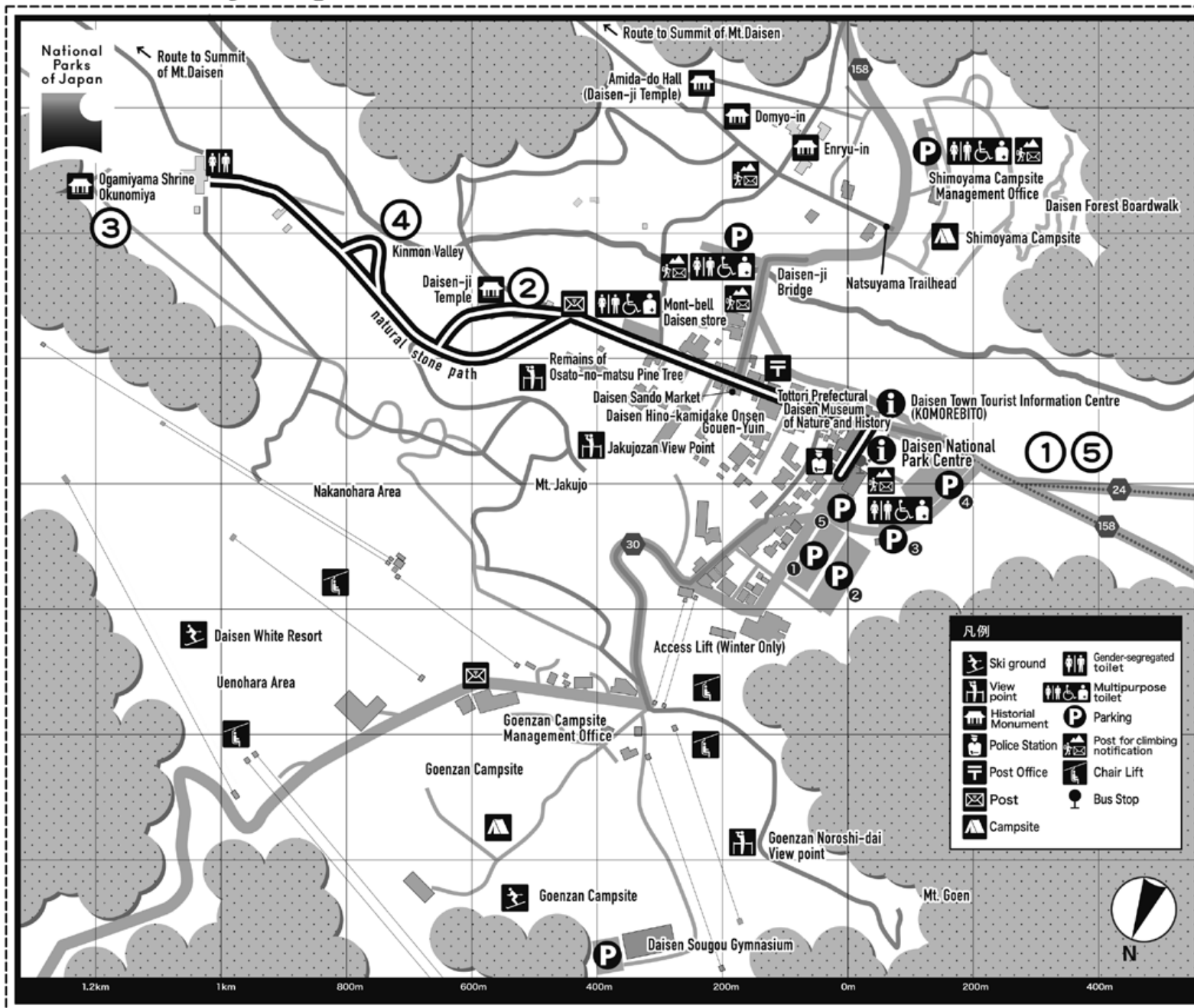


Daisen-Oki National Park

Ogamiyama Shrine Okunomiya -Daisen-ji Temple Course

Japan's longest natural stone path leads to Ogamiyama Shrine. You can feel the romance of history on this course, starting with the 1,300 year old Daisen-ji Temple.

Daisen Walking Course Map



- ① Daisen National Park Centre
- ② 1,300 years of history
Daisen-ji Temple
- ③ Ogamiyama Shrine Okunomiya



- ④ From here the north wall of Mt. Daisen is superb!
Kinmon Valley
- ⑤ Daisen National Park Centre

GOAL!

Daisen National Park Centre
40-33 Daisen, Daisen town, Saihaku country,
Tottori Prefecture 689-3318
Natural Parks Foundation, Tottori Branch, Mt. Daisen Project Area
Tel: 0859-52-2165

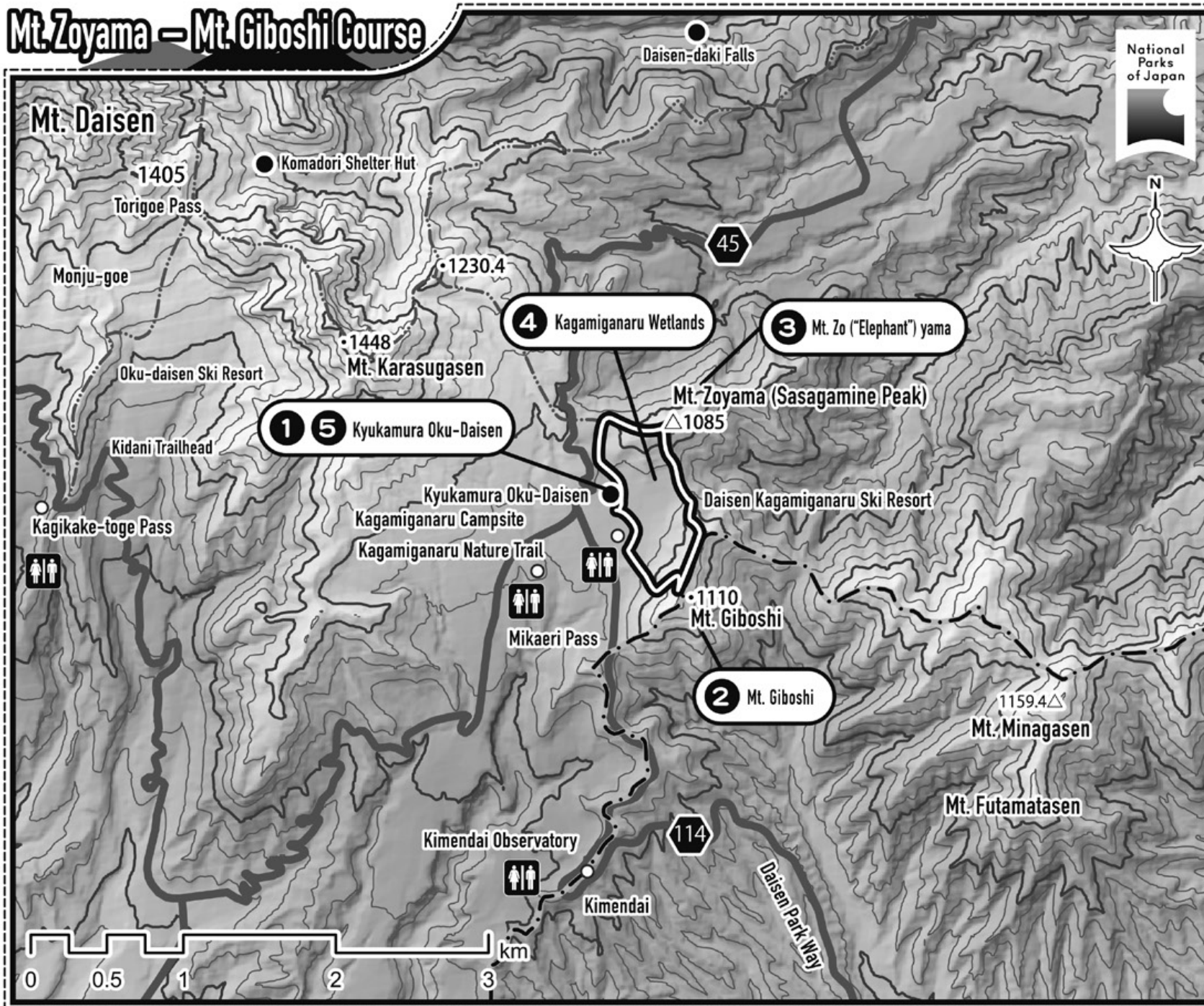
リサイクル適性(A)

この印刷物は、印刷用の紙へ
リサイクルできます。

環境省
Ministry of the Environment

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.

