

Japan's Forests with Breathtaking Views: Selections from the Tourist Destinations in National Forest

Forests have provided both mankind – and indeed all living things – with safety, sustenance and security for an eternity. The lush greenery and gentle breeze of the forest is surely enough to rekindle nature's vigor in any soul.

With more than 70% of Japan landmass covered in abundant greenery, the Forestry Agency is working to create "Recreation Forests" to inspire as many as possible to rediscover the wonder of nature.

The best forests to visit have been carefully selected and compiled as "Japan's Forests with Breathtaking Views."

Know before You Visit: General rules for visitors

- 1 Help protect wild animals and plants. When you bring your pets, please mind your manners and give consideration to the surrounding environment.
- 2 Damaging trees or stealing any forest product is penalized by law. Even collecting plants covering the ground of forest are prohibited within protection forests designated by law.
- 3 Do not enter the area beyond walking trails, or public squares. Please follow the rules for each Recreation Forest such as no camping outside the designated area.
- 4 Do not enter the area with 'No Entry' or 'Keep Out' sign.
- 5 When making a stop for rest or any other purposes, please look around and confirm that the area is safe without any risk of being hit by falling branches or rocks.
- 6 Enjoy mountaineering on your own responsibility. Please ensure that you submit your plan for mountaineering to a police station in the area as well as to your family members, your friends or colleagues after checking out climate and other necessary information for mountaineering and fully being equipped. Please also fill in 'the Name List of Climbers and Visitors', which is placed at the mountain entrance.
- 7 Do not enter forests under bad weather conditions.
- 8 Do not dispose of any leftover food in the forest. Please take your garbage home with you.
- 9 Smoking is permitted only in special areas. Make sure to extinguish any fires, e.g. after smoking cigarettes.
- 10 Mountain paths are potentially dangerous to walk. Do not use smartphone while walking. When taking photos, please remain fully aware of your surroundings and do not bother other visitors in any way.
- 11 If you wish to use an unmanned aerial vehicle (drone), you need to submit prior written notice to District Forest Office. Please contact the nearest Regional Forest Office or District Forest Office of national forest beforehand.

Nozori Recreation Forest Access Map



Access

By public transport:

- Tokyo Station (Joetsu Shinkansen: approx. 60 minutes) → Takasaki Station (JR Agatsuma Line: approx. 80 minutes) → Naganohara-Kusatsuguchi Station (local bus: approx. 76 minutes) → Lake Nozori
- Ueno Station (JR Kusatsu limited express: approx. 140 minutes) → Naganohara-Kusatsuguchi Station (local bus: approx. 76 minutes) → Lake Nozori
- Basuta Shinjuku Expressway Bus Terminal (highway express bus: approx. 220 minutes) → Naganohara-Kusatsuguchi Station (local bus: approx. 76 minutes) → Lake Nozori

By car:

- Kanetsu Expressway Shibukawa-Ikaho IC (approx. 105 minutes) → Lake Nozori
- Kanetsu Expressway Numata IC (approx. 105 minutes) → Lake Nozori

Nozori Recreation Forest

Address : Iriyama, Nakanojo-machi, Agatsuma-gun, Gunma Prefecture

Management office contact details:
Agatsuma District Forest Office
FAX : 0279-75-3346

Nozori Recreation Forest Protection and Management Committee
(Kuni BO, Nakanojo Municipal Office)
FAX : 0279-95-3832

National Forest Planning Division,
Forestry Agency, MAFF

The Official Recreation Forests Website of the Forestry Agency
http://www.rinya.maff.go.jp/e/national_forest/recreation_forest/index.html



