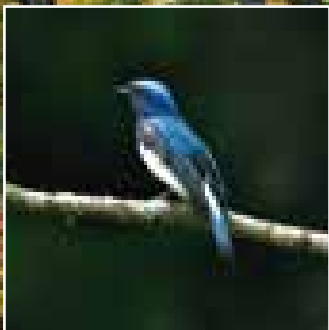


# Daisen Hiruzen Trekking Course Map

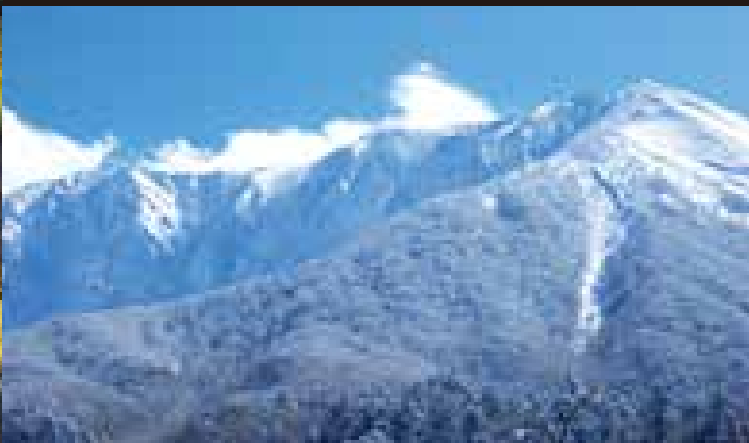


## Mt. Daisen is the tallest peak in the Chugoku region at 1,729m

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A polygenetic volcano active from about 1 million years to ten thousand or so years ago. The shape is comprised of old stratovolcano and new lava dome, with smoothly spreading broad skirts and steep slopes at the center.

The north and south side of the summit has collapsed over and over, resulting in the north wall and south wall, which extend about 2 km, presenting a rough appearance. On the other hand the shape from the west called Hokifuji is smooth. You can enjoy the various expressions that change depending on the direction you are looking.



West Japan's largest beech forest extends from elevation 800 m to 1,300m, with blue-and-white flycatchers, narcissus flycatchers, nuthatches, and other wild birds ; fuji-midori-shijimi, uramisu-shijimi (Daisen-shijimi), and other butterflies that feed on the beech trees.

Near the summit spreads a pure shrub of Japanese yew, a national species designated for special protection, in addition to mountain heath, iyofuro geranium, and other mountain vegetation. Recently the hime-botaru firefly has been identified living in the area.

# 1 Ogamiyama Shrine Okunomiya — Daisen-jī Temple Course

About 2 km About 50 min

Japan's longest natural stone path leads to Ogamiyama Shrine Okunomiya. You can feel the romance of history on this course, starting with the 1,300 year old Daisen-jī Temple. Start at Daisen National Park Centre, and walk up the Miyuki-sando approach path. Go under the Sanmon Gate and up the stairway to arrive at Daisen-jī Temple. We recommend the view from Kinmon Valley.

- Daisen National Park Centre
- Daisen-jī Temple
- Ogamiyama Shrine Okunomiya
- Kinmon Valley
- Daisen National Park Centre

# 3 Daisen Motodani Valley Walking Course

About 5 km About 2 hr

Walk up from the rear of Ogamiyama Shrine Okunomiya along the climbing path for religious ascetics through the woods to reach the Daisen-tai Dam. A magnificent view from the dam of Obyobu Rock and Koboyu Rock on the west wall of Mt. Daisen, the rocks on Mt. Bessan, and more. When the weather is fine you can look down on the Sea of Japan.

