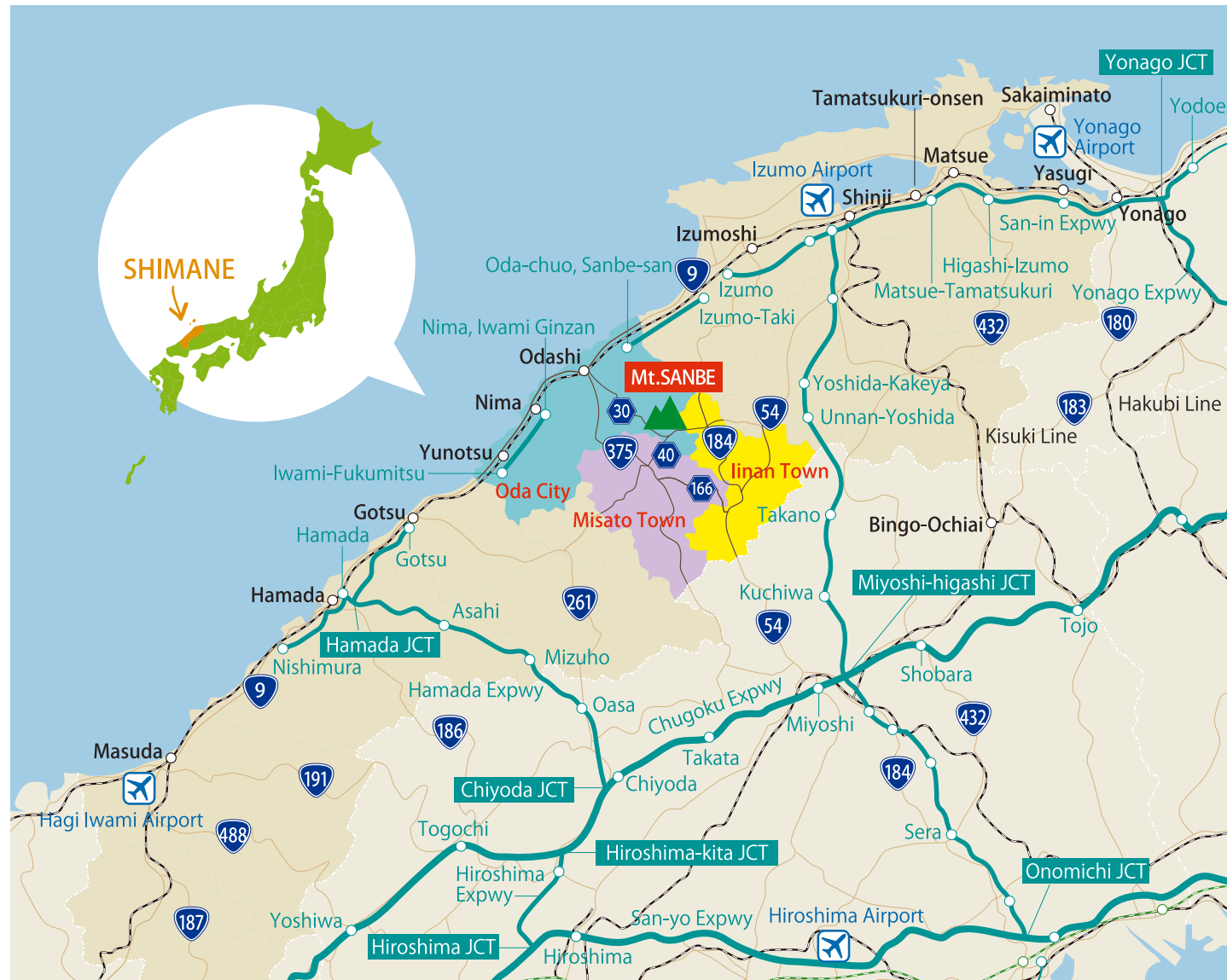
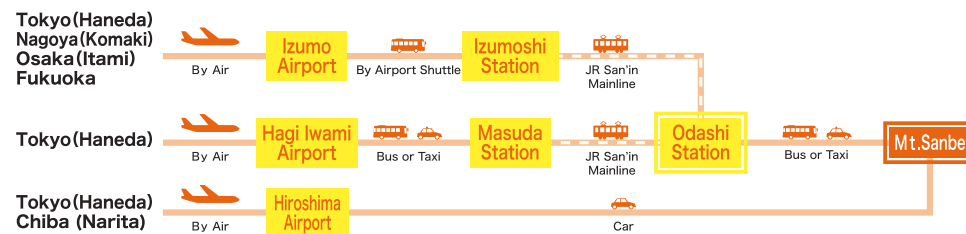


