

Global Adventure Website Posting Template

This is the "activity listing" on the website

How to use this template: After each bold subheading below, highlight the instructions within the brackets {...} with your cursor and replace with your own text. When you are done filling in all the elements, save your document with a filename 'Detailed Description for Outing Name' and email it with your photo jpg file and your budget to Cindy Hoover, Global Adventures Chair, at cyn@zipcon.com.

Activity Title: Hike the Michinoku Coastal Trail in Japan

Activity Route-Place: Japan: Michinoku Coastal Trail

Activity Start and End Dates: April 11 – 21, 2026

Activity Type: Global Adventures, hiking

Activity Summary: Day hiking for a total of 8 days within this 11-day trip covering highlights of the Northern section of the Michinoku Coastal Trail in Japan (from Hachinohe to Jodogahama), accompanied by a local guide. Experience stunning views of cliffs and beaches and charming fishing hamlets as well as the region's culture and recovery after the 2011 tsunami while hiking trails rated easy (1), moderate (4) and strenuous (3). Participants will be carrying only daypacks as luggage transport is provided. Challenging sections are due to steep, rugged terrain requiring climbing stairs and some ladders. There will be great food (especially from the sea) to enjoy, opportunities to relax in onsens (Japanese hot springs), and lodgings will be in comfortable hotels with double-occupancy rooms and en-suite bathrooms.

NOTE: TOTAL TRIP PRICE IS \$_4500____. The Member Fee shown is for the 50__% deposit only; the remaining balance will be due __Feb 10, 2025____. See the Trip Price Detail below for price details.

Meeting Place and Time: Participants should plan on arriving at the Tokyo Haneda airport no later than 2pm on Saturday, Apr 11. We will meet in the café at the Karaksa hotel TOKYO STATION (approximately 30 min travel time by monorail/foot) at 5pm for a time of greeting

and introduction to the hiking trip while enjoying a free soft drink. Then we will walk to a nearby restaurant for a welcome dinner. Apr 12 will be a day of travel by train (3-4 hours) to the starting point of our hike (Hachinohe) which will conclude on Apr 20 at Jodogahama. On Apr 21, we will take the train/bus back to Tokyo Station (4+hrs), where participants can take a plane to Seattle at 4pm or later, or continue with other adventures.

Getting There: Participants are responsible for their own transportation between home and Tokyo (Haneda airport). Frequent nonstop service between Seattle and Tokyo is available – approximately \$1000 -1500 RT.

Activity Difficulty: strenuous

Activity Leader Rating: moderate/challenging

Activity Audience: Adult

Itinerary Highlights:

Day 1: Arrive in Tokyo and transfer to Karaksa hotel TOKYO STATION. We will meet in the café for a welcome briefing followed by a group dinner at a local restaurant.

Day 2: We will take the high-speed train to Hanchiohe station (2 hr 50 min), then a local bus (10 min) and drop our bags at the hotel near the station. Participants can rest at the hotel or take a train to Same Station and walk to Kabushima and explore the coastal area and visit the museum and swimming beach. In the evening, we can explore Yokocho (an alleyway with many food stalls) to sample tapas-style dishes.

Day 3 : We will take the train from Hon Hachinohe to Same Station and walk to Kabushima, a small peninsula on the coast -a famous breeding ground for the Black-tailed gulls. We can visit the Kabushima Shrine (a Shinto shrine built in 1269 and dedicated to a goddess of wisdom and fortune) and continue to Taneshima kaigan -a designated area of scenic beauty with many wildflowers and plants (5.61 mi/+548/516').

Day 4 : From our hotel we will walk along the beautiful Kominato coast, visit the Itsukushima Shrine (famous for its “floating” vermilion torii gate) and later stroll through the Taneichi shopping district where local produce, seafood and souvenirs are sold. (10.6 miles, + 575 ft/ - 610 ft)

Day 5: From our hotel, we will take the train to Rikuchu Nakano station and hike along the rugged coastline to Samurai Ishi, where we can see the waves splashing over Samurai Ishi Rock (steeped in local legend about a Samurai and a tsunami). and hike to the coastal fishing village of Moguranpia, which houses an aquarium we can visit if time allows. (8.9 miles, +2108 ft/ - 1974ft)

Day 6: In the morning, we can take a taxi to Futago and experience the Morning Market if it is open. Then we will hike along the Kosode Coast to Kabutoiwa (a striking rock formation whose tip resembles the decoration of a samurai helmet), Tsuriganedo cave (a large sea-cave) and Gojo Falls (the biggest waterfall on the Kuji coast, falling directly from the cliff). (10.07 miles, +1675 ft/ - 1134 ft)

