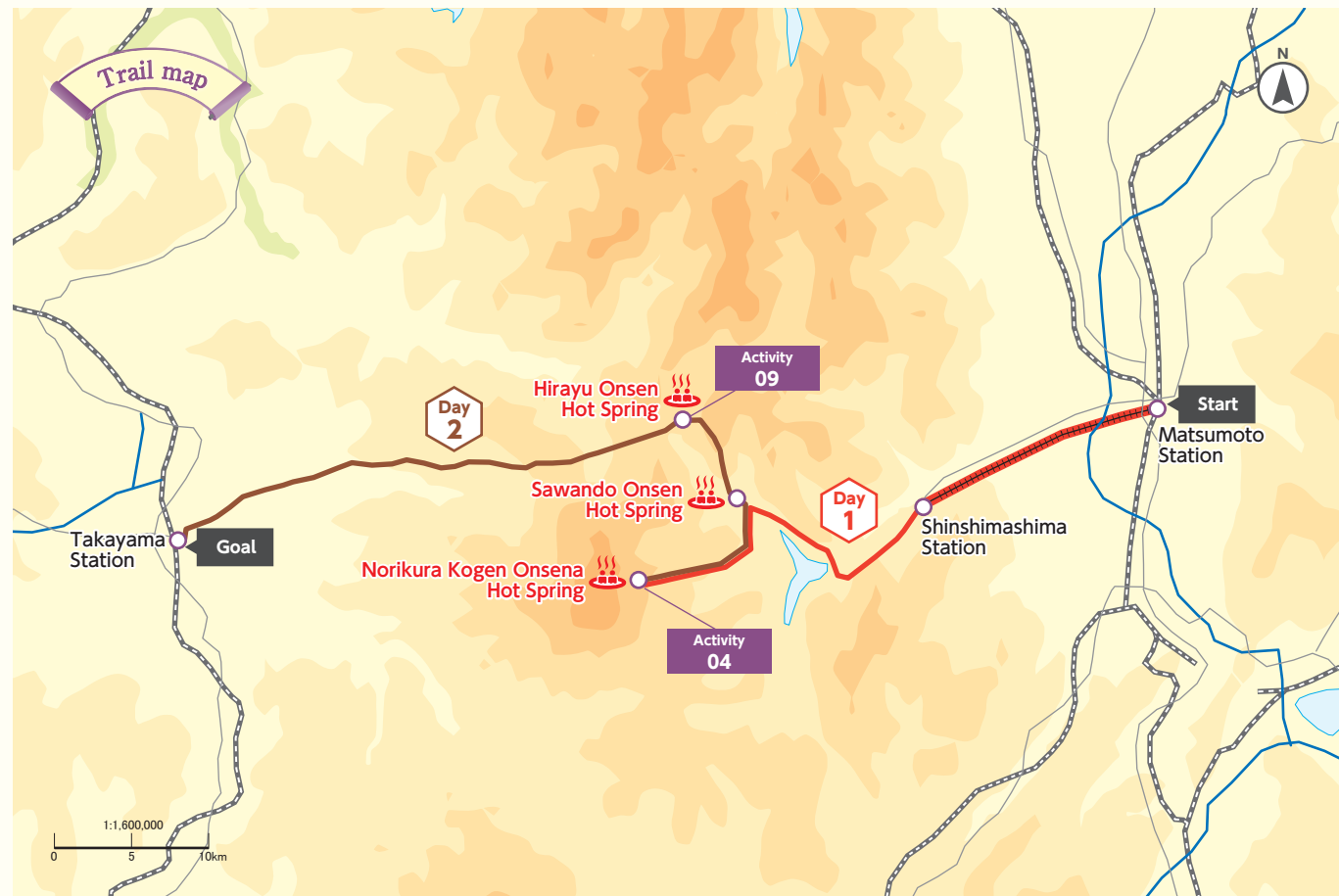


Season January to March Duration of stay 1 night 2 days

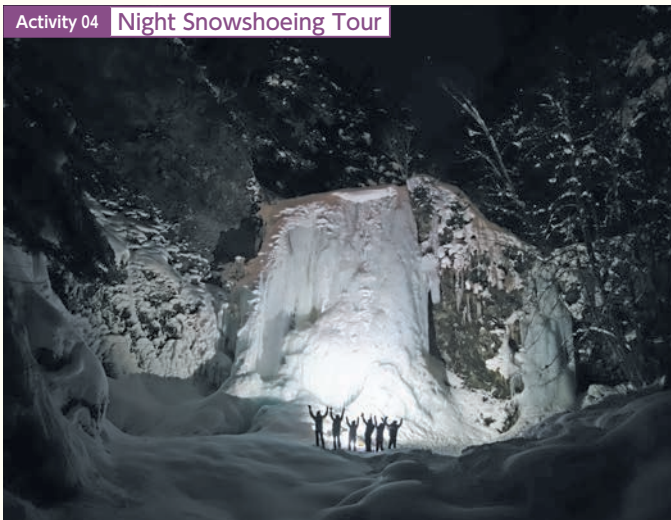
# Outdoor Adventure in Chubusangaku National Park's Powder Snow Paradise (Winter-only Course)

Notes

- Relish Mt. Norikura's superb powder snow, made possible by the high altitude and dry climate.
- Enjoy snow sports while travelling between Matsumoto and Takayama, also popular with foreign visitors.
- Take advantage of the Free Pass for easy transportation.
- Find all required rental equipment locally.



Activity 04 Night Snowshoeing Tour



The Hot Springs of Hirayu



Winter at Norikura Kogen



The Frozen Zengoro Falls



Mt. Kasa from Hirayu Onsen Hot Spring



Hiking on Snow



Animal Footprints



Open-air Hot Spring Baths in Hirayu no Mori



Day1

- 2:45p.m. Matsumoto Station  
(In the morning, it is possible to visit Matsumoto Castle or go shopping along Nakamachi Street and Nawate Street.)  
🚆 (Train (Alpico Kotsu Kamikochi Line) Approx. 30 min)
- 3:15p.m. Shinshimashima Station 🚌 (Alpico Kotsu Bus) Approx. 45 min
- 📷 Norikura Kogen  
(A plateau extending over the eastern foothills of Mt. Norikura, Norikura Kogen boasts a variety of hot springs with different water qualities, and bustles with seasonal activities. There are higaeri onsen (day-trip hot spring) facilities for day-trippers, and yukimi ("snow viewing") is possible while bathing. Popular sights here include the large, graceful form of Mt. Norikura, the pastoral landscapes of Ichinose Garden, waterfalls cascading from the tip of the lava plateau, and the rich diversity of flora and fauna, such as wild birds. The area around Mt. Norikura boasts the finest powder snow, brought about by the high altitude and dry climate of inland Honshu. Admire the frozen Zengoro Falls and Sanbon Falls while in town, and should you arrive early, take advantage of the extra time by trying your hand at various snow activities and snow sports on Mt. Norikura's ski slopes.) 🚶
