



鳥取中部

*Josh's Central Tottori  
Must-See Destinations*



Welcome to the wild!

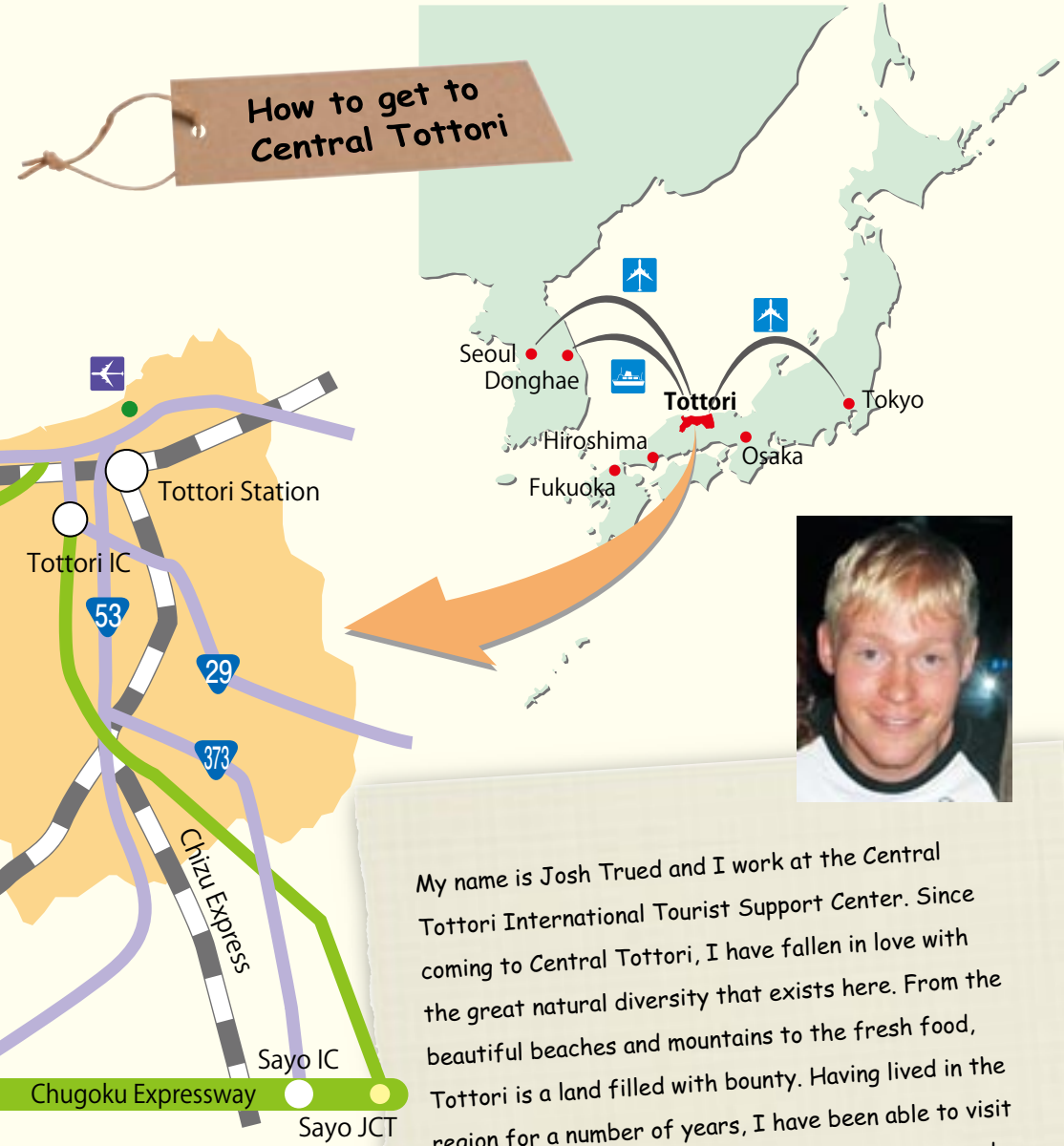
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Central Tottori is located in the middle of Japan's least populated prefecture. Though it is only hours away from a major population center, its unique geographical features have allowed it to retain its traditional culture and stunning natural beauty. To the south lie the Chugoku Mountains which have created a kind of barrier from its southern neighbor: Okayama. To the north there is the Sea of Japan. Because of these characteristics, it offers the pleasures of both the sea and the mountains in a small geographic area. Though there are airports, the bullet-trains that seem to connect most of Japan do not service Tottori, and it is considered a mysterious place even among the Japanese.



