

THINGS TO DO BY 2030

IN JAPAN'S NATURAL WORLD HERITAGE SITES

SHIRETOKO / SHIRAKAMI-SANCHI / OGASAWARA ISLANDS / YAKUSHIMA AMAMI-OSHIMA ISLAND, TOKUNOSHIMA ISLAND, THE NORTHERN PART OF OKINAWA ISLAND AND IRIOMOTE ISLAND









30 THINGS TO DO BY 2030 IN JAPAN'S NATURAL WORLD HERITAGE SITES

In 1993, two Japanese sites were inscribed on the UNESCO Natural World Heritage list: Shirakami-Sanchi, a mountainous area in Aomori to Akita and Yakushima Island in Kagoshima. Shiretoko in Hokkaido was added to the list in 2005, followed in 2011 by the Ogasawara Islands in Tokyo, and then in 2021 by an expansive region in southern Japan that includes Amami-Oshima Island, Tokunoshima Island, the northern part of Okinawa Island, and Iriomote Island.

The Tokyo Metropolitan Government and the Tokyo Convention & Visitors Bureau collaborate with Hokkaido, Aomori, Akita, Kagoshima, and Okinawa—prefectures containing Natural World Heritage areas—on tourism promotions that make use of the name recognition and brand image of the Natural World Heritage list. To share the appeal of Natural World Heritage areas more broadly and convey each area's nature conservation efforts and the rules and manners visitors are expected to follow while sightseeing there, we have created this digital brochure.

In this brochure, we introduce 30 "missions" for visitors to Japan's Natural World Heritage sites. Each mission offers unique lessons about the wonders of nature and the vitality of Japan's flora and fauna, and represents a chance to experience first-hand what the SDGs are truly about. We hope they will be of interest to travelers who seek to go beyond sightseeing and enjoy experiences and discoveries to protect the future of our planet.

^{*}The Sustainable Development Goals are a set of 17 international development goals for 2030. They are part of the 2030 Agenda for Sustainable Development adopted at the 2015 UN Sustainable Development Summit.

Building on the success of Millennium Development Goals (MDGs), the 17 SDGs include 169 individual targets for eradicating poverty and realizing a sustainable world. The SDGs are universal, applying to developed and developing countries alike, and include the important pledge to "Leave no one behind."

Japan is striving as part of the international community to ensure that the SDGs are achieved.

 $Source: Ministry\ of\ Foreign\ Affairs\ of\ Japan \quad https://www.mofa.go.jp/policy/oda/sdgs/index.html$

World Heritage properties are those judged by the World Heritage Committee* to have "Outstanding Universal Value"—meaning especially important value for all humankind—and inscribed on the World Heritage List and be conserved for future generations. This includes natural properties, cultural properties, and mixed properties with both natural and cultural value.

Natural Heritage Criteria

To be recognized as Natural World Heritage, a site must meet the relevant criteria in at least one of four areas: natural beauty; geology and geomorphology; ecosystems; and biodiversity.

The site must contain superlative natural phenomena or areas of exceptional natural beauty and aesthetic importance.

(viii) Geology and geomorphology

The site must be an outstanding example representing major stages of earth's history, including the record of life, significant on-going geological processes in the development of landforms, or significant geomorphic or physiographic features.

(ix) Ecosystems

The site must be an outstanding example representing significant on-going ecological and biological processes in the evolution and development of terrestrial, fresh water, coastal and marine ecosystems and communities of plants and

The site must contain the most important and significant natural habitats for in-situ conservation of biological diversity, including those containing threatened species of Outstanding Universal Value from the point of view of science or conservation.

About World Natural Heritage https://world-natural-heritage.jp/en/about/

World Natural Heritage in Japan

[Kagoshima]

Yakushima

Area: 10,700 ha

Recognized by UNESCO: 1993



Ecosystems

From Tokyo: Haneda Airport ► (1 h 45 min) ► Kagoshima Airport ► (40 min) ► Yakushima Airport

From Osaka: Osaka International Airport (Itami) ►> (1 h 45 min) ► Yakushima Airport

https://world-natural-heritage.jp/en/yakushima/

[Kagoshima / Okinawa]

Amami-Oshima Island, Tokunoshima Island, Northern part of Okinawa Island,

and Iriomote Island

Area: 42,700 ha

Recognized by UNESCO: 2021



Amami-Oshima Island

From Tokyo: Haneda Airport ►+ (2 h 30 min) ► Amami Airport

From Osaka: Osaka International Airport (Itami) ▶ + (1 h 50 min) ▶ Amami Airport

From Tokyo: Haneda Airport ► (1 h 45 min) ► Kagoshima Airport ► (1 h) ► Tokunoshima Airport From Osaka: Kansai International Airport or Osaka International Airport (Itami) ▶→ (1 h 15 min)

► Kagoshima Airport ► (1 h) ► Tokunoshima Airport

Northern part of Okinawa Island

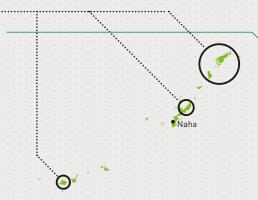
From Tokyo: Haneda Airport ► (2 h 30 min) ► Naha Airport ► (2 h 30 min) ► Ogimison From Osaka: Kansai International Airport or Osaka International Airport (Itami) ▶ → (2 h) ▶ Naha Airport ▶ Car (2 h 30 min) ▶ Ogimison

From Tokyo: Haneda Airport ▶→ (3 h) ▶ New Ishigaki Airport ▶ 🛱 🚘 Bus or taxi (30 min) ▶ Ishigaki Port Ferry Terminal ▶ 🚊 Ferry (40 min) ▶ Iriomote Island (Uehara) From Osaka: Kansai International Airport or Osaka International Airport (Itami) ▶ → (3 h 20 min) ▶ New Ishigaki Airport ▶ 🖨 🚖 Bus or Taxi (30 min) ▶ Ishigaki Port Ferry Terminal ▶ ♣ Ferry (40 min) ▶ Iriomote Island (Uehara)

https://world-natural-heritage.jp/en/amami-okinawa/









IN JAPAN

[Hokkaido]

