

## Japan's Forests with Breathtaking Views: Selections from the Tourist Destinations in National Forest

Forests have provided both mankind – and indeed all living things – with safety, sustenance and security for an eternity. The lush greenery and gentle breeze of the forest is surely enough to rekindle nature's vigor in any soul.

With more than 70% of Japan landmass covered in abundant greenery, the Forestry Agency is working to create "Recreation Forests" to inspire as many as possible to rediscover the wonder of nature. The best forests to visit have been carefully selected and compiled as "Japan's Forests with Breathtaking Views."

### Know before You Visit: General rules for visitors

- 1 Help protect wild animals and plants. When you bring your pets, please mind your manners and give consideration to the surrounding environment.
- 2 Damaging trees or stealing any forest product is penalized by law. Even collecting plants covering the ground of forest are prohibited within protection forests designated by law.
- 3 Do not enter the area beyond walking trails, or public squares. Please follow the rules for each Recreation Forest such as no camping outside the designated area.
- 4 Do not enter the area with 'No Entry' or 'Keep Out' sign.
- 5 When making a stop for rest or any other purposes, please look around and confirm that the area is safe without any risk of being hit by falling branches or rocks.
- 6 Enjoy mountaineering on your own responsibility. Please ensure that you submit your plan for mountaineering to a police station in the area as well as to your family members, your friends or colleagues after checking out climate and other necessary information for mountaineering and fully being equipped. Please also fill in 'the Name List of Climbers and Visitors', which is placed at the mountain entrance.
- 7 Do not enter forests under bad weather conditions.
- 8 Do not dispose of any leftover food in the forest. Please take your garbage home with you.
- 9 Smoking is permitted only in special areas. Make sure to extinguish any fires, e.g. after smoking cigarettes.
- 10 Mountain paths are potentially dangerous to walk. Do not use smartphone while walking. When taking photos, please remain fully aware of your surroundings and do not bother other visitors in any way.
- 11 If you wish to use an unmanned aerial vehicle (drone), you need to submit prior written notice to District Forest Office. Please contact the nearest Regional Forest Office or District Forest Office of national forest beforehand.

### Yamato Sanzan Recreation Forest Access Map



### Access

#### By public transport:

- [Mt. Kaguyama] ● About 30 minutes on foot from Kintetsu Osaka Line Miminashi Station (about 2.0 km)  
 [Mt. Unebi] ● About 8 minutes on foot from Kintetsu Kashihara Line Unebiryomae (about 0.6 km)  
 [Mt. Miminashi] ● About 15 minutes on foot from Kintetsu Osaka Line Miminashi Station (about 2.0 km)  
 [Mt. Kaguyama / Mt. Miminashi]  
 ● JR Osaka Station → (JR Osaka Loop Line: about 15 minutes) → JR Tsuruhashi Station → (about 3 minutes on foot) → Kintetsu Tsuruhashi Station → (Kintetsu Osaka Line Suburban Semi-express: about 61 minutes) → Miminashi Station  
 [Mt. Unebi]  
 ● JR Osaka Station → (JR Osaka Loop Line: about 15 minutes) → JR Tsuruhashi Station → (about 3 minutes on foot) → Kintetsu Tsuruhashi Station (Kintetsu Osaka Line Express: about 31 minutes) → Kintetsu Yamato-yagi Station → (Kintetsu Kashihara Line: about 3 minutes) → Unebiryomae Station

#### By car:

- [Mt. Kaguyama] ● Minami-Hanna Road → (public road: about 11 km) → Mt. Kaguyama  
 [Mt. Unebi] ● Final exit from the Minami-Hanna Road → (public road: about 10 km) → Mt. Unebi  
 [Mt. Miminashi] ● Final exit from the Minami-Hanna Road → (public road: about 11 km) → Mt. Miminashi

### Yamato Sanzan Recreation Forest

Address : [Mt. Kaguyama] Minamiura Town, Kashihara City, Nara Prefecture  
 [Unebiyama National Forest] Unebi Town, Kashihara City and other areas  
 [Miminariyama National Forest] Kihara Town, Kashihara City

Management office contact details:  
 Nara Forest Administration Office  
 FAX : 0742-53-1502

Yamato Sanzan Recreation Forest Management Committee  
 (Committee Secretariat Green Spaces and Landscape Division, Kashihara Municipal Office)  
 FAX : 0744-24-9715

National Forest Planning Division,  
 Forestry Agency, MAFF

The Official Recreation Forests Website of the Forestry Agency  
[http://www.rinya.maff.go.jp/e/national\\_forest/recreation\\_forest/index.html](http://www.rinya.maff.go.jp/e/national_forest/recreation_forest/index.html)