- Daisen National Park Centre
- Ogamiyama Shrine Okunomiya
- Daisen-tai Dam
- Ogamiyama Shrine Okunomiya
- Daisen National Park Centre

# 5 Mt. Goen Course

About 4 km About 2 hr

The north wall from the summit of Mt. Goen is magnificent, and when the weather is fine you can see the Sea of Japan. The name Mt. Goen comes from the monk Goen who was active at Daisen-jī Temple, and Goen Jizo is worshipped at the summit. If you go by car to the Goenzan Campsite parking lot, the summit is about 15 min away.

- Daisen National Park Centre
- Nakanohara Girei Hotel
- Mt. Goen Noroshida Viewpoint
- Mt. Goen Summit
- Nakanohara Girei Hotel
- Daisen National Park Centre



# 2 Amida-do Hall Course

One circuit about 4 km About 2 hours

This course centers on the national important cultural property Amida-do Hall (Daisen-jī Temple). While communing with nature, the course leads to cultural assets and ancient remains with 1,300 years of history. Start at Daisen National Park Centre, and walk up the Miyuki-sando approach path where Daisen Sando Market appears. Cross Daisen-jī Bridge and go up the Stone Steps Sloping to the Right to arrive at Amida-do Temple. Another attraction is the chance to meet a variety of wild birds.

- Daisen National Park Centre
- Daisen-jī Bridge
- Ranjo-in Temple Remains
- Enryu-in Temple
- Stone Steps Sloping to the Right
- Amida-do Temple
- Warrior Monk Path
- Daisen-jī Main Temple
- Daisen National Park Centre

# 4 Mt. Jakujo Course

About 5 km About 2 hr 30 min

Mt. Jakujo is known as the place where Priest Konren, who established Daisen-jī Temple, passed away. You can reminisce quietly about history while walking this course. You can feel the history of religious belief in Mt. Daisen from each of the stone Jizo statues, monuments, and memorial monuments. Start at Daisen National Park Centre, and walk up the Miyuki-sando approach where Daisen-jī Sanmon Gate (Nomon Gate), Tozen Monument and Shinano Monk Gensel Monument appear. You can enjoy a view of the north wall of Mt. Daisen from Mt. Jakujo.

- Daisen National Park Centre
- Tozen Monument and Shinano Monk Gensel Monument
- A Dark Night's Fossing Monument
- Kinmon Valley
- Yoshimichi Jizo Statue
- Shinmon Gate
- Ogamiyama Shrine Okunomiya
- Mt. Jakujo
- Warrior Monk Matsun Path
- Daisen National Park Centre

# 6 Daisen Forest Walk Course

About 2.5 km About 1 hr 30 min

Start at Daisen National Park Centre, and walk up the Miyuki-sando approach where Daisen Sando Market appears. Cross the Daisen-jī Bridge and follow the path to arrive at Shimoyama Campsite. Listen to the calling birds while walking through the forest of beech and Mongolian oak. The Daisen Forest Boardwalk is cleverly designed to bring you close to nature. We recommend downloading the Daisen Nature Field Guide app for your walk. You can go to Shimoyama Campsite by car.

- Daisen National Park Centre
- Daisen Sando Market
- Daisen-jī Bridge
- Shimoyama Campsite
- Daisen Forest Boardwalk
- Shimoyama Campsite
- Daisen National Park Centre

## History and conservation activity

Mt. Daisen appears in the Kuniki-shinwa ( "Land-pulling myth" ) at the opening of the Izumo-fudoki, an ancient record of the region. In the myth Mt. Daisen (as Hinakimadake) and Mt. Sarabe (as Sahimeyama) put together the Shima Peninsula in a pile from Silla, the southern part of the Korean Peninsula. Until the Meiji era (1868-1912), the mountain was sacred land and entry was prohibited. Central to that religious belief was Daisen-jī Temple, established in the year 718. It is said that there were over 100 priests and over 3,000 warrior monks from the Heian through Muromachi area (794-1573). The number of mountain climbers increased rapidly from the end of the war into the 1970s, creating a problem of bare ground at the summit and collapse due to soil erosion. Local conservation associations and government agencies cooperated to address this problem, and started the "One Tree, One Stone" Campaign in 1985 to protect the summit from collapse and restore vegetation by having each climber bring one tree and one stone. This movement continues today, and the vegetation at the summit is steadily recovering. On the other hand, since the Hiruzen area is maintaining the grasslands needed for daily life, the grasslands have been burned off in spring after the snow melts for at least the past 1,000 years. While the area of the controlled burn has greatly reduced in size, in some areas the culture is being followed even now, by multiple stakeholders.