ACCESS MAP

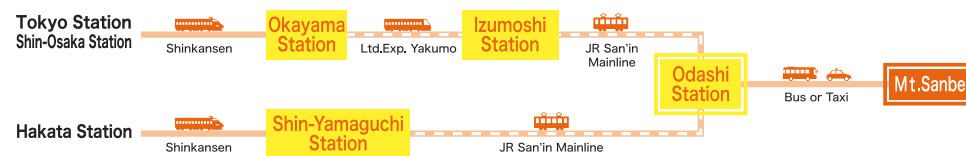


Access to Mt.Sanbe area

By Air



By Train



By Express Bus



Get More Info about Sanbe Area



Sanbe Area
Official Website

Publisher : Sanbe Area Tourism Promotion Association
(三瓶山広域ツーリズム振興協議会)

2020.3

National Park Mt.SANBE

SANBE AREA OFFICIAL GUIDE BOOK

*Wonderous experiences
await you here!*

Sanbe Area, Shimane Pref., Japan
Oda City / Iinan Town / Misato Town

Mt. Sanbe, Daisen-Oki National Park

A Sacred Mountain with an Ancient Buried Forest

Mt. Sanbe's power comes from deep underground, where hot springs flow and ancient forests lay buried.

With Mt. Sanbe at the center, the municipalities of Oda City, Iinan Town, and Misato Town make up the greater Sanbe area.

Here, visitors will find unspoiled landscape of Japan and see the lives of local people who preserve this rich land, water, and nature.

Directly feel nature's seasons.

A unique experience awaits you here.



Onsen (Hot Spring)



Buried Forest



Iwami Kagura



Shimenawa (Sacred Rope)



Misato Town

❀ Cherry Blossoms at Myoyoji Temple

500-Year-Old Cherry Blossom Unique in Japan

When you reach the top of a steep flight of steps, a splendid temple gate appears with cherry blossoms in the background. This is an excellent photo spot.



Iinan Town

🌳 Forest Therapy Road

Experience the highest quality relaxation by forest bathing at Forest Hotel Morinosu.

Iinan Town Forest Therapy Road is a luxurious walking course where the path is matted with soft wood chips to make forest bathing comfortable. Forest Hotel Morinosu is a small hotel constructed out of wood. Loyal guests repeatedly visit for the dinner menu that includes locally produced Japanese beef.

Oda City

🔥 Nishinohara Field Burning

A traditional event announcing the arrival of spring at Mt.Sanbe.

This traditional event signals the coming of spring at Mt. Sanbe. Every year in late March, the grass that has been crushed by snow during winter is burned off to prevent wildfires and forestation in order to sustain the prairie environment. Flame spreading over the field is an amazing sight that many visitors find riveting.



Iinan Town

🌸 East Sanbe Flower Valley Poppy Field

One million poppies grow in this poppy field.

Many photographers and tourists visit this healing spot where red and pink poppies bloom between early and mid-June. Every year on the second Sunday during the season, a large "Poppy Festival" event is held.

