

The Michinoku Coastal Trail (2)

The Michinoku Coastal Trail spans four prefectures, passing through protected forests, coastal city centers, secluded beaches, and picturesque villages. It follows steep mountain paths and rugged country roads. Hikers are encouraged to approach the trail at their own pace, whether doing a day hike, taking a journey of several days, or attempting to walk the entire length in one trip (which takes at least a month and a half). Regardless of the distance covered or the pace of the hiker, the trail offers close encounters with the nature, culture, and cuisine of northeastern Japan. It also provides a glimpse into the recovery efforts that have been ongoing since the destructive tsunami. The Ministry of the Environment, local governments, and private organizations continue to work together to manage this project.