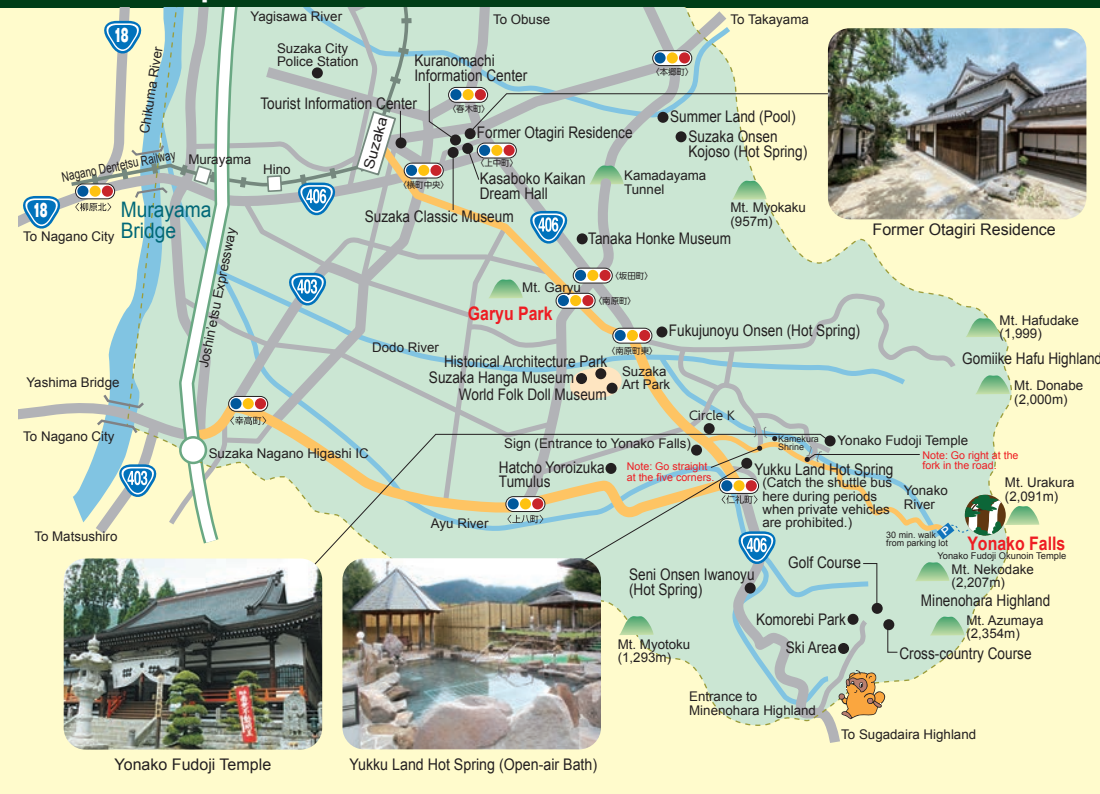


須坂
信州
すざか

Hiking Trails Brimming with Negative Ions

Site of Filming for the Opening of
the 2016 NHK Taiga Drama *Sanada Maru*

Yonako Falls



Transportation Guide

By Car

From Tokyo
Kan'etsu Expressway – Fujikita JCT – Joshinetsu Expressway – Ueda Sugadaira IC – R144 – Minenohara Highland

Chuo Expressway – Okaya JCT – Nagano Expressway – Koshoku JCT –

From Osaka and Nagoya
Meishin and Chuo Expressways

From Kanazawa and Niigata
Hokuriku Expressway Joetsu JCT – Suzaka Nagano Higashi IC

By Rail

From Tokyo
Tokyo Hokuriku Shinkansen • 1 hr. 40 min.

From Osaka and Nagoya
Nagoya Chuo Nishi Line • Express 3 hrs.

From Kanazawa and Niigata
Kanazawa Shinkansen Kagayaki • 1 hr. 20 min.
Joetsu Myoko Shinkansen Hakutaka • 23 min.

