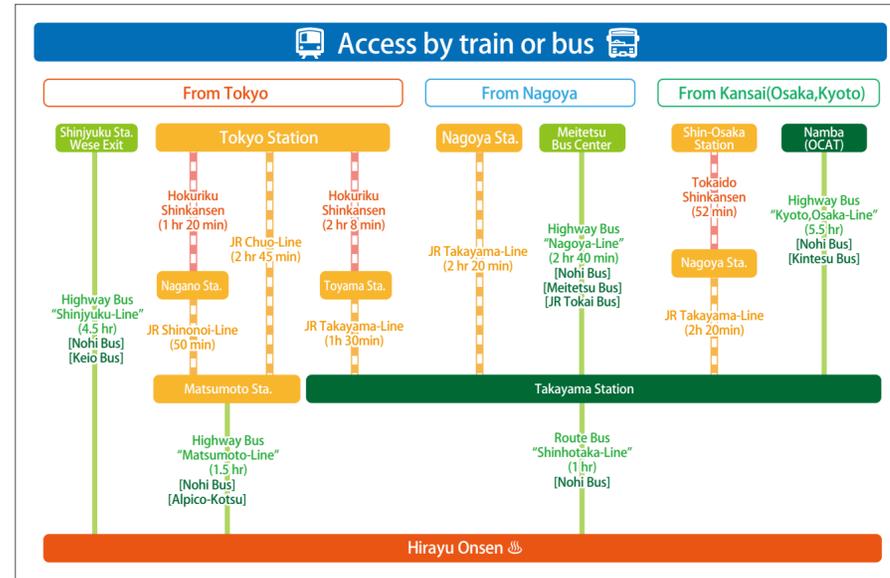
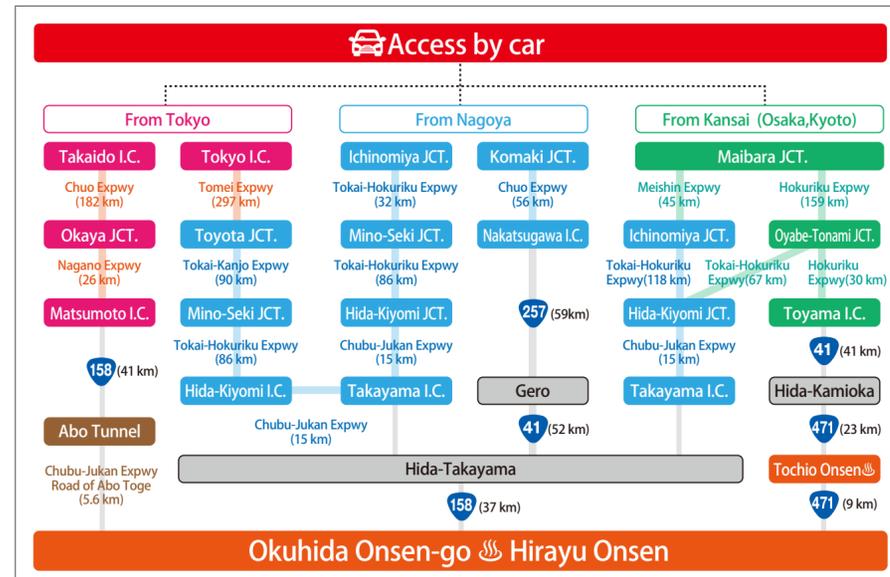


奥飛騨温泉郷

Okuhida Onsen-go Hot spring Village

Okuhida Onsen-go (hot springs region) is an area which includes Hirayu Onsen, Fukuji Onsen, Shinhirayu Onsen, Tochio Onsen, and Shinhotaka Onsen. It is one of the largest and best hot spring resort regions in Japan.



