Michinoku Coastal Trail Supporters PDF

【★】Services for those who can show a Data Book, Hiking Map Book, or Michinoku Trail Club supporting member card

Please check details for fields marked with an asterisk(※)

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City	Name	Support	Details	Address(Japanese)	Tel.#	MB page	MB page Prev. ed.
Hachinohe	Yoshu Kissa Prince	Trail-related menu items		〒031-0089 青森県八戸市長横町１８	0178-44-1827	-	-
Hachinohe	Kissa Hebana	Water, toilet, charging		〒031-0001 青森県八戸市類家縄手下１	－	-	-
Hachinohe	Hachinohe Guest House Tosenoie	Shuttle service within the designated area listed in “Details” and free luggage storage are available for staying guests. Contact us for more information.	Rides between Kabushima Shrine and Guest house Tosenoie	〒031-0003 青森県八戸市吹上３丁目９－４９	－	-	-
Hachinohe	OUTDOOR BOX RIVER RUNS	Water, toilet, charging, sells Hiking Map Books, Trail Gate goods		〒031-0842 青森県八戸市鮫町鮫７５－５	0178-20-0234	MB1-1	MB1-1
Hachinohe	Hachinohe City Marine Science Museum "Marient"	Luggage/backpack storage (please ask at counter). Free resting area.		〒031-0841 青森県八戸市鮫町下松苗場１４－３３	0178-33-7800	MB1-1	MB1-1
Hachinohe	Minshuku Ishibashi	Water, toilet, rides for staying guests in area under details (※), sells Hiking Map Books, Trail Gate original goods	Rides between Minshuku Ishibashi and Same Station, can also go get luggage at Same Station	〒031-0841 青森県八戸市大字鮫町棚久保１４－１２	0178-38-2221	MB1-2	MB1-1
Hachinohe	Yanagisawa Store	Water, toilet, sells gas canisters, camping goods		〒031-0841 青森県八戸市鮫町棚久保１４－１４９	0178-38-2024	MB1-2	MB1-1
Hashikami	Hashikami Omotenashi Angel	Hashikami City Supporters' Information https://www.town.hashikami.lg.jp/index.cfm/8,0,96,html		〒039-1201 青森県三戸郡階上町大字道仏字天当平1-87	0178-88-2875	MB1-2～1-5	MB1-2～1-4
Hirono	Hirono Trail Angel	Hirono Town Supporters' Information https://hirono-kankou.jp/post-1247/		〒028-7900 岩手県九戸郡洋野町種市23-27 種市庁舎水産商工課内	0194-65-5916	MB1-5～1-8	MB1-5～1-8
Hirono	Marin Side Spa Taneichi	Discount on stay (★), water, toilet, sells Trail Gate goods	Please see web site (Japanese) for details about discount. https://www.marin-taneichi.com/	〒028-7914 岩手県九戸郡洋野町種市第２３地割２７－１９	0194-65-5735	MB1-6	MB1-5, MB1-6
Hirono	Guest House Hamanasutei	Water, toilet, charging, rest area, food and beverage are available for purchase.	Advance reservation required. Same-day phone reservations available for room-only stays.	〒028-7914 岩手県九戸郡洋野町種市22-131-3	090-6953-2989	MB1-6	MB1-6
Noda	Trail Oasis Noda	Noda Village Supporters' Information https://www.noda-kanko.com/kankou/trail/trail-oasis-noda.html		〒028-8201 岩手県九戸郡野田村大字野田19-117　野田村商工会	0194-78-2012	MB2-2～2-4	MB2-2～2-4
Fudai	Marusa Saga Seafood Store	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第１３地割普代１４２－７	0194-35-3321	MB2-6	MB2-5
Fudai	Marukoshi Store	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第１３地割普代１４０－４	0194-35-2233	MB2-6	MB2-5
Fudai	Maruni Supermarket	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第１３地割普代１２８－７	0194-35-2201	MB2-6	MB2-5
Fudai	Mifune Seika Sweets	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第１３地割普代１２８－１	0194-35-2020	MB2-6	MB2-5
Fudai	Kamikanda Meat Shop	Water		〒028-8335 岩手県下閉伊郡普代村第13地割字普代112-6	0194-35-2210	MB2-6	MB2-5
Fudai	Cafe AWAI	Water, charging, Wi-Fi		〒028-8335 岩手県下閉伊郡普代村第13地割字普代112-1	080-4517-3279	MB2-6	MB2-5
