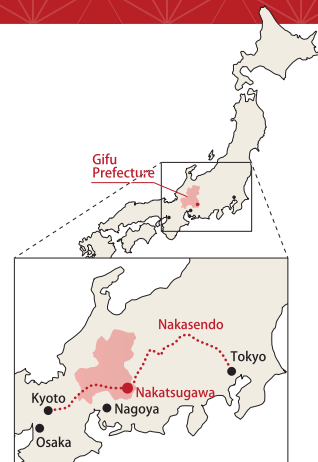
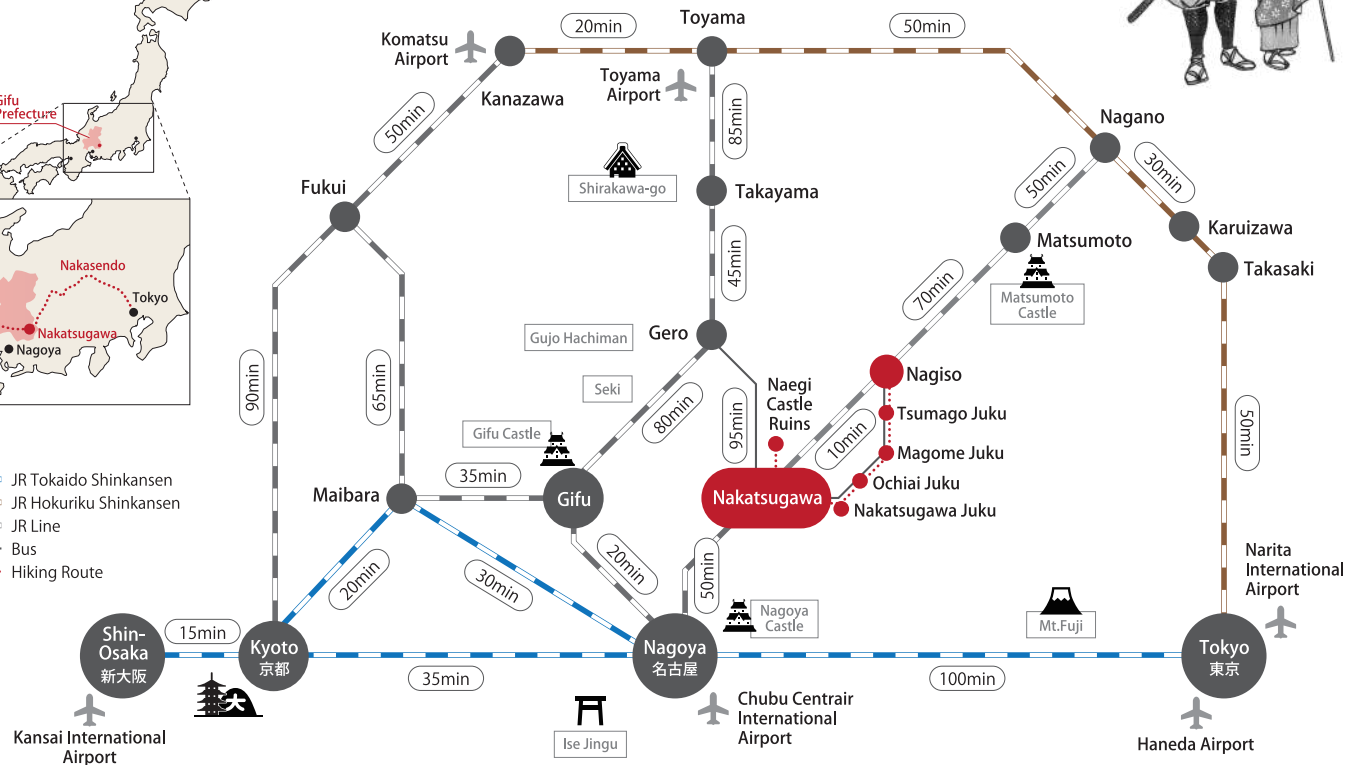


Wide Area Access to Nakatsugawa

Nakatsugawa City is located close to the center of Japan and is approximately 50min by JR limited express "Shinano" train, from Nagoya. Or, 80min by JR local train to "Nakatsugawa" station.



