

中部山岳国立公園

乗鞍山麓



“Goshikigahara” the unbeaten forest zone of Mt.Norikura in Chubusangaku National Park

Step Deep into the Hidden Forest

Hida Mountains Geopark Project

Meeting Place Goshikigahara Forest Visitor Center

Start Time 7:00 a.m. for Shirabiso Route & Gosuwara Route
7:30 a.m. for Kamoshika Route

End Time 4:30 p.m.

* The schedule is subject to change due to the weather, trail conditions, the number of visitors, etc.

Tour Price

Adult 9,000 JPN yen (tax included)
Child (10 to 18 years old) 5,300 JPN yen (tax included)

* The tour price includes tour guide fee, facility fee, accident insurance, a guide book, etc.

* Additional fees might be required, when there are less than six participants.

- 10 or less people in one group per one guide.
- We will contact you 10 days prior to the tour for the final confirmation.
- Visitors over nine years old can participate in the tour in principle.
- Feel free to contact the Visitor Center for details anytime.

Accident Insurance makes you Prepared for Unexpected happenings

Accident Insurance is included in the tour price.

In case of accidental injuries, it covers hospital costs (“caps” or “maximum” are set).

* Please be advised that the association and the tour guides are not responsible for any accidents or injuries.

Notes for Hiking

- Follow the Guide’s Instruction
Selfish behavior would be dangerous and could disturb others.
- Keep Walking on the Paths
Stay on certain paths and keep out of the rope fences. A single step could easily damage the precious wildlife.
- Mind your Health
- Eco friendly Toilets are installed
All toilets in the huts along the paths are Eco friendly.
- Help Save the Forest of Goshikigahara
We strongly aim to preserve the natural environment of the area. Watch your step as the paths are narrow. Don’t pick and try not to step on any plants. Thank you for your understanding and cooperation.



Kutemikoshi Waterfall

What to Bring

Preparation is the First Step to Success

<Check the following List>

- Elevation ranges from approximately 1350m – 1920m (4429ft – 6300ft)
- Come rain or shine, we will hike. Prepare for the changeable weather in the mountain. You may be caught in a shower.
- Prepare for large temperature difference. It may drop to 10 °C even in summer.
- Quick-dry, warm, and insulated cloths are expected.
- Be ready for mosquitoes in summer.
- There are several ladders and scree-covered slopes on the routes.

◎ Required ○ Recommended △ Optional

- Long – sleeve shirt ◎
- Undershirts ◎
- Trouser ◎
- Lightweight jacket ○
- Rainwear (Jacket & Pants) ... ◎
- Hiking socks ◎
- Gloves ○
- Hats or Caps ○
- Extra clothes ○
- Hiking back pack ◎
- Backpack rain cover ... △
- Hiking boots or shoes ◎
- Gaiters △
- Towel ◎
- Waste bags ◎
- Camera ○
- Insurance card ◎
- Emergency medicine ◎
- Sit mat ○
- Tissues △
- Watch ○
- Sunglasses △
- Insect repellent ○
- Lunch & Snacks ◎
- Water bottle ◎

Please Contact Us

Advanced reservations are required for the hiking tours. Contact us at least 10 days prior to the tour date.

