

# 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

Morning temperatures have been dropping below 0 degrees Celsius more and more often at Sugatami Pond Park. If you take a walk in the morning, you can see frozen ponds and frost-covered plants, which are beautiful. In the afternoon, the frost and ice will melt, and the paths will become muddy, so rain boots are highly recommended. We do rent rain boots; one pair for 300 yen.



Plant leaves with frost



Frozen Pond

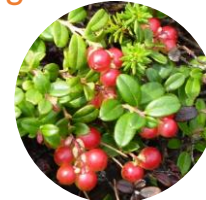
## Alpine plants in Sugatami



urajironanakamado  
(*Sorbus matsumurana*)



kurousugo  
(*Vaccinium ovalifolium*)



Cowberry  
(*Vaccinium vitis-idaea*)

## We recommend you to bring :



gloves



Winter hat



Trekking poles



Water



Winter clothes



Rain Boots

Follow us on social media!



Instagram



X



Facebook

## Asahidake Onsen

Trails • Alpine plant botanical garden • Onsen • Campground

With the autumn leaves fallen, it has become easier to observe wild birds. How about taking a stroll along the trails and in the hot spring area to look for birds.



Brambling

## 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

Informations of Ropeway



Asahidake ropeway



Daisetsuzan Nature School