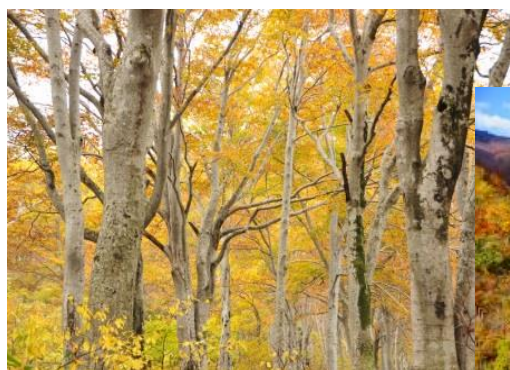


# Nabekura Kogen

## Autumn Leaves in a Forest of Beech Trees

In Iiyama city, the northernmost part of Nagano prefecture, there's an area called **Nabekura Kogen** with a beautiful forest of beech trees. During an average winter, the area is covered with almost *four meters of snow*, making it one of the world's most heavy areas of snowfall. The snow prevents moss from growing on the trunks of the beech trees, preserving their delicate white bark.

Nabekura Kogen's **Mori-no-ie** is the main center of Forest Therapy in Iiyama. With a smooth esplanade that even strollers can ride comfortably on, anyone can get up close to the beech forest and enjoy its beauty. Nearby you can also find a small village of traditional Japanese houses built over one hundred years ago, where you can enjoy the scenery of a bygone era.



Date	Late October to early November
Place	Nabekura Kogen Mori-no-Ie
Cost	Entrance: Free Trekking Guide*: 10,000 yen (for up to 4 hours) *Requires reservations at least three days in advance
Contact Info	Tel: 0269-69-2888 Email: <a href="mailto:info@nabekura.net">info@nabekura.net</a>
Website	<a href="http://www.nabekura.net/english/index.html">http://www.nabekura.net/english/index.html</a>
Access	Car: 40 minutes from Joshin'etsu Highway Toyota-Iiyama IC Exit Train, Bus: From Shinkansen Iiyama Station, a 30-minute taxi. From Iiyama line Togari Nozawa Onsen Station, a 20-minute taxi ride.
Supported Languages	English