

The fusion of modern and 1200 years old history in National park Kamikouchi / Norikuradake



The 3 days trekking in National park of mid Japanese Alps brings you a historical and cultural experience with breathtaking views. 1st day, you will see shrines and historic places on the harsh mountain range and gathered faith, as water god in the Nara period, as praying to win wars at Edo period. 2nd day, you will trek Kamikochi, Hodaka mountain range and Yarigatake, which Walter Weston applauded and highly recommended in 'Mountaineering and Exploration in the Japanese Alps'.

The staying hut is in the same location as the novel 'Hyoheki' that is based on the actual accident. The accident had big influence of the safety rules at the time.

This 3 days trekking is for everyone who want to add a short short trip to the schedule, also suits plans if you are going to the old town Takayama.

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Highlights:

- Trekking in middle of Japanese Alps national park
- Visit 1200 years old shrine located at the top of Mt. Norikura
- Follow the way that W Weston opened over 100 years ago
- Staying cupsel type of a rare hut based on the novel 'Hyoheki'
- Western style Japanese food, local fresh eggs with ketchup rice and hushed beef

Location:

Mt. Norikura and Kamikouchi in Matsumoto Nagano

Main Activity: Trekking

Difficulty: 3

Availability: July to October

Tour Duration: 2 Nights 3 Days

Pax: Minimum 4 Maximum 16

Price per person: JPY 77000

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Day-by-day Itinerary

Day 1 - Matsumoto city to Mt. Norikura

Meeting up at Matsumoto station at 8:30 am. Heading off to Norikura by a private car and arrive Norikura kogen information centre at 10:30 am. Transfer buses and arrive Tatamidaira at 12:50. Lunch at Tatamidaira bus terminal.

Start trekking at Mt. Norikura to the top and visit the shirine (approx. 3 hours)

After the trekking, going back to Norikura kogen information centre by bus for 50 minutes and going to the accommodation by a private car (approx. 20 minutes).



Dinner

Kaiseki traditional multi course meal with local ingredients at a Ryokan style accommodation in Hakkotsu Onsen.

Activity: Trekking Distance—5.4km | Time—3.5 hours | Elevation—+364m/47m
Altitude 3026m

Difficulty: 3

Day 2 - Kamikouchi

Breakfast

Japanese style breakfast at the Ryokan

Leave the Ryokan at 8:30 am, arrive to Kamikouchi bus terminal at 9:30 am.

Start trekking to Taisyoiike, Weston statue, Kappabashi, Myoujinike and Tokusawa (approx. 3 hours)

Learn what Weston had done 100 years ago.

At Myoujinike, feel the magestic pond where the god festival is held every year.

Lunch

Have Western Japanese meal called Omu rice that is local fresh fluffy eggs on ketchup rice, and Hushed beef.

Keep trekking to the hut and will arrive there around 3:30pm.

Dinner

Japanese set meal



Activity: Trekking : Distance—13.8km | Time—4,5 hours |
Difficulty: 3

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Day 3 - Morning short trekking

3 hours trekking to the bus terminal in the morning.

Breakfast

Japanese style breakfast and coffee

You starts walking down at 8 am, will arrive the Kamikouchi bus terminal and get on the bus at 11:15 am.

You will arrive Sawado bus terminal at 11:45 am and your guide will see you off there.

Lunch

Mountain edible plant lunch box.



Activity: Trekking : Distance—9.8km | Time—3 hours
Difficulty: 3

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Accommodations :

: Hakkotsu Onssen Ebisuya, Norikura

Ryokan Japanese style room with futon bedding on tatami, en suite bath and toilet

: Hyouheki no yado Tokusawaen, Kamikouchi

Cupsel style hut, shared bath and toilet



What's included

- 2 nights accommodation in Ryokan and hut
- 2 breakfasts, 3 lunches, and 2 dinners
- Transportation between tour locations using bus and private vehicle
- English speaking guides



