Recommended Hiking Courses

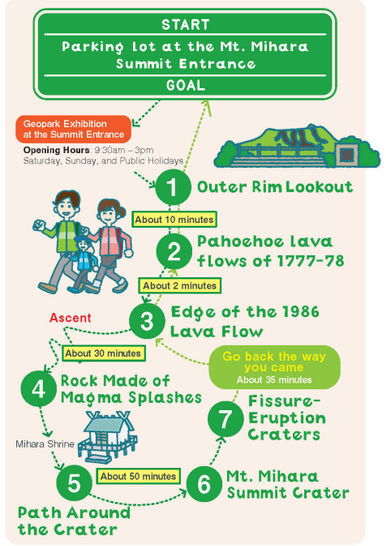
Trekking in Izu Oshima

Course 01 Mt. Mihara Crater Rim Hike

Difficulty ☆☆

Duration: About 2h40min (With a guide: 3.5 – 4 hours)

Climb Mt. Mihara and experience the dynamic lava flows that once poured into the caldera up close. From the rugged crater rim, take in sweeping views of fellow volcanoes across the Izu Islands, the Izu Peninsula, and even Mt. Fuji. Feel the breath and warmth of our living planet beneath your feet.



Course 02 Mt. Mihara & Ura-Sabaku Desert Extended Hike

Difficulty ☆☆☆

Duration: About 3h20min (With a guide: 5 – 6 hours)

This challenging course begins with the Mt. Mihara Crater Rim Hike and continues on to the Ura-Sabaku Desert, before finishing at the Oshima Onsen Hotel. Along the way, you will explore the vast black desert, walk across the otherworldly lava fields formed by the 1986 fissure eruption, and pass through forests slowly regenerating with new life. After your adventure, unwind in the hotel's open-air hot spring and soak in the blessings of this volcanic island.

Caution: The start and end points are different.
(Bus service is available only at certain times. Oshima Bus: TEL 04992-2-1822)



Important Notes for Recommended Courses

The listed time does not include rest stops and assumes a continuous walking pace. If you prefer to take your time to enjoy the scenery, please allow extra time beyond the listed duration.

■ The courses pass through areas with uneven footing. Please wear hiking boots or sturdy athletic shoes with thick soles to help prevent fatigue and injury. ■ Please do not enter restricted or dangerous areas. ■ There is no shade at the summit. To prevent heat stroke, be sure to drink plenty of water and replenish electrolytes regularly. ■ The weather at the summit can change rapidly and is often windier than at lower elevation. Stay alert and dress appropriately. ■ Visiting the summit or Ura-Sabaku Desert in strong winds or thick fog is extremely dangerous. Please adjust your plans, postpone, or turn back as necessary in bad weather.

IZU OSHIMA Summit Area MAP



Enjoy the Izu Oshima Geopark even more!

Recommended Guided Tours!

Izu Oshima Geo Guides help you discover the fascinating stories behind the landscapes and experiences of the geopark.

Izu Oshima Certified Geopark-Guide Tours
Half-day: from ¥8,000 per person (2+ Guests) / As of Feb 2026
For more details, please visit the official Izu Oshima Geopark website.
https://izuoshima-geo.org/en/enjoying/guidedtours.html

Look for these on your walk!

How Many Can You Find?

1 Outer Rim Lookout — Chocolate on the mountain?

This observatory offers a panoramic view of the landscapes shaped by Izu Oshima's volcanic eruptions. Within the wide, flat land (caldera) before you lies Mt. Mihara, formed during a large eruption in 777-78. The black streaks on the mountainside mark the lava flows that spilled from the summit during the 1986 eruption.



2 Pahoehoe Lava Flows of 1777-78 — Wrinkled lava?

After a short walk along the trail, you'll notice several small, rounded lava mounds on your left. These are Pahoehoe lava flows formed during the large eruption in 777-78. The thick, viscous lava created many fascinating shapes, with some resembling ropes lined up and others looking like plump steamed buns.



3 Edge of the 1986 Lava Flow — Rough lava flow

On November 19, 1986, lava overflowed from the crater of Mt. Mihara, running down the slope and covering a walking trail before stopping here. The lava flow is about 5 meters thick, with a rough, bumpy surface. Climb up the flow and try to imagine the eruption as it happened!