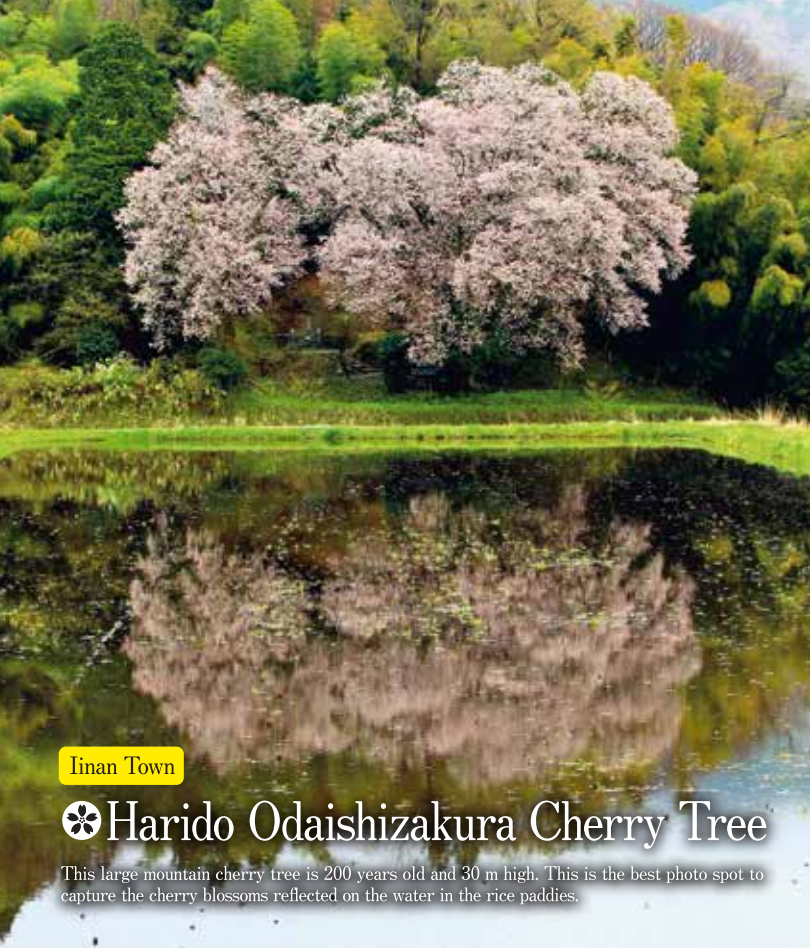
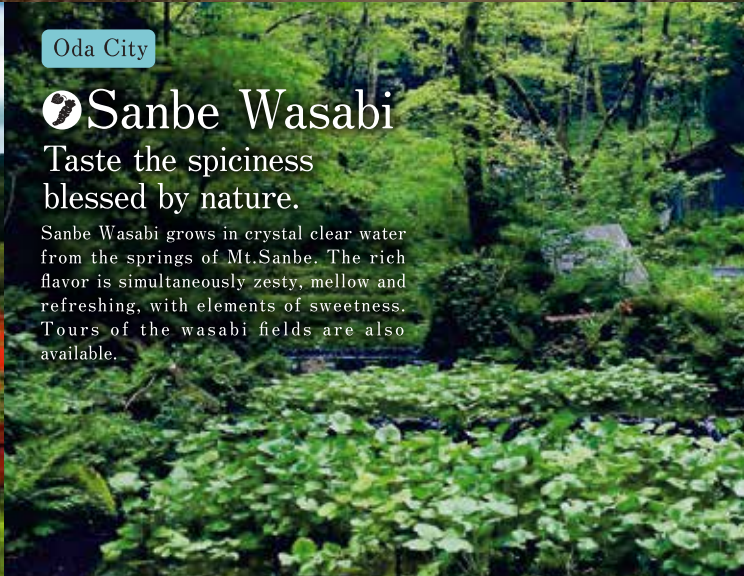


Oda City

🌿 Sanbe Wasabi

Taste the spiciness blessed by nature.

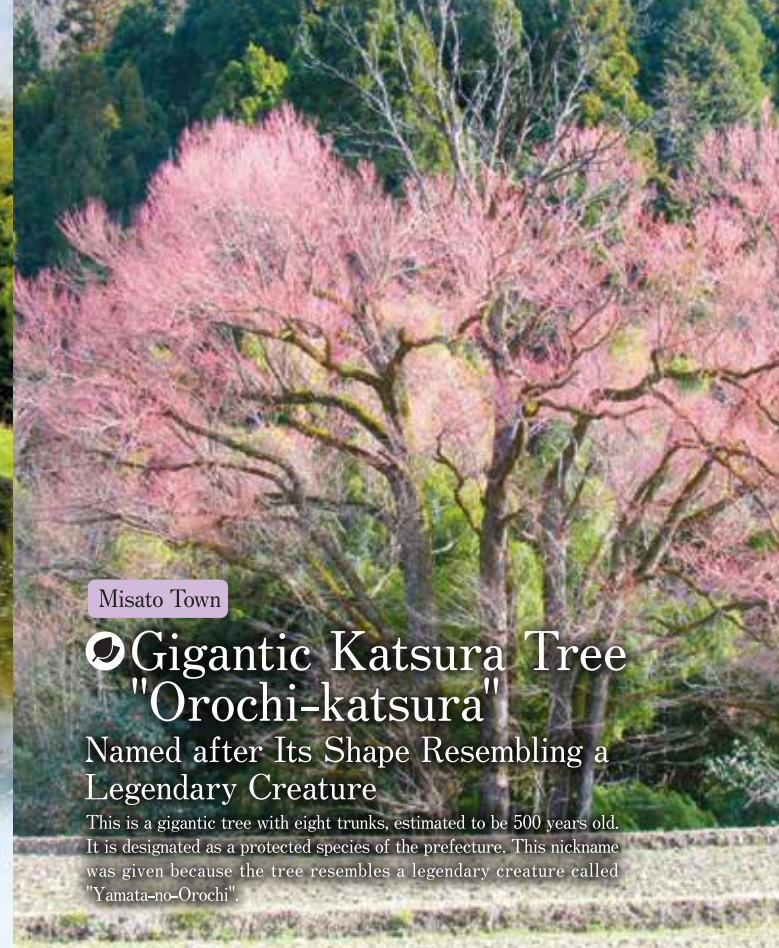
Sanbe Wasabi grows in crystal clear water from the springs of Mt.Sanbe. The rich flavor is simultaneously zesty, mellow and refreshing, with elements of sweetness. Tours of the wasabi fields are also available.



