

## Chugoku-Shikoku Regional Environment Office

11F, Okayama Joint Government Building No. 2,  
1-4-1 Shimoishii, Kita Ward, Okayama City, Okayama Prefecture 700-0907  
[TEL] 086-223-1577 [FAX] 086-224-2081  
[URL] <http://chushikoku.env.go.jp/>

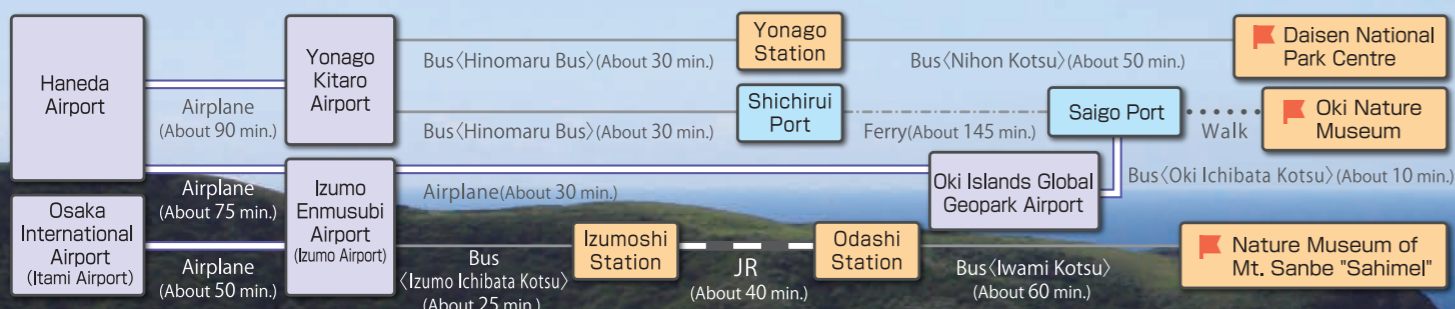
## Daisen-Oki National Park Website

<http://www.env.go.jp/park/daisen/>



## Access

\*Access routes are examples. For more information, please inquire with each transportation facility or check their website.  
\*The time required in each section is a rough indication.



## Information / Facilities / Visitor Center

**Daisen National Park Centre**  
40-33 Daisen, Daisen Town,  
Saihaku County, Tottori Prefecture  
Tel: 0859-52-2165 / Open: 8:00-18:30,  
Free of charge

**Tottori Prefectural Daisen  
Museum of Nature and History**  
43 Daisen, Daisen Town,  
Saihaku County, Tottori Prefecture  
Tel: 0859-52-2327 / Open: 9:00-17:00  
(Summer period: open until 18:30),  
Free of charge

**Oki Nature Museum**  
2F, Oki Port Plaza, Nakamachi,  
Okinoshima Town, Oki County,  
Shimane Prefecture  
Tel: 08512-2-1583 / Open: 8:30-17:30  
(Winter period: open until 17:00),  
Requires a fee


**Shimane Prefectural Nature  
Museum of Mt. Sanbe "Sahimel"**  
1121-8 Tane, Sanbe-cho,  
Oda City, Shimane Prefecture  
Tel: 0854-86-0500 / Open: 9:30-17:00  
(Closed on Tuesdays), Requires a fee

## Contact List

**[ Mt. Daisen/Hiruzen Area ] Daisen-Oki National Park Office**  
4F, Yonago Regional Joint Government Building,  
124-16 Higashi-cho, Yonago City, Tottori Prefecture 683-0067  
[TEL] 0859-34-9331 [FAX] 0859-34-9330

**[ Shimane Peninsula Area / Mt. Sanbe Area ] Matsue Ranger Station**  
5F, Matsue Regional Joint Government Building,  
134-10 Mukojima-cho, Matsue City, Shimane Prefecture 690-0841  
[TEL] 0852-21-7626 [FAX] 0852-21-7639

**[ Oki Islands Area ] Oki Ranger Station**  
55 Johoku-machi, Okinoshima Town, Oki County, Shimane Prefecture 685-0016  
[TEL] 08512-2-0149 [FAX] 08512-2-0150

