

AWAJI

SUMOTO

MINAMI-AWAJI

Awaji Island

Twelve walking courses, from short and easy to long full-day treks, featuring many top attractions on Awaji Island!



Walking/ Trekking Course Guide

Enjoy the best of
Awaji Island—

Town or mountains,
walking or hiking!



一般社団法人
淡路島観光協会
Awaji Island Tourist Association

Awaji Island

Walking/ Trekking Course Guide

12 recommended
courses highlight the
best of Awaji Island!

Course Difficulty Level

- Easy: for beginners
- Moderate: for those with physical confidence
- Tough: long distance with ups and downs
- Rigorous: must have confidence and ready for a challenge
- Extreme: requires stamina; must have hiking experience

How to Get to Awaji Island

Awaji Island is accessible by car and highway bus, taking the expressway across the Akashi Kaikyō Bridge, and also by ferry. For more details, visit the Awaji Island Tourist Association website.



Note of Caution

Walking courses may not have shops, vending machines, toilets, or lighting along the route. Prepare for your walk by carrying trail mix or other snacks, water, rain gear, a change of clothes, money, a flashlight, cellphone, insurance card, tissues, and other necessities, and set a schedule that gives you extra time. Always carry garbage back with you. You may need a mask for going into a shop or a public toilet. Facilities or transportation listed in this guide may not be open or running.

Always inquire in advance or check the relevant website.

Awaji-shi

P. 4-5

Course 1 Panoramic fields of flowers overlooking the sea are a sight to behold!
**Hanasajiki Park/
Akashi Kaikyō Bridge Long Course**
Distance : About 27 km Time required : About 7 hours

Course 2

Road and trail, plus the Akashi Kaikyō Bridge!
**Ishinoneya Green Park/
Akashi Kaikyō Bridge Short Course**
Distance : About 8 km Time required : About 2 hours

P. 6-7

Course 3 A peaceful course that gives you a feel for history
Gossa Kaito Site/Nomad Mura Long Course
Distance : About 19km Time required : About 5 hours

Course 4

Hit two major power spots!
**Izanagi Jingu Shrine/
Iwagami Jinja Shrine Short Course**
Distance : About 10 km Time required : About 3 hours

Sumoto-shi

P. 8-9

Course 5 Forest scenery by Aiya River Dam is like a picture postcard!
Aiya Falls Long Course
Distance : About 24km Time required : About 6 hours

Course 6

Atop Mt. Mikumayama, a breathtaking view of the Kitan Strait
Sumoto Castle Short Course
Distance : About 10 km Time required : About 3 hours

P. 10-11

Course 7 A difficult course with mountain trails and total elevation of 1900 meters!
**Oishi Park/Mt. Kashiwara (Takehara Trail)
Long Course**
Distance : About 28 km Time required : About 8 hours

Course 8

Two boat rides and time on an uninhabited island
Oishi Park/Narugashima Short Course
Distance : About 11 km Time required : About 3 hours

Minamiawaji-shi

P. 12-13

Course 9 Take the Old Yuzuruha Trail to the highest point on the island!
Mt. Yuzuruha/Nada Kuroiwa Narcissus Park Long Course
Distance : About 17km Time required : About 5 hours

Course 10

An easy course up and back to the highest point on Awaji
Mt. Yuzuruha Short Course
Distance : About 6 km Time required : About 2.5 hours

P. 14-15

Course 11 Visit this power spot and contemplate the origins of the archipelago!
**Loop Course Around Nushima,
the Island of Japan's Creation Myth**
Distance : About 9 km Time required : About 3.5 hours

Course 12

All the best features of Nushima in short!
**Half Course Around Nushima,
the Island of Japan's Creation Myth**
Distance : About 6 km Time required : About 2 hours



Awaji Hanasajiki (P. 4~5)



Awaji Ishinoneya Green Park (P. 4~5)



Gossa Kaito Site (P. 6~7)



Mt. Kashiwara Flight Park (P. 10~11)



Awaji-shi

Panoramic fields of flowers overlooking the sea are a sight to behold!

Course 1

Hanasajiki Park/Akashi Kaikyō Bridge Long Course

- ◆ **Distance** About 27 km ◆ **Time required** About 7 hours ◆ **Difficulty**
- ◆ **Starting point** Higashiura Bus Terminal ◆ **GPS setting** Higashiura Bus Terminal (666-1 Ura, Awaji, Hyogo)
- ◆ **Main route** Start : Higashiura Bus Terminal ~ (A) Awaji Hanasajiki ~ (B) Hyogo Prefectural Awaji Island Park ~ (C) Awaji Ishinoneya Green Park ~ (D) Michi-no-Eki Awaji ~ Akashi Kaikyō Bridge ~ (E) Iwaya Shopping Arcade ~ Iwaya Port ~ (F) Eshima ~ Akashi Kaikyō National Government Park ~ (G) Awaji Yumebutai ~ Goal : Higashiura Bus Terminal

◆ About the Course

With a total distance of 27 km and a total climb of over 900 meters, this is a slightly difficult course. From the starting point at the Higashiura Bus Terminal to Awaji Hanasajiki, it is basically uphill all the way, reaching an elevation of 298 meters. From there you will have a panoramic view of fields of flowers overlooking the Akashi Strait and Osaka Bay.