Iinan Town

❀ Harido Odaishizakura Cherry Tree

This large mountain cherry tree is 200 years old and 30 m high. This is the best photo spot to capture the cherry blossoms reflected on the water in the rice paddies.



Misato Town

🌳 Gigantic Katsura Tree "Orochi-katsura"

Named after Its Shape Resembling a Legendary Creature

This is a gigantic tree with eight trunks, estimated to be 500 years old. It is designated as a protected species of the prefecture. This nickname was given because the tree resembles a legendary creature called "Yamata-no-Orochi".

Misato Town

Making Natural Beeswax Cream

Honey is now a special local product of Misato Town. Skin-care cream is made from the beeswax created by the honey bees that collect tasty honey. This cream is made from natural wax that is an excellent emulsifying agent with a moisturizing effect.



Trekking

Get More Info



Oda City



Mt. Sanbe

Mt. Sanbe consists of six peaks with the main peak, Osanbe, having an elevation of 1,126m. There are five climbing courses available including a trail that winds through natural forests, a trail that passes through grassy fields with excellent views, and a route that takes you to the peaks in the fastest time via a chairlift.

Misato Town



Yanashio Road

Iwami Ginzan Roadway along with the mineshaft of Iwami Ginzan Silver Mine were registered as a World Heritage Site in 2007. A section of the 7 km is called Yanashiomichi. You can appreciate the history of the silver mining era, when silver was transferred from the silver mine to the port via a land route over 140 km long.

Iinan Town



Mt. Kotobiki

This sacred mountain where Japanese gods come together.

The mountain is described in documents from over 1,300 years ago, has been worshiped by people for centuries. Even beginners can reach a peak in about 70 minutes.

Iinan Town



Mt. Oyorogi

This mountain popular for its beechwood forest home to many plants.

At the top of Mt. Oyorogi, there is a primary forest of beech trees that are over 100 years old. The trail up the mountain has been carefully maintained to enable children and beginners to enjoy hiking.



Summer 夏

Iinan Town

Shower Climbing

You can cool off in crystal clear stream water.

Jump in! Go under a waterfall! A guide will escort you safely. These activities are available from July through September.



Misato Town

Canoeing

Popular Sports in Misato, Once Flourished by River Transport

"Kanu no Sato Ochi", where visitors can try canoeing, is located in a camping facility besides a Class A river. Large houses on wheels enable you to camp safely surrounded by nature!



Oda City

Furin Onsen

1,000 wind chimes decorating the hot spring town of Sanbe

Between early July and late August, about 1,000 wind chimes decorate the hot spring town of Sanbe. Feel the emotions of summer with the cool sound of the wind chimes and lukewarm water of the hot springs.

