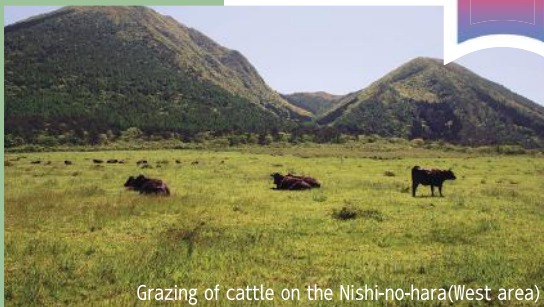
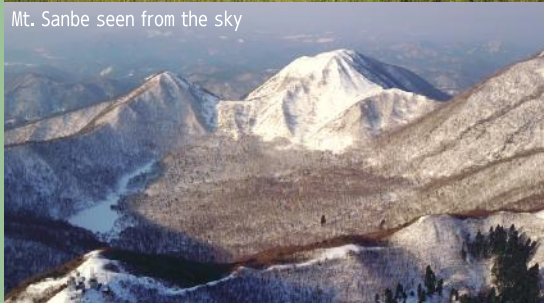


Daisen-Oki National Park

Mt. Sanbe Region



Grazing of cattle on the Nishi-no-hara (West area)



Mt. Sanbe seen from the sky



Ministry of the Environment
Chugoku Shikoku Regional Environmental Office

National Parks of Japan

National Parks are designated by the national government for managing areas of exceptionally stunning natural beauty representative of the country of Japan. The system of national parks is in place to preserve high quality nature and wildlife habitat, while also providing natural areas for the people of Japan to enjoy and learn about nature.

Currently, 34 National Parks have been designated around the country, from Rishiri-Rebun-Sarobetsu National Park in the north to Iriomote-Ishigaki National Park in the south.

Daisen-Oki National Park

● Designated : 1 February, 1936 (Oki Island region added 10 April, 1963)
(Shimane peninsula region added 10 April, 1963)
(Mt. Sanbe region added 10 April, 1963)
(Hiruzen region expanded 10 April, 1963)
(Mt. Kenashi region expanded 26 March, 2002)
(Mt. Mitoku region expanded 19 March, 2014)

● Total land area : 35,353 ha (Mt. Sanbe region: 2,679 ha)
Marine park area: 57.5 ha (excluding Mt. Sanbe)

● Prefectures : Shimane, Tottori, Okayama

● Characteristics : Home to the foothills and rugged high regions of a volcanic mountain belt including Mt. Daisen as well as Hiruzen and Mt. Sanbe, Daisen-Oki National Park features the tallest mountain ridges in Japan's far western Chugoku region along with the ria coastlines of the Shimane peninsula and volcanic islands of the Oki Islands. Plant life native to both mountain and seaside regions can be found in the park, which provides breeding grounds for valuable wildlife.

● Park theme : "Mountains and islands where myths interlace
- A series of volcanoes where the Gods reside,
and islands that breathe with ancient memories".

● Park contact information
Ministry of the Environment Daisen Oki National Park Office
Phone: 0859-34-9331
Postal Code 683-0067 Higashi-cho 124-16, Yonago City, Tottori
Prefecture Yonago Regional Government Office 4th Floor



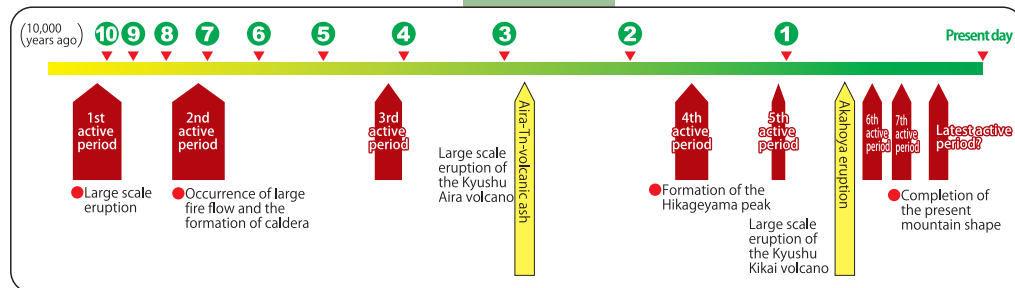
Matsue Ranger Station Phone: 0852-21-7626
Postal Code 690-0841 Mukojima-cho 134-10, Matsue City,
Shimane Prefecture Matsue Regional Government Building 5th Floor

