

大山隠岐 国立公園

National Parks of Japan



国立公園とは

国立公園は、日本を代表する自然の風景地として、自然公園法に基づいて国が指定するものです。

北は北海道から南は沖縄、小笠原諸島まで34の国立公園が指定されており、年間3億人以上が利用しています。

国立公園内は、自然の絶景だけではなく、野生の動植物、歴史文化などの魅力の宝庫です。日本の国立公園は、森林、農地、集落など多様な環境が含まれていることが特長です。ほとんど手つかずの自然が残されているところがある一方で、自然と人の暮らしが織りなす地域の歴史や文化にふれることができます。

是非、実際に国立公園を訪れ、四季折々に変化する日本の美しい自然を満喫してください。



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この印刷物は、印刷用紙にリサイクルされています。

特長

神話と山岳信仰が息づく暮らしとともにある山・島・海



【指定年月日】昭和11年2月1日 【面積（陸域）】35,097ha 【関係都道府県】鳥取県、島根県、岡山県

大山隠岐国立公園は、大山から高山、毛無山、船上山を含む山岳地帯および三瓶山一帯、島根半島の海岸部分、三瓶山一帯、隠岐諸島の4つの地域から成る変化に富んだ景観を持つ国立公園です。

山地部は、豪快な火山地形、豊かな森林、広大な草原などの多様な要素で構成されており、場所によって個性豊かな山岳景観と、それぞれの環境に適応した多様な動植物を見ることが出来ます。

海岸・島しょは、火山活動・地殻変動・気候変動・神積作用・浸食作用などの複合的な要因が組み合わさって形成された多彩な海岸景観と、潮流などの影響を受けた海岸及び島しょの独特の生物環境が大きな特徴です。

また、「国引き神話」の舞台となっているなど、古くから自然と人々の生活・生業との関わりが豊かな地域です。

【写真：厚木館】

海岸・島しょ

■地形・地質

島根半島は、かつて新層活動で本土と切り離され、その後本土側の河川の沖積作用によって出雲平野・松江平野・弓ヶ浜半島が形成されて再び本土と繋がったと考えられます。

隠岐島は、太古の火山活動で基礎が造られ、その後の地殻変動や気候変動の影響で、海に沈んだり、大陸や本土と陸続きになったりを繰り返し、約1万年前に津島となりました。こうしたプロセスを経て、沈降海岸や隆起海岸が形成され、これに冬季の季節風や波浪による浸食が加わり、海食崖・割門・洞窟など多彩な海岸景観が生み出されました。



【写真：厚木館】



【写真：厚木館】

■生態系・動植物

隠岐島では、北方系のハマナス、南方系のナゴラン、大陸性のグルマギキ、亜高山性のシロウマアサツキなどの植物が海岸沿いの低地に同所的に生育し、内陸部には固有種のおキサシヨウウオが生息するなど、独自の生態系が形成されています。また、海域には日本海に分布する海藻の6種全てが生息し、海草藻場として日本海で最大級の面積を有しています。さらに、海苔で唯一の国指定天然記念物であるクロキツツの生育地としても知られています。

島根半島では、人が容易には近づけない岩石海岸が多く、海鳥たちの格好の繁殖地となっています。なかでも日御崎の経島は日本有数のウミネコの集団繁殖地です。



【写真：厚木館】

■文化

隠岐島、島根半島はともに国引き神話をはじめとした日本神話の舞台となっています。特に島根半島は、古代出雲文化の中心ともいえる出雲大社や日御崎神社、加賀の瀬戸など神話にまつわる史跡・名所が数多く点在しています。



【写真：厚木館】

山地部

■地形・地質

大山・霧山地域及び三瓶山地域の山地部は、主に火山活動によって形成されました。

中国地方最高峰の大山(標高1,729m)は、成層火山の上に溶岩円頂丘がのった火山で、山頂部に続く北壁、南壁の急峻な地形は荒々しい山岳景観を呈しています。

また、霧山三座(上霧山・中霧山・下霧山)も火山であり、その裾野には噴火と浸食によって形成された霧山高原が広がります。さらに、三瓶山は溶岩円頂丘であり、その周囲の3つの湖も火山活動によって形成されたものです。



