

# Exploring Japan's National Parks

National  
Parks  
of Japan



# SEE, FEEL, DISCOVER



# Explore the Essence of Japan

Spanning the length of Japan from the northern frozen peaks of Hokkaido to the southern tropical waters of Okinawa, Japan's national parks are a gateway to explore the essence of Japanese culture and enjoy the sights, sounds, tastes and smells in which generations of Japanese people have taken delight.

A surprisingly well-kept secret beyond Japan's own borders, the national parks of Japan are the jewel in the crown of the Japanese countryside. Together they illustrate the diversity of environments in the small island nation, which is bursting with unique nature and vistas. There are 34 national parks, each one designated by the Japanese government as representative of Japanese nature. Whether epitomising flora, fauna or unique sights, each one guarantees a snapshot of a side of Japan unseen except to the adventurous.

Join us as we begin our journey to introduce eight of these national parks from across Japan. Each typifies the encounters you can expect as you connect with Japanese nature and the culture, tradition and cuisine that it has inspired since antiquity.



**29**  
**Kirishima-Kinkowan National Park**

- Peaceful landscapes in harmony with active volcanoes
- Spiritual traditions in the heart of nature
- Follow the coast to mainland Japan's southernmost reaches



**24**  
**Daisen-Oki National Park**

- A landscape full of legend and tradition
- Voyage from mountains to sea
- Glamping and camping in serene surrounds



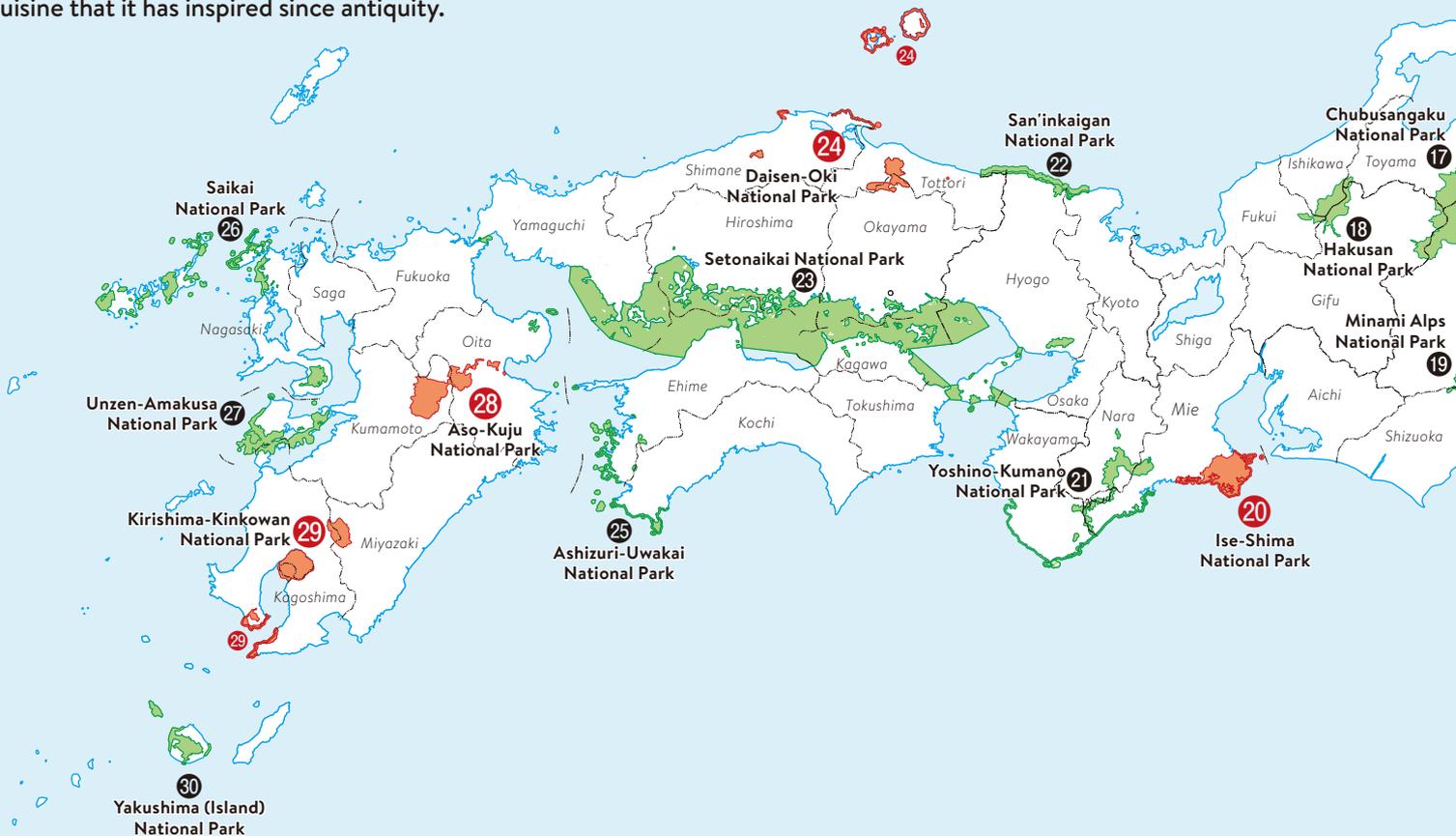
**33**  
**Keramashoto National Park**

- Countless unspoilt beaches to make your own
- Distinctive tropical island culture
- Underwater paradise with whale and sea turtle watching



**28**  
**Aso-Kuju National Park**

- A world-class caldera shaped by millennia
- Rustic beauty you can explore your way
- Inclusive routes for all the family





**10**  
**Nikko National Park**

- Celebrated culture born from nature
- Varied water activities on tranquil lakes
- Dive deep into nature, direct from Tokyo



