

Walk along the Natural Heritage of the Izu Peninsula

GEOPARK FOOTPATH

Minami-Izu area

White Sand Beaches and Ancient Prayers

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 –

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

Going on the Road On the Southern Tip of Izu, Which Has Powdery White Sand And Strangely Shaped Rocks

The white sand beach by Cape Tarai Path is visited by a lot of sea bathers and surfers in summer. The beach is surrounded by unusually shaped rocks with a hole which waves made, and a cape stretches to the Philippine Sea. The natural landforms, such as Ryugu Sea Cave and the sand skiing ground formed of sand blown by strong winds, are overwhelming. The heart shape of Ryugu Sea Cave is popular among couples. Also, rituals to worship a god are believed to have been held at Cape Tarai and on Ongokujima Island, which can be seen from the cape.



The Minami-Izu area course

*The distance and time may vary.

Tokai Bus Kisami bus stop	1.3km ▼ 20 min
Ohama Beach	1.4km ▼ 25 min
Toji Sand Skiing Ground	0.2km ▼ 5 min
Ryugu Sea Cave	3.0km ▼ 70 min
Cape Tarai	1.5km ▼ 45 min
Kyukamura bus stop	

Access

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

By Train	
Shin-Osaka Sta.	Tokyo Sta.
Tokaido Shinkansen Hikari 140 min	Tokaido Shinkansen Hikari 40 min
Atami Sta.	
JR Ito Line (Through Train to Izukyuko Line) 95 min	
Izukyuko-Shimoda Sta.	
Tokai Bus 23 min	Tokai Bus 10 min
Kyukamura bus stop	Kisami bus stop

By Car	
Nagoya Interchange	Tokyo Interchange
145 min	75 min
Tomei Expwy Numazu Interchange	
Shin-Tomei Expwy Nagaizumi-Numazu Interchange	
35 min	
Izu-Jukan Expwy Amagi-kita Road	
75 min	
Izukyuko-Shimoda Sta.	
Tokai Bus ↑ 23 min	Tokai Bus ↓ 10 min
Kyukamura bus stop	Kisami bus stop

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



Places to See In the Minami-Izu Area, Where the Long History of Izu Can Be Seen.



01 Kisami Ohama Beach 吉佐美大浜

The beach has beautiful white sand, and there is a sea cave nearby. The cave was formed as waves eroded the sediment from a submarine volcano and made a hole in it. The strata with seashells at a high place of the cave are believed to have been at the water’s edge and to have risen due to the crustal uplift.



02 Toji Sand Skiing Ground 田牛サンドスキー場

This natural sand ski area is formed of sand deposited by strong winds. The slope of the sand hill is about 30 degrees, and you can go down on a sleigh. There is also a habitat of crinum lilies called toji-hamaomoto (A Natural Monument designated by Shizuoka Prefecture) near the area.



03 Ryugu Sea Cave 龍宮窟

Ryugu Sea Cave was formed as waves eroded a soft part of the strata, and it is one of the largest of their kind in the Izu Peninsula. There is a skylight 50 meters in diameter, which is the result of partial collapse of the roof. The contrast between the blue sea and the yellowish brown strata formed of small pieces of volcanic rocks is impressive.



04 Cape Tarai タライ岬

Cape Tarai commands a view of the Izu Islands on fine weather. In Cape Tarai, stone discs and pottery were discovered, so this place is believed to have been used to worship a god with a view of the islands. There is a small island called Ongokujima to the east, and it has the traces of fire used to worship a god in the Nara period.



05 Onohama Beach (Radial Joints) 逢ヶ浜

The beach has an impressive landscape developed by the products of volcanic eruptions including radial crevices formed by the lava of a submarine volcano. The unusually shaped rocks are named Suzume-iwa, Shutome-iwa, and Ebi-ana. In spring, hamadaikon is in full bloom.



06 Yumigahama Beach 弓ヶ浜

Yumigahama Beach is an over-1,000-meter-long white sand beach in the shape of a beautiful arch. It is formed of the sand carried by the Aono River and an ocean current, and this kind of landform is called “sandbar.” The beach is also known as the spawning ground of the loggerhead turtle.

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?

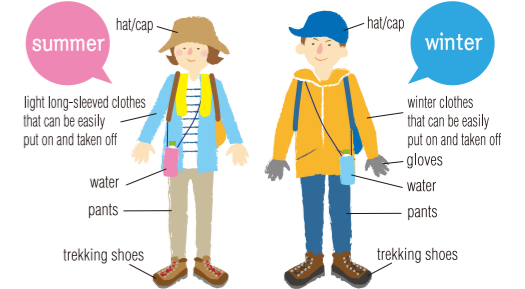
Footpath is originally from the U.K., and it’s a “path” to enjoy walking (“foot”). People walk from town to town as they enjoy scenery in forests, around rivers, on coastlines, in rural areas, or in old towns. Some people enjoy eating local products as they experience nature, culture, and history of 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

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Shimoda City Hall, Tourism and Exchange Division	Tel 0558-22-3913 http://www.city.shimoda.shizuoka.jp/
Shimoda Tourist Association	Tel 0558-22-1531 http://shimoda-city.info/
Minamizu Town Commerce, Industry, and Tourism Division	Tel 0558-62-6300 http://www.town.minamizu.shizuoka.jp/
Minamizu Town Tourism Association	Tel 0558-62-0141 http://www.minami-izu.jp/

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