

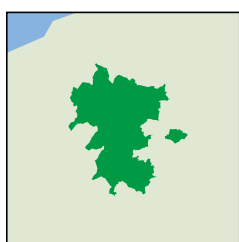
Front and Back Cover photos

Myoko-Togakushi renzan National Park

Designation: March 27, 2015; **Area:** 39,772 ha; **Prefectures:** Niigata, Nagano

Myoko-Togakushi renzan National Park consists of concentrated chain of volcanos such as Mt. Myoko and Mt. Iizuna and non-volcanic mountains such as Mt. Amakazari. Lake Nojiri, dammed lake, is famous for fossil excavation of *Palaeoloxodon naumanni*. The park also has interesting cultural sites such as Togakushi Shrine famous for Japanese Amanoiwato myth.

Myoko-Togakushi renzan National Park



Mt. Amakazari



Hokushingogaku

Hokushingogaku is the collective name given to a group of individual mountains located in the northern part of Nagano Prefecture and the southern part of Niigata Prefecture as seen from the Nagano side of the border. These mountains are: Mt. Iizuna (1,917 m), Mt. Togakushi (1,904 m), Mt. Kurohime (2,053 m), Mt. Myoko (2,454 m), and Mt. Madarao (1,382 m). These mountains (with the exception of Mt. Madarao) constitute the dominant peaks of Myoko-Togakushi renzan National Park and draw countless visitors to an alpine environment where the landscape changes constantly with the seasons.

Lake Nojiri

Lake Nojiri was dammed up as a result of volcanic activity and the subsequent upheavals that occurred. A promontory that was thrust into this area by complex means helps to create a fantastic landscape as it blends well with the surrounding forests. A site with a large number of fossils of *Palaeoloxodon naumanni* was discovered at this location. All year round, visitors can engage in fishing and water sports, admire the surrounding landscape from sightseeing boats on the lake, take nature walks, or use the area as a summer resort.

Front cover: Lake Nojiri, Mt. Kurohime and Mt. Myoko
Back cover: Kagami Pond