0335



## Katanuma Lake

One of the prominent caldera lakes in the country, formed by a volcanic eruption. The smell of sulfur drifts in the air due to the strong acidity of the lake. There are boats as well as promenades, and visitors can also enjoy walking through nature.

Visitors will also notice the mystical atmosphere of the lake surface which turns different colors, such as emerald green, depending on the weather.

Location: Yumoto, Naruko Onsen, Osaki City within the area

Closed from the end of November to the beginning of April due to snow and other conditions.

Location Yumoto, Naruko Onsen, Osaki City within the area

Closed from the end of November to the beginning of April due to snow and other conditions.

## Hot Spring (Onsen)

At the Naruko Onsen-kyo Hot Spring Village, you can enjoy 9 different spring types out of the total 11 spring types in Japan.

The area consists of “Higashi-Naruko Hot Spring,” “Kawatabi Hot Spring,” “Naruko Hot Spring,” “Nakayamadaira Hot Spring,” and “Onikobe Hot Spring.” This area has been well known as a hot spring resort of the Tohoku Region since ancient times, where farmers would come to recharge themselves after a long day of farming. The hot springs are highly reputed for their abundance of hot water and different spring types along with therapeutic properties. It is the only hot spring to be designated as a “People’s Recreational Spring” within Miyagi Prefecture.





### 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.



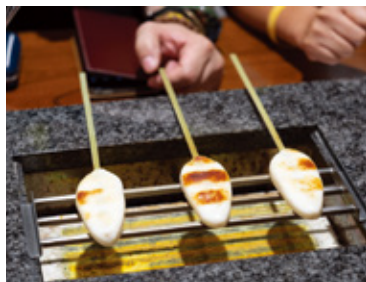
#### The Amazingly Versatile Edamame **Zunda**

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.



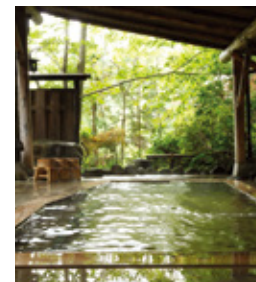
#### Meet Miyagi’s Samurai Hero **Date Masamune**

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 OLLE TRAIL

### Collect Miyagi Olle Stamps

#### Osaki / Naruko Hot Spring Trail Course Start



Finish



**Naruko-kyo Gorge and Naruko Kokeshi**  
The breathtaking Naruko-kyo Gorge and  
traditional craft Naruko Kokeshi





## For those who would like to walk more

There are other trekking trails other than the Miyagi Olle in Miyagi. Expand your experience and enjoy the amazing scenery.

## Michinoku Coastal Trail

Michinoku Coastal Trail is a long trail that extends over 1,000 kilometers from Hachinohe City in Aomori Prefecture to Soma City in Fukushima Prefecture, connecting 4 prefectures and 28 municipalities. The path was established with the cooperation between associated governments, private organizations and local residents as well as the Ministry of the Environment. This is a national trail that aims to raise awareness for “symbiosis between nature and mankind,” “environmental issues” and passes on the memories of the Great East Japan Earthquake through “walking culture.”

URL: <http://tohoku.env.go.jp/mct/> (Michinoku Coastal Trail Website)



Inside Natori Trail Center, Natori City



Kinkasan viewed from Oshika Gobansho Park, Oshika Peninsula, Ishinomaki City



## Kyushu Olle

In 2012, Kyushu Olle was established as the first Olle trail in Japan. There are a total of 21 trails set within the prefectures of Kyushu (As of September 2019). Other than the “Kyushu Olle Fair” or “Kyushu Olle Stamp Rally Completion Certification,” events are held actively for each trail.

URL: <https://www.welcomekyushu.jp/kyushuolle/> (Kyushu Olle Website)



## 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.