

Day 6 Distance and elevation Tanohata → Miyako (Jodogahama)

Total walking distance:
approximately ~12km

Today's recommended walk:

Tsunami Memorial Park → Jodogahama Visitor Center

Walking distance: 11.7km / 7.3 miles

Elevation: +400m / -450m

Overview Course walking options

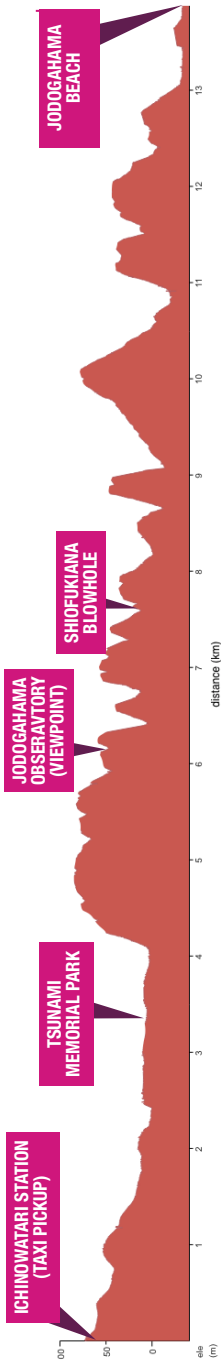
RECOMMENDED COURSE

After breakfast, you once again board a charming Sanriku Railway train for transfer to Ichinowatari 一の渡駅 a remote, unmanned station. A taxi has been reserved in line with your arrival to then take you to a nearby convenience store to buy lunch provisions, before heading to your walking start: Shinsai (Tsunami) Memorial Park Nakanohama 震災メモリアルパーク中の浜. This is the first of two local landmarks. The second is a blowhole that spumes water to a height of over 30 meters in heavy seas. From hereon south, the scars left by the 2011 disaster are more apparent, so too are the subsequent and often mammoth reconstruction efforts undertaken to ameliorate future inundations.

Lunch is eaten al fresco at your choice of one of the many scenic sheltered spots along the trail. The day finishes at Jodogahama, a series of heavily weathered cliffs topped with akamatsu red pines that frame a scene of quiet clear-water bays bordered by sparkingly white sandy beaches. Nearby is an informative visitor centre, a pleasant place to complete today's journey. Your accommodation is nearby, where you start your, by now, well-practiced routine of enjoying a relaxing soak before settling down to dinner, once again composed of delicious local produce.

RELAXED COURSE/NOT FEELING UP TO A WALK

On arrival at Ichinowatari station, you may choose to shorten the walk by asking your reserved taxi driver to take you to Shiofuki-ana blowhole parking lot 潮吹穴駐車場 instead of the Tsunami Memorial Park (*see opposite). Alternatively, if not feeling well or weather is an issue, you may take the morning train directly to Miyako 宮古, another ten minutes (two stops, JPY310) on the train. Relax here at a cafe or take a taxi to visit Jodogahama Beach. *Note that the next train departure from Tanohata is 11:28, arriving at Miyako at 12:14. * If going directly to Miyako, please contact us to cancel the reserved taxi.



Day 6 Recommended Course Itinerary Summary:

BEFORE LEAVING THE INN, PLEASE RETURN YOUR ROOM KEY, PAY FOR ANY DRINKS, AND BE SURE TO CONFIRM THE OVERNIGHT COURIER OF LUGGAGE (SEE BELOW).

・7:00/7:30am Breakfast at the inn

*If you did not do so yesterday, **ask inn staff for a ride** to Tanohata station at 8:30-40

8時57分発の電車を間に合うため、8時30-40分に田野畑駅までの送迎お願いできますか？

("Could I/we have a ride to Tanohata station at 8:30-40 to catch the 8:57 train?")

・8:15-8:30 Checkout ***Confirm** overnight sending of luggage (see below)



8:57 Train: Tanohata 田野畑 → Ichinowatari 一ノ渡

9:34 Arrive **Ichinowatari Station 一ノ渡駅**

★**A taxi** has been reserved/pre-paid by our offices to pick you up on arrival at Ichinowatari station. It will take you to a nearby convenience store to buy picnic lunch provisions (as there are no options en route), then on to **Shinsai Memorial Park Nakanohama 震災メモリアルパーク中の浜** to begin your walk.

・If you would prefer to shave off approximately 4km from the day's walk you may also ask the driver to instead drop you at the Shiofuki-ana (blowhole) parking area after the convenience store stop. You may then follow walking notes from the blowhole.

