

naqal ni Mountains The 100 Famous

!hanot od ot gaitisw teuf ei girt aut A



Guide to Famous Waters (Katashina Spring Group in the Township of Oze)

Delicious water lovingly nurtured by rich nature

In addition to excellent water quality, the Katashina Spring Group in the Township of Oze has been recognized as one of the 100 Famous Waters of Heisei for the efforts over the years by the village residents in regard to cleanliness, reforestation, forest conservation, and other environmental activities.

Spring water

Spring of Kannon C-4

clean. (Gozairi, 2 km from the Katashina Village Office Ikancho Spring D-3

Kamata traffic lights) Hotaka Blessed Water B-4 Parking available

among the 100 Famous Waters, a watering spot was built next to the entrance of the Station of Flowe water for themselves. (Garden at the Station of Flower Katashina, 5 km from Hirakawa traffic lights)

Hanasaku Spring B-4

Formed from runoff water gushing down from an elevation of 935.8 m (Kuminikoiya), this spring is aintained and protected by local people. (Hanasaku / Nobotto, 6 km from Hirakawa traffic lights)

Hotaka Spring B-3 Parking available and touch for yourself this prolific spring as it gushes

The one spot in the village where you can get close

up from the ground. (Inside Hotaka Farm, 9 km from

Hana-no-Tani Spring C-4 Parking available Located in the Roadside Station Oze Katashina, next to Katashina Village Office, these waters spring from the hillside behind the village. (Inside Roadside Station

Kita-Kanto, and this spring formed from it subterranean mountain waters is also the highest in the village (1,400m). (Entrance to Marunuma Kogen

Oze Iwakura Spring C-3 Parking available The water of a local mountain guardian deity, known as Jyuuni, it quenches the thirst of the local people. (Entrance to White World Oze-Iwakura, 7 km from the

Located at the entrance of the Tokura No.1 Parking Area and on the premises of Oze Purari-kan. (In front of Oze Purari-kan, 9 km from Kamata traffic lights)

Oshimizu Spring E-2 Parking available Can be drawn at the storefront of the Monomi-goya Lodge and Oshimizu-goya Lodge store by the

(Tokura Oshimizu, 17 km from Kamata traffic lights)

Oze Katashina, next to Katashina Village Office, Kamata) Marunuma Kogen Spring E-3 Parking available Ski Resort, 13 km from Kamata traffic lights)

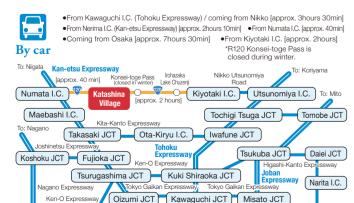
Mountain Watering Holes

Also check out the

washimizu E-1 Said to boast the clearest water among the mountain watering holes of Gunma Prefecture.
(Under Sanpei-toge Pass, 2 hours on foot from Tokura Spring D-2 Parking available

> Bosatsukai Spring A-3 The only water source at Mt. Hotaka, one of The 100 Famous Mountains in Japan and known as a place of spiritual training. (Mt. Hotaka, 3 hours on foot from Sango-daira)

Transportation Access



Katashina Village Route bus Route bus Jomo Kogen

Joetsu Shinkanse Station Tokaido Shinkanser Shin-Osaka

Inquiries

For inquiries about accommodations, including hotels, inns, guest houses, and campgrounds, please visit the Katashina Village Tourist Association website.

Check it out!/ Katashina Info Search

TEL.0278-58-3222 T378-0415 **3964** Kamata, Katashina Village, Tone, Gunma FAX.0278-58-3213 Katashina Village Development and Tourism Division



TEL.0278-58-2112
 T378-0498
 3967-3
 Kamata, Katashina Village, Tone, Gunma
 FAX.0278-58-2110
 The bathing tax is a special-purpose tax to cover the costs of environmental sanitation facilities, maintenance of tourist and firefighting facilities, and the promotion of tourism



Katashina Village Tourism Association (Tourism and Lodgings) Information is also available on social media!



ΓEL.0278-25-4644

The Marunuma Dam is a rare buttress dam, of which only eight were built in Japan during the early Showa period. Of the six

remaining examples, the Marunuma Dam is the largest, and its

appearance remains unchanged for more than 70 years. Dam-related merchandise, such as dam cards and dam curry cards,

Roadside Station & Station of Flower Guide **Please inquire for details on opening hours and dates when clo

A trip to Oze and Katashina is not complete without stopping here!