Recreation
Forests of JAPAN

| GUNMA |

NOZORI

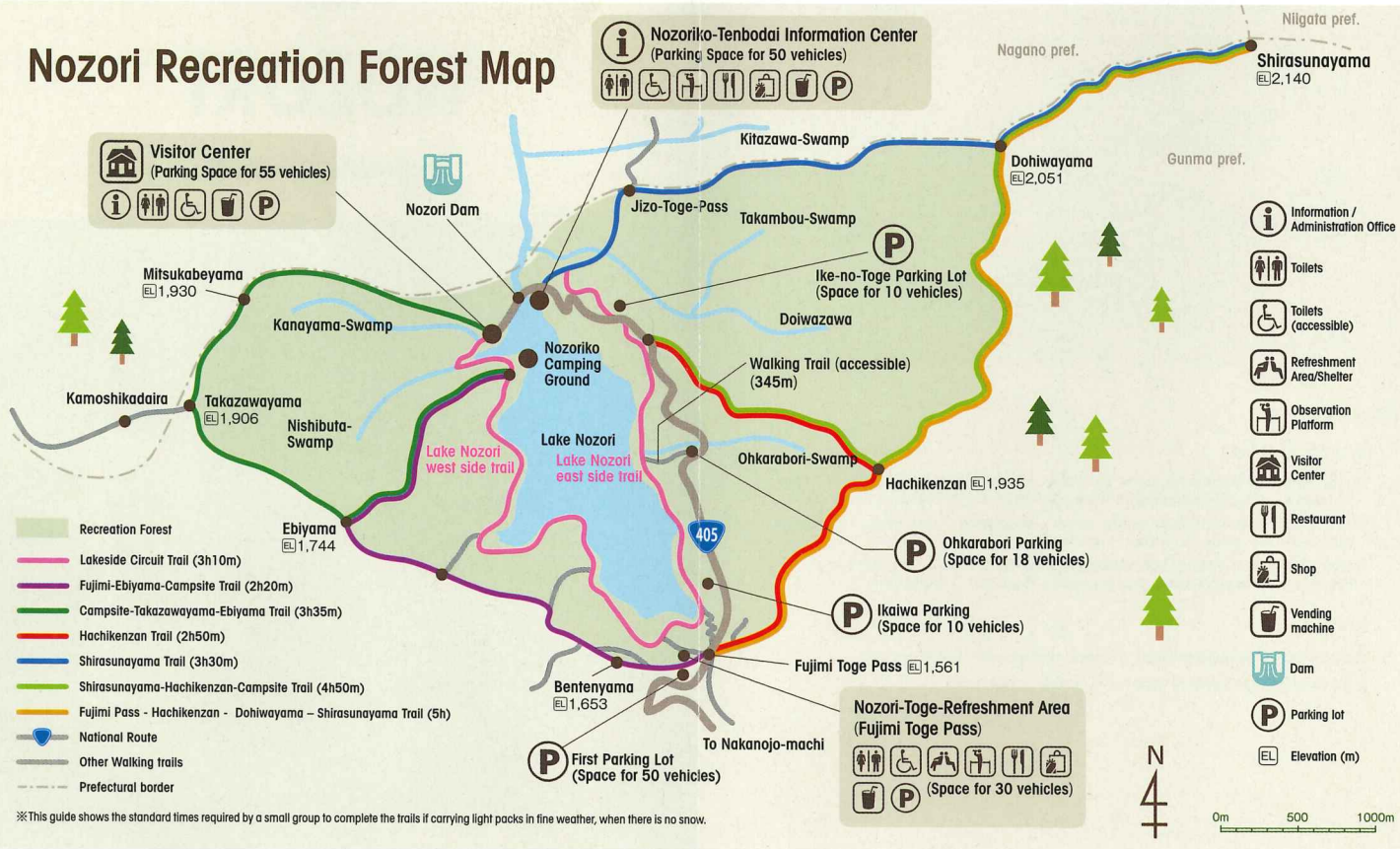
Recreation Forest



Recreation Forests
Forestry Agency

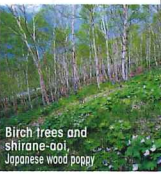
See the forest and flower garden reflected in the ethereal waters of Lake Nozori