Transportation From Major Cities	Route:	How:	How long:
From Tokyo	Tokyo-Tottori City-Kurayoshi	Plane: ANA Flight 293, 295, 297, 299	About 2.5 hrs.
		Shinkansen: Nozomi	About 6.5 hrs.
From Osaka	Osaka-Kurayoshi	JR Rail Super Hakuto	About 3 hrs.
		Highway Bus	About 3 hrs.
From inside Tottori Pref.	Tottori City-Kurayoshi	JR Rail	0.5 ~ 1hrs.
	Yonago-Kurayoshi	JR Rail	0.5 ~ 1hrs.
From Hiroshima	Hiroshima-Kurayoshi	Highway Bus	About 4.5 hrs.
From Fukuoka	Fukuoka-Kurayoshi	Highway Bus	Overnight Bus

## How to get to Central Tottori



My name is Josh Trued and I work at the Central Tottori International Tourist Support Center. Since coming to Central Tottori, I have fallen in love with the great natural diversity that exists here. From the beautiful beaches and mountains to the fresh food, Tottori is a land filled with bounty. Having lived in the region for a number of years, I have been able to visit these wonderful places during different seasons and under a number of different circumstances. I must say, each time I go I find something new and interesting that I had not previously noticed. I sincerely hope that others will find as much beauty in Central Tottori as I have.

### Japan Rail Pass

The JAPAN RAIL PASS offers an incredibly economical way to travel throughout Japan by rail. Please be aware, however, that some restrictions apply. The pass is not valid for "NOZOMI" and "MIZUHO" trains on the Tokaido, Sanyo and Kyushu Shinkansen lines. Please bear in mind that the JRP must be purchased outside of Japan.

<http://www.jrpass.com/>



# Awesome Waterfalls!



Japan is a country of mountains. And for some reason, water seems to gush forth from almost all of them. For some of the mountains with special geological properties, countless years of flowing water have created some magnificent waterfalls. While there are several in Central Tottori that I have yet to see, Daisendaki and Imadaki waterfalls are definitely worth checking out!



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## Imadaki

44 meters tall, the waterfall is a spectacle. With a shady walking trail one can appreciate nature and even cool down. The waterfall is believed to have been a mixing place for gods, and nearby are shrines of the Dragon King, and Acala: the Immovable.

## Daisendaki

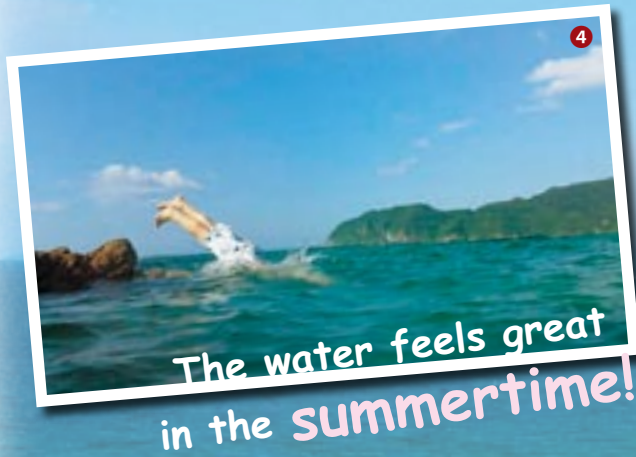
In 1990, Daisen Waterfall was selected as one of the 100 most beautiful waterfalls in Japan. From the Ikkoganaru camp grounds it is a 1.8 kilometer trek, and makes for a perfect hiking course.



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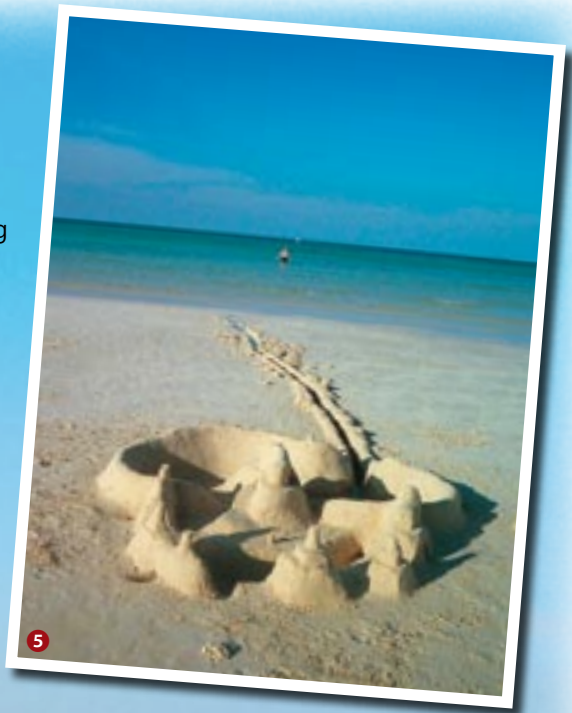
The beach is also the greatest place to gather for a BBQ or to hang out with friends!