Station of Flower Katashina Hanasaku no Yu ddition to an open-air bath with a magnificent view, the newly built bedrock bath uses Kiyoseki for the floo alls, and ceiling. This type of rock can only be found in Katashina Village, and is said to be good for detoxification maintaining beautiful skin. The restaurant here is also very popular, making use of plenty of local highland trables. Other facilities include a terrace with a wonderful view, the Shinbo Kogure Print Gallery—an artist with



Silk Story - (Japanese Heritage) husband, Konshuro Nagai, and establishe then passed on to more than 1,500 people. Inquires 0278-58-3222

(2,057m) To: Minakami Town Women in Charge: Gunma's

When discussing the silk industry in Gunma Prefecture, the achievements of one woman improved the silk rearing techniques of he he Nagai school of silk techniques which she (Katashina Village Tourist Association

have become very popular for Marunuma Dam. Visitors who Mt. Hotaka & Sango-daira Walks Nature Trail Walks Mt. Hotaka Bosatsukai Water Farm Campsite Japanese azalea (Katashina Hotaka Farm Campsite) Hotaka Spring Woodworking Experience

Anakanon and Kaikoinari

Station of Flower Katashina Hanasaku no Yu

Inquires 0278-58-3222

among Oze hikers, holding nothing back with its use of the Katashina Village specialty, hana-mar beans. They also boast a varied range of othe nguires 0278-20-7111 Roadside Station Oze Katashina The "Honey Soft" serve is a popular choice here, matching blended Katashina honey with incredible milk. They also feature other flavors that you'll only find in Katashina, including

Saruoi Festival (Important Intangible Cultural Asset [National])

Hanasaku Hotaka Shrine is the headquarter

county. It is said that, long ago, a great white-haired monkey took up residence in a grotto on Mt. Hotaka and started to bring harm to the villagers. The deity Hotaka drove

the monkey away, and that formed the basi for this "monkey driving" festival that ha

Inquires 0278-58-3222 (Katashina Village Tourist Associatio

Confectionery Workshop Lammin A small confectionary store located in the

Promenade Watanabe Confectionery

mountains. Prizes the aromas of ingredients

and taste of the freshly baked goods, working

mainly with baked treats. The Sache rtorte in

The hana-mame ("flower beans") bread is

especially popular here, packed with

Katashina-grown beans that have been

The hana-mame gelato is particularly popula

the photo comes highly recommended

nquires 0278-25-4173

tenderly stewed until soft

Inquires 0278-58-3861

Inquires 0278-25-4644

The famous Sweetcorn Boad is

lined with grilled corn stalls.

Oze-Katashina toward Nikko. The

sweet and fragrant flavor of

Katashina corn, which boasts a

the show.



The road to the best grilled corn

Late July to late November D-3 (6) Kuwabaraya Late April to mid-November D-3

Kawaba Vi

盒 Saruoi Festival

Mid-July to late October

Yoshikuraya Early August to late November D-3

D-3 Kouzawa-an End of April to mid-November (only open Sat/Sun F-3



Katashina Ogna Hotaka



Roadside Station Oze-Katashina

Hanasaku Water Source

Katashina Village Tourism Association

Spring of Kannon

Katashina

Dining Guide

Please check with each restaurant in advance fo information on hours of operation and holidays.

Enjoy the cuisine

unique to Katashina

Village.

Niigata Prefecture

Walking in the Botanical Research Sample Garden

20 minutes for the short of

Shiki no Mori White World Oze Iwakura

Katashina Kogen Ski Area

Oze Police Box (40)

Mamata Onsen

Spring Oze Iwakura Spring

Katashina Kogen Tent Site

Koshimoto White Skunk

Cabbage Forest

Oze Iwakura

Campsite

Vegetable Harvest Experience (Katashina Kogen)

Yamanohana

Oze No.2 Parking Lot

Oze Onsen

Charcoal Craft

Experience(likarakan)

| | Ikancho Spring

Koshimoto Goshimbi Fire Festival

M Katashina Onsen

Visitor Center

Uonuma City





Inquires 0278-58-2945

Katashina Oze

Inquires 0278-25-3577

Sanjonotaki Falls

Canyoning / Buggies (Field Earth)

