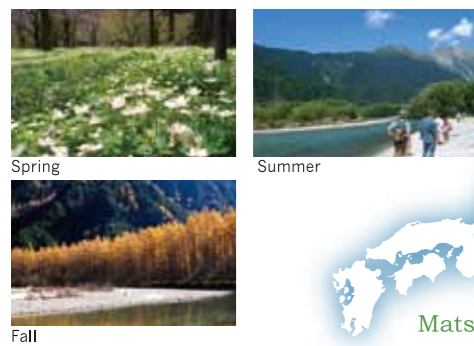


Kamikochi

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

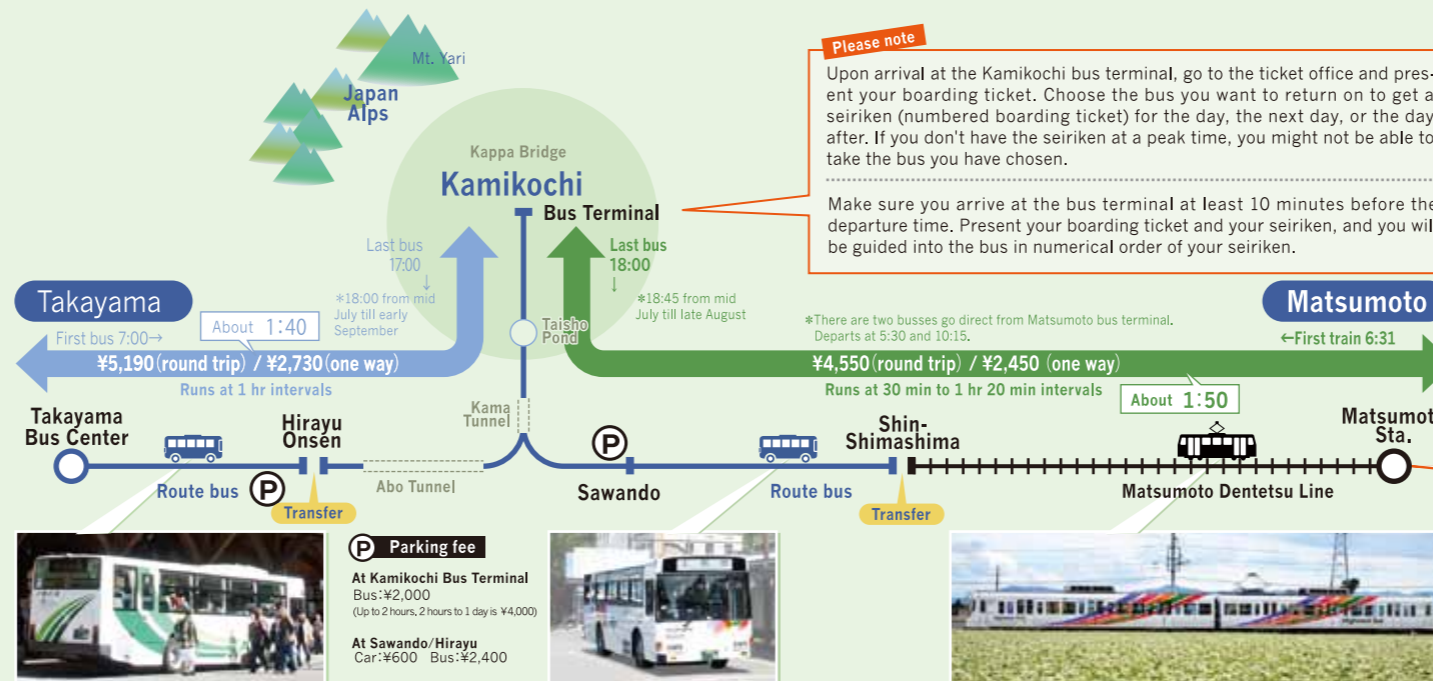
Open from late April to November 15



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



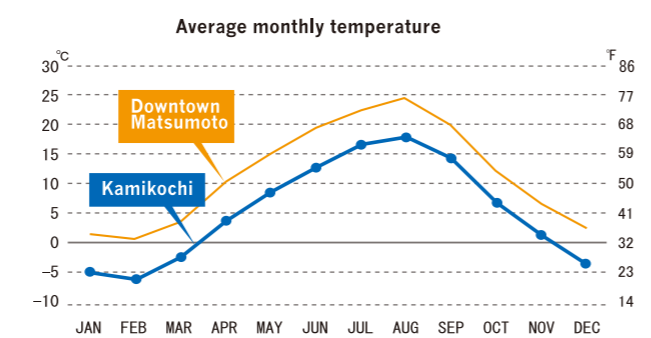
Climate

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.



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

No.	Name	Rate (¥)	Room Type	Contact
H 1	Taisyoike Hotel	¥14,580 — 22,680	J / W	☎0263-95-2301
H 2	Kamikouchi Onsen Hotel	¥16,350 — 34,710	J / W	☎0263-95-2311
H 3	Lemeiesta Hotel	¥29,310 — 54,150	J / W	☎0263-95-2121
H 4	Kamikochi Imperial Hotel	¥32,076 — 116,424	W	☎0263-95-2001
H 5	Alpen Hotel	¥9,180 — 23,760	J / D	☎0263-95-2231
H 6	Nishi-itoya Mountain Lodge	¥8,500 — 21,600	J / W / D	☎0263-95-2206



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



1893 — An English missionary Walter Weston climbed Mt. Mae-Hotakadake with Kamonji who lived in Kamikochi (the current Kamonji Goya Lodge) and served as his guide. Later, Weston introduced the "Japan Alps" and Kamikochi to the rest of the world.



Mt. Yakedake had a major eruption in 1907 and 1915, which formed Taisho Pond.



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.



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