The route takes you down gradually as you head toward Awaji Island Prefectural Park, which has a large, open grassy area for resting. From the park, as you head toward Michi-no-Eki Awaji, you will come across a park with ancient tombstones—Awaji Ishinoneya Green Park. It offers the only unpaved trail section on this course. From the lookout point you can see ships passing into and out of Osaka Bay through the Akashi Strait.

After the park, head straight for the Michi-no-Eki and Akashi Kaikyō Bridge. This bridge to the city of Kobe is the longest suspension bridge in the world with a main span of 1,991 meters and a total length of 3,911 meters—the symbol of Awaji Island.

After the modern wonder of the Akashi Kaikyō Bridge, you head to the Iwaya shopping arcade for a retro town experience. There is a public bathhouse, Japanese confectionery, and a few places to eat and drink, creating a relaxing old-style atmosphere.

The course takes you to Iwaya Port and Eshima Island, and the huge Akashi Kaikyō National Government Park; then, the last spot to visit is Awaji Yumebutai. Enjoy buildings designed by world-famous architect Tadao Ando to blend into the natural scenery and the unique spaces that utilize the sloping terrain.

Course 2

Road and trail, plus the Akashi Kaikyō Bridge!

Ishinoneya Green Park/Akashi Kaikyō Bridge Short Course

- ◆ **Distance** About 8 km ◆ **Time required** About 2 hours ◆ **Difficulty**
- ◆ **Starting point** Iwaya Port ◆ **GPS setting** Iwaya Port (925-27 Iwaya, Awaji, Hyogo)
- ◆ **Main route** Start : Iwaya Port ~ (E) Iwaya Shopping Arcade ~ (C) Awaji Ishinoneya Green Park ~ (D) Michi-no-Eki Awaji ~ Goal : Iwaya Port

◆ About the Course

Even though the route is only 8 km long, it is slightly difficult because of the steep up/downs of the Ishinoneya Green Park trail in the middle. It's a splendid short course that offers both road and trail walking, plus the spectacular view of the Akashi Kaikyō Bridge from directly beneath it at the Michi-no-Eki Awaji park.



(A) Awaji Hanasajiki

A wonderful, scenic spot for an island of flowers. Fields of flowers in every season overlooking the sea.

Awaji Jenova Line
Time Schedule
Akashi Port ↔ Iwaya Port



(C) Awaji Ishinoneya Green Park

A park that combines nature, history and culture. Walk through tunnels of ubame oak, konara oak, and other trees.

(E) Iwaya Shopping Arcade

A rural commercial district being revitalized along with Iwaya Port. Chat with fishermen's wives who prepare and sell fresh fish.

(B) Hyogo Prefectural Awaji Island Park

The large grassy lawn area is a great place to rest and relax for as long as you want, even the whole day.

(D) Michi-no-Eki Awaji

A small park directly beneath the Akashi Kaikyō Bridge. Try many tasty foods unique to Awaji Island.

Awaji Island tacoste

Iwaya Port (Awaji Jenova Line)

Iwaya Port
Start/Goal



Ferry landing for Awaji Jenova Line that runs between Iwaya Port and Akashi Port



(F) Eshima

Located at the northern tip of Awaji Island, Eshima is part of Japan's Onokoro Island creation myth. Natural erosion has created its unique shape.

(G) Awaji Yumebutai (Hyakudan-en)

Part of the complex designed by architect Tadao Ando. These 100 terraced flower gardens are all connected, with a grand view of Osaka Bay.

Higashiura Bus Terminal
Start/Goal



The starting point for the long course is the Higashiura Bus Terminal. Photo shows the nearby Sunshine Hall.

Course outline on the Web



Hanasajiki Park/
Akashi Kaikyō Bridge
Long Course



Ishinoneya Green Park/
Akashi Kaikyō Bridge
Short Course

Awaji-shi

Course 3

Gossa Kaito Site/Nomad Mura Long Course

- ◆ **Distance** About 19 km ◆ **Time required** About 5 hours ◆ **Difficulty**
- ◆ **Starting point** Parchez Kaori no Yakata ◆ **GPS setting** Parchez Kaori no Yakata (3025-1 Osaki, Awaji, Hyogo)
- ◆ **Main route** Start : **Parchez** ~ **A Gossa Kaito Site** ~ Nomad Mura ~ **B Tōsanji Temple** ~ Goal : **Parchez**
- ◆ **About the Course**

A peaceful course for adults that gives you a feel for history, including Gossa Kaito, a designated historic site of Japan, and Tōsanji Temple, founded by Kūkai in the 9th century.