**20**  
**Ise-Shima National Park**

- Discover the spiritual hub of Japan
- Vibrant pearl and ama diving culture
- Lose yourself in the spectacular ria coast

Rishiri-Rebun-Sarobetsu National Park 1

Shikotsu-Toya National Park 6

Daisetsuzan National Park 5

Akan-Mashu National Park 3

Shiretoko National Park 2

Kushiroshitsugen National Park 4

Towada-Hachimantai National Park 7

Sanriku Fukko (reconstruction) National Park 8

Bandai-Asahi National Park 9

Oze National Park 11

Joshin'etsukogen National Park 12

Chichibu-Tama-Kai National Park 14

Fuji-Hakone-Izu National Park 16

Ogasawara National Park 15

Shiretoko National Park 2

Amamiyunto National Park 31

Keramashoto National Park 33

Yambaru National Park 32

Iriomote-Ishigaki National Park 34



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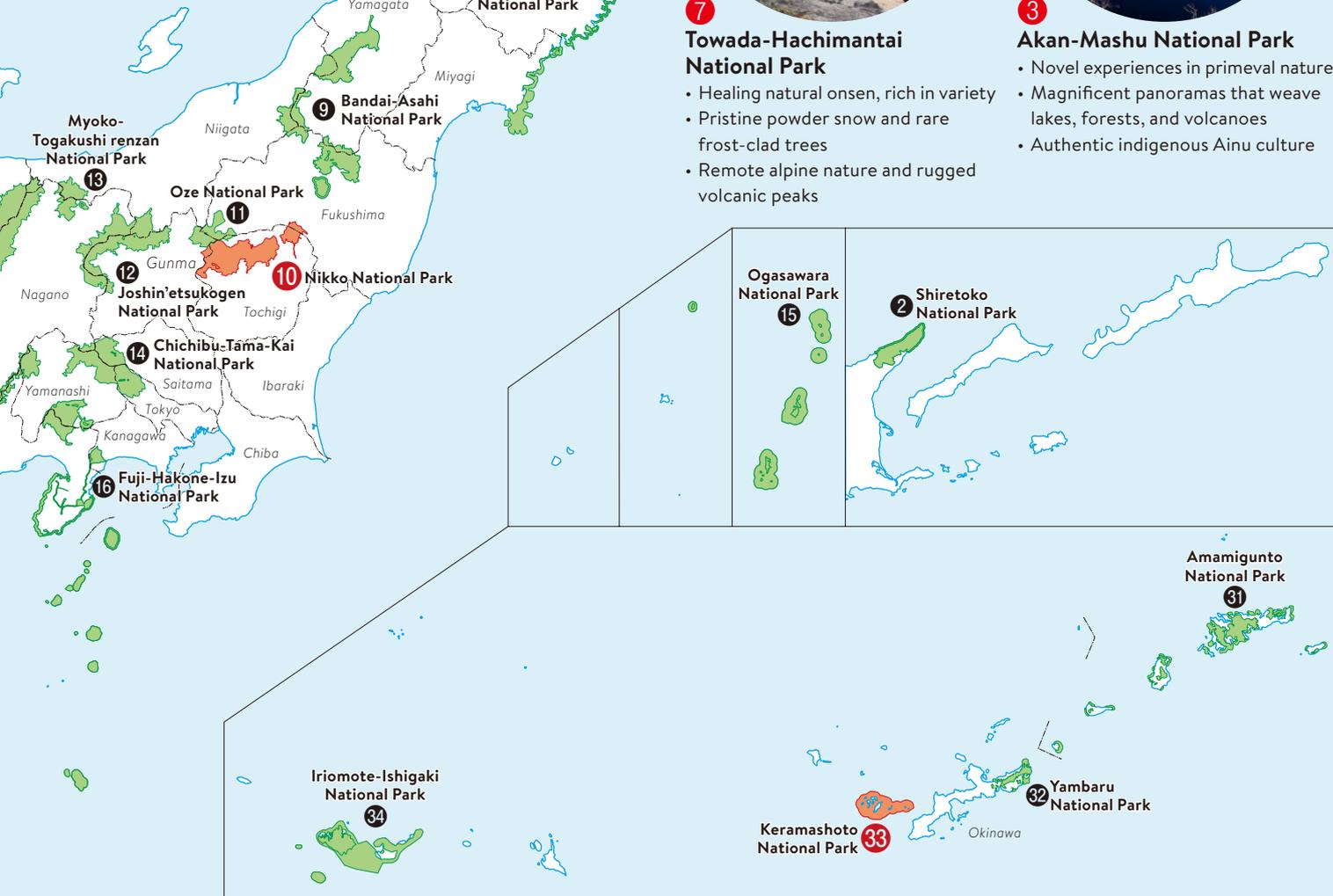
**7**  
**Towada-Hachimantai National Park**

- Healing natural onsen, rich in variety
- Pristine powder snow and rare frost-clad trees
- Remote alpine nature and rugged volcanic peaks



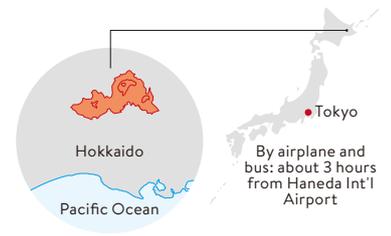
**3**  
**Akan-Mashu National Park**

- Novel experiences in primeval nature
- Magnificent panoramas that weave lakes, forests, and volcanoes
- Authentic indigenous Ainu culture



## Akan-Mashu National Park

# Traverse Ancient Forests, Sacred Lakes and Snow-Clad Volcanoes



### EXPLORE JAPAN'S PUREST WATERS

Take to tranquil shores on horseback or glide through them on a canoe tour. The area offers a variety of pure and transparent waters to enjoy, as well as a number of ways to enjoy them. Why not explore the banks of Lake Kussharo on horseback or canoe across the lake and down its rivers, taking in the aquatic life, whatever the season.

