

戸隠

Nagano Joshinetsu National Park

Japan's hidden doorway
to natural beauty

TOGAKUSHI

Summer and winter
activities maps included



Spring Summer and Autumn Activities



Kagamiike (O-7)

A little about Togakushi

Togakushi has long been one of the few Japanese villages of its size situated above 1280m in elevation. In 2005, the village was incorporated into Nagano City, but the strong will of the villagers to preserve Togakushi's authenticity and natural heritage has kept the area free from big construction projects or urbanization.

Walking

Togakushi is laced with peaceful walking trails.

Some suggestions:

- Lake walk (3h): from the Chusha Nishi parking area, Midori ga Ike, Kagami Ike, Suzuri Ishi, Kotori ga Ike.
- Five shrines walk (2h30m): starting with the 274 steps of Hokosha, this walk takes you to the five Togakushi shrines, ending with Okusha.
- Pilgrim's path (8h): from Nagano's Zenkoji Temple to Okusha shrine.

Camping

Camping is available from May to October in the beautiful mix of river, forest, and meadowlands along the foot of the Togakushi range.



Kotoriga ike (A-8)



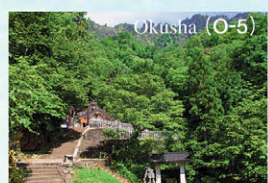
Hokosha (G-9)



Mugai Butsu (T-7)



Chusha (A-8)



Okusha (O-5)



Zuijimon (G-6)



Daidaikagura

Bird watching

Togakushi is one of Japan's most famous bird sanctuaries. More than 40 species gather here during the warm season.

Trekking

There are plenty of trekking courses leading to the peaks of the Togakushi range. We recommend hiring an experienced guide to accompany you, since the mountains are hazardous in any season.

Some history

Togakushi is a major center for Japan's native Shinto religion, as well as for Buddhism. For more than 1000 years, people have been searching for peace and spirituality here. In a total of 33 caverns discovered in the steep Togakushi range, hermits lived an ascetic life of meditation far away from the world. For many centuries, the Five Shrines have been a focus of pilgrimage, and the surrounding forest is still seen as a sacred treasure. The Buddha engraved into a rock in the Muromachi era (1392-1573) is an eloquent testimony to this period. Also, Togakushi is closely connected to the Ninja martial arts, because Nishina Daisuke, founder of the famous Ninja school, used the area as a hideout.

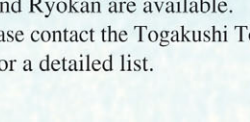
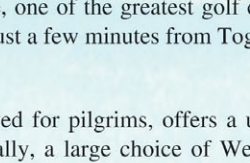
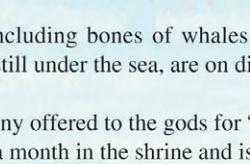
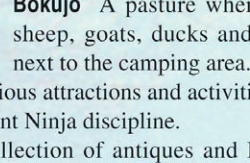
Water

As pure running water is everywhere in this area, belief in "Kuzuryu", the god of water, has always been very strong in Togakushi.

Nature Guide, Mountain Guide Bird Watching Instructor

For detailed information about above services, please contact the Togakushi Tourism Bureau (see back page).

The Togakushi Tourism Bureau declines all responsibility for accidents occurring when unaccompanied by guides.



Things to do and see

Soba Try original Togakushi soba (buckwheat noodles) at more than 30 restaurants. You can even try making soba by yourself at places like Tonkururin.

Bamboo crafts Handcrafted baskets and other items made of local bamboo are on sale in the many souvenir shops.

Bokujo A pasture where you can get close to horses, sheep, goats, ducks and other farm animals is located next to the camping area.

Ninja Village & Ninja House Various attractions and activities for children related to the ancient Ninja discipline.

Togakushi Folk Museum A collection of antiques and Ninja accessories.

Geological Museum Fossils, including bones of whales from the time when Togakushi was still under the sea, are on display in the museum.

Daidaikagura is a dance ceremony offered to the gods for "their pleasure". It takes place twice a month in the shrine and is open to visitors.

Golf The Country Club House, one of the greatest golf courses in Nagano, offers a 27 hole course and is just a few minutes from Togakushi.

Accommodations

Shukubo inn, originally reserved for pilgrims, offers a unique way to enjoy the atmosphere of Togakushi. Additionally, a large choice of Western-style hotels and pensions, and Japanese-style Minshuku and Ryokan are available.

To reserve accommodations, please contact the Togakushi Tourism Bureau (see back page).

Some places accept pets. Ask for a detailed list.





Legend

Recommended hiking trails

Main road

Other road

Path

Ski lift

P

Parking

W.C.

