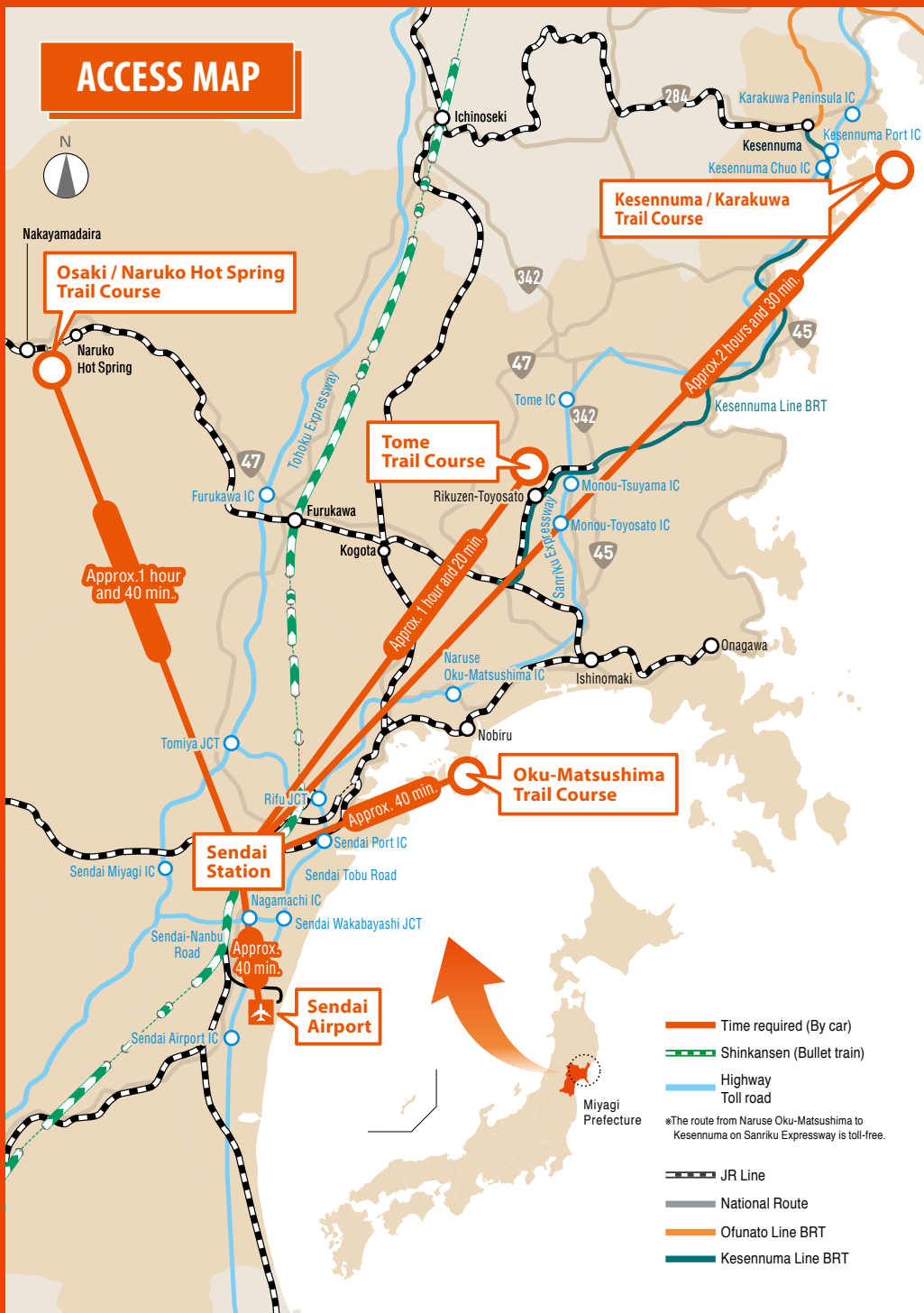


MIYAGI OLLE TRAIL

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

< 4 Trails Version >



MIYAGI OLLE TRAIL



Miyagi Olle began in October 2018 with the opening of the Kesennuma/ Karakuwa majestic views of the Pacific Ocean, and the Oku-Matsushima Trail Course over-
ma, one of three most scenic spots in Japan. In September 2019, the Osaki/ Naru-
Course opened offering soothing hot springs, and in March 2020 the Tome Trail
where visitors can experience the great nature of the Satoyama, the history and
region. Come and experience the diverse charms of Miyagi Prefecture.