The beaches in Central Tottori, which face the Sea of Japan, are quite beautiful and have gentler waters than those of the Pacific side. Also, due to Tottori's low population density, the beaches are never overcrowded. Pictured above are Ishiwaki, Hawaii, Uno, and Hojo beaches.

## Amazing Beaches

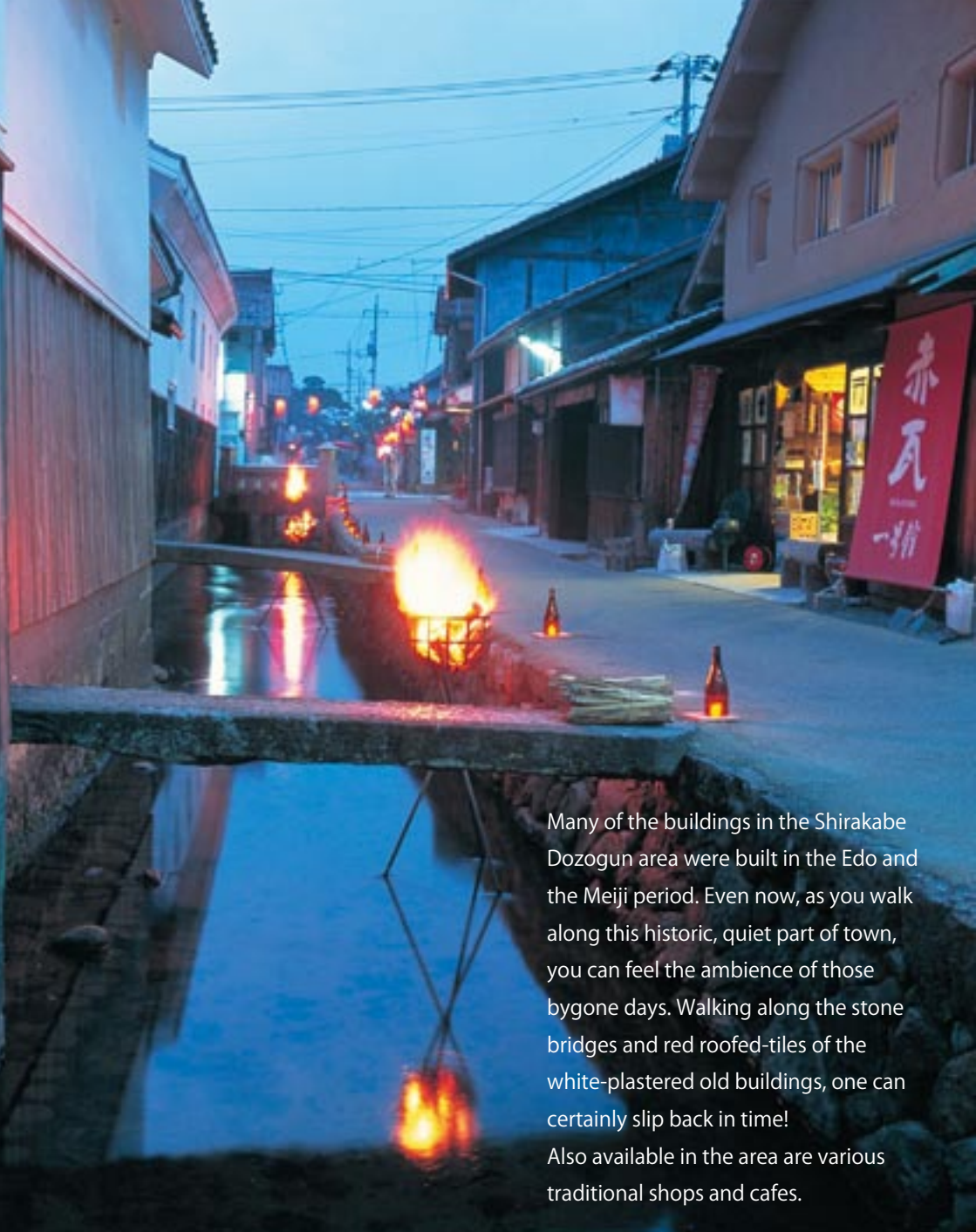
The sand here at Ishiwaki beach squeaks! There is something special about it that makes it produce a strange sound when being walked on.



