



United Nations
Educational, Scientific and
Cultural Organization



San'in Kaigan
UNESCO
Global Geopark

Ueyama Highlands Course

Beautiful highlands and Japanese
beech forests created by volcanic activity

Lava that spread over the mountains formed the beautiful Ueyama Highlands, which offer various natural spectacles throughout the year. Visitors can get close to the rich natural environment of the highlands, including Japanese silver grass fields, as well as natural Japanese beech forests that are inhabited by wild animals.



Ueyama Highlands in fall

Basic Course

- Start** Estimated walking time
- Parking lot**
7 min ↓ About 200m
- ① "Ueyama," a small volcano
12 min ↓ About 400m
- ② Pasture in Japanese silver grass fields
10 min ↓ About 300m
- ③ View from the Highlands
40 min ↓ About 1.5km
- ④ Shobu Pond
40 min ↓ About 1.5km
- ⑤ Japanese beech forest
60 min ↓ About 2km
- Parking lot**
Necessary time: 3h
Total distance: About 6km

Short Course

- Start** Estimated walking time
- Parking lot**
7 min ↓ About 200m
- ① "Ueyama," a small volcano
12 min ↓ About 400m
- ② Pasture in Japanese silver grass fields
10 min ↓ About 300m
- ③ View from the Highlands
30 min ↓ About 1km
- Parking lot**
Necessary time: 1h
Total distance: About 2km

"Furusato-kan," the core facility of the Ueyama Highlands Eco Museum

The Ueyama Highlands Eco Museum provides outdoor activities, such as wildlife tours, and various hands-on learning activities. It is also involved in monitoring and conservation activities of the Japanese beech forest, Japanese silver grass fields and wild animals.
More info: Ueyama Highlands Furusato-kan (Tel:0796-99-4600)
URL: <http://www.ueyamakougen-eco.net/>



Walking among the Japanese beech trees



The summit of Ueyama Highlands



Superb views



Japanese gentian (flowers in the fall)

④ Shobu Pond

Can you find them?
A chair-shaped tree

Start

Best spot for lunch!

Ueyama Highlands Mountain Shelter

① "Ueyama," a small volcano

Main animals and plants that can be observed in the Ueyama Highlands

<Throughout the year>

(Animals/Birds/Fish) Inuwashi (Golden eagle) • Kumataka (Mountain Hawk-eagle) • Kogera (Japanese Pygmy Woodpecker) • Yamagara (Varied Tit) • Uguisu (Japanese Bush Warbler) • Uguisu (Japanese Bush Warbler) • Iwana (Char) etc
(Plants) Buna (Japanese Beech) • Katsura (Katsura tree) • Tochinoki (Japanese horse chestnut) • Yukizasa (False Solomon's Seal) • Susuki (Japanese Silver Grass) etc

<Spring> (Flowers)

Shojo-bakama (Heloniopsis orientalis) • Uwamizu-zakura (Japanese Bird Cherry) • Futarishizuka (Chloranthus serratus) etc

<Summer> (Animals/Birds)

Oruri (Blue-and-White Flycatcher) etc
(Butterflies) Ichimonji-cho (The White Admiral) • Asagimadara (Chestnut Tiger) • Hyomon-cho (Marbled Fritillary) etc
(Flowers) Kakiran (Thunberg's Epipactis) • Himenochi (Ilex leucoclada) • Sankayo (Diphyleia grayi) • Takeshimaran (Streptopus Streptopoides var. japonica) • Tajima-tamura-so (Salvia omerocalyx Hayata) • Iwatabako (Conandron ramondoides) etc

<Fall> (Flowers) Rindo (Japanese gentian) • Ominashi (Dahurian patrinia) • Ashiusugi (Japanese cryptomenia) • Jini-so (Saxifraga cortusifolia) • Daimonji-so (Saxifraga fortunei) etc

