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<p>白船大飯店 Shirafune Grand Hotel</p>   	<p>泡之湯 Awanoyu</p>   
<p>惠比須屋 Ebisuya</p>   	<p>小梨之湯笹屋 Konashi no Yu Sasaya</p>   

*即使是上列未記載的設施，只要是位於乘鞍高原、白骨溫泉皆可接送。
*For accommodation not listed above, pickup is possible from Norikura Kogen or Shirahone Hot Springs.

上高地冬季期間入山規定

冬季期間，上高地的天候多變化，會有發生雪崩、落石、風吹雪等危險。原則上入山之原則則歸為自我責任，在冬季登山方面請多留意，且為了自身安全及自然環境保護請遵守以下事項。

- 入山之際請務必提交登山計畫表。
中之瀨柵門設有提交登山計畫表的信箱。
- 請格外注意雪崩、落石、風吹雪(風吹起積在地面的雪)。
上高地隧道~大正池之間的縣道上，需要特別注意發生雪崩。
- 上廁所時請使用冬季廁所。
冬季期間的廁所設於中之瀨柵門、大正池、中之瀨、上高地巴士總站、小梨平。
中之瀨柵門廁所，預定在2022年12月2日~2023年5月30日期間設置。
【欲詢問中之瀨柵門廁所相關事項請洽詢：松本市阿爾卑斯休旅地整備本部 0263-94-2307】
- 請勿踐踏濕原。
因為會影響到植物生態，請勿行走在道路外或步道外。
- 欲搭露營請利用小梨平野營場。
請勿進入飯店、旅館、旅客中心的騎樓或設施用地內。
- 垃圾或食物請務必帶走。
對於野生動物的行動怕會產生影響。因此請將垃圾或食物帶走。
- 林間路線(自然研究路)禁止通行。
鋪木步道老舊腐朽，會有扎傷的危險。請勿進入。

Rules for Winter in Kamikochi

Due to the fluctuating winter weather conditions in Kamikochi, there is a risk of avalanches, falling rocks, and snowdrift forming. When entering Kamikochi during the winter, be aware that winter mountain climbing is done at your own risk. For your safety and environmental conservation, please follow these rules.

- Submit a "mountain climbing registration form" at Nakanoyu Gate. A box for submitting the form is set-up at the gate.
- Beware of avalanches, falling rocks, and snowdrifts forming. Exercise particular caution regarding avalanches on the road between Kamikochi Tunnel and Taisho Pond.
- Use the wintertime toilets at Nakanoyu Gate, Taisho Pond, Nakanose, the bus terminal, and Konashidaira. Please confirm their locations before entering.
* The Nakanoyu Gate toilet is available from December 2nd, 2022 to March 30th, 2023. Contact: Matsumoto City Alps Resort Development Division TEL: 0263-94-2307
- Keep on the path and do not step into the marsh. Doing so may impact the vegetation in the area. Please do not stray from roads or trails.
- Pitch tents only at Konashidaira Campsite. Please do not enter the premises of hotels, ryokans, or the overhanging roof of the Visitor Center.
- Take all your garbage and food with you. Your actions could have an impact on the wildlife in the area. Please take your garbage with you when you leave Kamikochi.
- The forest course (Nature Trail) is closed. Due to the age and condition of the wooden path, we ask that you please refrain from entering the trail.

冬季的上高地 Kamikochi in Winter



霧凇雙罩及群木圍繞的大正池、未結冰湖面上渺渺升起煙霧包覆住的神秘田代池，以及在充斥著冷冽空氣，佇立於穗高連峰前方的河童橋等，「靜寂」的上高地，是冬季前往的魅力之一。
The solemn Taisho Pond, surrounded by rime coated trees. The mysterious Tashiro Pond, swathed in mists rising from its unfrozen surface. The Kappa Bridge, standing dignified against the Hotaka Mountain Range. These are but some of the charms of visiting "Tranquil" Kamikochi during the winter season.



