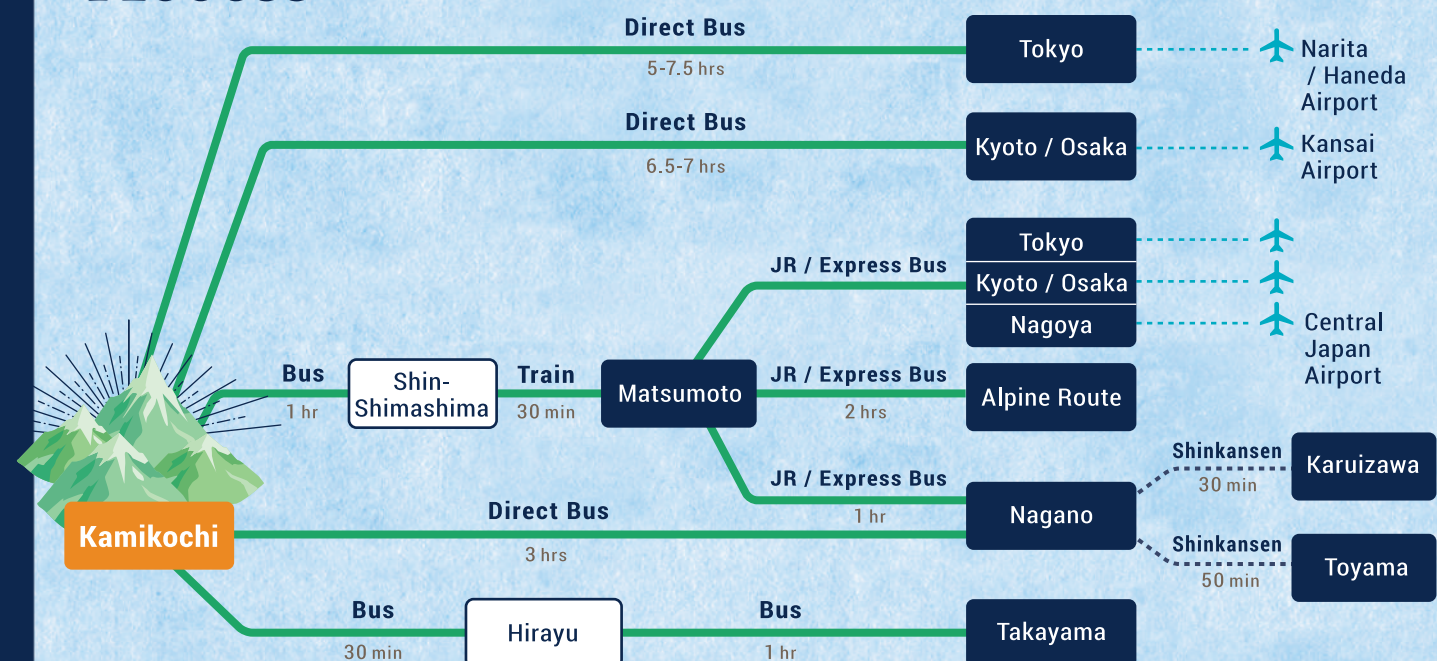


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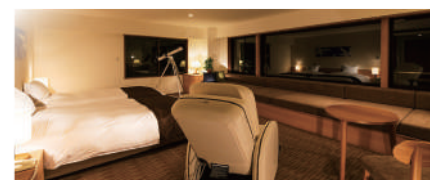


Recommended at Lemeiesta

Kamikochi style French cuisine

Using seasonal, local ingredients from Nagano and nearby areas, and natural spring water from the Japan Alps, Lemeiesta's French cuisine in Kamikochi is a unique experience you won't find anywhere else. The dishes are a combination of bold ideas with subtle and delicate touches, which then are taken one step further to provide guests with a meal fit to be enjoyed in the Kamikochi resort. Watch as chefs prepare your food in the restaurant's open kitchen, allowing you to truly appreciate your meal with all five senses. Lemeiesta's wine menu features wines from both Nagano and around the world that have been carefully selected by the restaurant's exclusive sommelier.

Feel the luxury, stay in the heart of nature



Every room at the hotel offers a splendid view of the Azusa River's pristine waters and the magnificent mountains of Kamikochi. Hear the murmuring of Azusa's clear waters and the chatter of the wild birds right in your room and experience nature in a way that cannot be described in pictures.



☒ Lunch ☒ Wi-Fi ☒ Hot Spring

4469-1 Azumi, Matsumoto, Nagano, Japan
TEL. +81-263-95-2121
<http://www.lemeiesta.com/>



One of only two natural hot springs in Kamikochi

Drawing from their own source of natural hot spring water, Lemeiesta's hot spring baths use only the water that comes directly from the source without mixing in other water. Treat yourself to a relaxing soak in the hot spring to refresh your body and spirit!