Car rental information

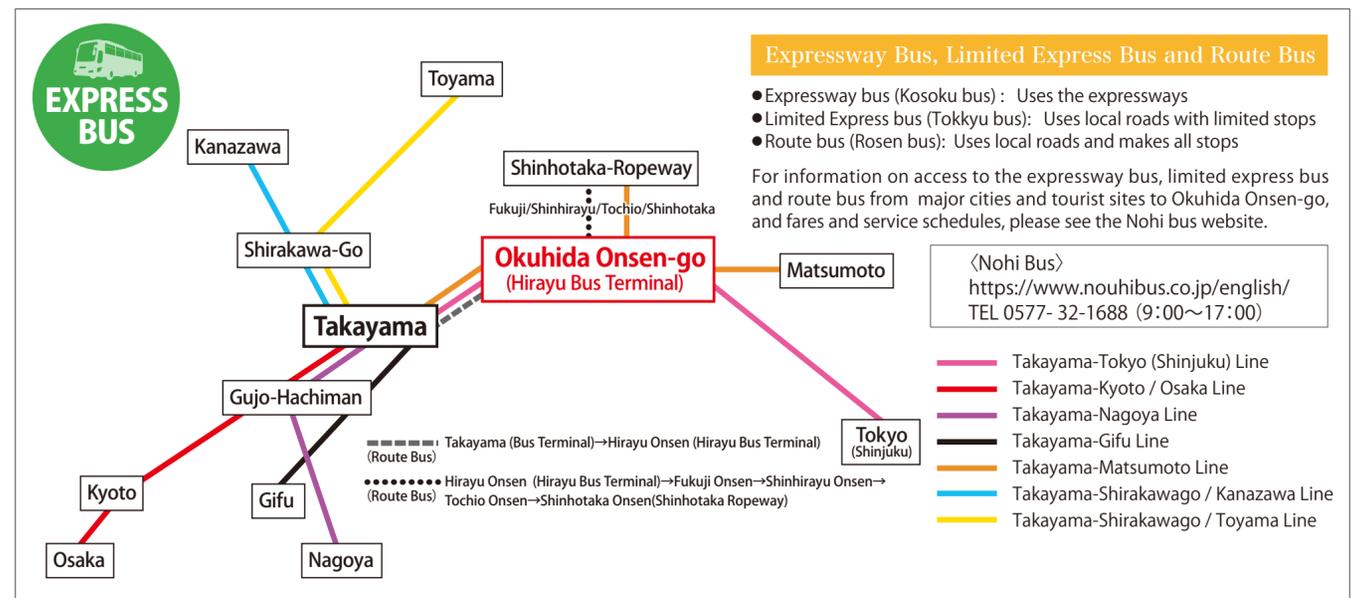
TOYOTA Rent-a-Car

Takayama Station Shop
From JR Takayama Station go east for about 50 meters. Hida-Takayama Washington Hotel Plaza 1F.
Phone: 0577-36-6110
MAPCODE 191195469*82

Toyama Station Shop
5min walk west from front of JR Toyama Sta.
Phone: 076-433-0100
MAPCODE 40415739*52

Matsumoto Station Shop
3 min walk from JR Matsumoto Sta.
1 min from back of bus terminal.
Phone: 0263-32-7625
MAPCODE 75821255*51

Contact Information
(TOYOTA Rent-a-Car Reservation Center)
0800-7000-815 / Toll-free within Japan
+81-3-5954-8020



Okuhida Onsen-go Tourist Information Center
Okuhida Onsen-go Shin-Hotaka, Takayama-shi, Gifu, 506-1421, Japan
Phone : 0578-89-2458 Fax : 0578-89-3205

Okuhida Onsen-go Tourism Association
1689-3, Okuhida Onsen-go Murakami, Takayama-shi, Gifu, 506-1431, Japan
Phone : 0578-89-2614 Fax : 0578-89-3200

Okuhida Onsen-go is easily accessible from major cities and major tourist areas in Japan.

Okuhida Onsen-go

It is well known that this region is one of the best hot spring resorts and has the most open-air bath facilities in Japan. Overlooking a spectacular view of the Northern Alps while soaking in an authentic hot spring that is heated by the energy of the earth, you can feel and experience the uniqueness of Japanese culture.

Location of Okuhida in relation to metropolitan areas.

Okuhida Onsen-go
Takayama city, Gifu, Japan



See pages 6~11 for detailed information.

1 Kamikochi



Easy access from Okuhida Onsen-go!

2 Mt. Norikura Norikura Skyline

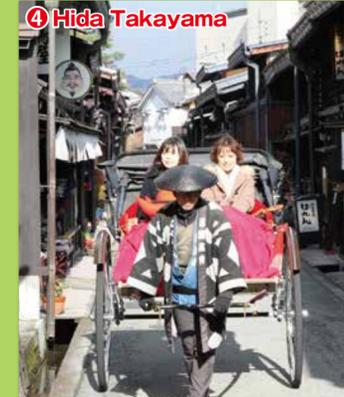


3 Shinhotaka Ropeway



See page 12 for detailed information.

4 Hida Takayama



5 Hida Furukawa



6 Shirakawa-go (World Heritage)



7 Gujo Hachiman



8 Matsumoto Castle



From Okuhida Onsen-go (Hirayu Bus Terminal)

to Hida Takayama 4

Bus (About 1 hr 40 min)

- Hirayu Bus Terminal
 - ↓ 60 min <Nohi Bus>
 - Takayama Nohi Bus Terminal
 - ↓ 10 min on foot
 - Takayama sightseeing area
Old town atmosphere
- Car (About 40 min)
- Hirayu Onsen
 - ↓ 34 km
 - Takayama sightseeing area
Old town atmosphere

to Hida Furukawa 5

Bus&Train (About 1 hr 30 min)

- Hirayu Bus Terminal
 - ↓ 60 min <Nohi Bus>
 - Takayama Nohi Bus Terminal
 - ↓ 1 min on foot
 - JR Takayama Station
 - ↓ 16 min <Takayama Honsen Line>
 - Hida Furukawa Station
 - ↓ 4 min on foot
 - Furukawa sightseeing area
Old town atmosphere
- Car (About 1 hr 20 min)
- Hirayu Onsen
 - ↓ 35 km
 - Route 41
 - ↓ 15 km
 - Furukawa sightseeing area
Old town atmosphere

to Shirakawa-go 6

Bus (About 1 hr 40 min)

- Hirayu Bus Terminal
 - ↓ 60 min <Nohi Bus>
 - Takayama Nohi Bus Terminal
 - ↓ 50 min <Nohi Bus>
 - Shirakawa-go Bus Terminal
 - ↓ 1 min on foot
 - Shirakawa-go sightseeing area
- Car (About 1 hr 25 min)
- Hirayu Onsen
 - ↓ 38 km
 - Chubu Jukan Expressway Takayama I.C.
 - ↓ 16 km
 - Tokai Hokuriku Express Hida Kiyomi JCT.
 - ↓ 25 km
 - Shirakawa-go I.C.
 - Route 156 ↓ 2 km
 - Shirakawa-go sightseeing area
Seseragi parking lot

to Gujo Hachiman 7

Bus (About 2 hr 30 min)

