



Sendero Pacifico (Costa Rica)



Camino de Santiago (Spain)



Great Himaraya Trails (Nepal)

Photo by: Manuel Valcárcel Cabo



WORLDTRAILS NETWORK
To go far, we walk together.



Kythera Hiking (Greece)



SANIN KAIGAN GEOPARK TRAIL

The 6th World Trails Conference in Tottori

2016.10.14 Fri - 10.17 Mon

Main Venue Kurayoshi Mirai Chushin **Hosted**

Tottori World Trails Conference Executive Committee
World Trails Network

Co-hosted Union of Kansai Governments
(Region-wide Tourism, Culture, and Sports Promotion Office) **Special Support**

Shin-Nihonkai Shinbun

Support

Japan Walking Association, Japan Nordic Walk League, Japan Long Trail Association, Tottori College of Nursing, Tottori College, Broadcasting System of San-in, FM San'in, NHK Tottori Broadcasting Station, TSK San'in Chuo Television Broadcasting Co., Ltd., San-in Chuo Shimpo Newspaper Co., Ltd., Mainichi Shimbun Tottori Branch Office, Sankei Shimbun Tottori Branch Office, Asahi Shimbun Tottori Office, Tottori Chuo Yusen Hoso, Yomiuri Shimbun Tottori Branch Office, Nihonkai Cable Network, Nihonkai Telecasting Co., Ltd., San'in Tourism Organization, ASICS Corporation, Credit Guarantee Corporation of Tottori, Japan Tourism Agency, Ministry of Health, Labour and Welfare, Japan Sports Agency (In random order)

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With the goal of making Tottori the most developed region in terms of volunteering activities, Tottori Prefecture and the Nippon Foundation are working on nine projects in three fields to enhance private sector activities in the region and to inspire each citizen to create a future for Tottori based on their own ideas.

As part of this initiative, the Nippon Foundation supports the holding of Tottori World Trails Conference in order that this region can lead the nation in healthy life expectancy.



響かせようトットリズム♪

Welcome Messages



Chairman
Governor of Tottori
Prefecture

Shinji Hirai

Welcome to Walking Resort Tottori!

On behalf of the citizens of Tottori Prefecture, I would like to express a very warm welcome to the participants gathered from 19 countries and regions worldwide to the 6th World Trails Conference.

Tottori Prefecture is a land of unbelievably beautiful trails. Within Japan, it is a land of unparalleled natural scenery: a land of hot springs, traditional streetscapes, and the town of the famous manga character Detective Conan; and a land where you can walk surrounded by kindhearted people.

Like-minded companions have gathered from around the world. I hope that all of you will enjoy discussions about trails for the joy and health of people around the globe, see for yourself various courses that Tottori has to offer, and share both unforgettable memories and keys to future regional development.

Let's walk together toward a prosperous future for Tottori, where warm-hearted people live, in the midst of the beautiful scenery of autumn in Japan.

At the climax of *A Dark Night's Passing*, the famous novel by Naoya Shiga, the hero climbs Mt. Daisen in Tottori thinking to himself, "I must walk forward with steady steps on the ground, not being clumsy of foot. I must go waving my arms and feeling good. Don't rush or stop."

To walk is to experience life. And Tottori Prefecture is the starting point.

In order that the flower of trekking may bloom around the world, I will walk, waving my arms, with all of you gathered here today.

May I offer my best wishes for your good health and happiness.

Shinji Hirai
Chairman, Governor of Tottori Prefecture

Greetings from the Host



Chairman

Shuhei Yamada

The time has finally come for us to hold the World Trails Conference in Tottori. We have received tremendous support from many people to make this day possible and I am deeply grateful for that.

I would also like to thank all of those who love walking and who have traveled from all over the world, Japan and Tottori. This conference would not have been possible without you and so I welcome each one of you to the conference.

Let us take the opportunity to discuss greatly about many issues such as walking, trails, health, people and nature and regional development. But let us not forget to also spend time walking together.

"Why is walking so enjoyable?" you might ask. Perhaps it is because walking is one of the fundamental forms of human movement. When we walk, each of our cells is reactivated and this refreshes our mind and body.

