

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, Taishoike Pond, Nakanose, the bus terminal, and Konashidaira.**
Please confirm locations before entering.
* The Nakanoyu Gate toilet is available from December 2nd, 2023 to March 28th, 2024.
Contact: Matsumoto City Alps Resort Development 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 Area Regional Civil Service Liaison Council

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