Day 7: We will take public transport to Nedari Beach and hike along a rugged coast with rock formations, a 100-yr old hand-dug tunnel & cliff path to Kitayamazaki -dramatic rock formations, caves and sea-arches with the nickname “Alps of the Sea”. There are several observation viewing platforms at the Kitayamazaki Observatory with amazing views of the coast where you can observe the “yamase” (cold, moist wind) surging in and out of the cliffs like a wave. There is also a Visitor Center with exhibits and info on the geology, flora/fauna, and local history of the area. We will continue our hike to the Kurosaki Fishing Port (7.23 miles, +2948ft/ -2431ft)

Day 8: Plan A: We will take a Sappa boat (small fishing rock boat) from Kitayamazaki to near RagaSo to enjoy the sea view of Kitayamazaki's cliffs and sea caves. Plan B: Alternate hike to Laureole Tanohata if unable to take the boat due to inclement weather. Attractions include: Rikuchū Benten Saki Lighthouse and Fisherman’s huts (3.81miles, +2958 ft/ -3426 ft rough and challenging trail with stairs/ladders). In the afternoon there will be an optional opportunity to participate in a salt-making workshop. There is a nice onsen to relax in at the hotel in the evening.

Day 9 : We will take a bus and then train to Shin Taro station and hike through scrub/forest with many climbs and descents along the spectacular rocky Miyako coastline. Attraction: Taro tsunami memorial hotel (8.87 miles, +2914 ft/ - 2646 ft)

Day 10 : We will hike from our hotel in Miyako to the hotel in Jodogahama along the coastal ridge passing viewpoints of cliffs, sea stacks and the Sakiyama Blowhole. The landscape at Jōdogahama is described as “paradise-like” due to the white rhyolite rock formations, blue sea, red pine trees, and one of Japan’s top swimming beaches. There is a Visitor Center at Jōdogahama which features exhibits on the local natural environment: plants, animals, and geology of the Sanriku Fukko National Park. (5 miles, +1797 ft/ -1992 ft). In the afternoon there will be an optional opportunity to participate in a craft-making workshop.

Day 11 : Our tour ends after breakfast, and participants can take the bullet train back to Tokyo (4 hours 11 minutes) and then fly back to Seattle or continue on to other adventures.

Time of year: The trip is planned for Spring-which is a time of milder weather, blooming flowers and fewer crowds

Weather: Avg temps 57° / 41° F, but can range from 28 to 84 F. Ave rainfall 3.9”. It can be windy on the coastal areas.

Lodging: 10 nights in hotels with double-occupancy rooms and en-suite bathrooms.

Food: 8 breakfasts and 8 dinners included. All other meals/snacks are on your own. Typical hotel breakfasts include a combination of Japanese and Western foods. Dinners often include seafood, rice, vegetables and soup. Special dietary requirements may be challenging in small villages.

Leader's experience: Linda Shewey. lshevey@comcast.net. Have led 6 Mountaineer Global Adventures. Have travelled in many Asian countries, including Japan, but have not led a trip there before.

Participant requirements:

Must be a current Mountaineers member with an up-to-date waiver on file. This outing includes several consecutive days of hiking easy to challenging trails, on varied terrain, so participants need to be in good aerobic condition and show proven ability to hike multiple days in a row. Many of the trails will be along the cliff-line of the seacoast and include traveling through man-made tunnels, stairs and ladders. It may not be suitable for those with extreme fear of heights or exposure.

Leader will vet participants by phone or in-person interviews, recent Mountaineer or equivalent activities and recommendations from other hike leaders.

Participants should have a positive attitude, ability to be flexible, an inquisitive nature, appreciation for the natural world and history of the culture, and a demonstrated ability to get along well with groups. Day packs, sun protection, sturdy shoes and trekking poles are required equipment

. Participants must carry emergency medical and evacuation insurance.

Participants must abide by the current Mountaineers and CDC COVID/Respiratory virus protection policies [Respiratory Illness Policy](#)— **The Mountaineers**

Goals, Expectations, and Style:

Curious if this trip would be a good fit for you? Please read through these carefully and consider how closely they align with the way you like to experience an outdoor adventure.

Participants who have different goals, expectations and/or style from what's listed below could not only have a much less enjoyable experience but would also have the potential to disrupt the experience and cohesion of the rest of the group.

