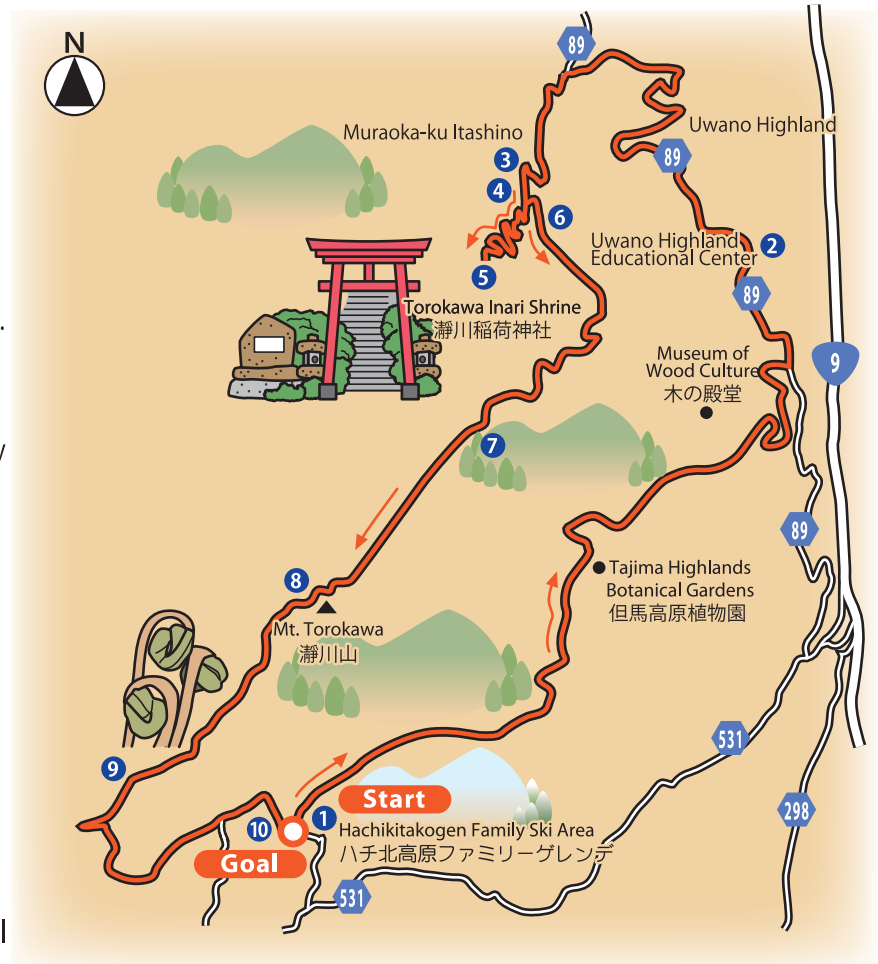


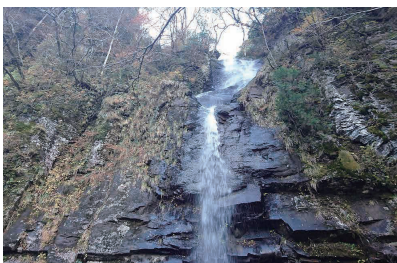
# Visit one of Japan's 100 most secluded regions, Torokawa Valley and Mt. Torokawa mountain trail

Torokawa Valley is one of Japan's 100 most secluded regions and the only one in Hyogo Prefecture. Rice paddies cover the area downstream from Torokawa Valley. The rice from these fields was also awarded the highest prize several times over in nationwide competitions. For this course we recommend using a guide because of the long distance over varying elevations and the time that it will take to complete the course.

- 1 Starting off from Hachikitakogen Family Ski Area, take the town road through Uwano Hachikita, and head for the Uwano Highlands. You will walk for about 6km on asphalt road with little traffic to worry about.
- 2 From Uwano Highland Educational Center head in the direction of Itashino, after walking for about 1km there will be a signboard for "Torokawa Inari Shrine" (瀬川稲荷神社方面) on the left where you will enter the mountain trail.
- 3 You will arrive at the Torokawa Inari Shrine after walking for another 2km from there. Pass through the row of torii gates on your approach to the main shrine, here you can pray for safe passage on your hike. Many hikers that come here feel a sense of awe or fear when entering the realm of the god for some reason.
- 4 15 minutes from the shrine you will come face to face with the large Katsura (Japanese Judas) tree that is estimated to be 400 years old.
- 5 Passing along the road to the side of the tree it will take about 40 minutes to reach the Soshinnotaki Waterfall / Fudotaki Waterfall a steadfast double waterfall. The height of this magnificent waterfall is 56m.
- 6 Going back the way we came we will take a path 50 meters before the large Katsura tree going to the right. We will take this path to the summit of Mt. Torokawa. Along the way we will pass through the beech forest.



- 7 After a while, the path will come to the Tajima Highlands woodland path for Mt. Hyonosen. This is an unpaved road in the highland area called Torokawadaira and has a straightaway for about 2km. This road is popular not only with climbers, but also with many enthusiasts like off-road bikers who often visit here. Incidentally, this forest road represents the Hyogo prefecture and is 60km in length from Tokura Pass to Muraoka, but about two thirds of it is unpaved.
- 8 After passing through the straight of the forest road, there is a place to enter the forest on the left. Enter here and walk for 30 minutes, you will eventually reach Mt. Torokawa (elev. 1,039m). Here, you can see the famous Hachikita Ski area of Mt. Hachibuse directly out front. Looking even further you can clearly see the peak of Hyogo's highest mountain Mt. Hyonosen. You can also survey the village of Hachikita below Mt. Torokawa.
- 9 After walking for about 30 minutes there is a place that breaks to the left and will take you to Onuma(大沼). Onuma is a high-rise marsh and is inhabited by prized plants that grow in these wetlands, such as cinnamon fern and round-leaved sundew. In addition, surrounding the wetland are western Japan's largest Japanese elm trees. In the spring the area is covered with the beautiful flower of the soft windflower (Nirinsou / Anemone Flaccida).
- 10 After you have passed this area, you will arrive at the end of the course at Hachikita Family Ski Area.



- **Difficulty** : ★★★
- **Restroom** : Museum for wood culture, Torokawa Inari Shrine (with restroom)
- **Access** : Take a car to Hachikitakogen
- **Contact** : Uduka no Mori  
TEL: 0796-96-0024

Approx. Distance

**20** km