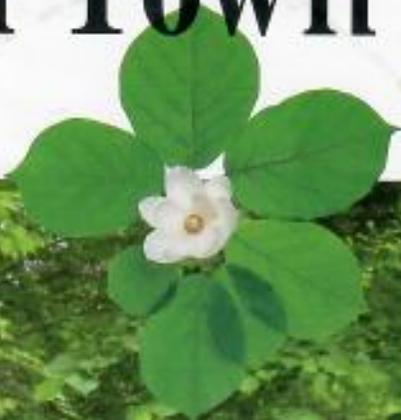
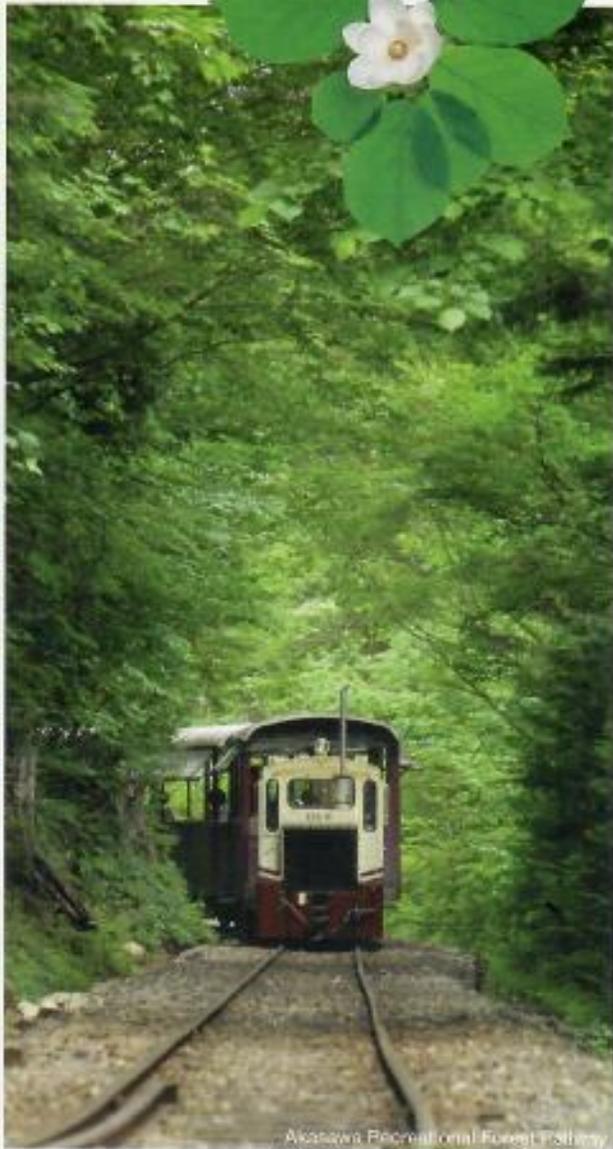


Agematsu Town

Kiso Nagano

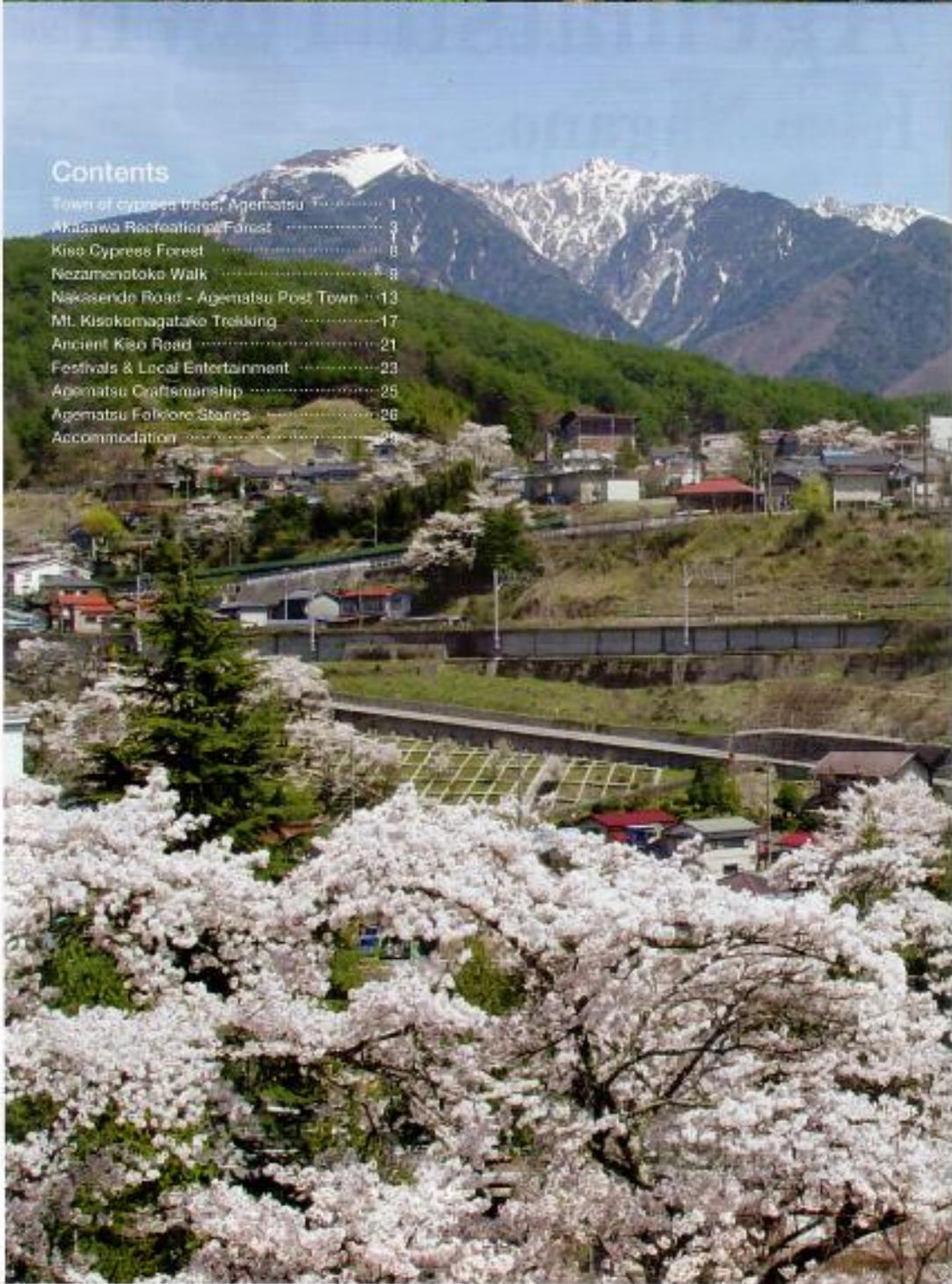


Nezamenotoko Gorge



Akasawa Recreational Forest Station

Agematsu Town Tourism Association



Contents

Town of cypress trees, Agematsu	1
Akasawa Recreational Forest	3
Kiso Cypress Forest	8
Nezamenotoko Walk	8
Nakasendo Road - Agematsu Post Town	13
Mt. Kisokomagatake Trekking	17
Ancient Kiso Road	21
Festivals & Local Entertainment	23
Agematsu Craftsmanship	25
Agematsu Folklore Stories	26
Accommodation	29

Town of cypress trees, Agematsu.



Agematsu Mascot Characters "Tarō-chan" & "Hanako-chan"

Kingdom of Trees, A village in a beautiful grove. Japan's country roads warm the hearts of travelers.

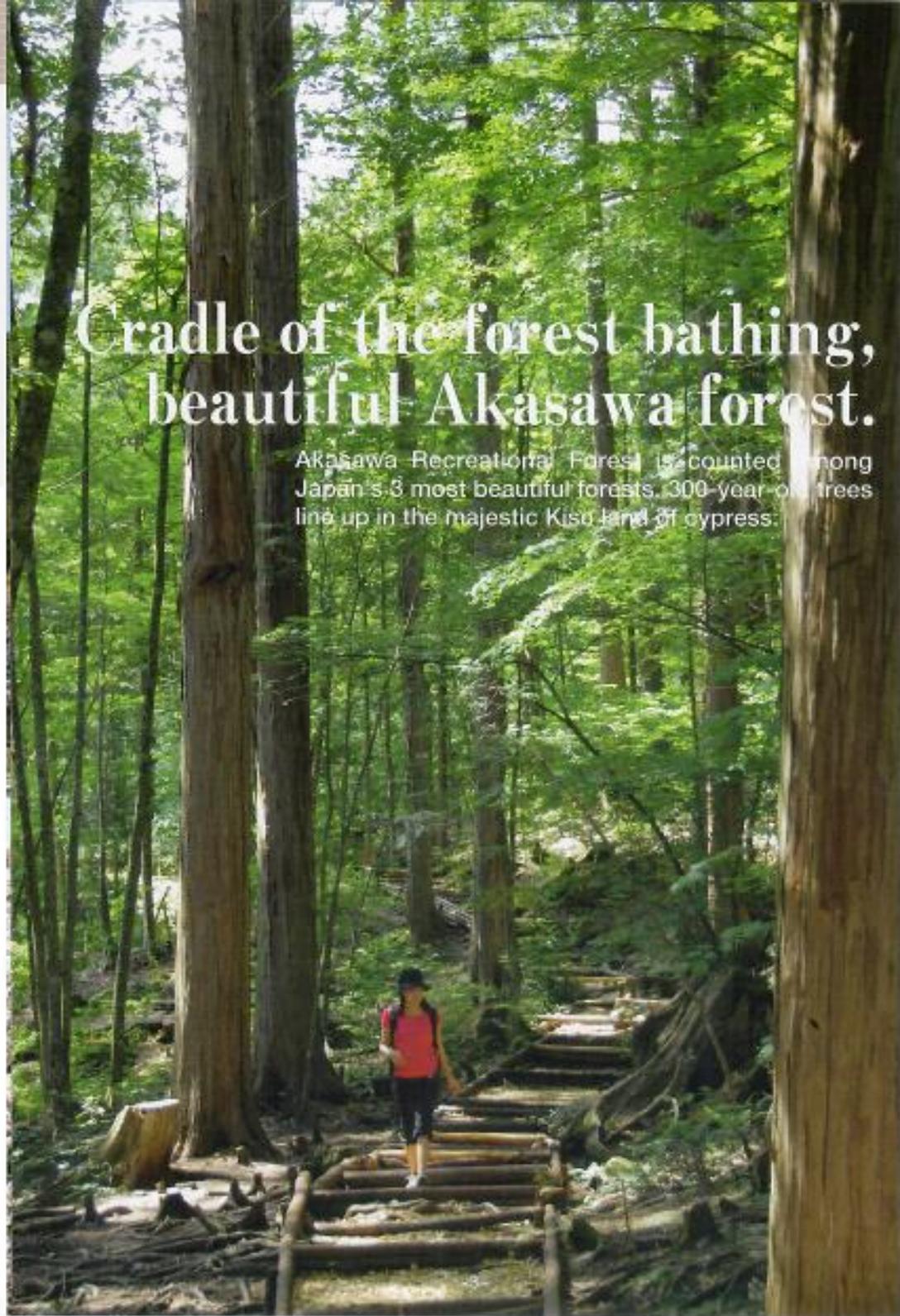
Surrounded by mountains, a deep green kingdom of trees, Agematsu. Since ancient times this beautiful Japanese town has flourished beside the Kiso River as one of the 11 post towns along the Nakasendo Road. The surrounding forest became the setting for various stories, and strict protections placed on it by the local ruler has led to the area becoming famous for the quality of its wood.

