

# 戸隠

Myoko-Togakushi renzan National Park

Japan's hidden doorway to natural beauty

## TOGAKUSHI

### Spring Summer and Autumn Activities

Summer and winter activities maps included



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 will of the villagers to preserve Togakushi's authenticity and natural heritage is strong. The area has been designated as an important preservation district of historic buildings since 2016.

### 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 nine-headed dragon god of water, has always been very strong in Togakushi.

### Nature guide, mountain guide, bird watching instructor.

For more details about the above services, please contact the Togakushi Tourist Information Center (see back page)

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



### 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.

### Campsite

A spacious campsite surrounded by a silver birch forest with tent sites, bungalows, cottages and auto-camp spaces.



Kotoriga ike (A-8)



Hokosha (G-9)



Togakushi Campsite (A-4)

Open : late April-late October  
Contact and reservation : <http://www.togakushi.com/camp/>



Chusha (A-8)

### Bird watching

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

### Trekking and trail running

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

You may meet bears in this area, so it is better go in a group and attach a bell to your rucksack.



Okusha (O-5)



Zuijinmon (G-6)



Daidai-Kagura



### 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 the bones of whales from the time when Togakushi was still under the sea, are on display in the museum.

**Daidai-Kagura** is a dance ceremony offered to the deities in gratitude for blessings received or as a prayer for divine protection or assistance. It takes place twice a month from April to October at the different shrines of Togakushi.

### Accommodations

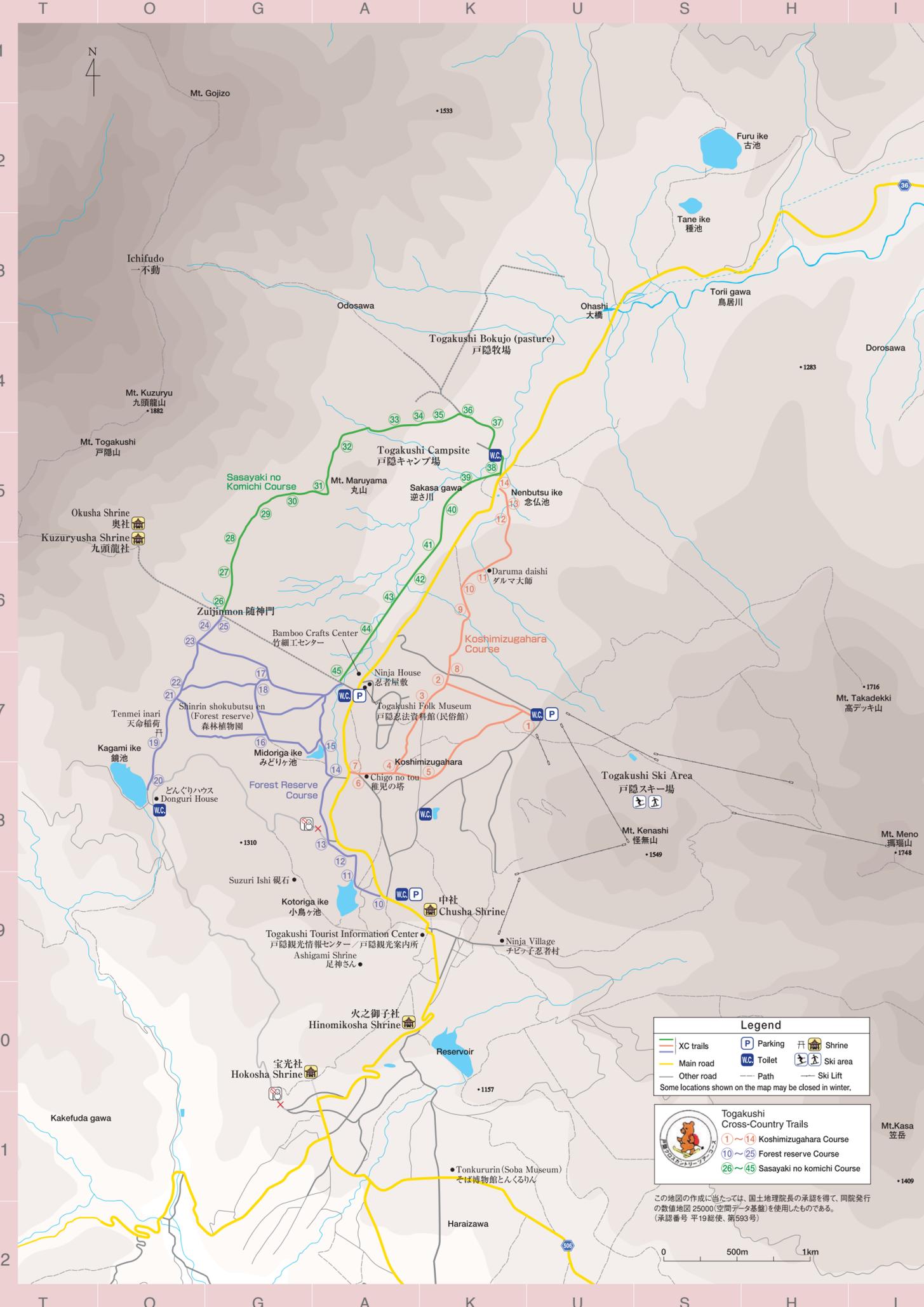
Shukubo inn, originally reserved for pilgrims, offers a unique way to enjoy the atmosphere of Togakushi. Additionally, a large choice of western-style hotels and pensions, and Japanese-style minshuku and ryokan are available. To make a reservation, please visit our website (see back page).