 Facebook page

 Instagram account

大山隠岐国立公園/  
Daisen-Oki National Park  
@daisenokinationalpark



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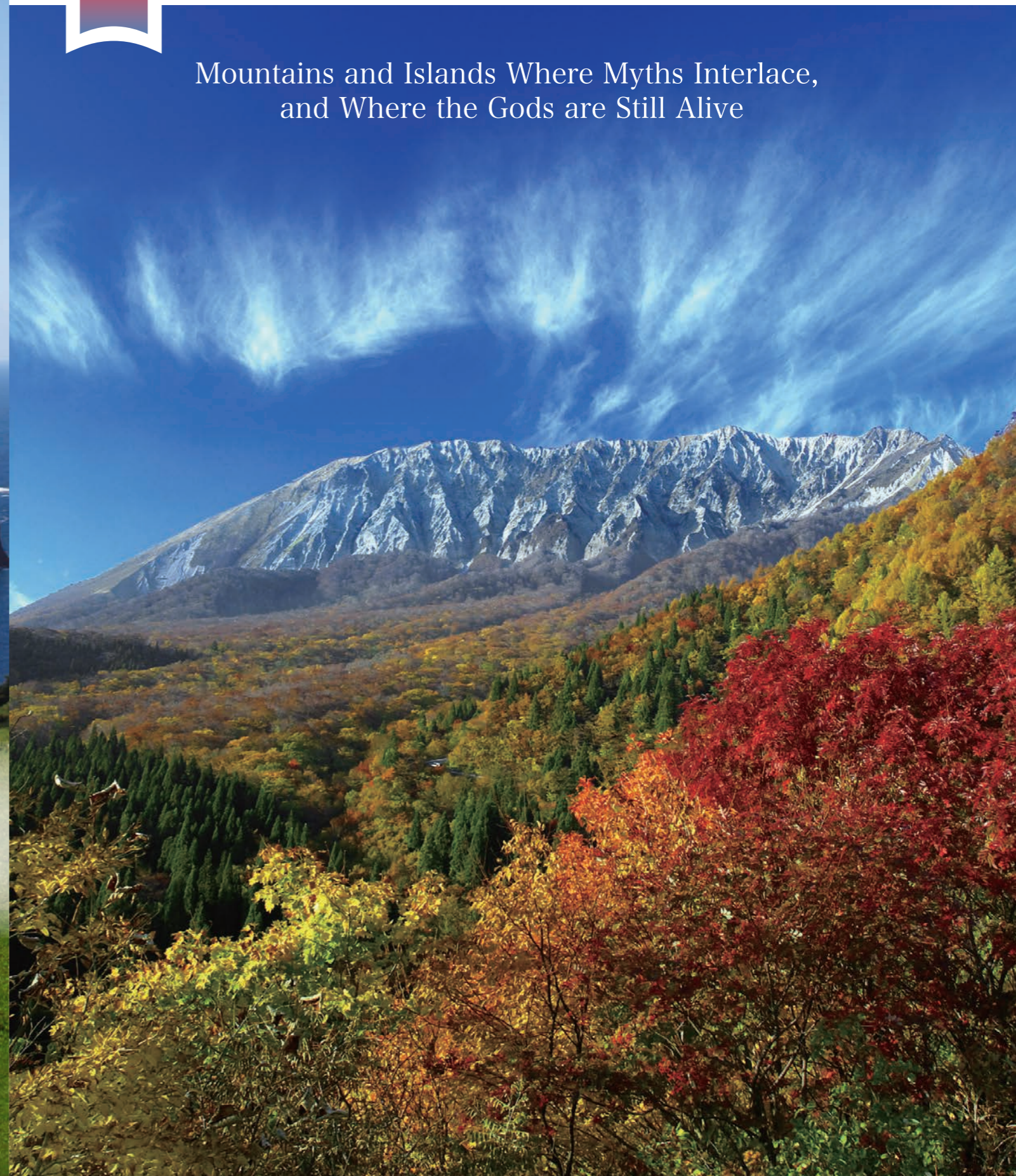
Publisher: Ministry of the Environment Published in: 2018

# Daisen-Oki National Park

National  
Parks  
of Japan



Mountains and Islands Where Myths Interlace,  
and Where the Gods are Still Alive





