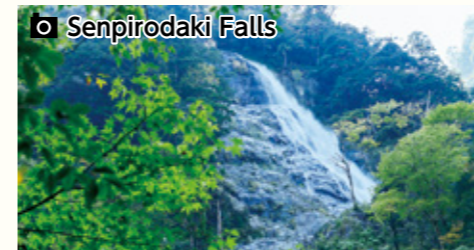


Season Spring - Fall **Duration of stay** 2 nights, 3 days

Discover the Primeval Forest of the Odaigahara Plateau and the Vast Osugidani Valley

Notes

Enjoy the exquisite valley of Osugidani, a secluded part of the Kinki region where primeval forest and a heavy-rain belt interweave to create a majestic landscape. Brimming with magical scenery, the Odaigahara Plateau is full of sights to treasure year-round with its alpine plants, fresh verdure and fall colors. Enjoy panoramic views of the Omine Mountain Range from the plateau's precipitous cliffs.



Senpirodaki Falls
At 135 meters, this waterfall boasts Osugidani Valley's longest drop.



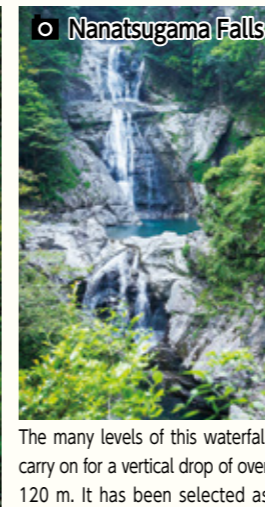
Shishi Trench
Sheer cliffs and the beautiful Nikoniko Falls make for fantastical scenery.



Rhododendron Blossoms, Odaigahara Plateau
Most years see rhododendrons bloom from around mid-May to early June.



Byodogura
A towering wall of rock



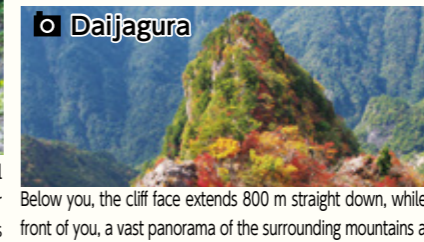
Nanatsugama Falls
The many levels of this waterfall carry on for a vertical drop of over 120 m. It has been selected as one of Japan's Top 100 Waterfalls.



Dokura Falls
A huge amount of water plunges over this waterfall into the large, deep pool below. From here, the route steepens sharply.



Masakitoge Pass Area, Odaigahara Plateau
This pass consists of a vast hill covered in fallen trees and withered bushes. In the distance, the Kumano-nada Sea comes into view.



Daijagura
Below you, the cliff face extends 800 m straight down, while in front of you, a vast panorama of the surrounding mountains and valleys, including Mt. Misen and Mt. Shakka, can be admired.



Momonoki Mountain Hut
Established approximately 80 years ago, this is the Kansai area's largest mountain hut. Its point of pride is its bath made of hinoki cypress.