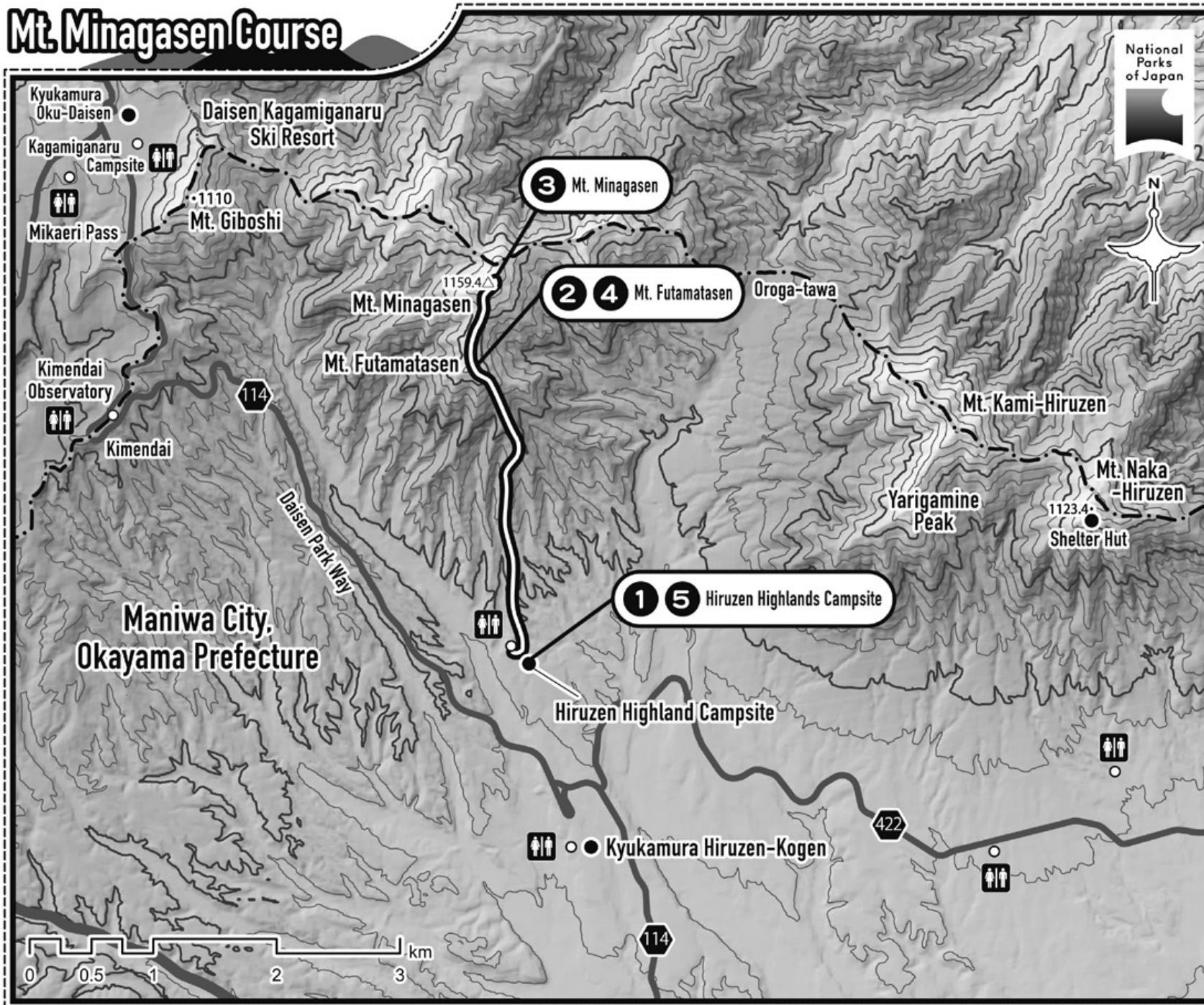


リサイクル適性(A)
この印刷物は、印刷用の紙へ
リサイクルできます。

環境省
Ministry of the Environment

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.