Legend
 — JR Tokaido Shinkansen
 — JR Hokuriku Shinkansen
 — JR Line
 — Bus
 - - - Hiking Route



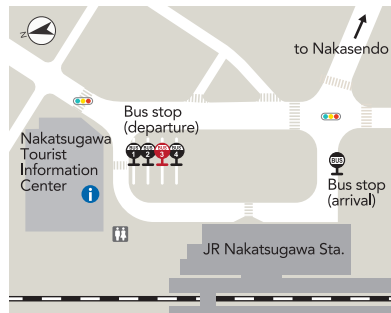
Information around JR Nakatsugawa Station

Bus Information (bound for Magome)

Time Table: see the QR code for updated information. It takes about 25min from JR Nakatsugawa Station to Magome.
 Bus Terminal at JR Nakatsugawa Station.
 All the buses from track No.3 go to Magome. There is no direct bus to Tsumago from JR Nakatsugawa Station. To go to Tsumago, change buses at Magome.

Nakatsugawa Tourist Information Center

Information about Nakasendo as well as Nakatsugawa City is available here. It is surrounded by souvenir shops.



Tsumago Magome Hike and Nakatsugawa Tourist Information (English)



Nakatsugawa City Information about the Nakasendo Way including the updated information for walking map, hotel list, and so on.

Luggage Transportation Service

Two types of luggage transportation service are available between Nakatsugawa Tourist Information Center, Magome Juku and Tsumago Juku. Limited Insurance available up to JPY200,000 included in the price. (Confirm the condition at reception desk.) Terms and conditions are subject to change without notice.

Nakatsugawa Tourist Information Center and Magome Juku

Price: JPY1,000 per item (tax included)
 Reception : Nakatsugawa Tourist Information Center 8:30AM to 10:45AM
 Magome Tourist Information Center 8:30AM-11:00AM
 Pick up : At the destination information center between 1:00PM-5:00PM on the same day.

Magome Juku and Tsumago Juku

Price: JPY1,000 per item (tax included)
 Reception : 8:30AM-11:30AM at both tourist information center
 Pick up: At the destination information center between 1:00PM-5:00PM on the same day.

Luggage Storage Service

Store your luggage at Nakatsugawa Tourist Information Center, enjoy walking around the city center and take a day trip to Magome Juku.
 Price: JPY700 per item (tax included) / JPY500 per item (tax included) within 2 hours.
 Reception: 9:00AM-4:00PM at Nakatsugawa Tourist Information Center
 Please pick up your items by 5:00PM on the same day.



Tsumago-Magome Wi-Fi

Free Wi-Fi access is available in both JR Nakatsugawa and JR Nagiso Stations, and other tourist facilities. (See the map page)

Access Requirements

SSID Tsumago-Magome-west 15min access (up to 20 times) / day
 SSID Tsumago-Magome-east 60min access (up to 4 times) / day



Japan Connected-free Wi-Fi

A free smartphone App, which enables you to connect to Wi-Fi in Tsumago-Magome Wi-Fi and many other locations in Japan.