- Hirayu Bus Terminal
 - ↓ 60 min <Nohi Bus>
 - Takayama Nohi Bus Terminal
 - ↓ 1 hr 19 min <Bound to Meitetsu BC>
 - Gujo Hachiman I.C. (Bus Stop)
 - ↓ 20 min on foot
 - Gujo Hachiman sightseeing area
- Car (About 2 hr)
- Hirayu Onsen
 - ↓ 38 km
 - Chubu-jukan Expressway Takayama I.C.
 - ↓ 72 km
 - Gujo Hachiman I.C.
 - ↓ 2 km
 - Gujo Hachiman sightseeing area

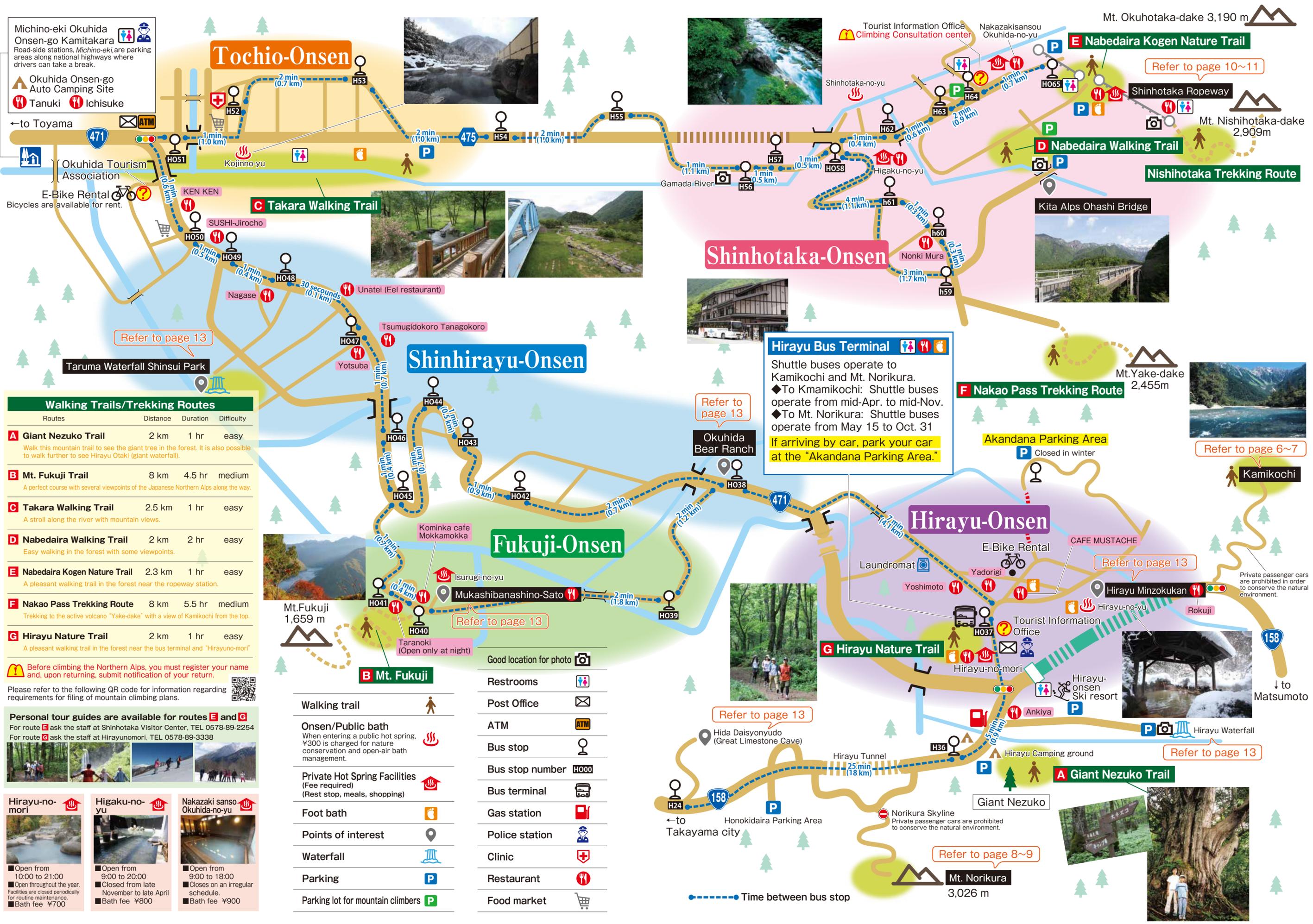
to Matsumoto (Matsumoto-jo castle) 8

Bus (About 1 hr 40 min)

- Hirayu Bus Terminal
 - ↓ 1 hr 25 min
 - Matsumoto Bus Terminal
 - ↓ 15 min on foot
 - Matsumoto-jo Castle
- Car (About 1 hr 20 min)
- Hirayu Onsen
 - ↓
 - Abo-Toge Road (Abo Tunnel)
 - ↓ 42 km
 - Prefectural Road 320
 - ↓ 5 km
 - Matsumoto-jo Castle

- Bus
- Expressway
- Local road
- Walking
- Train

(Nohi Bus) TEL.0577-32-1160
<https://www.nouhibus.co.jp/english>
(Alpico Bus) TEL.0263-92-2511
<https://www.alpico.co.jp/en/>



Michino-eki Okuhida
Onsen-go Kamitakara
Road-side stations, Michino-eki, are parking areas along national highways where drivers can take a break.

