Sacred mountains and volcanos where the gods reside, and islands where ancient memories live on

Daisen-Oki National Park features diverse and ever-changing landscapes and consists of four regions: the mountainous area extending from Mt. Daisen to Mt. Hrazen, Mt. Ketsuki, and Mt. Senjo and the area around Mt. Mihon; the coastal area of the Shime Peninsula; the area around Mt. Sadoe; and the Oki Islands. The mountainous area exhibits a unique landscape featuring a variety of elements, including volcanic landscapes, forests, and grasslands. Mt. Daisen is known as the oldest sacred mountain in history, and Mt. Mihon is considered to be a sacred place for mountain ascension.

The Shime Peninsula is home to Izumo Oyashi (Izumo Grand Shrine), a place where the Japanese creation myth and other mythical events took place and hosts countless other famous sites with spiritual and mythological associations. Local events with stories in Shinto rituals depicted in Japan’s oldest written records, the Kojiki and Nihon Shoki are held at Mih Shrin, which is located on the east tip of the Shime Peninsula. Izumo Oyashi (Izumo Grand Shrine) is said to have been constructed by a messenger of the Goddess as a symbol for the sun. As such, after the tale of Izumo, the deity Okunomi-no-Kami is dedicated. The magnificent shrine has been designated a Natural Treasure as Japan’s oldest example of shrine architecture. The region is characterized by an intimate relationship between people and gods, and visitors can experience and learn about the values and spirituality of the Japanese people.

The Oki Islands feature inland and coastal landscapes that have been formed by dynamic tectonic activity. In recognition of such features and the cultural activities developed in the region, the Oki Islands have been designated as a UNESCO Global Geopark.

Access

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Information counter
San’in Tourism Organization +81-859-21-1502 saninmdmo00@page.ocn.ne.jp https://www.sanin-tourism.com/en/* For contents of E14, Please contact the provider directly.
Activity 01
The Oki Islands caves are packed with nature and history!
Sea Kayaking Cave Tour
Enjoy the unique geological landscape of Oki Islands UNESCO Global Geopark, which features coastlines with huge rocks formed by volcanic activity, rare algae found only in the area, and a variety of fish and sea birds. You will then explore the hidden beauty of the caves by sea kayak. Your guide will help you develop a deeper understanding of Oki Island’s nature, which will make the tour an unforgettable experience.

Date: April to October
Time: 120 min
Price: Adults (aged 13 and over): 6,600 yen, children (aged 7 and over): 5,000 yen
Location: Oki Sports Center
Website: http://www.okisports.com

Activity 02
Behold the stunning cliffs of the Kuniga Coast! Set out on a coastal tour of the Kuniga Coast with an experienced boatman!
Kuniga Coast Sightseeing Pleasure Boat
From on board the boat, you can enjoy a magnificent rocky landscape created by many years of marine erosion, including the huge Matriang Cliff that towers 257 meters above sea level and the Kuniga Coast. The course, which was built by creating an artificial road, connects the island and open sea and continues to support the local industries and lives of the island’s residents. The 250-meter-long Akebono-miya, which can only be entered when the sea is calm, is otherwise known as a Japanese version of the Blue Grotto in Italy.

Date: April to October
Price: 90 min course: 1,300 yen
90 min course: adults (aged 13 and over): 2,500 yen, children (aged 7 and over): 2,100 yen
150 min course: adults: 3,500 yen, children: 1,600 yen
Location: Oki Karito Co., Ltd
Website: http://www.oki-karito.com/index.html

Activity 03
Learn the origins of this land of myths and experience its history and culture! The sightseeing boat tour will visit New Kukedo (Kokkaku), a huge marine cave, and Old Kukedo (Budzukku’s Kukedo), which is home to the sacred Sato no kawara (Literally a riverbed in the underwater).
Kaka Kukedo Sightseeing Boat
A boatman will guide you around a natural landscape that features a combination of complex coastlines and huge caves created by wave erosion and the clear blue Sea of Japan. You can pass through New Kukedo on the sightseeing boat. Many locations have names that are taken from Japanese myths that Kozumi Hariro (author of ‘Leather Hearted Heaven’, a Japanese name) so admired. Experience the mythological wonders of Daisen-Oki National Park’s great coastlines.