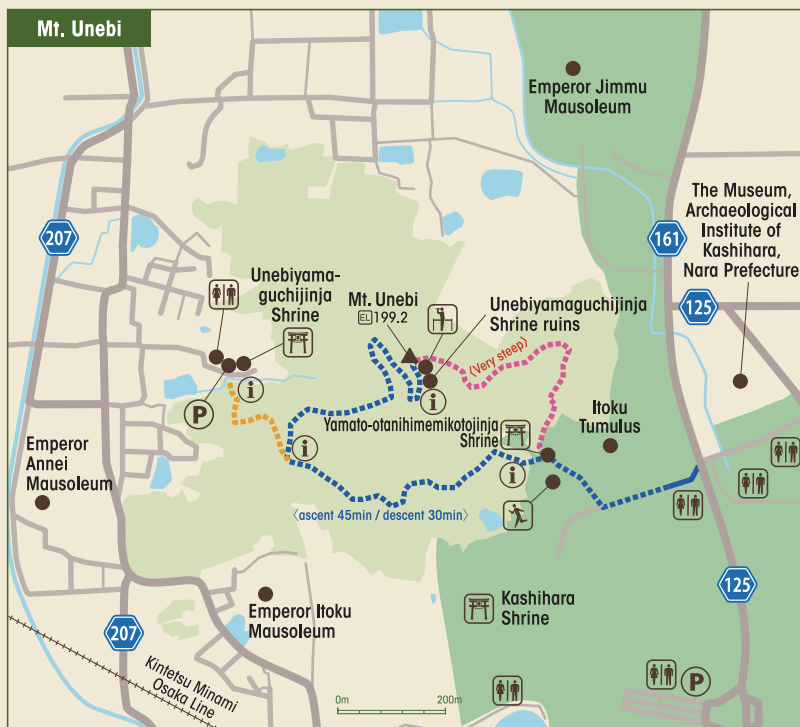
# YAMATO SANZAN

## Recreation Forest



# Yamato Sanzan, mountains with an air of romance from the Manyoshu (Japan's oldest existing poetry anthology)

## Yamato Sanzan Recreation Forest Map



### Climate, flora and fauna

Kashihara City has a warm temperate zone climate, with an average temperature of 15.3°C and relatively high average annual rainfall of 1765 mm. Vegetation in the Yamato Sanzan includes Konara (*Quercus serrata*) and Ryobu (*Clethra barbinervis*), but it mostly consists of evergreen broad-leaved forests consisting mainly of Arakashi (Japanese blue oak (*Quercus acuta*)) and Shirakashi (*Quercus myrsinaefolia* Blume).



Cherry blossoms and Mt. Miminashi

### Attractions

The Yamato Sanzan are easy for beginner-level hikers because their slopes are gentle and the mountain trails are in good condition. Even the steepest ascent, Mt. Unebi, only gains an elevation of about 130 m, making all of the peaks appropriate for hikers of all ages at any time of year. The mountains captivate visitors with their picturesque silhouettes and the varied impressions they give from different angles. A hiking course that takes in the historic sites, shrines and temples at the bases of the Yamato Sanzan is recommended. In this way, visitors can experience the areas that inspired myths and Manyoshu poems and view the three mountains from Fujiwara Palace. Visitors can even rent bicycles and breathe the romantic air of the Yamato Sanzan memorialized in Manyoshu.

#### [Recommended hiking course]

Yamato-yagi Station (about 2.7 km) → Mt. Miminashi (about 2.0 km) → Fujiwara Palace Ruins (about 2.1 km) → Mt. Kaguyama (about 1.4 km) → Kashihara Insect Museum (about 1.2 km) → Honenji Temple (about 1.4 km) → Ruins of Moto-Yakushiji Temple (about 1.4 km) → Emperor Jimmu Mausoleum (about 1.5 km) → Mt. Unebi (about 0.5 km) → Kashiharajingu Shrine (about 0.8 km) → Kashiharajinja Shrine mae Station (Entire course: about 15.0 km)



Kashiharajingu Shrine and Mt. Unebi

### Geographical / topographical features

Yamato Sanzan collectively refers to three mountains that rise in the Asuka region at the southern end of the Nara Basin in Nara Prefecture: Mt. Kaguyama (152.4 m) in the east, Mt. Unebi (199.2 m) in the west and Mt. Miminashi (139.7 m) in the north. They are noted for their beautiful shapes. Mt. Unebi and Mt. Miminashi are both volcanic peaks, but Mt. Kaguyama is said to have originally formed part of a ridge extending northwest from Mt. Tono-Mine which eventually gained the shape of a single peak through weathering and erosion.



View of Mt. Unebi from Asuka Village

### Historical / cultural features

The Yamato Sanzan are regarded as sacred mountains, visited by deities. Shrines have been founded and worshiped at the summits and/or bases of these mountains, including the Amano-Kaguyamajinja Shrine, which appears in the Kojiki (Records of Ancient Matters; an ancient Japanese text) and the Nihon Shoki (Chronicles of Japan; an ancient Japanese text). Uneyamaguchijinja Shrine and Miminashiyamaguchijinja Shrine are both listed in the Register of Deities (Jinnyocho) in the Engishiki (Procedures of the Engi Era; an ancient Japanese text).

The Yamato Sanzan have also figured prominently in Japanese poetry, including poems included in Manyoshu (Collection of Ten Thousand Leaves) and Kokin Wakashu (a collection of ancient and modern Japanese poetry), two important Japanese poetry anthologies. A long poem in Manyoshu entitled "Fujiwara no Miya no Mii no Uta" implies that Empress Jito chose land protected by the Yamato Sanzan to build "Fujiwara no Miya" (Fujiwara Palace) in 694 in the hope of ensuring its eternal prosperity. The Fujiwara Palace ruins command a magnificent view of the Yamato Sanzan even today.



Amano-Kaguyamajinja Shrine

### Information

- Elevation(m) 65–199 (Mt. Unebi)
- Area (ha) 64.32
- Entrance fee Free
- Operating seasons Accessible 24 hours a day
- Accommodation options [Outside the forest] There are accommodations around Kintetsu Yamato-yagi Station and Kashihara-jingumae Station in the city.
- Car parking capacity / parking charges [Mt. Kaguyama] Free parking for 5 vehicles at the Mt. Kaguyama Tourist Toilet Parking Lot  
[Mt. Unebi] Pay parking for 750 vehicles at the Kashiharajingu Shrine Parking Lot, 500 yen each time  
[Mt. Miminashi] Free parking for 36 vehicles at the Miminashiyama Park Parking Lot