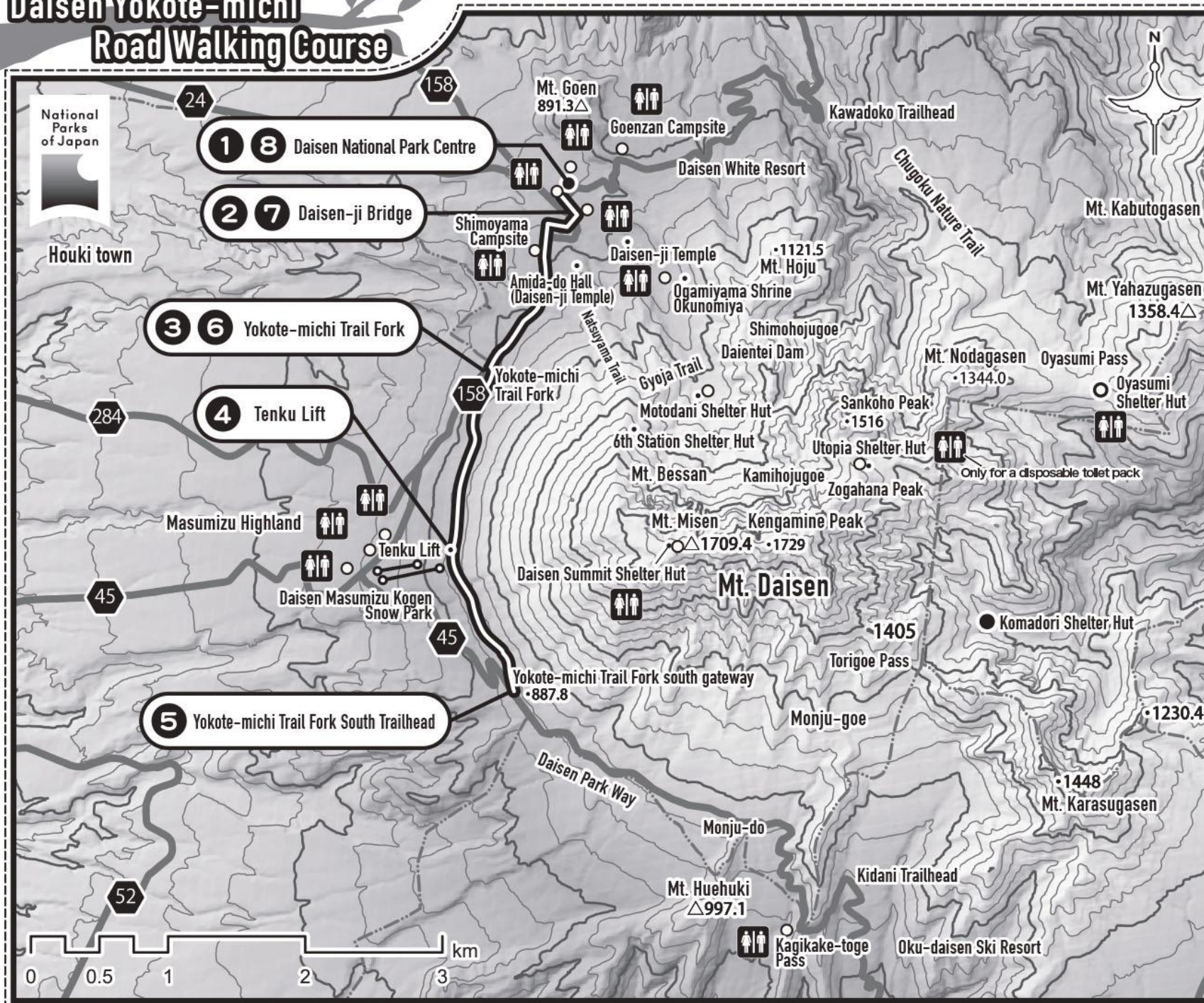


Daisen Yokote-michi Road Walking Course

Daisen Walking Course Map

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Walking Course 7

About 6 km

About 2hr30min

START

- 1 Daisen National Park Centre 5min
 - 2 A view of Mt. Daisen in each of the four seasons
Daisen-ji Bridge 30min
 - 3 A Jizo statue stands at every 109-meter interval
Yokote-michi Trail Fork 30min
 - 4 A superb view of the Yumigahama coastline
and the Shimane Peninsula
Tenku Lift 10min
 - 5 Walk through the beech forest
Yokote-michi Trail Fork South Trailhead 40min
 - 6 Yokote-michi Trail Fork 30min
 - 7 Daisen-ji Bridge 5min
 - 8 Daisen National Park Centre
- GOAL!**

This course follows an old approach toward Daisen-ji Temple. Walk through the beech forest listening to the calling birds.

