

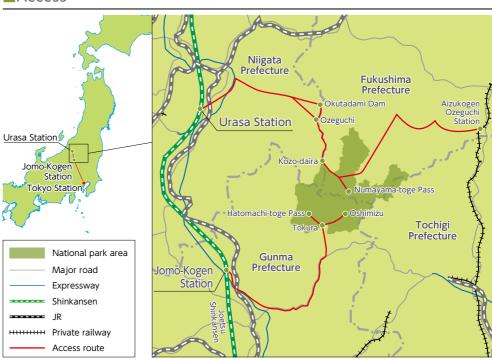
A Water Paradise Bearing Wonder upon Wonder The birthplace of nature conservation efforts in Japan

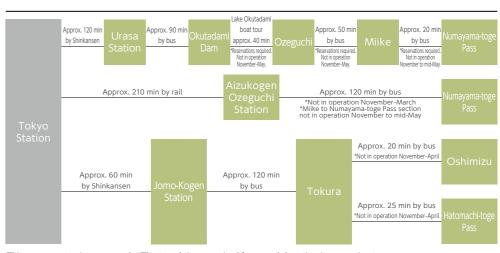
Oze is located right in the heart of the Japanese archipelago, at the intersection of the four prefectures of Fukushima, Tochigi, Gunma, and Niigata. Japan's largest mountaintop wetland, the Ozegahara Marsh and Lake Ozenuma, are surrounded by 2,000-meter-high mountains including Mt. Hiuchi and Mt. Shibutsu. The beauty of the landscape here is immortalized in the classic 1949 song "Natsu no Omoide," which describes the fantastical scenery as being "like a dream."

At the foot of the Oze area are the villages of Hinoemata, Fukushima and Yunotani, Niigata (part of present-day Uonuma City), which are counted among the top 10 areas of heavy snowfall worldwide. Behind these villages lies Oze, which is widely considered one of the world's leading snow regions. This abundance of snow creates a unique natural environment. In particular, the wetlands which stretch across the mountaintops are a rare occurrence worldwide. It is easy to imagine the Japanese people of yore, following a trackless path and having toiled to reach these summits, seeing this land as a kind of Eden.

With a history of overcoming many issues through the cooperation of citizens and government, Oze is also known as the birthplace of nature conservation efforts in Japan. From dam development during times of conflict and sightseeing road development during the economic boom of the postwar period, to overuse in recent years, these are just some of the many issues overcome through the cooperation of citizens and government.

Access





This access route is an example. The travel time required from each location is approximate. For more details, please inquire with the information counter or official website of the respective transportation facility.

Information counter

Please contact each provider directly

01

Get to know Oze with this simple and easy tour! A guided tour from Hatomachi-toge Pass to Ushikubi, the heart of Ozegahara. A nature walk at an easygoing pace that anyone, even families with children and those unsure about hiking, can enjoy.

() Ze National Park - Recommended Activities -

Ozegahara Marsh nature tour day trip (for beginners)









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- Enjoy the magnificence of Japan's largest mountaintop wetland, the Ozegahara Marsh!
- Visit a little-known spot full of mizubasho flowers (early-late June) - A fairytale-like landscape: the fresh green of the marshland, the indigo of the Japanese iris and the swaying of the downy white
- The Ozegahara Marsh resembles a Monet painting in early autumn (mid- to late September)

hare's tail cottongrass (Late June-early July)

Autumn comes early at the Ozegahara Marsh, Enjoy a stroll around wetlands surrounded by fall foliage (early to mid-October). A guide who loves Oze and knows it well will lead you on a safe

Season Every day from mid-May to late October Time required: 300 minutes Fee 1 person 17,000 yen, 2 people or more 10,000 yen *6 person maximum, age 7 and over (children ages 18 and under must be accompanied by guardian) Inquiries NPO Katashina-Yama to Mori no Gakko Phone 080-5175-4673 E-mail info@katashina.info U R L https://katashina.info

A shuttle bus ride to an elevation of 1700 meters! From the Numayama-toge Pass Trailhead to Mt. Hiuchi, from there view Oe Marsh. Enjoy a hiking to Lake Ozenuma together with an Oze-certified guidel!