By Air

Sapporo, Fukuoka, etc. – Matsumoto Airport – Matsumoto
Bus

◆ Suzaka Sightseeing Association

Silky Bldg. 2F, 1295-1 Suzaka, Suzaka-shi, Nagano-ken 382-0077
TEL 026-215-2225 FAX 026-215-2226 URL: <http://www.suzaka-kankokyokai.jp/>

◆ Suzaka City Industry Promotion Department, Commerce and Tourism Section

Silky Bldg. 2F, 1295-1 Suzaka, Suzaka-shi, Nagano-ken 382-0077
TEL 026-248-9005 FAX 026-248-9041 URL: <http://www.city.suzaka.nagano.jp/>

Arriving by Private Vehicle

The roughly 40-minute drive from downtown Suzaka to the Yonako Falls parking lot follows a narrow road impassable by vehicles with a capacity of more than 10 people. The falls are located roughly 30 minutes on foot from the parking lot along a roughly 2-hour hiking loop. Closed during winter months (mid-Nov to end of April).

Autumn Private Vehicle Restrictions and Shuttle Buses

Private vehicles (except motorcycles) are prohibited on Saturdays, Sundays, and holidays during the fall foliage season, when shuttle bus service is provided for a fee. Please contact the Suzaka Sightseeing Association for details.

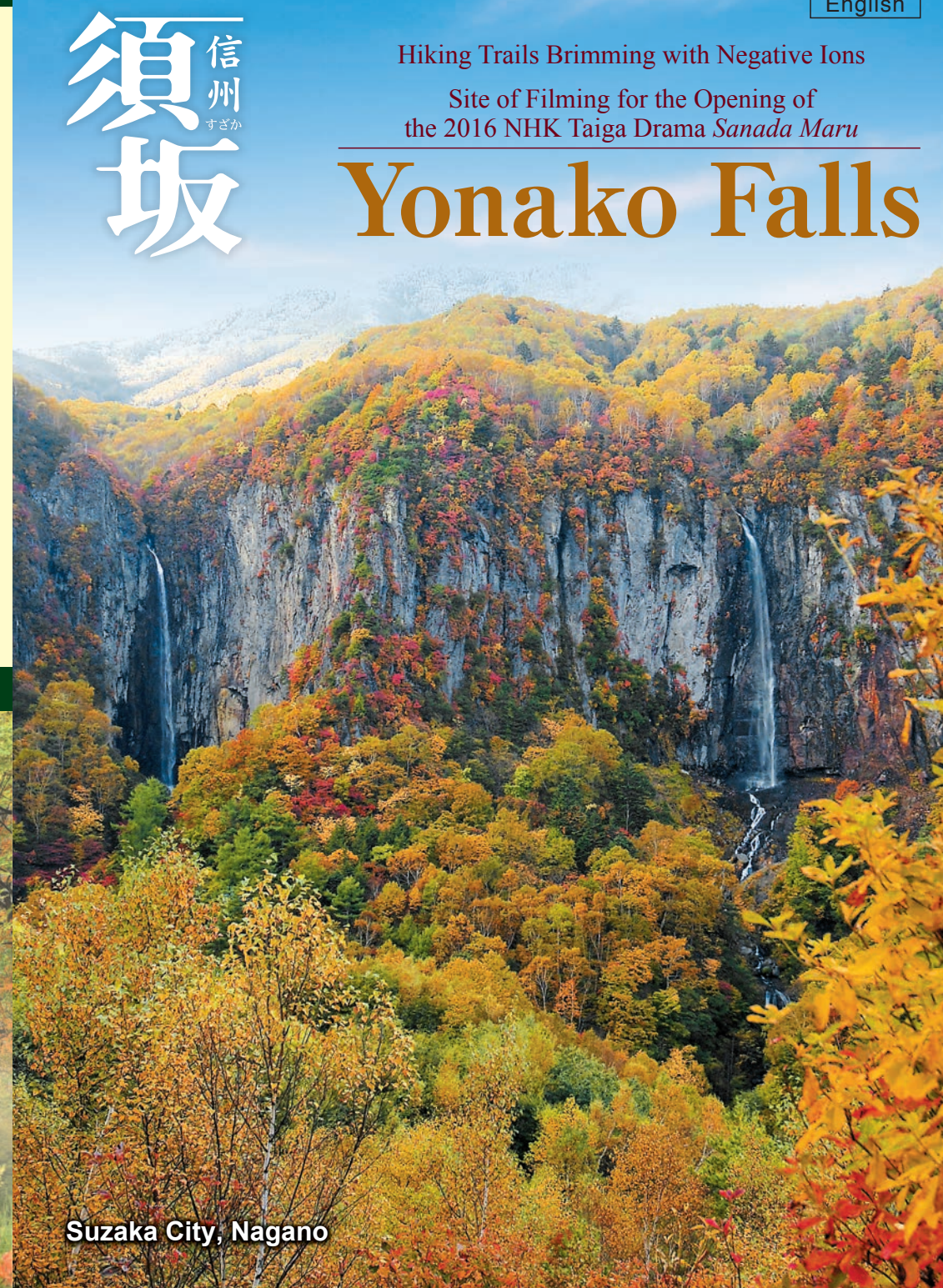
Taxi Companies

• Nagano Taxi TEL 026-245-0351
• Hokushin Taxi TEL 026-245-5353
• Suzaka Kanko Taxi TEL 026-245-1010

Chartered (includes time waiting on site): 14,400 yen.
45 min. each way from Suzaka station.

