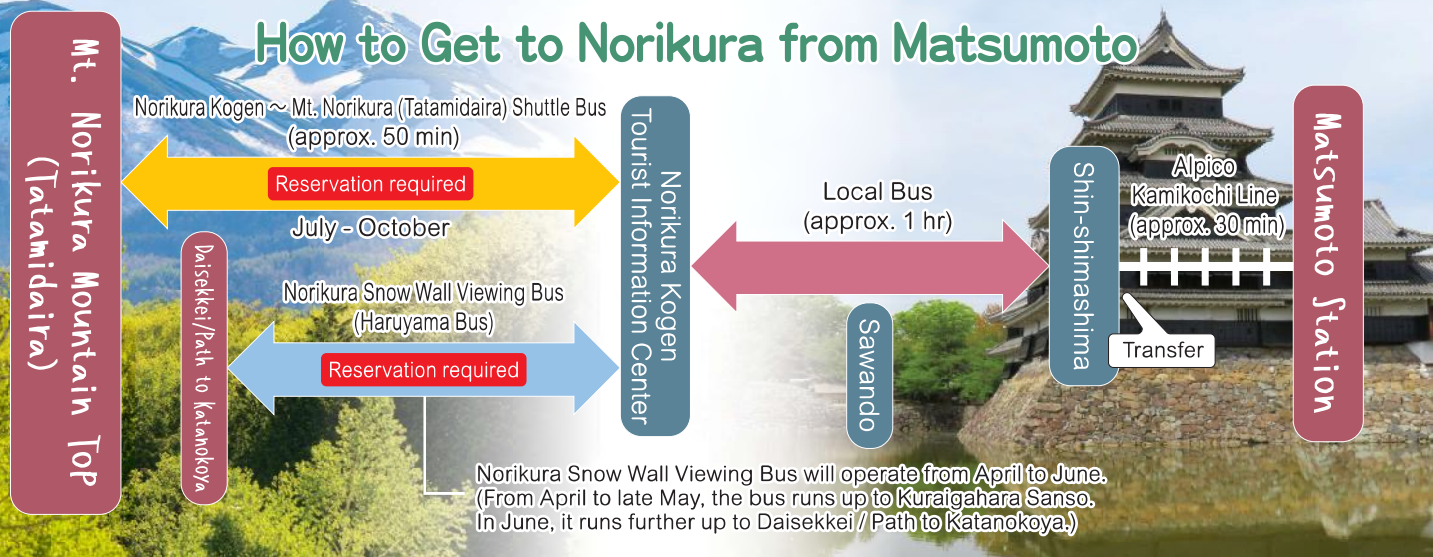


# How to Get to Norikura from Matsumoto



LET'S GO  
NORIKURA

# Norikura



# Matsumoto

## Access Guide



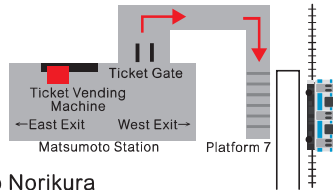
## The basic route is train to bus transfer!!



Take a train from Matsumoto to Shin-Shimashima, then a bus to Norikura

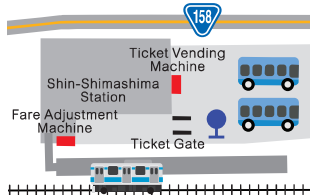
### Step1. From Matsumoto Station to Shin-Shimashima station

- Buy a train ticket at the Alpico Kamikochi Line vending machine at Matsumoto Station and board at Platform 7.
  - If using JR Trains, transfer directly to Kamikochi Line without exiting the gate. After arriving at Shin-Shimashima Station, use the fare adjustment machine or go to the counter.
- HOWEVER, if you are using an IC card (such as SUICA), please exit the ticket gate at Matsumoto Station, purchase a Kamikochi Line train ticket, and re-enter through the ticket gate.



### Step2. From Shin-Shimashima to Norikura

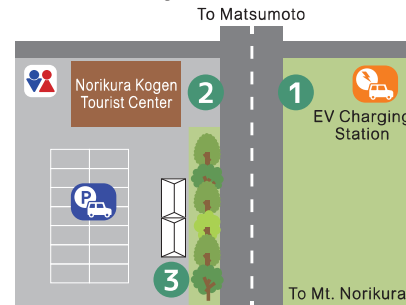
- After arriving at Shin-Shimashima Station, please purchase your ticket from the vending machine and then line up for boarding. Our staff will guide you when it's time to board. (Same-day tickets only. Reservations are not available.)
- To take the shuttle bus to Mt. Norikura (Tatamidaira), transfer at the Norikura Kogen Tourist Info Center bus stop.



