

## Miyagi *Olle*: Oku-Matsushima Trail



*Olle* (pronounced o-ru-re) trails are hiking routes that bring together nature, history, and the local community. These beginner-friendly trails are usually around 10 kilometers long and can be completed in about 4 hours. In Korea, where *olle* originated, the word means “the alley that connects the main road to your home.” The trails thus often pass by homes and little settlements, giving hikers a glimpse of local lifestyles. Besides the Oku-Matsushima Trail, Miyagi Prefecture has three other *olle*: the Kesenuma/Karakuwa, Osaki/Naruko Onsen, and Tome Trails. These are known collectively as the Miyagi *Olle*.

The 10-kilometer Oku-Matsushima Trail begins and ends at the Aomina Visitor Center, making it a convenient, short hike for visitors who wish to experience the beach, forest, and little settlements of the Oku-Matsushima area. The trail winds past small temples and seaside houses, the terraced flower fields of Satohama Historical Park, sheltered Hatsutsuura Bay, Shinhama promontory, and finally, a lushly forested path that leads to Mt. Otakamori, a highlight of the trail. The vista from the top of this 105.8-meter peak is named Sokan, literally “gorgeous view,” and offers one of the best views of Matsushima Bay.

○この英語解説文は観光庁の地域観光資源の多言語解説整備支援事業で作成しました