

Walk along the Natural Heritage of the Izu Peninsula

# GEOPARK FOOTPATH

Nishi-Izu area

Visiting a Port Town

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 -

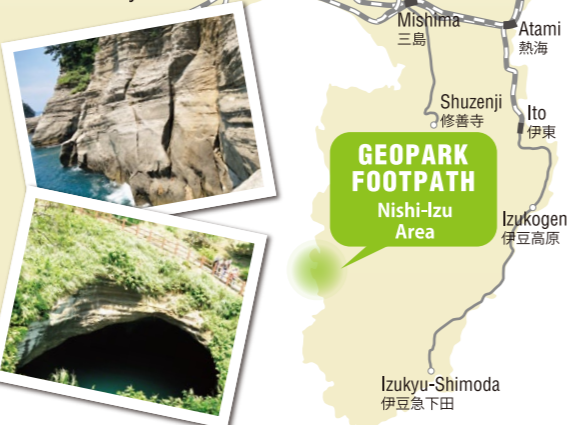
20 million years ago, the Izu Peninsula was a group of submarine volcanoes in the South Seas. As the Philippine Sea Plate moved northwards, the volcanic group also drifted and eventually collided with the main island. 600,000 years ago, it became what it is now. The volcanic activity and slow movement 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 Nishi-Izu Area

### Walking across Local Ports Which Have a Beautiful Striped Pattern of Sediments Formed by the Submarine Volcanoes

The beautiful white beaches around the Dogashima area tell us about the time when the Izu Peninsula was submarine volcanoes. The precipitous cliffs with a striped pattern were formed by the uplift of the strata made of subaqueous volcanoclastic flow sediments, and volcanic ash and pumice stones which had erupted from the ancient submarine volcanoes. The intricate landform in this area has helped develop fishery industry. You will visit and see various natural landforms and the scenery of the port town surrounded by nature.



#### The Nishi-Izu area course

\*The distance and time may vary.

- Tago Bus Stop**  
1.6km ▼ 20 min
- Tomyogasaki Path**  
1.9km ▼ 70 min
- Futo Coast**  
1.5km ▼ 30 min
- Sanshirojima Islands**  
1.3km ▼ 20 min
- Dogashima Tensodo Sea Cave**  
1.0km ▼ 15 min
- Sawada Park Open-Air Bath**  
1.7km ▼ 25 min
- Sawada Bus Stop**

#### Access

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

By Train		
Shin-Osaka Sta.	Nagoya Sta.	Tokyo Sta.
Tokaido Shinkansen Hikari 130 min	Tokaido Shinkansen Hikari 80 min	Tokaido Shinkansen Hikari 44 min
Mishima Sta. Izuhakone Line 40 min		Limited Express "Odorikogo" 130 min
Izuhakone Railway Shuzenji Sta.		
Tokai Bus 95 min		Tokai Bus 85 min
Sawada Bus Stop		Tago Bus Stop

By Car	
Nagoya Interchange	Tokyo Interchange
145 min	75 min
Tomei Expwy Numazu Interchange	
Shin-Tomei Expwy Nagazumi-Numazu Interchange	
Izu Chuo Expwy Shuzenji Road 90 min	
Dogashima Parking P	
Tokai Bus ↑ 2 min	Tokai Bus ↓ 6 min
Sawada Bus Stop	Tago Bus Stop

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

### View Points in the Nishi-Izu Area: Landscapes with Beautiful Layers In Light and Dark Colors



#### 01 Cape Tomyogasaki & Tago 燈明ヶ崎・田子

Cape Tomyogasaki commands a view of the Minami-Izu area, Suruga Bay, and even the Southern Japanese Alps in the distance. There are traces of a shrine used to offer a light to a god, which has been replaced with a lighthouse. The intricate landform of the cape is said to have been used for the Izu navy base.



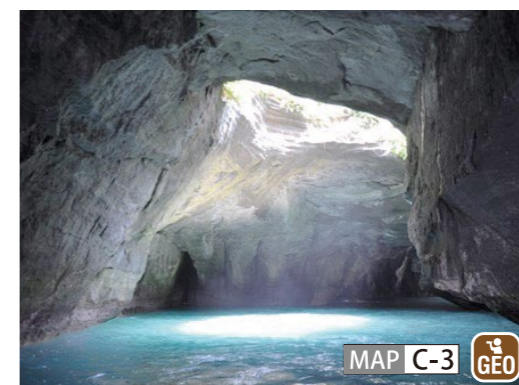
#### 02 Futo Coast 浮島海岸

Futo Coast has magmatic dikes (volcanic necks), which were passages of magma moving upward through the strata when the ancient submarine volcano erupted. The platy rocks standing on the seashore were formed as the columnar joints cracked, and they used to be a passage of magma.



#### 03 Tombolo of Sanshirojima Islands 三四郎島のトンボロ

Sanshirojima Islands are the traces of the passage of magma that was under the submarine volcano. They got their name (san means 3, and shi means 4) because depending on where they are seen from, they look like three or four islands. At low tide, you can see tombolo phenomenon, which connects the coast and the islands.



#### 04 Tensodo Sea Cave 天窓洞

Tensodo is a sea cave formed as waves eroded the cliff, and you can go inside the cave on a sightseeing boat. It is designated as a National Natural Monument.



#### 05 Sawada Park 沢田公園

You can closely look at white submarine volcanic ash layers formed of pumice stones and volcanic ash that erupted from the submarine volcanoes. “Hakugansan-Ganhekikutsuga,” an image of Buddha painted on this rock surface, is designated as a Cultural Property by the town.



An image of Buddha is painted in a cave.

### 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?

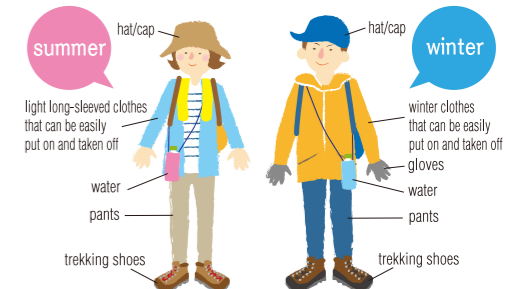
Footpath is originally from the U.K., and it's a “path” to enjoy walking (“foot”). People walk from town to town as they enjoy scenery in forests, around rivers, on coastlines, in rural areas, or in old towns. Some people enjoy eating local products as they experience nature, culture, and history of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