- 4:15p.m. Accommodation at Norikura Kogen 🏠
- 8:00p.m. Activity 04 Night Snowshoeing Tour (Approx. 90 min)  
(Zengoro Falls is one of Norikura's Three Waterfalls. This 8m-wide waterfall with a 21.5m plunge transforms into an icicle in winter. The magical sight of this icicle naturally formed by winter temperatures is enough to make anyone feel awe and wonder at its force. When the sky is clear, you can get a magical view of the starry sky and the moon. This is a nighttime adventure tour to a special place you can only access by snowshoe. (rentals available))
- 9:30p.m. Accommodation in Norikura Kogen [Accommodation]

Day2

- 7:20a.m. Accommodation in Norikura Kogen 🚌 (Alpico Kotsu Bus) Approx. 30 min
- 7:50a.m. Sawando 🚌 (Alpico Kotsu Bus) or Approx. 20 min
- 9:15a.m. Hirayu
- 10:00a.m. Activity 09 Snowshoeing Experience (Approx. 120 min)  
(Snowshoe through winter's stunning silver scenery with the Snowshoe Experience Tour in Hirayu Onsen Hot Spring. On clear days, travel to the mountaintop by ski lift. Enjoy the popular Kamoshika Slope course, elevation 1700m, and visit the spectacular frozen Hirayu Otaki Falls. After snowshoeing, refresh body and soul in the cloudy waters of the Hirayu no Mori hot springs!) 🚶
- 12:00p.m. Hirayu (Approx. 150 min) (Lunch and bath at Hirayu-no-Mori) 🚌 (Nohi Bus) Approx. 60 min
- 3:30p.m. Takayama Station  
(If you arrive early at Takayama Station, it is possible to explore Takayama, or travel towards Kanazawa and Nagoya.)