Toilet

Campsite

Golf course

神社

Shrine

Stone Stamps

① 一之鳥居 Ichinotorii

② 蔵沢 Haraisawa

③ 湯之嶺夕陽展望苑 Yunomine Yuhitenboen

④ 熊野の塔 Kumanonoto

⑤ 地藏堂 Jizodo

⑥ 宝光社 Hokosha

⑦ 神道 Kamichi

⑧ 伏拝所 Fushigamisho

⑨ 火之御子社 Hinomikosha

⑩ 西行桜 Saigyozakura

⑪ 納経供養塔 Nokyokuyoto

⑫ 守護不入之碑 Shugofunyunohi

⑬ 三本杉 Sanbonsugi

⑭ 宣澄社 Senchosha

⑮ 中社 Chusha

⑯ 女人堂跡 Nyonindo ato

⑰ 足神さん Ashigamisan

⑱ 小鳥ヶ池 Kotorigaikae

⑲ 硯石 Suzuriishi

⑳ 鏡池 Kagamiike

㉑ 越水ヶ原 Koshimizugahara

㉒ 釈長明火定所 Shakuchomei kajosho

㉓ 稚児の塔 Chigonoto

㉔ 女人結界碑 Nyoninkekkainohi

㉕ 念仏池 Nenbutsuikae

㉖ 戸隠牧場 Togakushi bokujo

㉗ 奥社参道口 Okusha sandoguchi

㉘ 奥社杉並木 Okusha suginamiki

㉙ 九頭龍社 Kuzuryusha

㉚ 奥社 Okusha

この地図の作成に当たっては、国土
地理院長の承認を得て、同院発行の
数値地図25000(空間データ基盤)を
使用したものである。
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Winter Activities



(G-6)

National Park

Parts of Togakushi are included in Joshinetsu National Park. The "Shokubutsuen", or Forest reserve, is one of them. Rare species of wildlife and flowers, like "Mizubasho", are highly protected here and people come from far away to see them. The park is accessible to wheelchairs.

Telemark skiing

Telemark skiing offers the adventurous even greater access to Togakushi's vast and virgin mountain spaces. From the powdery summit to the surrounding primal forest, the possible routes are limited only by your imagination and spirit of adventure. Telemarking lessons and excursions are organized by our local mountain guides.

Alpine skiing & snowboarding

Togakushi is famous for its regular snowfalls and excellent powder snow. On a 600m vertical drop, the resort offers a total of 20km of runs open to skiers and snowboarders. From the top of Mt.



Meno (1748m), highest point of the resort, a spectacular 360° panorama encompasses great views of Lake Nojiri, the Japanese Alps, and Mt. Asama. Private and group lessons are available from five different schools.

Snowboard park

Togakushi also has a snowboard park where you can hone your boarding skills on a variety of rails, boxes, walls, and kickers. Helmets and nerves of steel are highly recommended!

Kids snow park

A special space for children to enjoy skiing and sledding safely. Open to adults too (entrance fee).

Nursery Togakushi's "Ninnin" nursery accepts children from 18 months old (reservations; childcare fee).



Snowshoeing

Fun and easy to learn, snowshoeing is the best way for people of all ages to explore the back country and discover the natural beauty of Togakushi. Places usually difficult to reach in summer because of the dense vegetation become accessible in the winter with snowshoes. Togakushi's extensive network of cross-country ski trails are also open to snowshoeing. Even for families with young children, this is an ideal means to observe wildlife, visit the forest's oldest trees, and more...

Cross-country skiing

Access to the 34 km of signed cross-country trails (see map) is completely free of charge. Running along the foot of the Togakushi range, the trails connect such scenic locations as Lake Kagami and the great thatched gate at the entrance to the Okusha Shrine. Moreover, there are few restrictions at Togakushi, so those who seek more adventure are free to leave the main trails.



Kagamiike (O-8)



Zuijinmon (G-6)



Editors Sylvie & Dominique

Sylvie works as a free-lance journalist and Dominique handles overseas marketing for a Nagano sake brewery. Both have been living in Japan for a long time, and are such big fans of Togakushi that they decided to establish their home here in 2004.

Sylvie's suggestion

Walk up the hill to admire the very impressive Buddha engraved in the rock (Magai Butsu T-7). You may meet with a bear in this area, so better go in a group and attach a bell to your rucksack.

Dominique's suggestion

I feel an inexplicable respect for the small and peaceful pond called "Nenbutsu K-5". In the year 1212, Shinran, founder of the Buddhist Sect "Jodoshinshu" stopped here. It is said that while he was praying, spring water started suddenly bubbling out from the bottom of the pond.

Skiing and snowboarding schools
Guides for telemark skiing
Guides for snowshoeing
Guides for cross-country skiing
Rental skis, snowboards and snowshoes

For detailed information about above services, please contact the Togakushi Tourism Bureau.