Carefree day tour: Hike with an Oze-certified guide to Oe Marsh and Lake Ozenuma



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From the Numayama-toge Pass Trailhead, hike up through a forest of fir to an elevation of 1784 meters. then take a break at the lookout point. From there, descend to 1665 meters to Oe Marsh that is famous for flowers. Enjoy the history, seasonal scenery and flowers, and interesting conversation with an engaging local guide as you head to Lake Ozenuma, where the legend of Oze Dainagon lives on. In addition to flowers, Oze also has a lot of things that can thrill you! Why don't you head out in search of natural wonders together with a guide?

Season Late May-end of October Time required 1 day (270-360 minutes) Fee Adults: 24,200 yen (fee for 1 guide), for 1-8 people*Group of 9 or more people, 2 guides are necessary Inquiries Aizukougen Leisure Service Phone 0241-78-5066 (Japanese language only) E-mail aizu@ aizukougen.co.jp U R L https://www.aizukougen.co.jp/

03

Enjoy the natural beauty of Oze to the utmost with a knowledgeable guide who can introduce you to the plants, animals, and history of the area, recommend the best photo spots, and more! First-timers and repeat visitors alike are sure to fall in love with the magic of Oze.



FIT 😘

An Oze master! Visiting Oze with a nature guide



Travel by boat and bus together with a guide along the distinctive Uonuma-Oze route to Oze, the fountainhead of Lake Okutadami.





Season Select tour dates June-October Time required 480 minutes

Fee Adults (age 13 and over) 11,000 yen Children (ages 6 to 12) 8.000 ver *Minimum number of participants: 4 (maximum 10) Inquiries Uonuma City Tourist Association

Phone 025-792-7300 (Japanese language only) E-mail kanko@iine-uonuma.jp

URL https://www.iine-uonuma.ip/tour/tour/tour1/











Enjoy two of the 100 Famous Japanese Mountains, Mt. Hiuchi and Mt. Shibutsu, plus the paradise of the Ozegahara Marsh. Celebrate the beauty of Oze, no matter the season

Exceptional hiking at Mt. Hiuchi, Mt. Shibutsu, and the Ozegahara Marsh.

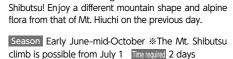












hut at Miharashi. The next day, walk the pleasant

boardwalk over the Ozegahara Marsh and climb Mt.

Fee Adults (age 13 and over) 53,500 ven Minimum number of participants: 2 (maximum 5) *For larger groups, please inquire Inquiries Minakami Mountain Guide Association Phone 0278-62-0401 E-mail https://mmga.jp/contact/ U R L https://mmga.jp



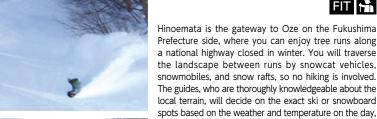
Zoom through a birch forest on a snowcat tour

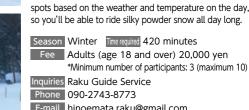
Mountain hut overnight stay on Mt. Aizukoma

Raku Snowcat Tour

05







Fee Adults (age 18 and over) 20,000 yen *Minimum number of participants: 3 (maximum 10)

E-mail hinoemata.raku@gmail.com URL https://www.facebook.com/raku2008.hinoemata

A private guide will lead you on a tour of Mt. Aizukoma and its beautiful mountaintop wetlands. With an overnight stay at the Komanokoya mountain hut, you'll have two whole days to completely explore Mt. Aizukoma!



FIT 🕍 🔛







Stay overnight stay at the Komanokoya mountain hut and climb Mt. Chumon and Mt. Aizukoma, one of the 100 Famous Japanese Mountains. The first day, hike from the Takizawa Trailhead to the Komanokoya mountain hut. The second day, summit Mt. Aizukoma and Mt. Chumon, then descend back down to the Takizawa Trailhead. Mt. Aizukoma is also a mountain famous for flowers, where you can enjoy the sight of Primula cuneifolia and many other uncommon sights.

