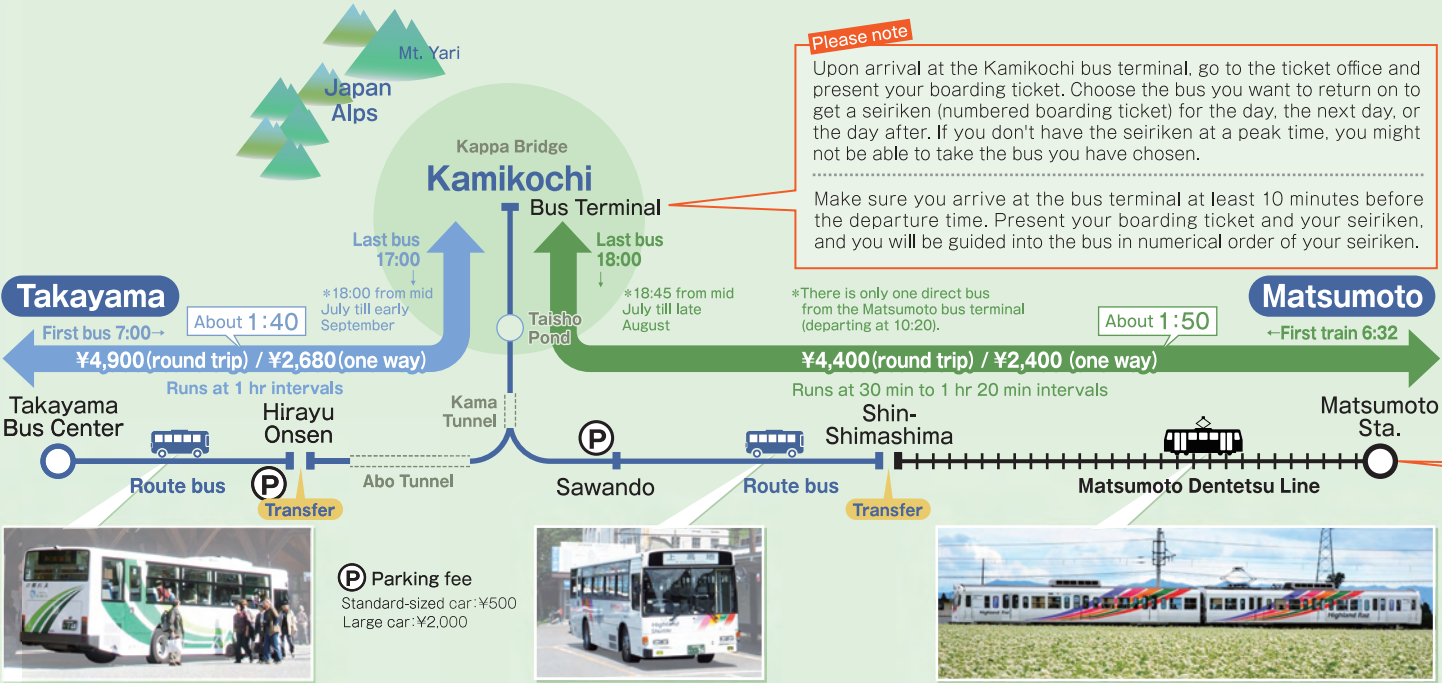


Chubu Sangaku National Park 上高地

Kamikochi

Experience Kamikochi's sacred highlands: crystal clear waters below and spectacular alpine scenery all around, easily done in a day trip from Matsumoto.

Open from late April to November 15



- Tips**
- Transport is non-JR. The Japan Rail Pass is not valid on the train and the buses.
 - You can buy two-day or four-day discount passes at the bus terminals (not JR stations) of Matsumoto and Shin-shimashima. The four-day pass can also be purchased at the bus centers of Takayama and Gero.
 - Two-Day Free Passport Kamikochi / Norikura(5,000 yen for adults) covers Kamikochi, Shirahone, Norikura, Matsumoto, Asama Hot Springs, and Utsukushigahara.
 - Four-Day Alps Wide Shinshu/Hida Free Passport (10,000 yen for adults) covers Hida Takayama, Shirakawago, Shinhotaka Hot Springs, and Gero Hot Springs, in addition to the Two-Day Free Passport areas.

