

Miyagi Olle

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Originally from Jeju, Korea, Olle trails have now begun in Miyagi Prefecture.

Olle means "the alleys that lead home from the main road" in Jeju dialect but now refer to hiking courses and walking paths. The appeal of Olle is that they bring you into nature, whether the coast or in the mountains and bring you close to folk dwelling homes.

A way to enjoy yourself at your own pace.

The Miyagi Olle is a sister trail to those in Jeju (Korea), Kyushu and Mongolia, a special hiking course that lets you experience the history, landscape, hot springs and culture of the area with your five senses.

Markers



Kanse

The Kanse, a symbol of the Olle trail represents a wild lazy pony in the Jeju dialect. From the start point, proceed to the direction of the head of the Kanse.



Ribbon

Walk and look out for ribbons in the reddish orange that symbolizes Japan and the blue that resembles the sea. They are tied to branches and telegraph poles at intervals so as not to get lost.



Direction Arrows

When there is a change of direction, look out for wooden arrows and arrows painted on stones. Blue indicates the direction from the start point to the finish point. Reddish orange indicates the direction from the finish point to the start point.



Stamp

There are stamps at the start and the finish point. Make sure to get your stamps on the stamp column.

Tips to Enjoy the Miyagi Olle Trails

Hiking Tips

When passing close to residential properties, do not enter private property and trespass.

Ask for permission when photographing residents or private property.

Greet fellow Olle walkers (or Olle-Kun) and people you meet along the way with a smile.

Olle Trail Etiquette

Do not take ribbons as souvenirs, as the next person may lose their way.

Do not touch the markers (Kanse horses or arrows etc.) Take all your trash with you.

Do not pick any fruits or plants. Appreciate them with your eyes only.

Safety Tips

Follow the Miyagi Olle markers (Ribbons and arrows etc.) and stay on the trail. Refrain from dangerous activities, especially on steep areas outside of the trail. Wear appropriate clothing and footwear for outdoor hiking. When walking on roads, watch out for cars and other vehicles. Do not hike during typhoons, heavy rain, heavy snow or other inclement weather.

Clothing for Olle



Backpack

For day trips 20-25L and for anything more than an overnight trip 30L are recommended.

Wear your rucksack tight to your body making good use of waist straps, and chest straps and pull down on your shoulder straps.

Clothing

"Trekking clothes are recommended as they are breathable and designed to maintain body temperature when walking and resting.

We recommend you carry a wind-breaker, hats, and raincoats."

Footwear

Mid-cut boots and trekking shoes that have been broken into are recommended for the Olle trails.

*For more information please inquire at your local sports/ outdoor shops.

Places to Stay



Onoya Hotel

◆Single: ¥5,830~, Twin: ¥11,000~, Japanese-style Room: ¥4,840~, Breakfast: ¥770, Dinner: ¥1,100~
Address 1-9-2 Ojira, Tagajo City TEL 022-362-6381
<https://breezbay-group.com/onoya-h/>



Shintomi Ryokan

◆Room Only: ¥3,850~¥4,620, Half-Board (2 meals): ¥5,720~¥6,490
Address 1-1-28 Sakuragi, Tagajo City TEL 022-364-8921
<http://www51.biglobe.ne.jp/~shintomi/>



Smile Hotel Sendai Tagajo

◆Single: ¥6,300~, Double: ¥8,800~, Twin: ¥9,800~, Buffet Breakfast: ¥900
Address 1-1-8 Machimae, Tagajo City TEL 022-367-8001
<https://smile-hotels.com/hotels/show/sendaitagajo>



Hotel Castle Plaza Tagajo

◆Single: ¥6,200~, Twin/Double (1 guest): ¥9,300~, (2 guests): ¥12,200~
Address 1-1-60 Sakuragi, Tagajo City TEL 050-1720-5771
<http://breezbay-group.com/hcp-tagajo/>



Hotel Route-Inn Sendai-Kita Inter

◆Single: ¥7,900~, Semi-Double: ¥13,000~, Twin: ¥15,800~
Address 1-1-15 Machimae, Tagajo City TEL 022-361-8501
http://www.route-inn.co.jp/search/hotel/index_hotel_id_551



Hotel Route-Inn Tagajo-Eki Higashi

◆Rates: Inquiry Required
Address 4-4-77 Yawata, Tagajo City TEL 050-5847-7301
https://www.route-inn.co.jp/hotel_list/miyagi/index_hotel_id_615/

*Shuttle service is not available.