Season Whenever the Komanokoya mountain hut is open Time required 2 days Fee Adults (age 13 and over) 18,000-75,000 yen for 1-8 people *All tours are private, so the fee will vary based on number of participants and season Inquiries Oze Mountain Guide Phone 050-5242-5802 E-mail info@mountain-guide.jp U R L https://mountain-guide.jp/guide/16.html



06















Hinoemata Kabuki began in the late Edo period, when villagers who had gone on a pilgrimage to Ise introduced the kabuki they had witnessed in

apply Hinoemata Kabuki stage makeup and take memorable photos. With members of the local kabuki theatrical troupe teaching you how to apply everything from the base layer to the kumadori finishing touches, you'll feel like a former kabuki actor.

Season Year-round Time required 120 minutes

E-mail info@hinoemata-tourism.com

This is a one-day guided ridgeline traverse of Mt. Tashiro, famous for its mountaintop marsh

Oze National Park -Recommended Activities-

and rare flowers, and Mt. Taishaku, which offers a wonderful view from the summit.



Mt. Tashiro and Mt. Taishaku guided day hike



Mt. Tashiro, named one of the 100 Famous Japanese Mountains, is home to a mountaintop wetland brimming with flowers, and expansive colonies of cottongrass and aleutian avens. The summit of Mt. Taishaku commands a good view of the Nikko and Nasu mountain ranges. This s a one-day guided round-trip hike from the Sarukura Trailhead to Mt. Tashiro and Mt. Taishaku, along a route full of flowers. In autumn, this is a wonderful route for viewing the fall colors of grasses and rhododendrons.

Season From the seasonal opening to the seasonal closure of the Sarukura Trailhead Time required 360 minutes

Fee Adults (age 13 and over) 10.000-35.000 ven. for 1-8 people *All tours are private, so fee will vary based on number of participants and season Inquiries Oze Mountain Guide Phone 050-5242-5802 E-mail info@mountainguide.jp U R L https://mountain-guide.jp/guide/06.html

08

07

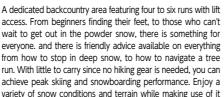
Located at the base of Oze, Snow Park Oze Tokura boasts dry powder blowing in from the surrounding mountains. Ski and snowboard on dedicated runs with lift access.



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Oze Tokura GPG (Gelände Powder Guide)







to improve your own ski and snowboarding technique. Season December-March Time required 240 minutes Fee 10,000 yen *No age limit, but ability to exhibit good turn control on intermediate-level slopes required

nguiries HIGHFIVE mountainworks

Phone 080-7826-0815

E-mail knumano@h8.dion.ne.jp

U R L http://highfive-mountainworks.com

09

Search for elusive iwana in mountain streams surrounded by forest Sunlight filtering through the trees, the chirping of birds, the flow of water, the scent of plants; all five of your senses will be sharpened.



FIT 🕍



Guided mountain stream fishing tour





Try to spot the legendary iwana, a type of trout, and other mountain stream fish that have a beauty shaped by life in the wild. Feel the refreshing forest breeze as you search for fish in the current. Spring offers the glistening green of new leaves, summer a deep green and the refreshing chill of mountain stream water, autumn a ravine of fall colors to enjoy as you fish. Your guide will give a detailed explanation, so even complete beginners will feel at ease. Enjoy spending time by a picturesque mountain stream.

Season March 1-September 20 Time required 420 minutes Fee 12,000 yen (age 7 and over), for 1-3 people One-day fishing license: additional 2,000 yen, Rental 500 yen each: Fishing rod, bait box, tackle, waders, rucksack Inquiries Mori no Yosei Phone 090-7331-0495

E-mail koujiroutomato@gmail.com

U R L https://www.mori-yousei.com









FIT For individual GROUP For groups Activity Tradition/ Culture

Available languages

Advance notice necessary

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of the heavens." This is a two-day, one-night hike that takes you to these three highlights of Oze by hiking through the beautiful forests that connects them. Feel depth and vastness of the nature of Oze. The guides will handle routes and