Please note
You can buy a ticket for the Kamikochi Line at either of the two machines on the left hand side of the ticket machine area in Matsumoto Station.
Press the "English" button to buy a ticket with directions in English.
On entering the ticket gate, you will find a blue display for platform 7 for the Kamikochi line.

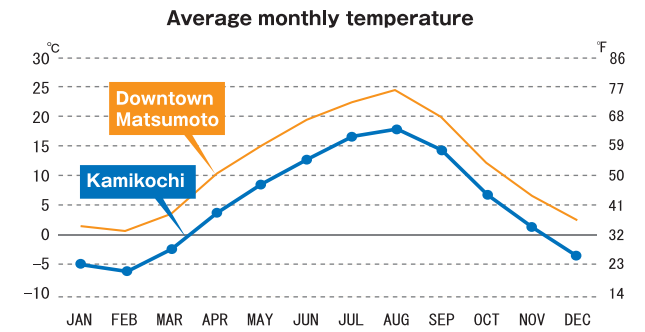
Climate

Kamikochi has a relatively high number of fine days except for the rainy season through June to mid July. However, the mountain weather changes rapidly, and showers and thunder storms are prone to occur especially in the afternoons in summer.

The temperature difference within a day is significant. It sometimes gets fairly cold especially in the mornings and evenings of spring and fall.

Accumulated Snow
Snow accumulated over the winter on the walking trail to Tokusawa is 1 to 1.5 m on average. Some areas may remain covered in snow until early May depending on locations and the weather that year.

The winter snowfall beyond Tokusawa is heavy and there is snow or ice on the climbing trail between October and June. Clothing and equipment as well as winter mountain climbing experience are required.



Clothing

Short Stays
Wear suitable walking shoes such as sneakers because many of the walking trails are unpaved. Wear clothes that you don't mind getting dirty because you may be active, sitting down on the riverside or walking for a long time.

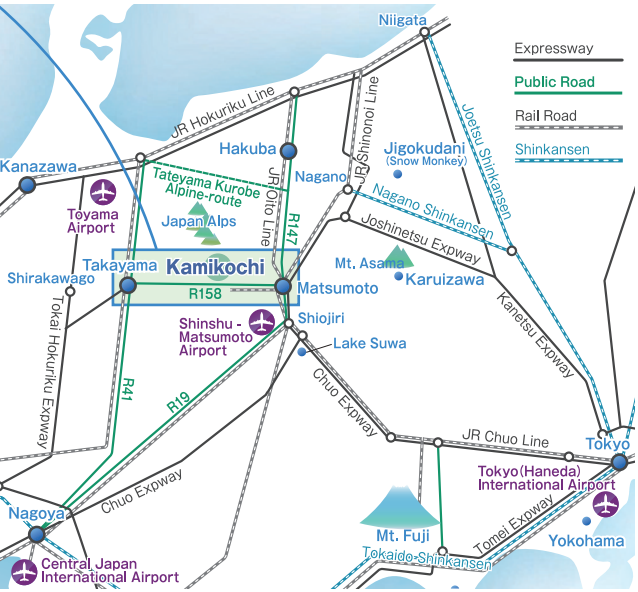
It is recommended that you bring additional outer clothes for managing body temperature in the changeable mountain weather. Never forget to bring rainwear.

Long Stays
During your stay in Kamikochi, layered clothing is recommended for managing body temperature because the temperatures differ greatly between daytime and nighttime.

Separate-type rainwear (preferably waterproof and moisture-permeable fabric), which you can also use as a windbreaker, would be for walking comfortably in the rain.

FAQ

- Bank/ATM**
There are no banks or ATMs in Kamikochi.
- Convenience Stores**
There are none within Kamikochi but most supplies can be bought at shops in/around the Bus Terminal or in the hotel lobbies.
- Credit card**
Most places accept the major cards.
- Lost and found**
Please contact the police station in the information center (tel: 0263-95-2013). If unavailable, inquire at the closest shop or accommodation facility.



