



In the middle of Japan. The great nature that can only be found here.

Joshinetsukogen National Park

Welcome To Tomi

The Joshinetsukogen National Park is an enormous park comprising highlands and mountains, including Mt. Tanigawa (1,977 m above sea level), Mt. Naeba (2,145 m above sea level), Mt. Kusatsu-Shirane (2,160 m above sea level), Mt. Azumaya (2,354 m above sea level), and Mt. Asama (2,568 m above sea level).

The park includes many famous peaks that are numbered amongst the Nihon Hyakumeizan (Hundred famous mountains in Japan)

--such as Mt. Tanigawa, with its towering rock slopes, and Mt. Asama and Mt. Kusatsu-Shirane, which are volcanoes --thus forming a richly varying mountain landscape. From the sides to the foot of the mountains spread cool highlands, and there are also numerous lakes and marshes. Another huge attraction of the park is the many hot springs that have been created through volcanic activity.



Joshinetsukogen National Park

Ikenotaira Wetland

📍 Yunomaru Kogen, Tomi-shi, Nagano, JAPAN

I'm sure it's a place you'll like!



Spot Introductions

The Ikenotaira Wetland is a distinct alpine ecosystem cradled within the ancient volcanic crater of Mt. Sanbogamine. Although located at a relatively low elevation of 2,000 meters, it is home to a diverse variety of high-altitude vegetation. In summer, over 100 flowering plant species cover Ikenotaira with their blossoms.

The Ikenotaira Wetland is located in the eastern part of the Yunomaru Highland, which also encompasses the adjacent peaks of Mt.Sanbōgamine and Miharashi as well as the nearby mountains of Higashi-Kagonoto, Nishi-Kagonoto, and Mizunoto. Several trails lead to the summits of these mountains, which are ideal for short daytrips. Many of Ikenotaira's rare alpine species, which are seldom seen outside of remote elevations, can be viewed from a wooden boardwalk that protects the ecosystem from foot traffic.

Promotion Video

The Joshin'etsukogen National Park is an enormous park comprising highlands and mountains, including Mt. Tanigawa (1,977 m above sea level), Mt. Naeba (2,145 m above sea level), Mt. Kusatsu-Shirane (2,160 m above sea level), Mt. Azumaya (2,354 m above sea level), and Mt. Asama (2,568 m above sea level).

The park includes many famous peaks that are numbered amongst the Nihon Hyakumeizan (Hundred famous mountains in Japan) --such as Mt. Tanigawa, with its towering rock slopes, and Mt. Asama and Mt. Kusatsu-Shirane, which are volcanoes --thus forming a richly varying mountain landscape. From the sides to the foot of the mountains spread cool highlands, and there are also numerous lakes and marshes. Another huge attraction of the park is the many hot springs that have been created through volcanic activity.



The Joshin'etsukogen National Park is an enormous park comprising highlands and mountains,



Please read the QR to play the video.