About an hour's walk from Hatomachi-toge Pass, a magnificent wetland will spread out before you-from here your photographic journey begins. Your photography teacher Yukihito Arai will take you to his favorite shooting spots. If the weather is good, a special dusk and starry sky photography session, or an early morning photography session will be possible. Stay overnight at Todengoya, a mountain hut offering beautiful views

where you can enjoy photographing the nature of Oze to your heart's content. Needless to say, beginners are very welcome Season Session 1 late May, Session 2 early July, Session 3 early October. Each session is offered once. Time required

Discover Ozegahara Marsh, the largest mountaintop wetland on Honshu, the 1660-meter-high Lake

Ozenuma, and Ayamedaira Marsh, the "paradise

safety so you can just relax and enjoy yourself. Season Late May to mid-October Time required 2 days

Inquiries Boukengoya Phone 0278-72-3744

bus and mountain huts

U R L http://www.boukengoya.com

E-mail mail@boukengoya.com

Fee 22,000 yen (age 13 and over), for 2-7

people *additional fees apply for shuttle

1 night, 2 days tour Fee 20,800 yen (age 4 and over) Minimum number of participants 6 (maximum 15) Inquiries Tokyo Power Technology OZE Forestry Branch

Phone 0278-58-7311 E-mail oze-info@tokyo-pt.co.jp URL https://www.tokyo-pt.co.jp/oze/first-time/tour-guide

A performing art passed down through generations: Hinoemata Kabuki Try wearing kabuki makeup and feel like a former kabuki actor Take photos on the Hinoemata Butai Kabuki

Ozegahara Marsh, Lake Ozenuma, and Ayamedaira Marsh. Enjoy all the main hiking highlights of Oze!

Experience the spring, summer, or autumn of Oze on a one-night, two-day photography trip under the guidance

of Yukihito Arai, a professional photographer who has published numerous photo collections of Oze.

Oze photography trip with photographer Yukihito Arai.

This is a 2-day trip to explore the depth of Oze nature, with scenery that transforms as you walk.

A comprehensive two-day, one-night hiking trip.

Enjoy Oze! A two-day hike







Kansai and Edo. At this makeup workshop, learn to

Fee Adults (age 13 and over) 3,300 yen, children (ages 6 to 12) 2,750 yen, for 2-30 people

Inquiries Hinoemata Tourism Phone 0241-72-8410

U R L http://www.hinoemata-tourism.com/

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Mid-May to mid-October Duration of stay 2 nights, 3 days

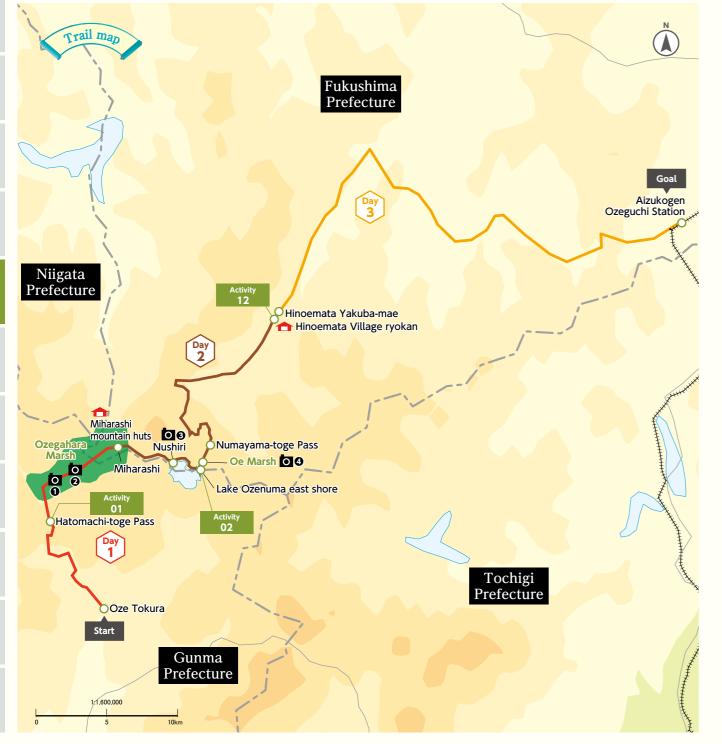
Japan's largest mountaintop wetland: Oze standard course



