

Mt. Mihirayama Hiking Trail

The 4.5-kilometer trail to the summit of Mt. Mihirayama is one of the most popular hiking courses in the Hiruzen Highlands. It has a gentle elevation gain of just 300 meters, making it suitable for hikers of nearly all ages and skill levels, while providing some of the region's best panoramic views.

Mt. Mihirayama (1,010 m) straddles the border between Tottori and Okayama Prefectures, providing an excellent vantage point overlooking the southern range of Daisen-Oki National Park. From the summit, the massive dormant volcano Mt. Daisen (1,729 m) is visible to the north. To the east and northeast lie the rolling Hiruzen Highlands and the humped ridgeline of the "three peaks of Hiruzen," called the Hiruzen Sanza.

The trail passes through a variety of rich landscapes, including conifer and oak forests. Near Mihirayama's summit, broad fields of bamboo grass and silvergrass cover the slopes. The tufted heads of silvergrass stalks rippling in an autumn breeze are a memorable sight evocative of the season.

In 1898 the Japanese army used these fields to raise and train horses. To that purpose, 2,300 hectares of pasturage were enclosed with earthen walls totaling 56 kilometers in length, 46 of which remain. Part of these earthworks run along the path near the summit.

From the trailhead parking area, a well-marked circular route ascends northwest to the summit and descends via the Anagatawa Pass. The full loop takes slightly less than two hours to complete, but visitors can also simply retrace their steps from the summit, shortening the time to about 80 minutes.