

THE ONLY ALPINE ROUTE PASS!

JR RAIL PASS FOR CENTRAL JAPAN!!

Easy & Great Deal!

Centering the Alpine Route, you can enjoy a grand tour around Gifu and Nagano area from Nagoya!

Unlimited rides on JR local and limited express trains along the route as well as all transportations of the Alpine Route!

Alpine-Takayama-Matsumoto Area

Tourist Pass

Valid for 5 consecutive days

Adults **¥18,600** Children **¥9,300**

Purchasing in Japan Adults:¥19,600 Children:¥9,800
Children: 6 to 11 years of age

Available Period: Mid-April to mid-November

Daikanbo ①

(October)

Mikuriga Crater Lake ③

(Murodo)

(August)

Kurobe Dam ②

(August)

Yuki-no-Otani (Snow Wall) ④

(Murodo)

(April)

Matsumoto Castle ⑤

Narai-juku ⑥

Takayama ⑧

Gero ⑨

Alpine Route

Chubu Centrair International Airport

*Among the routes that the pass is useable for, the thick blue line represents JR conventional lines, while thick lines of other colors show other useable modes of transport.

*You can exchange MCO (bought outside of Japan) and purchase passes at designated counters at stations with the ● mark along the route. (You can also exchange MCO and purchase passes at main stations of JR Central: Tokyo, Shinagawa, Shin-Yokohama, Kyoto, Shin-Osaka, etc.)

Shupo

Journey by train

*Photos and illustrations are all images.

Shin soba (newly-harvested soba) noodles [Kiso]



Take a journey through KISO steeped in historical sentiment.



Kiso-no-Ohashi Bridge is one of the very few large bridges in Japan that has been constructed without piers. This arched bridge is made entirely from hinoki cypress wood. On the western side of the bridge is a grassy park area called Mizube no Furusato Fureai Koen, where you can take a rest during your stroll around the old post town.

Access: Walk from Narai Station on the JR Chuo Main Line
Address: 1346-3 Narai, Shiojiri City, Nagano Prefecture



Kiso-no-Ohashi Bridge



This shrine was revived by the ascetic monk Fukan, who opened up the Ontake Pilgrimage Trail in the foothills of Mt. Ontake in the middle of the Edo period (1603-1868). The name "Hakkaisan" derives from the fact that Fukan also opened up a pilgrimage trail on Mt. Hakkai in Echigo Province (now Niigata Prefecture). Holy water from inside the shrine's precincts has long been renowned for curing eye ailments. Even today, centuries later, people still walk the Ontake Pilgrimage Trail and pray to the mountain in the hope that their prayers will be answered.

Access: Taxi from Kiso-Fukushima Station on the JR Chuo Main Line
Address: Hakkaisan, Otaki Village, Kiso District, Nagano Prefecture



Hakkaisan Shrine

Magome-juku Post Town

This old post town stands on a steep slope. Here you can see vestiges of the past in the houses' low eaves, lattice-work, and masugata (squares built between the inner and outer gates for protection from attack). In addition to taking a stroll along the cobblestone streets lined with restaurants and souvenir shops, in autumn, we especially recommend visiting the observatory near Jinba. From here, you can enjoy magnificent views of Mt. Ena cloaked in red and yellow autumnal leaves.

Access: Bus from Nakatsugawa Station on the JR Chuo Main Line
Address: Magome, Nakatsugawa City, Gifu Prefecture



Remains of the Fukushima Sekisho Checkpoint



This is where the Fukushima Sekisho, one of Japan's four major checkpoints, once stood. The old gate and fence have been restored, and the site is now a historic park. Adjoining the park is another fascinating facility—the Fukushima Sekisho Museum, which preserves documents related to travel through the checkpoint.

Access: Walk from Kiso-Fukushima Station on the JR Chuo Main Line
Address: 5031-1 Fukushima, Kiso Town, Kiso District, Nagano Prefecture





\\Gloriously colored rejuvenating autumn scenery //



You can fully enjoy the magnificent natural environment of this gorge, from the clear emerald green waters of the Atera River to the sculptured beauty created by the precipitous rocks. In autumn, the trees lining the riverbanks are draped in a colorful cloak of red and yellow autumnal leaves. The Japanese red maple is an especially rare variety of maple and has been recorded in Japan's Ministry of the Environment's *Red Data Book* of threatened species. Be sure to take in this glorious scenery aflame with autumnal colors that you can rarely see anywhere else.

Access: Walk from Nojiri Station on the JR Chuo Main Line
Address: Atera National Forest, Nojiri, Okuwa Village, Kiso District, Nagano Prefecture



Atera Gorge

This gorge is renowned as having some of the most breathtaking scenery along the Kisoji, an old trade route famous for its spectacular scenery. As you follow the nature walk from the Koji-no-tsuribashi suspension bridge to the upper reaches of the Kakizore River, you will be able to see magnificent views of the clear waters of the river winding around enormous granite rocks. In late autumn, the trees surrounding the clear blue pool and waterfall, which sends up white spray as the water tumbles down, are bursting with vivid autumnal hues and create a scene as beautiful as a landscape painting that elicits sighs of wonder from visitors.

