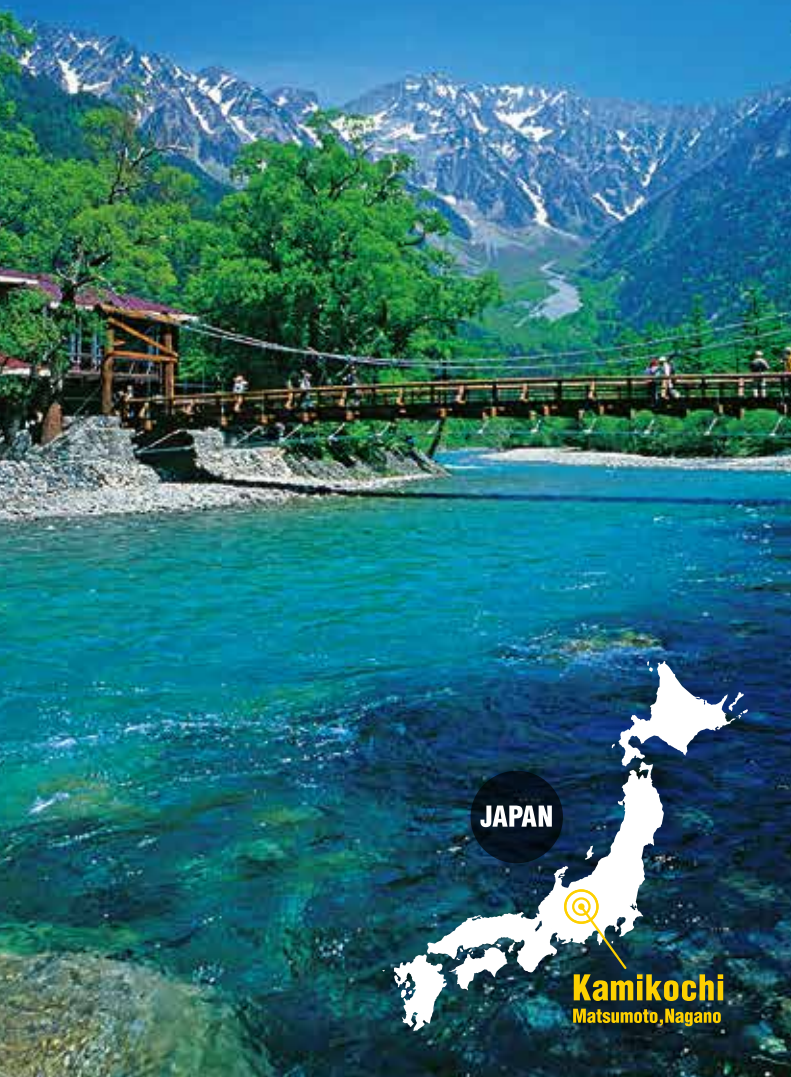


上高地

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

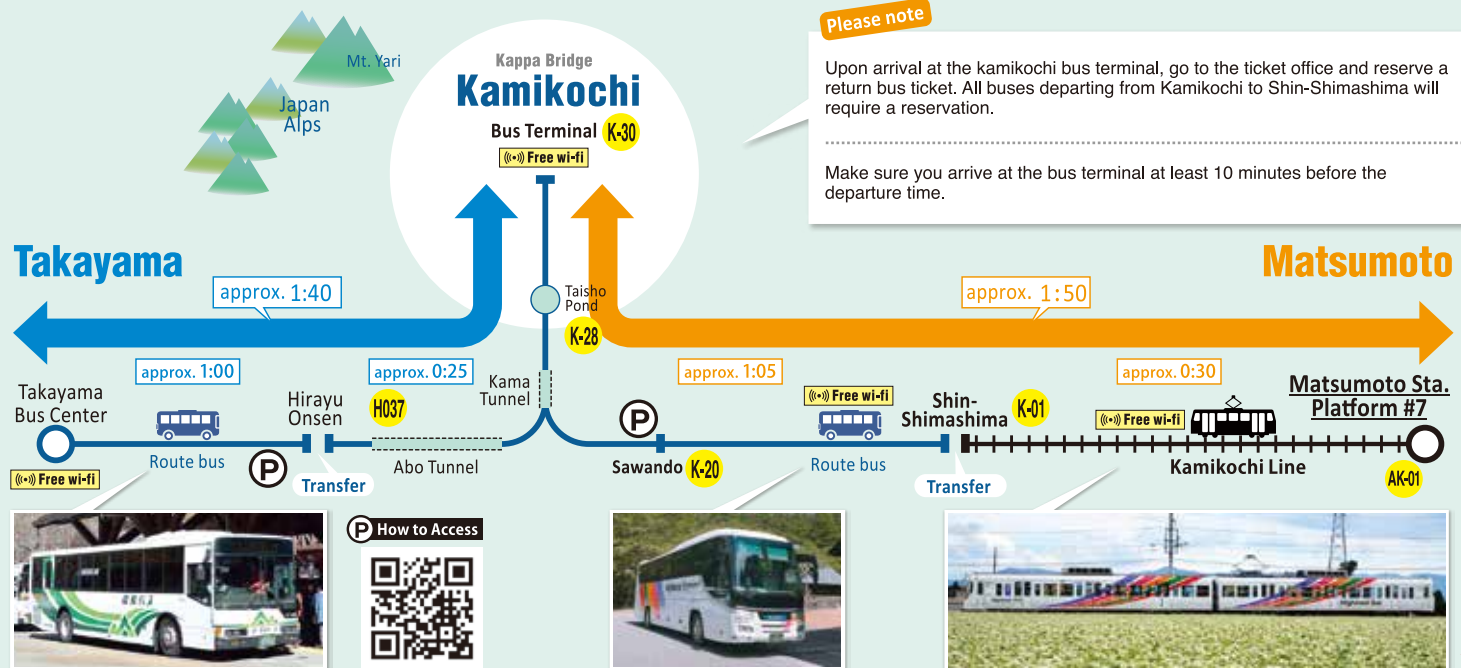


Kamikochi (meaning "the place where the gods descend") is the most famous location in the Chubu Sangaku National Park. It is the ideal starting point for various mountain activities. The highlights of the park's central portion, which sits high above sea level at 1,500 m, are the magnificent alpine views,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



Kamikochi Tourism Association

Facebook



Please note

Upon arrival at the kamikochi bus terminal, go to the ticket office and reserve a return bus ticket. All buses departing from Kamikochi to Shin-Shimashima will require a reservation.

Make sure you arrive at the bus terminal at least 10 minutes before the departure time.

Tips

- Transport is non-JR. The Japan Rail Passes do not cover the train and bus.
- 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.
- Two-Day Free Passport Kamikochi / Norikura covers Kamikochi, Shirahone, Norikura, Matsumoto, Asama Hot Springs, and Utsukushigahara Hot Springs.
- Four-Day Alps Wide Shinshu / Hida Free Passport covers Hida Takayama, Shirakawago, Shin-Hotaka Hot Springs, and Gero Hot Springs, in addition to the Two-Day Free Passport areas. For additional information of trains and buses, please see the Alpico website.



Alpico website

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.

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



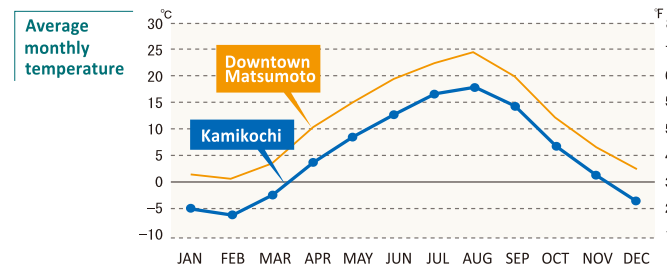
Climate



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 raincoat.



FAQ

Bank / ATM

There are no banks or ATMs in Kamikochi.

Credit card

Most places can accept the major credit cards.

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.

