



Daisen National Park Centre



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

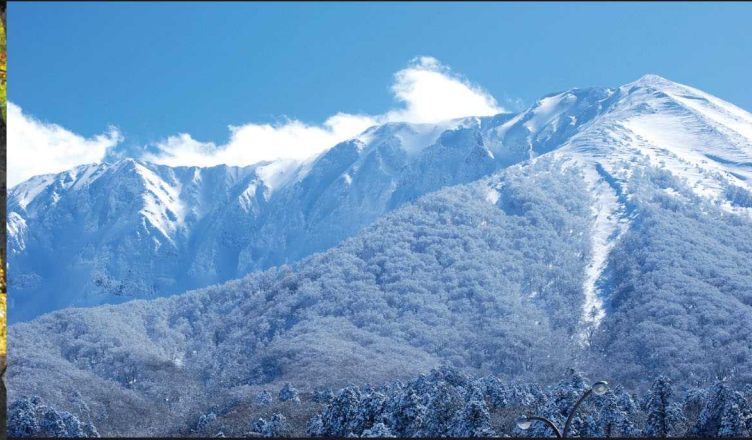
Daisen National Park Centre is located at the entrance to Mt. Daisen, the highest peak in the Chugoku region. In addition to providing information about mountain climbing, walking, sightseeing, and events at Daisen-Oki National Park, visitors can use facilities such as coin showers, changing rooms, and 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

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

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.

Shower room	
O p e n	8:00 - 18:00
Number	3 (one each men, women, multi-purpose) Combined with the powder room.
Coin lockers	
Number	Large 20, medium 17, small 8 Snowboard rack 12
N o t e	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.



- ① Ogamiyama Shrine Okunomiya – Daisen-ji Temple Course
About 2 km About 50 min
Daisen National Park Centre
Daisen-ji Temple
Ogamiyama Shrine Okunomiya
Kinmon Valley
Daisen National Park Centre

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-ji 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-ji Temple. We recommend the view from Kinmon Valley.



- ② Amida-do Hall Course
One circuit about 4 km About 2 hours
Daisen National Park Centre
Daisen-ji Bridge
Renjo-in Temple Remains
Enryu-in Temple
Stone Steps Sloping to the Right
Amida-do Temple
Warrior Monk Path
Daisen-ji Main Temple
Daisen National Park Centre

This course centers 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. Start at Daisen National Park Centre, and walk up the Miyuki-sando approach path where Daisen Sando Market appears. Cross Daisen-ji 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.

- ③ Daisen Motodani Valley Walking Course
About 5 km About 2 hr
Daisen National Park Centre
Ogamiyama Shrine Okunomiya
Daientei Dam
Ogamiyama Shrine Okunomiya
Daisen National Park Centre

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 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.

- ④ Mt. Jakujo Course
About 5 km About 2 hr 30 min
Daisen National Park Centre
Tozen Monument and Shinano Monk Gensei Monument
A Dark Night's Passing Monument
Kinmon Valley
Yoshimochi Jizo Statue
Shinmon Gate
Ogamiyama Shrine Okunomiya
Mt. Jakujo
Warrior Monk Idate Path
Daisen National Park Centre

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. 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-ji Sanmon Gate (Niomon Gate), Tozen Monument and Shinano Monk Gensei Monument appear. You can enjoy a view of the north wall of Mt. Daisen from Mt. Jakujo.

- ⑤ Mt. Goen Course
About 4 km About 2 hr
Daisen National Park Centre
Nakanohara Ginrei Hotel
Mt. Goen Noroshidai Viewpoint
Mt. Goen Summit
Nakanohara Ginrei Hotel
Daisen National Park Centre

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. If you go by car to the Goenzan Campsite parking lot, the summit is about 15 min away.

- ⑥ Daisen Forest Walk Course
About 2.5 km About 1 hr 30 min
Daisen National Park Centre
Daisen Sando Market
Daisen-ji Bridge
Shimoyama Campsite
Daisen Forest Boardwalk
Shimoyama Campsite
Daisen National Park Centre

Start at Daisen National Park Centre, and walk up the Miyuki-sando approach where Daisen Sando Market appears. Cross the Daisen-ji 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.

The four seasons of Daisen and Hiruzen



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 Hiruzen area, is the grasslands are burned off, a special attraction of spring.



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.



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.