Lunch is also possible for visitors with an overnight stay. Savor an authentic French meal on your visit to Kamikochi!

For reservations, scan the QR code.



Chubu Sangaku National Park / Japan Alps 上高地

Kamikochi

Norikura Highlands
Shirahone Hot Springs

Kamikochi — Unseen Japan

Surrounded by an abundance of nature and beautiful scenery, Kamikochi is habitat to various species of uncommon birds and other wildlife. Visitors can catch a glimpse of these rare, captivating plants and animals as they explore the area. Thanks to the spur in nature preservation advocacy starting 100 years ago in Japan, the unique landscape and wildlife of Kamikochi are now under protection, and since 1975 private vehicles were strictly prohibited from entering the area. The success of radically reducing exhaust pollution in Kamikochi allows the living creatures to flourish and keeps the water and air in pristine condition. Kamikochi is open to visitors from all over the world from mid-April to mid-November.



Pristine Water

Crystal-clear water flows throughout Kamikochi in babbling rivers, streams, and natural springs, making for awe-inspiring scenery that will soothe the soul.

The Magnificent Nature of Kamikochi

Starry Night Sky

Nestled in the mountains away from the glow of the city, Kamikochi's night sky is filled with the lights of thousands of stars. It is one of the park's most spectacular sights.

Clean Air

Thanks to the strict measures that are taken to protect the environment, such as prohibiting personal cars, Kamikochi's air remains crisp, refreshing, and pristine.

Rare Wildlife

Kamikochi is habitat to various species of rare plants and uncommon birds, fish, and other animals such as monkeys, stoats, and bush warblers. Wildlife is protected with the greatest of care.

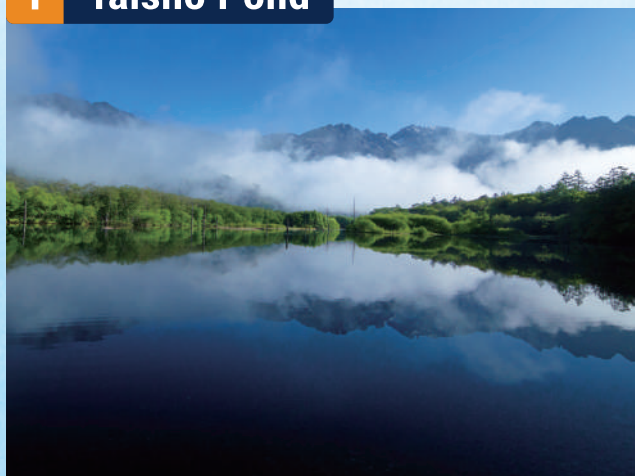
Beautiful Mountains

Kamikochi is one of Japan's first mountain resorts. Every year, 1.5 million visitors come here to see its majestic mountain ranges that flow with pristine streams and are covered with flourishing, green forests.

Kamikochi

Open from mid-April to November 15

1 Taisho Pond



Reflections of Mt. Yakedake and the Hotaka Mountain Range on its mirror-like surface offer some of Kamikochi's most breathtaking sights. Whether it be at dawn, at night or when the pond is veiled in a mystic morning haze, the spectacular scenery at Taisho Pond changes in flux with the time of day and the seasons.

3 Weston Memorial Plaque



Walter Weston is the English missionary who introduced the Japan Alps to the world and is considered the father of mountaineering in Japan. Every year on the first Sunday of June, the Weston Festival is held to commemorate his contribution to Kamikochi.

2 Tashiro Pond / Tashiro Marsh



Located in the heart of a primitive forest, Tashiro Pond is filled with crystal clear water and is habitat to several species of wildflowers and alpine plants. Not far from the pond is Tashiro Marsh, where you can marvel at the magnificent view of the Hotaka mountains.



4 Kappa Bridge



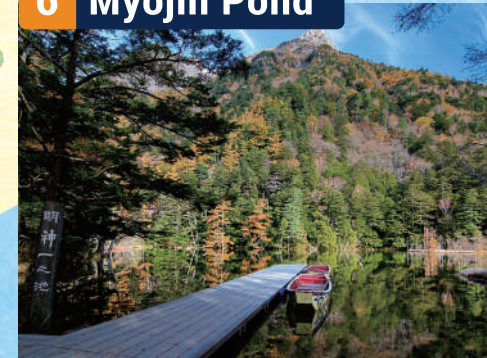
Located in the center of the park, Kappa Bridge is the symbol of Kamikochi and perhaps the most popular spot for taking commemorative photos with the Hotaka mountains towering in the background. There are several resort hotels, restaurants and a camp ground near the bridge.