リサイクル適性 (A)

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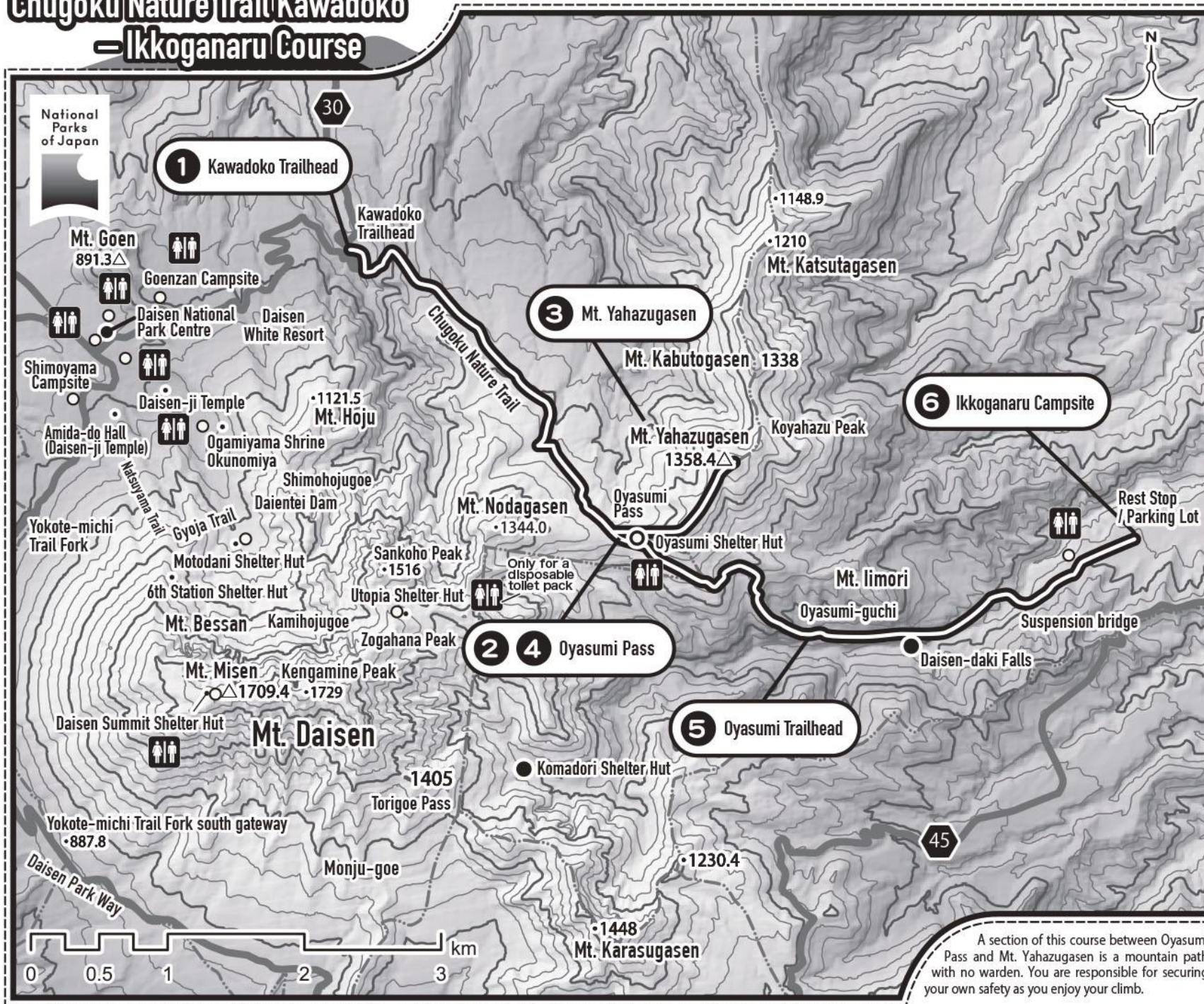
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Daisen-Oki National Park

Chugoku Nature Trail Kawadoko - Ikkoganaru Course

Daisen T rekking C ourse M ap

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course 8
About 8 km
About 5hr30min

START

- 1 Kawadoko Trailhead**
1 hr 40 min
- 2 Be prepared for steep slopes Oyasumi Pass**
1 hr
- 3 The views of Mt. Daisen's east side, Mt. Karasugasen, and the Sea of Japan Mt. Yahazugasen**
40 min
- 4 Oyasumi Pass**
1 hr
- 5 Drop by Daisendaki Falls, one of Japan's 100 best Waterfalls Oyasumi Trailhead**
1 hr 10 min
- 6 The autumn foliage is also recommended Ikkoganaru Campsite**
GOAL!

The course follows the Daisen old road (holy trail) through one of the few beech forests in Japan. We recommended Daisen-daki Falls, one of Japan's 100 best Waterfalls. Be sure to be completed prepared before you try the climb.