【写真：厚木館】

■植生
大山は豊かな森林に覆われており、なかでも標高800~1,300mにかけて残る西日本最大級のブナの自然林と、標高1,300mから上部のキャラボクをまじえた扇衝低木帯が特徴的です。その他毛無山や三瓶山のブナ林、三瓶山の照葉樹林及び冷温帯樹林などがあります。また、霧山後継部、三瓶山山頂部及び山麓部など各地に草原が分布することもこの公園の特徴です。



【写真：厚木館】

■文化

大山は古くから信仰の対象とされており、平安時代には大山寺が開創され、江戸時代にかけて参詣者で賑わいました。今日もその名残である参詣道(大山道)が残っています。

また、大山とともに「伯耆三瓶」と称される船上山と三瓶山は、古くから山岳信仰の場とされてきました。

一方、三瓶山や霧山では、牧畜など人々の生活・生業の一環として草原が形成されており、今日でも一部の場所「火入れ」による伝統的管理が継承されています。



【写真：厚木館】

取り組み

■鏡ヶ成の自然環境保全活動

鏡ヶ成の北側に位置する象山の山麓には、放牧地や採草地であったススキ草原と山地草原が広がっています。

これらを保全するため、学識経験者や関係機関で構成する検討会、市町村、地元団体の協力を得ながら保全作業や調査などを行っています。

■大山頂上の「一木一石運動」

登山者の急増とともに一時的に頂上の大部分が裸地になりましたが、昭和60年に発足した大山頂上を保護する会の「一木一石運動」という市民協働の取り組みにより、登山者が、指定された枯木や石を持って山頂に登ることによって植生が回復しつつあり、現在でも活動が続けられています。

■隠岐ユネスコ世界ジオパークとの連携

隠岐では、地域住民が主体となったジオパークの取り組みが進められており、環境省では、自然とのふれあいイベントや講演会の開催、外来種物の防除、環境教育プログラムの作成、案内標識の設置など、様々な面でジオパークと連携しながら、隠岐の優れた自然や文化を保全し、持続的に活用していくための取り組みを進めています。

このエリアでできるアクティビティ

海岸・島しょ部は、多彩な海岸景観や独特の生態系が大きな特徴で、古くから、信仰や自然と人々の生活との関わりが豊かな地域です。ここでは、キャンプやマリンスポーツ、トレッキング、クルージングなどが楽しめます。



【写真：厚木館】

山地部は、豪快な火山地形、豊かな森林、広大な草原、独特の生物環境などの多様な要素で構成されています。ここでは、トレッキングやサイクリング、キャンプ、スノースポーツ、文化・信仰体験など、四季を通じて自然を楽しめます。



【写真：厚木館】

見どころ案内マップ

- 登山トレッキング
- サイクリング
- キャンプ場
- 海水浴場
- スキー
- スキーボード
- スキーシュー
- カヌー
- 文化
- 自然体験

1 浄土ヶ浦

多様な岩石からなる多島海景観が広がっています。また、遊歩道や展望デッキが整備されています。



2 隠岐自然回帰の森

大漢寺山に樹齢約800年の乳房杉と言われる巨木があります。近くには杉の天然林もあり、古くから信仰の対象として守られてきました。

3 明屋海岸

赤い玄武岩の絶壁があります。遊歩道やトイレも整備されており、キャンプや散策を楽しむことができます。

4 国賀海岸

日本海の荒波に削られたダイナミックな海岸景観を散策することができます。日本屈指の257mの高さを誇る崖天崖やアーチ状の巨大な岩である通天橋が見られ、遊覧船からも絶景を堪能できます。