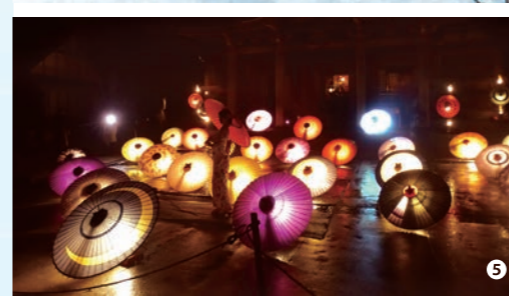
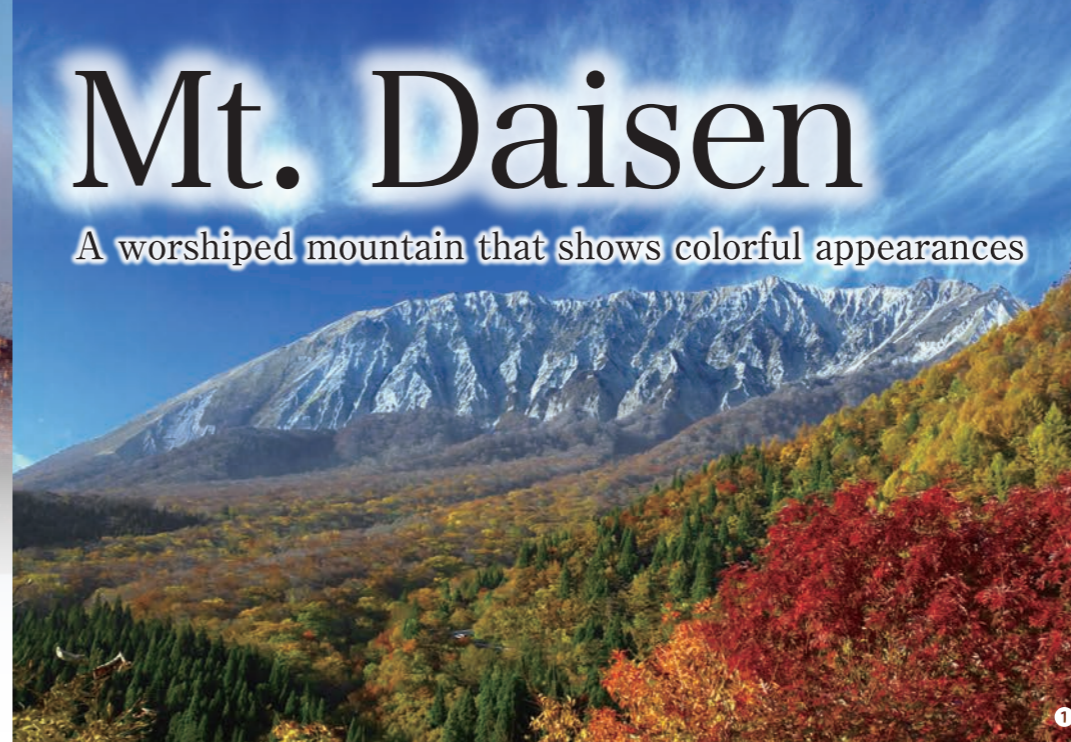
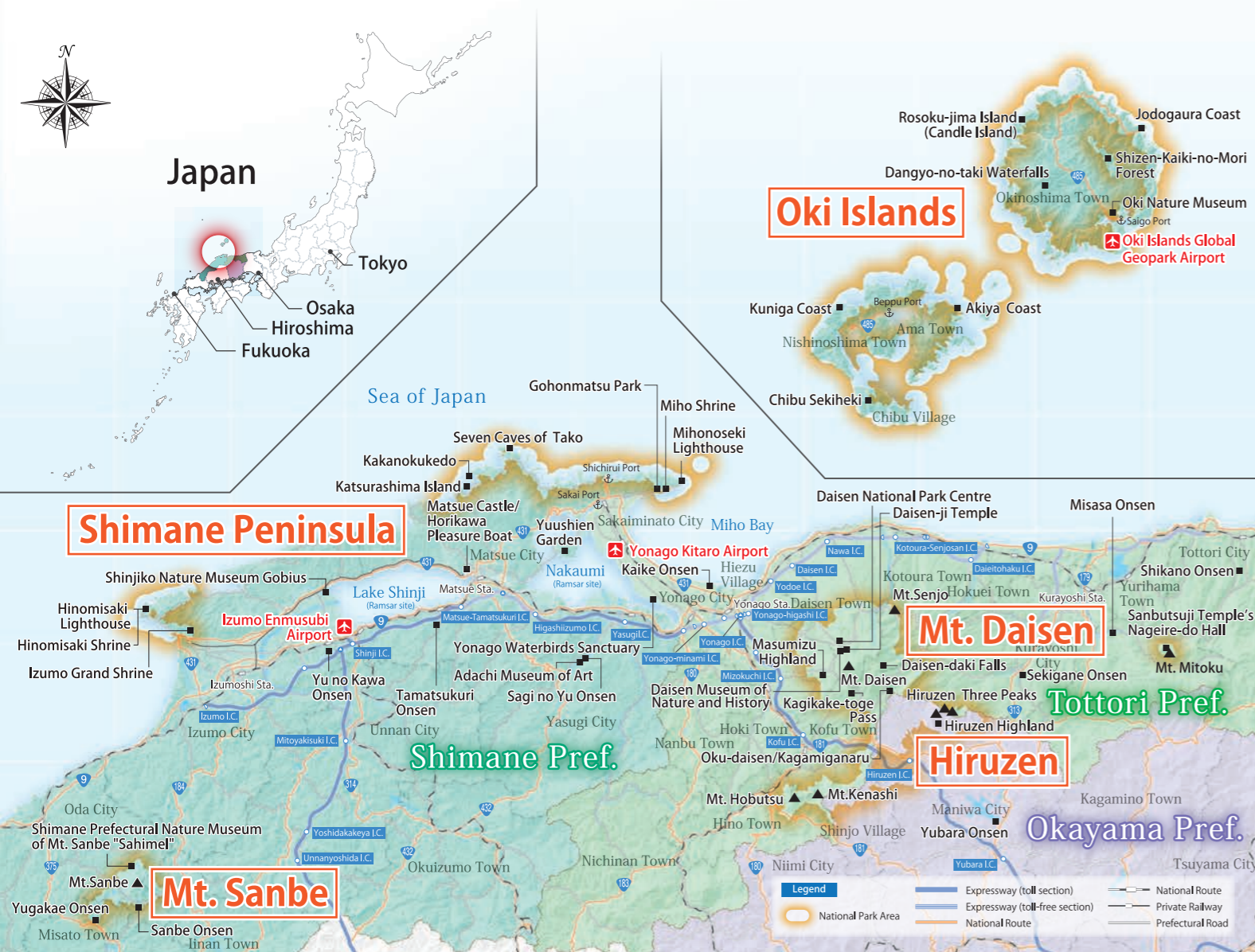
Here, there are things that don't exist anywhere else.  
And activities have continued between the vastness of nature and people who found gods in it.