7 Tokusawa



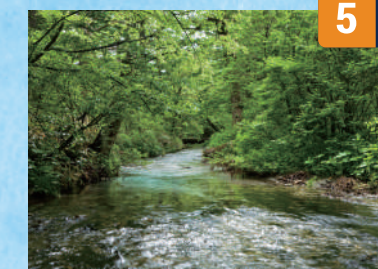
Tokusawa is an elm forest and former pasture located about one hour upstream from Myojin Pond. It does not get crowded even during the peak season and in the spring the meadow is abloom with many species of alpine flowers. There is a campground in Tokusawa and trailheads to trekking courses leading into the Japan Alps.

6 Myojin Pond



Myojin Pond is made up of a larger pond and a smaller pond that are joined together. The inner altar of Hotaka Shrine is located at the edge of the pond and is surrounded by a virgin forest. At the entrance to Myojin Pond, you can enjoy grilled river fish at Kamonji Goya, a mountain lodge with a history dating back over 100 years.

5 Shimizu River



Located near Kappa Bridge, Shimizu River is a beautiful stream that originates from a natural spring and flows into the Asuza River. You can see fish and lush green aquatic plants waving in its stunningly pristine waters.

1 Take-it-Slow Itinerary

This course is recommended for families with children or elderly family members, and anyone who wants enjoy Kamikochi while taking it easy.

Day 1

- 10:15 Depart Matsumoto
- 12:00 Arrive at Kamikochi Bus Terminal
- About 10 min.

Lunch at Gosenjaku Hotel



Gosenjaku Cake

Enjoy views of the Azusa River and Mt. Hodakadake while indulging in Gosenjaku's assortment of delicious cakes including cheesecakes, tarts and apple pies.

- 13:30
- About 3 min.

Kappa Bridge

Optional: Walk to Myojin Pond and back

- 15:00
- About 20 min.

Check in at Lemeiesta Hotel

A resort hotel with amazing views of the mountains and Azusa River from the windows. You can enjoy one of the only two hot springs in Kamikochi and meals featuring authentic French cuisine.



Starry Night Sky

Kamikochi offers awe-inspiring views of the stars which are a perfect reason to stay overnight.

Day 2

- 8:30 Hotel (wake up at dawn)
- About 50 min.
- Walk to Taisho Pond to see it covered in the morning mist.
- About 50 min.



Kamikochi is habitat for many species of wild animals. You will often see Japanese macaque monkeys (a.k.a. "snow monkeys") in the park and on rare occasions, you may even catch a glimpse of a Japanese serow (called kamoshika), bear, or stoat (short-tailed weasel).

- 11:00 Relax at the hotel until checkout time.
- About 15 min.
- 11:30 Kamikochi Bus Terminal
- Depart for your next destination

Monkeys

Kamikochi Suggested Itineraries

2 Just-Passing-Through Itinerary

Recommended for those traveling between Matsumoto and Takayama.

- 8:00 Depart Matsumoto
- 9:45 Arrive at Kamikochi and store your luggage
- About 15 min.

Hotaka Bridge

Great spot for photos!

- About 5 min.

12:00 Eat a picnic lunch on the river



Kappano hirumeshi **Lunch Box** 1,100yen
An extremely popular lunch box offered by Lemeiesta that is filled with local specialties, including the well-loved walnut rice balls.

- 13:00
- About 20 min.

Kappa Bridge

- 14:30
- About 10 min.

- 15:00 Kamikochi Bus Terminal

- 16:30 Head to Takayama



Hotaka Bridge

3 One-day Plan no luggage required

Recommended for those staying in Matsumoto for 2 or more nights and want to enjoy a day of trekking in Kamikochi's beautiful nature.

- 8:00 Depart Matsumoto
- 9:37 Arrive at Taisho Pond
- About 3 min.

Taisho Pond

On a nice day, the mountains are reflected on the water's surface, making for some spectacular scenery.

- About 1 hour

12:00 Lunch at the bus terminal

Kappa Bridge

The symbol of Kamikochi and a must-see spot!

- 13:00
- About 1 hour

Myojin Pond

Stop for a snack at the century-old Kamonjigoya lodge, enjoying some grilled char fish.