Start at Parchez Kaori no Yakata, with its distinctive cone-shaped roof, and walk about 9 km in the countryside to Gossa Kaito, a peaceful hilltop site with ruins that can put you into a prehistoric state of mind.

From there, you head down, then back up to the highest point of the course at Tōsanji Temple, whose temple gate is the oldest wooden structure on Awaji Island. The temple is No. 19 on the Awaji Flower Pilgrimage. In the spring, its cherry blossoms, wisteria in May, and red maple and other foliage in late November draw many pilgrims.

After leaving the Buddhist temple, the rest of the walk is only 3 km back to Parchez, mostly downhill. Parchez also has accommodations, so it might be convenient to stay there the night before your trek. Or take a hot springs bath there at the end and stay the night.

A peaceful course that gives you a feel for history



© Taganohama Beach

A shallow, beautiful sand beach that is popular for swimming. A walk along the beach at sunset is also spectacular.



Izanagi Jingu Shrine

Perhaps Japan's oldest shrine, noted at the beginning of the Kojiki and Nihon-shoki, the oldest chronicles of Japan. It is revered nationwide as the most sacred shrine on Awaji Island.

Course outline on the Web



Gossa Kaito Site/
Nomad Mura
Long Course



Izanagi Jingu Shrine/
Iwagami Jinja Shrine
Short Course



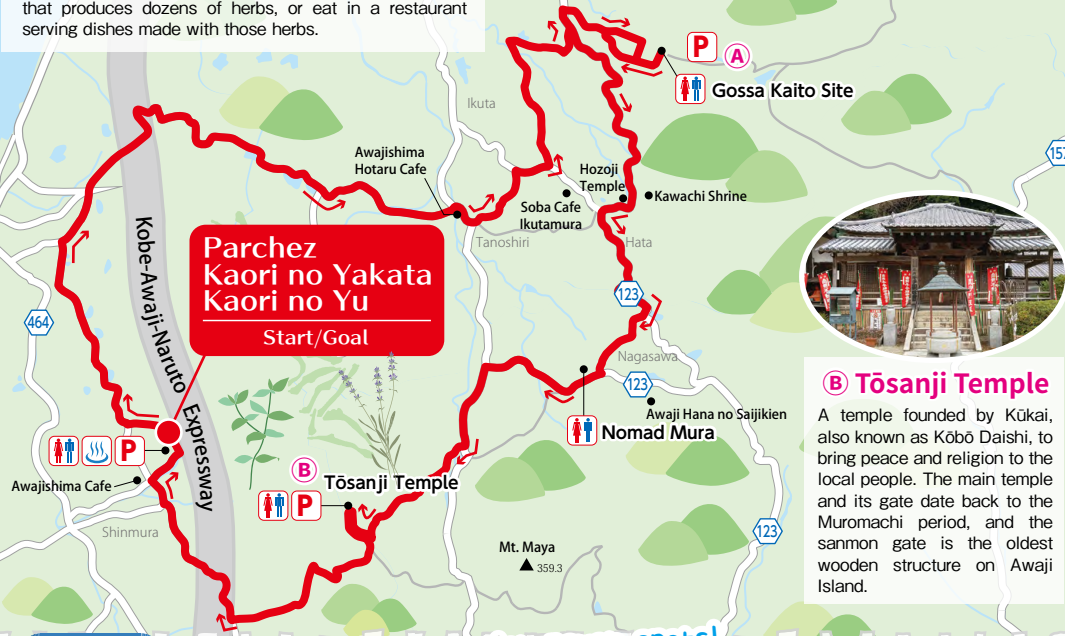
Parchez Kaori no Yakata

A tourist site specializing in herbs and aromas that welcomes lot of visitors. There is also an onsen, specialty goods shop, and more. You can join a workshop to make a wreath with dried flowers, get your hands dirty on a farm that produces dozens of herbs, or eat in a restaurant serving dishes made with those herbs.

Hokudan IC

A Gossa Kaito Site

A site with the remains of an ironworking shop that dates back 1,800–1,900 years to the Iron Age of the late Yayoi period. Over 100 items made of iron were discovered here, along with ironmaking tools. It's a great place to learn about ancient history.



Course 4

Hit two major power spots!

Izanagi Jingu Shrine/Iwagami Jinja Shrine Short Course

- ◆ **Distance** About 10 km ◆ **Time required** About 3 hours ◆ **Difficulty**
- ◆ **Starting point** Iwagami Jinja Shrine ◆ **GPS setting** Iwagami Jinja Shrine (740 Taga, Awaji, Hyogo)
- ◆ **Main route** Start : **Izanagi Jingu Shrine** ~ **© Taganohama Beach** ~ Iwagami Jinja Shrine ~ DAFFODIL HILL INOUE ~ Awaji Kaori Park ~ Goal : **Izanagi Jingu Shrine**
- ◆ **About the Course**

The 10-km walking course starts at Izanagi Jingu Shrine, which is considered to be Japan's oldest shrine. The walk takes you to Taganohama Beach, which is popular with families and groups of young women, and on to Iwagami Jinja Shrine, well known among shrines with large stones based on ancient megalithic worship. Enjoy the scents of herbs, flowers and trees at Awaji Kaori Park, as well.