從大正池上流處拍攝
The view from the upstream side of Taisho Pond



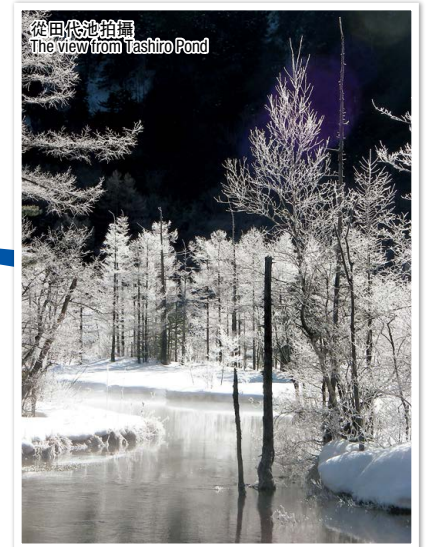
從上高地溫泉飯店前拍攝
The view from Kamikochi Onsen Hotel



從上高地溫泉飯店前拍攝
The view from Kamikochi Onsen Hotel



從大正池上流處拍攝
The view from the upstream side of Taisho Pond



從田代池拍攝
The view from Tashiro Pond



霧凇:過度冷卻的霧滴被風吹到樹枝上等處，因風效應凝結成霜，彷彿雪花一般。看起來就像是樹枝上開了白色小花般，構成一幅難以言喻的美景。
* What is Rime? - Rime forms when supercooled mist droplets are blown into trees and a layer of ice builds up on the windward side. Resembling white flowers blooming on the branches, the sight is beautiful beyond words.

旅遊行程的攜帶物 雪鞋、滑雪儀行的攜帶物品 Equipment for tours. What to bring for snowshoeing & cross-country skiing.

<p>內層 Base Layer</p>  <ul style="list-style-type: none"> 化學纖維的內衣褲 Synthetic Fabric Underwear 	<p>中層 Mid Layer</p>  <ul style="list-style-type: none"> 抓毛絨等 登山褲等 厚襪子 Fleece etc. Trekking Pants etc. Thick Socks 	<p>外層 Outer Layer</p>  <ul style="list-style-type: none"> 冬天登山用的服裝 雪地手套 Winter Jacket & Pants Gloves Gaiters Ankle-length Boots
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<p>太陽眼鏡</p>  <ul style="list-style-type: none"> Sunglasses 	<p>帽子</p>  <ul style="list-style-type: none"> Hat 	<p>水壺</p>  <ul style="list-style-type: none"> Water Bottle
<p>雪鞋</p>  <ul style="list-style-type: none"> Snowshoes 	<p>頸圍保暖</p>  <ul style="list-style-type: none"> Neck Warmer 	<p>隨身糧</p>  <ul style="list-style-type: none"> High Energy Food
<p>防風用品</p>  <ul style="list-style-type: none"> Windproof items 	<p>背包</p>  <ul style="list-style-type: none"> Backpack 	<p>一日旅遊/Day trip tour</p> <ul style="list-style-type: none"> 冬天登山用服裝(滑雪服裝、登山雨衣) 穿在中層的衣服(抓毛絨、毛衣等材質) 內衣褲(化學纖維製品) 休息時穿的衣服(羽絨外套等) 手套、帽子(可包圍耳朵的) 太陽眼鏡、滑雪護目鏡(兩項皆帶最佳) 背包(20公升左右) 當地登山輕便(可租借) 飲料、防凍用品、增好品(頭燈(上高地則進行))

冬季期間無法搭乘巴士無法進入上高地，因此需從釜隧道以「徒步」方式進入。
釜隧道位於長野縣道24號上高地公園線路上的國道158號分岐點。冬季期間會在隧道前方放置禁止縣道通車的柵欄。

It is not possible to enter Kamikochi by bus during the winter months, so visitors must walk through the Kama Tunnel to gain access.
The Kama Tunnel begins at the junction of National Route 158 and the Nagano Prefectural Route 24 'Kamikochi Park Line'. There is a gate immediately before the tunnel entrance to prevent entry by car during winter.