When we walk, we can notice things that are normally overlooked such as the little plants flowering along the road, the singing of birds, the unique traits of an old townscape, the breezy mountains and the refreshing air. When we walk, we can feel and see the charms of nature.

Tottori offers nostalgic scenery of traditional Japan as it is rich in history, culture and nature. It has many scenic beaches, mountains and lakes and the people are very warm and friendly.

We have prepared 9 great trail excursions for you. Choose any of these excursions and discover the wonders of traditional Japan as you make the most of your trail experience here in Tottori.

Shuhei Yamada
Chairman, World Trails Conference in Tottori



World Trails Network
Committee
Chairman

Galeo Saintz

(South Africa)

Trails are a Pathway to Global Health

By far the most important reason trails matter to you, to me and to everywhere, is that they offer us unique health benefits. Research has clearly shown that trails and time spent in nature make us smarter, able to learn new tasks quicker, increase our self-esteem, improve problem solving and bring us into balance both physically, mentally and spiritually.

During this 6th international global trails gathering, focused on fostering international discussion and development for trails based on shared values, best practice, research and resource sharing, we have an opportunity to share insights and knowledge, make new friends and gain a deeper understanding of the international nature of trails and their ability to link cultures while making new friends.

Trails ignite our whole being, they are places of happiness and of shared experience, and they are often taken for granted. They are also places of belonging. We all belong to one human family and it is trails that play a role in keeping us connected to each other through shared experiences in the outdoors.

We invite you to enjoy the opportunities we have to be here in Tottori over the next few days, to celebrate and enjoy the trail experiences offered in this wonderful walking resort. Last but not least may you build new friendships and leave inspired to continue championing the value trails contribute to all our lives and to our health and the health of our beautiful planet.

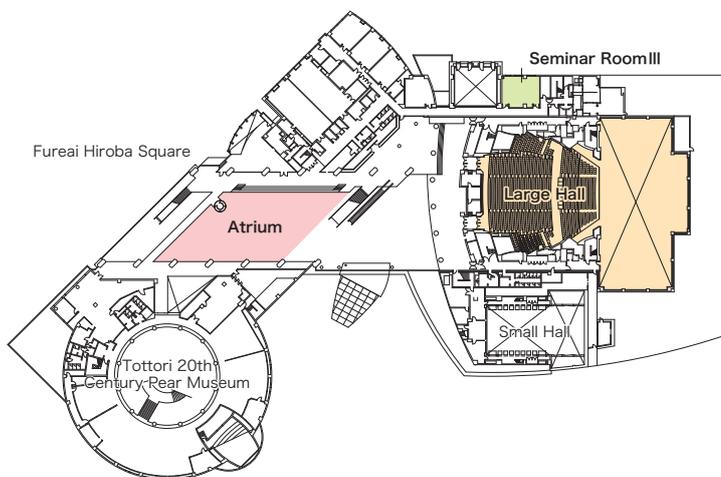
Galeo Saintz
Chairman, World Trails Network Committee

The 6th World Trails Conference in Tottori: Schedule

Friday October 14	Saturday October 15	Sunday October 16	Monday October 17
	<p>10:00~11:00 Opening Ceremony • Keynote Speech Venue : Large Hall</p>	<p>Morning World Walk Festa in Tottori★</p>	<p>All-Day Let's Walk Tottori Tour★ ◆San'in Kaigan UNESCO Global Geopark Route ◆Japan Heritage Site Mt. Mitoku Route ◆Japan Heritage Site Mt. Daisen Route</p>
	<p>11:00~13:00 Introduction to Worldwide Trails and Initiatives Venue : Large Hall</p>		
<p>14:30~16:00 Asian Trails Network General Meeting Venue : Seminar Room III</p>	<p>14:00~15:30 Session I "Walking and Health Symposium"★ Venue : Seminar Rooms III</p>	<p>14:00~15:00 Session III "Trails, Cultural Heritage and Nature"★ Venue : Seminar Room III</p>	
<p>16:30~18:00 World Trails Network General Meeting Venue : Seminar Room III</p>	<p>16:00~17:00 Session II "Trails, Walking & Regeneration of Communities"★ Venue : Seminar Room III</p>	<p>15:00~16:00 Session IV "Trails and International Marketing"★ Venue : Seminar Room III</p>	
<p>18:30~20:30 Welcome Reception★ Venue : Hotel St. Palace Kurayoshi</p>	<p>18:00~20:00 Friendship party (Tori-bar in Kurayoshi)★ Venue : Around Kurayoshi Station</p>	<p>16:30~18:00 Closing★ Venue : Seminar Room III</p>	

