

# Chubusangaku National Park

Outstanding Mountain Landscape  
that Represents Japan  
—Breathtaking mountains,  
beautiful valleys and rock ptarmigans.

Established in 1934 as one of the first national parks, Chubusangaku National Park is a mountainous park that represents the nation with a string of mountains dominating the entire Northern Alps. The park consists of some of Japan's most famous mountains rising 3,000 m above sea level from north to south, including the Ushiro-Tateyama Mountain Range with Mt. Shirouma as the highest peak, the Tateyama Mountain Range with Mt. Tsurugi and Mt. Tateyama, the Hotaka Mountain Range with Mt. Yarigatake, and Mt. Norikura located at south end of the park. From steep rock cliffs, deep and

precipitous valleys, alpine belts, rock ptarmigans, a blanket of snow over the valleys that lingers till summer months, glacier-eroded U-shaped valleys, lakes, and lava plateaus formed by volcanoes create a great variety of mountain landscapes to captivate many climbers. In addition, the trailheads in Kamikochi, Murodo on Mt. Tateyama, and Tamamidaira on Mt. Norikura offer great accessibility using public transportation, and visitors can take enjoyment in gazing upon imposing mountain landscapes and alpine plants.

Date of Designation :  
December 4, 1934

Area : 174,323 ha

Related Prefecture :  
Niigata, Toyama, Nagano, Gifu



Enjoy the ocean, rivers, and other water scenery



Shomyo Waterfalls



Kamikochi



Enjoy the mountains and flora



Norikura Highland



Mt. Tateyama



Experience culture and local life



Okuhida Onsen Hot Springs



Unazuki Onsen



Meet the wildlife



Rock Ptarmigan



Poplar Admiral

# Itinerary

Journey to enjoy the intertwined allure of blessings and culture of the Northern Alps — From the birthplace of alpinism in Japan to a traditional Onsen resort

Chubusangaku National Park is home to Mt. Tsurugi, Mt. Yurigatake, and many more famous mountains. In this area also known as the birthplace of alpinism in Japan, the mountain culture has been nurtured by mountaineers and scattered mountain huts over the years. A newly established 80-kilometer-long "Kita Alps Traverse Route" running from Matsumoto to Takayama offers many more visitors the opportunity to enjoy satoyama landscapes, highlands, and hot springs in addition to the mountains. The traverse route covering the cities of Matsumoto and Takayama, as well as nature attractions such as Kamikōchi, Mt. Yurigatake, Northern Alps, and Goshikigahara Forest is a multi-faceted trip featuring mountain cities and different faces of nature. The contrast of the nature makes the trip more interesting. A tour with a private guide will ensure you enjoy the trip to the mountains at your own pace without worrying about others.

web site



## Day 0

- 7:15 ● Shinjuku  
 Bus
- 11:59 ● Arrive in front of the hotel  
 Limousine car  
 (Hirayu Onsen to Kamikōchi)
- Noon ● Lunch at the hotel
- Afternoon ● Advance orientation from a private guide
- Evening ● Authentic French dinner in the main dining room  
 Guided Kamikōchi night tour  
 Discover the true beauty of Kamikōchi in night trekking

## Day 1

- Breakfast ● Featuring the hotel's specialty dishes
- 8:30 ● Mountain trekking with a private guide  
 Beautiful forest unfolds along the Azusa River and the scenery of towering mountains
- 15:00 ● Lunch at the terrace of Tokusawa-en lodge with a panoramic view of Mt. Maehotaka  
 Trek severe mountain roads starting from Yokoo Sanso lodge

- Kappabashi Bridge to Myojin to Tokusawa to Yokoo to Yarisawa Lodge  
 \*Lunch along the way
- 15:00 ● Yarisawa Lodge (Overnight stay)

## Day 2

- Full-scale mountain trip of walking along a rocky ridge. Do not miss the breathtaking sunset view and starry sky
- 5:00 ●  On foot  
 Mountain trekking with a private guide  
 Enjoy the history and culture engraved in the scenery of the Northern Alps, lodges, and mountain huts
- Yarisawa Lodge  
 — Omagari — Tenguhara Junction  
 Lunch at Sesshohutte along the way
- 15:00 ● Yurigatake-sanso Lodge (Overnight stay)

## Day 3

- Descend the mountain through the Kita Alps Traverse Route and head to Okuhida Onsengo Hot Springs
- 5:00 ● Mountain trekking with a private guide

- View of the sunrise from the top of Mt. Yurigatake. Refreshing hot spring experience after touring the mountain
- 5:04 ● View of the sunrise from the top of Mt. Yurigatake
- 7:00 ● Descend the mountain (Hidasawa Route)  
 Hida-nokkoshi — Senjou Junction  
 — Yuridaira Goya mountain hut-Shinhotaka Onsen
- 15:00 ●  Chauffeured car  
 Shinhotaka Ropeway to Okuhida Onsengo Hot Springs / Fukuchi Onsen
- Okuhida Onsengo Hot Springs / Fukuchi Onsen

## Day 4

- 8:00 ●  Bus  
 (Okuhida Onsengo Hot Springs / Fukuchi Onsen to Goshikigahara Forest Visitor Center)
- 9:00 ● Guided hiking tour of Goshikigahara Forest  
 Hiking on a nature trail which is restricted and open exclusively to guided tours
- 14:00 ●  Bus  
 (Transfer from Hirayu Onsen to downtown Takayama's old town)
- 16:30 ● Departure from downtown Takayama

## Inquiry

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