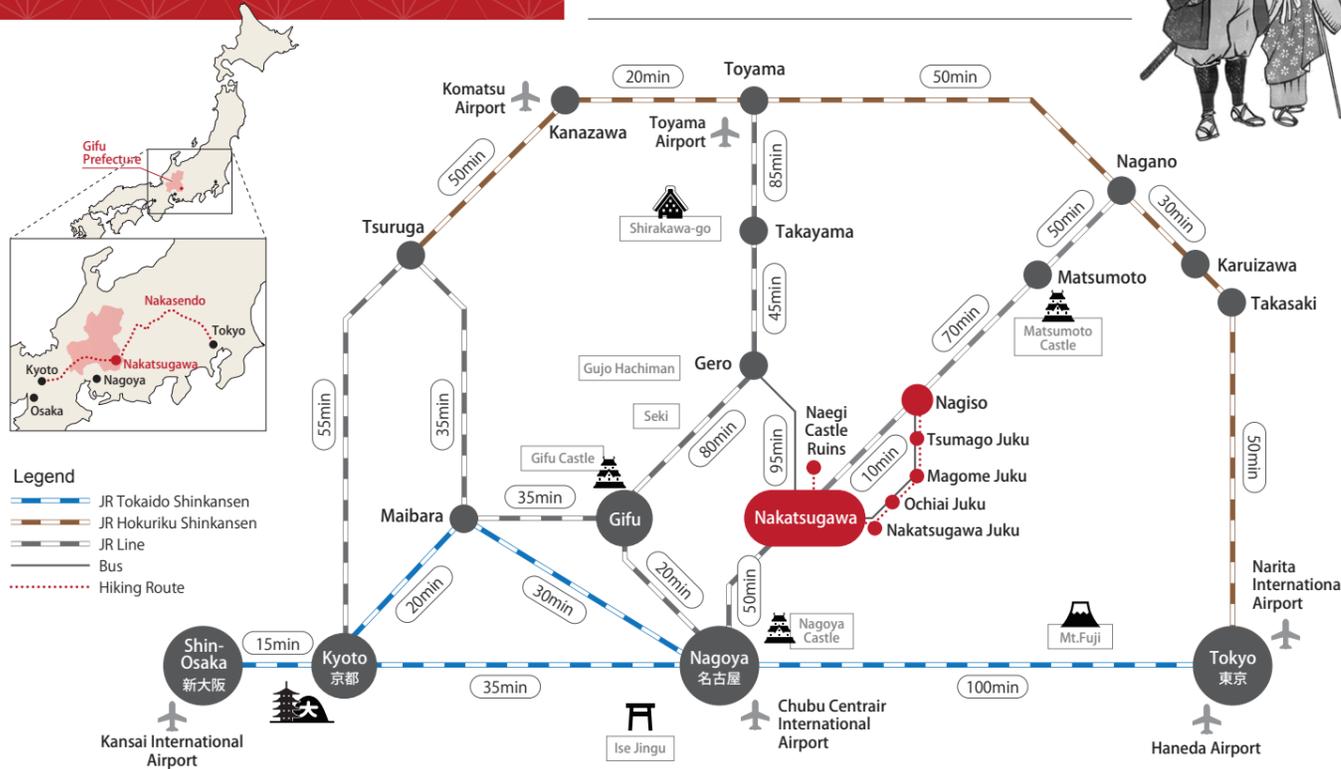


# Wide Area Access to Nakatsugawa

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.



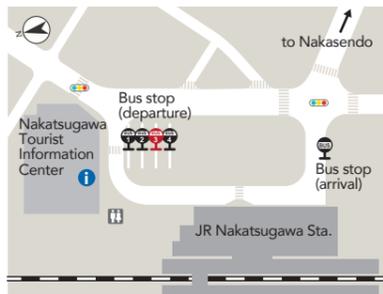
## Information around JR Nakatsugawa Station

### Bus Information (bound for Magome)

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.



