

YUZA AREA

The home of precious and exceptional water springs

1 Kamaiso Beach

Here you can enjoy the unusual scenery of spring water flowing out from the sandy beach. In summer, the cold spring water is a popular attraction for people swimming in the sea here. If you stick your leg in the water near one of the springs, you may be surprised at just how cold it is.



2 Jūroku-rakan-iwa (16 Arhat Rocks)

In these 100-thousand-year-old volcanic rocks, you can see carvings of arhats, Buddhist achievers of enlightenment or nirvana. They were carved in the 19th century (Meiji era) by the Buddhist monk of nearby Kaizenji Temple (Fukura area), in memorial of fishermen lost at sea and to pray for marine safety.



4 Ninotaki Waterfall (Ichinotaki and Ninotaki Waterfalls Valley)

These waterfalls (Ichinotaki, Ninotaki, and Sannotaki) are located about 500 m above sea level on the southern side of Mt. Chokai. The valley they lie in is filled with nature and surrounded by broadleaf trees, such as the Japanese beech. Ninotaki Waterfall has a height of about 20 m which can freeze into a giant pillar of ice during the coldest season.



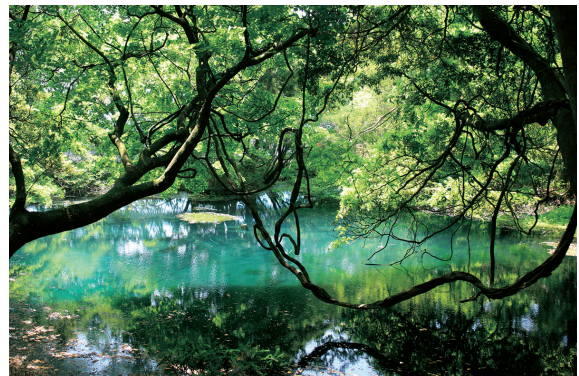
6 Chokai Lake

This lake was formed by water collecting in a crater where the volcano erupted in the past. Located about 1500 m above sea level, remaining snow can be seen in the area even in summer. Here you can see flower fields where alpine plants bloom one after another, as if chasing the melting snow.



3 Dōhara Waterfalls

If you look closely at these waterfalls, you will see that instead of flowing over a cliff, they are actually springing directly from the side of the mountain. The waterfalls lie at the edge of rocks created by lava flow about 100 thousand years ago.



5 Ushiwatari River and Maruike-sama Pond

The spring water flowing abundantly here creates a mysterious scene. In early summer, the aquatic plant *baikamo* sways beautifully on the river's surface, and in autumn and winter, large numbers of salmon swim upstream. These sites are both located at the edge of rocks created by lava flow from Mt. Chokai.



Kinowanosaku Site



Shōnai Sand Dunes



Tateiwa Rock



Mt. Chokai Omoini Shrine

Visit our website for more information.



Mt. Chokai & Tobishima Island Geopark

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Mt. Chokai & Tobishima Island Geopark is an area created by volcanoes and earthquakes, where you can experience the cycle of water and life through the region's geological, natural, and cultural heritage.

Geopark sites are divided into four categories where you can experience and learn about the different heritages of the region. These sites hold high scientific value and are used for education, tourism, and other purposes.