Issued in 2018

Origins of Mt. Sanbe

Mt. Sanbe is located roughly in the center of Shimane Prefecture, and located within the caldera of about 5 km in diameter. It's an independent peak where the lava dome mountains consisting of Osanbe peak (elevation 1,126 m), Mesanbe peak (957 m), Kosanbe peak (961 m), Magosanbe peak (907 m), and Hikage peak (697 m) runs around the concave area called Muronouchi. Being a volcano that began activities around 100,000 years ago, active eruptions are repeated at intervals of several thousand years to tens of thousands years, and it is believed that the present mountain body was created by the eruption of lava about 4000 years ago. It is said that because hot springs have erupted from the gaps between Magosanbe peak and Hikageyama peak, and also because there is a fumarole of volcanic gas called "Torijigoku", volcanic activity continues even now. In addition, due to eruption material from around 4,000 years ago, the forest at the northern base was submerged still standing, the 'Sanbe Azuki Hara Buried Forest', has been preserved with almost the same appearance as the Jomon period, and it has been designated as a National Natural Monument.

Mt. Sanbe, together with Mt. Daisen has been popular since ancient times for being the representative mountains of the Central area, in the 'Kunibiki Myth', which decorates the beginning of 'Izumono kuni fudoki', it is marked as the pile that held the Shimane Peninsula that had been pulled.



The Nature of Mt. Sanbe

At Mt. Sanbe, there are grasslands, forests, enriched varied nature on the top part, and the flora and fauna found there are also very diverse.

● Summit

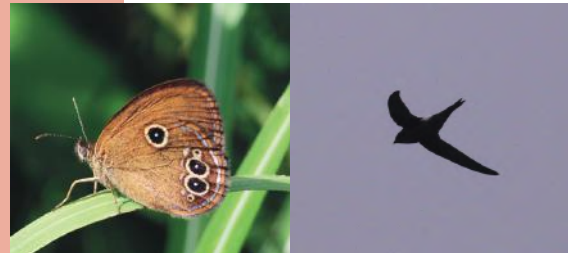
The summit area is a grassland composed of plants grown in the environment of strong winds, such as the strong seasonal winter winds blown directly from the Sea of Japan, and a shrub forest primarily composed of *Salix sieboldiana*. Beautiful mountain flowers such as *Geranium shikokianum* Matsum and *Gaultheria adenothis* can be seen, and rare butterflies such as *Coenonympha oedippus* also inhabit the area. Birds such as Pacific swift and Asian house martin fly in the sky from spring to summer, giving us a sight to enjoy seeing.



Evacuation shelter and plantain lily on the top of Osanbe peak



Gaultheria adenothis



Coenonympha oedippus



Pacific swift



Mt. Sanbe Natural Forest



Lindera umbellata

Narcissus flycatcher

Chestnut Tiger

● Forest

Natural forests, which are National Natural Monuments spread along the northern slope of Osanbe peak and Muronouchi. At an altitude of 800 m and above the forest is composed of beech trees, while everything below is Mongolian oak and hornbeam trees. Inside the forests are trees such as *Lindera umbellata*, and flowers and plants blooming such as *Oxalis griffithii* and *Disporum smilacinum*. The appearance of the beautiful Chestnut Tiger can also be seen in the forest. Also known as a treasure trove of wild birds, the beautiful twittering of Narcissus Flycatcher and Japanese Thrush can be heard.

