

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

The leaves of Aleutian avens and Urajironanakamado are gradually starting to turn red, and the season is changing from summer to autumn. The temperature is chilly, around 15°C (59°F), so we recommend you wear layered outfits to be adjustable depending on the conditions. We do recommend you bring an extra layer!



Mt.Asahidake and Fluff of Aleutian avens



Urajironanakamado
(*Sorbus matsumurana*)

Alpine plants in Sugatami



crowberry



Cowberry
(*Vaccinium vitis-idaea*)



Fluff of Aleutian avens

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



Monkshood

You can find monkshood (*Aconitum*) in the shaded wetlands of Asahidake Onsen town. Its roots, leaves, stems, and flowers are all poisonous. If you find it, please do not touch it.

<Asahidake Youth Campground>
Check-out time is now 10:00 AM. If you leave your tent for a hike, or if all your packing up will be completed after 10:00 AM, a day-use fee will be charged.

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



Shikishimasou and chuubetu river

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Informations of Ropeway



Asahidake ropeway



Daisetsuzan Nature School