Sample course

using the recommended activities

- ·Walk around both the Ozegahara Marsh and Lake Ozenuma, the iconic landscapes of Oze
- •After descending the mountain, enjoy yamoudo cuisine and an overnight stay at a hot spring in Hinoemata Village









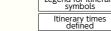








- 9:00a.m. Oze Tokura 🚃 (bus or shuttle bus) 20min \ Hatomachi-toge Pass Activity 01 Ozegahara Marsh nature tour day trip (300min) (The Ozegahara Marsh is home to Japan's largest mountaintop wetland. Enjoy the daily changes in the alpine flora, nicknamed the "flower relay." Surrounded by 2,000-meter-high mountains, the marshes and small ponds here form a lovely hakoniwa, landscape garden. The Ozegahara Marsh is at its most beautiful in the early morning.)
 - ★ 300min 、 Miharashi (Mountain hut in the Miharashi area [Accommodation])
 - 7:30a.m. Mountain hut in the Miharashi area $\frac{1}{3}$ 150min Nushiri Just a few minutes' walk from the Nushiri rest house, the sloping marshland and dotted ponds of the Lake Ozenuma area stretch out towards the distance. This view is a highlight of Oze, so definitely make a stop here. > 11:00a.m. Nushiri ★ 60min \ East shore of Lake Ozenuma
 - 12:30p.m. East shore of Lake Ozenuma Activity 02 Carefree day tour: Hike with an Oze-certified guide to Oe Marsh and Lake Ozenuma (150min) Oe Marsh (Oe Marsh boasts the largest area of any lake located above 1,500 meters in Japan. The area is also a famous for its flowers, and was historically used as a trading route between Aizu and Joshu. You can walk around and see the remnants of that history. \ _____ 3:00p.m. Numayama toge pass bus stop \ to \ (bus) \ _50min \ Ryokan in Hinoemata [Accommodation] (This rustic village was one of the last in Japan to get electricity. The village is known for its kabuki, a traditional performing art that has been passed down through generations, and its yamoudo cuisine, full of the wholesome flavors of a mountain village.)
 - 10:00a.m. Ryokan in Hinoemata Village ★ 120min \ Hinoemata Famous spots in Hinoemata Village (Hinoemata kabuki is a tradition that has been passed down since the Edo period. Try applying Hinoemata kabuki makeup under the guidance of former kabuki actors.) Activity 12 Hinoemata Kabuki Makeup Experience (120min) 1:40p.m. Hinoemata Yakuba-mae *** (bus) 80min Aizukogen Ozeguchi Station