Ryugu Oze National Park

Green Park Oze Tokura

Snow Park Oze Tokura

sed in Winter tween Tokura and Oshimizu)

Indigo Dyeing Experience (Indigo Studio Shigehachi)

Yakushi-no-yu

18 S Fishing &

Shirane Onsen

Live Fish Catching

Land Shirane Gyoen)

Hiranamenotaki Falls



his is the place to come after ar

active day in Katashina. Enjoy a

Inquires 0278-58-3607

Higashi Ogawa Onsen

Oze Purari-kan Togura no Yu





A Japanese-style bar where you can relax

Inquires 0278-25-4134

and spicy, sublime marbo-ramen is also pop among the regulars. Karaoke is available at night.

Inquires 0278-58-4603

Ozenuma Walk

Aizu Numata Highway (Old Road)

Spring Oshimizu Spring

Oshimizu Marsh

Tokura Mountain Forest





Hearty and filling! Grab a bowl of

Inquires 0278-58-3003



Inquires 080-4180-7734



Inquires 0278-58-3222 (Katashina Village Tourist Association

with the changing colors.

eaves are illuminated in accordance

Illuminated at night

The Home of Oze Katashina Village Map

Famous Flower Spot Illuminations 1 ~ (18) Corn Road State Roadside

Fukushima Prefecture

Hinoemata Village

Canoeing and SUP experience

Mt. Konsei 📥

(2,244m)

Suganuma Camping Village

(Bluebird Canoe & High Five Mountain Works)

▲ Mt. Nenakusa

Nikko National Park

Mt. Nikko-Shirane

lochigi Prefecture

Nikko City

The National Highway tunne

with the highest elevation

(2,329m)

▲ Mt. Kinunuma (2,140m)

Fishing |

Marunuma Walk

Canoeing Experience

Marunuma

(Marunuma Kogen)

(Marunuma Kogen)

Take a tour of refreshing valleys of highland flowers.

Flower Highlights Guide

Mt. Nikko-Shirane

Climbing & Trekking

Nikko-Shiranesan Ropewa

Japanese Wood Poppy and Dicentra

(Bluebird Canoe)

- (Fishing)

Marunuma Dam

Marunuma Kogen Spring

Marunuma Kogen Camping Valley

(Marunuma Kogen Auto Camp,

Summer Slope, Summer Luge,

Marunuma Kogen Ski Resort

Tree Adventure)

















Inquires 0278-25-4644





Experiences & Activities Guide

Late July to late November D-3 (B) Aoi

🛞 Corn Road Guide

6 Kirakuan From opening of the Konsei-toge Pass to late November C-4

August to October

Katashina Village Tourist Association TEL.0278-58-3222

high sugar content, is the star of *For all inquiries, please contact the Katashina Village Tour

Creating Memories Amid Rich Nature The natural world offers plenty for both children and adults to enjoy. Moving your



Harvesting experience (from early May to mid-October) Experience harvesting tomatoes, corn, blueberries, apples, and various other incredible nature, Experienced outdoor sunk to the bottom of the lake, and highland vegetables. Produce tastes even better when you have harvested it guides ensure the safety and enjoy- dive off from rocks, fully enjoying the yourself, and makes great souvenirs or gifts to take home.

(Katashina Village Tourist Association) (Hanasaku Forest Campsite)

Inquires 0278-58-3222(Katashina Village Tourist Association



Mountain Guided Tours Numata. They can also help you put using flowing water). A great place for kids to cloths. together your perfect mountain plan. make crafts during summer vacation.

Inquires 090-8682-0607





Inquires 0278-25-3443



Woodworking Experience Indigo Dyeing Experience Charcoal Craft Experience [Oze, Mt. Nikko-Shirane, Mt. Hotaka] Enjoy natural crafts using nuts and vines, Try your hand at traditional Japanese Another popular experience is to make your Let a guide from Katashina Village lead taking advantage of the rich bounty of the techniques using naturally fermented lye to own unique accessories or works of art with a you through the mountains and show forest. There's also bread and pizza making, dye a variety of articles, including handker- Oze theme using charcoal, one of the you the flowers around Oze and Tone and nagashi somen (fine noodles served chiefs, T-shirts, stoles, and furoshiki wrapping traditional industries of Katashina Village. Make a strikingly original piece to take home with you, such as a necklace or a piercing jewelry. Inquires 090-8596-0250 (iikarakan) iikarakan@gmail.com



