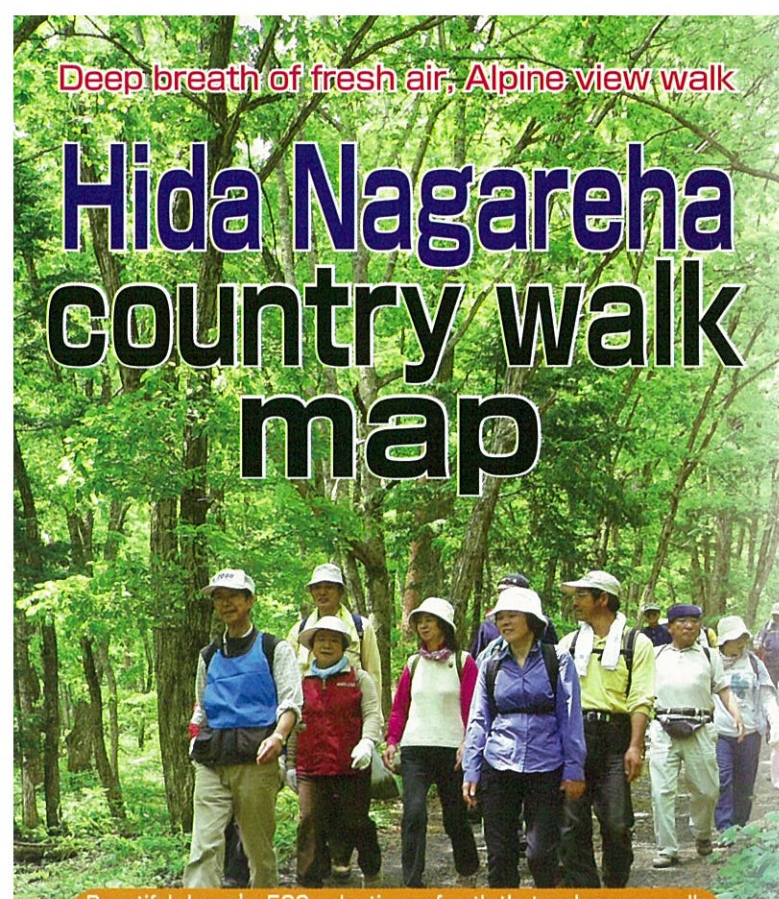


Deep breath of fresh air, Alpine view walk

# Hida Nagareha country walk map



Beautiful Japan's 500 selections of path that makes you walk

## Alpine View Mysterious forest course

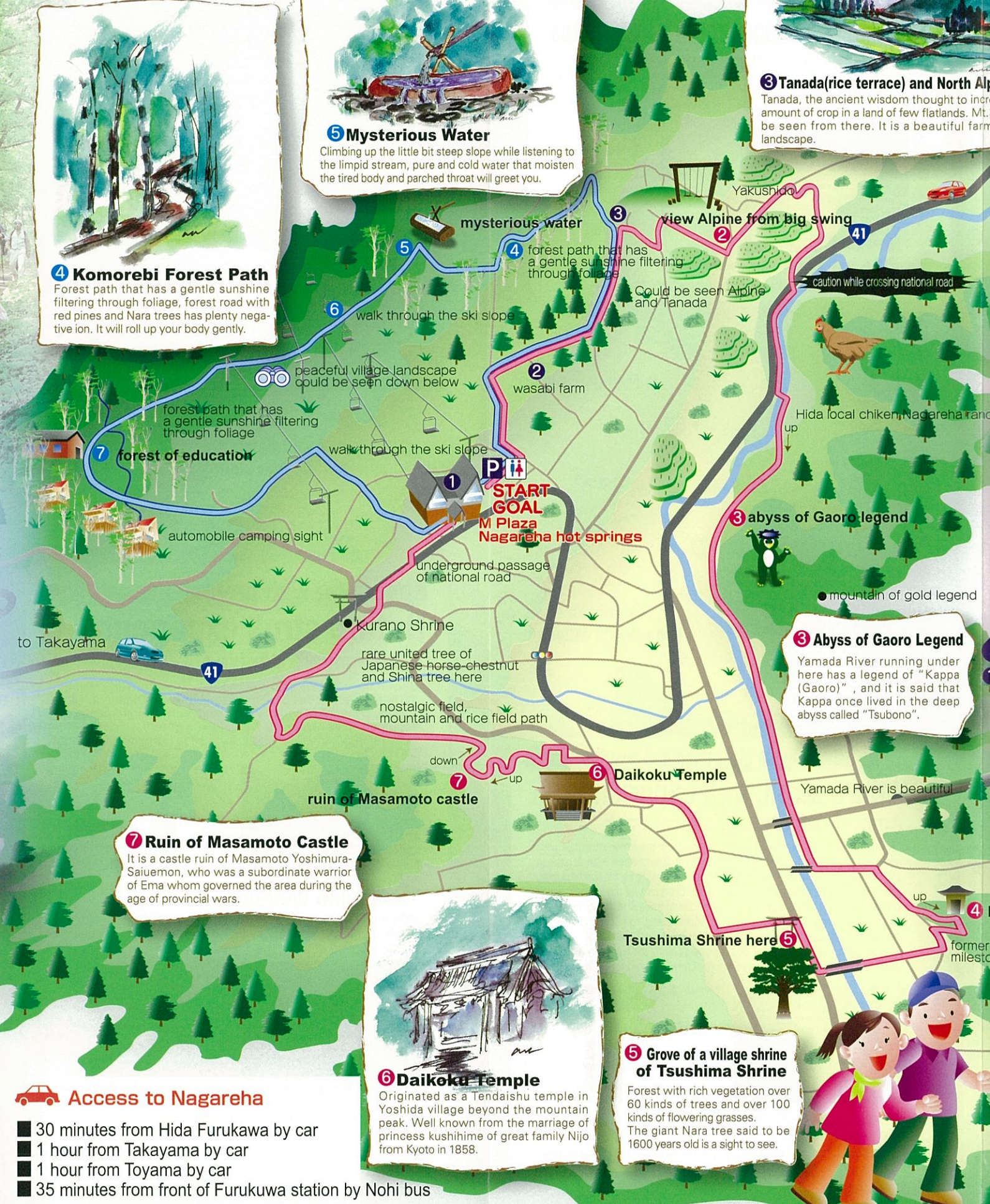
5.0km altitude difference 110m time required 1 hour 10 minutes

Into the tunnel of woods feeling squashy wood chips under your feet. Landscapes of Tanada and Alpine, gentle sunshine filtering through foliage and pure water stage to look appropriate for mystery woods.



Mt.Yakushi Mt.kitanomata Mt.Mitsumatarense Mt.Kurobegoro Mt.Yari Mt.Kasa Mt.Hodaka Mt.Shakujo Mt.Yake Mt.Norikura Mt.Ontake

Hida Nagareha where North Alpine mountains could be viewed from a distance. How about a walk taking a deep breath of clear air through tranquil field path and squashy mountain trail with a pleasant landscape?



**4 Komorebi Forest Path**  
Forest path that has a gentle sunshine filtering through foliage, forest road with red pines and Nara trees has plenty negative ion. It will roll up your body gently.



**5 Mysterious Water**  
Climbing up the little bit steep slope while listening to the limpid stream, pure and cold water that moisten the tired body and parched throat will greet you.



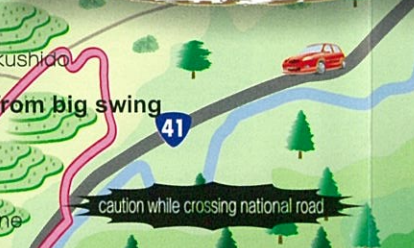
**3 Tanada(rice terrace) and North Alpine**  
Tanada, the ancient wisdom thought to increase the amount of crop in a land of few flatlands. Mt.Kasa can be seen from there. It is a beautiful farm village landscape.



**2 View Alpine from a big swing**  
If you pump the swing to the Alpine stretching out ahead, your mind and body will soak in a liberating feeling. Swing on a swing and feel the gentle wind. Soak in the liberating feeling.