Venture far from the beaten path into the deepest reaches of Hokkaido and discover a mysterious landscape full of local legends, untamed nature and vast volcanic lakes. Still home to settlements of indigenous Ainu people, the national park offers a voyage of cultural discovery like no other. Travel between the park's namesake lakes of Akan and Mashu, exploring primeval forests

where Japanese deer roam, and take time to relax in the onsen hot springs that flow freely around the caldera lake of Kussharo. In the long snow season even Lake Akan succumbs to ice and can be traversed on foot, while the rest of the landscape is transformed into a quintessentially Japanese winter wonderland, punctuated only by cosy wooden buildings and the onsen waters that bubble up from beneath.



### AWE-INSPIRING VOLCANIC LANDSCAPES

Bridging the diverse natural phenomena of the national park is the area's active volcanoes, many of which are revered in local culture. From the dramatic yellow of Mount Iō's sulphurous vents and the vast caldera lake of Akan, whose tranquil blue waters are home to the soft green forms of the iconic marimo moss balls, to the numerous onsen towns offering relaxation, the active hand of nature is always tangible in the park.



### SNOWSHOEING ACROSS FROSTY FRONTIERS

Join the cranes that swoop overhead in exploring to your heart's content sweeping planes framed by craggy peaks and deep forests rich in local customs. Snowshoeing is available to make sure that no avenue is off reach, and experienced guides are on hand to tell stories about the nature that envelops you.



### DIVE DEEP INTO AINU CULTURE

Discover the Ainu Kotan village settlement of craftspeople, the largest gathering of the indigenous people of Hokkaido. Experience authentic Ainu culture in the Ainu community within Akan-Mashu National Park through performing arts, cuisine and crafts. See the link between the nature of the area and the quintessential culture that it has created.



### HOKKAIDO À LA CARTE

Feast on contemporary Hokkaido cuisine cultivated within the national park. From wild deer that roam the virgin forests to the flourishing dairy industry, there is more to Hokkaido cuisine than meets the eye. Visitors can expect a gastronomic feast of fish, fruit and cheese: all the result of the national park's fertile climate.

#### TOURISM INFORMATION

##### ■ Akankohan Eco-museum Center

Tel: 0154-67-4100

<http://business4.plala.or.jp/akan-eco/index.html>

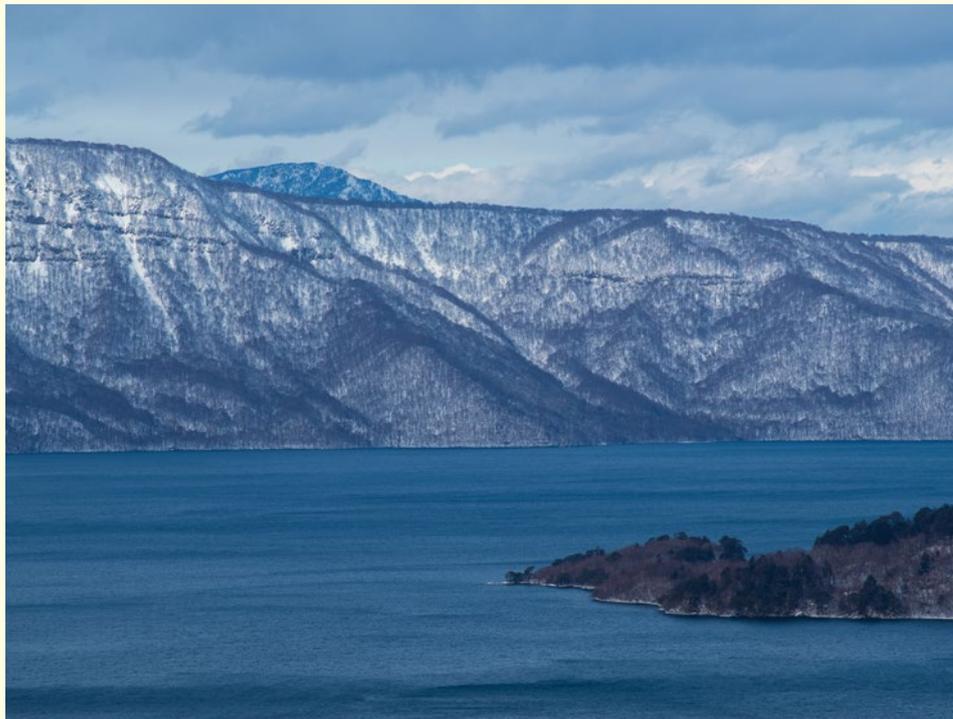
##### ■ Kawayu Eco-museum Center

Tel: 015-483-4100

<http://www.kawayu-eco-museum.com/>

## Towada-Hachimantai National Park

# Sanctuary in Healing Onsen and Rustic Hospitality



A short bullet train ride from Tokyo but a world apart, Towada-Hachimantai National Park presents the intrepid with a land full of contrast. The area has Japan's highest level of snowfall, which carpets the mountains and dense forests in pure white and clads trees in thick frost. The chilly temperature freezes waterfalls, turning

them into vast ephemeral icicles. Yet, even in the remotest reaches of the snowy landscape, there are onsen hot springs whose rising steam breaks the icy spell. The culture, too, born out of resilience to the tough environment, has great warmth. Take a trip into the frozen northern reaches of Tohoku and discover the spellbinding beauty of this contrasting landscape.



### EXPLORE SNOWY LANDSCAPES

Year-round guided and independent hiking offers spectacular views of the national park, including mountains, lakes and gorges. The high level of snowfall in the winter allows for snowshoe hiking in truly spellbinding locations. Watch out for Japanese squirrels, Japanese martens and Japanese serows as you ascend snowy peaks dotted with steaming onsen hot spring waters.