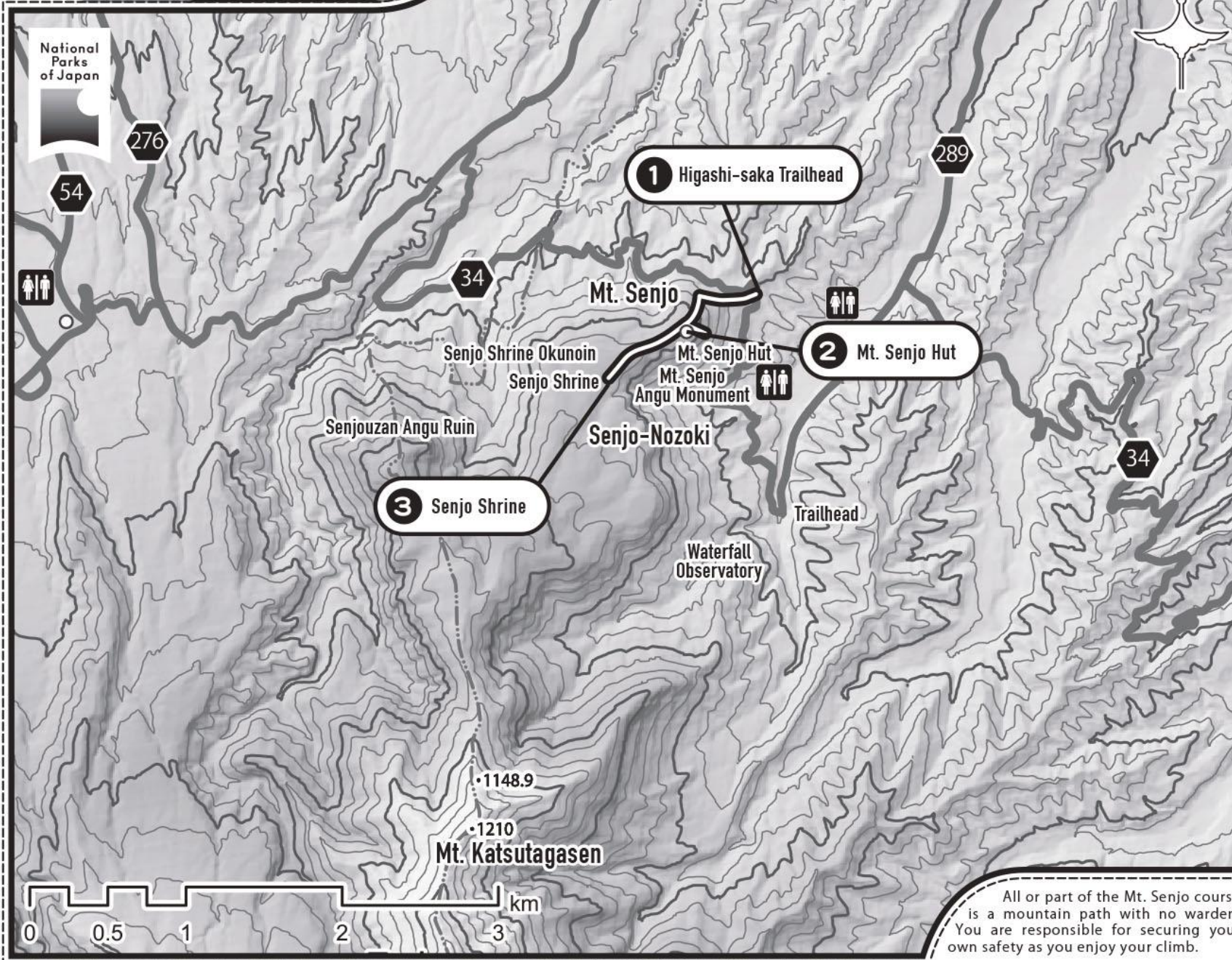
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This map was produced with the approval of the Director General of the Geographical Survey Institute, and uses basic map information published by the Institute. (Approval Number 2017 1342)

Mt. Senjo Climbing Course

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course 9
 round-trip About 5 km
 About 2hr 30min

START **GOAL!**

1 Higashi-saka Trailhead 45min

2 Relax for a bit Mt. Senjo Hut 30min

3 A giant cedar 800 years old Senjo Shrine

Turn around

On this course you can enjoy magnificent natural scenery such as Byobu Rock and Senjo View. There are also Senjo Falls and Masugaeshi Falls nearby.