Kamikochi (meaning roughly "where the gods descended") is the prime attraction of the Chubu Sangaku National Park and an ideal starting point for many alpine adventures. The park's highlights include spectacular alpine scenery, a live volcano, primeval forests, and the Azusa River, whose azure waters flow from the very heart of the mountains. The central area is located about 1,500 m above sea level, and surrounded by mountain peaks reaching to an additional 1,500 m and beyond. There are a variety of exciting options for hikers of all levels and the majestic mountains can be admired from afar or up close!

Kamikochi Tourism Association
www.kamikochi.or.jp/english
Sacred Highland Kamikochi
www.kamikochi.org

facebook
kamikochi

Accommodations				
■: Number on the back of the map Rate: Per person, inclusive of dinner and breakfast, tax, and service charge J: Japanese-style room / W: Western-style room / D: Dormitory				
H1	Taishoike Hotel	¥15,500 — 22,000	J / W	☎0263-95-2301
H2	Onsen Hotel	¥19,050 — 33,750	J / W	☎0263-95-2311
H3	Shimizuya Hotel	¥28,500 — 33,750	J / W	☎0263-95-2121
H4	Imperial Hotel	¥33,090 — 43,774	W	☎0263-95-2001
H5	Alpen Hotel	¥8,925 — 23,100	J / D	☎0263-95-2231
H6	Nishi-itoya Mountain Lodge	¥8,000 — 21,000	J / W / D	☎0263-95-2206
H7	Gosenjaku Lodge	¥10,500 — 23,205	J / W / D	☎0263-95-2221
H8	Hotel Shirakabaso	¥14,700 — 27,300	J	☎0263-95-2131
H9	Gosenjaku Hotel	¥29,400 — 52,500	J / W	☎0263-95-2111
H10	Kamonji Goya (lodge)	¥7,350 — 13,650	J	☎0263-95-2418
H11	Yama-no-hidaya	¥12,600 — 16,800	J / W	☎0263-95-2211
H12	Myojinkan	¥8,400 — 13,650	J / D	☎0263-95-2036
H13	Tokusawa Lodge	¥5,500 — 10,190	J / D	☎0263-95-2526
H14	Tokusawaen	¥9,450 — 19,950	J / W / D	☎0263-95-2508
H15	Yokoo Mountain Lodge	¥9,500	D	☎0263-95-2421



Your cooperation would be beneficial for passing on an unspoiled natural environment to future generations.

Kamikochi — automobile-free resort

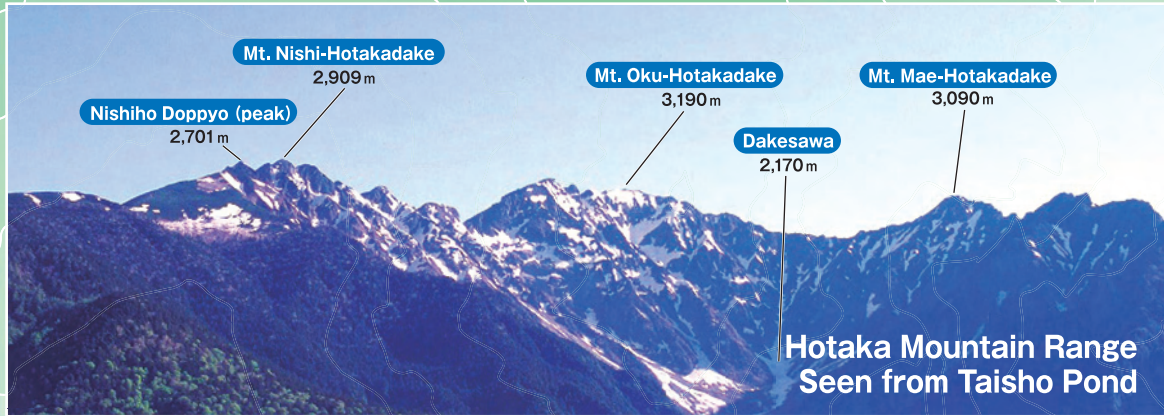
Private cars are forbidden from entering throughout the year

Private cars (including motorcycles) are prohibited from entering Kamikochi to protect the precious natural environment and scenic beauty by reducing greenhouse gasses. Park your car at pay parking lots in Sawando or Hirayu and take a low-pollution shuttle bus or a taxi.

