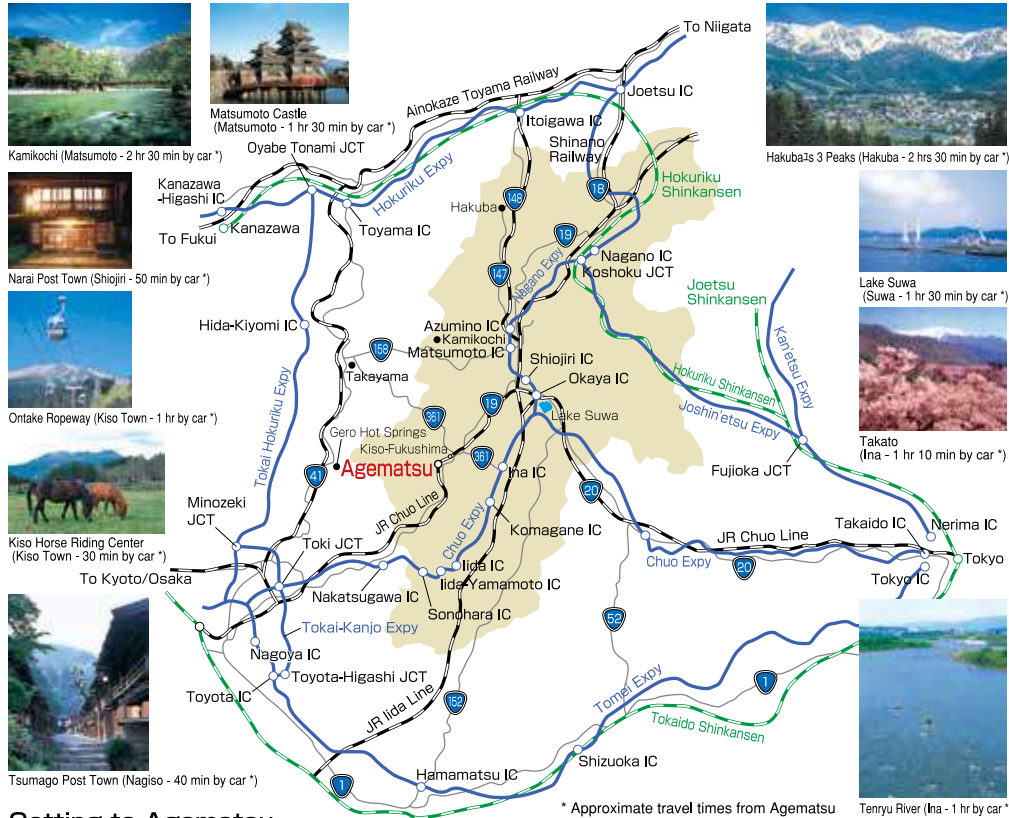


Sights around Kisoji

Nagano Prefecture is host to an abundance of popular tourist attractions including four-season nature resorts, historical sites, national treasures, and important cultural properties. On your way to Agematsu, be sure to enjoy the charms of Kisoji to the full.



Getting to Agematsu

Train (JR)	Shinjuku	Chuo Line	Shiojiri	Chuo Line	Agematsu	Bus/Taxi	Akasawa
	Shin-Osaka	Shinkansen (bullet train)	Nagoya	Limited express - 40 min		30 min	
Express Bus	Shinjuku	Chuo Expy & Nagano Expy	Shiojiri Interchange	R19	Kiso-Fukushima	Bus	Akematsu
						10 min	30 min

Contact

Agematsu Town Tourism Association
 159-3, Agematsu, Agematsu, Kiso-gun, Nagano 399-5601 TEL: 0264-52-1133 FAX: 0264-52-4180
 Agematsu Station Tourist Information Center TEL: 0264 (52) 4820
 Agematsu Town Official Website: <http://www.avis.ne.jp/~hinoki/>
 Nagano Prefecture Official Tourism Guide: <http://www.nagano-tabi.net/>

Kiso Tourism Association Office
 Kiso Culture Park, Higi, Kiso Town, Kiso-gun, Nagano 399-6101 TEL: 0264 (23) 1122
 Website: <http://www.kisoji.com/>

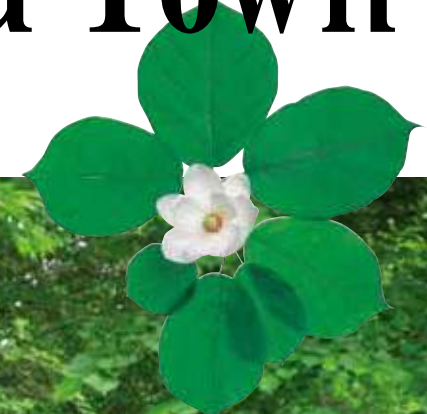
Ginza Nagano Tourism Information Center
 NOCO Bldg. 2F, 5-6-5, Ginza, Chuo, Tokyo 104-0061 TEL: 03 (6274) 6017