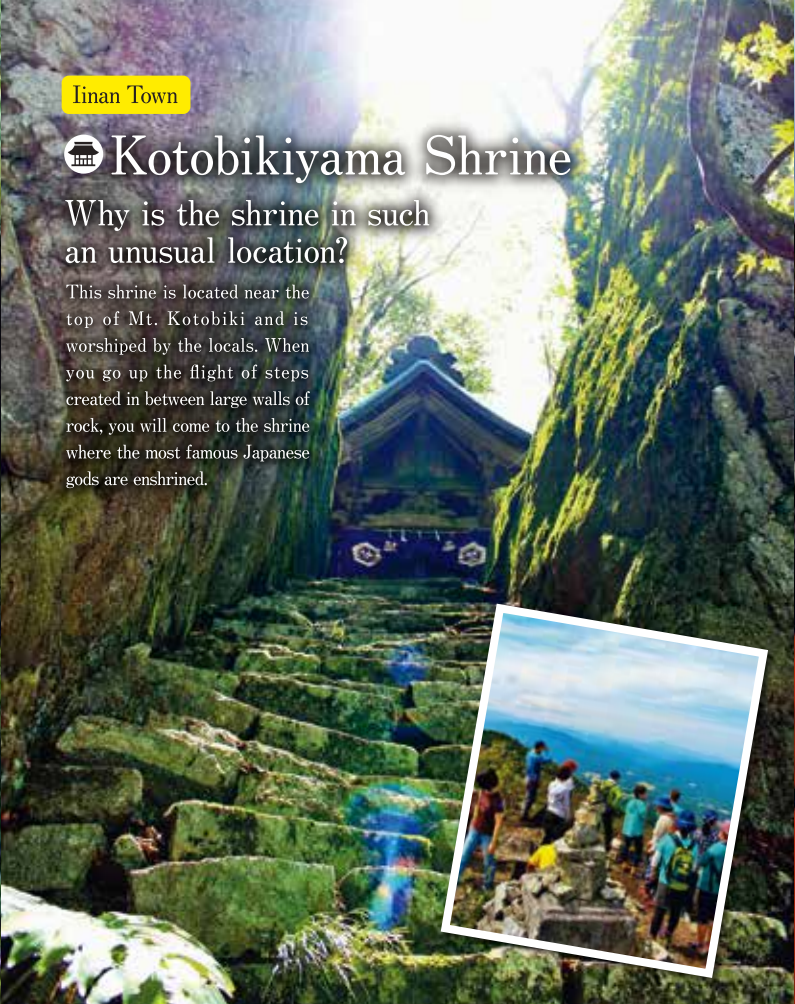


Misato Town

Fireflies

Mysterious Lights Floating in the Night Sky

Masses of fireflies with their soft intermittent light fly around some of the rivers in Misato Town. You can experience the fantastic sight of the pitch black night sky filled with a huge number of glowing fireflies.



Iinan Town

Kotobikiyama Shrine

Why is the shrine in such an unusual location?

This shrine is located near the top of Mt. Kotobiki and is worshiped by the locals. When you go up the flight of steps created in between large walls of rock, you will come to the shrine where the most famous Japanese gods are enshrined.

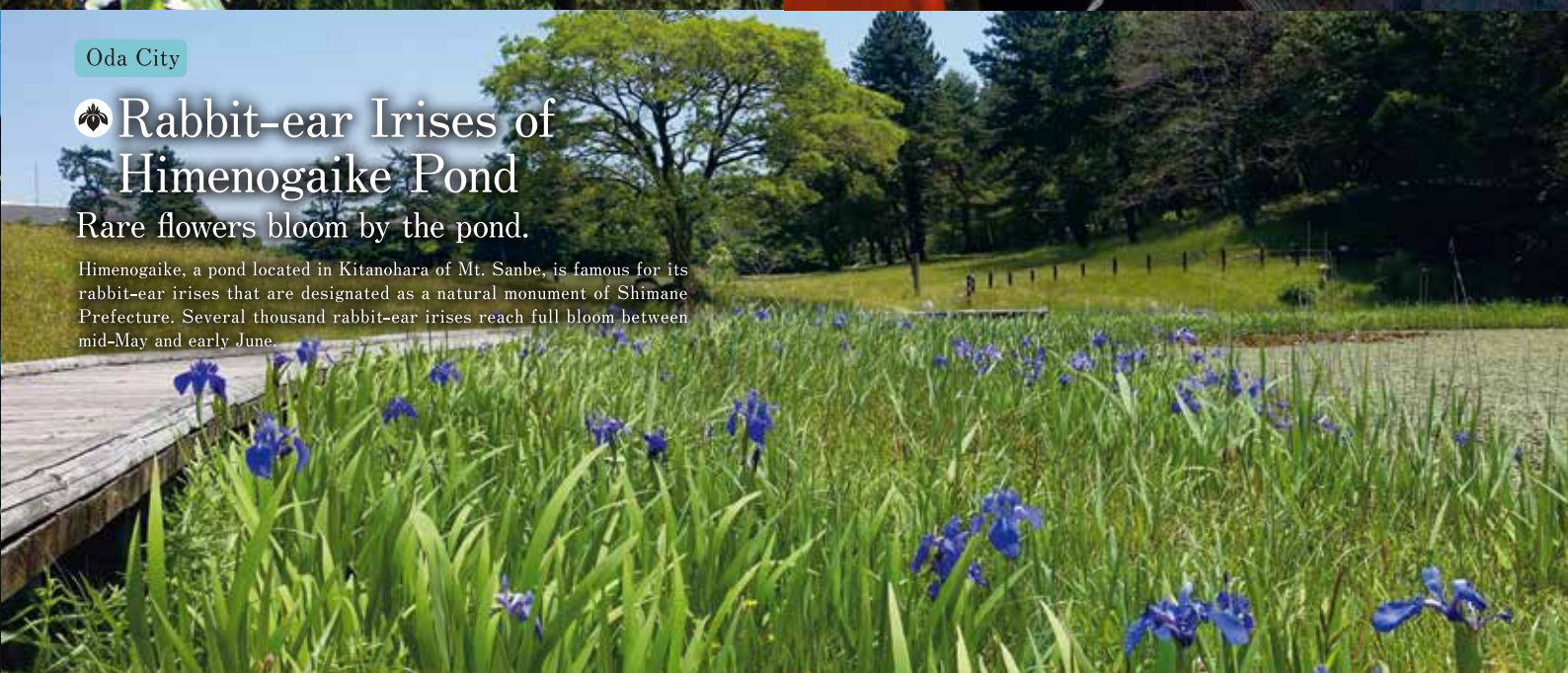


Oda City

Breakfast in the Sky

Try this special breakfast at the top of the mountain while watching the sun rise.

In the darkness one hour before sun rise, you can take the specially scheduled lift to the top of the mountain. This will be a unique experience where you can watch the sunrise while enjoying food prepared by a popular restaurant in town that is only available here.