Numata I.C.





nquires 0278-58-2540











Inquires 0278-58-7544



Inquires 0278-58-2626

Inquires 0278-58-7047



topped with char-grilled Oze pork, freshly picked maitake mushrooms, and highland vegetables! This is

Inquires 0278-58-2002 Inquires 0278-58-2211

and tempura, and made with spring water selected as one of the 100 Famous Water of Heise Inquires 0278-20-7111 Inquires 0278-25-4644

Enjoying Trekking

Recommended gear for trekking & mountain climbing in Katashina

Katashina Village offers diverse mountain trails for enjoying the great outdoors. You can reach Oze National Park or Nikko National Park and scale some of the 100 Famous Mountains in Japan, including Mt. Hotaka, Mt. Nikko-Shirane, and Mt. Shibutsu. When making such a trip, please put together a plan suited to your physical fitness and range of activity and prepare the appropriate equipment. Please also remember to submit a climbing plan at the trailhead.



Rainwear will protect you from unexpected rain, wind, and other inclement weather, and will keep your body temperature from falling too low. You should always bring rainwear even

Take trash home

vour trash home with you

No campfires

nuisance to others.

picking plants

prohibited by

also not use

fallen branches

as walking

sticks or pick up

fallen leaves.

(mid-June to late June)



Cautions for Mountain Climbers

There are regulations against littering and leaving trash on the mountains. There are no

trash cans on the mountain trails. Take all of

Pets may pose a threat to resident wildlife and

could transmit contagious diseases. They may

Open campfires are prohibited. Stoves and

similar devices should only be used in safe

places and where they will not cause a

In order to maintain the natural ecosystem

and preserve the natural landscape, the

hunting of animals or picking of plants is

also be a nuisance to other climbers.

No hunting animals or



There is a large temperature difference in the mountains between the daytime and the early morning and night. You will need warm clothing to keep you warm no matter the conditions. Something light, warm, and compact is recommended such as a down jacket

Bring a portable toilet

There are stretches of the mountain trails

that do not have toilet access. Purchase a portable toilet from one of the visitor centers

Throwing coins into ponds or river is a

nuisance to nature, and nothing more. If you

wish to give money away, please place it

Put caps on the ends of your walking

Trekking Poles to prevent damage to

Camp in designated areas only

All permitted campsites are strictly

designated. All camping outside of

Do not leave the wooden paths

Do not leave the wooden paths or mountain

trails. Do not enter the marshlands or

or mountain trails: no running

or other stores and bring it with you.

Do not throw money around

Cap walking Trekking Poles

mountain trails and wooden paths.

designated areas is prohibited.

vegetation alongside the trails.

into one of the donation boxes.



wooden paths in Oze

you think you will need.

compass for climbing

only planning a day trip.

Make correct and considerate use

It takes a lot of hard work and expense to

Ensure that you use the provided toilet paper and

keep the toilet clean for use by others after you

to the toilet, and the donations aid with the costs

n order to protect the marshlands, please do not

step off the wooden paths into marshlands, place

a tripod on the marshlands when taking pictures

or sit on the wooden path or at a rest area and

Prevention of introduction of invasive

Use the mats placed at each trailhead to remove

all mud from the soles of your footwear, removing

otherwise carry into the marshlands. The

ntroduction of invasive plants would threaten

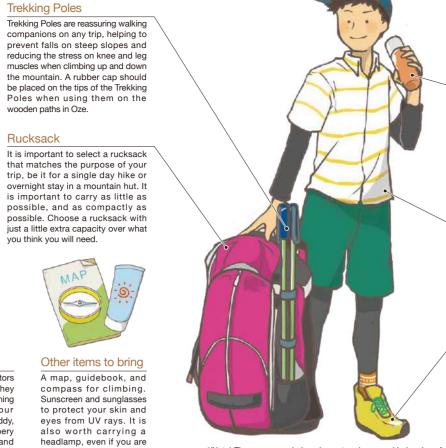
ose species that are native to the marshlands.

Do not enter the marshlands

put your feet out into the marshlands.