Ancient Japanese people thought that gods resided in everything in nature.

The green mountains and varied ragged coastlines were developed by the breath of the earth from time immemorial,  
and plants and animals were fostered on such land.

A sense of awe toward nature and its various appearances might be the source of religious beliefs that have been handed down.

Here still alive is the nature formed in ancient times,  
the many mythological tales passed down, and the activities of people living with them.



#### One-Tree, One-Stone Campaign

Although the majority of the summit became a bare land with a rapid increase of climbers, thanks to the efforts of the public and the private sector, the One-Tree, One-Stone Campaign conducted by the Mt. Daisen Summit Protection Group established in 1985, climbers started to bring one designated nursery tree and stone to the summit, and as a result, the past vegetation is showing signs of recovery. This activity has been ongoing even at present.



#### 1 Mt. Daisen as seen from the south (Kagikake-toge Pass)

Mt. Daisen reveals different appearances depending on how you see it. This is a scenic point where you can see the mountain's magnificent southern surfaces. You shouldn't miss the colored leaves of autumn. (Kofu Town, Hino County, Tottori Prefecture)

#### 2 One of the largest beech forests in western Japan

You can feel the power of huge beech trees growing in a beautiful forest that has remained intact.

#### 3 Snowshoe trekking

Enjoy trekking through a snowy beech forest while viewing animal footprints and winter trees.

#### 4 Climbing Mt. Daisen (Using the Natsuyama trail to the peak of Mt. Misen)

You can overlook the arched coast of the Sea of Japan from the summit of Mt. Daisen, the highest peak in the Chugoku region. (Daisen Town, Saihaku County, Tottori Prefecture)

#### 5 Wagasa Night (Illuminated traditional Japanese umbrellas and lanterns) held in summer (Daisen-ji Temple)

The Daisen-ji Temple in summer is illuminated with the fantastic lights of wagasa (traditional Japanese umbrellas). (Daisen Town, Saihaku County, Tottori Prefecture)

#### 6 Downhill cycling

Cycle from the middle of Mt. Daisen, through beech forests, and down to the Sea of Japan.

#### 7 The torch parade on the eve of Mt. Daisen Natsuyama Summer Festival (Ogamiyama Shrine)

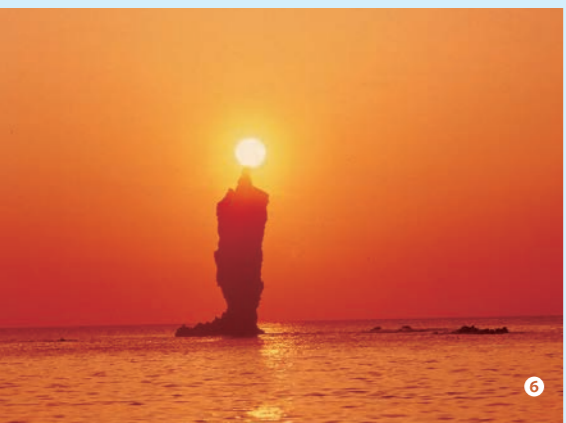
Two thousand participants carry torches and walk along the path to the shrine. (Daisen Town, Saihaku County, Tottori Prefecture)

#### 8 Nageire-do Hall (Sanbutsu-ji Temple in Mt. Mitoku)

Built on a sheer cliff in an ascetic area, Nageire-do Hall is the most dangerous national treasure in Japan. (Misasa Town, Tohaku County, Tottori Prefecture)

# Oki Islands

Dynamic coastlines developed by the breath of the primordial times



## ❶ Chibu Sekiheki

All viewers are overwhelmed by the dynamic scenery spreading in front of them. They can see a fantastic crimson hue when the surface of Sekiheki (Red Wall) becomes enveloped in the evening glow of the setting sun. (Chibu Village, Oki County, Shimane Prefecture)

## ❷ Sea kayaking

The white rock surfaces remind one of the Mediterranean, and you can see many creatures through the transparent seawater. (Okinoshima Town, Oki County, Shimane Prefecture)

## ❸ Akiya Coast

The beautiful contrast of red cliffs and emerald-green sea makes those who see it happy. (Ama Town, Oki County, Shimane Prefecture)

## ❹❹ Diving

You are in paradise once you dive into the sea, where you may be able to see creatures unique to this place like Okimatsuge (*Neoclinus nudiceps*), an indigenous species of the Oki Islands (❶). (Okinoshima Town, Oki County, Shimane Prefecture)

## ❺ Rosoku-jima Island (Candle Island)

The moment when the island's head is "lit" with the setting sun is just miraculous. (Okinoshima Town, Oki County, Shimane Prefecture)