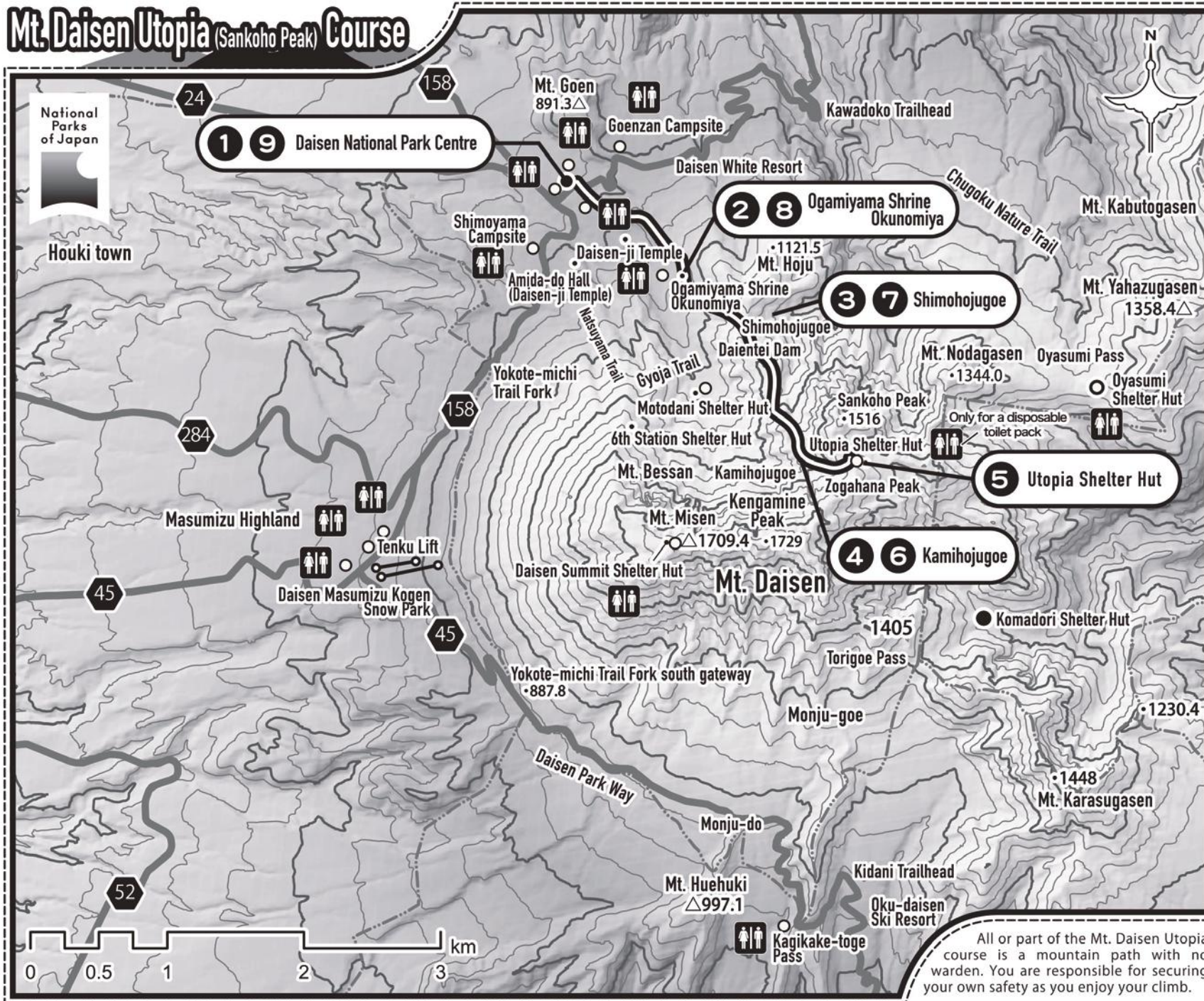
All or part of the Mt. Senjo course is a mountain path with no warden. You are responsible for securing your own safety as you enjoy your climb.

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Mt. Daisen Utopia (Sankoho Peak) Course

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course 10
About 7.6 km
About 5 hr

START

- 1 Daisen National Park Centre 30min
 - 2 Start your climb at the back right of the shrine Ogamiyama Shrine Okunomiya 1 hr
 - 3 Some dangerous spots Shimohojugoe 50 min
 - 4 Kamihojugoe 40 min
 - 5 Surrounded by fields of flowers Utopia Shelter Hut 30 min
 - 6 Kamihojugoe 30 min
 - 7 Shimohojugoe 40min
 - 8 Ogamiyama Shrine Okunomiya 20min
 - 9 Daisen National Park Centre
- GOAL!**

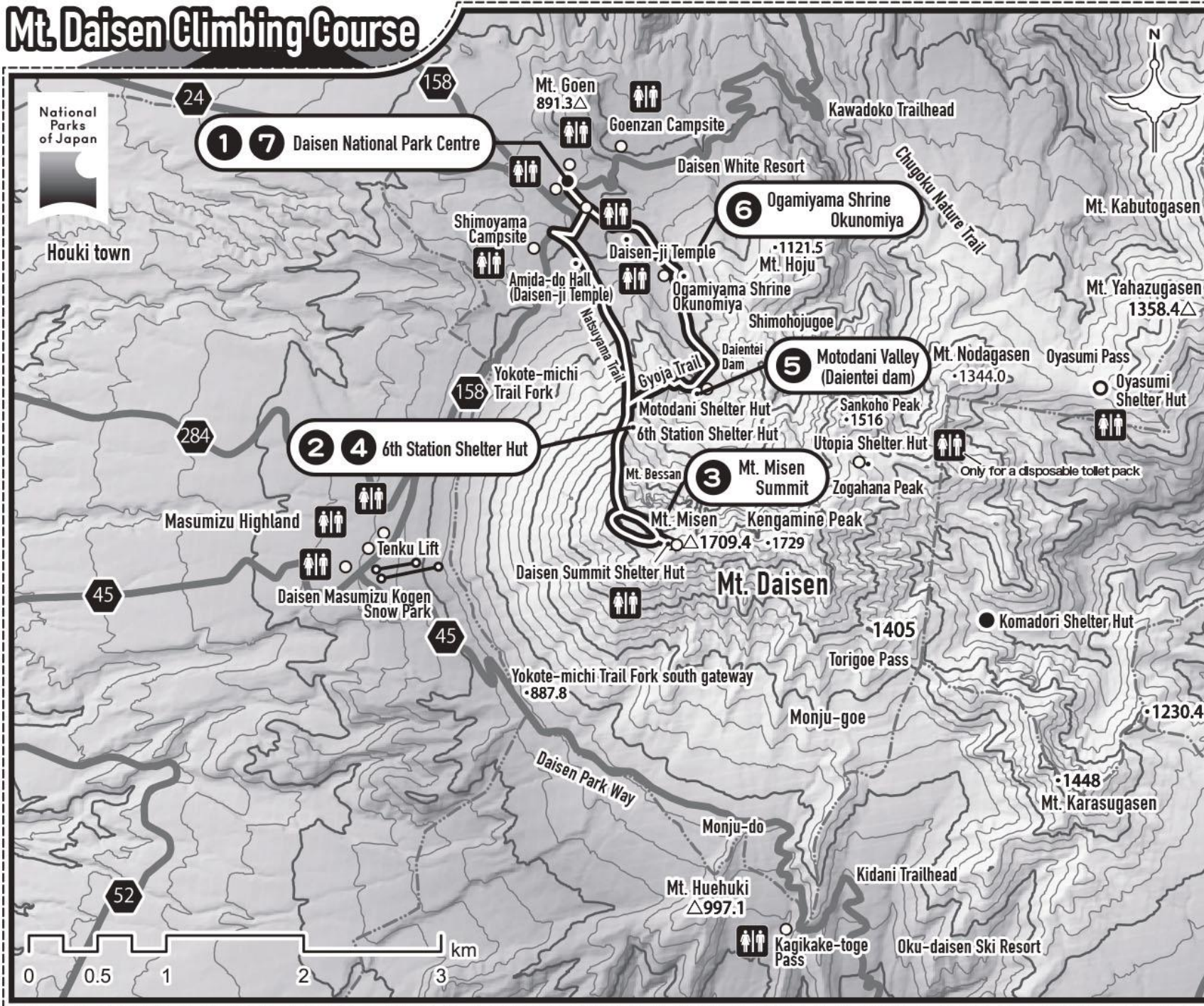
This course passes through Ogamiyama Shrine Okunomiya, aiming for Utopia Shelter Hut. Fields of flowers bloom in summer. There are some dangerous spots, so you must be careful.