Access: Taxi from Nagiso Station on the JR Chuo Main Line
Address: Yomikaki, Nagiso Town, Kiso District, Nagano Prefecture



Kakizore Gorge

Akasawa Natural Recreational Forest

The old Kisoji trade route boasts many excellent spots for viewing autumnal leaves. Said to have originated the concept of Shinrin-yoku (absorbing the forest atmosphere for therapeutic purposes), Akasawa Natural Recreational Forest is steeped in the warm colors of *Disanthus cercidifolius* Maxim and *Lindera triloba* (Sieb. et Zucc.) Blume leaves. The facility also operates the Akasawa Forest Railway, which is especially popular for the glorious scenery as the train passes through the Tunnel of Autumn Leaves. How about taking a ride in an open trolley car for a full-body autumn experience?

Access: Bus from Agematsu Station on the JR Chuo Main Line
Address: Ogawairi National Forest, Agematsu Town, Kiso District, Nagano Prefecture



Misogawa Dam

This multipurpose dam is located at the headwaters of the Kiso River and boasts the second-highest elevation of any dam in Japan. The dam lake, Lake Okukiso, is enclosed by a forest comprising Kiso hinoki cypress, *Thuja standishii*, *Chamaecyparis pisifera*, and various other flora to create a charming landscape. In autumn, don't miss seeing the vividly colored maple and birch leaves lighting up the lake shore topped by the glorious amber of Japanese larch leaves.

Access: Taxi from Yabuhara Station on the JR Chuo Main Line
Address: Ogiso, Kiso Village, Kiso District, Nagano Prefecture





Experience Kiso's delicious foods and traditions



1. Kuri-Kinton (Sweet Potato and Chestnut Cakes)

These sweet treats are the "Taste of Autumn" in Nakatsugawa City, which is a chestnut production area. Many traditional Japanese confectionery shops make their prized kuri-kinton all at the same time. From September 1 until late December, the Nigiwai Tokusankan specialty product shop next to Nakatsugawa Station features a collection of kuri-kinton from more than 10 confectionery shops!

[Nakatsugawa City]

2. Nishio Sake Brewing

The Nishio Sake Brewing has been soothing weary travelers along the old Nakasendo Highway. Today, the brewery is famous for producing the local sake Kiso no Kakehashi. Of the brewery's various products, we especially recommend the somazake, a cloudy sake wine with an unrefined flavor that is popular all-year-round.

Access: Walk from Suhara Station on the JR Chuo Main Line
Address: 893 Suhara, Okuwa Village, Kiso District, Nagano Prefecture

3. Nakazen Brewing

This sake brewery has a history spanning more than 150 years. Using sake rice grown in Nagano Prefecture and underground water from Mt. Ontake, the brewery has continued to produce traditional Japanese sake wines within Kiso's abundant yet brutal natural environment. Their representative brand is Nakanorisan, a sake providing a kick of strength within its refreshing taste.

Access: Walk from Kiso-Fukushima Station on the JR Chuo Main Line
Address: 5990 Fukushima, Kiso Town, Kiso District, Nagano Prefecture

4. Yukawa Sake Brewery

This brewery is celebrating 370 years of operation. Preparatory water is collected from wells filled by the headwaters of the Kiso River, which gushes from Mt. Hachimori at the southern tip of the Northern Alps. The flavor of the brewery's representative brand, Kisoji, can be described as robust.

Access: Walk from Yabuhara Station on the JR Chuo Main Line
Address: 1003-1 Yabuhara, Kiso Village, Kiso District, Nagano Prefecture

5. Kiso Lacquerware

There exquisite crafts have been born from a climate conducive to lacquering and the excellent wood materials available in Kiso. Recently, lacquered accessories, such as earrings, have also gained popularity.

[Shiojiri City]

7. Nagiso Neko

These are the traditional handmade winter jackets that have been made and worn by residents of Nagiso Town for generations. Covering the wearer's shoulders, back, and waist, these jackets have a unique shape that protects against the cold. Another appealing point is that they are sleeveless, therefore facilitating movement and making it easy to perform handiwork.

[Nagiso Town]

6. Wood Crafts

Known as the hometown of hinoki cypress, Agematsu Town has a thriving wood industry. Check out souvenir shops for the abundance of wooden items available, ranging from retro washing tubs to hinoki cypress boards that could be used as interior accents!

[Agematsu Town]

8. Ontake Hyakusogan (herbal medicine)

This herbal stomach medicine contains several natural remedies added to *Phellodendron amurense* (cork tree) bark extract, which mountain worship practitioners always carried with them on their pilgrimages. Located in the foothills of Mt. Ontake, Naganoken Pharmaceutical Co., Ltd., provides introductions to their factory via videos shown in their on-site shop. You can also purchase Ontake Hyakusogan and other products. (Weekdays only)

《 Ontake Hyakusogan factory 》 Access: Bus from Kiso-Fukushima Station on the JR Chuo Main Line
Address: 100-1 Konoshima, Otaki Village, Kiso District, Nagano Prefecture