### EXPERIENCE LOCAL EQUINE CULTURE

Horses have been a vital part of life around the park for centuries. In June, the annual Chagu Chagu Umakko Horse Festival involving a procession of some 100 horses is a spectacle unlike any other. Year-round, visitors can dip into this spectacle of sound and colour and ride their own steed around the spectacular scenery of the national park.

### RECONNECT WITH NATURE

Soak away the stresses of modern life in countless natural onsen hot springs, deep in the heart of the Tohoku countryside. Their therapeutic qualities have been celebrated by local people for generations. Beyond the waters, the quaint traditional atmosphere of the resorts allows you to experience the timeless Japanese art of relaxation.



### LOCAL HEARTFELT HOSPITALITY

Treat yourself to new gastronomic experiences with a wealth of local produce harvested in and around the national park. Enjoy unique dishes as well as culinary traditions that reflect the culture of the area. From rustic *shizukuishi jukkō* cuisine (whereby families prepare simmered or marinated dishes in boxes to share with each other) to game caught in the untouched forests and prepared in style, you are sure of a meal to remember.



### TRADITIONS OF THE REMOTE NORTH

From spiritual sites such as the Towada Shrine nestled in the peninsula surrounded by Lake Towada to the traditional Korakukan playhouse in the town of Kosaka which offers a glimpse of early 20th century Meiji-era performing arts to the Kosaka Mine Office, where Meiji-era modernisation took place, this is an area with countless tales to tell.

#### TOURISM INFORMATION

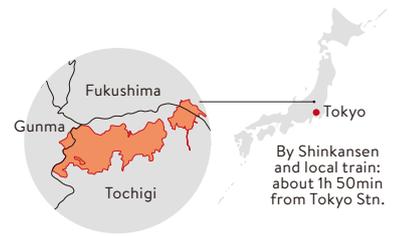
■ **Aomori Prefecture Tourist Information Center**  
Tel: 017-734-2500  
<https://www.en-aomori.com/>

■ **Iwate Tourism Association**  
Tel: 019-651-0626  
<https://iwatetabi.jp/>

■ **Akita Tourism Support Center**  
Tel: 018-838-0225 (English)  
<http://www.akitafan.com/>

## Nikko National Park

# Japan's Original Resort, Enjoyed Since Antiquity



### GAIN A NEW PERSPECTIVE

Venture into the rivers and lakes that carve up the dense mountains of Nikko. Whether you set sail on tranquil Chuzenji Lake by classic pleasure cruise or contemporary stand-up paddleboard, or a leisurely kayak cruise along Shiobara Ravine and Momiji Gorge, you are sure to see the splendid nature of Nikko National Park with fresh eyes.

For centuries a sanctuary of the Japanese Court, the Imperial Family and Japanese people for its sumptuous seasonal sights, Nikko is a must-see destination for both domestic and international tourists. However, few visitors travel beyond the shrines and temples at its spiritual core to experience the nature and history of

the national park, which is, after all, the reason that Nikko has attracted people for generations. Your journey will take you through iconic scenery that has inspired images of quintessential Japan and been the backdrop for history. Experience Japan's first resort and see the same natural sights that have influenced Japanese culture since antiquity.



### EXPLORE OFF THE BEATEN PATH

Nikko may be known as a tourist spot, but there are still abundant opportunities to break away from the usual route and find a piece of Nikko that is all your own. Take a trekking trip to the serene Senjōgahara, named after a mythical battlefield where the streams run blood red, now known to be caused by iron deposits from the surrounding mountains. Alternatively, hike to the summit of Mount Nasu, whose craggy peaks are a world apart from the lush forests at its feet.



### A GIFT TO THE NATION

Step into the wooded tranquility of Nasu Heisei-no-mori Forest. Previously the Japanese Imperial Family's private resort, a section of the forest was given as a gift to the Japanese people in 2008, allowing all to experience its perfectly preserved and peaceful glades. Explore by yourself or go deep into the forest with an experienced guide who can reveal the secrets of the forests.

### TIMELESS APPEAL

Follow in the footsteps of some of the earliest visitors to Japan through the splendour of the British and Italian embassy villa memorial parks, where you can see the holiday villas of some of Japan's first diplomatic visitors. Through these stunning homes that bridge east and west on the banks of Chuzenji Lake you can share the selfsame timeless appeal of Nikko's first international summer resort at this elevated altitude.



### RELAX IN NATURE'S SPAS

Every resort needs a spa, and Nikko National Park boasts its fair share of hot springs that have inspired traditional Japanese bathing culture. But there are also always new traditions being born, such as those at the Yuppo-no-Sato baths in Nasushiobara City, where you can experience a footbath and reflexology fully clothed.

#### TOURISM INFORMATION

##### ■ Tochigi Tabi Net

(Nasu Heisei-no-mori Forest and Senjōgahara)  
<https://travel.tochigiji.or.jp/en/>

##### ■ Nikko Natural Science Museum

(British and Italian embassy villa memorial parks)  
<https://www.nikko-nsm.co.jp/>

##### ■ Shiobara Onsen Tourist Association

(Shiobara Ravine, Momiji Gorge and Yuppo-no-Sato)  
<http://www.shiobara.or.jp/en/>

## Ise-Shima National Park

# Jewels of the Japanese Coast at Ise-Shima National Park



### EXPLORE ISE-SHIMA NATIONAL PARK BY BICYCLE

From verdant mountains to unspoilt beaches, cycling or joining a tailor-made bicycle tour is the perfect way to traverse the national park, taking in the wide variety of scenery as you zoom along. With cultural tours, including refreshments, as well as a range of bikes on offer, this is an unforgettable way to explore one of Japan's most celebrated coasts.