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.



Trail Course with its
looking Matsushi-
ko Hot Spring Trail
Course launched,
culture of the re-
gion.

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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.

* 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.

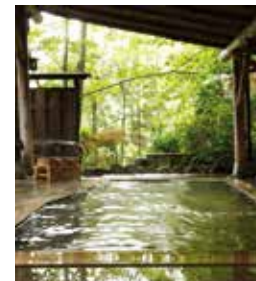


Meet Miyagi’s Samurai Hero Date Masamune

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.

Kesenuma / Karakuwa Trail Course

The sparkling sea and verdant peninsula

Contact

Karakuwa Tourism Association
(at the Karakuwa Peninsula Visitor Center)

TEL 0226-32-3029

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

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

Karakuwa Town, Kesenuma 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.



③ Cape Osaki

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

< ② Osaki Shrine

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

< ④ Kannokura Tsunami Stones

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



Access



Train

● Sendai Airport (Sendai Airport Access Line/ shortest 17 min.) ▶ JR Sendai Station (Tohoku Shinkansen/ approx. 30 min.) ▶ JR Ichinoseki Station (Ofunato Line or Highway Bus/ approx. 1 h 15 min.) ▶ JR Kesenuma 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 Kesenuma/ approx. 3 hrs.) ▶ Kesenuma-shiyakusho-mae Stop (Miyako Bus bound for Osaki/ approx. 45 min.) ▶ Karakuwa Peninsula Visitor Center



Taxi

● Sendai Airport ▶ Sendai Airport IC (Sendai-Tobu Road, Sanriku Expressway/ approx. 2 hrs.) ▶ Kesenuma Chuo IC (National Route 45, etc./ approx. 35 min.) ▶ Karakuwa Peninsula Visitor Center

Shishiori/ Kihansen Taxi
Minato Taxi
Kesenuma Kanko Taxi
Gojuban Taxi

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

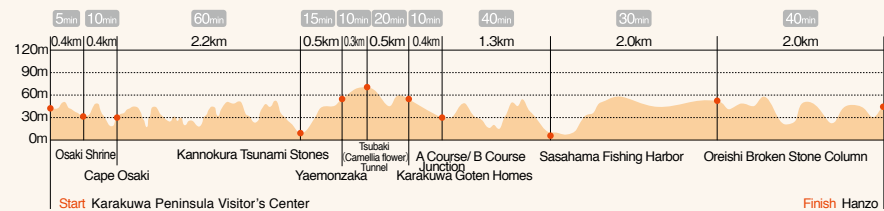
Nasuya Taxi
Kesenuma Haitaku
Motoyoshi Taxi
Wako Taxi

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



Kesennuma / Karakuwa Trail Course

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



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.



^ 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.



^ 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.



∨ ⑪ Hanzo

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



^ 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: ¥6,120, With breakfast: ¥7,130,
With breakfast and dinner: ¥10,230
Address 81 Shibitachi, Karakuwa Town,
Kesennuma City
TEL 0226-32-2264
http://www.moriyasuisan.com

Sakaya Minshuku

Room Only: ¥4,600, With breakfast: ¥6,300,
With breakfast and dinner: ¥8,300
Address 44 Iwaisawa, Karakuwa Town,
Kesennuma City
TEL 0226-34-3520
http://www.kesennuma-sakaya.com



Hamanasu Minshuku

Room Only: ¥5,000, With breakfast: ¥6,000,
With breakfast and dinner: ¥7,500
Address 195-1 Takaishihama, Karakuwa
Town, Kesennuma City
TEL 0226-32-2814
http://0226-32-2814.strikingly.com