Follow the fragrance of the trees along streets that, while changing over hundreds of years, still hold the nostalgia of the original Japanese landscape. Nurtured by abundant water, the beautiful woods produce a peaceful melody. The Kiso Valley entices the desire to travel, displaying its subtle expressions in each moment.

Agematsu town gives you a beautiful sense of peace.

Cradle of the forest bathing, beautiful Akasawa forest.

Akasawa Recreational Forest is counted among Japan's 3 most beautiful forests. 300-year-old trees line up in the majestic Kisshu land of cypress.



Walk on the clear cold earth and feel touched by the breath of life.



Dazzling verdant greens in spring, refreshing cool breezes in summer, and the colors of the changing leaves in fall.

The mountain resounds with the mysterious life force of the stately, great cypress trees.

The Akasawa Recreational Forest is a forest that has been looked after for over 300 years, and has 8 walking courses winding through the trees.

A short loop will allow you to enjoy the refreshing sound of a mountain stream, home to char and trout. You can feel at ease among the pretty flowers and birdsong.

The Akasawa Recreational Forest can give you a sense of Kiso's history and culture shaped by mountains, trees, and people.

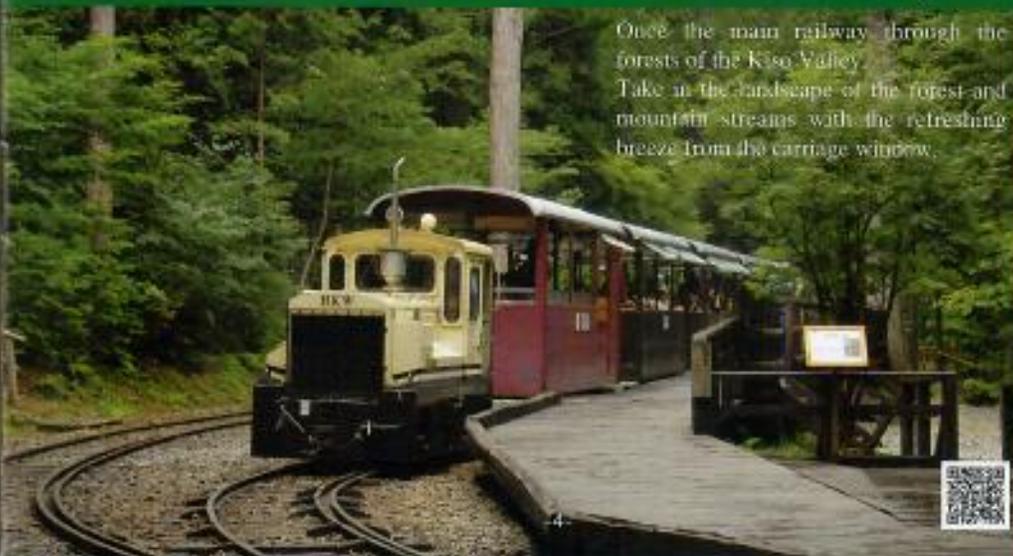
The forest railway was once commercially active in the Kiso Valley, the old engines now carry visitors through the cypress forest.

Bathed in the green wind, a sense of liberation and irresistible freshness.

You can enjoy leisure with learning experiences at the same time at facilities including the museum on the wonder and history of the forest.



Forest Railway



Once the main railway through the forests of the Kiso Valley.

Take in the landscape of the forest and mountain streams with the refreshing breeze from the carriage window.

The Akasawa Recreational Forest Walking

Akasawa Recreational Forest is a natural forest with over 300-year-old cypress trees.

Also considered a globally precious site, The Japanese cypress forest is counted alongside the Akita Cedars and Aomori Hiba as one of Japan's three most beautiful forests and is also known as the land of the forest's origin.

Facilities such as 8 footpaths and a forest museum where you can enjoy strolling and watching have been arranged. The forest has been included among the "top 100 Japanese natural assets to preserve in the 21st century", the "top 100 Japanese forest bathing forests", the "top 100 fragrant landscapes", and is also a recognized "forest therapy center".



Walking trail [D-2]

Birdsong, bubbling mountain streams and encounters with large trees and flowers. Take in the forest and be refreshed on a stroll.



Tom Sawyer Club Village [D-2]

A nature experience village open every summer. Enjoy a variety of events including trout fishing and woodworking experiences.



Forest Museum [D-2]

Featuring valuable objects, documents and photos of the history of Kiso Valley forestry and the wildlife of Akasawa, including birdlife and the five trees of Kiso.



Forest Railway Museum [D-2]

The forest railway served as Kiso's commercial railway for over sixty years. This museum preserves and exhibits vehicles, tools, and equipment from that time.

Forest Therapy Base The Akasawa Recreational Forest

"Forest therapy" means using the forest environment along with natural medicines for counselling and rehabilitation, along with promoting health recovery and wellbeing through "forest bathing" and forest recreation activities.

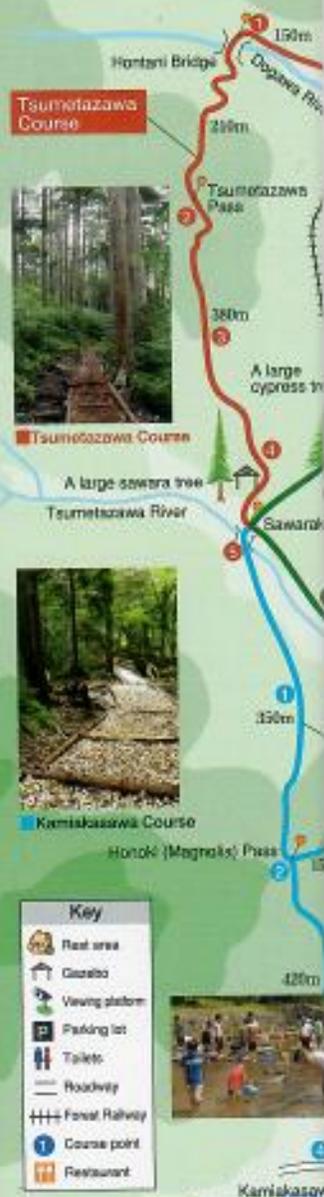
Forest therapy studies have shown that, when carrying out forest bathing, phytoncides emitted by the trees activate the NK (natural killer) cells responsible for immunity and increase the production of anti-cancer proteins.

In our modern stressful society we find that the physiological and psychological relaxation effect of spending time in forests can promote improved immunity.



Therapy Experience Center [D-2]

The "forest doctor" opened the center to provide simple health consultations and to measure the effects of forest therapies. (Every Thursday from May to late October / Public health and registered nurses on station from Wednesday - Friday)



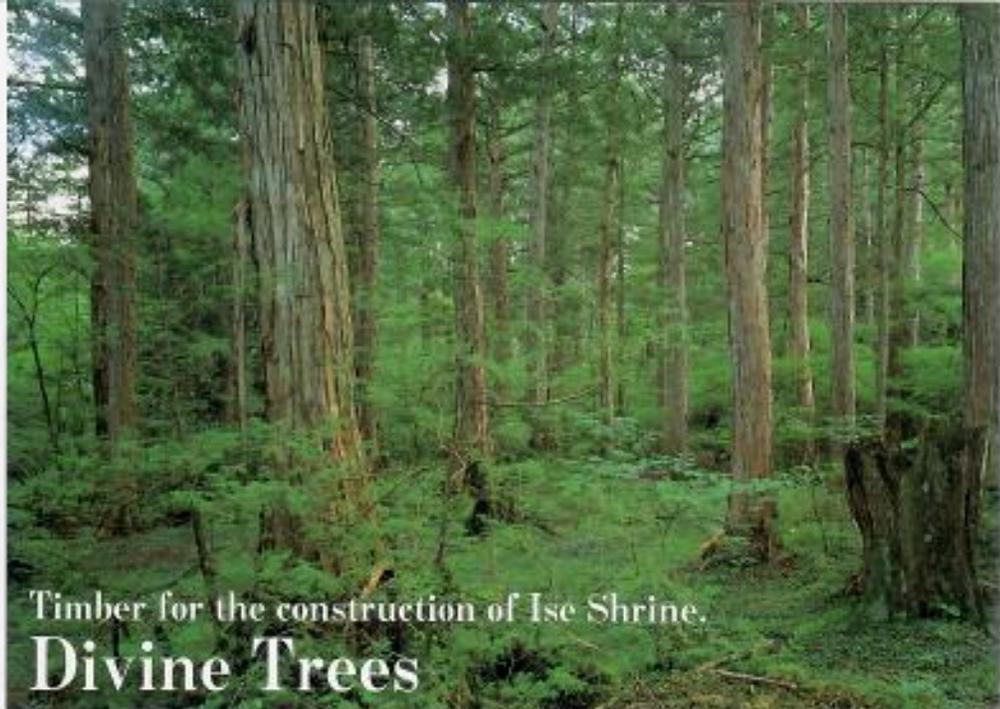
Benefits of Forest Bathing

Surrounded by silence, be immersed in the clear fresh air when forest bathing. Phytoncides emanating from the trees are a pleasant peaceful ingredient.

