

【Seseragi Course】

The Seseragi Course nature trail begins at the Takamagahara bus stop and ends at the Ichinose Ryō Mae bus stop. The tree-covered path runs along the Kozako River for a distance of 1.8 kilometers and takes about 60 minutes to complete, with an elevation change of just 60 meters.

The highlight of the trail is a raised boardwalk through the Ichinose Diamond Wetlands, where water-loving flowers bloom throughout the year. It is particularly scenic in May and June, when the pristine white furls of Asian skunk cabbage (*mizubasho*) flowers emerge, and in July and August, when the ground is covered in a carpet of purple fireweed blossoms.

The name of the course means “small stream” or “brook” (*seseragi*). This alludes to another unique feature of the trail: it crosses a small stream that is a conservation site for a wild strain of Japanese char. A wooden boardwalk provides an excellent vantage point from which to spot the speckled brown fish as they dart among the riverweeds. While fishing is prohibited in this spawning area, it is allowed further downstream on the Zako River. Accordingly, char turns up in the local cuisine, often salted and grilled whole.