Fudai	Shimokawara Sweets Shop	Water, toilet		〒028-8335 岩手県下閉伊郡普代村第１３地割普代９５－２	0194-35-2037	MB2-6	MB2-5
Fudai	Fudai Antenna Shop Aide	Charging		〒028-8332 岩手県下閉伊郡普代村第９地割銅屋５－３	0194-35-2411	MB2-6	MB2-5
Fudai	Beachside Farmer's Market Kiraumi	Charging		〒028-8341 岩手県下閉伊郡普代村第７地割	0194-35-2114	MB2-6	MB2-5
Fudai	Restaurant Uosada	Water, toilet		〒028-8344 岩手県下閉伊郡普代村 第6地割字中山29－2	0194-35-3011	MB2-6	MB2-5
Fudai	Michinoku Coastal Trail Nedari Beach Rest Area	Tent camping (★), water, toilet		-	－	MB2-6	MB2-5
Fudai	Kurosakiso	Rides for staying guests in area listed under details (★), water, toilet	Rides between Kurosakiso and Fudai Station, Kurosakiso and Kitayamazaki	〒028-8351 岩手県下閉伊郡普代村第２地割下村８４－４	0194-35-2611	MB2-6	MB2-5
Fudai	Minshuku Michiai	Rides for staying guests in area listed under details (★)	Rides between Michiai and Fudai Station, between Michiai and Tanohata Station when possible (please check)	〒028-8351 岩手県下閉伊郡普代村第２地割下村１７	0194-35-2555	MB2-6	MB2-5
Tanohata	Aketo Campground	Water supply, toilets (Only from 9:00 to 17:00 during winter season)		〒028-8402岩手県下閉伊郡田野畑村明戸157-3	0194-33-2816	MB2-7	MB2-7
Tanohata	Guest House TACHI stay&bar	Water, toilet, charging,Wi-Fi,[Transportation available for hotel guests only (★), shower, washing machine]	Same-day reservations OK	〒028-8407 岩手県下閉伊郡田野畑村菅窪40-3	080-1984-8806	-	-
Iwaizumi	Gotenzaki Natural Rest Park	Toilet, tent camping (※)	Please see this PDF	-	－	MB2-9	MB2-8
Iwaizumi	Japanese Seafood Restaurant Kanazawa	Freebie with order		〒027-0421岩手県下閉伊郡岩泉町小本字茂師1-1	090-9109-1256	MB2-10	MB2-9
Miyako	Trail Town MIYAKO	Miyako City Supporters' Information https://kankou385.jp/topics-trailtownmiyako/		〒027-8501岩手県宮古市宮町一丁目1番30号 宮古市産業振興部観光課	0193-62-2111	MB2-10～3-10	MB2-9～3-9
Miyako	Greenpia Sanriku Miyako	Toilet		〒027-0373 岩手県宮古市田老向新田148	0193-87-5111	MB3-2	MB2-9,3-1
Miyako	Minshuku Jirobeeya	Water, toilet(contact in advance)	Please contact in advance (sometimes not on-site)	〒027-0097 岩手県宮古市崎山5-48	0193-62-7150	MB3-4	MB3-3

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Miyako	Hideshima Paddling Club	Tent camping (※), Water, charging, shelter during rough weather, Pick up trash generated by the activity and trash picked up	Closed on Wednesdays. Open 11:00-18:00 （open at 10:30 for use）	〒027-0096 岩手県宮古市崎鍬ヶ崎第15-5-2	090-7062-7044	MB3-4	MB3-3
Miyako	EFRICA	Water, toilet, charging		〒027-0074 岩手県宮古市久保田8-20	050-3635-2070	MB3-5	MB3-4
Miyako	Ijinkan Cafe	Tent camping (※), water, toilet, charging	Reservations in advance by phone. Cafe is closed on Tuesdays, consult if you can camp on a Tuesday.	〒027-0032 岩手県宮古市高浜１丁目１－１０	0193-63-0065	MB3-6	MB3-4
Miyako	Nagisahaku Umino-miyako	Tent Hiker Plan, Water, toilet, charging, Shoe washing place, Discount on stay (★)	Make a reservation via the website by the day before. For same-day stays, please make a reservation by phone.(+81-193-77-5952)	〒027-0111 岩手県宮古市重茂1-27-2	0193-77-5952	MB3-8	MB3-7
Miyako	Miyako City Omoe Fisheries Experience Exchange Center	Water, toilet, charging(During business hours), Ice cream 100 yen off	Please present your hiking passport at the time of purchase.	〒027-0111 岩手県宮古市重茂第７地割33番地５	0193-68-2301	MB3-8	MB3-7
