



Japan Holidays
EXCLUSIVE TOUR

MICHINOKU COASTAL TRAIL TOUR

Sept 5th (Sat) - Sep 13th (Sun) 2026

Oct 25th (Sun) - Nov 2nd (Mon) 2026

From A\$ 5260 Per Person Twin Share



TOUR DESCRIPTION



9 days | 8 nights tour

Begin: in Hachinohe

End: in Ichinoseki



A\$ 5260 pp - Twin Share

(Single Supplement - \$760.00)

*Subject to exchange rate

Inclusions



Daily breakfasts, lunches & dinners



Transfers, tours, craft & entrance fees as per itinerary



Private escort / guide in Japan



8 Nights' accommodation in Western hotels & traditional Japanese ryokans

Exclusions: International airfares / Entrance fees & Meals not shown in itinerary

Highlights

Highlight! Visit Kabushima Shrine and hike along the Tanesashi Coast

Highlight! Travel along the dramatic Kitayamazaki Cliffs

Highlight! Feel the warmth of the local hospitality and cuisine unique to this sparsely-populated region.

Highlight! Experience a Seafood Dinner feast in a traditional inn.

Highlight! Visit the beautiful natural caves at Ryusendo in Iwaizumi

Highlight! Enjoy a performance of a local traditional dance

Highlight! Enjoy staying in traditional Japanese inns and enjoy local onsen bathing.



Your Hiking Guide - Ms Katy Shina

Born in 1984 in Brisbane, Australia. An interest in Japanese culture and traditional performing arts, led her to study abroad in Japan on multiple occasions, after which she moved to work in the Tourism section in Hokkaido, Japan.

She moved to Iwate after the Great Tsunami that hit Northern Japan in 2012 and has walked extensively along the Michinoku Coastal Trail across all seasons



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ITINERARY

Autumn Tours 2026

1 Arrive in Hachinohe

Arrive in Hachinohe and meet your guide at your hotel. Please enjoy a welcome dinner in downtown Hachinohe with your group.

Accommodation: Western-style hotel



2 Begin your adventure with a short train ride to Same Station, then walk to Kabushima Shrine, the northern gateway of the Coastal Trail. From here, follow the breathtaking Tanesashi Coast, with sweeping Pacific views. At day's end, arrive at the Tanesashi natural lawn area before transferring via private vehicle to Kuji City for our overnight accommodation. We will enjoy dinner at a local restaurant.

Accommodation: Western-style hotel



3 Today's hike begins at Nedarihama Port and follows the coastline past the Kurosaki Viewpoint before continuing on to the dramatic Kitayamazaki Cliffs, one of the most spectacular landscapes along the Michinoku Coastal Trail.

As this is the longest hike of the trip, we will return to a local inn in the evening, where you can relax in the hot springs bath and enjoy a local dinner.

Accommodation: Tanohata - traditional Japanese inn



4 Begin the day with a visit to the beautiful natural caves at Ryusendo in the area of Iwaizumi.

After this, we will transfer to the town of Tarō, a place deeply marked by the Great East Japan Earthquake and tsunami. We will start our hike at the Masaki lookout and hike down to the town of Taro.

Accommodation: Jodogahama - traditional Japanese inn



5 Begin the day with a breakfast at the hotel before transferring to the Shiofuki Blowhole. From here we will follow the Michinoku Coastal Trail as it winds through mixed forests and along rugged stretches of coastline.

Your walk culminates at the stunning white rocks of Jōdogahama Beach, one of the most iconic landscapes of the Sanriku Coast.

Accommodation: Jodogahama - traditional Japanese inn



6 Today's walk takes you to the easternmost point of Japan's main island, a dramatic stretch of coastline leading to the Todogasaki lookout. The hike begins at Omoe Port, following rugged coastal paths and forested trails, before finishing at the Aneyoshi campgrounds.

From here, we transfer to the Otsuchi or Kamaishi areas.

Accommodation: Otsuchi/Kamaishi - traditional Japanese inn



7 Today you will follow the Kuwadai Pass, a historic section of the old Hamakaidō route that once connected the port towns of Kamaishi and Ōfunato. This trail was used for centuries by travelers and merchants moving between coastal communities, and walking it today offers a unique window into the history and resilience of the Sanriku region.

Accommodation: Ofunato - traditional Japanese inn



8 This morning begins with a hike along the Goishikaigan Coast, one of Sanriku's most scenic stretches. After enjoying a local lunch, we transfer to Rikuzentakata for an afternoon walk from Mutsugaura Port to the rugged Kurosakisenkyō headland.

Accommodation: Kesennuma: traditional Japanese inn



9 After breakfast, check out and transfer to Ichinoseki station, an ideal hub for onward travel to your homebound destination. The tour concludes at Ichinoseki Station around 11:00 a.m.



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