

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.

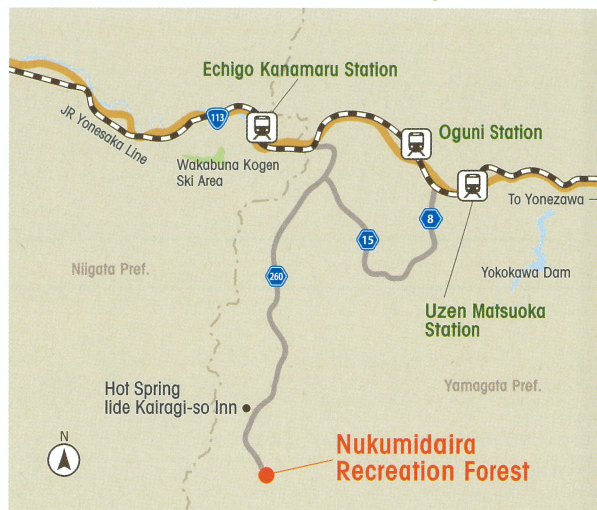
With more than 70% of Japan landmass covered in abundant greenery, the Forestry Agency is working to create "Recreation Forests" to inspire as many as possible to rediscover the wonder of nature.

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.

Nukumidaira Recreation Forest Access Map



Access

By public transport:

● Oguni Station is approx. 90 minutes from Yonezawa Station on the JR Yonesaka Line

[July 1 – August 31 only]

● Oguni Station (approx. 60 minutes by municipal bus) → lide-sanso (approx. 20 minutes on foot) → Nukumidaira Recreation Forest

[Other times]

● Oguni Station (approx. 40 minutes by municipal bus) → Hot Spring lide kairagi-so (approx. 90 minutes on foot) → Nukumidaira Recreation Forest

By car:

● Oguni Station (approx. 28 km / approx. 40 minutes) → Nukumidaira Recreation Forest

Nukumidaira Recreation Forest

Address : Kotamagawa, Oguni-machi, Nishioikitama-gun, Yamagata Prefecture

Management office contact details:

Okitama District Forest Office

FAX : 0238-62-3553

Shirol Mori Oguni Forest Environment Improvement Committee

(Within the Industry Promotion Division, Oguni Municipal Office)

FAX : 0238-62-5464

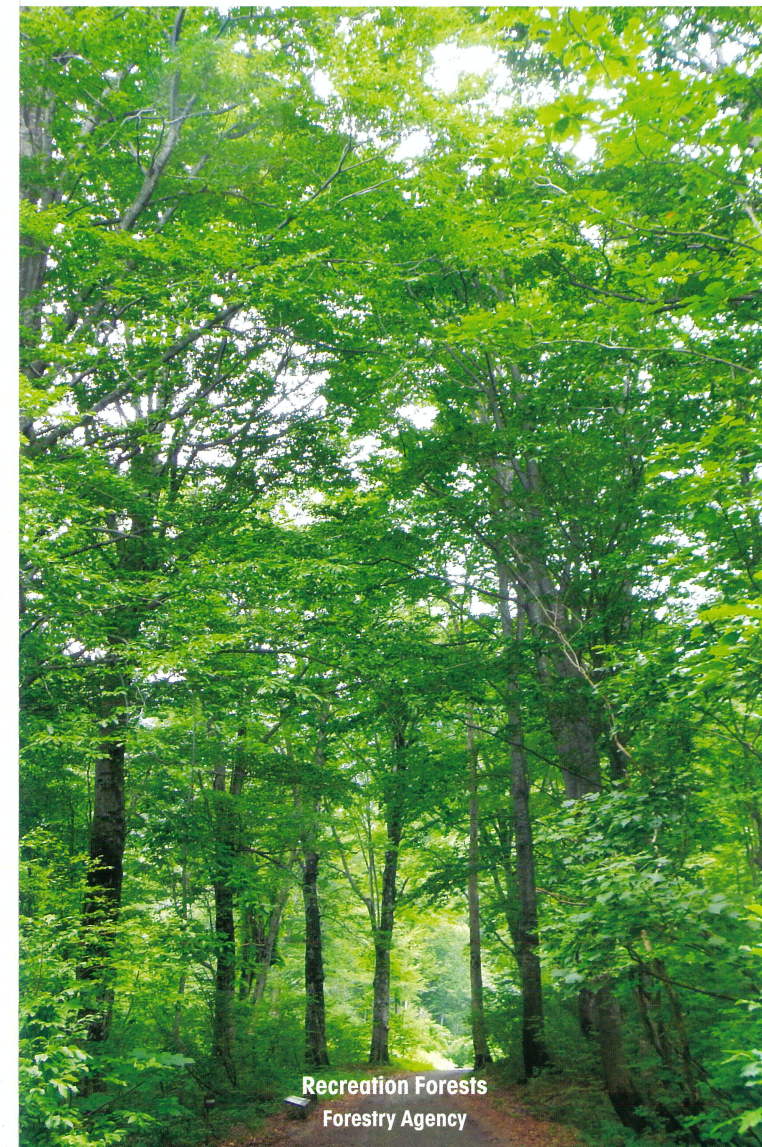
National Forest Planning Division, Forestry Agency, MAFF

