

The Hida Mountains Geopark Project

Tourism Guide and Road Map



Hida Mountains Geopark Promotion Association

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<https://hidageo.com>



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Access Map



It is a place where people can have fun learning all about geology. This tourism guide highlights the scenery, hot springs, activities, food, history, and culture of the areas that owe their existence to the formation of the Hida Mountains.

Geology (topography and terrain)

A landscape five hundred million years in the making

The Hida Mountains (Northern Japanese Alps) are sometimes called the "Roof of Japan." The Yari-Hotaka Mountain Range in particular divides the Japanese archipelago into its eastern and western halves. The highest point in the central divide between the Pacific Ocean and the Sea of Japan is the summit of Mt. Norikura. These mountains contain Japan's oldest fossils — conodonts that are 470 million years old. They were formed by the volcanic activity of Mt. Kasa and Mt. Hotaka and by the uplift and erosion of the land, resulting in the enormous wall we see today. There are few other places in Japan where you can experience five hundred million years of history.



Mt. Norikura foothills = Goshikigahara Forest



Mt. Kasa

Magnificent waterfalls, streams, ponds, and wetlands are scattered throughout this vast forest.

Many of the peaks of the Hida Mountains are located on prefectural borders, but Mt. Kasa, located entirely within Hida, is the single highest peak in Gifu.

Hot Springs

Okuhida-Onsengo

Okuhida-Onsengo is a general name that includes Hirayu Onsen, Fukuji Onsen, Shinhirayu Onsen, Tochio Onsen, and Shinhotaka Onsen. Okuhida-Onsengo has abundant hot springs that gush forth from the residual heat of the Mt. Yake volcanic group, and it is said to have more open-air baths than anywhere else in Japan. Hot springs are one of the benefits of the geology of Hida.



Onsen tamago (eggs boiled in hot spring water)

Also known as "hantai tamago." They are delicious, with just a hint of saltiness.



Shinhotaka-no-yu

Located beside the clear waters of Gamata River, this hot spring offers a dramatic view.



Tomatoes

Sweet and intensely flavorful tomatoes are grown by taking advantage of the high-altitude climate.



Okuhida corn

Large temperature differences between day and night produce extremely sweet and tasty corn.

Takahara sansho peppers

Takahara sansho peppers have a spiciness and aroma that is unique to high-altitude climates. They have a pleasant fragrance and are deep green in color. A variety of climate factors, including soil, water, temperature, and mist (humidity) in combination create the ideal natural environment for growing these peppers.

Food



Sukuna squash

The Sukuna squash grown in the Nyukawa area are characterized by their rich flavor and sweetness thanks to a climate with large day-night temperature differences and fertile soil produced by springs from the foothills of Mt. Norikura.



Hida koshihikari rice

This rice is characterized by the high stickiness and chewy texture in every grain. The harsh natural environment, including snowmelt from the Hida Mountains, is to thank for the production of this delicious rice.



Activities

The Hida Mountains are the creation of Mother Earth. There are many ways to enjoy them.



Kijiya Gorge

This gorge is upstream from Nyukawa Dam. The riverbed is a beautiful sheet of rock, and the smooth-flowing water makes it a good place for playing in the river.



Alpine snow trekking

Get on your snow shoes and enter a winter wonderland! The forest is overgrown with impenetrable vegetation in summer, but it becomes accessible once the snow is deep enough. We invite you to discover a new world by hiking in the snow.



Nabedaira Park Walking Road

This nature trail in the Nabedaira Highlands is 2.3 km long in total. We recommend this hike if you would like a refreshing stroll through the forest.



Hirayu Nature Trail

This is a great place for nature sightseeing during seasons without snow. You can walk through about two kilometers of well-maintained old-growth forest.

E-bikes

An e-bike is a great way to tour the luscious scenery of Okuhida. Enjoy the wind in your hair while you experience the appeal of Okuhida. You will probably enjoy scenery you wouldn't get to see from traveling by car.



Mt. Norikura (Tatamidaira)

The various plants that can be observed in the nearby Alpine Flower Field include *Dicentra peregrina*, the queen of alpine plants.



Scenery

The magnificent scenery and rich natural environment of the Hida Mountains are a gift from Mother Earth.



