

Norikura Onsen Village

Located at the southernmost tip of the Northern Alps, Norikura Onsenkyo is a hot spring resort where you can fully enjoy the blessings of nature. There are 3 different types of hot spring, each with different health benefits. Situated in a place of rich nature across all seasons, a relaxing soak in these hot springs will cleanse your body and soul.



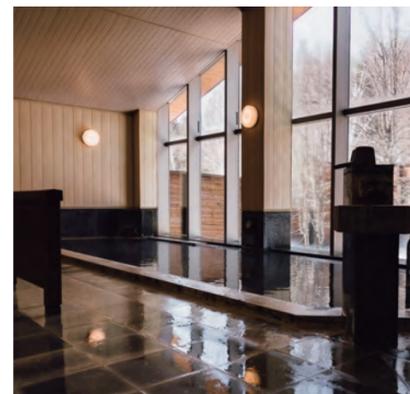
11/ Yukemuri-kan (Norikura Kogen Onsen)

Yukemuri-kan is a hot spring facility that has long been a favorite for day trip bathing in Norikura Kogen. Both indoor and outdoor baths have a bright and open atmosphere, and offer a view of Mt. Norikura. The milky white hot spring water gushes out from the Obi Ginzan Silver Mine, which was developed by the warlord Shingen Takeda. Since its development, it is said that Shingen used this hot spring to relieve fatigue.



Komugiya Shiro – Restaurant inside the Yukemuri-kan

Restaurant serving ramen, pizza, and other snacks inside the onsen facility. Feel free to drop in for a meal only.



12/ Kyukamura Norikurakogen (Azumi-Norikura Onsen)

This hot spring has a private hot spring source, and you can enjoy a spacious indoor bath and an open-air bath surrounded by beautiful nature. A free post-bath room to rest is also available.

Kyukamura Norikurakogen / Restaurants and Shops

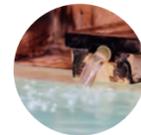
In addition to offering lunch made with Shinshu brand ingredients, the shops also provide a wide selection of Shinshu souvenirs.



Three Onsen

Norikura Kogen Onsen [57 facilities]

Norikura Kogen Onsen draws hot spring water from the side of Mt. Norikura. The milky white, simple sulfur spring water has a distinctive hot spring smell. It has strong sterilizing power, and can warm your body to the core while stimulating metabolism.



Suzuran Onsen [10 facilities]

This is a simple hot spring that gushes out from Norikura Kogen. The clear spring water is rich in hydrogen carbonate ions which give you a long-lasting warm feeling. Since it is non-irritating, you can enjoy a long, relaxing soak to relieve everyday fatigue.



Azumi-Norikura Onsen [1 facility]

This colorless hydrogen carbonate spring that is rich in calcium and magnesium ions gushes out from 1,300meters below the ground. The smooth spring water is known as "hot spring for beauty" as it draws out the natural power of your skin.



Winter Activities

In winter, the longest season of the year, there are great activities that allow you to fully enjoy the snow. The powder snow especially from late January to mid-February, covers the ground and attracts many people. In addition to skiing and snowboarding, snowshoe hiking is also popular.



13/ Mt. Norikura Snow Resort

This snow resort boasts high quality powder snow made possible by the dry climate and high elevation. The top of the ski resort reaches about 2,000 meters, and on clear days, you can enjoy panorama views of Mt. Asama, Mt. Yatsugatake and even the Central Alps. A wide range of ski slopes are available for everyone from beginner to intermediate and advanced levels, as well as a kids' park.



Snowshoe Trekking/ Nature Skiing

You can feel the powdery snow and enjoy the snowy scenery that can only be found in Norikura Kogen, such as frozen waterfalls with a tranquil atmosphere, and quiet, mystical snowfields.



Guides

Go deeper into Norikura Kogen with one of our passionate local guides. They will ensure your safety and support you for a memorable time in mountain biking, mountain climbing, backcountry skiing, and many other activities.



Little Peaks

Our cheerful guides offer outdoor tours in Matsumoto City's Norikura Kogen and Kamikochi regions 365 days a year. "No Nature, No Life!"



