白神自然学校一ツ森

アロマの香りと山菜料理・自然体験の宿



Hitotsumori area of Ajigasawa town is located in the western part of Aomori. This area is called "Matagi no Sato"(the hunting communities in the World National Heritage Site of Shirakami mountain range).

Shirakami Nature School in Hitotumori ~Kumagera no Yado~ is a lodging facility. The campus of the former Hitotsumori Elementary School, which was closed, was renovated and converted to the lodging facility.

We do guide for visitors when they go hiking. We provide local dishes with unique wild edible plants. We also make original Essential Oils from natural herbs.

Please enjoy the taste and fragrance of Hitotumori area in a relaxed atmosphere of lodgings.





Mr. Ogiwara Tsugiharu, a former athlete of Olympic Nordic Combined Skiing visited us and hiked Mt. Shirakami.



	Regular Rate	Using Sleeping Bag	
With dinner and breakfast per night	6, 500JPY	5, 000JPY	
With breakfast per night	4, 000JPY	2, 500JPY	
With no meals	3, 500JPY	2, 000JPY	

< ※Shirakami Nature School 地区協同農家民宿協議会標準価格表 による >

[Special Notes] 500JPY will be added to your bill during Winter as Heating Fee (fee for firewood).

• Check in time $15:00\sim$ Check out time $\sim 10:00$

■ Aromatherapy Treatments

■ Farmer's Restaurant

Open: Saturday and Sunday

XYou might need reservations for some dishes.





「Shirakami-Gozen Meal」「Shirakami-Green Curry」 (2.500JPY)(800JPY) 「Shirakami-7en Meal」

(2.000JPY)



≪ Special Menu≫

"Kuma Nabe" (game meat stew) is offered at the current price. An advance reservation is reauired.

Wild Plants Dishes









Boiled vegetable







Simmered dish

Vegetable dressed with vinegared miso







INFORMATION



(NPO)Shirakami Nature School in Hitotumori

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(Shirakami Nature School in Hitotumori Pamphlet: Printed 2015.01)





Natural mushroom



Exchange meeting between volunteers



Experience tour gathering unbarked lumber leaves



Original Essential Oils



Unbarked lumber Oil



Original soap comprises natural ingredients



Unbarked lumber tea

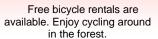


'Sirakami-man' steamed cakes with bean-iam filling



Our pizzas are cooked in a stone oven

≪ Recommendation ≫





4th Period : Experience Tour that matches the season

The program can be adjusted upon request. (Transportation fees from Sirakami Nature School in Hitotumori to starting point for each course are included.)

1 Educational Course Revised 16 Apr 2011

1. Educational Course		Revised 16. Apr. 2011
Course	Schedule	Price(1 person)
Half-Day course	1st Period: History and Features of the World National Heritage Site of Shirakami mountain range 2nd Period: Social movements for the sake of protection of the environment of Shirakami mountain range. Story of Mountain People, such as Matagi 3rd Period: Cooking Experience with local ingredients such as wild plants.	General 2,000JPY University students and younger 1,500JPY
Full-Day course	1st Period: History and Features of the World National Heritage Site of Shirakami mountain range 2nd Period: Social movements for the sake of protection of the environment of Shirakami mountain range. Story of Mountain People, such as Matagi 3rd Period: Cooking Experience with local ingredients such as wild plants.	General4,200JPY University students and younger 3,700JPY

2. Experience Course

Course	Time	Guide Fee		Seasons	Duration
		Price(1 person) Acceptable persons			
Forestry Work Experience	2 hours and above	General 2,000JPY University students and younger 1,500JPY	2 0	Spring - Fall	Half-day
Fishing	2 hours and above	General 2,000JPY University students and younger 1 0 1,500JPY		Summer	Half-day
Trekking	2 hours and above	General 2,000JPY University students and young 2 0 1,500JPY		Spring - Fall	Half-day
Orienteering	2 hours and above	General 2,000JPY University students and younger 1,500JPY	2 0	All Year	Half-day
Snowshoeing	2 hours and above	General 2,000JPY University students and younger 1,500JPY	1 0	Winter	Half-day

3. Hiking Course (Guided Tour)

	Time	Guide Fee			
Course		Price	Acceptable	Place of Departure Dura	Duration
			persons		
Kumagera no mori - forest	28 hours and above	50,000JPY	9	Shirakami Nature School	2 days/1 night (Camping)
Tengu - dake	6 hours and above	35,000JPY	9	Shirakami Nature School	Half-day
Tsugarumori - forest	2 hours and above	25,000JPY	9	Shirakami Nature School	Half-day
Preserve forest genetic resources of beech	2 hours and above	25,000JPY	9	Shirakami Nature School	Half-day
Kurokuma Falls(Roop Trip)	2 hours and above	10,000JPY	9	Shirakami Nature School	Full-day
Sirakami no Mori - forest trail	2 hours and above	12,000JPY	9	Shirakami Nature School	Full-day