Nozori Recreation Forest Map



Climate, flora and fauna

Located midway between Japan's Pacific Ocean and Sea of Japan climate zones, this area has a cool climate with high rainfall and snow coverage, so it is a treasure trove of alpine plants between spring and early autumn. Among the 300 varieties found here are shirane-aoi, Japanese wood poppy (*Glaucidium palmatum*); rengetsutsuji, Japanese azalea (*Rhododendron molle* subsp. *japonicum*); nozorikisuge (the local name for zenteika, daylily (*Hemerocallis esculenta*)); komakusa (*Dicentra peregrina*); and yanagiran, fireweed (*Chamaenerion angustifolium*). The trees growing in the subalpine forest include shirabe, Veitch's fir (*Abies veitchii*) and dakekanba, Erman's birch (*Betula ermanii*). The forest provides a habitat for at least 10 species of mammal, most notably the nihon kamoshika, Japanese serow (*Capricornis crispus*), which is protected as a nationally designated special natural monument. Other mammals found here include ten, Japanese marten (*Martes melampus*) and kitsune, fox (*Vulpes vulpes*). Among the forest's bird species are otaka, northern goshawk (*Accipiter gentilis*); haitaka, Eurasian sparrowhawk (*Accipiter nisus*); and kumataka, mountain hawk-eagle (*Nisaetus nipalensis*). Insect species living in the forest include banihikage (*Erebia niponica*); kiageha, old world swallowtail (*Papilio machaon*); and kujakucho, peacock butterfly (*Aglais io*). The lake itself provides a habitat for nijimasu, rainbow trout (*Oncorhynchus mykiss*) and iwana, whitespotted char (*Salvelinus leucomaenis*), among others.



Attractions

- The area is readily accessible by car and the footpath around the lake is equipped with a refreshment area, observation platform, and visitor center, so people of all ages can enjoy a stroll while admiring the alpine plants.
- Mountain trails offer visitors the chance to enjoy the great outdoors while trekking in the surrounding mountains.
- Featuring a cabin area and a tent area, the Lake Nozori Campsite makes a convenient base for lovers of outdoor pursuits such as fishing and bird-watching.
- This is an ideal destination for a day trip from one of the many hot springs nearby, such as Kusatsu Onsen.



Geographical/ topographical features

This Recreation Forest is located close to the point where the prefectural borders of Gunma, Nagano, and Niigata meet. At its heart is Lake Nozori (elevation: 1,513 m), surrounded by a natural landscape that blends mountains close to 2,000 m high with forest and meadows. The delicate blooms of alpine plants can be seen around the lake, whose surface reflects the clear blue sky and the blaze of autumn leaves on the trees.



Historical/ cultural features

Lake Nozori and its surroundings are located in the Joshinetsu-kogen National Park. The footpath around the lake was selected for inclusion in the list of Japan's 100 Best Walking Routes, while the lake itself was chosen as one of the 100 Best Dam Lakes. Lake Nozori is a man-made lake which was Japan's first rock-fill dam, built in 1956 for hydroelectric power generation.



Information

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| ■ Elevation (m) | 1,500–1,600 / Highest point 1,970 |
| ■ Area (ha) | 1,256.62 |
| ■ Entrance fee | Free |
| ■ Opening seasons and hours | [Nozoriko-Tenbodai Information Center] Late April – mid-November 08:00-17:00 [Nozori-Toge Refreshment Area] Late April – late-November 09:00-17:00 [Lake Nozori Visitor Center] Early May – mid-November 08:30-17:00 |
| ■ Accommodation options | Visitors may camp at Lake Nozori Campsite (charges apply) in their own tent or a cabin / (dates vary, depending on snow coverage) |
| ■ Car parking capacity / parking charges | Space for about 200 vehicles (Free of charge) Spaces available for large buses |