NORTHSTAR

We offer various guided tours such as mountain biking, snowboarding, mountain climbing, backcountry skiing, and more. We also have activities that even beginners can enjoy.

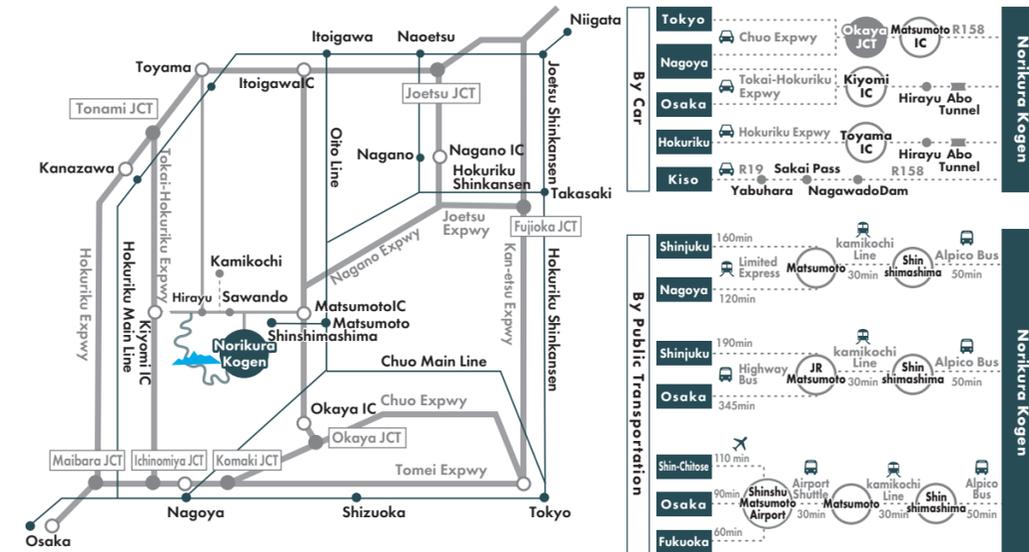


Raicho

We offer private and small-group guided tours to support your journey towards a more natural life. In summer we offer hiking or trekking and in winter we offer snowshoe tours.



Access



Norikura Tourism Association Norikura Tourist Information Center
Azumi-Norikura Kogen, Matsumoto City, Nagano Prefecture, 390-1513 Japan
HP norikura.gr.jp

Matsumoto City Alps Resort Development Headquarters TEL 0263-94-2307*
Matsumoto City Tourist Information Center TEL 0263-39-7176
TEL 0263-32-2814

* Weekdays from 9:00 to 17:00



Website



Instagram

NORIKURA KOGEN GUIDE



Tune Life

Restoring the rhythm of life

Kita Alps Traverse Route



Norikura Kogen



Norikura Kogen is located in the southern region of the Northern Japanese Alps within Chubu-Sangaku National Park. This alpine village lies between 1,200m-1,800m at the foot of Mt. Norikura (3,026m). Come experience life in the Japanese Alps.



02/Ichinose Meadow

A tranquil green meadow spotted with white birch trees that rests against the beautiful backdrop of Mt. Norikura and the blue sky. Besides its ponds and colonies of skunk cabbage and azaleas, it is also known for its magnificent fall colors.



05/ Norikura Visitor Center

This facility exhibits information on local plant life as well as history, culture, and folklore. *Open April - November

07/Zengoronotaki Falls

One of three "Must see Waterfalls of Norikura Kogen". You can see a magnificent view of the waterfall with Mt. Norikura in the background from the viewing platform. If you get near the basin of the falls, you can feel the powerful spray from the waterfall and you might even see a rainbow shining in the morning sunlight. The view of the frozen waterfall during the winter is also breathtaking.



Soba Restaurants

A/Gassho

This restaurant mills its own native soba (buckwheat) flour and brown buckwheat from within the prefecture. Toji soba, a local delicacy, is recommended during the fall and winter.



B/ TIROL

This soba restaurant serves native Norikura soba (buckwheat) noodles and other seasonal delicacies from the mountains and TIROL's own garden.