The subtle aroma includes a cleansing, soothing substance, while the aromatherapy effect calms the heart and mind. Mountain streams produce negative ions and maintain a pleasant humidity while the trees' foliage acts as a natural filter purifying the air of dust and soot.

The natural colors are easy on the eyes, as you enjoy the refreshing effect of breathing deeply of the forest's mysterious power.





Timber for the construction of Ise Shrine.
Divine Trees

Misomahajime Ceremony

The beautiful forest of Akasawa has long supplied the wood for Ise Shrine.

Every 20 years, in Misomahajime Ceremony as a part of Ise Shrine's Reconstruction events, divine trees are carefully selected and felled by axes using a special technique.



1985 felling site Felling the sacred tree of the 2005 Misomahajime Ceremony



Dashing through the beautiful woodland.
Forest Railway

The Baldwin locomotive. [D-2]

A steam locomotive that ran 420,000 km between 1916 and 1960. This vehicle from a bygone era is on display. A century has passed since the first locomotive's production and it is now designated as a treasure of the country's forestry and industrial modernization heritage.



Forest Railway [D-2]

Passenger carriages are drawn through the beautiful Akasawa forest by diesel locomotives.

NPO "Kiso Japanese Cypress Forest"

The "Kiso Japanese Cypress Forest" NPO corporation is based in the Akasawa Recreational Forest, with the aim of highlighting the importance of forest resources and carrying out activities to protect its splendor.



The group leads guided forest walks within the Akasawa Recreational Forest.

The forest produces oxygen and stores water, making it a very important asset. Learn about the history of forestry in Kiso while being guided around important natural features such as trees and beautiful flowers.

We work to conserve the forest environment.

The NPO also carries out conservation work in the "Kiso Japanese Cypress Forest", including maintaining boardwalks and spreading fallen cypress bark to prevent trampling damage. They also replace soil eroded by rainwater. Additionally they work to protect declining plant species.



The NPO conducts research and education projects.

There are many plants distributed throughout Kiso's forests, including about 500 varieties in the Akasawa area. In the "Kiso Japanese Cypress Forest" in addition to providing the necessary knowledge for guides, they also conduct educational programs on preservation, ecology, and rare species.



The organization are also working on the production of the Akasawa sightseeing map.

Please direct any inquiries about Akasawa Recreational Forest guided tours to the Agetatsu Town Tourism Association.

- ① Magnolia sieboldii
- ② Coptis quinquefolia (Goldthread Family)
- ③ Aquilegia buergeriana f. flavescens (Columbine Family)
- ④ Heloniopsis orientalis (Oriental Swamp Pink)
- ⑤ Berthamidia japonica (Kousa Dogwood)

The Five Trees of Kiso

Let's learn the names and characteristics of Kiso's five representative trees while enjoying the forest.



Hinoki
Chamaecyparis obtusa
The scaly leaves.
Stomatal lines produce white "Y" shapes on the underside.



Sawara
Chamaecyparis pinnata
Small scaly leaves with sharp tips.



Nazuka
Thuja standishii
Aka. Kurobe.
Its scaly leaves are larger than that of the standard Japanese Cypress.



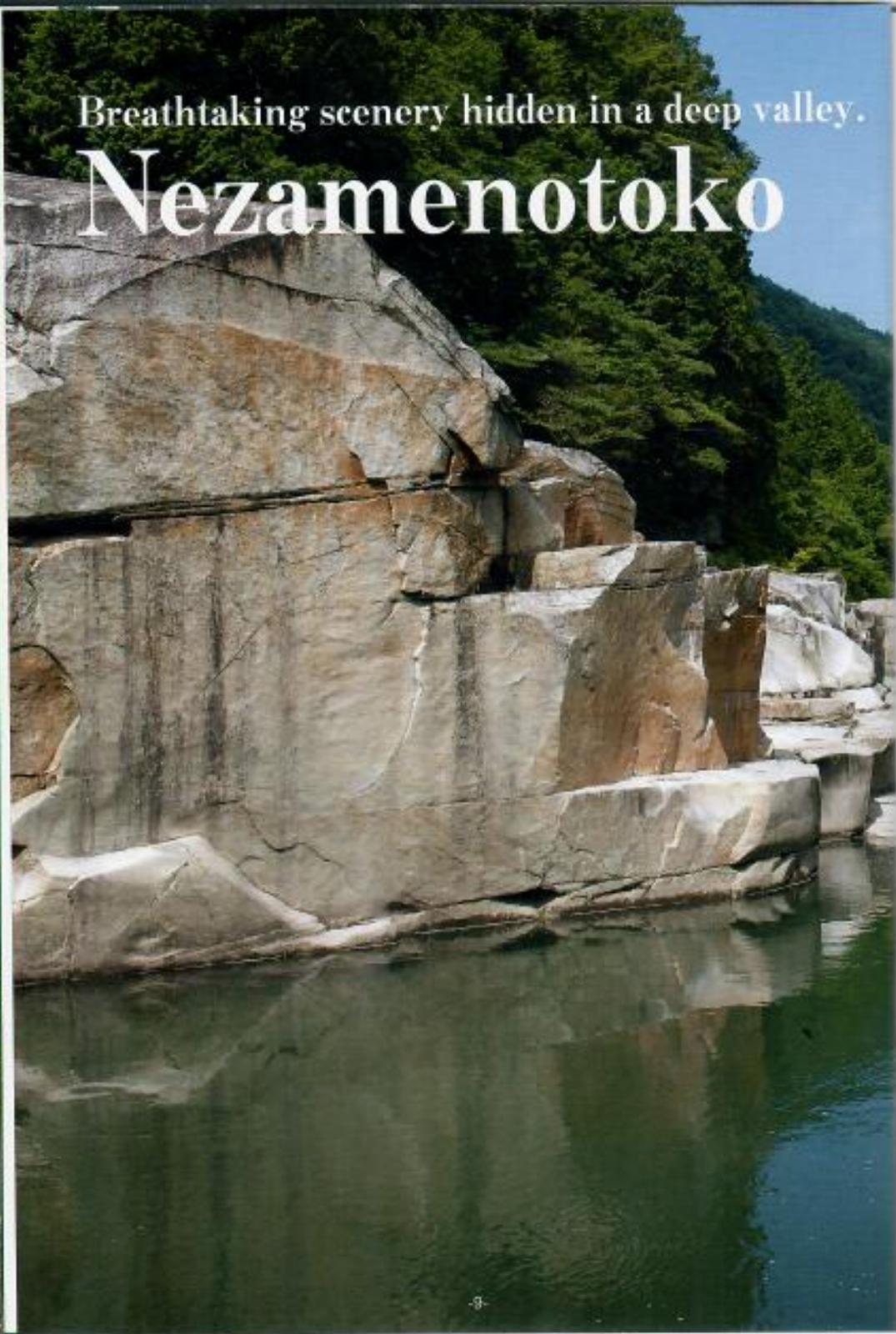
Asunaro
Thuja plicata
Featuring large, wide, scaly leaves, making it suitable as a building material.

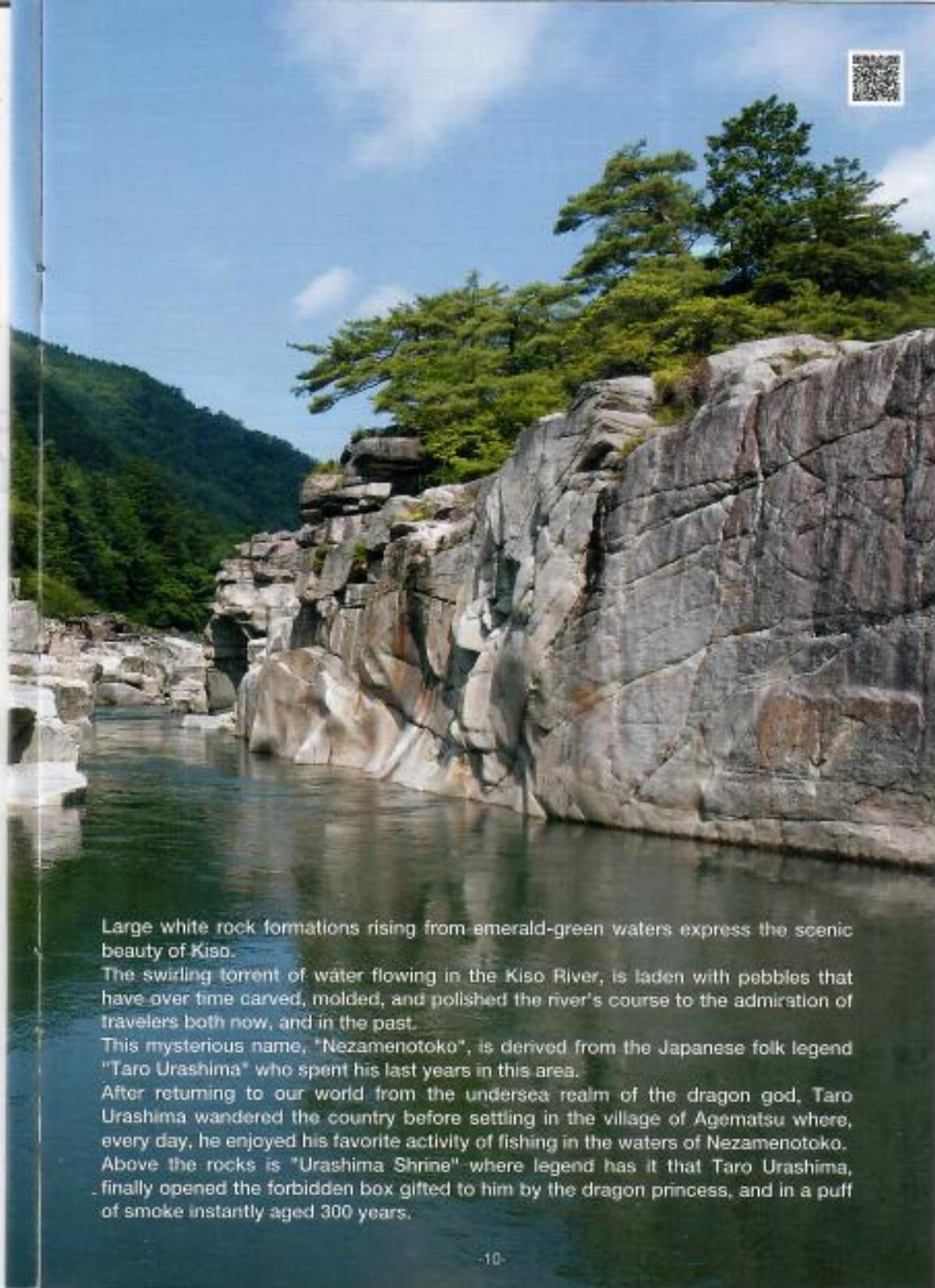


Koyamaki
Scolopendyris verticillata
Identifiable by its long thin leaves with extensive verticillation.