Togakushi Tourism Bureau

Tel 026-254-2881 Fax 026-254-3711

http://togakushi-21.jp Mail: info@togakushi-21.jp



Getting there

Centrally located between Tokyo and the Kansai area, Togakushi is easily accessible even for short trips and weekend outings.

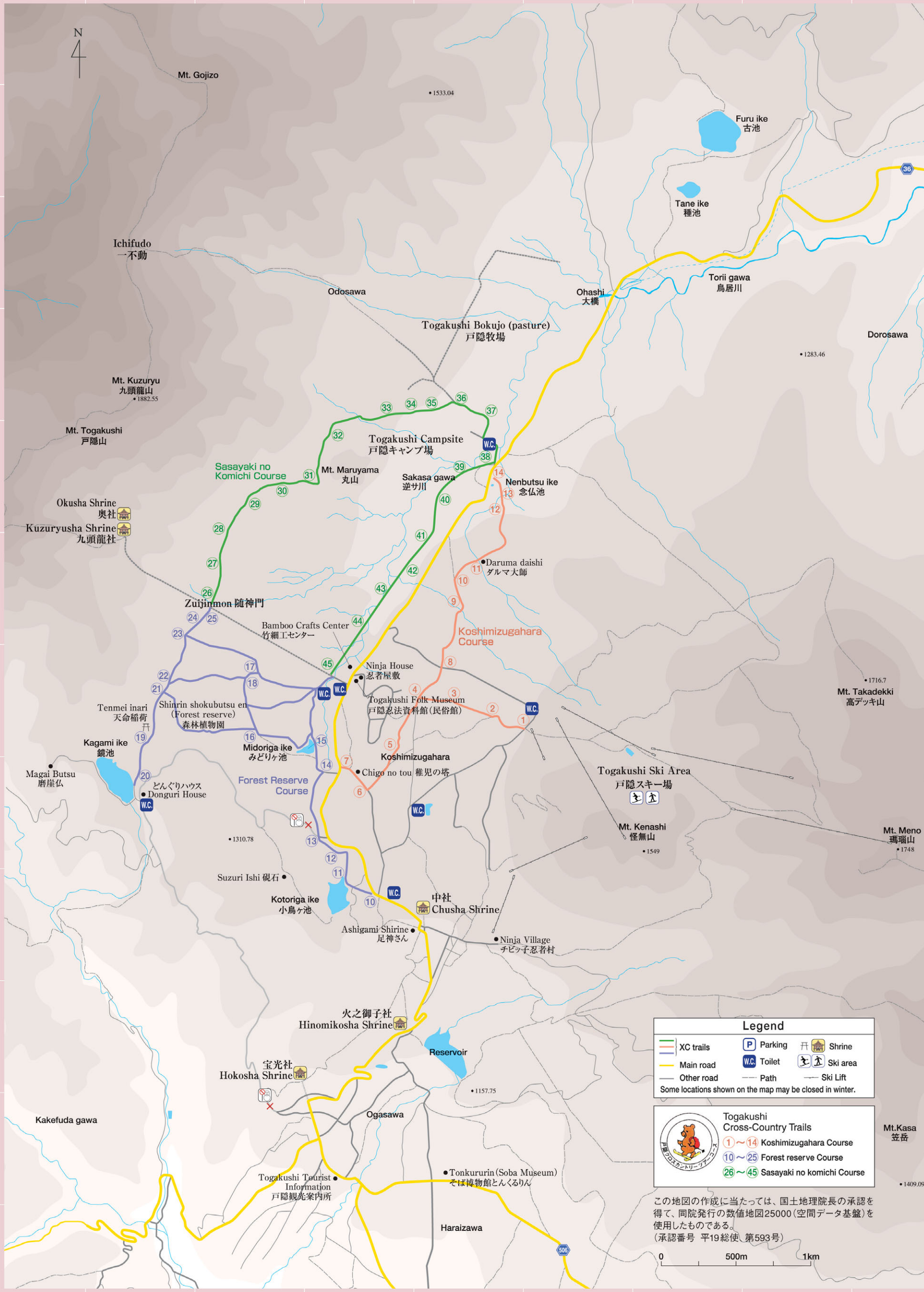
Travel times

	By car	By train*	By bus*
From Tokyo	3h30m	1h30m	4h
From Osaka	6h30m	4h30m	7h
From Nagoya	4h	3h	4h40m
From Kanazawa	3h	4h30m	—

*Times indicated are averages.

Add about 1 hour for bus travel from Nagano Station.

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Legend

XC trails	Parking	Shrine
Main road	Toilet	Ski area
Other road	Path	Ski Lift

Some locations shown on the map may be closed in winter.

Togakushi Cross-Country Trails

① ~ ⑭ Koshimizugahara Course
⑩ ~ ②⑤ Forest reserve Course
②⑥ ~ ④⑤ Sasayaki no komichi Course

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