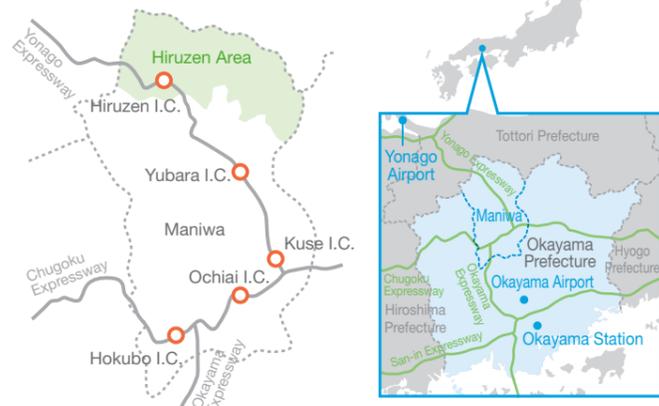


# Access to Hiruzen Kogen

## Where is Hiruzen?

Hiruzen is located in Maniwa City in Okayama Prefecture, close to the prefectural border with Tottori Prefecture.



Hiruzen is located close to the Hiruzen I.C. on the Yonago Expressway and offers plentiful facilities for enjoying staying and sightseeing in this highland resort, such as guest houses, farms, and amusement parks, etc.

### By plane + car rental

Sapporo New Chitose Airport	2 hrs.	Okayama Airport	Car rental Approx. 1 hr. 45 mins. (Approx. 110 km)	Hiruzen Kogen
Okinawa Naha Airport	1 hr. 45 mins.			
Tokyo Haneda Airport	1 hr. 10 mins.			
	1 hr. 10 mins.	Tottori Yonago Airport	Approx. 1 hr. 10 mins. (Approx. 57 km)	

### By car

Osaka	Via Chugoku Expressway & Yonago Expressway	Approx. 2 hrs. 40 mins	Hiruzen I.C.	Hiruzen Kogen
Hiroshima	Via Chugoku Expressway or Yonago Expressway	Approx. 2 hrs. 50 mins		
Kurashiki	Via Okayama Expressway & Chugoku Expressway & Yonago Expressway	Approx. 1 hr. 30 mins		

### By train + bus

To Okayama Station		Okayama Station
Tokyo	Shinkansen: Approx. 3 hrs. 30 mins. (from Tokyo Stn.) Night bus: Approx. 9 hrs. 50 mins.	
Nagoya	Shinkansen: Approx. 1 hr. 40 mins. (from Nagoya Stn.) Night bus: Approx. 5 hrs. 50 mins.	
Osaka	Shinkansen: Approx. 50 mins. (from Shin-Osaka Stn.) Night bus: Approx. 3 hrs. 10 mins.	
Fukuoka	Shinkansen: Approx. 1 hr. 40 mins. (from Hakata Stn.) Night bus: Approx. 9 hrs.	

From Okayama Station		Maniwa City Community Bus "Maniwakun" (♡) Approx. 1 hr. 15 mins.	Hiruzen Kogen
Okayama Station	JR Approx. 2 hrs. 30 mins. (incl. transfer time) Chutetsu Hokubu Bus Approx. 2 hrs.		

Ryobi Bus (Highway bus & night bus)  
Okayama Highway Bus Reservation Center  
TEL. 086-232-6688 / 086-234-7733 (automated phone service)



[Suiton] Hiruzen's yokai (local folklore monster)

# Places to Visit Near the Cycling Road

## See



**Mikigahara** MAP B-2  
A spectacular view point for looking out over Mt. Hiruzen, Mt. Daisen and the other mountains of the Chugoku mountain range. Visitors can also meet Jersey cows and observe red-crowned cranes.



**Shiogama-no-reisen spring** MAP B-4  
In the area surrounding this clear, cool spring that wells up at the foot of Mt. Naka-hiruzen, there is a campsite, fish farm, fishing hole and restaurants.



**Hiruzen Herb Garden HerBill** MAP D-1  
One of the largest lavender fields in west Japan, with many different types of herbs and flowers blooming in all seasons. Also offers local souvenirs and food made with the garden's herbs.



**Hiruzen Jersey Land** MAP B-3  
A leisure facility operated by the Hiruzen Dairy Farm Association, a national provider of Jersey milk. Behind the buildings is a wide grazing area with spectacular views of the Hiruzen Three Peaks and at the Jersey Fureai Hiroba visitors can meet the Jersey cows that lazily chew on the grass here.