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Mt. Daisen Climbing Course

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course 11
 About 7.4 km
 About 5hr 40 min

START

- 1 Daisen National Park Centre**
1 hr 40 min
- 2 Take a break on the other side of the beech forest
6th Station Shelter Hut**
1 hr 20 min
- 3 360 degree panorama
Mt. Misen Summit**
1 hr
- 4 A broad view of the north wall of
Mt. Daisen and Sankoho Peak
6th Station Shelter Hut**
50 min
- 5 The best north wall of Mt. Daisen
Motodani Valley (Daientei dam)**
30 min
- 6 Ogamiyama Shrine Okunomiya**
20 min
- 7 Daisen National Park Centre**
GOAL!

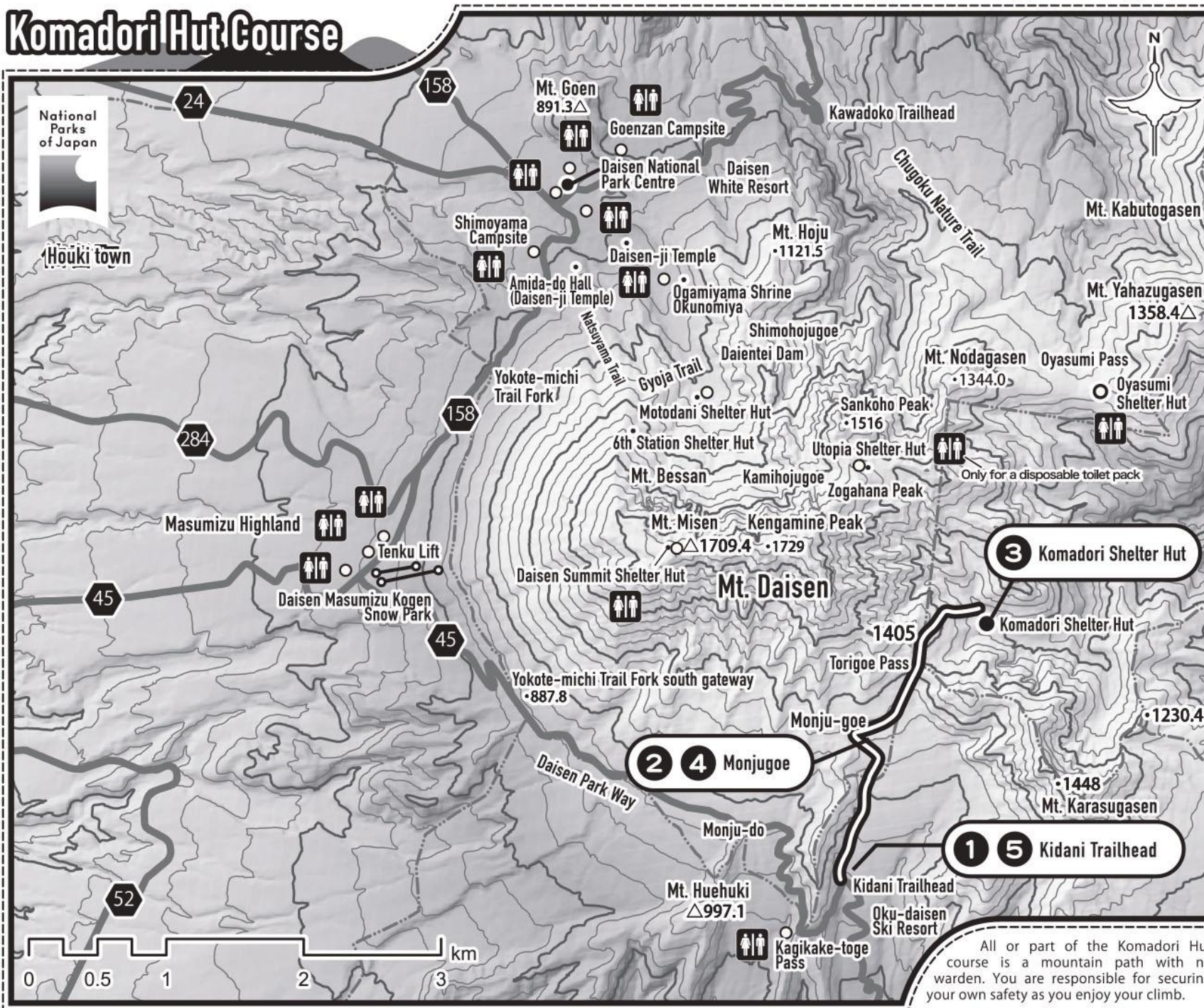
The royal road to climb Mt. Daisen. Pass through the beech forest, and the yew colony spreads out after the 8th Station. You can enjoy a 360 degree panorama from the summit of Mt. Misen, at 1,709 m.