## Nakatsugawa Tourist Information Official Website



## Travel Media VOYAPON Including Nakatsugawa City Information



## Luggage Transportation Service

### NLTS (Nakasendo Luggage Transfer Service)

NLTS provides you a luggage transfer service along the Nakasendo trail from your hotel or station to your next destination, such as Magome Inn, Tsumago Inn, Nagiso station or Narai station on the same day or even for a few days. The fare depends on the number of bags and distance. For example, the costs from Nakatsugawa to Magome is 3,000 yen for two bags. Please feel free to inquire.  
 Contact : WhatsApp(+81 90 7046 7710), mlts202308@gmail.com

### Fielder (Luggage Transportation Service)

For people walking along Nakasendo Kisoji, we support your safe and comfortable trip.  
 Charge: Please inquire. Payment: Credit card prepayment  
 Contact: kisojidelivery@gmail.com

### Magome Juku and Tsumago Juku

Charge : 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 Nakatsugawa Juku and take a day trip to Magome Juku.  
 Charge : 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.  
 \*There is no delivery service to Magome or Tsumago.



### 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.

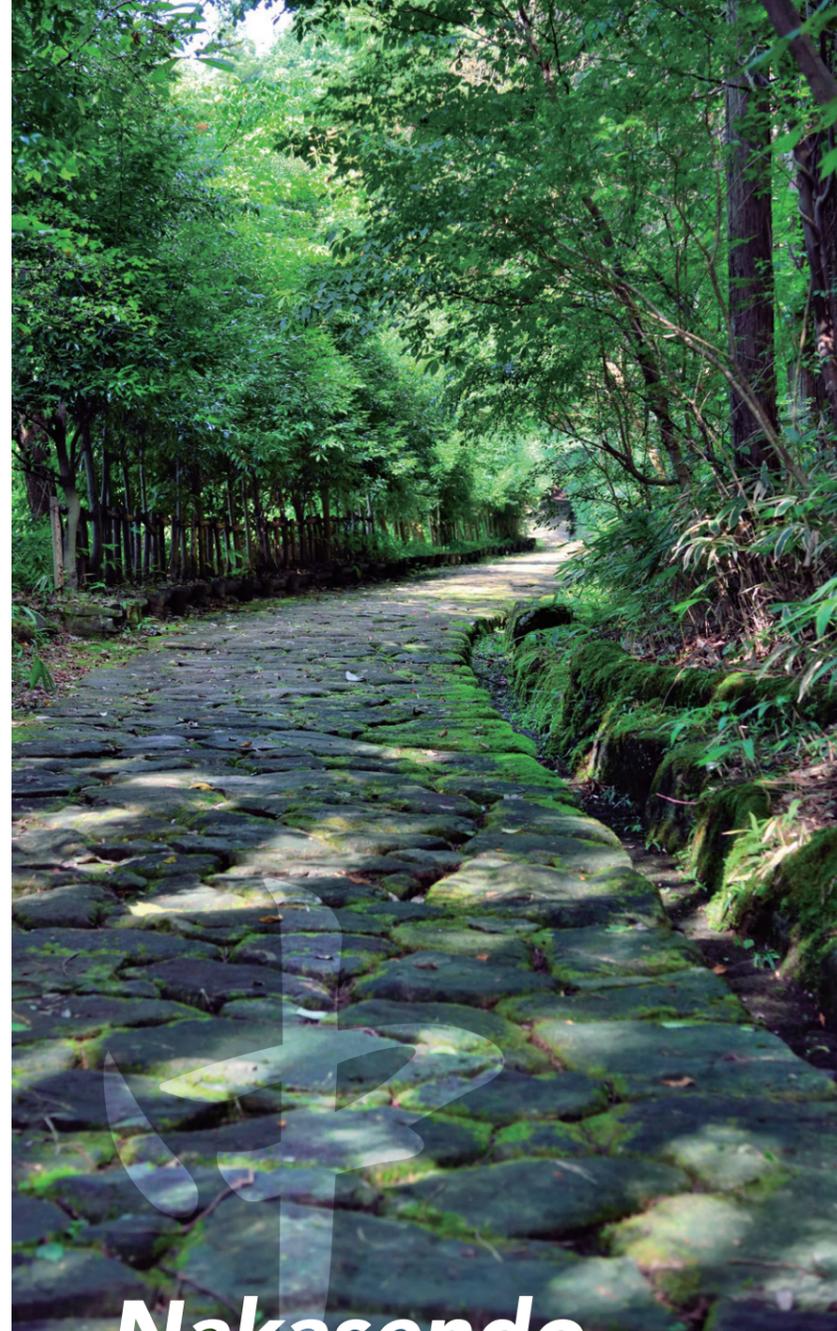
## Contact Us

**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**

This leaflet is issued by Nakatsugawa City, April, 2024.