Breathtaking scenery hidden in a deep valley.

Nezamenotoko





Large white rock formations rising from emerald-green waters express the scenic beauty of Kiso.

The swirling torrent of water flowing in the Kiso River, is laden with pebbles that have over time carved, molded, and polished the river's course to the admiration of travelers both now, and in the past.

This mysterious name, "Nezamenotoko", is derived from the Japanese folk legend "Taro Urashima" who spent his last years in this area.

After returning to our world from the undersea realm of the dragon god, Taro Urashima wandered the country before settling in the village of Agematsu where, every day, he enjoyed his favorite activity of fishing in the waters of Nezamenotoko.

Above the rocks is "Urashima Shrine" where legend has it that Taro Urashima, finally opened the forbidden box gifted to him by the dragon princess, and in a puff of smoke instantly aged 300 years.

Feel the history and legend in the relaxing valley of Nezamenotoko.

Standing amidst the four seasons of the Kiso River, the time to be healed by nature.

Reverberations of art and history flow to the heart.

Since bygone times many travelers have paused here, fascinated by the mysterious beauty of rocks and water.

A peaceful scenic land to this day, this valley where you can relax and touch the history and legend.



Eight Scenes of Kiso ● Night Rain at Nezamenotoko



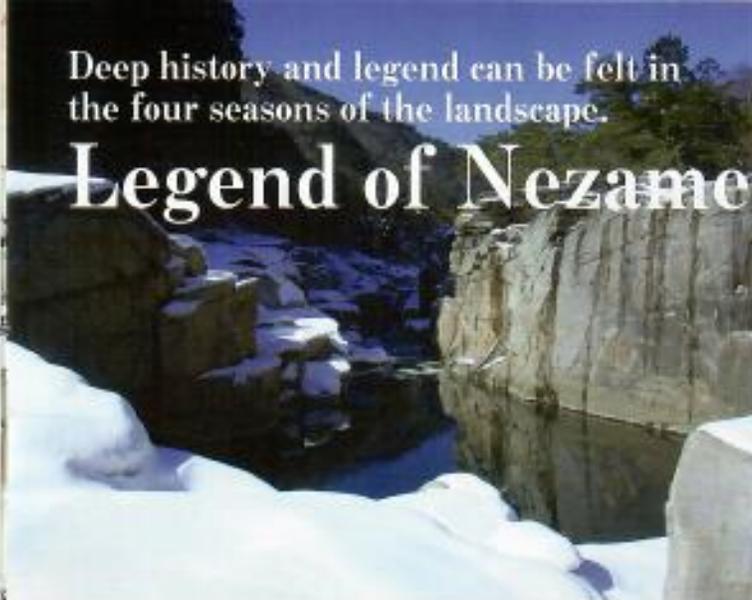
Nezamenotoko [C-4]

You can climb on the large rock outcrops where the "Urashima Shrine" is located to get a close up view of one of the fantastic landscapes making up the 8 scenic spots of Kiso



Deep history and legend can be felt in
the four seasons of the landscape.

Legend of Nezame



Nezamenotoko snow scenery [C-4]

Harsh winter's blanket of snow is also one of Nezamenotoko's charms. The surrounding trees wear snow like a bride's veil, and the azure winter sky is reflected in the waters of the Kiso river as it threads through the large rocks. The beauty is reminiscent of an ink painting.

※Please be careful as Nezamenotoko can be dangerously slippery with snow and ice during winter.



Rinsenji Temple [C-4]

An ancient temple overlooking Nezamenotoko. Dedicated to Benzaiten (goddess of music and water), one of Kiso's seven lucky deities, it is also one of the sacred sites connecting the seven old temples along the old road. The temple grounds contain rocks carved with the works of the famous haikai poets, Basho Matsuo, Shiki Masaoka, and Santoka Tameda and a museum dedicated to the legend of Taro Urashima.



Rinsenji Treasure Museum [C-4]

In addition to the fishing rod that is said to be used by Taro Urashima, there are displays of old furniture and everyday items.



Monument to Basho Matsuo & Shiki Masaoka [C-4]

There are stone slabs carved with the works of poets such as Basho Matsuo and Shiki Masaoka in the temple grounds.



Kisoji Art Museum [D-4]

Exhibits include ancient ceramics, soba-dipping cups, and a collection of modern Japanese sculptures and paintings, in addition to the "69 Stations along the Kiso Road" a series of famous Ukiyo-e wood block prints from the Edo Period (displayed only at specific times). (Please contact for the exhibit details:0264-52-2554)



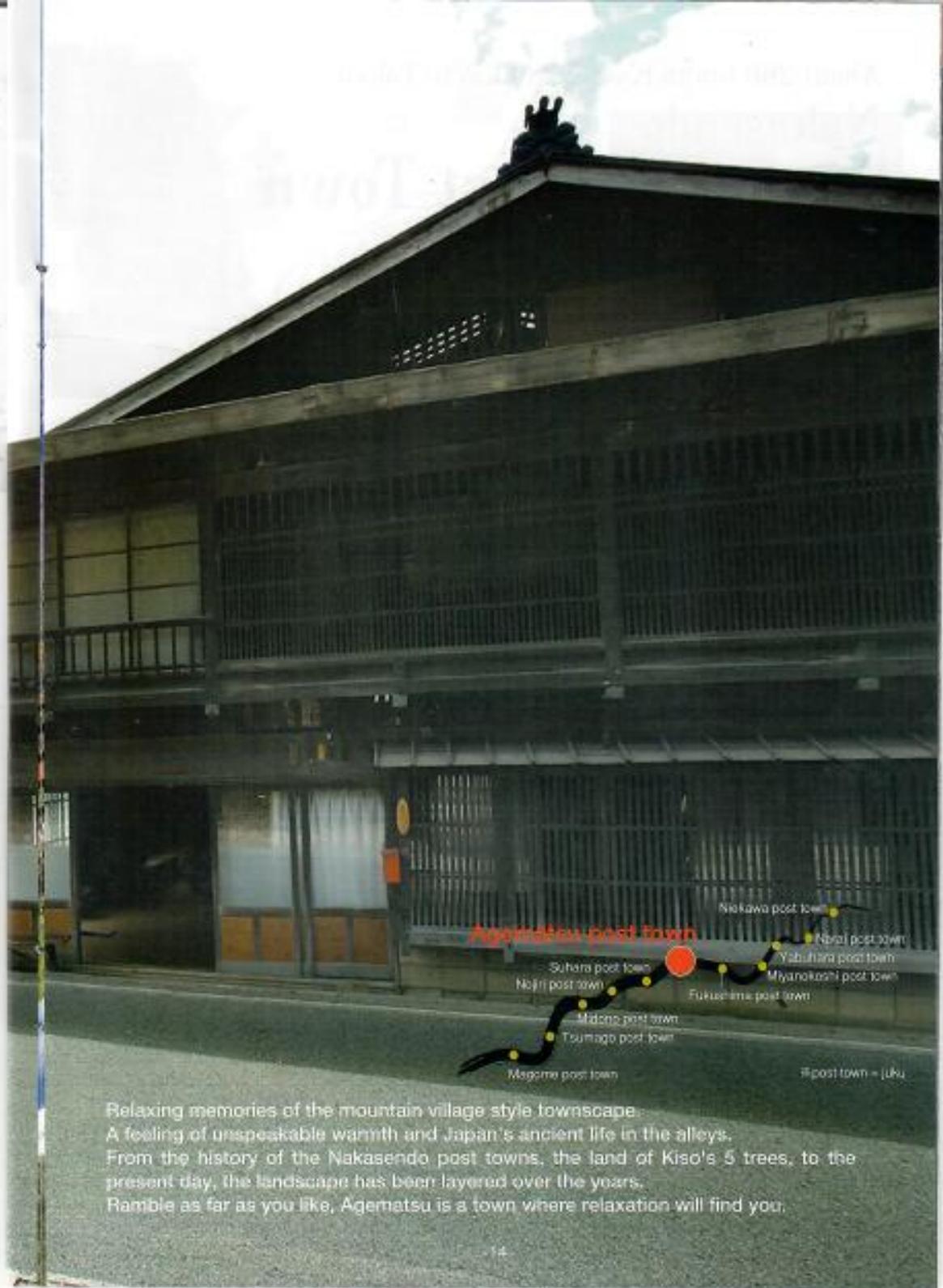
Nezamenotoko Sculpture Park [D-4]

A sculpture park adjacent to Nezamenotoko. Sculptures on a theme of "time and space" in reference to the legend of Taro Urashima, including a giant sundial constructed to illustrate fluctuations in the earth's rotation upon its axis.

Nostalgic scenery is hidden, here and there, around Agematsu town.
You can connect with Japan's old way of life as you walk.

Nakasendo Road Agematsu Post Town





Relaxing memories of the mountain village style townscape.
A feeling of unspeakable warmth and Japan's ancient life in the alleys.
From the history of the Nakasendo post towns, the land of Kiso's 5 trees, to the
present day, the landscape has been layered over the years.
Ramble as far as you like, Agematsu is a town where relaxation will find you.

About 260 km to Kyoto, 280 km to Tokyo.

Nakasendo Agematsu Post Town Walking

The Nakasendo Road connects 69 post towns with a total length of about 500 km.

One of the 11 post towns connected by the Kiso Road, Agematsu was a village of trees including the Japanese cypress, and attracted a large number workers and travelers, becoming a lively postal station.

Within the town temples and shrines, reminiscent of the old days, still remain alongside venerable carved stone slabs and historic sites.

A variety of sights revive the feeling of Edo-Period Japan.



⑤ "Eight Scenes of Kiso"
● Night Rain at Nezame [C-4]

⑥ Ononotaki Falls [D-5]

With its headwaters in Mt. Kiso-Komagatake in Central Japan Alps, this waterfall gushes down immediately beside Route 19.

A famous place on the Nakasendo Road, and one of the "8 scenic spots of Kiso". The Ononotaki Falls viewed from Agematsu is also one of the woodblock prints making up the "69 Stations along the Nakasendo Road".