Nagano Prefecture Nagoya Tourism Information Center
 Chunichi Bldg. 4F, 4-1-1, Sakae, Naka-ku, Nagoya 460-0008 TEL: 052 (263) 4118

Nagano Prefecture Osaka Tourism Information Center
 #800, Osaka Ekimae Daiichi Bldg., 1-3-1, Umeda, Kita-ku, Osaka 530-0001 TEL: 06 (6341) 8205

Agematsu Town

Kiso Nagano



Agematsu Town Tourism Association



Town of cypress trees, Agematsu.



Agematsu Mascot Characters "Taro-chan" & "Birin-chan"

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Kingdom of Trees, A village in a beautiful grove. Japan's country roads warm the hearts of travelers.

Surrounded by mountains, a deep green kingdom of trees, Agematsu. Since ancient times this beautiful Japanese town has flourished beside the Kiso River as one of the 11 post towns along the Nakasendo Road. The surrounding forest became the setting for various stories, and strict protections placed on it by the local ruler has led to the area becoming famous for the quality of its wood.

Follow the fragrance of the trees along streets that, while changing over hundreds of years, still hold the nostalgia of the original Japanese landscape. Nurtured by abundant water, the beautiful woods produce a peaceful melody. The Kiso Valley entices the desire to travel, displaying its subtle expressions in each moment.

Agematsu town gives you a beautiful sense of peace.



Cradle of the forest bathing, beautiful Akasawa forest.

Akasawa Recreational Forest is counted among Japan's 3 most beautiful forests. 300-year-old trees line up in the majestic Kiso land of cypress.

Walk on the clear cold earth and feel touched by the breath of life.



Dazzling verdant greens in spring, refreshing cool breezes in summer, and the colors of the changing leaves in fall.

The mountain resounds with the mysterious life force of the stately, great cypress trees.

The Akasawa Recreational Forest is a forest that has been looked after for over 300 years, and has 8 walking courses winding through the trees.

A short loop will allow you to enjoy the refreshing sound of a mountain stream, home to char and trout. You can feel at ease among the pretty flowers and birdsong.

The Akasawa Recreational Forest can give you a sense of Kiso's history and culture shaped by mountains, trees, and people.

The forest railway was once commercially active in the Kiso Valley, the old engines now carry visitors through the cypress forest.

Bathed in the green wind, a sense of liberation and irresistible freshness.

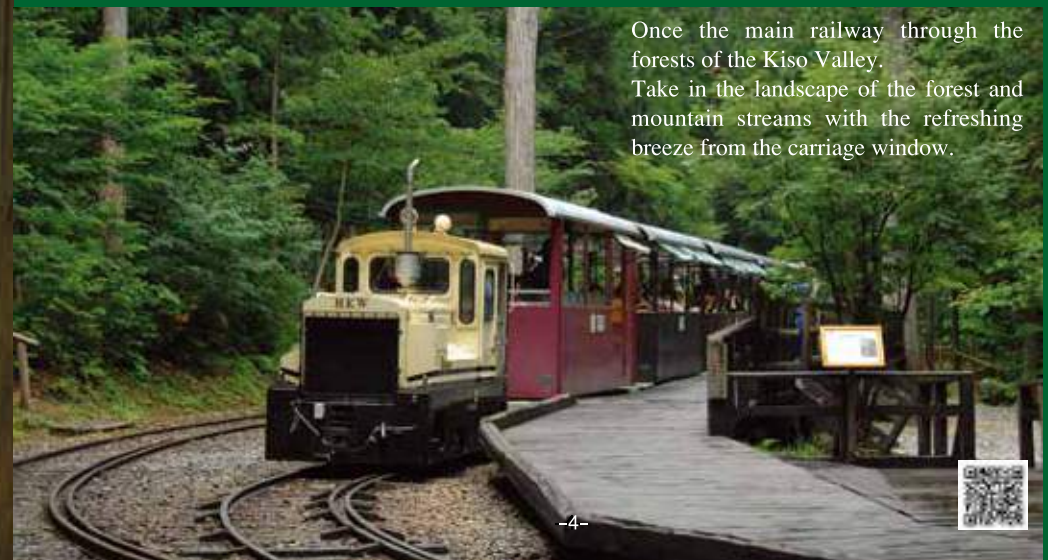
You can enjoy leisure with learning experiences at the same time at facilities including the museum on the wonder and history of the forest.



