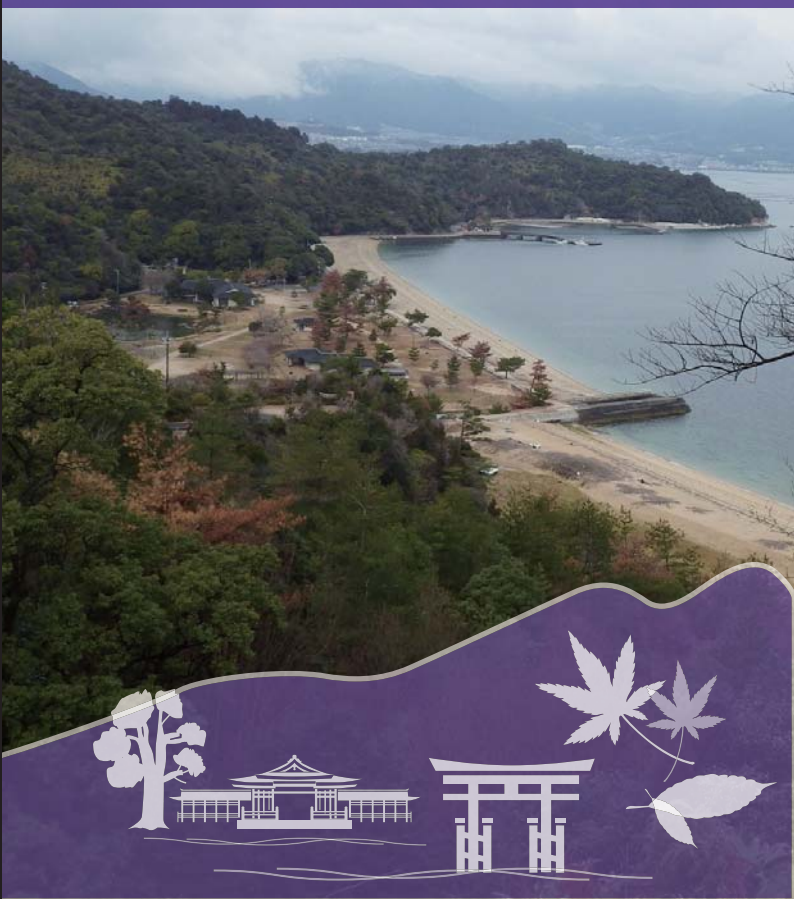


Miyajima Hiking Map

4 History & Culture Course Tsutsumigaura Nature Trail



Ropeway & Ferry Information

Miyajima Ropeway Timetable (About every 15 min)

Dec. – Feb. 9:00 ~ 16:30 (Last ride down: 17:00)
 March – Oct. 9:00 ~ 17:00 (Last ride down: 17:30)
 Nov. 8:00 ~ 17:00 (Last ride down: 17:30)
 GW/Obon 8:30 ~ 17:30 (Last ride down: 18:00)

Miyajima Ferry Timetable (About every 15 min [Daytime])

[Miyajima Matsudai Kisen Tourist Ship]	[JR-W]
Departing Miyajimakuchi 7:15 ~ 20:35	Departing Miyajimakuchi 6:25 ~ 22:42
Departing Miyajima 7:00 ~ 20:35	Departing Miyajima 5:45 ~ 22:14

*Timetables are valid as of 03/31/2014.

* Both the ropeway and ferry lines operate according to special timetables during events, etc.
 For more information, contact the respective operators.

Other Model Courses

1 Nature Course	Daishoin Route – Miyajima Ropeway – Tsutsumigaura Nature Trail
2 Wildlife Course	Omoto Route – Momijidani Route
3 Geology Course	Omoto Route – Momijidani Route

Guide maps can be downloaded from the below website.

