精進料理

Shojin-Ryori Ascetic Cuisine

There is no greater highlight of your visit to Mt. Haguro than enjoying the local *Shojin-Ryori* - vegetarian Buddhist cuisine unique to Mt. Haguro. All the ingredients are gathered or farmed from the mountain itself, and are reliant on weather, seasons and the bounty of the mountainside. Visitors can experience these special dishes, which vary daily depending on conditions.

Formerly a temple, the *Saikan* building provides visitors with accommodations and meals. It commands fine views across the plains to the magnificent Mt. Chokai on the Yamagata-Akita border. All are welcome to enjoy the *Shojin-Ryori* and the accommodations, though advance booking is necessary. Meal prices range from ¥1,500(+tax) for a simple 5-dish meal, up to ¥7,000(+tax) for the most lavish special set meal.