



MIYAGI OLLE TRAIL

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

< 7 Trails Version >

MIYAGI OLLE TRAIL



Miyagi Olle began in October 2018 with the launch of the Kesennuma/Karakuwa shima Trail Courses. The network expanded in September 2019 with the Osaki/Naruko Onsen Trail Course, the Tome Trail Course in March 2020, and the Murata Trail Course in November 2025, two new courses opened: the Zao/Togatta Hot Spring Trail featuring magnificent nature and hot springs, and the Tagajo Trail Course, steeped in ancient history. We invite you to experience the diverse attractions of Miyagi Prefecture by walking



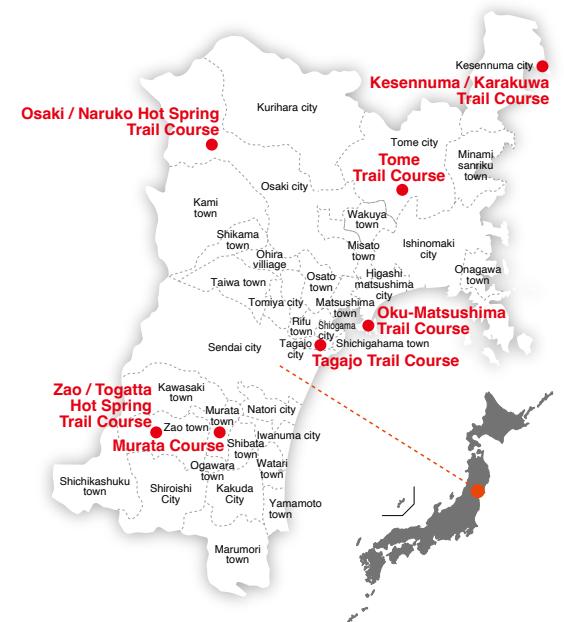
and Oku-Matsushima Trail Course, featuring ancient history. We invite you to experience the diverse attractions of Miyagi Prefecture by walking

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 an area ideal for experiencing traditional culture. The coastal area was badly damaged by the 2011 Great East Japan Earthquake, but the coastal and mountain trails have been 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.

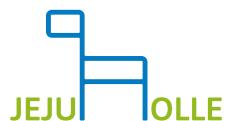


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What is Miyagi Olle?



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.

Tips to Enjoy the Miyagi Olle Trails

Hiking Tips

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

Olle Trail Etiquette

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

Safety Tips

- Follow the Miyagi Olle Markers (Kanse horses, ribbons, arrows) and stay on the trail.
- Refrain from any dangerous activities in steep areas outside the trail.
- Wear appropriate clothing and footwear for outdoor hiking.
- When walking on roads, watch out for cars.
- Do not hike during typhoons, heavy rain, heavy snow or other inclement weather.
- Some areas are inhabited by bears. Please take precautions to avoid encounters and proceed with caution.

* 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.

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.



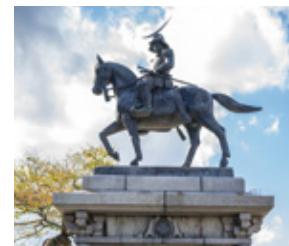
Fragrant ocean breeze in a chewy and slightly salty snack Sasakamaboko

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.

Kesennuma / Karakuwa Trail Course

The sparkling sea
and verdant
peninsula

Contact

Kesennuma City Tourism Association
Karakuwa Branch
(at the Karakuwa Peninsula Visitor Center)

TEL 0226-32-3029

km 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 6,000 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.



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 h 15 min.) ► JR Kesennuma Station (approx. 10 min. walk) ► Miyako Bus Mikkamachi Stop (Miyako Bus bound for Osaki/ approx. 45 min.) ► Karakuwa Peninsula Visitor Center



Car
(Rental Car)

- Sendai Airport (Sendai Airport Access Line/ shortest 17 min.) ► JR Sendai Station (Highway Bus bound for Kesennuma/ approx. 3 hrs.) ► Kesennuma-shiyakusho-mae Stop (Miyako Bus bound for Osaki/ approx. 45 min.) ► Karakuwa Peninsula Visitor Center

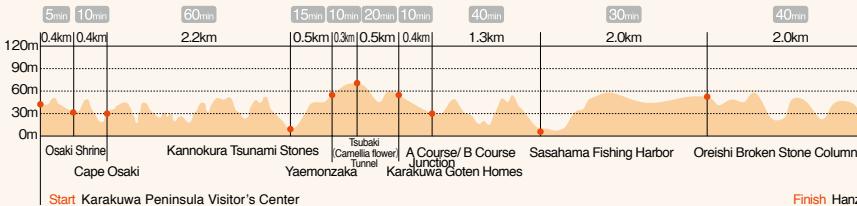


Shishiori/ Kihansen Taxi
Minato Taxi
Kesennuma Kanko Taxi
Gojuban Taxi

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



⑨ Sasahama Fishing Harbor

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.



⑥ 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.



⑤ 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.

⑩ 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 Only: ¥4,000, With breakfast: ¥4,760,
With breakfast and dinner: ¥6,000
Address 2-8 Nakai, Karakuwa Town,
Kesennuma City
TEL 0226-32-2490
<http://www.karakuwayh.com>

Karakuwa Goten Tsunakan
Room Only: ¥6,730, With breakfast: ¥7,840,
With breakfast and dinner: ¥11,250
Address 81 Shibitachi, Karakuwa Town,
Kesennuma City
TEL 0226-32-2264
<http://www.moriyasuisan.com>

Sakaya Minshuku
Room Only: ¥5,000, With breakfast: ¥6,100~
With breakfast and dinner: ¥10,500~
Address 44 Iwaisawa, Karakuwa Town,
Kesennuma City
TEL 0226-34-3520
<http://www.kesennuma-sakaya.com>

Hamanasu Minshuku
Room Only: ¥5,500, With breakfast: ¥6,500,
With breakfast and dinner: ¥9,000~
Address 195-1 Takaishihamama, Karakuwa
Town, Kesennuma City
TEL 0226-32-2814
<https://0226-32-2814.strikingly.com/>

Nagisa Minshuku
Room Only: ¥4,400, With breakfast: ¥6,930,
With breakfast and dinner: ¥8,580~
Address 187 Akedo, Karakuwa Town,
Kesennuma City
TEL 0226-32-3198
<http://www.karakuwanagisa.web.fc2.com>

Sunago Minshuku
Room Only: ¥5,000, With breakfast and dinner:
¥8,250
Address 21-1 Baba, Karakuwa Town,
Kesennuma City
TEL 0226-32-2613
<https://r.goope.jp/sunago>

Places to Eat

Marusan
Hours Lunch: 11:00-14:00, Dinner: 17:00-21:00
Closed Irregular days
Sushi set
Address 55-5 Kamikosaba, Karakuwa Town,
Kesennuma City
TEL 0226-32-3730

Wakaba Sushi
Hours Lunch: 11:00-14:00, Dinner: 17:00-22:00
Closed Irregular days
Nigiri sushi
Address 44-6 Kamikosaba, Karakuwa Town,
Kesennuma City
TEL 0226-32-3610

Coffee Shop GIGI
Hours 11:30-21:30 **Closed** Irregular days
Hamburg steak set
Address 113-4 Naka, Karakuwa Town,
Kesennuma City
TEL 0226-32-3216

Isaribi Godai
Hours 11:00-14:00(L-013:45)
Closed Thursdays
Miso ramen
Address 98-18 Kitanaka, Karakuwa Town,
Kesennuma City
TEL 0226-32-4340

Karakuwa Banya Oyster Shack
Hours 11:00-15:00
Oyster, scallop set
Open Oct-May (Sat, Sun & National Holidays
only) Reservation required
Address 241-6 Shibitachi, Karakuwa Town,
Kesennuma City
TEL 080-8205-4186



Wasou Konpeki
Hours 11:30-17:00
Closed Weekdays (Open Saturdays, Sun-
days and National holidays)
Seasonal creative dishes, doughnuts, and
more
Address 16-1 Sakihama, Karakuwa Town,
Kesennuma City
TEL 080-9362-7739

Local Highlights



Karakuwa Peninsula Visitor Center,
(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,

Oysters
Karakuwa oysters are nourished by nutrients from
the forests that flow into the sea. They are carefully
cultivated in the rich natural environment and are
known for their large size and rich flavor. From the
Karakuwa Banya 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)

Funado Minshuku
Room only, breakfast negotiable
With breakfast and dinner: ¥7,150
Address 14-5 Naka, Karakuwa Town,
Kesennuma City
TEL 0226-32-3148

Horishin Minshuku
With breakfast and dinner: ¥7,000~
Address 24-34 Tsumoto, Karakuwa Town,
Kesennuma City
TEL 0226-32-2373

* Accommodations and meals
all require reservations
* All prices listed are tax-included.
* Please check with each facility for the
availability of courtesy shuttle service.

Café Printemps
Hours 11:00-17:00
Closed Wednesdays and Thursdays
Hoya (sea pineapple) and
wakame seaweed spaghetti
Address 409-2 Shukuruwa, Karakuwa Town,
Kesennuma City
TEL 0226-25-8077



Hanzo Resthouse
Hours 11:00-16:00
Closed Mondays and Tuesdays
Mulberry tea soft serve ice cream
Address 264-2 Konagane, Karakuwa Town,
Kesennuma City
TEL 0226-25-8430

Okarakuwa
Jams and teas using Okarakuwa berries are
popular gifts known for their properties which
promote health and beauty. (Okarakuwa Cul-
tivators 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.

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.

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.uminoichi.com>



Contact

Aomina
(Oku-Matsushima Pleasure Boat Information Center)
Address 5-1 Kawahara Miyato
Higashi-Matsushima City
Open 8:15-17:00
TEL 0225-88-3997

Higashi-Matsushima Tourist Association Co., Ltd.
Open Weekdays 8:30-17:15
TEL 0225-86-1511

Higashi-Matsushima City, Commerce,
Industries and Tourism Department
Open Weekdays 8:30-17:15
TEL 0225-82-1111

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 to enjoy delicious seafood and the warm hospitality of local residents.

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. 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 to enjoy delicious seafood and the warm hospitality of local residents.

km Distance 10km Required time approx. 4 hours Difficulty Moderate



① 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.

② 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.

③ 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 prehistoric 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 in one with nature.