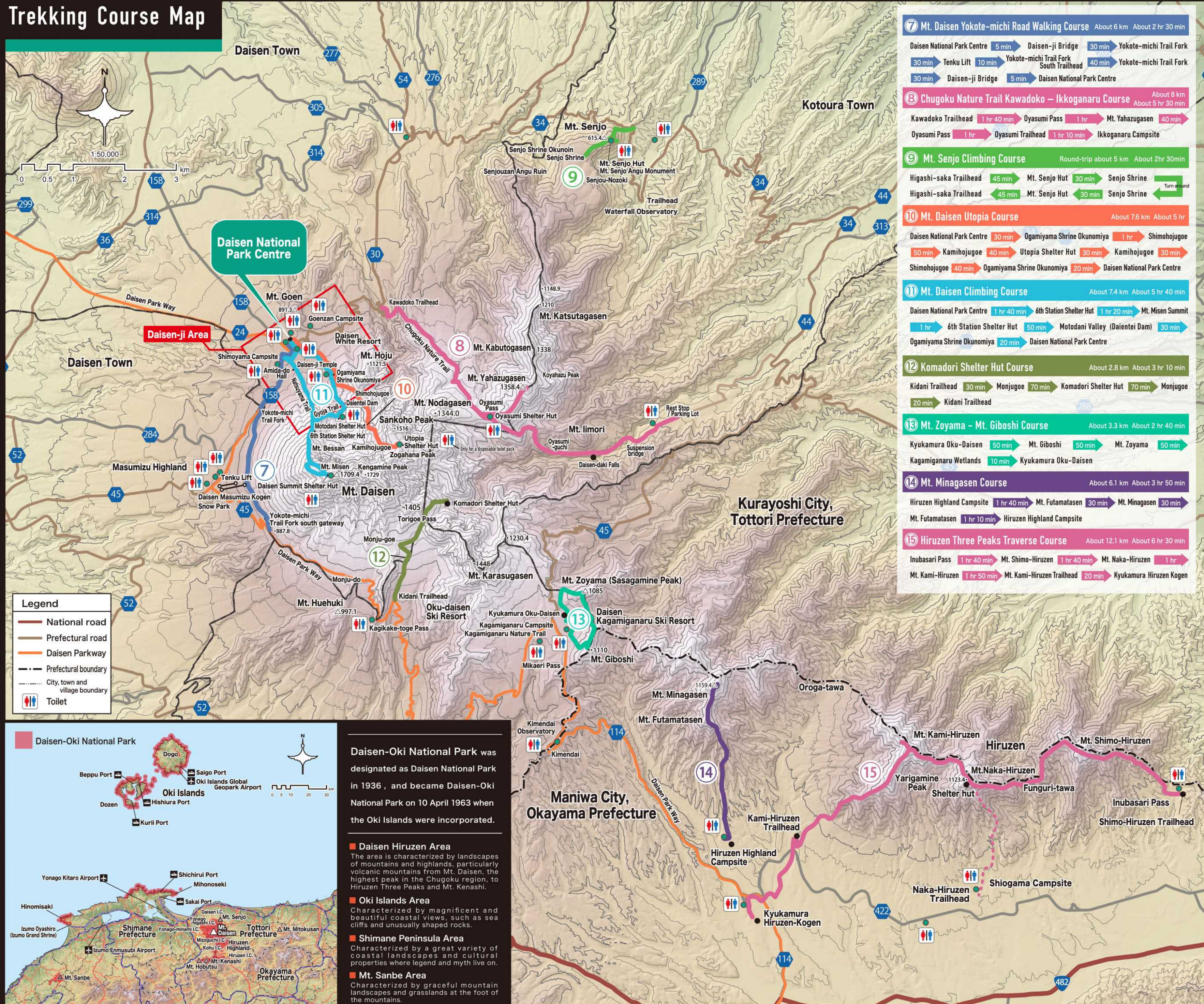


The scenery spreads out like a fresh sumi ink painting, wrapped in crisp air and pure white snow. In the silence, as if everything is sleeping, nuthatches, pygmy woodpeckers and other small birds are busily moving about. There are many activities to enjoy the snow such as skiing, snowboarding, and snowshoeing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

History and conservation activity

Mt. Daisen appears in the Kunibiki-shinwa ("Land-pulling myth") at the opening of the Izumo-fudoki, an ancient record of the region. In the myth Mt. Daisen (as Hinokamidake) and Mt. Sanbe (as Sahimeyama) pull together the Shimane 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-ji 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 eras (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.

Trekking Course Map



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
- Map
- Change of clothes and warm clothing
- Rainwear
- Medical supplies
- Backpacking food
- Something to drink
- Water soluble tissues
- Garbage bag
- Insurance card
- Mobile phone
- 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 Kopas 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

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App now available!

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>
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