Nagisa Minshuku

Room Only: ¥4,400, With breakfast: ¥5,500,
With breakfast and dinner: ¥7,150
Address 187 Akedo, Karakuwa Town,
Kesennuma City
TEL 0226-32-3198
http://www.karakuwanagisa.web.fc2.com

Sunago Minshuku

Room Only: ¥4,400, With breakfast: ¥6,050,
With breakfast and dinner: ¥8,250
Address 21-1 Baba, Karakuwa Town,
Kesennuma City
TEL 0226-32-2613

Funado Minshuku

Room Only: ¥4,400, With breakfast: ¥5,500,
With breakfast and dinner: ¥7,150
Address 14-5 Naka, Karakuwa Town,
Kesennuma City
TEL 0226-32-3148

Horishin Minshuku

With breakfast and dinner: ¥7,700
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.

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.O13:45)
Closed Thursdays
Miso ramen
Address 98-18 Kitanaka, Karakuwa Town,
Kesennuma City
TEL 0226-32-4340

Karakuwa Banyan 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



Kitchen Higashiyama

Hours Lunch: 11:00-14:00, Dinner: 17:00-20:30
Closed Wednesdays
Sweet and sour pork set
Address 184 Baba, Karakuwa Town,
Kesennuma City
TEL 0226-32-4285

Café Printemps

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



Hanzo Resthouse

Hours 10:00-17:00 Closed Irregular days
Chicken curry
Address 264-2 Konagane, Karakuwa Town,
Kesennuma City
TEL 0226-31-2055

Local Highlights



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

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

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

Oysters

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

Okarakuwa

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

Hoya (sea pineapple)

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

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



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

Fishing Season for Primary Fish

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

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

Kesennuma City, Industries Department, Fisheries Division, Fish Market Supervisor (Kesennuma City Fish Market Management Office)

Address 8-25 Uoichibamae, Kesennuma City TEL 0226-22-7119

The Only Shark Museum in Japan

Kesennuma Shark Museum (Kesennuma Umi no Ichi building)



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

Hours Umi no Ichi 8:00-17:00 / Kesennuma Shark Museum 9:00-17:00 / Open daily

Address 7-13 Uoichibamae, Kesennuma City TEL 0226-24-5755 Kesennuma Sangyo Center, Inc.
http://www.uminouchi.com

Oku-Matsushima Trail Course

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

Contact

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

Higashi-Matsushima Tourist Association
TEL 0225-87-2322

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

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 enjoy delicious seafood and the warm hospitality of local residents.

Distance 10km Required time approx. 4 hours Difficulty Moderate

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

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

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

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



⑬ 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 pre-historic Jomon period and is registered as a National Historic Site. There are hands-on activities to let you

experience life in the Jomon period. The museum is dedicated to the wisdom and culture of the ancient Jomon people who lived as one with nature.

Access



Train

- Sendai Airport<Sendai Airport Access Line / shortest 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 lito Plaza.



Car (Rental Car)

- Sendai Airport IC<Sendai Tobu Road to Sanriku Expressway / approx. 45 min> ▶ Naruse Oku-Matsushima IC, via Oku-Matsushima Park Line / approx. 14 min.



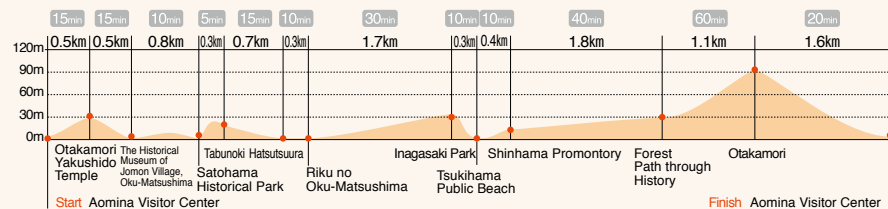
Taxi

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



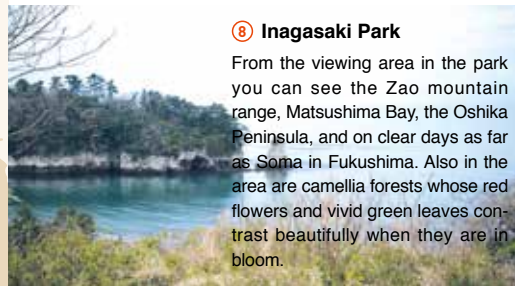
Oku-Matsushima Trail Course

- 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)



⑤ Tabunoki - Japanese Bay Tree

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



⑧ Inagasaki Park

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

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.