# The four seasons of Daisen and Hirusen



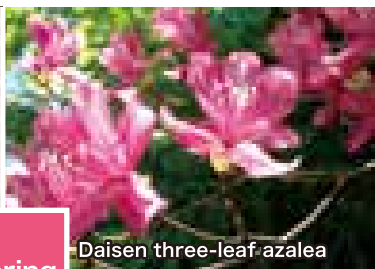
Dogtooth violet



Narcissus flycatcher

K.Kurosu

Spring

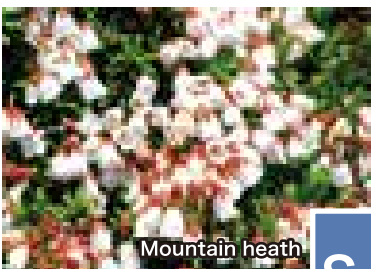


Daisen three-leaf azalea

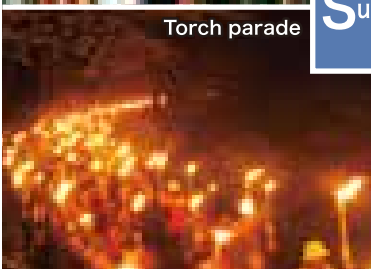


Controlled Burn

When the snow melts, dogtooth violet, ichirin-so and other spring ephemerals appear. In the newly green forest summer birds such as narcissus flycatchers and blue-and-white flycatchers gather to breed, charming us with their beautiful voices. We recommend having a picnic or taking a walk in this special season to feel the vitality of living creatures. In the Hirusen area, is the grasslands are burned off, a special attraction of spring.



Mountain heath

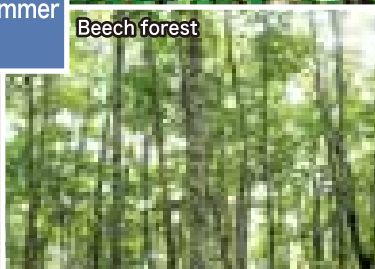


Torch parade

Summer



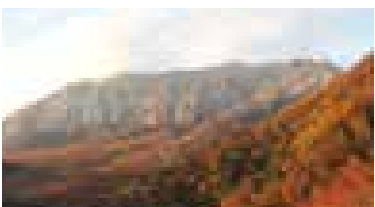
Miquel's spicy wintergreen



Beech forest

Near the summit of Mr. Daisen, with its severe natural environment, mountain heath, Miquel's spicy wintergreen and other alpine plants put out beautiful – though small – blossoms in variegated colors. This is the true mountain climbing season. You can also enjoy many activities at the foot of the mountains including camping, cycling, walking in the beech forest, and horseback riding. Also packed with Shinto rituals and annual events.





Kagikake-toge Pass

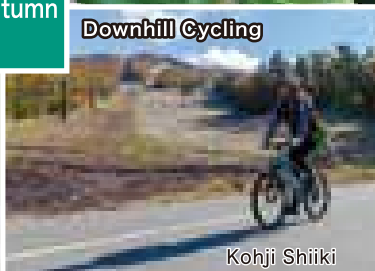


Beech fruit



Gypsy rose

## Autumn



Downhill Cycling

Kohji Shiiki

The autumn sun shines through one of the largest beech forest in western Japan, creating a dreamlike, glittering gold forest. The fruit of the beeches and Mongolian oak are important bounty of the forest for the living creatures. The autumn foliage is at its peak from late October through early November. Magnificent view points included Kagikake-toge Pass, Mitsukue, and Kimendai observatory.