Forest Railway

Once the main railway through the forests of the Kiso Valley.

Take in the landscape of the forest and mountain streams with the refreshing breeze from the carriage window.



The Akasawa Recreational Forest Walking

Akasawa Recreational Forest is a natural forest with over 300-year-old cypress trees.

Also considered a globally precious site. The Japanese cypress forest is counted alongside the Akita Cedars and Aomori Hiba as one of Japan's three most beautiful forests and is also known as the land of the forest's origin.

Facilities such as 8 footpaths and a forest museum where you can enjoy strolling and watching have been arranged. The forest has been included among the "top 100 Japanese natural assets to preserve in the 21st century", the "top 100 Japanese forest bathing forests", the "top 100 fragrant landscapes", and is also a recognized "forest therapy center".



Walking trail [D-2]

Birdsong, babbling mountain streams and encounters with large trees and flowers. Take in the forest and be refreshed on a stroll



Tom Sawyer Club Village [D-2]

A nature experience village open every summer. Enjoy a variety of event programs including hand fishing and woodworking experiences.



Forest Museum [D-2]

Featuring valuable objects, documents and photos of the history of Kiso Valley forestry and the wildlife of Akasawa, including birdlife and the five trees of Kiso.



Forest Railway Museum [D-2]

The forest railway served as Kiso's commercial railway for over sixty years. This museum preserves and exhibits vehicles, tools, and equipment from that time.

Forest Therapy Base The Akasawa Recreational Forest

"Forest therapy" means using the forest environment along with natural medicines for counselling and rehabilitation, along with promoting health recovery and wellbeing through "forest bathing" and forest recreation activities.

Forest therapy studies have shown that, when carrying out forest bathing, phytoncides emitted by the trees activate the NK (natural killer) cells responsible for immunity and increase the production of anti-cancer proteins.

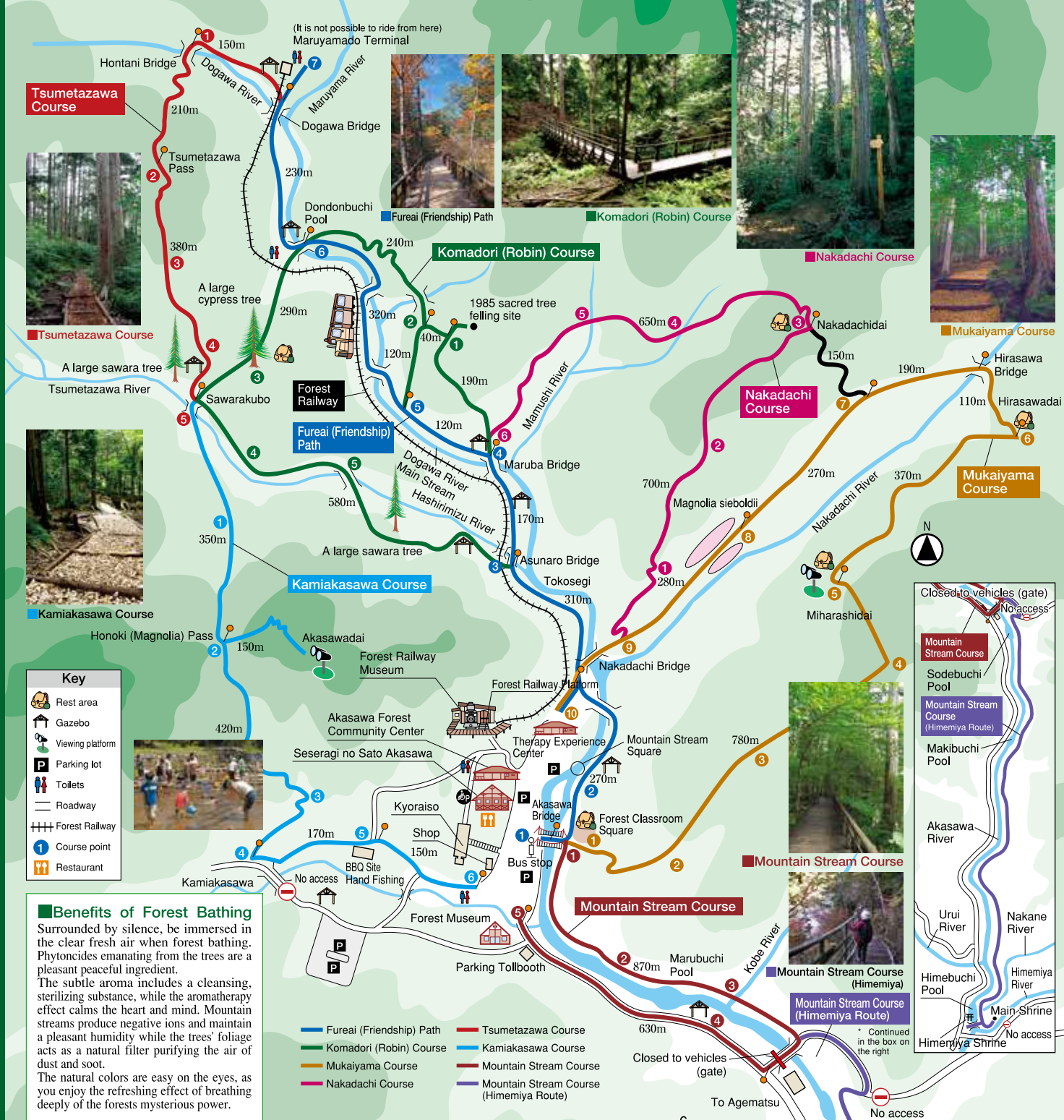
In our modern stressful society we find that the physiological and psychological relaxation effect of spending time in forests can promote improved immunity.