*Research by the Ueyama Highlands Eco Museum



Toilet



Parking lot



Restaurant



Explanation signboard



Watch your step

Legend

Basic Course

Short Course

Superb view

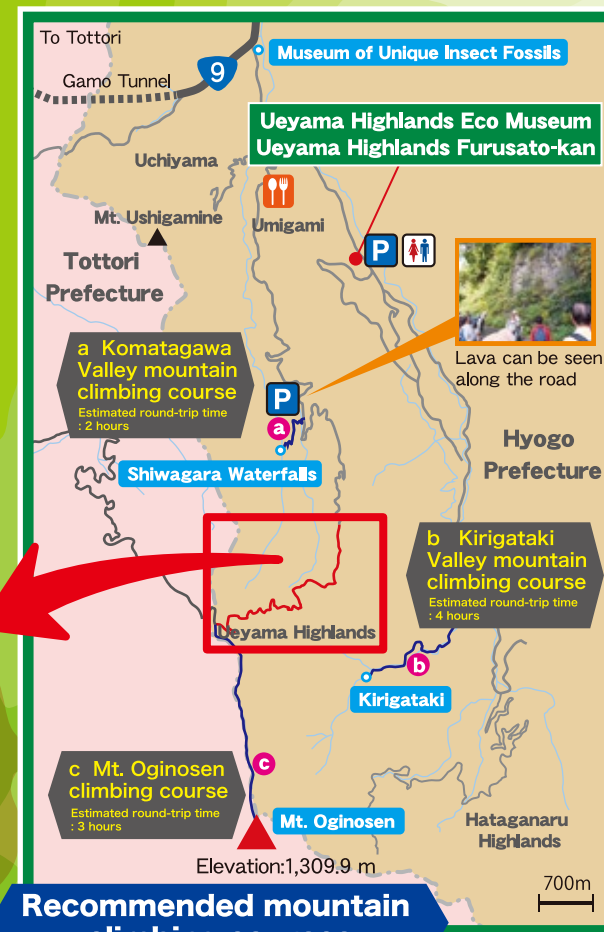
Route



San'in Kaigan Geopark Walk model course

First edition: 2013.1.29 Last updated: 2018.2.28

To preserve these beautiful natural assets, please leave stones and plants as they are. Keep out of dangerous places and do not go off-limits. What you can bring home with you are happy memories, photos and local souvenirs!!



Recommended mountain climbing courses

These are full-on courses. Anyone attempting them needs to be well equipped and accompanied by an experienced mountain climber.

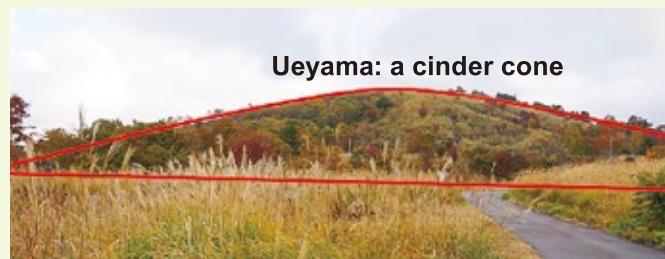
Quiz!

In a nearby area called Umigami, there is a traditional dance that is a municipally designated important intangible folk-cultural property. Can you guess the name of the dance? The answer is at the back!

Don't forget to bring a bear bell when walking in the mountains!

Ueyama Highlands' many places of interest

① "Ueyama," a small volcano



Ueyama: a cinder cone

Ueyama is a cinder cone volcano created by volcanic activity long ago (see the column below). Its surface has been eroded beyond recognition. However, the present convex topography, which looks like an upside-down bowl, gives visitors a glimpse of its original form. Japanese silver grass covers the whole mountain, and there are some natural trails that lead to the summit, allowing visitors to explore the highlands while enjoying a refreshing breeze. The view from the summit is definitely a sight to behold.

② Pasture in Japanese silver grass fields



Japanese silver grass fields spread out over the lava-covered highlands. These fields offer scenic landscapes throughout the year: buds in spring, dark green foliage and blue sky in summer, gold in autumn, and silver white in winter. The area is also used for Tajima cattle pasture during summer. Visitors will no doubt enjoy the scenery, made all the more charming by the fine-coated grazing cattle.