Geological Site Natural Site Cultural Site View Point



The Cycle of Water and Life from the Sea of Japan and the Earth

Mt. Chokai & Tobishima Island Geopark

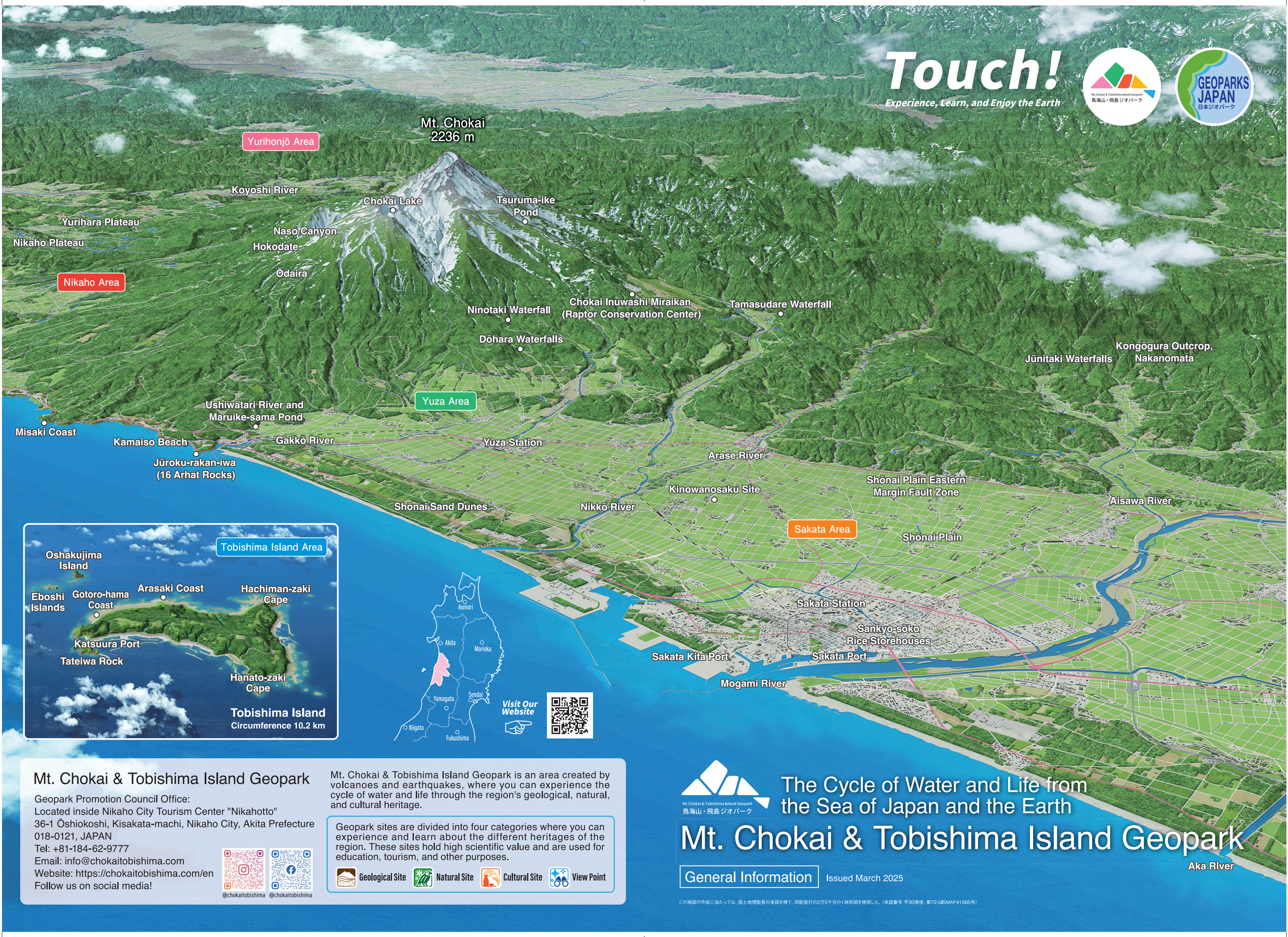
General Information

Issued March 2025

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Touch!

Experience, Learn, and Enjoy the Earth



Diverse land and nature where the Japanese golden eagle soars

SAKATA AREA

2 Tsuruma-ike Pond

A forest of Japanese beech trees surrounds this pond, and from the fresh green of spring to the vibrant colors of autumn, the scenery here is beautiful throughout the year. Along Route 368, there is a view point (known locally as "nozoki") where you can see the pond and its surrounding terrain. They were created by a landslide, which made a depression in the land that collected water to form the pond.