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.



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.



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.

⑫ Otakamori

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



Places to Stay

Otakamori Kanko Hotel

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

Sakura-sou Fishermen's Minshuku

Room Only: ¥3,880 (tax incl.),
Room with two meals: ¥7,600 (tax incl.),
Meal-only: ¥1,500 (tax incl.),
Other price options available upon inquiry,
reservation required
Courtesy shuttle Yes
Address 25 Miyato Aza Sato,
Higashi-Matsushima City
TEL 0225-88-3206
<http://www.sakura-k2.com>

Yamane Minshuku

Room Only: ¥3,500 (tax incl.),
Room with two meals: ¥6,500 (tax incl.),
Meal-only: ¥2,000 (tax incl.)
Courtesy shuttle Yes
Address 38 Miyato Aza Misaga,
Higashi-Matsushima City
TEL 0225-88-3349

Kami no Ie Minshuku

Room with two meals: ¥7,000 (tax incl.),
Meal-only: ¥3,500 (tax incl.)
Courtesy shuttle Yes
Address 16-1 Miyato-mura Tsukihama,
Higashi-Matsushima City
TEL 0225-88-4141
<https://okumatsushima.wixsite.com/kaminioie>

Shinhamasou Minshuku

Room Only: ¥3,500 (tax incl.),
Room with two meals: ¥7,000 (tax incl.),
Meal-only: ¥3,000 (tax incl.)
Courtesy shuttle Yes
Address 31 Miyato Aza Misaga,
Higashi-Matsushima City
TEL 0225-88-2045
<https://ntqsf941.wixsite.com/sinhamasou>

Nishi no Ie Minshuku

Room Only: ¥3,500 (tax incl.),
Room with two meals: ¥7,000 (tax incl.),
Meal-only: ¥2,500 (tax incl.),
Inquire for other price options
Courtesy shuttle No
Address 64 Miyato Aza Tsukihama,
Higashi-Matsushima City
TEL 0225-88-2063

Shiosai no Yado, Chidorikan

Room Only: ¥4,000 (tax incl.),
Room with two meals: ¥7,000 (tax incl.),
Meal-only: (inquire for price)
Courtesy shuttle Yes
Address 11-1 Miyato Aza Yokoyama,
Higashi-Matsushima City
TEL 0225-88-2066
<http://chidorikan.com/>

Oku-Matsushima LANE HOTEL

Room Only: From ¥6,600 (tax incl.)
Room with two meals: From ¥13,200 (tax incl.)
Room with breakfast: From ¥7,700 (tax incl.)
Restaurant: Yes
Day trip bathing: Yes
Courtesy shuttle No
Address 3-chome, 29-1 Nobirugaoka, Higashi-matsushima City
TEL 0225-86-2501
<https://okumatsushima.lanehotel.jp/>

KIBOTCHA

Room Only: From ¥4,000 (excl. tax)
Room with breakfast: From ¥5,000 (excl. tax)
Room with two meals: From ¥6,750 (excl. tax)
Restaurant: Yes
Day trip bathing: Yes
Courtesy shuttle Yes
Address 80 Nobiru-aza, Kameoka, Higashi-matsushima City
TEL 0225-25-7319
<http://kibotcha.com>

VALUE THE HOTEL

Higashi-matsushima Yamoto
Room with breakfast: From ¥5,000 (tax incl.)
Courtesy shuttle No
Address 81-11 Sato Miyato, Higashi-Matsushima City
TEL 090-7669-8759
<https://valuethotel.jp/yamoto>