Please note
 Upon arrival at the Kamikochi bus terminal, go to the ticket office and present your boarding ticket. Choose the bus you want to return on to get a seiriken (numbered boarding ticket) for the day, the next day, or the day after. If you don't have the seiriken at a peak time, you might not be able to take the bus you have chosen.
 Make sure you arrive at the bus terminal at least 10 minutes before the departure time. Present your boarding ticket and your seiriken, and you will be guided into the bus in numerical order of your seiriken.

- ### 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 (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 (10,290 yen for adults) covers Hida Takayama, Shirakawago, Shinhotaka Hot Springs, and Gero Hot Springs, in addition to the Two-Day Free Passport areas.

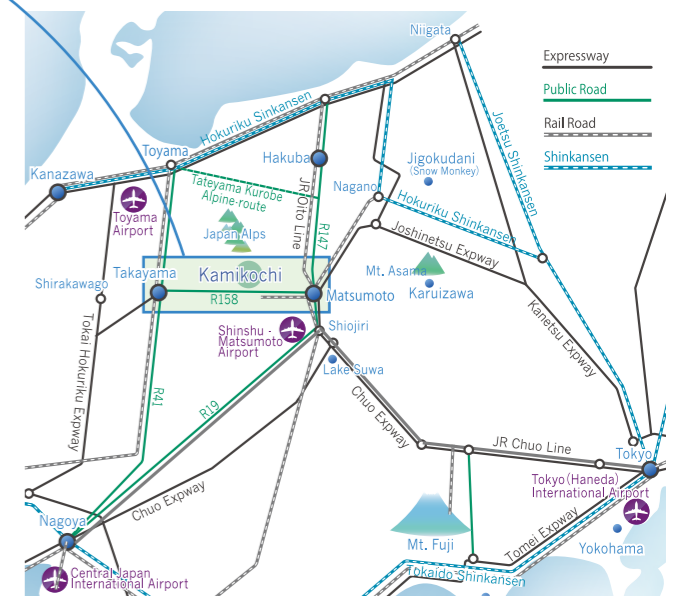
Please note
 You can buy a ticket for the Kamikochi Line at either of the two machines on the left hand side of the ticket machine area in Matsumoto Station.
 Press the "English" button to buy a ticket with directions in English.
 On entering the ticket gate, you will find a blue display for platform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

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.