From Izanagi Jingu Shrine, which plays a central role in Japan's creation myth, the road takes you toward the Gunge Shopping Arcade is lined with 35 uniquely designed monuments, representing the 35 gods mentioned in the ancient Kojiki. After about 2 km along this path, you will reach Taganohama Beach, especially known for its sunsets over the Inland Sea. After 7 km in total, you will reach the highest elevation on this walking course—Iwagami Jinja Shrine. On the slope behind the main shrine is a huge rock 12 meters high and 16 meters in circumference at the top, known as Himorogi-ishi, "abode of the gods." Finally, you can stroll to Awaji Kaori Park, a park with lavender, rosemary, and many other herbs and flowers. The ideal season for viewing is April to June.

Sumoto-shi



Course 5 Aiya Falls Long Course

- ◆ **Distance** About 24 km ◆ **Time required** About 6 hours
- ◆ **Difficulty** ◆ **Starting point** Sumoto Civic Square
- ◆ **GPS setting** Sumoto Civic Square (1-1-17 Shioya, Sumoto, Hyogo)
- ◆ **Main route** Start : **Sumoto Civic Square** ~ Sumoto Municipal Sports Center ~ Kido Agri Park ~ **A** **Aiya Falls** ~ **B** **Aiya River Dam** ~ Kido Agri Park ~ Kannonji Temple ~ Chikusa Community Center ~ **C** **Mt. Mikumayama (Sumoto Castle site)** ~ Sumoto Onsen ~ **D** **Ohama Beach** ~ Goal : **Sumoto Civic Square**
- ◆ **About the Course**

Starting at Sumoto Civic Square, head for the unforgettable Aiya Falls, then return via Mt. Mikumayama, the site of the former Sumoto Castle, past Ohama Beach back to the center of town on this 24-km-long walking course. Though long in terms of distance, it is all paved and easy to walk. The highlight is Aiya Falls at the 9-km point, and the Aiya River Dam. You might want to take a short detour to the Aiya Forest nearby, or view the forest reflected in the water of the dam—as beautiful as a postcard! The roads leading to the dam and the castle are big slopes, but the height of each is only about 130 meters, so you can enjoy the light climbs.



A **Aiya Falls**

The foremost waterfall on Awaji Island, a wonderful power spot. Surrounded by the loud rush of falling water and with sunshine filtering through the trees, you will be immersed in a healing atmosphere.



B **Aiya River Dam**

The dam is upstream from Aiya Falls. Nearby Aiya Forest is an environment protected by Hyogo Prefecture and part of the Kinki Nature Trail.

Course outline on the Web



Aiya Falls Long Course



Sumoto Castle Short Course

Sumoto Civic Square



Sumoto Civic Square Start/Goal

E **Retro Komichi Street**

A narrow street with new, small shops opened in nostalgic residences. A stroll through this small castle town has a quaint vibe.



C **Mt. Mikumayama (Sumoto Castle site)**

The mountain at the south of end of town, 133 meters in height. Stone walls remain from when Sumoto Castle was the seat of government of Awaji province for about a century from when it was built in 1526.



D **Ohama Beach**

A shallow white sand beach with pine trees that is very scenic. At the foot of Mt. Mikumayama and the Sumoto Castle site.

Course 6

Sumoto Castle Short Course

- ◆ **Distance** About 10 km ◆ **Time required** About 3 hours ◆ **Difficulty**
- ◆ **Starting point** Sumoto Civic Square
- ◆ **GPS setting** Sumoto Civic Square (1-1-17 Shioya, Sumoto, Hyogo)
- ◆ **Main route** Start : **Sumoto Civic Square** ~ Sunhama Bridge ~ Takenokuchi Beach ~ **E** **Retro Komichi Street** ~ Former Ekishukan Garden ~ **C** **Mt. Mikumayama (Sumoto Castle site)** ~ Sumoto Onsen ~ **D** **Ohama Beach** ~ Goal : **Sumoto Civic Square**
- ◆ **About the Course**

This 10-km walking course starts at Sumoto Civic Square, as does the long course. It takes you through Retro Komichi Street, a street with nostalgic residences and small shops. After a short hike up Mt. Magatayama, which overlooks the town, you get to see the Sumoto Castle site atop Mt. Mikumayama and return back down to the Civic Square. Although the course is short, you climb up to 133 meters to reach the castle replica, so rest along the way. Returning to sea level, you pass the Sumoto Onsen hotels and can feel the sea breeze, then walk along the path of Japan's top 100 beaches, Ohama Beach; it's a great way to enjoy both mountains and sea.

