

Minami Alps National Park

Lofty Summits Engraved with the Memories of the Seabed

—Enveloped in a deep forest, a chain of massive mountains that still continues to rise even now.

The Minami Alps consist of three mountain ranges: the Kaiikoma and Hoo Mountains, Shirane Mountains, and the Akashi Mountains and is home to the nation's second tallest mountain, Mt. Kitadake (3,193 m above sea level) and more than ten 3,000 m class mountains while the headstream of the Oi River, Tenryu River, and Fuji River are found in the midst of the mountains. As the mountains lie on the southernmost point among the Japan Alps, the area receives much rain in the summer and less snow in the winter. It is also characterized by a number of deep V-shaped valleys formed by river channel erosion due to abundant rainfall, and owing to a light snowfall, the altitude of the timberline is high and the vicinity of the ridges are covered in forests. The Minami

Alps are noted for the trace remnants of Japan's southernmost glacier, and there are glacial landforms and periglacial landforms in existence over the alpine belt, which were formed about 20,000 years ago. The cirques (kar) remained in the Mt. Senjogatake, and the Arakawasanzan is one of the cirques. The fauna and flora include rock ptarmigan, Callianthemum hondoense, Dryas octopetala and alpine butterflies that expanded their distribution during the ice age and survived even now. In addition, the Minami Alps have been traditionally regarded as the place of mountain worship since days of old, making it a valuable area not only for its natural environment but also for the inheritance of culture.

Date of Designation :
June 1, 1964

Area : 35,752 ha

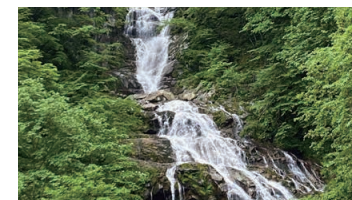
Related Prefecture :
Yamanashi, Nagano, Shizuoka



Enjoy the ocean, rivers, and other water scenery



Lake Hokusui



Hyakuyojo-no-taki Falls



Enjoy the mountains and flora



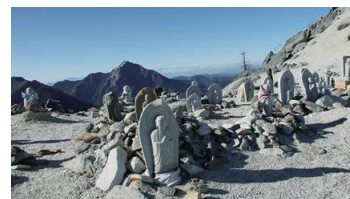
Mt. Kai-komagatake
(Mt. Higashi-komagatake)



Mt. Kitadake



Experience culture and local life



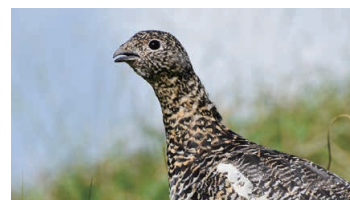
Mt. Jizogatake



Near the Summit of Mt. Kai-Komagatake
(Main Shrine of Komagatake-Jinja)



Meet the wildlife



Rock Ptarmigan



Japanese Stoat

Itinerary

Takamine Mountains engraved with memories of the sea

— Dense forest covered mountainous area that is constantly rising

The Takamine Mountains, located south of the Japanese Alps, is home to Japan's second tallest mountain (Mt.Kitadake) and ten other peaks over 3,000 meters in height. Frequent rains in the summer and low snowfall in winter allow the trees to grow high. Lush green scenery can be enjoyed near the peaks as well. V-shaped valleys, which are rain-eroded creations, dot the landscape.

web site



Day 1

Visit the foothills of the Minami Alps. After enjoying the local cuisine, view the source of the Fuji River, which is one of the three most rapid rivers in Japan

9:30 ● Departure (Assuming the Kanto Area)

 Rental car (To Ina City)

12:00 ● Enjoy the award-winning Koshien Combo Lunch from Hase Junior High School, recipient of a Special Award in the national school lunch competition, "Zenkoku Gakko Kyushoku Koshien"

13:00 ●  Rental car (To Fuji River)

15:00 ● Observe the source of the Fuji River

16:00 ●  Rental car (Move to Ina City)

18:00 ● Overnight stay at a ryokan (traditional Japanese inn) in Ina City

Day 2

Trip to climb the Minami Alps featuring peaks over 3,000 meters high. Enjoy alpine flora en route to the peak in majestic nature

6:00 ● Departure

 Rental car (To Ina City)

7:20 ● Todai Park

 Bus (To Kitazawa Pass)

8:10 ● Arrive at Kitazawa Pass/
Mountain climbing start


12:00 ● Reach the summit of Mt. Senjogatake

13:30 ● Rest break/Lunch at Umanose Hyutte mountain lodge

16:00 ● Arrive at Kitazawa Pass/Rest break

 Bus (To Todai Park)

16:45 ● Todai Park

 Rental car (Drive to Ina City)

17:45 ● Overnight stay at a mountain hut in Niiyama, Ina City

Day 3

Stroll near the mountain hut, enjoy birdwatching and alpine flora, and conclude the trip with a local specialty dish (Sauce katsudon (pork cutlet bowl dipped in a savory sauce))

9:30 ● Stroll in the forest near the mountain hut

10:30 ●  Rental car (To Komagane)

12:00 ● Lunch
(Sauce katsudon (pork cutlet bowl dipped in a savory sauce))

 Rental car (return trip)

13:00 ● Farewell (Assuming the Kanto Area)

Inquiry

Kanto Regional Environment Office

TEL 048-600-0516

MAIL REO-KANTO@env.go.jp