*Grab a tent and party all night!*



Especially in summer time, there are many music events as well.



Many of the buildings in the Shirakabe Dozogun area were built in the Edo and the Meiji period. Even now, as you walk along this historic, quiet part of town, you can feel the ambience of those bygone days. Walking along the stone bridges and red roofed-tiles of the white-plastered old buildings, one can certainly slip back in time!

Also available in the area are various traditional shops and cafes.

## ShirakabeDozogun • Akagawara





**Plenty to do! Shopping, cafes,  
traditional arts and crafts abound!**

Utsubuki Park is the best spot in the Sanin region for cherry blossom viewing. When it becomes spring, many different types of cherry blossoms and other trees bloom, and many tourists flock to the area. Also, inside of the park there is a museum, an animal display, a sumo ground, baseball diamond, tennis court, track field, and many other sports facilities

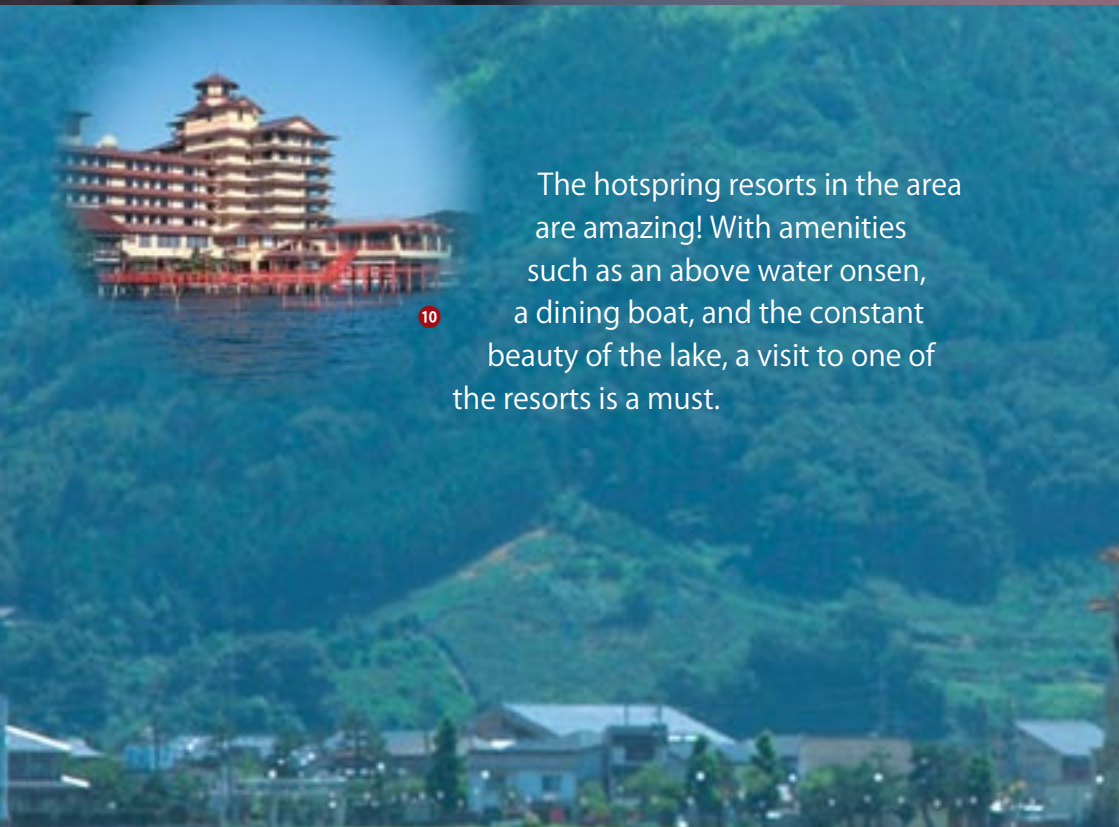


**Utsubuki Park**



Not only beautiful,  
the area is also rich in tradition!

