

上高地

# Chubu Sangaku National Park Kamikochi

Experience Kamikochi's sacred highlands:  
crystal clear waters below and spectacular  
alpine scenery all year round

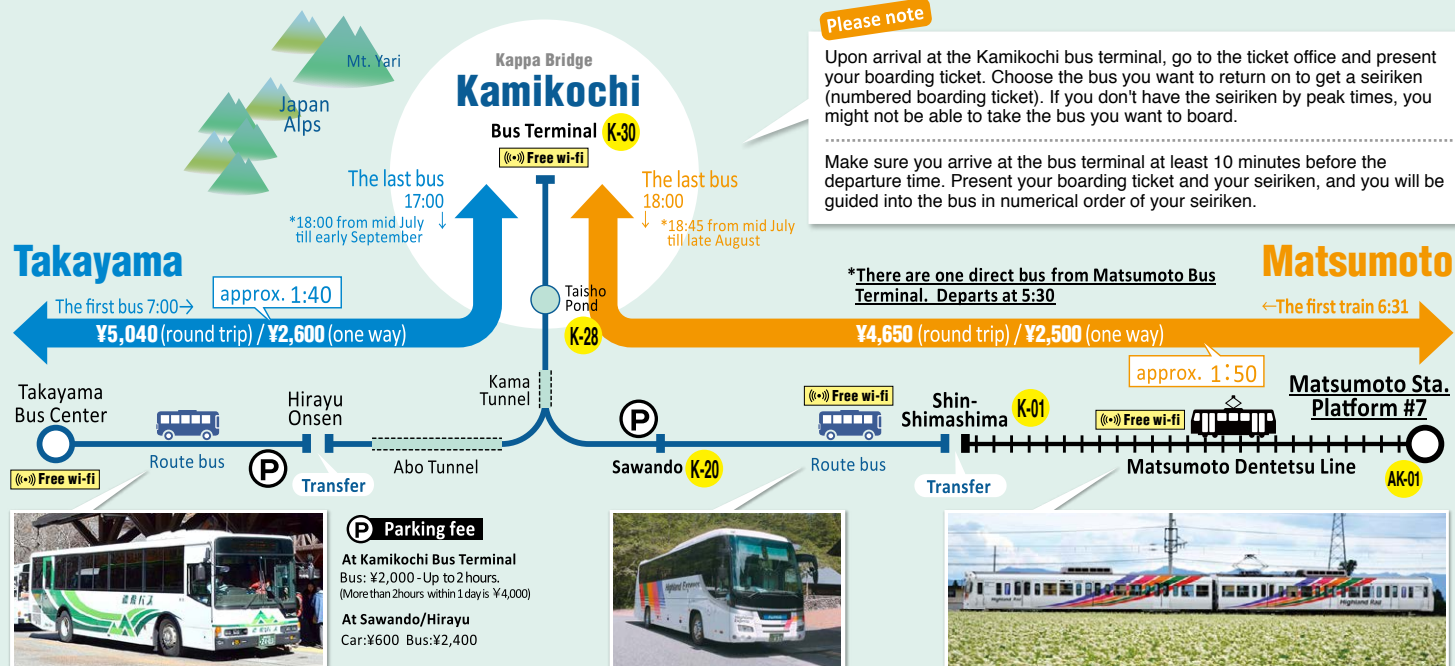
Open from April 17 (Grand Open April 27) to November 15



Kamikochi (meaning "the place where the gods descend") is the most famous location in the Chubu Sangaku National Park. It is the ideal starting point for various mountain activities. The highlights of the park's central portion, which sits high above sea level at 1,500 m, are the magnificent alpine views, active volcano, prehistoric forest, and azure waters of the Azusa River flowing naturally from the center of the mountains.

Kamikochi Tourism Association  
<http://www.kamikochi.org/>

facebook  
kamikochi



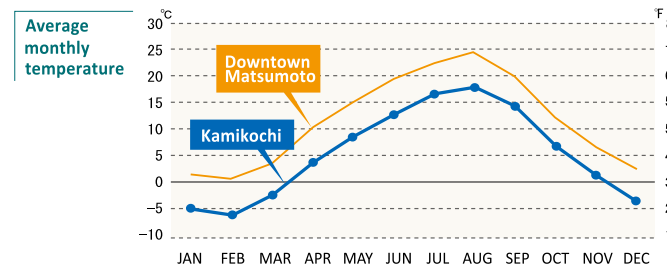
## Climate



Kamikochi has a relatively high number of sunny days except for the rainy season from June to mid-July. However, the mountain weather can change abruptly, and sudden showers and thunderstorms are likely to occur, especially on summer afternoons. There are many days with drastic temperature changes throughout the day.

