

Honobono Yu no Kuni Sekigane Hot Spring Year Round Course

Length Approx. 17 km **Time** Approx. 4 hrs.
Calories burned Approx. 826 kcal (Deep fried pork cutlet with curry)



What is a year round course?

A year round course is a "Japan Walking Association" approved walking course that anyone can enjoy any time, year-round, with permanent stations set up at the start and the end. When walkers complete an official walking event or course, their walk may be recorded in official records. And, depending on the amount of participations or the length of a walk, a walker may receive a commendation and a globally-shared hatpin or patch design.

What is the Honobono Yu no Kuni Sekigane Hot Spring Year Round Course?

As a walking station, the Sekigane Hot Spring day-spa "Sekigane Yumeikan" provides Nordic pole rental services and stamps for people who have completed courses. The approximately 17 km circuit course is home to many wonderful sights, including wonderful nature spots like Otakisan Fudo Falls and Daisen Pond, cultural resources like Otakisan Jizoin Temple with its collection of nationally designated important cultural properties and Torikai Residence which is a prefectural designated cultural preserve, and the abandoned JNR Kurayoshi line tracks.

History The long-used Sekigane Hot Spring is said to have first been developed 1,300 years ago, and boasts the most impressive history in the San'in Region. It is surrounded by bountiful natural scenery including Chugoku Region's tallest peak Mt. Daisen to the West and the Hiruzen Sanza mountain scape to the south.

Spring Quality Spring Quality: Simple radioactive therapy spring (low tonicity, mildly alkaline hot spring)
 Colorless, clear, tasteless, and odorless hot springs are often called "Shirogane no Yu" (platinum springs) due to their absolutely unique beauty. They are also prominent on a global scale for their radium content. It is said that when small amounts of radium enter the body, cells are stimulated, metabolism is enhanced, and immunity strength and natural healing factors increase. Through the process of detoxifying excess radical oxygen, spring users can benefit from prevention and healing effects against lifestyle related diseases. These factors have led this spring to be selected as a "national recuperation hot spring area" in its role as a particularly superior restoration and healing hot spring area.

Good for Nerve pain, rheumatism, muscle pain, gout, artery hardening, high blood pressure, chronic skin problems, etc.

Recommended spots along the course



Otakisan Jizoin Temple

A Buddhist temple said to be founded by the Bodhisattva Gyoki in 756, it is lovingly known under the nickname "Seki no Jizosan" (The Jizo of Seki). The "Wooden Jizo Bodhisattva in Half-Lotus Position Statue" enshrined in Jizodo Hall here is a yosegi-zukuri work (a wooden sculpture made from multiple wood pieces) 3.4 meters tall, and has been designated as an Important National Cultural Property.



Enmeichaya Foot Bath

This is a foot bath along the upward slope from Eguimo Shinsui Park heading to Kamei Park and Otakisan Jizoin Temple. There are also tables and benches here, making this area perfect as a resting spot to assuage tired feet after walking through the Sekigane Hot Spring Area.



Eastern Daisen Torii Gate

In the days of old when Mt. Daisen mountain worship flourished, the east of Mt. Daisen saw multitudes flocking along the "Kawadoko-michi" thoroughway to pray here. This "Eastern Torii Gate" was erected to function as the entrance to the shrine approach path. As you pass through the torii gate, you can enjoy the view of Mt. Daisen.



