

Bringing the Mountains to Travelers Worldwide



Welcome to Nagano, Japan

For foreign travelers climbing Nagano's mountains, the Multilingual Mountain Guides of Nagano Prefecture can guide you through the natural splendor of Nagano in English or Chinese.



What are Multilingual Mountain Guides of Nagano Prefecture (MulMoGON)?

The Multilingual Mountain Guides of Nagano Prefecture, who have earned standardized mountain guide licenses and language certificates in addition to passing training and tests implemented by Nagano Prefecture, possess the following four traits. They are professional guides who have been registered by the Governor and may accompany foreign travelers and guide them in foreign languages for compensation.

1

Safety Awareness

Guide skills including judgment, technique, and leadership.

2

Climbing Knowledge

Guides are highly knowledgeable in map-reading, climate, first-aid, and local flora and fauna.

3

Knowledge of Nagano's Mountains, Sightseeing, and Regional Culture

In addition to mountains, guides are full of information on local sightseeing, cuisine, and culture.

4

Foreign Language Ability

So as not to invite disaster by miscommunication, guides offer precise direction in foreign languages.



The Voices of MulMoGON Guides

Ten of us offer support to anyone traveling in Nagano's sightseeing or mountain areas, actively sharing information on its sights, culture, mountains, and of course the importance of safety. We hope that foreign travelers will enjoy Nagano even more, become fond of Japan, and take their wonderful memories back with them to their home countries.



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Please use our services when:

- You would like to hire a multilingual guide.
- You would like to consult regarding climbing equipment for international travelers.
- You would like more information about mountain huts/shelters.

If you would like to use the Multilingual Mountain Guides of Nagano Prefecture (MulMoGON), please contact them through one of the methods below.

Nagano Prefectural Office Tourism Department
 International Tourism Promotions Office
 380-8570 Nagano-ken, Nagano-shi, Minami Nagano, Habashita 692-2

Phone No.: 026-235-7252 Fax No.: 026-235-7257
 E-mail: go-nagano@pref.nagano.lg.jp

MulMoGON Direct Inquiries

E-mail: info@mulmogon.com

Nature and Mountains of NAGANO



You can see a distant view of Yarigatake Mountain(3180m) in the center of the left picture, it's one of the 100 popular Japanese Mountains and located in the Northern Alps of Japan. (photo : Apr.22.2017 at Tsubakuro Mt.Nagano prefec.) The top of Yarigatake is looks like a sward and you will see 4 ridges meets at the top of Yarigatake when you are on the Top. The ridges connect major Northern Alps Mountains including Hotakadake,

Spring time in Nagano, you may see a lot of snow in the mountains ,at the same time, you can enjoy the beautiful wild flowers at the foot of the mountains. I would like you to enjoy the vertical change of nature through climbing in Nagano.

Japanese mountaineering includes Hot Spring Bathing, Soba(buckwhet) Noodles. You can select colors, PH, fragrance, temperature from thousands of Onsen (hot springs). You can visit any of your favorite mountains in Nagano upon request. Please feel free to contact us through email.

** Standard guide fee is 40000 JPY per day, but it varies depending on destination, time, number of participants, etc. Please contact us for detail. (info@mulmogon.com)

Explore the Charms of Highland Flowers and the Great View of Mt. Tateshina



In this tour, you can explore the hiking trail filled with highland flowers, mountain trail covered deep in moss, and ponds and wetlands hiding deep in the mountains.

On the top of the mountain, you can enjoy the mountain hut filled with warm Japanese atmosphere, as well as the 360-degree view of surrounded mountains, overwhelming sunset, stars, and sunrise.

DAY 1: Yashima Wetland --- Kurumayama --- Shirakaba Lake --- Megami Lake [stay at the lodge near the lake] (approx. 6-hour hike = 12km walking distance)

DAY 2: Tateshina Bokujo --- Shogun Daira --- Kikko-Ike Pond & Futago-Ike Pond --- Ogawara-Pass --- Mt. Tateshina [stay at the hut on the top of the mountain and enjoy the mountain view, sunset, and sunrise] (approx. 8-hour hike = 12km walking distance)

DAY 3: The summit of Mt. Tateshina --- Megamijaya Entrance --- Yashigamine Hill --- Shirakaba Lake [enjoy the onsen (hot spring) and relax] (approx. 5-hour hike = 6km walking distance)

Level: Beginner

Max people: 8 people

Price: from 15,000JPY per person (including 1 local certified mountain guide)

Other expenses: Accommodations (8,000JPY per night), meals, entrance fee for the hot springs.

