

Ohama Beach

Ohama Beach, one of the highlights of the Goishi Coast, lies about a 10- or 15-minute walk north from the Goishi Coast Information Center and campground. The route follows the coastline on a short section of the Michinoku Coastal Trail, a 1,000-kilometer trail along the Pacific coast. This section is a well-maintained, up-and-down course that passes through a forest of pine and Japanese cypress before arriving at the gently curving Ohama Beach. The beach consists of gravel from the eroded sandstone, mudstone, and other rocks that make up the Goishi Coast. On the south side of the beach is a small cave, which legend says an *oni*, a mythical ogre, carved out of the rock.