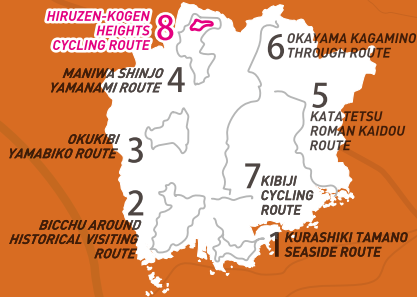


Hiruzen-Kogen Heights Cycling Route



Take this route to enjoy idyllic scenery under the Hiruzen Three Peaks and Mt. Daisen. The unique highland climate from spring to early summer is perfect for cycling and there are plenty of special, local, gourmet treats to try too.



Created October 2022

Level of Difficulty



Beginner

-  Participating Stores
-  Bicycle Rental
-  Road Station

Route Length

29km

Difference of Elevation(Max)

135m

Check here for the latest info.



Official Website



Roadside Stn. Hiruzen Kogen

Hiruzen Highlands Sports Park



8 Rows of Cherry Blossoms at Kayabe Shrine

7 Hiruzen Herb Garden Her Bill

WATCH FOR BRANCHING ROAD





SPOTS OF HIRUZEN-KOGEN HEIGHTS CYCLING ROUTE

HIRUZEN START - GOAL

① Hiruzen Three Peaks

The Hiruzen Three Peaks are part of the Daisen volcanic zone, reaching up to 1,100 m in height with a large tholoid-type (lava dome) structure.

③ Shiogama Cold Spring

This cold mineral spring wells up in a valley at the foot of Mt. Nakahiruzen (1,122 m) and is recognized as one of Japan's 100 famous springs.

⑤ Jingisukan (Grilled Lamb)

This grilled meat dish first appeared in Hiruzen in the 1950s with lamb being the most common meat used.

② Roadside Station Hiruzen Kogen

Rental Locations

This facility has a rest area and information center, and the Hiruzen Hills Hotel is just next door.

④ Ogonsugi Cedar

Estimated to be about 180 years old, leaves at the tip of each branch of this cedar tree lose their pigmentation, giving the tree a golden-hued appearance.

⑥ Hiruzen Yakisoba (Stir-Fry Noodles)

This has been a staple dish in Hiruzen since ancient times with stir-fry noodles in a sweet and salty miso-based sauce mixed with chicken (or kashiwa as chicken is known locally). The flavor of the sauce varies from shop to shop.

⑦ Hiruzen Herb Garden Herbill

Located in Hiruzen-nishikayabe in Maniwa City with views of the Hiruzen Three Peaks, this facility was created to promote exchange with people from urban areas through plants.

⑨ Hiruzen Soba Noodles

The highlands and mountain regions in the north of Okayama are characterized by the large difference in temperature between day and night, making them an ideal place to make soba (buckwheat) noodles.

⑪ Hiruzen Kogen Center

In the restaurant, why not try one of the local highland specialties, such as Hiruzen yakisoba (noodles stir-fried in a miso-based sauce), jingisukan (a grilled lamb dish), Hiruzen okowa (rice cakes), or Hiruzen soba noodles?

⑧ Rows of Cherry Blossoms at Kayabe Shrine

This historic shrine was known in ancient times as Ama-no-Iwakura and also as Junisho-Gongensha. It is famed for the beautiful cherry trees that line the 1 km pathway to the shrine.

⑩ Roadside Station Kaze-no-le

This roadside station is famous for its fresh vegetable market held from April to December each year. As well as vegetables, you can also find local specialty products, arts and crafts, and other souvenir items on sale.

⑫ Jersey Soft-serve Ice Cream

Rich soft-serve ice cream made from Jersey milk is available in a variety of locations in the Hiruzen Kogen Highlands.

⑬ Kyukamura Hiruzen Kogen (Radon Hot Spring)

Rental Locations

This holiday village hotel has an open-air bath that provides breathtaking panoramic views of the Hiruzen Three Peaks. The natural hot spring water "Kogen-no-Yu" is rich in radon and known for its curative properties.

⑮ Hiruzen Winery

This winery has its own shop, wine bar, and café on site. In the Cognetiae shop, visitors can buy selected wine and confiture.

⑰ Jersey Dairy Products

Jersey milk is very popular for its high nutritional value and rich taste. Sample the various products on sale, from yogurt to cheese and ice cream.

⑭ Rest House Shirakaba-no-Oka

Enjoy a meal here with magnificent views across the highlands. Why not try ringing the "Hiruzen Highlands Bell of Love," which is said to bring happiness to all who ring it?

⑯ Hiruzen Jersey Land

Here you can see herds of Jersey cows munching contentedly on meadow grass on the flanks of Mt. Kami-Hiruzen and beneath the magnificent Hiruzen Three Peaks.

⑱ Hiruzen Okowa (Rice Cakes)

This is Hiruzen's representative local dish and is prepared for every festival and celebration in the region. Various ingredients including glutinous rice, chicken, deep-fried tofu, Japanese butterbur, and burdock are delicately and deliciously balanced with soy sauce.