### Accumulated Snow

There is heavy snowfall in winter and depending on the location and the weather that year, there can be snow or ice on the climbing trails between October and June. As such, winter mountain climbing experience and proper clothing and equipment are required.



## Clothing

### Short Stays

Wear suitable walking shoes, such as sneakers, and clothes that you don't mind getting dirty. The weather in the mountains can change abruptly, so do not forget an extra outer layer and rain gear even in the summer.

### Long Stays

It is recommended that you bring additional outer clothes to handle the drastic temperature differences in the afternoon and evening. Your walk will go much better if you bring a windbreaker and two-piece rain suit.



## 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 can accept the major credit 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.

## Accommodations

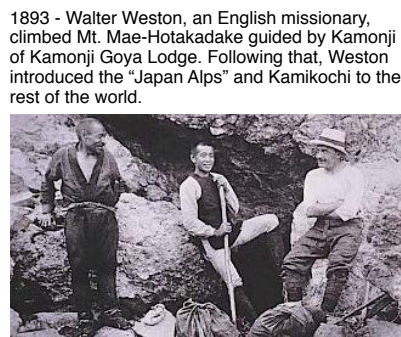
[Number on the back of the map]  
Rate: Per person except at Kamikochi Imperial Hotel, inclusive of dinner and breakfast, tax, and service charge  
J: Japanese-style room / W: Western-style room / D: Dormitory  
\* Prices (incl. 8% tax) as of Sep. 1

<b>H1</b>	Taisyoiike Hotel	¥17,820 - 24,840	J / W	☎ 0263-95-2301
<b>H2</b>	Kamikouchi Onsen Hotel	¥16,524 - 32,400	J / W	☎ 0263-95-2311
<b>H3</b>	Lemeiesta Hotel	¥32,400 - 54,000	J / W	☎ 0263-95-2121
<b>H4</b>	Kamikochi Imperial Hotel	¥39,000 - 45,500	W	☎ 0263-95-2001
<b>H5</b>	Alpine Hotel	¥10,800 - 32,400	J / D	☎ 0263-95-2231
<b>H6</b>	Nishi-itoya Mountain Lodge	¥9,000 - 22,000	J / W / D	☎ 0263-95-2206

<b>H7</b>	The Park Lodge Kamikochi	¥12,420 - 34,020	J / W / D	☎ 0263-95-2221
<b>H8</b>	Hotel Shirakabaso	¥18,360 - 48,600	J / W	☎ 0263-95-2131
<b>H9</b>	Gosenjaku Hotel	¥26,460 - 73,440	J / W	☎ 0263-95-2111
<b>H10</b>	Kamonji Goya (lodge)	¥8,500	J	☎ 0263-95-2418
<b>H11</b>	Yama-no-hidaya	¥14,040 - 29,700	J / W	☎ 0263-95-2211
<b>H12</b>	Kamikochi Myojinkan	¥10,000 - 18,000	J / D	☎ 0263-95-2036
<b>H13</b>	Tokusawa Lodge	¥8,500 - 10,500	J / W / D	☎ 0263-95-2526
<b>H14</b>	Tokusawaen	¥12,000 - 29,000	J / W / D	☎ 0263-95-2508
<b>H15</b>	Yokoo-sanso Mountain Lodge	¥7,000 - 10,000	D	☎ 0263-95-2421



1828 - A priest named Banryu Shonin reached the summit of Mt. Yari for the first time in history.



The original Kappa Bridge  
Kappa Bridge has been rebuilt every several decades since 1891, and the current bridge is the fifth generation.  
Photo: Mitsuo Hokari



Kappa Bridge is a symbol of Kamikochi. A kappa is a legendary Japanese water imp that is said to dwell in streams. The novel "Kappa" was written by famous Japanese novelist Ryunosuke Akutagawa after he climbed Mt. Yari from Kamikochi in 1920.



Photo: Mitsuo Hokari

## Tips

●Transport is non-JR. The Japan Rail Passes do not cover these trains or buses.

●You can buy two-day or four-day discount passes at the Matsumoto and Shin-Shimashima Bus Terminals (not JR stations). The four-day pass can also be purchased at the Takayama Nohi Bus Center and Gero Bus Terminal.

●Two-Day Free Passport Kamikochi / Norikura (6,000 yen for adults) covers Kamikochi, Shirahone, Norikura, Matsumoto, Asama Hot Springs, and Utsukushigahara Hot Springs.

●Four-Day Alps Wide Shinshu / Hida Free Passport (Adults: Apr thru Nov: 10,290 yen / Dec thru Mar: 8,800 yen) covers Hida Takayama, Shirakawago, Shin-Hotaka 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 one of two machines on the left hand side of the ticket machine area on the 3rd floor in Matsumoto Station.

Press the "English" button on the screen first to get directions in English. Need to choose Single or Round-trip ticket.