Mt. Sanbe and the Three Plains

● Prairie

The grasslands that spreads out from the base of the mountain has been created since ancient times through human intervention using methods such as grazing and burning, for a maintained scenery. These grasslands are made of *Imperata cylindrica* var. *koenigii*, Korean lawn grass, and Japanese pampas grass, and in the shrubbery such as *Pulsatilla cernua*, Scabiosa, *Weigela hortensis*, and *Rhododendron molle*, beautiful flowers bloom in all four seasons, with butterflies such as *Minois dryas* and the brenthis daphne types fluttering about. Insects that feed on cow dung such as *Copris ochus* also inhabit during times of pasture. Also, there are many birds that prefer grassland, such as the meadow bunting, Oriental greenfinch, Eurasian skylark, Common pheasant, etc.

● Kita-no-Hara (North area)

With many facilities such as the Nature Museum of Mt. Sanbe, this is the base for information collection and usage. You can also find the Myogo course and the Himenogaike Course, a mountain trail that's popular year-round, and a walking course that extends to Higashinohara where cycling is also possible.



Kita-no-hara (North area) and rhododendron molle

● Nishi-no-hara (West area)

With kindling in the spring, cattle grazing from spring to autumn, cross-country in the summer, the expansive Japanese pampas grasslands in the autumn, and the snowy grasslands in the winter, these are scenic views for each season. Upon ascending to the plain, you'll find the Nishinohara entrance to a spectacular mountain climbing path.



Nishi-no-hara (West area)

● Higashi-no-hara (East area)

There is the Sanbe Sightseeing Lift, in which you can go close to Taiheizan peak where you can enjoy the view from the summit in 10 minutes (one way). In addition to mountain climbing usage, you can also use it to easily enjoy the view of Mt. Sanbe.



The lift of the Higashi-no-hara (East area)



Pulsatilla cernua

Scabiosa



Meadow bunting

Copris ochus

Mt. Sanbe and the Three Ponds

Three ponds can be found at Mt. Sanbe – Ukinunonoike Pond, Himenogaike Pond, and Muronouchiike Pond. These ponds have a close relationship to Mt. Sanbe's volcanic activities, and each also has their own different origin.

● Ukinunonoike Pond

It is huge pond about 2km circumference, and you can use boats there as well. This pond was dammed by eruption product from Shin-Sanbe volcano. On the good weather day without wave, you will see reflection of Mt. Sanbe on the surface.



Ukinunonoike Pond

● Himenogaike Pond

It is a tiny pond in center of Kita no hara. Its depth is only 1m. It is in crater on gentle slope of north side on Mt. Sanbe. *Iris laevigata* grow in colonies on the land.



Himenogaike Pond

● Muronouchiike Pond

This pond was formed 4,000 years ago, when the area surrounding the peaks collapsed due to an eruption, forming the current topography. Muronouchiike is not an accumulation of water at a volcanic crater, but rather the rainwater that accumulated on the layer of earth and sand that flowed in due to the slope collapse.



Muronouchiike Pond



There are 2 courses. The first, called the Kitanohara/Nishinohara Model Course, extends from Kitanohara to Nishinohara, and along the way, walking through the virgin forest, you can observe birds and plant life. The second is the Nishinohara/Yugakae Model Course, which extends from Nishinohara to the Yugakae hot spring. Go along the Ukinunonoike pond, beyond the mountain, and aim for the hot springs.

This pine tree is 400 years old, and serves as the signpost for the mountain trail heading from Nishinohara to Osanbe peak. It has been designated as a Natural Mounment of Ohda City.

A basin in the center of Mt. Sanbe, created during Mt. Sanbe's last eruption. Enjoy the beautiful autumn leaves in the autumn. In this corner, you'll find Muronouchiike pond, and the carbon dioxide blow hole called Torijigoku.

Within this rich natural environment, various nature experience activities can be carried out throughout the four seasons, such as mountain climbing, walking skiing, snowshoe hiking, etc. Rentals for necessary activity equipment (climbing pole, ski equipment, etc.) and facility usage (training room, gymnasium, tennis court, outdoor rice cooker, etc.) are free of charge. Can be used by school organizations as well as by families.
Phone: 0854-86-0319

The base of Mt. Sanbe is a highland climate, rich in spring water and suitable for cultivating soba. The Sanbe soba grown in this environment is one of the representative tastes of Mt. Sanbe.