・If skipping the walk for any reason and/or taking a later train from Tanohata, please contact our offices so that we may cancel this taxi pickup.

11:00-12:00 Reach Jodogama Observatory viewpoint

*Covered shelter available (good spot for your picnic lunch)

15:00-16:00 Arrive Jodogahama Beach / Jodogahama Visitor Center

*It is a short (600m, ~10-minute walk) walk from the beach to nearby accommodation.



Again, on checkout, please be sure to confirm that your luggage is being sent overnight to your **Day 7 accommodation via takkyubin 宅急便 overnight courier service**. This means you will be without your luggage for one evening and will need to carry a daypack (change of clothes, your passport, water, rainwear, any personal medication, etc). Tonight's inn will have all basic amenities, including *yukata* nightwear.

★**The cost of sending one piece of luggage per person is included in your tour.** Any extra luggage can be sent for approximately JPY1500-2000 per piece.

★Please allow at least ten minutes to go through the process of sending the luggage. Ask inn staff to help you fill out a *takkyubin* 宅急便 courier form for the below address. Include your name and date of stay, and please don't forget the receipt (*hika-e* 控え)! If any confusion regarding payment, please ask staff to contact Japan Travel Company.

〒022-0002岩手県大船渡市大船渡町字丸森29番1 **大船渡温泉** TEL:0192-26-1717
(Marumori-29-1 Ofunatocho, Ofunato, Iwate 022-0002 Ofunato Onsen)



Overview Map: Tsunami Memorial Park → Jodogahama Visitor Center (~12 km / 7.5 miles)



★At Tanohata Station 田野畑駅

After receiving a ride from the inn to Tanohata Station (again, taking roughly five minutes. Departure from the hotel between 8:30-8:40 is recommended), **buy a ticket** at the small, manned counter inside.

*Tickets cost **JPY850** per person. You may just say the destination, Ichinowatari Station, for simplicity.

ICHI-NO-WATARI (一の渡)

or show the below Japanese text:

「一の渡」までお願いします。

Ichi-no-watari-made onegaishimasu.

(“To Ichinowatari, please.”)

*NOTE: Use the restroom at Tanohata station, if needed, as there are none at Ichinowatari station. (Next available at the beginning of your walk.)



TICKET
COUNTER

SHOP



*Walk to and wait at the platform for the

8:57 train departure (bound in the direction of Morioka/Kameishi). The front car door should open automatically. The train usually takes 36 minutes to **arrive at Ichinowatari 一の渡 at 9:34am.** (For reference, the station before Ichinowatari is “Sabane” 佐羽根.)



DIRECTIONS: Ichinowatari station 一の渡駅 → Jodogahama 浄土ヶ浜



• Arrive Ichinowatari Station and exit the train from the front door, handing the conductor your ticket. From the platform, take the steps down turning left to reach the road below.

★Your reserved taxi will be waiting here.



★ TAXI TRANSFER from Ichinowatari station:

YOUR TAXI HAS BEEN DIRECTED TO FIRST TAKE YOU TO A NEARBY CONVENIENCE STORE (ROUGHLY 6 MINUTES AWAY) TO BUY PICNIC LUNCH PROVISIONS. PLEASE BE EXPEDIENT IN BUYING LUNCH SUPPLIES AND WATER (THERE ARE NO OTHER OPTIONS EN ROUTE). THE TAXI WILL THEN TAKE YOU ROUGHLY ANOTHER 7 MINUTES TO SHINSAI MEMORIAL PARK NAKANOHAMA TO START YOUR WALK.

IF YOU WOULD LIKE TO CONFIRM THE COURSE, SHOW THE BELOW JAPANESE TO THE DRIVER:

コンビニに寄ってから、震災メモリアルパーク中の浜 までお願いします。

Conibini-ni-yotte-kara, Shinsai-Memoriaru-Paaku-Nakanohama-ma-de-onegaishimasu.

("Please take us to Shinsai Memorial Park Nakanohama after stopping at the convenience store.")

*OPTION OF SHORTENING TODAY'S WALK:

*AS PER ITINERARY SUMMARY NOTES, YOU MAY ALSO ASK TO INSTEAD BE DROPPED OFF AT SHIOFUKI-ANA (BLOWHOLE) PARKING AREA (ROUGHLY 7 MINUTES AWAY BY VEHICLE) TO REDUCE THE DAY'S WALK BY ~4KM.