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Komadori Hut Course

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course **12**
About **2.8 km**
About **3 hr 10 min**

START

- 1 The refreshing beech forest stretches on
Kidani Trailhead 30min
 - 2 The steep path continues
Monjugoe 70 min
 - 3 Take a break at a cool stream
Komadori Shelter Hut 70 min
 - 4 **Monjugoe** 20min
 - 5 **Kidani Trailhead**
- GOAL!**

Enjoy a therapeutic walk through the beech woods from kidani Trailhead to Monjugoe. The climb from Monjugoe to Komadori Shelter Hut is hard. Be sure to be completely prepared before you try the climb.

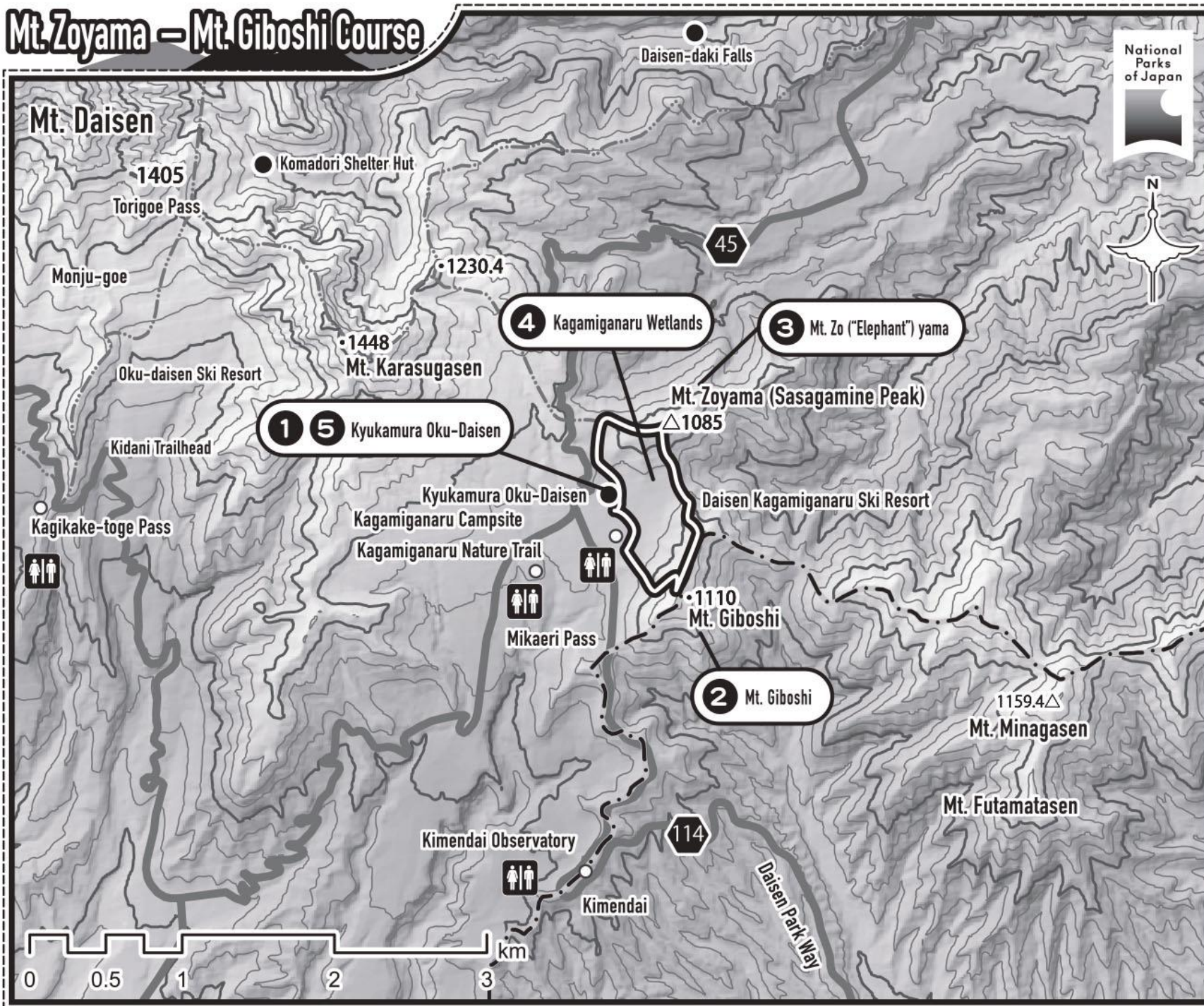


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Mt. Zoyama — Mt. Giboshi Course

