

Terrace Theater: Oguni Seseragi Trail

The peaceful murmur of the Oshizawa River accompanies hikers on the Oguni Seseragi Trail. This 3.3-kilometer trail begins from a point just off National Route 459 and leads through a forest to Oguninuma Pond. It takes approximately 1 hour and 20 minutes to walk one-way. Alpine flora grows around the pond and in the surrounding wetland. A wooden boardwalk provides access to the wetland while protecting it from damage. Oguninuma Pond formed following an eruption of Mt. Nekomadake around 400,000 years ago.

A rest hut near the pond has information boards and maps explaining the impact of the Mt. Nekomadake eruption and introducing geological features and local flora. During the summer months, white hellebore (*Veratrum stamineum*), Nikko day lilies (*Hemerocallis esculenta*), and hare's-tail cottongrass (*Eriophorum vaginatum*) thrive in the wetland. In winter, snow blankets the entire area in white.