**Kayabeno Rest Area** MAP C-4  
One of the finest view points on the Hiruzen Kogen Cycling Road. The vast, magnificent view takes in Mt. Hiruzen and extends to Mt. Daisen, and buckwheat flowers bloom there from late summer through early fall.

**Kyukamura Hiruzen Kogen Hiruzen Radon Onsen, "Kogen-no-yu"** MAP B-2  
One of Japan's few natural radon hot springs. The open-air bath has a spectacular view.



## Soak



**Hiruzen Yatsuka Onsen, "Kaiyukan"** MAP B-6  
Enjoy the majestic landscape of Mt. Hiruzen from this spacious hot spring bath with a great view.

## Learn

**Hiruzen Folk Museum** MAP B-5  
A museum for learning about Hiruzen's nature, culture and local performing arts.



**Jersey Dairy Products**  
Jersey dairy products are a popular souvenir from Hiruzen.

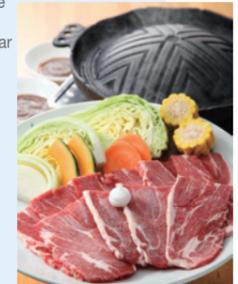
## Eat



**"Soft Cream"**  
Hiruzen's Jersey "soft cream" ice cream is highly recommended. Each facility has its own particular flavor.



**Hiruzen Soba Noodles**  
Buckwheat grown in Hiruzen is used to make noodles with great texture and flavor.



**"Genghis Khan" mutton BBQ**  
Hiruzen's renowned mutton BBQ is great to eat while looking out over the majestic natural scenery of Hiruzen.

## Buy



**Furusato Fureai Local Produce** MAP D-6  
A homegrown market offering fresh local vegetables from Hiruzen.



**WOOD PAO** MAP B-2  
A recommended spot for enjoying "Genghis Khan" mutton BBQ. Also offers a rich array of local produce and souvenirs.



**Hiruzen Jersey Land** MAP B-3  
A wide range of Hiruzen souvenirs are available, centered on Jersey dairy products.



**Hiruzen Winery** MAP B-2  
A winery that produces and sells wine and other products made from mountain grapes locally grown in Hiruzen. Ask our sommeliers for recommendations.



**Hiruzen Kogen Roadside Station** MAP B-3  
A facility offering the largest number of rental cycles in the Hiruzen area.



**Hiruzen Horse Park** MAP B-3  
Enjoy experiencing horse-riding in majestic natural surroundings.



**Hiruzen Kogen Center Joyful Park** MAP B-2  
An amusement park with many attractions to enjoy amid vast natural scenery. Also has a café and a shop offering souvenirs.



**Hiruzen Kogen Sports Park** MAP B-6  
Equipped with sports facilities such as rental cycles, a mini-golf course, gymnasium, pool and baseball field, etc.



**Gobara Lacquerware, "Shikki-no-yakata"** MAP C-2  
A studio producing Gobara lacquerware, a traditional craft product of Okayama Prefecture.



**Yotsuduka Shiseki Park** MAP B-5  
A park containing the largest scale ancient burial mounds in Hiruzen.



**"Tancho-no-sato" Cranes** MAP B-2  
Two red-crowned cranes are kept and available for viewing just next to the Jersey Fureai Hiroba.



# Hiruzen Kogen Cycling Map



More Hiruzen Info!  
Hiruzen Yakisoba Suitonkai



See the internet for details:  
<http://www.e-maniwa.net/>

Published by:  
Industrial Policy Section,  
Maniwa City Office  
719-3292  
2927-2 Kuse, Maniwa City,  
Okayama Prefecture  
TEL: 0867-42-1033  
FAX: 0867-42-1037

Contact:  
Hiruzen Tourism Association  
717-0503  
303-1 Hiruzen Tomiyamane,  
Maniwa City, Okayama Prefecture  
TEL: 0867-66-3220  
FAX: 0867-66-4141