IN THIS CASE, SHOW THE FOLLOWING JAPANESE TO THE TAXI DRIVER:

コンビニに寄ってから、震災メモリアルパーク中の浜ではなく、潮吹穴駐車場までお願いできますか？

("After the convenience store, can you please drive us to Shiofuki-ana parking lot instead of the Memorial Park?")

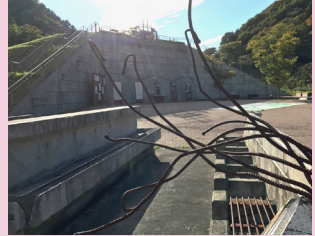
FROM THE PARKING AREA FOLLOW TRAIL STEPS DOWN SOME 200M TO REACH THE BLOWHOLE, THEN FOLLOW NOTES FROM P.99.

WALKING DIRECTIONS:

Shinsai Memorial Park Nakanohama → Jodogahama 浄土ヶ浜

The Shinsai (Tsunami) Memorial Park Nakanohama 震災メモリアルパーク中の浜 *Toilets available here.

Take some time here before your walk. Informative and well-designed signage in English describes the extent of the 2011 tsunami's damage to this former campsite, as well as the surrounding area, in detail. The man-made hill here is the height of the tsunami itself, which travelled over a kilometer inland.



•After visiting the memorial park, continue right along the road and through the tunnel you just came through by taxi. Reach a T-junction road on the the other side.

350m



•Turn left here.

Head straight on as the road reaches the end of the port.



250m

Look to your right and you'll see trail signs pointing up the trail head.



It is ~3km (1.9 miles) from here to the Shiofukiana Blowhole.

•Head up the trail steps to enter forest. Pass a red gated shrine. The sea bubbles to welcome you ahead. Continue up the trail steps at your own pace and reach a road. Follow the trail signs up it left and re-enter the trail 20m ahead.

250m



•A steep down and then up up steps again, follow the trail ribbons. Initially on slightly rougher terrain, the trail soon becomes much more pleasant. Wind your way on this well-maintained path lined by native magnolia, cherry, beech and oak forest and with just enough windows to the sea to let you know that it is still there.

Reach a shelter where you may have a rest and take in the ocean view.

900m



•From the shelter continue straight on the path and avoid any side paths that lead to the nearby Anegasaki Campground. *At a less obvious split in the path continue left (an illustrated route map has some English on it). You are heading for Anegasaki viewpoint.



Be careful on potentially slippery wooden steps ahead and soon reach Anegasaki viewpoint. After seeing the view here, continue following signs to the blowhole.

300m on, reach the Jodogahama Observatory viewpoint 浄土ヶ浜展望台.



1 KM

JODOGAHAMA



Jodogahama Observatory
viewpoint 浄土ヶ浜展望台

Located roughly 6km (3.7 miles) into your walk, this viewpoint gives you the first view of today's goal Jodogahama ("Pure Land Beach", i.e. compared to the Buddhist paradise). The shelter here is a perfect point to enjoy your picnic lunch, and is the only covered spot for the remainder of the walk. While resting on the benches here, you may be lucky enough to spot an osprey, peregrine falcon, pacific swift or other sea birds that migrate along this coast.



• Leaving the viewpoint, continue along the trail. Follow trail signs pointing left ahead (900m to Shiofukiana Blowhole). ★Further on, at a split in trail steps, be sure to follow the trail post pointing straight on (*going left here is a steep down to a dead end).



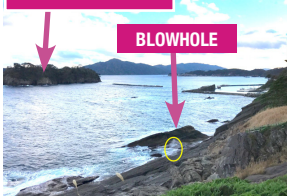
Now heading primarily down along undulating trail, cross over two wooden bridges and reach another platform view. From here the way, is mostly up. After two very steep ups, reach a point with four benches.



1.4 KM

HIDESHIMA ISLAND

BLOWHOLE



★As the trail narrows ahead, lined by dwarf pine bushes, be sure to look to your left. A somewhat hidden shelter offers a good view of the **Shiofuki-ana Blowhole**. A sign and concrete staircase further on leads left and down to allow closer observation of the blowhole.

Shiofuki-ana Blowhole 潮吹穴 & Hideshima island 日出島

The *shiofuki* ("tidal spray") of this blowhole may reach 30m (~100ft) in rough seas. On calmer days, a faint spouting

mist comes in with the waves. Beyond, Hideshima ("Sunrise Island") is visible. Known for its celestial mornings, the island is a nesting point for storm petrel seabirds, which breed in the rocky crevices here in May and June. Named after St. Peter for their innate ability to "walk on water", these birds in fact, cannot use their legs for walking on land, and were once a bad omen for sailors, associated with witches and bedevilment.

