

# Nature in Atera Valley



OORURI

Atera Valley is well known for the abundant flora and fauna found in the depths of the woods.



Baikaouren  
*Coptis quinquefolia*



Dankoubai  
*Lindera obtusiloba*



Miyamatyoujizakura  
*Prunus apetara Fr.et Sav.*



Asebi  
*Pieris japonica*



Syakunage  
*Rhododendron cv.*



Syojyobakama  
*Heloniopsis orientalis*



Himekinmizuhiki  
*Agrimonia nipponica*



Tsurifunesou  
*Impatiens textori*



Miyamagamazumi  
*Viburnum wrightii*



Fall and winter too, in every season a beautiful expression of creation.

## Atera Valley Campsite



This campsite is located upstream in Atera Valley. Take your time and relax in nature.

[Open]  
Late-April to late-October  
[Reservation/Inquiries]  
TEL: 0264-55-2013



# Guide to the area

Pick Up

## Joshō-ji Temple



This Buddhist temple belongs to the Myoshin-ji branch of the Rinzaï school and is said to have been established by Kiso around 1387 and the main hall and living quarters are nationally designated tangible cultural assets.

## Myokaku-ji Temple



This ancient temple belonging to the Myoshin-ji branch of the Rinzaï school was founded around the year 1300 and rebuilt in 1624. The temple is famous as one venerating the Virgin Mary.

## Suharajuku



This ancient postal station is number 39 on Nakasendo. Famous for its clean natural water source, you can encounter interesting scenes of vegetables floating in the water troughs in summer.

## Forest Park Kiso – Atera-so

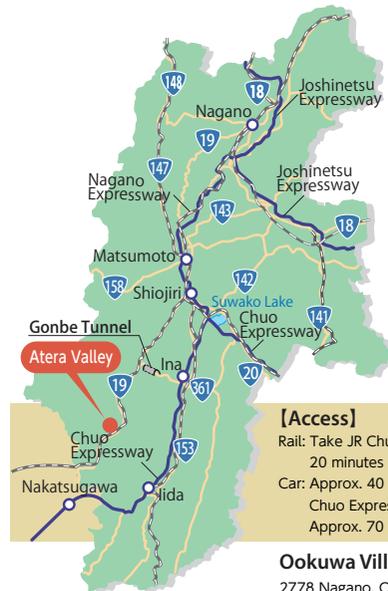


These lodging facilities are surrounded by abundant nature. Well known for the Atera Hot Spring also known as the "Waters of Beauty".  
TEL0264-55-4455

## Nozokido Campsite



This outdoor facility can be found in Nozokido Forest Park. During the extended holidays in May is the perfect time to see the indigenous Azalea in bloom. TEL 0264-55-3488



### [Access]

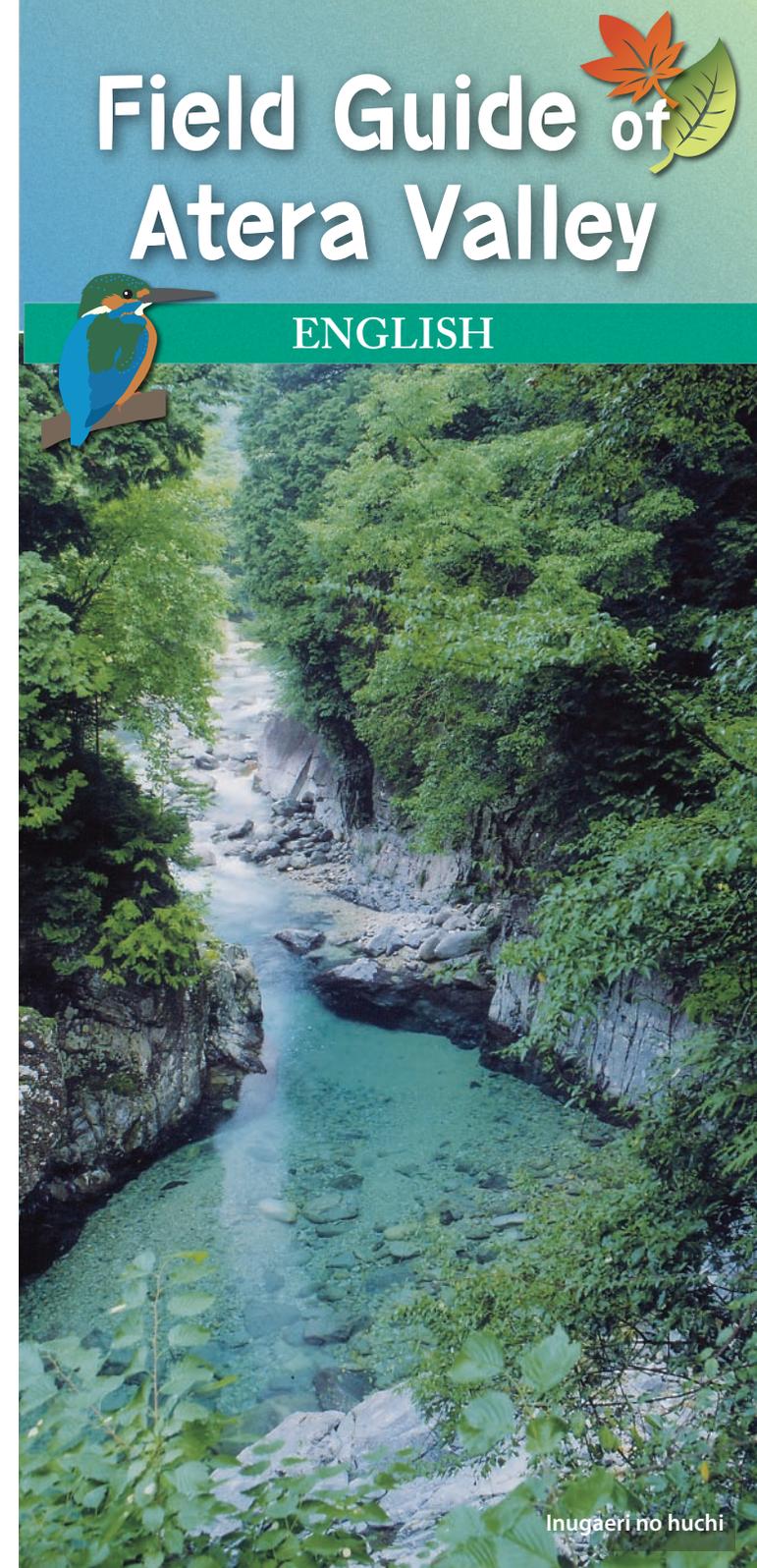
Rail: Take JR Chuo Main Line to Nojiri Station and walk approx. 20 minutes  
Car: Approx. 40 minutes from Nakatsugawa I.C. on the Chuo Expressway  
Approx. 70 minutes from Ina I.C. on the Chuo Expressway

