

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.

Takarazuka Recreation Forest Access Map



Access

By public transport:

- 15 minutes on foot from Hankyu Nakayama-kannon Station
- 5 minutes on foot from the Hankyu Nakayama Kannon Kitaguchi bus stop of Hankyu Bus
- JR Osaka Station → (5 minutes on foot) ⇄ Hankyu Umeda Station → (Hankyu Takarazuka Main Line: about 30 minutes) → Hankyu Nakayama-kannon Station
- Takarazuka bus stop → (Hankyu Bus: 40 minutes) → Hankyu Nakayama Kannon Kitaguchi bus stop

By car:

- Chugoku Expressway Takarazuka IC → (public road: about 10 minutes) → Takarazuka Recreation Forest

Takarazuka Recreation Forest

Address : Nakayamadera, Takarazuka City, Hyogo Prefecture

Management office contact details:
Hyogo District Forest Office
FAX : 0790-62-4790

Takarazuka Recreation Forest Management Committee

(Park and River Division, Takarazuka Municipal Office)
TEL : 0797-77-2021

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



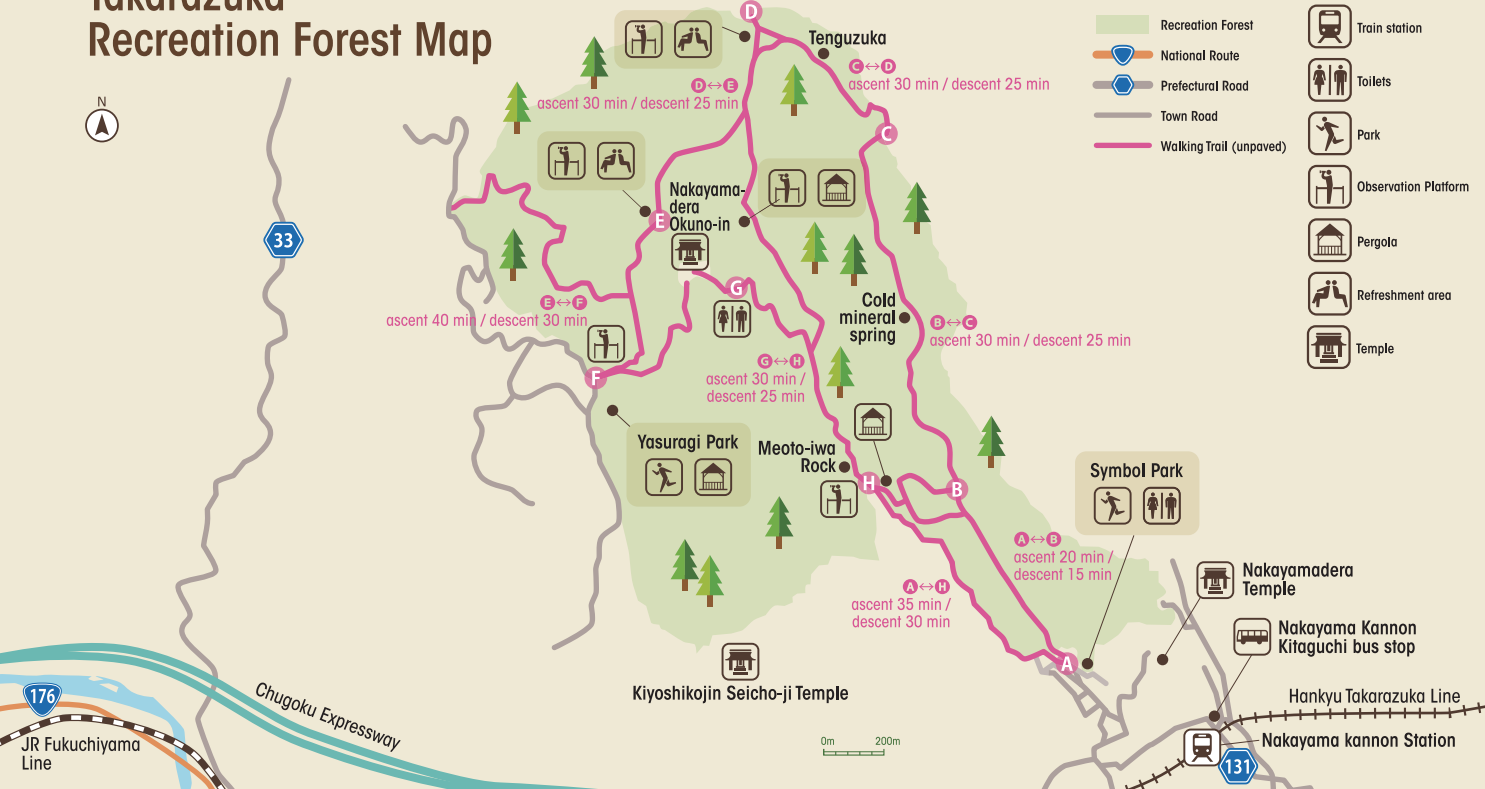
TAKARAZUKA

Recreation Forest



Kitanakayama Yasuragi-no-michi hiking trail in Takarazuka — a verdant, serene trail

Takarazuka Recreation Forest Map



Climate, flora and fauna

The area has a temperate Seto Inland Sea climate. It is a natural forest mainly consisting of broad-leaved trees. Along the mountain trails, tall deciduous trees including Irohamomiji (Japanese maple (*Acer palmatum* Thunb.)) and Konara (*Quercus serrata*) and plants such as Tsutsuji (Rhododendron subgen. *tsutsusi*), Nejiki (*Lyonia ovalifolia* ssp. *Neziki*) and Natsuhaze (*Vaccinium oldhamii* Miq.) thrive. In spring, cherry (*Prunus*) trees captivate visitors to Meoto-iwa Enchi and Yasuragi Hiroba.



Paradise of blooming Tsutsuji (Rhododendron subgen. *tsutsusi*)

Attractions

The Takarazuka Recreation Forest is conveniently located near an urban area in Takarazuka City which has a population of 200,000 people. With mountain trails criss-crossing the forest, it is a popular outdoor spot that families can easily visit.