"Eight Scenes of Kiso"
● Ononotaki Falls [D-5]

Kakuredeki Falls

Ogawara

⚡ Kashimajinja Shrine

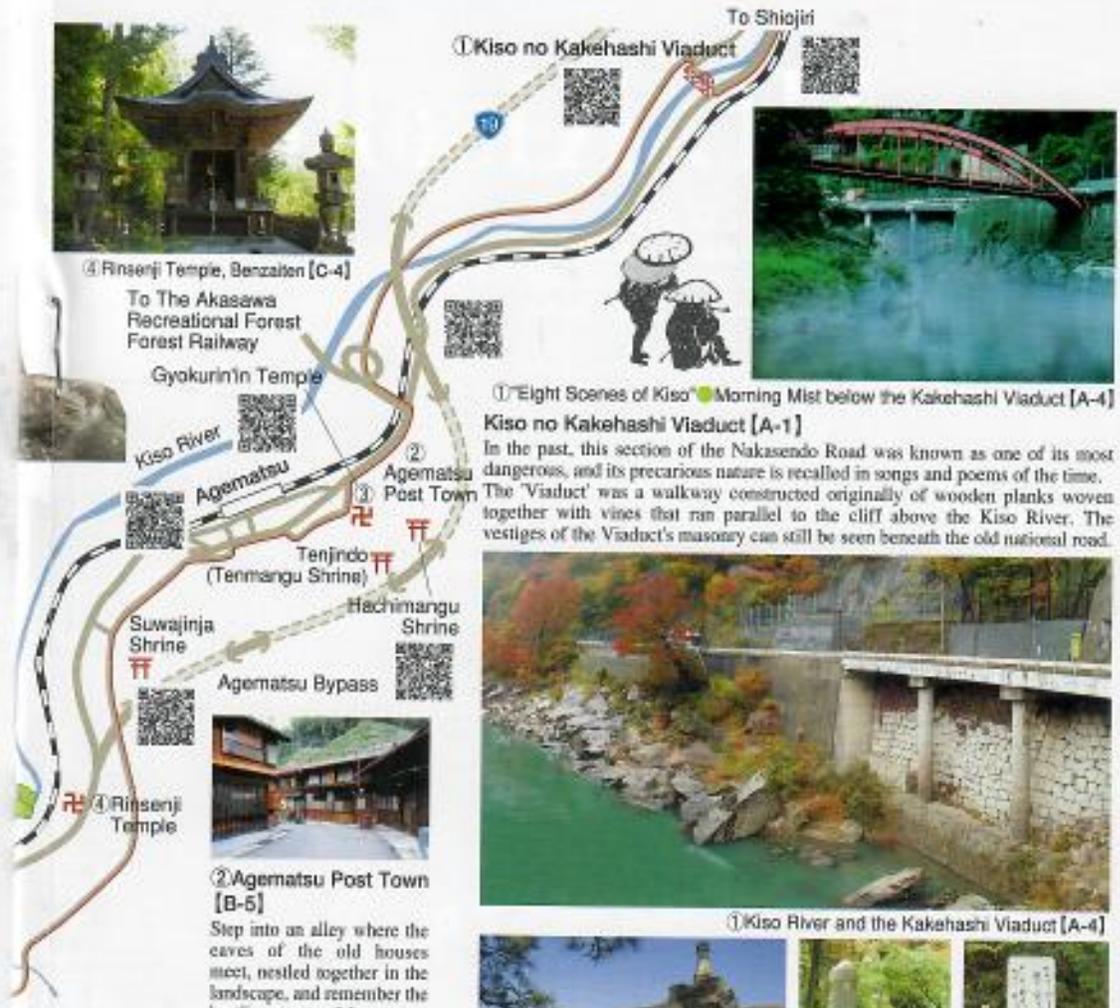
⚡ Jinmeijinja Shrine

-15- To Nakatsugawa

⑤ Nezamenotoko

⑥ Ononotaki Fall

Key — Nakasendo



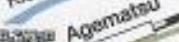
③ Rinsenji Temple, Benzaiten [C-4]

To The Akasawa Recreational Forest Railway
Gyokurin'in Temple



③ Gyokurin'in Temple

Agematsu



② Agematsu Post Town [B-5]

Tenjindo (Tenmangu Shrine)
Hachimangu Shrine



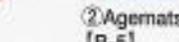
③ Hachimangu Shrine

Suwajinja Shrine
Agematsu Bypass



③ Suwajinja Shrine

③ Rinsenji Temple



③ Rinsenji Temple

② Agematsu Post Town [B-5]

Step into an alley where the eaves of the old houses meet, nestled together in the landscape, and remember the bustling streets of the past.



Agematsu Post Town (Former Tateba Tea House Site) [C-5]

A tea house on the old road was visited by both travelers and feudal lords. At the entrance of the path to Nezamenotoko from Nakasendo is a well preserved old inn and a soba noodle shop that were described in the Edo-Period novel "Zoku Hizakurige".

① Kiso no Kakehashi Viaduct



① "Eight Scenes of Kiso" M. Morning Mist below the Kakehashi Viaduct [A-4]
Kiso no Kakehashi Viaduct [A-1]

In the past, this section of the Nakasendo Road was known as one of its most dangerous, and its precarious nature is recalled in songs and poems of the time. The "Viaduct" was a walkway constructed originally of wooden planks woven together with vines that ran parallel to the cliff above the Kiso River. The vestiges of the Viaduct's masonry can still be seen beneath the old national road.



① Kiso River and the Kakehashi Viaduct [A-4]



③ Gyokurin'in Temple [B-5]

The temple gate that was erected in 1766 shows a picturesque harmony with a 200-year-old black pine tree and, each year, the beautiful flowers of the weeping cherry bloom by the Tenjindo Hall.



① Rock slabs engraved with the works of haiku poets, Basho Matsuo and Shiki Masaoka. [A-4]

A Basho haiku stone still remains on the opposite bank to the Kiso Kakehashi Viaduct and further Basho and Shiki haiku stones are dotted at various locations around Agematsu town.



① "Eight Scenes of Kiso" M. Mt. Komagatake in the evening sun [B-8]

Mt. Kisokoma

At an altitude of 2,956 m, Mt. Kisokomagatake is the highest peak in the Central Japan Alps Range that extends 90 km to the north and south.

Agematsu town is located right at the entrance to the beautiful Mt. Kisokomagatake and its steep rock face and dramatic profile stand in strong contrast to the surrounding pastoral scenery.

In every direction, mountains are layered upon one another and the deep woodlands between them beautifully illustrate the transience of the seasons making for a deeply moving journey.



Mt. Kazakoshi

Located at the foot of Mt. Kisokomagatake, "Kazakoshi no Seiran" (Wind-waving grass at Kazakoshi) is counted among the 8 scenic spots of Kiso.

The grassy meadows at the foot of the mountain have long been familiar to residents.

The summit is also covered in lush blade grass and the scenery of wind running up the hill on the grass is popular with mountain lovers.

"Eight Scenes of Kiso" ● Kazakoshi no Seiran

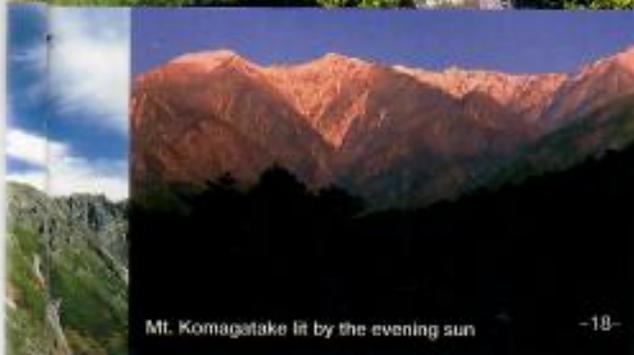


The view of Mt. Kisokomagatake from Noin village.



Mt. Kisokomagatake & Mt. Nakabake

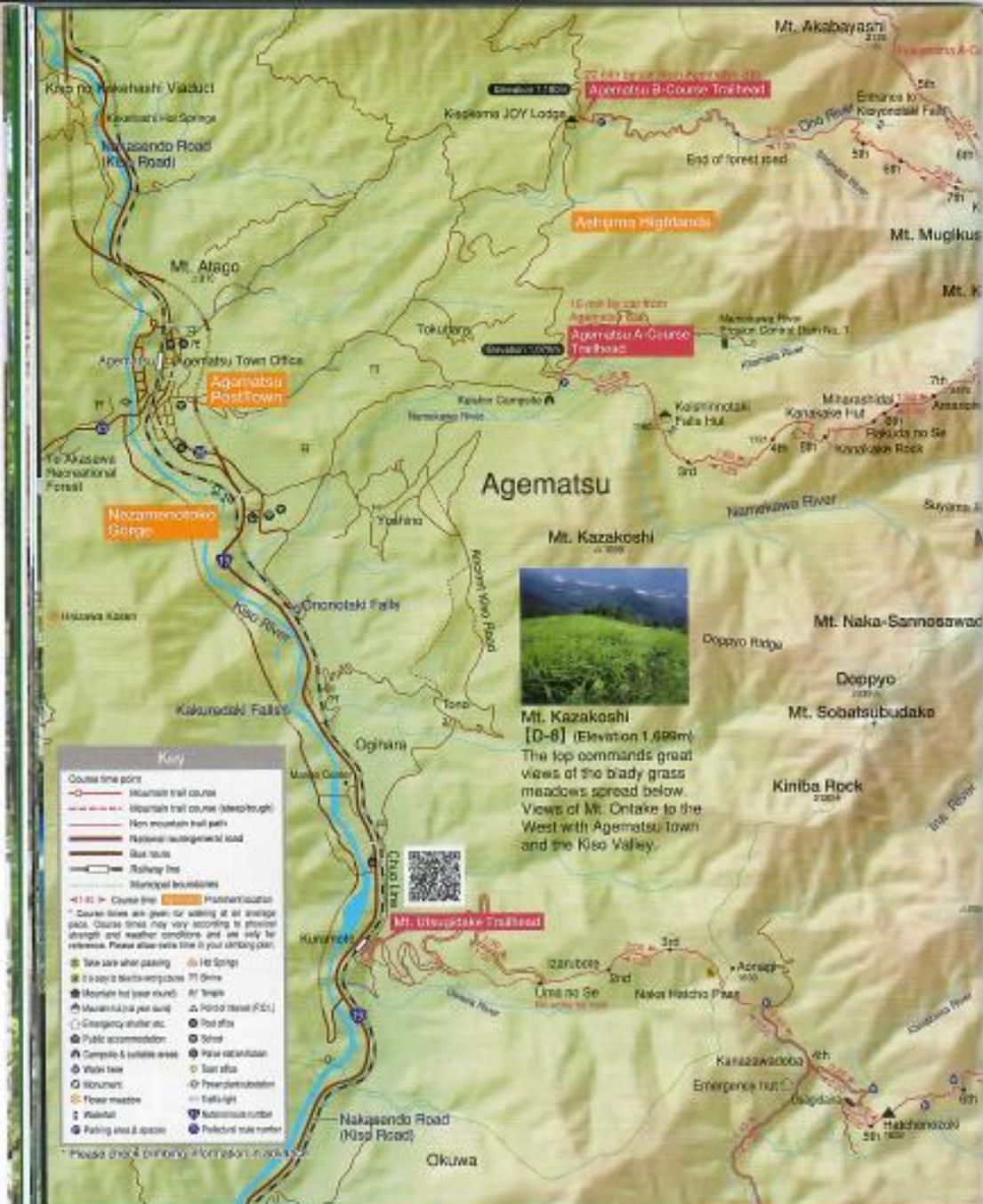
gatake



Mt. Komagatake lit by the evening sun



Late fall in the Central Japan Alps



Mt. Kazakoshi [D-6] (Elevation 1,699m)
 The top commands great views of the biady grass meadows spread below. Views of Mt. Ontake to the West with Agematsu town and the Kiso Valley.



