

### **Sakhalin Spruce Nature Trail: an easy stroll through an ancient forest**

The trailhead for this 60-minute (2.2 km) nature walk through a forest of Sakhalin spruce is behind the Kawayu Eco-museum Center. Sakhalin spruce is native to Hokkaido and has reddish bark that resembles that of a redwood species. These trees grow up to 30 meters tall, and some of them in this forest are between 150 and 200 years old, a remarkable age considering the trees grow in nutrient-poor volcanic soil. Their trunks shelter an abundance of wildlife, including the Eurasian red squirrel and many birds such as the great spotted woodpecker. Red foxes inhabit the forest and surrounding farmland.

While walking through the forest, listen to the variety of birdsong and look for the oblong holes that black woodpeckers bore into the trunks of the trees. There is an easier trail through the forest (20 min., 0.8 km) that is ideal if you are traveling with small children. Guided tours of the Sakhalin Spruce Nature Trail led by Kawayu Eco-museum Center staff are available as well.