Date: March to November
Price: 50 min
Price: Adults (aged 13 and over): 1,500 yen, children aged 7 to 12: 700 yen
(For foreign tourists: discount available)
Location: Kaka Kukedo Sightseeing Boat
Website: http://kakakukedo.com/guide/en

Activity 04
Participate in the research and conservation activities of the Japanese Giant Salamander, together with a researcher! An excursion supporting the organizations engaged in the conservation activities of Japanese Giant Salamanders and their habitat!

Activity 05
Refresh yourself in this walking tour around Mt. Daisen’s beech forest. Birds singing, rivers flowing, and leaves moving in the wind—enjoy the unique atmosphere.

Activity 06
Enjoy a relaxing cycling tour down the foothills of Mt. Daisen. Enjoy the nature of Mt. Daisen, famous for its spring water, with all your senses.

Mt. Daisen downhill cycling: From the lush greenery of Mt. Daisen to the clear blue Sea of Japan

The approach to Doguyama Shrine Ounoyama, one of the oldest and most magnificentorpion style buildings in Japan, features the longest street of natural stone paving in the country. You can visit ancient paths surrounded by greenery, giant beech trees full of power, and the Arimoto Hall, a National Important Cultural Property. Come to the national park and enjoy a relaxing walk in nature.

Date: Around April to November
Price: 180 min
Price: Adults: 3,800 yen (same for children)
*For the ages 7 and over. *Please contact in advance for interpretation services (fee required)
Location: Daisen Tourism Organization Daisen Tour Desk
Website: http://www.oke-hyogo.com/

The Japanese Giant Salamander is the largest amphibian in the world and is listed as an endangered species. You can observe wild Japanese Giant Salamanders in their protected habitat and participate in research and conservation activities in the company of a researcher. This eco-tour involves supporting organizations that are engaged in the conservation of activities Japanese Giant Salamanders and their habitat. The tour also includes a healthy dinner made from local ingredients.

Date: April to November (excluding the breeding season of mid-August to mid-September)
Price: 130 min
Price: 1 to 2 people: 70,000 yen, 3 people: 35,000 yen, 4 people: 25,000 yen, 5 people: 100,000 yen *English pamphlets available
Location: NISHIDO
Website: 090-9460-2912
http://www.nishidojapan.com/

Be prepared for the different weather conditions in Daisen-Oki National Park, as the seasons change. Enjoy a walking tour around Tatsuno Forest, one of the largest beech forests in Japan, and visit the ancient shrine, Okunoin, which is dedicated to the Japanese Giant Salamander. 

Activity 07
There are 3 routes to choose from, with route B being the longest. With route B, you will start on the Ridgeline of Mt. Daisen and descend towards the Sea of Japan. You can enjoy a commanding view of the sea and pretty beach scenery. A leisurely cycle down winding roads and country paths with beautiful scenery. Features of the tour include visiting a plant that makes paper from fresh milk produced in the foothills of Mt. Daisen, a facility that utilizes a broad school building, and various places where you can interact with local residents, such as a riverside market.

Date: April 1 to October 31
Price: Adult (route A): 1,000 yen, Adult (route B): 2,000 yen
Location: Okuji
Website: http://www.daisen-hyogo.com/

Activity 08
There are 3 routes to choose from, with route B being the longest. With route B, you will start on the Ridgeline of Mt. Daisen and descend towards the Sea of Japan. You can enjoy a commanding view of the sea and pretty beach scenery. A leisurely cycle down winding roads and country paths with beautiful scenery. Features of the tour include visiting a plant that makes paper from fresh milk produced in the foothills of Mt. Daisen, a facility that utilizes a broad school building, and various places where you can interact with local residents, such as a riverside market.

Date: April 1 to October 31
Price: Adult (route A): 1,000 yen, Adult (route B): 2,000 yen
Location: Okuji
Website: http://www.daisen-hyogo.com/
**Daisen-Oki National Park –Recommended Activities–**

### Activity 07
**Best scenic spot in Okinoshima Town View the miraculous sight of Candle Island.**

**Candle Island Tour Boat**

An island shaped like a candle, honed by many years of wave erosion is located on the sea of Okinoshima Town. Catching the sun set as if the candle is burning, it is a sight that can only be seen from aboard a tour boat. Also on this cruise, you can learn about the beautiful coastline that is part of the national park and the local geopark, and how it was formed.