- 14:30
- About 1 hour

- 16:00 Kamikochi Bus Terminal

- 17:35 Return to Matsumoto

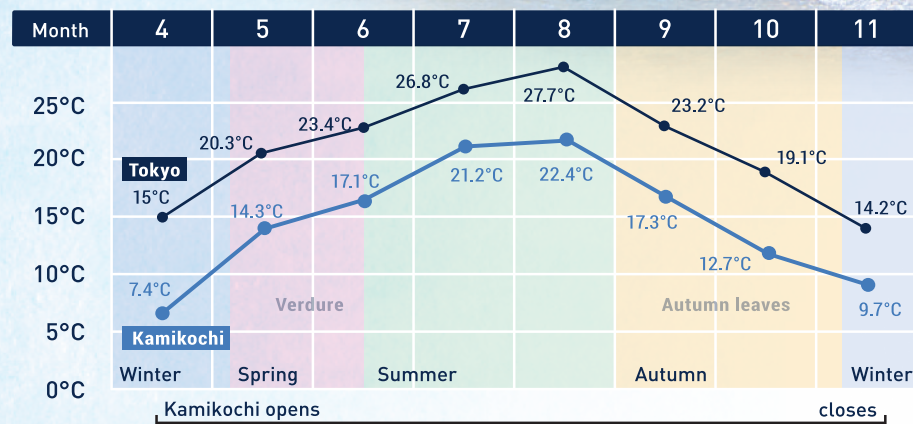


Fresh juice

blended from within the fruit 600yen



Weather and Temperature in Kamikochi



FAQs

Camping Sites

Bungalows and tents are also available for rental.

Note for hikers

It is required to submit a "Trekking Itinerary" in Nagano, which can be found in front of the Kamikochi Information Center. Put it in the submission box after filling out.

Kamikochi in Winter

All facilities and transportation services are closed in winter. The area can be dangerous in winter, so make sure you prepare proper equipment such as snowshoes, and go with a tour or local guide.

Free Wi-Fi

Available at Matsumoto Bus Terminal, Shin-Shimashima Station and Kamikochi Visitor Center.

Banks & ATMs

No banks or ATMs are available in Kamikochi.

Credit Cards

Major credit cards are accepted at most places.

Stores

Food and supplies can be bought around the bus terminal and in hotel lobbies.

Luggage Storage

There are no coin lockers in Kamikochi. Please use the luggage storage service available in the Kamikochi Bus Terminal (6:00 a.m. - 5:00 p.m.)

What to Wear

Kamikochi is situated in a mountain valley at an altitude of 1,500 meters, so the weather conditions can change suddenly and frequently. Even during the day in the summer, the temperature can drop below 10°C and there are times when it snows. It is recommended to bring rain gear and dress in layers that can be easily put on or taken off. For footwear, it is advisable to wear leggings with sturdy sneakers or hiking shoes to keep you warm during hiking.

Norikura

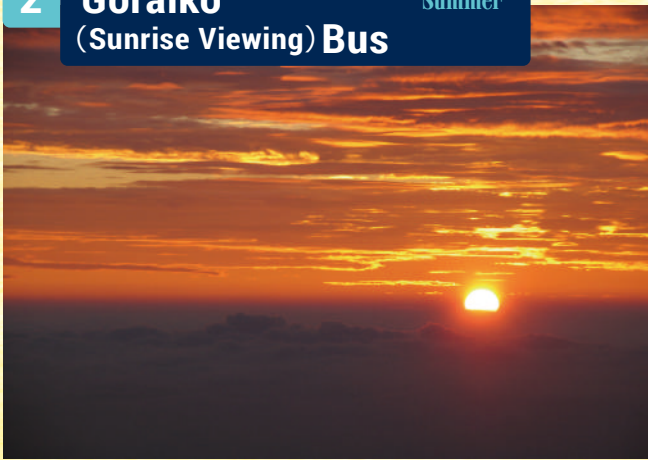
Seasonal Activities

1 Tatamidaira Alpine Flower Meadow Summer



An alpine meadow speckled with the splendid colors of blooming wildflowers. July to mid-August is the best time to visit. One stroll around the meadow takes about 30 minutes. To get there, simply go right down the stairs located next to the Norikura Tatamidaira bus stop.

2 Goraiko (Sunrise Viewing) Bus Summer



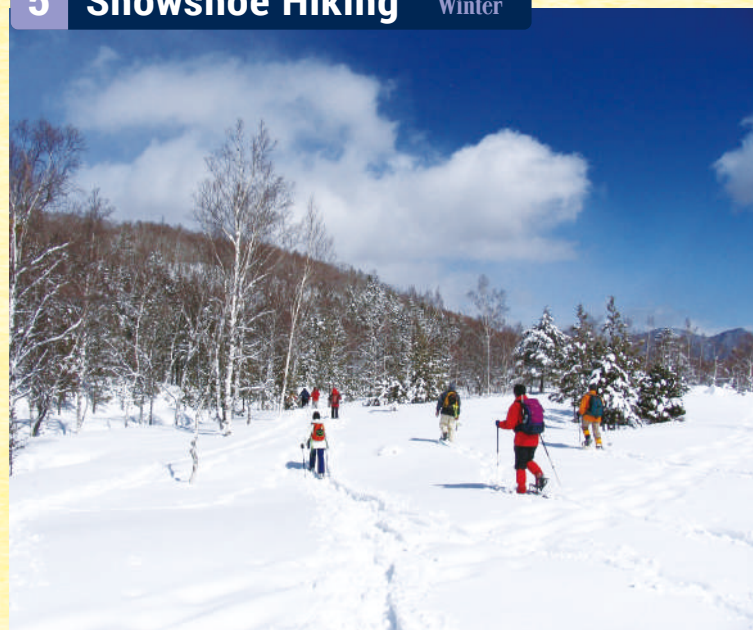
Ride an early morning bus to see the sunrise from an elevation of 2,700 meters. The view of the ocean of clouds below and the sunrise appearing from beyond the mountains are an absolute must-see. (Bring warm clothes as the temperatures fall below 10°C even in the summer).

