

Mt. Sanbe

Overview

Standing at the center of Shimane Prefecture, with its peak soaring 1126 m above sea level, Mt. Sanbe is an impressive freestanding mountain with abundant nature and scenic hiking trails. The mountain is mentioned in the eighth century *Izumo no Kuni Fudoki* chronicle. Its slopes feature a rare combination of grassland and beech forest habitat. Mt. Sanbe is still one of the few active volcanoes in the Chugoku region, feeding several excellent hot springs at the foot of the mountain and in the surrounding area.