

Sample course
using the recommended activities

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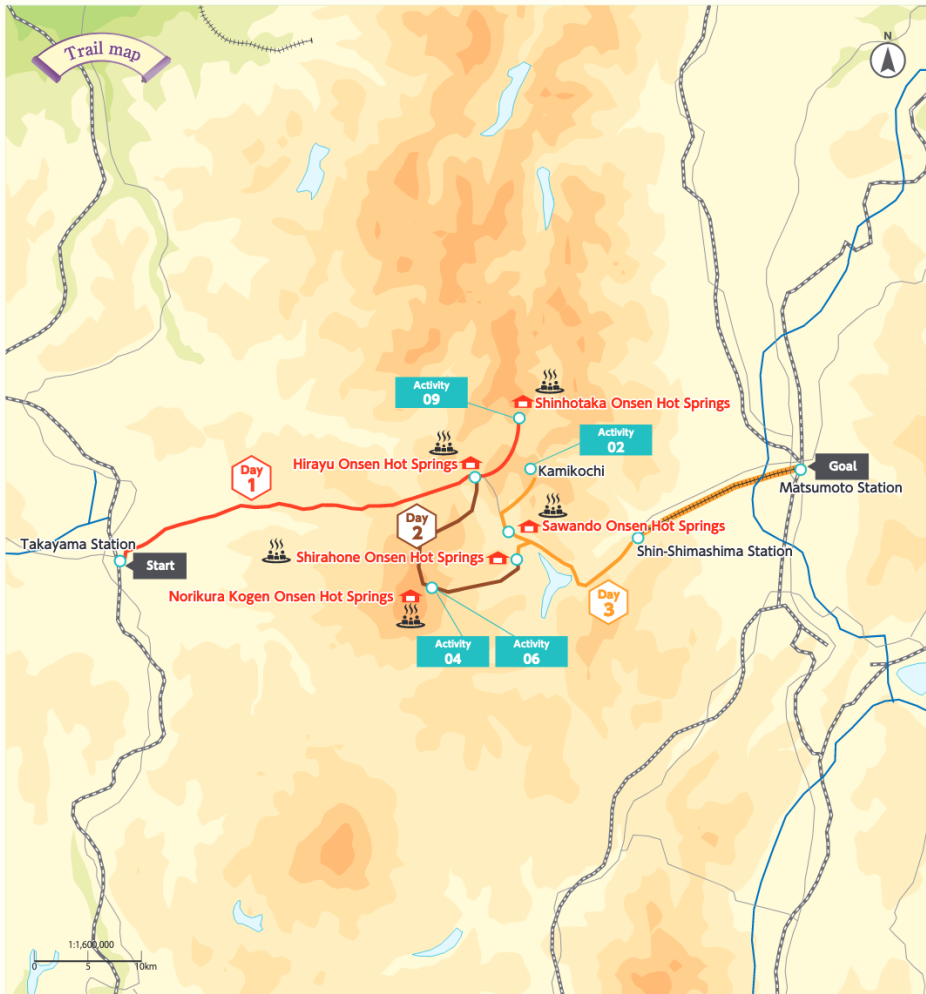
Season July - September

Duration of stay 2 nights, 3 days

Gentle Healing by Nature and Hot Springs in Chubusangaku National Park: A Premium Plan (Summer-only Course)

Notes

- Luxuriate in the natural surroundings of Chubusangaku National Park
- Soothe body and soul in the sublime hot springs, and savor the gourmet alfresco dinner on offer.



📷 Mt. Norikura



📷 Shirahone Onsen Hot Springs Public Open-air Bath

The healing qualities of these hot springs are so highly regarded that it is said that bathing daily for three days will protect you from catching a cold for three years. From old times, Shirahone has been known as a hot-spring health resort tucked into the mountains and has been beloved by many notable writers and artists. Even now, it retains the atmosphere of a secluded hot spring. Soaking in the open-air bath next to the mountain stream is also possible.



Activity 06 Leisurely mountain bike fun in the Great Outdoors



Activity 04 Star and Moon Restaurant



📷 Kamikochi in Summer

Enjoy a light cycling tour of the Norikura Kogen Highlands area accompanied by a guide. After a brief lesson on mountain-biking basics, you'll head off-road. This tour is also suitable for children.

Surrounded by the incredible nature of Chubusangaku National Park, savor the abundant bounty of the Shinshu area, including locally produced wines and a meal packed with locally sourced ingredients. Enjoy a luxurious dinner with attentive service in unique setting. All electricity required to produce the evening's activities comes from electric vehicles, allowing you to enjoy a wilderness far removed from the lights of the city.

