

Access to Shimane



Airplane
Osaka Itami 4 hrs.
Fukuoka 1 hr. 5 mins.
Oki Islands 30 mins.

Irumo Emmanuji Airport
1 hr. 25 min. Tokyo
1 hr. 20 min. Shizuoka
1 hr. Nagoya

Haneda Airport 3 hrs. 5 min. Seoul
Oki Airport 30 min. Izumo Emmanuji Airport

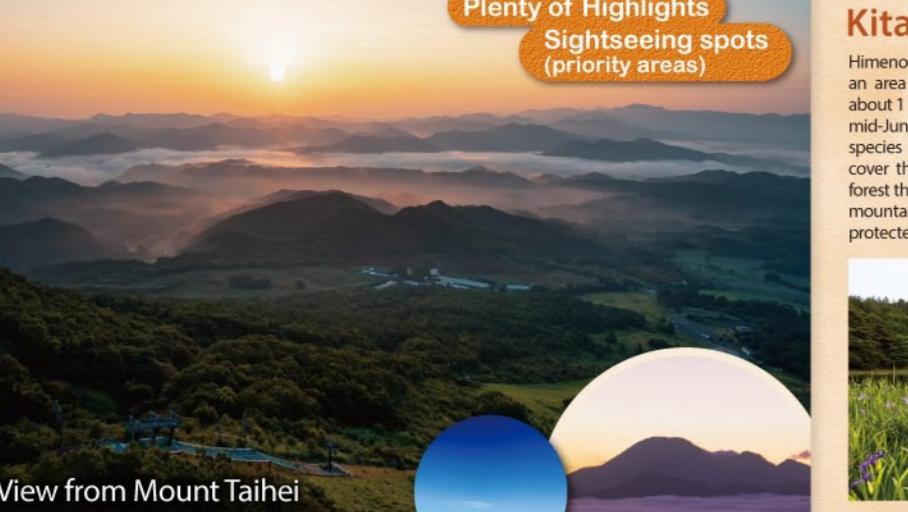
JR (Railway)
Matsue Station 1 hr. 30 min. Iwami Ginzan 2 hrs. 40 min.
Yakumo 2 hrs. 40 min.
Oki-gi Super Matsukaze 4 hrs. 43 min. Nozomi 4 hrs. 3 min.
Highway Bus 2 hrs. 4 min. Shin-Yamaguchi Station 2 hrs. 25 min.
Super Oki 8 hrs. 8 min. Nozomi - Sakura 35 min. Hakata

Highway
Matsue Matsue-Tematsukuri IC
Hamada Hamada IC
41km 38km 93km 34km

Contact
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Date of Publication March, 2020

Daisen-Oki National Park (Mt. Sanbe Area)



Plenty of Highlights
Sightseeing spots (priority areas)

Kita-no-hara
Hiroshima has a circumference of 400 meters, an area of 9000 square meters, and a depth of about 1 meter. From the beginning of May through October, the flowers of the rare rabbit-eared iris bloom in the forest. The forest is a national protected habitat.

Mt. Sanbe Natural Forest
The natural forest that spreads out for 120 hectares around the north-facing slope of Mt. Sanbe and Muro-no-uchi is a national protected habitat. The species of rabbit-eared iris come into bloom and cover the surface of the water. Also, the natural forest is open while climbing the Kita-no-hara protected habitat.

The area surrounding Mt. Sanbe
Iwami Ginzan World Heritage Site
Highly rated as an industrial heritage site in harmony with the natural environment, it was registered as a World Heritage Site in July 2007.

Fukumitsu Ishi Quarry
Production of large amounts of granite rock in the prefecture, this quarry has been in business for 450 years. Fukumitsu Ishi stone has been used in the making of gravestones and the Gojyaku Rakan Zazou stone Buddha statue.

Shimane Nature Museum of Mt. Sanbe 'Sahime'

At Shimane, there are exhibits of the animals, plants, and insects of Shimane, along with a planetarium, and an astronomical telescope. With easy-to-understand commentary, it's enjoyable for people of all ages.