Access



Train

- Sendai Airport <Sendai Airport Access Line / shortest 17 min.> JR Sendai Station <JR Senseki-Tohoku Line or JR Senseki Line / shortest 31 min.> JR Nobiru Station
- JR Tokyo Station <Tohoku Shinkansen / approx. 1 h 35 min.> JR Sendai Station <JR Senseki-Tohoku Line or JR Senseki Line / shortest 31 min.> JR Nobiru Station
- * JR Nobiru Station to Aonami Visitor Center, 10 min. by taxi (estimated fare ¥1,500)
- * Next to JR Nobiru Station there are rental bicycles at the Iito 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. 14 min.



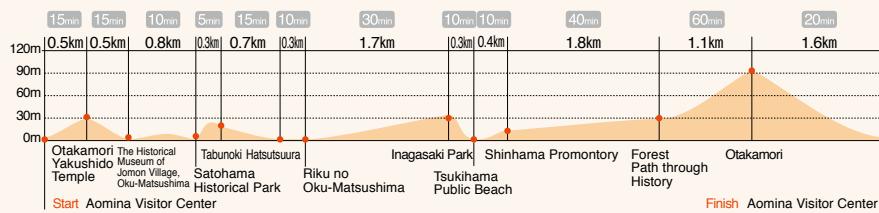
Taxi

Oku-Matsushima Kanko Taxi 0225-88-3048 Yamato Taxi 0120-02-3181
Anshin Taxi 0225-98-7177 Higashi-matsushima Marusen Taxi 0120-44-2188



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)



MIYAGI OLLE



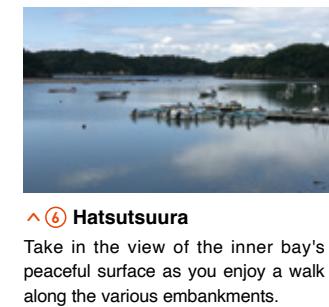
⑩ Shinhama Promontory

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.



⑪ 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.



⑥ Hatsutsuura

Take in the view of the inner bay's peaceful surface as you enjoy a walk along the various embankments.



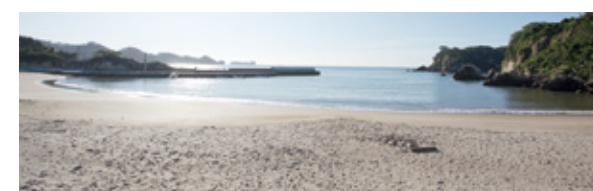
④ Satohama Historical Park

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.



⑦ 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.

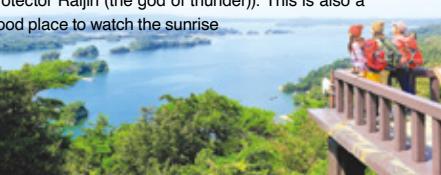


⑨ Tsukihama Public Beach

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.

⑫ Otakamori

This 105.8 meter mountain located 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

Capacity: 28 people
Number of rooms: 10
IN 14:00, OUT 10:00
Courtesy shuttle Yes
Address 3 Miyato Aza Gawara, Higashi-Matsushima City
TEL 0225-88-2121
<http://www.otakamori.com/>

Sakura-sou Fishermen's Minshuku

Capacity: 20 people
Number of rooms: 7
IN 15:00, OUT 9:30
Courtesy shuttle Yes
Address 25 Miyato Aza Sato, Higashi-Matsushima City
TEL 0225-88-3206
<http://www.sakura-k2.com>

Yamane Minshuku

Capacity: 25 people
Number of rooms: 6
IN 14:00, OUT 10:00
Courtesy shuttle Yes
Address 38 Miyato Aza Misaga, Higashi-Matsushima City
TEL 0225-88-3349

Kami no le Minshuku

Capacity: 40 people
Number of rooms: 8
IN 14:00, OUT 10:00
Courtesy shuttle Yes
Address 16-1 Miyato-mura Tsukihama, Higashi-Matsushima City
TEL 0225-88-4141
<http://okumatsushima.wixsite.com/kaminoie>

Shinhamasou Minshuku

Capacity: 26 people
Number of rooms: 5
IN 15:00, OUT 10:00
Courtesy shuttle Yes
Address 31 Miyato Aza Misaga, Higashi-Matsushima City
TEL 0225-88-2045
<https://ntqsf941.wixsite.com/sinhamasou>

Nishi no le Minshuku

Capacity: 30 people
Number of rooms: 5
IN 14:00, OUT 10:00
Courtesy shuttle No
Address 64 Miyato Aza Tsukihama, Higashi-Matsushima City
TEL 0225-88-2063
<https://www.city.higashimatsushima.mi.yagi.jp/jikan/tomaru/nishinoie.html>

Shiosai no Yado, Chidorikan

Capacity: 30 people
Number of rooms: 7
IN 15:00, OUT 10:00
Courtesy shuttle Yes
Address 11-1 Miyato Aza Yokoyama, Higashi-Matsushima City
TEL 0225-88-2066
<http://chidorikan.com/>

Oku-Matsushima LANE HOTEL

Capacity: 68 people
Number of rooms: 29
IN 15:00-19:00, OUT 10:00
Restaurant: Yes
Day trip bathing: Yes
Courtesy shuttle No
Address 3-chome, 29-1 Nobirugaoka, Higashimatsushima City
TEL 0225-86-2501
<https://okumatsushima.lanehotel.jp/>

KIBOTCHA

Capacity: 68 people
Number of rooms: 16
IN 15:00, OUT 10:00
Restaurant: Yes
Day trip bathing: Yes
Courtesy shuttle Yes
Address 80 Nobiru-aza, Kameoka, Higashimatsushima City
TEL 0225-25-7319
<http://kibotcha.com>

Irodori no Oka

Capacity: 30 people
Number of rooms: 7
IN 15:00, OUT 10:00
Courtesy shuttle: Yes
Address 11-1 Yokoyama, Miyato, Higashimatsushima City
TEL 0225-88-2066
<https://irodori.jmdo.org/>

*Please Note: Rooms and meal-only plans are by reservation only
*Courtesy shuttle is not to the course, but to the inn *Meals are available upon reservation.



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

OKUMATSUSHIMA 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.

Fee Sagakei Gorge Course (60 min./¥2,200(tax incl.) adults, ¥1,500(tax incl.) elementary students)
Minimum group size: Sagakei Mirai boat- 5 adults

(minimum charge of ¥10,000(tax incl.) if less than 5);

#2, #5 Saga boats 3 adults (minimum charge of ¥6,000(tax incl.) if less than 3)

Hours 8:15-17:00 (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

*Not a regular service.

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.

*For more information on base tours and events, please check the Japan Air Self-Defense Force Matsushima Air Base website.

Japan Air Self-Defense Force Matsushima Air Base

<https://www.mod.go.jp/asdf/matsushima/>



Places to Eat

Obama Base

Hours 11:00-15:00
Closed Mondays-Fridays
Address 12 Kawamukai, Miyato, Higashi-Matsushima City
TEL 0120-900-139

Gen-chan House

Hours Weekends and holidays, 11:00-14:00
Closed Irregular holidays (Please contact in advance)
Address 81-18 Sato Miyato-aza, Higashi-Matsushima City
TEL 090-7669-8759

Aomina Shokudo Diner

Hours 11:00 - 15:00(Last orders 14:30)
Closed Irregular holidays (Please contact in advance)
Address 5-1 Kawahara, Miyato Aza, Higashi-Matsushima City
TEL 080-1661-1887

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. The Nobiru Baum Cake comes in varieties such as soft, hard and chid, in sizes from large to ones that fit the palm of your hand, making it perfect for souvenirs and gifts.

Nobiru Village Direct Sales Store

Address 50-1, Haguro, Nobiru Aza, Higashi-matsushima City
TEL 0225-86-2535



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.



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 Kitayoki, 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



Notes

- 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 7 different spring types out of the total 10 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. The course also includes the Japan Kokeshi Doll Museum, where traditional kokeshi dolls from various parts of Tohoku are on display and visitors can experience painting them. "Naruko Kokeshi" are designated as a national traditional handicraft, and their simple smile comforts people's hearts. The Osaki/Naruko Onsen Course is full of many attractions.



km 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



① Naruko-kyo Gorge

Naruko-kyo Gorge is a scenic spot where brilliant fresh greenery shines 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.



④ 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 karen o / kakmeguru (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.

Access

*To the starting point



● Sendai International Airport shortest 17 min. Tohoku Shinkansen / approx. 13 min. Rikuu East Line / approx. 45 min.

*10 minutes by taxi from JR Naruko Onsen Station to Naruko-kyo Rest House (Fare is approx. ¥1,600)



● Sendai International Airport approx. 35 min. approx. 1 hour Miyako Bus / 1 hour 15 min. (Weekdays only)

*Approx. 10 minutes by taxi from JR Naruko Onsen Station



● Sendai International Airport approx. 45 min. National Route 47 / approx. 45 min.

*From finishing point to starting point



● JR Rikuu East Line Naruko Onsen Station 10 min. 30-minute walk from Nakayamadaira-Onsen Station



● Naruko Onsen Station 13 min. Operates only from mid-October to the beginning of November



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

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



⑧ Naruko Onsen Shrine

A hot spring shrine well known to the capital since the Heian Period. It is said that the gushing natural hot spring waters from this shrine was the start of the Naruko Hot Spring.



② Mikaerihashi

This is a spot where you can view the great "Naruko-kyo Gorge" from the bottom. An optional route of this trail. Although there are steep slopes, the scenic view with spectacular surface rock outcroppings is breathtaking (approx. 700 meters roundtrip).



⑥ Japan Kokeshi Museum (Located inside Naruko Park)

Kokeshi dolls from all over the Tohoku region are displayed at the museum. Visitors can experience wood carving, Rokuro (lathe) painting at the production demonstration corner and can also paint dolls to make their own original Kokeshi (additional fee required). You'll also get to see a panoramic view of the Naruko Hot Spring Village from Naruko Park.