*The listed accommodation fees for the above facilities are the minimum rates; rates may vary depending on room type and number of guests.

Places to Eat



Antique Cafe OLDTIME

◆Hours Wed, Thu, Fri 11:00 AM~4:00 PM; Sat, Sun 11:00 AM~6:00 PM ◆Closed Mon, Tue
Gallettes, sweets, and more
Address 2-16-3 Takasaki, Tagajo City TEL 022-309-6728



&SUN

◆Hours Tue~Sun 11:00 AM~5:00 PM ◆Closed Same as Tohoku History Museum is closed
Green curry, Pho, ancient rice soft serve, light meals, etc.
Address Inside Tohoku History Museum, 1-22-1 Takasaki, Tagajo City TEL 022-368-3876



Nagamachi Ramen Tagajo Store

◆Hours 11:30 AM~3:00 PM, 5:00 PM~9:00 PM
◆Closed Mon
Address 1-44-3 Tomegaya, Tagajo City TEL 022-355-6608



Kodaimai-ya Restaurant Green Gable

◆Hours Lunch 11:00 AM~4:30 PM ◆Closed Mon, Tue (Irregular)
*Tagajo Oja (Black vinegar broth cooked rice), healthy black rice and black vinegar dishes
Address 2-15-10 Takasaki, Tagajo City TEL 022-368-0616



Rice Flour Bread Tutto

◆Hours 9:00 AM~approx. 6:00 PM ◆Closed Tue, Wed
Tagajo specialty rice flour fried bread and rice flour bread
Address 1-44-3 Tomegaya, Tagajo City TEL 022-352-3152



Maboroshi Kaisen Mutsu Tagajo Station Branch

◆Hours Lunch 11:00 AM~2:00 PM, Dinner 5:00 PM~11:00 PM
◆Closed Sunday (or the final day of consecutive holiday)
Address Vistacia Tagajo 1F, 2-5-1 Chuo, Tagajo City TEL 022-794-7501

Access



Public Transportation: Train

START

Depart Sendai Airport



ARRIVE

JR Tagajo Station

JR Sendai Station

Sendai Airport Access Line:
Minimum 17 min

Senseki Line:
Approx. 22 min



Public Transportation: Train

FINISH

Depart Sendai Airport



ARRIVE

JR Kokufu-Tagajo Station

JR Sendai Station

Sendai Airport Access Line:
Minimum 17 min

Tohoku Main Line:
Approx. 15 min

○Approx. 10 minutes' walk from JR Kokufu-Tagajo Station to the finish point



Car(Rental Car)

●(From South) From Tokyo, Fukushima, Yamagata areas to Tagajo (Tohoku Expressway) Sendai-Minami IC ▶ Sendai-Nanbu Road ▶ Sendai-Wakabayashi JCT ▶ Sendai-Tobu Road ▶ Sanriku Expressway ▶ Tagajo IC

●(From North) From Aomori, Iwate, Akita areas to Tagajo (Tohoku Expressway) Tomiya JCT ▶ Sendai-Hokubu Road ▶ Rifu JCT ▶ Sanriku Expressway ▶ Tagajo IC



