

The Tsuta Bird Sanctuary Trail

This is the trailhead for the walking circuit through the Tsuta Bird Sanctuary. The trail passes through a Japanese beech forest filled with diverse plants and wildlife, and offers views of the six swamps of Tsuta.

The main trail is approximately 3 kilometers long. At a normal, leisurely pace, it takes about 90 minutes from start to finish. The 500-meter pathway to the first and largest of the swamps, Tsutanuma, is well maintained with very little elevation, and is wheelchair-accessible for those with an accompanying caregiver. The rest of the route, however, includes several intermediate-level up-and-down slopes and quite a few steps.

The dotted line marks a less-maintained and less-traveled trail that crosses the sanctuary from northeast to southwest. If you choose to take this route, please be careful not to leave the path.

* The trail can be walked in either direction. The other trailhead is located on the far side of Tsuta Onsen Inn.