

## **Michinoku Coastal Trail**

The Michinoku Coastal Trail is a long-distance walking trail that extends 1,025 kilometers along the Pacific coast in northern Tohoku. Michinoku, an ancient name for the Tohoku region, means “the end of land.” Kabushima, in Hachinohe, Aomori Prefecture, marks the northern end of the trail, which has its southern terminus in the city of Soma in Fukushima Prefecture.

The Hachinohe portion of the Michinoku Coastal Trail is a gentle 15-kilometer course that takes hikers along the Tanesashi Coast, characterized by rugged rock formations weathered by the tides, white sand beaches, dense pine forests, and vast lawn-like grasslands. Besides the scenery, hikers can view a wide range of endemic flora that vary with the season. Signs along the trail indicate points of interest.

One highlight of any trip along the trail is the chance to interact with local residents to gain a firsthand appreciation of life in this coastal region and how it is affected by the natural environment.