

Mt. Sanbe Area

Mt. Sanbe's six peaks are contained within a massive 5-kilometer caldera. The caldera was formed over the last 100,000 years by repeated volcanic eruptions, the most recent of which occurred around 4,000 years ago. Hot springs and vents of gas are indicators of continuing volcanic activity.

The names of Sanbe's four highest peaks suggest a familial relationship: Osanbe, Mesanbe, Kosanbe, and Magosanbe mean, respectively, "man," "woman," "child," and "grandchild." Osanbe is the tallest, at 1,126 meters, followed by Kosanbe at 961 meters.

Containing grassy lowlands, windswept plateaus, lush beech forests, and sheltered wetlands, Mt. Sanbe offers a variety of stunning vistas. Of particular note is the "sea of clouds" visible some mornings from the nearby Taiheizan peak (854 m), where low-lying clouds gather beneath the summit. Another scenic spot is Muronouchi Pond, framed in autumn by the brilliantly colored slopes of Taiheizan and Magosanbe (907 m). Near the pond is a volcanic vent known as "Bird Hell," which been known to emit strong concentrations of carbon dioxide that can suffocate birds and other small animals but pose little danger to humans.