Contact Us

Nakatsugawa Tourist Information Center

1F Nigiwai Plaza, 1-1 Sakae-machi, Nakatsugawa, Gifu 508-0032

TEL. 0573-62-2277, 8:30AM - 5:30PM

Magome Tourist Information Center

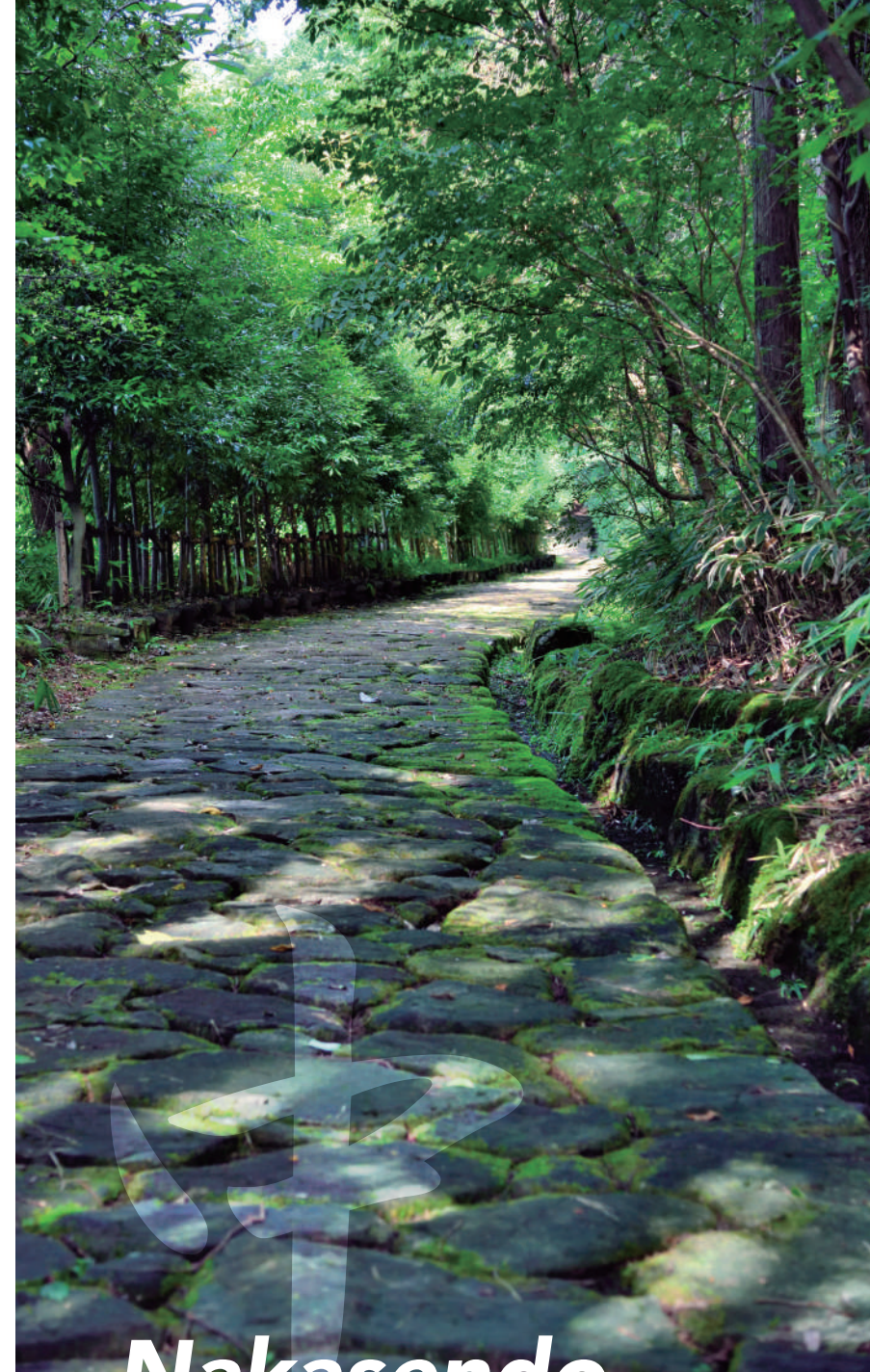
4300-1 Magome, Nakatsugawa, Gifu 508-0502 TEL. 0573-69-2336, 8:30AM - 5:00PM

Tsumago Tourist Information Center

2196-1 Azuma, Nagiso, Kiso District, Nagano 399-5302 TEL. 0264-57-3123, 8:30AM - 5:00PM

At this moment, there is a strong influence of COVID-19 for traveling.
 Use a mask and keep social distance.