Shiretoko

Area: 71,100 ha

Recognized by UNESCO: 2005







From Tokyo: Haneda Airport ► (1 h 45 min) ► Memanbetsu Airport ► Shari Bus Shiretoko Airport Liner (2 h 15 min) or Car (2 h 15 min) Shiretoko (Utoro)

From Tokyo: Haneda Airport ► (1 h 40 min) ► Nakashibetsu Airport ► Car (1 h 10 min) ► Shiretoko (Rausu)

From Osaka: Kansai International Airport or Osaka International Airport (Itami) >+ (1 h 15 min) > Haneda Airport ► (1 h 45 min) ► Memanbetsu Airport ► Shari Bus Shiretoko Airport Liner (2 h 15 min) or 🖨 Car (2 h 15 min) ▶ Shiretoko (Utoro)

From Osaka: Kansai International Airport or Osaka International Airport (Itami) ▶ → (1 h 45-50 min) ▶ Shin-Chitose Airport ► (50 min) Nakashibetsu Airport Car (1 h 10 min) Shiretoko (Rausu)

https://world-natural-heritage.jp/en/shiretoko/

[Aomori / Akita]

Shirakami-Sanchi

Area: 17,000 ha Recognized by UNESCO: 1993





From Tokyo: Haneda Airport → (1 h 15 min) → Aomori Airport → Car (1 h 5 min) → Shirakami-Sanchi area (Ajigasawa) ▶ 🚘 Car (50 min) ▶ Shirakami-Sanchi area (Fukaura)

From Tokyo: Haneda Airport ► (1 h 10 min) ► Odate-Noshiro Airport ► Car (30 min) ► Shirakami-Sanchi area (Fujisato)

From Osaka: Osaka International Airport (Itami) ► (1 h 15 min) ► Aomori Airport ► (1 h 5 min) ► Shirakami-Sanchi area (Ajigasawa) ▶ (\$\infty\$ Car (50 min) \$\infty\$ Shirakami-Sanchi area (Fukaura)

From Osaka: Osaka International Airport (Itami) > (1 h 5 min) > Akita Airport > (2 h 10 min) >

Shirakami-Sanchi area (Fujisato)

https://world-natural-heritage.jp/en/shirakami/

[Tokyo]

Ogasawara Islands

Area: 7,900 ha

Recognized by UNESCO: 2011





Walk (7 min) ▶ Takeshiba Pier ▶ ਨ Ferry (24 h) ▶ Ogasawara Islands (Chichijima)

From Osaka: Shin-Osaka Station ▶ ■ Shinkansen (2 h 20 min) ▶ Shinagawa Station ▶ ☐ Keihin-Tohoku Line or Yamanote Line (5 min) ▶ Hamamatsucho Station ▶ Walk (7 min) ▶ Takeshiba Pier ▶ ♣ Ferry (24 h) ▶ Ogasawara Islands (Chichijima)

https://world-natural-heritage.jp/en/ogasawara/



Icons Used in This Brochure

Each of the 30 missions is marked with the icon of the most relevant SDG. (For more on the SDGs, see page 27.)





Recognized by UNESCO: July 2005

Area: 71,100 ha

Characteristics: Home to both northern and southern species of marine and land flora and fauna. Has the densest population of brown bears in the world. An important waystation for migratory birds.









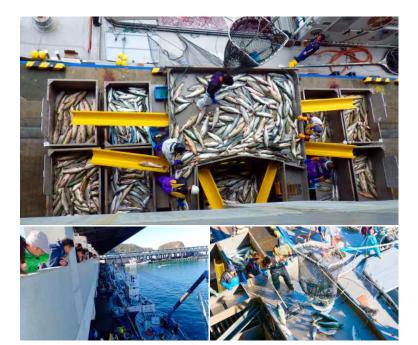
 $01/_{30}$



Watch the fishing boats unload the daily catch of salmon.







Salmon is a keystone species in the Shiretoko ecosystem, right alongside the brown bear, and one of the components of the area's World Heritage listing.

The Shiretoko town of Shari catches more salmon than anywhere else in Japan. Utoro Fishing Port has a rooftop viewing area called the Utoro Salmon Terrace where visitors can watch salmon, walleye pollack, and pink salmon unloaded from the fishing boats directly below.

Autumn mornings (from around 7 to 10) are particularly spectacular, with massive hauls of huge fish unloaded by crane. The powerful, leaping fish underscore the richness of Shiretoko's seas.

Shiretoko Shari-cho Tourist Association https://www.shiretoko.asia/

02/30



Walk the forest surrounding the mystical Shiretoko Goko lakes.



The Shiretoko Goko are five lakes with a mystical atmosphere surrounded by primeval forest. As of 2011, visitors can visit the lakes via either an elevated wooden pathway or a ground trail.

The elevated wooden pathway is a 40-minute round trip to one of the lakes and back. There is no charge to use it, and its barrier-free design is accessible to wheelchair users and people with strollers.

The ground trail visits all five lakes. A small fee is charged for its use and visitors must first listen to a presentation on how to get the fullest experience from the primeval forest. In summer, when the brown bears are most active, the ground trail can only be used as part of a guided tour, for safety reasons

Shiretoko Goko Lakes Field House https://www.goko.go.jp/

03/30



See the Rausu drift ice and the vitality of its wild fauna.







Drift ice season in Rausu comes in early February, as temperatures drop below -10° C. The Minehama Parking Area offers a fine vantage point for viewing the drift ice. The sight of hundreds of Steller's sea eagles and white-tailed sea eagles that have come south to winter in Shiretoko is the envy of birdwatchers worldwide.

To enjoy the sight even more, join a drift ice observation cruise from Rausu Fishing Port. Along with the birds of prey, you'll find yourself startlingly close to seals and other animals found on the ice. A snowy Shiretoko Peninsula surrounded by icy seas is a sight unique to the coldest part of the year in Rausu, when the seas are harsh but filled with life. At sunrise and sunset, the sun's rays turn the sky and icy ocean a brilliant crimson, creating even more magical vistas.

Rausu Town Hall https://kanko.rausu-town.jp/





Discover unforgettable views on a coastal cleanup trek.