K.Kurosu

Nuthatch

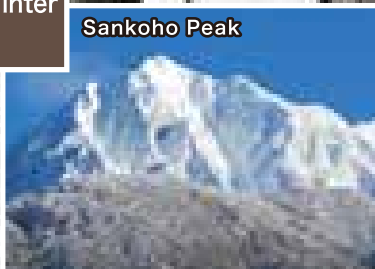


Pygmy woodpecker



Snowshoeing

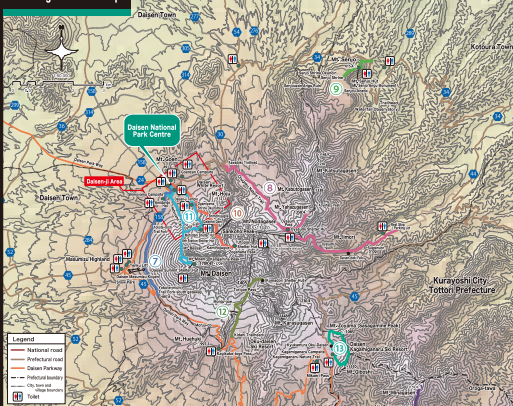
## Winter



Sankoho Peak

The scenery spreads out like a fresh sumi ink painting, wrapped in crisp air and pure white snow. In the silence, as if everything is sleeping, nuthatches, pygmy woodpeckers and other small birds are busily moving about. There are many activities to enjoy the snow such as skiing, snowboarding, and snowshoeing through the winter forest.

# Trekking Course Map



Daisen-Ōki National Park was designated as Daisen National Park in 1936, and became Daisen-Ōki National Park on 10 April 1993 when the Oki Islands were incorporated.

- Daisen Hiruzen Area**  
Characterized by steep mountains and high peaks, particularly Mt. Hiruzen, which is the highest peak in the Chugoku region. It is known for its dense forests and mountains.
- Ōki Islands Area**  
Characterized by magnificent and rugged coastal views, such as Mt. Oki.
- Shimane Peninsula Area**  
Characterized by a great variety of natural landscapes, and natural properties whose legends might be seen.
- Mt. Sunda Area**  
Characterized by graceful, majestic mountains and greenlands at the foot of the mountains.