3 Jūnitaki Waterfalls

Twelve waterfalls of varying size lie in succession, their collective name meaning "twelve waterfalls." Each of them has its own flow and appearance, and you can enjoy their variety as you walk along the hiking trail. The rock making up the waterfalls is a hard volcanic rock called rhyolite, which formed a long time ago when most of northeastern Japan was under the sea.

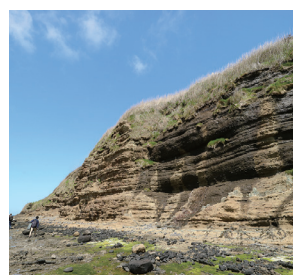


TOBISHIMA AREA

Island of wonders where you can feel the diversity of the land

1 Gotoro-hama Coast

Tobishima Island was not always the island we see today. It was created by repeated volcanic activity that settled in layers at the bottom of the sea. That land rose over time through many earthquakes, eventually becoming an island. At Gotoro-hama Coast, you can see the evidence of this at 20 m above sea level, in a sheer cliff that showcases the alternating layers of volcanic debris and ash.



2 Eboshi Islands

Located about 1 km west of Tobishima Island, these islands are known for their characteristic pillar-like rock shapes. They are nicknamed "lumber rocks" by the islanders for their appearance. These shapes are formed by cracks known as columnar joints, which formed while the lava that made the rocks cooled. The surrounding sea is very clear, making it a popular spot for scuba diving and rock fishing.



3 Arasaki Coast

Here you can see a variety of coastal plants. From early summer, flowers bloom one after another, including the *sukashi-yuri* lily and the endemic Tobishima daylily. The beautiful scenery of the coast and the Eboshi Islands nearby has been selected as one of the "100 Best Coasts of Japan."



How to Enjoy the Geopark

The geopark features sites where the Earth's heritage, the natural environment, and human culture are all interconnected. Certified Geopark Guides can take you on a journey through the story of the land, sharing these connections to help you make the most of your experience. Availability of English-speaking guides is limited. To request a guided tour, please contact the Geopark Promotion Council.

Not sure where to visit first? Sample itineraries are available on our website. Scan the QR code to learn more.

This region is home to many natural and cultural resources. We ask for your cooperation in enjoying them responsibly and sustainably. Scan the QR code to see important guidelines for a safe and sustainable visit.



YURIHONJŌ AREA

1 Kuwanokidai Wetland

Amidst a forest of Japanese beech trees and deciduous shrubs, you can enjoy nature while walking along the wooden paths. Around June, when some snow still remains on Mt. Chokai, the cotton-tipped stalks of hare's-tail cottongrass and the brightly-colored Japanese azalea make a beautiful sight. This wetland, created by the debris avalanche of Mt. Chokai long ago, is located at an elevation of 690 m and spreads over an area of about 8 hectares (80,000 m²).

3 Botsumeki Spring

This spring is a popular source of water for the local people, used for everything from every-day use to brewing local beer. Located at the northern foot of Mt. Yashio, it can produce as much as 900 tons of water per day. It is thought to originate from a fault line running north-south in the area of Mt. Yashio.

4 Ishizawa Waterfall and Byōbu-iwa (Folding Screen Rocks)

A clear stream runs through this beautiful ravine, with high cliffs on either side creating an impressive scene. Among these cliffs lie a rock formation called "Byōbu-iwa," meaning "folding screen rocks," and Ishizawa Waterfall just beyond. Here you can see geological features from about 30 million years ago, when Japan was part of the Eurasian continent.

5 Katakunuma Wetland

Various-sized puddles and ponds spread across the wetland, creating a beautiful scenery that is home to many wetland plants. Located at a low elevation of about 30 m, it is thought to be the remains of the flow of the Imokawa River from more than 10,000 years ago.

Water and its blessings flowing through the mountains, rivers, and sea



2 Hottai Waterfall and Potholes

A representative symbol of the Yurihonjō area, this waterfall boasts three levels and a total height of 57 m. It is formed by 100-thousand-year-old lava from Mt. Chokai and the abundant water that flows down the mountain today. Its highlights include cracks formed when the lava cooled (columnar joints) and round holes created by the force of water eroding the rocks (potholes).



