A landscape sculpted by the gods that inspired a spiritual tradition that continues to this day

Myoko-Togakushi renzan National Park was established in March 2015. It is located on the prefectural border between Niigata and Nagano, and covers an area consisting of six municipalities spread across two prefectures: Inawaya, Myoko, Nagano, Otai, Shinano, and Iizuna. Although comparatively small in area, the compact national park features numerous mountains each with a characteristic form, as well as a unique landscape that integrates plateaus dotting the Exfoth, and lakes and ponds such as Lake Nijō. The park’s mountains have various origins from volcanic mountains ranges, to non-volcanic independent mountains and calderas. Mt. Togakushi and Mt. Iizuna prospered as mountains for shrugendo (mountain asceticism incorporating Shinto and Buddhist concepts) and various other forms of mountain worship were also popularized in the area.

The national park includes countless noteworthy mountains, such as Mt. Myoko and Mt. Amanakazi that are listed in the 100 Famous Japanese Mountains guide and also boasts popularity as a mountaineering destination with mountains ranging from Mt. Iizuna, an enjoyable mountain even for beginner climbers, to the steep Togakushi Mountain Range, which caters for more experienced climbers. The highlands are ideal for nature exploration during the summer and for skiing during the winter, and with numerous hot springs available all year round, it is an all-season nature resort. The region is characterized by heavy snowfall, and its unique culture and mountain worship traditions have been combined to form a unique landscape. Furthermore, the region is rich in local folklore, such as those of the ogre Mammy of Togakushi and of ninjas originating from shugendo. Visitors can enjoy re-tracing the legends of the region and the vistas that were the backdrop to their inception.

Access

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Information counter

[Myoko] Myoko Tourism Management (general incorporated association)
Phone: 0255-86-3911 Email: info@myokotm.com URL: https://www.myoko.tv/
[Shinano Town] Shinanomachi Tourist Association
Phone: 076-255-3226 Email: info@shinnomachimachi.com URL: http://www.shinnomachimachi.com/
[Otai Village] Otai Nature School
Phone: 076-4294-4364 Email: info@otainatureschool.com URL: https://www.otainatureschool.com/
Activity 01
A walking tour around Imori-Ike-Pond featuring views of Mt. Myoko, one of Japan’s 100 Famous Mountains. A health resort exercise program in Myoko’s nature and onsen hot spring area.
(Myoko health resort exercise program) Climatotherapy walking tour around Imori-Ike-Pond

Activity 02
Climatotherapy walking tour at Sagasamine Highland and aqua exercise experience in a natural hot spring pool. Interact with Myoko’s nature and people through this program and become healthier both mentally and physically.
(Myoko health resort exercise program) Climatotherapy walking tour around Sagasamine Highland and aqua exercise experience in a natural hot spring pool

Activity 03
An experienced guide will curate the perfect tour for each season! Mountain climbing, walking ancient roads, visiting temples and shrines, and touring breweries—customized experiences to suit all tastes!

Activity 04
Cycle around a traditional forest landscape on a state-of-the-art cross bike. Learn the history of the Hokusokka Ancient route from a local guide, visit a fossil excavation site, and discover a new side to Japan.

Activity 05
Navigate to the famous peak of Mt. Hachii with a guide certified by the Japan Mountain Guides Association. An accessible mountain climbing tour full of great sights, such as alpine meadow vegetation, magnificent peaks, spring greenery, and autumn leaves.

Activity 06
Go snowshoe hiking in one of the heaviest snowfall areas in Japan. Discover huge trees, walk through snowy forests, and observe animal footprints.

Visit the Myoko-Togakushi renzan National Park—Recommended Activities!
Activity 07

Mushroom picking adventure

An exciting mushroom picking tour while exploring the forest with a guide. Enjoy a delicious hot pot made from the mushrooms you have gathered.

Mushrooms—one of autumn’s best flavors! In this exciting tour, explore the forest with a guide in search of fragrant mushrooms. The autumn forest is full of various types of mushroom, including the larch bolete, honey fungus, chohata namane, sake oyster, Mycena leocadion (leocadion), and brick cap. Afterwards, you can enjoy the mushrooms you picked in a delicious hot pot at the tea house!

Date: September 14 to November 3
Price: Approximately 270 yen
Participants: Adults: 420 yen; children: 280 yen (3rd grade students and above: 5,000 yen) *Minimum number of participants: 2
Enrollment: Otari Nature School
Phone: 070-4284-4364
Website: http://www.otarinatureschool.net

Activity 08

Enjoying Lake Nojiri on a kayak tour perfect for novices

Have a relaxing route while admiring the view of the mountains.

Experience Lake Nojiri on a touring kayak with a nature guide. The touring kayaks are easy to use, so you can just focus on the beautiful scenery. Visitors with small children can enjoy also the tour on a 2-person kayak.