using the recommended activities

Sample course

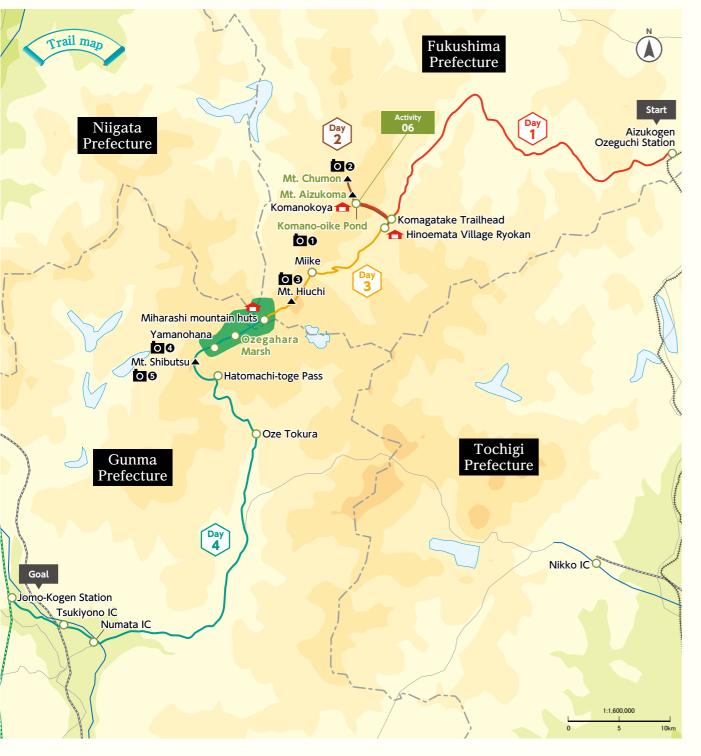
July 1 to mid-October

Duration of stay 3 nights, 4 days

Journey on foot to three of Japan's 100 Famous Mountains: A mountain journey to view the hakoniwa landscape garden of Oze



·Hike the three 100 Famous Japanese Mountains located in Oze National Park all in one go •From the summits of the three mountains, enjoy the hakoniwa landscape of Oze from different angles

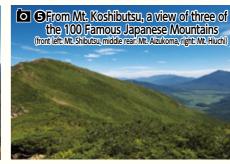














9:40a.m. Aizukogen Ozeguchi Station 🚟 (bus) 80min 11:00a.m. Komagatake Trailhead 🕺 300min 1 Komanokoya (Accommodation)

Komano-oike Pond (It is a steep climb from the trailhead, but keep a steady pace and climb towards the ridgeline. Arriving there, suddenly the view will open up and you'll see a panorama of marshland and flower fields. Take in the magnificent view of Mt. Aizukoma rising up behind Komano-oike Pond, with fields of Primula cuneifolia around the pond (early August).)

Activity 06 Mountain hut overnight stay on Mt. Aizukoma (300min)

8:00a.m. Komanokoya Mt. Aizukoma , Mt. Chumon (A 360-degree panorama around Mt. Aizukoma spreads out before you. From the summit along the ridgeline to Mt. Chumon, this stretch of wetland is a natural environment rare worldwide.>

11:30a.m. Komanokoya 🐧 180min 🔍 Komagatake Trailhead

2:30p.m. Komagatake Trailhead 🐧 20min Ryokan in Hinoemata [Accommodation] (This rustic village was one of the last in Japan to get electricity. The village is known for its kabuki, a traditional performing art that has been passed down through generations, and its yamoudo cuisine, full of the rustic flavors of a mountain village.)

Activity 06 Mountain hut overnight stay on Mt. Aizukoma (180min)

6:30a.m. Ryokan in Hinoemata (Bus) 30min Miike

7:15a.m. Miike 🕺 240min 、 Mt. Hiuchi (Shibayasugura) (Mt. Hiuchi is the highest peak in northern japan. As it is a freestanding peak, its summit offers wide, unobstructed panoramas. Being located near the heart of Oze National Park, you'll be able to gaze down on the hakoniwa, landscape garden, scenery of the Ozegahara Marsh below.

12:00p.m. Mt. Hiuchi (Shibayasugura) 🕺 210min 🗸 Mountain hut in the Miharashi area [Accommodation]

7:00a.m. Mountain hut in the Miharashi area 120min Yamanohana Ozegahara Marsh (The Ozegahara Marsh is home to Japan's largest mountaintop wetland. Enjoy the daily changes in the alpine flora, nicknamed the "flower relay". Surrounded by 2,000-meter-high mountains, the marshes and small ponds here form a lovely hakoniwa, landscape garden. The Ozegahara Marsh is at its most beautiful in the early morning.>

9:15a.m. Yamanohana 🐧 180min 🤍 Mt. Shibutsu (Mt. Shibutsu has environmental conditions that make it difficult for trees to grow, so the tree line here is low. After about an hour of climbing, the view opens up and you can see all the way down the

