

Mt. Mitoku

Overview

Mt. Mitoku is revered as one of the three sacred peaks of mountain asceticism in the Hoki region (present-day western Tottori Prefecture). The mountain itself, approximately 900 m high, was considered to be the home of the gods, and the entire area was considered sacred ground. This sacred status has assured that the natural environment here has been well protected. At the base of the mountain is the Sanbutsuji Temple, founded in 706 for mountain ascetics practicing on the mountain. From there a challenging trail, which is actually an ascetic road, leads to the Nageiredo, the temple's Mountain Sanctuary Hall and a National Treasure with a history going back more than 1,000 years. This small wooden temple clings precariously underneath a shallow overhang on the face of a sheer cliff, and seems to be as much a part of the rock as a manmade structure. The wonders of the Nageiredo Hall can be scrutinized through a telescope near the temple.