

~Japan's Best Hot Spring Town, Kinosaki Onsen~

## Volcanic Rock Trekking in the Mountainside

Kannabe has many activities full of outdoor adventure and excitement. One of these many outdoor activities is volcanic rock trekking.



In this activity, one can go on a guided adventure trekking on a lava flow formation. The formation erupted from Mt. Kannabe about 25,000 years ago and then hardened over time, forming an interesting and challenging course through the forest. While completing this 1.6 km course, participants explore behind a waterfall, climb over volcanic rocks, and more. Check out the link to the activity [here!](#)

We offer beginner and intermediate routes, so the guide will pick a route which suits the abilities of the group. One can access this activity by taking the train to Ebara Station, and then taking the city bus to the stop called Kannabe-Onsen-Yutorogi-Mae (神鍋温泉ゆとろぎ前).



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Kannabe is a small mountain town in the highlands of the town of Hidaka in northern Hyogo Prefecture. Surrounded by mountains and open fields under a spacious sky, Kannabe shines bright with stars during the nighttime due to the lack of city lights.



In Kannabe you will find the crater of the Kansai region's youngest, but extinct, volcano. The geological features of this volcano are used by locals for skiing, snowboarding, and snowshoeing. The soil of the land is made of volcanic ash and is used for upland farming, while old volcanic rock tunnels are used as natural refrigerators by local farmers to store their crops.

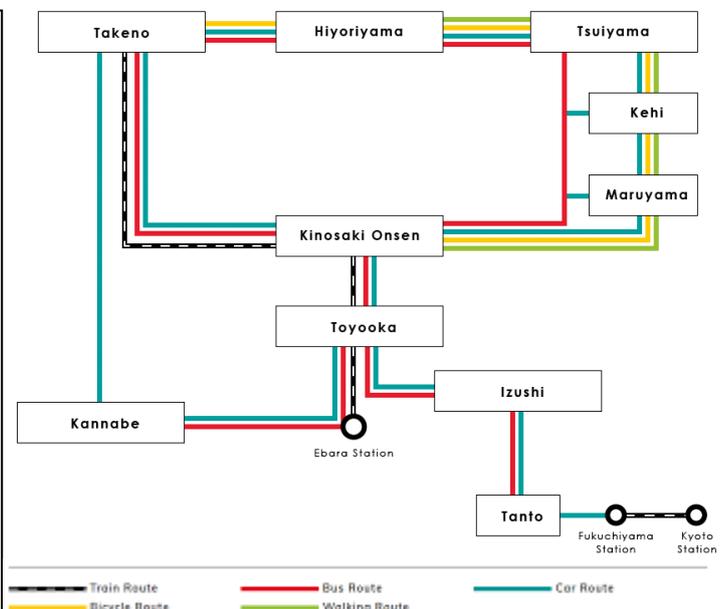
Volcanic activity up until 25,000 years ago has given the area beautiful and scenic terrain. The magma that flowed from the volcano traveled from Kannabe to the main river, Maruyama River, creating cascading waterfalls and volcanic rock trails that are well worth hiking. Some of the noted spots that

are also part of the San'in Kaigan UNESCO Global Geopark are Mt. Kannabe (where you can hike up to the mouth of the volcano crater), Hattandaki Waterfalls, lava tunnels and more.



**Ideal visit plan: 2-3 days in Kinosaki Onsen and its surrounding areas**

- Day 1: Leave Kyoto/Osaka by train to Kinosaki Onsen, explore the town
- Day 2: Head to Kannabe and participate in Volcanic Rock Trekking  
Go back to Kinosaki Onsen for more onsen-hopping
- Day 3: Have breakfast in your ryokan and then check out of Kinosaki Onsen  
Return to Kyoto/Osaka





[Kinosaki Onsen](#) is a town of time-honored hot springs dating back 1300 years ago. It is home to seven public bathhouses, all located within walking distance of each other and the train station. Guests are encouraged to wear yukata and geta, stroll through the town, and go onsen-hopping.

[Toyooka](#) is a downtown area home to the Oriental White Stork, a bird that was revived from extinction in this very town. The city's efforts restored the Oriental White Stork population, and now about 140 fly the skies of Japan. Toyooka is also known for the Genbudo Caves.



[Izushi](#) is the resident castle town, popular for its nostalgic atmosphere of Edo-era Japan. It is home to many interesting attractions such as castle ruins, a samurai house, a kabuki theater, and a clock tower. The town's specialty is Izushi Sara Soba, buckwheat noodles served in small portions on small plates.

[Kannabe](#) is a mountainous area with fun activities year-round. In the winter, one can go skiing, snowboarding, snowshoeing, and sledding. In the warm months, one can go camping, hiking, paragliding, fishing, tree climbing, and more. Kannabe is the perfect destination for adventurers.



[Takeno](#) is a quaint fisherman town that is a hidden gem among the northern coast of Hyogo Prefecture. The beach has clear, blue waters while the mountains surrounding it offer great hiking opportunities. It is encouraged to stroll through the peaceful town, where one can find small shops and traditional landscapes.

[Tanto](#) is a quiet countryside town with magnificent nature—including a giant field of tulips in the spring and brilliant red-leaved trees in the fall.