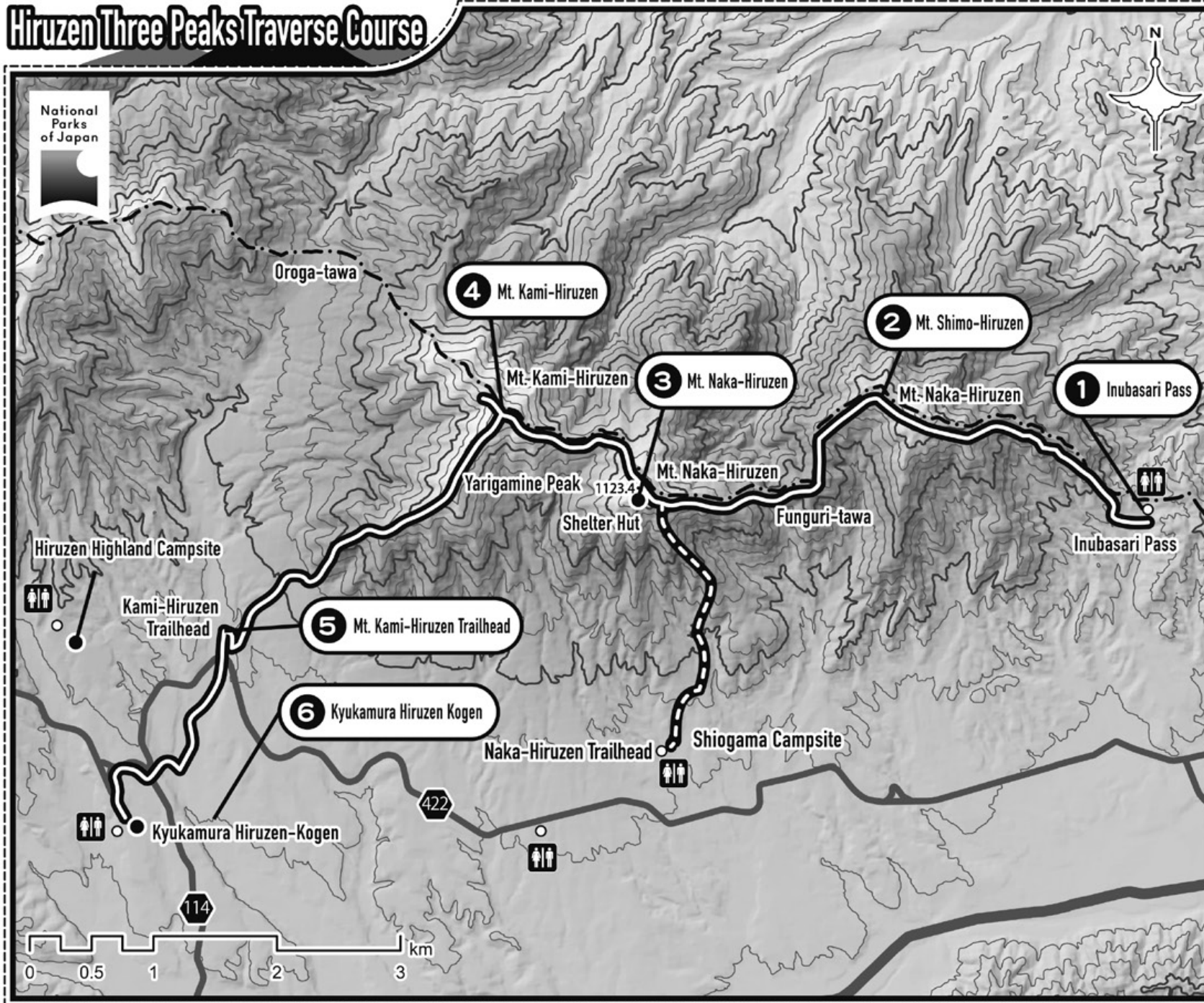


リサイクル適性(A)
この印刷物は、印刷用の紙へリサイクルできます。

環境省
Ministry of the Environment

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

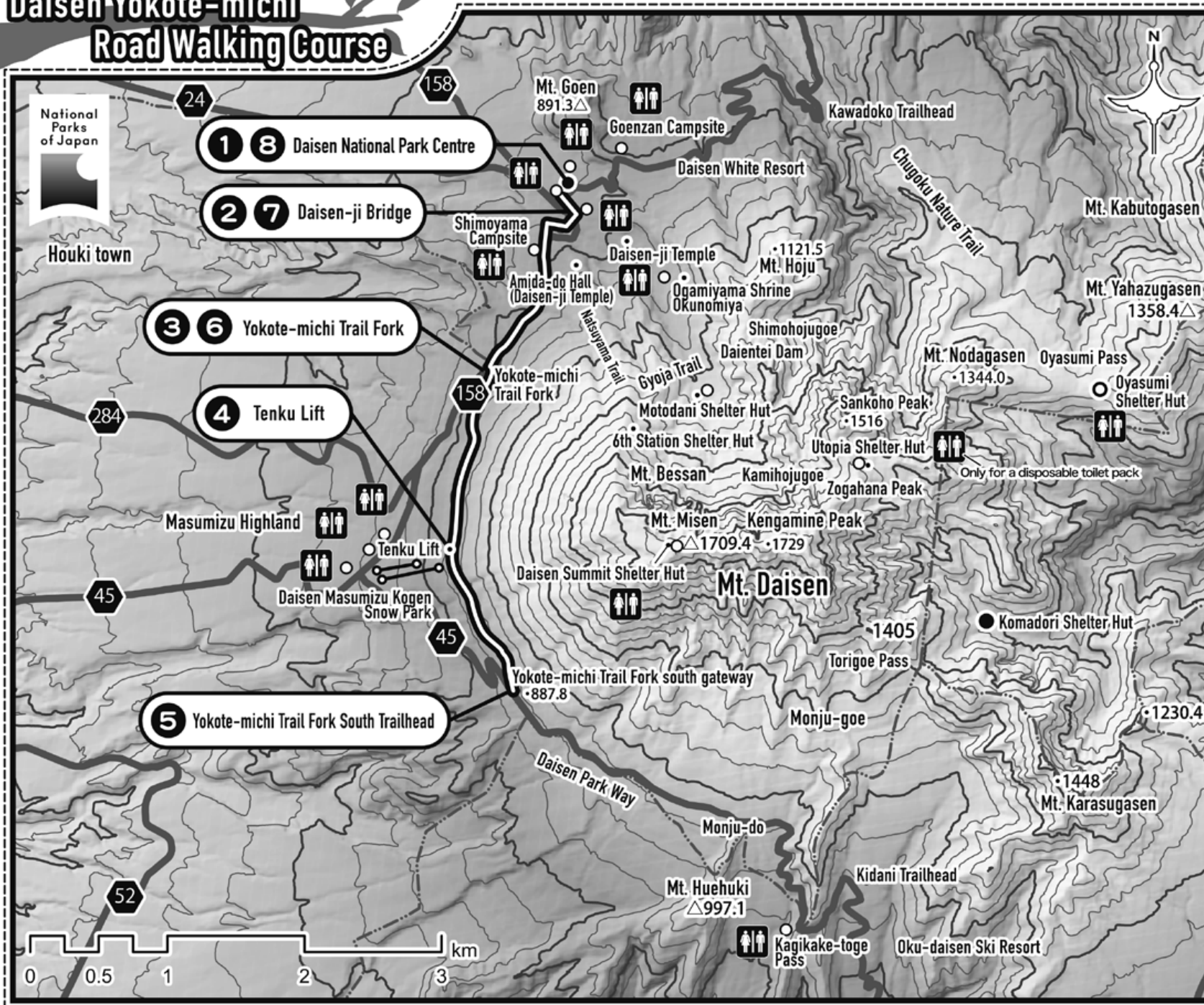
- START**
- 1** Inubasari Pass
1 hr 40 min
 - 2** Go through the grasslands with a spreading bamboo grass plain Mt. Shimo-Hiruzen
1 hr 40 min
 - 3** You can go down to the trailhead from here, too Mt. Naka-Hiruzen
1 hr
 - 4** We recommend the view from Yurigamine Peak Mt. Kami-Hiruzen
1 hr 50 min
 -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

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-jji 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 30 min
 - 7 Daisen-jji Bridge 5min
 - 8 Daisen National Park Centre
- GOAL!**

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

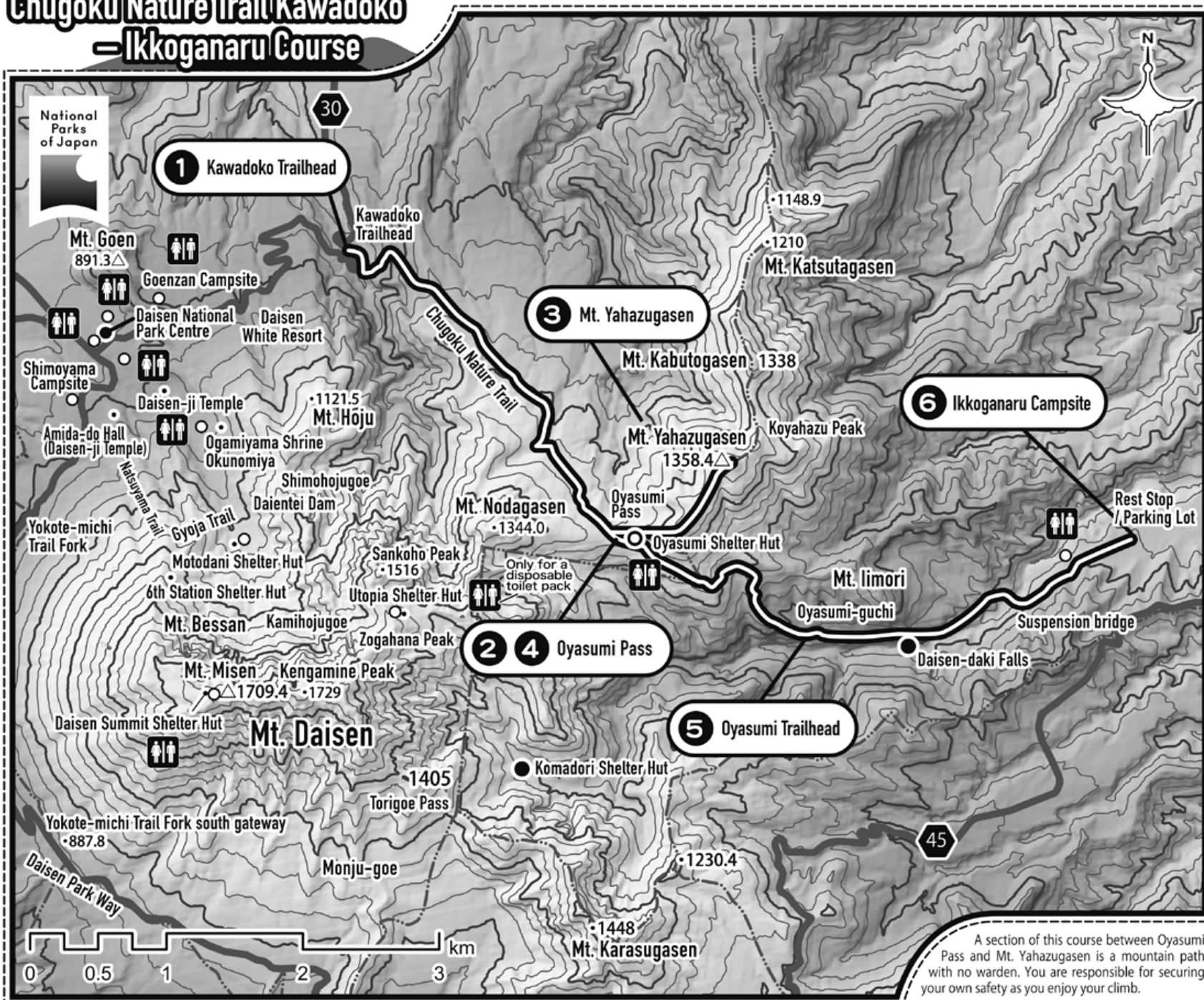
リサイクル適性(A)

この印刷物は、印刷用の紙へリサイクルできます。

環境省
Ministry of the Environment

Chugoku Nature Trail Kawadoko — Ikkoganaru 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 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.

