

Nakasuka

Nakasuka, known as the “shore of flowers,” is a short walk from Ashigezaki Observatory. The seaside trail meanders past rugged volcanic rocks weathered by the wind and tide and grassy slopes dotted with a rich variety of seasonal seaside and alpine plants.

Autumnal highlights include blue Japanese gentians (*Gentiana scabra*), yellow and white Nippon daisies (*Nipponanthemum nipponicum*), and purple Aomori thistles (*Cirsium aomorense*). Spring brings delicate purple Japanese primroses (*Primula sieboldii*), the yellow, five-petaled aizoon stonecrop (*Phedimus aizoon* var. *floribundus*), and purple marsh peas (*Lathyrus palustris* var. *pilosus*). Summer may be the best season to enjoy the floral diversity of Nakasuka. The *sukashiyuri* orange lily (*Lilium maculatum*) and the *Michinoku yamatabako* (*Ligularia fauriei*), an exceptionally rare plant that can grow one meter high, are just two of the many flowers that bloom in summer.

Further along the shore, hikers will encounter Kama no Kuchi, an imposing volcanic rock formation jutting out of the sea that is named for its resemblance to the fire pit for a cooking pot (*kama*).