

**Shihara Coast**

The rugged Shihara Coast near Shirahama Town is a volcanic sand beach. The terrain is made up of alternate layers of sandstone and mudstone, and fossils of worms and wave patterns can be seen imprinted into the rock.

A highlight of the coastline is the Torige Caves, two large hollows formed by tens of millions of years of waves slowly eroding the rock along vertical fissures. Tsunami waves have ravaged much of the coastline over the years, but the caves have escaped harm. The roots of the trees growing on top of the caves have strengthened them structurally and helped prevent them from collapsing. The Torige Caves display the stratification of sandstone and mudstone, drawing tourists and amateur geologists alike.