5 赤壁

太古の昔の火山跡や噴火の痕跡を見ることができます。サンセットクルージングもあり、夕日に照らされた赤壁は深紅に輝きます。

6 美保関

春のツツジがきれいな五本松公園から日本海を360度一望できる美保関灯台付近まで遊歩道が整備されています。夏は湧き火釜やあごすくい体験などもでき、美保神社では、毎月、ご祭神へご供物を奉る儀式へ参列できます。



7 加賀の潜戸

波の侵食によって海食崖につくられた洞窟で、神話が伝わる大洞窟である新潜戸などを巡る観光遊覧船に乗って洞窟の内部を探索することができます。また、加賀の潜戸から海岸線につながる桂島では、海水浴やキャンプ、散策などが楽しめます。

8 日御碕

島根半島西側に位置し、出雲日御碕灯台や日御碕神社などがあります。周囲一帯は隆起海岸であり、複雑な海岸線を持つ迫力のある景観が見られます。

9 船上山

屏風のような特徴的な山並みが広がっており、頂上へ向かう途中に雄滝、雌滝の美しい景観を見ることが出来ます。また、後醍醐天皇ゆかりの史跡が残されています。

10 三徳山

国宝投入堂をはじめとした山岳信仰関係の宗教施設群があります。また、ウラボシなどの照葉樹から冷温帯のブナなどの落葉広葉樹まで、自然林が連続して垂直的に分布しています。

11 大山

中国地方最高峰であり、見る方向によって異なった姿を見せてくれます。西側からの眺めは大変優美な姿ですが、北側や南側からは一変して荒々しい様相です。神の山としてあがめられてきた大山は、古くからの史跡や神社・寺院が残されており、春の新緑、夏の登山、秋の紅葉、冬のスキーと四季を通じて楽しめます。



12 奥大山・鏡ヶ成

御宝珠山や象山、岩ヶ山に囲まれた鏡ヶ成は、大山では希少な湿原があり、その周りをスキの草原が囲んでいます。キャンプ場、スキー場、宿泊施設が整っています。



13 蒜山三座

蒜山三座(上蒜山、中蒜山、下蒜山)と呼ばれる山並みのふもとには、標高500~600mの高原が広がっており、サイクリングやキャンプ、スキーなど四季を通じてスポーツも楽しめます。また、山麓さによって草原が守られています。

14 蒜山高原



15 毛無山

カタクリの群生地があり、そこから続く尾根筋にはブナなどの自然林が残されています。山頂からは天気が良ければ大山や蒜山三座、弓ヶ浜半島まで見渡せます。

16 三瓶山



17 浄土ヶ浦

多様な岩石からなる多島海景観が広がっています。また、遊歩道や展望デッキが整備されています。

18 隠岐自然回帰の森

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21 赤壁

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13 蒜山三座

14 蒜山高原



15 毛無山



16 三瓶山

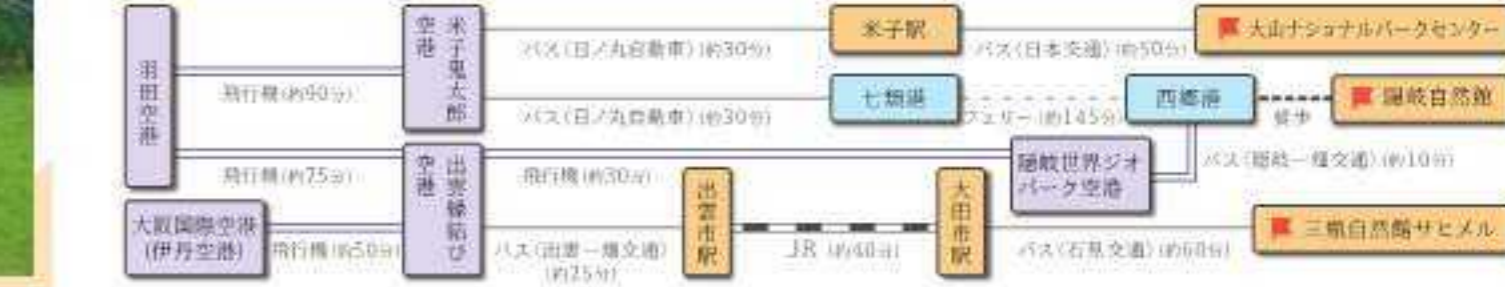
男三瓶山、女三瓶山、子三瓶山、孫三瓶山などの山々が、中心にある室の内を囲みます。山麓の草原、周辺の池、山腹の自然林など、変化のある景観を楽しめます。