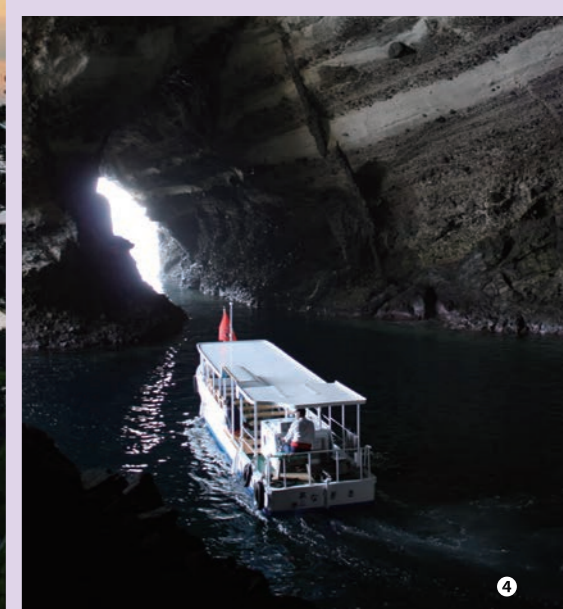
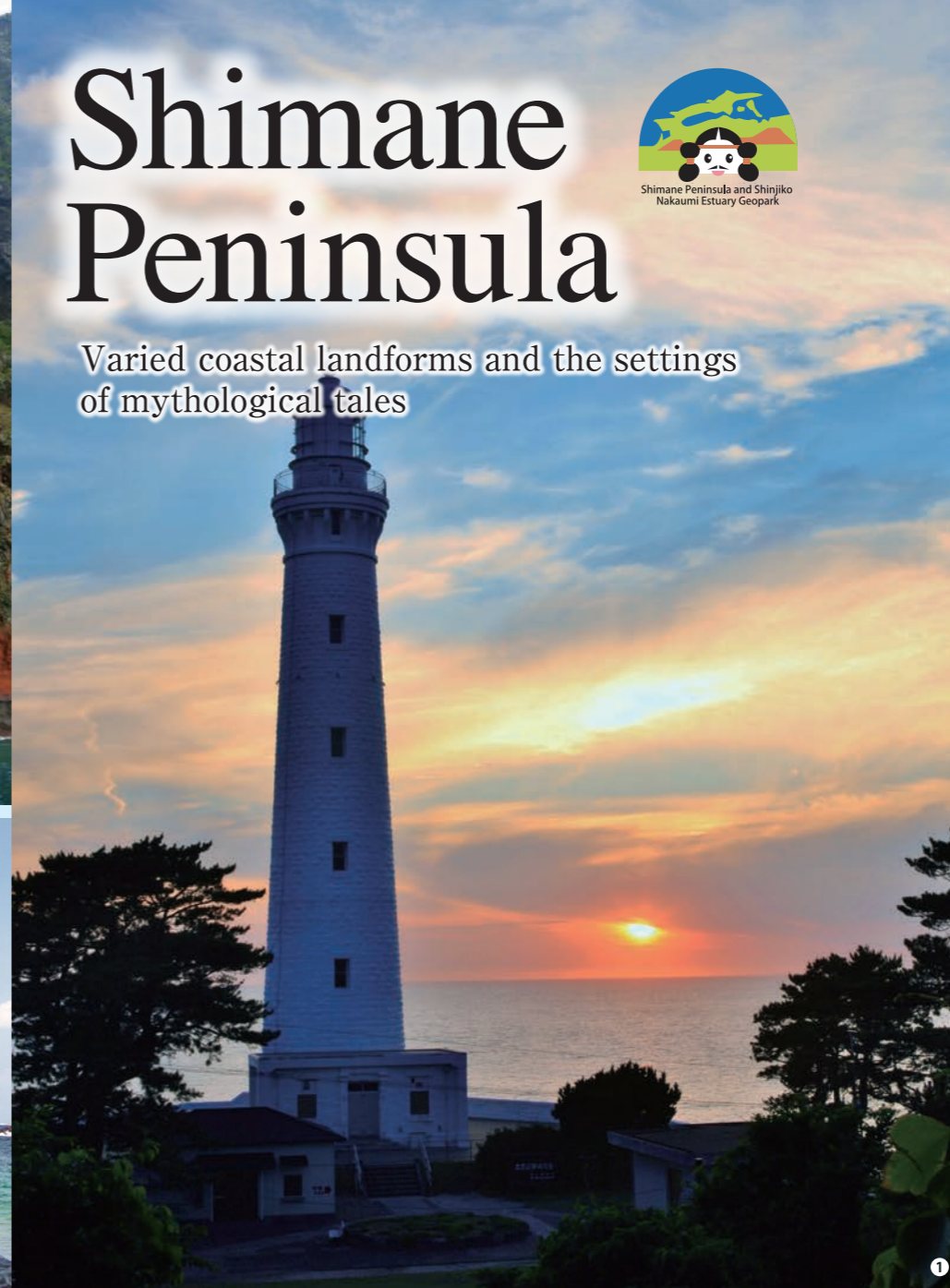
## ❻ Kuniga Coast