### Ookuwa Village Office

2778 Nagano, Ookuwa Village, Kiso District TEL 0264-55-3080

# Field Guide of Atera Valley

ENGLISH





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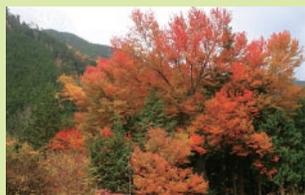
**Hinoki birin (Beautiful forest of cypress)**  
 These cypress trees were planted around 1894 and have been preserved as an ornamental forest. As of 2011 the trees were 118 years old and have survived as a beautiful forest.



**Tanukigafuchi (Pool of the raccoon dogs)**  
 This pool of water was said to have been used as a mirror for foxes and raccoon dogs to check their disguises and takes its name from the story.



**Bigansui (Waters of facial beauty)**  
 The waters of this natural spring were named for their fabled ability to grant one transformational beauty and are listed among the famous and uncharted waters of Shinshu. Anyone is free to use the waters for personal use to wash your face.



**Atera no Hananoki (The Acer pycnanthum of Atera National Forest)**  
 Large maples can be found planted about 1.5km walking from the gate at the end of the forest road. This cultivar is indigenous to Nagano, Aichi and Gifu prefectures and has beautiful red blooms in spring, green leaves in summer and crimson ones in fall.

**Request for all visitors**

Atera Valley is a designated National Recreational Forest with groves of the famous Kiso cypress tree, clean waters glinting in emerald green, a smattering of beautiful pools and waterfalls and pristine vistas with panoramic views. Please follow these rules and enjoy your hike.

- Please note that cell phones will be out of signal range from the entrance to Atera Valley.
- In order to protect the natural flora, do not leave the trails.
- Do not damage or gather wild grasses or flowers.
- To maintain the pristine nature of the emerald green waters for future generations, barbecues are prohibited in the valley except for at the Atera Valley Campsite. Thank you for your understanding.
- Do not litter.
- To prevent forest fires, campfires are prohibited. Do not smoke while walking or leave your butts.
- The water in the Atera River is very cold and flows rapidly in some locations. Please be careful around water.
- When using the parking lot at the entrance to the valley please be considerate of others and park so that many other vehicles can use the lot and do not block access for the large vehicles used to maintain the forest.
- The road is narrow. Drive slowly and give way for others to pass.



**Guide to distance and times in Atera Valley Walking Courses**

Atera Valley Entrance ▶▶ 1.4km (25 mins) ▶▶ Oishi Bridge ▶▶ 1.1km (20 mins) ▶▶ Tanukigafuchi ▶▶ 0.3km (5 mins) ▶▶ Kameishi ▶▶ 0.2km (3 mins) ▶▶ Inugaeri no Fuchi ▶▶ 0.3km (5 mins) ▶▶ Akahiko Parking Lot ▶▶ 0.3km (5mins) ▶▶ Rokudan-no-taki Waterfall ▶▶ 0.3km (5 mins) ▶▶ Unarijima ▶▶ 0.3km(5 mins) ▶▶ Kumagafuchi ▶▶ 0.7km (12 mins) ▶▶ Ushigafuchi ▶▶ 0.7km (12 mins) ▶▶ Kippo-no-taki Waterfall ▶▶ 0.7km (12 mins) ▶▶ Atera Valley Campsite / Bigansui

★Total approx. 6.3 km (approx. 2 hours)

夕川の 水のたぎちの 石に立つ  
 真裸人に 用出でにけり  
 島木赤彦

山深く わけ入るままに 谷川の  
 水きはまりて 家一ツあり  
 島木赤彦

**Forest Railway - Only in memory**

The Kiso River was once an important transportation route for floating logs down in rafts lashed together in a specific Kiso style as featured in the song "Kiso-bushi". With the 1923 completion of a railway connecting to the forest, transportation of forestry products transitioned to rail. A miniature steam locomotive manufactured by Ballwin in the United States faithfully carried both passenger and forestry cargo until the establishment of vehicular routes in 1966 when the railway was closed after 40 years in service. Today all that remains are these reminders of what once was.