The Official Recreation Forests Website of the Forestry Agency
http://www.rinya.maff.go.jp/e/national_forest/recreation_forest/index.html



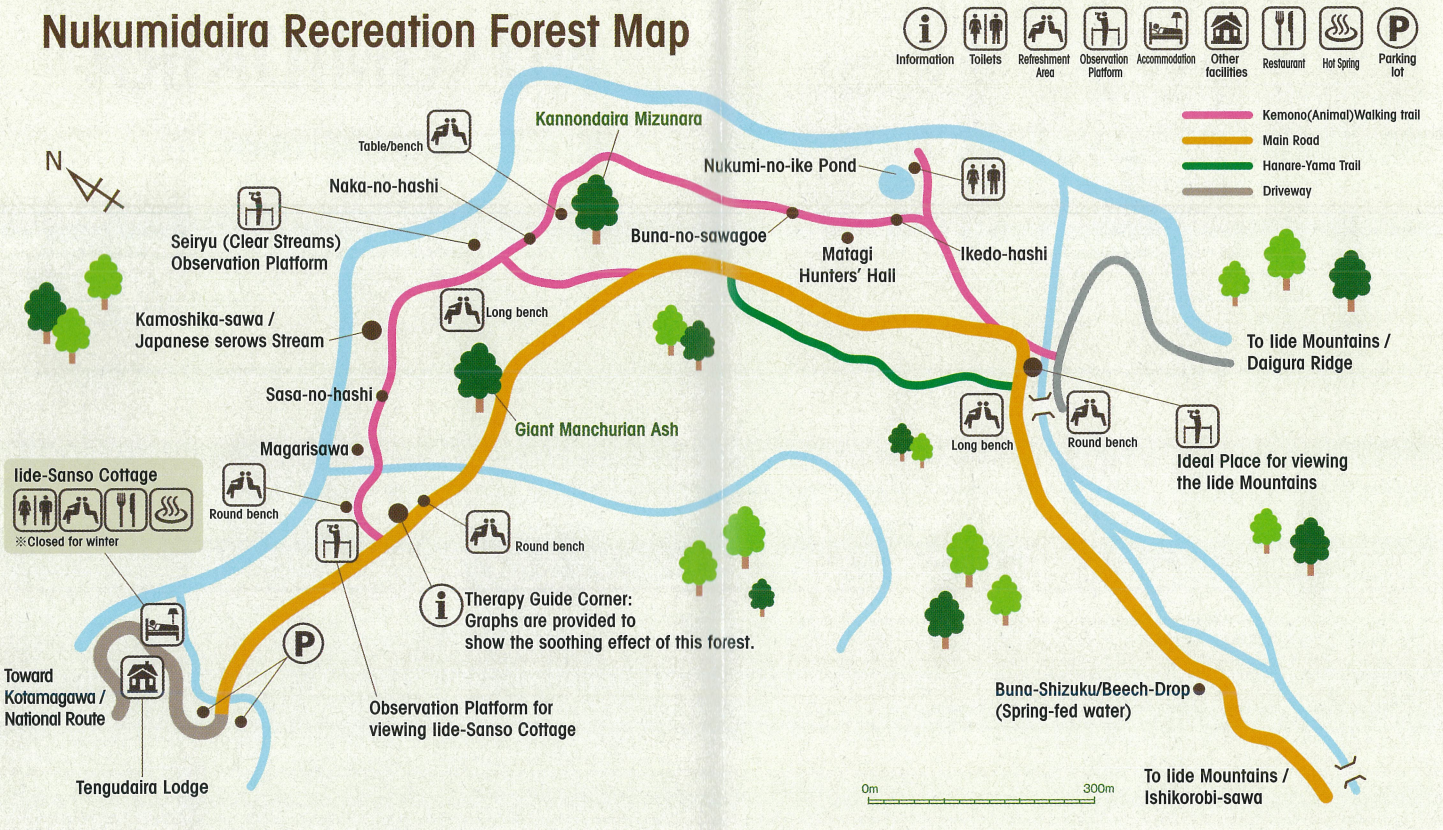
NUKUMIDAIRA

Recreation Forest



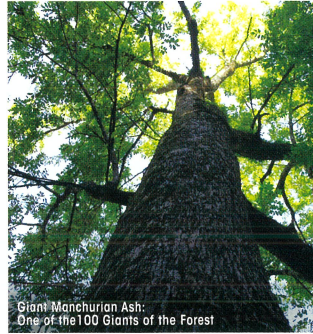
Forest Therapy Base — The White Forest of Oguni — Nukumidaira beech forest

Nukumidaira Recreation Forest Map



Climate, flora and fauna

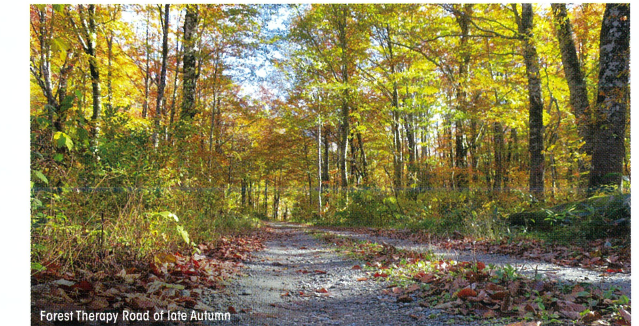
Located in the Sea of Japan climatic zone, this is one of Japan's foremost heavy snowfall areas and is blessed with abundant water resources. Its rich ecosystem includes a virgin forest principally made up of buna, Japanese beech (*Fagus crenata* Blume) and mizunara, one species of Japanese oak (*Quercus crispula* Blume), along with rare fauna such as tsukinowaguma, Asian black bear (*Ursus thibetanus*), inuwashi, Japanese golden eagle (*Aquila chrysaetos japonica*), and kumataka, mountain hawk-eagle (*Nisaetus nipalensis*). The white trunks of the beech trees and the snow that blankets the area in winter has led Nukumidaira to be nicknamed the "White Forest."



Giant Manchurian Ash: One of the 100 Giants of the Forest

Attractions

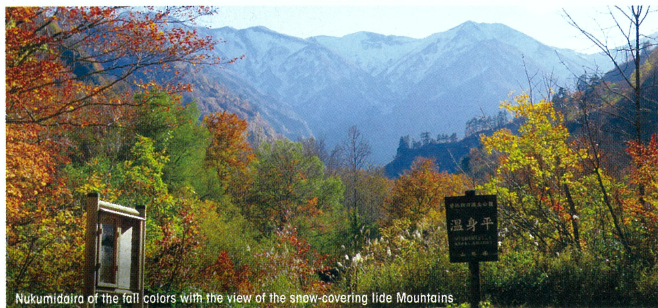
Nukumidaira means "warm plain." As the name suggests, the terrain in this Recreation Forest is quite flat, making it an ideal place for a walk. Even complete novices can enjoy forest trekking here, easily covering the 5.5 km of paths in the beech forest in around two hours, while getting a close-up view of the magnificent Iide Mountains and savoring the effects of forest therapy as it soothes both body and mind.



Forest Therapy Road of late Autumn

Geographical/ topographical features

Located at the foot of the Iide Mountains in Bandai-Asahi National Park, at an altitude of 450 m



Nukumidaira of the fall colors with the view of the snow-covering Iide Mountains

Historical/ cultural features

The Japanese term "shinrin-yoku" (forest bathing) is now beginning to be used overseas. Just as bathing in a hot spring helps to soak your cares away, going for a walk in the woods is said to have a soothing effect. Tests by a variety of experts have shown Nukumidaira to perform exceedingly well as a soothing forest. As a result, it was certified as Japan's first Forest Therapy Base in 2006. Forest therapy®: This is a private initiative run by the Forest Therapy Society, a specified nonprofit corporation. For further details, please visit the society's website. <http://www.fto-society.jp/index.html>



Forest Therapy Base - Nukumidaira beech forest

Information

- Elevation(m) 420–500
- Area (ha) 54.68
- Entrance fee Free
- Opening seasons Mid-June – Early November (approximately)
Walking path: 5.5-km round trip, approx. 2 hours on foot
- Accommodation options There are several accommodation facilities nearby
- Car parking capacity / parking charges Space for approximately 100 vehicles, (Free of charge)