<b>17 Mt. Daisen Yatai-yachi Road Walking Course</b> About 6 km About 2 hr 30 min	
Kanai National Park Center	Daisen-Ō Bridge
Yatai-yachi Trail	Yatai-yachi Trail
Yatai-yachi Trail	Yatai-yachi Trail
Yatai-yachi Trail	Yatai-yachi Trail
Yatai-yachi Trail	Yatai-yachi Trail
<b>18 Chugoku Nature Trail Kawachi - Kikuganari Course</b> About 10 km About 3 hr 30 min	
Kawachi Trailhead	Kawachi Trailhead
Kawachi Trailhead	Kawachi Trailhead
Kawachi Trailhead	Kawachi Trailhead
Kawachi Trailhead	Kawachi Trailhead
Kawachi Trailhead	Kawachi Trailhead
<b>19 Mt. Suga Climbing Course</b> About 12 km About 3 hr 30 min	
Suga Trailhead	Suga Trailhead
Suga Trailhead	Suga Trailhead
Suga Trailhead	Suga Trailhead
Suga Trailhead	Suga Trailhead
Suga Trailhead	Suga Trailhead
<b>20 Mt. Daisen Uga Course</b> About 12 km About 3 hr	
Daisen National Park Center	Uga Trailhead
Uga Trailhead	Uga Trailhead
Uga Trailhead	Uga Trailhead
Uga Trailhead	Uga Trailhead
Uga Trailhead	Uga Trailhead
<b>21 Mt. Daisen Climbing Course</b> About 12 km About 3 hr 30 min	
Daisen National Park Center	Daisen Climbing Trail
Daisen Climbing Trail	Daisen Climbing Trail
Daisen Climbing Trail	Daisen Climbing Trail
Daisen Climbing Trail	Daisen Climbing Trail
Daisen Climbing Trail	Daisen Climbing Trail
<b>22 Kanakuri Shatter Trail Course</b> About 12 km About 3 hr 30 min	
Kanakuri Shatter Trail	Kanakuri Shatter Trail
Kanakuri Shatter Trail	Kanakuri Shatter Trail
Kanakuri Shatter Trail	Kanakuri Shatter Trail
Kanakuri Shatter Trail	Kanakuri Shatter Trail
Kanakuri Shatter Trail	Kanakuri Shatter Trail
<b>23 Mt. Daisen - Mt. Gishiki Course</b> About 12 km About 3 hr 30 min	
Daisen National Park Center	Mt. Gishiki Trail
Mt. Gishiki Trail	Mt. Gishiki Trail
Mt. Gishiki Trail	Mt. Gishiki Trail
Mt. Gishiki Trail	Mt. Gishiki Trail
Mt. Gishiki Trail	Mt. Gishiki Trail
<b>24 Mt. Hingone Course</b> About 12 km About 3 hr 30 min	
Hingone Trailhead	Hingone Trailhead
Hingone Trailhead	Hingone Trailhead
Hingone Trailhead	Hingone Trailhead
Hingone Trailhead	Hingone Trailhead
Hingone Trailhead	Hingone Trailhead
<b>25 Hiruzen Three Peaks Scenic Course</b> About 12 km About 3 hr 30 min	
Hiruzen Trailhead	Hiruzen Trailhead
Hiruzen Trailhead	Hiruzen Trailhead
Hiruzen Trailhead	Hiruzen Trailhead
Hiruzen Trailhead	Hiruzen Trailhead
Hiruzen Trailhead	Hiruzen Trailhead

# Know the basics and have fun!

## Introduction to Mountain Climbing

### You are in charge of your own climb! That's the basics of mountain climbing

In mountain climbing, what you need to bring and the skills you need to have vary depending on where you are going and what you are going to do. Mountain climbing close to nature is a great experience, but you need to know that it is easier to have an accident and get injured than in your usual daily life.

Be completely prepared to enjoy mountain climbing.

### What you need to bring

- Backpack
- Shoes suitable for climbing
- Hat
- Change of clothes and warm clothing
- Rainwear
- Medical supplies
- Backpacking food
- Something to drink
- Water soluble tissues
- Garbage bag
- Insurance card
- Mobile phone
- Map
- Compass
- Headlamp and/or torch
- Watch
- Disposable toilet pack
- Insect repellent
- Walking poles (with rubber caps)
- Gaiters
- Gloves
- Sunscreen

The weather changes fast in the mountains, so be sure to pack rainwear in case. And the temperature is lower than in the lowlands, so be completely prepared to stay warm.

### Notes about the mountains

#### ● Toilets

There are no toilets on Mt. Daisen climbing paths. Be sure to use the toilet before you start your climb. Please use a disposable toilet pack in an emergency.

#### ● Mt. Daisen in winter

Mt. Daisen has an elevation of about 1,700 m, but it is an independent peak facing the Sea of Japan, so when the weather turns bad it is as severe as a mountain of 3,000 m. Be sure to make complete preparations and a climbing plan, and stay away from dangerous spots.

#### ● Regulation in National Park

Mt. Daisen is a designated national park. Be sure to pack out your garbage and do not pick the vegetation or catch the animals.

### Submit your climbing plan

This will help search and rescue find you if you have to take shelter. There are post boxes at trailheads and surrounding facilities where you can submit your climbing plan. You can also submit your plan using your smartphone with the climbing plan system Konpas which is linked to the police. Before you start your climb, submit your climbing plan and tell your family or friends where you will be going.