Atop Mt. Mikumayama, a breathtaking view of the Kitan Strait

Minamimawaji-shi

Course 7

Oishi Park/Mt. Kashiwara (Takehara Trail) Long Course

- ◆ Distance About 28 km ◆ Time required About 8 hours
- ◆ Difficulty
- ◆ Starting point Cape Oishi Observation Deck
- ◆ GPS setting Cape Oishi Observation Deck
- ◆ Main route Start : Cape Oishi Observation Deck ~ Mt. Kashiwara North Observation Deck ~ (A) Mt. Kashiwara Flight Park ~ (B) Takehara Trail ~ Awaji Hana Sansui ~ (B) Takehara Trail ~ (A) Mt. Kashiwara Flight Park ~ Goal : Cape Oishi Observation Deck

◆ About the Course

A tough walking course—the only one of the 12 here to have a difficulty level of 5 foot marks. The course is long, at approximately 28 km, and includes the second highest mountain on the island (Mt. Kashiwara) at 569 meters. The mountain trail, rare for Awaji, includes traverses and guide ropes. Watch your footing and follow the handmade path markers at forks in the path. The course has several lookout points, an arbor, promenade, and other features, and offers a panoramic view of the Inland Sea at the top. The walking course starts at Oishi Park and is a steady climb all the way up to Mt. Kashiwara. The path leads down to the hydrangea gardens of Awaji Hana Sansui, and then you make the return trip. The total climb is 1900 meters. At the end is the Cape Oishi Observation Deck, which offers a great view of Osaka Bay and the Kitan Strait.

Course 8

Two boat rides
and time on an uninhabited island

Oishi Park/Narugashima Short Course

- ◆ Distance About 11 km ◆ Time required About 3 hours
- ◆ Difficulty
- ◆ Starting point Cape Oishi Observation Deck
- ◆ GPS setting Cape Oishi Observation Deck
- ◆ Main route Start : Cape Oishi Observation Deck ~ Narugashima Tosen (Yura North ferry terminal) ~ (C) Narugashima Island ~ (by ferry to Oishi) ~ Goal : Cape Oishi Observation Deck

Narugashima Tosen schedule and other info



The boat ride to the Oishi pier from Narugashima stops first at the Yura terminal. The boat does not run every day, so please inquire below for the schedule, fares, and routes. Narugashima Tosen Office (Tel: 0799-27-0691)

(B) Takehara Trail

A trail established by the Awaji Island Long Trail Association to help revitalize the local area. You'll appreciate the work that has gone into improving this trail.

(A) Mt. Kashiwara Flight Park

A takeoff and landing site for paragliders and hang gliders. Look out over the Kitan Strait below.

Mt. Kashiwara North Observation Deck

Mt. Kashiwara 569.3

(A) Mt. Kashiwara Flight Park

Ryusui Temple

Mt. Kashiwara South Observation Deck

Lawn open space

Mt. Kashiwara forest park
Manabi no Mori

Course outline on the Web



Oishi Park/
Mt. Kashiwara
(Takehara Trail)
Long Course



Oishi Park/
Narugashima
Short Course

Mt. Kashiwara North Observation Deck



Flight Park along the Takehara Trail



Naruyama Jinja Shrine
Yuraminato Jinja Shrine

Yura Elementary School

Convenience store

Yura Junior High School

Étoile Oishi

Niijima Seafood

Yura Fortress Trench Ruins

Oishi Strait Observation Deck

Oishinohana Lighthouse

Minamiawaji Suisen Line

Observation Deck

Yura Fortress

Yura North ferry terminal

Narugashima Tosen

Narugashima Observation Deck

Narugashima Daimyōjin Shrine

Narugashima Observation Deck

Narugashima Observation Deck

Narugashima Observation Deck

Narugashima Observation Deck

Narugashima Observation Deck

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Narugashima Observation Deck

Narugashima Observation Deck



(C) Narugashima Island

An uninhabited island, designated a national park, off the coast of Yura. It has an elegant long sandbar stretching north to south, for which it is known as "Awaji Hashidate." Remains of a fort can be found overgrown by nature. Take a boat to get there.



Flight Park along the Takehara Trail

Naruyama Jinja Shrine

Yuraminato Jinja Shrine

Yura Elementary School

Convenience store

Yura Junior High School

Étoile Oishi

Niijima Seafood

Yura Fortress Trench Ruins

Oishi Strait Observation Deck

Oishinohana Lighthouse

Minamiawaji Suisen Line

Observation Deck

Yura Fortress

Yura North ferry terminal

Narugashima Tosen

Narugashima Observation Deck

Narugashima Observation Deck

Narugashima Observation Deck

Narugashima Observation Deck

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Narugashima Observation Deck

Narugashima Observation Deck

Narugashima Observation Deck

Cape Oishi
Observation Deck
Oishi Park
Start/Goal



Flight Park along the Takehara Trail

Naruyama Jinja Shrine

Yuraminato Jinja Shrine

Yura Elementary School

Convenience store

Yura Junior High School

Étoile Oishi

Niijima Seafood

Yura Fortress Trench Ruins

Oishi Strait Observation Deck

Oishinohana Lighthouse

Minamiawaji Suisen Line

Observation Deck

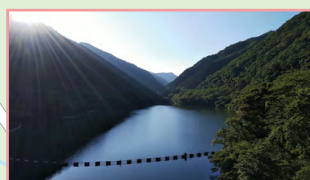
Cape Oishi
Observation Deck/
Oishi Park

A park at the southeastern tip of Awaji. There are remains of cannon batteries from 1863, and brick structures in the forest. From the observation platform you have a panoramic view of Osaka Bay and the Kitan Strait.

