National Parks of Japan

Daisen-Oki National Park

Mt. Sanbe region

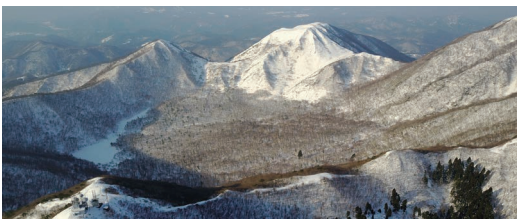


Chugoku-Shikoku Regional Environment Office, Ministry of the Environment

Highlights of the Mt. S

01-Volcanic Landforms and Pasture Landscapes C 3

Mt. Sanbe is a standalone peak located near the center of Shimane Prefecture. Within its roughly 5 km-wide caldera, several lava domes – including Osanbe peak, which rises to 1,126 meters – circle the concave area known as Muronouchi. The grasslands spreading out from the base of the mountain have long been used as pasture. Maintained through human intervention since ancient times, these expansive grasslands have become one of the defining landscapes of the Mt. Sanbe region.



Aerial View of Mt. Sanbe



The Pasture Landscapes of Sanbe

02-Nishinohara

C 2

Nishi-no-hara is the largest grassland in the Mt. Sanbe region, featuring controlled burning in spring, cattle grazing from spring through autumn, vast Japanese pampas grasslands in autumn, and snow-covered grasslands in winter. Each season offers its own scenic beauty.



03-Ukinunonoike Pond

B 2 B 3

It is a large pond with a circumference of about 2 km, where boating is also possible. The pond was formed by volcanic deposits from Shin-Sanbe Volcano. On calm, clear days, you can see Mt. Sanbe reflected on the water's surface.





04-Higashinohara

D 2

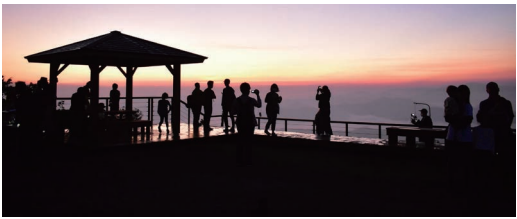
A 15-minute scenic chairlift ride (one way) takes you close to the summit of Taiheizan peak. From there, you can also reach scenic viewpoints, including the summit of Mesanbe peak and Muronouchiike Pond, via the shortest routes.



05-Taiheizan Peak Deck

D 2

An observation deck at the 854-meter summit of Taiheizan peak offers sweeping views of the Higashi-no-hara area. From time to time, special events are held here, including sunrise breakfast gatherings and stargazing events.



Highlights of the Mt. S

06-Muronouchiike Pond C 2

Located in a central depression of Mt. Sanbe formed by an eruption around 4,000 years ago, Muronouchiike Pond is situated within a Special Protection Zone of the national park. The natural forest throughout the Muronouchiike area is also designated as a National Natural Monument, and in autumn, visitors can enjoy its vibrant fall foliage.



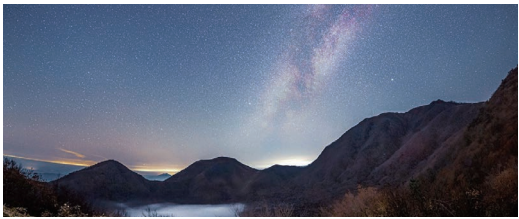
07-Summit of Osanbe peak C 2

The summit of Osanbe peak is covered with wind-swept grasslands, offering panoramic views of the Sea of Japan, the mountains of the Chugoku region, and Mt. Daisen, the highest peak in the region.



08-The Starry Skies of Sanbe D 2

The area around Mt. Sanbe has very little artificial light, and its high elevation and clear air make it ideal for stargazing. In summer, it is even possible to see the Milky Way, allowing visitors to fully enjoy the beauty of the night sky.



09-Himenogaike Pond C 1

Himenogaike Pond was formed in a depression on the gentle slope of the northern foothills of Mt. Sanbe, where colonies of rabbit-ear iris (Iris Laevigata), a designated prefectural natural monument, grow.Nearby, you can also find the trailhead for the shortest route to the summit of Osanbe peak.





