

Nature Letters from Asahidake & Tenninkyō

Informations of Mt. Asahidake area and Tenninkyō provided by Asahidake Nature Keepers every week.

Sugatami

The whole Trail(1.7km) takes about an hour

Alpine flowers found in the Sugatami area are usually light yellow or red in spring, but dark yellow or blue-purple flowers are more noticeable in summer. Please enjoy the summery view and flowers, which differs from spring's scenery. Mountain weather can change rapidly. Please Pack for all conditions, including severe weather.



Miyamarindou
(*Gentiana nipponica*)



Sugatami pond

Alpine plants in Sugatami



Haiotogiri
(*Hypericum kamschaticum*)



Takanenigana
(*Ixeris dentata* subsp. *alpicola*)



Ezo-oyamarindou
(*Gentiana triflora* var. *japonica* f. *montana*)

We recommend you to bring :

※ Highly recommended to take rain wear, to be prepared for sudden change of the weather on the mountain.



Sunglasses



Hat



Trekking poles



Water



Jackets



Rain Boots

Asahidake Onsen

Trails · Alpine plant botanical garden · Onsen · Campsite



Miyamaakinokirinsou(*Solidago virgaurea* ssp. *leiocarpa*)

Tenninkyō

Hagoromo waterfall · Columnar joint · Foot bath · Onsen

- The path way to Hagoromo waterhall in Tenninkyō will be closed in 2024, due to demolition of the abandoned buildings.
- The trailheads to Takimidai and Kaundake are available.
- Tennyō footbaths are also available.
- Please also use the day spa at Shikishimasō.



Tennyō Footbath



Shikishimasō and chuubetu river

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Informations of Ropeway



Asahidake ropeway



Daisetsuzan Nature School