



SASAGAMINE 笹ヶ峰



# Hütte

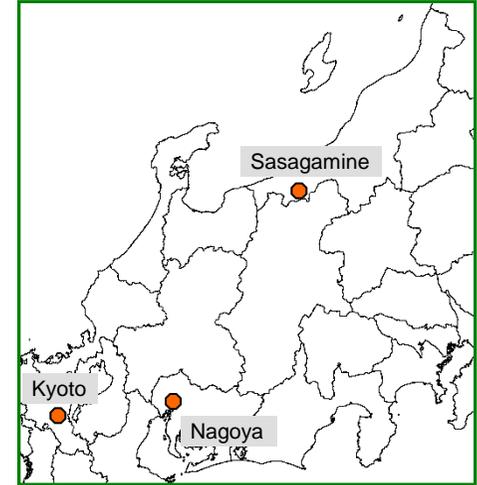


*Diner in the outside*

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).

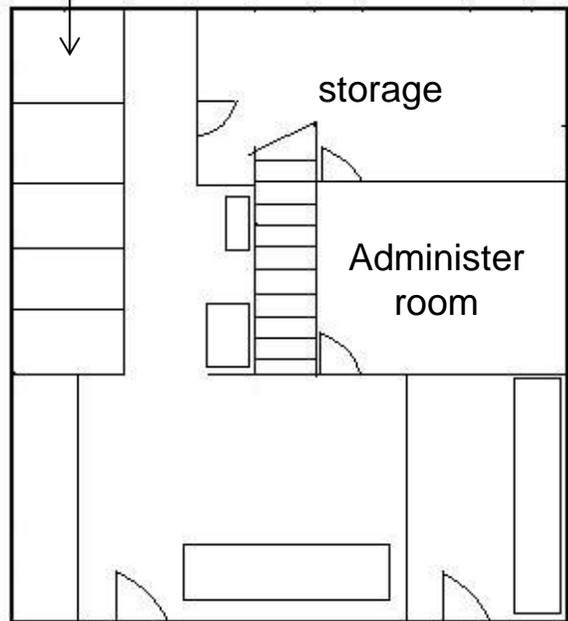




# Floor Map

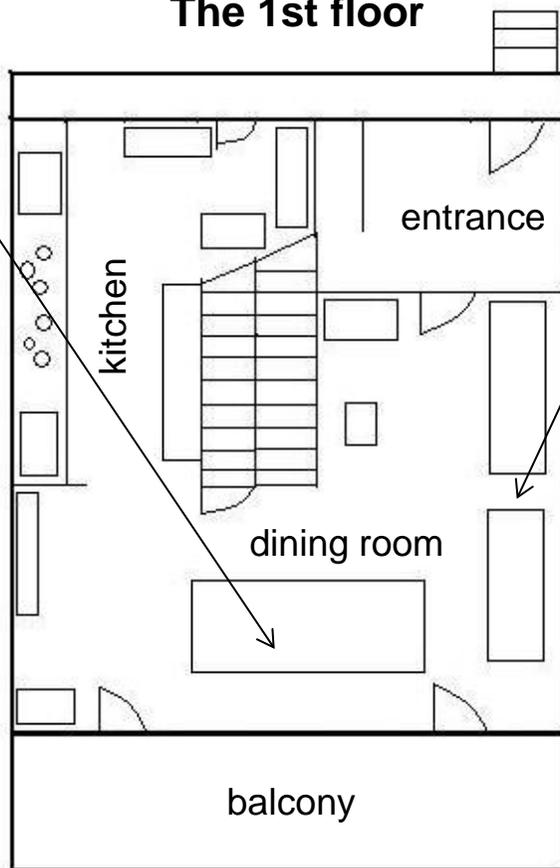


**Ground floor**



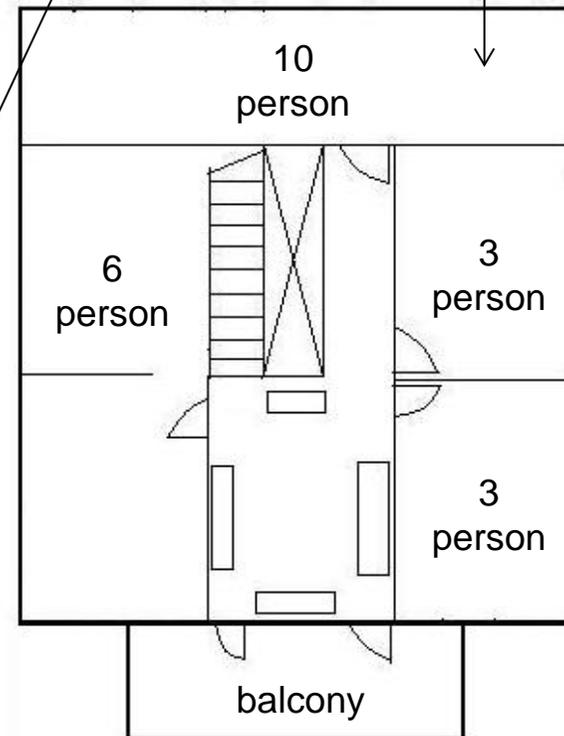
- 2 shower rooms
- 3 toilets
- 1 washing machine
- 1 drying machine
- 1 hair dryer
- 1 table

**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
- 🚻 Toilet
- 🅑 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.



©Niigata Prefectural Government



©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.

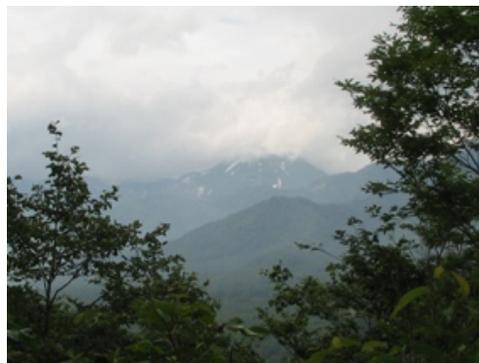
**③ Mizunara no Taiboku (large tree of Japanese oak)**

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.