This leaflet is issued by Nakatsugawa City, March 2021.



Nakasendo Tsumago-Magome Hike

One of the most famous walking paths in Japan,
 called the "Samurai Road" in the Kiso Valley.

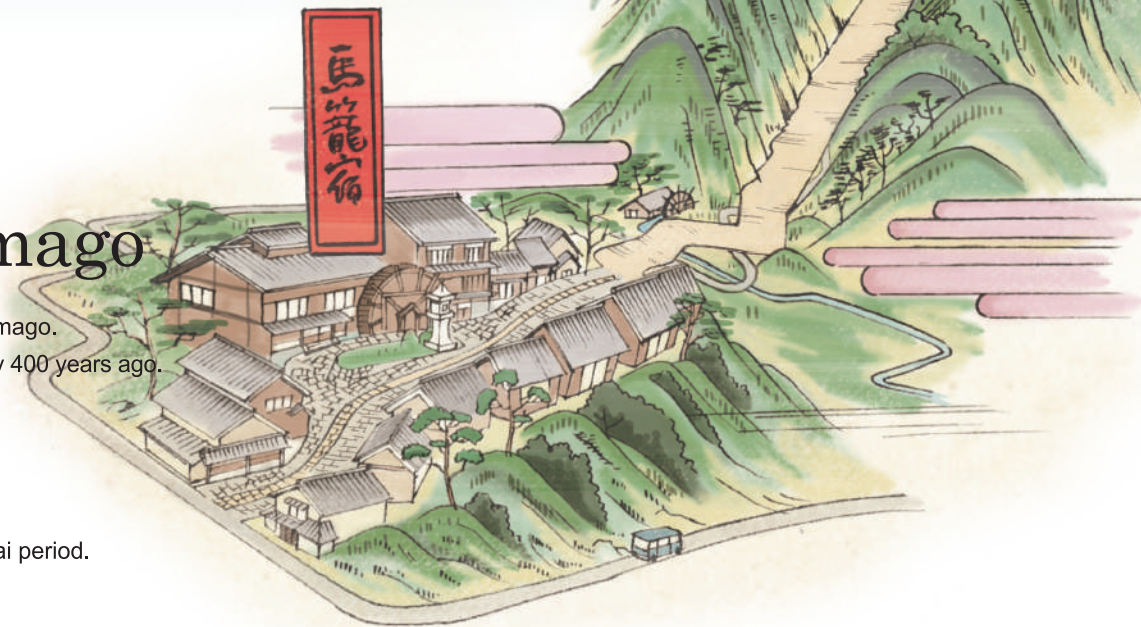


Feel closer to Japan by walking the Nakasendo trail.

Nakasendo is called the “Samurai Road”, where the Samurai Japanese Warriors walked about 400 years ago. Most of the original walking paths have been lost, but in these areas, some parts of the Nakasendo remain untouched and are known as “Off the beaten track”. The 8km hike between Tsumago and Magome is particularly popular.



Sunset over Magome Juku



Tsumago Juku

MAP E-2

Tsumago Juku is the post town near to Magome Juku.

This is where, in 1976, the “traditional architecture preservation district” commenced in Japan.



Stone pavement between Magome and Tsumago.



Waki Honjin Okuya (脇本陣奥谷)
In winter, the very soft light of the Waki Honjin filters through the high windows.

Highlight: Trail from Magome to Tsumago

The most popular activity along the Nakasendo Way is the hike from Magome to Tsumago. The Nakasendo Way, also known as the “Samurai Road” was developed approximately 400 years ago. There are 3 small villages between Magome and Tsumago, with several houses, but most of the trail is in forest, with cypress, cedar, bamboo and maple trees. The 8km walk (from the end of the Magome Juku to the start of the Tsumago Juku), which can take 3-4 hours, is great for refreshing from the busy day to day. Whichever direction you walk in, you'll feel you've stepped back in time to the Samurai period.