10-The Shimane Nature Museum of Mt.Sanbe "Sahimel"

C 1

It is a natural history museum that showcases the natural environment of the Mt. Sanbe region and Shimane Prefecture. In addition to a dome-shaped screen for viewing movies and planetarium shows, visitors can also enjoy astronomical observation.



Official website of "Sahimel"

11-Kitanohara campsite

C 1

You can choose to stay in either the campground or the cabins. The site also features an athletics area and a dog run, making it suitable for a wide range of visitors – from dog owners to large groups.



Official website of Kitanohara campsite

Popular Activities in the Mt. Sanbe Region

In the Mt. Sanbe region, you can enjoy a wide range of outdoor activities year-round, including mountain climbing and camping. At the base of the mountain lie Sanbe Onsen and Yugakai Onsen, both fed by Mt. Sanbe's natural hot spring source and known for having the highest flow volume in the Chugoku region. These soothing hot springs offer the perfect way to unwind after a day in the great outdoors.

Just a short distance away is the Sanbe-Azukihara Buried Forest, a National Natural Monument where an ancient Jomon-era forest has been preserved after being buried by volcanic eruptions from Mt. Sanbe.

NATIONAL PARKS OF JAPAN
https://www.env.go.jp/nature/nationalparks/list/daisen-oki/