Okuhida Onsen-go Auto Camping Site
Tanuki Ichisuke

Okuhida Tourism Association
E-Bike Rental
Bicycles are available for rent.

Walking Trails/Trekking Routes			
Routes	Distance	Duration	Difficulty
A Giant Nezuko Trail	2 km	1 hr	easy
Walk this mountain trail to see the giant tree in the forest. It is also possible to walk further to see Hirayu Otaki (giant waterfall).			
B Mt. Fukuji Trail	8 km	4.5 hr	medium
A perfect course with several viewpoints of the Japanese Northern Alps along the way.			
C Takara Walking Trail	2.5 km	1 hr	easy
A stroll along the river with mountain views.			
D Nabedaira Walking Trail	2 km	2 hr	easy
Easy walking in the forest with some viewpoints.			
E Nabedaira Kogen Nature Trail	2.3 km	1 hr	easy
A pleasant walking trail in the forest near the ropeway station.			
F Nakao Pass Trekking Route	8 km	5.5 hr	medium
Trekking to the active volcano "Yake-dake" with a view of Kamikochi from the top.			
G Hirayu Nature Trail	2 km	1 hr	easy
A pleasant walking trail in the forest near the bus terminal and "Hirayuno-mori"			

Before climbing the Northern Alps, you must register your name and, upon returning, submit notification of your return.

Please refer to the following QR code for information regarding requirements for filing of mountain climbing plans.

Personal tour guides are available for routes **E** and **G**
For route **E** ask the staff at Shinhotaka Visitor Center, TEL 0578-89-2254
For route **G** ask the staff at Hirayunomori, TEL 0578-89-3338

Hirayu-no-mori	Higaku-no-yu	Nakazaki sanso Okuhida-no-yu
<ul style="list-style-type: none"> Open from 10:00 to 21:00 Open throughout the year. Facilities are closed periodically for routine maintenance. Bath fee ¥700 	<ul style="list-style-type: none"> Open from 9:00 to 20:00 Closed from late November to late April Bath fee ¥800 	<ul style="list-style-type: none"> Open from 9:00 to 18:00 Closes on an irregular schedule. Bath fee ¥900

- Walking trail
- Onsen/Public bath
- Private Hot Spring Facilities (Fee required) (Rest stop, meals, shopping)
- Foot bath
- Points of interest
- Waterfall
- Parking
- Parking lot for mountain climbers

- Good location for photo
- Restrooms
- Post Office
- ATM
- Bus stop
- Bus stop number
- Bus terminal
- Gas station
- Police station
- Clinic
- Restaurant
- Food market



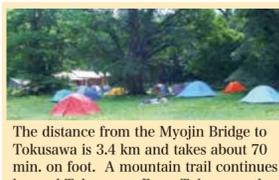
Kappa Bridge

A 36.6 meter suspension bridge spans the Azusagawa river. This is a great scenic spot representing Kamikochi with a wonderful view of the Northern Alps.



Myojin Pond

A sacred pond is located within the Hotaka Shrine. (admission fee ¥300) A holy ceremony is held at the Shrine on the 8th of October every year.



The distance from the Myojin Bridge to Tokusawa is 3.4 km and takes about 70 min. on foot. A mountain trail continues beyond Tokusawa. From Tokusawa, the hike requires two days and one night. (Hikers are required to register before continuing past Tokusawa)



Dakesawa Bog



Myojin Bridge



The road along the right bank of the Azusa River up to Kappabashi Bridge has many accommodation facilities with restaurants and shops. Visitors can enjoy original sweets and meals.



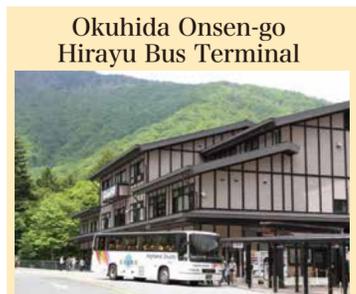
Tashiro Marshland • Tashiro Pond

Various flowers bloom in the wetlands in summer. The water color of the nearby Tashiroike Pond changes in the sunlight.



Tashiro Pond

This pond was created by a volcanic eruption. It is very beautiful on a misty early morning. The scenery of the active volcano "Yakedake" is also beautiful.



Okuhida Onsen-go Hirayu Bus Terminal

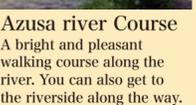


Akandana Parking Area

If arriving by car to visit Okuhida Onsen-go, park your car at the Akandana Parking Area which is located at the Hirayu Onsen and take a shuttle bus. (Parking fee ¥600 / day)



Westone Relief



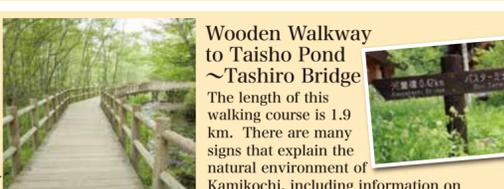
Azusa river Course
A bright and pleasant walking course along the river. You can also get to the riverside along the way.

Kamikochi Visitor Center Free WiFi
In addition to an exhibit and a video of Kamikochi, there is also tourist information about Kamikochi.

Kamikochi Information Center Free WiFi
The bulletin board posts flower forecast information, conditions on the mountain trails, and information on nearby hotels and facilities. There is also a staffed information counter and a free rest area.