# Nakasendo Tsumago-Magome Hike



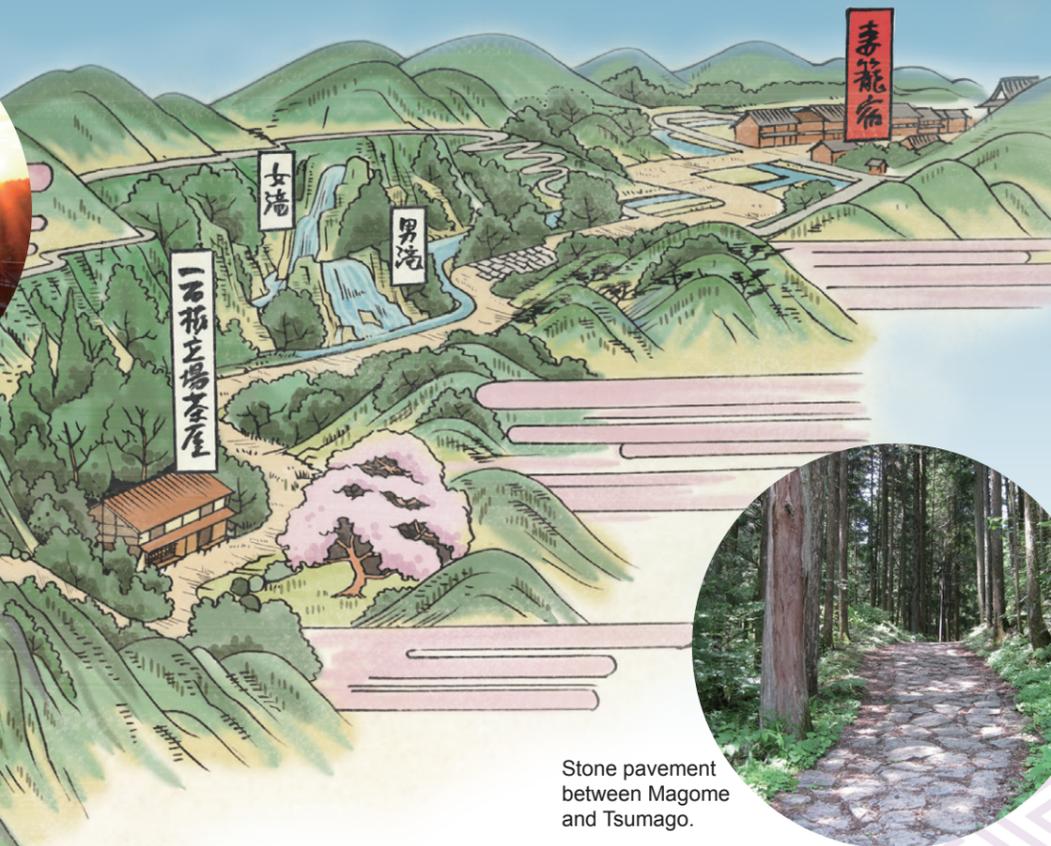
One of the most famous walking paths in Japan, called the "Samurai Road" in the Kiso Valley.