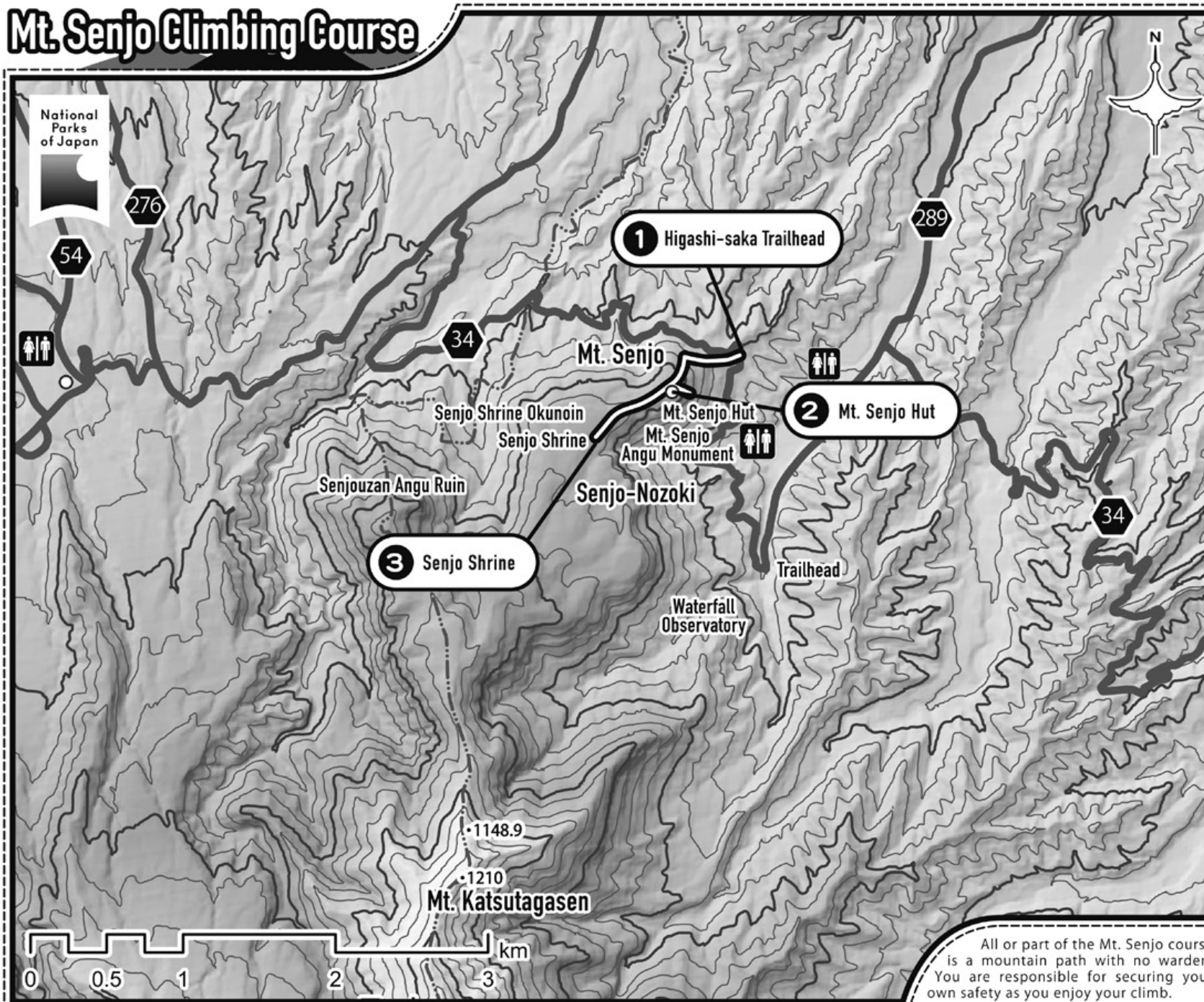
リサイクル適性(A)
この印刷物は、印刷用の紙へリサイクルできます。

環境省
Ministry of the Environment

A section of this course between Oyasumi Pass and Mt. Yahazugasen is a mountain path with no warden. You are responsible for securing your own safety as you enjoy your climb.

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.



- 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.

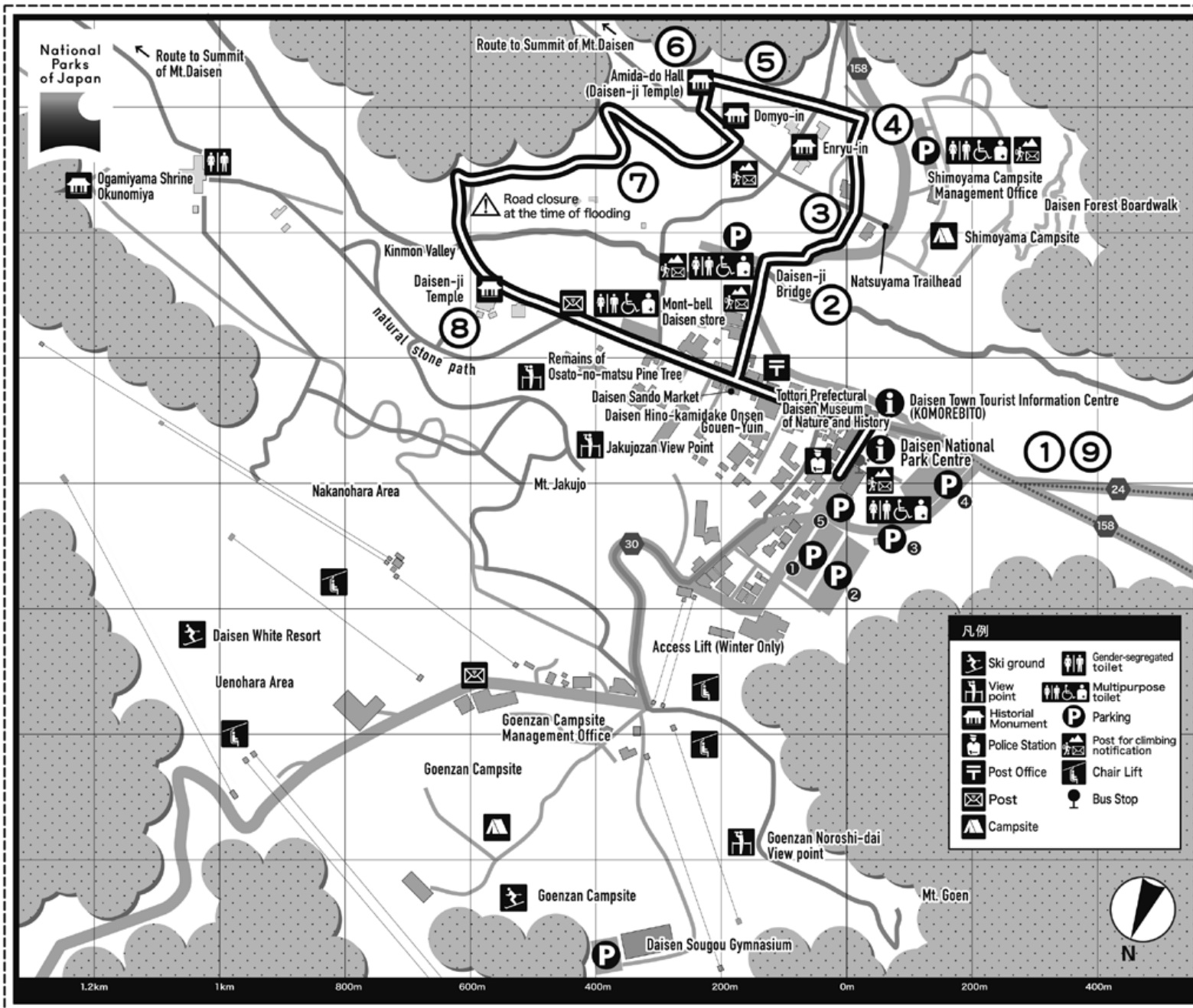
リサイクル適性(A)
 この印刷物は、印刷用の紙へリサイクルできます。

環境省
 Ministry of the Environment

Amida-do Hall Course

Daisen Walking Course Map

This course centres on the national important cultural property Amida-do Hall (Daisen-ji Temple). While communing with nature, the course leads to cultural assets and ancient remains with 1,300 years of history. Another attraction is the chance to meet a variety of wild birds.



