

If you really want to immerse yourself in nature, head on up to Sasagamine Plateau where vast stretches of scenic terrain await. The Sasagamine Dam, situated between the mountains, is the starting point for many trekking trails and what Japanese people call ‘therapy roads’ – specially designated areas that stimulate the five senses and are said to have physiological and psychological benefits for visitors. The Sasagamine Plateau sits 1,300 meters above sea level and includes camping grounds and even a cattle farm over its area. The winding road leading up to the area offers so many scenic viewpoints you’ll want to allow extra time for all the photo opportunities. Due to the plateau’s high altitude, it seems at times like you are hanging out above the clouds. The result is that the area enjoys its own microclimate and it is even said that there is no rainy season on the plateau. Still, pack a raincoat just in case!