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 7 different spring types out of a total of 10 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: ¥1,800 (tax incl.) including ticket and kokeshi souvenir (¥1,300 (tax incl.) 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 11:30-14:00

Closed Mondays and irregular holidays

Pork cutlet rice bowl, ramen noodles set

Address 87-3 Shitomae, Naruko Onsen, Osaki City

TEL 0229-25-3982

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 and Thursdays (except when a national holiday falls on a Wednesday and Thursday)

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



PLUS UP

[Traditional crafts]



Naruko Lacquerware

This lacquerware is said to have started over 350 years ago and the skills to produce such crafts are still passed on to this day. Its distinctive feature lies in the painting technique called "Kijin-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.



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.

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 "Fukase"

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 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 Egaigawa 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 7 different spring types out of the total 10 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.





Tome Trail Course

A trail for experiencing the changing seasons with the smell of spring, refreshing greenery, abundant harvest, and calls of winter birds.

Inquiry

Tome City, Urban Development Promotion Division,
Tourism City Promotion Department
TEL 0220-23-7331

God and traditional farming tools and objects from daily life on display. Cross the "Fureai Bridge" which spans Byodonusa Lake, walk through the Byodonusa Iko no Mori with its pristine stand of akashide (loose-flowered hornbeam trees), and end at the Byodonusa Fureai Park where you can gaze upon Byodonusa Lake itself. Enjoy the changing views of the seasons.



km Distance 11km ⏲ Required time approx. 4-5 hours ⚰ Difficulty Beginner

A course that touches on the magnificent nature and the history and the culture of the region.

This trail course departs from the Toyosato Community Center and passes by Tome City's defining rice field landscapes and the majestic flow of the Kyu-kitakami River. It lets visitors experience the area's history and culture before finishing at the Byodonusa Fureai Park.

See the main gate and stately gardens of the Miyagi Prefecture Cultural Property Korinji Temple, and take a rest at the Byodonusa Agricultural Village Cultural and Natural Learning Center. It has a Miyagi Prefecture Tangible Folk Cultural Property Kitchen



② Landscape of rice paddies along the train tracks

Walk along a straight path following the train tracks and enjoy the rice paddy landscape that can be said to define Tome City.

③ Kyu-kitakami River

The Kitakami River originates in Yuhazu no Izumi in Iwate-machi (in Iwate Prefecture), and extends 249 km to its mouth at Oppa Bay in Kitakami-cho (Ishinomaki City). It is the longest river in the Tohoku region and the fourth longest in Japan.

At Wakiyaraizeki and Tokinamiaraikei weirs, the Kyu-kitakami River branches off from the Kitakami River and flows into Ishinomaki Port in Ishinomaki City.

④ Korinji Temple Main Gate

The sanmon (main gate) of Korinji Temple was relocated here in the latter part of the Muromachi Period (1336 – 1573). It is designated by Miyagi Prefecture as a Tangible Cultural Property and is the second oldest wooden structure in the prefecture.

The gate's shingled roof had been repaired and renovated in 1941, but in 1990 the temple gate was restored to close to its original state and remains so to this day. The pillars, etc. are as they were when it was first relocated here and you can learn from its more than 400 years of history.

Access



Train

- Sendai Airport (Sendai Airport Access Line/ shortest 17 min.) ➔ JR Sendai Station (Tohoku Main Line/ approx. 43min.) ➔ JR Kogota Station (Ishinomaki Line, Kesennuma Line/ approx. 27 min.) ➔ JR Rikuzen-Toyosato Station
- JR Tokyo Station (Tohoku Shinkansen/shortest 1h 46 min.) ➔ JR Furukawa Station (Rikuu-To Line/approx. 12 min.) ➔ JR Kogota Station(Ishinomaki Line, Kesennuma Line / approx. 27 min.) ➔ JR Rikuzen-Toyosato Station



Bus

- JR Sendai Station (Highway Bus to Tome Shiyakusho-mae/approx. 1 h 35 min.) ➔ Tome Shiyakusho-mae (Tome City Shimin Bus/approx. 1 h.) ➔ Toyosato-sogoshisho (Toyosato Community Center)



Car
(Rental Car)

- Sendai Airport IC (Sendai Tōbu Road, Sanriku Expressway/approx. 1 h 10 min.) ➔ Monou-Toyosato IC (Prefectural Route 30/approx. 10 min.) ➔ Toyosato Community Center
- JR Furukawa Station ➔ National Route 346/approx. 50 min.) ➔ Toyosato Community Center



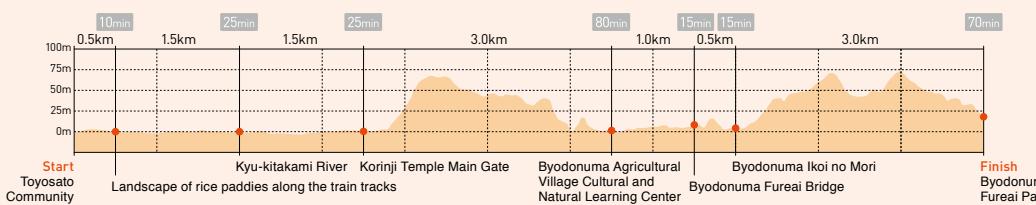
Toyosato Town
Asano Toyosato Taxi TEL 0120-252-035
Kumagai Taxi TEL 0225-76-2022

Yoneyama Town
Yoneyama Taxi TEL 0220-55-2038



Tome Trail Course

① Toyosato Community Center (Start 0.0 km) → ② Rice paddies along train tracks (0.5 km) → ③ Kyu-kitakami River (2.0 km) → ④ Korinji Temple Main Gate (3.5 km) → ⑤ Byodonuma Agricultural Village Cultural and Natural Learning Center (6.5 km) → ⑥ Byodonuma Fureai Bridge (7.5 km) → ⑦ Byodonuma Iko no Mori (8.0 km) → ⑧ Byodonuma Fureai Park (Finish 11 km)



⑧ Byodonuma Fureai Park

The walking trail around Byodonuma Lake has 800 cherry blossom trees planted by the local residents. During cherry blossom season, many visitors from Tome and other places come to view them. At night the trees are illuminated, and their reflections on the water create a magical atmosphere. Byodonuma is known for its renowned fishing spots. Fishing enthusiasts throughout the prefecture come for an annual Japanese white carp fishing competition.

In summer, enjoy "forest bathing." Admiring the fall foliage at Byodonuma in autumn, while winter is the time to see migratory birds come to the lake in the snow-covered park. There is plenty to enjoy in each season.



⑤ Byodonuma Agricultural Village Cultural and Natural Learning Center

The folklore exhibition room of this center has permanent exhibits with important examples of regional folk culture including traditional farming tools, objects from daily life, a hearth, and a kitchen god that is designated as a Miyagi Prefecture Tangible Folk Cultural Property.

This multi-purpose center has a workshop room, exhibition hall, traditional Japanese rooms, and more. In addition, from the first-floor terrace and the second-floor balcony you can observe birds and aquatic plants and enjoy the landscape in different seasons.

⑥ Byodonuma Fureai Bridge

The Fureai Bridge ("Bridge of Encounters") which spans Byodonuma Lake is 188 meters long and offers a complete view of the lake.



⑦ Byodonuma Iko no Mori

This forest thick with oak and beech has a 3 km-long walking path and a nearly pristine grove of akashide trees, which are uncommon in Miyagi Prefecture.

Places to Stay

Suzukiya Ryokan
Room Only: ¥5,000 (excl. tax)
Room with two meals: ¥6,000 (excl. tax)
Address 189-3 Shinden-machi, Toyosato Town, Tome City
TEL 0225-76-2028

Hotel Route Inn Tome
Room with breakfast: ¥6,900 (tax incl.) ~
Room with two meals: ¥7,700 (tax incl.) ~
*Single room, no bath/shower (use the large communal bath)
Address 5-11-1 Nakae, Sanuma, Hasama Town, Tome City
TEL 0220-21-0711
https://www.route-inn.co.jp/hotel_list/miyagi/index_hotel_id_617/

Hotel Sunshine Sanuma
Room Only: ¥6,100 (tax incl.) ~
Room with breakfast: ¥7,000 (tax incl.) ~
Room with dinner: ¥8,700 (tax incl.)
Address 5-5-10 Nakae, Sanuma, Hasama Town, Tome City
TEL 0220-22-8180
<https://www.sunshine-sanuma.com/>

Business Hotel Sunflex
Room with breakfast: ¥6,260 (tax incl.) ~
Address 5-6-11 Nakae, Sanuma, Hasama Town, Tome City
TEL 0220-22-0701
<http://www.l-net.ne.jp/sunflex/>

Hotel New Granvia
Room Only: ¥6,000 (tax incl.) ~
Room with breakfast: ¥6,930 (tax incl.) ~
Address 4-12-12 Nakae, Sanuma, Hasama Town, Tome City
TEL 0220-22-8711
<http://www.h-granvia.com/>

Business Hotel Takekawa
Room Only: ¥5,500 (tax incl.)
Breakfast: ¥930 (tax incl.)
Address 5-2-5 Nakae, Sanuma, Hasama Town, Tome City
TEL 0220-22-8611

Byodonomura youyou-kan Lodge
Bed Only * Please contact us for prices/ For group guests
Address 41 Sakuracka Enami, Yoneyama Town, Tome City
TEL 0220-55-2124

Business Hotel Sanroku
Room Only: ¥5,000 (tax incl.) ~
Breakfast: ¥700 (reservation required)
Address 5-7-7 Nakae, Sanuma, Hasama Town, Tome City
TEL 0220-22-0022
<https://sanroku.jimdofree.com/>

Hotel Boenkaku
Room Only: ¥6,800 (tax incl.) ~
Room with breakfast: ¥8,010 (tax incl.) ~
Room with dinner: ¥9,550 (tax incl.) ~
Room with two meals: ¥10,760 (tax incl.) ~
Address 316 Uchinome, Hinoto, Toyoma Town, Tome City
TEL 0220-52-3171
<http://www.bouenkaku.jp/>

Ebimon Ryokan
Room Only: ¥3,500 (excl. tax)
Room with breakfast: ¥5,800 (excl. tax)
Room with two meals: ¥6,500 (excl. tax)
Address 91 Sakurakoj, Teraike, Toyoma Town, Tome City
TEL 0220-52-3161
<http://www.bouenkaku.jp/>

