

## Nature in Atera Valley

Atera Valley is well known for the abundant flora and fauna found in the depths of the woods.

OORURI



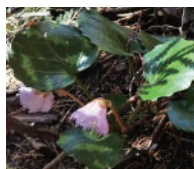
Baikaouren  
*Coptis quinquefolia*  
(spring)



Dankoubai  
*Lindera obtusiloba*  
(spring)



Miyamatyoujizakura  
*Prunus apetala* var. *monticola*  
(spring)



Iwauchiwa  
*Shortia uniflora*  
(spring)



Syakunage  
*Rhododendron* cv.  
(Village flower/early summer)



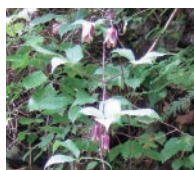
Syojyobakama  
*Heloniopsis orientalis*  
(spring)



Himeshaga  
*Iris gracilipes*  
(early summer)



Sasayuri  
*Lilium japonicum*  
(early summer)



Hanshozuru  
*Clematis japonica*  
(early summer)

## Atera Valley Campsite



This campsite is located upstream. Take your time and relax in nature.

### [Open]

(Confirmation required)  
Late April to Late October

### [Reservations]

Camp reservation website "Nap"

### [Inquiries]

Phone 070-4228-0881 (Wednesdays only)  
(Satellite Phone 080-2397-4337)

Thank you for cooperating with Atera Valley natural environment conservation/maintenance

### Donating to the Advancement of Forest Environment Maintenance

Donations are accepted at the collection boxes at the entrance to the valley and at the Monument to Akahiko Shimaki Parking Area. All donations are used for conservation and maintenance of the environment of Atera Valley.



## Guide to the area

Pick Up

### Joshō-ji Temple



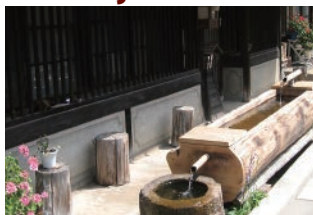
This Buddhist temple belongs to the Myōshin-ji branch of the Rinzai school and is said to have been established by Kiso around 1387 and the main hall and living quarters are nationally designated tangible cultural assets.

### Myōkaku-ji Temple



This ancient temple belonging to the Myōshin-ji branch of the Rinzai school was founded around the year 1300 and rebuilt in 1624. The temple is famous as one venerating the Virgin Mary.

### Suharajuku



This ancient postal station is number 39 on Nakasendo. Famous for its clean natural water source, you can encounter interesting scenes of vegetables floating in the water troughs in summer.

### Forespa Kiso-Atera-so

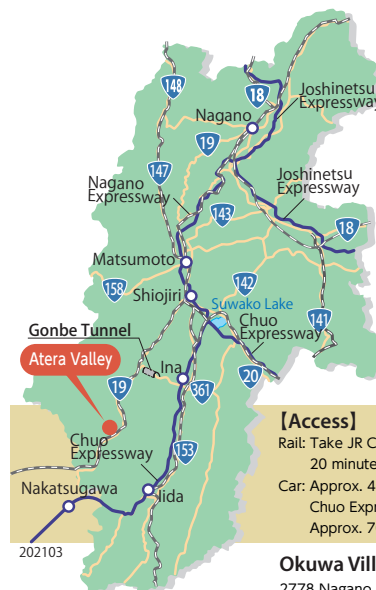


These lodging facilities are surrounded by abundant nature. Well known for the Atera Hot Spring also known as the "Waters of Beauty". Phone 0264-55-4455

### Nozokido Campsite



This outdoor facility can be found in Nozokido Forest Park. During the extended holidays in May is the perfect time to see the indigenous Azalea in bloom. Phone 0264-55-3488