- ① Daisen National Park Centre
 - ② Daisen-ji Bridge
 - ③ Renjo-in Temple Remains
 - ④ Enryu-in Temple
 - ⑤ The techniques of artisans of long ago gleam Stone Steps Sloping to the Right
 - ⑥ National important cultural property Amida-do Hall
 - ⑦ Warrior Monk Path
 - ⑧ 1300 years of history Daisen-ji Temple
 - ⑨ Daisen National Park Centre
- GOAL!**

Daisen National Park Centre
 40-33 Daisen, Daisen town, Saihaku country,
 Tottori Prefecture 689-3318
 Natural Parks Foundation, Tottori Branch, Mt. Daisen Project Area
 Tel: 0859-52-2165

リサイクル適性(A)

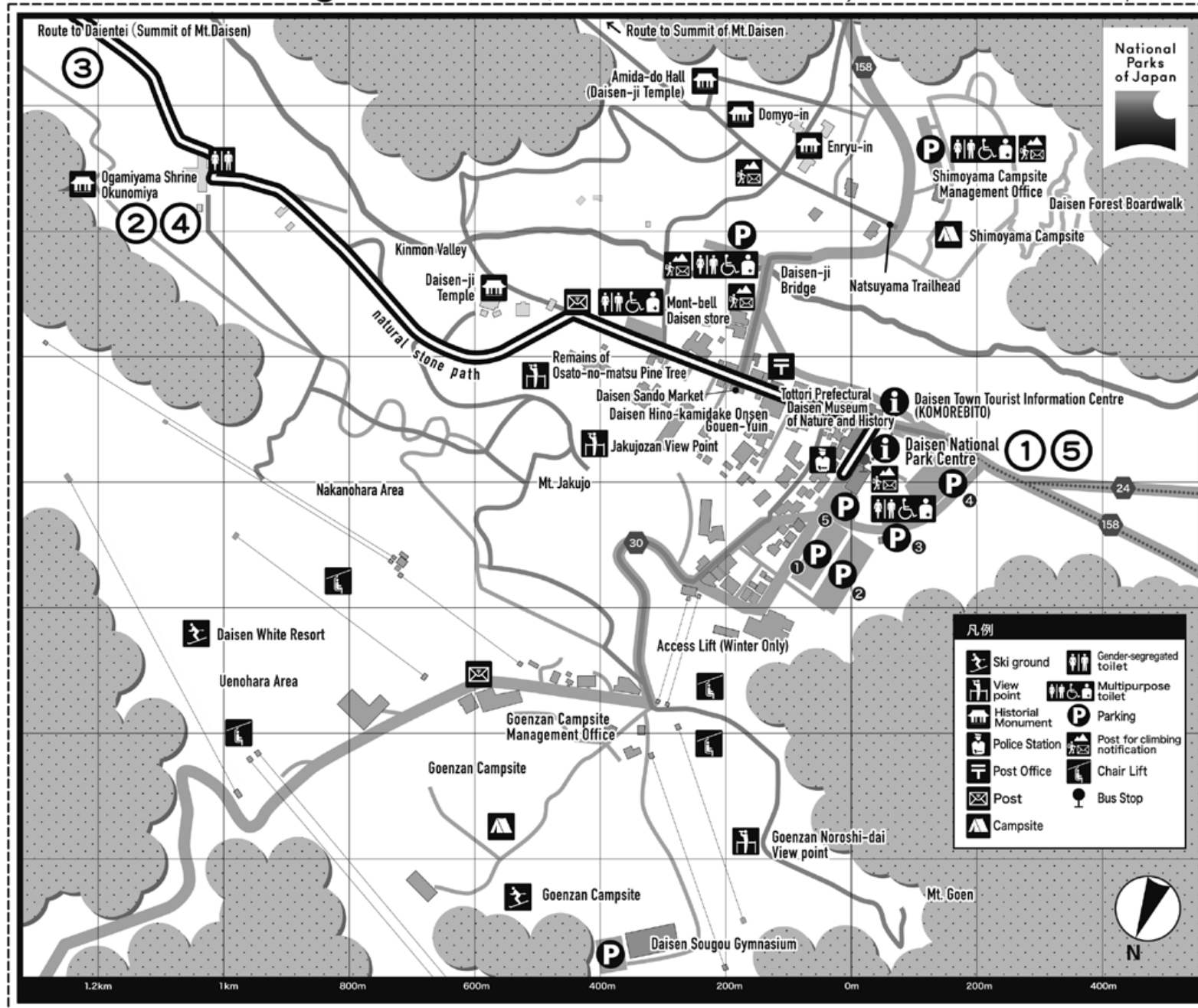
この印刷物は、印刷用の紙へリサイクルできます。

環境省
 Ministry of the Environment

Daisen-Oki National Park Daisen Motodani Valley Walking Course

Daisen Walking Course Map

Walk up from the rear of Ogamiyama Shrine Okunomiya along the climbing path for religious ascetics through the woods to reach the Daientei dam. A magnificent view from the dam of Obyobu Rock and Kobyobu 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.



Walking Course 3

About 5 km

About 2 hr

START

① Daisen National Park Centre

② Ogamiyama Shrine Okunomiya

③ Superb view of the north wall of Mt. Daisen Daientei dam

④ Ogamiyama Shrine Okunomiya

⑤ Daisen National Park Centre

GOAL!

Daisen National Park Centre
40-33 Daisen, Daisen town, Saihaku country,
Tottori Prefecture 689-3318
Natural Parks Foundation, Tottori Branch, Mt. Daisen Project Area
Tel: 0859-52-2165

リサイクル適性(A)