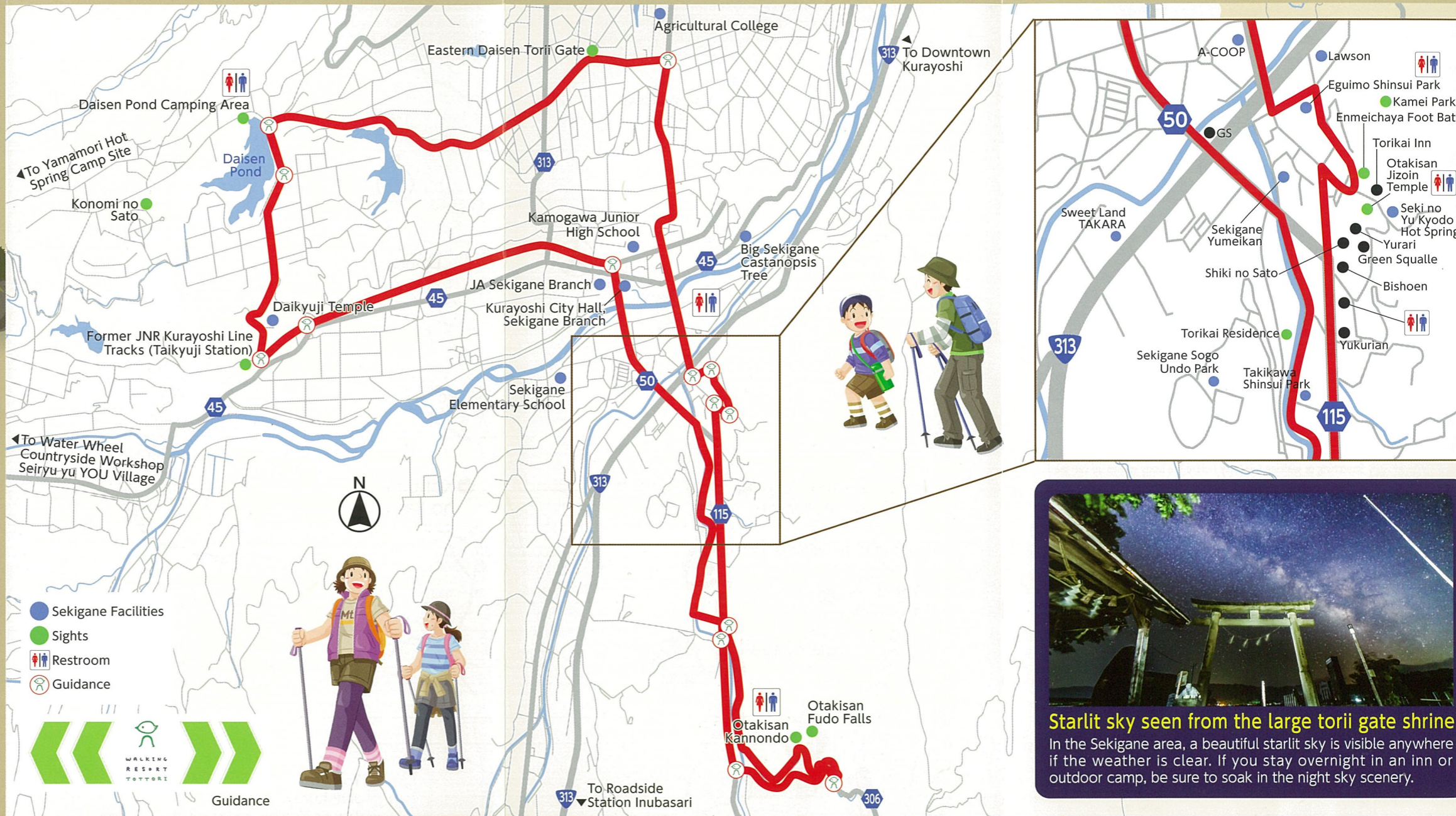
Torikai Residence

This is the residence of the village head that was originally located at the large Sekigane torii gate, and is thought to have been built in the mid-Edo Period. It was dismantled and reconstructed and moved to its current location in 1991, and was restored to its original mid-Edo Period form based on the dismantling inspection undertaken at that time.



Otakisan Kannondo & Fudo Falls

Kannondo is a place of worship within the Otakisan Jizoin Temple grounds. About one hundred meters away are the Fudo Falls, a place that is said to have served as a place of spiritual training for monks of the amist. Water plummeting powerfully from amidst the verdant masses of trees has a holy feel.



Starlit sky seen from the large torii gate shrine
 In the Sekigane area, a beautiful starlit sky is visible anywhere if the weather is clear. If you stay overnight in an inn or outdoor camp, be sure to soak in the night sky scenery.

Sekigane Area Information

Sekigane Yumeikan
 Selected as one of the "100 Famous Springs of Japan," Sekigane Yumeikan is a Sekigane Hot Spring day-spa without stay-over facilities. It boasts a bathing area complete with luxuries like stone-lined baths, wooden baths, an open-air bath, and a sauna as well as additional services including relaxation, a free lounging room, and eatery options.
 1139 Sekiganeshuku, Sekigane-cho, Kurayoshi City TEL:0858-45-2000

Sweet Land TAKARA
 Sweet Land Takara makes and sells sweets like the "Ohburoshiki," which is a kinako mochi (rice cake with roasted soybean flour) that you top with specialty pear syrup made from Tottori's famous nijisseiki pears. Production tours that show the sweets production process are also available.
 2913 Sekiganeshuku, Sekigane-cho, Kurayoshi City TEL:0858-48-7070

Roadside Station Inubasari
 A roadside station located on the Inubasari pass, which is the southern entrance to Kurayoshi City. Due to its proximity to the prefectural boundary with Okayama Prefecture, many specialty and local produce items from both Tottori and Okayama Prefecture are available here. It features a "water-friendly lawn" that has "famous mountain pass spring water" piped to it and a rest area. Visitors can enjoy pleasant relaxation amidst a bountiful natural environment.
 2030-46 Yamaguchi, Sekigane-cho, Kurayoshi City TEL:0858-45-1313

Yamamori Hot Spring Camp Site
 A camp site that offers an incredible natural experience with amazingly close views of the Hiruzen Sanza mountain scape and Mt. Daisen. The site boasts a natural hot spring open-air bath with an astounding expanse of scenery as well as walking paths and dog running space. In addition, it also has a barbecue pavilion and a cooking hall, conveniently facilitating both daytime usage and overnight stays.
 3186-2 Hori, Sekigane-cho, Kurayoshi City TEL:0858-45-1100

Water Wheel Countryside Workshop
 A locally operated facility offering soba noodle making lessons using soba seeds cultivated with clear local stream water. Homemade soba flour ground slowly with a grindstone has a luxuriant aroma. Visitors can even taste the freshly pounded soba noodles cooked in boiling water on the spot.
 2468 Myoko, Sekigane-cho, Kurayoshi City TEL:0858-45-1128

Seiryu yu YOU Village
 Making full use of the natural mountain flow of the Ogamo River, nestled in the foot of the verdant and lush Mt. Daisen, this is the ultimate location to have fun playing with nature. Visitors can thoroughly enjoy nature to their hearts content year-round with activities like rainbow trout, cherry trout, and char fishing or bare-handed catching and barbecuing.
 639 Koizumi, Sekigane-cho, Kurayoshi City TEL:0858-45-1015 or TEL:0858-45-2900