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## Discover Toyama's Nature and Rich culture: 3 nights 4 days



Bound by snow-capped mountains and the Sea of Japan, Toyama is the ideal destination for enjoying spectacular scenery. Take your time to explore the prefecture, the dramatic beauty of Kurobe Gorge and the snowy Tateyama Kurobe Alpine Route.

**Suggested Length** 4 days, 3 nights

**Main Transportation** Train, Bus, Walking

## Day 1

1

### Kurobe Unazukionsen Station



Train : 30  
min

2

### Kurobe Gorge (Full Day)



**Kurobe Gorge**, one of the most famous V-shaped gorges in Japan, is deeply carved into the Northern Alps. It is also one of Japan's Three Major Gorges and one of Japan's Top 100 Unexplored Regions. The Kurobe Gorge originates from Mount Washiba in the center of the Northern Alps and forms a steep, deep V-shaped gorge in the upper and middle reaches of the Kurobe River, which is 86 km long and flows down 3,000 m in altitude. Although the area is covered with deep snow in winter, it attracts tourists from mid-April to the end of November during the trolley train operation. The untouched nature and seasonal valleys seen from inside the train are truly spectacular views, especially during the autumn leaves when the entire canyon turns bright red and yellow, which is the best season.

**The Kurobe Gorge trolley train** runs along the Kurobe River from Unazuki Station to Keyakidaira Station in Kurobe City. The tracks span 20.1 km, and it takes about 1 hour and 20 minutes for one way. There are many highlights of Kurobe Gorge along this railway!



## Day 2



### Try Out Waterfall Meditation at Oiwasan Nisseki-ji Temple and Taste Kamiichi Town's Famous Somen Noodles and Wild Vegetable Dishes

Kamiichi Town is a peaceful town spread out at the foot of the 2,999-meter Mt. Tsurugi in the Northern Alps.

**Oiwasan Nisseki-ji Temple**, the head temple of the Shingon Sect of Buddhism, is located about a 10-minute drive from Kamiichi Station on the Toyama Chiho Railway. On Hyakudanzaka, the approach to the temple, there are shops and inns that serve the famous Oiwa somen noodles, and the area gets crowded especially during the warm seasons. However, the area also attracts visitors during the cold seasons, most notably on "Daikan" (the coldest day of the year) for ascetic training in the cold, including waterfall meditation.

Step in waterfall and experience waterfall meditation ! At Roppondaki Waterfall, the water flows straight down from the mouth of 5.5-meter-high dragon-head spouts, so the force is strong and the snowmelt will cool you down even in summer.

3 Ooiwanisseki-

Temple  
Car : 1hr

4 Tateyama-Museum (pm)



**The Tateyama Museum of Toyama Tenjikan**

The theme of this museum is the relationship between humans and nature in Tateyama. The vast grounds of this museum are separated into three zones: the Kyokai, the Seikai, and the Yukai. The Kyokai zone consists of the Tenjikan where you can learn about the nature, faith, and culture of Tateyama. The Seikai consists of the Yobokan, where you can watch the setting for the Tateyama Faith as well as immerse yourself into the universe of Tateyama mountain worship with 3 large screens. Finally, the Yukai includes the Mandara Yuen, an area where you can experience the world of Tateyama Mandara with your five senses. The grounds are also home to the Serow Garden, where you will be able to see Japanese Serows, a national special natural treasure of Japan. Come experience this mysterious world for yourself!



## 5 Toyama City (Stay)



### Toyama City Centre

Known as the “City of Glass Art”, Toyama City is home to the fascinating Toyama Glass Art Museum, as well as numerous other museums and shops, including a famous traditional oriental medicine store. Get a bird’s eye view of the city and surrounding area from one of many observation decks, or take a relaxing cruise along beautiful canals. Toyama Castle Park and Kansui Park, where the world’s most beautiful Starbucks is located, are easily accessible by tram.



-Accommodation-

Hotel: ANA Crowne Plaza Hotel TOYAMA

Price: From 7,700yen/person/night  
(breakfast included)

Check-in: 3:00pm check-out : 11:00am

Day 3

## 1 Toyama Station



Train : 1hr 13min

## 2 Tateyama Station (Full Day)



### Tateyama Kurobe Alpine Route: A Spectacle-Studded Journey Across the North Japan Alps

This alpine sightseeing route runs for roughly 90 kilometers eastward through the North Japan Alps, a mountain range called as “Roof of Japan”. The route passes through a succession of breathtaking scenes as it winds upwards through the dramatically varying topography of Mt. Tateyama’s foothills. In under an hour, a combination of transportation methods will take you from a primeval forest with trees aged over a thousand years, to vast wetlands where rare alpine plants grow wildly.

One of the highlights of the Alpine Route is the iconic “Snow Walls” of Murodo. As transient as it is spectacular, a steep-walled path is carved through the snow each spring. These walls of snow tower high above the path, which opens in April, and they typically last well into June. Certain sections of the Alpine Route can be traveled by ropeway or cable car, allowing for some breathtaking elevated views of the mountain scenery.



Day 3

### 3 Murodo-daira Hotel Tateyama (Stay)

**3,000 meters of delight,  
only for Hotel Tateyama guests**

Hotel Tateyama is located in Murodo-daira, the main tourist attraction of the Tateyama Kurobe Alpine route. 2,450 meters above sea level, resort closest to the stars in Japan.

A sky full of stars that the hand seems to reach in the evening.

A special time away from the hustle and bustle of daily life.

Take a unique and breathtaking journey into a whole new world.



-Accommodation-

Hotel:HOTEL TATEYAMA

(Mountain View Room)

Price:27,500yen ~ 55,000yen/person/night  
(breakfast,dinner,included)

Check-in:3:00pm Check-out :10:00am



Day 4

## 1 Murodo Station



Bus/Ropeway/Cable car :  
50min

## 2 Kurobe Lake Kurobe Dam



Completed in 1963 after 7 years of work by 10 million workers, this is Japan's largest arch-style dam. The story of its construction has been handed over the generations as the project of the century. Enjoy the magnificent sight of the intense discharge from the 186m high dam! As well as its structure and size, you can also enjoy the curious history and stories of Kurobe Dam. Experience the wonder of Japan's biggest dam in a beautiful nature.



## Day 4

### 3 Kurobe Lake



Bus : 2hr  
50min

### 4 Nagano Station