At the heart of Ise-Shima National Park is Ise Jingu (Ise Grand Shrine). The enduring seat of Japanese religion and spirituality, it was formed in harmony with the exquisite nature that envelops it. Like the shrine itself, which is a gateway to 2,000 years of history and rebuilt every 20 years, the nature in Ise-Shima

National Park is timeless and bound to the living culture of the region. Take this chance to explore beyond Ise Jingu and you will find a striking coast: at times a haven of rolling sands, at others buzzing with activity as local fishermen go about their time-honoured practices, the fruits of their efforts yours to enjoy, fresh from the sea.



### EXPERIENCE LOCAL FISHING CULTURE

Discover the story behind Japanese *washoku* cuisine as you journey on a fisherman's vessel, observe local customs, and see first-hand the unique character of Ise-Shima National Park's bountiful seas. Land your own catch before returning to the shore to enjoy the fruits of your labour: sashimi, fresh from the sea.



### JEWELS OF THE COAST

Since Kōkichi Mikimoto shot to global fame as the first person to create cultivated pearls in Mie, in 1905, the area has become synonymous with these beautiful jewels of the sea. Develop your appreciation of Ise-Shima's most celebrated export and take the chance to make your own pearl jewellery.

### ENJOY THE BOUNTY OF THE SEAS

Take in the exceptional flavour of local seafood delicacies from a coastal vantage point or, better still, savour them as you sail the very seas that bore them, on a traditional Japanese houseboat. Don't miss out on seeing the female divers, who have harvested beautiful natural pearls and seafood from the ocean's depths for centuries.



### DISCOVER CHARMING SEASIDE LIFE

Take a walking tour of seaside towns such as Daiō in Shima, and enjoy the living culture of Ise-Shima National Park, where time-honoured traditional fishing practices create sights, smells and flavours to cherish in the harbours. See artisanal smoking over local wood to produce bonito, which is frequently given as an offering at Ise Jingu.

#### TOURISM INFORMATION

##### ■ Iseshima Tourism & Convention Organization

E-mail: [info@iseshima-kanko.jp](mailto:info@iseshima-kanko.jp)  
<https://www.iseshima-kanko.jp/en/>

##### ■ Toba Tourist Information

Tel: 0599-25-2844  
<http://toba.or.jp/sites/en/>

##### ■ Ise Tourist Information Office, Ise-shi Station

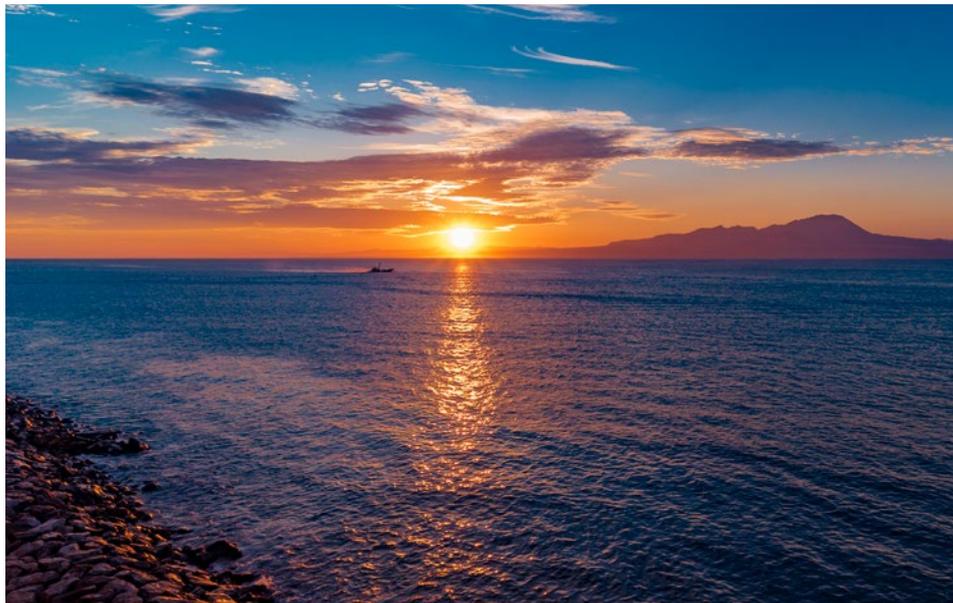
Tel: 0596-65-6091  
<http://www.ise-kanko.jp/english/index.html>

##### ■ Shima-City Tourist Association

Tel: 0599-46-0570  
<https://www.kanko-shima.com/en/index.html>

## Daisen-Oki National Park

# Scale Spiritual Heights and Explore Coastal Features



Explore a terrain at Daisen-Oki National Park that has been a place of spiritual pilgrimage for Japanese people for more than 1,000 years. Follow in their selfsame footsteps and scale sacred peaks punctuated by the scars of volcanic activity. Explore the peaceful ponds and lush forests that become white in winter. Even as you take in the

mountain views you are never far from the coast. Witness a diverse array of craggy cliffs, deep caves and sunken caverns, created by millennia of volcanic activity unimaginable in the present calm. Beyond the coast await the islands of Oki and their diverse mix of local culture, each the result of a park that allows you to enjoy the same rustic comfort as did generations past.



### CYCLING FROM MOUNTAINS TO COAST

Amongst the Hiruzen Highlands, you can ride powered bicycles for a tour of the magnificent plateau surrounding the mountains before enjoying local cuisine. In the Daisen area, gentle downhill cycling will take you from the mountains to the ocean in 150 minutes, and there are many places where you can stop off and meet local people. There is a variety of guided cycling courses packed with charming local character that incorporate visits to cheesemakers and wineries, artist workshops, and streams from which you can drink pure water.