Date: End of April to November April 27 to November 4 for 2019
Price: Approximately 150 yen
Participants: Adults and children elementary school students and older: 5,500 yen *Children in 1st to 3rd grade in elementary school (for foreign tourists, children aged 6 to 11) can participate if accompanied by an adult *Please contact us for group participation
Enrollment: Guesthouse LAMP
Phone: 026-258-2978
Website: koukoso@sunriseplanning.com
Website: http://lamp-guesthouse.com/en/activity/

Activity 09

Stand up paddle board on the beautiful Lake Nojiri!

Experience the unique feeling of walking on the water as you enjoy the stunning scenery.

For an active way to explore the lake, try your hand at stand up paddle boarding at Lake Nojiri.

Lake Nojiri is relatively calm during the morning, making the best time for beginners to sell out. Even in the afternoon wind, you will receive all the guidance you need. Once you have the basics down, you can bravely stand up and enjoy the breeze. Once you get the hang of it, you can enjoy lake Nojiri’s beautiful scenery as you paddle along. Even if you fall in lake Nojiri’s water is so clear that it is almost a pleasure too!

Date: June to October (June 1 to October 6 for 2019)
Price: Approximately 150 yen
Participants: Adults and children: 5,500 yen (4th grade elementary students and above) *For foreign tourists, 9 years old and over *Please contact us for groups
Enrollment: Guesthouse LAMP
Phone: 026-258-2978
Website: koukoso@sunriseplanning.com
Website: http://lamp-guesthouse.com/en/activity/

Activity 10

Refresh your body and soul in Shinao Town’s therapeutic forest

Experience a foam bath, aroma, yoga, and other activities and stay at the Lishishinomori-seya, a facility certified by Shinao Town.

Forest relaxation program in Shinao Town, Shinshu

A Forest Medical Trainer will take you on a tour around a relaxing forest route featuring beautiful scenery and nature. Select an activity of your choice from forest bathing, aroma, yoga, mountain climbing, craft making, and more. You can also enjoy seasonal foods and aromatic fragrances at the Lishishinomori-seya, a facility certified by Shinao Town.

Date: All year round
Price: One night to consecutive nights
Activities: Half day forest therapy + one night with two meals: adults: 20,800 yen; children: 18,100 yen; infants: 6,440 yen; groups of 2 people or more: adults 18,300 yen; children 15,600 yen (approximate prices)
Enrollment: Shinao Town Woods-Life Community
Phone: 026-255-5925
Website: shihonachiuski@gmail.com
Website: http://lyashinomori.main.jp/
Ancient Roads and Abundant Nature: Recharge Nestled Amongst the Mountains and Forests of Hokushinetsu

- Enjoy the culture and geology characteristic of the region.
- Tour the sickle- and scythe-making workshops of Shinshu, the Lake Nojiri Naumann Elephant Museum, and the ancient Togakushi Kodo trail.
- Cycle quiet country roads.

Sample course using the recommended activities

**Season** Late April Early November  **Duration of stay** 1 night, 2 days

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- Cycle quiet country roads.

Day 1
7:24 a.m. Tokyo Station (Hokuriku Shinkansen) 170mm  9:22 a.m. Nagano Station (Shinano Railway Kita-Shinano Line) 35mm
10:30 a.m. Kurohime Station

**Activity 01** Countryside Cycling Course (360min)
(Cycle around a traditional forest landscape on a state-of-the-art cross bike)
4:30 p.m. Guesthouse LAMP [Accommodation]

Day 2
5:00 a.m. Guesthouse LAMP "Optional Tour: Morning Stand-up Paddle Boarding(120min)" 8:30 a.m. Guesthouse LAMP (Shuttle bus with guide) or 40mm
9:15 a.m. Ichinotiori-enchi Park

**Activity 02** Togakushi Ancient Road Walking Tour (465min)
3:45 p.m. Entrance to Upper Togakushi Shrine Okusha 17mm  7:03 p.m. Nagano Station (Hokuriku Shinkansen) 35mm
8:23 p.m. Tokyo Station

1 Guesthouse LAMP
- LAMP features a fashionable restaurant bar that offers local brews and produce.
- Also recommended are the spa (discount coupons available) in the surrounding region and Finnish-style sauna at Guesthouse LAMP.
- Free Wi-Fi. English language available.

2 Morning Stand-up Paddle Boarding
- Guesthouse LAMP provides stand-up paddle boarding tours.
- Why not wake up a little early and have Lake Nojiri all to yourself?
- The cost of the tour is 6,300 yen per person and includes a Western-style breakfast (7:30a.m. - 8:30a.m.).
- The tour operates from early June to early October. Inquire for information concerning tour days.

3 Togakushi Ancient Road Walking Tour
- This is a customized guided tour arranged according to the season and customer requests. The Tour is highly recommended.
- Worshipped as a mountain of the Shugen faith, the history of Togakushi spans more than 1,000 years.
- Walk the 13 km of the Togakushi Kodo trail, the path to worship at Togakushi Shrine, and visit all five shrine locations.
- For lunch enjoy Togakushi soba, one of Japan’s three great soba varieties. (Lunch is not included in the tour price.)