Plenty of Charm
Mt. Sanbe Area Recommended Sightseeing Spots

Nishi-no-hara
Nishi-no-hara highlands is the area that is spread out at the foot of the mountains of O-Sanbe, Ko-Sanbe, and Muro-no-uchi. With the arrival of spring, Hiyu, where the withered plum blossoms are burned off, takes place. After that, the season of fresh green begins. From the fresh verdure of early summer, you can enjoy a 360-degree view of magnificent scenery. Enjoying the Shimane Henmi mountain range and the Sea of Japan, and on a clear day, you can see the outline of the Oki Islands.

Plenty of Charm
Mt. Sanbe Area Recommended Sightseeing Spots

Mt. Sanbe
With the area around Mt. Sanbe, an active volcano 1,126 meters above sea level, there are several hot springs facilities including Sanbe Onsen and Yugaku Onsen.

Around the Muro-no-uchi, a crater, there are mountain peaks, O-Sanbe, Me-Sanbe, To-Sanbe, Mago-Sanbe, Mt. Ohira, and Mt. Hikage. You can walk down into the crater, and traverse the peaks.

Higashi-no-hara
Higashi-no-hara spreads out for a distance of 300 hectares around the base of the Mae-Sanbe, Higashino, and Obara mountains. There is a lift, and the Umino-kō and Himerogawa ponds make it a unique grassland landscape.

Iwami Winery
Opened in the spring of 2018 in Iwami Ginzan Highlands. You can enjoy wine tasting, and observation of the manufacturing and bottling process.

Kita-no-hara Campsite
Kita-no-hara Campsite is a campsite where you can enjoy recreation, camping, and barbecue. The campsite is pet-friendly with a dog run for dog walking and dog bungalows for staying over.

Ukinomono-no-ike
At the western side of the foot of the mountain, Lake Sekitomo formed after the flow of the river was stopped due to soil erosion. A legend says that the lake was formed by the Naga that lived in the pond after being devoured by a young man who had transformed into a giant serpent. Moreover, the white lines on the pond's perimeter show the path it is said.

Yama-no-eki Sanbe
At Yama-no-eki Sanbe in the Nishi-no-hara highlands you can enjoy foods made using local ingredients and sweets. The cafe is an excellent place to relax and enjoy the view of Mt. Sanbe.

Plenty of Recommendations
Gourmet

Muro-no-uchi
Mt. Sanbe consists of the peaks of O-Sanbe, Me-Sanbe, and Ko-Sanbe, and the hollow of the valley between them. Thought to have formed about 3600 years ago, it is 1km long in diameter and was one of the last craters to erupt.

Sanbe Burger
Burgers made with Sanbe's best ingredients

Hekayaki
The origin of the name Hekayaki is unknown, but "He" is the name of the tip of a spade that was used instead of a cooking pot in the past. Whereas beef and pork are used in sukiyaki, fish is used in Hekayaki.

Walkway & Model Course List

⑦ Mt. Sanbe northside forest Course (Chugoku Nature Trail-watching course)
⑧ Kita-no-hara, Nishi-no-hara Model Course (Chugoku Nature Trail)
⑨ Nishi-no-hara, Yugaku Model Course
⑩ Yanashio Michi, Yugaku Komatsuji Model Course (Chugoku Nature Trail)
⑪ Yunotsu, Okidamirouji Model Course (Chugoku Nature Trail)

* Promenades and Model Courses are on the back of the Mankitsu map

Daisen-Oki National Park (Mt. Sanbe Area)

Plenty of Highlights
Sightseeing spots (priority areas)

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Sanbe Azukihara Buried Forest
Discovered 1300 years ago, the hot spring has a long history and has earned the reputation of having therapeutic qualities. There are stories about the hot spring that date back to the Heian period, such as a Buddhist monk on his travels discovered a tanuki healing his wound in the hot water, and that Okuninu-no-mitsuko saved an rabbit by bathing it in the hot water here.