インフォメーション・施設案内

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鳥取県西伯郡大山町大山43
TEL: 0859-52-2337
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交通アクセス



Daisen-Oki National Park

National Parks of Japan



What are National Parks?

National parks are designated by the government of Japan based on the Natural Parks Act as natural scenic areas representing the country.

From Hokkaido in the north to Okinawa and the Ogasawara Islands in the south, there are 34 officially designated national parks, which are visited by more than 300 million people a year.

National parks not only provide natural scenic beauty but also are the gold mines of such attractions as wild plants and animals, and history and culture. The national parks of Japan are characterized by the fact that they contain various environments, including forests, agricultural lands, and villages. While some places offer opportunities to explore natural sites that have remained virtually intact over the years, others contain areas that blend traditional lifestyles with the surrounding natural environment, allowing visitors to experience Japanese history and culture.

Please visit a national park, and fully enjoy Japan's beautiful natural environment and its changes through the four different seasons.



Characteristics

Mountains and Islands Where Myths Interlace

Mountains, where the gods reside, and a series of volcanoes and islands that breathe with ancient memories



[Date of Designation] February 1, 1936 [Area] 35,353 ha [Related Prefectures] Tottori, Shimane, Okayama

Daisen-Oki National Park is a park marked with varied scenery consisting of four areas, including a mountainous area on the east where there is a series of many mountains, an active volcano zone on the west coast, and isolated islands.

The mountainous area consists of a variety of elements that include dynamic volcanic landforms, rich forests, and a vast grass-covered plain. Depending on the location, visitors can savor views of unique mountains and diverse plants and animals that adapted to the environment.

The coast and islands feature a range of seashore landscapes formed by a combination of complicated factors, such as volcanic activity, crustal changes, climate changes, alluviation and erosion, in addition to the biological environment unique to coasts and islands, which was affected by factors such as ocean currents.

In addition, the Japanese mythology, *Kuniki Shirwa* (which tells that this area was created by a deity who brought the land from beyond the ocean and connected to this place), was set in this area, and the area retains the traditional deep relationship with nature, inhabitants, and their lives.

[Photo: Motenagi D&P]

The Coast and Islands

Topography / Geology

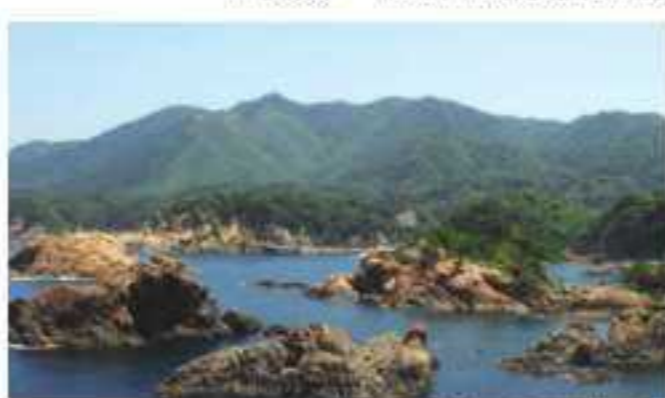
The Shimane Peninsula was thought to be separated from the mainland during previous fault events, and later the Irumo Plain, Matsue Plain, and the Yumigahama Peninsula formed as a result of alluviation of rivers on the mainland, reconnecting to the mainland once again.

