



VISIT HACHINOHE
Japan's Northern Frontier

Experience all the Wonders of Nature



Nowhere in the world has the vast range of natural environments as Japan. Nature lovers can experience oceans, mountains, valleys, ancient forests are dotted around all over the country. Every year a lot of Japanese people enjoy hiking and mountaineering and tourists from around the world join to walk along famous trails, such as the Kumanokodo, or Shikoku's 88 Temple Pilgrimage. Throughout the summer these trails are full of people hiking and climbing through the beautiful Japanese countryside. If you want to enjoy pristine and beautiful nature on a path less travelled, or avoid some of the more difficult mountainous terrain, [the Michinoku Coastal Trail](#) in Hachinohe is the perfect place for you.

What is “Michinoku” ?

[The Michinoku Coastal Trail](#) is named after the ancient name for the Tohoku region. “Michinoku” means the end of the road, as the far north of Honshu was considered to be the northernmost limits of the country. The region was known for its wilderness and rugged, sea-sculpted landscapes, and even now it retains that natural charm. The Tohoku Region briefly damaged by the Great East Japan Earthquake in 2011. The government has constructed the trail as a symbol of the recovery of Northern Japan, and visitors are flocking back to enjoy the beautiful scenery of [the Michinoku Coastal Trail](#).

Kabushima Island





(Kabushima Island)

The full trail runs approximately 1000 kilometres, so hikers generally break up the distance into manageable walks. One popular section of the trail takes you from [Kabushima island](#), formed from volcanic rock 130 million years ago, where you will see the breeding place of the black-tailed gulls at close range. This is a rare chance to see these magnificent birds up close and the only place in the whole of Japan.

How to access Kabushima island

By train: 15minute walk from Same Station on JR Hachinohe Line

By bus: [Tanesashi Kaigan Sightseeing Bus Umineko](#) – “Kabushima Kaihin Koen” stop

The Ashigezaki Scenic Overlook



(The Ashigezaki Scenic Overlook)

The trail then continues down the shore via [the Ashigezaki Scenic Overlook](#), formerly used as a military facility during WWII, to “The Shore of Flowers”. This is an area full of flowers that thrive in the rugged terrain of the northern coast, and create a stunning view for any tourists. Make sure to have your camera ready.

Osuka Beach



(Osuka Beach)

The next stop on this trail is Osuka Beach, where you can experience the “singing sand” phenomena. The walk across the beach will be tough going compared to other trails, but you can hear the sand squeaking and singing underfoot, which will make up for it.

Tanesashi Natural Lawn



(Tanesashi Natural Lawn)

The final stop on this section of the trail is [the Tanesashi Natural Lawn](#). It is the perfect spot to camp out and rise early to see the sun coming up over the ocean.

Nearest Station

Train : 5 min walk to Tanesashi Kaigan Station on JR Hachinohe Line

Buss: [Tanesashi Kaigan Sightseeing Bus Umineko](#) – “Tanesashi Kaigan Information Center” stop

If you are already lacing up your boots in anticipation, find more suggested itineraries online. Happy hiking!

How to access Hachinohe

From Tokyo : About 2 hours and 45 minutes by Shinkansen Bullet Train

From Osaka (Itami Airport) : About 1 hour and 35 minutes by flight to Misawa Airport

From Sapporo (Okadama Airport) : About 1 hour by flight to Misawa Airport

For more information please see the VISIT HACHINOHE website [here](#).





About VISIT HACHINOHE

The Hachinohe Area is comprised of eight regions; Hachinohe City, Sannohe Town, Gonohe Town, Takko Town, Nanbu Town, Hashikami Town, Shingo Village and Oirase Town.

The VISIT HACHINOHE organization has simple goals: to raise awareness about the unique and amazing attributes of the Hachinohe Area as a domestic and international travel destination, to establish Hachinohe as a brand known for its quality and excellence, to increase the number and satisfaction of both visitors related to tourism and business, to continue to support the growth of local businesses and entrepreneurs, and to work towards increasing the residential population of the area as a whole.



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