10/15 (Sat) ~16 (Sun) **9:30~18:00** WTC in Tottori Project Exhibits Venue : Atrium

★Fee required * Programs on the 14th (Friday) are not open to the general public.



▶ Held Consecutively

● **WTC in Tottori Project Exhibits** Venue : Atrium(C)
 Visitors will find plenty of information about wonderful walking courses both in Tottori and the world. These exhibits feature natural and geographic resources, introducing both Tottori's sports tourism and participating organizations of the Tottori WTC. This is a place to gain a sense of the ways to enjoy walking in the world. Visitors can also experience climbing at the venue (fee not required).



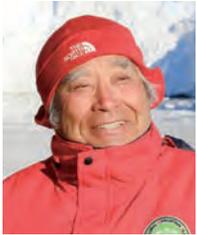
▶ Associated Events

- **B-Grate Gourmet Battle** (Delicious, Reasonably Prices, Everyday Food)
 (10/15 (Sat) ~10/16 (Sun)) Fureai Hiroba Square
- **Tori-bar in Kurayoshi**
 (10/13 (Thu) ~10/16 (Sun)) Around Kurayoshi Station
- **The 6th World Trails Conference Unified Workshop in Tottori**
 (10/15 (Sat) ~10/16 (Sun))

■ Keynote Speech 10:20~11:00

“Keep pursuing your dreams and walk.”

In May 2013, at the age of 80, Yuichiro Miura successfully climbed Mount Everest (8,848 m) for the third time. He thus became the oldest person to reach the summit of Mount Everest. He will talk about the difficulties and joy he found in the course of facing himself and following his dreams, what he gained from his experiences, and his approaches and efforts to live a healthy and happy life by setting goals and objectives for himself. His speech will also include the importance of his family and bonds between people, as well as his new challenges.



Mr. Yuichiro Miura (Professional Skier, Principal of Clark Memorial International High School)

Born in Aomori City in 1932. In 1970, he skied down the South Col of Mount Everest (8,000 m), which was recorded in the Guinness Book of Records as the ski descent from the highest point on earth. The documentary film that reported this achievement “THE MAN WHO SKIED DOWN EVEREST” won an Academy Award. In 1985, he succeeded in skiing down the highest peaks of all seven continents. In 2013, at the age of 80, he successfully climbed Mount Everest for the third time, and regained the record of being the oldest person to scale the world’s highest peak. In addition to his activity as an adventure skier, he also serves as principal of Clark Memorial International High School, a correspondence course high school with over 10,000 students nationwide.

■ Presentation 11:00~13:00

‘Introduction to Worldwide Trails and Initiatives’

- | | | | |
|---|--|---|--|
| <p>1</p>  | <p>Greece</p> <p>Paths of Greece
Name of Trail:
Kythera Hiking</p> | <p>2</p>  | <p>Spain</p> <p>S.A. de Xestión do Plan Xacobeo/Turismo de Galicia
Name of Trail:
Camino de Santiago (St. James Way)
<small>Photo by: Manuel Valcarcel Cabo</small></p> |
| <p>3</p>  | <p>Australia</p> <p>Bibbulmun Track
Name of Trail:
Bibbulmun Track</p> | <p>4</p>  | <p>Republic of Korea</p> <p>Jeju Olle Foundation
Name of Trail: Jeju Olle</p> |
| <p>5</p>  | <p>South Africa</p> <p>Rim of Africa
Name of Trail:
Rim of Africa Trail</p> | <p>6</p>  | <p>Taiwan</p> <p>The Thousand Miles Trail Association, Taiwan
Name of Trail:
Thousand Miles Trail of Taiwan</p> |
| <p>7</p>  | <p>Nepal</p> <p>Samarth - Nepal Market Development Programme
Name of Trail:
Great Himalaya Trails</p> | <p>8</p>  | <p>Turkey</p> <p>Turkey’s Culture Routes Society
Name of Trail:
Turkey’s Culture Routes Society</p> |
| <p>9</p>  | <p>Republic of Panama</p> <p>Fundación Caminando Panama</p> | <p>10</p>  | <p>Brazil</p> <p>WWF Brazil</p> |

