

【Yunomaru-Takamine Highland: Ikenotaira Wetland Area Guide】

The Ikenotaira Wetland is located in the eastern part of the Yunomaru Highland, which also encompasses the adjacent peaks of Mt. Sanbōgamine and Miharashi as well as the nearby mountains of Higashi-Kagonoto, Nishi-Kagonoto, and Mizunoto. Several trails lead to the summits of these mountains, which are ideal for short daytrips. Many of Ikenotaira's rare alpine species, which are seldom seen outside of remote elevations, can be viewed from a wooden boardwalk that protects the ecosystem from foot traffic. From the northern end of the boardwalk, a short climb of about 15 minutes leads to the summit of Mt. Sanbōgamine (2,040 m). From there, it is a 30-minute hike to Miharashi Peak (2,095 m).

A trail that leads to Mt. Higashi-Kagonoto (2,228 m), Mt. Nishi-Kagonoto (2,212 m), and Mt. Mizunoto (2,202 m) is accessible from the parking area. It takes about 40 minutes to reach the summit of Higashi-Kagonoto, where the trail splits. From this point, going westward to Nishi-Kagonoto takes about 30 minutes, and the eastward course to Mizunoto takes roughly 40 minutes. Excellent views of the region—including Mt. Asama, the Central and Northern Japanese Alps, and even distant Mt. Fuji—are visible from the summits of Mt. Sanbōgamine, Miharashi Peak, and Mt. Higashi-Kagonoto.