Trip Goals

- Explore the Northern section of the Michinoku Coastal Trail, completing the itinerary as planned (if possible)
- Have a safe (physical and emotional) and positive experience
- To contribute to the formation of a compatible Mountaineers group and to enjoy the companionship of others in the outdoors
- To gain an appreciation and sense of awe for the nature, peoples, histories and cultures of the Japanese Northern Coast
- To be a welcoming community and good representatives of the Mountaineers during international travel
- To minimize environmental impact
- To accept and embrace challenging times (weather, terrain, unexpected situations)
- Enjoy a sense of accomplishment as we enjoy a meal after a long, challenging, (but rewarding!) day

Participant Expectations

- Have the fitness required for this trip's daily mileage and elevation gain, hiking with a day pack at a moderate but steady pace (1.75 -2mph) with allowances for steeper sections or difficult terrain for several consecutive days in variable weather conditions
- To have a positive attitude and a willingness to be flexible accepting the challenges that will inevitably be thrown our way
- To be ready to hit the trail at the agreed time in the morning, to stay with the group and be supportive of each other
- To behave in a kind, courteous and respectful manner to everyone and everything (nature/land) during the trip, including low impact, leave-no-trace practice. To not engage in any high-risk taking activities.
- To come prepared for this trip (physical conditioning/skills, 10 essentials, gear and clothing, map/route, food/water), and be able to navigate on-trail travel
- To fully read all pre-trip communications from the leader, to participate in group decision-making on the trail and be willing to abide by the leader's final decision. To communicate in a positive solution-oriented manner assuming the best intent of fellow participants and leaders, to be willing to proactively communicate any concerns, illness/injury or other issues during the trip and take responsibility for their self-care.

- Understand that we'll hike together as a group, staying within sight and voice distance of each other
- Be willing to help/support others, and to put the team first

Trip Style

- Daily hiking, traveling or exploring from 9am to 4pm each day, with ample breaks to rest, hydrate, eat and admire the scenery.
- Participation in exploring cultural and historical sites and activities
- Encourage group members to get to know each other and enjoy each other's company, fostering a safe and inclusive environment
- Respect folks who prefer to chat while trekking, folks who prefer to be quiet while trekking, and folks who enjoy a mixture of both

Leader Style

- I am adventurous, curious and love to be "awed" by Nature.
- As a leader, I tend to the quieter side, and my style is more relaxed.
- While I love to hike, I am also willing to make space for picture-taking, flowers, critters, geology, culture and views along the way.
- I value the journey as much as the destination and strive to foster hiking as a wholistic experience (body, soul, spirit).

Note:

As a Mountaineers group we will operate as interdependent, capable travelers making our way together and helping one another succeed and be safe. You are responsible for your own safety and that of your fellow travelers. You must have the ability to navigate on trails with a map and compass.

Maximum and minimum # participants: Minimum # = 10, maximum #=12

Trip Price Detail: \$4500 including 10 nights lodging, 8 breakfasts and 8 dinners, transportation (bullet train, local trains, buses and van/taxi's), a Sappa boat ride, an English-speaking guide throughout the tour, and luggage transfers.

Not included: Airfare (approx. \$1500), transportation from Tokyo airport to hotel (about \$20), hotel in Tokyo on departure night if desired (about \$200), remaining meals (2 breakfasts, all lunches and 2 dinners (about \$200), optional museums and tours (\$50), travel medical and evacuation insurance (about \$200) and tips for guides/drivers/hotels (about \$200).

Registration instructions:

Please complete the application form <https://survey.alchemer.com/s3/8174592/Application-2026JapanMichinokuCoastAdventure> and email it to the leader. After the leader's approval, please pay the 50% deposit (\$2250) to hold your space on the roster and complete the [Trip agreement](#), Supplemental Information <https://survey.alchemer.com/s3/8174803/Supplemental-Information-2026JapanMichinokuCoastAdventure> and Liability Release forms. <https://survey.alchemer.com/s3/8174765/Release-2026JapanMichinokuCoast>

Registration will close on January 31, 2026 or whenever the roster fills. A place on the roster can only be held with payment of the deposit. The balance of the trip payment is due Feb 15, 2026

Cancellation Policy:

If you cancel from this adventure, you may receive a refund less non-recoverable expenses and a \$100 administrative fee. No refund if cancellation is after March 1, 2026. Exception if a qualified replacement pays their deposit and joins the roster in your place, in which case only the Mountaineers \$100 admin fee is due.

Required Equipment:

After payment of your deposit, the leader will send participants a series of letters or emails with information about how to prepare for a successful adventure including recommended gear, maps and other references.

Recommended Books:

Leaders Permission Required? Yes.

Registration Start Date: December 1, 2025

Registration Close Date: February 15, 2026

Member Fee: \$ 2250 (50% deposit). Total trip fee = \$4500