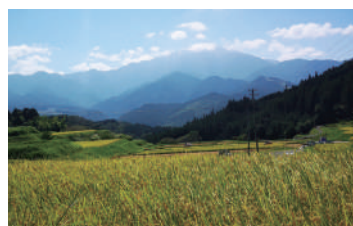
Magome Juku 馬籠宿

MAP D-4

Magome Juku (Juku means post town) is located in the south of the Kiso Valley, with beautiful panoramic views to the west of Japan. Old houses, shops and restaurants are on the both sides of the street.



Watermill is the symbol of Magome Juku, as it locates on the slope. The sharp turn called Masugata makes military march slow down.



Around Magome Juku, there are a lot of rice paddies.



Tajimaya (Japanese style Inn)
Address: 4266 Magome, Nakatsugawa, Gifu 508-0502
TEL: 0573-69-2048
(For more details use QR code on the last page)



Magomechaya (Guesthouse)
Address: 4296 Magome, Nakatsugawa, Gifu 508-0502
TEL: 0573-69-2038
(For more details use QR code on the last page)

Ichikokutochi Tatebachaya 一石枳立場茶屋

MAP E-3

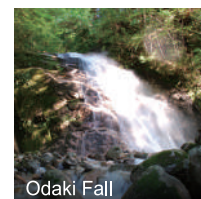
This house was built about 300 years ago and is located a 10min walk from the Magome Pass on the way to Tsumago. Fresh tea is served for you to enjoy a short rest. In the springtime, beautiful Sakura (cherry blossom) reveal their attractive colours.



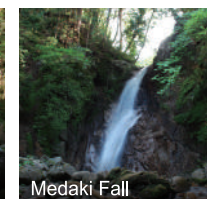
Odaki Medaki Falls 男滝・女滝

MAP E-3

These two waterfalls are located near O Tsumago. In summer, they provide cool, fresh air for those who visit.



Odaki Fall



Medaki Fall

Gourmet and Specialties



Goheimochi

Goheimochi is a local food found in this area. It's made with grilled mashed rice, wrapped with sesame and various nuts. The form differs by area and in Magome it is ball-shaped.



Oyaki

Oyaki is a dumpling typically found in the Nagano/Shinshu area. As Magome is located on the border of the Gifu and Nagano Prefectures, this town has a mix of food cultures.



Kurikinton

Japanese sweets are well-known in Nakatsugawa City. Especially, the very simple chestnuts cakes are recommended.



Wooden products

Tsumago Juku and its area is well known for high quality wooden products.

Nakatsugawa City Fascinating Japanese “Inaka”, Country Side with Culture

Ochiai Juku 落合宿

Ochiai Juku is a small post town between Nakatsugawa and Magome. The 44th post town from Edo (Tokyo) has extant Honjin, which basically only people of high standing such as Daimyo (lord) could stay in.
Open on Sundays and holidays. (During March and November.)
Address: 840-1 Ochiai, Nakatsugawa, Gifu 508-0006



Ochiai Juku Honjin
(落合宿本陣)



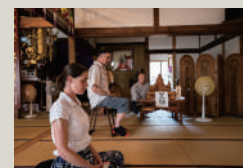
Ochiai Stone Pavement 落合の石畳



Walking up from Ochiai to Magome, you will pass through Jukkyoku Toge (which means “ten curve pass”). As you can imagine, it is very steep hill up to the Ochiai stone pavement. Once you reach to the stone pavement, it has steps, covered by trees with good shade and sunlight through the leaves.

Ochiai Cultural Experience

In Ochiai, there are 3 temples of different sects. Many of Japanese temples played a big role in education during the “the Samurai period”. The culture that people learned in temples, has revived again in Ochiai. English video is available for each program for pre-training.



Zazen 坐禅
Zenshoji Temple (善昌寺)
Zazen, known as Japanese meditation, is a Buddhism experience that will bring you peace in your mind.