Here, you can enjoy views of the everlasting horizon and coastal scenery sculpted by wild waves while strolling or from a sightseeing boat. (Nishinoshima Town, Oki County, Shimane Prefecture)

# Shimane Peninsula



Varied coastal landforms and the settings of mythological tales



## ❶ Izumo Hinomisaki Lighthouse

The lighthouse stands gracefully against the western sky dyed by the sun setting into the Sea of Japan. (Taisha Town, Izumo City, Shimane Prefecture)

## ❷ Izumo Grand Shrine

Dedicated to the deity Okuninushi, this is one of the shrines representative of Japan and constitutes the core of the Izumo culture. (Taisha Town, Izumo City, Shimane Prefecture)

## ❸ Hinomisaki Shrine

The graceful vermillion buildings are intended to govern the night. (Taisha Town, Izumo City, Shimane Prefecture)

## ❹ Kukedo sightseeing boat (Kakanokukedo)

Visit on a sightseeing boat inside the cave created over many years by wave erosion. (Shimane Town, Matsue City, Shimane Prefecture)

## ❺ Asamike at the Miho Shrine

Participate in an every-morning sacred Shinto ritual (Asamike) and experience deep Japanese spiritual culture. (Mihonoseki Town, Matsue City, Shimane Prefecture)

## ❻ Morotabune Ritual

Two ancient boats go out to the freezing sea. According to legend, you will avoid diseases and disasters if you encounter this festival. (Mihonoseki Town, Matsue City, Shimane Prefecture)

## ❼ Diving

Dive into the crystal-blue sea and experience the richness of nature firsthand.

## ❸ Aoishidatami Street

The old townscape of a fishing village and the green cobblestone path in Mihonoseki create a calm atmosphere. (Mihonoseki Town, Matsue City, Shimane Prefecture)

# Hiruzen

A highland resort where time flows slowly



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## ①Hiruzen Three Peaks as seen from a buckwheat field

You can enjoy the highlands, which spread across the row of mountains called the Hiruzen Three Peaks, throughout the year. (Hiruzen, Maniwa City, Okayama Prefecture)

## ②Fat biking in the snow

With a fat bike, which has thick tires, you can freely cycle on the snowy highlands. (Hiruzen, Maniwa City, Okayama Prefecture)

## ③Hiruzen Highland Campsite

The campground is situated on the idyllic Hiruzen Highland, which commands a view of the rich grassland scenery and the Hiruzen Three Peaks. (Hiruzen, Maniwa City, Okayama Prefecture)