There are hot springs such as Sanbe hot spring, Yagakae hot spring. It has many visitors from old time. Sanbe hot spring district have day spa and hotel with spa. That is great for bath after hiking.

A place that provides information about the charms of Sanbe, and a place for relaxation. A mini-library is available, where the books can be taken out and read in Nishinohara. Also features light meals and you can purchase Sanbe souvenirs.
Operation Hours: 10 AM – 3 PM (until sunset on holidays)
Closed Days: Wednesdays (if Wednesday is a holiday, the following weekday)
Phone: 0854-83-2053

A photograph of a traditional Japanese-style building with a tiled roof, surrounded by lush greenery and trees. A person is standing near the entrance.

The forest in the Mt. Sanbe eruption. Having been excavated, the Sanbe-Azukihara Buried Forest is exhibited as-is, and is a National Natural Monument.

Park Hours: 9 AM - 5 PM

Closed Days: Closed 5 days from the 1st Monday in December to Friday, from December 26 until January 1st.

Fees: Adults 300 yen, elementary to high school students 100 yen

Phone: 0854-86-9500

From Magosanbe to Kosanbe

	Special Protection Zone		Lodging
	Special Zone		Hut
	Ordinary Zone		Campsite
	Road		Visitor Center
	Trail		Toilets
	Bicycle Trail		Sightseeing Lift
	Parking		View Point
	information		Hot Springs
			Light Meal

Classification	Characteristics	Regulations
Special Protection Zone	An area that, in particular, preserves an excellent landscape and its primitive state. This area is strictly protected.	In addition to the conduct of the Special Area, permission from the Minister of the Environment is necessary for collecting plants (including fallen leaves and branches) and capturing animals (including eggs).
Special Zone	An area where the natural landscape is especially excellent, or is important for park usage with distinctive civilized landscapes. Harmony between development and nature conservation is emphasized.	In addition to the conduct of the Regular Area, permission from the Minister of the Environment is necessary for collecting wood and bamboo, designated plants, etc.
Ordinary Zone	Areas outside of the Special Protected Area, Special Area, and the maritime park area.	Notification to the Minister of the Environment is necessary for the installation of workplaces, collecting dirt and stones, posting advertisements, etc.

*For more details regarding regulations, please contact "For Inquiries Regarding the Park"

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● **The Shimane Nature Museum of Mt. Sanbe**
Features nature introductions for Sanbe and Shimane, and a dome-shaped screen for viewing movies, planetarium screenings, and astronomical observation. In the area you'll find a nature observation route for enjoying a stroll and the Himenogaike pond.
Open Hours: 9:30 AM – 5 PM (Only on Saturday from April to September, open from 9:30 AM – 6 PM)
Closed Days: Tuesdays (if Tuesday is a national holiday, the following weekday will become a closed day) Note: there are other temporary closed days
Admission Fee: Adults 400 yen, students from elementary to high school 200 yen (extra charges apply during exhibitions)
Phone: 0854-86-0500

You can pick a camping style from 4 types, such as auto-camping site. There are athletics and dogrun. It is friendly for dog owner and big party.
Price (1night) Auto camping 3,100 yen -
General camping (walkin) 900 yen-
Cavin 8,700 yen-
Bungalow with pet 6,900 yen- (necessary to have sleeping bag)
TEL:0854-86-0152

A variety of animal and plant life grow and inhabit the national park. We ask that you do not take or cause injury to this precious plant and animal life, and do not introduce non-native species into the field.

Also, please take any trash produced during your recreational activities, such as mountain climbing or picnicking, with you when you leave.

Pictures provided: The Shimane Nature Museum of Mt.Sanbe/Shimane Nature and Environment Foundation, Toshikazu Sasaki, National Institution For Youth National Sanbe youth friendship center, necco Co., Ltd., Oda-city (titles omitted)