After the ticket gate, follow a blue display for platform #7 for the Kamikochi line.



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.

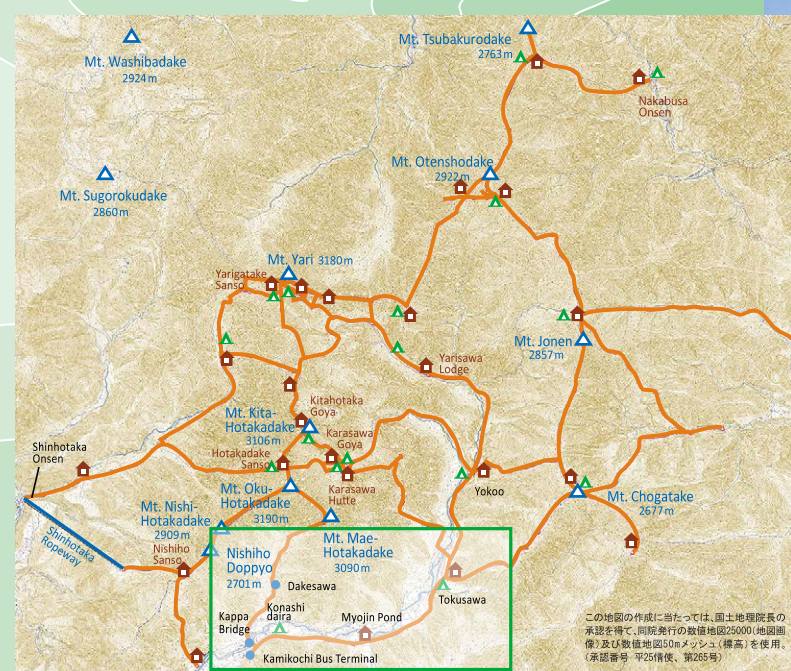
### Tour bus regulated

Tour buses are also prohibited for a total of about 22 days during peak period through July to October. Take a shuttle bus or a taxi at Sawando or Hirayu.


## Matsumoto Tourist Information Center

3-8-13 Ote, Matsumoto City, Nagano, Japan 390-0874  
JR Matsumoto Station 3F, 1-1-1 Fukashi, Matsumoto City, Nagano, Japan 390-0815  
Email : oote-info@matsumoto-tca.or.jp URL : <https://visitmatsumoto.com/en/>






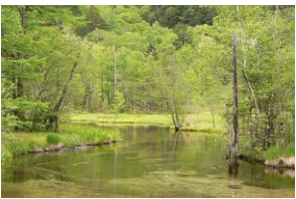
### 1 Taisho Pond



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.




### 2 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.

### Mt. Yakedake

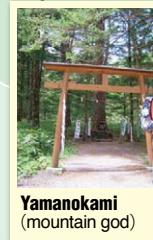


The active volcano (2,455 meter elevation) currently gives off smoke, and has a name meaning "burning mountain". Popular among non-Japanese hikers because you can take a single-day hike and feel the dynamism of the living earth.

To Matsumoto, Takayama via Kama Tunnel

To Mt. Nishi-Hotakadake  
▲5hrs 30min ▼3hrs 20min

**Kamikouchi Onsen Hotel**  
Bathing for those not staying overnight (hot spring)  
Adults : ¥800  
Children : ¥400  
7:00-9:00 / 12:30-15:00



Yamanokami (mountain god)

**Lemeiesta Hotel**  
Bathing for those not staying overnight (hot spring)  
Adults : ¥2,100  
Children : ¥1,050  
11:00-13:00

**Alpine Hotel**  
Bathing for those not staying overnight  
¥1,000  
7:00-10:30/12:00-14:30

**Dakesawa Marsh**  
From the Kappa Bridge, travel 15 minutes along the Azusa River towards Myojin Pond. You will find abundant springs and a view of Mt. Roppyaku from the wooden walkways placed throughout the Dakesawa Marsh.



Dakesawa (Snow gorge)  
▲2 hrs 40 min  
▼1 hr 40 min



In early summer, alpine plants come out besides the walking path along the clear Azusa River. You can appreciate the solemnity and stillness of Kamikochi.



Facility of the Japanese Alpine Club with small-sized hydropower station

Pedestrians Prohibited

Fuketsu (air hole)  
Cold like inside a refrigerator.



