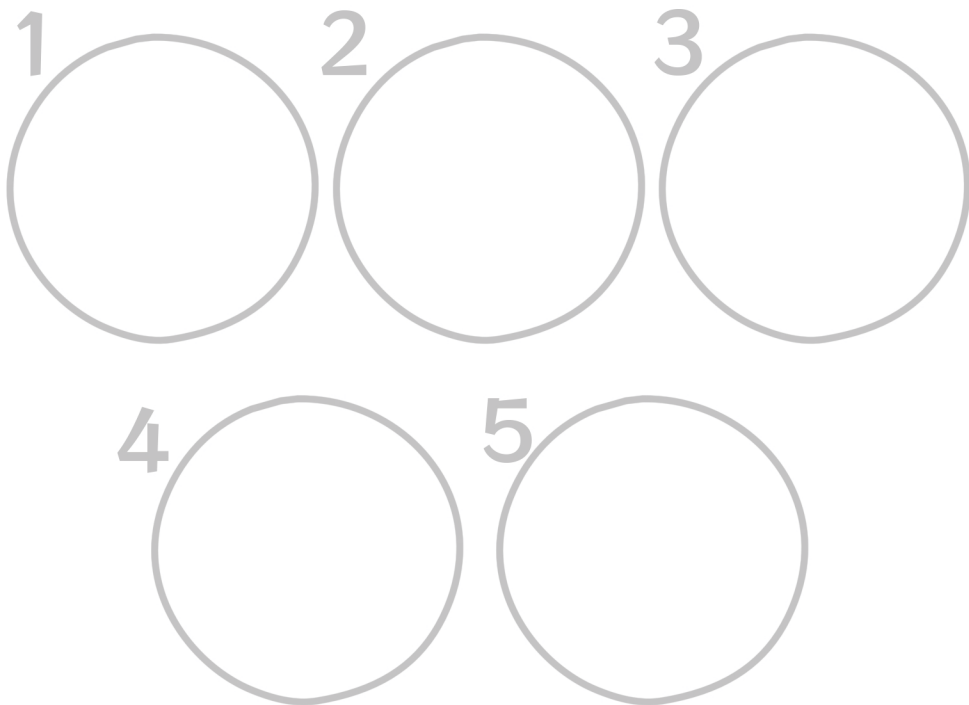


Stamp Column



- You will receive a little gift when you completed all five stamps.
Please come to the Visitors' Centre and show us the completed stamp column.
- Only one stamp rally per person.
- There is always the possibility of tripping over pebbles, falling branches or other unexpected accidents in the open air. Please take care for your own safety while walking.
- There are no toilets or water facilities on the trail.



There's nothing quite like eating bread
in the great outdoors of the Northern Alps!

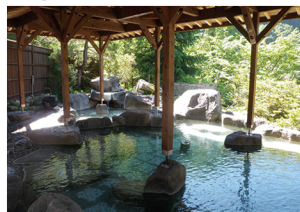


The "Alpine Bakery" at Shirakabadaira Station, a starting point of the No.2 ropeway, sells a variety of breads, including the "gondola-shaped bread" and the most popular "croissant"! They are delicious even when cold. Would you like to take some home?
Gondola-shaped bread... ¥400
Plain croissant... ¥180

Natural hot spring "Kamitakara no yu"

An open bath at the Visitors' Centre "Sangakukan".
It's a 100% pure natural hot spring with 2 baths for both ladies and gentlemen.
The hot spring only consist of an open bath, so no soap and shampoo is allowed.
We appreciate your understanding.

【Business hours】
9:30am - 3:30pm
(Last admission 3:00pm)
【Usage fee】
Adults ¥600
children ¥400
【Towels for sales】
Hand towel ¥200
Bath towel ¥410



Stamp rally of Nabedaira Kogen

Map & Stamp Board



新穂高ロープウェイ
SHINHOTAKA ROPEWAY

〒506-1421 SHINHOTAKA ROPEWAY Phone: 0578-89-2252

Nature Trail of Nabedaira Kogen

Can you find us ?



Spring

In April, Japanese butterbur scapes start showing their heads with the spring thaw. In late April, *Lindera obtusiloba* lead the way, then Sargent's cherry and Anise magnolia bloom. In May, the flowers and trees such as Soft windflower, Trillium tschonoskii, Umbrella leaf, False Solomon's-seal, *Viburnum furcatum* and Albrecht's azalea start to bloom.

Summer

In June, the flowering season begins with Bigleaf magnolia, Maxflower, *Pyrola incarnata* and Japanese weigela. In July, other flowers and grasses compete to bloom, such as Bamboo lily, Columbine, Gooseneck, *Cimicifuga simplex*, Touch-me-not balsam, *Eupatorium chinense*, Herb weiling ascitesgrass, Chinese rampion and *Adenophora remotiflora*.

Autumn

In late August, Japanese pampas grass opens its ears and autumn flowers such as Coneflower and White patrinia begin to bloom. In late September, the flowering season ends with Goldenrod, Wild chrysanthemum and Aster glehnii. Fall foliage reaches their peak in mid to late October. A three-layered fall foliage of white, green, and yellow appears if snowfall.

Winter

Once having the first snowfall in early November, the long winter begins. The snow become a lingering snow by mid-December, and cover Nabadaira until mid-April. The countless footprints left on the snowfield remind us of the bustling life of animals such as Japanese serows, Japanese martens, mountain hares, wild foxes, and Japanese squirrels.

 Nature trail

Roadway

Mountain trail
Work Path

No entry for vehicles

Hand waving spot

Spots with mountain view

Bear bell

※A bell to avoid bears.
Make sure you ring it!

Stamp locations
※Stamps for the stamp rally
can be found here.