C/ Nakanoya

Nakanoya preserves the tradition of milling local Bandokoro soba with a waterwheel. They are known for their highly aromatic 100% soba (buckwheat) noodles.



01/Ushidome Pond

This quiet pond surrounded by coniferous trees offers an elegant view of Mt. Norikura and its reflection on the pond's surface. Here you can also enjoy skunk cabbages in May and Japanese bogbeans in June.



03/Megoyanomori

In May, the blooming skunk cabbages along this boardwalk through the forest creates a magical fairy-like atmosphere.



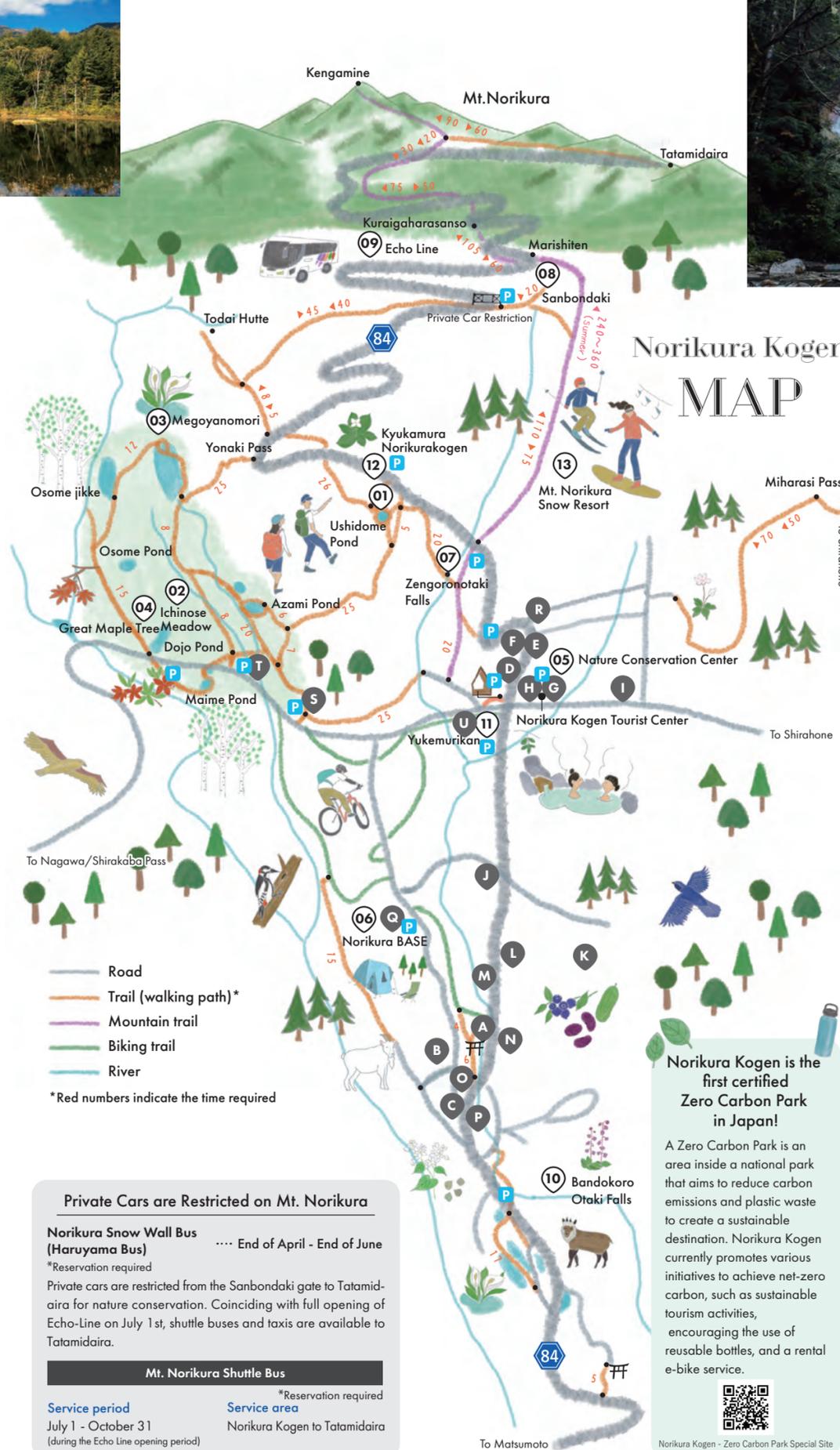
04/Great Maple Tree

This large Japanese (Kohachuwa) maple tree hand-somely stands in the foreground of Mt. Norikura. Since the peak of the fall colors coincides with the first snow on the mountaintops, you can enjoy a beautiful 3-tiered view of the fall colors. *Peak is mid-October.