Please Note: Courtesy shuttle services are not available

Places to Eat

Kappo Yutakaya
Hours Lunch: 11:00-14:00, Dinner: 17:00-22:00
Closed Sundays and irregular days
One-coin value lunch ¥550, Kara-age set lunch ¥850, Stir-fried noodles with sauce ¥850,
Capacity 50 people
Address 215 Shinden-machi, Toyosato Town, Tome City
TEL 0225-76-2368
Lunchbox available (negotiable), delivery not available
Parking lot Available / Microbus available
(Contact required in advance)

Mitsuno Sushi
Hours 11:00-14:00, Dinner: 16:30-20:00
Closed Thursdays
Assorted seafood rice bowl ¥1000, Chirashi sushi ¥1200, Nigiri sushi ¥1000
Capacity 20 people
Address 7-9 Shinmachi, Toyosato Town, Tome City
TEL 0225-76-4660
Lunchbox not available
Parking lot Available / Microbus not available

Robata Sasaki
Hours Lunch 11:30-13:30 Dinner 17:30-23:00
Closed Mondays
Miso ramen ¥780, Spicy miso ramen with leeks ¥880, Sautéed liver with garlic chives ¥680
Capacity 10 people
Address 11-10 Shinmachi, Toyosato Town, Tome City
TEL 0225-76-4806
Lunchbox not available
Parking lot Available / Microbus available

Sato no Chaya Sakura
Hours Lunch 11:00-15:00 Dinner 17:00-22:00
Closed Mondays, Tuesdays and irregular holidays
Kakiage soba ¥650, Torimeshi ¥700, Kara-age (6 pieces) ¥700
Capacity 15 people
Address 582-1 Kaimachii, Sakuraoka, Yoneyama Town, Tome City (located in the Byodonomura Fureai Park parking lot)
TEL 080-3193-1325
Lunchbox available (negotiable, depends on number of orders), delivery not available
Parking lot Available / Microbus available
<https://www.michi-no-eki.jp/stations/views/18963>

Handmade Shop Sowaka
Hours 10:00-16:00 **Closed** Thursdays, Sundays
Pasta ¥700, Pilaf ¥600, Waffles ¥500
Capacity 15 people
Address 144-5 Kaimachii, Sakuraoka, Yoneyama Town, Tome City
TEL 090-4315-4430
Lunchbox not available, but to-go available for in-store menu items
Parking lot Available / Microbus available

Yoneyama Michi-no-Eki Roadside Rest Area
Hours 9:00-18:00 **Closed** Dec 31st – Jan 3rd
Yokozuna soup curry ¥1,100, Abura-fu (deep-fried wheat gluten) on rice ¥650, Yokozuna grilled pork set meal ¥1100
Capacity 25 people
Address 67 Toda, Nishino, Yoneyama Town, Tome City
TEL 0220-55-2747
Lunchbox provided (negotiable, depends on number of orders), delivery not available
Parking available / Microbus available
<https://www.michi-no-eki.jp/stations/views/18963>

Local Highlights

Terasawa Shoshindo: Kaitenyaki dessert
"Kaitenyaki" is a famous local product from Toyosato. It's comparable to the better known imagawayaki and obanyaki desserts, but is smaller, less expensive, and in addition to the standard an (sweet red bean) and custard cream filling, there are interesting variations like chocolate and even curvy. This dessert has been popular with locals for ages.



Yoneyama Michi-no-Eki Roadside Rest Area : soft-serve ice cream
The Yoneyama Michi-no-Eki Roadside Rest Area makes and sells locally produced soft-serve ice cream ("soft cream"). The flavors use seasonal ingredients, with the most popular being the ichigo (strawberry) which uses local Yoneyama strawberries.



Abura-fu

Abura-fu or "deep-fried fu" are made by kneading and maturing gluten, a protein component of wheat, and then deep-frying it in vegetable oil. It is an uncommon dish in Japan. "Abura-fu-don" is a rice bowl made in a similar fashion to "Katsudon": topping a bowl of rice with Abura-fu and egg. It is a popular casual dish in the local region.



Hito-wa-tome-no-dashi

A popular, easy and convenient teabag-style stock sachet, made using carefully selected ingredients such as shiitake mushrooms from Tome and Japanese kelp from the Sanriku coast. Delicious dashi stock with great umami and aroma can be made in a few minutes in boiling water.



Purchase Abura-fu and Hito-wa-tome-no-dashi from Toyoma Tourism and Local Produce Center, Yoneyama Michi-no-Eki Roadside Rest Area, Toyosato Ganbarukan and other stockists.



More to Enjoy in Miyagi

Tome City Vibrant nature, comfortable city, smiling people

Tome City, located in the northeastern part of Miyagi Prefecture, is one of the leading breadbasket regions in the Prefecture and is the main production area of Miyagi rice, such as "Hitomebore".

Tome is also known as the "Village of water and greenery" for its rich natural environment.

It is home to Izunuma and Uchinuma Lakes, which are registered under the Ramsar Convention. Izunuma, Uchinuma, Naganuma, and Byodonuma (which the trail course passes by) are visited by migratory white-fronted geese and swans in winter.

Meiji Village Museum of Miyagi

In Toyoma Town, there are buildings dating from the Meiji Period (1868-1912) featuring stylish Western-style architecture, including an elementary school, prefectoral government office and police station. Also, there are many solidly-built warehouse-style stores and samurai residences remaining from the feudal era. This streetscape is what gives this area the name: "Meiji Village Museum of Miyagi."

○ Toyoma Tourism Information Center
(Toyoma Tourism and Local Products Center "Tooyama no Sato")

Hours 9:00-17:00
Closed Dec 31st – Jan 1st
Address 2 Sakurakoj, Teraike, Toyoma Town, Tome City
TEL 0220-52-5566

* Multilingual voiced tourism guide is available (free rental). It works with Japanese, English, Korean and 7 other languages.



Local dishes: "Hatto"

"Hatto" is made from wheat flour kneaded well with water and then stretched very thinly by hand. It is cooked in a soy sauce broth or eaten with azuki (sweet red beans) or zunda (sweetened edamame beans).

Each first Sunday in December is the "Japan's #1 Hatto Festival" which has an assortment of more than 30 kinds of hatto with different flavors.

* Restaurants serving "Hatto" from the list of places to eat on the left
Mitsuno Sushi (Reservation required), Yoneyama Michi-no-Eki Roadside Rest Area (Winter only)



Tohoku Food Marathon & Festival

The "Tohoku Food Marathon & Festival" is held at the end of April in Futopia Park by Naganuma Lake. It is one of the largest events in Japan's northeastern Tohoku region.

The "Tohoku Food Marathon" course is the first full marathon in Miyagi Prefecture and takes runners around the beautiful Naganuma lakeside area. It coincides with related events featuring food and sake from across the region including the "Tome Food Festival," "Tohoku Sake Festival".



**Inquiry**

Murata Town Development Promotion Division
TEL 0224-83-2113

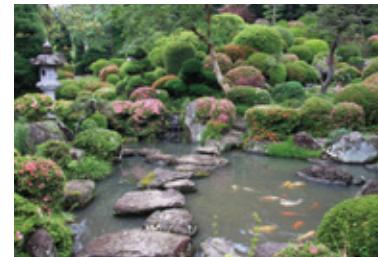
The Murata Course starts and ends at Michi-no-Eki Murata Roadside Station. In the first part of the course, you'll learn about the history of the Date family and the legends passed down in Murata. As you walk along the course, taking in the green of the trees and the murmuring of the streams, you'll enjoy a panoramic view of the majestic Zao Mountain Range from a small hill. In the Ubagakai area in the middle of the tour, there are many soba noodle restaurants, where you can compare and contrast their exceptional soba noodles with those of other visitors in a lush, natural setting. Returning to the center of the town, you will be welcomed by a row of warehouses called "Little Kyoto of Miyagi in Michinoku". The residence of one of the town's wealthiest merchants, "Yashō", was chosen as a National Important Cultural Property, and its warehouses and mansion are open for tours as the "Murata Merchant Yashō Memorial Museum". The Murata-cho Yamani Residence, a tourist information center in the warehouse, not only provides tourist information, but also sells souvenirs and other items. After returning to the starting point, Roadside Station Murata, you can shop for local products such as ice cream made from the local specialty fava beans, processed fava bean products such as udon noodles, and fresh vegetables picked in the morning, or refresh your tired body at a restaurant.



Distance 13.4km Required time approx. 4-5 hours Difficulty Moderate

A course tracing the history through the warehouses with designs that reflect the natural four seasons.

From the Edo period to the early Showa period, the safflower trade flourished in Murata. Although time has passed, the vestiges of the old days have been quietly handed down to the present, and the scenery of grand storehouses and stately gates attracts the eyes and hearts of visitors. The storehouses-lined streets, which echo with the bustle of the past, are well-preserved and revered, and in September 2014 they were selected as an "Important Preservation District for Groups of Traditional Buildings" for the first time in Miyagi Prefecture.

**⑪ Michi no Eki Murata and Shiroyama Parks**

The start/finish point of the Murata course. This roadside station offers a wide variety of local products. Fresh vegetables picked in the morning are popular. Among them, "corn mirai," a summer delicacy, is sold out as soon as the store opens. Shiroyama Park is the site of Murata Castle, where DATE Masamune seventh son, Munetaka, resided. Visitors can enjoy seasonal scenery such as cherry and plum blossoms in spring and autumn leaves in fall.

⑫ Tatsushima-in Temple

Tatsushima-in Temple is known as the family temple of the Date family. It houses the mausoleum of Munetaka, the seventh son of DATE Masamune. The pond garden, selected as one of the 100 best sightseeing spots in Miyagi Prefecture, was created by making the most of the natural topography with a waterfall at its center, and is rich in seasonal beauty, giving vigor and peace of mind to visitors.

⑬ Shiratori Shrine

This shrine has a long history, originating in 123 AD. There is a huge wisteria tree that wraps around two old cedars in the shrine grounds. It is called the "snake wisteria of Oshū" because its coiled shape resembles a giant snake. The giant trees, said to be about 1,000 years old, stand tall and majestic.

Access

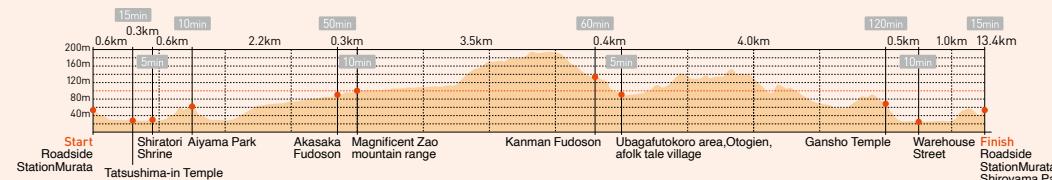
● JR Sendai Station (Tohoku Main Line/35 min.) ► JR Ogawara Station ► Miyagi Kotsu Bus (bound for Murata/Kawasaki) ► Roadside Station Murata (about 25 min.)



