

Nasu Heisei-no-mori Forest Guided Walks

The Field Center offers tours of the Forest Recreation and Forest Learning Zones. The majority of tours are conducted in Japanese, but visitors are encouraged to inquire about English-language opportunities.

Nature Interpreters

All guided walks are led by “nature interpreters.” Along the trail, they point out subtle clues left by forest plants and animals, helping visitors understand woodland ecology and the interdependent lifecycles of its residents. Each interpreter has their own field of specialty.

Guided Walks

Nature interpreters conduct guided eco-tours in both the Forest Recreation Zone and Forest Learning Zone. Free short programs (30-minute tours in the Recreation Zone) require no reservation and are tailored to the season. Longer guided walks in the Forest Learning Zone must be booked in advance and require a fee, but they allow visitors to explore otherwise restricted areas of the forest. There are six Learning Zone trail options, ranging in difficulty from the relaxed Fukurō Route (1.5 km), which takes about 2 hours, to the strenuous Musasabi Route (3.5 km), which lasts around 3.5 hours. Before the tours, guides explain forest safety and give advice on proper attire. During the walk, props and printed materials are used to show the cycles of life and evolution within the forest.

Guided Snowshoe Walks

During the winter months when the Forest Learning Zone is closed to the public, the Field Center offers guided snowshoe walks through the Recreation Zone. Participants trek through the bare landscape among the trees, while the nature interpreters point out animal tracks and other features of the winter landscape. The shorter course takes about 2 hours, and the longer one about 3 hours. Guests may bring their own equipment or rent snowshoes, boots, and poles for a small fee.