### PILGRIMAGE TO SACRED MOUNTAINS

Go deeper into the world of Japanese spiritual traditions as you explore Mount Daisen. Once deemed too sacred for the public to traverse, the mountain and its original pilgrimage route to Ogamiyama Shrine can now be explored. The shrine is a designated important cultural property whose beautiful 700-metre flagstone approach is the longest of its type in Japan. Elsewhere, spiritual walks offer views of the mountain's most photogenic power spots.



### SURVEY THREE PREFECTURES

Hike 1,700 metres to the top of Mount Daisen and enjoy a Japanese obento lunchbox while taking in magnificent views of Tottori, Okayama and Shimane, the three prefectures that the national park encompasses. The hike can be made year-round, allowing visitors to enjoy the scenic panorama stretching from the mountains to the sea in each season as well as during the changing of the seasons.



### ENCOUNTER THE GIANT SALAMANDERS

The treasured Japanese giant salamander, the biggest amphibian in the world, enjoys a rare habitat in Nichinan, Tottori Prefecture. Participate in conservation activities and experience tracking down Japanese giant salamanders before getting a chance to learn more about them through visual observation. The tour concludes with a taste of Nichinan's cuisine.



### TOURISM INFORMATION

#### ■ Daisen Tourism Bureau

Tel: 0859-52-2502  
<http://www.daisen.gr.jp/kyokai/>

#### ■ Matsue Tourism Association, Mihonoseki Branch

Tel: 0852-73-9001  
<http://www.mihonoseki-kankou.jp/>

#### ■ Hiruzen Tourism Association

<http://www.hiruzen.info/>

#### ■ Downhill Cycling in Daisen (Mori-no-Kuni)

Tel: 0859-53-8036  
<http://www.sanin.com/site/page/daisen/institution/morinokuni2/ready/english/>

#### ■ Giant Salamander Conservation Experience (BUSHIDO)

<http://www.bushidojapan.com/>

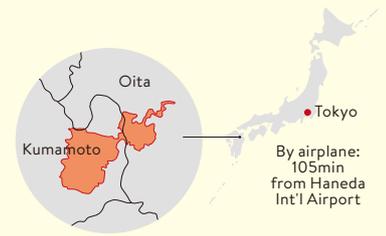
#### ■ San'in Tourism Organization

Tel: 0859-21-1502  
<https://www.sanin-tourism.com/>

### RELAX BY SECLUDED SEAS

Take a walk along Japan's oldest cobbled shopping streets in Mihonoseki, catch fishermen going out to sea at night or watch their unique squid fishing rituals from Mihonoseki Lighthouse. Get up early for a morning offering experience at Mihonoseki Shrine, where visitors can sweep the shrine as honorary monks and observe a rare ceremony featuring dances by maidens of the shrine.

# Behold Volcanic Vistas Sculpted by Nature



## TREK ON FOOT OR HORSEBACK

Beyond the caldera, the rich green landscape and endless rolling fields of the surrounding area invite exploration on foot or horseback. Follow the area's many trails, including through the stunning marshland of Tadewara, which is home to a wealth of flora and fauna unique to Aso-Kuju National Park, or scale the many peaks of the Kuju mountain range.



## DRINK AT PRISTINE SPRINGS

Shirakawa Springs to the south of Aso-Kuju National Park, as well as those in the surrounding area, offer a chance to taste Japanese mineral water purified by the volcanic terrain. Of particular note is Shiramizu Mineral Spring to the north-east, which boasts naturally carbonated water that is the perfect refreshment for your travels.

With one of the world's largest calderas and a calming character, Aso-Kuju National Park spans the majestic Aso mountain range, the lush rim of one of the world's few calderas and the sweeping fields that stretch between. From the epicentre of Mount Nakadake, whose

stunning blue waters in its crater fume gently, to the dense greenery on the mountainsides, this park encapsulates the beautiful contrasts of Japan's volcanic landscapes. There are vast mountain ranges, lush moors and a wealth of natural hot springs and gastronomic cultures to explore; the only question is how?

## VIEW AN AWE-INSPIRING CALDERA

The majestic Aso caldera that lies in the centre of the five major mountains in the area alludes to the millennia of volcanic activity that has crafted Aso-Kuju National Park. It is a sight like no other, which can be explored on foot or by bicycle from the scattering of villages in the area, or seen during early morning yoga classes on its circular ridge.



## FIND THE SLEEPING HEART OF THE PARK

Gaze upon the peaceful blue waters that fill the crater of the now-sleeping gargantuan Mount Aso while on a breathtaking helicopter tour that will offer stunning views in each season. Alternatively, enjoy the smaller and equally beautiful waters of nearby Mount Garan via an easy hike, before relaxing in the hot springs at its foothills.



## COOKING WITH NATURE'S FORCES

The natural geysers that punctuate the landscape create not only stunning sights and hot spring baths in which to lose yourself, but also a way to cook gastronomic treats. At the Komatsu Jigoku fumarole you can play chef, cooking eggs and other food in the gently rising steam that emerges from the rocks amidst slowly bubbling volcanic mud.

