

Discover Your Favorite Giant Trees!

Kamikochi

(Chubu-Sangaku National Park)

Enjoy the giant trees in Kamikochi, Japan's first mountain resort.



Kamikochi is a pleasant and nature-filled area where Japan's first mountain resort hotel opened in 1933.

Trees that represent Kamikochi are the *Chosenia arbutifolia* which grows along the Azusa River, and the larch forest spreading around the bus terminal. On the natural promenade along the Azusa River, you can see giant Japanese elm and larch trees while enjoying the wonderful scenery.



[Access]

- Entry of private cars is regulated in Kamikochi throughout the year, so it is recommended to use public transport. The most convenient access methods are as follows:
- By train: Take Matsumoto Dentetsu Kamikochi Line from Matsumoto Sta. to Shinshimashima Sta., and then take a local bus or taxi to Kamikochi. (1.5 hours)
- By nonstop bus: From Tokyo Sta., Shinjuku Sta., Nagoya Sta. or Osaka Sta.. (Reservation required)

*Kamikochi is closed during the winter season (from mid-November to mid-April). Please check the website of Kamikochi Visitor Center (<https://www.kamikochi-vc.or.jp/>) for the opening period.

1 Warming up till the Japanese elm Japanese Elm

(*Ulmus davidiana* var. *japonica*)

Japanese elm trees are the majority of the giant trees in Kamikochi, accounting for 50 among 117 trees of 14 kinds of giant trees.* This tree is one of the tallest of all, and welcomes visitors by Taisho Pond, the gateway to Kamikochi.

*Source: Kushida (2007) "Survey of Giant Trees in Kamikochi"



Trunk girth: 440 cm Height: 20 m Est. age: Unknown
Location: Latitude: 36°13'44", Longitude: 137°37'10"

4 Two refreshing trees in campsite Japanese Elm and Katsura tree

(*Ulmus davidiana* var. *japonica* and *Cercidiphyllum japonicum*)

Two giant trees giving refreshing air at the center of the vast tent site on the grass. 30 out of 50 giant Japanese elms in Kamikochi gather around Tokusawa, and it is believed that they have been preserved since old times. Their fresh green leaves could be enjoyable in mid-May, and in mid-October they turn into yellow and red.



- Japanese elm (right)
Trunk girth: 393cm Height: 14m Est. age: Unknown
- Katsura tree (left)
Trunk girth: 510cm Height: 14m Est. age: Unknown
Location: Latitude: 36°15'55", Longitude: 137°41'25"

2 *Salix arbutifolia* which represents Kamikochi *Salix arbutifolia*

There are large *Salix arbutifolia* which are the plants representing Kamikochi by the symbolic Kappa Bridge. Although their trunk girth is relatively small as giant trees, they are quite the size for *Salix arbutifolia* whose lifespan is known to be about 100 years, especially given that they have grown on the gravelly river bank where other plants cannot grow.



Trunk girth: 240 cm Height: 13 m Est. age: Unknown
Location: Latitude: 36°14'56", Longitude: 137°38'15"

5 A bent-over large larch Japanese Larch

(*Larix kaempferi*)

This larch looks like an old man bent with age. Local guides began to call it "Mito Komon" referring to a popular and famous historical figure, accompanied by two young trees of Nikko fir on its both sides that looked like Mito Komon's two servants, Suke-san and Kaku-san. One of the young trees has died down and been cut out now. The larch has beautiful yellow leaves which look like beautiful golden rain when they fall.

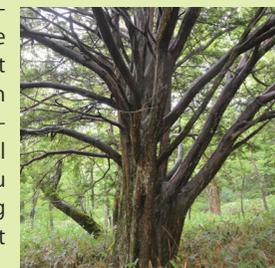


Trunk girth: 458 cm Height: 18 m Est. age: Unknown
Location: Latitude: 36°15'04", Longitude: 137°38'55"

3 Japanese yew in wonderful scenery Japanese Yew

(*Taxus cuspidata*)

Japanese yews are evergreen conifer. As a timber they are intricate and durable due to their slow growth, especially the reddish heartwood with the luster has been used for sculpture and crafts. In addition to this Japanese yew, other giant coniferous trees are scattered about the "Azusa River Right Bank Course" on the Kappa Bridge-Myojin Natural Promenade, so you can enjoy walking while looking at them.



Trunk girth: 340 cm Height: 12 m Est. age: Unknown
Location: Latitude: 36°15'12", Longitude: 137°38'14"

What is the Survey on Giant Trees?

The Ministry of the Environment has been conducting the Survey on Giant Trees since 1988 as part of the Basic Survey on Natural Environment Conservation. It targets trees whose trunk girth is 300 cm or more and reach the height of 130 m from the ground.

For the information of giant trees, please check the Giant Tree Database.

<https://kyoju.biodic.go.jp/>



National Giant Trees and Forests Association

If you are interested in giant trees, check out the National Giant Trees and Forests Association!

The association carries out the activities related to giant trees, such as observation tours of giant trees, publication of the newsletter "Giant Trees and forests" and the organization of the National Forum on Giant Trees.

<http://www.kyojyu.com/>



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Day 1

Kappa Bridge

One way: 1 hour 15 minutes' walk (3.8 km)

* Also recommended to walk only one way, by getting off at the Taishoike bus stop.

1 Japanese Elm

* Spend a night in Kamikochi. You will walk on a little longer, intermediate-level course on Day 2.

Day 2

2 *Salix arbutifolia*

30-minutes' walk (0.5 km)

3 Japanese Yew

2.5-hours walk (5 km)

4 Japanese Elm and Katsura tree

2-hours walk (4 km)

5 Japanese Larch

1-hour walk (1.5 km)

Salix arbutifolia representing Kamikochi

Salix arbutifolia

Trunk girth: 240 cm
Height: 13 m
Est. age: Unknown

Japanese yew in wonderful scenery

Japanese Yew

(*Taxus cuspidata*)

Trunk girth: 340 cm
Height: 12 m
Est. age: Unknown

Two refreshing trees in the campsite

Japanese Elm and Katsura tree

(*Ulmus davidiana* var. *japonica* and *Cercidiphyllum japonicum*)

Japanese Elm

Trunk girth: 393 cm
Height: 14 m
Est. age: Unknown

Katsura tree

Trunk girth: 510 cm
Height: 14 m
Est. age: Unknown



1 Warming up till the Japanese elm

Japanese Elm

(*Ulmus davidiana* var. *japonica*)

Trunk girth: 440 cm
Height: 20 m
Est. age: Unknown

5 A bent-over large larch

Japanese Larch

(*Larix kaempferi*)

Trunk girth: 458 cm
Height: 18 m
Est. age: Unknown

[Kamikochi Visitor Center]

To visit Kamikochi Visitor Center, go upstream on the left bank of the Azusa River from Kappa Bridge, and cross the bridge over the Shimizu River. The visitor center provides information to deepen your understanding and to let you become familiar with Kamikochi's nature through exhibitions, outdoor classes, video screenings and lectures. The Guide Desk in the Center also provides weather and safety information, and also takes reservations for guided walks (for hire).



[Opening period] From mid April to November 15 (No day-off during the opening period of Kamikochi)
*Closed during the winter season

[Opening hours] 8:00 AM – 5:00 PM

[Admission] Free

[Address] 4468, Azumi Kamikochi, Matsumoto, Nagano 390-1516
TEL: 0263-95-2606

[Website URL] <https://www.kamikochi-vc.or.jp/>