行程介紹

Recommended Tours



LittlePeaks

上高地雪鞋一日行程

探訪白雪覆蓋下的上高地豐富的1日行程。沿著大家熟悉的大正池、田代池，穿過美麗森林，前進靜寂的河童橋。看到眼前白雪皚皚的高聳穗高群峰，那份感動心情令人難忘。(設有冬季洗手間，敬請放心)

- 集合時間：乘鞍觀光中心 8:00
- 所需時間：8小時(10公里~12公里)
- 參加條件：具有一般體力的人士 (小學4年級以上)
- 參加費：9,200日圓 (小學生7,000日圓)
- 意外險：100日圓
- ※請自備午餐。(另付500日圓可訂購「乘鞍山便當」)



<https://www.littlepeaks.jp/>



Kamikochi Snowshoe 1-Day Tour

This day long course lets visitors fully enjoy the snow-covered beauty of Kamikochi. The route follows the banks of the famous Taisho and Tashiro Ponds, before passing through pristine forests enroute to the tranquil Kappa Bridge. The pure white peaks of the Hotaka Range towering overhead are sure to be an unforgettable memory. (Don't worry, there are toilets available, even in winter).

Meeting Time: Norikura Tourist Center 8:00
 Required time: 8 hr (10 km – 12 km)
 Participation Requirements: Good physical condition, ages 10 & older
 Participation Fee: ¥9,200 (elementary students: ¥7,000)
 Accident Insurance: ¥100
 *Please bring your own lunch. (Norikura-Yama Lunchboxes can be ordered for ¥500.)



<https://www.littlepeaks.jp/>



溫泉旅館 雷鳥 / Raicho Onsen Inn

Kamikochi Snowshoe Group Tour

This tour visits Kamikochi, which is closed for the winter, and allows visitors to see nature as it is in its natural state. Only Raicho offers tours in the early morning hours, when beautiful rime ice appears in Kamikochi. We will support you on your journey to find the moment to return to nature and be impressed by the beautiful mountain scenery. You will understand why Kamikochi, surrounded by silence, is called the "God's Descent Place," a secluded region within a secluded region. Rime ice is super cooled mist particles blown by the wind onto trees and other surfaces, and the stimulation causes ice to form on them, just like snowflakes.

It looks like a snowflake or a white flower blooming on a tree, and has an indescribable beauty. If the weather conditions make it difficult to see the fog and ice, the tour can be rescheduled for another tour, or cancelled without notice. The maximum number of participants is 6 *Minimum number of participants: 2 (*If the number of participants is not reached, the tour will be cancelled).
 Tour time 6:30/13:00
 Meeting place and time Meet at Guesthouse Raicho at 6:30 or Sawando No.2 parking lot (Ashiyu Park) at 7:00 *Please ask us if you are staying at Norikura Kogen, Shirahone Onsen, or Sawando accommodation.
 *If you are staying in Takayama and wish to participate, please apply for the private tour as there is no early morning bus service.
 We offer a 10% discount to guests staying at Guest House Raicho
 Please enter "stay raicho" in the "coupon code" field on the reservation screen.
 4th grade elementary school students and up may participate. If you are under 4th grade elementary school student, please make a reservation for a private tour.

<https://beds24.com/book/raichosnowshoetour?propid=81064&lang=en>



上高地霧凇雪鞋體驗

造訪冬季封山的上高地，邂逅最原始自然風貌的行程。上高地的美麗霧凇出現在清晨時段，而這時段唯一有舉辦行程只有「雷鳥」。讓我們為您導覽絕美山景帶來的感動，探訪回歸自然的旅程。靜謐包圍的上高地，可說是秘境中的秘境，也可理解為何被稱為神降地。霧凇：過度冷卻的霧滴被風吹到樹枝上等處，因風效應凝結成霜，彷彿雪花一般。看起來就像是樹枝上開了白色小花般，構成一幅難以言喻的美景。若因天候影響而預測到可能難以觀測到霧凇時，可更改其他行程，或是變更日期 (不另收取取消費用)。