Tour bus regulated
Tour buses are also prohibited for a total of about 40 days during peak period through July to October. Take a shuttle bus or a taxi at Sawando or Hirayu.

Matsumoto Tourism & Convention Association
3-8-13 Ote, Matsumoto City TEL.0263-34-3295 / FAX.0263-39-7320
www.matsumoto-tca.or.jp/en yokoso@matsumoto-tca.or.jp

(This information is correct as of July 2013.)



Dakesawa (Snow gorge)
▲ 2 hrs 40 mins ▼ 1 hrs 40 mins



The foremost campsite in Japan located a little behind Kappa Bridge with a public bath, a shop, a restaurant, and a barbecue area. Popular among mountain climbers and backpackers.

Cabin: From ¥10,000 for two persons per night
Rental/permanently-installed tent (for 4-5 persons): ¥7,000
Tent site for carry-in: ¥700 for one person per night
☎0263-95-2321



A solemn pond in a virgin forest. It is a part of a shrine and an admission fee (¥300) is required. Mallards may be seen swimming peacefully in the water.

Every year on October 8th, a mystifying boat festival takes place in the shrine of Myojin Pond.



Yama-no-hidaya
Bathing for those not staying overnight
¥500
9:00-15:00



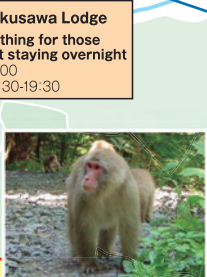
These trees have survived the ice age. The name refers to the fact that young branches look like they are wearing makeup with white powder. It becomes pink-tinted through late autumn to early spring.



White flowers blossom in May.



Mt. Chogatake
▲ 3hrs ▼ 2hrs



Tokusawa Lodge
Bathing for those not staying overnight
¥500
16:30-19:30



Further behind Myojin Pond with fewer tourists, this is a quiet and spacious place with a campground and two accommodations. In May and June, rare wild flowers come out all over in white.

Rental/permanently-installed tent (for 3-4 persons): ¥7,000
Tent site for carry-in: ¥500 for one person per night
☎0263-95-2508

- NOTICE**
- Never feed wildlife, including monkeys and birds.
 - Keep your distance from monkeys.
 - Never catch animals or pick plants. Never go off the trails.
 - Never smoke while walking.
 - Take all of your garbage with you when you leave.



Trees start to sprout buds in mid to late May. Experience Kamikochi free from crowds and at its most beautiful, with fresh green and traces of snow on the Hotaka Mountain range from late May to June. Fall foliage begins from mid to late September and forests turn gold in late October.



Furuike (pond)
A beautiful pond like a mirror. A natural spring rises from the bottom.

To Tokugotoge Pass
▲ 2hrs ▼ 1.5hrs
The main climbing trail for Kamikochi used when the current roadway was not opened.



Onsen Hotel
Bathing for those not staying overnight (hot spring)
¥800
7:00-9:00 / 12:30-15:00



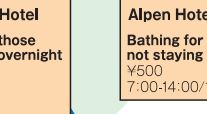
The eruption of Mt. Yakedake in 1915 caused the river to be blocked to form the pond, leaving the part of swamped forest miraculously intact. This is the entrance of Kamikochi and provides spectacular alpine scenery of the Hotaka mountain range and Mt. Yakedake.



Mt. Yakedake
The active volcano (2,455 m in elevation) currently gives off smoke, and has a name meaning "burning mountain". Popular among non-Japanese hikers because you can take a single-day hike and feel the dynamism of the living earth.



Kappa Bridge
A suspension-bridge lies at the center of Kamikochi. It is the most popular photo spot with the Hotaka mountain range in the background.



Shimizu Hotel
Bathing for those not staying overnight (hot spring)
¥2,100
11:00-13:00



Alpen Hotel
Bathing for those not staying overnight
¥500
7:00-14:00/12:00-14:00



Tashiro Pond
The shallow pond lies in open grassland in a virgin forest. The spring water feels cold in summer and does not freeze even in midwinter, reflecting mountains beautifully.