The 2,716-meter-above-sea-level bus stop

Japan's highest altitude bus stop. The bus stop sign features an image of the sunrise at Mt. Norikuradake and is shaped like the peaks themselves. It's a great place to take a travel photo!

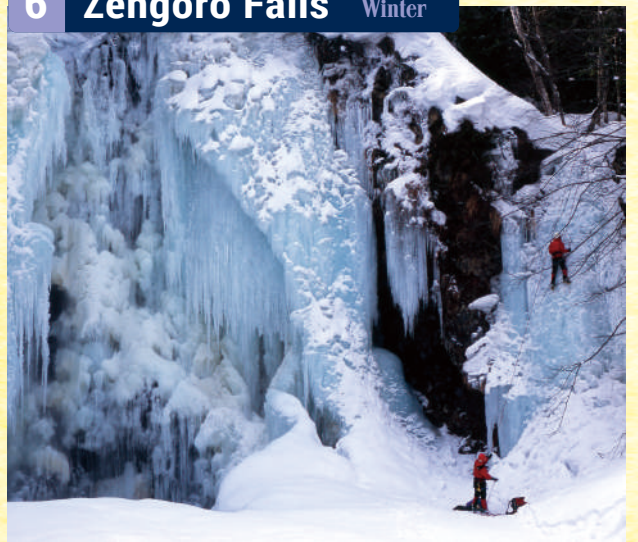


5 Snowshoe Hiking Winter



Norikura is the perfect place to enjoy hiking in the snow and remarkable frozen waterfalls. You can rent snowshoes from the lodges around Norikura Highlands and some facilities offer guided tours, as well.

6 Zengoro Falls Winter



Freezing completely in the winter, this waterfall turns into a beautiful sculpture of ice. Zengoro Falls is 21.5 meters high and 8 meters wide, with water falling from across its entire width. You can often see rainbows in the morning when the sun shines on the waterfall. The falls are especially famous for their winter scenery that let visitors feel the power of nature up close, and visiting via snowshoes is one of the most popular activities.

7 Sanzoku Burger Spring



Sanzoku-yaki fried chicken, a regional specialty from Matsumoto and Shiojiri, served on an heirloom rice bun with vegetables. Available at restaurants in the Norikura Highlands.

Tourist Information Center



The central access point of Norikura Highlands and the arrival/departure point for Mt. Norikuradake-bound shuttle buses. You will also find tourist information, restaurants, shops, bus stops, and the bus ticket counter here.

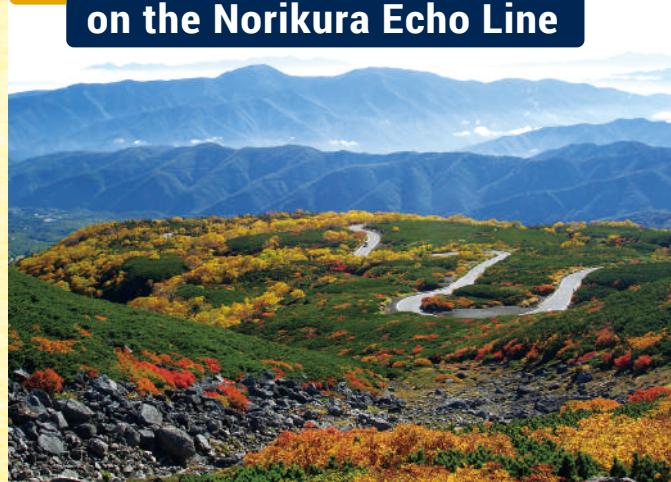
To Shirahone Hotsprings

3 Haruyama (Alpine Snow Wall) Bus Spring



Experience Norikura's enormous, 10-meter-high walls of snow in the spring and early summer. The snow walls at Norikura are rarely crowded and with easy access from Matsumoto, Takayama, and Kamikochi, there's no need to go all the way to Tateyama Kurobe!

4 Fall Foliage on the Norikura Echo Line Fall



Norikura Highlands is famous for its brilliant colors that set the mountains ablaze in the autumn. It's one of the most popular locations to see fall foliage in all of Nagano. On a sunny day, don't miss the view of the Hotaka Mountain Range from Norikura's colorful fall landscape! Norikura is also popular for cycling and its marathon event, and its wonderful scenery is only a short bus ride away.