Shinsai Memorial Park → Shiofuki-ana Blowhole: ~4km (2.5 miles)



i Toilet or ending the day early: If in dire need of a toilet, or if you feel the need to end the day early for any reason, the Shiofuki-ana Parking Area is a 200m detour away. Diverting from the walking route, follow right at the nearby sign to take the steps leading up to the parking area. If you need to end the walk here, contact our offices to help arrange a taxi (JPY3000-4000) to Miyako. Alternatively continue on 540m to Hideshima Port.



• Continue along the undulating trail, now heading for your goal of Jodogahama, roughly 6km (3.7 miles away). Reach the end of the forest trail and follow the concrete path down past a number of fisherman's homes. Reach a wider road at Hideshima Fishing Port 日出島漁港.

540m



• Follow **right** here.

Head up the asphalt road. ★Lookout for a small trail post sign ahead that points to Jodogahama.

300m



• Follow left here and down the trail.

★Enjoy the rises and falls of this beautiful trail section (~2km and +110/-115m elevation gain to Osawa Fishing Port). Beware of steep drop offs to the ocean below, and take care in wet conditions, especially when crossing streams ahead. Now a veteran on these extended ups and downs, still legs may be more tired than you think. Keep up your concentration!

At the bottom, you may visit the coast to the left here if you'd like, but the trail continues to the right. Follow over a bridge and up the path parallel to the stream. Cross and re-crossing the stream via narrow wooden footbridges to head up the forest trail. Exit the forest trail and meet a road ahead, marked by trail signs (3km to Jodogahama Beach).

2.1 KM





•Follow left and then ahead with the road right. A sea breakwall soon appears, protecting the small fishing hamlet of Osawa 大沢 here. Meeting another road, follow the trail signs left (“Jodogahama Beach 2.7km”) then straight ahead where a ribbon is tied off showing the entrance back onto forest trail. *Another trail marker soon ahead shows you are going the right way.



350m



•It is another steep up from here. A little over 1km on, reach a signed junction point. You may detour 100m left to the Takonohama (“Octopus Beach”) viewpoint if you wish, or continue to your goal of Jodogahama Beach.

Some 800m on, reach a Buddhist graveyard and you have completed the forest trail section of today. ★Please click the trail counter at the end here.

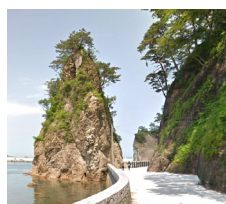
1.7 KM

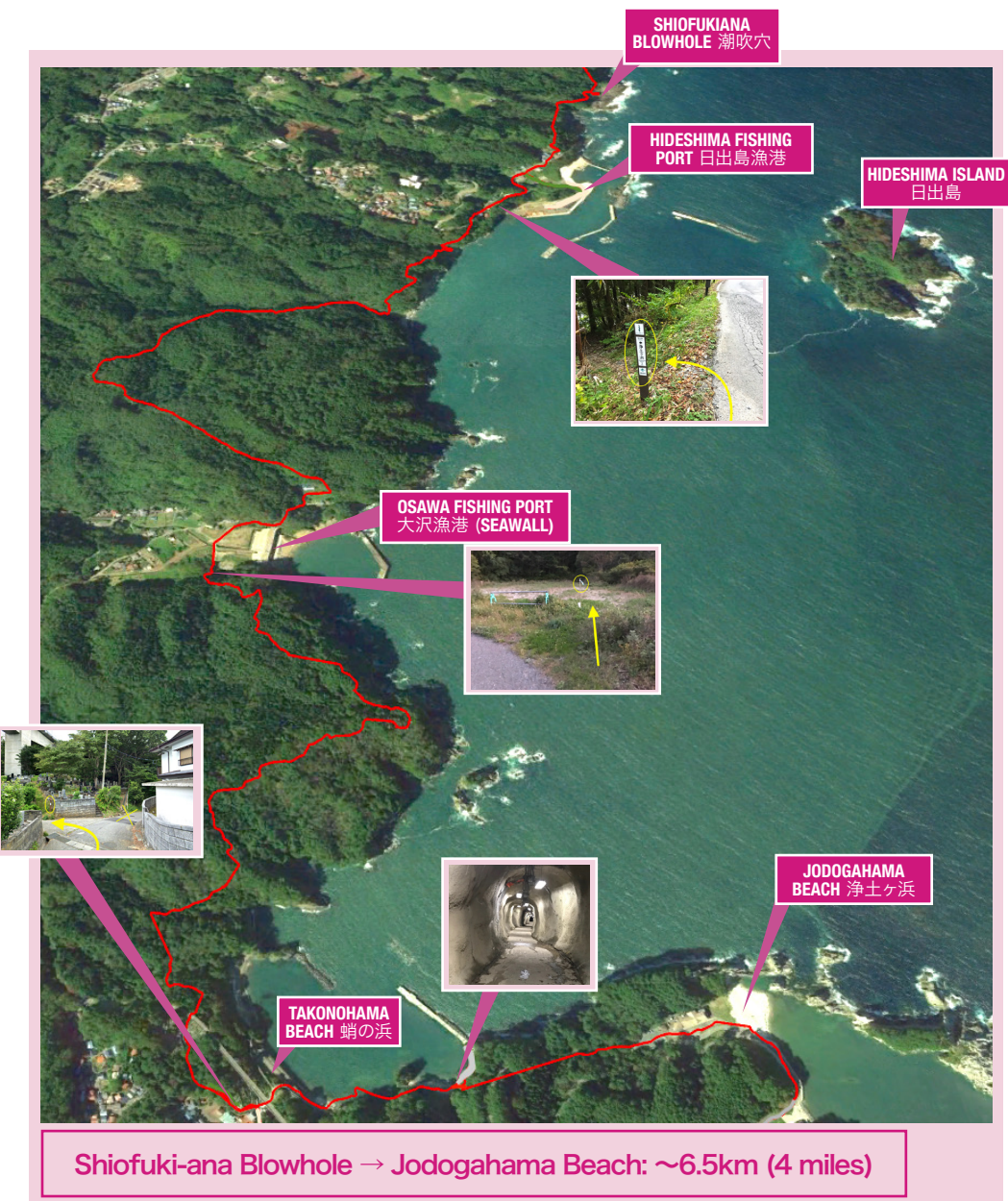
•Walk through the family grave monuments. A trail post ahead designates a turn right to now walk along a concrete lane. Soon ahead, follow another trail post directing you left and down.