- **Date:** April to October
- **Duration:** 50 min
- **Price:** Adults (junior high school students and older): 3,000 yen, children (elementary school students): 1,500 yen, infants (under elementary school age): free
- **Tour operator:** Okinoshima Town Tourist Association
- **Phone:** 0853-12-6787
- **Website:** [https://okina-dojo.info/](https://okina-dojo.info/)

### Activity 08
**A guided half-day bus tour around Dogo Island, Oki Islands UNESCO GLOBAL GEOPARK.**

**Geo Bus**

A guide will introduce you to the history and nature of Oki, both a national park and a global geopark, and share the distinct lifestyle and culture of Oki residents. There are two tours, one that heads to the west, the other to the east. The west-side tour will visit a waterfall that flows from a 40 meter high rocky cliff and spots that offer a superb view of the Oki Islands. The east-side tour will visit a mysterious 800 year old cedar tree, an observatory located at the southwestern point of Dogo Island that offers a view of Oki’s unique scenic beauty, and other locations. Both tours will visit the must-see sights of the island so you won’t miss out.

- **Date:** April to October
- **Duration:** 230 min
- **Price:** Adults (junior high school students and older): 5,000 yen, children (elementary school students): 3,000 yen. *Same prices for both courses*
- **Tour operator:** Okitakiko-ya
- **Phone:** 0853-13-7100
- **Website:** [http://okita-ko.jp/](http://okita-ko.jp/)

### Activity 09
**Evenings only. Make your night at Ama one to remember**

**Night prayers at Oki Shrine**

Oki Shrine is dedicated to Emperor Go-Toba, who was exiled to Oki about 800 years ago. The shrine assumes a different appearance in the dark; the front shrine glows slightly, and the approach is lit by bamboo lanterns. Guided by a priest, you can see a nighttime prayer and make a wish at the altar. Experience a divine moment to reflect on yourself amidst this solemn atmosphere. There are two courses to visit the shrine, including the “Guided Night Walk Tour of Oki Shrine.”

- **Date:** April to October
- **Duration:** 60 min
- **Price:** Adults: 5,000 yen (free for children) *For participants aged 7 and over* *For the Guided Night Walk Tour of Oki Shrine* course: 2,600 yen, children (aged 7 and over): 1,300 yen
- **Tour operator:** Ama Tourism Association
- **Phone:** 08514-20101 (Japanese only)
- **Website:** [https://oku-shrine.org/](https://oku-shrine.org/)

### Activity 10
**Purify your body and soul by serving the gods. Serve the gods by purifying Miho Shrine and perform a morning offering ritual.**

**Connect with the gods by performing a morning offering ritual at Miho Shrine, located on a holy cape where the gods reside.**

Miho is located on the east end of the Shimane Peninsula in the national park. Also known as a cape where the gods of Japanese mythology reside, the town boasts extensive nature and rich traditions. With the scenery of the national park in the background, you can take part in a ritual at Miho Shrine that involves purifying your body and soul by serving the gods with a morning offering. After the ritual, you will receive a certificate of service and an amulet.

- **Date:** Year round
- **Duration:** 130 min (meet at 6:00 a.m.)
- **Price:** Adults and children: 1,500 yen (elementary school students and older, or aged 7 and over)
- **Tour operator:** Miho Tourism Association, Miho-oki-Branch
- **Phone:** 0852-73-9001
- **Website:** [http://www.miho-oki-kankou.jp/](http://www.miho-oki-kankou.jp/)

### Activity 11
**A professional photographer as a guide! Take a memorable photo with Mt. Daisen at night!**

**Employing photography techniques and light to get a great photo of you, Mt. Daisen, and the starry sky.**

Under the Starry Sky at Mt. Daisen: A unique tour featuring you, Mt. Daisen, and the starry sky.

The four seasons are very distinct in Daisen-Oki National Park, and its mountains look completely different depending on the season. With limited streetlights and the high altitude, the view of the starry sky from Mt. Daisen is the perfect place for you to enjoy the spectacular view of the whole sky to do yourself. Instead of a sightseeing guide, this tour is accompanied by a professional photographer who will use photography techniques and light to take a fantastic souvenir photo of you with Mt. Daisen in the background at night. This is one of the two tours: one is given by a professional photographer. Share your memories on social media and get a picture of yourself under the beautiful sky in Daisen-Oki National Park.