The foundation of the Oki Islands was created during ancient volcanic activity, and the land sank into the sea and connected to the mainland repeatedly as a result of crustal and climate changes that followed, which formed isolated islands about 10,000 years ago.

After the lengthy process just described, submerged and raised shoreline were formed. Additionally, as the peninsula eroded from the wintery seasonal winds and ocean waves, a great variety of seashore landscapes encompassing sea cliffs, cave mouths, and caverns were generated.



Kuniki Coast Fosokujima Island (Candle Island)



Hinomisaki shoreline (Raised shoreline)

Ecosystem / Flora and Fauna

On the Oki Islands, the vegetation coexists in low-lying areas along the coastline, such as *Ranunculus* roses (plant normally found in northern Japan), Nago orchids (plant normally found in Southern Japan), *Aster spatulifolius* (continental plant), and *Allium schoenoprasum* var. *orientale* (subalpine plant). The inland area is inhabited by the indigenous Oki salamander to form unique ecosystems. In addition, the marine area is home to all six species of seagrass found in the Sea of Japan and famed as one of the largest seagrass beds there. It is also marked by the habitat of *Chauliopa scapellatoformis* var. *denticulata*, the only seaweed listed as a National Natural Monument.

The Shimane Peninsula abounds with rocky shores that people cannot easily access, making it an ideal breeding ground for seabirds. Above all, the Fumi-shima Island is one of Japan's most vital rookeries for the black-tailed gull.



Oki salamander Fumi-shima Island A seaweed forest on Oki

Culture

Both the Oki Islands and Shimane Peninsula are the setting of Japanese mythological tales, which tell the beginning of the country of Japan such as *Kuniki Shirwa*. The Shimane Peninsula in particular has a number of historical sites and landmarks associated with the myths, including the Irumo Grand Shrine, which is said to have served as the center of the ancient Irumo culture about 1,500 to 3,000 years ago, as well as the Hinomisaki Shrine, and Kakanokuedo.



Irumo Grand Shrine

Efforts

Natural environment conservation activities in Kagamiganaru

The foot of mountain of Mt. Zoyama, situated on the north side of Kagamiganaru, constitute a large field of Japanese pampas grass and mountainous marshland that were previously a pastureland and meadow.

In order to preserve them, maintenance operations and surveys have been in place with the cooperation of the investigative commission consisting of persons with relevant knowledge and experience and related organizations, municipalities, and local organizations.



One-Tree, One-Stone Campaign for Mt. Daisen summit

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



Collaboration with the Oki Islands Global Geopark

In Oki, the local residents are proactively supporting the Geopark, and the Ministry of the Environment is pursuing initiatives to preserve the excellent natural environment and culture of Oki and ensure their sustainable use in cooperation with the Geopark in many ways, including events and lectures to interact with nature, extermination of invasive plants, creation of environmental education programs, and the installation of information signs.



Contact List

Chugoku-Shikoku Regional Environment Office

11F, Okayama Joint Government Building No. 2, 1-4-1 Shimoshin, Kita Ward, Okayama City, Okayama Prefecture 709-0907 [TEL] 086-223-1577 [FAX] 086-224-2081 [URL] <http://chushikoku.env.go.jp/>

[Mt. Daisen/Hiruzen Area]

Daisen-Oki National Park Office

4F, Yanago Regional Joint Government Building, 124-16 Higashi-cho, Yanago 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 Jofuku-machi, Okno-shima Town, Oki County, Shimane Prefecture 685-0016 [TEL] 08512-2-0149 [FAX] 08512-2-0150

Daisen-Oki National Park Website

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



Facebook page

大山隠岐国立公園 / Daisen-Oki National Park

Instagram account

@daisenokinationalpark

Publisher: Ministry of the Environment



Published in 2018

※ The Highlights Map was compiled for the purpose of providing an overview of a designated area. Please be aware that it may contain inaccuracies.



