



## Kannabe Highlands Green Season Activities

The Kannabe Highlands is your basecamp for adventure! Try mountain biking, grass skiing, and even paragliding. Hike a volcano crater, enjoy natural hot springs, and savor local cuisine.



Official English Website

[visitkinosaki.com](http://visitkinosaki.com)

More info about the Kannabe Highlands and nearby areas!



# Mt. Kannabe Hiking Map

Mount Kannabe has 4 starting points for hiking. Each course takes approximately 30 minutes to the top. All ages can explore the ancient volcano crater, enjoy the panoramic views, and have a picnic at the summit!



### Recommended Course

START Kannabekogen Rest Area → Starting point 1 → Scoria Rocks → Wind Cave → Mount Kannabe Summit  
→ Kannabe Shrine → Crater Walk → Swing → Starting point 1 → GOAL Kannabekogen Rest Area

### 『Hiking Tips』

Watch a video for hiking Mount Kannabe safely.



Only here!  
Kannabe Highland's exclusive lifestyle brand

**KANNABE ROOTS**

Founded in 2025, KANNABE ROOTS is a local lifestyle brand shaped by the volcanic soil, forest rhythms, and seasonal life of the Kannabe Highlands.