- **Date:** Back to December
- **Duration:** 120 min
- **Price:** Adults and children (aged 7 and over): 5,000 yen. *For children aged 7 and under* *Please check in advance for interpretation services. Your own vehicle will be necessary for transportation during the tour.*
- **Tour operator:** Tourism Organization, Daisen Tour. Del: 0859-48-6123
- **Website:** [https://okaidai-hiken.com/](https://okaidai-hiken.com/)

### Activity 12
**Perfect for a hot summer’s day! A river-trekking tour at a river source surrounded by a bee forest!**

**A magical world of a crystal clear spring water river and a moss-covered virgin forest.**

Summer only! Mt. Daisen Shower Climbing at a river source surrounded by a dense bee forest.

A guided shower climbing tour that is perfect for a hot summer’s day! The spring water river is crystal clear, and the surrounding bee forest and moss patches give the place a magical, primordial atmosphere. You will feel as if you have stepped into a world from one of Hayao Miyazaki’s animated films. You can also feel the chill of the river water. The beginner course has an escape route on alternative easier routes, so anybody can join the tour.

- **Date:** July to mid-September
- **Duration:** Course A (beginner): 150 min, Course B (intermediate): 180 min
- **Price:** Adults: 4,000 yen (free for children)
- **Notes:** Additional admission fee required for Montokumi: adults (aged 13 and over): 900 yen, children (aged 3 to 12): 700 yen
- **Tour operator:** Montokumi Co., Ltd.
- **Phone:** 0853-83-8566
- **Website:** [https://www.montokumi.com/](https://www.montokumi.com/)
Activity 13
Experience Mt. Daisen in the snow, for people of all levels including beginners!
Trek the snowy winter world of Mt. Daisen in snow shoes.

Mt. Daisen Snowshoes Tour: Experience the unique other-worldly beauty of Mt. Daisen’s world of snow

Have your fill of Mt. Daisen’s nature, including one of the best beaches forests in west Japan that has been preserved ever since Daisen Temple was established 1300 years ago! This guided tour will take you through snowfields and woodlands that offer a fabulous view of Mt. Daisen’s peak and other scenic features. The area is home to temples, shrines, and other spiritual spots known only to locals. The charm of the snowy world is amplified by the sense of accomplishment from getting there on your own feet using snowshoes—this is an experience like no other.

Details:
- Winter season only (depending on snow conditions)
- 330 min
- FIT: Adults: 6,500 yen (same price for children)
- *Interpretation service available for an additional fee*

Daisen-oki Daisen-oki Travel Agency
0859-53-8036
https://www.saints.com/daisen-oki/

Activity 14
Experience Hiruzen’s nature!
Enjoy a refreshing ride along the Hiruzen Cycling Road, one Japan’s best bicycle-only roads.

Cycle around the national park on the Hiruzen Cycling Tour

In this approximately 30 km guided cycling tour, you can ride along the Hiruzen Cycling Road, one of the best bicycle-only roads in Japan, as well as other well-maintained roads to visit various sights in the national park area of Hiruzen. Road bikes, mountain bikes, and a variety of other bicycles are available so that you can enjoy a refreshing cycling experience in Hiruzen’s undulating terrain. In addition to experiencing the nature of the national park and enjoying the vast landscape of Hiruzen forest, we provide courses that visit local shrines.

Details:
- All year round
- 160 min
- FIT: Adults: 4,000 yen (same price for children)
- *For participants aged 7 and over* *Interpretation service available (additional fee required)*

Hiruzen Cycling Service
090-4439-9405
https://hiruzen-cycling.gckj.yodo.com/
The Daisen Parkway Course

- Enjoy a compact tour of the diverse natural features — from mountains to the sea — of Daisen-Oki National Park.
- Experience nature and seasonal activities by taking the driving course connecting the sea and mountains.
- Listen to local legends, and learn about the livelihoods of the people and the forms of their deities.