● From Sendai City
Sendai Station West Exit, in front of the former Sakurano Department Store ► Sendai/Zao-cho Route (Murata Town Hall or Satellite Miyagi) ► Approximately 40 minutes ► Roadside Station Murata



● Tohoku Expressway
► Exit at Miyagi-Murata IC, turn right at the traffic light, 100 m ahead, storehouse-style building on the left
About 40 minutes from Sendai City (Sendai-Miyagi IC)
From Yamagata City (Yamagata Kita IC): Approx. 50 min.
about 3 hours and 20 minutes from Tokyo (Kawaguchi JCT)



▼ ④ Aiyama Park

The park opened in May 1900 to celebrate the marriage of Emperor Taisho. In spring, 300 cherry trees bloom here, making it one of Murata's most famous cherry blossoms viewing spots. In the past, it was also a spot from which a panoramic view of Murata Town could be seen.



▲ ⑤ Akasaka Fudoson

This is a place where local residents prayed and did ceremonial cleansing rituals. Around 1937, a shrine office was built and banner flags were dedicated. The shrine very crowded with many worshippers during rituals.



◀ ⑦ Kanman Fudoson

The stream that runs through the temple grounds creates a small waterfall, and the green foliage and sunlight filtering through the trees create a mystical atmosphere.



➢ ⑧ Ubagafutokoro area, Otohien, a folk tale village

Soba noodle restaurants and historical sites are scattered among four plazas. At the "Folktales Traditions Hall, Furusato Otohien," visitors can tour a private house that has been designated as a cultural asset by the town of Murata.



➢ ⑨ Ganshoji Temple

The majestic gate of Ganshoji Temple is a historical site designated as a cultural property by the town, and is a relocation of the main gate of Murata Castle. In the precincts of the temple, there is a monument called "Monument of Koizuka," which is dedicated to two people who committed suicide after falling in love despite their social status.



▼ ⑪ Murata Merchant Yashou Memorial Hall

The museum was donated to Murata Town by ONUMA Shoshichi VII in 1998 to teach of the history of the Murata merchants who were active in the safflower trade with Edo and Kamigata (Kyoto). Tools of the trade and materials on safflower merchants are on display. In 2008, it was selected as an "Important Cultural Property" by the national government.



➢ ⑩ Tourist Information Center "Murata Yamani Residence"

This tourist information center is housed in a warehouse built in 1896. In addition to information on sightseeing spots, events, and restaurants in the town, tourists brochures and more are available. The Murata Merchant and Mashi Memorial Museum are also available for guided tours (reservations required for groups).

Places to Stay

Murata-cho Buke Yashiki

Single-unit rental: 25,500 JPY (excluding tax) and up
Address 66-3 Oaza-Murata-Nishi, Murata-cho
TEL 0224-34-1192
<https://bukenooyado.com/>



Machiya Inn Tsuruya

1 night: 6,000 JPY (excluding tax) and up
Address 57 Aza-machi, Oaza-Murata, Murata-cho
TEL 090-6852-0971
<https://www.minpakutsuryuya.com/>

Ryokan Hazakaya

2 meals per night: 6,500 JPY. Breakfast per night: 6,000 JPY.
Dinner per night: 6,200 JPY. Overnight stay with no meal: 5,000 JPY.
Address 165 Aza-machi, Murata, Murata-cho
TEL 0224-83-2039
<http://hazakaya.com/index.html>

Places to Eat

Restaurant Shiroyama

Hours 11:00-17:00
Closed 2nd and 4th Monday of the month (or the following day if the Monday is a national holiday)
Fried bean udon noodles, prawn tempura rice bowl, ramen noodles
Address 41 Kita-Shionai, Oaza-Murata, Murata Town (inside Michi no Eki Murata)
TEL 0224-83-5660



Village of Folktales Furusato Otoigi-en

Hours 11:00-14:00
Closed Mondays (and the following day if Monday is a national holiday)
Soba
Address 2, Koizumi, Murata-cho, Oaza Koizumi Aza Nageishi
TEL 0224-83-4140

Senjuan
Hours 11:00-15:00
Closed every Monday and Tuesday + third Sunday
Soba
Address Murata-machi Oaza Koizumi Aza Michibatahachi
TEL 0224-83-5417

Kenchanchi

Hours 11:00-15:00
Closed holidays and Tuesday-Friday
Soba
Address 45 Kitaubagakai, Oaza Koizumi, Murata Town
TEL 0224-83-4846

Japanese restaurant Issho

Hours 11:00-15:00, 17:00-22:00
Closed every Monday
Soba
Address 86-7 Murata Higashi, Murata Town
TEL 0224-83-6114

Topics



Corn flavor

In August, the harvest season of "Mirai," or "fruit corn," begins.



Fava beans

A specialty product representative of Murata that is at its peak in June. Processed products such as noodles and ice cream are also available.



Japanese Sake

KENKONICHI is a famous sake representing Miyagi Prefecture. It has an elegant aroma, a delicious taste of rice, richness, and sharpness. Come try its well-balanced taste.



Miso

Water from the foot of Mt. Zao, soybeans and rice grown in Miyagi Prefecture. In addition, carefully selected salt is used to make this additive-free miso with a high-quality flavor.



Natto

This natto is made from Hokkaido soybeans and brewed with the clear water of the Zao mountain range. Natto is also attracting attention for its new products such as sweets and pasta made from natto.



Soba

Enjoy exceptional soba noodles in a rich natural setting. There are many soba restaurants in the town, including those in the center of town and the Ubagakai area. Compare all the different soba restaurants to find your favorite one!



More to Enjoy in Miyagi Murata, Miyagi's Little Kyoto

Murata is located in the southern part of Miyagi Prefecture, adjacent to three cities and four towns including Sendai City. It is blessed with the natural environment of the Shiraishi River flowing in the south and the Zao mountain range in the west.

Each of the warehouse streets in the "Kura-no-Machinami," selected as an Important Preservation District for Groups of Traditional Buildings, has different characteristics and are fun to explore. There are also great spots for the whole family. At Sportsland SUGO, one of the largest motorsports facilities in Tohoku, you can have a race or play with rental go-karts with family and friends.

In addition, Murata's specialties, such as "soramame" (fava beans), one of the nation's largest producers, and "mirai" (also known as fruit corn) is extremely popular; on weekends there are huge lines of people waiting in line starting from the early morning.



Hotei Matsuri Festival

At the Hotei Matsuri, which has been held here for more than 800 years, a special long-headed Buddha parades on a float with a soft expression on his face. The unique appearance of Murata has long been loved by the townspeople.



Miyagi Murata Warehouse Pottery Market

In the warehouses and empty storehouses of Murata merchants, including "Yashou," one of the town's most prominent merchants who conducted various businesses from the late Edo period to the early Showa period, ceramic artists from Miyagi Prefecture as well as the Tohoku and Kanto regions will gather to exhibit and sell their ceramics.



Sportsland SUGO

A comprehensive motor sports facility, one of only six internationally certified racing courses in Japan. Visitors can watch races, experience riding motorcycles, and riding go-karts.

Address 6-1 Oaza Sugo, Murata-cho
TEL 0224-83-3111



Contact

Zao Town Agriculture, Forestry, and Tourism Division
TEL 0224-33-2215

Notes

- The area is closed during winter, from early November to late April.
- Please be aware that the trail passes through an area where bears have been sighted.

Sato" (Kokeshi Village), a historic settlement of woodcraft artisans. This area is one of the oldest to produce kokeshi dolls in Tohoku, and you can enjoy its historic atmosphere at Koretaka Shrine, which is dedicated to the ancestors of the woodcraft artisans. Follow the trail alongside fields and farmland, feeling connected with nature and the local lifestyle, before arriving at Zao Heartland. Located at an elevation of roughly 550 meters, you can stroll through the vast pastureland and enjoy 360-degree panoramic views that overlook the Zao Mountain Range and Togatta Onsen. The trail end location, Zao Dairy Center Cheese Cabin, is a farm shop adjacent to a dairy factory where you can sample nationally-renowned Zao Cheese. Within this popular tourist facility, you can also browse the local goods showcased within the shop, and enjoy the rose garden located on the grounds, which primarily blooms in early summer.

This trail allows you to bask in the steam of Togatta Onsen, experiencing its charming history, and a way of life that coexists with nature.



km Distance 9km:

⌚ Required time approx. 3-4 hours

⛰️ Difficulty Beginner

A trail that allows you to walk through beautiful nature, enjoying the bounties of the earth while gazing upon the majestic Zao Mountain Range.

Located in the southwest of Miyagi, Zao Town lies at the eastern base of the sacred Zao Mountain Range. The Zao region was officially certified as a National Geopark in January of 2025. The Zao/Togatta Onsen Trail Course begins at the Zao Town Tourist Information Center, which is situated in the heart of Togatta Onsen, a hot spring town which has flourished since the Edo period. The trail leads you past the welcoming shops of Zao-dori Shopping Street, to a superb viewpoint overlooking the Zao peaks and the hot spring district. From Togatta Onsen's iconic Kokeshi Bridge, you will reach the riverside Matsukawa Cycling Road. In spring, the juxtaposition of cherry blossom trees lining the road and lingering snow on the Zao Mountain Range creates a stunning vista.

Traditional kokeshi dolls, a craft that developed within the Tohoku region, are displayed at the Miyagi Zao Kokeshi Museum. To the west of the museum, the trail passes through the "Forest of Relaxation", which is maintained by students of Miyagi Ogawa Industrial High School as part of their practical training program, before continuing on to "Kokeshi no Sato" (Kokeshi Village), a historic settlement of woodcraft artisans. This area is one of the oldest to produce kokeshi dolls in Tohoku, and you can enjoy its historic atmosphere at Koretaka Shrine, which is dedicated to the ancestors of the woodcraft artisans. Follow the trail alongside fields and farmland, feeling connected with nature and the local lifestyle, before arriving at Zao Heartland. Located at an elevation of roughly 550 meters, you can stroll through the vast pastureland and enjoy 360-degree panoramic views that overlook the Zao Mountain Range and Togatta Onsen. The trail end location, Zao Dairy Center Cheese Cabin, is a farm shop adjacent to a dairy factory where you can sample nationally-renowned Zao Cheese. Within this popular tourist facility, you can also browse the local goods showcased within the shop, and enjoy the rose garden located on the grounds, which primarily blooms in early summer.