Minamiawaji-shi



Kinki Nature Trail



Yuzuruha Dam



Cycling Terminal Yuzuruhasou

Yuzuruha Dam Gymnastic Park



Back Route Trailhead

(A) Old Yuzuruha Trail/
Back Route Trailhead



Kannokura Jinja Shrine

Yuzuruha Dam
Start/Goal

Course 9 Take the Old Yuzuruha Trail to the highest point on the island!

Mt. Yuzuruha/Nada Kuroiwa Narcissus Park Long Course

- ◆ **Distance** About 17km ◆ **Time required** About 5 hours ◆ **Difficulty** 1 2 3 4 5
- ◆ **Starting point** Yuzuruha Dam ◆ **GPS setting** Yuzuruha Dam (1046 Jindaiurakabe, Minamiawaji, Hyogo)
- ◆ **Main route** Start : Yuzuruha Dam ~ (A) Old Yuzuruha Trail/Back Route Trailhead ~ (B) Top of Mt. Yuzuruha ~ Yuzuriha Sanso rest house ~ Yamaboushi no hiroba ~ (C) Yuzuruha Jinja Shrine ~ Kinki Nature Trail ~ Nada Kuroiwa Narcissus Park ~ Old Yuzuruha Trail/Front Route Trailhead ~ Yuzuruha Jinja Shrine ~ Yuzuriha Sanso rest house ~ Top of Mt. Yuzuruha ~ Goal : Yuzuruha Dam

About the Course

A climb up and over the highest point on Awaji Island, Mt. Yuzuruha (elevation 607.9 m) to Yuzuruha Jinja Shrine, said to be the origination point of the three Grand Shrines of Kumano in Wakayama. From there you descend along the Kinki Nature Trail to the coast, then take the Old Yuzuruha Trail back up from the front route trailhead to the summit and down to the dam, a total of 17 km. Taking this ancient trail, you can imagine yourself a Shugendō mountain monk. The total elevation is over 1300 meters, so stamina is required.

The trail starts near Yuzuruha Dam at a sign for the back route trailhead. You will reach the summit after just 2.5 km, uphill nearly all the way. There are many stone distance markers along the way, much like the trails used in Japan's mountain-worshipping religious traditions. It is said that the ancient Kumano gods traveled from Mt. Yuzuruha to their current abode in the mountains across the bay in Wakayama, making Awaji Island an important power spot.

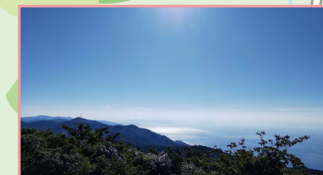
(A) Old Yuzuruha Trail/ Back Route Trailhead

The starting point and route for the climb to Yuzuruha Jinja shrine southward (to Kuroiwa) from the north side (Yuzuruha Dam). While the front (opposite) route is about 2 km (90 min.) from Kuroiwa (18 stone markers), this back route is about 3.4 km and 90 minutes to the shrine (28 stone markers). There is a small Jizo statue every 109 meters to mark the way.

※The front route is closed from July to November. The back route is open all year round.

(B) Top of Mt. Yuzuruha

The stone marker on the peak stands at 607.9 meters above sea level. The entire area is part of the Setonaikai National Park. The temperate climate and varied landscape give rise to precious plant and animal life.



Top of Mt. Yuzuruha

Nada Kuroiwa Narcissus Park



Minamiawaji Suisen Line

Jinsenji temple

Kuroiwa

Old Yuzuruha Trail/
Front Route Trailhead



(B) Top of Mt. Yuzuruha

Mt. Yuzuruha 607.9

Okunoin Sasayama Jinja Shrine

(C) Yuzuruha Jinja Shrine



Okumiyajunisho Jinja Shrine

Yuzuriha Sanso rest house
Yamaboushi-no-Hiroba

Course 10

An easy hike up and back to the highest point on Awaji

Mt. Yuzuruha Short Course

- ◆ **Distance** About 6km ◆ **Time required** About 2.5 hours
- ◆ **Difficulty** 1 2 3 ◆ **Starting point** Yuzuruha Dam
- ◆ **GPS setting** Yuzuruha Dam (1046 Jindaiurakabe, Minamiawaji, Hyogo)
- ◆ **Main route** Start : Yuzuruha Dam ~ (A) Old Yuzuruha Trail/Back Route Trailhead ~ (B) Top of Mt. Yuzuruha ~ Yuzuriha Sanso rest house ~ Yamaboshi-no-Hiroba ~ (C) Yuzuruha Jinja Shrine ~ Goal : Yuzuruha Dam