Rucksack

worn above your shoes. They will prevent you from splashing shoes when the trail is muddy or when the grass is slippery evening. A must-have item.



Shirt & Pants A long-sleeved shirt should be worn, with adjustments made using underwear or a T-shirt dependin on the season. Pants should be made of a stretchy, comfortable material. Quick-drying garments are recommended for both, to prevent perspiration from cooling you down. Climbing shoes When climbing or trekking it is

important to choose shoes

appropriate to the trail being taken

If there is a certain degree of

change in elevation then you may

Hat is vital not only for mountain

climbing but also trekking. Select a type of hat that matches the season

from keeping the sun off to keeping

you warm, and protect your head

There are many water canteens

available, including those for keeping

drinks cold or warm and collapsible

canteens. A thermos to keep drinks

warm is highly prized to prevent a

drop in body temperature, such as

when facing a sudden deterioration

of weather conditions or low

temperatures in the morning or

from temperature and sunlight.

Water Canteen

fall or hurt your feet. High-cut shoes that provide good ankle protection

*(Note) The recommended equipment and personal belongings for activities such as mountain climbing and trekking will vary depending on the season. Please consult with an outdoor store or similar retailer in advance to confirm what you need and to ensure a safe trip.

All prepared? Predeparture checklist

Rucksack Trekking Poles

Climbing shoes

Socks (extra socks) Underwear (extra underwear)

Shirt & pants

Hat Rainwear

> Warm clothing Gloves Towel / hand towel

Water canteen / thermos High-energy food Headlamp (spare batteries)

Map / guidebook Compass

Sunglasses Sunscreen Wallet / health insurance card

Bear bell Watch

First aid kit

Climbing plan Cellphone

Oze Kanko Taxi Y.K.

Points of contact for various inquiries

Inquiries about Oze private car regulations: ■Gunma Prefecture

Katashina Village Oze Traffic Countermeasure Liaison Council (Secretariat: Katashina Village Murazukuri Tourism 0278-58-2112 Oze Conservation Promotion Office, Nature Environment Division, Gunma Prefecture 027-226-2881

■Fukushima Prefecture Fukushima Prefecture Liaison Council for Appropriate Use of Vehicles in Oze (Secretariat: Hinoemata Village General Prefectural Citizen Environment Division, Minami Aizu Regional Promotion Bureau, Fukushima Prefecture 0241-62-2061

Inquiries about Oze in general: ■ Oze Preservation Foundation 027-220-4431 https://www.oze-fnd.or.jp/en/

Inquiries about parking:

Inquiries about Oze: Katashina Village Development and Tourism Division 0278-58-2112 Katashina Village Tourism Association 0278-58-3222

Oze Tokura Tourism Association (Oze No.1 and No.2 Parking Area) 0278-58-7263 Oze Kogen Hotel (Snow Park Oze Tokura) 0278-58-7511 Oze Forestry Office, Tokyo Power Technology Ltd. (Hatomachitoge Pass, Oshimizu) 0278-58-7311

Inquiries about alternative transportation in

Oze and the vicinity of trailheads: ■ Around Hatomachitoge Pass, Oshimizu (Gunma Prefecture) Numata Office, Kan-etsu Transportation Co., Ltd. 0278-23-1111

Marunuma Taxi Co. Oigami Tourism Co.,Ltd. 0278-56-3222 Katashina Kanko Taxi Y.K. 0278-58-2041 ■ Around Numayamatoge Pass, Miike (Fukushima Prefecture) Tashima office, Aizu Passenger Vehicle Co., Ltd.

■ Around Kozo-daira, Okutadami Lake (Niigata Prefecture) Uonuma City Tourist Association 025-792-7300

Inquiries about Mt. Nikko Shirane (parking, ropeway, other inquires): Marunuma Kogen General Information 0278-58-2211

Inquiries about Mt. Hotaka (parking, other inquires): Katashina Hotaka Farm Campground

Please use the Nigo-daira parking lot. Parking hours: 8:10-16:30 / 500 yen per day)

Parking for periods other than the above

om mid-October to mid-May

Area Parking Lot (free of charge).