This trail allows you to bask in the steam of Togatta Onsen, experiencing its charming history, and a way of life that coexists with nature.



① Zao Town Tourist Information Center and Togatta Onsen Town

Located next to the Zao Town Tourist Information Center in the heart of Togatta Onsen is Kami no Yu, a public bathhouse popular with day visitors. The nearby Zao-dori Shopping Street is lined with restaurants and traditional inns, making it a great place for a stroll.



② Zao Mountain Range and Onsen Town

A viewpoint that offers magnificent sights overlooking the sacred Zao Mountain Range and Togatta Onsen. You can also gaze upon Zao Heartland, your next destination.

Access



● From Tokyo
JR Tokyo Station/JR Omiya Station <Tohoku Shinkansen> ▶ JR Sendai Station ▶ Miyagi Kotsu Highway Bus <for Murata/Zao/Togatta> Approx. 65 min ▶ Alight at Togatta Onsen Bus Stop ▶ Walk 1 min

● From Airport
Sendai Airport Station <Sendai Airport Access Line> ▶ JR Sendai Station ▶ Miyagi Kotsu Highway Bus <for Murata/Zao/Togatta> Approx. 65 min ▶ Alight at Togatta Onsen Bus Stop ▶ Walk 1 min



● JR Sendai Station ▶ Miyagi Kotsu Highway Bus <for Murata/Zao/Togatta> Approx. 65 min ▶ Alight at Togatta Onsen Bus Stop ▶ Walk 1 min

● JR Shiroishi Zao Station/JR Shiroishi Station ▶ Miyagi Kotsu Local Bus <for Shiroishi-Togatta> Approx. 40–50 min ▶ Alight at Togatta Onsen Bus Stop ▶ Walk 1 min



● (From Tokyo) Tohoku Expressway Approx. 25 min from Shiroishi I.C.
● (From Sendai/Morioka) Tohoku Expressway Approx. 25 min from Murata I.C.
● (From Yamagata) Yamagata Expressway Approx. 20 min from Miyagi-Kawasaki I.C.

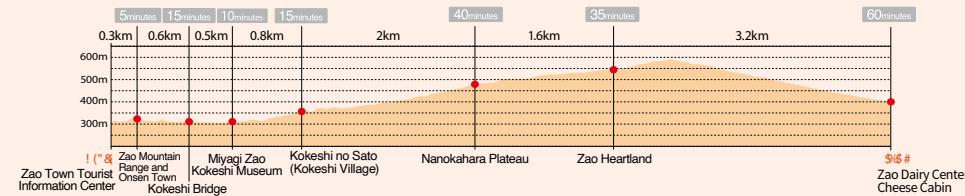


Zao Kanko Taxi TEL 0224-34-2111



Zao / Togatta Hot Spring Trail Course

- ① Zao Town Tourist Information Center (START 0.0 km)
- ② Zao Mountain Range and Onsen Town (0.3 km) →
- ③ Kokeshi Bridge (0.9 km) → ④ Miyagi Zao Kokeshi Museum (1.4 km) → ⑤ Kokeshi no Sato (2.2 km) → ⑥ Nanokahara Plateau (4.2 km) → ⑦ Zao Heartland (5.8 km) →
- ⑧ Zao Dairy Center Cheese Cabin (FINISH 9.0 km)



④ Miyagi Zao Kokeshi Museum

Togatta Onsen is the birthplace of kokeshi dolls, a traditional craft of the Tohoku region. The permanent exhibition at the Miyagi Zao Kokeshi Museum displays 5,500 items, including traditional Togatta kokeshi and other regional kokeshi and wooden toys. The museum offers kokeshi painting workshops, and has a gift shop where you can buy souvenirs.



⑤ Kokeshi no Sato (Kokeshi Village) (Koretaka Shrine)

A footpath behind the Miyagi Zao Kokeshi Museum leads to a settlement where traditional wood artisans live. Koretaka Shrine, which enshrines the ancestors of the wood artisans, is also a photo spot with nostalgic charm.



⑦ Zao Heartland

This approximately 100-hectare ranch (equivalent in size to twenty Tokyo Domes) lets you interact with animals such as goats, try your hand at dairy-making at the "Handicraft Experience Center," and enjoy soft-serve ice cream, Molk (a dairy-based drink), and Zao Cheese at the food counter and shop.

⑧ Zao Dairy Center Cheese Cabin

The finish point, Cheese Cabin, is the official shop for Zao Cheese, located right next to the cheese factory. In addition to factory-fresh cheeses and dairy products, popular items include homemade ice cream and the original drink, Molk. The grounds also feature a restaurant where you can enjoy cheese dishes and a rose garden that blooms with approximately 400 varieties of roses.

Accommodation & Dining

Zao Town offers a wide selection of accommodation to suit any travel style, as well as many restaurants where you can savor local flavors. Please check the Zao Town Sightseeing & Products Association or the Zao Guide WEB for details.

Zao Town Sightseeing & Products Association

<https://www.zao-machi.com/>



Zao Guide WEB

<https://miyagi-zao-guide.jp/>



Topics



Zao Cheese

Zao Cheese has grown to become a nationally recognized brand. It is made using high-quality milk from cows raised freely on the vast pastures of the Nanokahara Plateau at the foot of Mount Zao, with meticulous care, time, and effort. With many varieties available, it's the perfect souvenir.



Togatta Traditional Kokeshi Doll

The Togatta Traditional Kokeshi Doll is a charming folk craft. These dolls are characterized by striking red decorations on the head, an elaborate chrysanthemum pattern on the body, and a delicate face. Creative original-design kokeshi by young artisans are also popular.



JAPAN X Pork

JAPAN X is a leading brand of pork representing Miyagi and originating in Zao. Raised stress-free in the abundant nature of Zao, the fatty pork has a delicious umami flavor. Many restaurants throughout the town offer dishes featuring JAPAN X.



Zao Pears

Zao is one of Miyagi Prefecture's leading pear-producing regions by volume. Nurtured with great care by local farmers and benefiting from the magnificent Zao mountain range, a wide variety of these pears can be enjoyed from late August to late October. During pear season, you can purchase them directly from roadside stands at the farms, and some farms also offer pear-picking experiences for visitors.



Zao Town Agricultural Products

In addition to Zao Pears, the town is blessed with a variety of agricultural products nurtured by its rich natural environment. Rice and taro root grown with snowmelt from the Zao Mountain Range, as well as specialty brand eggs raised with great care, are all certified as Miyagi Zao Brand products.



More to Enjoy in Miyagi Zao Geopark: Nature's Spectacle

The Zao Geopark, which stretches across the eastern foothills of the Zao Mountain Range, is inscribed with the history of this land shaped by volcanic activity, the nature nurtured upon this land, and the lives of the people who have long coexisted with the volcano and nature.

To ensure that this Geological Heritage, born from the earth's past activity, is preserved for the present and the future, local resources are being utilized for education and tourism while being carefully conserved.



Zao Geopark Center

The Zao Geopark Center serves as the 'starting point of the journey' when touring Zao Geopark (within Zao Town). Here, you can view exhibition panels introducing highlights of the area, as well as rock specimens found at the summit of Mount Zao.

Okama Crater Lake

Okama Crater Lake, the symbol of Zao, is located in the crater of Goshikidake Peak and has been volcanically active for approximately 800 years.

Also known as Goshiki-numa (Five-Color Pond), it is possible to view a mesmerizing range of colors depending on the angle and intensity of the light.



Zao Echo Line

Zao Echo Line, a mountain road leading from Togatta Onsen to Okama, is dotted with viewpoints, including Takimidai, selected as one of Japan's Top 100 Waterfalls, and Komakusadaira, a thriving habitat of the alpine plant Dicentra peregrina (Komakusa). (The road is closed during winter, from early November to late April.)

Tagajo Trail Course

A road that traverses "The Deep North" carrying history and verses woven over a millennium; where the journey itself is a dialogue with nature.

Contact

Miyagi City
Planning and Management Department,
Citizens' Culture Creation Division
TEL 022-368-2085

featured in the classical Japanese poetry anthology Man'yoshu can be found alongside sites such as the Tagajo Temple Ruins and the Tagajo Government Headquarters Ruins.

With its start point located at Tagajo Station (JR Senseki Line) and its finish point located right beside Kokufu-Tagajo Station (JR Tohoku Main Line), this accessible trail allows everyone to enjoy Miyagi Olle while using public transport!



km Distance 8.5km: ⌚ Required time approx. 3 hours 〽 Difficulty Beginner

A course that spans 1300 years of history, ornamented across four seasons with classical plants of Japan.

This approx. 8.5 km route, which commences at JR Senseki Line Tagajo Station, will take you past sites of poetic significance, leading you through the magnificent Tagajo South Gate- the main entrance to Tagajo Castle, Tohoku's ancient stronghold-before concluding at the Tagajo Castle Ruins Information Center.

On your journey, you will sense the rich tapestry of culture, history, and nature that has been woven over the 1,300 years that have passed since Tagajo was established as the ancient regional center of Tohoku.

Points of interest include various classical sites that inspired imperial poets, such as Omowaku Bridge, Noda-no-Tamagawa River, Ukishima, and the Tsubo no Ishibumi (Tagajo Stele). Within the Tagajo Castle Ruins, which have been designated as a Special Historical Site, seasonal plants



① JR Senseki Line Tagajo Station (Start)

The Tagajo City Tourism Association is located at the South Exit of Tagajo Station, providing tourist information, pamphlets, bicycle rentals, and sales of local specialty products. The area is also well-served by a variety of eateries, including bakeries and restaurants. The station entrance is designed to resemble the South Gate, and the Tagajo City Library located on the north side is a popular location.