Park Etiquette

In order for everyone to have a pleasant experience, the visitors to the national park are advised to respect nature and observe the following:

- Do not throw away any trash.
- Do not pick wild flowers and other plants.
- Do not feed or approach wild animals.
- Do not catch animals.
- Smoking is only permitted in designated areas.
- Bonfires / recreational fires are only permitted in designated areas.

- Do not camp out other than a campground.
- The entry of vehicles to areas other than roadways and parking lots is prohibited.
- For the protection of vegetation, do not leave the boardwalks and footpaths.
- During the winter season when the Daisen-ji Temple Ski Resort sees a host of visitors, there occur congested streets and on-street parking in the vicinity. The visitors to the ski resort are advised to use the Mekihara parking lot or shuttle bus services as much as possible.
- For the safety of climbers, please be sure to have sufficient equipment and plans, and submit a mountain climbing registration form for your ascent and descent.
- Be sure to be fully ready for mountain climbing and relieve yourself prior to setting off. Also, be sure to carry disposable toilet packs.
- The only toilet facilities along the Mt. Daisen mountain trail are located at the shelter on the summit of Mt. Misen and Motodani.

Mountainous Area

Topography / Geology

The mountainous area encompassing Mt. Daisen, Hiruzen, and Mt. Sanbe was mainly formed as a result of volcanic activity. Mt. Daisen, the highest peak in the Chugoku region (1,729 m above sea level), is a volcanic mountain marked by a lava dome formed over the stratovolcano with bluffs on the northern and southern cliff that extend to the mountain top presenting rough mountain scenes.

The Hiruzen Three Peaks (consisting of Mt. Kani-Hiruzen, Mt. Naka-Hiruzen, and Mt. Shimo-Hiruzen) are also volcanic mountains. The foot of the mountain is the Hiruzen Highland, which was formed as a result of a volcanic eruption parching a lake. In addition, Mt. Sanbe has a lava dome and three lakes in circumference, which were also made by volcanic activity.



Nothern cliff of Mt. Daisen



Mt. Sanbe and Ukuruonike pond

Vegetation

Mt. Daisen is covered by abundant forests, and above all, it is marked by one of the largest natural beech forests in western Japan, which spreads over the mountain at 800 m to 1,300 m above sea level, and the wind-swept shrub zone of Japanese Yew trees growing at 1,300 m above sea level and above. There also are beech forests on Mt. Kenashi and Mt. Sanbe, as well as the evergreen forest and cool-temperate forest on Mt. Mitoku. Another characteristic of this park is the wide distribution of grasslands, which are represented by the ridge line of Hiruzen and the summit and foot of Mt. Sanbe.



A beech forest in Mt. Kenashi Japanese Yew

Flora and fauna

On Mt. Daisen, the wind-swept shrub forest zone situated at 1,300 m above sea level is populated by alpine flora, such as *Phyllodoce nipponica* Makino, *Dasitria adenanthrix*, *Geranium shikokianum* Matsum., and *Veronicastrum japonicum* (Nakai) T. Yamaz. var. *australe* (T. Yamaz.) T. Yamaz., and showcases splendid alpine meadows in early summer. A deciduous broadleaf forest lies across the hillsides, which is inhabited by a great variety of flora, including the spring ephemeral dogtooth violets, as well as *Luehdoxia japonica*. The grassland of each area is a habitat and growing environment of rare grassland fauna, and of particular note is *Melittaea protomedea* protomedea, which only survives on a few grasslands around the Drugoku Mountains.