Maniwa's popular character,  
Manizo





**Places to Eat Hiruzen's Local Specialties** MAP

- "Genghis Khan" mutton BBQ**
- Restaurant FARMY (Hiruzen Kogen Center) B-2
  - WOOD PAO B-2
  - Restaurant Shirakaba-no-oka B-2
  - Hiruzen Taisho B-2
  - Hiruzen Shioyama B-4
- Hiruzen Yakisoba Noodles**
- Restaurant Shirakaba-no-oka B-2
  - Restaurant FARMY (Hiruzen Kogen Center) B-2
  - Charcoal-grilled BBQ, "Ichifuku" C-3
  - Yu-yu C-4
  - Yamana Shokudo B-6
  - Kaze-no-ie Roadside Station C-1
  - Hiruzen Handmade Udon Noodles, "Yasubo" B-2
  - Hiruzen Jersey Land B-3
  - Kogentei C-3
  - Suitonbo B-2
- Hiruzen Soba Noodles**
- Flavor Studio & Tea Room, "Soba-no-yakata" C-1
  - Restaurant FARMY (Hiruzen Kogen Center) B-2
  - Handmade Soba Noodles, "Matagi" C-1
- "Soft Cream" Ice Cream**
- Hiruzen Jersey Land B-3
  - Hiruzen Kogen Center B-2
  - Kaze-no-ie Roadside Station C-1
  - Hiruzen Herb Garden HerBill D-1
  - Kyukamura Hiruzen Kogen B-2
  - Hiruzen Kogen Roadside Station B-3
  - Hiruzen Winery B-2

- Highlands Course** A course through beautiful greenery with some uphill and downhills.
- Panorama Course** A gentle course for enjoying wide, open views.
- Shortcut Course** A course for people who want a shortcut.

**Check out!**  
Enjoy cycling while gazing at the majestic view of the Hiruzen Three Peaks!



**Check out!**  
A refreshing route through trees. Watch your speed on the downhills!

Food and drink available here.

Food and drink available here.

Gradually converges.

**Check out!**  
Vast, majestic scenery reminiscent of Hokkaido.

Rental Cycle Facilities	Contact	Rental Cycle Types	No. of Adult Bikes (No. of Child Bikes)	MAP
Hotel Hiruzen Hills	0867-66-7018	Ordinary and Mountain (Cross)	43(21)	B-3
Hiruzen Kogen Cycling Terminal	0867-66-3625	Ordinary and Mountain (Cross)	30(10)	B-6
Kyukamura Hiruzen Kogen	0867-66-2501	Ordinary and Electric-assist	48(20)	B-2
WOOD PAO	0867-66-4655	Ordinary, Mountain and Electric-assist	33(8)	B-2
Hiruzen Farm Market	0867-45-0087	Ordinary, Mountain (Cross) and Electric-assist	12(2)	C-4
Hiruzen Cycling Club	090-6439-9405	Mountain, Cross, Road, and Electric-assist (Sports bike)	15(2)	C-4

**One of Japan's most popular cycling courses, harmonizing pastoral scenery and majestic views.**

Hiruzen Kogen Cycling Road is a course that circumnavigates the Hiruzen Kogen highlands that spread across the northern part of Okayama Prefecture. It is possible to enjoy the magnificent scenery of the Hiruzen Three Peaks - Mt. Kami-Hiruzen, Mt. Naka-Hiruzen and Mt. Shimo-Hiruzen -each over 1000m tall- and Mt. Daisen, the tallest peak in the Chugoku mountains, as well as a broad landscape of tranquil fields and pastures, all in one spectacular view. There are few ups and downs in the area because it is at the base of the mountains and it is well-provided with rental cycle facilities, making it a good choice for families and people with little cycling experience. In addition, there are lots of places to stop off along the course, making it a great way to forget your normal everyday lifestyle and enjoy a relaxing, leisurely stay.

- Basic Info**
- Distance: 29.3 km
  - Max. gradient: Approx. 12%
  - Max. difference in elevation: 135 m
  - Av. gradient: Approx. 3%
- Cycling courses are indicated using arrows and signboards.



- Facilities**
- 6 Rental Cycle Facilities
  - Rest Areas (Of which one has toilet facilities)
  - Rental Cycles
  - Toilets
  - Parking
  - Gas Station
  - Rest Area
  - Onsen (Hot spring)
  - Restaurants
  - View points
- Phone Numbers for Assistance**
- Hiruzen Tourism Association: 0867-66-3220
  - Maniwa City Hiruzen Promotion Bureau: 0867-66-2511
- Indicates the approximate distance to the next Rest Area.

- Check tire pressure and brakes before departing.
- At certain points, the cycling courses may converge with or cross roads with ordinary vehicle traffic. They are also used by runners and pedestrians. Please observe traffic rules and cycle safely.
- Do not use a bicycle that does not suit your body.
- The course mainly consists of gentle slopes but there are steep slopes in parts.
- Beware of cycling at excessive speed.
- Please wear a helmet and gloves for your own safety.
- Beware of heavy traffic when travelling along National Route 482.
- Please bring a drink and hydrate regularly.