Mt. Yari as seen from Kagamiike Pond

Mt. Yari is 3,180 meters in height. This peak is a mecca for many mountain climbers.



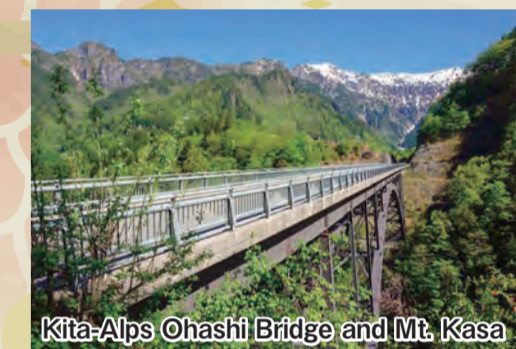
Mt. Norikura as seen from downtown Takayama

Mt. Norikura can be viewed from downtown Takayama.



Mt. Yake

It is still an active volcano today.



Kita-Alps Ohashi Bridge and Mt. Kasa

Mt. Kasa and Mt. Shakujo can be seen from the bridge.

History and Culture



Kamitakara Furusato History Museum

This is a history museum in Kamitakaracho Hongo. Its purpose is to preserve the traditional culture and valuable artifacts from the region for the benefit of future generations and to teach as many people as possible about the history of the region.



Senkoji Temple (Enku Temple Treasure Hall)

An Edo-period monk named Enku is said to have carved 120,000 Buddhist statues during his lifetime. This temple currently has 64 Buddhist statues by Enku that can be viewed by the public.



Statue of Seated Ryomen-sukuna by Enku (at Hida-Senkoji Temple)



Muzen Shinohara

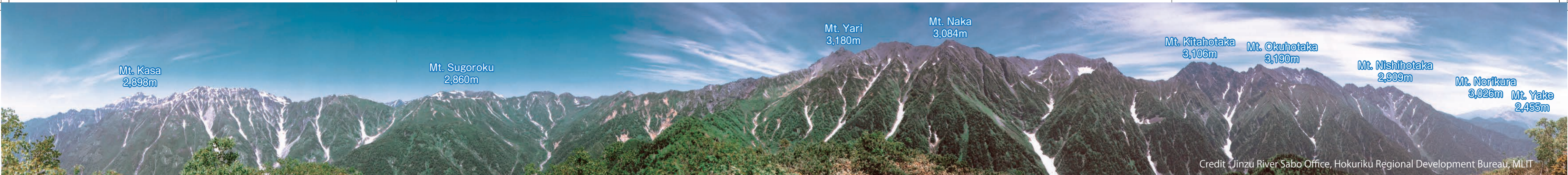
Banryu shonin

Banryu shonin was a monk during the Edo period. He restored the trail to the summit of Mt. Kasa and established a new trail up Mt. Yari. The festival to celebrate the annual opening of hiking trails on the Hida side of the northern Japanese Alps is named the Banryu-sai in his honor.

Ryomen-sukuna

According to the traditions of the town of Nyukawa, Ryomen-sukuna was the name of a local clan. The Nihon Shoki says he was a monster with two faces, four arms, and four legs on a single body. However, local legend says he was a hero who protected the community.





Credit: Jinzu River Sabo Office, Hokuriku Regional Development Bureau, MLIT

Hirayu Grand Waterfall



Hirayu Grand Waterfall has been designated as one of Japan's Top 100 Waterfalls and one of Gifu's 50 Most Famous Waters. This attractive waterfall features a 64-meter drop that is nearly vertical. The area surrounding the waterfall is full of airborne water droplets sprayed by the immense plunge. This waterfall is the result of the volcanic activity of Mt. Norikura to the south.

Jigokudaira Sabo Dam



This weir is located along National Route 471 from Tochio bound for Shinhotaka, to the right of Gamata Tunnel. It gets its name from nearby Jigokudaira ("Hell's Plain"), which had steaming fumaroles in the past. From the footpath that traverses the weir, you can see a beautiful landscape that includes Mt. Nishihotaka and other peaks of the Hida Mountain Range as well as the Shinhotaka Ropeway going up and down the mountain.

