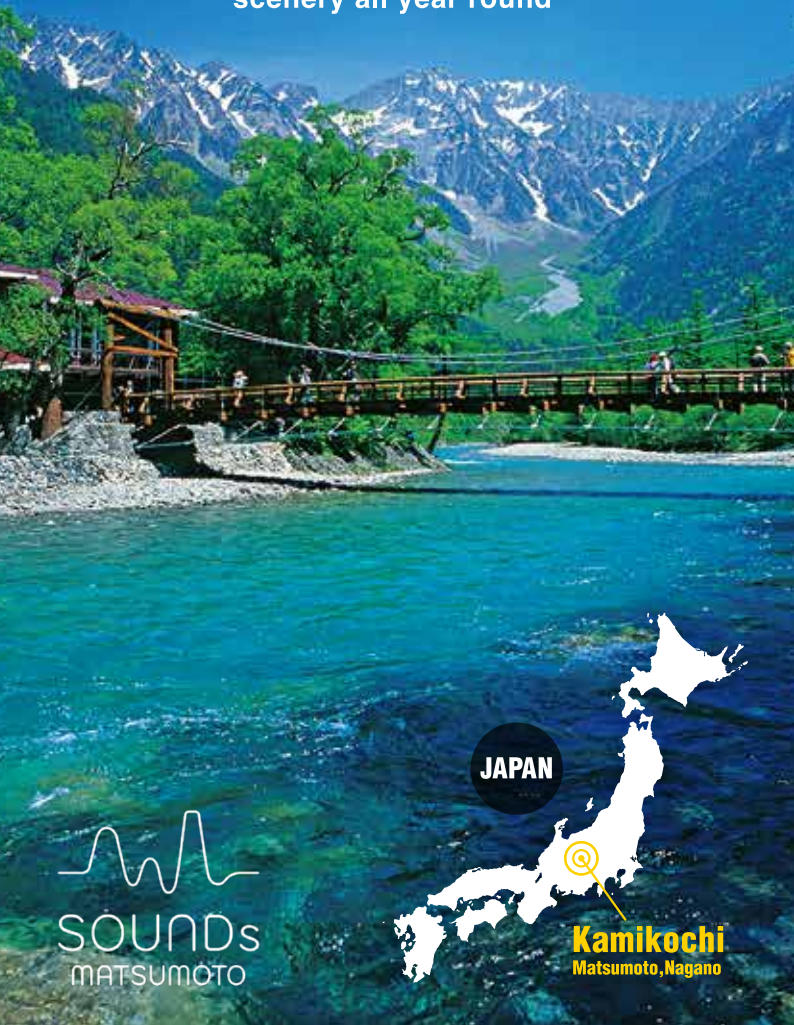


上高地

# Chubu Sangaku National Park Kamikochi

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

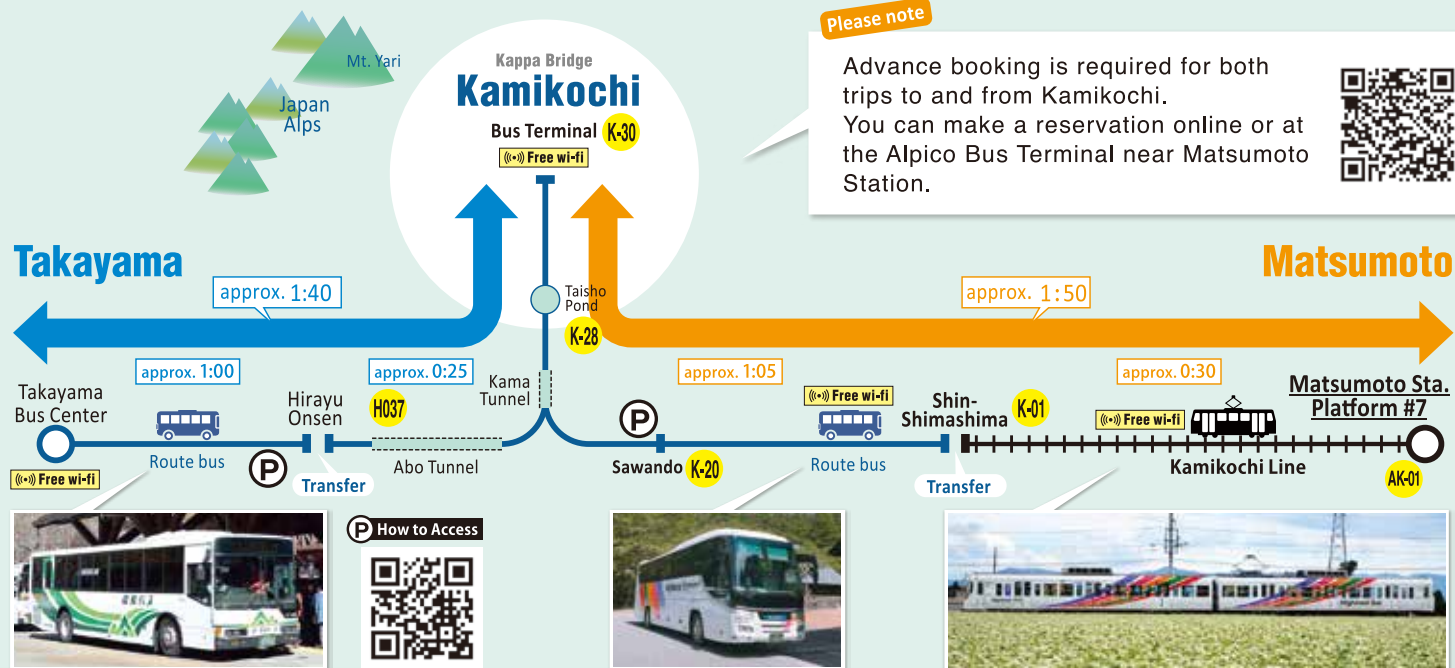


**Season: Late April to mid-November**

The gate opens on April 17 to allow for seasonal preparations. Full access to facilities in Kamikochi is available from the end of April through early November. The gate closes on November 15.



Kamikochi (meaning “the place where the gods descend”) is the most famous location in the Chubu Sangaku National Park. 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.



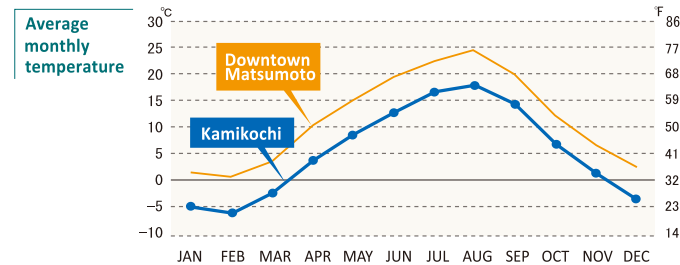
