

Yoshino-Kumano National Park "Mt. Odaigahara" - one of 100 most famous mountains in Japan -

The recommended route in Mt. Odaigahara surrounded by the vast majestic nature is the Higashi-odai route. The route is highlighted with an amazing panoramic view and many trees and flowers for all four seasons. You will enjoy rhododendrons in spring, five leaf azaleas in early summer, deep green foliage and refreshing coolness in summer, autumn leaves, fog deposit in late autumn, and so on. On the other hand, the inexperienced trekkers can easily be lost in the Nishi-odai route. However, the route is the precious primeval forest mainly consisting of Japanese beech and including swamps, marshes, and mosses, and you will enjoy songs of forest birds and an encounter with the native beauty.

Highlight spots in the Higashi-odai route are Mt. Hidegatake and Daijagura. You will enjoy the 360-degree great panoramic view and overlook the Kumano Sea from Mt. Hidegatake. If you are lucky and when the weather is fine, you can get a distant view of Mt. Fuji or Mt. Ontake in the early morning hours. When you stand on the tip of Daijagura, a magnificent view of the mountains of the world heritage Omine Okugakemichi (Omine Mountains) spreads in front of you, and there is an 800 m-high thrilling sheer cliff just below your eyes.



Nishi-odai Trekking Route (recommended

(Use Coordination District, overall distance: 9 km, time required: 5 hours) Climbing Nishi-odai is relatively difficult because it is easy to be lost in Nishi-odai. Therefore, please refrain from climbing alone and visit there with someone familiar with the area.

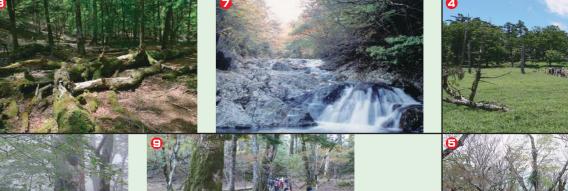
This route winds through the huge primeval forest of Pacific beach, and you may be immersed in a mysterious atmosphere as you walk through the forest. Wild flowers such as white false ellebore, Thalictrum actaefolium, and mountainous peony will be the pleasure for your eyes. This route includes many streams, and please be very careful when the streams are swollen.

(about 7 hours is required to reach Kodokoro onsen hot spring from the parking lot)

Higashi-odai Route (recommended for inexperienced and intermediate trekkers)

(overall distance: about 9 km, time required: about 4 hours) Mt. Odaigahara can be broadly divided into two districts of Higashi-odai (eastern Odai) and Nishi-odai (western Odai). The Higashi-odai route includes a lot of highlight spots such as Mt. Hidegatake with scenic view as the highest peak in Mt. Odaigahara, thrilling Daijagura, Masakigahara field, and Ushiishigahara field. The route is provided with guide plates and commentary boards about animals and plants for the visitors to enjoy the route. The route is maintained well and is easy to walk so that general visitors can try the route. You will enjoy walking







Mt. Odaigahara area is designated as one of the special protection zones in Yoshino-Kumano National Park. Please observe the rules to enter the area in order to protect the beautiful nature.