6 Ryūgahara Wetland

A walking trail leads around the edge of this wetland, where you can see alpine plants as well as the changes of the seasons. It is said that in the past, those on a religious journey to the summit would stop on their way to cleanse themselves in the water here. Located about 1170 m above sea level, this flat land was created by the debris avalanche of Mt. Chokai, then filled by water from the mountain to form a wetland.



 Train	Akita Shinkansen		Uetsu Main Line		Uetsu Main Line	
	Tokyo Station	Akita Station	Ugo-Honjō Station	Kisakata Station		
	Joetsu Shinkansen	Niigata Station	Sakata Station	Yuza Station		
	Joetsu Shinkansen	Niigata Station	Sakata Station	Yuza Station		
 Airplane	Haneda Airport	Akita Airport	Akita Station	Uetsu Main Line	Yurihonjō City	
	Haneda Airport	Shonai Airport		Uetsu Main Line	Sakata City	
 Car	Sendai City	Tohoku Expressway/Yamagata Expressway	Sakata City	Route 7	Yuza Town	Route 7
	Niigata City	Nihonkai-Tohoku Expressway		Route 7	Nikaho City	Route 7
	Niigata City	Nihonkai-Tohoku Expressway		Route 7	Nikaho City	Route 7
	Akita Airport IC	Nihonkai-Tohoku Expressway	Honjō IC	Nihonkai-Tohoku Expressway	Nikaho IC	



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"Perotto"

A Taste of the Land and its Story

Mt. Chokai & Tobishima Island Geopark Certified Products

These certified products are recognized for showcasing the unique aspects and appeal of the region and its resources. The "Perotto" program encourages enjoyment of local products, and promotes local industry that utilizes the geopark's resources.

Look for the official seal!

Visit our website for more.

Land created by the debris avalanche of Mt. Chokai

1 Kujūkushima Islands

About 2500 years ago, the partial collapse of Mt. Chokai caused a debris avalanche that changed the surrounding terrain. It created over 100 small hills, or "islands" in the lake that lay here. The famous poet Matsuo Bashō wrote about this scenery before it changed again in 1804, when an earthquake caused the land to rise, leaving only the islands where the lake once was.

2 Shishigahana Wetland, Nakajimadai

Along the gently-sloping terrain of Mt. Chokai lies a rich green forest of Japanese beech trees. Among them are some strangely-shaped trees called "agariko," the biggest of which is known as "Agariko Daiō," meaning "king of the agariko." Thanks to its abundant spring water, Shishigahana Wetland is also home to a moss known as "Chokai marimo."

3 Mototaki Springs (Waterfall)

Flowing tirelessly from the side of a cliff, this waterfall is actually springing directly from the gaps in the rock, rather than flowing down from above. The sound of water flowing over the rock and the mist that covers the area create a mysterious atmosphere. The cliff from which the springs flow is the edge of a lava flow from about 100 thousand years ago.

4 Nikaho Plateau

This plateau offers a view of Mt. Chokai and green pastures dotted with ponds and wetlands. Located at an elevation of about 500 m, it was created by land that accumulated from a debris avalanche on Mt. Chokai.

5 Kamigō Warming Canals

Built in 1927, these canals were designed by the residents of the Kamigō area to warm the cold water from Mt. Chokai, making it usable for agriculture. The canals are wide and shallow with many steps the water has to flow down, mixing it with the air. They are considered a Civil Engineering Heritage by the Japan Society of Civil Engineers.

6 Misaki Coast

This coast, located at the border of Yamagata and Akita Prefectures, was created by lava that flowed from Mt. Chokai several thousand years ago. A stone-paved former road remains in a forest of Japanese bay trees. This road was known to be rough and dangerous, and is home to legends about *yokai* creatures called *Tenaga-ashinaga*.

There are many more sites to explore and enjoy throughout the geopark!

Yurihonjō

Shinzan Park

Buried Trees

Naso-no-shirataki Waterfall and Kinpo Shrine

Visit our website for more information.

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