## Climate



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 (shared room)

H1	Taisyoiike Hotel	J / W	☎ 0263-95-2301
H2	Kamikouchi Onsen Hotel	J / W	☎ 0263-95-2311
H3	Lemeiesta Hotel	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	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

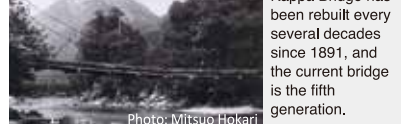


1828 - A priest named Banryu Shonin reached the summit of Mt. Yari for the first time in history.

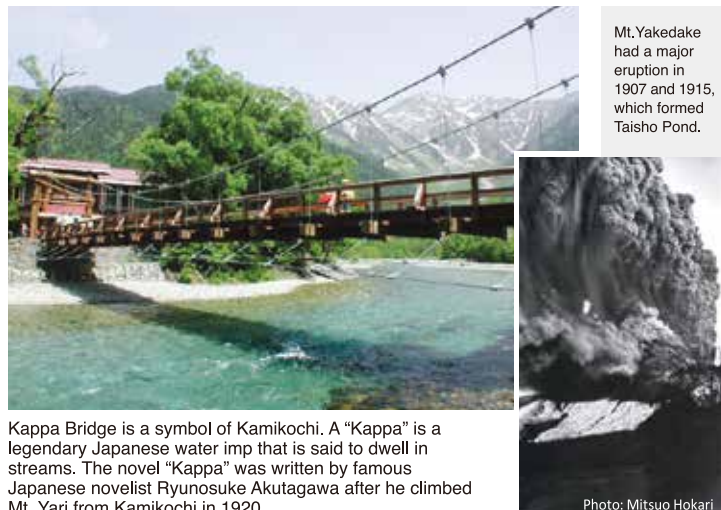
1893 - Walter Weston, an English missionary, climbed Mt. Mae-Hotakadake guided by Kamonji of Kamonji Goya Lodge. Following that, Weston introduced the “Japan Alps” and Kamikochi to the rest of the world.



