

Strap on a pair of snowshoes and head into the forest for a winter hiking adventure. Start with a gentle climb among Japanese larch, Mongolian oak, Japanese clethra, Erman's birch, and Japanese rowan. Keep your eyes peeled for the delicate dried flowers of the deutzia shrub peeking out from under the snow near the trailhead, and the vibrant red berries of the scarlet leaved viburnum near the trail's end.

Did you know that snowshoeing requires more energy than hiking? You will find plenty of room to flop down in the snow for a rest where the trail widens—why not make yourself comfortable by fashioning a snow table and stools? As you near the double-back point, do not be surprised if you suddenly get a second wind. The Koridani Trail leads to the Koridani *himuro* or ice room, a spiritual place said to re-energize those who make the pilgrimage.

For the trip back, though it may be tempting to try a different trail, please stick to the Koridani Trail as crossing the ski hills can be dangerous.

Length: Two kilometers (round trip)

Time: Approximately one and a half to two hours