### TOURISM INFORMATION

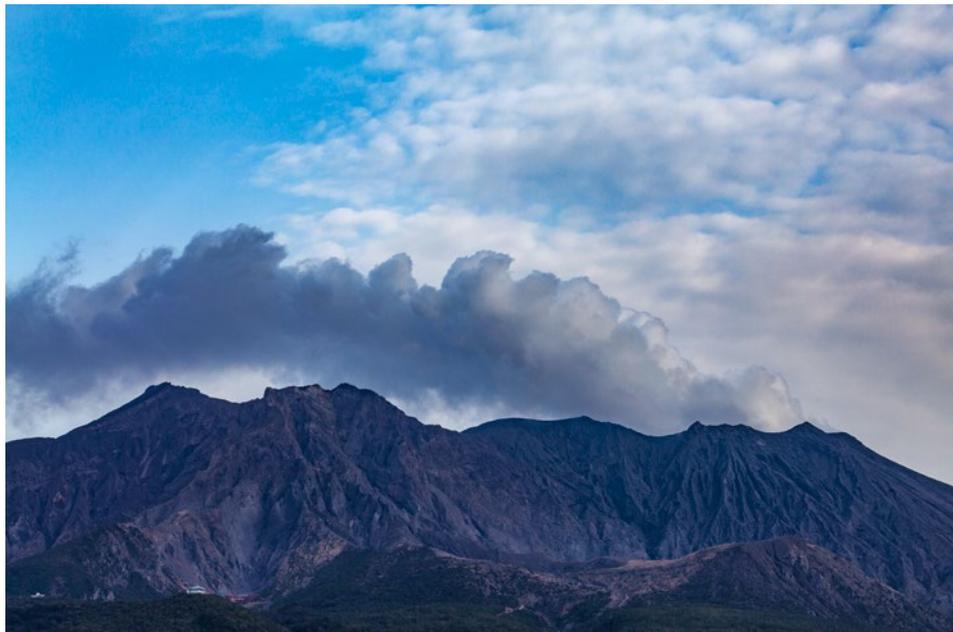
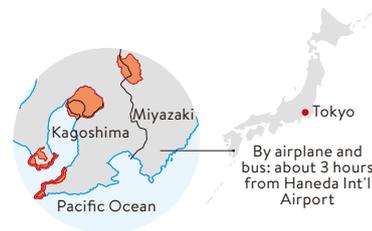
■ Aso Area  
Aso Den'en Kukan  
Ecomuseum Office  
Tel: 0967-35-5077  
<http://www.aso-denku.jp/>

■ Kuju Area  
Yufu City Tourist Information Center  
Tel: 0977-84-2446  
E-mail: [desk@yufu-tic.jp](mailto:desk@yufu-tic.jp)

Tourism Oita  
Tel: 097-536-6250  
E-mail: [tourism@we-love-oita.or.jp](mailto:tourism@we-love-oita.or.jp)  
<http://en.visit-oita.jp/>

## Kirishima-Kinkowan National Park

# Follow the Volcanic Trail Along the Kyushu Coast



The softly smouldering form of Sakurajima greets all who enter Kinko Bay and the active volcano is always on the horizon as you explore Kirishima-Kinkowan National Park. As you traverse the southernmost reaches of mainland Japan, it is a constant reminder that living alongside such great power is not only normal for local people,

but also a source of great beauty; its plumes conjure shapes in the sky and its foothills are blessed with mineral-rich farming land. Similarly, in the volcanic mountains of Kirishima, you are never far from nature's might. The area's vast volcanic crater lakes sometimes sleep and sometimes smoulder, but are always a stunning sight, no matter the season.

### CYCLING AND TREKKING ON HORSE OR FOOT

Take your pick of how to experience Kirishima-Kinkowan National Park with a wealth of activities on offer that will put you in the heart of the area. Take a challenging hike around the crater lakes surrounding the Ebino Plateau or a gentle walk around Sakurajima, you can even take to the skies in a chartered plane!



### SKIRT THE COAST BY RAIL

Take a scenic coastal railroad trip on the Hayato no Kaze classic train, which races along the coast offering views of a constantly smouldering Sakurajima. Along the way, enjoy stops at stations unchanged since they were first built a century ago and pick up delicious local obento lunchboxes to eat in the comfort of your cabin.



### EXPERIENCE AN ACTIVE VOLCANO

Take the ferry across Kinko Bay to Sakurajima, a peninsula with an active volcano at its centre. Far from being an imposing sight, the soft plumes rising from its crater, together with the gentle slopes of its sides, are a celebrated source of local beauty, and its mineral-rich soil is a gift for farmers. Enjoy a tour around the volcano's perimeter before tasting daikon radishes plucked from its soils; you can even pick your own.



### COASTAL SAND BATHING

Put yourself in the hands of the healing, volcanically heated sands that have been enjoyed by local people for centuries. Wearing traditional Japanese yukata you are buried up to the neck in the soft sand in a relaxing beach setting. With the gentle heat rising from the sands enveloping you, all the stresses of the modern world will evaporate as the seas lap gently in the distance.



### KIRISHIMA-JINGU SHRINE, OLD AND NEW

Explore the religious traditions born of the awe-inspiring might of nature at Kirishima-Jingu Shrine and the grounds beyond, to unlock the spiritual secrets of the shrine. You can visit the site where the shrine once stood before it was moved due to volcanic activity: an experience that reminds us all that nature is to be revered.

#### TOURISM INFORMATION

■ **Kirishima Geopark**  
<http://www.mct.ne.jp/users/kiri-geopark/en/>

■ **Kirishima Tourism Association**  
E-mail: [info@kirishimakankou.com](mailto:info@kirishimakankou.com)  
[http://kirishimakankou.com/charms\\_en](http://kirishimakankou.com/charms_en)

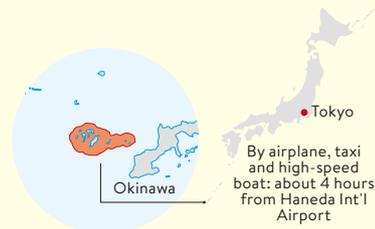
■ **Sakurajima-Kinkowan Geopark**  
<http://sakurajima-kinkowan-geo.jp/en/>

■ **Sakurajima Tourist Information**  
Tel: 099-293-4333

■ **Kagoshima Chuo Station Tourist Information Center**  
Tel: 099-253-2500

## Keramashoto National Park

# Find Your Own Far-Flung Island Paradise



Far south of mainland Japan and 40 kilometres west of Okinawa lie the tropical islands of Keramashoto National Park: a treasure trove of immaculately preserved beaches, radiant blue waters and island culture that is familiar yet distinct compared to that of the mainland. Island hop along the archipelago,

exploring the beaches and sea, where rare coral reefs stretch out beneath you and carefree turtles and darting fish enjoy the pure waters as much as you. For those seeking adventure, nature trails through lush hills are waiting to be explored, as are the seas, where you can observe migrating whales and other marine life.

