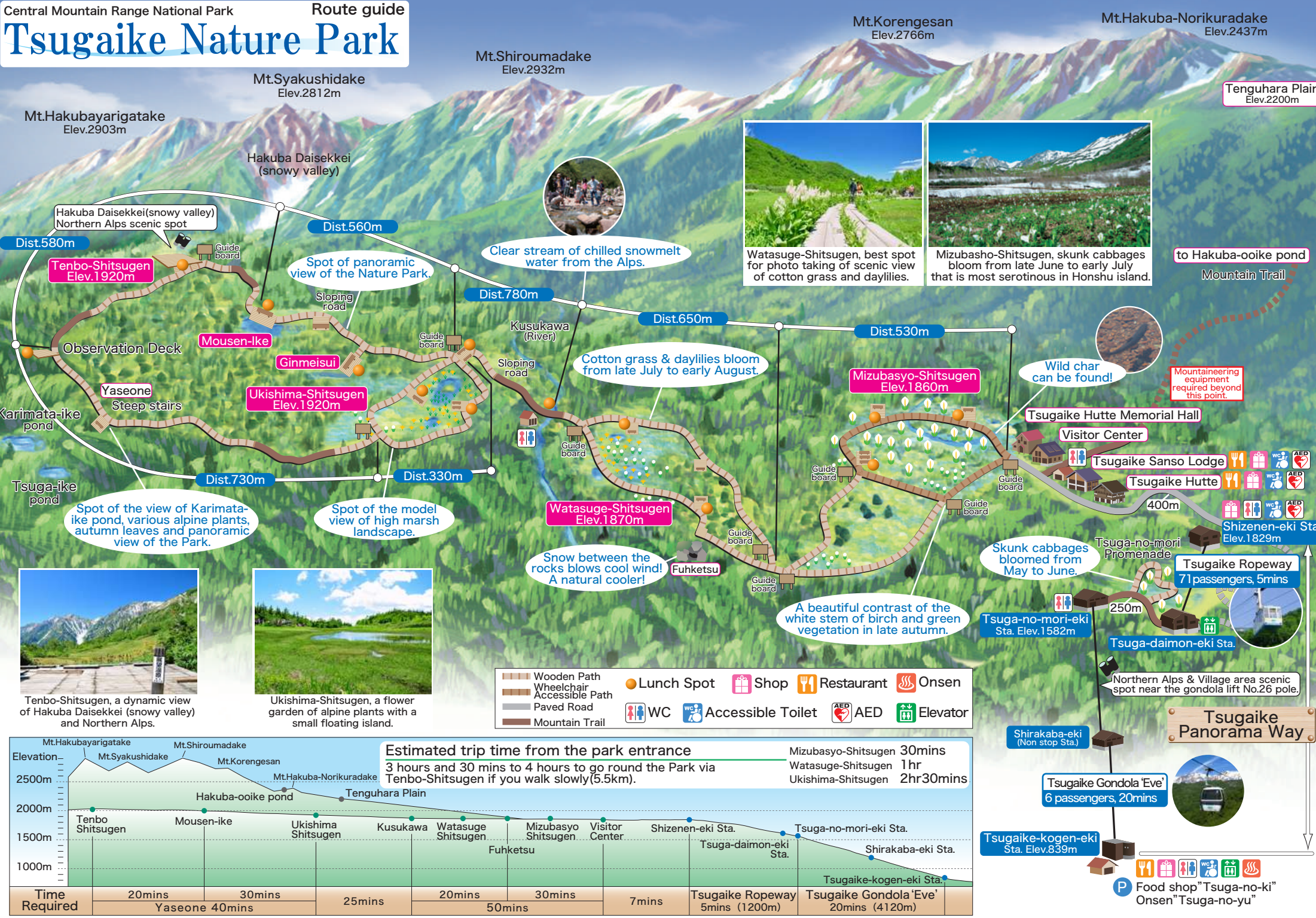


Central Mountain Range National Park

Route guide

Tsugaike Nature Park



『Tsugaike Nature Park』

Part of the Chubu-Sangaku Kokuritsu Koen (Central Mountain Range National Park) and located in the area of altitude ranging from 1900 to 2000 meters. Tsugaike Nature Park is one of the largest alpine marshes in Japan. There are four separate alpine marsh areas which have taken over thousands of years to form and each of them has unique characteristics. The area is the home for over hundreds of species of alpine plants. There are numerous trails and wooden broadwalks for hikers to enjoy.



