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.

Leisurely and slow thalassotherapy (seawater therapy) course (4.5km)

Ogushi Sunset Course (4km)

Osaki peninsula circuit course, running through mountains and by the sea (7km)

 $Osaki\ bathing-area\ parking\ lot \rightarrow Osaki\ Campsite \rightarrow Cycling\ path \rightarrow Pavilion\ (turn\ back\ here) \rightarrow Bike\ path \rightarrow Osaki\ Campsite \rightarrow Osaki\ beach\ parking\ lot$

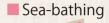
Osaki beach parking $lot \rightarrow Osaki Campsite \rightarrow Bike path \rightarrow Pavilion \rightarrow Osakihana \rightarrow Tatsumi Rock \rightarrow Chicken farm \rightarrow Osaki beach parking <math>lot \rightarrow Osaki Campsite \rightarrow Dosaki Campsite \rightarrow Do$

 $Osaki\ beach\ parking\ lot \rightarrow Ogushi\ Bay\ coast line \rightarrow JR\ Ogushigo\ Station\ (Turn\ back\ here) \rightarrow Ogushigo\ coast line \rightarrow Osaki\ beach\ parking\ lot$

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.





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.



Walking is becoming an increasingly popular sport and, as it reliably burns body fat, is an ideal aerobic exercise which reliably burns body fat and is effective in making up for physical inactivity and preventing adult-onset diseases.

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 pole rental



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.