Yamada	Locations related to Impression Sanriku Yamada Office	Free tent site provided. Advance reservation required via LINE based on the details on the right (please contact us via LINE). *No water or restrooms available (Portable toilets required; please pack out all waste after use), No open flames allowed	Add on LINE:【https://of0j584t.autosns.app/line】, Official Website:【https://www.sanriku-yamada.com/mctsapo/】	〒028-1311　岩手県下閉伊郡山田町大沢第11地割101-1	070-2301-0098	MB3-10	MB3-10
Yamada	HOLA!TACOS	Water, toilet, charging		〒028-1361岩手県下閉伊郡山田町織笠11-68-10	090-9748-0571	MB3-11,4-1	MB3-10,4-1
Yamada	Kinoko House	Tent camping (★), toilet	Please contact Jodogahama Visitor Centor for the use of the service. 0193-65-1690	〒028-1371 岩手県下閉伊郡山田町船越第23地割		MB4-2	MB4-2
Yamada	Rikuchu Kaigan Youth Center	Water, toilet		〒028-1371 岩手県下閉伊郡山田町船越第２地割４２	0193-84-3311	MB4-4	MB4-4
Otsuchi	Minshuku Sato	Toilet. Staying guests leaving early in the morning can switch to onigiri instead of regular breakfast (please mention at check-in)		〒028-1101 岩手県上閉伊郡大槌町吉里々々第11-64	0193-44-2749	MB4-4	MB4-4
Otsuchi	Sanriku Hana Hotel Hamagiku	Water, Toilet, rest area, Information		〒028-1101 岩手県上閉伊郡大槌町浪板海岸第１４地割	0193-44-2111	MB4-4	MB4-4
Otsuchi	Matsuhashi Jidosha	Toilet,charging,Wi-Fi,parking (free of charge), vehicle transfer service (charged)	Please contact us for vehicle moving service (for a fee).	〒028-1101 岩手県上閉伊郡大槌町吉里吉里１丁目140番2号	0193-44-2133	MB4-5	MB4-5
Otsuchi	Kirikiri-Koku	Water,toilet,charging （see details at left※）	Please see this PDF	〒028-1101 岩手県上閉伊郡大槌町吉里吉里3-404-44	0193-43-1018	MB4-5	MB4-4
Otsuchi	Haga Fishmonger	Water, Toilet, Electric outle, rest area		〒028-1105 岩手県上閉伊郡大槌町安渡3-522	0193-42-3879	MB4-5	MB4-5
Otsuchi	Sanriku Shikiyusai Mast-no-yu	Toilet, charging, Wi-Fi, 100 yen discount from bathing fee (770 yen) for Hiking Passport User		〒028-1112岩手県上閉伊郡大槌町大町43-16	0193-27-5881	MB4-5	MB4-5
Otsuchi	Chari Cafe	Water, toilet, charging, Wi-Fi		〒028-1117 岩手県上閉伊郡大槌町末広町１２－１４	0193-27-5888	MB4-5	MB4-5
Otsuchi	Sanriku Oshacchi Tenmangu shrine	Toilet, charging, Provision of tea		〒028-1117 岩手県上閉伊郡大槌町末広町１２－１６	0193-27-9321	MB4-5	MB4-5
Otsuchi	Otsuchi Cultural Exchange Center (Oshacchi)	Charging		〒028-1117 岩手県上閉伊郡大槌町末広町1-15	0193-27-5181	MB4-5	MB4-5
Otsuchi	Ogawa Ryokan	Water,toilet,charging,Wi-Fi,showers （see details at left※）	500 yen for a stay of 1 hour or less, 1,000 yen for a stay of 2 hours or less	〒028-1121 岩手県上閉伊郡大槌町小鎚２６－１３１－１	0193-42-2628	MB4-6	MB4-5
Kamaishi	Houraikan Inn	Water, toilet, charging, sells Hiking Map Books		〒026-0301 岩手県釜石市鵜住居町第２０地割９３－１８	0193-28-2526	MB4-6	MB4-6
Kamaishi	Nebama Seaside Campsite	Sennin Hisui mineral water (※), water, toilet, charging, sells Hiking Map Books, Trail Gate goods, gas canisters	Respond to survey and get one free bottle of Sennin Hisui mineral water. Ask at information desk.	〒026-0301 岩手県釜石市鵜住居町21-23-1	0193-27-5455	MB4-6	MB4-6
Kamaishi	Minshuku Maekawa	Water, toilet, charging(Use of washing machine and one free drink included in stay)	Please contact in advance (sometimes not on-site)	〒026-0301 岩手県釜石市鵜住居町22-38-2	0193-28-3869 / 080-6047-0224	MB4-6	MB4-6
Kamaishi	Sasaei Syoten	Water, toilet, rest area, food & drinks for hikers, shop / merchandise	Closed on Sundays. Open in the afternoon only; please contact us for details. As we also operate Ohakozaki Inn, staff may be absent at times.	〒026-0303 岩手県釜石市箱崎町第三地割25-4	0193-28-2535	MB4-7	MB4-6, MB4-7