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course 13
 About **3.3 km**
 About **2 hr 40 min**

- START**
- 1 Kyukamura Oku-Daisen** 50 min
 - 2 Enjoy a view of all of Hiruzen from the summit Mt. Giboshi** 50 min
 - 3 Doesn't it look like a sleeping elephant? Mt. Zo ("Elephant") yama** 50 min
 - 4 Walk in the wetlands on a boardwalk Kagamiganaru Wetlands** 10 min
 - 5 Kyukamura Oku-Daisen**
- GOAL!**

Beech and Mongolian oak forest. Grasslands and wetlands. The Mt. Zoyama — Mt. Giboshi course offers a wide variety of nature. The flowers that bloom in each season — dogtooth violet, umbrella leaf, gypsy rose and more- are also an attraction.

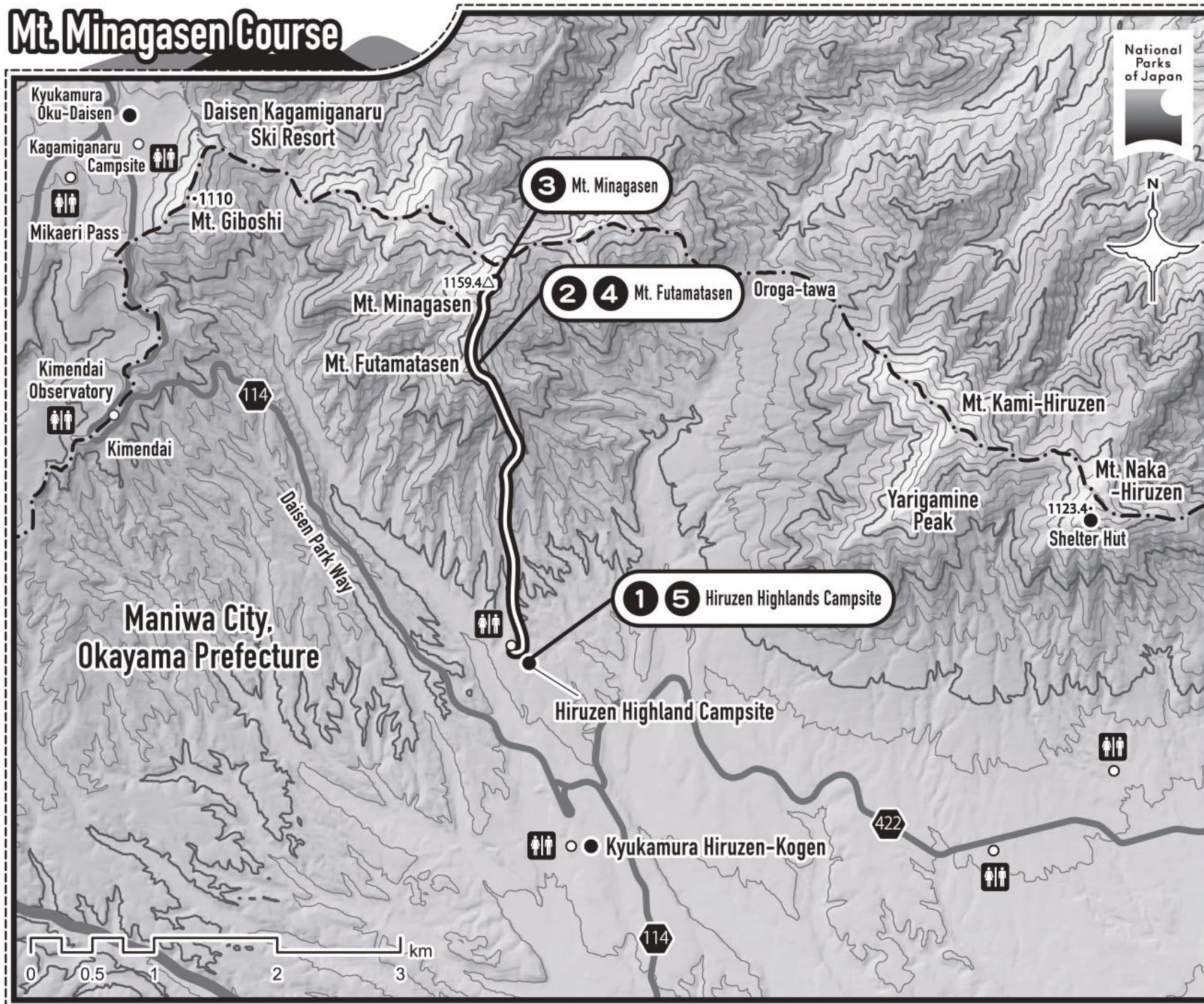


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Mt. Minagasen Course

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course 14
 About **6.1 km**
 About **3 hr 50 min**

- START**
- 1** Hiruzen Highlands Campsite
1 hr 40 min
 - 2** Enjoy a view of the Hiruzen highlands Mt. Futamatsen
30 min
 - 3** Turn back at the summit, elevation 1,159 m Mt. Minagasen
30 min
 - 4** Mt. Futamatsen
1 hr 10 min
 - 5** Hiruzen Highlands Campsite
- GOAL!**

Start from the Hiruzen Highlands Campsite and enjoy a therapeutic walk through the woods on the mountain path where the beech grow in abundance.

