

Joshin'etsukogen National Park

A Recreation Department Store
Showcasing Mountains and Highlands

The Joshin'etsukogen National Park is an enormous park comprising highlands and mountains, including Mt. Tanigawa (1,977 m above sea level), Mt. Naeba (2,145 m above sea level), Mt. Kusatsu-Shirane (2,160 m above sea level), Mt. Azumaya (2,354 m above sea level), and Mt. Asama (2,568 m above sea level). The park includes many famous peaks that are numbered amongst the Nihon Hyakumeizan (Hundred

famous mountains in Japan)—such as Mt. Tanigawa, with its towering rock slopes, and Mt. Asama and Mt. Kusatsu-Shirane, which are volcanoes --thus forming a richly varying mountain landscape. From the sides to the foot of the mountains spread cool highlands, and there are also numerous lakes and marshes. Another huge attraction of the park is the many hot springs that have been created through volcanic activity.

Date of Designation :
September 7, 1949

Area : 151,053 ha

Related Prefecture :
Gunma, Niigata, Nagano



Enjoy the ocean, rivers, and other water scenery



Onuma-Ike Pond



Yonako Falls



Enjoy the mountains and flora



Ichinokurasawa of Mt. Tanigawa



Okushiga Valley Waterfalls



Experience culture and local life



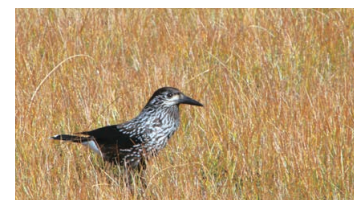
Manza Onsen



Kusatsu Onsen



Meet the wildlife



Spotted Nutcracker



Japanese Serow

Itinerary

Exceptional combination of volcanoes, hot springs, and wild animals

The dignified appearance of the mountains of Joshinetsu, which are active volcanoes, attract many people and created the natural hot springs of Kusatsu, Manza, Shima, Kazawa, Yamada, and Tanigawa. Kusatsu Onsen, in particular, is one of the most popular Onsen resort in Japan due to its long history and over 32,000 liters of water flow per minute. The ground of volcanic rock, where plants have grown over many years, is home to diverse wild animals including the Japanese macaque, Japanese serow, and many wild birds. Hike the mountain to see the dynamic landscapes and hot springs formed by volcanic activity and meet the local wildlife.

web site



Day 1

Listen to the songs of more than 80 species of wild birds and feel the dynamism of volcanic activity

- 10:00 ● Naka-Karuizawa Station
Private tour car
- 10:20 ● Karuizawa National Wild Bird Sanctuary Forest
}
- 11:20 ● Lunch (Old Karuizawa area)
Private tour car
- 13:00 ● Onioshidashi Park
}
- 14:40 Private tour car
- 15:40 ● Manza Nature Center
}
- 16:15 Private tour car
- 16:20 ● Arrival Hotel (Manza Onsen)

Day 2

Watch a performance of the famous Kusatsu Onsen resort's Yumomi, a centuries-old system of stirring boiling water using paddles in a ceremony to cool it just enough for visitors to take a dip, and then visit the Shiga Highlands and Onuma Pond

- 8:30 ● Private tour car
- 9:30 ● Watch performance of the famous Kusatsu Onsen resort's Yumomi
}
- 10:00 Private tour car
- 10:30 ● Shiga Highlands trekking with a guide
} See the wetlands, lakes, and ponds with a guide
- 15:30 Private tour car
- 16:00 ● Hotel in the Shiga Highlands (Kumanoyu, Hotaru Onsen, Hoppo Onsen, etc.)

Day 3

Enjoy the scenery from more 2,000 meters high and watch wild Japanese macaques in the afternoon

- 9:00 ● Private tour car
} (Luxurious "walk in the air" by riding three gondola lifts)
- 12:00 ● Bus
- 13:00 ● Jigokudani Wild Snow Monkey Park
} Closely watch wild Japanese macaques
- 15:00 Train
(Limited Express, Approx. 45 min.)
- Nagano Station

Inquiry

Shin-etsu Nature Conservation Office

TEL 026-231-6570

MAIL NCO-NAGANO@env.go.jp