Please Note: Rooms and meal-only plans are by reservation only

Places to Eat

Enmantei

Hours 10:30-19:00(L.O.18:30)
Closed 2nd and 4th Wednesday of the month
Seafood ramen, oyster ramen, clam ramen,
sea urchin rice bowl, grilled innards set
Address 8-4 Nobiru Aza Kitaakasagi,
Higashi-Matsushima City
TEL 080-5579-3769

Kibotcha Mori no Kitchen

Hours 10:30-23:30
Higashi-Matsushima Ozen
(with nori seaweed udon), Nobiru daily special,
deep fried chicken rice bowl, etc.
Address 80 Nobiru Aza Kameoka,
Higashi-Matsushima City
TEL 0225-25-7319



Gen-chan House

Hours Weekends and holidays, 10:00-16:00
Closed Monday, Tuesday, Wednesday,
Thursday, Friday
Set-meal, rice ball (takeout ok), cakes, coffee
etc.
Address 81-18 Sato Miyato-aza, Higashi-matsushima City
TEL 090-7669-8759

Aomina Shokudo Diner

Open hours 11:00 - 15:00 Closed Tuesdays
Higashi-matsushima choju-miso ramen and
Higashi-matsushima nori cold noodles
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. Nobiru Baum comes in three varieties: soft, hard and children's, with large sizes and ones that fit in the palm of your hand, making them perfect for souvenirs or sending as a present.

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.



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

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

Enjoy Matsushima by Sea

Sagakei Gorge Pleasure Boat



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

Fare Sagakei Gorge Course (60 min./¥2,200(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 8:30-17:00 (daily, year-round) First departure 8:45, last departure is 16:00 from April-September, 15:00 other months
Address 5-1 Miyato Aza Kawahara, Higashi-Matsushima City
TEL 0225-88-3997

Enjoy the Sky over Higashi-Matsushima

Blue Impulse

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

*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/>



Learn about the Great East Japan Earthquake and Progress Towards Recovery

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



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

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

Osaki / Naruko Hot Spring Trail Course

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

Inquiry

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



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 9 different spring types out of the total 11 types in all of Japan. At the Yumeguri Square, you can soak your hands in hot spring water at the "Hand Baths." The footbath at the Naruko Onsen Station, which is also the finishing point of the trail, is a Japanese cypress wood bathtub that heals your legs from the hike and provides a space for everyone to sit back, relax and enjoy a conversation.

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

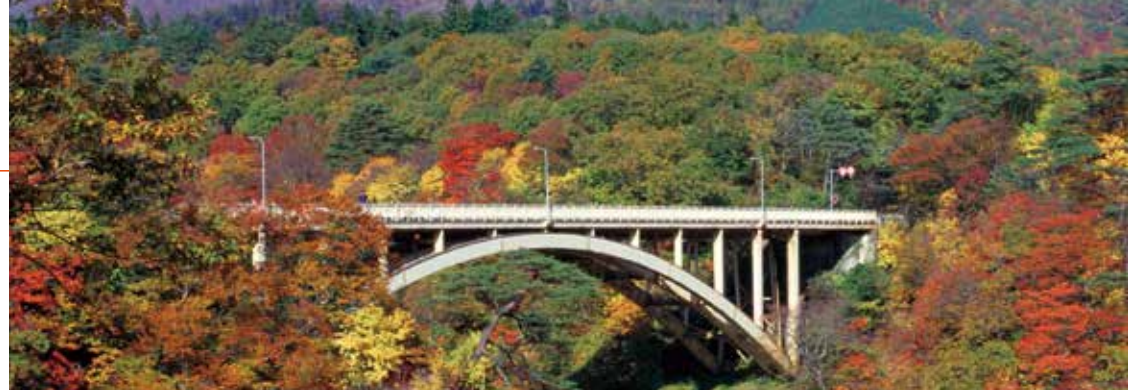
10km Distance 10km **4 hours** Required time approx. 4 hours **Beginner** Difficulty Beginner

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

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 / kakemeguru (Sick on a journey, my dreams wander the withered fields)," is a poem that Matsuo Basho wrote, which considered the journey as a metaphor for life.