- ※本團體行程最多6人。 ※最低出團人數：2人。(未達人數會取消行程)
- ***行程時間***

6:30~13:00

集合場所時間

- 集合：6:30溫泉旅館雷鳥，或7:00澤渡第二停車場(足浴溫泉公園)
- ※提供住宿在乘鞍高原、白骨溫泉、澤渡等地的遊客接送服務，歡迎洽詢。
- ※住宿高山的遊客若您也想參加行程的話，因清晨沒有巴士行駛，請報名私人行程。
- 住宿溫泉旅館雷鳥的遊客，可享9折優惠。
- 請在預約畫面中的「優惠券代碼」中輸入「stay raicho」。
- 小學4年級起即可參加。未滿4年級的小學生請報名私人行程。
- 9,800日圓

https://ghraicho.com/snowshoe_entry/



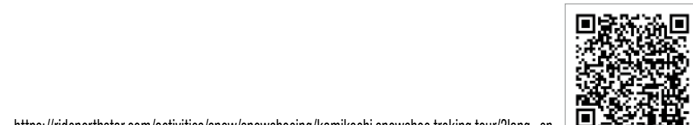
NORTH STAR

Kamikochi Snowshoe Trekking Tour

Kamikochi is hidden deep in the mountains of the Japan Alps and is closed for winter. In the summer it is well known as being the base of mountaineering for the high peaks. In the winter the road access is closed and so it becomes a very quiet and pristine place for snowshoeing. Our local guides will take you through the tunnels to see the beautiful reflection of Taisho pond. The tour continues hiking along the Azusa river to reach the famous icon of Kamikochi, Kappa bashi bridge. Kamikochi is the birth place of the Japan Alps where the first culture of mountaineering in Japan started and it is very special to Japanese locals. It is a protected area located in the Chubu sangaku National Park.

Cost:
 Semi-private (2 people): ¥19,000/person
 Regular (3 or more people): ¥12,000/person
 *Includes guiding fee, insurance, rental snowshoes, rental trekking poles, rental headlamps and sales tax.
 **Minimum number of participants are two people.

<https://ridenorthstar.com/activities/snow/snowshoeing/kamikochi snowshoe trekking tour/?lang=en>



費用
 半私人(2人)19,000日圓/人
 一般(3人以上)12,000日圓/人
 內含導遊費、保險費、以及雪鞋、登山杖、頭燈等用具的出租費。以上已含消費稅。
 ※出團最少須兩人。



乘鞍高原 / 白骨溫泉 住宿一覽

Accommodation in Norikura Kogen / Shirahone Hot Springs



溫泉旅館 雷鳥
Raicho Onsen Inn

乘鞍高原
Norikura Kogen (highlands)



NORTH STAR

乘鞍高原
Norikura Kogen (highlands)



背包客旅館 星空之光
Guesthouse Hoshizora-no-Akari

乘鞍高原
Norikura Kogen (highlands)



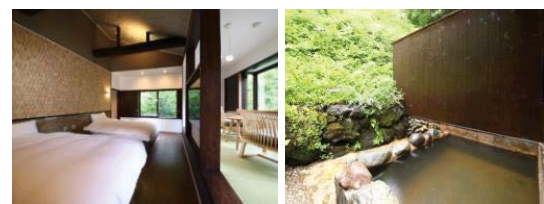
Tengallonhat Tengallonhat

乘鞍高原
Norikura Kogen (highlands)



BERGHAUS

乘鞍高原
Norikura Kogen (highlands)



綠山莊
Ryokuzanso

乘鞍高原
Norikura Kogen (highlands)



LE CHALET
Le Chalet

乘鞍高原
Norikura Kogen (highlands)



休暇村乘鞍高原
Kyukamura Norikura Kogen

乘鞍高原
Norikura Kogen (highlands)



阿爾卑斯山旅館
Pension Alhorn

乘鞍高原
Norikura Kogen (highlands)



旅館こだま
Ryokan Kodama

乘鞍高原
Norikura Kogen (highlands)



溫泉旅館詩意的
Pension Poetical

乘鞍高原
Norikura Kogen (highlands)



山水觀 湯川莊
Sansuikan Yugawaso

白骨溫泉
Shirahone Hot Springs