8 Giant Maple Tree Fall



A huge maple tree located in the Ichinose Enchi area of Norikura that turns a bright red in the fall. 1 hr on foot or 15 min by bicycle from Tourist Center.

Campground



Other fun activities in Norikura

Hot Springs

The milky white hot springs of Norikura are a wonderful way to relax after an active day of exploring the area.



Skiing

Boasting numerous trails for all skill levels, high altitudes and perfect powdery snow for skiing like in Hakuba, Norikura is highly recommended for winter sports fans.



Mountain Biking

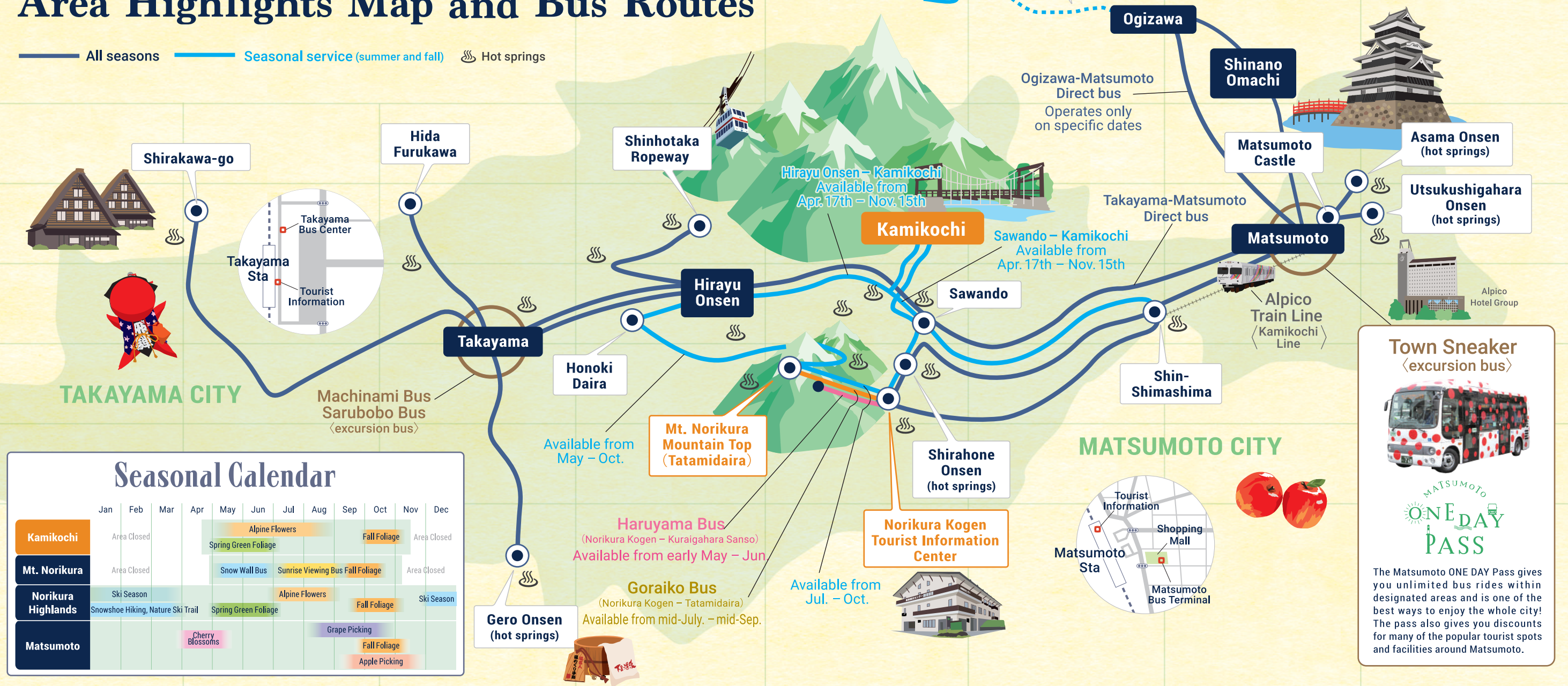
You can find trails for mountain bikers of all levels from beginner to expert in Norikura Highlands. In August, watch one of Japan's most popular hill climb cycle races.

Chubu Sangaku National Park / Japan Alps

Area Highlights Map and Bus Routes

— All seasons — Seasonal service (summer and fall) ♨ Hot springs

1
2
3
4
5



Special Ticket: Unlimited rides for 2 days
(on select buses)

2-Day Free Passport

Not only is it a great deal, but the Free Passport also makes riding easier - Simply show your ticket to get on the bus!
Unlimited rides for 2 days on route buses for Matsumoto, Kamikochi, Norikura Highlands, Shirahone Hot Springs, and Mt. Norikura Mountain Top/Tatamidaira (using Echo Line on the Nagano side).