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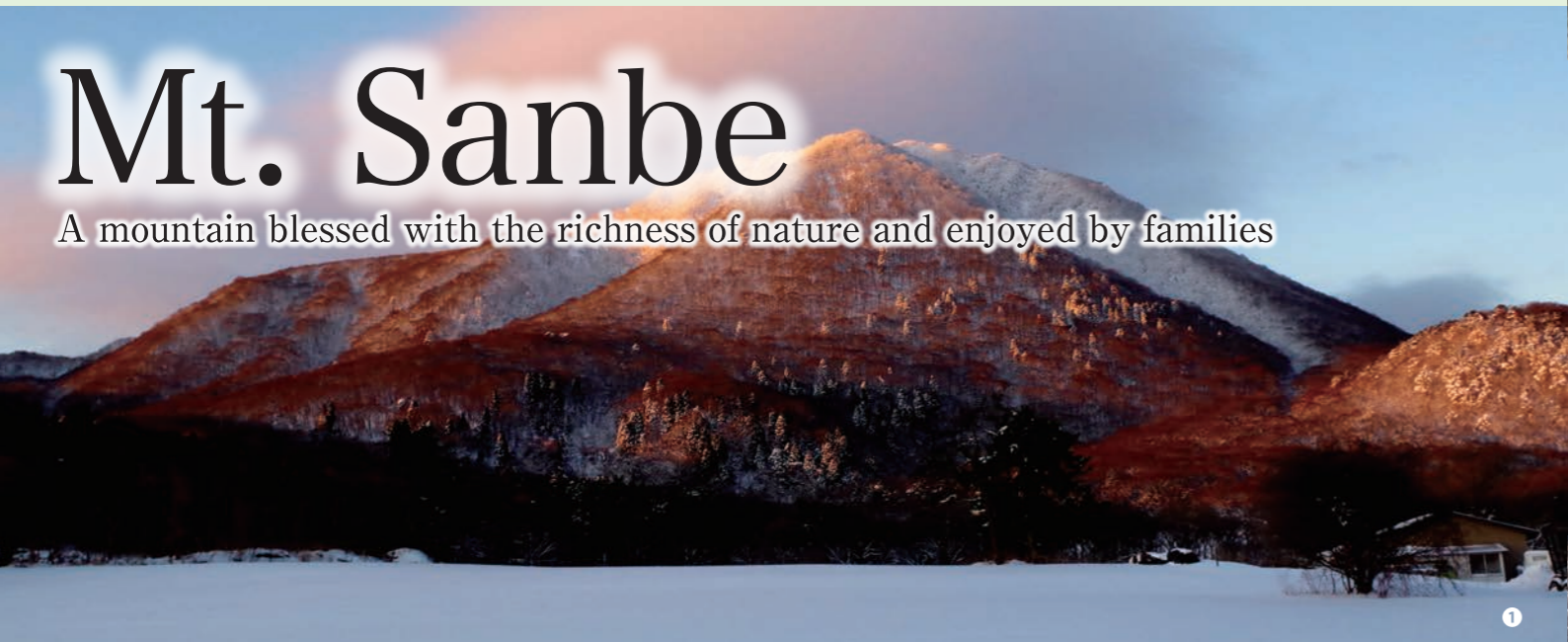
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# Mt. Sanbe

A mountain blessed with the richness of nature and enjoyed by families



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## ①Mt. Sanbe in winter

Mt. Sanbe is dyed red in the winter dusk, and a snow-covered field spreads in front of the mountain. You can enjoy cross-country skiing and snowshoe trekking at the foot of Mt. Sanbe. (Sanbe Town, Ota City, Shimane Prefecture)

## ②Grasslands of Mt. Sanbe

You can enjoy diverse landscapes, such as the grasslands at the foot of the mountain, as well as the surrounding ponds and natural forests on the hillside. (Sanbe Town, Ota City, Shimane Prefecture)

## Grassland-scenery preservation activity (SANBE BURGER)

SANBE BURGER offers quality hamburgers made with meticulous care from the fresh ingredients of Shimane Prefecture. In order to preserve the grassland scenery, they make effective use of the trees felled at the foot of the mountain by using some of them as firewood. Some of the money from the sales of firewood and their hamburgers are donated to preserve the grassland scenery of Mt. Sanbe.



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- ① Rows of cherry blossom trees: Nanbu Town, Saihaku Country, Tottori Prefecture ② Lake Shinji Ramsar Wetland  
③ Ushi-tsuki (Bull Sumo): Okinoshima Town, Oki County, Shimane Prefecture ④ Japanese Giant Salamander: Nichinan Town, Hino County, Tottori Prefecture  
⑤ Katae Sumitsuke Tondo Ritual: Mihnoseki Town, Matsue City, Shimane Prefecture ⑥ Nakaumi Ramsar Wetland  
⑦ Tamatsukuri Onsen: Tamayu Town, Matsue City, Shimane Prefecture ⑧ Kaike Onsen: Yonago City, Tottori Prefecture ⑨ A fishing village  
⑩ Oki Traditional Sumo: Okinoshima Town, Oki County, Shimane Prefecture ⑪ A meal served at an inn ⑫ Ebi Jushichiya festival: Kofu Town, Hino County, Tottori Prefecture  
⑬ Horikawa Sightseeing Boat: Matsue City, Shimane Prefecture ⑭ Iwami Ginzan Silver Mine World Heritage: Ohda City, Shimane Prefecture