Kamaishi	Hotel Ohakozaki no Yado	Accommodation discounts, Exclusive shuttle service for guests(Advance notice required and same-day requests not accepted)	Please mention that you are a Michinoku Coastal Trail hiker when making your reservation. Upon check-in, you may be asked to present your "Data Book," "Hiking Map Book," or "Michinoku Trail Club Membership Card."	〒026-0303 岩手県釜石市箱崎町第3地割6番地1	0193-27-5455	MB4-7	MB4-6, MB4-7
Kamaishi	Hotel Kagetsu House in Hamacho	Water, toilet, rest area, charging, Wi-Fi	Please contact in advance (sometimes not on-site)	〒026-0013 岩手県釜石市浜町3-14-8	070-4712-9359	MB4-9,MB5-1	MB4-8, MB5-1
Kamaishi	HOTEL KAMAISHI HILLS RIVERSIDE	Water, toilet, charging		〒026-0025 岩手県釜石市大渡町２丁目１－１０	0193-24-3911	MB4-9,MB5-1	MB4-8, MB5-1
Kamaishi	Hotel Folkloro Sanriku Kamaishi	Day bathing customers can also use coin laundry machines		〒026-0031 岩手県釜石市鈴子町２２－４	0193-38-5536	MB4-9,MB5-1	MB4-8, MB5-1
Kamaishi	MESA	Water, toilet, charging, sells gas canisters, outdoor gear		〒026-0003 岩手県釜石市嬉石町２－４－１	090-4555-7971	MB4-9,MB5-1	MB5-1

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Kamaishi	Kamaishi City Iron History Museum	Water, toilet, charging,100 yen discount on admission fee（★）	When using the toilet, water supply, or charging, please ask at reception.	〒026-0002 岩手県釜石市大平町3丁目12番7号	0193-22-8846	MB4-9,MB5-1	MB5-1
Ofunato	Shiome	Tent camping (※)	Contact owner via the phone number posted on-site.	〒022-0101 岩手県大船渡市三陸町越喜来字肥ノ田30-10	－	MB5-4	MB5-4
Ofunato	New Okirai	Water, toilet, charging, Wi-Fi, rest area	Business is open from 9:00am to 5pm on Sunday, Monday, and Saturday. (The restroom is anytime Use)	〒022-0101 岩手県大船渡市三陸町越喜来字肥ノ田29番地3	0192-22-9464	MB5-4	MB5-4
Ofunato	Sanriku Active	Water, toilet, charging, Wi-Fi		〒022-0101 岩手県大船渡市三陸町越喜来甫嶺１３４－２	0192-47-3756	MB5-5	MB5-4
Ofunato	Ofunato Wildfire Memorial Facility: Ryori Visitor Center	Water, toilet, charging, rest area		〒022-0211 岩手県大船渡市三陸町綾里字清水217-1	-	MB5-6,MB5-7	
Ofunato	THREE PEAKS	Toilet, charge, tent camping(★)		〒022-0002 岩手県大船渡市大船渡町字茶屋前99	080-3330-0745	MB5-8	MB5-6
Ofunato	Ofunato Hot Springs	Footbath		〒022-0002 岩手県大船渡市大船渡町丸森２９－１	0192-26-1717	MB5-9	MB5-7
Ofunato	Goishi Coast Information Center	Ofunato City Supporters' Information		〒022-0001 岩手県大船渡市末崎町大浜	0192-29-2359	MB5-10	MB5-7
Rikuzentakata	Cafe Shiokaze Terrace	Water, toilet, rest area, about the area		〒029-2208 岩手県陸前高田市広田町字袖野1-2	0192-22-7889	MB5-10	
Rikuzentakata	Minshuku Numataya	Staying guests can use shoe dryer.		〒029-2206 岩手県陸前高田市米崎町字 川内179-2	0192-55-2542	MB5-12	MB5-9
Rikuzentakata	Capital Hotel1000	Water, toilet, charging, Wi-Fi, a free sports drink for one night stay		〒029-2205 岩手県陸前高田市高田町長砂６０－１	0192-55-3111	MB5-13,MB6-1	MB5-9
Rikuzentakata	Rikuzentakata Hiker Supporters	Rikuzentakata City Supporters' Information ” https://takanavi.org/spot/michinokucoastaltrail_rikuzentakatahikersupporters/”		〒029-2205 岩手県陸前高田市高田町字並杉300番地2	0192-54-5011	MB5-13,MB6-1	MB5-9,MB6-1
Rikuzentakata	Watami Organic	Toilet, charge		〒029-2204 岩手県陸前高田市気仙町土手影309	0192-53-2107	MB5-13,MB6-1	MB5-9,MB6-1
Rikuzentakata	Minshuku Musashi	Staying customers can order lunch for the next day (Extra charge for lunch. Please reserve lunch during check-in)		〒029-2204 岩手県陸前高田市気仙町福伏１７３	0192-55-4421	MB5-13,MB6-1	MB6-1