Saxifraga mertii

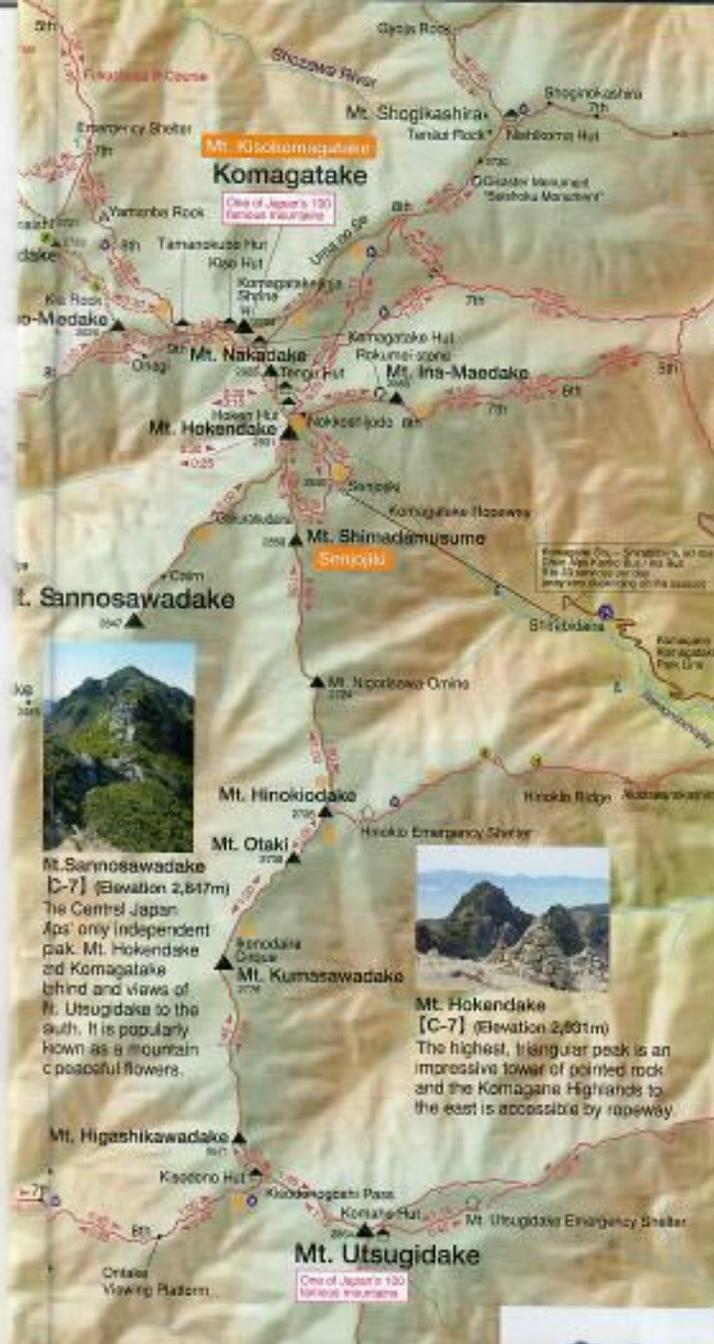
Rhodola mura

Aleutan swain

Phytolacca nipponica

Leonopodium chinensis

Dicentra pinn



Mt. Kisokomagatake, Mt. Hokendake, Mt. Utsugidake

Towering, high altitude peaks, walk the Central Japan Alps

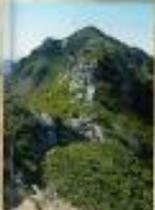
Rugged, solemn mountain scenery, the impressive contrast of green on rock, delicate alpine plants. Natural treasures gifted only to those who stand on the peaks lend prestige to the Kiso valley to this day.



Mt. Utsugidake [E-6] (2,864 m)

The second highest mountain only to Mt. Kisokomagatake is located almost directly at the midpoint of the Central Japan Alps. The mountain's majestic scenery, a beautiful contrast of white granite gravel and stone pines has ensured its inclusion among Japan's 100 famous mountains.

Mt. Sannosawadake [C-7] (Elevation 2,817m)
The Central Japan Alps' only independent peak. Mt. Hokendake and Komagatake behind and views of Mt. Utsugidake to the south. It is popularly known as a mountain of peaceful flowers.



Mt. Hokendake [C-7] (Elevation 2,801m)
The highest, triangular peak is an impressive tower of pointed rock and the Komagatake Highlands to the east is accessible by ropeway.



Campanula trachelium, Silene nipponica, Campanula chamissonis



Strolling along the Ancient Kiso Road

The "Ancient Kiso Road" is a medieval path passing through Kiso Valley, which had been in use for a few centuries before the Nakasendo Road was developed in the Edo period.

Off the busy road by Kiso River, this path used to guide travelers between the communities at the feet of the mountains. It was an agreeable path with nice mountain views and seasonal charms.

Now, this path is an enjoyable trail where you can view Mt. Ontake and Mt. Norikura.



①Tono Amidado Temple [D-5]

Located in the center of the Tono community in Agematsu, this temple is said to be the oldest building in Kiso Valley.

There are impressive fine works on the ceiling: of over 100 flowers and birds painted by a painter of the time. Worth stopping by on the trail.





② Komagatakejinja Shrine [C-5]

Mt. Kisokomagatake used to be a mountain for worship, and this is the rear shrine (Okunoin) of Komagatakejinja Shrine. There is also the community shrine (satomiya) in Agematsu which is well-known for its worship dance named "Daidai Kagura".



Kiso Kodo (Ancient Kiso Road, aka. Shinanoji Nature Trail) [D-5]

This ancient path served as a traffic bypass before Nakasendo Road was developed. Stretching out from north to south through the communities at the foot of Mt. Kisokomagatake, it guides you with the signs "Kiso Kodo".

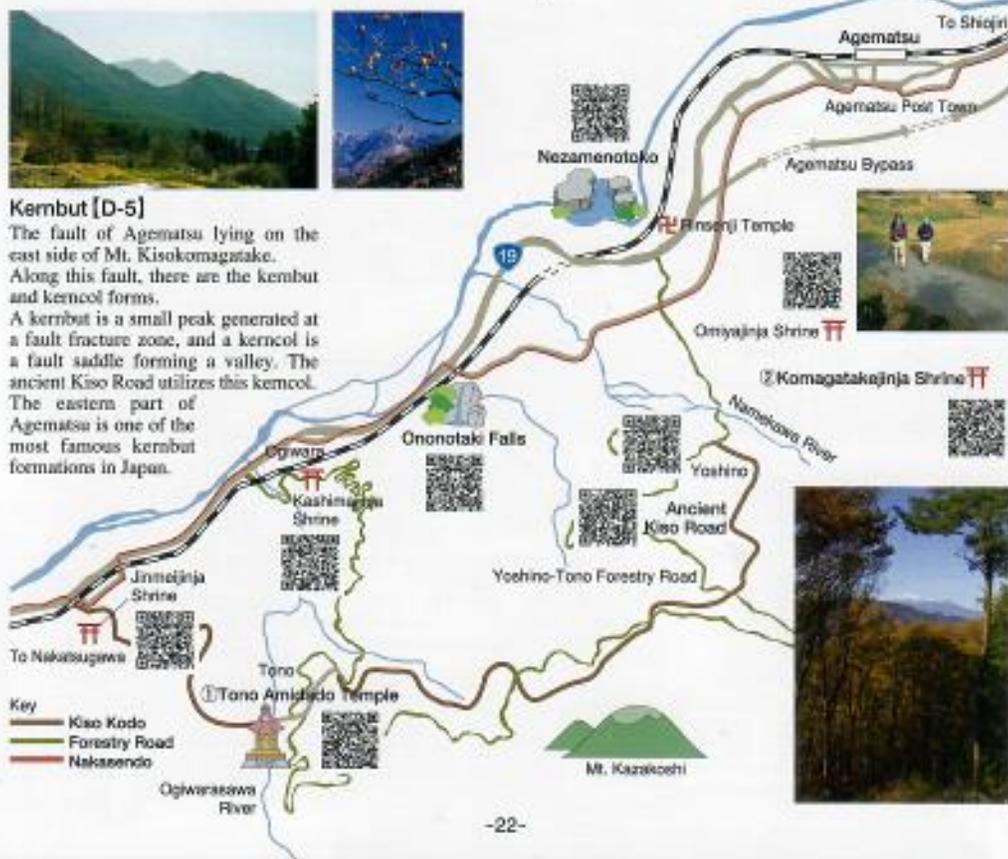
The best trail for visiting Nezamenotoko, Ononotaki Falls, Tono Amidado Temple, and Mt. Kazakoshi. Pleasant strolling with forest bathing.



Kerabut [D-5]

The fault of Agematsu lying on the east side of Mt. Kisokomagatake. Along this fault, there are the kerabut and kerncol forms.