06/Norikura BASE

The "Base for Outdoor Play" in Norikura Kogen. Come experience the great outdoors through a variety of activities such as camping, adventure park, mountain biking, and mallet golf.



08/Sanbondaki Falls

Sanbondaki Falls is one of the 100 Famous Waterfalls of Japan. The three streams from different sources converge here and create a rare and energetic waterfall.



Norikura Kogen Trails

Enjoy the great outdoors of Norikura and the beautiful surrounding Japanese Alps by hiking the Joyful Walks Norikura trail system and riding the Community Mountain Bike Trails.



10/ Bandokoro Otaki Falls

From the viewing deck surrounded by cliffs, an impressive up-close view of the entire waterfall can be seen. The Sengenbuchi Trail along the upper part of the falls offers a peaceful atmosphere with sunlight filtering through the trees.



09/Norikura Echo Line (Norikura Raicho Route)

The Norikura Echo Line takes you to the border of Nagano and Gifu Prefectures and is the highest road accessible by public transportation in Japan, with an elevation of 2,716 meters. It is also a Mecca for cyclists and many visitors take the shuttle bus to enjoy climbing Mt. Norikura, watching the sunrise, and seeing the alpine flower fields at Tatamidaira. The "Norikura Echo Line" together with "Norikura Skyline" on the Gifu side is affectionately known as "Norikura Raicho Route".

Tasty shops

Souvenir Shops, Restaurants, Cafes, Bars

D/Echo Norikura

Echo Norikura offers a wide variety of souvenirs such as pickles, confectioneries, and traditional crafts.



E/Maple

Besides the standard fare known for their good flavor and quantity, this restaurant also serves delicious homemade pizzas.



F/Hikoki-gumo

A restaurant with a relaxed atmosphere, popular for its char tempura rice bowl and pork cutlet curry.



G/Okamisan Shokudo

A restaurant run by local women, specializing in local mountain vegetables and seasonal highland produce.



H/GIFT NORIKURA Gelato & Cafe

A cafe specializing in handmade gelato made with local goat's milk and fruit.



I/Alum

A cafe restaurant serving lunch and sweets made with local scarlet runner beans and wild vegetables.



J/cafe irodori

A cafe that serves meals in the early morning and at night. Bento box lunches made to order.



K/Alice de cafe

A cafe bakery that serves handmade breads and cakes made with quality ingredients.



L/Fukinoto

A cafe that offers a wide variety of dishes, such as their Sakura Horsemeat Steak.



M/YUM YUM TREE

The highest Baumkuchen bakery in Japan, serving high-quality Baumkuchen.



N/Abbey Road

Besides the huge pork cutlet and Hamburg steak, this restaurant's original pilaf curry is also popular.



O/Yaiya

A kominka (traditional Japanese house) cafe serving goat's milk shaved ice. Local cooking lessons are also available.



P/Spring Bank

A shot bar with a mature atmosphere. Snacks are also available. Cafe and lunch menu available during the day.



Q/Cafe CHILLON

Norikura BASE's cafe serves delicious goat's milk ice cream and sweets with a wonderful view of Mt. Norikura.



R/Kaneyoshi

*Open during ski season only.



S/Cafe & Gallery KURUMU

A cafe where you can enjoy the blessings of Shinshu and Norikura surrounded by nature in Ichinose Meadow.



T/Local food cafe Ichinohi

A cafe where you can enjoy local food and beautiful views of Ichinose Meadow.



U/Komugiya Shiro

Feel free to drop in just for a meal. We serve ramen, pizza, and other snacks.



※ Please check business hours before visiting. Each shop has different daysoff, please check before visiting.