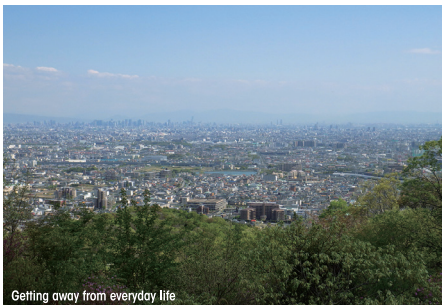


Taking a break

Geographical / topographical features

The forest is located almost at the center of Takarazuka City in Hyogo Prefecture. In addition to a panoramic view of the city of Takarazuka, visitors are treated to magnificent views extending from the Rokko Mountains to the Muko Plain and Osaka Bay from the Meoto-iwa Enchi resting place and other places along the ridge within the forest.

Also, a grassy meadow named "Yasuragi Hiroba" has been developed at the west end of the forest where hikers can take a break and eat their packed lunches.



Getting away from everyday life

Historical / cultural features

Nakayamadera Temple stands at the foot of the mountain. Visitors can pray there for the safe birth of a healthy child and the temple is crowded with visitors who come to receive "oharaobi" (maternity belts) on Inu no Hi ("dog day," a day to pray for safe and easy delivery) on the traditional Japanese calendar. Another historic site is Kiyoshikojin Seicho-ji Temple, the main temple of the Shingon Sambo sect of Buddhism, built more than 1,100 years ago at the command of Emperor Uda. Okuno-in, the inner sanctum of Nakayamadera Temple, stands near the center of the forest, about 50 minutes on foot from the main hall of Nakayamadera Temple.



Okuno-in, the inner sanctum of Nakayamadera Temple

Information

- Elevation(m) 80–464
- Area (ha) 252.36
- Entrance fee Free
- Operating seasons Accessible 24 hours a day
- Accommodation options [Outside the forest] There are many Japanese inns for tourists and business hotels in and around Takarazuka City.
- Car parking capacity / parking charges No parking lot is available at the Recreation Forest, but privately run parking lots are available around Hankyu Nakayama-kannon Station. The parking fee is approximately 100–200 yen per hour.