

Therapy roads, also known as ‘relaxing trails’, are a growing trend in Japan; the area around Myoko is a great place to experience them first-hand. Therapy roads are short trails through forest areas and are designed to stimulate the five senses. They are also a great way to explore the area without having to hike all the way up any of the surrounding mountains. Every therapy road excursion should bring about a sense of peace and relaxation, unlike a vigorous workout. Converts claim a walk through one of these trails while taking in the fresh air and greenery is one of the best forms of recreation you can get in the area. They make the perfect pathways for families with younger children, or elderly people keen to get back to nature. These paths are often detailed on a large map at the start of a trail area, so you should be able to find them easily when you are making your way through, and your relaxation won’t be interfered with the stress of getting lost.