4 Rock Made of Magma Splashes — How did this happen?

This enormous rock is part of an even larger block that formed inside the Mt. Mihara crater when layers of magma splashed together and piled up during the 1986 eruption. During the eruption, a portion of this block broke off, floated on the overflowing lava, and was carried about 500 meters before coming to rest here, just before the slope down Mt. Mihara.



5 Path Around the Crater — A one-hour panoramic walk



This walking trail circles the crater, offering views over a crater 300 to 350 meters in diameter and about 200 meters deep. On the side opposite the crater, you can enjoy a 360-degree panoramic view of the surrounding sea, as well as Mt. Fuji, the Izu Peninsula, the Izu Islands, the Boso Peninsula, and the Miura Peninsula.



6 Mt. Mihara Summit Crater — This massive hole was an exit for magma!



This is the vent through which magma rises from deep within the Earth. During the 1986 eruption, magma filled this crater and eventually overflowed. On the crater walls, you can see layers of lava and volcanic rocks from past eruptions piled one upon another. Around the area, underground magma heats the water, sending up columns of white steam.



7 Fissure-Eruption Craters — Curtain of fire!



Eruptions do not always occur only at the summit. In 1986, a "fissure eruption" took place on the northern slope of Mt. Mihara. Along a stretch of about one kilometer from southeast to northwest, many craters opened, and the splashes of magma shot up to a height of 1,500 meters.



8 Ura-Sabaku Desert — A black desert



With each eruption, fine lava particles and volcanic ash fall and accumulate, forming a black desert. Strong winds sweep through the area, blowing away seeds and seedlings, which helps maintain the dark landscape. Even so, in spots sheltered from the wind, plants gradually begin to regenerate.

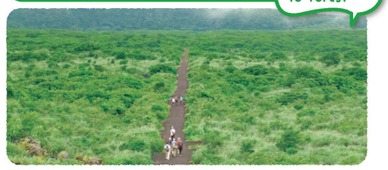


9 Geo Rock-Garden — Let your imagination run wild

All around you, black rocks of various shapes jut up from the ground. During the 1986 "fissure eruption," splashes of magma fell and were carried by flowing lava, shaping themselves into this garden of unusual rocks in less than a day. What you see and what it reminds you of is up to your imagination.



10 Vegetation Regeneration Trail — From volcanic land to forest



Life begins to return with pioneer plants adapted to the harsh environment. Over hundreds of years, the land, once blackened by eruptions, gradually becomes grassland, then trees grow, and eventually a forest forms. You can follow this centuries-long story along this single trail.





"Vegetation Regeneration Trail" is divided into two sections, "The Road Becoming Forest Someday" and "Sunlight Tunnel in the Shade of Trees".

11 Akadare (Red Valley) — A stunning red landscape

Lava from a nearby crater piled up and formed a hill. Because the lava was exposed to the air while still very hot, it oxidized and turned red. Over many years, erosion revealed the interior of the hill, creating a red-colored valley. From the end of the valley, you can enjoy a view of the sea and the Izu Islands beyond.



C Geopark Exhibition at the Summit Entrance — Stop by before you hike!

Located right next to the Outer Rim Lookout, this exhibition is on the first floor of the Lookout Refuge Rest Area. You can talk to local guides, and see a video of the 1986 eruption!
Opening Hours: 9:30am – 3pm
Saturday, Sunday, and Public Holidays
Entry Fee: Free



Izu Oshima is a Young and Active Volcanic Island!



Izu Oshima is a living volcano, an island that was born from an undersea eruption. Over time, repeated eruptions have shaped and built this island.
The status of volcanic activity is constantly monitored by the Japan Meteorological Agency, with many observation instruments installed by the government, universities, and other organizations. If any abnormalities are detected, announcements are made via disaster prevention radio. However, sudden events can still occur, so please check the current volcanic conditions and review what to do in case of an unexpected eruption before your visit.



At the hiking entrances, Uta-no-Chaya and the Lookout Refuge Rest Area provide posters on volcanic eruption preparedness, and helmets can be borrowed free of charge.

Please Check!



Volcanic Activity of Izu Oshima (Japan Meteorological Agency)