Yunotsu Onsen
A hot spring with highly effective thermal properties, it is good for health. After the hot spring, the fresh verdure of early summer, you can enjoy a 360-degree view of magnificent scenery. Enjoying the Shimane Henmi mountain range and the Sea of Japan, and on a clear day, you can see the outline of the Oki Islands.

Plenty of Charm
Mt. Sanbe Area Recommended Sightseeing Spots

Kotogahama
A sandy beach that makes a squaking sound as you walk, designated a national protected habitat. The Nima Sand Museum nearby houses the largest hourglass in the world which time is clocked every year.

Yanashio michi
The old road that stretches from Iwami Ginzan Silver Mine in Onomichi City to Onomichi City in Hiroshima is called Ginzan Kaido. Along this road, the route between Komatsuji of Misato town and Yugeji is called "Yanashio". The reason for the name surrounding the meaning behind this name, but the most convincing theory is that salt was carried along this route in the past to hand wash and bath means salt that was used for washing and bathing.

Kaketo Matsushima
During the Kamakura period, to let the waters of Haneko River flow into the Sea of Japan, after it burst its banks several times, 7 years were spent dredging and cutting through the shoreline.

Plenty of Charm
Recommended sightseeing spots

Chichisugi Japanese Cedar (Okinoshima Town)
This old cedar of 800 years having sprouted 15 new roots is a mysterious tree. The trunk of the tree is wrapped in a cloth, and the roots are wrapped in a fog when the sun rises, it is particularly magical.

Rosoku-jima Candle Island (Okinoshima Town)
This small island located in the Okinoshima Offing northwest of Dōgo Island resembles a candle when the evening sun sets on top, hence the name "Candle Island". This scene can be seen from the light-tower boat.

Saburo-iwa Rocks (Amagase)
An northern side of Dōgo port, the rocks standing vertically of large, medium and small are commonly known as Saburo-iwa. They can be seen from the Amakubo underwater viewing boat.

Mt. Akahage (Chiba Village)
The highest peak on Chiba and known for its beautiful red leaves. The red leaves of Mt. Akahage are said to be the most beautiful in Japan. Can be seen from a cable car or a boat.

Plenty of Recommendations
Gourmet

Oki-beef
Oki cattle raised on mineral-rich animal feed on the pastures of the Oki Islands produce high-quality beef. This Oki beef has become otherwise known as "Maburao-ni-Wagyu". You should have a taste!

Seafood
Iwagai Oysters called "the wings of the sea". Sashimi made with fresh sashimi made with layers of fresh fish and shellfish caught in the Sea of Japan. Oki is a seafood lover's paradise.

Walkway & Model Course List

⑨ Matsugai Observation point and Promenade ⑩ Washigamine Course
⑩ Akao Lookout ⑪ Onimaki Lookout
⑫ Shirashima-saki Observation point and Promenade ⑬ Yui-no-ike Course
⑭ Nagumisaki Observation point and Promenade

* Promenades and Model Courses are on the back of the Mankitsu map

Daisen-Oki National Park (Shimane Peninsula West Area)

Plenty of Highlights
Sightseeing spots (priority areas)

Karakame Shrine
The surrounding areas of Shimane Prefecture

Tachikueyo Prefecture
Tachikueyo Prefecture is a place where you can enjoy the beauty of the sea and the mountains. The sea is clear and the mountains are green, making it a great place to visit.

Plenty of Recommendations
Gourmet

Yushisho Saiten
The surrounding areas of Shimane Prefecture

Wakayama & Model Course List

① Do-ton-maru Jizaijutsu Walkway ② Soutzu Shimanami Kaido Model Course
③ Sesai Tōdōbaenai Walkway ④ Gōshū Shimanami Kaido Model Course
⑤ Gōshū Shimanami Kaido Model Course ⑥ Matsue San-nomori Promenade
⑦ Matsue San-nomori Promenade ⑧ Matsue San-nomori Promenade
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