■ Session I 14:00~15:30

“Walking and Health Symposium” ~ The Physical and Mental Effects of Walking~

It is said that walking brings about positive effects on the “5 Ks” (kenko for health, kyoiku for education, koryu for interactions/relations, kankyo for environment and kanko for tourism); however, the impact of walking with elements of entertainment* is far greater. We will explore ways of increasing people’s healthy lifespans while examining the physical and environmental effects of Nordic walking and trail activities from the Japanese, American and Korean perspectives.

Coordinator



Mr. Ryu Matsuda (President, Central Tottori Medical Association) Japan

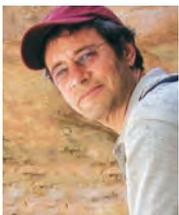
Abnormalities of children’s feet (fifth-toe deformity, bunion, flatfoot, etc.), deformation of posture – due to, for example, swayback – and stiffness of the body that does not bend nor crouch could lead to bedridden and locomotive syndrome when they grow up. In order to prevent that, I encourage building a healthy body starting from feet as children and promote constructive walking, instead of coaxing them to sleep, have them exercise and stay healthy later on even as elderly.

Panelist



Mr. Yuji Yanagimoto (Professor, Kobe Tokiwa University) Japan

Licensed teacher at Setagaya Elementary School affiliated with Tokyo Gakugei University, he then became professor in the Health Science department of Hyogo University. Since 2008, he has been teaching at Kobe Tokiwa University, School of Health Science and Nursing. He obtained his Ph.D in medicine; his specializations are Exercise Physiology, Health Science and Children Health, just to name a few.



Mr. Robert Searns (Trails Planner/Developer) United States

Robert Searns, has a four-decade, award-winning, history developing quality trails. He works with communities to visualize and implement projects from Denver’s Platte River Greenway to trails at Grand Canyon National Park. He co-authored *Greenways: A Guide to Planning, Design and Development* (Island Press) and contributed to *Greenways: The Beginning of an International Movement* (Elsevier Press). He’s written for *Planning, Landscape Architecture, LA China*, and *American Trails Magazines*. He’s been a trainer for the U.S. National Park Service and a delegate to the America’s Great Outdoors meeting attended by President Obama. He is Chair Emeritus, *American Trails* and sits on the *World Trails Network Committee*. He edits *World of Trails Magazine*.



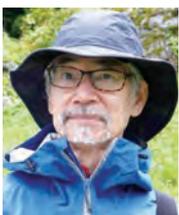
Mr. Kang-ok Lee (Executive Director, Korea Walking Federation) Republic of Korea

Ph.D Science, Professor at Sangji University, in the department of Physical education; Walking Korea Science Association Honorary President; IML Walking Association Executive Committee Member. He is known to be the first person to spread the sport of walking in Korea using the slogan “Your legs are your own doctor”.

■ Session II 16:00~17:00

“Trails, Walking & Regeneration of Communities” ~Introduction to trails in Japan~

Long trails are attracting attention these days from various aspects: health, natural environment, walking tours, inbound tourism, and regional revitalization, just to name a few. At present, the Japan Long Trail Association has 18 member trails, and the number is expected to increase. The San’in Kaigan Geopark Trail is a member from Tottori. This session will overview the background and present situation of the long trail movement.