### ■ Getting to Mt. Norikura (Tatamidaira) from the Norikura Kogen Tourist Info Center

- The shuttle bus between Norikura Kogen and Tatamidaira requires a reservation.
- Service may be suspended due to bad weather or road conditions.
- Please check the latest schedule on the Alpico Kotsu website before traveling.
- If seats are available on the day, you can also purchase tickets at the Norikura Kogen Tourist Info Center counter.

### ■ Norikura Kogen Tourist Info Center Bus Stop(N-29) Guide



- 1 To Ski Resort / Kyukamura
- 2 To Sawando / Shin-Shimashima Station / Shirahone Onsen
- 3 To Mt. Norikura (Tatamidaira)

### Norikura Snow Wall Viewing Bus (Haruyama Bus)

From late April to June, the Haruyama Bus takes you to enjoy a walk through the snow wall! For details, please check the Alpico Kotsu website.

Book  
here



### Step1

#### Reservation and Payment

Purchase tickets for your preferred date and time

- \*Tickets may be sold out close to departure, so please purchase early.
- \*Reservations cannot be made by phone.

### Step2

#### Board the Bus

On the day of your trip, go directly to the bus stop and show the email with the subject "E-ticket from JapanBusOnline" to board the bus.



Bus Information for  
Kamikochi and Norikura

ALPICO  
GROUP

2025.6

# Norikura Map

## Norikura Daisekkei (Snow Valley)

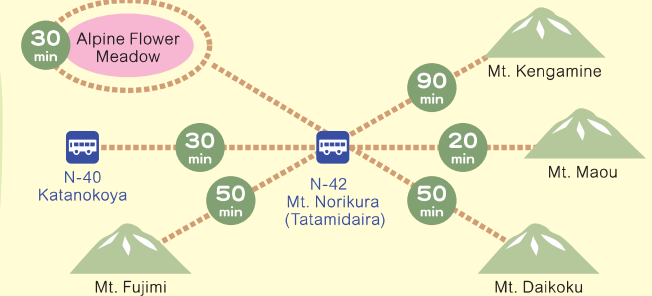
Located right in front of the Daisekkei / Path to Katahokoya bus stop (N-40). Even in summer, natural snow remains, making it a popular spot for spring and summer skiing.

Flowers bloom from early July to mid-August.

## Mt. Norikura (Tatamidaira)

The highest bus-accessible point in Japan, where the Norikura Echo Line and Norikura Skyline meet. The name Tatamidaira comes from the area's flat terrain, which looks like tatami mats laid out. Buses arrive here from both Norikura Kogen (Nagano side) and Hirayu (Gifu side).

## Walk Around Mt. Norikura, Tatamidaira!



## Relax and enjoy your time in Norikura!

The Tatamidaira Bus Terminal is located at over 2,700 meters above sea level, making it the highest bus terminal in Japan. Be careful of altitude sickness—move slowly after arrival. If you feel unwell (such as headache or nausea), please contact the medical station or tourist center.

## How to Prevent Altitude Sickness:

- Move slowly after arrival
- Take deep breaths and keep your body warm
- Drink plenty of water
- Rest sitting up, not lying down

## Sanbondaki Falls

About 30 min on foot from Sanbondaki bus stop (N-35). One of the Top 100 Waterfalls in Japan.

## Zengoro Falls

About 10 min on foot from Suzuran Bridge bus stop (N-32).

## Ichinose Meadow

A peaceful area of birch forests and open meadows, known for mizubasho (Asian skunk cabbage) and renga azaleas in bloom.

## N-41 "Elevation 2,716 m"

Located at the border of Nagano and Gifu prefectures, where the Norikura Echo Line and Norikura Skyline meet. This is the highest bus stop in Japan.

## N-39 "Hotokureijin"

At over 2,500 meters above sea level, this area marks the tree line. Known for its vibrant autumn colors, it attracts many photographers in fall.

## Sanbondaki Falls

No private cars beyond this point.

## To All Visitors to Mt. Norikura

1. Take all your trash home with you.
2. Do not pick alpine plants or flowers.
3. Do not enter restricted areas.
4. Pets are not allowed on Mt. Norikura.
5. Please use public toilets to protect the natural environment.

## Sengenbuchi Falls

A dome-shaped waterfall with cracks in the surface of the igneous rock, which looks like a stack of planks. About 10 min on foot from Sengenbuchi Bus Stop (N-23).

## Bandokoro Otaki Falls

The largest waterfall in the Norikura Kogen area. About 15 min on foot from N-22 Bandokoro Bus Stop.