Kamikochi Bus Terminal
Waiting rooms, shops, medical clinics and toilets are nearby. On the return trip, it is recommended that you get on the shuttle at the Kamikochi Bus Terminal since the shuttles become crowded from the Tashioike Bus Stop.

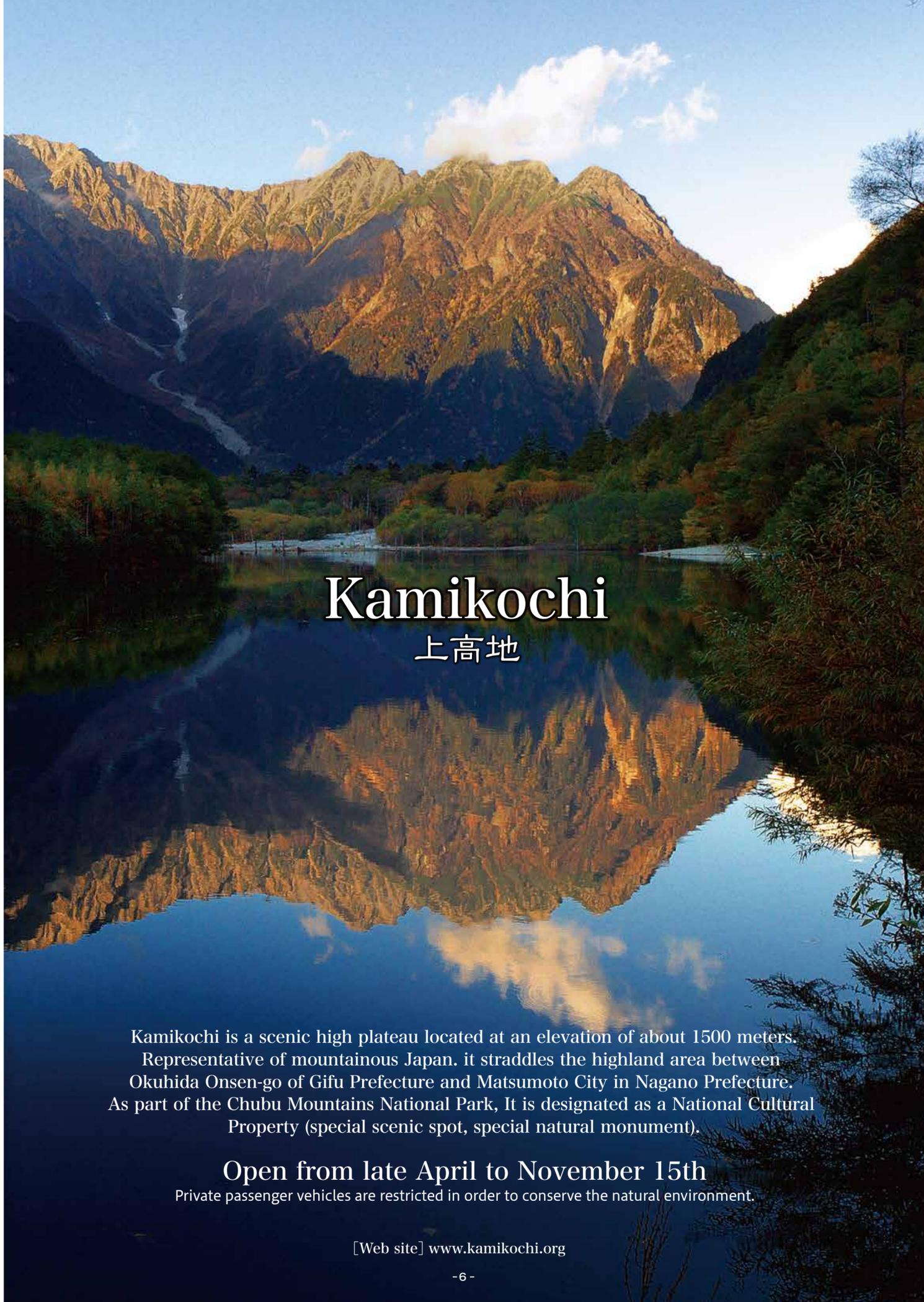


Wooden Walkway to Taisho Pond ~Tashiro Bridge
The length of this walking course is 1.9 km. There are many signs that explain the natural environment of Kamikochi, including information on the wetlands, waterfronts, and forests.

Taisho Pond → Kappa Bridge	Distance/3.7 km	Duration/1 hr
Taisho Pond	▼	About 15 min on foot
Tashiro Marshland·Tashiro Pond	▼	About 15 min on foot
Tashiro Bridge	▼	About 10 min on foot
Westone Relief	▼	About 15 min on foot
Kappa Bridge	▼	About 5 min on foot
Kamikochi Bus Terminal		

Kappa Bridge → Myojin-Pond	Distance/7 km	Duration/2 hr
Kamikochi Bus Terminal	▼	About 5 min on foot
Kappa Bridge	▼	About 15 min on foot (Right bank Promenade)
Dakesawa Marshland	▼	About 45 min on foot
Hotaka-Shrine Okumiya	▼	A short distance on foot
Myojin Pond	▼	About 60 min on foot
Kamikochi Bus Terminal		

- Hotel
- Restaurant
- Souvenir shop
- Coffee shop
- Hot spring
- Information
- Bus stop
- Restrooms



Kamikochi

上高地

Kamikochi is a scenic high plateau located at an elevation of about 1500 meters. Representative of mountainous Japan, it straddles the highland area between Okuhida Onsen-go of Gifu Prefecture and Matsumoto City in Nagano Prefecture. As part of the Chubu Mountains National Park, It is designated as a National Cultural Property (special scenic spot, special natural monument).