Taxi

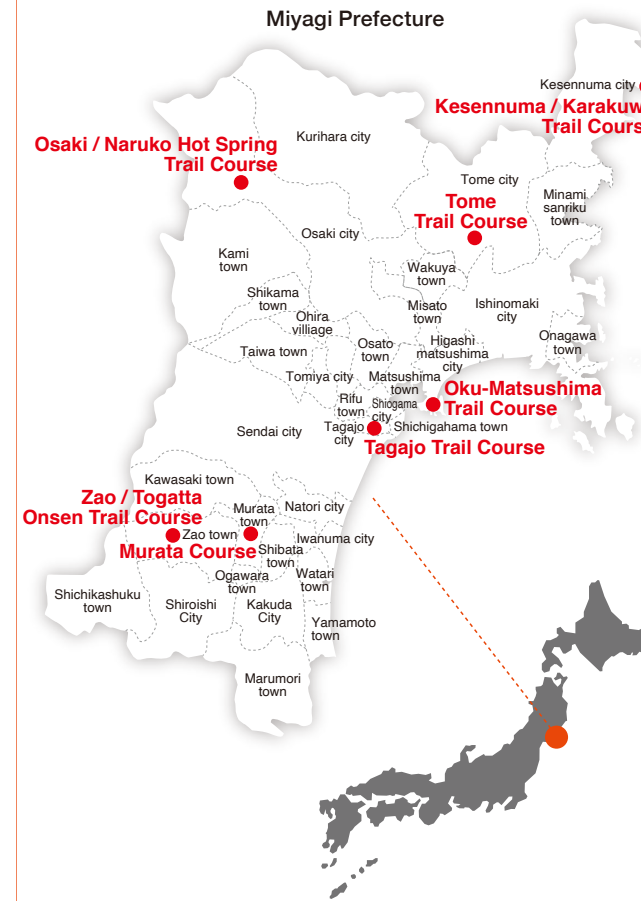
• Shinko Taxi

Tel. 022-364-3355

• Shiogama Toko Taxi

Tel. 022-364-2424

MIYAGI OLLE



Miyagi Olle Search

<https://www.miyagiolle.jp>

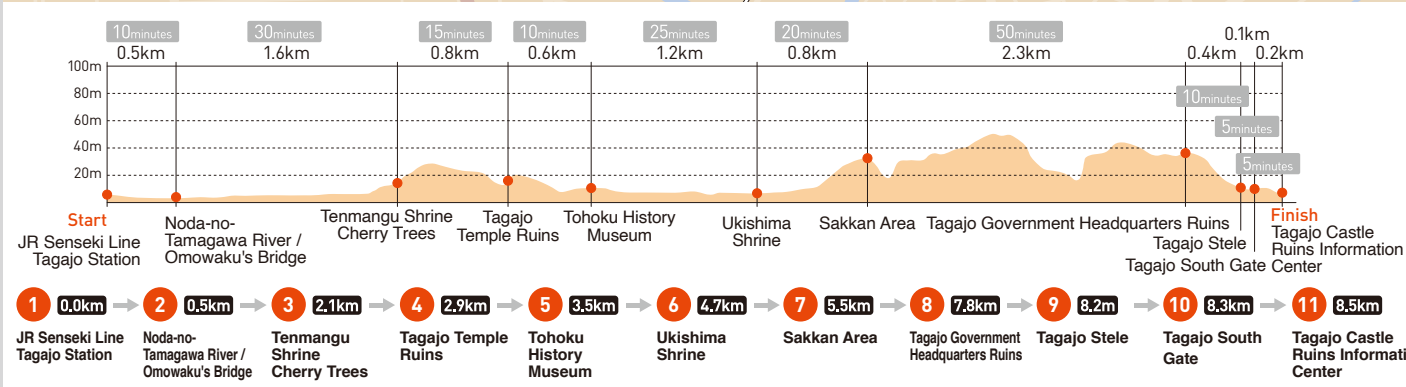
Contact

Tagajo City Planning and Management Department,
Citizens' Culture Creation Division
Tel. 022-368-2085



Tagajo Trail Course





MIYAGI OLLE TRAIL Tagajo Trail Course

A road that traverses "The Deep North" carrying the history and verses woven over a millennium, where the journey itself is a dialogue with nature

Distance	Required time approx.	Difficulty
8.5km	3 hours	Beginner

This approx. 8.5 km route, which commences at JR Senseki Line Tagajo Station, will take you past sites of poetic significance, leading you through the magnificent Tagajo South Gate- the main entrance to Tagajo Castle, Tohoku's ancient stronghold-before concluding at the Tagajo Castle Ruins Information Center.