Website

http://chushikoku.env.go.jp/nature/miyajima_guide_map/

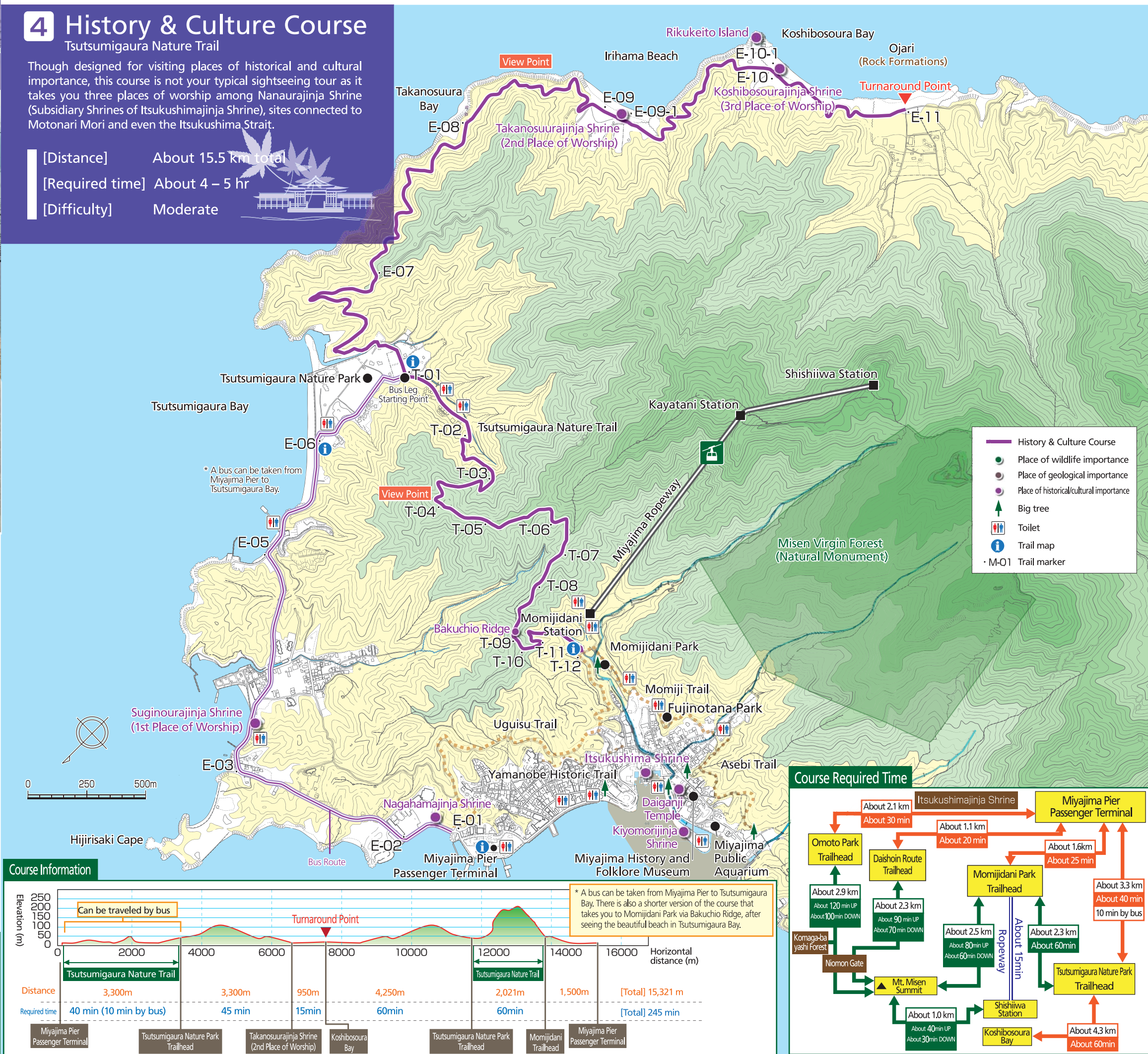


4 History & Culture Course

Tsutsumigaura Nature Trail

Though designed for visiting places of historical and cultural importance, this course is not your typical sightseeing tour as it takes you three places of worship among Nanaurajinja Shrine (Subsidiary Shrines of Itsukushima Shrine), sites connected to Motonari Mori and even the Itsukushima Strait.

[Distance] About 15.5 km total
 [Required time] About 4 – 5 hr
 [Difficulty] Moderate



4 What to See Along the [4] History & Culture Course

The History & Culture Course hikes the Tsutsumigaura Nature Trail and follows the coast along the Itsukushima Strait.

Wildlife Along the Tsutsumigaura Nature Trail

The ridgeline from Bakuchio Ridge to Tsutsumigaura Bay features plenty of vegetation that grows well in sunlight such as red pines, bayberries, camphors, forked ferns and white oaks. The valleys and other less lit sections along the trail have more broad-leaved trees like Japanese chinquapins, Japanese blue oaks, lusterleaf hollies and Mimizubai (*symplocos glaucas*).