Nabedaira

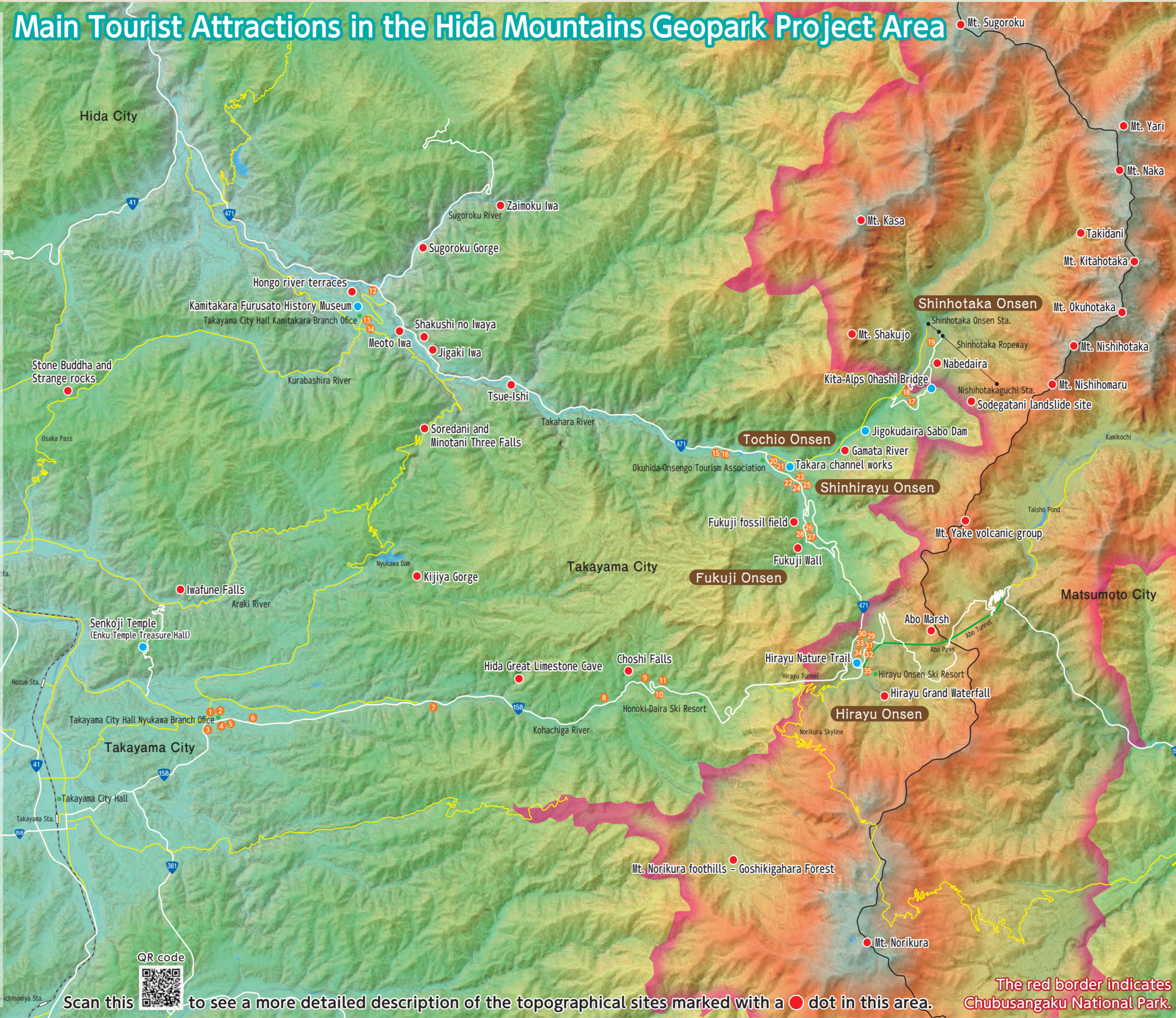


Nabedaira is a river terrace at the foot of the main ridge of the Hida Mountains. The ridge created by the Mt. Kasa caldera volcano to the west can also be seen from here, running directly parallel. Nabedaira is a continuous inclined slope that was formed by a large outflow of mud and stone transported by the Migimatadani River from the Yari-Hotaka Mountains that buried the entire area. It is covered with a lush forest, and cool breezes blow even at the height of summer.