A kerabut is a small peak generated at a fault fracture zone, and a kerncol is a fault saddle forming a valley. The ancient Kiso Road utilizes this kerncol. The eastern part of Agematsu is one of the most famous kerabut formations in Japan.



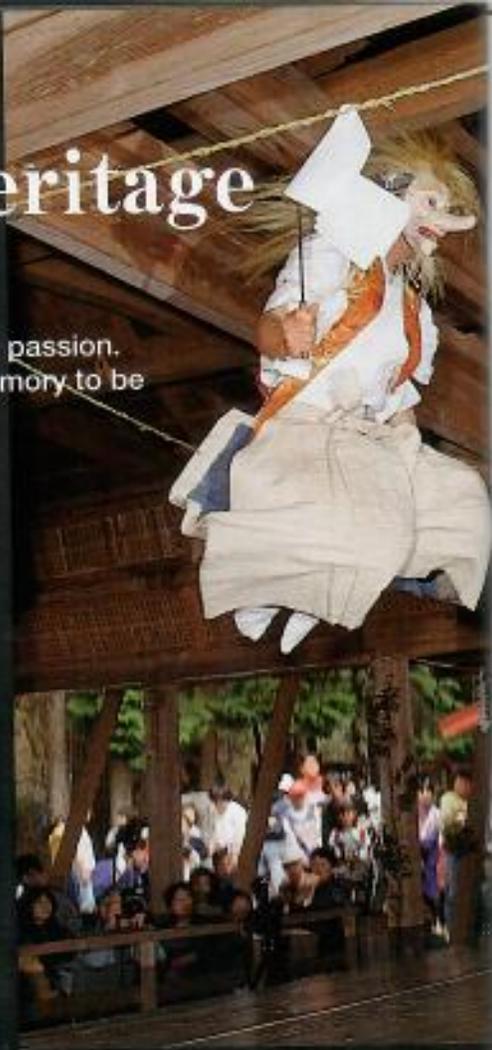
Spiritual Heritage in Rituals.

The breathtaking mystery, amazing passion.
A flash of spectacle becomes a memory to be
passed to the future generations.

The dances and motions - each has a meaning
cultivated in their history of worship.
Each season is celebrated with a charming
ritual, reminding people of peace, rich crops,
and thanksgiving.

祭

Festivals



Ogawa Wakamiya Shrine Festival [C-4]

This festival is held in Shima area of
Agematsu Town.
Some Kyogen (traditional plays) of
Shishi (a sacred beast) are held during
the 3 days in Spring.
The actors are local youths. The play
"Kuzu no Ha" is especially famous
for the spectacular scene in which the
sacred beast mother (wearing a mask)
writes a poem with an ink brush in her
mouth when she has to leave her son.
This play is held in the shrine on the
afternoon of the final day.(Late April)





Komagatakejinja Shrine Festival [C-5]

While Komagatakejinja Shrine's rear shrine is located on the peak of Mt. Kisokomagatake, this festival is held in the satomiya (community shrine) at the foot of the mountain, where the worship dance "Daidai Kagura" is performed. This dance consists of 13 scenes that have been secretly passed down from parents to the children of local families for over 400 years. In particular, the scenes of 3 soldiers with swords and 4 deities with white Tengu masks are so impressive that a lot of spectators and photographers come to watch.
 <Held on May 3, every year>



Suwajinja Shrine Festival (Agematsu-sai) [C-5]

This is the great festival of the town's Suwajinja Shrine and the Wakamiya Hachimangu Shrine, and features a procession of local kabuki actors and the portable shrine. In the evening in Hachimangu Shrine, local youths perform their local kabuki and Shishi (sacred beast) kyogen plays. The next day, Shishi dancers go around the town to drive away evil spirits. You can also see the energetic spectacle of the portable shrine being carried day and night between the shrines by fireless young men. This is the biggest festival in Agematsu and involves the whole community, filled with traditional music sound and passion. (Early September)



Summer Festival in the Town of Cypress

The town's cheerful summer festival. Timber sledge drag race (from the history of village forestry), fireworks, wooden craft market, Kiso dance, etc. The 300 fireworks set off in the valley have extra sound echoed by surrounded mountains. It is also impressive to see the competitors in distinctive dress during the timber sledge race. (The last Saturday of July)



Traditional Crafts and Specialties

Fine works, smooth touch

Traditional wooden crafts become sentimental as you use them every day.

Fine timbers from the abundant forest have inspired the local residents to develop the excellent crafting skills. Traditional crafts from Agematsu make for excellent souvenirs.



Wooden Products

Cypress and pine tree products like buckets and barrels are strongly resistant to humidity; they are also the special products of Kiso district.



Wooden Crafts

Wooden crafts, such as bowls and plates, made from fine Kiso timber, are popular for both daily use and as souvenirs.



Furniture

Cypress furniture is admired for its noble impression as well as its fine quality.



Cypress Fragrance

Bath salts and aromatic products made with cypress essence are popular.

Japanese Local Food Experience

Incomparable taste delivered from specific local ingredients.

Kiso cooking has developed with local wisdom, tradition, and cordiality.

It serves an unforgettably unique experience.

The mountainous environment brings seasonal ingredients that deliver an indispensable dishes for daily life. This local cooking has been loved and passed down over generations.



Gohei Mochi

A skewered rice ball grilled over charcoal fire and served with a walnut or sesame sauce - Kiso's specialty.



Soba Noodles

Kiso district is a major place for soba noodles. The soba noodles are handmade using local crops giving them a delightfully fresh taste.



Soba Manju

This is a sweet delight made from soba flour and Japanese yam.



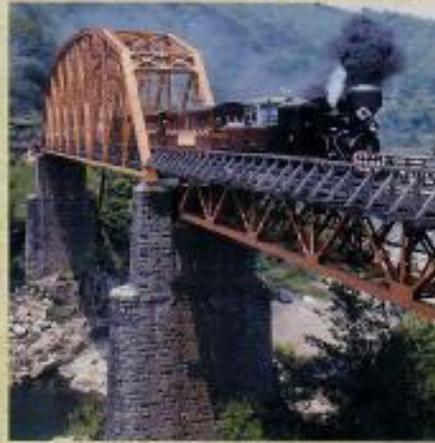
Kiso Forest Train & Onibuchi Railway Bridge

This 93.6-meter-long truss structured bridge was constructed in 1913 for timber transportation.

It was the first Japanese iron bridge in the sense that it was built with domestically refined steel by Japanese engineers.

The bridge had been in use until the last Japanese forest train service in Japan stopped in May 1975.

This railway was also the main transportation for people and commerce. Thereafter, the bridge was used for road traffic for some years.



Wakamiyajinja Shrine & Seimei Abeno

Seimei Abeno (921-1005) was an Imperial fortune-teller with a command of esoteric astrology based on the Chinese Yin-Yang theory.

Legend says he was born and ended his life here; some local customs relate to astrology and the new year decoration is specific, too.

Omiyajinja Shrine

One weekend in mid-July, a festival is held involving the families in the area. The young men visit each family to drive away evil spirits and perform Shishi Kagura dances at the shrine.



Goshajinja Shrine

Known as "Gosha sama (five deities)", this shrine was built to wish for the safety of forestry workers in and protection from natural disasters.

The five deities refer to Kiso Ontake, Atsuta in Nagoya, Amaterasu in Ise, Mishima in Izu, and the Water deity.



Six stone guardian deities at Shinden Cemetery

These are the oldest statues in Agematsu, carved in 1678. The sculptor's name is carved on the back.

Hachimangu Shrine

This is the oldest shrine in Agematsu, built in the 18th century. Young men perform Shishi kyogen plays from the 19th century here early every September.



Legend of Kakuredaki Falls

Once upon a time, a princess showed up in front of a villager of Oginara asking for help with escaping from pursuers, but being scared of trouble he denied her. Then, the princess showed him a gold coin, but the villager took it without helping her.

The princess ran away through the mountain and hid herself by a waterfall, but was found by her pursuers. She finally threw herself from the waterfall.

Thereafter, this waterfall is called "Kakuredaki (hiding waterfall)", and a tiny shrine to the princess sits there.

Gojin'ya of Agematsu

Gojin'ya was an office for timber management, fortified with timber-reinforced mounds and armed with canons. This office was built for the national authorities to suppress the local officers and residents of Kiso Valley. It is said that there used to be a pine tree on the mound at the entrance.

The Four Gates of Ontake

To climb a mountain for worship and training in Shugendo, there are some rules to keep about time, order, method, and field. The four gates are also related to Shugendo.

The four gates refer to the four spiritual steps: initiation (east), practice (south), enlightenment (west), and Nirvana (north).

On Mt. Ontake, these four gates (spots) are placed as follows: Torii Pass (north), Gedo in Kiso Fukushima (east), Nagamine Pass (west), and Mt. Haiden near Mt. Miura (south).

Each spot is a location where you view Mt. Ontake for the first time as you enter the Kiso Valley, which was important for the disciplinants.

In Agematsu, there was a path for Mt. Ontake worship that was older than Nakasendo Road.

Legend of the Himebuchi Tragedy

After a civil war in the 12th century, a 15-year-old princess Himemiya ran away from the capital to see her father hiding in Kiso Valley.

She managed to escape from her pursuers for a while, helped or abandoned by the villagers, but was finally found in Ogawa village, because of her bag of fragrance.

She ran and found herself facing a deep pool with no way out. She remembered the picturesque rice fields on the way like her home, her beloved family, and started to sing a rice planting song with gestures.

Then, she threw herself into the pool. It was dusk in Spring with azalea flowers fully blooming.



Legend of Urashima

Taro Urashima came back his home village with the Benzaiten statue, a document to reenter the Dragon's Palace under the sea, and a treasure box.

However, he was surprised to find that he didn't know anyone there.

He went traveling around the country with the help of the document teaching people how to fly, or how to make medicine for long life.

Finally he decided to settle at Nezamenotoko where he was satisfied.

Then, he remembered about the treasure box and opened it, only to find himself becoming an old man of 300 years.

Thereafter, Taro gave medicines to people and left for somewhere else, only the Benzaiten statue remained.



Harahata Canal

In the 17th century, Agematsu village planned to drain water from Namekawa River for rice field development.

Local opposition meant that it took 6 years to build 3 km of canal.

