

Osaki Natural Park

Osaki Natural Park is an exciting leisure complex surrounded by nature and sea and full of greenery and sports!
Welcome to Osaki Natural Park, a place full of all kinds of excitement whose entire area was designated "Omura Bay Prefectural Park" in 1963.

Walking & Nordic

Walking is a sport that exerts very little strain on the body and can be easily enjoyed even by the elderly and people who are not athletically inclined. Since the Osaki peninsula is surrounded by the sea, you can enjoy walking amid nature while sea-bathing, which is an increasingly popular activity.



Walking course (model) One of the pleasures of walking in Kawatana is enjoying the beautiful scenery. This varied course includes flat coastline stretches as well as up-and-down mountain trails.

- Leisurely and slow thalassotherapy (seawater therapy) course (4.5km)** Required time: 60 minutes
Osaki bathing-area parking lot → Osaki Campsite → Cycling path → Pavilion (turn back here) → Bike path → Osaki Campsite → Osaki beach parking lot
- Osaki peninsula circuit course, running through mountains and by the sea (7km)** Required time: 100 minutes
Osaki beach parking lot → Osaki Campsite → Bike path → Pavilion → Osakihina → Tatsumi Rock → Chicken farm → Osaki beach parking lot
- Ogushi Sunset Course (4km)** Required time: 50 minutes
Osaki beach parking lot → Ogushi Bay coastline → JR Ogushigo Station (Turn back here) → Ogushigo coastline → Osaki beach parking lot

Sea-bathing

What is "Sea-bathing"?
A form of therapy which takes advantage of the marine climate and benefits inherent in the sea. The sea breeze contains a great number of different minerals like salt, calcium, magnesium, iodine and more, which, when inhaled or absorbed through the skin, produce many beneficial effects.

Sea-bathing in the sea and along the coast

- Bathing, standing, walking in, floating or swimming in cold sea water.
- Sunbathing, breathing in the sea air or exercising along the coast.

You can start exercising by simply walking along the beach or strolling around tourist destinations. Walking barefoot on the sand has many beneficial effects.



Nordic walking

Nordic walking is a sport which originated in Europe and consists of walking using two ski pole-like sticks. It is a full-body exercise which has been gaining recognition for its effectiveness for staying in shape.



Nordic poles
It is believed that using poles expends 20% more energy on average than during normal walking.

Nordic pole rental
1 set x 1 hour: 100 yen
*An extra 100 yen will be charged for each additional hour (up to a maximum of 500 yen)
TEL: 0956-82-2661 (Kokumin-Shukusha Peacock Inn)

Osaki Natural Park is immersed in nature. Here, you'll be able to admire a variety of flowers and animals, including peacocks, throughout the four seasons.