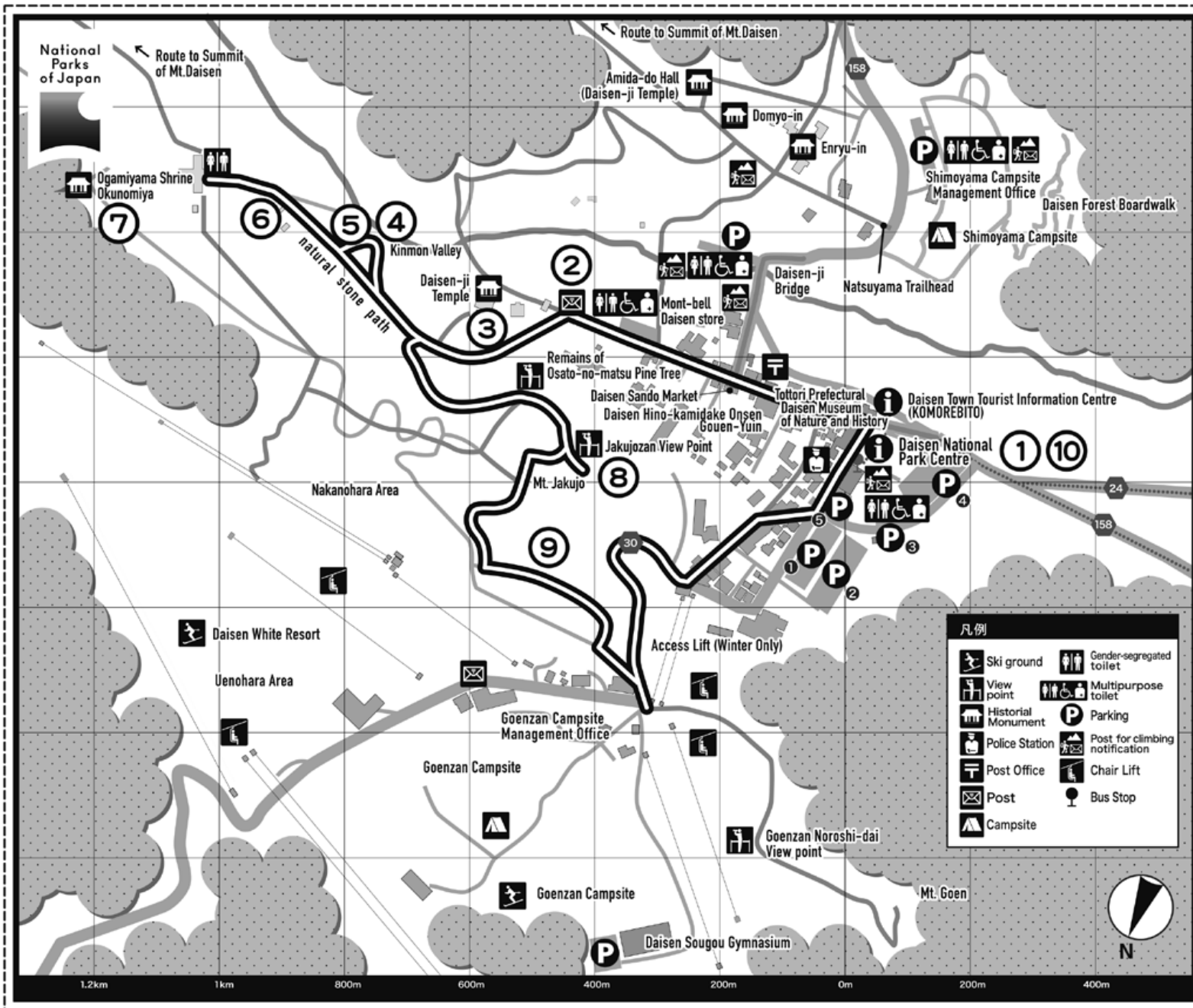
この印刷物は、印刷用の紙へ
リサイクルできます。

環境省
Ministry of the Environment

Mt. Jakujo Course

Daisen Walking Course Map

Mt. Jakujo is known as the place where Priest Konren, who established Daisen-ji Temple, passed away. You can reminisce quietly about history while walking this course.



Walking Course **4**
About **5 km**
About **2 hr 30 min**

START

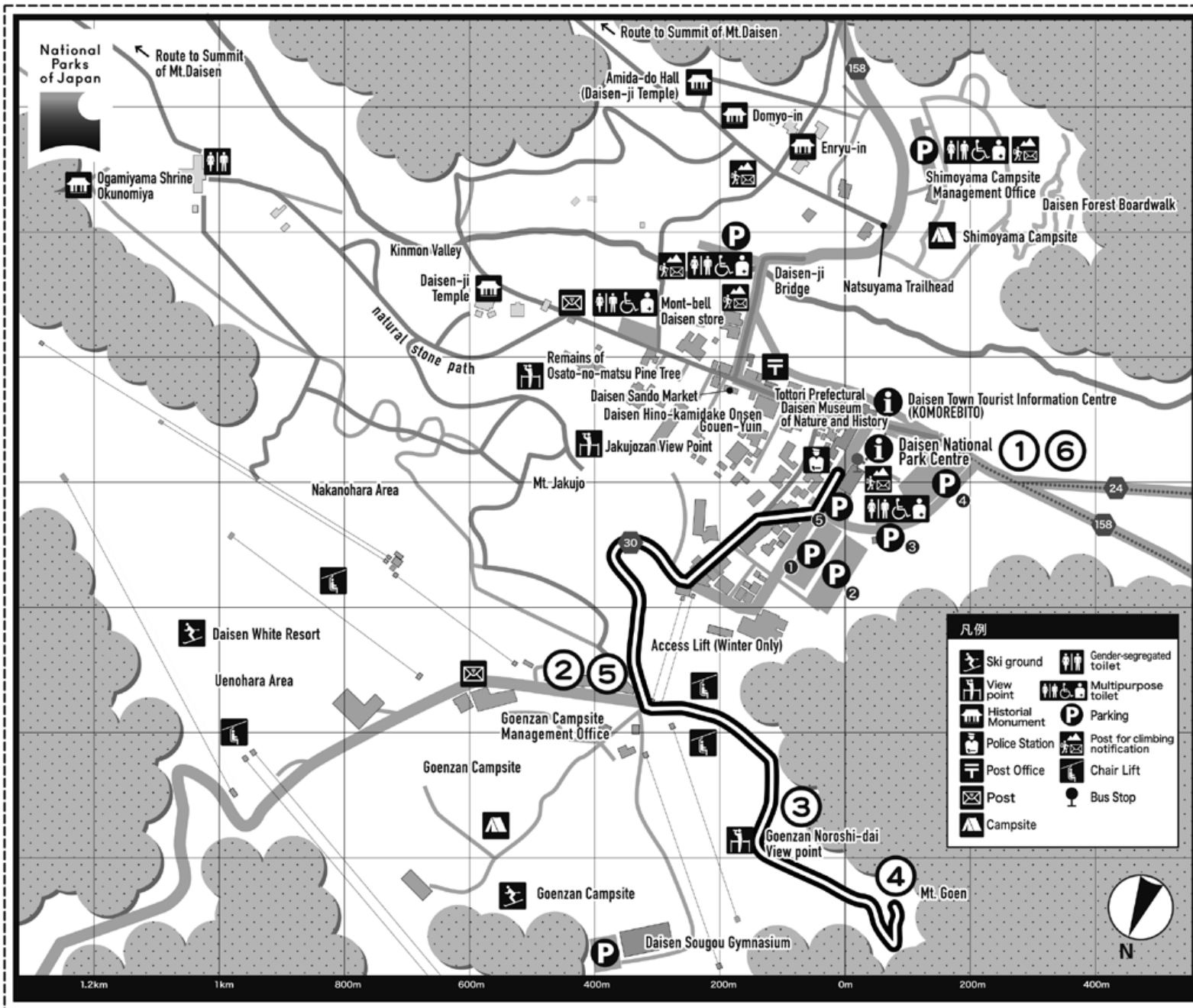
- ① Daisen National Park Centre
 - ② Tozen Monument and Shinanobo Gensei Monument
 - ③ A Dark Night's Passing Monument
 - ④ The view of Mt. Daisen north wall is superb!
Kinmon Valley
 - ⑤ Yoshimochi Jizo Statue
 - ⑥ Also called "Sakasa-mon Gate"
Shinmon Gate
 - ⑦ Ogamiyama Shrine Okunomiya
 - ⑧ A superb view from here
Mt. Jakujo
 - ⑨ Warrior Monk Idate Path
 - ⑩ Daisen National Park Centre
- GOAL!**

Daisen National Park Centre
40-33 Daisen, Daisen town, Saihaku country,
Tottori Prefecture 689-3318
Natural Parks Foundation, Tottori Branch, Mt. Daisen Project Area
Tel: 0859-52-2165

Mt. Goen Course

Daisen Walking Course Map

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-ji Temple, and Goen Jizo is worshipped at the summit.



Walking Course **5**

About 4 km

About 2 hr



① Daisen National Park Centre

② You can also go by car
Nakanohara Ginrei Hotel

③ Easy to enjoy the view of
the north wall of Mt. Daisen!
Mt. Goen Noroshidai Viewpoint

④ Elevation 892 m
Mt. Goen Summit

⑤ Nakanohara Ginrei Hotel

⑥ Daisen National Park Centre

GOAL!