Rikuzentakata	Hotel Sanyo	Same-day reservations OK (breakfast only plan/no meal plan only)		〒029-2204 岩手県陸前高田市気仙町福伏１５５－６	0192-55-3050	MB5-13,MB6-1	MB6-1
Kesennuma	Hotel Sakaya	Special lunch menu for hikers (Hatto soup SHIOKAZE ・ Set meal SHIOKAZE)	Lunch is open from 11:30am to 2pm on Tuesday, Wednesday, and Thursday. Please inquire in advance about fees, etc., as they	〒988-0512 宮城県気仙沼市唐桑町岩井沢44	0226-34-3520	MB6-2	MB6-3
Kesennuma	Hotel Nagisa	Rice ball lunch service for styaing customers. Washer is		〒988-0512 宮城県気仙沼市唐桑町岩井沢44	0226-32-3198	MB6-3	MB6-3
Kesennuma	Hanzo Rest House Ogama Table	Water, toilet, hot Water, charging, resting area, luggage Storage	Hours: 9:30 AM – 4:30 PM (Closed on Tuesdays)	〒988-0543 宮城県気仙沼市唐桑町小長根264-2	0226-25-8430	MB6-4	MB6-3
Kesennuma	Riasu Karakuwa Youth Hostel	Water, toilet, Bath / shower (200 yen), charging, resting area, electric Kettle Rental, luggage storage (Prior notice required), shuttle service to destination (For guests only)		〒988-0563 宮城県気仙沼市唐桑町中井2-8	0226-32-2490	MB6-4	MB6-3
Kesennuma	Yamayo Shokudo (Yamayo Diner)	Water, toilet, charging	Hours: 9:00 AM – 3:00 PM	〒988-0601 宮城県気仙沼市亀山8	0226-25-8505	MB6-5	MB6-5
Kesennuma	Guest House Umikaze	Special no meals plan for hikers (plan available for one room per night, 2,900 yen with futon bed quilt and mattress) Make reservation at least two days in advance※. Contact via phone for details)	Can use shower, toilets, kitchen, washing machine, chargings with this plan.	〒988-0603 宮城県気仙沼市外畑１１３	0226-25-8698 / 080-5426-1342	MB6-6	MB6-5
Kesennuma	Ryokan Akemiso	Water, toilet, charging, Coin Laundry (Paid service), Special no meals plan for hikers, Tent Space Rental	Please contact in advance (sometimes not on-site), Free Drink Service (Coffee, Cocoa, etc.)	〒988-0621 宮城県気仙沼市長崎176	0226-28-3500	MB6-6	MB6-5
Kesennuma	Ryokan Kuroshio	Water, toilet, free Oshima Island walking map		〒988-0633 宮城県気仙沼市駒形１１１	0226-28-2125	MB6-6	MB6-5
Kesennuma	Glamping & Camp CAMELLIA (Kesennuma Oshima)	①Water, toilet, charging, Wi-Fi, ②Special accommodation plans available for hikers	①vailable if staff are present. ②Prior online booking is required via our official website or major booking platforms.	〒988-0622 宮城県気仙沼市中山245-2	0226-25-7158	MB6-6	MB6-5
Kesennuma	Kakuboshi Sake Brewery	Water, toilet, charging		〒988-0013 宮城県気仙沼市魚町2丁目1-17	0226-22-0007	MB6-7	MB6-4
Kesennuma	Kesennuma DMC KNEWS	Trash Disposal Service (★), Local Dining Maps & Tourist Brochures		〒988-0013 宮城県気仙沼市魚町3-1-8	0226-22-5950	MB6-7	MB6-4
Kesennuma	Kesennuma Plaza Hotel	Day-use hot spring discount, complimentary gift with stay（★）	Day-use Hot Spring: 11:00 AM – 3:00 PM (Irregular holidays)	〒988-0014 宮城県気仙沼市柏崎1-1	0226-23-1313	MB6-7	MB6-4
Kesennuma	Sun Marine Kesennuma Hotel Kanyo	Day-use hot spring discount, complimentary gift with stay（★）	Day-use Hot Spring: 11:00 AM – 3:00 PM (Irregular holidays)	〒988-0021 宮城県気仙沼市港町4-19	0226-24-1200	MB6-7	MB6-4
Kesennuma	Guest House SLOW HOUSE Kesennuma	Water, toilet, charging, resting area		〒986-0026 宮城県気仙沼市幸町1-3-3	0226-25-8131	MB6-7	MB6-6

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Kesennuma	Chukaya Kaika (Chinese Diner Kaika)	Water (Bottle Refills), toilet, charging	Available with food/drink purchase only.	〒988-0062 宮城県気仙沼市明戸60-1	0226-24-3751	-	-
Kesennuma	Kesennuma Park Hotel	Toilet, charging		〒988-0037 宮城県気仙沼市魚市場前6-23	0226-24-3489	MB6-7	MB6-4