### TRACK THE PEACEFUL GIANTS OF THE DEEP

Between December and April, the calm waters that surround the Kerama Islands are home to humpback whales as they follow their migration path along the Japanese archipelago. Take to the seas in a whale watching boat and enjoy the thrill of the chase as you track down the humpback whales, and even listen to their song through an underwater microphone.



### SWIM CORAL REEFS WITH SEA TURTLES

The coral reefs surrounding the Kerama Islands are a destination of choice for experienced divers, with the varied and well-preserved reefs offering endless exploration. Even with a snorkel, anyone can enjoy the reefs and the marine life, not least the carefree green sea turtles that can be found swimming close to the shores.



### LET THE ISLANDS PROVIDE

The Kerama Islands abound with local cuisine and a great gourmet option is a simple barbecue using ingredients gathered on the islands and surrounding seas. Feast on fish fresh from the clean transparent waters, under the splendid star-filled skies, far from city life.



### HIKE PRISTINE BEACHES TO HIDDEN COVES

The Kerama Islands may look small but, spanning the main isles of Zamami, Tokashiki, and Aka, and other smaller islands, is a bevy of walking routes to take in the flora and fauna, as well as the history of the islands. Guided nature walks are also available for those wanting to take their time and learn, with the soft sound of ocean waves never far away.



### TAKE IN THE CALM WATERS FOR YOURSELF

For the more active, the gentle currents in the islands' many bays make for stunning stand up paddle (SUP) board riding, as well as sea kayaking for those wanting to go further afield. In either case, atop the sea is the perfect vantage point to appreciate the activity of the marine life beneath you, as well as the stunning coastline. Why not enjoy an SUP tour at sunset for a truly unforgettable taste of island paradise?

#### TOURISM INFORMATION

##### ■ Zamami Village Office

[www.vill.zamami.okinawa.jp/info/language.html](http://www.vill.zamami.okinawa.jp/info/language.html)

##### ■ Zamami Tourist Information

Tel: 098-987-2277

E-mail: [zamami-k@kankou.vill.zamami.okinawa.jp](mailto:zamami-k@kankou.vill.zamami.okinawa.jp)

##### ■ The Zamami Whale Watching Association

Tel: 098-896-4141 (from Dec. to Apr.)

<http://zwwa.okinawa/englishinfomation>

##### ■ Tokashiki Village Office

[www.vill.tokashiki.okinawa.jp](http://www.vill.tokashiki.okinawa.jp)

##### ■ Tourist Activities at Tokashiki Island

• Nature walking, hiking, BBQ, star-watching. (Sunny Coral)

E-mail: [sunny.325.coral@gmail.com](mailto:sunny.325.coral@gmail.com)

• SUP (Acoustic Life)

E-mail: [info@acousticlife-tokashiki.com](mailto:info@acousticlife-tokashiki.com)

• Swimming with Sea Turtles (Islands Trip)

E-mail: [islands-trip@oki-tokashiki.jp](mailto:islands-trip@oki-tokashiki.jp)

# Welcome to the National Parks of Japan



## ENJOYING YOUR VISIT

The 34 designated national parks of Japan are home to a remarkably diverse array of cultures and communities, all born from the quintessentially Japanese nature that each epitomises. Before beginning your travels, familiarise yourself with the information in this pamphlet and online to make sure that you don't miss a single thing on your visit. As the exceptionally unspoiled nature of the national parks is strictly protected, ensure you are familiar with the correct way to enjoy the parks. In doing so, you will play your part in guaranteeing that each park can be enjoyed by generations to come.

## MEET THE RANGERS

As well as assisting local people and park volunteers with conducting important research and conducting conservation work on local wildlife, Japan's National Park Rangers are also a recognisable presence in all the parks thanks to their distinctive yellow-green uniforms and should be your first port of call if you have a question or need any guidance. They are sure to help you get the most of the National Parks on your visit. Be sure to look out for them at work in the field, or in each area's visitor's centres and eco museums.

## HELP THE RANGERS KEEP THE PARKS AS A NATIONAL TREASURE

Add the visitor centres at each national park to your itinerary. Not only do they offer an entertaining and educational experience, but they are also the place to plan your travels and find information on local weather, access, and tidal and volcanic activity, as appropriate.



Leave the vista as you find it, and take your rubbish home with you.



Don't take plants or stones home with you. Take care to avoid trampling plants, damaging paths with trekking sticks, or coral with fins.



Don't feed local animals as this may cause an imbalance in the ecosystem or encourage wild animals to venture from their natural habitats.



Observe but don't interfere with local wildlife. Hunting or catching animals is strictly prohibited.



Smoke in designated areas only. Do not smoke while walking, and take ash and cigarette butts with you or dispose of them appropriately.



Do not camp or build a bonfire outside clearly indicated areas. Fires are frequently the biggest threat to the parks.



Do not vandalise or mark the local environment. This is a crime in Japan, as well as disrespectful to your fellow travellers.

## Stories to Experience -National Parks of Japan-



OFFICIAL  
HOMEPAGE

Planning your visit? Stay up to date with the latest information online in English at:

OFFICIAL HOMEPAGE ► <https://www.env.go.jp/en/nature/nps/park/>

TOUR ITINERARIES ► <http://www.env.go.jp/en/nature/nps/park/guide/index.html>

READ MORE ABOUT 8 FEATURED PARKS ONLINE:  
<https://en.japantravel.com/feature/national-parks>



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