**Kamikochi Visitor Center**  
Introduces the nature in Kamikochi and the Northern Alps with panels, photos, and videos.

Free wi-fi



**Shimizu River**  
The beautiful river comes from spring water and never gets muddy with heavy rain.



Medical office 0263-95-2935  
Police station  
Mountain climbing information office  
Kamikochi Information Center 0263-95-2433  
Natural spring water  
Post office  
Shops  
Hotel association information office  
Baggage office 6:00-17:00 ¥350-600 per day  
Kamikochi Shokudo (restaurant) (2F)  
Bus ticket office  
Taxi office  
Taxi stand  
Mountain prayer tower  
Buses departing for:  
Sawando ⑦  
Hirayu ⑤  
Shinshimashima ④  
Norikura, Shirahone ③  
Nagano, Shinjuku, Osaka ②

### 3 Walking Trail



You will see a variety of natural scenes along the 1.9 km walking trail from Taisho Pond to Tashiro Bridge. There are marshes, clear streams where fish can be seen swimming, wild flowers, and forests.



**Nishiho Doppyo(peak)** 2,701m  
**Mt. Nishi-Hotakadake** 2,909m  
**Mt. Oku-Hotakadake** 3,190m  
**Mt. Mae-Hotakadake** 3,090m  
**Dakesawa** 2,170m

### 4 Weston Memorial Plaque

A plaque on the rock face commemorates the English missionary who introduced the Japan Alps to the rest of the world.



### 6 Konashidaira

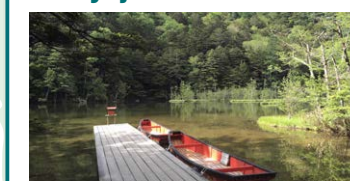


The foremost campsite in Japan located a little behind Kappa Bridge with a public bath, a shop, a restaurant, and a barbecue area. Popular among mountain climbers and backpackers.

**Konashidaira**  
Bathing for those not staying overnight  
¥600  
12:00-19:00

Cabin: From ¥11,000 for two persons per night  
Rental/permanently-installed tent (for 4-5 persons): ¥8,000  
Tent site for carry-in: ¥800 for one person per night  
0263-95-2321

### 7 Myojin Pond



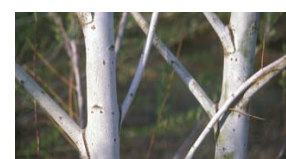
A solemn pond in a virgin forest. It is a part of a shrine and an admission fee (¥300) is requi-red. Mallards may be seen swimming peacefully in the water.



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

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

### 8 Cosmetic willow

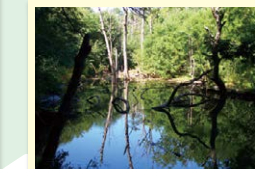


These trees have survived the ice age. The name refers to the fact that young branches look like they are wearing makeup with white powder. It becomes pink-tinted through late autumn to early spring.



**Fresh Green & Fall Foliage**  
Kamikochi is at its most beautiful between mid to late May, when buds start to appear, and June. Experience a Kamikochi free from crowds with fresh green and traces of snow on the Hotaka Mountain Range. Leaves begin to change colors from mid to late September, and forests turn gold in late October.

**Tokusawa Lodge**  
Bathing for those not staying overnight  
Adults : ¥800  
Children : ¥500  
15:00-19:30



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

Wild monkeys can be seen in this area.



**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.

### 9 Toringo crabapple trees (Konashi)



White flowers blossom in May.

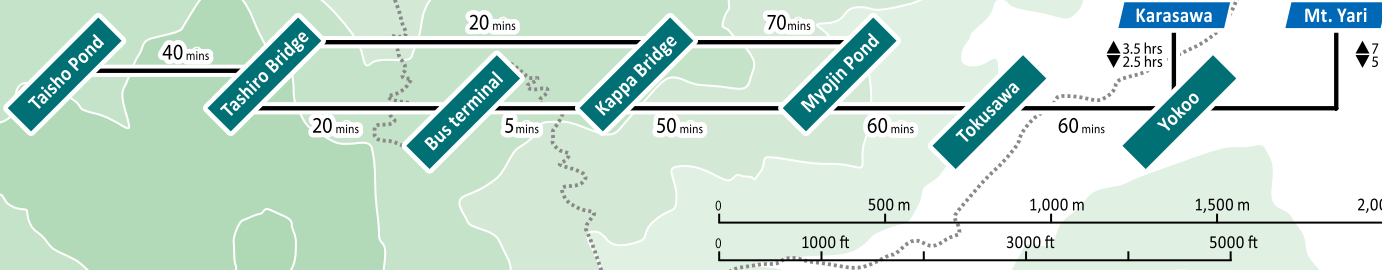
### 10 Tokusawa



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

Rental/permanently-installed tent (for 3-4 persons): ¥7,500  
Tent site for carry-in: ¥700 for one person per night  
0263-95-2508

Walking trail	Public toilet	Accommodation
Walking time	Public pay toilet	Campsite
Climbing trail	Medical office	Shrine
Bus route	Police station	Scenic spot
Forest road	Bus stop	White spotted char
Information	Parking lot	



0 500 m 1,000 m 1,500 m 2,000 m  
0 1000 ft 3000 ft 5000 ft