

## Onuma Pond Nature Trail Map

Onuma Pond consists of a central pond and surrounding wetlands formed millennia ago by water trapped by a lava flow. The pond spreads over 4 hectares, with well-developed wetlands on the southern side.

The wetlands are home to *mizubasho* (Asian skunk cabbage), false hellebore, cottongrass, marsh tea, and other plants that thrive in wet conditions. From spring to fall, these wetland plants add bright spots of color to the landscape as they bloom.

Surrounding the wetlands are predominantly forests of Japanese beech and oak, with a scattering of coniferous species such as Maries' fir and northern Japanese white pine (also known as "five-needle pine").

The pond and its environs shelter a variety of wildlife, including released carp and crucian carp. Wild birds such as spot-billed ducks make their home here.

A 1.2-kilometer walking trail circles the pond. Taken at a leisurely pace, the loop takes roughly one hour to complete. A boardwalk has been built to protect the wetland plants, and the first 300 meters are wheelchair accessible.