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]
J:Japanese-style room / W:Western-style room / D:Dormitory

H1	Taisyoike Hotel	J / W	☎ 0263-95-2301
H2	Kamikouchi Onsen Hotel	J / W	☎ 0263-95-2311
H3	Lemeiesta Hotel	J / W	☎ 0263-95-2121
H4	Kamikochi Imperial Hotel	W	☎ 0263-95-2001
H5	Kamikouchi Alpine Hotel	J / D	☎ 0263-95-2231
H6	Nishi-ito-ya Mountain Lodge	J / W / D	☎ 0263-95-2206

H7	The Parklodge kamikochi	J / W	☎ 0263-95-2221
H8	Hotel Shirakabaso	J / W	☎ 0263-95-2131
H9	Gosenjaku Hotel	J / W	☎ 0800-800-5125
H10	Kamonji Goya (lodge)	J	☎ 0263-95-2418
H11	Yama-no-hidaya	J	☎ 0263-95-2211
H12	Kamikochi Myojinkan	J / D	☎ 0263-95-2036
H13	Tokusawa Lodge	J / W / D	☎ 0263-95-2526
H14	Tokusawaen	J / W / D	☎ 0263-95-2508
H15	Yokoo-sanso Mountain Lodge	D	☎ 0263-95-2421



Statue in front of Matsumoto Station

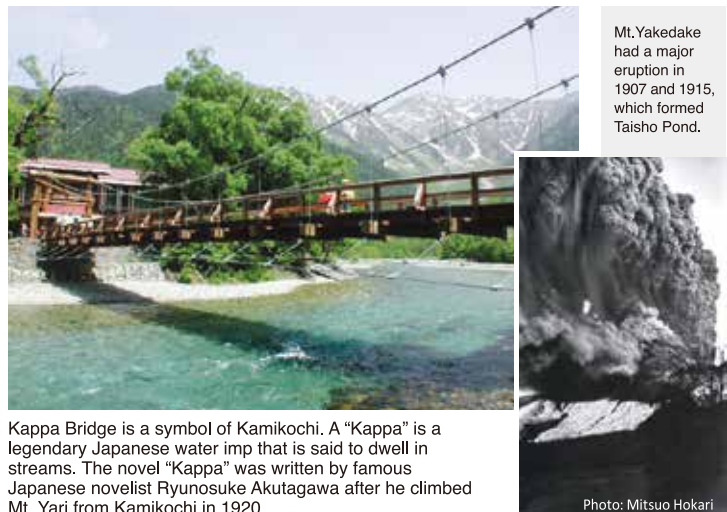
1893 - Walter Weston, an English missionary, climbed Mt. Mae-Hotakadake guided by Kamonji of Kamonji Goya Lodge. Following that, Weston introduced the "Japan Alps" and Kamikochi to the rest of the world.



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



SUSTAINABLE DEVELOPMENT GOALS

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 or motorcycles are not allowed to enter 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.

Nature Guide

Why not take a walk through Kamikochi with a guide?



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.

Kamikouchi Onsen Hotel

Bathing for those not staying overnight [hot spring]

Yamanokami (mountain god)

The river looks red due to iron and manganese.

Lemeiesta Hotel

Bathing for those not staying overnight [hot spring]

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.

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.

Alpine Hotel

Bathing for those not staying overnight

Kamikochi Visitor Center

Japan bus online

Medical office 0263-95-2935

Mountain prayer tower

Buses departing for:

- Sawando ⑥
- Hirayu ⑤
- Shinshimashima, Norikura, Shirahone ④
- Nagoya ③
- Nagano, Shinjuku, Osaka ②

Taxi stand ①

Shops

Post office

Hotel association information office

Baggage office

Bus ticket office

Kamikochi Shokudo (restaurant) (2F)

Police station

Mountain climbing information office

Natural spring water

Shrine

Public toilet

Public pay toilet

Medical office

Police station

Bus stop

Parking lot

Accommodation

Campsite

Shrine

Scenic spot

White spotted char

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.

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 hydropowerstation

Konashidaira

Bathing for those not staying overnight

5 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.

6 Konashidaira

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

Cabin Rental/permanently-installed tent Tent site for carry-in

0263-95-2321

7 Myojin Pond

A solemn pond in a virgin forest. It is a part of a shrine and an admission fee (¥500) 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.

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 really 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.

Walking trail

Walking time

Climbing trail

Bus route

Forest road

Information

Public toilet

Public pay toilet

Medical office

Police station

Bus stop

Parking lot

Accommodation

Campsite

Shrine

Scenic spot

White spotted char

