

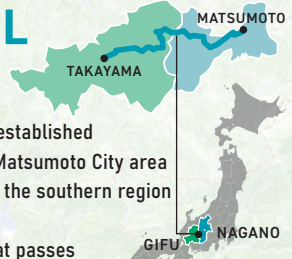
SHINPI TRAIL

信飛トレイル

The **Kita Alps Traverse Route** was established in February 2023 and connects the Matsumoto City area and the Takayama City area through the southern region of the Chubusangaku National Park.

The Shinpi Trail is a walking trail that passes through the region and will open in 2024.

The trail will connect ancient paths and highways to allow hikers to enjoy a walking journey along the route from Matsumoto to Takayama divided into six sections.

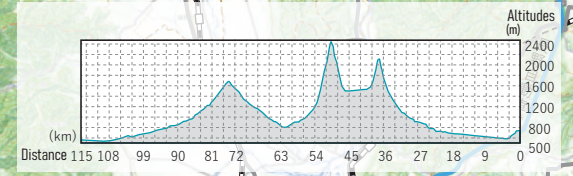


Legend

- SHINPI TRAIL
- City and Town Borders
- Hot Springs Areas
- Roadways
- Prefectural Borders
- Mountain Passes

Difficulty Levels of Each Section

- ★ Beginner-friendly
- ★★ Intermediate level for mountain climbers
- ★★★ Advanced level for experienced mountain climbers



Passage through Section 5

For the stretch between Kute Bus Stop and Hatahoko Bus Stop in Section 5, as there is no pedestrian path, and vehicle traffic is heavy and potentially hazardous, it is recommended to use the bus for passage.

Passage through Section 2

Section 2, besides the route passing through Tokugo Pass, there are two alternative ways to travel it starting from inshimashima:

- Travel directly to Kamikochi by bus from Shinshimashima and skip Section 2.
- Travel directly to Norikura Kogen by bus from Shinshimashima and skip Section 2. Enjoy a day in Norikura Kogen and get a bus to Kamikochi where you can continue the journey.

*Created by processing the Geospatial Information Authority of Japan's Geospatial Information Vector Map.

Section 6

Nyukawa to Takayama

As you walk from Nyukawa to Takayama, the rural landscapes remain seemingly untouched and give travelers a glimpse of Japan's ancient beauty. Once in Takayama, you can feel the charm of traditional shopping districts, Hida craftsmanship, and the rich culture of woodworking.

- Walking distance: 22.3 km
- Estimated Time: Approx. 8 h
- Altitudes (Highest / lowest): 785 / 540 m
- Difficulty: ★

Section 5

Hirayu to Nyukawa

Crossing Hirayu Pass, savor the regional culture with stone structures like Dōsojin (roadside deities) and the deep connection with the forest as you head towards Nyukawa in Takayama City.

- Walking distance: 22 km
- Estimated Time: Approx. 7 h
- Altitudes (Highest / lowest): 1,684 / 785 m
- Difficulty: ★

Section 4

Nakao Kogen to Hirayu

Pass through Okuhida Onseno hot Springs areas and experience the geothermal blessings of the many hot springs, as you journey from Nakao Kogen to Hirayu.

- Walking distance: 16.1 km
- Estimated Time: Approx. 6 h 30 min
- Altitudes (Highest / lowest): 1,265 / 783 m
- Difficulty: ★

Section 3

Kamikochi to Nakao Kogen

Cross through the scenic Kamikochi area with its clear streams, then over the active volcano Yakedake and Nakao Pass, arriving at the former checkpoint of the Kamakura Kaido and Hida Shindo, leading to the remote Nakao Kogen in the Hida Mountains.

- Walking distance: 11.2 km
- Estimated Time: Approx. 8 h
- Altitudes (Highest / lowest): 2,444 / 1,083 m
- Difficulty: ★★★

Closed in winter from late October to early May

Section 2

Shimashima to Kamikochi

Follow the classic trail beloved by Walter Weston, crossing Tokugo Pass to reach Kamikochi.

As of April 2024, the passage from Shimashima to Tokugo Pass is closed.

- Walking distance: 25.3 km
- Difficulty: ★★★

Section 1

Matsumoto to Shimashima

Starting from the Alps Park in Matsumoto, experience the culture of the area nurtured by the abundant water that flows down from the Northern Alps. Follow the Azusa River to Shimashima valley.

- Walking distance: 18.1 km
- Estimated Time: Approx. 4 h 30 min
- Altitudes (Highest / lowest): 780 / 574 m
- Difficulty: ★