The original Kappa Bridge



Kappa Bridge has been rebuilt every several decades since 1891, and the current bridge is the fifth generation.



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.

## Tips

- Transportation is not operated by JR. Japan Rail Passes and IC cards such as SUICA and PASMO are not valid for the train and bus.

### Please note

You can buy a ticket for the Kamikochi Line at either #9 or #10 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.



## SUSTAINABLE DEVELOPMENT GOALS

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

## Kamikochi - car-free resort

Private cars are not allowed to enter at any time of the year.

Private cars or motorcycles are not allowed to enter Kamikochi to protect the precious natural environment and scenic beauty by reducing greenhouse gases. Park your car at pay parking lots in Sawando or Hirayu and take a low-pollution shuttle bus or a taxi.

### Nature Guide

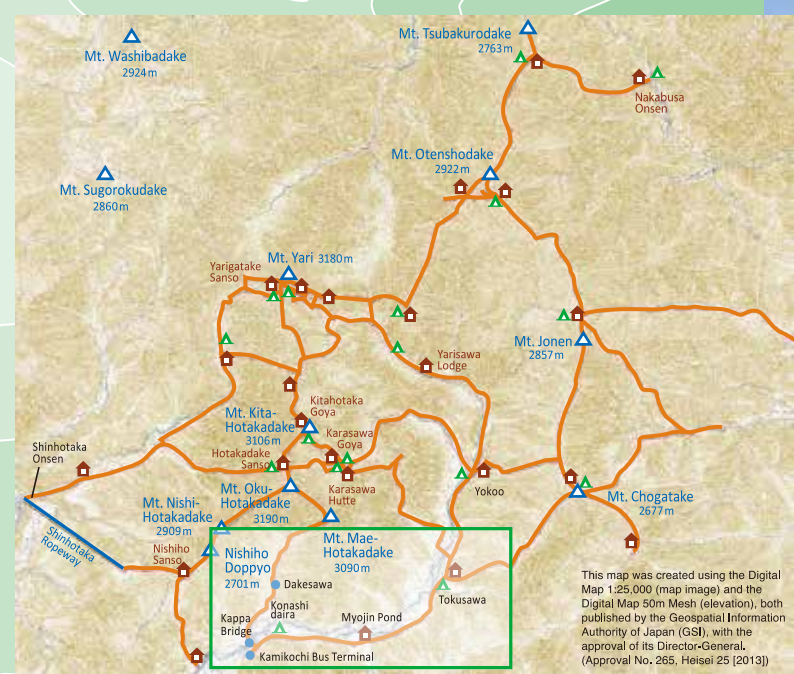
Why not take a walk through Kamikochi with a guide?



## Matsumoto Tourist Information Center

3-8-13 Ote, Matsumoto City, Nagano, Japan 390-0874  
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.

### 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.

**Kamikouchi Onsen Hotel**  
Bathing for those not staying overnight [hot spring]

**Alpine Hotel**  
Bathing for those not staying overnight

**Lemeiesta Hotel**  
Bathing for those not staying overnight [hot spring]

**Yamanokami** (mountain god)

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

### 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.

**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.

### 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.

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

### 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.

**Konashidaira**  
Bathing for those not staying overnight

Cabin  
Rental 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.

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

### 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.

**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 and two accommodations on a former pasture. In May and June, rare wild flowers come out all over in white.

Rental/permanently-installed tent  
Tent site for carry-in  
☎ 0263-95-2508

Japan bus online

Police station

Mountain climbing information office

Kamikochi Information center (0263-95-2433)

Natural spring water

Hirayu Buses departing for: Sawado ⑥, Hirayu Onsen ⑤, Shinshimashima, Norikura, Shirahone ④, Nagoya ③, Nagano, Shinjuku, Osaka ②

Medical office 0263-95-2935

Shops

Post office

Hotel association information office

Baggage office

Bus ticket office

Bus stop

Taxi stand

Taxi office

Kamikochi Shokudo (restaurant) (2F)

Mountain prayer tower