Veronicastrum japonicum Dogtooth violets Luehdoxia japonica

Culture

Mt. Daisen has been traditionally worshiped as a sacred mountain and since the initial opening of the Daisen-ji Temple took place during the Heian era (the 8th to the 12th century), it was crowded with many worshippers up to the Edo era (the 17 to the 19th century). Today, there still is the pilgrimage route (Daisen-michi road) on the mountain as a remnant from those days. In addition, Mt. Senjo and Mt. Mitoku, which are honored as the Hoki Sanrei along with Mt. Daisen, have been regarded as the place of mountain worship since days of old. By contrast, there are grasslands across Mt. Sanbe and Hiruzen, where people engage in cattle breeding and other operations to make a living. Today, some places still inherit the tradition of "initial burning" to help new grass bud by burning unnecessary plants.



The torii gate of the Daisen-michi Road (Yokote-michi Road) Burning of Mt. Sanbe and Nishinohara



Mtokusan Sanbutsuy Temple's Main Hall

Activities You Can Enjoy in this Area

The coast and islands feature a range of seashore landscapes and a unique biological environment, and they retain traditional beliefs and a deep relationship with nature, inhabitants, and their lives. Here, you can enjoy such activities as camping, marine sports, trekking, and cruising.



Sea kayaking (Oki Islands) Kakedo night floating boat (Kakanokuedo)

The mountainous area consists of a variety of elements that include dynamic volcanic landforms, rich forests, vast grass-covered plains, and the unique biological environment. Here, you can enjoy its nature throughout the year by trekking, cycling, camping, snow sports, and cultural and religious experiences.



Downhill cycling from the middle of Mt. Daisen to the Sea of Japan



Wagasa Night (Daisen-ji Temple) Fat biking in the snow (Hiruzen Highland)

Highlights Map

- Hiking / Trekking
- Swimming beach / Marine sports
- Cruising
- Cycling
- Skiing / Snowboarding
- Cultural / religious experience
- Campground
- Snowdrome

1 Jodogaura Coast

Here visitors can savor the commanding view of archipelago seascapes consisting of a wide variety of rock formations. The coast is equipped with footpaths and a viewing platform.



2 Shizen-Kaiki-no-Mori Forest

On Mt. Daimari, there is an approximately 800-year-old huge Chichibu cedar tree. A natural forest of cedar trees in the vicinity has been protected as an object of worship for nature since long ago.



3 Akiya Coast

Marked by the red basalt sheer cliff, it is equipped with footpaths and public restrooms, and visitors can enjoy camping and strolling.



4 Kuniga Coast

Take a walk amongst the dynamic coastal scenery, sculpted by the wild waves of the Sea of Japan. There is the 257 m-high Maten-gai Cliff, which is one of the highest in Japan, as well as the magnificent Tautekiyo Arch. Absorb the dramatic scenery from the sightseeing boat.



5 Sekiheki

Here visitors can observe the traces when the volcano exploded in ancient times. The sunset cruise takes visitors to see a fantastic crimson hue when the surface of Sekiheki (Red Wall) becomes enveloped in the evening glow of the setting sun.



6 Mihonoseki

This place is well equipped with footpaths stretching from Gohonmatsu Park, where beautiful azalea flowers are seen in spring, up to around the Mihonoseki Lighthouse, which commands a 360-degree panoramic view of the Sea of Japan. In summer, visitors can enjoy watching numerous *parabi* (fires for luring fish at night) sparkling on a lot of squid-fishing boats, and also experience the scooping of flying fish using a big net. Every morning at Miho Shrine, visitors can participate in the ritual of making offerings to its enshrined deity.



7 Kakanokukedo

Kakanokukedo refers to baverns that developed on a coastal cliff by wave erosion. Visitors can see inside the caves from a sightseeing boat visiting such spots as Shin-kukedo, a huge cavern associated with a myth about the birth of a deity. At the Katsurashima Island connected from Kakanokukedo via the coastline, visitors can enjoy such activities as sea bathing, camping, and strolling.



8 Hinomisaki

Located at the westernmost tip of the Shimane Peninsula stands the Hinomisaki Lighthouse and Hinomisaki Shrine. The local coastline features a protruding coast, and its complex topography forms an impressive landscape visible from the coast.