Goshikigahara Forest Visitor Center

Address: 471-3, Kute, Nyukawacho, Takayama, Gifu, Japan 506-2252

Phone: +81-577-79-2280

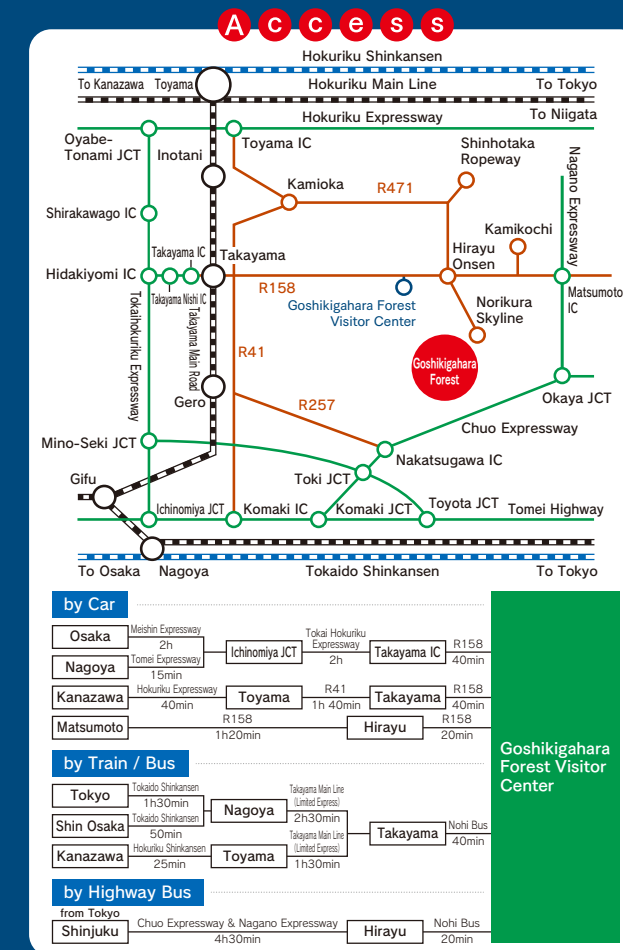
Fax: +81-577-79-2888

E-mail: info@goshikinomori.com

HP: https://goshikinomori.com

Hiking Season From 20 May to 31 October

Hiking season could change according to the weather



飛騨高山 Hida Takayama

Three Different Routes for Strolling into the Majestic Beauty of the Nature in Mt. Norikura

Kamoshika Route

Shirabiso Route

Gosuwara Route



Goshikigahara Forest in Mt. Norikura

“Goshikigahara Forest” (Takayama City) is located on the northwestern slope of Mt. Norikura, which is one of the main peaks in the Japan Northern Alps, and the southern end of the Chubu Sangaku National Park. The vast forest area of 3000ha includes the “Montane Zone”, mainly consisting of deciduous broad-leaved trees, such as Beech, Japanese Oak, Wing Nuts, etc.

It also spreads up to the “Sub Alpine Zone” mainly consisting of needle-leaved trees, such as Veitch’s silver Fir, Marie’s Fir, Northern Japanese Hemlock, etc.

Various kinds of rare and threatened mountain flora species are also found.

Blessed water flows from Mt. Norikura into the beautiful streams, waterfalls, ponds, and marshlands.

A number of mammals, birds, insects inhabit the treasure area.

The seasonal sceneries, the rich wildlife, and the magnificent Mother Nature will always attract and bring you back here.

Goshikigahara Forest is a site that demonstrates a sustainable coexistence between people and nature.

All of the basic paths and facilities are planned and constructed to present wilderness values and resources.

Kamoshika Route

〈Hiking Time: 8 hours including lunch time〉

〈Distance: 6.7 km /4.2 miles〉



Aodare Medaki Waterfall

A massive waterfall with a height of more than 70 meters is located close to Aodare Odaki Waterfall

Sumiki iwa

Yokotema Elevation 1,410m

Aodare Odaki Waterfall

This waterfall with a height of more than 90 meters is one of the highlights.

Shirabiso Route

〈Hiking Time: 8 hours including lunch time〉

〈Distance: 7.3 km /4.5 miles〉



Wasabidaira shitsugen Marsh

Luckily you will be able to find some “Char” in the transparent water of the stream.

Oike Pond

The biggest pond which seasonally changes its size. The contrast of the blue water and the green forest is beautiful.

Gosuwara Route

〈Hiking Time: 8 hours including lunch time〉

〈Distance: 6.4 km /4.0 miles〉



Shirokawa River

The old-growth forest

The spiritual, mystical scenery is deeply hidden in the forest.

Gosuwara no oka Hill

Monotropastrum humile