Mr. Toru Nakamura (Representative Director, Japan Long Trail Association, Visiting Professor of Aomori University, Outdoor Journalist) Japan

In order to spread outdoor activities and revitalization of different regions, he increases long trails development and organizes activities. Author of many books, for example, *Walkers’ Outdoor Marketing, Outdoor Business Proposal, Outdoor is the lifestyle*, just to name a few. Started mountain climbing since his junior high school days, he has climbed Karakorum Peak and many other mountains. He is a member of the Japanese Alpine Club. longtrail.jp

■ Session III 14 : 00 ~ 15 : 00

“Trails, Cultural Heritage and Nature”

Trails are the original pathways and highways of the world. Since the dawn of human history they have connected us to each other and to the natural landscapes surrounding our places of settlement. This session explores the ongoing important role trails play in cultural heritage and how they continue to shape our engagement with the natural world. From trails as drivers that engage society in protected areas in Brazil, to unlocking community development in Costa Rica and appreciating rich cultural heritage of trails in Greece.

Coordinator



Ms. Anna Carolina Lobo
(WWF Brazil) Brazil



Mr. Fivos Tsaravopoulos
(Paths of Greece, Trail Developer / Manager at Paths of Greece) Greece

Fivos has been actively involved with the planning, creation and promotion of hiking trails networks in Greece and other countries for many years. He specializes in the design, the way-marking as well as the digital promotion of hiking trails and destinations. He is also the Treasurer of the World Trails Network.



Mr. Nat Scrimshaw (Sendero Pacifico, Coordinator for the Sendero Pacífico) Costa Rica

Nat Scrimshaw is the co-founder and current coordinator of the Sendero Pacifico in Costa Rica. Nat was born in Guatemala, raised his family in Costa Rica and now divides his time between Costa Rica and the White Mountains of New Hampshire. In addition to his work with the Sendero Pacífico, Nat is the Appalachian Mountain Club “adopter” of the Franconia Ridge Trail, one of National Geographic’s “top twenty hikes in the world” and part of the 3,500 km Appalachian Trail.

■ Session IV 15 : 00 ~ 16 : 00

“Trails and International Marketing”

This session will give an overview of trail marketing, outlining world class examples and how you can recreate these for your own trail. The presentation will show how a consistent brand can be rolled out across all your marketing materials, web presence and social media posts with a focus on promoting your trail to an international audience.

Coordinator



Mr. Eoin Hogan (Rural Recreation Officer - County Clare, Ireland) Ireland

Eoin Hogan is the Rural Recreation Officer for County Clare, Ireland. Within that role he manages over 550km of walking and cycling trails. He oversees the development, maintenance and promotion of the outdoor recreation trails in County Clare. He manages the “Walk Scheme”, a government scheme that pays landowners for maintaining trails that go through their lands. He also develops brochures, manages the trail website and social media channels.



Ms. Jackie Randle (Bruce Trail, Director of Organizational Resources) Canada

Jackie Randle has been with the Bruce Trail Conservancy (BTC) since 2002. Her current role as the Director of Organizational Resources includes supervision of the volunteer program, human resources and customer service staff. Since 2002, the volunteer program for the BTC has grown from 800 volunteers to 1,500 volunteers, the BTC staff has increased from 8 to 16, and the BTC membership has grown to over 9,000.

Current major projects include the 50th Anniversary of the Bruce Trail celebrations; upgrading of the member/donor/volunteer database; relocation of the BTC Head Office; and the creation of an international image for the Bruce Trail Conservancy through the introduction of Friendship Trails and an ongoing presence at the World Trails Network.

Jackie has a Bachelor degree in Anthropology, a post-graduate diplomas in Volunteer Management and Human Resources



Ms. Kerstin Stender (Bibbulmun Track, Trails Coordinator) Australia

Kerstin Stender is employed as the Trails Coordinator with the Department of Parks and Wildlife in Western Australia. She is responsible for the overall management of the department’s long distance trails and holds policy responsibility for other trails. Kerstin is completing her masters in tourism management with a focus on trail business management models. Born in Germany she has always been a keen outdoor enthusiast, including hiking, cycling and kayaking in many parts of the world.

■ Closing 16 : 30 ~ 18 : 00

Summary and declaration of the Tottori WTC, etc.



Mr. Galeo Saintz (World Trails Network Committee Chairman) South Africa