

Kannabe Highlands & Mount Kannabe

Mount Kannabe is the symbol of the Kannabe Highlands, a mountain town part of the San'in Kaigan UNESCO Global Geopark.

Mount Kannabe was an active volcano approximately 25,000 years ago. Standing at 469.5 meters (1,517 feet) above sea level, it is the only volcano in the Kinki region to retain its bowl-shaped crater.

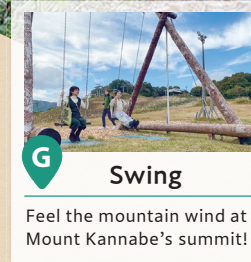
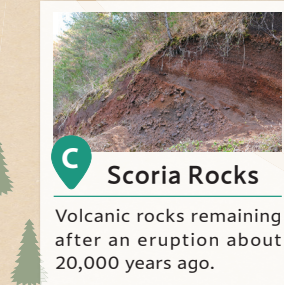
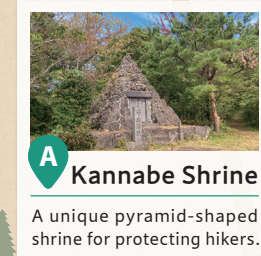
Volcanic debris from past eruptions can still be seen throughout the area.

Over time, lava from the volcano and water flowing across the highlands carved diverse formations including waterfalls and pools.

Come experience the memories of the earth in the Kannabe Highlands.

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
- Short course
- Paved road course
- Unpaved road course

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Play

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

More info about the Kannabe Highlands and nearby areas!



Grass skiing



Paragliding

Recommended Course

START Kannabekogen Rest Area → Starting point 1 → C Scoria Rocks → B Wind Cave → Mount Kannabe Summit
→ A Kannabe Shrine → F Crater Walk → G 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.