Kesennuma	Hotel Ikkeikaku	Water, toilet, charging, Wi-Fi, Coin Laundry (Exclusive for overnight guests (Paid service))	Please speak to the front desk staff before use.	〒988-0036 宮城県気仙沼市弁天町1-4-7	0226-22-0602	MB6-7	MB6-4
Kesennuma	PASEO	Assistance with trail routes and tourist information in Kesennuma City	Please contact in advance (sometimes not on-site)	〒988-0866 宮城県気仙沼市魚市場前4-5	090-6243-7246	MB6-7	MB6-4
Kesennuma	Banya Minkoma (Teishoku Diner)	Water, toilet, charging	Available during lunch hours only. Closed on Wednesdays and Sundays. Please call us in advance to confirm availability, as we may have irregular closures.	〒988-0141 宮城県気仙沼市松崎前浜７１	0226-23-0325	MB6-7	MB6-6
Kesennuma	Sanriku Printing Co., Ltd.	Water, toilet		〒988-0102 宮城県気仙沼市松崎柳沢228-100	0226-22-0319	-	-
Kesennuma	Guest House Kakehashi	Water（★）, toilet（★）、charging（★）	Water, toilet and charging is available from 16:00-19:00. If you wish to stay overnight, please contact us by the day before.	〒988-0224宮城県気仙沼市長磯前林55-3	0226-25-7739	MB6-8	MB6-7
Kesennuma	Mr. Masayuki Onodera's House	Rest area（★）		〒988-0271 宮城県気仙沼市本吉町野々下188-2	070-6666-7164	MB6-9	
Kesennuma	Hamawarasu	Water, Toilet, rest area	8:00 a.m. - 6:00 p.m. (staff may be unavailable)	〒988-0283 宮城県気仙沼市本吉町大森8番地3	0226-25-7701	MB6-9	MB6-8
Kesennuma	Pension Petit Roku	Tent camping (※)	Please contact pension staff berfore use. Water, washing machine, showers, bath (500 yen).	〒988-0284 宮城県気仙沼市本吉町赤牛１２－３	0226-31-5623	MB6-9	MB6-8
Kesennuma	Motoyoshi Taxi	Water, toilet, shower, bath, nap room (available in night as well), charge	Contact required by the day before	〒988-0318 宮城県気仙沼市本吉町登米沢86-2	0226-42-3110	MB6-10,MB7-1	MB6-8, MB7-1
Kesennuma	Kabutomushi Surf Shop	Tent camping (※), sells Hiking Map Books, Trail Gate goods	Please see this PDF	〒988-0331 宮城県気仙沼市本吉町中島284-1	0226-42-2983	MB6-10,MB7-1	MB7-1
Kesennuma	Koizumi Furusato Mura	Toilet, rest area		〒988-0334 宮城県気仙沼市本吉町長窪28-1	080-6020-5018	MB7-2	MB7-1
Minamisanriku	Minamisanriku Yes Factory	Toilet	Please contact staff if you would like to use the restroom.	〒986-0782 宮城県本吉郡南三陸町入谷字中の町227番地	0226-46-5153	MB7-4	MB7-3
Minamisanriku	Minamisanriku Manabi no Sato Iriyado	Water, toilet, charging, Wi-Fi, lunch service for staying guests (※)	Extra fee for lunch, order in advance, and only available for guests departing 8 AM or later	〒986-0782 宮城県本吉郡南三陸町入谷鏡石5-3	0226-25-9501	MB7-4	MB7-3
Minamisanriku	Michi no Eki Sansan Minamisanriku	Water supply (in the food court), Toilet, rest area, Wi-Fi (inside Minamisanriku Portal Center and Minamisanriku 311 Memorial), Luggage storage (available at Minamisanriku Portal Center for 300 yen)	Closed: January 1st	〒986-0752 宮城県本吉郡南三陸町志津川字五日町201-5	0226-25-8903	MB7-4	MB7-3
Minamisanriku	Maruichi Store	Toilet, Beverage sales and hot water available during business hours only.	Business hours 8:00-17:00(In his absence, please call the phone number posted on site.), Non-scheduled holiday.	〒986-0781本吉郡南三陸町戸倉字坂本73-6	－	MB7-5	MB7-4,MB7-5
Minamisanriku	Tamiko no umi pack	Tillet	Business hours 9:00-16:00, Please speak to a member of staff when using the facilities.	〒986-0752 宮城県本吉郡南三陸町戸倉長清水9-3	－	MB7-6	MB7-5