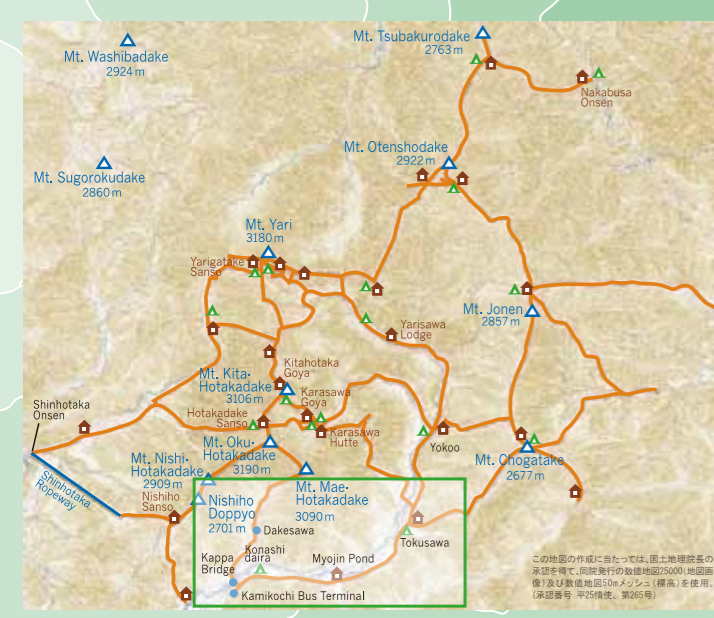
Your cooperation would be beneficial for passing on an unspoiled natural environment to future generations.
Kamikochi — automobile-free resort

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 May 2016-10,000 >



Weston Memorial Plaque

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

Kappa Bridge 河童橋

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

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.

Konashidaira 小梨平

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

Myojin Pond 明神池

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.

Tokusawa 徳沢

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

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.

There are marshes and clear streams, where fish can be seen to swim, as well as wild flowers, and forests along the 1.9km walking trail from Taisho Pond to Tashiro bridge.

Kamikouchi Onsen Hotel

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

Lemeiesta Hotel

Bathing for those not staying overnight (hot spring)
 ¥2,100
 11:00-12:30

Alpen Hotel

Bathing for those not staying overnight (hot spring)
 ¥600
 7:00-10:00 / 12:00-14:00

Taisho Pond 大正池

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.

Yamanokami (mountain god)

Hotaka Bridge

Tashiro Bridge

Azusa River trail

Forest trail

Tashiro Shitsugen (marshland)

The river looks red due to iron and manganese.

Mt. Yakedake 焼岳

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.

Tashiro Pond 田代池

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.

Kamikochi Visitor Center

Introduces the nature in Kamikochi and the Northern Alps with panels, photos, and videos. (WiFi Free wi-fi)

Shimizu River

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

Fuketsu (air hole)

Cold like inside a refrigerator.

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.

Toringo crabapple trees (Konashi)

White flowers blossom in May.

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.

Wild monkeys can be seen in this area.

Facility of the Japanese Alpine Club with small-sized hydropowerstation

Shinmura Bridge

Myojin Bridge

Hotaka Bridge

Tashiro Bridge

Yamanokami (mountain god)

Hotaka Bridge

Tashiro Bridge

Azusa River trail

Forest trail

Tashiro Shitsugen (marshland)

Medical office 0263-95-2935

Police station

Mountain climbing information office

Kamikochi Information Center

Natural spring water

Post office

Shops

Hotel association information office

Baggage office 6:00-17:00 ¥350-600 per day

Kamikochi Shokudo (restaurant) (2F)

Taxi stand

Taxi office

Bus ticket office

Buses departing for: Sawando (7), Hirayu (5), Shinshimashima (4), Norikura, Shirahone (3), Nagano, Shinjuku, Osaka (2)

Mountain prayer tower

- Walking trail
- Walking time (15mins)
- 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