② Noda-no-Tamagawa River/ Omowaku's Bridge (Site of Poetic)

In the spring, blooming azaleas guide your way along the trail. This area was established by the Sendai Domain during the Edo Period (1603-1868), in honor of a classical poem about Noda-no-Tamagawa River written in the mid-Heian Period (794-1185) by the poet Noin Hoshi. Also located here is a bridge crossed by the famous samurai Abe no Sadato to see a woman named Omowaku, known as 'Omowaku's Bridge' (Omowaku no Hashi). A poem inspired by this location, written by the poet Saigyo, is inscribed upon the bridge.



③ Tenmangu Shrine Cherry Blossom Trees

Tenmangu Shrine, which originally enshrined the deity of a prominent Tomegaya family, was later established as the guardian shrine of Tomegaya Village. Each spring, the shrine grounds are adorned with large, spectacular cherry blossoms.

Access



- (To the Start Point) JR Sendai Station <Senseki Line / approx. 22 min> ► JR Tagajo Station
- (To the Start Point) Sendai Airport Station <Sendai Airport Access Line / Minimum 17 min> ► JR Sendai Station <Senseki Line / approx. 22 min> ► JR Tagajo Station
- (To the Finish Point) JR Sendai Station <Tohoku Main Line / approx. 16 min> ► JR Kokufu-Tagajo Station
- (To the Finish Point) Sendai Airport Station <Sendai Airport Access Line / Minimum 17 min> ► JR Sendai Station <Tohoku Main Line / approx. 16 min> ► JR Kokufu-Tagajo Station

*Approx. 10 minutes' walk from JR Kokufu-Tagajo Station to the finish point



- (From South) From Tokyo, Fukushima, Yamagata areas to Tagajo (Tohoku Expressway) Sendai-Minami IC ► Sendai-Nanbu Road ► Sendai-Wakabayashi JCT ► Sendai-Tobu Road ► Sanriku Expressway ► Tagajo IC
- (From North) From Aomori, Iwate, Akita areas to Tagajo (Tohoku Expressway) Tomya JCT ► Sendai-Hokubu Road ► Rifu JCT ► Sanriku Expressway ► Tagajo IC



Shinko Taxi
TEL 022-364-3355

Shiogama Toko Taxi
TEL 022-364-2424



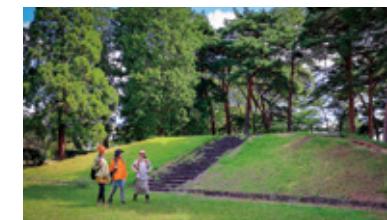
Tagajo Trail Course

① JR Senseki Line Tagajo Station (Start 0.0 km) → ② Noda no Tamagawa River / Omowaku no Hashi (0.5 km) → ③ Tenmangu Shrine Cherry Blossom Trees (2.1 km) → ④ Tagajo Temple Ruins (2.9 km) → ⑤ Tohoku History Museum (3.5 km) → ⑥ Ukishima Shrine (4.7 km) → ⑦ Sakkani Area (5.5 km) → ⑧ Tagajo Government Headquarters Ruins (7.8 km) → ⑨ Tagajo Stele (8.2 km) → ⑩ Tagajo South Gate (8.3 km) → ⑪ Tagajo Castle Ruins Information Center (Finish 8.5 km)



④ Tagajo Temple Ruins

This temple, which was built around the same time as Tagajo Castle in the early 8th century, was established as a temple affiliated to the castle. Its layout is identical to that of Kanzeonji Temple, which is located in Dazaifu, Fukuoka Prefecture. In 1966, it was designated as a Special Historic Site, and became the first Historical Park in Eastern Japan.



⑤ Tohoku History Museum

This museum showcases the diverse history and culture of the Tohoku region, allowing visitors to learn about its past from the Paleolithic era to the present day through materials and models. It also features the "Konno Family Residence" (a relocated Edo-period folk house), an experience space for children, a restaurant, and a museum shop.



⑦ Tagajo Castle Ruins Sakkani Area

Here, visitors can enjoy Man'yo plants (flora mentioned in the ancient poetry anthology Man'yoshu) such as Japanese kerria and iris in spring, and red spider lily in autumn.



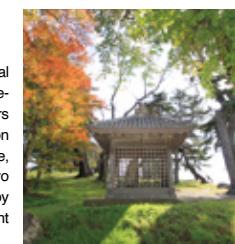
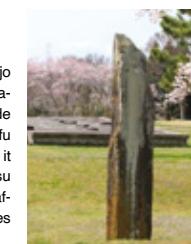
⑥ Ukishima Shrine

Ukishima is a location featured in an ancient poem believed to have been dedicated by Princess Yamaguchi to her lover. In the present-day, it is said to be the location of the Ukishima Shrine.



⑧ Tagajo Government Headquarters Ruins

This is the most significant site of the Tagajo Castle Ruins, and is counted as one of Japan's Three Great Historic Sites alongside Nara's Heijo Palace and Fukuoka's Dazaifu Ruins. During the Nara and Heian periods it served as the provincial capital of Mutsu Province, where important government affairs and rites took place. In spring, it serves as a popular cherry blossom viewing spot.



⑨ Tagajo Stele (Tsubo no Ishibumi)

This monument, which is a designated National Treasure and one of Japan's Three Ancient Steles, comprises 141 characters detailing the years of Tagajo's founding (A.D. 724) and restoration (A.D. 762). This site is one of poetic significance, having been immortalized in poems by Saigyō and Minamoto no Yoritomo and written about by famed poet Matsuo Bashō in his travel account "The Narrow Road to the Deep North".



⑪ Tagajo Castle Ruins Information Center

Visitors can enjoy large-screen videos depicting the ancient city of Tagajo 1,300 years ago, view records of the South Gate's restoration, and interact with 3D models of ancient buildings and excavated artifacts. They can also learn about the history of the Special Historic Site, and purchase a Commemorative Castle Stamp and souvenirs.



⑩ Tagajo South Gate

Restored in 2024 to commemorate the 1,300th anniversary of Tagajo's founding, this magnificent main gate reflects its historical role as the political, cultural, and military hub of ancient Tohoku. It stands as a suitably grand and imposing entrance to the provincial capital of Tagajo.

Places to Stay

Onoya Hotel

Single: ¥5,830~, Twin: ¥11,000~, Japanese-style Room: ¥4,840~, Breakfast: ¥770, Dinner: ¥1,100~
Address 1-9-2 Ojirō, Tagajo City
TEL 022-362-6381
<https://breezbay-group.com/onoya-h/>

Shintomi Ryokan

Room Only: ¥3,850~¥4,620,
Half-Board (2 meals): ¥5,720~¥6,490
Address 1-1-28 Sakuragi, Tagajo City
TEL 022-364-8921
<http://www5.biglobe.ne.jp/~shintomi/>

Smile Hotel Sendai Tagajo
Single: ¥6,300~, Double: ¥8,800~, Twin: ¥9,800~, Buffet Breakfast: ¥900
Address 1-1-8 Machimae, Tagajo City
TEL 022-367-6001
<https://smile-hotels.com/hotels/show/sendaitagajo>

Hotel Castle Plaza Tagajo
Single: ¥6,200~, Twin/Double (1 guest): ¥9,300~, (2 guests): ¥12,200~
Address 1-1-60 Sakuragi, Tagajo City
TEL 050-1720-5771
<http://breezbay-group.com/hcp-tagajo/>

Hotel Route-Inn Sendai-Kita Inter
Single: ¥7,900~, Semi-Double: ¥13,000~, Twin: ¥15,800~
Address 1-1-15 Machimae, Tagajo City
TEL 022-361-8501
http://www.route-inn.co.jp/search/hotel/index_hotel_id_551

Hotel Route-Inn Tagajo-Eki Higashi
Rates: Inquiry Required
Address 4-4-77 Yawata, Tagajo City
TEL 050-5847-7301
http://www.route-inn.co.jp/hotel_list/miyagi/index_hotel_id_615/

Places to Eat

Antique Cafe OLDTIME
Hours Wed, Thu, Fri 11:00 AM~4:00 PM;
Sat, Sun 11:00 AM~6:00 PM
Closed Mon, Tue
Gallettes, sweets, and more
Address 2-16-3 Takasaki, Tagajo City
TEL 022-309-6728

&SUN
Hours Tue~Sun 11:00 AM~5:00 PM
Closed Same as Tohoku History Museum
Address Inside Tohoku History Museum, 1-22-1 Takasaki, Tagajo City
TEL 022-368-3876

Nagamachi Ramen Tagajo Store
Hours 11:30 AM~3:00 PM, 5:00 PM~9:00 PM
Closed Mon
Address 1-44-3 Tomegaya, Tagajo City
TEL 022-355-6608

Kodaimai-ya Restaurant Green Gable
Hours Lunch 11:00 AM~4:30 PM
Closed Mon, Tue (Irregular)
"Tagajo Oja" (Black vinegar broth cooked rice), healthy black rice and black vinegar dishes
Address 2-15-10 Takasaki, Tagajo City
TEL 022-368-0616

Rice Flour Bread Tutto
Hours 9:00 AM~approx. 6:00 PM
Closed Tue, Wed
Tagajo specialty rice flour fried bread and rice flour bread
Address 1-44-3 Tomegaya, Tagajo City
TEL 022-352-3152

Maboroshi Kaisen Mutsu
Tagajo Station Branch
Hours Lunch 11:00 AM~2:00 PM,
Dinner 5:00 PM~11:00 PM
Closed Sunday (or the final day of consecutive holiday)
Address Vistacia Tagajo 1F, 2-5-1 Chuo, Tagajo City
TEL 022-794-7501

Topics



Ancient Rice

A specialty product of Tagajo City. This purple-tinged ancient strain of rice has a chewier texture than standard rice and is rich in nutrients like minerals, vitamins, and anthocyanins (a type of polyphenol). It's a delicious ingredient beneficial for both beauty and health.



Tagajo Gojoin (Commemorative Castle Stamp)

A Gojoin featuring the restored Tagajo South Gate. Available for purchase at: Historic City Tagajo Tourist Information Center (inside JR Senseki Line Tagajo Station) and the Tagajo Castle Ruins Information Center.



Ancient Rice Karinto
A karinto snack made with Tagajo-grown ancient rice and tofu lees. It has a subtle sweetness and a pleasant, gentle texture.



"Tagajo Stele" Confectionery

The specialty confectionery "Tagajo Stele," named after the historic city, is a rich sable made with honey and egg yolk, filled with apricot jam. Other confections available include "Tagajo Taiko" and "Tagajo Kawara" (Baigetudo Confectionery Main Store).