Minamisanriku	Kamiwarisaki Camp Field	Water (also ice), toilet, charging, Wi-Fi, accepting trash hikers picked up(Please separate the garbage, Acceptance only in time), fuel, food and consumable goods are available for purchase.	Business hours 9:00-18:00	〒986-0781 宮城県本吉郡南三陸町戸倉字寺浜81-23	0226-46-9221	MB7-6	MB7-5
Onagawa	Again Station	Water(★), charging(★), tent camping(contact in advance, 330yen, 17:00-9:00)(★)	Water and charging is available during business hours in the office	〒986-2261 宮城県牡鹿郡女川町女川2丁目16-4	0225-98-7839	MB7-13,MB8-1	MB7-10, MB8-1
Onagawa	ochakkoclub(Diamond Head)	Water, toilet(When restrant opens),tent camping (contact in advance)		〒986-2246 宮城県牡鹿郡女川町黄金町３－１１	090-9422-8248	MB7-13,MB8-1	MB7-10, MB8-1
Ishinomaki	Karaage Kokkoya	Water, toilet, charging		〒986-0201 宮城県石巻市北上町十三浜菖蒲田３０５	090-9207-1317	MB7-7,MB7-8	MB7-6
Ishinomaki	Restaurant and Minshuku Magaki	Water, charging, Wi-Fi, washing machine/dryer (300 yen). Please see details for use of any of the above	Please contact in advance (sometimes not on-site)	〒986-0114 宮城県石巻市針岡字山下60－15	090-8788-2965	MB7-8	-
Ishinomaki	MORIUMIUS	Water, toilet, tent camping (contact in advance)		〒986-1313 宮城県石巻市雄勝町桑浜字桑浜60	0225-25-6506	MB7-10	MB7-8
Ishinomaki	Kuwahama Fisherman`s Inn	Water, toilet, same-day reservations OK (please phone beforehand), rides for staying guests to MCT route, tent camping (※)	Please contact in advance, 500 yen, can use water and toilet	〒986-1313 宮城県石巻市雄勝町桑浜桑浜３２－２５	080-1668-0476	MB7-10	MAP7-8
Ishinomaki	B&B m.s.s.books	Water, toilet, charging, Wi-Fi, luggage storage, tent camping(500yen), B&B Hiker Plan(3000yen), B&B with shuttle service(5000yen～), Pick up trash generated by the activity and trash picked up.	Contact in advance by Instagram or phone	〒986-1333 宮城県石巻市雄勝町雄勝味噌作１０５－６	080-5025-0156	MB7-11	MB7-9

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Ishinomaki	Namiita Lab	Water, toilet, chargings, wi-fi, laundry (with fee), tent camping(※), resting on-site until next day (with fee, see ※)	Same-day reservations OK. Please contact in advance by phone or email. namiitatikukai@gmail.com	〒986-1322 宮城県石巻市雄勝町分浜波板１４０－１	0225-98-5145	MB7-12	MB7-9
Ishinomaki	Ayukawahouse	Water, toilet, device charging, free rest area, Hiker Box available, trail information and route advice available when the owner is present, collection of waste generated during hiking activities and litter collected along the trail, room-	This facility also operates as a hospice for elderly dogs. We apologize, but kindly ask those who are uncomfortable around dogs not to visit. For room-only accommodation or camping, please check the Ayukawa House website for details and make a	〒986-2523 宮城県石巻市鮎川浜黒崎63番地	080-2794-6411	MB8-6	MB-8-4,8-5
Ishinomaki	Hotel Minamiso	Water, toilet, charging, accepting trash hikers picked up(★), discounted room rates(★)	Please contact us by DM on Instagram (https://www.instagram.com/mnm_sew/) or call (0225-45-2501) for reservations.	〒986-2523 宮城県石巻市鮎川浜ママノ上３	0225-45-2501	MB8-6	MB-8-4,8-5
Ishinomaki	FUTABA INN	Sells Hiking Map Books, gas canisters		〒986-0821 宮城県石巻市住吉町１丁目２－１５	0225-94-2922	MB9-1	MB9-1
Higashi-Matsushima	NOBICO Mill Nobiru Store	Toilet		〒981-0411 宮城県東松島市野蒜字羽黒50番地1	0225-86-2535	MB9-4	MB9-3
Higashi-Matsushima	KIBOTCHA	Tent camping	Contact in advance(not free)	〒981-0411 宮城県東松島市野蒜字 亀岡80番	0225-25-7319	MB9-4	MB9-3