**7 forest of education**  
forest path that has a gentle sunshine filtering through foliage



**3 Abyss of Gaoro legend**  
Yamada River running under here has a legend of "Kappa (Gaoro)", and it is said that Kappa once lived in the deep abyss called "Tsubono".

Beautiful Japan's 500 selections of path that makes you walk

## Sato Yama Flower Garden course

8.8km altitude difference 150m time required 2 to 3 hours

Alongside of this course, there are some shrines, temples and castle ruins of age of provincial wars, quietly ticking the history. The mountain itself is like a meadow with wild flowers grasses and cosmea field. This is a course getting close to history and nature by walking



**4 Bishamondo**  
God of agriculture. A great view of Daikoku temple, pride of the morning of Kurano, Nagareha and Yamada River could be seen from here. A great view of.



**6 Daikoku Temple**  
Originated as a Tendai temple in Yoshida village beyond the mountain peak. Well known for the marriage of princess kushihime of great family Nijo from Kyoto in 1858.

**5 Grove of a village shrine of Tsushima Shrine**  
Forest with rich vegetation over 60 kinds of trees and over 100 kinds of flowering grasses. The giant Nara tree said to be 1600 years old is a sight to see.

**Milestone**  
Magistrate's office was placed in Takayama when Hida became a government territory in 1612, and the milestones were placed from there as a base. This road was an old road called "Etchu Gaido", connecting Toyama and Takayama.

**Access to Nagareha**

- 30 minutes from Hida Furukawa by car
- 1 hour from Takayama by car
- 1 hour from Toyama by car
- 35 minutes from front of Furukawa station by Nohi bus

Base of walking is here at M Plaza. After the walk, feel easy and relaxed in the hot spring.

**1 Nagareha Exchange Center M Plaza**  
**Nagareha hot springs**  
150Fusegata Kamioka-town  
Hida city, Gifu Pref  
TEL0578-82-2275

<Hot spring hours>  
10:00~21:00  
Open seven days a week  
(only Tuesdays open at 12:30)

Hot spring admission  
Adult ¥600 Child ¥400



**Inquiry**  
Hida city hall industry and tourism department TEL 0577-73-2111  
Hida Nagareha Sugo country walk acting committee TEL 0578-82-2275

作成：古川町商工会（平成19年度国土交通省 観光ルネサンス事業）

# Hida City's exciting experiences of this and that

## 1 Challenge the secrets of soba professionals Soba making experience



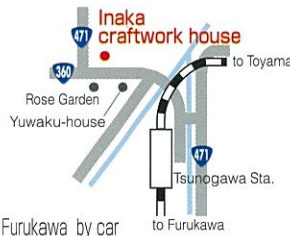
In Hida city, in recent years, cultivating buckwheat became active using the particular cold upland climate that makes a big temperature difference of night and day. In every place of the city, you can experience making soba noodle using home-grown buckwheat flour. Soba noodle may taste better made by yourself. (Prior booking essential)

Fare/about ¥1,500~¥2,000 per person

**i** Hida city buckwheat improvement association head office ☎0577-73-3340

## 2 Learn about the simple traditional technique Sanchu Japanese paper making experience

Sanchu Japanese paper is a simple Japanese paper kept passing down in Kawai town of Hida city. Characteristic of it, one of a kind across the country, is to bleach naturally white by putting the basic ingredient paper mulberry on the snow in winter. You can actually experience making Sanchu Japanese paper at "Inaka craftwork house". (Prior booking essential)



Access/Approximately 25minutes from Hida Furukawa by car  
Fare/¥500 per paper

**i** Inaka craftwork house ☎0577-65-2912

## 3 The feat of "Takumi(master) of Hida" Kigumi play experience

During the Nara era about 1300 years ago, carpenters from Hida, who went off to the capital and took an active part in the construction of shrine and temples, were called "Takumi of Hida" for their outstanding skill. At "Hida Crafts Museum", you can actually pick up the timberworks, joints and hound's tooth check and experience the feat of building component combination used by the "Takumi of Hida".