Shodo 書道
Koufukuji Temple (高福寺)
Shodo is Japanese calligraphy using special brushes. In this experience, a monk will guide you how to write Japanese characters with the brush.



Sado 茶道
Iouji Temple (医王寺)
Sado experience in Iouji Temple includes both serving and drinking in a sophisticated manner developed about 400 years ago.

For more information and application, follow the link.



Nakasendo Historical Museum 中山道歴史資料館



Nakasendo Historical Museum has a lot of historical documents and materials from “the Samurai period”. “Lord’s room” in its property.
(Eating or drinking not permitted.)
Open: Tue-Sun, 9:30AM-5:00PM
Address: 2-2-21 Honmachi, Nakatsugawa, Gifu 508-0041
TEL: 0573-66-6888

Nakatsugawa Juku 中津川宿

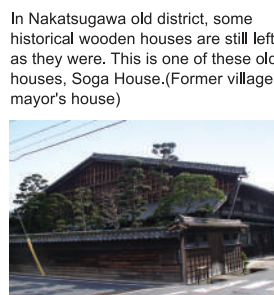
Nakatsugawa Juku was one of the “Junction” towns, not only during the Samurai period, but from ancient times. So the city with a population of approx. 80,000 is a mix of cultures from different areas. The water to make good Sake is very soft and tasty and is available in the local brewery “Hazama Shuzo”.



Hazama Shuzo
Address: 4-1-51 Honmachi, Nakatsugawa, Gifu 508-0041
TEL: 0573-65-4106



This wall is called Namako kabe, which means sea cucumber wall.



In Nakatsugawa old district, some historical wooden houses are still left as they were. This is one of these old houses, Soga House. (Former village mayor’s house)

Lucky Cat welcomes you



Naegi Castle Ruins 苗木城跡

MAP A-4

This site is on the steep hill next to the Kiso River and has panoramic 360 degree view which includes Mt. Ena (2191m) and Fujimidai Highland, Kiso River, and some part of Nakasendo.



The huge rocks originally located on this hill are used as a part of stone wall of the castle.



The view of the observatory has 360 degree of beautiful mountains and clear river.

Naegi Toyama Historical Museum (苗木遠山史料館)

Naegi Toyama Historical Museum has a lot of historical materials about Naegi Toyama Clan including Japanese armor and miniature models of the Naegi Castle.
Open: Tue-Sun, 9:30AM-5:00PM
Address: 2897-2 Naegi, Nakatsugawa, Gifu 508-0101
TEL: 0573-66-8181



Route guide

JR Nakatsugawa Sta.

Naegi Castle Ruins

Total : About 1 hour / 3.5km (2.17mile)

See the hiking route on the map page. (5Page/left bottom)

There used to be a local rail road near the castle ruins. The bridge is still there.



Taxi from JR Nakatsugawa Station to the Naegi Castle Ruins Parking 6km / about JPY2,500.



The Nakasendo Walking Programs for Tourists

A. Short Course (9km walk)

Estimated total time 4-5 hours

JR Nakatsugawa Station

Bus about 25min.

Magome Juku

Hike 9km, about 3-4hours

Tsumago Juku

Bus about 10min.

JR Nagiso Station

B. Middle Course (13km walk)

Estimated total time 5-6 hours

JR Nakatsugawa Station

Bus about 10min

Ochiai Juku

Hike 4km, about 1.5hours (Uphill)

Magome Juku

Hike 9km, about 3-4hours

Tsumago Juku

Bus about 10min.

JR Nagiso Station.

C. Advanced Course (20km walk)

Estimated total time 6.5-8 hours.

JR Nakatsugawa Station

Hike 4km, about 1.5hours (Some short and steep hills)

Ochiai Juku

Hike 4km, about 1.5hours (Uphill)

Magome Juku

Hike 9km, about 3-4hours

Tsumago Juku

Hike 3km, about 1hour

JR Nagiso Station.

