



SASAGAMINE 笹ヶ峰



Hütte

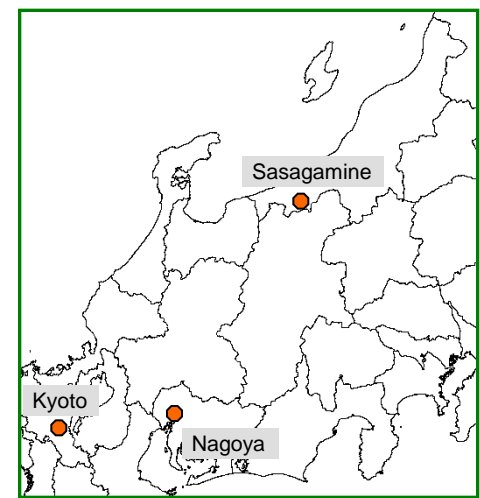


Diner in the outside

Sasagamine is in Myoko city, Nigata prefecture, and 220km northeast from Nagoya. The Sagsagamine Hütte is at a height of 1300 m above sea level. You can't use mobile phone and internet around the Hütte.

Access

To get to the Hütte, firstly take a train "wide view Shinano" from Nagoya, transfer to the local train at the Nagano station and get off at Myoko-kogen (4 hours). Secondly, take a bus from the Myoko-kogen station to Sasagamine Hütte of Kyoto University (1000yen, 45 minutes).

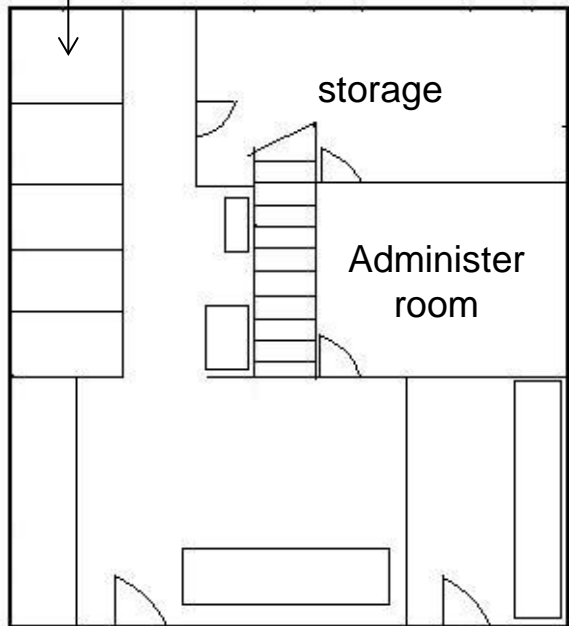




Floor Map

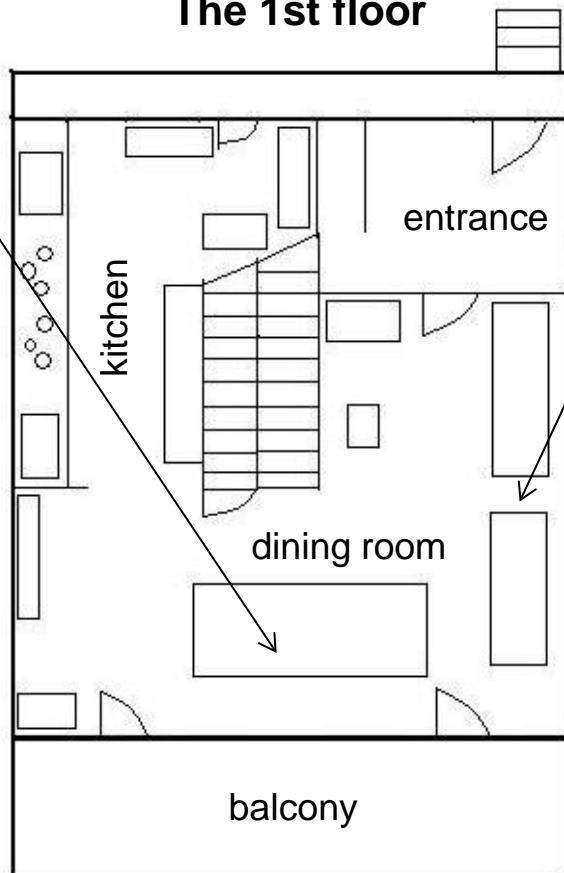


Ground floor



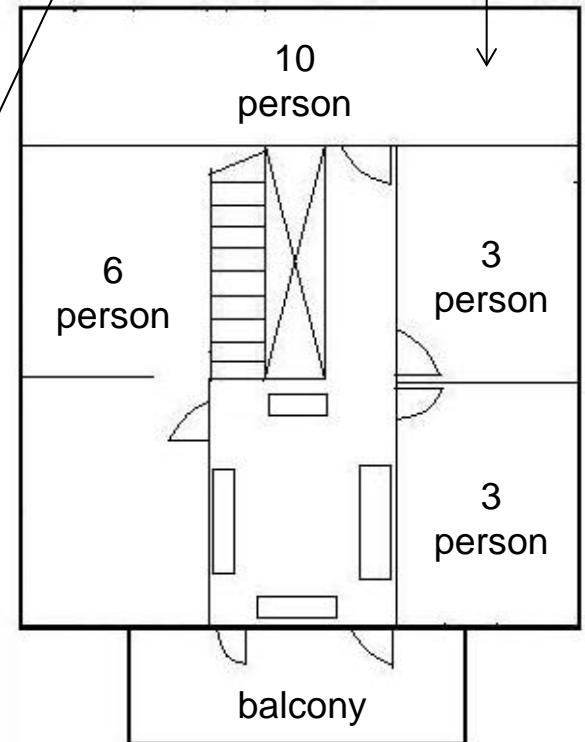
- 2 shower rooms
- 3 toilets
- 1 washing machine
- 1 drying machine
- 1 hair dryer
- 1 table