Therapy Experience Center [D-2]

The "forest doctor" opened the center to provide simple health consultations and to measure the effects of forest therapies.

(Every Thursday from May to late October / Public health and registered nurses on station from Wednesday - Friday)





Timber for the construction of Ise Shrine. Divine Trees

Misomahajime Ceremony

The beautiful forest of Akasawa has long supplied the wood for Ise Shrine. Every 20 years, in Misomahajime Ceremony as a part of Ise Shrine's Reconstruction events, divine trees are carefully selected and felled by axes using a special technique.



1985 felling site



Felling the sacred tree at the 2005 Misomahajime Ceremony



Dashing through the beautiful woodland. Forest Railway

The Baldwin locomotive. [D-2]

A steam locomotive that ran 420,000 km between 1916 and 1960. This vehicle from a bygone era is on display. A century has passed since the first locomotive's production and it is now designated as a treasure of the country's forestry and industrial modernization heritage.



Forest Railway [D-2]

Passenger carriages are drawn through the beautiful Akasawa forest by diesel locomotives.

NPO "Kiso Japanese Cypress Forest"

The "Kiso Japanese Cypress Forest" NPO corporation is based in the Akasawa Recreational Forest, with the aim of highlighting the importance of forest resources and carrying out activities to protect its splendor.



The group leads guided forest walks within the Akasawa Recreational Forest.

The forest produces oxygen and stores water, making it a very important asset. Learn about the history of forestry in Kiso while being guided around important natural features such as trees and beautiful flowers.

We work to conserve the forest environment.

The NPO also carries out conservation work in the "Kiso Japanese Cypress Forest", including maintaining boardwalks and spreading fallen cypress bark to prevent trampling damage. They also replace soil eroded by rainwater. Additionally they work to protect declining plant species.



The NPO conducts research and education projects.

There are many plants distributed throughout Kiso's forests, including about 500 varieties in the Akasawa area. In the "Kiso Japanese Cypress Forest" in addition to providing the necessary knowledge for guides, they also conduct educational programs on preservation, ecology, and rare species. The organization are also working on the production of the Akasawa sightseeing map.



- ① Magnolia sieboldii
- ② Coptis quinquefolia (Goldthread Family)
- ③ Aquilegia buergeriana f. flavescens (Columbine Family)
- ④ Heloniopsis orientalis (Oriental Swamp Pink)
- ⑤ Benthameidia japonica (Kousa Dogwood)

Please direct any inquiries about Akasawa Recreational Forest guided tours to the Agematsu Town Tourism Association.

The Five Trees of Kiso

Let's learn the names and characteristics of Kiso's five representative trees while enjoying the forest.



Hinoki
Chamaecyparis obtusa
The scaly leaves. Stomatal lines produce white "Y" shapes on the underside.



Sawara
Chamaecyparis pisifera
Small scaly leaves with sharp tips.



Nezuko
Thuja standishii
Aka. Kurobe. Its scaly leaves are larger than that of the standard Japanese Cypress.



Asunaro
Thujaopsis dolabrata
Featuring large, wide, scaly leaves, making it suitable as a building material.



Koyamaki
Sciadopitys verticillata
Identifiable by its long thin leaves with extensive verticillation.