Fare/admission adult ¥300

elementary and junior high school students ¥100

**i** Hida Crafts Museum ☎0577-73-3321

## 4 Profound of traditional beauty Shunkei-style lacquer craft experience

Characteristic of Hida Shunkei-style lacquer craft is the beauty of the natural grain coated in golden brown, show 400 years of history. At Kamioka Hida Shunkei house, you can experience a part of the coating process of a serving plate. (Prior booking essential)



Fare/¥1,500 per person Access/Approximately 40minutes from Hida Furukawa by car

**i** Kamioka Hida Shunkei house ☎0578-82-0902

## How about "exciting experiences" of traditional culture, especially alive in Hida, and beautiful nature?



## Encounter with precious vegetation Nature stroll experience

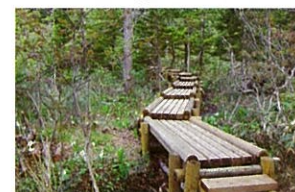
### 6 Ikegahara Wetland

Beginning of May, as pure snow melt water run through, 400thousand stocks of Japanese skunk-cabbage in all glory and the contrast between yellow and pretty marsh marigold is beautiful. There is a board walk in the wetland. Access/approximately 1 hour from Hida Furukawa via Route 360 by car



### 7 Fukado Wetland

When you walk through the 1.4km nature trail, you can see the limpid stream and many alpine plants including Japanese skunk-cabbage of snow melting season.

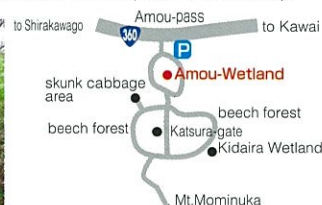


Access/approximately 1 hour from Hida Furukawa via Route 471 and large dimension forest road TakayamaOyama road to Morimokitanomata forest pass entrance. 5 km walk to the destination, approximately 1 hour 30 minutes.

**i** Hida city hall commerce, industry and tourism department ☎0577-73-2111

## 5 Be moved by the giant trees and beautiful woods Nature stroll, trek experience Amou Prefectural Natural Park

Moving through the scenic scout path starting from the Amou mountain pass parking at a height of 1,300m above sea level, it is bristled with Japanese Judas trees and Japanese horse-chestnut trees passing by the wetland area, and you will be amazed by the scale and the chemistry of nature before you know it. The beautiful old-growth forest of beech trees stretching up toward the sky, extending across in the back, is worth seeing, too. If you have confidence in your physical strength, trek up to Mt.Mominuka(altitude of 1744m) is recommended. On a sunny day, you can see as far as the Northern Alpine and peaks of Hakusan. (Approximately 5 hours of time required for a round trip)



Access/Approximately 1 hour from Hida Furukawa to Amou mountain pass parking by car  
Fare/¥500 forest environment conservation cooperating money

**i** Hida city hall commerce, industry and tourism department ☎0577-73-2111

## 8 <sup>World's first</sup> Quite a new riding feeling Rail Mountain Bike riding experience

The world's first vehicle "Rail Mountain Bike", running on the rail track of former Kamioka railroad, was developed by local idea men. From the sound of running through the joint of the rail, it's named just like it sounds "Gattan Go!". Pedal while bathing the wind, back and forth 5.2km, you will feel great! (Riding meet will take place on irregular date.)



Fare/normal bicycle ¥1,000 per person  
hybrid bicycle ¥1,500 per person

**i** Hida tourism association ☎0577-74-1192

|                |  |                 |                                    |
|----------------|--|-----------------|------------------------------------|
| Nagoya         | JRtrain Wide View Hida<br>approximately 2 hours 20 minutes | Takayama        | 15minutes                          |
| Toyama         | JRtrain Wide View Hida<br>approximately 1 hours 15 minutes | Hida Furukawa   | R41 Approximately 15minutes by car |
| Ichinomiya JCT | Toukai-Hokuriku Express Way<br>1 hours 30 minutes by car   | Hidakiyomi I.C. | Unohana-kaidou<br>25minutes        |
| Scheduled Bus  | Nohi bus center<br>in front of Takayama station            |                 | 35minutes                          |



[Inquiry]  
Hida city hall, industry and tourism department  
TEL0577-73-2111 <http://www.city.hida.gifu.jp>  
Hida tourism association  
TEL0577-74-1192