12:15p.m. Mt. Shibutsu ★ 130min \ Hatomachi-toge Pass

2:30p.m. Hatomachi-toge Pass (bus or shuttle bus) 25min Oze Tokura

3:12p.m. Oze Tokura (bus) 120min Jomo-Kogen Station

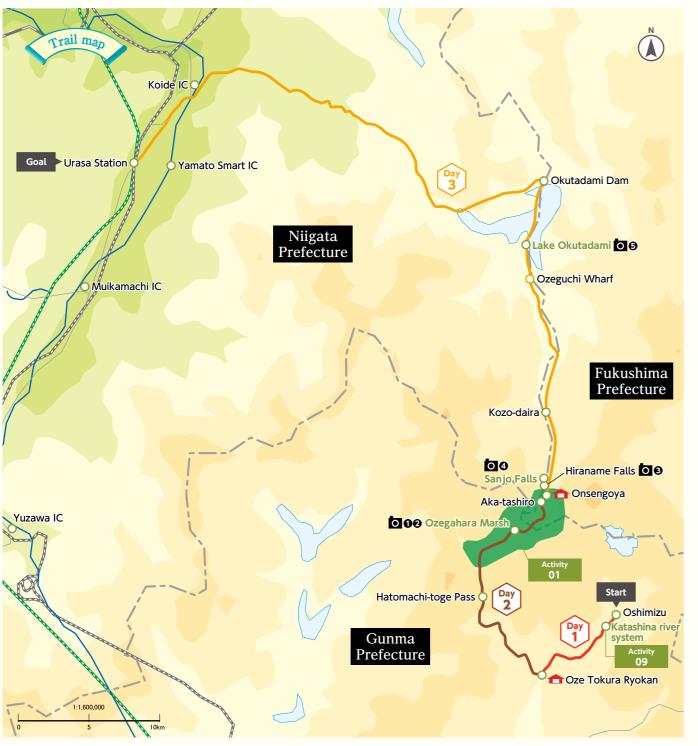
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early June-late September Duration of stay 2 nights, 3 days

Water paradise: a water-themed journey in pursuit of the natural beauty of Oze



•Feel the connection between the nature of Oze and daily life through interaction with water. ·Go fly fishing on a guided tour.















7:30a.m. Oze Tokura 👫 30min Sohimizu 🐧 420min Katashina River system Activity 09 Guided mountain stream fishing tour (420 minutes) (The Katashina River is fed by the abundant water originating in Oze. Step into the river and catch beautiful wild fish while walking through pristine nature. 3:00p.m. Oshimizu 🙀 30min Ryokan in Oze Tokura (Accommodation)

8:30a.m. Oze Tokura (bus or shuttle bus) 25min Hatomachi-toge Pass

9:30a.m. Hatomachi-toge Pass ★ 300min Aka-tashiro Ozegahara Marsh Activity 01 Ozegahara Marsh nature tour day trip (300 min) (The Ozegahara Marsh is home to Japan's largest mountaintop wetland. Enjoy the daily changes in the alpine flora, nicknamed the "flower relay". Surrounded by 2,000-meter-high mountains, the marshes and small ponds forms a lovely hakoniwa, landscape garden. The Ozegahara Marsh is at its most beautiful in the early morning.) 2:30p.m. Aka-tashiro 🐧 Onsengoya [Accommodation] Aka-tashiro onsen hot spring (Onsengoya is the only hot spring inn in the Oze National Park. This sulfate spring is reddish due to its high iron content. The spring's temperature can get as low as 23°C, so enjoy a bath in the springs heated by a boiler. Soaking in hot springs during a hiking trip is said to have remarkable rejuvenating properties.)

Waterfalls, is where all the water from the Ozegahara Marsh collects and flows down from. It has a drop of 80 meters and is said to have the greatest flow volume of any waterfall in Japan, making it a highlight of any visit.) 2:00p.m. Kozo-daira (bus, reservations necessary) 240min Ozeguchi Wharf 🛖 (reservations necessary) 5:10p.m. Okutadami Dam (bus, reservations necessary) 80min Urasa Station

8:30a.m. Onsengoya 🕺 270min Kozo-daira Sanjo Falls (40min) (Sanjo Falls, one of the 100 Famous Japanese

