

# Photo spots



The beautiful nature of Oze changes from season to season.



Ozegahara Marsh in early summer



Autumn grass



Asian skunk cabbage (spring)



Bog-rosemary (spring)



Mizugiku (summer)



Day lily (summer)



Double-spotted swertia (summer)



Iwashobu (autumn)

## TEPCO's Oze conservation efforts

TEPCO Renewable Power, Inc. establishes and operates these facilities to protect Oze's natural environment.

Three bridges in Ozegahara Marsh  
Maintaining and managing Yoppi Suspension Bridge, Toden-shimono-ohori Bridge, and Toden-oze Bridge



Toden-oze Bridge

### Wooden paths and benches made of FSC-certificated wood



Installed 20 of the 65km of wooden paths in Oze National Park. Installed 500-meter-long wide wooden paths that can accommodate wheel chair users.



### Seed-scrapers mats

Installed to prevent the introduction of nonnative seeds



### Public restrooms with purification tanks



TEPCO Renewable Power owns approximately 70% of the special protection zone of Oze National Park and approximately 40% of the entire park, and has been making nature conservation efforts for over half a century.



Oze and TEPCO



Issued by

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☎ 03-6373-1111 (switchboard) Preserve our Oze together

## Take your garbage home with you!

Taking your garbage home has become a common courtesy, but just a few decades ago, it was customary to throw away garbage in a nearby bin. In the early 1970s, there were several hundred garbage bins placed just on the Gunma side of Oze alone. Picking up the garbage in these bins was a huge task. Amid the ongoing battle against litter, the entirely counterintuitive idea that was hit upon was to remove garbage bins. This proposal was approved by TEPCO and its affiliate, Oze Forestry (currently, Tokyo Power Technology) in 1972, and the garbage bins in Oze were removed. This was the beginning of the "Take your garbage home with you" Campaign, and is one of the reasons Oze is called the birthplace of nature conservation efforts in Japan.



A garbage bin overflowing with garbage left by hikers (early 1970s)

## Things to remember

- Oze is a mountainous area, so please make appropriate preparations when visiting. Be sure to wear appropriate shoes and clothing, and bring rain gear.
- Plan your visit to allow yourself plenty of time and to suit your physical stamina.
- Walk with care, as the wooden paths are slippery.
- Be aware of your surroundings, such as fallen trees and falling rocks.
- Watch out for Asian black bears.

You are responsible for ensuring your own safety. Please enjoy the nature of Oze while taking responsibility for your own actions.

## Rules in Oze

- Remove any nonnative plant seeds from the soles of your shoes before entering.
- Walk in single file on the right side of the wooden paths.
- Be sure to take any garbage home with you.
- Do not step into the marshes.
- Do not bring in or take out any plants or animals.
- Mountain lodges are for use by reservation only.



尾瀬国立公園  
OZE NATIONAL PARK

Protect the delicate nature of Oze with simple considerations.

## Do not step into the marshes!

Oze is the largest high moor on Japan's main island. Did you know this marshland has a sad history of once having been trampled and destroyed? Around 1960 when the Japanese people's lives began becoming more affluent, so many hikers started visiting Oze. However, at that time facilities to protect nature, such as the wooden paths and public restrooms had not yet been built, nor were there established manners, so people freely walked around the marshlands and trampled them. Around that time, TEPCO began constructing wooden paths and requesting visitors' cooperation in experiencing nature without causing it harm. To ensure Oze's sad history is not repeated, please do not stray from the wooden paths and mountain trails.



Ayamedaira Marsh was the most badly devastated.



Following decades of restoration efforts, the vegetation has finally returned.

# Oze Things to Remember

Oze straddles the four prefectures of Gunma, Fukushima, Niigata, and Tochigi, and is known for the magnificent, delicate nature that remains. Given that it has an abundance of enchanting beauty and is a valued treasure trove of nature, it has long been designated a national park and special natural monument. To protect the environment and ensure your safety, adhere to the following precautions when visiting Oze.

### Legend

- Beginner's hiking route (mostly flat trails, including boardwalks)
- Beginner's hiking route (relatively easy-to-walk mountain trails)
- Intermediate hiking route (includes steep terrain, mountain trails for hardy hikers)
- Prefectural boundary
- Mountain trails (never stray from trails)
- Parking area
- Public restroom
- Steep terrain (climb in the direction of the arrow)
- Mountain lodge
- Rest area
- Waterfall