About the Course

A short hike for those who want to hike up to the highest point on Awaji Island and also visit the power spot of Yuzuruha Jinja Shrine! And you can do it easily in a short amount of time. This route goes up and back on the Old Yuzuruha Trail from the sign marking the back route trailhead near Yuzuruha Dam. The total climb is only about 600 meters, but the trail is steep at the beginning. Make sure you are dressed right and have good trekking shoes.

(C) Yuzuruha Jinja Shrine

The origins of the shrine date back over 2,000 years to the legendary Emperor Kaika. Even the Pillow Book by Sei Shōnagon written in the year 1002 contains a poem that exalts Mt. Yuzuruha.

Course outline on the Web



Mt. Yuzuruha/
Nada Kuroiwa
Narcissus Park
Long Course



Mt. Yuzuruha
Short Course

Minamiawaji-shi

Visit this power spot and
contemplate the origins of the archipelago!

Course 11

Loop Course Around Nushima, Island of Japan's Creation Myth

- ◆ **Distance** About 9 km ◆ **Time required** About 3.5 hours ◆ **Difficulty**
- ◆ **Starting point** Nushima Kisen Ferry Landing
- ◆ **GPS setting** Nushima Kisen Habu Waiting Area(1-10 Nadahabu, Minamiawaji, Hyogo) Tel: 0799-56-0644
- ◆ **Main route** Start : **Nushima Kisen Ferry Landing** ~ **A Nushima Beach** ~ **B Onokoro Jinja Shrine** ~ **C Kamitategami Rock** ~ Nushima Lighthouse ~ **D Nushima Hachiman Jinja Shrine** ~ Goal : **Nushima Kisen Ferry Landing**

◆About the Course

A walk around a magical island that legend says is Onokoro Island—the first land to be created by the gods in the ancient Japanese myth. Even though this is the "long course," it is only 9 km in total distance and about 500 meters in total elevation, making it a relatively light hike. The "Nu" of "Nushima" comes from the word "nuboko"—the holy spear used by the gods to create the first land on Earth in the Kuniumi mythology—making all of Nushima a power spot.

The Nushima Kisen ferry leaves from Habu Port and takes 10 minutes. Upon arriving at the Nushima fishing port, take the coastal road past the beautiful Nushima Beach and head for Onokoro Jinja Shrine. Climb the long set of steps and you will reach the shrine dedicated to the gods Izanagi and Izanami. Enter the power zone. Continue on the odyssey of the birth of the archipelago. The trail has some ups and downs, but goes gradually down to the next power spot—the Kamitategami Rock. This magnificent rock stands 30 meters tall in the water, like a spear tip. It is the ultimate symbol of Nushima and the creation myth.

The latter half of the walk has many ups and downs, and leads you back to the fishing port. Nushima Hachiman Jinja is a shrine definitely worth visiting before getting back on the boat, as people have prayed there for centuries for safety at sea.

Course 12

All the best features of Nushima in short!

Half Loop Course Around Nushima, Island of Japan's Creation Myth

- ◆ **Distance** About 6 km ◆ **Time required** About 2 hours ◆ **Difficulty**
- ◆ **Starting point** Nushima Kisen Ferry Landing
- ◆ **GPS setting** Nushima Kisen Habu Waiting Area(1-10 Nadahabu, Minamiawaji, Hyogo)
Tel: 0799-56-0644
- ◆ **Main route** Start : **Nushima Kisen Ferry Landing** ~ **A Nushima Beach** ~ **B Onokoro Jinja Shrine** ~ **C Kamitategami Rock** ~ **D Nushima Hachiman Jinja Shrine** ~ Goal : **Nushima Kisen Ferry Landing**

◆About the Course

An easy course that skips the second half of the long course. You will visit Onokoro Jinja Shrine and the Kamitategami Rock before returning to the fishing port. However, the path is uneven, so wear good shoes and be prepared.

Course outline on the Web



Loop Course
Around Nushima,
Island of Japan's
Creation Myth



Half Loop Course
Around Nushima,
Island of Japan's
Creation Myth



Stone statue of the gods
Izanagi and Izanami

⚠ Weeds along walking courses are usually cut in October, so November to April is a prime walking season.
Please note that courses may not be open at certain times of the year.

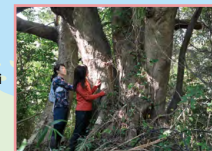


Nushima Kisen Habu Port

Nushima Kisen is the ferry line to Nushima that leaves from Habu Port. It runs daily. The ride takes 10 minutes and costs ¥920 round trip (¥460 for children). Inquire below to confirm any necessary details.