On your journey, you will sense the rich tapestry of culture, history, and nature that has been woven over the 1,300 years that have passed since Tagajo was established as the ancient regional center of Tohoku.

Points of interest include various classical sites that inspired imperial poets, such as Omowaku Bridge, Noda-no-Tamagawa River, Ukishima, and the Tsubo no Ishibumi (Tagajo Stele). Within the Tagajo Castle Ruins, which have been designated as a Special Historical Site, seasonal plants featured in the classical Japanese poetry anthology Man'yoshu can be found alongside sites such as the Tagajo Temple Ruins and the Tagajo Government Headquarters Ruins.

With its start point located at Tagajo Station (JR Senseki Line) and its finish point located right beside Kokufu-Tagajo Station (JR Tohoku Main Line), this accessible trail allows everyone to enjoy Miyagi Olle while using public transport!

Stamp Locations

○START
Historic City Tagajo
Tourist Information Center

○Opening Hours:
10:00 AM - 4:00 PM

○Closed:
Year-end and New Year holidays

○FINISH
Tagajo Castle Ruins
Information Center

○Opening Hours:
9:00 AM - 4:30 PM

○Closed:
December 28 - January 4

Stamp here

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Tagajo Course Highlights

1 JR Senseki Line Tagajo Station (Start)
The Tagajo City Tourism Association is located at the South Exit of Tagajo Station, providing tourist information, pamphlets, bicycle rentals, and sales of local specialty products. The area is also well-served by a variety of eateries, including bakeries and restaurants. The station entrance is designed to resemble the South Gate, and the Tagajo City Library located on the north side is a popular location.

2 Noda-no-Tamagawa River/ Omowaku's Bridge (Site of Poetic)
In the spring, blooming azaleas guide your way along the trail. This area was established by the Sendai Domain during the Edo Period (1603-1868), in honor of a classical poem about Noda-no-Tamagawa River written in the mid-Heian Period (794-1185) by the poet No In Hoshi. Also located here is a bridge crossed by the famous samurai Abe no Sadato to see a woman named Omowaku, known as 'Omowaku's Bridge' (Omowaku no Hashi). A poem inspired by this location, written by the poet Saigyō, is inscribed upon the bridge.

3 Tenmangu Shrine Cherry Blossom Trees
Tenmangu Shrine, which originally enshrined the deity of a prominent Tomegaya family, was later established as the guardian shrine of Tomegaya Village. Each spring, the shrine grounds are adorned with large, spectacular cherry blossoms.

4 Tagajo Temple Ruins
This temple, which was built around the same time as Tagajo Castle in the early 8th century, was established as a temple affiliated to the castle. Its layout is identical to that of Kanzeonji Temple, which is located in Dazaifu, Fukuoka Prefecture. In 1966, it was designated as a Special Historic Site, and became the first Historical Park in Eastern Japan.

5 Tohoku History Museum
This museum showcases the diverse history and culture of the Tohoku region, allowing visitors to learn about its past from the Paleolithic era to the present day through materials and models. It also features the "Konno Family Residence" (a relocated Edo-period folk house), an experience space for children, a restaurant, and a museum shop.

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Tourist Attractions in Tagajo City

Tagajo City Library

Located north of Tagajo Station, this library is an iconic symbol of Tagajo City. Designed with the concept of "home" in mind, its comfortable atmosphere draws in visitors. It is also popular with young people, and is considered one of the city's key tourist spots.

