

Myoko-Togakushi renzan National Park

A Rallying Point of Volcanically Active and Non-volcanic Mountains People's lives cradled in the workings of Mother Earth, and worships woven into scenery

Situated on the border of Niigata Prefecture and Nagano Prefecture, the Myoko-Togakushi renzan National Park is a new national park opened in March 2015 that straddles two prefectures and six municipalities: Itoigawa City, Myoko City, Nagano City, Otari Village, Shinano Town and Iizuna Town. Though covering a small area, the park is densely packed with mountains with a distinct appearance that is characterized by a landscape of highlands scattered across the base of mountains, reservoirs, and lakes as typified by Lake Nojiri. Above all, the park boasts diverse mountain structures of a volcanic mountain range, caldera, non-volcanic independent summit and a non-volcanic mountain range, as well as proactive mountain worship. There are also the famous mountains Mt. Myoko and Mt. Takatsuma, which

are listed in the Nihon Hyakumeizan (Hundred famous mountains in Japan), Mt. Iizuna; recommended for beginner mountaineers, and the steep Togakushi Mountain Range, where experts can also enjoy; all of which account for its great popularity as a field for mountaineering. In addition, the highland at the base of mountains attracts a large number of diverse visitors who are drawn to explore the nature in the summer, skiing and natural hot springs in the winter. This park area, on the other hand, is a heavy snowfall area, in which the harsh yet magnificent workings of nature, coupled with the unique culture and mountain worship, which received the bounty of nature, created a unique scenery only found in this part of the world.

Date of Designation :
March 27, 2015

Area : 39,772 ha

Related Prefecture
Niigata, Nagano



Enjoy the ocean, rivers, and other water scenery



Imori-ike Pond



Naena-taki Falls



Enjoy the mountains and flora



Mt. Amakazari



Mt. Hiuchi



Experience culture and local life



Otari Onsen



Togakushi Shrine



Meet the wildlife



Rock Ptarmigan



Narcissus Flycatcher

Itinerary

Exploration of culture and various legends cultivated in the nature in Myoko-Togakushi, a famous site for worshipping mountains

Featuring a unique mountainous landscape and the blessings of water created by volcanoes and non-volcanic mountains, Myoko-Togakushi renzan National Park is known for the worshipping of mountains since ancient times. At sacred Mt. Myoko, which is not open to the general public, experience a part of the Shugendō sect while listening to the stories about mountain worship from a hiking guide. Feel the sacredness at Sekiyama Shrine, which played a central role in mountain worship, and admire the beautiful garden that is said to be a miniature of the landscape of Mt. Myoko at Hozoin Temple. At the Togakushi Shrine, site of the Japanese myth of Amano Iwato, learn about the history of ninja while tracing the pilgrimage of ascetics (Shugendō practitioners) on the legendary Togakushi Kodo trail. On the final day, learn about local traditional industries and the daily local life that utilizes the blessings of the mountains and abundant snowfall and enjoy cycling the iconic Japanese countryside landscape of Satoyama, which are mountainous areas where people utilize forest resources.

web site





Day 1

Storytelling of mountain worship by a local guide and hands-on experience of the long history of mountain worship through climbing Mt. Myoko

- 13:00 ● Joetsumiyoko Station
-  Train
- 13:30 ● Sekiyama Station
-  Private tour car
- 14:00 ● Tracing the footsteps of ascetics (Shugendō practitioners) at Sekiyama Shrine
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- 15:40 ● Hands-on experience of the long history of mountain worship
- 16:00 ● Akakura Onsen (Overnight stay)

Day 2

Guided tour to the five shrines of Togakushi with over 2,000 years of history and visit to the forests and sacred trees of the shrines with a government licensed guide interpreter

- 8:30 ●  Private tour car
- 9:30 ● Five shrines of Togakushi guided hiking tour
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- 16:00 ● Tour around a pilgrimage route from ancient times
-  On foot
- 16:30 ● Arrival at shukubo lodging
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- Experience the culture of pilgrimages with an overnight stay at the lodging
- Togakushi • shukubo (Overnight stay)

Day 3

Cycle Japan's idyllic countryside landscape of Satoyama and learn about local traditional culture including the Shinshu Blade (Shinshu Uchihamono)

- 8:00 ●  Taxi
- 8:30 ● Kurohime Station, Kita-Shinano Line
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- 8:30 ● Cycling tour
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- 12:00 ● Tour the satoyama landscape, learn about the lives of the locals
- 12:00 ● Lunch
-  Train
- Nagano Station

Inquiry

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