

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.



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



Sheer cliffs and the beautiful Nikoniko Waterfall make for fantastical scenery.



Most years see rhododendrons bloom from around mid-May to early June.



A towering wall of rock



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



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



Below you, the cliff face extends 800 meters 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.



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



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.

	8:05a.m. Nagoya Station (JR Nanki limited express) 102min \ Misedani 10:30a.m. (Tozan bus) 90min \ (Submit hiking registration along the way.) 12:00p.m. Osugidani Trailhead (Begin hike into secluded area) 5min \	9:47a.m. Misedani 10min \ Roadside Station Okuise Odai
Day 1	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 Waterfall 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 Waterfall 8:25a.m. 95min \ Dokura Waterfall 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 Toujikan (Those planning to follow B Course on Day 3 will visit Odaigahara Visitor Center for a pre-hike lecture.) 3:45p.m. Cocoro Toujikan [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.)	
	A Course: Higashi-Odai Area	B Course: Nishi-Odai Area
	Activity 09 Odaigahara Plateau registered guide system 8:30a.m. Cocoro Toujikan 40min \ 9:20a.m. Masaki-togge Pass [Elevation 1,680] (This pass consists of a vast hill covered in fallen trees and withered bushes. In the distance, the Kumano-nada Sea comes into view.) 30min \ 10:00a.m. Masakigahara [Elevation 1,620] (You may well encounter wild shika deer in this landscape of withered spruce.) 60min \ 11:20a.m. Daijagura [Elevation 1,580m] (Below you, the cliff face extends 800 meters straight down, while before you, a vast panorama of the surrounding mountains and valleys, including Mt. Misen and Mt. Shakka, can be admired.) 50min \ 12:10p.m. Shiohara Valley [Elevation 1,414m] 40min \ 12:50p.m. Odaigahara Visitor Center [Elevation 1,570m]	Activity 09 Odaigahara Plateau registered guide system Primeval Forest Walk: Enter a Limited Area 8:30a.m. Cocoro Toujikan 80min \ 9:50a.m. Nanatsu-ike Ponds 90min \ 11:20a.m. Kaitaku Junction 20min \ Observation Deck (30 - 40min rest) (Marvel at the view of Daijagura in front of you and Nakano Waterfall to your lower left.) 12:20p.m. Observation Deck 15min \ 12:35p.m. Kaitaku Junction 120~140min \ Odaigahara Visitor Center [Elevation 1,570m]
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	