Daisen National Park Centre
40-33 Daisen, Daisen town, Saihaku country,
Tottori Prefecture 689-3318
Natural Parks Foundation, Tottori Branch, Mt. Daisen Project Area
Tel: 0859-52-2165

リサイクル適性(A)

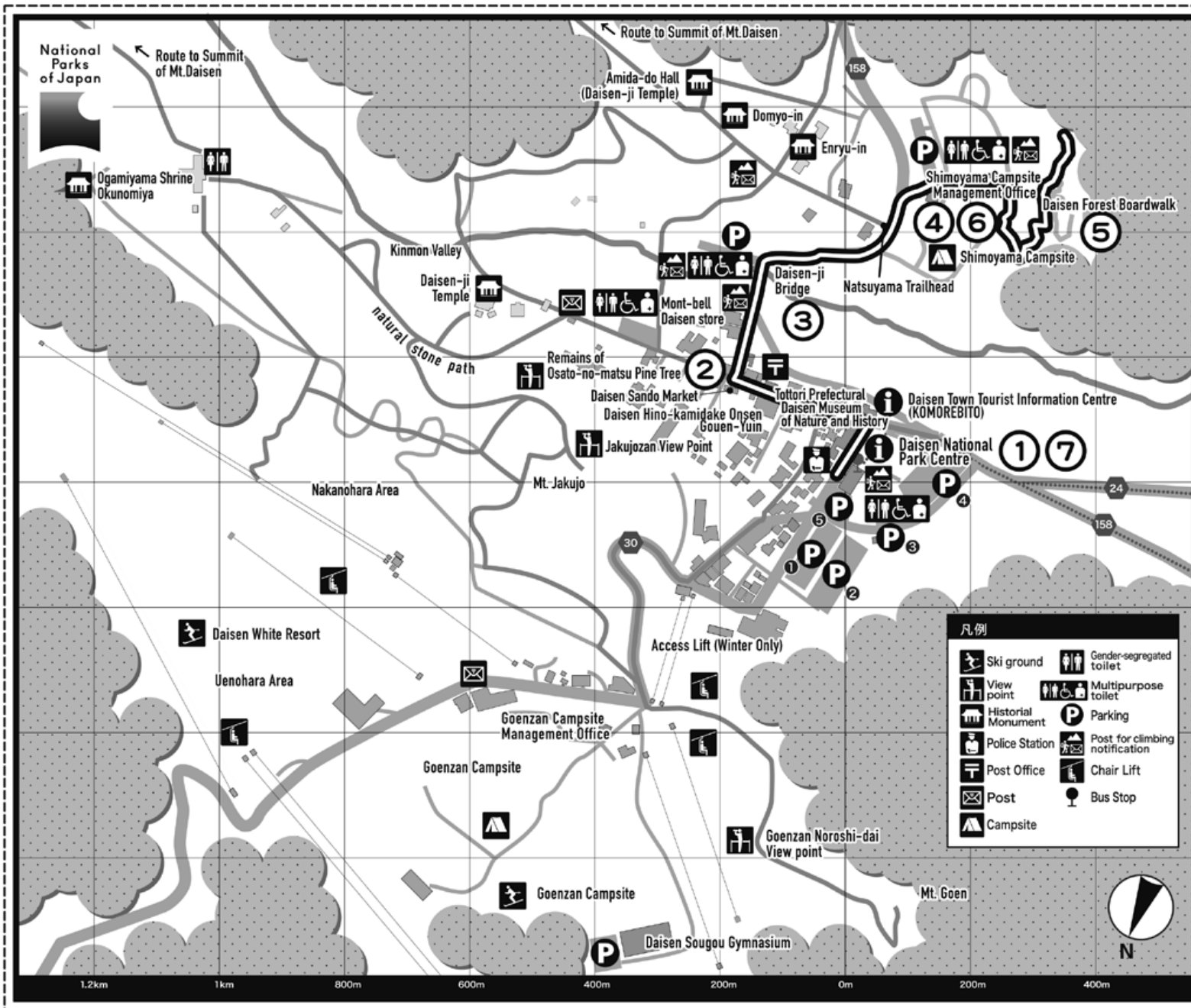
この印刷物は、印刷用の紙へ
リサイクルできます。

環境省
Ministry of the Environment

Daisen Forest Boardwalk Course

Daisen Walking Course Map

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.



Walking Course **6**
About **2.5 km**
About **1 hr 30 min**



① Daisen National Park Centre

② Daisen Sando Market

③ Daisen-ji Bridge

④ You can also go by car
Shimoyama Campsite

⑤ Enjoy nature with all your senses!
Daisen Forest Boardwalk

⑥ Campsite in the forest!
Shimoyama Campsite

⑦ Daisen National Park Centre

GOAL!

Daisen National Park Centre
40-33 Daisen, Daisen town, Saihaku country,
Tottori Prefecture 689-3318
Natural Parks Foundation, Tottori Branch, Mt. Daisen Project Area
Tel: 0859-52-2165

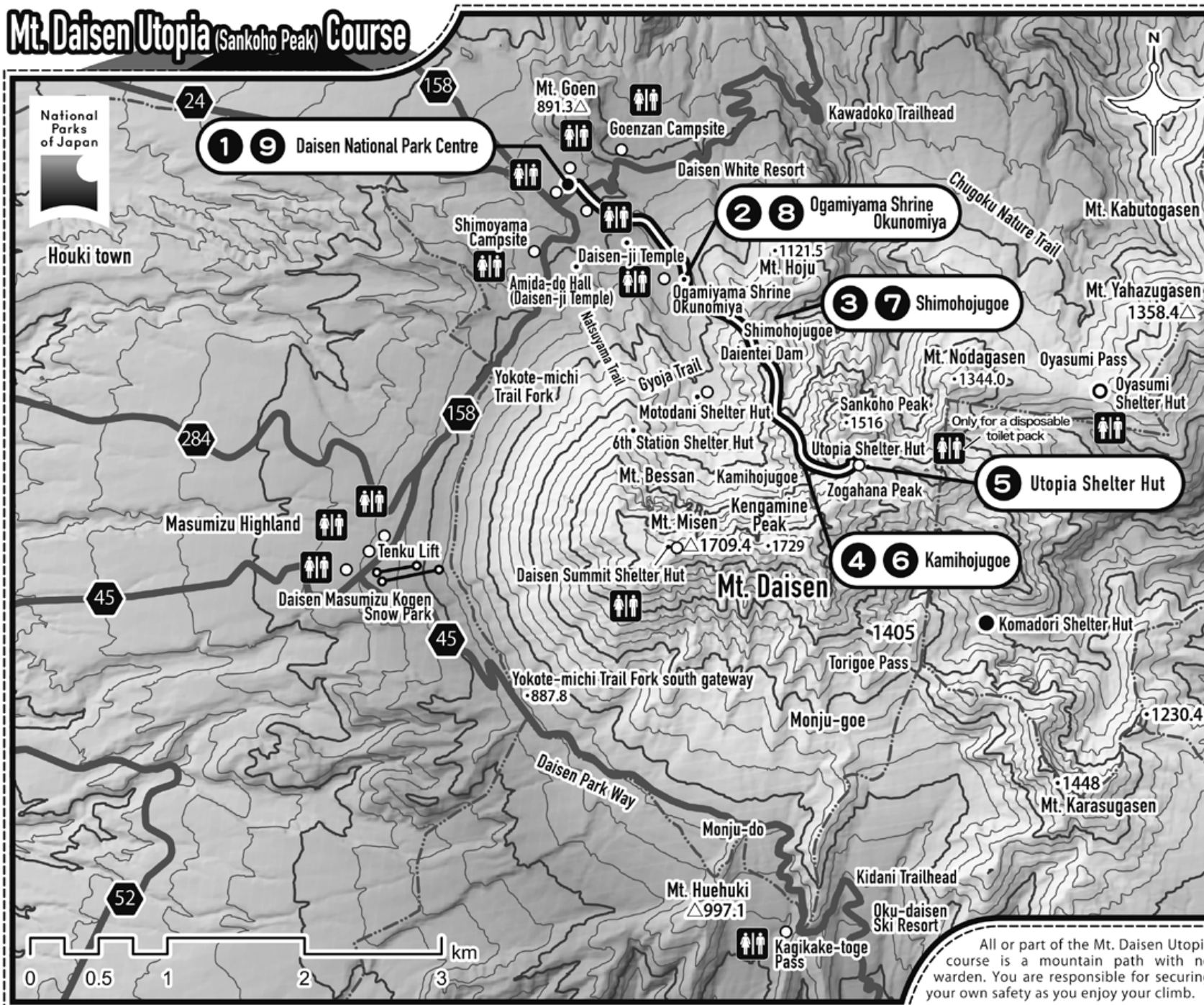
リサイクル適性 (A)

この印刷物は、印刷用の紙へ
リサイクルできます。

環境省
Ministry of the Environment

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.