### [Access]

Rail: Take JR Chuo Main Line to Nojiri Station and walk approx. 20 minutes

Car: Approx. 40 minutes from Nakatsugawa I.C. on the Chuo Expressway

Approx. 70 minutes from Ina I.C. on the Chuo Expressway

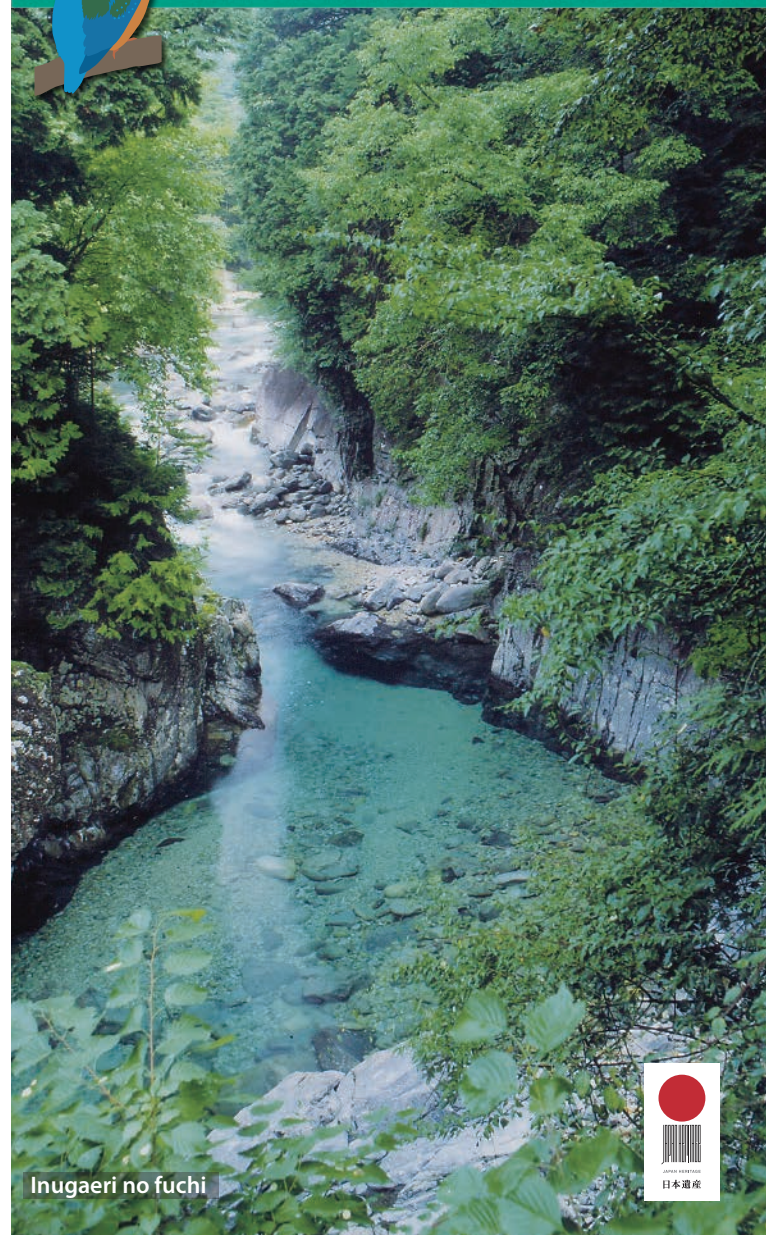
### Okuwa Village Office

2778 Nagano, Okuwa Village, Kiso District Phone 0264-55-3080

English

# Field Guide of Atera Valley

阿寺溪谷フィールドガイド



Inugaeri no fuchi





**Hinoki birin (Beautiful forest of cypress)**

These cypress trees were planted around 1894 and have been preserved as an ornamental forest. For more than 120 years this grove has withstood severe trials of history.

**Tanukigafuchi (Pool of the raccoon dogs)**

This pool of water was said to have been used as a mirror for foxes and raccoon dogs to check their disguises and takes its name from the story.

**Bigansui (Waters of facial beauty)**

The waters of this natural spring were named for their fabled ability to grant one transformational beauty and are listed among the famous and uncharted waters of Shinshu.

**Aterano Hananoki (The Acer pycnanthum of Atera National Forest)**

Large maples can be found planted about 1.5km walking from the gate at the end of the forest road. This cultivar is indigenous to Nagano, Aichi and Gifu prefectures and has beautiful red blooms in spring, green leaves in summer and crimson ones in fall.

**Request for all visitors**

Atera Valley is a designated National Recreational Forest with groves of the famous Kiso cypress tree, clean waters glinting in emerald green, a smattering of beautiful pools and waterfalls and pristine vistas with panoramic views.

**Caution!**

- Cell phones will be out of signal range in the valley.
- Do not damage or harvest plants.
- The water in the Atera River is very cold and clear. Even deep parts may appear shallow.
- Do not dive or engage in dangerous activities.

**The Following are Prohibited!**

In Atera Valley (except for within the boundaries of the Atera Valley Campsite), the following actions are prohibited by the Ordinance on Conservation of the Natural Environment of Atera Valley. Failure to comply will result in penalties of up to 50,000 yen.

1. Barbecuing
2. Fireworks
3. Bonfires (direct fire or using a brazier)
4. Disposal or littering of garbage, biological waste, dead birds or animals and other waste or pollution.



夕川の 水のたぎちの 石に立つ  
真裸人に 月出でにけり  
島本赤彦

山深く わけ入るまに 谷川の  
水きはまりて 家一ツあり  
島本赤彦