

Walk along the Natural Heritage of the Izu Peninsula

GEOPARK FOOTPATH

Higashi-Izu Area

Walking on Lava

Check Out the Video!



New Discovery Every Time!



What is a Geopark?

The word Geopark consists of “Geo (of the earth)” and “park,” and it is one of the programs that UNESCO (United Nations Educational, Scientific and Cultural Organization) has been promoting worldwide along with World Heritage and Biosphere Reserves. The aim of Geopark is to achieve sustainable development by learning about geographically valuable sites as well as protecting and utilizing them.

Izu Peninsula Geopark

– A Volcanic Gift from the South –



伊豆半島ジオパーク
IZU PENINSULA GEOPARK

20 million years ago, the Izu Peninsula was a group of submarine volcanoes in the South Seas. As the Philippine Sea Plate moved northwards, the volcanic group also drifted and eventually collided with the main island. 600,000 years ago, it became what it is now. The volcanic activity and slow movement of the earth’s crust have continued and formed hot springs, springs, and mountains, and people have lived by utilizing the rich natural environment. The Izu Peninsula is a “volcanic gift from the South.”

Geopark Footpath in Higashi-Izu Area

Walking around Jogasaki Coast, Which is a Breathtaking Artwork Formed by Lava of Mt. Omuro

About 4,000 years ago, a large amount of lava flowing from Mt. Omuro poured into the Sagaminada Sea and made land, whose front edge is now called Jogasaki Coast. A mysterious landscape which looks like a bundle of numerous columns stretches in the rocky area on the coast. These columns are called “columnar joints,” which are formed when lava cools down. Jogasaki Coast is a breathtaking artwork formed by lava.



The Higashi-Izu Area Course

*The distance and time may vary.

Izukogen Sta.	1.4km	20 min
Yawatano Fishing Port	0.6km	20 min
Hashidate Suspension Bridge	0.3km	15 min
Tajimagawa Bridge	0.6km	10 min
Hashidate Tourist Parking	0.3km	5 min
Izukogen Sta.		

Access

*These are just examples.*The time may vary.

By Train		
Shin-Osaka Sta.	Nagoya Sta.	Tokyo Sta.
Tokaido Shinkansen Hikari 140 min	Tokaido Shinkansen Hikari 90 min	Tokaido Shinkansen Hikari 40 min
Atami Sta.		Limited Express "Odorikogo" 120 min
JR Ito Line (Through Train to Izukyu Line) 45 min		
Izukogen Sta.		

By Car		
Nagoya Interchange		Tokyo Interchange
Tomei Expwy Numazu Interchange	145 min	Tomei Expwy Atsugi Interchange 30 min
Shin-Tomei Expwy Nagazumi-Numazu Interchange	28 min	Tomei Expwy Atsugi Interchange 35 min
Izu Chuo Expwy Shuzenji Interchange	32 min	Seisho Bypass Ishibashi Interchange 70 min
Izukogen Sta. (P)		

*The number of the parking spaces is limited. Please check by yourself.

Beautiful Landforms Formed by Lava: Scenic Points In the Higashi-Izu Area



01 Hashidate Suspension Bridge 橋立のつり橋

The bridge is 60m long and 18m high, and it hangs over a deep gorge. A river of lava flowed on each edge of the cliffs. The bridge offers a superb view of the Sagaminada Sea.



02 Oyodo and Koyodo Tide Pools 大淀・小淀

Oyodo and Koyodo Tide Pools are on tightly packed hexagonal rocks. The columnar joints, which were formed as lava cooled down, have been flattened by the erosion of waves. In the tidal pools, you can closely observe coral, seaweed, various kinds of shellfish, and tropical fish such as the heavenly damselfish.



03 Tajima Waterfall Observation Deck 対島の滝展望台

You can see Izu Oshima Island across the sea, a triangular shaped island called Toshima Island to the right of it, and Niijima Island in the distance. When the Tajimagawa River has a lot of water after rain, it flows into the sea and forms a waterfall on the seashore.



Geopark in the Sea 海の中もジオパーク

The unique landforms of lava stretch to the seabed. Water in crevices and under rocks is highly nutritious thanks to the evergreen broad-leaved forests along the shore, and various kinds of sea creatures inhabit the area. Tropical fish brought by the Kuroshio Current can be also seen, and it is a perfect spot for scuba diving and snorkeling.



