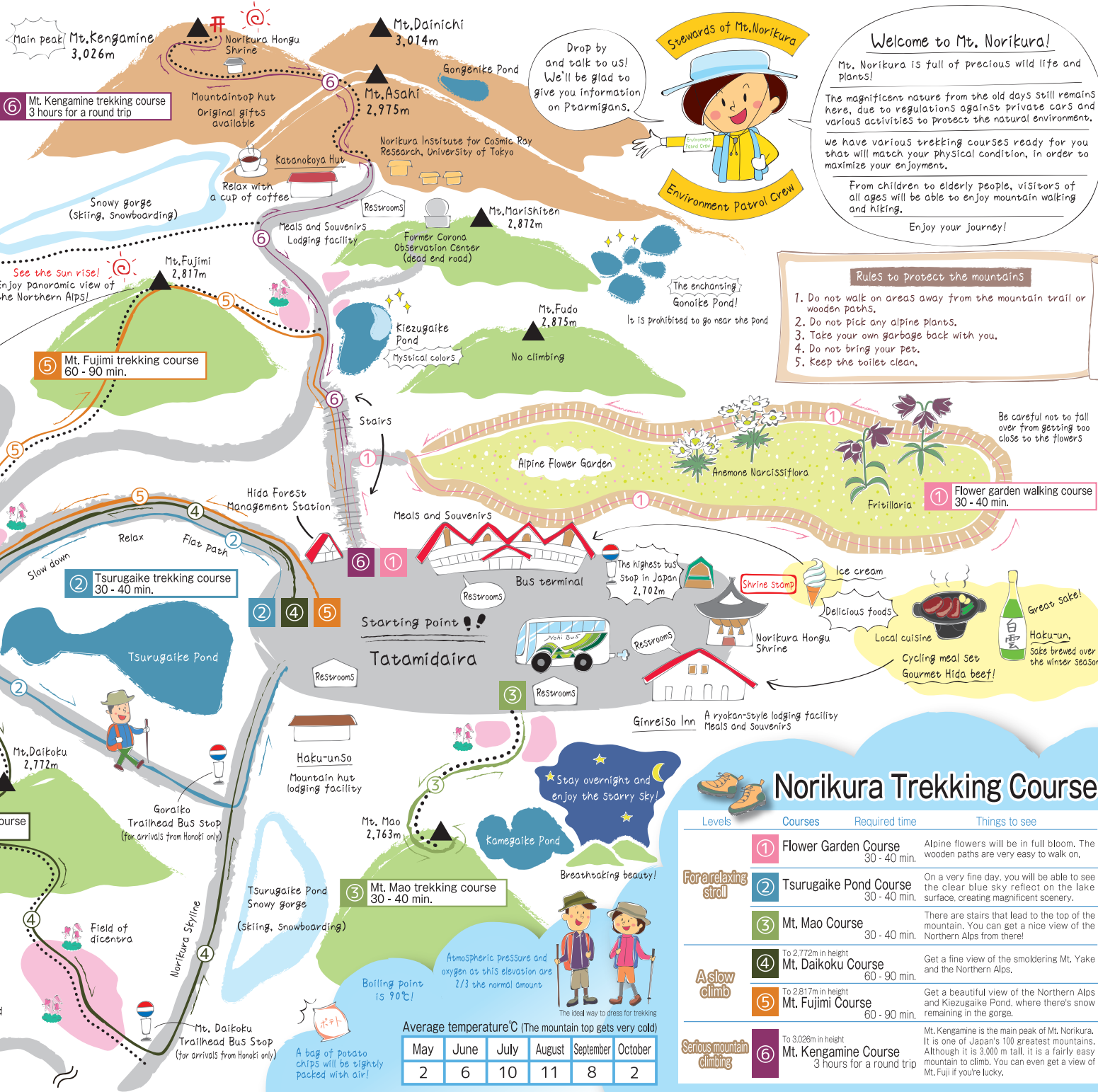


2018

Mt. Norikura Hiking Map

Chubu Mountains National Park



Ptarmigans
(Special Natural Monument)
If you see them, lower yourself so as not to scare them away! They might come closer to you.

Dicentra
The queen of alpine plants!

Panoramic view of the Northern Alps

Next, visit the Northern Alps! But you need proper experience and equipment.

Let's be friends!
We appreciate your cooperation.

Norikura is paradise for both humans and bears

- Carry a bell to let bears know where you are
- If you are worried, move around in groups
- If you happen to encounter a bear, do not panic, but stay calm and leave the place quietly
- Do not leave any garbage behind

Stewards of Mt. Norikura

Drop by and talk to us! We'll be glad to give you information on Ptarmigans.

Environment Patrol Crew

Welcome to Mt. Norikura!

Mt. Norikura is full of precious wild life and plants!

The magnificent nature from the old days still remains here, due to regulations against private cars and various activities to protect the natural environment.

We have various trekking courses ready for you that will match your physical condition, in order to maximize your enjoyment.

From children to elderly people, visitors of all ages will be able to enjoy mountain walking and hiking.

Enjoy your journey!

Rules to protect the mountains

1. Do not walk on areas away from the mountain trail or wooden paths.
2. Do not pick any alpine plants.
3. Take your own garbage back with you.
4. Do not bring your pet.
5. Keep the toilet clean.

Flower garden walking course 30 - 40 min.

Be careful not to fall over from getting too close to the flowers

Alpine Flower Garden

Anemone Narcissiflora
Fritillaria

The enchanting Gonoike Pond!
It is prohibited to go near the pond

Meals and Souvenirs

Shrine Stamp
Ice cream
Delicious foods
Local cuisine
Cycling meal set
Gourmet Hida beef!

Great sake!
Haku-un, Sake brewed over the winter season

Norikura Trekking Course

Levels	Courses	Required time	Things to see
For a relaxing stroll	① Flower Garden Course	30 - 40 min.	Alpine flowers will be in full bloom. The wooden paths are very easy to walk on.
	② Tsurugaiké Pond Course	30 - 40 min.	On a very fine day, you will be able to see the clear blue sky reflect on the lake surface, creating magnificent scenery.
A slow climb	③ Mt. Mao Course	30 - 40 min.	There are stairs that lead to the top of the mountain. You can get a nice view of the Northern Alps from there!
	④ Mt. Daikoku Course	60 - 90 min.	Get a fine view of the smoldering Mt. Yake and the Northern Alps.
Serious mountain climbing	⑤ Mt. Fujimi Course	60 - 90 min.	Get a beautiful view of the Northern Alps and Kiezugaiké Pond, where there's snow remaining in the gorge.
	⑥ Mt. Kengamine Course	3 hours for a round trip	Mt. Kengamine is the main peak of Mt. Norikura. It is one of Japan's 100 greatest mountains. Although it is 3,000 m tall, it is a fairly easy mountain to climb. You can even get a view of Mt. Fuji if you're lucky.

Average temperature°C (The mountain top gets very cold)

Month	May	June	July	August	September	October
Temp (°C)	2	6	10	11	8	2

Boiling point is 90°C!
Atmospheric pressure and oxygen at this elevation are 2/3 the normal amounts

The ideal way to dress for trekking

A bag of potato chips will be tightly packed with air!