

Sea of Japan Is Right Underneath!

Mont-pell

Daisen/Detox Climbing at Mt. Daisen



Walk the Shugen-do practitioners' trail to detox your body and soul.

Sacred mountain in the San'in Region – Mt. Daisen. Exhausted inside and out in the fast-paced daily lives? Visit this sacred mountain to detox. Climb the mountain of gods, and reset your body and soul with the fresh air and splendid vista you cannot find in cities.

At the end, you will be purified at a shrine to complete the detox!



Experience in Mt. Daisen Climbing

1. Ocean-viewing Climbing

At the foot of Mt. Daisen, a free-standing mountain by the Sea of Japan, is the vista of the ocean. The sweeping form of the protruding Yumigahama Peninsula and Miho Gulf make a breathtaking contrast.

2. Walking on the Practitioners' Trail

You will be given a lecture on the Shintoism ritual of mountain opening at the Stone Chamber at the top of the hilly road. On your way back, you will take the practitioners' trail to visit Ogamiyama Shrine and Daisenji Temple.

3. Tea Break & Lunch

Enjoy "miso ball," an instant food from the Sengoku Period, and tea & cake of Daisen during the climbing to refresh. At the mountain top, you will be treated with sacred sake for gods.

4. Hinokami-dake Onsen

After the climbing, relax in the hot spring at "Goen Yuin of Hinokami-dake Onsen." Spring water with one of the highest Redox potentials in Japan is perfect to detox your body!

Details

Meet at the mont-bell FRIEND MARKET

- (Light) lunch, tea and sacred sake will be served.
- 1 tour guide for a group up to 4. You are required to buy accident insurance with additional charge.

Basic Information

Location	Mt. Daisen
Date/Time	May – Oct./7 hours, starting at 9:00
Number of Participants	2–8 participants, in units of groups of 4
Fees (incl. tax)	5,000 yen/person + 30,000 yen tour guide fee (up to 4 participants) Extra 30,000 yen required for a party of 5+