Open from late April to November 15th

Private passenger vehicles are restricted in order to conserve the natural environment.

[Web site] www.kamikochi.org



POINT Mt. Norikura is a treasure of alpine plants.



Black lily
Best time - The beginning of July to the beginning of August



Meadow buttercup
Best time - Late July to early August



Dicentra peregrina
Best time - Mid-July to mid-August

Honoki Daira
Bus Terminal/Parking Area

Shuttle Bus
15 min

Okuhida Onsen-go
Hirayu Bus Terminal

To Norikura Bus Terminal /45 min
¥2,500(Round trip)

Norikura Skyline
No private vehicles allowed

The 14.4 km long Norikura Skyline takes you to the Norikura Bus Terminal. Transfer to the shuttle bus at the Hirayu Bus Terminal or at the Honokidaira Bus Terminal.

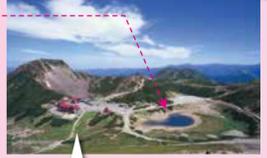
③Flower garden
Various alpine plants bloom from the middle of July to the beginning of August. A wooden pathway has been placed around the garden. It takes approximately 30 minutes to make the round trip around the garden.



Norikura Bus Terminal
Norikura Tatamidaira

Start

①Tsurugaikae Pond
On a clear day, the surface of the pond that symbolizes Mt. Norikura reflects the blue sky making it even more beautiful.



Panoramic view of Tatamidaira showing the Norikura Bus Terminal.

②Mt. Fujimi
From the top of the mountain visitors can overlook the flower fields and ponds around the bus terminal. On clear days, the mountains of the northern Alps are visible.



①Katanokoya Hut
Climbing becomes more difficult from here so it is suggested that you stop to rest before continuing and enjoy the concession and eatery.



②Mt. Kodamadake Peak
It takes about 30 minutes to climb from here to the top of the Kengamine Summit of Mt. Norikura. The trail is wide enough to enjoy a relaxing break along the way.



Gongenike Pond
As a crater lake, this lake is located at one of the highest elevations in Japan.



③Mt. Kengamine
This is the 19th highest peak in Japan. On a clear day, Mt. Fuji and many other well-known Japanese mountain peaks are visible.



View from an elevation of 3026 meters.



Flower Garden & Light Trekking Course
Distance/6.7 km Duration/2 hr
(Start) Norikura Bus Terminal

- ▼ 5 min on foot
- ①Tsurugaikae Pond
- ▼ 5 min on foot
- ②Mt. Fujimi
One way to the top of the mountain on
- ▼ 20 min on foot
- ③Flower garden
One lap/40 min
- ▼ 5 min on foot

(Destination) Norikura Bus Terminal

Top of Mt. Norikura Climbing Trail
Distance/6 km Duration/3 hr
(Start) Norikura Bus Terminal

- ▼ 35 min on foot
- ①Katanokoya Hut
- ▼ 50 min on foot
- ②Mt. Kodama
- ▼ 20 min on foot
- ③Kengamine
The Summit of a Mt. Norikura
- ▼ 1 hr 35 min on foot

(Destination) Norikura Bus Terminal

Hut **Bus stop** **Restrooms**
Restaurant **Coffee shop** **Souvenir shop**



Mt. Norikura

乗鞍岳

Norikuradake, which means “riding on a horse’s saddle,” is located at the southern end of the Northern Alps. The mountain range consists of 23 peaks, 7 lakes and 8 plains.

Open from May 15 to October 31
Private passenger vehicles are restricted in order to conserve the natural environment.

Observation deck
The roof of the station has an observation deck that overlooks the Northern Alps. The view from the observation deck received a 2 star rating by the Michelin Green Guide Japan.
The average temperature in summer is about 15 degrees C.

A mountaineering course continues beyond this point to the summit of the North Alps.

Itadaki-no-mori "Natural Park"
A natural park spreads out around the Nishihotaka-guchi Station. On the walking trail, surrounded by a primeval forest, you can see beautiful flowers, mountain grasses, and alpine plants from May through October. In winter, a snow corridor is formed that is up to 3 meters in height.

Visitor center "Sangakukan"
In addition to exhibits on the history of mountain climbing in the Northern Alps, various types of plants and animals are exhibited in this museum. An outside guided tour and snow shoes are available for a charge. Reservations required. Call 578-89-2254.

Kamitakarano-yu
At the Sangakukan Visitor Center, visitors can enjoy an open air hot spring bath. Open / 9:30 am - 3:30 pm. Bathing fee / ¥600 (closed when ropeway is not in service)

Nishihotakaguchi Station 2156 m
2598 m / 7 min
No.2 Ropeway
This is the only ropeway Gondola in Japan that has two-stories!

Shirakabadaira Station 1308 m
2 min on foot
Visitor Center Sangakukan "Kamitakarano-yu"

Nabedaira Kogen Station 1305 m
Nabedaira Kogen Parking Area: ¥ 600
Park your car in this parking area to get on the Number 2 ropeway.

Shinhotaka Station 1117 m
573 m / 4 min
No.1 Ropeway

Shinhotaka Ropeway
The originating station of the ropeway. Various souvenirs are sold. There are coin lockers available at the station.