⑨ Yumeguri Square "Hand Bath"

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

Access

*To the starting point



Train

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



Bus

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



Car (Rental Car)

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

*From finishing point to starting point



Train

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



Bus

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



Taxi

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

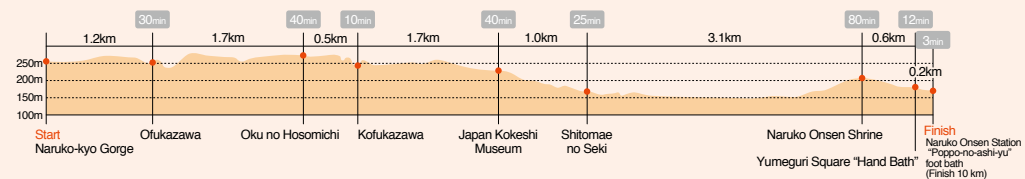
- Nakayamadaira Taxi TEL 090-4042-3744
- Kawatani Onsen Taxi TEL 0229-84-7044





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).



⑦ Shitomae no Seki (Former site of Shitomae Barrier)

A checkpoint established by the Date clan, where Basho and his apprentice Sora were eyed with suspicion and checked thoroughly in 1689. With Basho's statue and a Kushi (a stone tablet inscribed with a haiku) placed near the area, you can feel the rich history of this region.



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.



③ Ofukazawa

It was said to be the toughest area to traverse in "Oku no Hosomichi." While thankfully there is a bridge, the scenery remains just as beautiful. On a hot day, you can experience the cool sense of the flowing river.

HOTEL & RYOKAN

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

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

“The Naruko Onsen-kyo Hot Spring Village is designated as “People’s Recreational Spring” by the Ministry of the Environment. There, you can enjoy 9 different spring types out of a total of 11 types in Japan. “By purchasing the “Yu-meguri” ticket, visitors can enjoy the hot springs at the ryokans without having to stay overnight.

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

“Yu-meguri” Ticket

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

Price: ¥1,650 (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 11:30-14:30

Closed Wednesdays, 2nd and 4th Tuesdays

Pork cutlet rice bowl, ramen noodles set

Address 87-3 Shitomae, Naruko Onsen, Osaki City

TEL 0229-82-3982

Maruzen

Hours 11:00-15:00 Closed Irregular

Poached egg curry rice, mountain vegetable soba noodles

Address 109-1 Yumoto, Naruko Onsen, Osaki City

TEL 0229-83-2202

Takahashi-tei

Hours 10:00-15:00

Closed Wednesdays (except when a national holiday falls on a Wednesday)

Naruko Yakisoba with Okuzukake,

Soft-boiled “Onsen” egg curry

Address 121-1 Shinyashiki, Naruko Onsen, Osaki City (In front of Naruko Post Office)

TEL 0229-81-1510

Egaho Shokudo

Hours 9:00-20:00

Closed Irregular

Poached egg curry rice, mountain vegetables and mushroom soba noodles

Address 2-4 Yumoto, Naruko Onsen, Osaki City

TEL 0229-83-3074

Light Meal / Café Maruyū

Hours 9:00-17:00

Closed Irregular

Classic Spaghetti Napolitana (Ketchup-based spaghetti), poached egg curry rice

Address 2-1 Yumoto, Naruko Onsen, Osaki City

TEL 0229-82-2233

PLUS UP

[Traditional crafts]



Naruko Kokeshi Wooden Dolls

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

Naruko Lacquerware

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



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

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



Kuri Dango (Chestnut mochi sticky rice cake)

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

Mochi Rice Cake Store “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 its fields of fertile “Osaki Tilled Soil,” this area has been designated as a “Globally Important Agricultural Heritage Site.” Also, the city takes pride in its local sake made in a rich, natural environment using high-quality rice. Traditional crafts carrying an air of culture and history such as the “bamboo crafts” of Iwadeyama, or “Naruko Kokeshi” dolls and “Naruko Lacquerware” continue to be passed down generations and famous nationwide.