Please use the campground parking lot. (Parking hours: 8:10-16:30 / 500 yen per day)

Legend

Road (national / prefectural)

- Waterfall

Trail / trekking course

Public toilet

sportation service to and from Sango-daira available (as needed)

Outside of the operation period of the Hotaka Farm Campground

The gate is closed at all times. Please use the Old Hotaka Farm Ski

0278-58-3152 0278-22-4018 0241-62-0134

0278-58-3757 Miike Lodge (Miike, Nanairi) 080-2844-887 A famous mountain for spiritual training. Mt. Hotaka Trekking Map Echoing back the crimson bustle of the mountainside. Mt. Hotaka has long been known as a sacred place of mountain worship. From the top of the mountain, where a statue of Yamato Takeru can also be found, climbers are rewarded with a 360-degree view of the surrounding mountains. From around mid-June, more than 15,000 Japanese azaleas, a natural treasure of Gunma Prefecture, bring a sea of In the surrounding area you can also enjoy trekking amid nature or camping at the Katashina Hotaka Farm Mt. Hotaka 👝 Mt. Ushikubi Mt. Kengar Sections with chains Hotaka Nature Many sections with chain rail is narrow in places 2.039 Mae-Hotaka Walking Trail Japanese Azalea Cluste Kawaba Village (Campground Parking Lot) Nigo-daira Parking Lot ampground gates ope Oguna Hotaka Parking Lot P WC nquiries about Mt. Hotaka (Parking, other inquiries): Katashina Hotaka Farm Campground 0278-58-3757 <Please use the Hotaka Farm parking lot> om late May to early Octobe During the operation period of the Hotaka Farm Campground -Saturdays, Sundays, holidays, and peak camping season -Parking during Japanese azalea season

🔼 Cautions:

card at the trailhead.

embarkation.

Obtain a specialist climbing map from a

ookstore or other retailer prior t

Plan your climb according to your level of

personal fitness, and fill out a climbing

Note that cellphone and wi-fi service are

not available in some mountain areas.

Plan your climb according to your level of personal fitness, and fill out a climbing card Mt. Shibutsu mountain trail No private traffic allov Close from May 7 to June 30 every year at the trailhead. Note that cellphone and wi-fi service are no available in some mountain areas. Mt. Shibutsu Sample Garden walk Main route:30 min/1.1km Short route:20 min Pass, traffic restrictions apply during busy periods. If you are coming by car, pleas Legend eave your vehicle at one of the Tokura arking lots and take a bus or taxi to the Trail / trekking course railhead. Even outside of restricte eriods, please refrain from using yo own car at Hatomachitoge Pass as th parking lot there is very small. camping area 1 Informatio Oshimizu, Ichinose Inquiries about Oze: mid-June to mid-October, charged) No private traffic allow Katashina Village Development and Tourism Division **0278-58-2112** beyond this point Katashina Village Tourism Association 0278-58-3222 Tokura WC (i) Oze Purari-kan Broad dwarf day lily Pygmy waterlily No private traffic allowed (mid-July to early August) An Active Mountain Climbing Experience Mt. Nikko-Shirane Trekking Before you know it, you'll be in the sky! The highest peak north of the Kanto region, rising to 2,578 meters above sea level. You can take a cable car up to 2,000 meters and enjoy a footbath in the sky with a wonderful view. Between the impressive array of surrounding mountains, beautiful lakes and marshes such as Goshikinuma and Midagaike There's an incredible contrast with the magnificent scenery of the Nikko-Shiranesan rock garden, including the gueen of the wild flowers, the Japanese wood poppy, or "Shirane-aoi", which bears the name "Shirane" in Japanese Mt. Shirane The highest peak north of the Kanto region ffers a spectacular panorama in 360 degree Mt. Mae-Shirane Evacuation Hut Legend Trail / trekking course Road (national / prefectural) Parking lot 🏻 👍 Designated camping area Public toilet 🧰 Waterfall 🔰 View point 🏻 👔 Information Summit Station Mt. Keizuka 15 minutes to read the summit station a 2,000 meters! Nikko National Park ganuma Trailheac P WC Store

Inquiries about Mt. Nikko-Shirane

(Parking, ropeway, other inquiries):

Marunuma Kogen General Information 0278-58-2211

🔼 Cautions:

embarkation.

at the trailhead.

anese wood Dicentra

(Late June to early August) **Soldane**

Obtain a specialist climbing map from a

bookstore or other retailer prior t

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· Note that cellphone and wi-fi service are no

available in some mountain areas