Total time required for each program changes upon the waiting time for bus and train. The distance between post towns is measured from the Honjin to the Honjin. The distance from the end of Magome Juku and the entrance of Tsumago Juku is about 8km.

Tourist Spots along the Nakasendo Way

Asahigaoka Fushimi Shrine
(旭ヶ丘伏見稲荷神社) **MAP B-5**



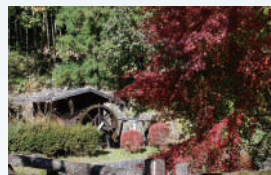
Local shrine kept by local people. Red torii gates are symbolic of Fushimi Shrine.

Ochiai Tanada (small rice terrace)
(落合の棚田) **MAP C-4**



Surrounding Ochiai Juku, there are steep hills which have small rice terrace.

Watermill
(水車塚) **MAP D-4**



While you are walking the Nakasendo Way, you always hear the sound of water flowing next to you. Sometimes you see watermills as well.

Gyuto-Kannon
(牛頭観音) **MAP E-2**



There are a lot of Horse Head Kannon statues along the Nakasendo. It is very rare to see Cattle Head Kannon. In this area, people used cows instead of horses as the hills are steep.

Suwa Shrine
(諏訪神社) **MAP D-4**



The local shrine near Magome Juku with a holy atmosphere.

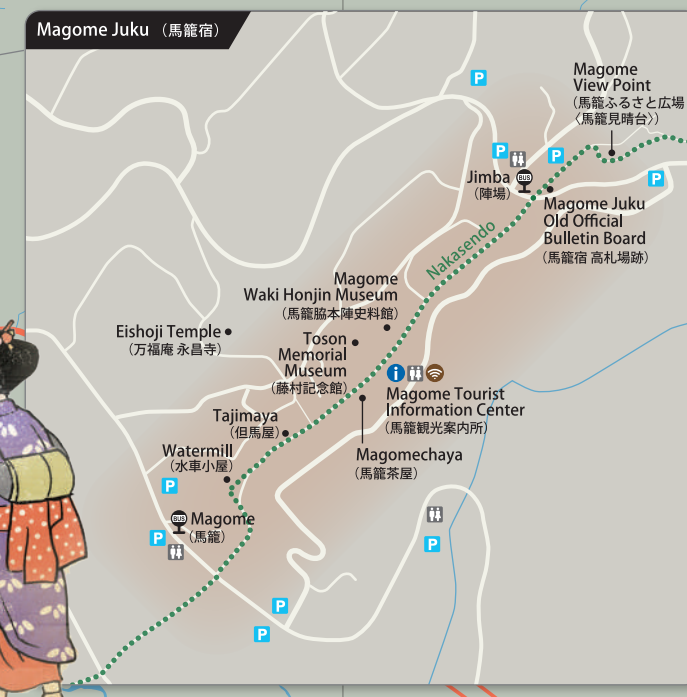
Magome View Point
(馬籠ふるさと広場(馬籠見晴台)) **MAP D-4**



This view point called "Jimba" has panoramic view to the Mt. Ena(2191m) and to the west side to the Nakasendo Way to watch the enemies coming from West Japan.

Nakasendo Hike MAP

- Legend**
- Nakasendo(Hiking Route)
 - Hiking Route to Naegi Castle Ruins
 - JR Chuo Line
 - Chuo Expressway
 - Tourist Information Center
 - Tsumago-Magome Wi-Fi (Free Wi-Fi spot)
 - Restroom
 - Coffeeshop or tea service
 - Bus stop
 - Parking
 - Attention



ONLINE MAP

An online map using Google Map is available. Scan the QR code on the last page.



Route guide

Nakatsugawa Sta. — Magome Juku

Total : About 2-3 hours / 8.8km (5.5 Miles)

Magome Juku — Tsumago Juku

Total : About 3-4 hours / 8.8km (5.5 Miles)

Times given is an estimation and different by individuals.