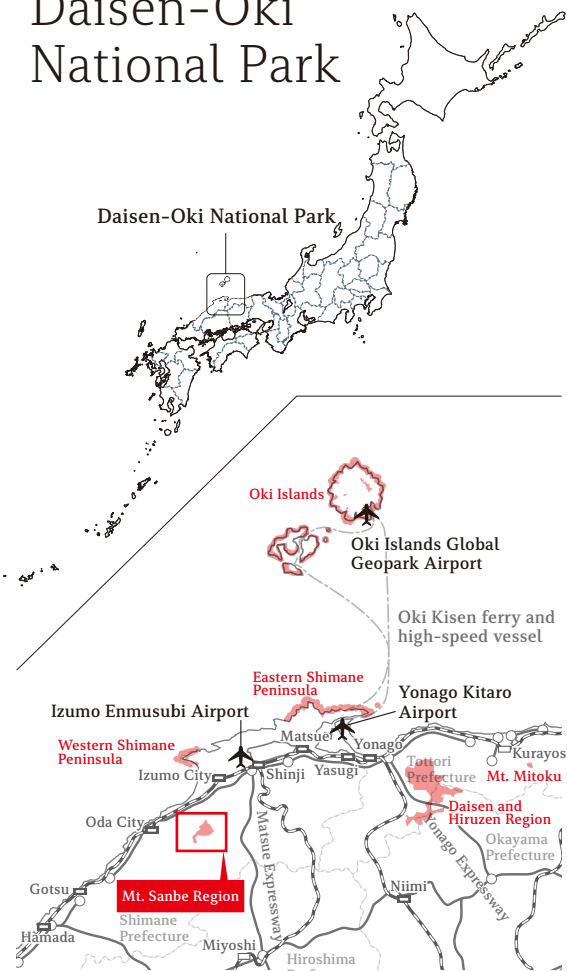


Sanbe-Azukihara Buried Forest

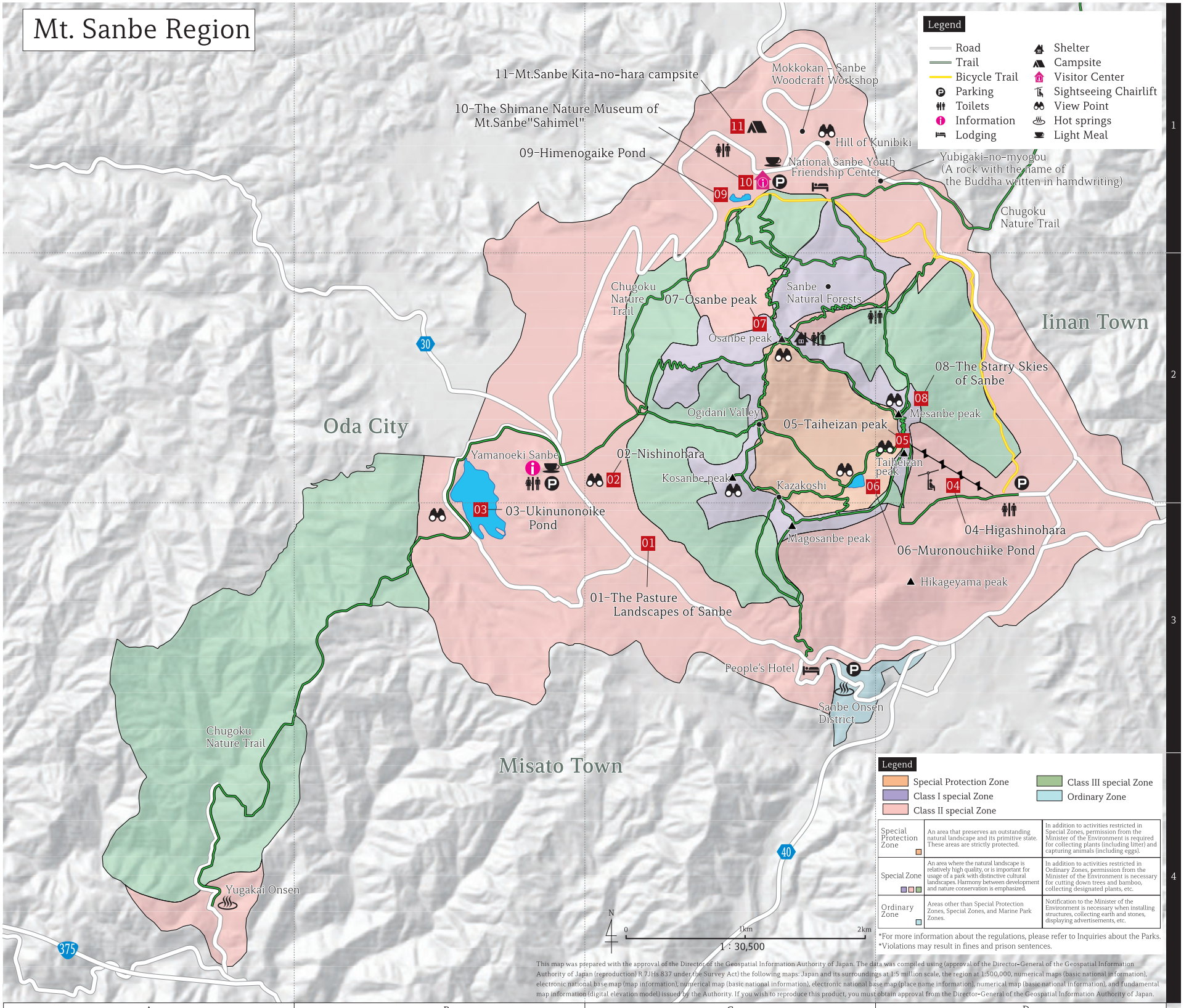


Sanbe Onsen

Location of Daisen-Oki National Park



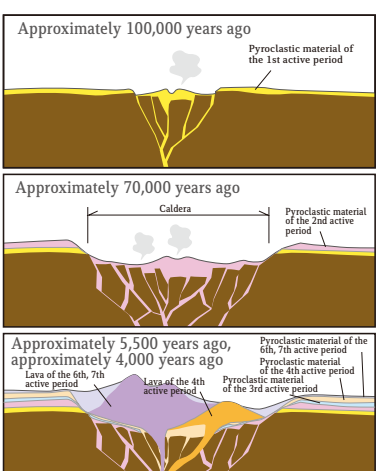
Mt. Sanbe Region



This map was prepared with the approval of the Director of the Geospatial Information Authority of Japan. The data was compiled using (approval of the Director-General of the Geospatial Information Authority of Japan (reproduction) R 7JHs 837 under the Survey Act) the following maps: Japan and its surroundings at 1:5 million scale, the region at 1:500,000, numerical maps (basic national information), electronic national base map (map information), numerical map (basic national information), electronic national base map (place name information), numerical map (basic national information), and fundamental map information (digital elevation model) issued by the Authority. If you wish to reproduce this product, you must obtain approval from the Director-General of the Geospatial Information Authority of Japan.

