

Rules in Kamikochi During Winter

Due to the fickle winter weather conditions in Kamikochi, there is a risk of **avalanches**, **falling rocks**, and **snowdrift forming**. When you go into Kamikochi, please keep in mind that **winter mountain climbing is done at your own risk**. For your safety and environmental conservation, **please stick to the following rules**.

- Submit a '**mountain climbing registration form**' at Nakanoyu Gate.
A box for submitting the form is set up at the gate.
- Beware of **avalanches**, **falling rocks**, and **snowdrift forming**.
Exercise particular caution regarding avalanches on the prefectural route between Kamikochi Tunnel and Taisho Pond.
- Use **the wintertime toilets** at **Nakanoyu Gate**, **Taisho Pond**, **Nakanose**, **the bus terminal**, and **Konashidaira**.
Please confirm locations before entering.
* The Nakanoyu Gate toilet is available from mid-December.
Contact: Matsumoto City Mountain Tourism Division TEL: 0263-94-2307
- **Keep on the path** and do not step into the marsh.
Doing so may impact the vegetation in the area. Please do not stray from roads or trails.
- Set up tents at **Konashidaira Campsite**.
Please do not enter the premises of hotels, ryokans, or the Visitor Center's overhang.
- **Take all** your garbage and food with you.
Your actions could have an impact on the wildlife in the area. Please take your garbage with you when you leave Kamikochi.
- The forest course (Nature Trail) is **closed**.
Due to the age and condition of the wooden path, we ask that you please **refrain from entering the trail**.

Matsumoto City Regional Civil Service Liaison Council

Contact number (Chubu Sangaku National Park Office) TEL: 0263-94-2024

Dakesawa Marsh
Do not step into the marsh

Konashi-daira Wintertime Toilet

Kappa-bashi Bridge

30 min 1.1 km

Konashi-daira
Camp Site

15 min 0.5 km

Bus Terminal
Wintertime Toilet

60 min
2.0 km

Nakanose
Wintertime Toilet

Taisho-ike Pond
Wintertime Toilet

Forest course
(Nature Trail)
is closed.

Tashiro Marsh
Do not step into the marsh

90 min
3.1 km

Kamikochi
Tunnel

Kama Tunnel

Nakanoyu Gate
Wintertime Toilet
**Available from
mid-December*

Legend

-  Area subject to avalanches and falling rocks
-  Restricted marsh areas
-  Konashi-daira Camp Site
-  Wintertime Toilet
-  Closed Trail
-  Walking Trail
-  Roadway