Legend	
	Recommended hiking trails
	Main road
	Other road
	Path
	Ski lift
	Parking
	Toilet
	Campsite
	Golf course
	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 Kanmichi
8	伏拝所 Fushigamisho
9	火之御子社 Hinomikosha
10	西行塚 Saigyozakura
11	納経供養塔 Nokyokuyoto
12	守護不入之神 Shugofunyunohi
13	三本杉 Sanbonsugi
14	宣證社 Senchosa
15	中社 Chusha
16	女人堂跡 Nyonindo ato
17	足神さん Ashigamisan
18	小鳥ヶ池 Kotorigaikae
19	観石 Suzurishi
20	鏡池 Kagamiike
21	越水ヶ原 Koshimizugahara
22	釈長明火定所 Shakuchomei kajoshu
23	権児の塔 Chigonoto
24	女人結界碑 Nyoninkekkainohi
25	念仏池 Nenbutsuikae
26	戸隠牧場 Togakushi bokujo
27	奥社参道入口 Okusha sandoguchi
28	奥社杉並木 Okusha suginamiki
29	九頭龍社 Kuzuryusha
30	奥社 Okusha

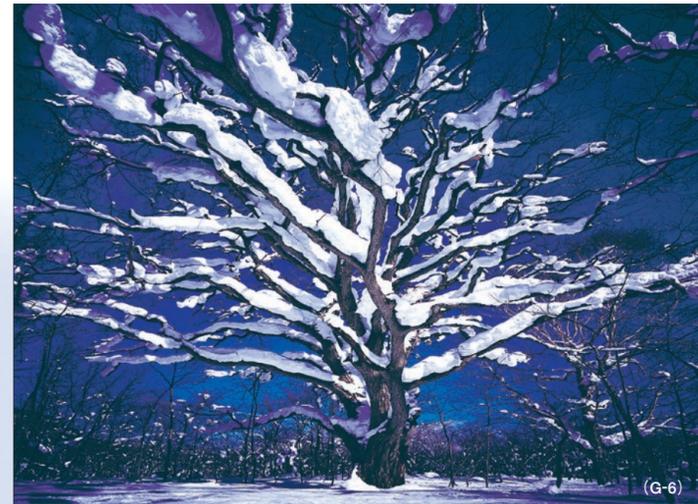
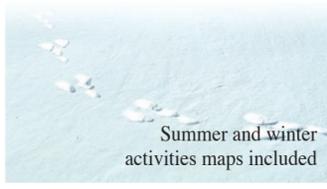
この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の数値地図 25000 (空間データ基盤)を使用したものである。(承認番号 平19総使 第593号)



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## TOGAKUSHI



### National Park

Most parts of Togakushi are included in the "Myoko-Togakushi renzan 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.

### 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), the 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.  
URL: <https://www.togakushi.com/ski/>



### 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.



### 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!

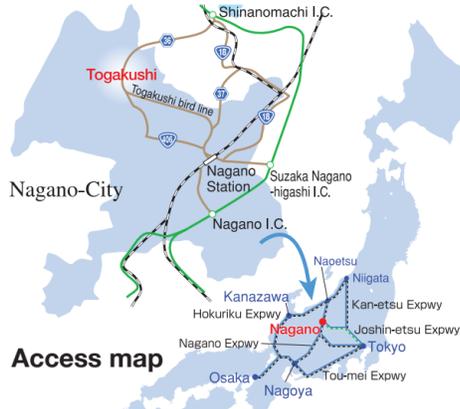
### Kids snow park

A special space for children to enjoy skiing and sledging safely. Open to adults too (entrance fee).  
**Nursery** Togakushi's Nin nin accept children from 18 months old (reservation and childcare fee are required).

**Head writer Sylvie Jacquot**  
Sylvie works as a freelance journalist and as an inbound advisor for the Togakushi Tourism Association. She has been living in Nagano for a long time and is such a big fan of Togakushi that she decided with her husband to establish their home here in 2004.  
Facebook (in English) ▶ <http://facebook.com/togakushi.kanko.en>  
Twitter (in English) ▶ [http://twitter.com/infotoga\\_en](http://twitter.com/infotoga_en)

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

For more details about the above services, please contact the Togakushi Tourist Information Center.  
**Togakushi Tourist Information Center**  
Tel 026-254-2888 Fax 026-254-2678  
Mail : [info@togakushi-21.jp](mailto:info@togakushi-21.jp)  
Website : <http://togakushi-21.jp>



### Getting there

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

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

\*Times indicated are averages.  
Add about 1 hour for bus travel from Nagano Station.

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