Want to do your part for nature conservation while admiring stunning Shiretoko sea views? Then this coastal cleanup trek is for you. You'll hike the coast with a guide who knows everything there is to know about nature in Shiretoko, and pick up garbage that has drifted ashore along the way. The garbage is separated for disposal, and ways to upcycle reusable materials into other items are currently being explored.

Your reward for this contribution is the unforgettable vistas of the Shiretoko coast—the waters offshore, and the Shiretoko Mountains inland, occasionally with seabirds soaring overhead.

Cleanup treks are currently only available for groups and educational touring parties, but organizers are exploring ways to welcome individual travelers as well. The treks offer an adventurous atmosphere and plenty of opportunities to think about the global environment.

Shiretoko Shari Association https://www.shiretoko-sustainable.com/





Get a closer look at Mount Rausu from Shiretoko Pass.







Shiretoko Rausu Visitor Center http://shiretokorausu-vc.env.go.jp/

Shiretoko Pass is roughly halfway down the Trans-Shiretoko Highway (National Route 334) that connects Utoro and Rausu. The pass's highest point has a parking lot with an observation deck. The main attraction is 1661-meter Mount Rausu, directly ahead and completely visible, making this one of the most popular scenic drives in the Shiretoko area. Mount Rausu is also known as "Shiretoko Fuji" and is home to a dazzling variety of high-altitude flowers. On a clear day, Kunashir Island in the Northern Territories can also be seen from the pass.

The Trans-Shiretoko Highway is also an important route for local residents, and it is closed from early November to late April when winter conditions are too dangerous for driving. It has the shortest accessible period of any Japanese national highway. If you encounter a brown bear or red fox while driving the route, do not stop the car, but quickly and carefully pass by.





Visit Kumagoe Falls, one of the "Eight Views of Rausu."







Shiretoko Rausu Visitor Center http://shiretokorausu-vc.env.go.jp/

Kumagoe Falls can be found in the foothills of Mount Rausu, about 400 meters on foot from National Route 334. The name literally means "bear-crossing falls," and legend has it bears did use the falls to travel back and forth. The falls are one of the well-known "Eight Views of Rausu."

Kumagoe Falls has a 15-meter drop and is at its most impressive when the water level rises in spring. A new walking route to the best spot for viewing the falls opened in 2018. The route is lined with ferns and painted maple trees established to be 200 years old.

The walk from the highway to the viewpoint is around 20 minutes, with little difference in elevation. Before visiting, check the latest information from the Shiretoko Rausu Visitor Center. Make sure to dress appropriately for the walk and carry a bear bell and bear spray in case of an encounter.

To Don't List

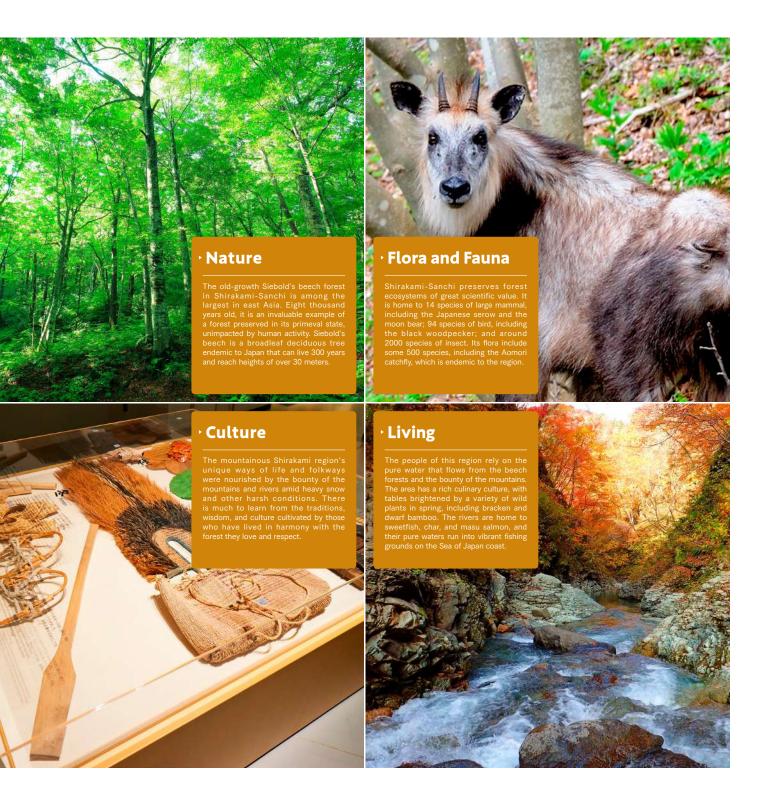
- Do not feed the animals. This can threaten the balance of nature.
- ☑ To conserve the natural flora, do not tread where it grows. Stay on paths and in designated areas.
- Mever litter. It harms both the landscape and the animals who live there.
- Never approach or provoke a brown bear. If you see one from your car, do not exit the vehicle. Keep driving and get away promptly.
- ☑ Do not drive at high speeds. Wild animals like Yezo deer and foxes can run into the road without warning.
- Do not enter fishing areas or facilities, and do not interfere with fishers at work.



Recognized by UNESCO: December 1993

Area: 17,000 ha

Characteristics: Shirakami-Sanchi is the name of a 130,000-hectare mountainous region (sanchi) that extends from southwestern Aomori to northwestern Akita. Within this region, the part covered by old-growth beech forest was inscribed on the World Heritage list in December 1993.



07/30



Survey the World Heritage forest from the peak of

from the peak of Mount Futatsumori.









The mountain range in the Shirakami-Sanchi area is more than 1,000 meters high and known for its rising and falling ridgelines. Here, visitors can enjoy everything from light trekking to serious mountaineering expeditions. The forest is at its most beautiful and walkable in June, when the new shoots emerge amid the last lingering snows, and October, when the autumn foliage is at its brightest.

Mount Futatsumori (1,086 m) is one of Shirakami-Sanchi's best-known peaks. Its trailhead begins at the Akita end of the Seishu Rindo road, and its summit offers 360-degree views of the primeval beech forest of the Natural World Heritage area, without a manmade structure in sight.

First-time visitors seeking to understand Shirakami more deeply are encouraged to engage a licensed guide. Hiking plan options include lunch in the mountains and snowshoeing in winter.