Enjoy a light cycling tour of the Norikura Kogen Highlands area accompanied by a guide. After a brief lesson on mountain-biking basics, you'll head off-road. This tour is also suitable for children.

Day 1	9:40a.m. Takayama Station (Bus [Nohi Noriai Jidosha]) Approx. 95min → 11:15a.m. Shinhotaka (60min) (Shinhotaka Onsen Hot Springs is located deep in Okuhida Onsenkyo Hot Spring Village, a cluster of hot springs at the base of the Northern Alps whose abundant hot water and open-air baths make the village a leading hot-spring destination. Popular local delicacies include Hida beef, and hoba-yaki, where various ingredients are grilled on a dried magnolia leaf.) → 12:30p.m. Shinhotaka Ropeway (Hop aboard Japan's only two-story gondola and zip up to Nishihotaka Station at an elevation of 2,156 meters. From the observation deck, marvel at the unspoiled wilderness of the Northern Alps, home to majestic mountainscapes.) → 3:55p.m. Shinhotaka (Bus [Nohi Noriai Jidosha]) Approx. 35min → 4:30p.m. Hiryu Accommodation Facilities [Accommodation] (Hiryu Onsen Hot Springs is the oldest hot-spring district in Okuhida Onsenkyo Hot Spring Village. The hot spring's opaque baths are particularly popular. Time permitting, explore Hiryu Otaki Waterfall. Staying at Hiryu Campground is also a possibility, as is dining outside of your Hiryu Onsen Hot Springs accommodation.)
Day 2	3:30a.m. Hiryu (Activity 09 Greet the sun with the Norikuradake Gorai Sunrise Viewing bus (Marvel at the beauty of the rising sun from the Mt. Norikura mountaintop aboard a sunrise-viewing bus. Enjoy a sea of clouds and spectacular mountainscapes on this special time-limited, early-morning expedition.) Approx. 60min → 4:20a.m. 📷 Tatamidaira ((Tatamidaira, cool even in summer, is the highest point that can be reached by car in Japan. Enjoy the sunrise and fields of blooming flowers. If luck is on your side, you may even catch sight of rock ptarmigans!) (Bus [Alpico Kotsu]) Approx. 50min → 8:55a.m. Norikura Kogen Highlands (Norikura Kogen Highlands spreads out at the eastern foot of Mt. Norikura. Seasonal activities are plentiful, and a variety of hot springs with different water qualities are available for a refreshing bath. The graceful shape of Mt. Norikura, the idyllic scenery of Ichinose Enchi Park, the waterfalls spilling from the edge of the lava flow, flora and fauna, wild birds — Norikura Kogen Highlands really is a nature paradise!) (Courtesy car) → 9:30a.m. (Activity 06 Leisurely mountain bike fun in the Great Outdoors (approx. 90min)) → 11:30a.m. Norikura Kogen Highlands (approx. 60min) (Lunch will be eaten in the Norikura Kogen Highlands area.) (Bus [Alpico Kotsu]) Approx. 20min → 1:00p.m. 📷 Shirahone Onsen Hot Springs Accommodation Facilities (Courtesy car) Approx. 20min → 6:00p.m. Norikura (Activity 04 Star and Moon Restaurant (150min)) (Courtesy car) Approx. 20min → 9:00p.m. Shirahone Onsen Hot Springs Accommodation Facilities [Accommodation] *Accommodation can also be arranged in Norikura Kogen Highlands.
Day 3	9:10a.m. Shirahone Onsen Hot Springs (Bus [Alpico Kotsu]) Approx. 45min → 9:55a.m. Kamikochi (Approx. 10min) → Kappa Bridge → 10:30a.m. Kamikochi Shirakaba Nature School (Activity 02 Nature Exploration Tour of Kamikochi - Held Daily (60min)) (Beautiful morning landscapes, a night sky brimming with stars, bird-watching and forest-bathing: Discover the joys of the Kamikochi area with a guided nature tour that explores the Kappa Bridge area. Held four times each day, the hour-long tour comes with a knowledgeable guide who will introduce you to places of interest and discuss a broad range of topics, including vegetation, wild birds, mountains and the area's history.) → 11:30a.m. Kamikochi (150min) (Lunch and Exploring in Kamikochi) (Bus [Alpico Kotsu]) Approx. 65min → 3:25p.m. Shin-Shimashima Station (Train [Alpico Kotsu Kamikochi Line]) Approx. 30min → 3:55p.m. Matsumoto Station