### General Map of Oze National Park

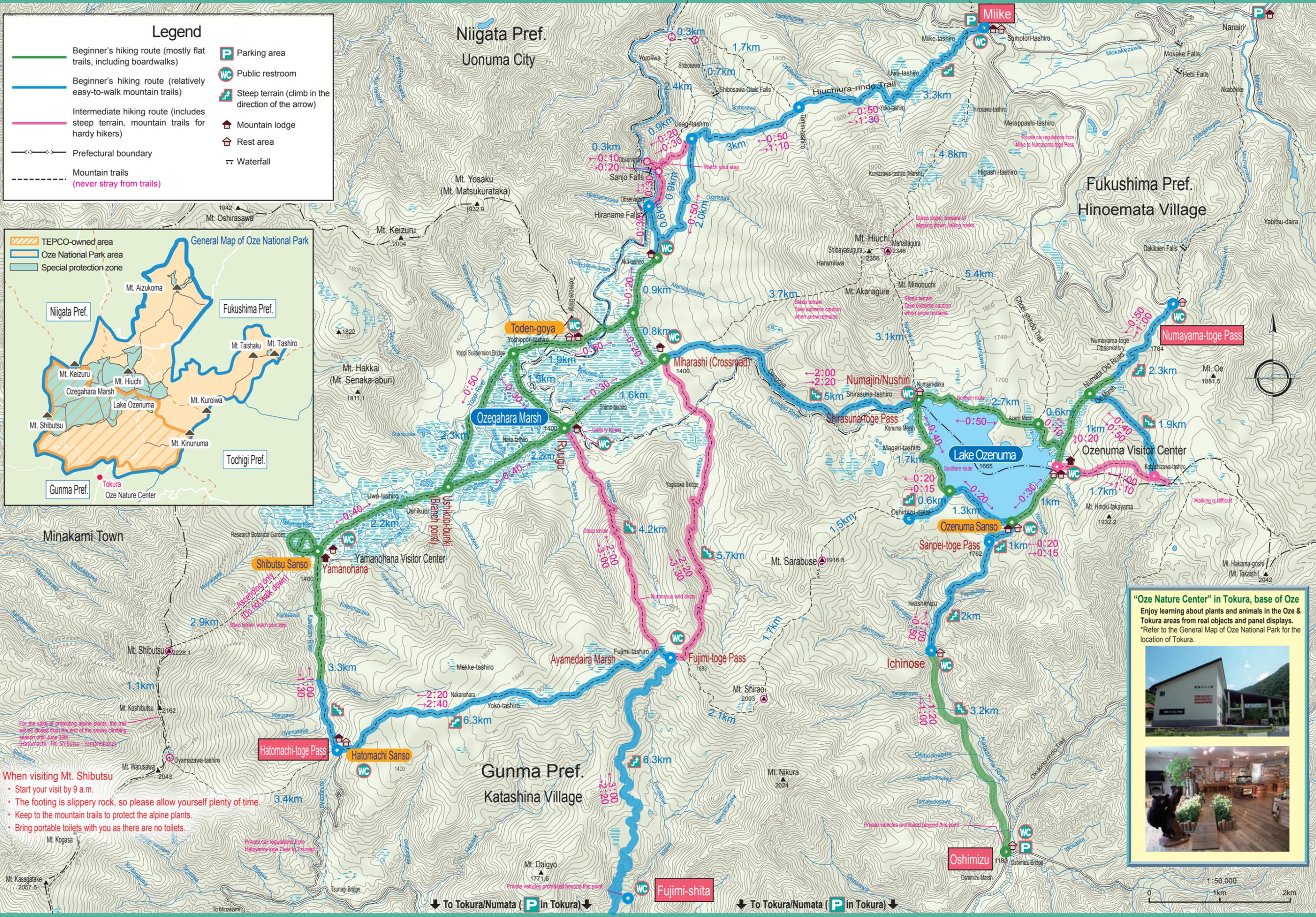
- TEPCO-owned area
- Oze National Park area
- Special protection zone

Map showing Oze National Park boundaries across Niigata Pref., Fukushima Pref., and Tochigi Pref. Key locations include Mt. Keizuru, Mt. Hiuchi, Ozegahara Marsh, Lake Ozenuma, Mt. Kuroiwa, Mt. Kinunuma, and Tokura.

### When visiting Mt. Shibutsu

- Start your visit by 9 a.m.
- The footing is slippery rock, so please allow yourself plenty of time.
- Keep to the mountain trails to protect the alpine plants.
- Bring portable toilets with you as there are no toilets.

*For the sake of protecting alpine plants, the trail was closed from the end of the snowy climbing season (April 1st - May 31st) (Hirabayashi - Mt. Shibutsu - Yamano-hana).*



**"Oze Nature Center" in Tokura, base of Oze**  
 Enjoy learning about plants and animals in the Oze & Tokura areas from real objects and panel displays.  
 \*Refer to the General Map of Oze National Park for the location of Tokura.