Shirakami Communications https://www.shirakamicc.com/





Roam serene forests and visit fantastic, mystical ponds.







Shirakami's "Twelve Lakes" (Juniko) near the Japan Sea side are the most stunning vistas in the region. Despite the name, the area is actually home to 33 lakes, said to have been created by an earthquake in 1704.

Aoike Pond is a particularly mystical sight, with water such a fantastic cobalt blue that it looks like a pool of blue ink. Wakitsubo Pond is one of Japan's "Hundred Famous Waters," and Nagaike Pond and Ketoba Pond have a similar mystical air.

The trail is well-tended, making it an easy stroll through the beech forest even for beginners. Light filters down through the leaves, and sometimes a ruddy kingfisher darts by. This walk refreshes both body and soul.

Shirakami Sanchi Visitor Center http://www.shirakami-visitor.jp/



Steam in a new-style sauna on a riverbank in the Shirakami foothills.







In Fujisato, a town in the foothills on the Akita side of Shirakami-Sanchi, a project is underway to open a riverside tent sauna. Visitors will be able to steam in the sauna and then cool off in the waters that flow from the upper reaches of Shirakami, in the currently popular style of alternating between hot and cold said to "balance" (totonou) the body.

The sauna's steam will come from fragrant water made using locally grown mugwort, provided by a cosmetics company with a research laboratory in Fujisato, and aromatic spicewood harvested in the mountains around Shirakami-Sanchi.

Note also the sauna hats, which protect the head from overheating and keep hair from drying out. These are handmade with great care by the mothers of Fujisato using wool from locally raised free-range sheep, and will be available in various designs.

Fujisato Town Hall https://www.town.fujisato.akita.jp/ Youmou House Chikuchiku https://wool-store-37.business.site/ THE World Heritage Sauna https://activityjapan.com/publish/plan/44152?plan-recent



Transplant beech trees to help the forests of the sea.





The town of Happo, Akita, is famous for hatahata (sailfin sandfish). Even folk songs mention these fish and the coastal fisheries where they are caught. Pure water from the beech forests of Shirakami-Sanchi is vital for regenerating the seaweed beds or "forests of the sea" in which the hatahata spawn and hatch.

Masezawa, next to the World Heritage area, was originally part of the beech forest as well. Today, seedlings grown from locally harvested beech nuts are transplanted to a growing plantation in Masezawa to create more beech forests in the area.

The work of transplanting is done every October, and anyone can join in. Restoring the forests helps restore the seas and should help broaden the coastal ecosystem's diversity.

Association of Shirakami Nature http://www.shirakami.or.jp/~asna/

1 1/30



Meet the giant Mother Tree of Shirakami.







Aqua Green Village Anmon https://www.anmon-shirakami.com/

About 300 meters from Tsugaru Pass stands the Mother Tree, an enormous beech and beloved symbol of Shirakami estimated to be 400 years old. In 2018, the Mother Tree's trunk broke in a typhoon, but it remains an awe-inspiring presence.

The broken-off trunk has been left to lie where it fell rather than carried away by human hands. The pool of light around the tree that streams in through the new gap in the canopy has allowed new trees to take root around it, demonstrating the natural cycle of renewal.

Beeches and many other kinds of tree line the trail to the Mother Tree, and just beyond it is an observation point with views of Mount Iwaki and Mount Oppudake.

12/30



Taste the natural riches of Shirakami in soba form.







Rest stop "Tsugaru Shirakami" https://www.tsugaru-shirakami.com/

The village of Nishimeya is the gateway to Shirakami-Sanchi on the Aomori side and an important source of water for the region. With high variations in temperature, it is also well known as a producer of buckwheat and soba noodles.

Soba from Nishimeya is sold under the brand "Shirakami Soba." It is made entirely in the village, from cultivating, harvesting, and grinding the buckwheat to making the noodles themselves. Because no agrochemicals are used, it is made only in small batches, and known to aficionados as the "illusive soba," hard to obtain outside the region.

At a facility in the village, visitors can try making soba for themselves. Freshly made soba boiled in water from Shirakami-Sanchi is delightfully firm, with a rich fragrance and just a hint of innate sweetness. Even eating soba can be a moving experience when you make the noodles yourself.

To Don't List

- Do not underestimate the mountains or enter them casually. Even set routes have many dangerous parts.
- ☑ Do not collect or bring with you any plants or animals.
- Never litter. Littering can have an adverse effect on deer and other wildlife.
- ☑ Do not go to the toilet anywhere except an actual toilet. Go in advance, or carry a portable toilet with you.
- Do not bring pets into the region.
- Never enter the mountains without lodging a hiking plan where required.



Recognized by UNESCO: June 2011

Area: 7,900 ha Characteristics: Ogasawara includes more than thirty oceanic islands of various sizes. The two largest islands are Chichijima, a thousand kilometers south of Tokyo, and Hahajima, fifty kilometers further south still. Because they have never been connected to any continent via land bridge, the islands make up a unique ecosystem.



13/30



Return green sea turtles to the sea.







There are seven species of sea turtle on our planet, and most are endangered. For the green sea turtle, the Ogasawara Islands are the largest hatching area in Japan. The species' numbers plummeted at one point when it was overcaught for meat, but conservation efforts over the past three decades have increased the number of eggs laid annually tenfold.

Every year, 15,000 to 20,000 baby sea turtles hatch at the Ogasawara Marine Center. Except for 300 or so that are raised at the center, all of these are let into the sea by night. Beneath a glittering starry sky, the newly hatched turtles scramble single-mindedly down the pitch-black beach from dusk till just before dawn. The faint sound of their flippers in the sand reinforces the reality of contributing to these nature conservation efforts.

Ogasawara Marine Center https://bonin-ocean.net/

14/30



Frolic with cetaceans.







In 1988, Ogasawara became the first place in Japan to offer whale watching tours. Sperm whale watching takes place mostly from early summer to autumn, while the best time for humpback watching is said to be February to April. Watching these magnificent creatures blow and breach from as close as 100 meters away—or 50 meters, in the case of sperm whales—is a moving, overwhelming experience. As well as from boats on the open sea, whales can also sometimes be seen from the weather station observation deck on Chichijima or places like Miyukinohama and Samegasaki on Hahajima.