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We provide & What to bring

We provide

- First aid kit
- Safety equipment

What to bring

- Comfortable clothing for hiking and activity, including lightweight flexible trousers for walking,t-shirts, shirts
- Comfortable trekking shoes or lightweight trail boots (these need not be full ankle leather hiking boots)
- Water shoes or sandals that grip at the heel or ankle (no flip flop style sandals)
- Swimwear for waterfall meditation experience
- Socks
- Waterproof jacket and trousers (ideally breathable)
- Quick-dry clothing for your day of canoeing
- Sun hat, sunglasses
- Bandana or handkerchief (public toilets may not have hand dryers)
- Toothbrush/toothpaste
- Toiletry kit – tissues, shaving kit, deodorant, moisturizer, flannel/washcloth. Please note that body soap and shampoo are provided at accommodations
- Sunscreen
- Insect Repellent
- Water bottle
- Medicines and prescriptions
- Trekking backpack, approximately 20 litres in size
- Rain cover for backpack
- Water bottle
- Rain hat or folding umbrella
- Passport /Travel Insurance /Travel Itinerary /Cash and ATM card

Recommended items:

- Thin fleece top – in the evenings, it can get quite cool in the mountains
- Trainers/sneakers or comfortable shoes for cities
- Camera
- Sunglasses
- Walking poles (a personal choice; most clients manage without but if you prefer to hike with walking poles please bring these with you).
- Cellphone power bank
- Ear plugs and eye mask
- Dry bag
- Additional snacks you typically enjoy while hiking
- Camera
- Larger bath towel (Japanese bath towels are small in size relative to those used in other countries. If you prefer to use a bath towel that can be wrapped around you, please bring this with you.)
- Ear plugs and eye mask
- Eco laundry soap for handwashing of items
- Electrical plug/socket adapter (If you are bringing electronics from North America with a plug with 2 flat prongs then this should work in Japan. If you are coming from other countries, please bring a voltage converter and plug adapter for Japan.
- Small flashlight/torch

Information we will need from you prior to your Pre-Summit Adventure:

- Your height
- Your hiking experience
- Nationality, age, gender
- Details of an emergency contact
- Details of any allergies or dietary restrictions you may have
- Information on any chronic medical conditions and medication taken
- Your arrival date, flight details, and the name of the hotels you will be staying in before and after your Pre-Summit Adventure

Please note: accommodations will ask to see and photocopy your passport on check in. This is a requirement of Japanese law.

About us

High Mount Associe.inc



High Mount Associe Inc. propose a tour that responds flexibility to individual demands and can provide tours full of hospitality, these are our most cherished spirits.

Our experiences of which we has managed the hotel since 1980 and has started welcoming from all over the world at Nagano Olympic of 1998, promise the guests the best time to visit Japan.

We are confident in our prompt and sincere response.

We are really happy and looking forward to having a good relationship together.

Please feel free to contact ; yo98-mail@highmount.com

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Your Guides:

Tour guide:

Mr. Daniel Moore



Daniel was born in Atlanta but moved to Nagano at 7 months old when his father entered Shinshu University's graduate school program. Daniel lived in Tokyo and Nagano until 16 years old, going to public Japanese school. After completing high school and university in the United States and living briefly in Kenya, Daniel returned to Japan where he began working as a walking, snowshoeing and outdoor guide for Walk Japan. Since 2018, Daniel has worked as a guide for various tour companies including Oku Japan, running his company pickleball trips, teaching pickleball in Japan and playing professionally. He lives near Shiga Kogen in Nagano, where he runs a guest house, hiking and snowboarding as much as he can. Daniel is a hiking and onsen enthusiast and is looking forward to returning to Hokkaido, where he has guided several times in the past.

Additional supporting guides:

Mr. Chris Gladden – Mr. Chris Gladden is a guide living in Otaki Village, Kiso District. Guiding unique to local are popular.

In addition to the guide business, he also run a translation business.

Information and Requirements

Dietary Restrictions

We encourage clients to sample the full range of food provided by the inns on our tours whenever possible. The inns are proud of their set menus, which usually consist of a multitude of carefully balanced and painstakingly produced dishes and local specialities. If you are travelling with others, you can easily swap dishes between you at mealtimes so that each member of your party eats what they like best. If you have specific dietary restrictions, please let us know these in detail – particularly what you are and are not able to eat. The better we know your dietary restrictions, the easier it is for us to provide you with the widest range of local specialties for you to try.

