

To All Visitors to Togakushi in Winter

~ Ensuring Your Safety While Enjoying Togakushi ~

General Incorporated Association Togakushi Tourism Association
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① Clothing and Equipment

Togakushi is a mountainous tourist destination located over 1,000 meters above sea level. In winter, especially around the Kagami-ike area, conditions differ significantly from summer, with snow accumulation exceeding 2 meters. Vehicles cannot access this area, and **snow trekking equipment is essential**.

※Please note that there are no stores in Togakushi selling snowwear or related items.

※Snowshoes, boots, and other gear can be rented at the Togakushi Tourism Information Center.



② Cedar Avenue Leading to the Okusha Shrine ※Accessible to Zuishinmon Gate Only in Winter

To reach this photo spot (Zuishinmon Gate), it takes a 6-km round-trip walk (about 3 hours) from the "Togakushi Chusha" bus stop. Even if traveling by private car, all visitors must walk a 2-km round trip (about 1.5 hours) from the Okusha Entrance parking lot.

Beyond the Zuishinmon Gate, entry is prohibited until mid-April due to avalanche risks. The Okusha and Kuzuryusha Shrines are closed during this period. Goshuin (shrine stamps) and other services are available at the Chusha Shrine.



③ No Convenience Stores

There are no convenience stores in Togakushi. Please prepare snacks and other necessities before your visit. In the Chusha area, "Usui Store" offers items such as sweet bread and instant noodles (closed on Wednesdays and Sundays).

【About ATMs】 There are two ATMs available in the Houkousha area (Japan Post Bank and Shinkin Bank). However, it is recommended to prepare cash in advance for your convenience.

④ Avoid Activities After 3:00 PM

In winter, temperatures in Togakushi are generally below freezing. Around the Okusha Shrine area, the dense tree cover causes temperatures to drop sharply once the sun sets. **Please conclude your activities before it gets dark.**

⑤ About Restaurants

In winter, many restaurants in Togakushi operate differently compared to spring through autumn, with some closing for the season or reducing their hours. Additionally, many soba restaurants close for the day around 2:00 PM. If you wish to have dinner, advance reservations are essential.

⑥ Do Not Feed Wildlife & Please Take Your Trash Home

Togakushi is a designated national park. To maintain a respectful distance from the wildlife, please take all trash home with you.

⑦ Using Buses and Taxis

If you plan to visit the Cedar Avenue leading to the Okusha Shrine via public bus, be sure to take a morning departure from Nagano Station. While there is a taxi office in Togakushi, only one taxi is stationed there. Advance reservations are required if you wish to use a taxi.

Togakushi Tourism Association Website ▶

Find various announcements and event information.



Soba Restaurant Operating Schedule Calendar ▶

