

## **Kannabe Highlands: Warm Season**

Kannabe Highlands is the perfect starting point for exploring the great outdoors in northern Hyogo Prefecture. The area was created when a volcano erupted around 25,000 years ago, leaving behind a spacious crater plain and fertile mountain valleys. The lava from the volcano forms many of the features in the periphery of the highlands, including deep pools, caves, and many waterfalls. The highlands are also a refreshing escape in summertime, since at about 500 meters above sea level, it is cooler and less humid than other parts of Toyooka.

The warmer months are the time to explore the highlands' many scenic spots. The top of the plateau affords views of the surrounding area covered in a thick blanket of green, and lower areas have lava flow trails that lead to the many waterfalls created by lava. The highlands are a popular destination for mountain biking, grass skiing, paragliding, and hiking. Hot air balloon rides can also be arranged during certain months of the year, if weather conditions are good. For getting out into the great outdoors, the highlands have an array of campgrounds, including a luxurious "glamping" area. Here guests can stay in fully-furnished tents and enjoy barbecue meals before heading out to explore the surrounding area.