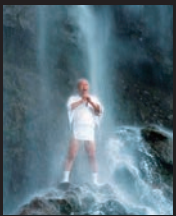
Car Rental (standard car used for 12 hours)

• Kitamori TEL 026-245-0375
2,594 yen (plus cost of gasoline)
• Suko Sharyo Hanbai TEL 026-245-1018
8,800 yen (plus cost of gasoline) Advance reservation required.
• Nikoniko Rental Car TEL 026-245-1618
2,525 yen (plus cost of gasoline) Japanese driver's license required.



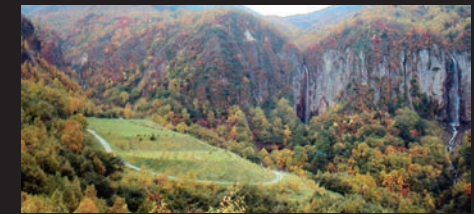
Suzaka City, Nagano

Erected between the two waterfalls, the Yonako Fudoji Okunoin Temple is counted, together with the Narita Fudosen in Chiba and the Sugatani Fudosen in Niigata, as one of Japan's three great Fudosen temples. Known for its association with Uesugi Kenshin (1530-1578), the great samurai commander of the Sengoku period, the Okunoin draws many worshippers for its annual mountain-opening ceremony (*Oyama nobori*) on 14 June and mountain-closing ceremony (*Oyama kuden*) on 14 September. Given the heavy snows and steep mountain trails that made reaching the temple a hardship for the faithful, around 1943 a temple was constructed in a hamlet in the foothills below to serve as the primary site for ceremonies and worship.



Former Site of the Yonako Mine

Between 1630 and 1960, the plateau overlooking Yonako Falls was the site of the Yonako Mine, which produced sulfur and other minerals. In the mine's heyday nearly 1,500 people lived in the community, which even had services such as a clinic and a school.



A Pair of Magnificent Waterfalls Nestled Deep in the Mountains

Having climbed the trail from the parking lot along a beautiful ravine for about 30 minutes, the rolling rumble of the waterfalls can be heard amid the silence. Soon the magnificent waterfalls themselves can be glimpsed through breaks in the trees, Fudo Falls on the right and Gongen Falls on the left. To stand directly beneath Fudo Falls with its 85m vertical drop, experiencing the sound and scenery in person, is to have one's body filled with the incredible energy of nature. The opposite bank of the river offers a panoramic view of both falls.

Left: Gongen Falls, Right: Fudo Falls



A Hiking Trail Where You Can Enjoy Nature to the Fullest (2 hr. Loop)

Yonako Falls

Cascading down the sheer cliffs of the Azumaya Volcano caldera, Yonako Falls (Fudo Falls and Gongen Falls) is counted among Japan's 100 best waterfalls. The opposite bank offers a grand view of the two falls cascading in tandem.

Fudo Falls

85m Vertical Drop

Gently dropping like a lace curtain that trails into mist, this falls has been known since ancient times as a place where mountain ascetics would perform their ablutions. People still come to meditate under the falls today.

Gongen Falls

80m Vertical Drop

Tumbling directly into its plunge pool with a tremendous roar, this waterfall is a popular spot for photographers during the fall foliage season.

B



Fudo Falls



Loop Hiking Trail



Gongen Falls

Safety Precautions

- The trail can be steep and slippery. Please wear hiking shoes.
- The weather can change suddenly in the mountains. Be prepared for rain.
- Take all garbage home with you.
- The Yonako Falls area is almost entirely out of range for mobile phones. Service from certain carriers (Docomo, au) is available in parts of the old Yonako Mine site.



- Loop Hiking Trail
- Mountain Trail
- Paved Road
- Maintenance Road
- Distance Between Points (Approximate)
- Scenic Viewpoints