9 Mt. Senjo

Mt. Senjo attracts climbers with its unique shape that resembles a folding screen. Partway up its slope, climbers can admire a breathtaking view of Odaki Falls and Medaki Falls. There are also historic sites related to this place from the political upheaval of Kyoto in the 14th century.



10 Mt. Mitoku

This mountain is home to a group of religious facilities related to mountain worship as represented by the national treasure, Nageire-do Hall. The area features a vertical distribution of continuous natural forests ranging from evergreen laural forests of *Quercus salicina* to deciduous broadleaf forests of cool-temperate beech trees.



11 Mt. Daisen

Constituting the highest peak in the Chugoku region, Mt. Daisen reveals different aspects of itself to visitors depending on the angle from which it is seen. When seen from the west, the form of the mountain is graceful; however, the mountain utterly exhibits a different version with rugged surfaces when seen from the north or the south. Having been worshipped as a sacred mountain since days of old, Mt. Daisen is the site of historic ruins and old temples and shrines. The peak is truly enchanting throughout the year thanks to the fresh verdure of spring, the appearance of mountaineers in summer, the colored leaves of autumn, and the use of its slopes for skiing in winter.



Mt. Daisen as seen from the south (from Kagikake Pass)

12 Oku-daisen / Kagamiganaru

Surrounded by Mt. Giboashi, Mt. Zoyama, and Mt. Karasugasen, Kagamiganaru occupies a rather rare example of a wetland for the Daisen area. The vicinity constitutes a grassland consisting of Japanese silver grass. The area is well equipped with campgrounds, ski slopes, and lodging facilities.



Location of Daisen-Oki National Park



Main Access



- National Park Area
- Facility Complex (Hub for using the national park)
- Visitor Center, etc. (Information facility)
- Expressway toll section
- Expressway toll-free section
- National Route
- Prefectural Road
- Shinkansen
- JR
- Private Railway
- Ferry/High-speed boat
- Prefectural Boundary
- Municipal Boundary
- I.C. (Interchange)
- JCT. (Junction)
- Multi-use (Useable) Rest Area
- Main sightseeing spots
- Tourist Information Center
- Hot Springs
- Mountain
- Airport
- Harbor

13 Hiruzen Three Peaks 14 Hiruzen Highland

At 500 to 600 m above sea level, the highland area lies at the foot of the Hiruzen Three Peaks, a mountain range (consisting of Mt. Kami-Hiruzen, Mt. Naka-Hiruzen and Mt. Shimo-Hiruzen), allowing visitors to enjoy sports throughout the year, including cycling, camping, and skiing. The grassland is preserved by *yamayaki* ("the burning of a mountain").



15 Mt. Kenashi

Colonies of dogtooth violets grow on Mt. Kenashi, while natural forests of beech and other trees flourish on the slopes. This mountaintop also affords fantastic views, such that visitors can see as far as Mt. Daisen, the Hiruzen Three Peaks, and the Yumigahama Peninsula on clear days.



16 Mt. Sanbe

A group of mountains that include Mt. Osaribe, Mt. Mesaribe, Mt. Kosanbe, and Mt. Magosanbe encircle Muonouchi Pond. From the grassland at the base to the surrounding ponds and the natural forests on the hillsides, the mountain exhibits various landscapes.



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- Multi-use (Useable) Rest Area
- Main sightseeing spots
- Tourist Information Center
- Hot Springs
- Mountain
- Airport
- Harbor

Information / Facilities

- Daisen National Park Centre**
40-33 Daisen, Daisen Town, Sado 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, Sado 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, Nakajichi, Okunishina 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 "Sahimer"**
1171-8 Tane, Sanbe-cho, Daka City, Shimane Prefecture
Tel: 0854-86-0500 / Open: 9:30-17:00 (Closed on Tuesdays)
Requires a fee.

Access