Natural Highlights

Nagahamajinja Shrine



Nagahamajinja Shrine

On the beach in front of this shrine stands a red Shinto arch. This is where, in a traditional Shinto festival held on the island, prayers are said and music is played when a parade of boats transporting the goddess of

Itsukushimajinja Shrine return from Jigozenjinja Shrine. The ritual was first celebrated at Itsukushimajinja Shrine by the 11th century military leader Kiyomori Taira who formed the first samurai-dominated administration in Japan. The festival is an elegant sight as it takes place on the Seto Inland Sea.

Suginourajinja Shrine (1st Place of Worship)

[Marker] E-03-1



Suginourajinja Shrine (1st Place of Worship)

This shrine is where the first ritual is performed during celebrations that circumnavigate the island. The shrine itself venerates the god of the sea bottom. All persons participating in the ceremony go ashore, pass through a large grass ring that symbolizes their purification, and pray for safe passage around the island.

Tsutsumigaura Nature Park

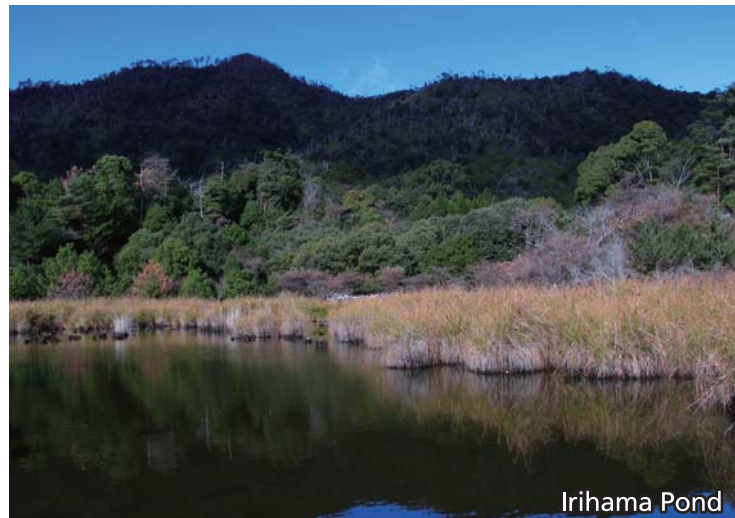


Tsutsumigaura Nature Park

This nature park is great for experiencing both the sea and mountains. Besides the beach, there is a host of recreational amenities that families and groups can enjoy including tennis courts, cabins, a campground and beach clubhouse. The beach is particularly beautiful and often

packed with people during the swimming season, and, because the shallow waters extend a fair ways out, it is perfect for families.

Irihama Pond



Irihama Pond

This brackish pond is fed by both seawater and mountain runoff. The shores are populated with shrubs such as *glochidion obovatum* and a local species of laurel, while Chinese *caladiums* grow out of the water. Given that 70% of the brackish ponds around the Seto Inland Sea have been lost, Irihama Pond is a rare find that is easily accessible.

Takanosuurajinja Shrine (2nd Place of Worship)

[Marker] E-09-1



鷹ノ巣浦神社 (第二拝所)

This shrine is dedicated to the god of the sea bottom who was born from the god Izanagi after returning from the underworld and being cleansed. It is where the second ritual is staged in the Nanaura Meguri that prays to the gods of seven bays in Miyajima. The shrine was moved to its present beach location in order to build a defensive battery in 1897.

Miyajima Hiking Rules

Because of its historical importance and scenic beauty, the entire island of Miyajima is a national park. Moreover, the Misen Virgin Forest is designated a Natural Monument of Japan. Therefore, it is strictly forbidden to pick plants, catch animals, collect rocks or light fires anywhere on the island. Please observe the below rules in order to preserve the rare natural environment of Miyajima for future generations.



Do not pick plants.



Do not trap animals.



Do not feed wild animals.



Do not light fires.

Koshibosourajinja Shrine (3rd Place of Worship)

[Markers] E-10-1



Koshibosourajinja Shrine (3rd Place of Worship)

This shrine is dedicated to the god of the middle depths of the sea who was born from the god Izanagi after returning from the underworld and being cleansed. It is where the third ritual is staged in the Nanaura Meguri that prays to the gods of seven bays in Miyajima. Koshibosoura Bay has a long beach and rocky zone where all sorts of wildlife can be seen.