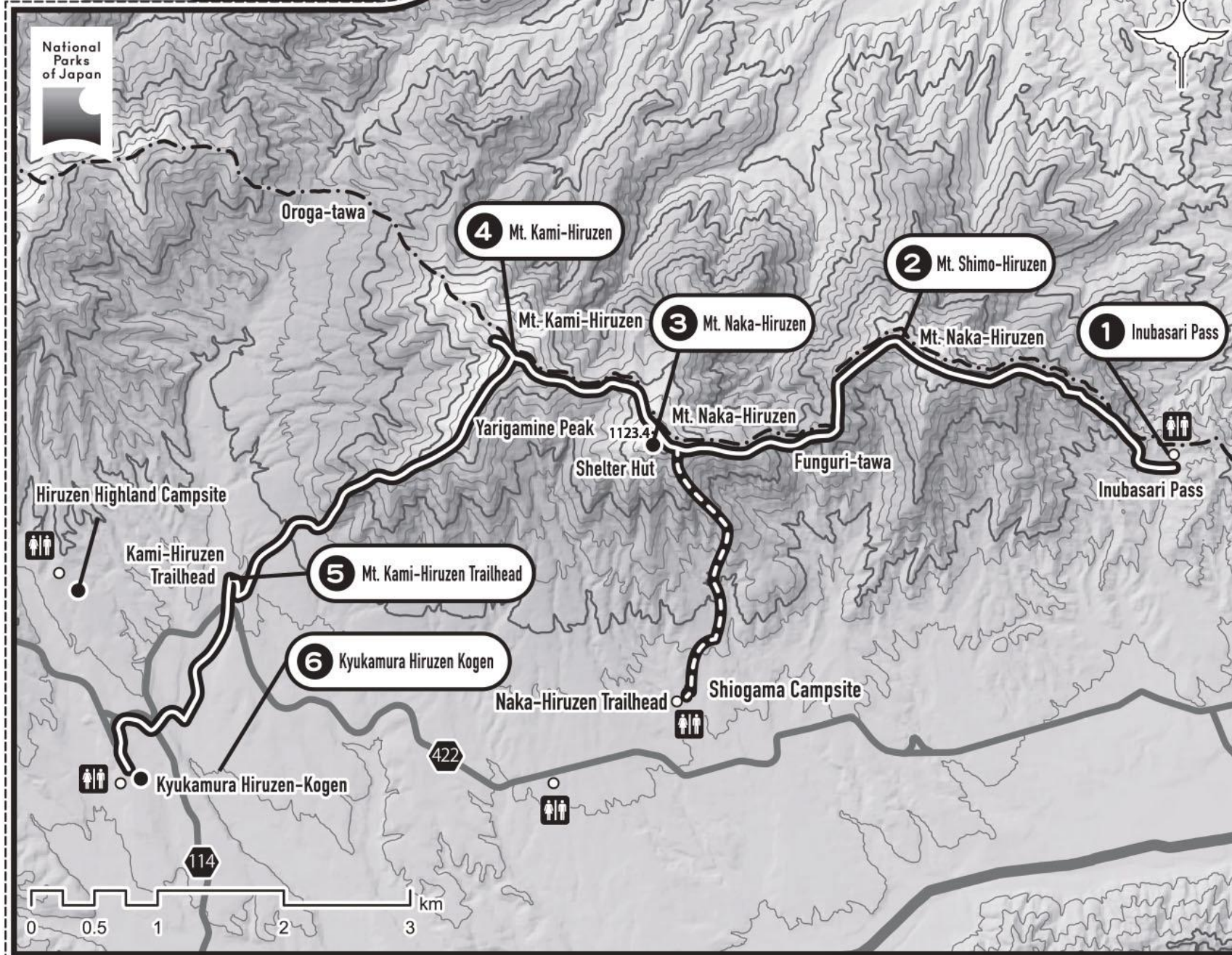


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Hiruzen Three Peaks Traverse Course

★To conserve the environment, be sure to use the toilet before you start your climb. Bring along a disposable toilet pack for use during your climb.



Trekking Course **15**
one-way
About 12.1 km
About 6 hr 30 min

- START**
- 1 Inubasari Pass**
1 hr 40 min
 - 2** Go through the grasslands with a spreading bamboo grass plain Mt. Shimo-Hiruzen
1 hr 40 min
 - 3** You can go down to the trailhead from here, too Mt. Naka-Hiruzen
1 hr
 - 4** We recommend the view from Yurigamine Peak Mt. Kami-Hiruzen
1 hr 50 min
 - 5** Parking lot available Mt. Kami-Hiruzen Trailhead
20 min
 - 6 Kyukamura Hiruzen Kogen**
GOAL!

A traverse course of the Hiruzen Three Peaks, with changing appearance according to the four seasons. You can also enjoy camping and cycling on the Hiruzen highlands at the foot of the mountains.



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