③ View from the Highlands



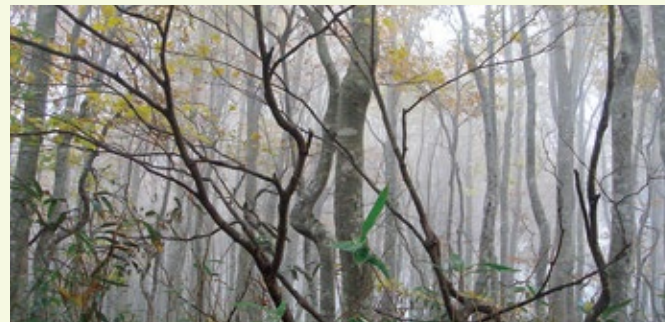
Looking down from the highlands, travelers are afforded a great view of the San' in Kaigan Geopark, where the Sea of Japan and the mountains are side-by-side. In the days when dinosaurs roamed the land, the Sea of Japan did not exist; cracks that formed in the Asian continent are what gave birth to the sea. The movements of the earth really are dynamic, don't you think? The shimmer of sunset and the sparkling sea are particularly impressive in the evening.

④ Shobu Pond



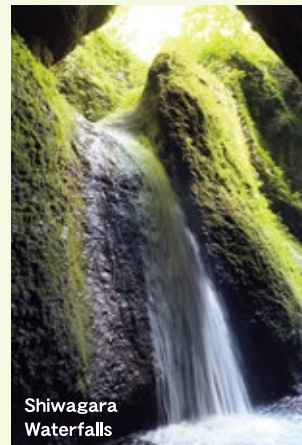
Reflecting the surrounding landscape of broad-leaved forests, the peaceful surface of the water offers a natural spectacle that varies greatly between seasons. This pond itself was made for agricultural use as a stable water supply, and is an oasis where dragonflies and other wild creatures gather.

⑤ Japanese beech forest



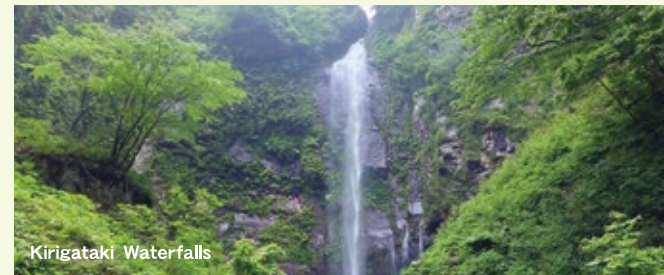
An abundant oak and Japanese beech forest surrounds Mt. Oginosen and the Ueyama Highlands. A lush Japanese beech forest lines the trail that leads to Mt. Oginosen, offering a peaceful backdrop to tired climbers. Various kinds of creatures live here and you may be lucky enough to encounter some lovely forest animals.

An Extra a : Komatagawa Valley



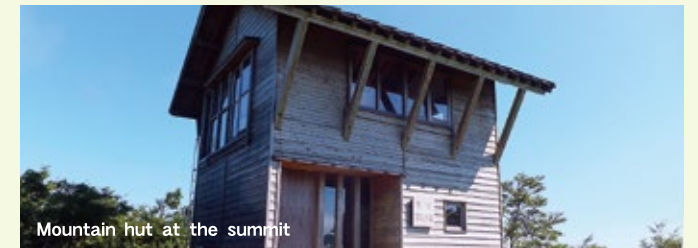
With steep cliffs and many curiously-shaped waterfalls, Komatagawa Valley is designated as a place of scenic beauty by Hyogo Prefecture. Shiwagara Waterfalls plunge into a cave formed by erosion, and visitors can admire the waterfalls from inside the cave. There are other waterfalls nearby, such as Katsura Waterfalls, Nunotaki Waterfalls and Uodome Waterfalls. The rich natural environment here has been preserved, including giant katsura trees, Tajima-tamura-so (Salvia omerocalyx Hayata), Nagae-no-azami (Cirsium longepedunculatum, a kind of thistle) and skunk cabbage.

An Extra b : Kirigataki Valley



Located at the end of the Ueyama Highlands, Kirigataki Waterfalls are 750 m above sea level, 45 m in width and 65 m in height. The waterfalls flow down from the top of the 20 m thick lava that covers the strata of Mt. Oginosen. As the water falls, it sprays into the air in the form of a mist. The name Kirigataki (lit. mist waterfalls) is attributed to this phenomenon. Recently it has been attracting interest as a rarely-visited waterfall.