Flower Information Flyer on sale!

A weekly report created by staff with photos of flowers seen at that time and introducing the best-time-to-see information of alpine plants. A convenient information for hikers!
■On sale at : Tsugaike Ropeway Stations and Tuga-no-yu Shop

Why is there Ropeway?

The area was accessible by car until 1993. However, due to growing concern for increasing environmental impact caused by exhaust gas, the ropeway was constructed as a low-impact means to access the area.



The origin of the name of Marie's fir and Tsugaike?

Growth of Marie's fir can be found in the area of elevation of 1500 meters and above in Tsugaike Kogen highland. The flowers bloom during June and the number of strobilus varies every year. Marie's fir differs from Veitch's silver fir when has more leaf density. Marie's fir has locally been called "Tsugano-ki" meaning Tsuga-tree, thus the name Tsugaike means 'Marie's fir pond'.



What is the green hairy stuff attached to the trees?

Known as old man's beard, it carries out photosynthesis utilizing water vapor in the air. It can be seen from the trail and the gondola.



Tsugaike Kogen Report Q & A

How was the area formed?

Volcanic activity of Mt. Hakuba-Norikuradake created a stair-like active fault which led to the formation of the area. Hollows and dents in the area gradually transformed to ponds in which plants such as bog moss and cotton grass grew naturally. Those plants were not decayed because of the cold weather condition and formed peat. Repeatedly new plants grew on the peat for thousands of years, which has formed the current unique nature of Tsugaike Nature Park.



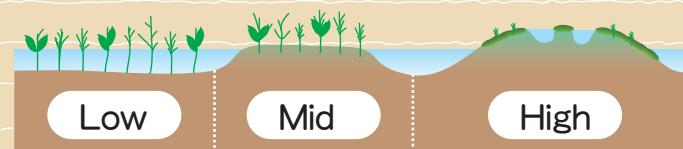
What are the characteristics of alpine marsh?

Low temperature slows the decomposition of plant residues by microorganisms, resulting in peat formation over a long period of time. The peat layer raises the ground area higher than the surrounding landscape thereby blocking the flow of groundwater into the area. High alpine marsh is defined as the marsh in which water supply is solely limited to rainwater. It is further classified as low, mid or high alpine marsh depending on its relative height compared to surrounding landscapes.

『Low』 Groundwater all year round.

『Mid』 Reduced water level from summer through autumn. May turn into high marsh or forest if dry period persists.

『High』 The marsh is well above the surrounding water level thus its water supply is solely limited to rainwater. High marsh soil tends to be quite poor thereby plant growth is limited to ones such as bog moss and sundew which can survive.



What are the characteristics of four marshes?



Mizubasyo Shitsugen (Skunk Cabbage wetland)

Colonies of Asian skunk cabbage can be seen from late June to early July.

Watasuge Shitsugen (Cotton Grass wetland)

From mid July to early August, with the Northern Alps towering behind, the view of bloomed cotton grass, daylilies and avens is impressive. There are many flowers many flowers at this wetland along with skunk cabbage wetland.



Ukishima Shitsugen (Floating Island wetland)



Since there is a small pond in the middle of the broad wetland with a round floating island in it, it became the name of this wetland. The figure of Mt. Shiroumadake reflects in the pond and the view is one of the best in the Park. Cotton grass and daylily flowers can be seen at the same time, and a beautiful contrast of autumn leaves and the Northern Alps is a highlight.

Tenbo Shitsugen (Northern Alps view wetland)

Located in the most outer part of the Park, the view of the Northern Alps and one of the Japan's three large snowy valleys, Hakuba Daisekkei, can be enjoyed. There is an observation deck at the peak of Yaseone, and the Alps and the snowy valley can also be seen from here.



Mousen-Ike pond

Mousen-Ike pond is a small pond surrounded by a colony of sundew. There are wooden benches around the pond making the area perfect spot for lunch break.

Ginmeisui (Mountain spring water)
Pristine cold Northern Alps spring water for refreshment.



Fuhketsu (Wind Cave)

Considered to be the remainder of ancient volcanic activities, even in the summer unmelted snow can be found between the rocks around the Fuhketsu as cool breeze keeps the temperature low. Hikers can enjoy the cool breeze which maintains the temperature below 8 degrees Celsius even in mid-summer.