Dolphin watching and dolphin swims are available throughout the year. If you swim calmly to avoid startling the animals, a curious bottlenose dolphin may approach of its own accord to investigate.

Ogasawara Whale Watching Association https://www.owa1989.com/

15₃₀



Learn about the work being done to conserve precious ecosystems.







The southern tip of Hahajima is the southernmost inhabited part of Japan. In the past, it was a breeding ground for brown boobies, but the birds' population was then decimated by predation from feral cats locally known as *noneko*. Following an initiative in which licensed participants captured *noneko*, in 2014 the brown booby was seen nesting in the area once more. The captured *noneko* are shipped from Ogasawara to Honshu where they are fostered out to new owners. Efforts are also necessary to eradicate the bishop wood tree, an alien species already having a grave effect on Ogasawara's ecosystems and native species. Currently,

tree, an alien species already having a grave effect on Ogasawara's ecosystems and native species. Currently, due to the pandemic, this initiative is on hold, but in future visitors may be able to participate in a volunteer tour to remove bishop wood trees and help protect the local ecosystems with their own hands.

Hahajima Tourist Association https://hahajima.com/

16₃₀



Chill out with a cup of Ogasawara coffee.





Ogasawara was home to Japan's first attempts at coffee cultivation in 1878. In 1972, after the Second World War and the period of American rule, the fourth-generation descendent of that original coffee plantation reclaimed its fields from the jungle they had become and restarted cultivation efforts. Virtually every step in the process is done by hand, and except for some beans sold by mail the only place where Ogasawara coffee can be drunk is at a cafe on Chichijima and on a coffee tour of Nose's Farm Garden.

The tour is a 2.5-hour experience and usually includes picking beans, collecting shoots, threshing, removing imperfect beans, roasting, milling, drip-brewing, and finally drinking the finished result (precise details of the tour depend on the season). The coffee has a light, crisp mouthfeel, so Nose's Farm Garden recommends using plenty of beans to extract the most flavor and fragrance. You'll enjoy and appreciate a cup all the more when you know how much care has gone into it.

Nose's Farm Garden https://www.nosefarm.com/

17/₃₀



Meet some glowing mushrooms.







Ogasawaramura Tourist Association https://www.ogasawaramura.com/

One of the most popular sights on Ogasawara's many night tours is the bioluminescent mushrooms called has many night tours, but one of the most popular things to visit is the bioluminescent mushrooms that grow in clusters in forests not far from human habitation. On the island, these mushrooms are known as "Green Pepe," a name said to derive from an old charm. During the day, they are very light gray, almost white, but at night a substance in them called hispidin reacts with other enzymes to create a glow. Of around 70 species of bioluminescent mushroom known around the world, Green Pepe is one of the brightest, being even brighter than a glowin-the-dark watch face. Its pale emerald light has a mystical beauty. Green Pepe prefers a certain degree of humidity, which makes it particularly easy to find between April and November on nights after rainy days.

18/30



Trek somewhere with spectacular views.







Ogasawara Village Tourism Bureau https://www.visitogasawara.com/

During the Second World War, Chichijima and Hahajima were fully fortified, and the mark left by war can still be found here and there on both islands. Walking in these mountains and fields can teach a valuable lesson not only about nature but also about war and peace—a lesson that can only be learned in Ogasawara.

The hike to Heart Rock is a particularly popular trekking tour. Participants walk for around 2.5 hours, observing both endemic flora and fauna like subtropical *gajumaru* (banyan) trees and the husks of military vehicles, before finally arriving at Heart Rock, a cliff 300 meters above sea level that looks like a heart when viewed from offshore. The 360-degree panorama of cerulean skies and Bonin Blue sea is stunning. If visiting in winter or spring, you may also see humpback whales offshore.

To Don't List

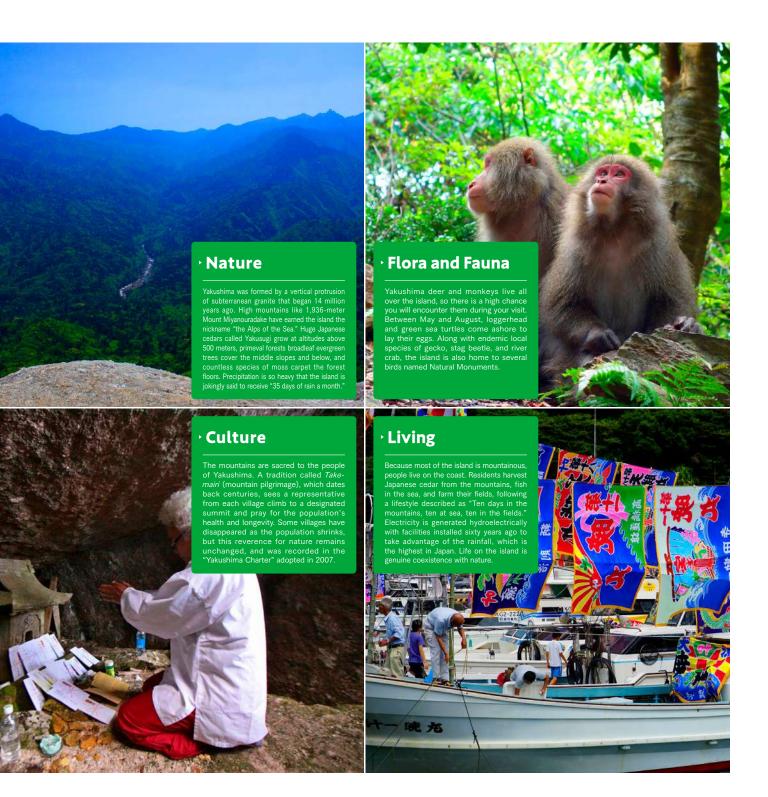
- Do not bring in plant or animal species from outside the islands. Be sure to remove any seeds or dirt on your shoes and clothing.
- Never litter. It harms both the landscape and the animals who live there.
- Do not leave the marked trails.

- Do not collect or take home munin-aoganpi or other plants.
- Do not startle or chase the animals. Do not shout where animals live. Do not forget to be considerate of the animals.
- Do not camp. Camping is forbidden in every part of the island.