Ito Visitor Center "Geoterrace Ito"

伊東ビジターセンター「ジオテラス伊東」

The exhibits at the facility include a diorama of the Izu Peninsula and a quiz game to choose correct sand, and you can see and touch the exhibits and enjoy learning about Izu. Certified geoguides are permanently on call, and you can sign up for a tour here (tour fee required). There is a fee Wi-Fi hotspot in the building.

- In the building of Izukyu Line Izukogen Sta. (Pass the ticket gate and go upstairs.)
- Tel 0557-52-6100
- 9:30A.M.-5:00P.M. (Open the year round)

For Advanced Walkers / Long Trail

In addition to the Izu Peninsula Geopark Footpaths, where you can enjoy walking easily, the long trails in the peninsula, which are 20km to over 100km, are also fascinating. Since these trails are long, you stay overnight and enjoy nature and culture. Especially in the Izu Peninsula, where you can go trailing throughout the year, you can have a profound experience by visiting geosites in different seasons.

Image of Long Trail

How to Walk on the Izu Peninsula Geopark Footpaths

What is a Geopark Footpath?

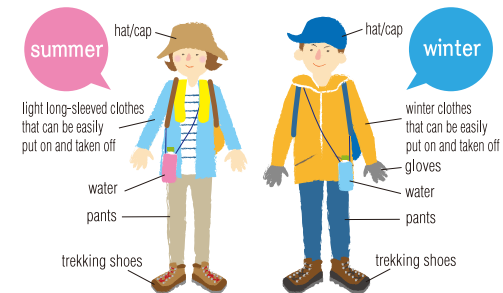
Footpath is originally from the U.K., and it's a "path" to enjoy walking ("foot"). People walk from town to town as they enjoy scenery in forests, around rivers, on coastlines, in rural areas, or in old towns. Some people enjoy eating local products as they experience nature, culture, and history of the area at a walking pace. A footpath network covers the whole country in the U.K. Recently, footpath activity has begun in Japan, and footpaths that utilize appealing points of the areas have been developed.

How to Use the Map

Before walking, it's important to get an image of the course in your head by checking where it starts, goes through, and ends with the map. While walking, check your current location and the way to the next destination. As signposts may not be available in some places, check natural features or landmarks that tell you which way to take at a fork.

Clothing and Equipment

Since you will walk in the wild, wear pants, long-sleeved clothes, and trekking shoes. Wear a hat/cap even in winter since the sun is strong in many areas. Depending on the weather and season, bring gloves, rain gear, a windbreaker, or winter clothes. Be sure to bring enough water with you as there aren't many places where you can get water.



Others: a map, snacks, medicine, a camera, a cellphone, binoculars, etc.

How to Walk on a Footpath

- Do a warm up to loosen up your body and legs before walking.
- Walk slowly to enjoy grand landscapes and nature at the Geopark.
- Take a five minute break every hour. Make a solid plan and give yourself plenty of time to spare.
- Walk slowly with short steps, and make sure that your whole sole touches the ground evenly.

Safety Precautions

- You will walk in the wild, so you will need to take full responsibility for your actions.
- When there is a sudden change in weather or your condition, consider your safety, and don't strain yourself.
- Watch out for dangerous animals and plants such as hornets, pit vipers, tiger keelbacks, poison ivy, etc.
- In some areas, your mobile phone may be out of the coverage area, or smartphone maps and GPS may not be available.

To Protect the Natural Environment

Please don't try to do anything that may cause environmental changes so that children will be able to use the current natural environment in the future. Some areas are protected by laws including the Natural Parks Law and the Cultural Properties Protection Law.

- Do not take any plants, animals, or stones home with you.
- Take your litter away with you.
- Do not make a fire outside unless it's necessary.

Inquiries

Train : IZUKYU CORPORATION Tel 0557-53-1115

Bus : TOKAI MOTORS CO.,LTD. Tel 0557-36-1112

Taxi : Shizuoka Prefecture Taxi Association Tel 054-261-1401

Ito City Tourism Division (representative) Tel 0557-36-0111
http://www.itospa.com/

Geoterrace Ito Tel 0557-52-6100
http://izugeopark.org/visitor_ito/

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Produced by Shizuoka Prefecture Tourism Policy Division