**Sample course**

*Using the recommended activities*

**Season**
All seasons (excluding some course)

**Duration of stay**
2 nights, 3 days

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### The Daisen Parkway Course

#### Day 1
- **9:45 a.m.** Haneda Airport ➔ 80min ➔ 10:55 a.m. Yonago Kitaro Airport ➔ 20min ➔ 12:30 p.m. Walk and Lunch at Hiruzen Herb Garden "Her Bill"

#### Course 1
- **5:30 p.m.** Accommodation in Okudaisen/
Hiruzen [Accommodation]

#### Course 2
- **10:15 p.m.** Accommodation in Daisen/Hoki
[Accommodation]

#### Day 2
- **8:20 a.m.** Accommodation in Daisen/Hoki ➔
**8:30 a.m.** Tour of Daisen National Park Center

- **9:00 a.m.** Climb Mt. Daisen ➔
**12:00 p.m.** Lunch Bento at Mt. Daisen’s Summit ➔
**3:30 p.m.** Hot Spring Bathing at Goenyuin ➔
**4:35 p.m.** KOMORIBITO Sunset Cafe ➔
**6:20 p.m.** Dinner at the accommodation in Mihonoseki

- **Accommodation in Mihonoseki ➔**
**Sunset** ➔ Aoishi-Datami (Blue Cobblestone) Street
Illuminations [Limited Availability]
**Accommodation in Mihonoseki** [Accommodation]

- **Early morning at the Mihonoseki accommodation ➔**
Watch Caught Fish be Unloaded ➔
Accommodation in Mihonoseki ➔
**6:50 a.m.** Acacim (Morning Shinto Ritual) at Aoi-shi Shrine (Return to Accommodation for Breakfast) [135 min]
**3:00 p.m.** 9:05 a.m. Accommodation in Mihonoseki

- **Day 3**
- **9:50 a.m.** Accommodation in Mihonoseki ➔
**11:00 a.m.** Matsue Visitor Center ➔
**11:20 a.m.** Aibuka Yokocho Sightseeing Boat (50 min) [Limited Availability] ➔
**1:00 p.m.** Yushien Garden (Lunch/Tour) ➔
**4:00 p.m.** Yonago Kitaro Airport ➔
**6:30 p.m.** Towards Haneda Airport

**Pattern A**
- **9:00 a.m.** Activity 35:-tech Forest Walk or Mt. Daisen Spiritual Walk ➔
**12:00 p.m.** Lunch near the Approach to Daisen Temple ➔
**1:15 p.m.** Daisen Downhill Cycling [195 min] ➔
**[Seasonal Activities (Limited Availability)]**

**Pattern B**
- **9:00 a.m.** Activity 35:-tech Forest Walk or Mt. Daisen Spiritual Walk ➔
**12:00 p.m.** Lunch near the Approach to Daisen Temple ➔
**1:15 p.m.** Daisen Downhill Cycling [195 min] ➔
**[Seasonal Activities (Limited Availability)]**

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**Legend for itinerary**
- Train A
- Train B
- Shinkansen train (all stations stop)
- Shinkansen train (all stations stop)
- Train
- “Yokobai” water taxi
- Bicycle rental
- Walking
- Park spot
Experience the Charms of the UNESCO Global Geopark and National Park and Discover the Interwoven Nature and Culture of the Oki Islands

- Marvel at the dynamic coastlines formed over millennia, and the beautiful natural features and culture of the islands.
- Immerse yourself in the history and culture of Chibu Village, and in the lives of its inhabitants; admire the magnificent scenery of Nishinoshima-town and the unsullied nature of the island of Okinoshima-town; and discover Ama-town with its history and worship.
- Enjoy the history, spirituality, nature and food culture of these isolated islands in the Sea of Japan.

Night of arrival
Haneda Airport/Hong Kong International Airport/Seoul International Airport 80–120min
Yonago Kitaro Airport 15–30min
Accommodation at Yonago/Sakaiminato/Mihonoseki [Accommodation]

Day 1
8:20a.m. Accommodation at Yonago
8:40a.m. Accommodation at Sakaiminato/Mihonoseki
9:30a.m. Shichirigahama Port (Ferry) 10min
11:30a.m. Kuri Port (Ferry) 20min
12:00p.m. Lunch at the Kanjima Rest House 20min
1:20p.m. Mt. Akahage Walk 20min
2:00p.m. Sekiheki 20min
2:40p.m. Kawai Water Spring 30min
3:00p.m. Kuri Port (Isokaze Line) 30min
3:50p.m. Hishiura Port (Sightseeing taxi) 20min
4:10p.m. Akiya Coast Walk (Sightseeing taxi) 10min
4:40p.m. Mt. Kinkojo (Sightseeing taxi) 20min
5:20p.m. Tengawa no mizu Spring (Sightseeing taxi) 20min
5:50p.m. Accommodation at Nakanoshima (Ama) [Driver-operated vehicle] 10min
7:00p.m. Accommodation at Ama [Driver-operated vehicle] 10min
9:00p.m. Accommodation at Oki Nature Museum [Accommodation]