Local Sake

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

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

○Tanaka Shuzoten Osaki-kura Sake Brewery

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

○Ichinokura

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

○Kanbai Shuzo Sake Brewery

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

○Asakan Shuzoten Sake Brewery

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

○Niizawa Jyozoten Brewery

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

○Moritami Shuzoten Sake Brewery

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

○Hashihei Shuzoten Sake Brewery

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



Katanuma Lake

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

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

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

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

Location Yumoto, Naruko Onsen, Osaki City within the area

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

Hot Spring (Onsen)

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

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



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 Byodonuma Lake, walk through the Byodonuma Iko no Mori with its pristine stand of akashide (loose-flowered hornbeam trees), and end at the Byodonuma Fureai Park where you can gaze upon Byodonuma 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 Byodonuma Fureai Park.

See the main gate and stately gardens of the Miyagi Prefecture Cultural Property Korinji Temple, and take a rest at the Byodonuma 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 Wakiyaaraizeki and Tokinamiaraizeki 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, Kesenuma 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, Kesenuma 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 Tobu 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



Taxi

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

Yoneyama Town
Yoneyama Taxi TEL 0220-55-2038



> 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." Autumn is perfect for barbeque and enjoying the beauty of the colored leaves 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.



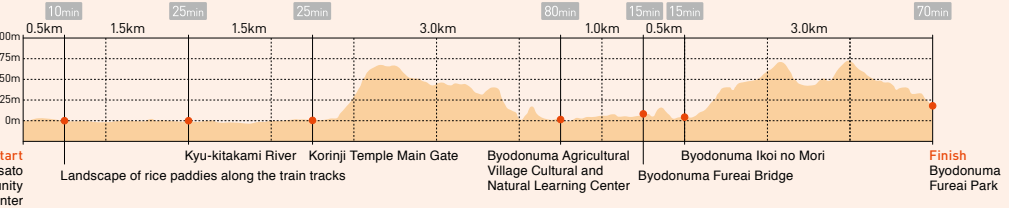
< ⑦ **Byodonuma Iko no Mori**



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.

Tome Trail Course

- ① Tojosato 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)



Places to Stay

Suzukiya Ryokan

Room with two meals: ¥8,000 (excl. tax)
Room Only: ¥5,000 (excl. tax)
Address 189-3 Shinden-machi, Toyosato Town, Tome City
TEL 0225-76-2028

Hotel Route Inn Tome

Room with breakfast: ¥6,000 (tax incl.) ~
Room with two meals: ¥6,800 (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 with breakfast: ¥7,000 (tax incl.) ~
Room with dinner: ¥8,600 (tax incl.) ~
Room Only: ¥6,100 (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 with breakfast: ¥6,930 (tax incl.) ~
Room Only: ¥6,000 (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.)
Dinner: ¥1,630 ~ (tax incl.) (reservation required)
Address 5-2-5 Nakae, Sanuma, Hasama Town, Tome City
TEL 0220-22-8611

Byodonuma youyou-kan Lodge

Bed Only * Please contact us for prices/ For group guests
Address 41 Sakuraoka 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 with two meals: ¥9,130 (tax incl.) ~
Room with dinner: ¥8,250 (tax incl.) ~
Room with breakfast: ¥6,930 (tax incl.) ~
Room Only: ¥6,050 (tax incl.) ~
Address 316 Uchinome, Hinoto, Toyoma Town, Tome City
TEL 0220-52-3171
http://www.boenkaku.jp/

Ebimon Ryokan

Room with breakfast: ¥5,800 (excl. tax)
Room with two meals: ¥6,500 (excl. tax)
Room Only: ¥3,500 (excl. tax)
Address 91 Sakurakoji, Teraike, Toyoma Town, Tome City
TEL 0220-52-3161

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 (¥500) value lunch, Kara-age set lunch, Stir-fried noodles with sauce,
Address 215 Shinden-machi, Toyosato Town, Tome City
TEL 0225-76-2368



Mitsuno Sushi

Hours Lunch: 11:00-14:00, Dinner: 17:00-21:00
Closed Tuesdays
Address 7-9 Shinmachi, Toyosato Town, Tome City
TEL 0225-76-4660
Assorted seafood rice bowl, Chirashi sushi, Nigiri sushi