2-Days unlimited rides **¥6,000**

2-Day plus one pass
(for 3 days of unlimited rides) **¥7,200**

Available at

Matsumoto Bus Terminal, Shin-Shimashima Station, Kamikochi Bus Terminal
Norikura Tourist Center ticket counter (available from Jul. - Oct.)

Special Ticket: Unlimited rides for 4 days
(on select buses)

4-Day WIDE Free Passport

This valuable pass offers 4 days of unlimited bus rides to sightseeing areas such as Matsumoto, Kamikochi, Mt. Norikuradake, Oku-Hida Hot Spring Area (Hiryu & Shin-Hotaka Hot Springs, etc.), Takayama, Furukawa, Gero Hot Springs, and Shirakawa-go!

Shinshu Hida Alps Wide Free Passport **¥10,290** (Winter season **¥8,800**)

Including round-trip ticket for the Shin-Hotaka Ropeway **¥12,000** (Winter season **¥9,800**)

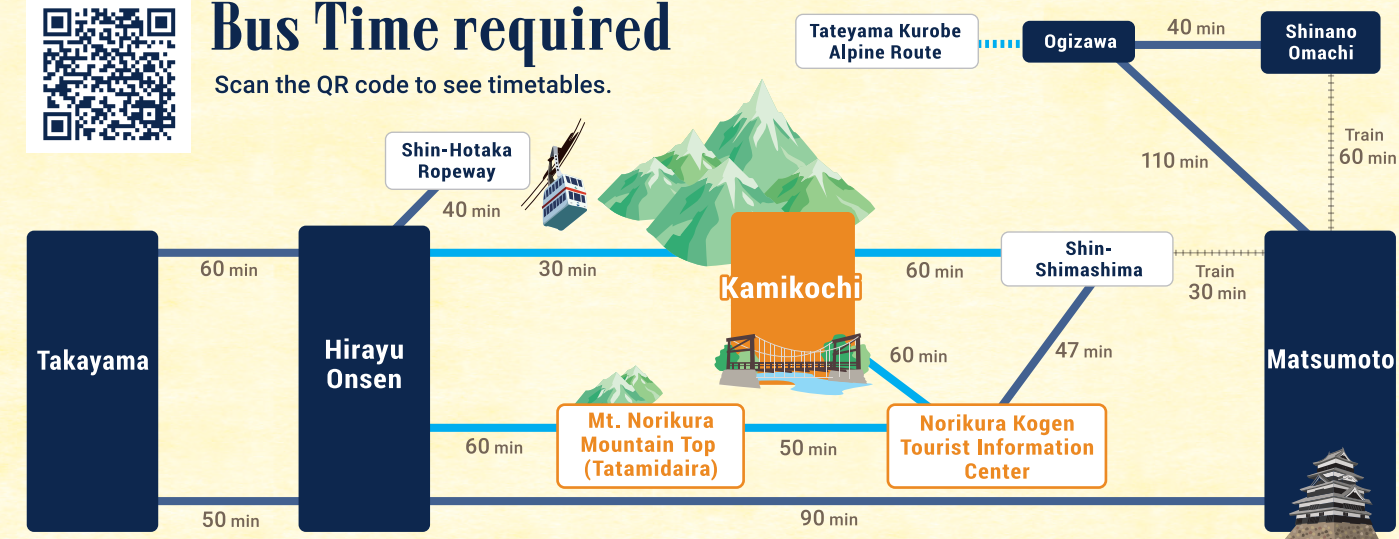
Available at

Matsumoto Bus Terminal, Shin-Shimashima Station, Takayama Bus Center, Gero Bus Center, Kamikochi Bus Terminal, Hiryu Bus Terminal, Shirakawa-go Tourist Information Center

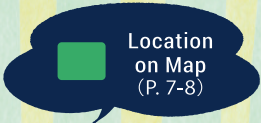


Bus Time required

Scan the QR code to see timetables.



Area Highlights






D-4 Shirahone Hot Springs


Surrounded by forests and a ravine, this area is known for its milky white waters that flow directly from ten different natural hot spring sources in the area. The hot spring is said to have many health benefits, including rumors that the water will stave off colds for three years after three days of bathing. Awanoyu is an open-air mixed bath where couples and families can enjoy the hot spring together without the requirement of an overnight stay.

C-3 Oku-Hida Onsenkyo (hot spring area)




Located deep in the mountains, Hirayu hot springs are known for their spacious open-air bath and are said to have many therapeutic and health benefits. The water of Hirayu Onsen comes from numerous sources of natural hot springs that flow in the area.

B-3 Takayama




Known as "Little Kyoto," Takayama has many restaurants, craftwork shops and excellently preserved traditional architecture. The lively Takayama Festival is held in the spring and fall.