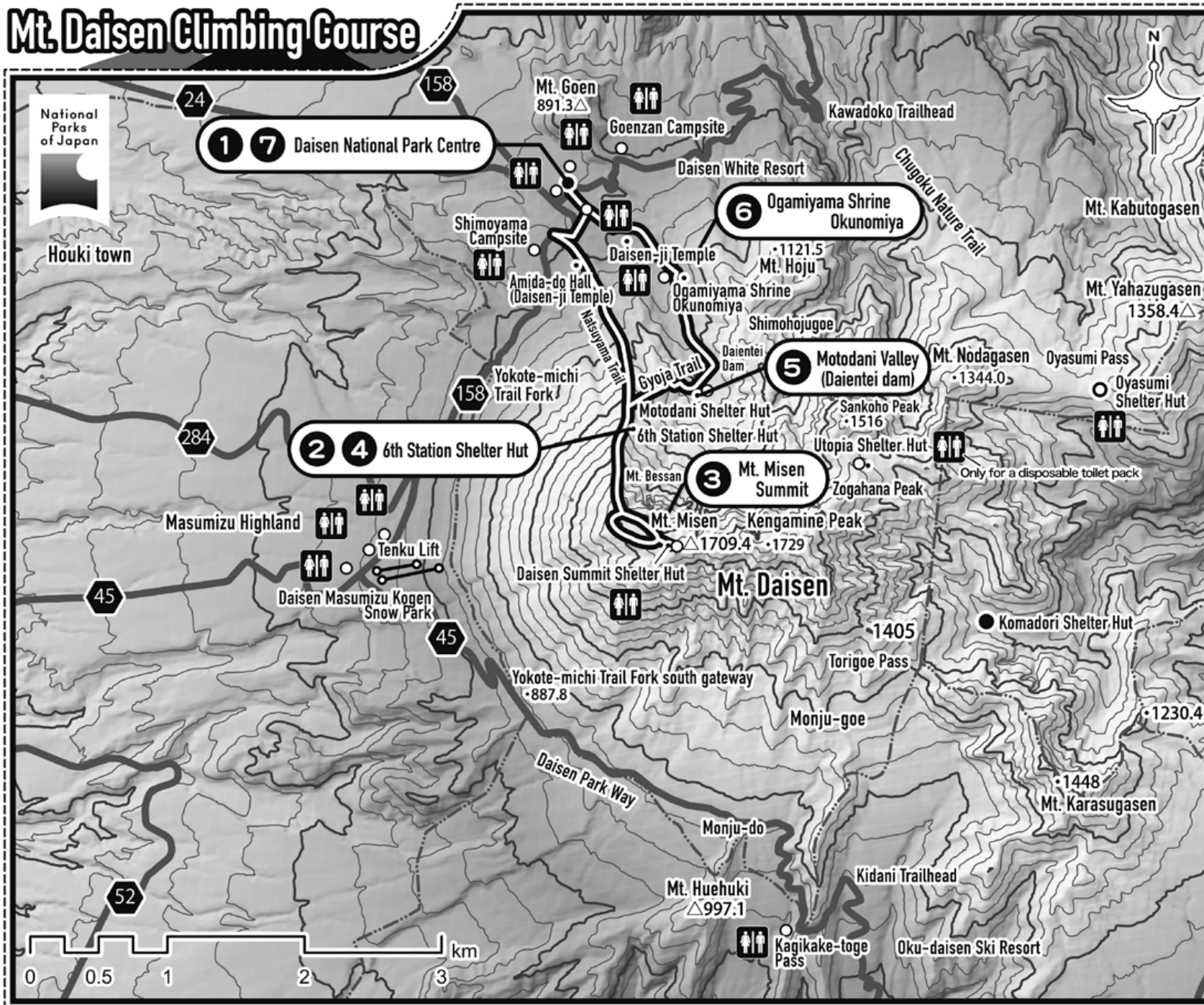
All or part of the Mt. Daisen Utopia course is a mountain path with no warden. You are responsible for securing your own safety as you enjoy your climb.

リサイクル適性(A)
この印刷物は、印刷用の紙へリサイクルできます。

環境省
Ministry of the Environment

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 5 hr 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!

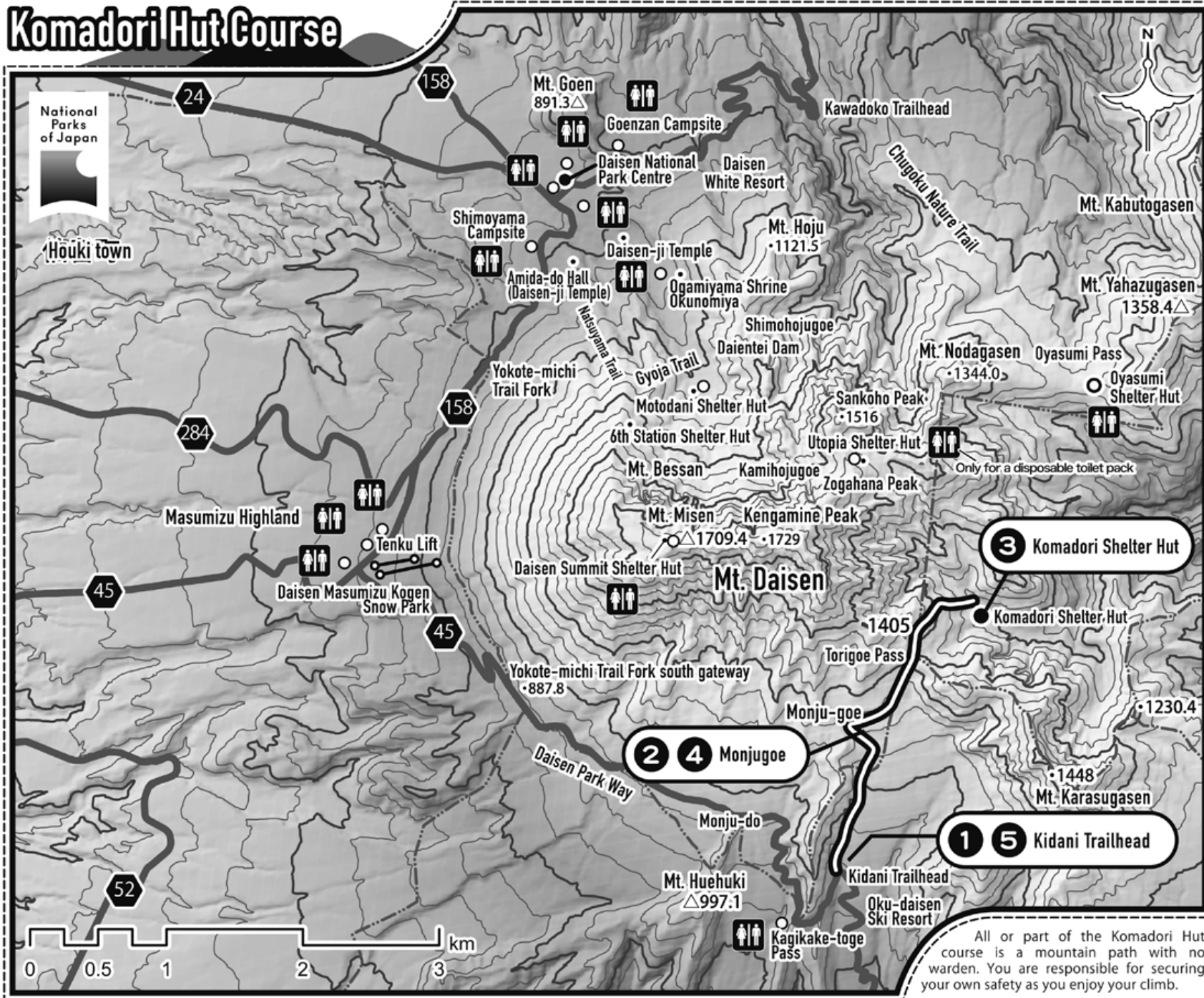
The royal road to climb Mt. Daisen. Pass through the beech forest, and the yew colony spreads out after the 8th Station. You can enjoy a 360 degree panorama from the summit of Mt. Misen, at 1,709 m.

リサイクル適性(A)
この印刷物は、印刷用の紙へ
リサイクルできます。

環境省
Ministry of the Environment

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.



リサイクル適性(A)
この印刷物は、印刷用の紙へリサイクルできます。

環境省
Ministry of the Environment