Inns are usually happy to provide meat-free meals if we request them at the time of booking. We can also request meals which are meat-free and without fish and seafood, though fish and seafood feature heavily in the standard Japanese diet. If requesting meals without fish and seafood, please tell us if you can still accept soups and sauces containing the traditional fish stock called dashi. Dashi is made by soaking shaved dried bonito or small dried sardines and kombu kelp. This is then strained so there are not pieces of fish flesh in the stock. It is challenging for the inns to produce meals without dashi and choices for strict vegetarians and vegans may be more limited. Vegetarian meals will be available on this itinerary.

Emergency Response Plan

Your safety is our top concern. All of our guides are experienced guides with first aid training. Your primary guide, Mr. Daniel Moore, is qualified in Wilderness First Aid and Avalanche Safety. Before your tour and before your activities, you will receive a safety briefing to alert you to any risks associated with the activity in order to mitigate these. Your guide will carry a first aid kit at all times. We do have an emergency response plan that we will implement in the event of guest illness or injury, natural disaster, or dangerous weather conditions and your guide will enact this if required with the support of our teams in Japan.

We may need to change our plans due to weather conditions to ensure the safety of the group. When an activity is not possible for these reasons, we will engage in an alternate activity that will also show you the magic of this area of Japan.

Reservation & Cancellation Policy

Reservation

When we receive your reservation request, we will send you an email “yo98-mail@hihgmount.com”. We will ask for your contact details and personal information such as your height and dietary requirements etc., in order for us to adequately organize and arrange the tour service. We are using “SQUARE” online payment system for all booking. You will have email and invoice via “SQUARE” for your payment.

Cancellation

If you wish to cancel a tour reservation, please notify us in writing.

Our Cancellation Policy is as follows.

Cancelled more than 21 days prior to departure: Zero fees

Cancelled between 20 and 8 days prior to departure: 20% of the Tour Price

Cancelled between 7 days and 48 hours prior to departure: 30% of the Tour Price

Cancelled between 48 and 24 hours prior to departure: 40% of the Tour Price

Cancelled within 24 hours of departure: 50% of the Tour Price

Cancelled on the day of departure: 100% of the Tour Price

No refunds will be given after the tour has started

Payment Methods

We require a Deposit of 50,000 yen or Full Payment to secure your booking. The Deposit is treated as a part of the Tour Price. You will receive an email reminder about payment of the balance, which is generally due 30 days prior to the tour departure date. We accept payment by credit card in our local currency, Japanese Yen. If you prefer to pay by bank transfer, we will give you our bank details and the amount of bank fees that should be added to the Tour Price.

Assumption of risk and safety declaration

Travelers are advised that all activities are undertaken entirely at their own risk and they must behave in a fit and proper manner at all times in accordance with High Mount Associe.inc guidelines. All adventure tours and outdoor activities carry inherent risks and High Mount Associe.inc nor its partners do not assume any responsibility for accidents that are caused by its customers or caused by factors outside of human control. With the purchase of your trip, you acknowledge that:

- By its very nature, adventure travel, hiking and cycling tours are more challenging and demanding with a significantly higher level of risk, and involve potential exposure to injury and possibly death.
- Additional dangers and risks associated with adventure travel may include difficult and dangerous terrain; high altitude; extreme weather, including sudden and unexpected changes; political instability; remoteness from normal medical services and from communications; and evacuation difficulties in the event of illness or injury.
- You must follow our guide's instructions and use any safety equipment provided at all times. For the above reasons you accept the inherent and increased dangers and risks associated with the proposed adventure and the accompanying risk of injury, death or property damage or loss.

Disclaimer**Release and waiver of liability**

In consideration of High Mount Associe.inc . Accepting your booking and in consideration of you being permitted by High Mount Associe.inc to join the tour to the extent permitted by law, you: Waive any and all claims you may have now and in the future, and release from all liability and agree not to sue or seek any compensation from High Mount Associe.inc , its officers, employees, agents, guides, and other representatives for any personal injury, property damage, wrongful death, or loss sustained by you as a result of your participation in the tour due to any cause whatsoever, including without limitation, negligence on the part of, High Mount Associe.inc Its staff, tour partners, or other participants, or death or injury as a result of natural disaster, war, civil unrest or epidemic. Further, High Mount Associe.inc cannot be held liable by freelance guides for damage or injury to the guide, or damage or injury inflicted by the guide on third parties in any way. By accepting freelance tour assignments, guides automatically High Mount Associe.inc from any liability.

Tour Operator / Contact

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