F-2 Matsumoto Castle



The oldest six-story castle in Japan. Because it is extremely rare for a 400-year old castle to be preserved in its original state, Matsumoto castle is designated as a National Treasure. With snowcapped mountains of the Alps in the winter and cherry blossoms across the castle grounds in the spring, Matsumoto Castle is a beautiful historical destination for anytime of the year.

C-1 Shin-Hotaka Ropeway



A 12-minute aerial excursion on the ropeway brings visitors to another world, 2,156 meters above sea level. With 360-degree panoramic views spread out before the eyes at the top of the ropeway, you can admire the magnificence of Mt. Hotaka up close.

A-2 Shirakawa-go



Shirakawa-go features several World Heritage registered traditional Gassho-style residences, some of which now serve as restaurants or accommodations. The ever-changing scenery and atmosphere of Shirakawa-go throughout the seasons are the very embodiment of Japanese beauty.

F-2 Nawate Street & Nakamachi Street



Nawate Street and Nakamachi Street are located near Matsumoto Castle on either side of the Metoba River, each with a long history and own characteristic atmosphere. Nakamachi Street is lined with beautiful, traditional kura-style warehouses now serving as craftwork shops, cafes and restaurants. Nawate has the feel of a lively Edo-period shopping street and is also home to many food vendors as well as quirky souvenir shops.



Direct Bus to Kamikochi さわやか信州号 since 1982

Shinjuku ↔ Kamikochi

For Kamikochi		For Shinjuku	
Type	Standard	Green car	Standard
Dates	Every day Apr. 22 - Nov. 5	Every day Apr. 21 - Nov. 4	Specified days Apr. 21 - Oct. 28
Seat type	4-row seats	Wide 3-row seats	4-row seats
Shinjuku Expressway Bus Terminal (South exit)	7:15	22:25	22:25
↓	↓	↓	↓
Nakanoyu	11:47	5:05	5:05
Taisho Pond	11:52	5:10	5:10
Teikoku Hotel (Imperial Hotel)	11:57	5:15	5:15
Kamikochi Bus Terminal	11:59	5:20	5:20

Fare Green car Off-season ¥8,000 Peak season ¥9,200 Standard Off-season ¥6,200 Peak season ¥7,400

Tokyo Sta ↔ Kamikochi

For Kamikochi		For Tokyo Sta	
Type	Green car	Type	Green car
Dates	Every day Apr. 28 - Nov. 4	Dates	Every day Apr. 29 - Nov. 5
Seat type	Wide 3-row seats	Seat type	Wide 3-row seats
Tokyo Sta, Yaesu Exit	22:40	Kamikochi Bus Terminal	15:30
↓	↓	↓	↓
Nakanoyu	5:05	Tokyo Sta, Nihonbashi Exit	20:30
Taisho Pond	5:10		
Teikoku Hotel (Imperial Hotel)	5:15		
Kamikochi Bus Terminal	5:20		

Fare Green car Off-season ¥8,400 Peak season ¥9,600

Osaka/Kyoto ↔ Kamikochi


For Kamikochi		For Osaka/Kyoto			
Type	Green car	Standard	Type	Green car	Standard
Dates	Every day Apr. 28 - Nov. 4	Specified days Apr. 28 - Oct. 21	Dates	Every day Apr. 29 - Nov. 5	Specified days Apr. 29 - Oct. 22
Seat type	Wide 3-row seats	4-row seats	Seat type	Wide 3-row seats	4-row seats
Osaka (Umeda)	22:30	22:30	Kamikochi Bus Terminal	15:40	15:40
Shin-Osaka	22:39	22:39	↓	↓	↓
Kyoto Sta, Hachijo Exit (G3)	23:45	23:45	Kyoto Sta, Hachijo Exit (G3)	20:55	20:55
↓	↓	↓	Shin-Osaka	22:00	22:00
Nakanoyu	5:37	5:37	Osaka (Umeda)	22:10	22:10
Taisho Pond	5:43	5:43			
Teikoku Hotel (Imperial Hotel)	5:48	5:48			
Kamikochi Bus Terminal	5:50	5:50			

Green car Off-season ¥9,000 Peak season ¥10,200 **Standard** Off-season ¥7,200 Peak season ¥8,400



* The Sawayaka Shinshu Bus is an expressway route bus. * For green car seats, a ¥1,800 seat charge is included in the fare. * Fares for children and those with disabilities are half the regular fare. An additional seat charge of ¥1,800 is charge for green car seats.

Inquiries Web reservations



Flat-rate Taxi Service to Kamikochi



Based in Nagano Prefecture, Alpico offers a variety of transportation services including tourism excursion buses, pickup service, small charter buses, and welfare taxis.

Flat-rate taxi service departing from Matsumoto and other areas. For more details, please visit our website or contact ALPICO Group.

Wi-Fi service can be provided for your taxi ride. If you would like to use Wi-Fi onboard, please let us know when making your reservation.