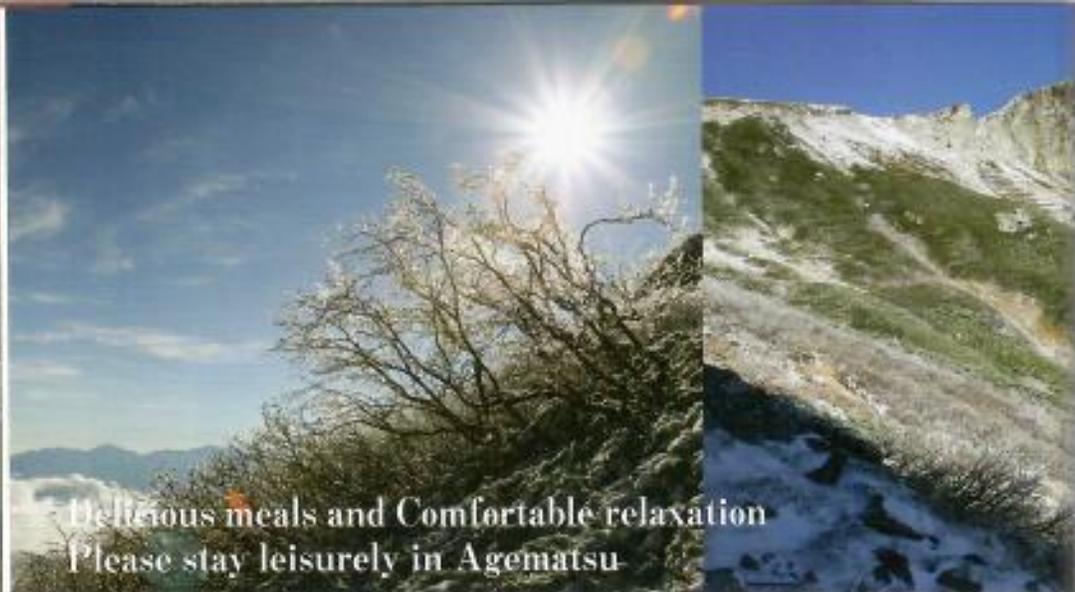
The canal was used for drinking and emergency water until the modern water service was introduced in 1958, and it has remained and used for various purposes.

Mysterious Floating Rock

Once upon a time, there was a strange rock which moved around between Kiso no Kakehashi and Nezamenotoko.

Whenever this rock moved, something bad happened. A monk heard about it and soothed it with a poem.

Thereafter, this rock ceased move, and no bad events occurred in the village. It is said that the rock is still there, upstream of Onibuchi.



Delicious meals and Comfortable relaxation
Please stay leisurely in Agematsu

Accommodation in Agematsu

Typical rate per person (1-night stay with 2 meals)



Kisodono Mountain Hut [E-6]

TEL.0573-72-4380
Capacity: 80 people
Open: July 1st thru early
Oct.
090-5638-8193



Kiso Hut on Mt. Komagatake summit [C-7]

TEL.0264-52-3882
Capacity: 100 people
Open: GW holidays in
May, and mid-June thru
Nov. 3rd



Tamanokubo Mountain Hut [C-7]

TEL.0264-52-2682
Capacity: 100 people
Open: July 1st thru the
second Monday of Oct.
090-4181-8573



Family-run lodge Kyoraiso [D-2]

TEL.0264-52-2802
Capacity: 30 people
Number of rooms: 7
Open:
Mid-Apr. thru late Nov.



Family-run lodge Sawaguchi [C-3]

TEL.0264-52-3422
Capacity: 50 people
Number of rooms: 13
Open:
Throughout the year



Family-run lodge Nishi Ogawa [C-4]

TEL.0264-52-4009
Capacity: 18 people
Number of rooms: 6
Open:
Throughout the year



Hotel Midori [D-5]

TEL.0264-52-3435
Capacity: 28 people
Number of rooms: 8
Open:
Throughout the year



**Hotel
Nezame Sanshi [D-4]**

TEL.0264-52-2050
Capacity: 40 people
Number of rooms: 10
Open:
Throughout the year



Sakaju Ryokan [B-4]

TEL.0264-52-2036
Capacity: 10 people
Number of rooms: 3
Open:
Jan. 2nd thru Dec. 30th



Nezame Hotel [D-5]

TEL.0264-52-2245
Capacity: 85 people
Number of rooms: 20
Open:
Throughout the year



**Tamasa Ryokan
[B-5]**

TEL.0264-52-2053
Capacity: 50 people
Number of rooms: 12
Open:
Jan. 4th thru Dec. 30th



**Family-run lodge
Warabiso [D-5]**

TEL.0264-52-3848
Capacity: 30 people
Number of rooms: 15
Open:
Jan. 11th thru Dec. 2nd



**Ryokan
Haizawa Kosen [C-3]**

TEL.0264-52-3287
Capacity: 10 people
Number of rooms: 4
Open:
Closed in winter, around
January thru March



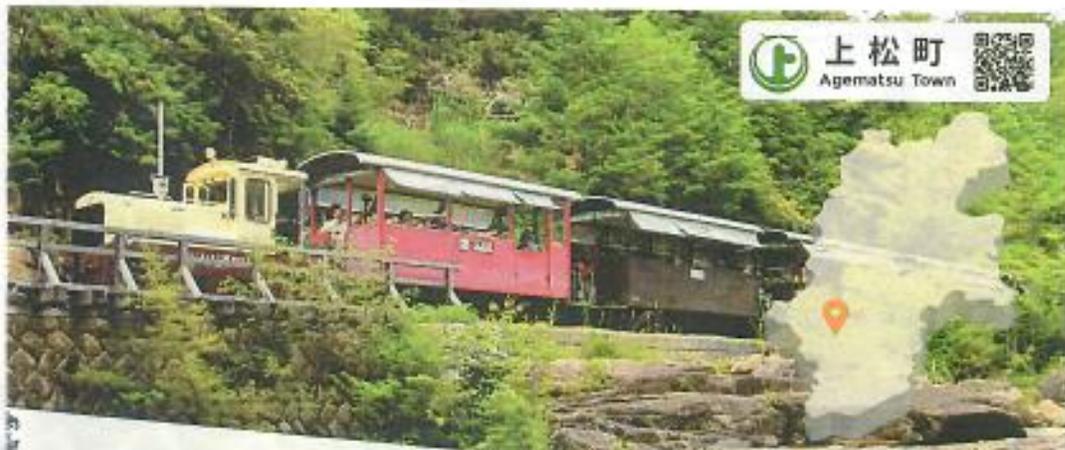
**Kakehashi
Onsen Ryokan [A-4]**

TEL.0264-52-2276
Capacity: 35 people
Number of rooms: 9
Open:
Throughout the year



**Keishin
Campsite [C-6]**

TEL.0264-52-2547
Capacity: 30 people
Tent: 50
Open: Throughout the year
(Reservation required)



長野県

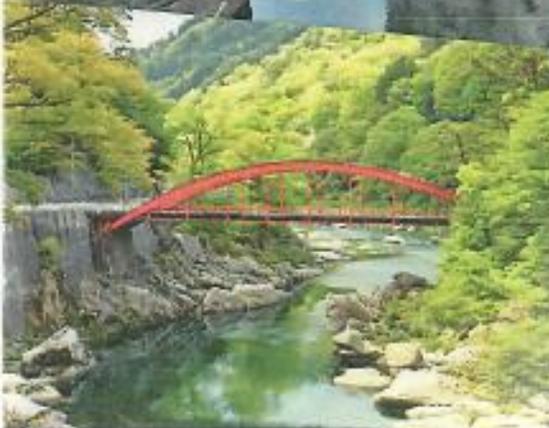
上松町

AGEMATSU TOWN

ふるさと納税 パンフレット

～長野県 上松町の三紹介～

日本の森林浴発祥の地として知られる上松町は、木曾ひのきを産出する緑豊かな中山道の宿場町として栄えてきました。上松町の特産品は木曾ひのきはじめとする材木、五平餅や朴葉巻などの伝統食が人気です。






 上松町の
 ふるさと納税
 応援よろしくお願いたします！

木工品
 WOODWORK

木工職人が手作業で制作する天然木の木工品の数々。
 手仕事ならではの味わい深い逸品が揃います。



加工品

PROCESSED
FOODS



「えごま油」や「信州みそ」、「ブルーベリージャム」などの加工品や「五平餅」や「ほお葉巻」などの木曾地域の伝統食をご賞味ください。



寄附金の使い道

・お寄せいただいた寄附金は、「寄附金の使い道」に沿って、大切に活用させていただきます。

- 住民の福祉や結婚・子育てに関する事業
- 移住支援や住宅環境整備に関する事業
- 地域振興に関する事業
- 町長におまかせ

「ひのきの里あげまつ ふるさと基金」

お手続きの流れ

STEP 1

調べる

自身の控除上限額を確認する

ご自身（ふるさと納税を行う方）の控除上限額をご確認ください。
控除上限額は、給与年収・家族構成・扶養者の有無によって異なります。
ウェブブラウザで「ふるさと納税 限度額」等で検索をかけると、控除上限額（目安）を確認することが出来ます。

STEP 2

申し込む

利用するポータルサイトを選んで寄附を申し込む

次に、ふるさと納税のポータルサイトで返礼品と寄附金の使い道を選び、寄附の申し込み手続きを行います。
クレジットカード等各種決済方法が利用できますが、ポータルサイトごとに納付方法が異なりますので、事前にご確認いただく事でスムーズに手続きすることが出来ます。



STEP 3

届く

返礼品と寄附受領証明書を受け取る

入金確認後、おおよそ2週間程度で「寄附受領証明書」をお送りいたします。
入金確認後、随時「返礼品」をお送りいたします。
返礼品の種類やお申込み時期によってお届け時期が異なります。
発送予定時期は各ポータルサイトのお礼品ページからご確認ください。
寄附受領証明書は確定申告の際に必要となりますので、大切に保管ください。

STEP 4

手続き

寄附金控除を受けるには確定申告が必要です

年間の寄附先が5自治体以内であれば、「ワンストップ特例申請」を行うことで、寄附金控除を受けることができます。

【ワンストップ特例申請の留意事項】

- ・転居による住所変更など、申請書の提出後に内容に変更があった場合、ふるさと納税をした翌年の1月10日までに、変更届の提出が必要です。
- ・申請書は、寄附の度に提出する必要があります。

お問
合せ

上松町役場 企画財政課 企画政策係

〒399-5601

長野県木曾郡上松町大字上松159番地4

TEL: 0264-52-4901

FAX: 0264-52-1038

上松町公式キャラクター



美林ちゃん 太郎ちゃん