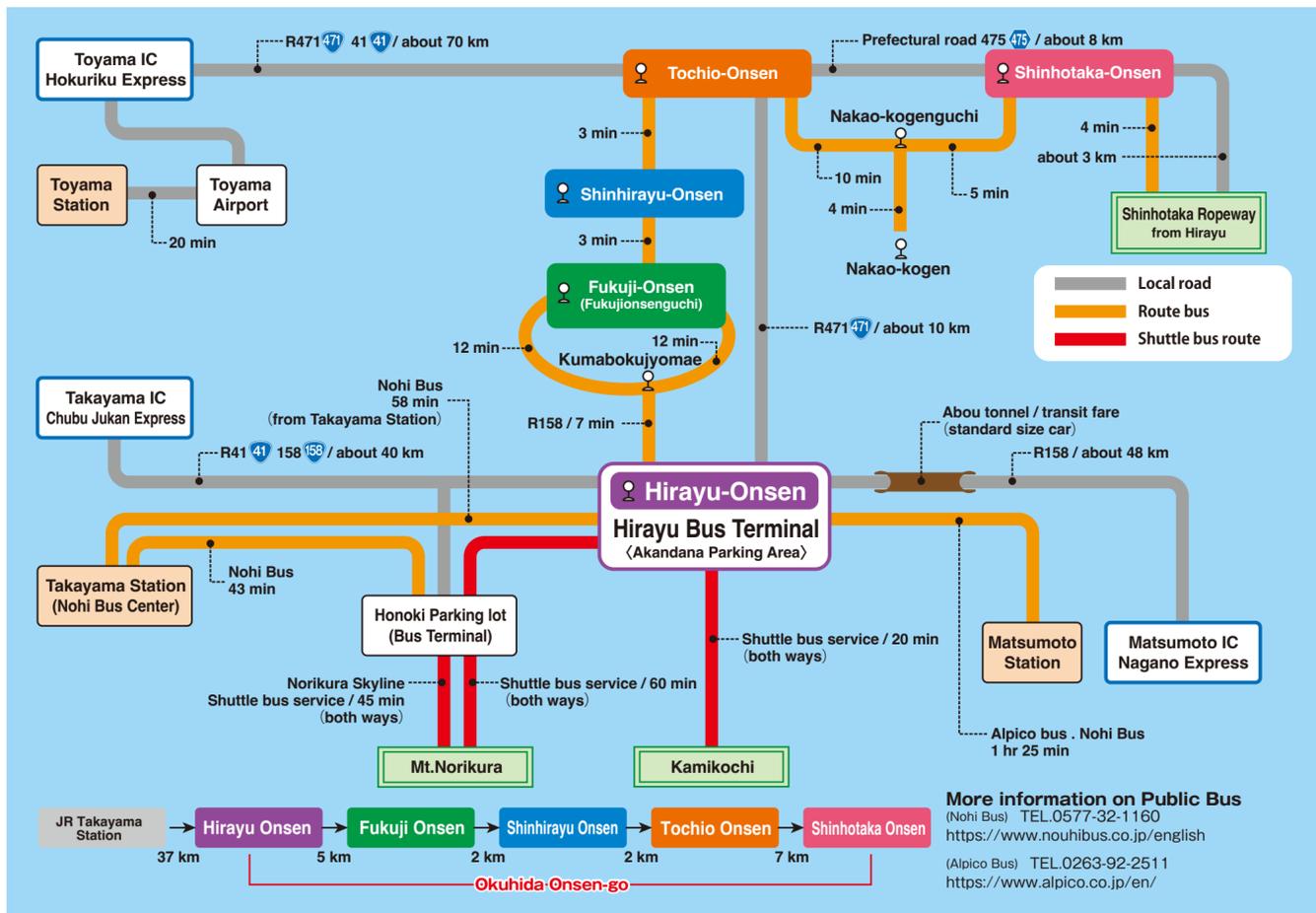
Shinhotaka Onsen

Nabedaira Plateau
The Nabedaira Kogen, located at about 1300 m above sea level, has a hiking course of about 2.3 km (the course takes about 1 hour)

Restrooms **Souvenir shop**
Restaurant **Foot bath**

Shinhotaka Ropeway
Operating Hours / 8:30 am - 4:00 pm
(Occasionally out of service for maintenance)
Fare / round trip ¥3,300 (includes both ropeway No. 1 and No. 2)

Shinhotaka Onsen Station parking:
Parking fee ¥600
※ Municipal Parking Area: ¥600 for the first 6 hours (¥600 for each additional 6 hours thereafter).



Shinhotaka Ropeway

新穂高ロープウェイ

A space ride inside Japan's only two-story ropeway gondola takes you to an elevation of 2156 m. The observation deck of the terminal station has a magnificent view which earned a 2 star rating in the Michelin Green Guide Japan.

Open all year round
Occasionally out of service for maintenance



Okuhida Bear Ranch MAP-P5 (Shinhirayu-onsen)

You can see about 100 bears here. The bears make an adorable gesture when you feed them. Commemorative photos taken with a baby bear are popular.

- Open: 8:00 am ~ 5:00 pm, all year round
- Fee: Adult: ¥1,100 / Children: ¥600



Hirayu Otaki (Large Waterfall) MAP-P4 (Hirayu onsen)

This massive waterfall is 64 m tall and 6 m wide. It is one of Japan's most famous waterfalls. The waterfall freezes in winter, creating a magical beauty. A guided tour to the waterfall is available.

- Viewing is free of charge. It is possible to walk right up to the waterfall basin.



