

Guidelines for Safe and Enjoyable Trekking



Make Up a Plan

① Choose the best season and route for trekking that suit the member's ability (physical strength, skill, experience, age, etc.).

※Nagano Prefecture has published NAGANO TRAIL GUIDE BY GRADE to help trekkers choose the best route.

② Taking bad weather and troubles into consideration, make sure to include an extra day in your itinerary for flexibility.

Basic Concepts of Trekking Gear

① Even for a day trip, pack a headlamp, map, compass, rain jacket, compact tent, and enough water.

② Take the season into consideration when you pack.

③ Depending upon the mountain or trail, we recommend packing a helmet.

What to Wear

① Wear a warm jacket appropriate for the altitude of the mountain or the season.

② Choose sweat-wicking and quick-drying materials to retain body heat. Avoid cotton underwear and undershirts. Wear nonrestrictive, stretchy pants.

③ Pack extra clothes, for you get may wet in bad weather.

④ Pack your warm or extra clothes in a waterproof bag or a plastic bag to keep them dry.

⑤ Wear waterproof climbing boots. High cut boots with high ankle support capability are recommended.

Create and Submit Trekking Itineraries

① Take the Trekking Itinerary with you to the mountain. Also, let your family or friends know about the trip and leave your itinerary with them.

② If you are planning to hike on Nagano's designated trails, make sure to submit the Trekking Itinerary to the governor.

Use of a mountain lodge or a camp site

Arrive at the lodge before sunset at the latest.

Set up your tent at the designated area in the camp site.

Do not waste water in the mountains.

Check the weather forecast for the activities of the next day on.

Do not cause troubles for others, including making noise late at night or early in the morning.

※See the link below for further information



Official hiking guide "MuMoGON"

「 MuMoGON 」

A professional multilingual mountain guide will support your tour.



WELCOME TO JAPAN NAGANO

Bringing the Mountains to Travellers Worldwide

● From Osaka

Take the Shinkansen on the JR Tokaido Shinkansen from Shin-Osaka Station to Nagoya Station and transfer to the JR Shinano limited express to Nagano. It takes around 4 hours, and costs about 12,000 yen one way.

● From Tokyo

Take the Shinkansen from Tokyo Station on the JR Hokuriku-Shinkansen. It takes 1 hour and 40 minutes, and costs about 8,000 yen one way.



Northern Alps Route

The Northern Alps (aka Hida Mountains) is a Japanese mountain range stretching through Nagano, Toyama and Gifu prefectures. A small portion of the mountains also reach into Niigata Prefecture. William Gowland coined the phrase "Japanese Alps," referring to the Hida Mountains. The Kiso Mountains (Central Alps) and Akaishi Mountains (Southern Alps) received their names in the ensuing years.



Hiraiwa Station
Renge Hotsprings
Hakuba-Oike Pond
Mt.Hakuba-Norikura
Shizen'en Station
Minami-Otari Station
Salt Road Trail
Tsugaike Highlands

<2 nights 3 days>
Day 1 Minami-Otari StationSalt Road TrailTsugaike Highlands
Day 2 Inn ~~~ Shizen'en StationMt.Hakuba-NorikuraMountain Hut (Hakuba-Oike Pond)
Day 3 Mountain HutHakuba-Oike PondRenge Hotsprings === Hiraiwa Station
(Sign: Route Bus ===, Ropeway ~~~, Walking (On Foot / Hiking))

Hakuba-Oike Pond



Tsugaike Highlands

Nagano Prefecture's highland nature park and winter resort.

Located in Otari village in Nagano Prefecture, Tsugaike Highlands is accessible by gondola and ropeway, and is named after Tsugaike pond, which is within the highlands. Tsugaike Nature Park, which is decorated with a variety of alpine and endemic plants, includes approximately 100 hectares of highland moors, and a 5.5 kilometer walking path called "Tree Road". Tsugaike Kogen Ski Resort is a popular skiing destination.



Mt.Hakuba-Norikura

Climb Hakuba Norikura and take in the lush white Hakuba-Oike behind the rock!

Hakuba Norikura, which straddles the boundary between Nagano and Niigata Prefectures is a mountain you can hike from Tsugaike to Hakuba-Oike. As the ground flattens out near the top of the mountain, and there are several peaks, it is difficult to know for sure where the real peak is. Descending a little from Hakuba Norikura-dake, Hakuba Oike pond spreads out beautifully, but be careful to not get caught up in the splendour and stumble on one of the many rocky areas!



Hakuba-Oike Pond

Second largest pond in Northern Alps offers black salamander surprise.

Hakuba-Oike Pond is located at 2,379 meters in Nagano Prefecture and is the second largest in the Northern Alps. Precipitation keeps this volcanic lake full year-round. There are no fish, but you can easily find black salamanders. In the summer, flower gardens appear mainly around the ponds. If you're lucky you may even see a Ptarmigan, which sometimes visit the Pond.

Central Alps Route

The Central Alps, also known as the Kiso Mountains, stretch from the southern part of Nagano Prefecture to Gifu and Aichi Prefectures, and are typified by sharp peaks, which were formed by glacial erosion. The Central Alps include several mountains such as Mt.Ena, Mt.Kosumoyama, Mt.Minami-Komagatake, Mt.Hökendake and Mt.Kiso-Komagatake, the highest in the Central Alps, and a popular spot among mountaineers.