Origins of Mt. Sanbe

Mt. Sanbe is a volcano that began erupting around 100,000 years ago, with active eruptions occurring at intervals ranging from several thousand to tens of thousands of years. Most of the present mountain is believed to have been formed by lava eruptions about 5,500 and 4,000 years ago.Volcanic activity is thought to continue even today, as hot springs emerge from gaps between Magosanbe peak and Hikageyama peak, and a fumarole of volcanic gas called "Torijigoku" remains active.
Together with Mt. Daisen, Mt. Sanbe has been popular since ancient times as one of the representative mountains of the central region. In the "Kunibiki Myth," which opens the Izumono Kuni Fudoki, it is described as the pile that supported the Shimane Peninsula when it was being pulled.



*Pyroclastic material: The generic name of the solid materials on debris released by volcanic activity. Volcanic lapilli, pumice stone, etc.

Grassland Conservation Efforts

In the past, Mt. Sanbe was extensively used for grazing cattle and horses, as well as for harvesting materials for thatched roofs. As a result, vast grasslands once stretched from the summit down to the foothills. However, changes in lifestyle over time have gradually reduced the area of these grasslands. Today, grazing and controlled burning are still carried out on the foothill grasslands, helping to preserve the traditional grassland landscape. Local elementary school students also participate in conservation and planting efforts for rare plants, including yusuge daylily (Hemerocallis citrina var. vespertina), pasque flower (Pulsatilla cernua), and Potentilla niponica.



Controlled burning in Nishinohara



Yusuge daylily



Pasque flower

National Parks of Japan

National Parks are designated by the national government for managing areas of exceptionally stunning natural beauty representative of the country of Japan. The system of national parks is in place to preserve high quality nature and wildlife habitat, while also providing natural areas for the people of Japan to enjoy and learn about nature.
Currently, 35 National Parks have been designated around the country, from Rishiri-Rebun-Sarobetsu National Park in the north to Iriomote-Ishigaki National Park in the south.

Daisen-Oki National Park

Designated: February 1, 1936
Oki Islands Region incorporated: April 10, 1963
Shimane Peninsula Region incorporated: April 10, 1963
Mt. Sanbe Region incorporated: April 10, 1963
Hiruzen Region expanded: April 10, 1963
Mt. Kenashi Region expanded: March 26, 2002
Mt. Mitoku Region expanded: March 19, 2014

Total land area

35,097 ha (Mt. Sanbe region:2,659ha)
Marine Park Zone: 51.6 ha (excluding Mt. Sanbe region)

Prefectures

Tottori, Shimane, Okayama

Characteristics

Mountains, Islands, and the Sea: A Region where Mythology and Mountain Worship are Alive and Well in Daily Life

The highest mountain in the Chugoku region – Daisen – which is part of a group of volcanoes including Hiruzen and Sanbe, as well as the plateaus at the base of the volcanoes, the ria coast of the Shimane Peninsula, and the Oki volcanic island group. Visitors can take in the largest expanse of beech forest in western Japan, rare grassland plants and animals, and the unique ecosystems of isolated islands.

For Inquiries Regarding the Park

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Phone: 0859-34-9331
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Matsue National Park Ranger Station (Shimane Peninsula and Mt. Sanbe Regions)
Phone: 0852-21-7626
134-10 Mukojima-cho, Matsue City, Shimane Prefecture, 5th Floor, Matsue Regional Government Office, Zip Code 690-0841
Oki National Park Ranger Station (Oki Islands Region)
Phone: 0851-22-0149
55 Johoku-machi, Okinoshima-cho, Oki-gun, Shimane Prefectue, Zip Code 685-0016

Published in March 2026

Request



Please do not leave garbage behind



Please do not pick flowers or gather any other plants



Please do not feed the wild animals



Please do not capture any animals

- No camping outside the designated campsites.
- To protect the vegetation, please do not walk outside the boardwalks or formed paths.
- Only build bonfires at the designated places.
- Do not drive your car outside of roadways and parking lots.

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