Recognized by UNESCO: December 1993

Area: 10,700 ha Characteristics: The island of Yakushima has mountains that rise more than a thousand meters above sea level, with differences in temperature that support a vertical distribution of vegetation found at various latitudes elsewhere in Japan. This includes many enormous Japanese cedar trees that are more than a thousand years old.



19/30



Walk the Moss Forest.





Shiratani Unsui Gorge was the inspiration for the mossy forest seen in the movie *Princess Mononoke*. This natural recreational forest which rises from 600 to 1,050 meters above sea level contains a hiking trail centered around the clear waters of the Shiratani River. The Moss Forest is about an hour's walk down the trail, a kilometer before Taikoiwa Rock. Yakushima is said to be home to around 650 species of moss. Stand in these green surroundings and enjoy the sensation of having stumbled into another world.

The hike is a roughly two-hour return journey, and hiking boots and other preparations for outdoor activity are required. However, the trail to visit the Yayoi Sugi tree only takes around an hour and can be completed in sneakers. Even at half the length, it offers plenty of opportunities to see different kinds of moss and breathe in the beauty of the forest. A donation to the Yakushima Recreation and Forest Conservation Management Committee is required for entry (¥500 for high school age visitors and older).

Yakushima Recreation and Forest Conservation Management Committee https://y-rekumori.com/

20/30



Make your own chopsticks at Suginoya.







Japanese cedars on Yakushima that have lived more than a thousand years are called "Yakusugi." Their long period of development results in dense rings and high levels of sap with a distinctive fragrance. The wood is also highly resistant to insects and rot. Because felling Yakusugi is now prohibited, artisans use domaiboku instead—wood from the stumps of trees felled hundreds of years ago. The stumps of many trees are simply discarded, but Yakusugi stumps are priceless.

Suginoya offers workshops where visitors can make their own chopsticks from *domaiboku*. Participants are provided with wood, cut to the right size with a hatchet before drying, which they then whittle into shape and polish to a lustrous gleam. Eating with your own hand-made set of chopsticks might take some getting used to, but it's guaranteed to make meals even more delicious.

Suginoya https://suginoyas.com/

21/30

Meet a village storyteller.





Yakushima's 12,000 residents are divided between 26 villages, including one on Kuchinoerabu Island. In the past, each village had its own unique character and dialect, with the island's rivers forming a natural barrier to limit interaction. When a high school was built on the island and children began attending it together, however, these differences became apparent.

Currently, ten villages offer a joint tour led by a local storyteller called a *kataribe*. The first stop is Yaku Jinja shrine in the village of Miyanoura. This ancient shrine is listed in the *Engishiki*, compiled in 927, and visiting it is an opportunity to learn about the faith of those who live on the island. At the village of Harumaki, tour participants can admire spectacular sights like the Ichimai-iwa monolith of Takinogawa River and the red Matsumine Bridge across the river gorge. Isso is a village that thrives on mackerel fishing, and here participants can enjoy local cuisine made using dried mackerel flakes. The storytellers are highly charismatic, and many participants return to take the tour every year.

Yakushima Satomeguri Suishin Kyougikai https://www.yakushima.jp/

22₃₀



Chill out with some island gelato.





Sora:Umi makes authentic gelato using fruit grown on Yakushima. Many of Sora:Umi's ingredients are grown without any agrochemicals, and it uses only the finest island-harvested salt and tea. Naturally, the finished product has no added preservatives. Fruits used include guava, plum, *tankan* citrus, dragon fruit, loquat, pineapple, papaya, wild strawberry, mango, and more. Sora:Umi's coffee is also widely acclaimed, brewed with specialty coffee beans in the delicious super-soft water of Yakushima.

The Sora:Umi location in Mugio on the south side of the island has seating where visitors can relax and enjoy their break, but gelato cups are also on sale at various stores around the island, including in the villages of Miyanoura and Anbo. During your time on the island, you'll want to visit again and again.

Yakushima Gelato Sora:Umi https://yakushima-gelato.jimdofree.com/ **23**/₃₀



Discover Yakushima's water via river kayaking.







Yakushima Tourism Association http://yakukan.jp/ Yakushima Guide Shima-Asobi https://yakushima-asobi.com/

"The riverbeds are white, and in sunlight the water sparkles emerald green. Yakushima has the finest rivers in the world." So say the people who live on the island. As Yakushima is a granite island with little soil in the forests, the rivers stay clear and unclouded even after heavy rain. This, in turn, means they have few nutrients and minimal fauna, keeping them clearer yet.

River kayaking is a fine way to enjoy the rivers of Yakushima in a leisurely fashion. The Anbo River, located in a stunning gorge, is broad with a gentle current, making it ideal for beginning kayakers. On a sunny day, the foliage looks even greener; on a misty or rainy day, the scenery becomes a mystical other world.

24₃₀



Tour the island in an environmentally friendly EV.







Kagoshima Prefecture http://www.pref.kagoshima.jp/

Clean hydroelectric power has met almost all of Yakushima's electricity needs for almost sixty years. Even the administrative building at the entrance to the Shiratani Unsui Gorge has its own miniature hydroelectric plant. Kagoshima Prefecture has recognized Yakushima as an advanced region that lowered its carbon emissions at an early stage, and aims to make it a model for other communities under the banner of "Development of a CO2-free Island." The introduction of electric vehicles (EVs) is well underway, with quick-charging stations now available in Anbo, Miyanoura, Kurio, and Nagata. Car rental companies also offer EV options, so be sure to request one if you choose to tour the island by car.

