

Nature in Atera Valley



OORURI

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



Baikouren
Coptis quinquefolia
(spring)



Dankoubai
Lindera obtusiloba
(spring)



Miyamatyoujizakura
Prunus apetala var. monticola
(spring)



Iwauchiwa
Shortia uniflora
(spring)



Syakunage
Rhododendron cv.
(Village flower/early summer)



Syojyobakama
Heloniopsis orientalis
(spring)



Himeshaga
Iris gracilipes
(early summer)



Sasayuri
Lilium japonicum
(early summer)



Hanshozuru
Clematis japonica
(early summer)

Atera Valley Campsite



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

[Open]
(Confirmation required)
Late April to Late October

[Reservations]
Camp reservation website "Nap"

[Inquiries]
Phone 070-4228-0881 (Wednesdays only)
(Satellite Phone 080-2397-4337)

Thank you for cooperating with Atera Valley natural environment conservation/maintenance

Donating to the Advancement of Forest Environment Maintenance

Donations are accepted at the collection boxes at the entrance to the valley and at the Monument to Akahiko Shimaki Parking Area. All donations are used for conservation and maintenance of the environment of Atera Valley.



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.

Forespa Kiso-Atera-so

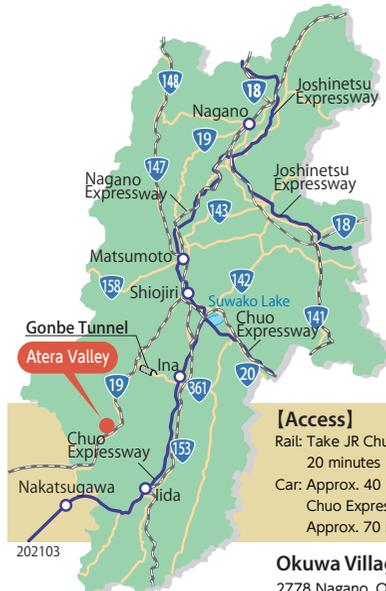


These lodging facilities are surrounded by abundant nature. Well known for the Atera Hot Spring also known as the "Waters of Beauty". Phone 0264-55-4455

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. Phone 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

Okuwa Village Office

2778 Nagano, Okuwa Village, Kiso District Phone 0264-55-3080

English

Field Guide of Atera Valley

阿寺溪谷フィールドガイド



Inugaeri no fuchi





Field Guide of Atera Valley



Hinoki birin (Beautiful forest of cypress)
 These cypress trees were planted around 1894 and have been preserved as an ornamental forest. For more than 120 years this grove has withstood severe trials of history.



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.



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.

Caution!

- Cell phones will be out of signal range in the valley.
- Do not damage or harvest plants.
- The water in the Atera River is very cold and clear. Even deep parts may appear shallow.
- Do not dive or engage in dangerous activities.

The Following are Prohibited!

In Atera Valley (except for within the boundaries of the Atera Valley Campsite), the following actions are prohibited by the Ordinance on Conservation of the Natural Environment of Atera Valley. Failure to comply will result in penalties of up to 50,000 yen.

1. Barbecuing
2. Fireworks
3. Bonfires (direct fire or using a brazier)
4. Disposal or littering of garbage, biological waste, dead birds or animals and other waste or pollution.



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: About 6.3 km (about 2 hours)

*Walking once around the Natural Trail (including Rokudan-no-taki Waterfall and Unarishima) takes plus one hour.

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.

夕川の 水のたぎちの 石に立つ 真裸人に 用出でにけり 島本赤彦