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10 The hotspring resorts in the area are amazing! With amenities such as an above water onsen, a dining boat, and the constant beauty of the lake, a visit to one of the resorts is a must.



## Enchoen

The largest Chinese garden in Japan, designed to resemble that of a classical Chinese court. Everything from the planning to the building materials came from China, making this an authentic Chinese Imperial court! There is plenty to be enjoyed, from the beautiful outdoor scenes, to the energetic performances of Chinese acrobats! Take your time and unwind in its beautiful gardens.



Lake Togo is said to resemble a bird with its wings spread open, and is called “bird lake” by some as a nickname. It is a brackish lake, with a circumference of 12km, an area of 4 square km, and depth that ranges from 2 to 7 meters. It is one “Sanin’s Eight Beautiful Sights”. Carp, clams, and other fish can be caught, and many ducks and other migrant birds come in the winter. Inside of the lake there are several natural hot springs. Utilizing these hot springs are Hawaii Onsen on the western shore of the lake, and Togo Onsen on the southern side. Rent a canoe to work up a sweat, and then let the tension melt away in a nice hot spring.



# Lake Togo

**Eat fruit** until you drop at one of the many all-you-can-eat fruit orchards! Strawberries, grapes, melon, pears, and apples are some of the fruits one will find, though availability of course depends on the season. And naturally, there is no need to feel guilty about stuffing yourself. It is, after all, fruit!



**All-you-can-eat fruit orchards!**





**Nijisseiki pears are one of the few things that Tottori is known for. Once you try one of these, nothing else even compares!**



**The grapes are extremely juicy! No doubt full of vitamins, and extremely delicious!**



**Every time I go, I end up eating at least my weight in fruit!**

# Mount Mitoku

1300 years ago, Buddhist devotees prayed that three lotus pedals would land in holy places. It is said that one of those pedals landed at Mt. Mitoku. Using this location, Shugendo (a Shinto/Buddhist Japanese mountain sect) started operating in the area. Enshrined in Sanbutsuji temple, which is located at the base of the mountain and being proposed to become a national treasure, are various Buddhist relics. Built into the face of a treacherous cliff near the mountain's summit exists one of Japan's oldest temples. Wrapped in mystery, how it was constructed even to this day is not fully understood. Regarded as sacred ground to members of Mountain Buddhism, and is being considered to be voted in to become a World Heritage site, Nageiredo is not to be missed! Also Mt. Mitoku is one of the most enjoyable mountains to hike in Tottori.



Misasa Hot Spring is well known all over Japan, and is not only popular for sightseeing but also for medical and therapeutic purposes.

Lined with small and large Japanese inns, one can experience the noted elegance of an oid onsen town.

**Watch your step!  
Unlike other mountains,  
you often find yourself  
literally climbing this one!**



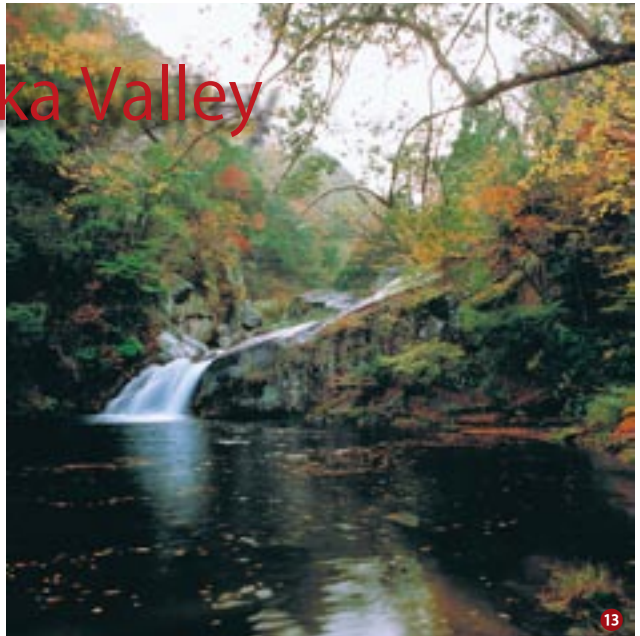
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Make sure to bring good sneakers. But if need be, there are also traditional Japanese warazori to use as well.



## The Oshika Valley

Nestled in the mountains near Misasa, this scenic valley features picturesque waterfalls, and a clear stream that offers a refreshing escape from the summer heat. Walk along the stream and find your own private swimming hole!



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**See you Soon!**



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