

Trekking Izu Oshima!

- Trekking Course -

Course 01 **Mt. Mihara Crater Path**

Difficulty: ★★ Average Time: About 2h40min
With a guide: 3.5 - 4 hours

See the lava flows that poured out from the crater as you climb Mt. Mihara. You can also see the crater itself, as well as neighbouring volcanoes in the distance such as the Izu Islands, Izu Peninsula, and Mt. Fuji. Feel the breath and warmth of the very earth itself.

START
Parking lot at the Mt. Mihara Summit Entrance

GOAL
Oshima Onsen Hotel

Geopark Exhibition at the Summit Entrance
Opening Hours: 9:30am - 3pm
Saturday, Sunday, and Public Holidays

- 1 Outer Rim Lookout (About 10 minutes)
- 2 Pahoe-hoe lava flows of 1777-78 (About 2 minutes)
- 3 Tip of the 1986 Lava Flow (About 30 minutes)
- 4 Splashes of Magma (About 35 minutes)
- 5 Path Around the Crater (About 50 minutes)
- 6 Summit Pit Crater
- 7 Fissure-Eruption Craters

Ascent: Go back the way you came (About 35 minutes)

Descent: About 25 minutes

Ura-Sabaku Desert (About 40 minutes)

Vegetation Regeneration Trail (About 25 minutes)

GOAL
Oshima Onsen Hotel Parking lot

Course 02 Mt. Mihara and the Ura-Sabaku Desert Full Course

Difficulty: ★★★ Average Time: About 3h20min
With a guide: 5 - 6 hours

This full-on course takes you on a walk around the Mt. Mihara summit, stopping by the Ura-Sabaku Desert, and ending at the Oshima Onsen Hotel. Apart from experiencing the Ura-Sabaku Desert, you can also see the strange lava flats formed by the 1986 fissure eruption, and walk through the beautiful green Regeneration Forest. At the end of the trip we recommend washing away your fatigue in the Oshima Onsen Hotel's gorgeous outdoor hot spring.

Caution: The start and end of this course are different.
(A bus runs between both the start and finish location. Oshima Bus: TEL 04992-2-1822)

START
Parking lot at the Mt. Mihara Summit Entrance

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- 7 Fissure-Eruption Craters
- 8 Ura-Sabaku Desert
- 9 Geo Rock Garden
- 10 Vegetation Regeneration Trail

GOAL
Oshima Onsen Hotel Parking lot

Precautions on the Recommended Model Courses

The average time listed does not include rests. It is based on a continuous walking pace. If you would like to take your time viewing the scenery, please prepare more time than listed.

- The courses go through areas with rough footing. Please wear hiking boots or athletic shoes with thick soles to prevent injury to your feet.
- Please do not enter restricted or dangerous areas.
- There is no shade at the summit. To prevent heat stroke please prepare plenty of water, and food or drinks containing electrolytes.
- The weather at the summit can change rapidly, and is often windier than at the base. Please be careful.
- It is dangerous to visit the summit and Ura-Sabaku Desert in strong winds and/or thick fog. Please judge appropriately, and reconsider your trip in bad weather.

IZUOSHIMA Summit Area MAP

Legend:
Toilet, No vehicles allowed, Evacuate here in the case of an eruption, Special Protection Zone in National Park, Parking

Trail to Oshima Onsen Hotel (About 60 minutes)
Sunlight Tunnel in the Shade of Trees
You can see strata at the outcrop by the carpark

Outer Rim Lookout (About 10 minutes)
Like melted chocolate

Pahoe-hoe Lava flows of 1777-78 (About 2 minutes)
Stripy lava?

Tip of the 1986 Lava Flow (About 30 minutes)
A bumpy lava flow

Splashes of Magma (About 35 minutes)
How Did This Happen?

Path Around the Crater (About 60 minutes)
A one-hour panoramic walk!

Summit Pit Crater (About 40 minutes)
Magma escapes from this massive crater

Ura-Sabaku Desert (About 40 minutes)
A black desert

Geo Rock-Garden (About 25 minutes)
Let your imagination run wild

Vegetation Regeneration Trail (About 25 minutes)
Take a walk through time

Akadare (Red Valley) (About 25 minutes)
A bright red gorge

Summit Trail (About 40 minutes)
Take your time enjoying this walking path

Omote-Sabaku Trail (About 50 minutes)
A phantom pond appears the day after it rains!