Tagajo Central Park

The center of this facility features an integrated indoor/outdoor skate park, and the outdoor skate park is one of the largest in the country. It's a place where both adults and children can enjoy spending time, with features like a 3x3 court, playground equipment, a cafe, and retail shops (scheduled to open March 2026).

Tagajo Castle Ruins Iris Festival

Every year around mid-June, the Tagajo Castle Ruins Iris Festival heralds the arrival of early summer. In an approx. 21,000 m² corner of the Tagajo Special Historical Site, 3 million irises in 800 varieties, including kakitsubata (Japanese water iris), and hanashobu (Japanese iris) burst into bloom, making it the largest collection of iris varieties in Tohoku.

Gourmet Food & Souvenirs

6 Ukishima Shrine
Ukishima is a location featured in an ancient poem believed to have been dedicated by Princess Yamaguchi to her lover. In the present-day, it is said to be the location of the Ukishima Shrine.

7 Tagajo Castle Ruins Sakkan Area
Here, visitors can enjoy Man'yo plants (flora mentioned in the ancient poetry anthology Man'yoshu) such as Japanese kerria and iris in spring, and red spider lily in autumn.

8 Tagajo Government Headquarters Ruins
This is the most significant site of the Tagajo Castle Ruins, and is counted as one of Japan's Three Great Historic Sites alongside Nara's Heijo Palace and Fukuoka's Dazaifu Ruins. During the Nara and Heian periods it served as the provincial capital of Mutsu Province, where important government affairs and rites took place. In spring, it serves as a popular cherry blossom viewing spot.

9 Tagajo Stele (Tsubo no Ishibumi)
This monument, which is a designated National Treasure and one of Japan's Three Ancient Steles, comprises 141 characters detailing the years of Tagajo's founding (A.D. 724) and restoration (A.D. 762). This site is one of poetic significance, having been immortalized in poems by Saigyō and Minamoto no Yoritomo and written about by famed poet Matsuo Bashō in his travel account "The Narrow Road to the Deep North".

10 Tagajo South Gate
Restored in 2024 to commemorate the 1,300th anniversary of Tagajo's founding, this magnificent main gate reflects its historical role as the political, cultural, and military hub of ancient Tohoku. It stands as a suitably grand and imposing entrance to the provincial capital of Tagajo.

11 Tagajo Castle Ruins Information Center
Visitors can enjoy large-screen videos depicting the ancient city of Tagajo 1,300 years ago, view records of the South Gate's restoration, and interact with 3D models of ancient buildings and excavated artifacts. They can also learn about the history of the Special Historic Site, and purchase a Commemorative Castle Stamp and souvenirs.

"Tagajo Stele" Confectionery

The specialty confectionery "Tagajo Stele," named after the historic city, is a rich sable made with honey and egg yolk, filled with apricot jam. Other confections available include "Tagajo Taiko" and "Tagajo Kaware" (Baigetudo Confectionery Main Store).

Ancient Rice

A specialty product of Tagajo City. This purple-tinged ancient strains of rice has a chewier texture than standard rice and is rich in nutrients like minerals, vitamins, and anthocyanins (a type of polyphenol). It's a delicious ingredient beneficial for both beauty and health.

Ancient Rice Karinto

A karinto snack made with Tagajo-grown ancient rice and tofu lees. It has a subtle sweetness and a pleasant, gentle texture.

Ancient Rice Sake Omowakuhime

Named after Omowaku, the heroine of an ancient love story from historic Tagajo, this fruity sake has a white-wine like quality. It is a rare wine, being made from an ancient strain of rice.

Tagajo Gojoin (Commemorative Castle Stamp)

A Gojoin featuring the restored Tagajo South Gate. Available for purchase at: Historic City Tagajo Tourist Information Center (inside JR Senseki Line Tagajo Station) and the Tagajo Castle Ruins Information Center.

令和 年 月 日