To Don't List

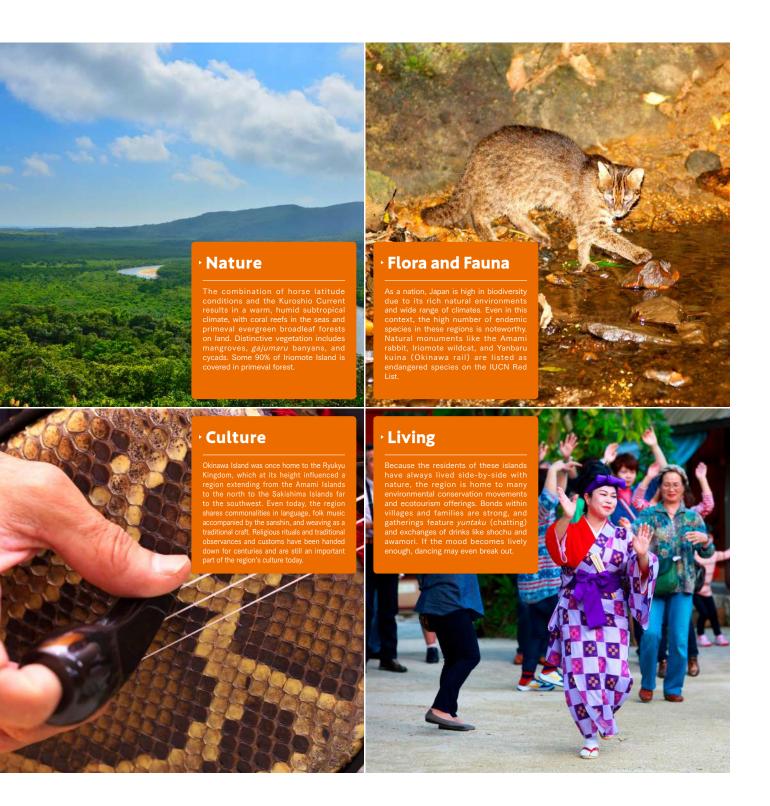
- Do not feed the monkeys, deer, or any other animals, to avoid upsetting the balance of nature.
- Do not leave the marked trail when trekking or climbing the mountains.
- Do not enter valuable water sources important to those who live on the island.
- Never litter. It harms both the landscape and the animals who live there.
- Do not tread on moss growing on rocks or fallen trees.Do not take actions that place a burden on nature.
- Do not collect or bring with you any plants or animals.



Amami-Oshima Island, Tokunoshima Island, Northern part of Okinawa Island, and Iriomote Island

Recognized by UNESCO: July 2021

Area: 42,700 ha Characteristics: These four regions make up less than 0.5% of Japan's land but account for an enormous share of the nation's biodiversity, with countless plant and animal species living or reproducing within their boundaries.



25/₃₀



See an Amami rabbit by night.







The Amami rabbit is a Special Natural Monument found only on Amami-Oshima and Tokunoshima. 40 to 50 centimeters long from head to tail, it has black hair, short ears, and sturdy claws that make it an excellent digger. Visitors who take a night tour with a guide have a very high chance of seeing one. On these tours, the vehicle moves slowly through the forest, with the guide scanning for the animals along the way. If an Amami rabbit is sighted, the rule is to remain absolutely still and watch it in silence.

As well as rabbits, the island also has birds, insects, endemic flora, and starry skies beyond compare. At night, the forest comes alive with mating pairs of the Ryukyu scops owl whispering, Ryukyu long-tailed rats fighting, and frogs striving to outcroak each other. Night tours have a high satisfaction rating, with visitors often describing it as the most fun they had in Amami.

Amami Archipelago Tourism and Products Association https://www.amami-shimahaku.com/

Active-Amami https://active-amami.com/

26₃₀



Snorkel with the sea turtles.







The seas of Amami are mild and clear, with tropical fish like the yellow-tailed anemone fish and colorful coral reefs just a short swim away. Sea turtles and whales are frequent visitors to the waters, whether just passing through or coming to winter or reproduce. In winter, visitors can enjoy whalewatching.

For beginners, the Amami seas are a great place to give snorkeling a try. Oceanz's snorkeling tours allowing participants to swim with wild turtles are popular. From 2021 to 2022, almost 100% of participants on Oceanz tours encountered and swam with wild sea turtles. Instructors lead the tours to ensure safety even for inexperienced snorkelers.

Amami Archipelago Tourism and Products Association https://www.amami-shimahaku.com/

Oceanz

https://www.oceanz-jp.com/

27/₃₀



Roast your own coffee beans in an Okinawan forest.



At Matayoshi Coffee Farm in the northern part of Okinawa Island, coffee bean harvesting experiences are available from November to April, and coffee bean roasting workshops are available all year round. The roasting workshops feature beans from specially selected producers, including some purchased directly from Guatemalan producers that cannot be enjoyed anywhere

Before roasting the beans, take a moment to enjoy their unroasted scent. Reportedly, women tend to think it smells like chocolate, while men say it smells like woven rush tatami mats. During roasting, shake the beans firmly from left and right so that the mesh does not leave the fire. A workshop leader explains everything in detail, so even beginners can safely give it a try. Enjoying a personally roasted cup of coffee while learning about the people who grew the beans is one taste of Okinawa.

Matayoshi Coffee Farm https://www.matayoshicoffee.jp/

28 30



Taste awamori distilled with the natural waters of Yanbaru.





Written with the characters for "Mountains" and "Plains," the Yanbaru region in the north of Okinawa Island has a wealth of unspoiled natural beauty. Forest makes up 80% of the area inscribed on the World Heritage list, which includes the villages of Kunigami, Ogimi, and Higashi. The area has a rich water system, with pure, swiftly flowing rivers.

Ogimi, a village known for the longevity of its inhabitants, is home to a distillery that has drawn on the natural waters of Yanbaru for seven decades. This is the Yanbaru Distillery, which was created as a joint investment among the villagers. The distillery has always used the waters of the village, and goes to great lengths to protect and maintain the channels this water flows through, so that it will always be there. "The fact that we have beautiful nature and can drink delicious water is proof that even today we live in harmony with nature," says Mr. Ikehara of the Yanbaru Distillery.

Yanbaru Distillery Inc. https://takazato-maruta.jp/





Help clean the beach on Iriomote Island.







Iriomote Island Ecotourism Association https://www.iriomote-ea.com/

Iriomote Island is best known for the Iriomote wildcat and mangrove forests, but unfortunately in recent years beach garbage has begun to stand out as well. Volunteers have helped pick up this garbage, some 90% of which is said to be ocean plastic, at special events for the past two decades. However, as the island has no facilities for processing beach garbage, it must be shipped to Ishigaki Island for this, which strains the island's budget.