Nushima Kisen
TEL 0799-57-0008

※Scan the QR code
for the latest schedule
and information.



D Nushima Hachiman Jinja Shrine

The shrine has 13 hanging votive wooden tablets painted with pictures that depict the lives of the people of Nushima, closely connected to the sea since ancient times. The island even once served as a naval base. There is also a reverse compass on the ceiling, a rare antique. The forest behind the shrine is a rare virgin forest with *Sudajii* and *tabunoki* trees over 200 years old.

Nushima Kisen Ferry Landing Start/Goal

A Nushima Beach



A Nushima Beach

A beautiful beach surrounded
by nature with a very clear
sea for swimming.



Jizo statues along the trail



B Onokoro Jinja Shrine

A shrine dedicated to the gods Izanagi and Izanami. Locally, the entire mountain is called "Onokoro-san" and is revered as an object of worship. The steps leading up the mountain are straight, as though ascending to heaven.

Kagamihama

Shimotategami Rock

Hirabae
Rock

C Kamitategami Rock

The symbol of Nushima, standing 30 meters high out of the water, a massive rock with an unusual shape that you can see from the path leading around the island. A key spot in the Kuniumi creation myth.



Kamitategami
Rock

Nushima Lighthouse

Mt. Ishibotoku

Nushima
Hachiman Jinja Shrine

Yoshijin Battari Cafe

Renkōji
Temple

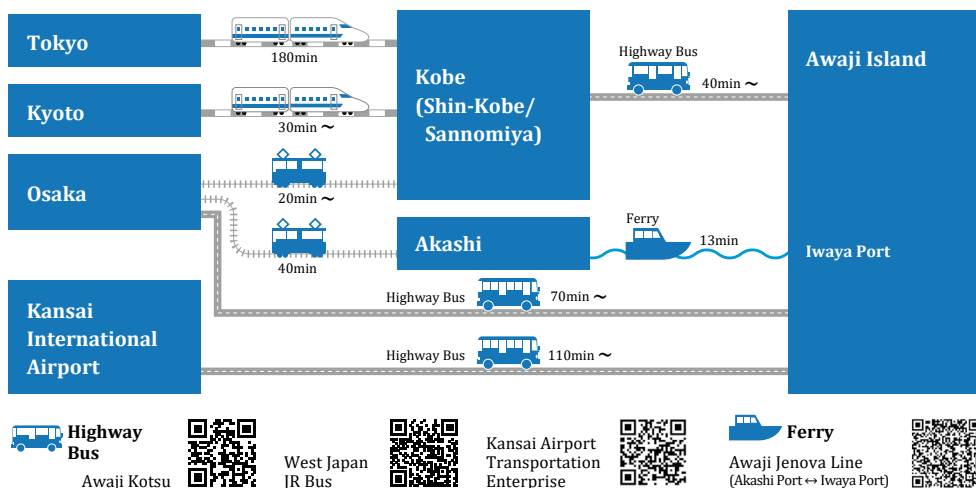
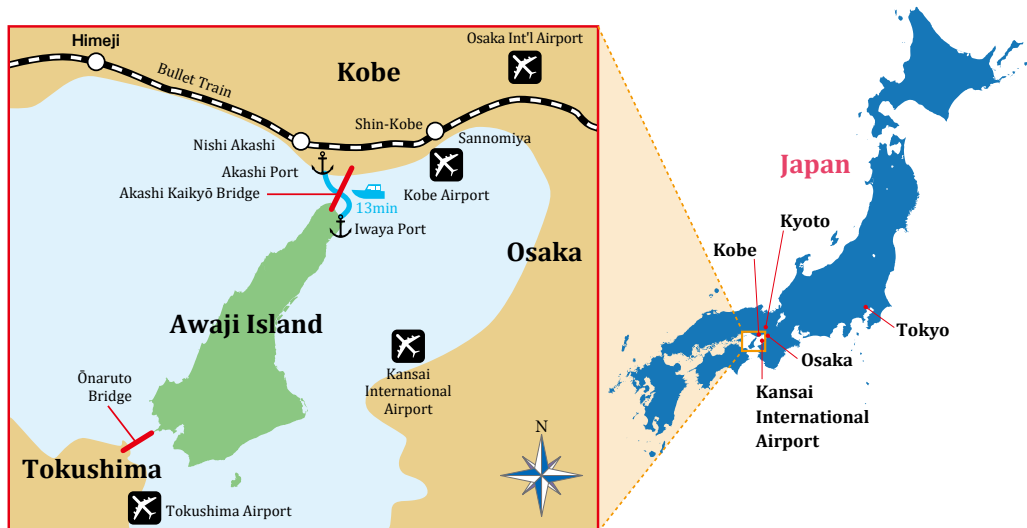
From Habu Port

Itsukushima
Jinja Shrine

Kurozaki

Tonotobi

Access to Awaji Island



Issued by: Awaji Island Tourist Association

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