Day 1	8:05a.m. Nagoya (JR Nanki limited express) 102min Misedani 9:47a.m. 10min Roadside Station Okuise Odai 10:30a.m. (Tozan bus) 90min (Submit hiking registration along the way) 12:00p.m. Osugidani Trailhead (Begin hike into secluded area.) 5min Dainichigura (Admire the corridor formed by the rock faces that border the crystal-clear, emerald-green waters of the valley.) 12:15p.m. 145min Senpirodaki 2:40p.m. 60min Shishi Trench 40min 4:20p.m. Byodogura 40min 5:00p.m. Momonoki Mountain Hut [Accommodation]				
Day 2	8:00a.m. Momonoki Mountain Hut 25min Nanatsugama Falls 8:25a.m. 95min Dokura Falls 11:20a.m. 200min Mt. Hidegatake (This is the highest peak of Mt. Odaigahara, selected as one of Japan's 100 Famous Mountains. Enjoy the 360-degree panoramic view of the area.) 3:00p.m. 45min Cocoro Tojikan (Those planning to follow B Course on Day 3 will visit Odaigahara Visitor Center for a pre-hike lecture.) 3:45p.m. Cocoro Tojikan [Accommodation] (These accommodation facilities are conveniently located next to the hiking trail. Both private and shared rooms are available. Meals made with locally sourced ingredients are a popular choice.)				
	<table border="1"> <thead> <tr> <th>A Course: Higashi-Odai Area</th> <th>B Course: Nishi-Odai Area</th> </tr> </thead> <tbody> <tr> <td> Activity 03 Odaigahara Plateau Registered Guide System 10:00a.m. Cocoro Tojikan 40min 10:40a.m. Masakitoge Pass [Elevation 1,685 m] (In an average year, the shiroyashio azaleas that grow in clusters here are at their best from early to mid-June.) 20min 11:10a.m. Masakigahara [Elevation 1,685 m] (Withered spruce trees cover the landscape. Wild deer can be seen in this area.) 30min 11:50a.m. Ushi-Ishigahara (Rest 30-40min) 15min 12:45p.m. Daijagura [Elevation 1,640 m] (Below you, the cliff face extends 800 m straight down, while before you, a vast panorama of the surrounding mountains and valleys, including Mt. Misen and Mt. Shakka, can be admired.) 50min 1:50p.m. Shiokara Valley [Elevation 1,414 m] (In an average year, the rhododendrons that grow in clusters here are at their best from mid- to late May.) 40min 2:40p.m. Odaigahara Visitor Center [Elevation 1,570 m] </td> <td> Activity 03 Odaigahara Plateau Registered Guide System Activity 12 Primeval Forest Walk: Enter a Limited Area 8:30a.m. Cocoro Tojikan 80min 9:50a.m. Nanatsu-ike Ponds 90min 11:20a.m. Kaitaku Junction 20min 11:40a.m. Observatory (Rest 30-40min) (Marvel at the view of Daijagura in front of you and Nakano Waterfall to your lower left.) 15min 12:35p.m. Kaitaku Junction 120-140min Odaigahara Visitor Center [Elevation 1,570 m] </td> </tr> </tbody> </table>	A Course: Higashi-Odai Area	B Course: Nishi-Odai Area	Activity 03 Odaigahara Plateau Registered Guide System 10:00a.m. Cocoro Tojikan 40min 10:40a.m. Masakitoge Pass [Elevation 1,685 m] (In an average year, the shiroyashio azaleas that grow in clusters here are at their best from early to mid-June.) 20min 11:10a.m. Masakigahara [Elevation 1,685 m] (Withered spruce trees cover the landscape. Wild deer can be seen in this area.) 30min 11:50a.m. Ushi-Ishigahara (Rest 30-40min) 15min 12:45p.m. Daijagura [Elevation 1,640 m] (Below you, the cliff face extends 800 m straight down, while before you, a vast panorama of the surrounding mountains and valleys, including Mt. Misen and Mt. Shakka, can be admired.) 50min 1:50p.m. Shiokara Valley [Elevation 1,414 m] (In an average year, the rhododendrons that grow in clusters here are at their best from mid- to late May.) 40min 2:40p.m. Odaigahara Visitor Center [Elevation 1,570 m]	Activity 03 Odaigahara Plateau Registered Guide System Activity 12 Primeval Forest Walk: Enter a Limited Area 8:30a.m. Cocoro Tojikan 80min 9:50a.m. Nanatsu-ike Ponds 90min 11:20a.m. Kaitaku Junction 20min 11:40a.m. Observatory (Rest 30-40min) (Marvel at the view of Daijagura in front of you and Nakano Waterfall to your lower left.) 15min 12:35p.m. Kaitaku Junction 120-140min Odaigahara Visitor Center [Elevation 1,570 m]
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Day 3	Odaigahara Visitor Center [Elevation 1,570m] (At the visitor center, you'll find interesting displays explaining the nature of Odaigahara Plateau using various themes. This is also the place to pick up information on the nature and culture of the area to match your interests.) 3:30p.m. 111min 5:21p.m. Kintetsu Yamato-Kamiichi Station 5:38p.m. (Kintetsu limited express) 35min 6:13p.m. Kashihara Shrine 6:25p.m. (Kintetsu limited express) 55min 7:20p.m. Kyoto 7:39p.m. (Shinkansen) 33min 8:13p.m. Nagoya				