# 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.



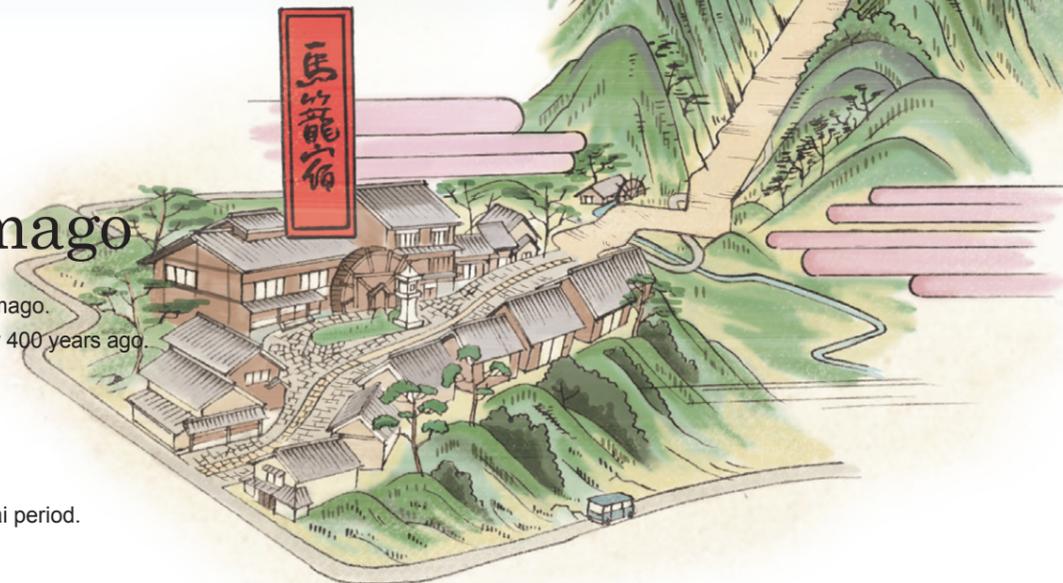
Sunset over Magome Juku



Stone pavement between Magome and Tsumago.

## 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.



## 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.



Waki Honjin Okuya (脇本陣奥谷)

In winter, the very soft light of the Waki Honjin filters through the high windows.

## 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



Magomechaya (Guesthouse)  
Address: 4296 Magome, Nakatsugawa, Gifu 508-0502  
TEL: 0573-69-2038

## Ichikokutochi Tatebachaya

MAP E-3

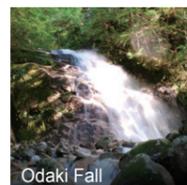
This house was built about 300 years ago and is located a 10min walk from the Magome Pass on the way to Tsumago. Fresh tea is served for you to enjoy a short rest. In the springtime, beautiful Sakura (cherry blossom) reveal their attractive colours.



## 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

MAP C-4

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

MAP C-4



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

Let's challenge!!

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

MAP B-5



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 \*Please notify staff before visiting Waki Honjin.

### Nakatsugawa Juku

MAP B-5

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. 70,000 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

#### Backstreet Walk

Join a walking tour through the narrow backstreets of Nakatsugawa-juku to experience its history and culture. For more information and application, follow the link above.



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

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

MAP B-5

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 JPY2,530.

### The Nakasendo Walking Programs for Tourists

A. Short Course (9km walk)	B. Middle Course (13km walk)	C. Advanced Course (20km walk)
Estimated total time 4-5 hours	Estimated total time 5-6 hours	Estimated total time 6.5-8 hours.
JR Nakatsugawa Station	JR Nakatsugawa Station	JR Nakatsugawa Station
Bus  about 25min.	Bus  about 10min	Hike  4km, about 1.5hours (Some short and steep hills)
Magome Juku	Ochiai Juku	Ochiai Juku
Hike  9km, about 3-4hours	Hike  4km, about 1.5hours (Uphill)	Hike  4km, about 1.5hours (Uphill)
Tsumago Juku	Magome Juku	Magome Juku
Bus  about 10min.	Hike  9km, about 3-4hours	Hike  9km, about 3-4hours
JR Nagiso Station	Tsumago Juku	Tsumago Juku
	Bus  about 10min.	Hike  3km, about 1hour
	JR Nagiso Station.	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
- i Tourist Information Center
- W Tsumago-Magome Wi-Fi (Free Wi-Fi spot)
- R Restroom
- C Coffeeshop or tea service
- B Bus stop
- P Parking
- A Attention
- T TAXI



## Route guide

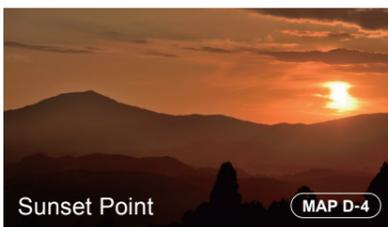
**Nakatsugawa Sta. — Magome Juku**

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.



Sunset Point **MAP D-4**