App now available!

### Daisen Nature Guide

DAISEN・GURDI

An introduction to Daisen's plants and wild birds, with photos and recorded bird calls.  
This app is now available!

Why not download the app and go on the Daisen Forest Walk?



GET IT ON  
Google Play



Download on the  
App Store

Google Play and the Google Play logo are trademarks of Google LLC. Apple and the Apple logo are registered trademarks of Apple Inc. in the USA and other countries. Apple Store is a service mark of Apple Inc.

Search by the word  
"DAISEN"

### Daisen-Oki National Park Official SNS

Daisen-Oki National Park  
official SNS has started!

Information about the attraction  
of the magnificent natural scenery and more.

Daisen-Oki National Park Official Instagram

Daisen-Oki National Park Official Facebook



You can access Daisen-Oki National Park Instagram and Facebook by reading the QR code.

Official Instagram

URL: <https://www.instagram.com/daisenokinationalpark/>

Official Facebook

URL: <https://www.facebook.com/大山隠岐国立公園>  
Daisen-Oki-National-Park-209406796282541/

## Daisen National Park Centre



### A base for climbing Mt. Daisen with many functions such as rest and delivery of information

Daisen National Park Centre is located at the entrance to Mt. Daisen, the highest peak in the Chugoku region. In addition to providing information about mountain climbing, walking, sightseeing, and events at Daisen-Oki National Park, visitors can use facilities such as coin showers, changing rooms, and lockers, and a room for resting that is convenient when waiting for the bus. From the second floor deck you can see the Shimane Peninsula that is part of the national park, Mt. Sanbe, and magnificent views from the mountains to the sea, including Oki Islands . We particularly recommend the evening to see the sunset sinking into the Sea of Japan.

**[ Open ]** 8:00 – 18:30 (admission free)

**[ Closed ]** Open every day

**[ Address ]** 40-33 Daisen, Daisen Town, Saihaku country, Tottori Prefecture, 689-3318

**[ Contact ]** National Parks Foundation, Tottori Branch, Mt. Daisen Project Area

TEL: **0859-52-2165**

Issued 2018



環境省

Ministry of the Environment

Shower room	
<b>O p e n</b>	8:00 – 18:00
<b>Number</b>	3 (one each men, women, multi-purpose) Combined with the powder room.

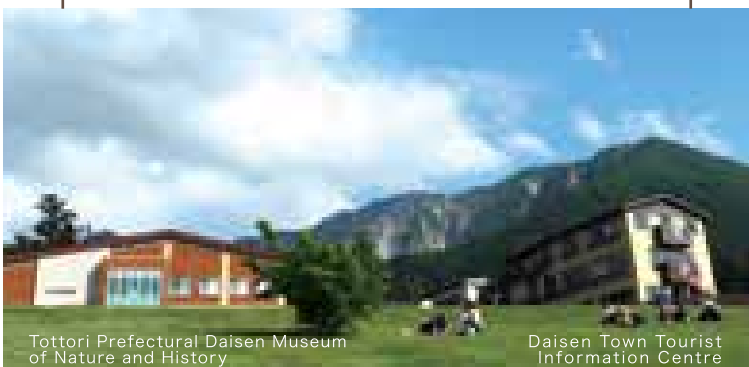
Coin lockers	
<b>Number</b>	Large 20, medium 17, small 8 Snowboard rack 12
<b>N o t e</b>	Please remove your luggage within 2 days (including the 1st day).

## Tottori Prefectural Daisen Museum of Nature and History (admission free)

Have fun learning about history and culture, religion, abundant nature and conservation activity from the birth of Mt. Daisen.

### Daisen Town Tourist Information Centre

The information center is located on the first floor of the Komorebito facility, with information about the Mt. Daisen area, tour programs, guide introductions, and arrangements. There is a café on the second floor.



Tottori Prefectural Daisen Museum of Nature and History

Daisen Town Tourist Information Centre