Oda City

Rabbit-ear Irises of Himenogaike Pond

Rare flowers bloom by the pond.

Himenogaike, a pond located in Kitanohara of Mt. Sanbe, is famous for its rabbit-ear irises that are designated as a natural monument of Shimane Prefecture. Several thousand rabbit-ear irises reach full bloom between mid-May and early June.



Campsite



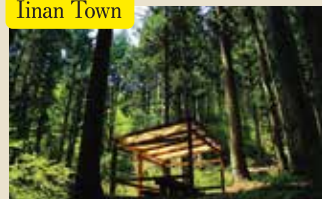
Misato Town

Kanu no Sato Ochi Campsite

Visitors can try canoeing and brick-oven pizza cooking in this camping facility besides a Class A river. Large houses on wheels enable you to camp safely surrounded by nature! Water facilities, AC power, shower rooms, toilets, and other facilities are available.



Iinan Town



Furusatonomori Campsite

The campground site is located in the forest park of Iinan Town. There is a crystal clean river right near the campsite, the sounds of nature heals you. Outdoor kitchens, BBQ sites, shower rooms, flush toilets and other facilities are available.

Oda City



Kitanohara Campsite

The campground site is surrounded by the nature scenery of Mt. Sanbe and you can stay inside the national park. A full range of sites are available, including an auto campsite, cabins and other facilities.

Autumn 秋



Oda City

🏯 Magnificent Ginkgo Tree at Jozenji Temple

Witness the golden color in a hidden temple.

A magnificent ginkgo tree that is over 600 years old and a symbol of the small town still stands tall at Jozenji. In autumn, all the leaves turn yellow, and eventually the fallen leaves create a golden carpet on the ground. The tree is lit up at nights during autumn season, it creates a fantastic spectacle.



Misato Town

☁️ Sea of Clouds

The mountain tops peeking through the sea of clouds that spreads out in front of visitors look like small islands in the ocean. This is the most spectacular scenery in Misato Town. One of the best spots to view the sea of clouds is in between the central region of Misato Town and Mt. Sanbe (Noma region), where there is a field of chestnut trees.



Misato Town

♨️ Yugakai Onsen

Yugakai Hot Spring area is surrounded by mountains. Thousand Saucers, an accumulation of lime that looks like thousands of plates, around the tub is a must-see. Soak in the spa and you will discover your skin becomes moist.

Iinan Town

🎭 Iinan Kaguradan

See backstage of how traditional culture is inherited.

There is a lively Kagura dance group, who perform a Shinto ritual ceremonial dance. You will be impressed by the enthusiasm of the group - made up mainly of adults but also some small children - to inherit their traditional culture.