Day 2
8:00a.m. Accommodation at Oki Nature Museum 10–20min
9:26a.m. Hishiura Port (Isokaze small ferry) 7min
Beppu Port 7min
9:40a.m. Kuroki Imperial Palace 9:40a.m.
10:20a.m. Akiya Coast [Driver-operated vehicle] 20min
12:40p.m. Lunch near Urado Port (Ferry) 20min
1:55p.m. Takahara Shrine and Mountain Trail (Rental car) 30min
3:20p.m. Matengai Cliff Walk 10min
3:50p.m. Kanjima Beach Walk 10min
5:15p.m. Beppu Port (Shishirama ferry) 25min
6:30p.m. Accommodation at Okinoshima [Accommodation]

Day 3
10:00a.m. Accommodation at Okinoshima [Accommodation]
10:10a.m. Oki Nature Museum 10min
11:00a.m. Lunch near Saijo Port 20min
1:00p.m. Activity 09 Sea Kayak Cave Tour (120min) 10min
4:30p.m. Activity 09 Candle Island Tour (100min) 40min
Accommodation at Okinoshima [Accommodation]

Day 4
8:00a.m. Accommodation at Okinoshima [Accommodation]
8:30a.m. Activity 10 Tour of Chibi-sugi Cedar (200min) 10min
12:00p.m. Lunch near Saijo Port [Accommodation]
1:00p.m. Cycling 30min
3:10p.m. Saijo Port (Kurumaya ferry) 35min
Dinner/shopping at Mizki Shigeru Road 20min
8:25p.m. Yonago Kitaro Airport 9:55p.m. Haneda Airport

Legend for travel facilities
* Car
* Bicycle
* Train
* Ferry (Kuramaya)
* Taxi
<sup>1</sup> Accommodation at Yonago/Sakaiminato/Mihonoseki [Accommodation]
<sup>2</sup> Accommodation at Oki Nature Museum [Accommodation]
Route Romantique San’in - Geopark and National Park Activity Course

- Enjoy the splendor of Tottori and Shimane Prefectures, and the incredible activities each has to offer.
- Tour the magnificent and diverse nature unique to the national park and geopark.
- Acquaint yourself with the San’in area, where many myths have been handed down over the generations.

**Season:** All seasons *some activities restricted by season

**Duration of stay:** 5 nights, 6 days

**Day 1**
- 9:40 a.m. Haneda Airport > Tottori Fishing Port (10:55 a.m.)
- Walk/Lunch at Tottori Harbor Seafood Market Karoichi
- San’in Kaigan National Park / San’in Kaigan Geopark - Tottori Sand Dunes (Try a variety of activities: the Tottori Sand Dunes Visitor Center, sandboarding, sand sledding, paragliding, fat tire bike tours, sand dune yoga, sightseeing by chairlift, the Sand Museum, pear harvesting, scalanin fields and more)
- 4:00 p.m. Accommodation in Tottori City [Accommodation]

**Day 2**
- 8:30 a.m. Accommodation in Tottori City > Activity (or)
- 9:00 a.m. San’in Kaigan National Park / San’in Kaigan Geopark - Uradome Coast (Shin’yo San’in Kaigan Geopark Nature Museum of Sea and Sand, walks through superb scenic spots, sightseeing by boat along the Uradome Coast (island tour), sea kayaking, snorkeling, stand up paddle boarding, diving or canoeing in a clear calm)
- 2:00 p.m. Kurayoshi Walking Tour (or) 20-40km
- Japanese Heritage: Misasa Onsen Hot Spring (Japanese-style inn) [Accommodation]