Restaurants

- Nyukawacho**
- ① Genza
Tel: 0577-78-1128
 - ② Satori Shokudo
Tel: 0577-78-1101
 - ③ Enku Chinese Restaurant
Tel: 0577-78-1141
 - ④ Soichi (roadside shopping)
Tel: 0577-78-1339
 - ⑤ Houou Ramen
Tel: 0577-78-2051
 - ⑥ Jinen Village Chacha
Tel: 0577-78-2066
 - ⑦ Myogo Homemade Soba
Tel: 0577-79-2165
 - ⑧ Mamemasa
Tel: 090-5516-6221
 - ⑨ ANZEN cafe
Tel: 090-1657-8054
 - ⑩ Parrot
Tel: 0577-79-2257
 - ⑪ Cocomock cafe
Tel: 070-4483-5971
- Kamitakaracho**
- ⑫ Wani no Kura
Tel: 0578-86-2656
 - ⑬ Miraikan
Tel: 0578-86-2340
 - ⑭ Cafe Hachiroku
Tel: 0578-86-3386
- Okuhida-Onsengo**
- ⑮ Tanuki
Tel: 0578-89-0017
 - ⑯ Ichisuke
Tel: 0578-89-2697
 - ⑰ Nonkimura
Tel: 0578-89-2422
 - ⑱ Higaku-no-yu & Climbers Cafeteria
Tel: 0578-89-2855
 - ⑲ Nakazaki-sanso Okuhida no Yu
Tel: 0578-89-2021
 - ⑳ Kenken
Tel: 0578-89-2120
 - ㉑ Jirocho Sushi Restaurant (evenings only)
Tel: 0578-89-2531
 - ㉒ Nagase
Tel: 0578-89-2505
 - ㉓ Unatei
Tel: 0578-89-2359
 - ㉔ Yotsuba Restaurant and Cafe
Tel: 0578-89-2434
 - ㉕ Tsumugidokoro Tanagokoro
Tel: 0578-89-0888
 - ㉖ Mokkamokka
Tel: 050-3561-8898
 - ㉗ Mukashi-Banashi no Sato
Tel: 0578-89-2793
 - ㉘ Taranoki (evenings only)
Tel: 0578-89-2392
 - ㉙ Ramen Bar Yadorigi
Tel: 0578-84-0027
 - ㉚ Yoshimoto
Tel: 0578-89-2171
 - ㉛ CAFE MUSTACHE
Tel: 0578-89-2634
 - ㉜ Rokuji
Tel: 0578-89-3339
 - ㉝ Alps Kaido Hirayu
Tel: 0578-89-2611
 - ㉞ Mominoki
Tel: 0578-89-3338
 - ㉟ Ankiya
Tel: 0578-89-2755

Main Tourist Attractions in the Hida Mountains Geopark Project Area



Scan this QR code to see a more detailed description of the topographical sites marked with a ● dot in this area.

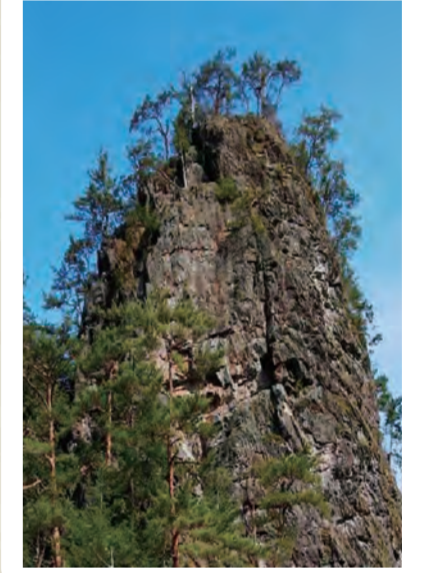
The red border indicates Chubusangaku National Park.