Wind your way down the concrete lane, passing the roof of a Soto-Zen Buddhist temple (*Shinko-in* 心公院, that maintains these family grave sites). ★Just before the road begins to curve down right, LOOK OUT for a trail sign pointing left, 700m to Jodogahama Beach. *There are toilets on your left, if needed. Follow the bridge walkway all the way down. Pass through a tunnel and reach the first clifflike crags of Jodogahama’s natural wonders soon ahead. Follow the sloping walkway through a lit tunnel. Exiting this tunnel, a trail sign points another 300m to reach your goal of Jodogahama Beach.

1 KM





•Heading through the parking lot ahead, pass a larger public toilet and souvenir shop to visit the scenic beach and rocks ahead.



Jodogahama Beach 浄土ヶ浜

A 17th Century monk likened this beach to a Japanese rock garden depicting the Buddhist *Jodo* 浄土 Paradise (or “Pure Land”). Located on Miyako’s Usuki Peninsula, these natural rock formations are dated to the last glacial period some 10,000 years and have gained their unique shape from millenia of wind weathering/tidal erosion. Enjoy the beautiful scenery of this spot, before visiting the nearby Jodogahama Visitor Center and/or walking directly to accommodation. If you have reached Jodogahama significantly early, you may also be interested in a 20 minute boat cruise of the surrounding inlet and Blue Cave grotto (*see directions below).

★From here, it is another 700m (~15 minutes) to the Jodogahama Visitor Center or another 500m (~10 minutes) to your accommodation.

Walking directions for both follow:

•Follow the walkway path hugging the coast. Reach a restpoint shelter ahead.

150m



COASTAL WALKWAY
to VISITOR CENTER

(Asphalt road
to hotel)



•**To reach the visitor center**, continue on the coastal concrete walking path. (*If weather and high seas are an issue, the roadway right also leads up and over to the visitor center). Reach the Marin House マリンハウス (*If you are exceptionally early, Blue Cave boat ride tours may be arranged here.)

280m

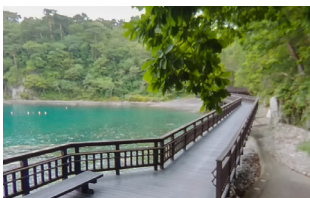


MARINE HOUSE

•Follow right along the path past the Marin House/public toilet.

*Take the tunnel (not the trail stairs) ahead.

50m



•Continue along the coastal walkway. The Visitor Center is soon visible ahead.

220m



VISITOR CENTER

SELF-GUIDED

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