**Day 3**
- 8:20 a.m. Misasa Onsen Hot Spring (Japanese-style inn) (or) 40km 9:00 a.m. Daisen-Oki National Park - Monastic Accretion Experience and Visit to the Mt. Atsuki Sand Dunes Temple
- Activity 10 Beach Forest Walk and Mt. Daisen spiritual Walk or Activity 11 Daisen Downhill Cycling (summer only)
- Activity 12 Daisen Snowshoeing Tour or Activity 12 Daisen Snowshoeing Tour (winter only)
- Activity 13 Daisen Snowshoeing Tour (600km) Accommodation in the Daisen area [Accommodation]
- 9:00 a.m. Accommodation in the Daisen area > 30km 10:00 a.m. Walk/Lunch at Mizuki Shigeru Road Shichirihari Port (jet ferry) 80-125min

**Day 4**
- Saigo Port (or) 20km or 90min / Daisen-Oki National Park/Oki Islands UNESCO Global Geopark “Okinoshima” (Island tour/Geo Bus tracking)
- Activity 17 Accommodation at Okinoshima [Accommodation]
- Daisen-Oki National Park/Oki Islands UNESCO Global Geopark “Nishinoshima” (Kurage Coast sightseeing boat/bus and Matangel Cliffs, etc.)
- Activity 18 Accommodation at Nishinoshima [Accommodation]

**Day 5**
- 11:20 a.m. Activity 19 Kaka Kukedo Sightseeing Boat (limited availability)
- 12:50 p.m. Walk in Matatsu 5:00 p.m. Accommodation in Matsue City [Accommodation]

**Day 6**
- 8:00 a.m. Accommodation in Matsue > 90min 9:30 a.m. Mt. Sanbe Walk (Shin’yo sightseeing, sightseeing by chairlift, hot spring bathing, The Shimane Nature Museum of Mt. Sanbe, Sahelinh, and The Sanbe-Akabikara Buried Forests)
- 12:00 p.m. Walk/Lunch near Izumo Hinomisaki Lighthouse (or) 20km 2:20 p.m. Walk around Izumo Gyashiho (Izumo Grand Shrine) or 50min
- 3:40 p.m. Izumo Emusubsu Airport > 80min Haneda Airport

**Notes**
- Accommodation at Okinoshima or Nishinoshima or Saigo Port or Beppu Port (Ferry)
- Daisen-Oki National Park/Oki Islands UNESCO Global Geopark “Okinoshima” (Island tour/Geo Bus tracking)
- Accommodation at Okinoshima [Accommodation]
- Daisen-Oki National Park/Oki Islands UNESCO Global Geopark “Nishinoshima” (Kurage Coast sightseeing boat/bus and Matangel Cliffs, etc.)
- Accommodation at Nishinoshima [Accommodation]
Sample course
using the recommended activities

Season: Summer
Duration of stay: 1 night, 2 days

Discover the Summer Gifts of Hiruzen Kogen Highlands

- Hiruzen Kogen Highlands is an idyllic highland resort abundant in nature.
- One of Japan’s foremost summer resorts, Hiruzen Kogen Highlands offers diverse activities and scenery.
- Not only does the area boast Japan’s best cycling roads, early summer sees the slopes of the mountains awash in the brilliant purples of lavender, grown in the region on a scale otherwise unseen in western Japan.

Local airports
- 10:10 a.m. Okayama Momotaro Airport
- 12:10 p.m. Walk and Lunch at Hiruzen Herb Garden “Her Bill”
- 1:30 p.m. Panorama from Kimendai Observatory Rest Stop
- 2:10 p.m. Activity 14: Hiruzen Kogen Cycling Tour (120 min)
- 4:20 p.m. Activity 15: Hiruzen Winery Tour

Day 1
- Activity 14: Hiruzen Kogen Cycling Tour
- Activity 15: Enjoy the finest wines made with Hiruzen Kogen Highlands’ crimson glory vine grapes.
- 4:55 p.m. Instagram at the Ranch! Hiruzen Jersey Land
- 5:30 p.m. Walk Around the Shiogama Cold Spring

Day 2
- 9:30 a.m. Hiruzen Shiogama Camping Village
- 10:00 a.m. Forest of Adventure in Hiruzen
- 12:30 p.m. Kyukamura: Hot Spring Bathing with a View at Hiruzen Kogen and Lunch
- 4:00 p.m. Okayama Momotaro Airport

To local airports: Why not by the 3 km! - A example course, too?

Legend for shapes:
- Airplane
- Train
- Car
- Trolley
- Bicycle
- Hiking
- Walking
- Photo spot