Bakuchio Ridge



Bakuchio Ridge

On the evening of September 30, 1555, Motonari Mori landed under darkness in Tsutsumigaura Bay. The following morning, he climbed this ridge to sneak up behind the camping army of former-ally-turned-foe Takafusa Sue. Mori is said to have encouraged his troops by claiming his "gamble would quickly end the battle." (The name Bakuchio literally means "gamble ridge.") They struck Sue's headquarters early in the morning before his soldiers could prepare for war. Cited in Japanese history as one of three most brilliant surprise attacks, the Battle of Itsukushima brought war to a close.

Wildlife Along the Tsutsumigaura Nature Trail



Tsutsumigaura Nature Trail

The ridgeline from Bakuchio Ridge to Tsutsumigaura Bay features plenty of vegetation that grows well in sunlight such as red pines, bayberries, camphors, forked ferns and white oaks. The valleys and other less lit sections along the trail have more broad-leaved trees like Japanese chinquapins, Japanese blue oaks, lusterleaf hollies and Mimizubai (*symplocos glaucas*).



Distance Marker

Stone markers such as this have indicated the route up Mt. Misen to Misendo Temple since ancient times. With the summit being the 24th such marker, each stone marks about 109 m. The oldest of these markers bears the date 1559.

Precautions for Hikers

- The required times in this brochure are for good weather and small groups of experienced hikers aged 40 to 50 prepared for a one-day hike. They do not include any time for sightseeing, nature observations or breaks, therefore use them as a basic reference.
- Being on trails after sunset is very dangerous. Check that the ropeway and other modes of transportation are running, confirm the last service of the day before setting out, and **start your descent at least 3 hours before sunset.**
- **All courses involve hiking.** Whether taking an easy or moderate trail, wear shoes and clothing suited for hiking, and carry emergency food and beverage with you.
- Watch out for harmful wildlife (poisonous snakes, hornets, etc.).

▼ Nature and History of Miyajima

Wildlife

Miyajima is a natural habitat for many rare plants and animals, including naturally growing fir trees in the Misen Virgin Forest and lowlands, vegetation peculiar to beachheads and salt marshes, and a species of mangrove skimmer that lives only on Miyajima. There are also deer all over the island, but they are wild and must not be fed.

Landscape and Geology

Miyajima is home to many temples, shrines and historical sites to note Mt. Misen, Daishoin Temple and Daiganji Temple and, of course, the World Heritage Itsukushimajinja Shrine.

History and Culture

Miyajima is home to many temples, shrines and historical sites to note Mt. Misen, Daishoin Temple and Daiganji Temple and, of course, the World Heritage Itsukushimajinja Shrine.

Itsukushimajinja Shrine (World Heritage)



Itsukushimajinja Shrine was registered as a World Heritage in 1996. The buildings and surrounding environment are highly valued for their integrated relationship as there is no other shrine in the world that incorporates the tide into its design.

Misen Virgin Forest (Natural Monument)



The Misen Virgin Forest is a designated Natural Monument of Japan. Its vegetation is a mixture of southern plants and conifers. It is a rare find where you can see wheel trees and other primeval plants in a natural state.

Wetland of International Importance and The Mangrove Skimmer



Miyajima is the only place in Japan where the mangrove skimmer lives. This particular species of dragonfly is classified as a Critically Endangered Species by both Japan's Ministry of the Environment and the Hiroshima Prefectural Government. Its wetland habitat along the southwestern coast of the island was registered under the Ramsar Convention as a Wetland of International Importance in July 2012.

Natural Fir Forest (Omoto Park)



Firs are a kind of conifer that likes cool mountainous environments and rarely grows along the coast. This section of Omoto Park features naturally growing firs, hemlock spruces and Japanese nutmegs that are normally found in colder regions, making it a rare botanical find.

Nanaurajinja Shrine (Subsidiary Shrines of Itsukushimajinja Shrine)



What is known as the "Nanaura Meguri" (literally the "Seven-Bay Pilgrimage") is a time-honored Shinto practice of circumnavigating the roughly 30 km perimeter of Miyajima by boat with Mt. Misen always to the starboard side, and ultimately paying homage to the gods at the shrines venerated in each of seven bays.

Waterfront Wildlife



Miyajima has an environmentally diverse coastline that includes tidal flats, rocky shores and salt marshes. The expansive tidal flats that extend from Itsukushimajinja Shrine to Omoto Park is home to a wide variety of shellfish, crabs and other marine life, and is certainly worth a visit.