More to Enjoy in Miyagi

Tagajo: The City Where Ancient and Modern Connect

Located in the eastern part of central Miyagi Prefecture, Tagajo City is home to numerous historic sites and famous sites of poetic significance that have captivated writers and scholars throughout the ages. Many leisure spots in the area can be enjoyed within walking distance, including seasonal flowers, shops selling ancient rice products, the library, and the skate park.



Tagajo Castle Ruins Iris Festival

Every year around mid-June, the Tagajo Castle Ruins Iris Festival heralds the arrival of early summer. In an approx. 21,000 m² corner of the Tagajo Special Historical Site, 3 million irises in 800 varieties, including kakitsubata (Japanese water iris), and hanashobu (Japanese iris) burst into bloom, making it the largest collection of iris varieties in Tohoku.



Tagajo City Library

Located north of Tagajo Station, this library is an iconic symbol of Tagajo City. Designed with the concept of "home" in mind, its comfortable atmosphere draws in visitors. It is also popular with young people, and is considered one of the city's key tourist spots.

Address Tagajo Station North Building, 2-4-3 Chuo, Tagajo City
TEL 022-368-6226



TAGAJO CENTRAL PARK

The center of this facility features an integrated indoor/outdoor skate park, and the outdoor skate park is one of the largest in the country. It's a place where both adults and children can enjoy spending time, with features like a 3x3 court, playground equipment, a cafe, and retail shops (scheduled to open March 2026).

Address Yanaka Ukishima, Tagajo City
TEL 022-365-4195

MIYAGI OLLE TRAIL

Miyagi Olle Stamp

► Finish point motif

Kesennuma / Karakuwa Trail Course	Oreishi Broken Stone Column
Oku-Matsushima Trail Course	Otakamori
Osaki / Naruko Hot Spring Trail Course	Naruko-kyo Gorge and Naruko Kokeshi
Tome Trail Course	Byodonuma
Murata Trail Course	Misegura (Warehouse)
Zao / Togatta Hot Spring Trail Course	Zao mountain range
Tagajo Trail Course	Tagajo South Gate

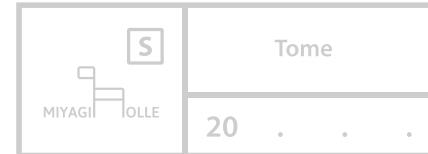
Kesennuma / Karakuwa Trail Course Start



Finish



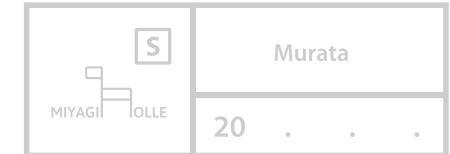
Tome Trail Course Start



Finish



Murata Trail Course Start



Finish



Oku-Matsushima Trail Course Start



Finish



Osaki / Naruko Hot Spring Trail Course Start



Finish



Zao / Togatta Hot Spring Trail Course



Finish



Tagajo Trail Course



Finish





For those of you who want to walk more

KYUSHU OLLE TRAIL

The Kyushu Olle was established in 2012 as Japan's first Olle Course to allow visitors to discover the charms of Kyushu with their 5 senses, by experiencing the beautiful scenery, culture and hot springs of the four seasons. 18 courses have been established in Kyushu in each of its Prefectures (As of October 1st, 2025). In addition to the "Kyushu Olle Fair" and the "Kyushu Olle Stamp Rally Completion Passport", there are many events actively held in each of the courses.

Contact information for Kyushu Olle

<https://www.welcomekyushu.jp/kyushuolle/>



(Nagasaki Prefecture) Matsuura/Fukushima Course: Tsuchiya Terraced Paddy Field Viewing Site



(Nagasaki Prefecture) Minami/Shimabara Course: Noda-tsutsumi and Beacon Volcano



(Miyazaki Prefecture) Miyazaki/Komarugawa Course Takanabe Daishi

About completion certifications



- Individuals who complete all 7 Miyagi Olle Courses will be sent a "Miyagi Olle Completion Certificate."
- Upon finishing each trail course, please use the stamp located at the trail finish point to stamp the allocated section on page 53 (next page).
- When you have completed all the courses, please fill in all the fields below, cut out this page, enclose a stamped return envelope (size 2 kaku), and send it to the following address for certification.
- We will send you a certificate in about one month.
- If you wish, your name and the name of your prefecture of residence will be posted on the official Miyagi Olle website.

How to Publish



Certified destination

〒980-8570 3 Chome-8-1 Honcho, Aoba Ward, Sendai City, Miyagi Prefecture
Miyagi Tourism Federation

Your name	Gender	Age
	Male / Female	Age
Address	〒	
Phone Number		
E-mail address	@	
I wish to have my name and the name of my prefecture on the official Miyagi Olle website	Yes	/ No

*Personal information obtained will be used to send out certificates, post information on the official Miyagi Olle website (only if you wish), and send out event information. If you do not wish to receive such information, please check the box below.

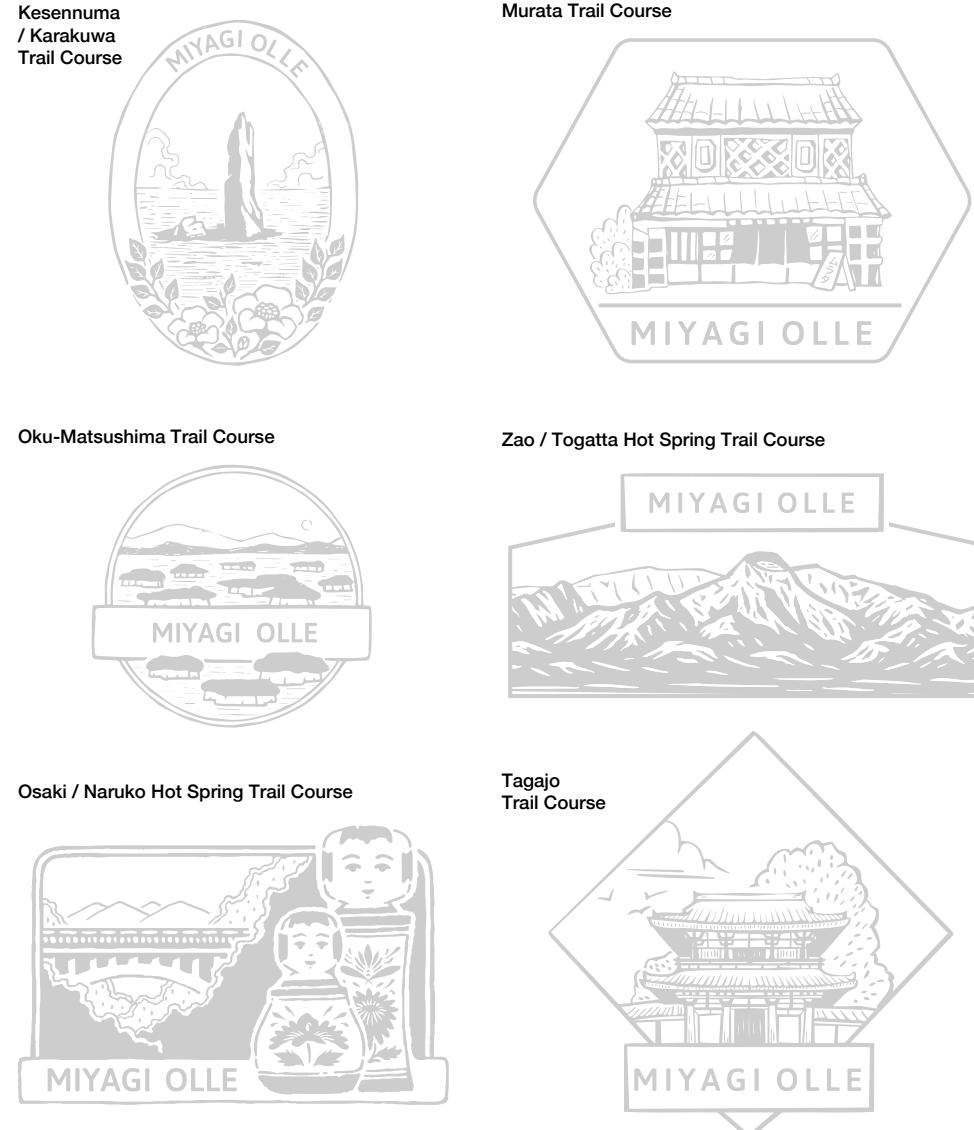
I do not wish to receive information

*Customers who live overseas and cannot send by mail, please contact us by e-mail or check the official Miyagi Olle website.
E-mail address: kanpro2@pref.miyagi.lg.jp Miyagi Olle official website: <https://www.miyagiolle.jp/>

MIYAGI OLLE TRAIL

Miyagi Olle Walking CertificationStamp

(Finish Point)



Tome Trail Course



Murata Trail Course



Oku-Matsushima Trail Course



Zao / Togatta Hot Spring Trail Course



Osaki / Naruko Hot Spring Trail Course



Tagajo Trail Course



Here are some other trekking trails besides Miyagi Olle. Experience the stunning scenery and more.



みちのく潮風トレイル Michinoku Coastal Trail

The Michinoku Coastal Trail is a "trail for walking", set mainly along the coastline of 29 municipalities in 4 Prefectures from Kabushima Island in Hachinohe City, Aomori Prefecture to Matsukawa-ura Bay in Soma City, Fukushima Prefecture. The trail, over 1,000-kilometer-long, features beautiful views of the dynamic ocean, rivers, villages and forests unique to the Tohoku Pacific Coast.

Overlapping with nature's blessings, harsh yet rich environment, people's lives in harmony with nature, their accumulated history and culture are connected to this day. The warm interaction between the walkers is also one of its main attractions. Come for a walking journey in Tohoku.



Natori City: Natori Trail Center, one of the facilities offering information



Minamisanriku Town: Mt. Tatsuganesan A road to enjoy nature and climate, and feel the livelihood

Contact information for the Michinoku Coastal Trail

3-12-1, Yuriage Higashi , Natori City
Michinoku Coastal Trail Natori Trail Center
<https://www.mct-natori-tc.jp/>
TEL 022-398-6181 E-mail info@m-tc.org