<One Day Course>
 Nakatsugawa Station === Magome-Juku Magome Pass Tsumago-Juku Nagiso Station

<1 night 2 days>
 Day 1 Komagane Station === Suginodai Bus Center === Shirabidaira Station ~~~ Senjōjiki Station
 Mt.Kiso-Komagatake Mountain Hut (Mt.Kiso-Komagatake)

Day 2 Mountain Hut Senjōjiki Station ~~~ Shirabidaira Station === Komagane Station
 (Sign: Route Bus ===, Ropeway ~~~, Walking (On Foot / Hiking)

Mt.Kiso-Komagatake



Tsumago-juku

Take a hike back in time to the Edo Period.

Tsumago-juku was the forty-second of the sixty-nine post towns on the Nakasendō - an ancient road between Tokyo and Kyoto. It is located in Nagiso, Kiso District, Nagano Prefecture, Japan. It has been restored to its appearance as an Edo-era post town and is now a popular tourist destination.



Senjōjiki Cirque

A ring of awe inspiring mountain peaks!

Senjōjiki Cirque lies just under Mt. Hōkendake in the Kiso Mountains. "Senjōjiki" means the wideness of 1,000 tatami mats. Access is easy via the "Komagatake Ropeway" which runs all year. In summer, it is filled with alpine flowers, and in winter changes to a snowy mountain landscape.



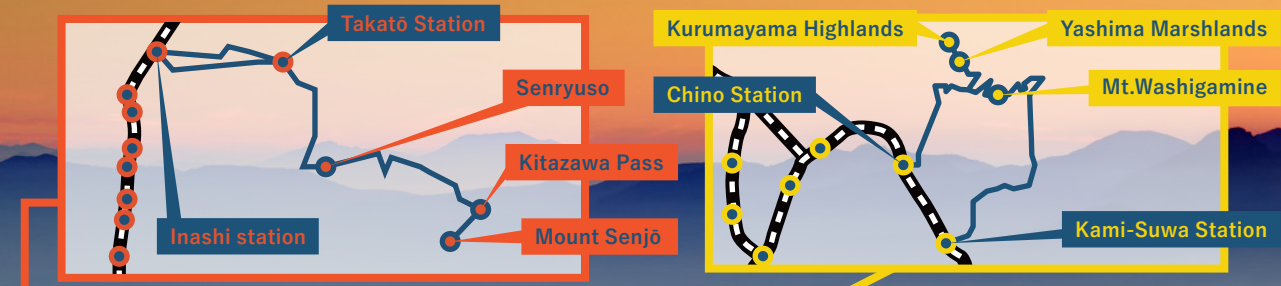
Mt.Kiso-Komagatake

Second to none in the Kiso Mountains

At nearly 3,000 meters tall, Mt.Kiso-Komagatake towers over all the mountains in the Kiso Mountain area. Accessible by Ropeway on the east, many tourists and hikers enjoy the several hiking trails in the surrounding areas.

Southern Alps Route

Akaishi Mountains is a mountain range in central Japan, bordering Nagano, Yamanashi and Shizuoka prefectures. The mountain of red stones around the Akaishi stream came to be called Mt.Akaishidake. The name Akaishi represents the whole mountain range. Also called the Southern Alps, it joins with the Hida and Kiso Mountains to form the Japanese Alps.



<1 night 2 days>

Day 1 Inashi station === Kitazawa Pass Mount Senjō Mountain Hut (Mt.Senjōgatake)

Day 2 Mountain Hut Kitazawa Pass === Senryuso === Takatō Station === Inashi Station

<One day course>

Chino Station === Kurumayama Highlands === Yashima Marshlands Mt.Washigamine Yashima Marshlands === Kami-Suwa Station

(Sign: Route Bus ==, Ropeway ~~~, Walking (On Foot / Hiking)

Mount Senjō



Mt.Washigamine

A short scenic hike through central Nagano Prefecture.

Mt.Washigamine (Eagle Mountain) offers a short but scenic hike through a national park traversing Suwa and Shimo-Suwa in the center of Nagano Prefecture.

Unusual for a place with such spectacular views, the trail to the summit is an easy ascent that should present no difficulties to moderately-experienced climbers or hikers.

We also recommend surrounding sights such as Suwa Taisha Shrine and sake brewery tour!

Recommended information



Suwa Taisha Shrine

Suwa Taisha Shrine presides over 10,000 Suwa Shrines across Japan!

Suwa Taisha Shrine, or Grand Shrine, historically also known as Suwa Shrine, is a group of Shinto shrines in Nagano Prefecture. The shrine complex is considered to be one of the oldest shrines in existence, being implied by the Nihon Shoki to already stand in the late 7th century.



Sake brewery tour

Meet the people who grow, cook, brew, and create amazing "sake!"

"Sake" is often referred to as rice wine in English, but it doesn't look or taste like wine. It's something completely of its own. You can expand your "sake" knowledge by tasting it right from the source. Nagano has over 80 sake breweries where you can taste local flavors slowly perfected over the centuries.