

Trekking on Therapy Roads in Shinano Town: Jishin Falls Course and More

【Jishin Falls Course】 This is a long trekking course from Kurohime Highlands to Jishin Falls (aka. Naena Falls), one of Japan's top 100 waterfalls, and located near the border of Niigata Prefecture. Please do not miss the roaring waterfalls. The course is 7km long, and takes four and a half hours.

Shinano Town was the first municipality that started projects with forest therapy, and forests there are recognized as Healing Forests. Therapy Roads include Ojika Lake Course, Jishin Falls Course and Elephant Lane Course. Each course is well equipped with maps and signs so that you can enjoy trekking without a guide.



Location	Nojiri, Shinano Town, Nagano Prefecture
Fee	Guided tours are available for a charge.
Contact	Shinanomachi Tourist Association TEL: +81-26-255-3226 E-mail: info@shinano-machi.com
Website	Shinanomachi Tourist Association http://www.shinano-machi.com/ (Japanese)
Access	By car: Get off the Joshin'etsu Expressway at the Shinanomachi Exit. By train: Get off the North Shinano Line train on Shinano Railway at Kurohime Station
Available Language	English