

## What are National Parks?

Under the Natural Parks Act, Japan's national parks are designated and managed by the Ministry of the Environment as spots that exemplify the natural scenic beauty of Japan. Surrounded by natural scenery, national parks provide visitors with an impressive, peaceful, and enjoyable occasion, and so that future generations can experience the same joy, the national parks work toward preserving the natural scenery within. In order to ensure this, there are various regulations and efforts in place to protect the abundant natural environment and biodiversity, as well as user facilities and services for all who visit.

# Yoshino-Kumano National Park



## Enjoy and Preserve the Yoshino-Kumano National Park

The mountains of Kii have been spiritually sacred since time began. Pilgrims from around the country have traversed these peaks for generations to reach some of Japan's most sacred locations: Mt. Yoshino, the Omine Range, the three great shrines of Kumano, and Mt. Koyasu. The series of scenic landscapes including the sea, mountains and rivers are located along the Kanshi cycling route, and the route is dotted with many World Heritage sites, Geosites and the famous places of Yoshino-Kumano National Park. The starting point of the route is the historic town of Tanabe, known as Katsurakuma, the entrance to Kumano. You can cycle around the area while enjoying historical spots related to the Kumano Kodo, as well as local food and hot springs nurtured by the magnificent nature of Yoshino-Kumano National Park.

The northern part of the park, including the Odaigahara Plateau and the Omine Range, is part of a UNESCO Biosphere Reserve, aimed at promoting meaningful coexistence of people and the natural environment through protective measures and sustainable use.

The cycling route "Kumashi" is located in the southern part of the Kii Peninsula (Kumano region). "Kuma" means "Kumano" and "shi" means "road" and it is highly recommended to travel in the anti-clockwise direction. The series of scenic landscapes including the sea, mountains and rivers are located along the Kanshi cycling route, and the route is dotted with many World Heritage sites, Geosites and the famous places of Yoshino-Kumano National Park. The starting point of the route is the historic town of Tanabe, known as Katsurakuma, the entrance to Kumano. You can cycle around the area while enjoying historical spots related to the Kumano Kodo, as well as local food and hot springs nurtured by the magnificent nature of Yoshino-Kumano National Park.