Sugoroku Gorge



This beautiful river gorge, located about 16 km along National Route 471 from Okuhida-Onsengo in the direction of Kamitakaracho, Takayama and Kamiokacho, Hida, contains emerald green water that originates on Mt. Sugoroku in the northern Japanese Alps. The water is so clear that you can plainly see the riverbed. In the summer, it is a popular spot for children and parents to play in the river. In the fall, the entire gorge is enveloped in spectacular colorful fall leaves.

Tsue-Ishi

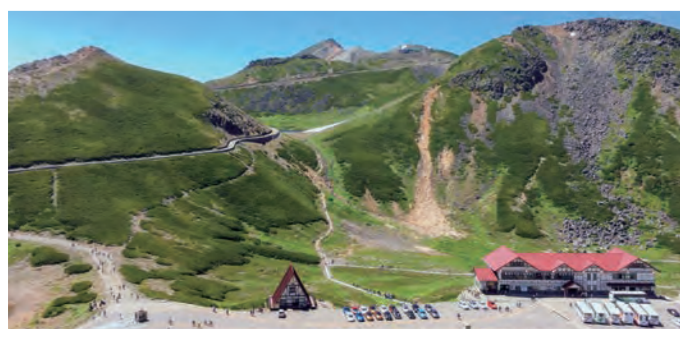


A giant boulder called Tsue-Ishi, 70 meters high and 250 meters in circumference, appears on the left side of National Route 471 from Okuhida-Onsengo in the direction of Kamitakaracho. According to legend, a walking stick thrust into the ground by a Buddhist monk named Kobo Daishi was transformed into this boulder. Visitors can climb to the top in about 10 minutes thanks to a mountain-climbing trail with safety chains.

Meoto Iwa

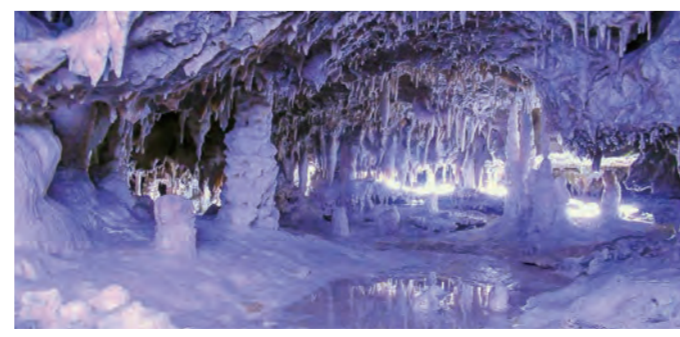


There is a habitable cave (Iwayado) in the mountain near Iwaido in Kamitakaracho, and it is said that Iwaido gets its name from this cave. Saint Banryu, who restored the trail to the summit of Mt. Kasa and established a new trail up Mt. Yari, is said to have lived as an ascetic in this cave. The paired rocks along the Takahara River in Iwaido, known as Meoto Iwa, have been designated a natural monument by the City of Takayama. The vicinity is full of large stones that have tumbled down the mountainside from the ridge above.



Mt. Norikura

Mt. Norikura is located at the southern end of the Hida Mountains. It forms a spectacular mountain landscape with 23 peaks, seven lakes, and eight plateaus. Its main peak is Kengamine, which reaches an altitude of 3,026 meters. Visitors to Mt. Norikura can enjoy a view of the Yari-Hotaka Mountains. At the terminus of the Norikura Skyline in Tatamidaira is the Alpine Flower Field, a meadow of colorful alpine flowers that produce white, yellow, pink, and other hues in summer.



Hida Great Limestone Cave

Located in the Hiyo district of Nyukawacho in the western Hida Mountains, the Hida Great Limestone Cave is the most high-altitude limestone cave in Japan that is open for tourism. It is one of the few places in Japan where you can see helictites—limestone formations that twist and droop in different directions. Nearby is Sukuna Cave, a cave related to the legend of Ryomen-sukuna recorded in the Nihon Shoki.



Choshi Falls

Choshi Falls features a drop of about 20 meters and has been designated one of Gifu's 50 Most Famous Waters. Its name comes from the fact that it resembles a type of sake bottle called a choshi. If you look at the rock face around the falls, it consists of a hard rock called chert. Visitors can also enjoy the beauty of the river gorge that changes in appearance with the seasons.