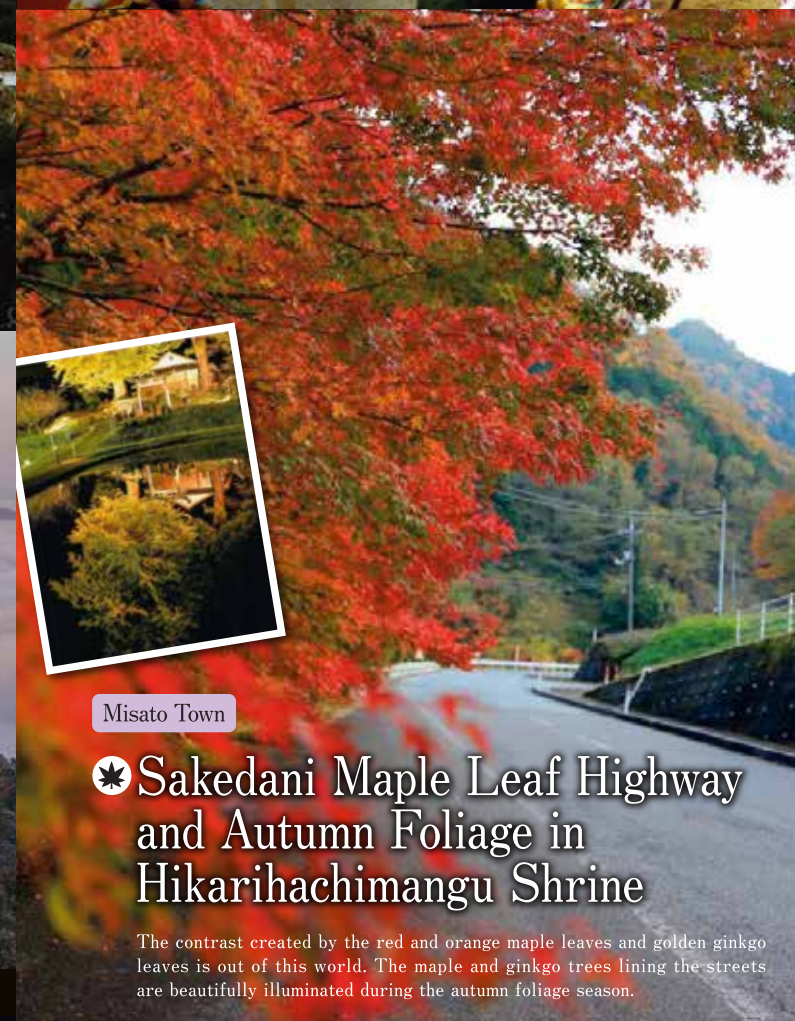


Iinan Town

🎭 Hayashiko Procession

This traditional event has been handed down from one generation to another only in the back-country of Shimane Prefecture.

You can only appreciate this event with its over 500-year history in Iinan Town and the surrounding area. Children and adults wearing beautiful Hanagasa, a hat decorated with artificial flowers, and yukata, or summer kimono, parade through town playing flutes and drums.



Misato Town

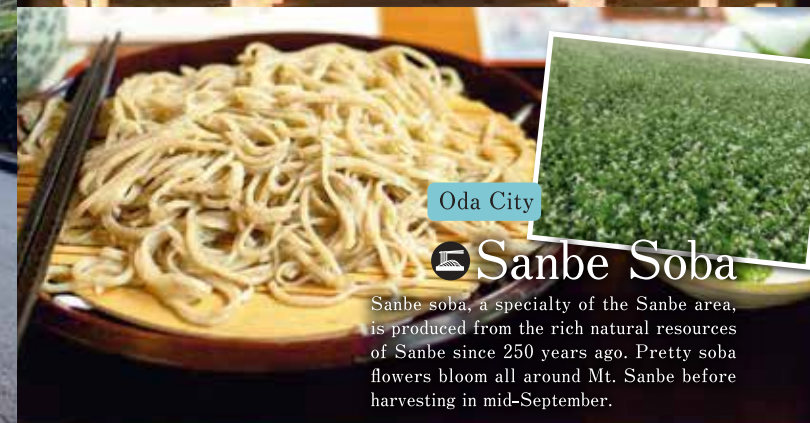
🌸 Sakedani Maple Leaf Highway and Autumn Foliage in Hikarihachimangu Shrine

The contrast created by the red and orange maple leaves and golden ginkgo leaves is out of this world. The maple and ginkgo trees lining the streets are beautifully illuminated during the autumn foliage season.

Misato Town

🎭 Traditional Performing Arts and Light Ceremony

This is the largest event of Matsuoyama Hachimangu Shrine. Local volunteers make over 3,000 bamboo lanterns for this event. Gods and demons dance to Kagura music in the shrine filled with fantastic lights. The six Kagura dance groups in Misato Town will invite you to the traditional atmosphere through dynamic and sophisticated performances.



Oda City

🍜 Sanbe Soba

Sanbe soba, a specialty of the Sanbe area, is produced from the rich natural resources of Sanbe since 250 years ago. Pretty soba flowers bloom all around Mt. Sanbe before harvesting in mid-September.

Tourist Facility



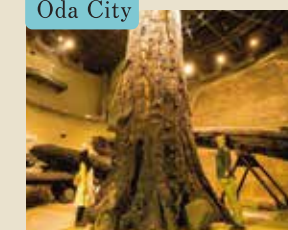
Oda City



The Shimane Nature Museum of Mt. Sanbe "Sahimel"

The museum features virtual exhibitions showing the dynamic birth of Mt. Sanbe and the existing natural surroundings. Visitors can enjoy displays of fossils and stuffed animals, visit the planetarium and astronomical observatory.

Oda City



Sanbe Azukihara Buried Forest

This Buried Forest Park is mysteriously preserved ancient forest that has many huge trees entombed in the earth as a result of a volcanic eruption that happened almost 4,000 years ago. You can observe closely that some trees remain standing in their original state.

Iinan Town



Oshimenawa Sosakukan

This place creates the largest shimenawa, a sacred rope (13.6 m wide weighing 5.2 t), for Izumo Taisha Grand Shrine. Workshop staff offer a craft class where visitors can make a small shimenawa using special straw.



Winter

冬

Iinan Town

Mt. Kotobiki Forest Park Ski Resort

This ski resort perfect for families. Families with children as well as beginner and intermediate skiers can enjoy this ski resort. Slopes designated for kids and sledding are available so that you can play safely in the snow with your children.

Oda City

Snow Dome Lights in Sanbe Shigaku

Three thousand snow dome lights light up the winter night.

Snow dome lights light up frigid Sanbe in mid-February. Approximately 3,000 snow domes containing candles illuminate the darkness to create a dreamy snowscape.