World

Hours 11:00-15:00 Closed Tuesdays
Address 169-3 Koguchimae, Toyosato Town, Tome City
Salsbury steak with cheese spaghetti, Salsbury steak set



Sakura Teahouse

Hours 11:00-15:00 Closed Mondays, Tuesdays, Wednesdays
Miso ramen, pork cutlet on rice, rice ball (pack of 2)
Address 582-1 Kaimachii, Sakuraoka, Yoneyama Town, Tome City (located in the Byodonuma Fureai Park parking lot)
TEL 090-7182-8501

Handmade Shop Sowaka

Hours 10:00-16:00
Closed Thursdays, Sundays
Pasta, Pflaf, Waffles
Address 144-5 Kaimachii, Sakuraoka, Yoneyama Town, Tome City
TEL 090-4315-4430

Yoneyama Michi-no-Eki Roadside Rest Area

Hours 9:00-18:30 (April-November), 9:00-18:00 (December-March)
Closed Dec 31st – Jan 3rd
Address 67 Toda, Nishino, Yoneyama Town, Tome City
TEL 0220-55-2747
Yokozuna soup curry, Abura-fu (deep-fried wheat gluten) on rice, Yokozuna grilled pork set meal

Robata Sasaki

Hours Lunch 11:00-13:30 Dinner 17:30-23:00
Closed Mondays
Address 11-10 Shinmachi, Toyosato Town, Tome City
TEL 0225-76-4806
Miso ramen, Spicy miso ramen with leeks, Sautéed liver with garlic chives

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 curry. 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, prefectural 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 Sakurakoji, 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 (Win-ter 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" and "Tohoku Food Tourism."





For those of you who want to walk more

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

KYUSHU OLLE 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. Twenty-two courses have been established in Kyushu in each of its Prefectures (as of March 2020). In addition to the "Kyushu Olle Fair" and the "Kyushu Olle Stamp Rally Completion Certification", there are many events actively held in each of the courses.

Contact information for Kyushu Olle

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



(Saga Prefecture) Takeo Course, Takeo's Giant Camphor Tree (3,000 years old)



(Fukuoka Prefecture) Yame Course, Yame Chuo Daichaen (Great Tea Plantation)



(Kagoshima Prefecture) Kirishima Myoken Course, Inukai-no-Taki Waterfall Upper Stream Path (Low-water bridge)



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 28 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



MIYAGI OLLE TRAIL

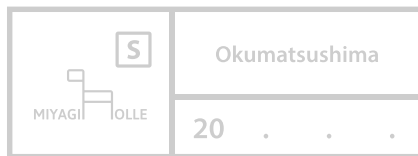
Collect Miyagi Olle Stamps

Kesenuma / Karakuwa Trail Course Start



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

Oku-Matsushima Trail Course Start



Otakamori
View of Matsushima from above
Scenic view

Miyagi Olle Souvenirs

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

Kanse Stockists

	Facility Name	Contact Details
Kesenuma/ Karakuwa Course	Karakuwa Peninsula Visitor Center	TEL 0226-32-3029
Oku-Matsushima Course	Aomina	TEL 0225-86-2177
Osaki/ Naruko Hot Spring Course	Osaki City Tourism and Products Center Dozo	TEL 0229-25-8120



Kanse Doll Key Chain (Large and Small)
¥1,800 each (tax incl.)

MIYAGI OLLE TRAIL

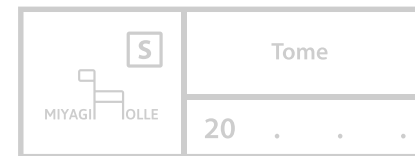
Collect Miyagi Olle Stamps

Osaki / Naruko Hot Spring Trail Course Start



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

Tome Trail Course Start



Byodonuma
Fureai bridge in the center, a swan
and a cherry tree

For any information relating to Olle Trail

Tourism Promotion Division, Miyagi Prefectural Government TEL 022-211-2824

URL <https://www.miyagiolle.jp/en/>