Kit list:

- Backpack (20-40L)
- Hat
- Gloves (light)
- Warm clothes
- Rain wear (better be separated)
- Necessary medicine
- Water

Accommodations of the night before and the night after the tour can be arranged upon request. Please feel free to contact me for more information.

Contact : yyonekawa@xa3.so-net.ne.jp

Mt. Ontake 2-day trekking



Mt. Ontake is a sacred volcano which has attracted many believers since ancient times. This tour visits four of the five volcanic lakes in which, according to a legend, dragons live. (One of the five is in the off-limits area following the eruption in 2015). On the first day, we start from a trailhead at the sixth station of the mountain called Nakanoyu and hike for 7 hours, visiting two volcanic lakes named Ninoike and Gonoike. Our accommodation for the night is a mountain hut called Gonoikegoya. On the second day, we visit the other two lakes named Yonnoike and Sannoike where a variety of alpine plants flourish. Then we hike down back to Nakanoyu where we started.

Day 1

8:00 Nakanoyu (Trailhead at 1,800m) 9:00 Gyoba Sanso (Mountain hut at 2,100m)
10:30 Nyonindo (Mountain hut at 2,480m)
12:00 Ishimuro Sanso (Mountain hut at 2,800m)
13:30 Ninoike (Volcanic lake at 2,900m)
15:00 Gonoikegoya (Mountain hut at 2,800m)

Day 2

7:00 Gonoikegoya (Mountain hut at 2,800m)
7:45 Mamakodake (2,859m Peak)
8:30 Yonnoike (Volcanic lake at 2,690m)
9:00 Sannoike (Volcanic lake at 2,720m)
10:45 Nyonindo (Mountain hut at 2,480m)
11:45 Gyoba Sanso (Mountain hut at 2,200m)
12:30 Nakanoyu trailhead (Trailhead at 1,800m)

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Kamikochi Nature Tour



The one of the most famous natural tourist site in Japan, formed by volcanic activity a long time ago, Kamikochi is rare flat valley.

The name "Kamikochi" anciently meant "Gods Descended Land".

Including the divine view of Hotaka mountains and old shrine, you can see the spring fresh water and beautiful larch forest. The seasonable birds and flowers will greet you.

Our guide fee in English usually depends on time, for example, less than 2 hours is 25,000 Japanese Yen, and 2 to 4 hours is 30,000.

Walking the valley "Kamikochi" with a nature-interpreter guide will let you find a lot of interesting features.

We hope you fully enjoy, deeply feel the nature and far distant time.

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Japanese volcano and hot spa Day Tour



Japan has 110 of active volcanoes, which means 7% of the world's volcanoes are in the 0.25% of the land area of the world. Sometimes volcano brings disasters, but also give us a lot of hot springs which spontaneously come out (self-sparge) in Japan. From the ancient times, people in Japan have become familiar with hot springs, which can be said to have had a great influence on Japanese culture and mental structure.

In this tour, starting from Kamikochi, the scenic spot that represents Japan, we will climb mountain top of Yakedake which is one of active volcanoes, continues to smoke still now. You can feel the ancient and the current activity of it by walking around the top of 2400m height of Yakedake, and looking down Taisho-ike pond formed by eruption of Yakedake. You will certainly be giving new impressions to the second and third travelers as well as those who visit Japan for the first time by the magnificence of the view overlooking Kamikochi.

After getting down from Yakedake, take a bath in the hot spring near Yakedake, and feel the Japanese hot spring culture and close the day.

In addition, in order to taste the Kamikochi landscape more deeply, plus one night stay option is possible.

Note) In this tour, we will check the latest information to be announced by the Japan Meteorological Agency and other organizations, and decide to conduct the tour after confirming that there are no particular abnormalities about the volcanic activities of surrounding area.

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