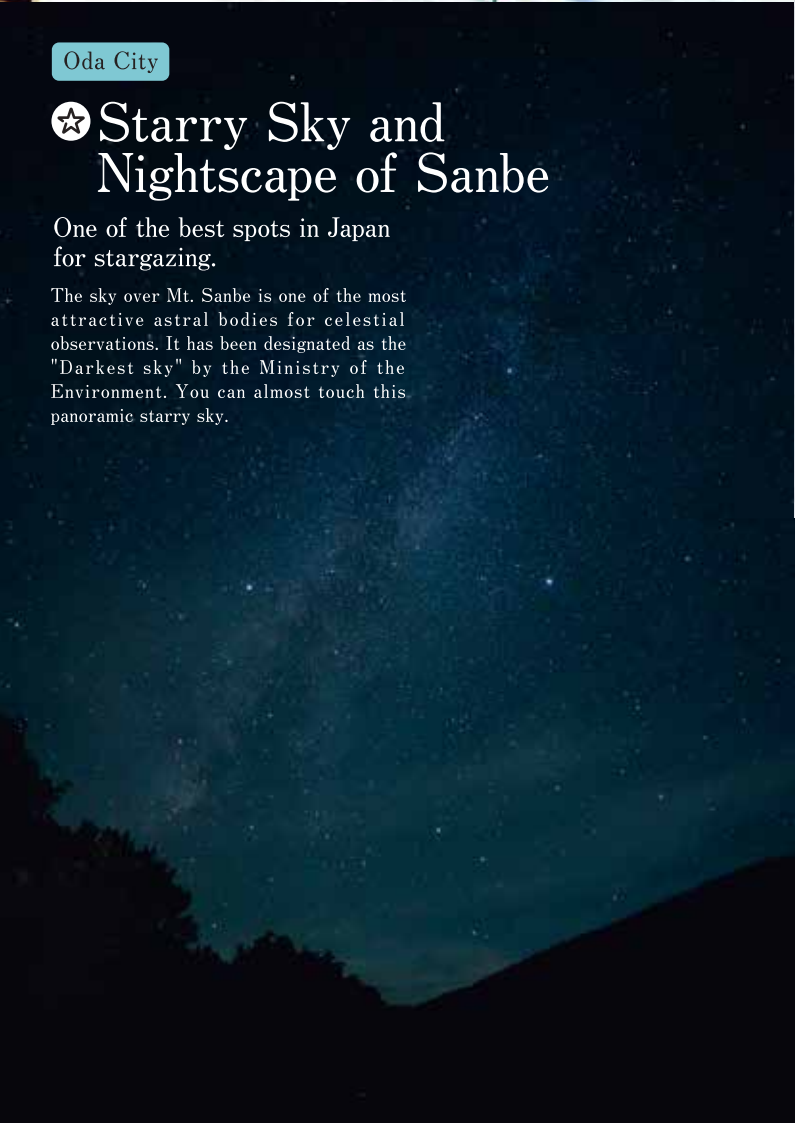


Oda City

★Starry Sky and Nightscape of Sanbe

One of the best spots in Japan for stargazing.

The sky over Mt. Sanbe is one of the most attractive astral bodies for celestial observations. It has been designated as the "Darkest sky" by the Ministry of the Environment. You can almost touch this panoramic starry sky.



Oda City

🚶Snowshoe Hiking

Walk through fields covered with snow.

Enjoy walking through the snow-covered fields of Mt. Sanbe. Snowshoe trekking and nature observation tours are offered during winter. A rental service aimed at individuals is available at the camping site in Kitanohara.



Misato Town

🚣Canoeing in Snow

Canoeing is a popular summer activity, however, you can enjoy it even more in winter if you have appropriate cold weather gear. The star-filled night sky is all yours to enjoy (lodging in winter is highly recommended).



Iinan Town

🚶Snow Cornice Tour in Oyorogi

Experience the mysteries of wind and snow, and visit the impressive snow cornice.

This is a popular event held in February at Iinancho. You can visit the shining rime on trees and snow cornices, formative designs created by snow, wearing snowshoes, and have fun in the natural surroundings.



Iinan Town



Ramune Ginsen

The carbonated mineral spring feels just like sparkling carbonated lemonade on your body. Carbon dioxide gas is absorbed into your body, which dilates the blood vessels. It is effective for people recovering from fatigue, lower back pains, and skin irritation.

Misato Town



Chihara Onsen

Chihara hot spring is a therapeutic bath that opened approximately 100 years ago. This hot spring is hidden deep in the mountains and can only be reached by car.

Oda City



Tsurunoyu, Kamenoyu

These two communal public baths provide abundant hot spring water come directly from natural resources. The water contains iron, and the spring water turns brown when it comes in contact with air. Unlike the way it appears, the hot spring water has a fresh texture.



Onsen