To help alleviate the situation, the island came up with the "one-bag beach clean," carried out during ecotours. Participants spend 500 yen to buy one garbage bag. That money is combined with corporate donations and applied to the transport and disposal of beach garbage. As more and more visitors take part, the problem of beach garbage on Iriomote Island will gradually shrink.





Meet the gajumaru trees that spirits call home.





Tokunoshima Tourism Organization http://www.tokunoshima-kanko.com/

The Amami Islands are home to a kind of spirit called a *kenmun* (known as a *kijimuna* in Okinawa). *Kenmun* look like children, or perhaps like a *kappa*, and despite their mischievous nature the people of the islands have been fond of them since times of old. They are said to live in *gajumaru* (banyan) trees, which are common in Japan's southwestern islands.

Agon on Tokunoshima Island is home to a *gajumaru* tree that is more than 300 years old. The mystical atmosphere it exudes certainly does suggest that a *kenmun* could live here. *Gajumaru* are also known as "trees of fortune" due to their vital vigor, and in the language of flowers they symbolize health. We should all enjoy the same health and good fortune as this tree that that has grown for more than 300 years without being trimmed by human hands.

To Don't List

- ☑ Do not feed the animals. This can threaten the balance of nature.
- ☑ Do not collect or bring with you any plants or animals.
- Powered craft and any capture or collection of flora and fauna are forbidden in the mangrove forests.
- Never litter. It harms both the landscape and the animals who live there.
- ☑ Do not go to the toilet anywhere except an actual toilet. Go in advance, or carry a portable toilet with you.
- ☑ Do not go into the mountains alone. They are home to dangerous creatures like habu vipers.

30 THINGS TO DO BY 2030 IN JAPAN'S NATURAL WORLD HERITAGE SITES

		Mission
Shiretoko	01	Watch the fishing boats unload the daily catch of salmon.
	02	Walk the forest surrounding the mystical Shiretoko Goko lakes.
	03	See the Rausu drift ice and the vitality of its wild fauna.
	04	Discover unforgettable views on a coastal cleanup trek.
	05	Get a closer look at Mount Rausu from Shiretoko Pass.
	06	Visit Kumagoe Falls, one of the "Eight Views of Rausu."
		Mission
Shirakami -Sanchi	07	Survey the World Heritage forest from the peak of Mount Futatsumori.
	08	Roam serene forests and visit fantastic, mystical ponds.
	09	Steam in a new-style sauna on a riverbank in the Shirakami foothills.
	10	Transplant beech trees to help the forests of the sea.
	11	Meet the giant Mother Tree of Shirakami.
	12	Taste the natural riches of Shirakami in soba form.
		Mission
Ogasawara Islands	13	Return green sea turtles to the sea.
	14	Frolic with cetaceans.
	15	Learn about the work being done to conserve precious ecosystems.
	16	Chill out with a cup of Ogasawara coffee.
	17	Meet some glowing mushrooms.
	18	Trek somewhere with spectacular views.
		Mission
Yakushima	19	Walk the Moss Forest.
	20	Make your own chopsticks at Suginoya.
	21	Meet a village storyteller.
	22	Chill out with some island gelato.
	23	Discover Yakushima's water via river kayaking.
	24	Tour the island in an environmentally friendly EV.
		·
		Mission
Amami-Oshima Island,	25	See an Amami rabbit by night.
	26	Snorkel with the sea turtles.
Tokunoshima Island, Northern part of	27	Roast your own coffee beans in an Okinawan forest.
Okinawa Island,	28	Taste awamori distilled with the natural waters of Yanbaru.
and Iriomote Island	29	Help clean the beach on Iriomote Island.
	30	Meet the gajumaru trees that spirits call home.
	UU	- Most the gajamara troop that opines can nome.

What Are the SDGs?

The Sustainable Development Goals are a set of 17 international development goals for 2030. They are part of the 2030 Agenda for Sustainable Development adopted at the 2015 UN Sustainable Development Summit. Building on the success of Millennium Development Goals (MDGs), the 17 SDGs include 169 individual targets for eradicating poverty and realizing a sustainable world. The SDGs are universal, applying to developed and developing countries alike, and include the important pledge to "Leave no one behind." Japan is striving as part of the international community to ensure that the SDGs are achieved.

Source: Ministry of Foreign Affairs of Japan https://www.mofa.go.jp/policy/oda/sdgs/index.html

SUSTAINABLE GOALS



Icons Used in This Brochure

Each of the 30 missions is marked with the icon of the most relevant SDG. The things you discover, learn, and sense on each mission will deepen your understanding of the SDGs and the sustainable, better world they are meant to create.

Assistance

Ministry of Foreign Affairs of Japan / Ministry of the Environment Government of Japan / Hokkaido Government / Shari Town Hall / Shiretoko Shari-cho Tourist Association / Rausu Town Hall / Shiretoko Goko Lakes Field House / Shiretoko Shari Association / Ministry of the Environment Utoro Nature Conservation Office / Shiretoko Rausu Visitor Center / Shiretoko Nature Foundation / Ministry of the Environment Kushiro Nature Conservation Office / Aomori Prefectural Government / Akita Prefectural Government / Shirakami Communications / Shirakami Sanchi Visitor Center / Fujisato Town Hall / Fujisato Town Tourism Organization / Youmou House Chikuchiku / Association of Shirakami Nature / Aqua Green Village Anmon / Rest stop "Tsugaru Shirakami" / Ogasawara Village Office / Ogasawaramura Tourist Association / Ogasawara Village Tourism Bureau / Ogasawara Marine Center / Ogasawara Whale Watching Association / Hahajima Tourist Association / Nose's Farm Garden / Kagoshima Prefectural Government / Yakushima Tourism Association / Yakushima Recreation and Forest Conservation Management Committee / Suginoya / Yakushima Satomeguri Suishin Kyougikai / Yakushima Gelato Sora:Umi / Yakushima Guide Shima-Asobi / Okinawa Prefectural Government / Amami Archipelago Tourism and Products Association / Active-Amami / Oceanz / Matayoshi Coffee Farm / Yanbaru Distillery Inc. / Ogimi Tourism Association / Iriomote Island Ecotourism Association / Tokunoshima Tourism Organization

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