Path Around the Crater (About 50 minutes)

How Many Can You Find?
Spring: The young red leaves of knotweed, A flower that smells like pickled radish, A raccoon dog's tail
Summer: Brown cicadas resting on posts near the crater, A lizard popping out to say hello
Autumn: Ashitaba flowers that look like fireworks, The mountain sparkling like gold
Winter: Mt. Fuji sitting atop the Mihara Shrine Gate, A rose inside the crater
All year: Three orange eyes, Small rocks that sparkle blue, Islands floating in a cocktail glass, A playful dog, Evacuation shelters that look like igloos

Our Recommended Guided Tours!
The Izu Oshima Geo Guides help connect the mysteries behind the landscape in a fun and interesting way!
Izu Oshima Certified Geopark-Guide Tours
Half-day: from ¥5,500 per person (minimum 2 people per tour) (as of April 2021)
Enquiries: Oshima Tourism Association Tel.04992-2-2177

1 Outer Rim Lookout Like melted chocolate

This lookout overlooks the landscape formed by Izu Oshima's numerous eruptions. Inside the wide, flat land (caldera) that spreads out before your eyes lies Mt. Mihara, which formed during the Edo Period. The black streaks you can see are lava flows which spilled out in the eruption of 1986.

2 Pahoe-hoe Lava flows of 1777-78 Stripy lava?

After walking along the trail for a little while, you can see several little mounds on your right. These are all lava flows (Pahoe-hoe lava flows) formed in the great eruption that occurred during the Edo Period. The viscosity of the lava formed many strange patterns, with some looking like stacks of rope, or steamed buns!

3 Tip of the 1986 Lava Flow A bumpy lava flow

On November 19, 1986, lava flowed out over the crater edge of Mt. Mihara, running down the slope, and crossing a walking trail before stopping here. The thickness of the lava flow is approximately 5m here, and its bumpy texture is its specialty. If you climb the mountain, look up and imagine the eruption!

4 Splashes of Magma How Did This Happen?

Inside the Mt. Mihara crater, layers of magma splashed together and cooled to form a huge block. In the 1986 eruption, a part of this block broke off and was carried approximately 500m away from the crater before stopping here, just before the beginning of the Mt. Mihara descent path.

5 Path Around the Crater A one-hour panoramic walk!

This crater has a diameter of 300-350m, and a depth of 200m. You can walk around the entire crater in roughly one hour, seeing the beautiful outline of the island against the sea on all sides. In the distance you can also see Mt. Fuji, the Izu Peninsula, Izu Islands, Boso Peninsula and Miura Peninsula.

6 Summit Pit Crater Magma escapes from this massive crater

Magma from deep within the Earth rises and escapes through this crater. In 1986 the magma escaped the confines of the crater and flowed down the side of the mountain. In the walls of the crater you can see layer upon layer of rock from previous eruptions. In the surrounding area the magma beneath the surface heats water, creating steaming hillsides.

7 Fissure-Eruption Craters A flaming curtain!

Eruptions don't always occur only from the central crater. In 1986 a "fissure eruption" occurred along the northern slope. Several eruptions spewed from a 1km-long fissure running south-east to north-west, with magma spraying up to 1,500m high!

8 Ura-Sabaku Desert A black desert

During eruptions, fine grains of cooled lava and ash collected here in this black desert. Due to the strong winds that pass through, plants have not been able to take seed, leading to this large untouched expanse. However, in small pockets of areas protected by the wind you will see plants struggling against the odds.

9 Geo Rock-Garden Let your imagination run wild

This garden hosts rocks of various shapes and sizes. They collected here in less than a day, originally spit out through the fissure eruption of 1986, where they became broken and deformed as they were carried down the lava flow. What unique shapes and patterns can you see hidden in the rocks?

10 Vegetation Regeneration Trail Take a walk through time

In this harsh environment, vegetation regeneration begins with pioneer plants. This land, stained black from eruptions, gradually recovers vegetation from grasslands, to sparse tree cover, to a fully grown forest. See this several hundred-year journey of regeneration as you walk along this path.

11 Akadare (Red Valley) A bright red gorge

Here a small hill has formed from lava that fell and deposited here from the nearby volcano. The lava was exposed to air at a high temperature, which oxidized the minerals and turned the rock red. Over many years the hill was eroded, exposing the beautiful red rock, and forming this deep gorge. In the sea on the opposite side of the valley you can see the Izu Islands.

C Geopark Exhibition at the Summit Entrance Check it out before hiking!

Located right next to the Outer Rim Lookout, this exhibition is on the first floor of the Lookout Refuge Rest Area. You can talk to local guides, and see a video of the 1986 eruption!
Opening Hours: 9:30am - 3pm
Saturday, Sunday, and Public Holidays
Entry Fee: Free!

Izu Oshima is a Young and Active Volcanic Island!

The Izu Oshima Island was formed from submarine eruptions. The island itself is actually an active volcano. Repeated eruptions gradually built the island up until it grew above sea level to what you see today.

Volcanic activity sensors have been installed by the government and universities, and volcanic activity is constantly being monitored by the Bureau of Meteorology. In the case that an imminent eruption is detected, a notification will be announced over the island-wide loud speaker system. Before beginning your trip please check the current volcanic status, and confirm the correct evacuation procedures in the event that an eruption occurs while hiking.

Lookout Refuge Rest Area

Located by the hiking entrance the "Uta-no-chaya" and Lookout Refuge Rest Area provide a place to view posters about volcanic eruptions, and also offers free rental helmets.

Please Check!
Current Izu Oshima Volcanic Activity (Japan Meteorological Agency)