

Season Spring - Fall

Duration of stay 4 nights, 5 days

Marvel at Stunning Natural Formations while Admiring the Mountains and Seas of Izu

Notes

- Surround yourself with the sea, mountains and forests of the Izu Peninsula and islands, and enjoy a variety of activities in the area.
- Explore the diverse sites of the Geopark, and witness the magnificent temporal and spacial scale of Izu's terrain, which was formed by tectonic activity.



Japanese Beech, Hatchō Pond Area, Mt. Amagi



Kōzu Island



Wasabi field



Cape Irō



Sakuyuri Lilies, Mt. Mihara



Day1

Morning Mishima (Private railway [Izuhakone Railway, Sunzu Line]) 40min → Shuzenji Station 50min → Amagitoge Bus Stop Mt. Amagi Hiking (This area has been known as a production center for boat construction materials since ancient times, as recorded in Japan's oldest historical document, the Nihon Shoki. Even now, towering Japanese cedar and Japanese beech trees grow in the forest.) (Nobori-Gyōkō Trail) 180min →

Afternoon Hatchō Pond (Kudari-Hatchō Pond Trail and Kudari-Gyōkō Trail) 150min → Suiseichishita Bus Stop 20min → or 210min → Mizudare Bus Stop → Kawazu Nanadaru Waterfalls (The beautiful shape of the valley was created by both lava flows and the flow of water.) 60min → Kawazu Nanadaru Bus Stop and (Private railway [via Kawazu Station]) 30min → Shimoda Station → Shimoda Area [Accommodation] (The Shimoda area is blessed with multiple hot springs and an abundant sea harvest.)

Day2

A Course	B Course	C Course
Shimoda Area (Courtesier car) → Morning-Afternoon Minamizu Coast Activity 07 Sea Kayaking Tour of Geosites (360min) (Marvel at scenery unique to the sea as you kayak along the shore. From sea caves to Jakudari Dike, a magma dike that penetrates the substratum, there is much to admire.) → Shimoda Area [Accommodation]	Shimoda Area 40min → Morning-Afternoon Irōzakikō-guchi Hike the Izu Seinan Coast Promenade (Walk the coastal promenade from Cape Irōzaki's Irō Shrine, enshrined since ancient times, to Mera Bay, and admire the many scenic spots along the way.) 480min → Mera 45min → Shimoda Area [Accommodation]	Shimoda Area 10min → Morning Kisami Bus Stop Explore Cape Tarai Promenade (Follow the coast from the mysterious Ryugu Sea Cave with its natural skylight to Ounohama Beach, where many fantastically shaped rocks can be found.) 120min → Kyukamura Minami-Izu 40min → Afternoon Tsumekizaki Bus Stop Excursion To Tsumekizaki, Shimoda 120min → Suzuki Bus Stop 15min → Shimoda Area [Accommodation]

Day3

9:30a.m. Shimoda Port (Shinshin Kisen) 140min → 11:50a.m. (or 1:30p.m.) Kōzu island Port (or Takō Port) → Noon Kōzu island 60min → or 10min → Kuroshima Trailhead
Afternoon Hike Mt. Tenjō (The island is a world of contrasts, from the moon-like landscape of Omote-sabaku and Ura-sabaku to the brilliance of the island's seasonal flowers.) 300min → Shiroshima Trailhead, Mt. Tenjō 30min → or 10min → Island Area [Accommodation]
Evening Stargazing (Enjoy a night sky unblemished by artificial light and brimming with stars from the beach and observatory.)

Day4

Morning Takowan Bay Swimming Area (Swim facing an impressive layer of obsidian in these seas connected to the Stone Age.) 15min → 1:30p.m. Kōzu island Port (Tokai Kisami jetfoil, Atami Route ※With the exception of summer, large passenger boats are used. [Depart morning, arrive afternoon - 4 hours]) 60min → 2:30p.m. Oshima Motomachi Port (or Okata Port) 15min → Chiso Danmen-mae Bus Stop
Tour Large Senba Stratum Section (The repeated eruptions of Oshima are on display in the cross-section of stratum visible along the roadside.) Explore Sanohama Beach (60min) (The black sand of this beach is unique to the islands and composed of basalt.) 120min → Mabushi Bus Stop 20min → Oshima Motomachi [Accommodation]

Day5

Activity 09 Tour with a certified guide! Feel the breath of Earth at the Izu Ōshima Geopark (360min) (Experience the contrasts that exist on Kōzu Island, from its white sand to the black of its crater basin, and observe the differences between eruption debris from different eras.) 240~360min → Afternoon Oshima Park, Motomachi, Izu Oshima Volcano Museum, etc. (Learn the history and lifestyle of islanders and the active volcano.) 5min → or 5min → Oshima Motomachi Port (or Okata Port) (Jetfoil) 100min → Takeshiba Warf (Hamamatsucho) or Atami Port

Legend for itinerary symbols

✈ Airplane 🚊 Train/JR 🚗 Car (rental car) 🚕 Taxi 🚌 Fixed-route bus/shuttle bus 🚢 Boat 🚶 Ropeway 🚲 Bicycle rentals 🚶 Walking 📷 Photo spot