

白神自然学校一ツ森校 クマゲラの宿

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 Hitotsumori ~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 Hitotsumori area in a relaxed atmosphere of lodgings.



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

Room Rate

	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~
- Check out time ~10:00

Aromatherapy Treatments

Farmer's Restaurant

Open: Saturday and Sunday

※You might need reservations for some dishes.



「Shirakami-Gozen Meal」 (2,500JPY)



「Shirakami-Green Curry」 (800JPY)

「Shirakami-Zen Meal」 (2,000JPY)



Special Menu

“Kuma Nabe” (game meat stew) is offered at the current price. An advance reservation is required.

Wild Plants Dishes



Tenpura



Boiled vegetable



Simmered dish



Vegetable dressed with vinegared miso



Japanese pickles



Miso-soup

INFORMATION

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Green Tourism Program

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

Course	Schedule	Price(1 person)
Half-Day course	1 st Period : History and Features of the World National Heritage Site of Shirakami mountain range 2 nd Period : Social movements for the sake of protection of the environment of Shirakami mountain range. Story of Mountain People, such as Matagi 3 rd Period : Cooking Experience with local ingredients such as wild plants.	General 2,000JPY University students and younger 1,500JPY
Full-Day course	1 st Period : History and Features of the World National Heritage Site of Shirakami mountain range 2 nd Period : Social movements for the sake of protection of the environment of Shirakami mountain range. Story of Mountain People, such as Matagi 3 rd Period : Cooking Experience with local ingredients such as wild plants. 4 th Period : Experience Tour that matches the season	General 4,200JPY University students and younger 3,700JPY



Forestry work experience



Exchange meeting between volunteers



Natural mushroom



Experience tour gathering unbarbed lumber leaves



Original Essential Oils



Unbarbed lumber Oil



Original soap comprises natural ingredients



Unbarbed lumber tea



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



Our pizzas are cooked in a stone oven

◀ Recommendation ▶

Free bicycle rentals are available. Enjoy cycling around in the forest.



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 1,500JPY	1 0	Summer	Half-day
Trekking	2 hours and above	General 2,000JPY University students and young 1,500JPY	2 0	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)

Course	Time	Guide Fee		Place of Departure	Duration
		Price	Acceptable 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