Hida Takayama

A quaint historic city with rows of restaurants and souvenir shops.

- UNESCO Intangible Cultural Heritage Takayama Spring Festival (Sanno Festival): April 14th and 15th
- ◆ UNESCO Intangible Cultural Heritage Takayama Autumn Festival (Hachiman Festival): October 9th and 10th



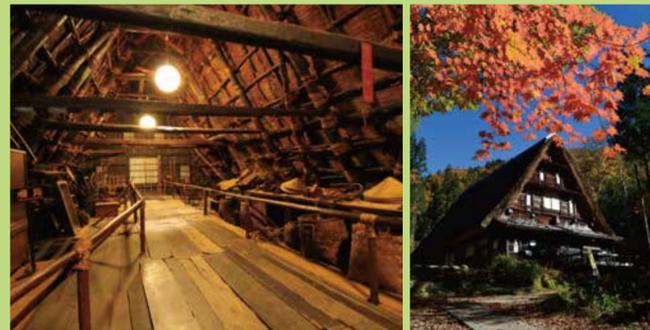
<http://www.hida.jp/english/>



Shinsui-Park MAP-P5 (Shinhirayu-onsen)

A matchmaker god is located in one area of this park. This is a popular spot for couples. It is refreshing to walk in the park while listening to the sound of the river. Please go through the illuminated tunnel below the river.

- Admission is free. If you come by car, please park at the community building parking lot and walk about 3 minutes to the park.



Hirayu Minzokukan (Folk Museum) MAP-P4 (Hirayu onsen)

This thatched roof house museum has an old-style open hearth on the first floor. Historic farming tools are displayed inside and visitors can enjoy a hot spring and food service.

- Open: 9:00 am ~ 5:00 pm Closed: Thu.
- Admission: Free

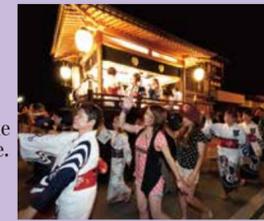


http://www.gujohachiman.com/kanko/index_e.html

Gujo Hachiman

A mountain town famous for the performance of the traditional summer Gujo Odori (dance) which has more than a 400 year history. There are many small canals that run adjacent to the streets of the town, giving the town a unique atmosphere.

- The Gujo Odori dance is held every year from mid-July through early September.



<https://matsumoto-castle.jp/eng/>

Matsumoto castle

One of the rare castles that has been designated as a National Treasure of Japan.

- Open year round except December 29th - 31st.
- Open 8:30 am ~ 5:00 pm. Last admission 4:30 pm.



Hida Great Limestone Cave "Hida Dai-Syonyudo" MAP-P4

This large limestone cave between Hida Takayama and Okuhida Onsen-go is open to tourists and is located at the highest elevation of any cave in Japan. You can enjoy a mysterious walk of approximately 800 meters through the cave.

- Open: all year round (April - October: 8:00 am ~ 5:00 pm) (November - March: 9:00 am ~ 4:00 pm, Last admission 4:00 pm)
- Fee: Adult: ¥1100 / Children: (elementary student, junior high student) ¥550



Mukashibanashi-no-sato Isurugi-no-yu (Public bath) MAP-P5 (Fukuji onsen)

Mukashibanashi-no-sato Visitors can enjoy a meal while sitting by the open hearth. Guests can also enjoy an indoor or an open-air hot spring onsen.

- Open: 12:00 noon ~ 4:00 pm
- Closed: Wed.
- ※ Contact us regarding other irregular closures.

Public Bath "Isurugi-no-yu"

- Admission fee: Adults and children: ¥300
- ※ Open-air bath is closed in winter.



<https://hida.travel/>

Hida Furukawa

A charming town with many historic buildings. Visitors enjoy walking along small streets adjacent to canals that have swimming carp.

- The Furukawa Festival is designated as an UNESCO Intangible Cultural Heritage. It is held annually on April 19th and 20th.



<https://shirakawa-go.gr.jp/en/>

Shirakawa-go

The farming village landscape of Shirakawa-go is breathtakingly beautiful. It is designated as a World Cultural Heritage Site representing Japan.

- The light-up Shirakawa-go is completely reservation.



Okuhida Onsen-go

The hot springs new interest and discoveries with every visit.

Scenery with Cherry Blossoms

The cherry blossoms are in season from late April to early May.



Lively Summer Festivals

These presentations of traditional entertainment have been passed down from long ago and are held from early through mid August



Starry Night, Starry Sky Observation Ropeway Service

The Shin-hotaka ropeway operates a limited term night-time service to observe the spectacular starry night sky from an observation deck located at an elevation of 2156 m.



"Okuhida Winter Story" (Okuhida Fuyu-monogatari)

This event includes illumination of various winter sights to display the hidden beauty created by the extreme snowy conditions and severe weather of this winter wonderland. Sights include the Kamakura Festival and a lighted walking path, fantastic events that can only be encountered in winter.



Information about seasonal events held in Okuhida Onsen-go

www.okuhida.or.jp/en/event

In Okuhida Onsen-go, the scenery changes from season to season: spring, summer, autumn and winter. Spring features cherry blossoms distinctive to Japan. Summer is highlighted by traditional events and festivals that have been passed down from long ago. Nature is colored in red and yellow in autumn and a unique scene only found in snow country is visible in winter. Whatever season you visit, you will enjoy the natural and cultural attractions of Okuhida Onsen-go.