The 1st floor



- 3 table
- 1 set of projector and screen
- For dining and seminar with nice mountain view from windows

The 2nd floor



- 4 rooms (max. 22 person)
- 1 loft (5 person)
- Japanese-style bedding (futon)

↑至火打山・妙高山
Mt. Hiuchi and Mt. Myoko

Trekking Map

Route Sasagamine

Total Distance

9.9km

Total Time

2hrs15min



紅葉の笹ヶ峰



Route Yumemidaira

Total Distance

9.6km

Total Time

2hrs30min



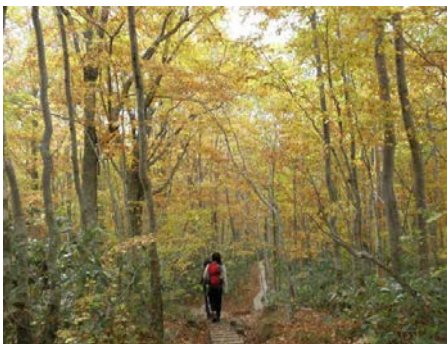
夢見平遊歩道

- ① Sasagamine green house
- ② Intersection with prefectural road
- ③ Hiuchi-yama tozan-do (Mt. Hiuchi trail)
- ④ Hiuchi-yama tozan-guchi (starting point of Mt. Hiuchi trail)
- ⑤ Local street
- ⑥ Sasagamine bokujo (stock farm)
- ⑦ Shimizuga-Ike (pond)
- ⑧ Udana no Shimizu (water from a spring)
- ⑨ Doitsutouhi Rin (Norway spruce forest)
- ① Otomiko Kyukeisha (rest house)
- ② Inari Jinja (shrine)
- ③ Mizunara no Taiboku (large tree of Japanese oak)
- ④ Seitetsusho Atochi (vacant site after Iron foundry)
- ⑤ Harunire no Taiboku (large tree of Japanese elm)
- ⑥ Mutsumi Tenboudai (sightseeing place)
- ⑦ Yumemidaira
- ⑧ Shoubu Ike (pond)
- ⑨ Zumi Tonneru (Toringo crabapple tunnel)
- 🏠 Kyoto University Hutte
- W Toilet
- P Parking



©信越高原連絡協議会

① Sasagamine green house Facility for eating and breaking. Kiosk. This house serves local dishes and steak. Open: 9:00am-4:00pm Close: Wednesday Tel: 0255-86-6660



③ Hiuchi-yama tozan-do (Mt. Hiuchi trail) This trail was certified for “forest therapy” by Forestry Agency. This photo was taken in early October. The leaves turns yellow and red.



④ Hiuchi-yama tozan-guchi (starting point of Mt. Hiuchi trail)

▼ Lake Otomi (Sasagamine dam)
You can observe house martin and dabbling duck around here.



▲ Sasagamine visitor center
Next to camp site. charge-free. Open: 9:00am-4:30pm



⑥ Sasagamine bokujo (stock farm) The grazing period is June to October. The walking trails are between cow station districts surrounded by bars. Keep out the cow station districts.



⑦ Shimizuga-Ike (pond)
You can see the Mt. Myoko reflected on the surface of the water on a clear and windless day.

⑧ Udana no Shimizu (water from a spring)

This spring was certified as the 100 best waters in Japan.



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©Myoko City

⑨ Doitsutouhi Rin (Norway spruce forest) This Norway spruce forest is 60 ha, the largest in the main island of Japan. There are about 10 thousand trees. Mean height of the tree is about 20m.



① Otomiko Kyukeisha (rest house) There are toilets and a vending machine. Near the “Otomiko” bus stop.



④ Seitetsusho Atochi (vacant site after Iron foundry)

Route Yumemidaira was used for conveying of timbers from 1932 to 1948. At that time, there was tram rail.



② Inari Jinja (shrine)

This shrine is between two large trees of Japanese oak called Kamihiko and Michihime.

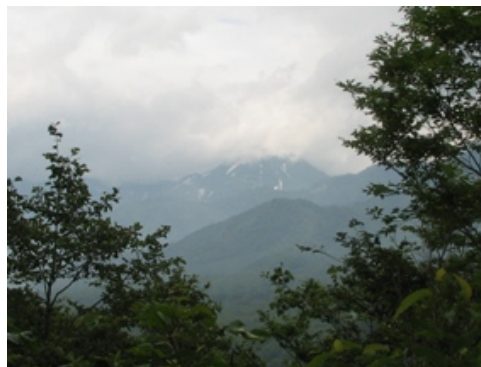
③ Mizunara no Taiboku (large tree of Japanese oak)

The trail with large Japanese oaks is cool even in the summer.



⑤ Harunire no Taiboku (large tree of Japanese elm)

This is the 250-to-300-year-old Japanese elm.



⑥ Mutsumi Tenboudai (sightseeing place)

You can see Mt. Hiuchi and Mt. Yake from here. And you may meet Japanese macaques around here by lucky chance.



⑦ Yumemidaira “Yume”, “mi” and “daira” respectively means dream, looking and intermountain flatland. The scene from here is said to be so beautiful as a dream. You can see Mt. Mitahara at the front.



⑧ Shoubu Ike (pond)

Various flowers bloom in spring. Let’s go around the pond counterclockwise.



⑨ Zumi Tonneru (Toringo crabapple tunnel)

Both sides of this trail is covered by Toringo crabapples like a tunnel.