Shiogama	Pizzeria La Gita	Water, toilet, charging, Luggage/backpack storage	Luggage/backpack storage is available from 7am to 5:30pm between Tuesday to Saturday, 7am to 2pm for Sunday. If you need this service, please contact them by the previous day. Monday is not available. *Please note that they may not be able to provide this service even on the days mentioned above due to a private matter.	〒985-0016 宮城県塩竈市港町１丁目６－１０	050-5487-3548	MB9-7	MB9-5
Tagajo	Matsushima Kamaboko Honpo Co. Tagajo Factory Store	Water (also ice), toilet		〒985-0874 宮城県多賀城市八幡一本柳３－５　さんみらい多賀城・復興団地内	022-766-8830	MB9-8	MB9-5
Sendai	SEA SIDE GAIA RESORT HOTEL	Water, toilet, charging, Wi-Fi, 300 yen discount for overnight guests	To receive the discount, please book through the Gaia Resort official website and enter the coupon code "Michinoku Coastal Trail". (You will be asked to present proof of hiker status at check-in.)	〒983-0002 宮城県仙台市宮城野区蒲生5丁目2-8	022-766-9735	MB9-8	MB9-6
Sendai	Seaside Park Center House	Water, (ask staff for hot water), toilet		〒984-0033 宮城県仙台市若林区荒浜北官林３０	022-288-4021	MB9-9	MB9-6
Natori	JINCHU YURIAGE FACTORY	Toilet		〒981-1204 宮城県名取市閖上東三丁目9-1	022-302-5840	MB9-10,MB10-1	MB9-7,MB10-1
Iwanuma	Iwanuma Sheep Village	Water, toilet, charging (see details at right※)	Please pay entrance fee (100 yen/person, elementary school age and older) to use	〒989-2423 宮城県岩沼市押分須加原６１	080-4105-5538	MB10-3	MB10-2
Iwanuma	Rakunomura	Water, toilet, charge, tent camping		〒989-2424 岩沼市早股字松原178-8	070-6951-5991	MB10-3	MB10-2
Watari	Hotel Nakajimayado	Water, rest area		〒989-2301 宮城県亘理町逢隈中泉字東29-8	070-3825-5908	MB10-4	-
Watari	Nakasyo Ryokan	Toilet		〒989-2351 宮城県亘理郡亘理町中町東 53番地	0223-34-1224	MB10-5	MB10-3
Watari	Green Up, Inc.	Tent camping (※)	Please make a reservation in advance by phone	〒989-2361 宮城県亘理郡亘理町字泉ケ入52	090-3124-1262	MB10-5	MB10-4
Yamamoto	casano-va	Toilet, Sells individual vegetables		〒989-2202 宮城県亘理郡山元町高瀬西北谷地134-1	090-9743-8616	MB10-7	MB10-5
Shinchi	Bread Shop Bonheur Yasuhiro 66	Water, toilet		〒979-2702 福島県相馬郡新地町谷地小屋北狼沢11-75	0244-62-2721	MB10-9	MB10-7
Shinchi	"beeto", a small campsite available for exclusive use	Weekday-only discount	Receive a 1,000 yen discount by booking through an Instagram DM or by calling us directly. [Please note] ・This offer is only valid for reservations made at least 3 days prior to your visit. ・We may not be able to accept your reservation depending on the campsite's availability. [Example Rates] ・Solo reservation: 2,000 yen per person ・Reservation for two: 1,500 yen per person	〒979-2611 福島県新地町駒ヶ嶺字大沢北13-1	090-2999-4822	MB10-9	MB10-7
Soma	Funabashiya Sweets Shop	Water, toilet		〒976-0042 福島県相馬市中村大町73	0244-35-2784	MB10-11	MB10-8, 10-9
Soma	Torikyu Butcher Shop	Water, toilet		〒976-0042 福島県相馬市中村字田町60	0244-35-2929	MB10-11	MB10-9
Soma	Ryokan Isamiya	Water, toilet		〒976-0022 福島県相馬市尾浜字平前109	0244-38-8216	MB10-11	MB10-9
Soma	Hotel Minatoya	One complimentary drink with an overnight stay.		〒976-0022 福島県相馬市尾浜字追川137	0244-38-8115	MB10-11	MB10-9

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Soma	Wada Tourist Strawberry Association	Toilet		〒976-0023 福島県相馬市和田字下柴迫94	0244-36-5535	MB10-11	MB10-9
Soma	sweetrap	Water, toilet		〒976-0022 福島県相馬市尾浜字高塚228-2	0244-26-5493	MB10-11	MB10-9
Soma	Hama-no-Eki Matsukawaura (Soma Reconstruction Citizens' Market)	Toilet		〒976-0022 福島県相馬市尾浜字追川196	0244-32-1585	-	MB10-9