An Extra c : Mt. Oginosen

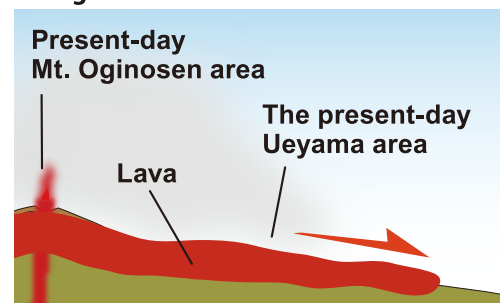


Mt. Oginosen is a volcano which is 1309.9 m above sea level, located on the border of Hyogo and Tottori prefectures, with its summit is on the Tottori side. The mountain itself is made up of an andesite and basalt lava flow which erupted between 400 thousand and 1.2 million years ago. A natural Japanese beech forest, something of a rarity these days in Japan, is maintained and serves as the natural habitat of various creatures. On sunny days, the top of the mountain commands panoramic views of Mt. Daisen, Koyamaike Lake, the Tottori city area and the Sea of Japan in the distance.

Geo-Column ①

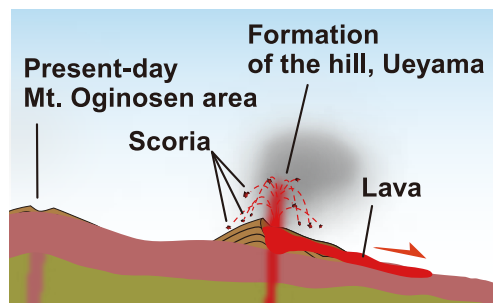
How was the Ueyama Highlands formed?

① The area around the Ueyama Highlands was once covered with lava



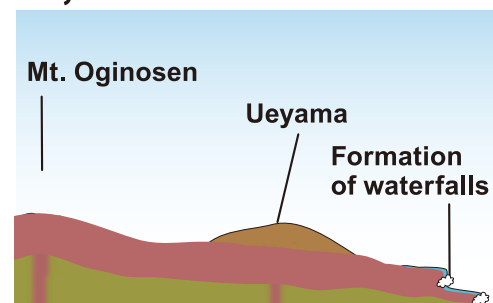
Volcanic activity in the area surrounding Mt. Oginosen caused a large amount of lava to flow through the entire Ueyama Highlands region. This lava later cooled down and became solid. As the result of the process, the entire Ueyama Highlands region was once covered with thick lava.

② A cinder cone was formed on the solidified lava



Volcanic eruptions occurred in the area where the present-day Ueyama Highlands are located. Scoria (volcanic rock made from drops of frothy lava that has cooled down and solidified) accumulated around the volcanic vent. In this process, the hill now known as Ueyama that is made of accumulated scoria was formed. Lava flowing out from Ueyama also covered the surrounding area.

③ The ground was eroded by wind and rain



The present topography is a result of wind and rain erosion. Valleys and waterfalls were formed by the erosion caused by the river.

Quiz - Answer

Umigami Kasa-odori (Folk dancing using an umbrella)
*Why don't you ask local people about the details?

Geo-Column ②

Japanese silver grass fields in the Ueyama Highlands

While the Japanese beech forests grew naturally, the Japanese silver grass fields in the Ueyama Highlands were grown as a result of the day-to-day activities of the local people. However, those fields changed into bamboo grass fields as local people became unable to maintain them by mowing and pasturing. Measures to restore the Japanese silver grass fields are underway; the grass is mowed, burned, used as pasture for cattle and utilized effectively alongside bamboo as animal feed, all the while maintaining a continuous link between people and the natural environment.



Controlled burn of the Japanese silver grass fields

Geo-Column ③

Lush Japanese beech forest

Natural Japanese beech forest serves as the natural habitat of various creatures. The area is a habitat for deer, martens, hares, wild boars and raccoon dogs. Moreover, the Ueyama Highlands is the habitat of birds such as Blue-and-White Flycatcher, Japanese Pygmy Woodpecker, Varied Tit, Golden Eagle as well as animals such as Asiatic black bears. While the affluent ecosystem of this mountain region was gradually damaged around 1955 due to cedar afforestation, these days various measures for regeneration of the natural environment are taken mainly by the local residents.



Hiking among the Japanese beech in the late winter