

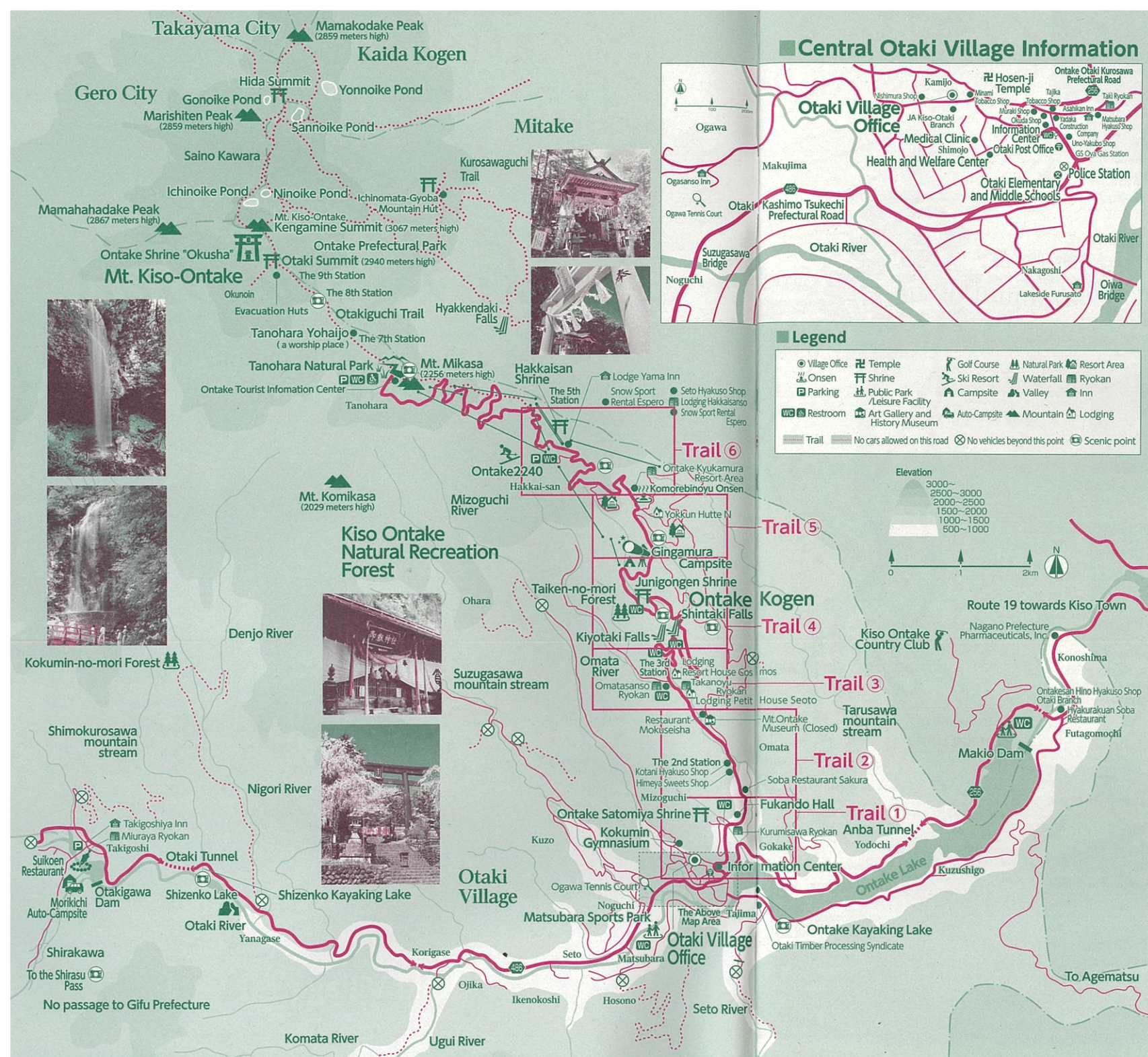


# *Ontake Kodo Trail*

The road at the foot of the mountain,  
where history is abundant.

Otaki Village





## Enjoy walking this historical path, the Kiso Ontake Trail, at a leisurely pace.

Mt. Ontake, standing at 3,067 meters high, has long been venerated as sacred. Footpaths first opened in the 8th century and used well into the 14th century, exclusively as a pilgrimage for ascetic Ontake monks. Then, thanks to an ascetic named Fukun, who lived during the Edo period (the 18th century), the trail became available for public use. We introduce Ontake Kodo, the historical trail leading to Mt. Ontake. Here, you can witness the chattering of streams, some color changes in the forest, pretty little wildflowers, and other various unique creatures. Trekking the trail will provide a refreshing and meditative experience.

### Table of Contents

◆ The Whole Map of Otaki Village .....	1
◆ <b>Trail 1</b> From The 1st Station Otaki Information Center to Ontake Satomiya Shrine .....	3
◆ <b>Trail 2</b> From the Kunza bus stop to The 2nd Station (the old road) passing Isshindo Hall .....	5
◆ <b>Trail 3</b> From Omata to Omata-Sansha .....	7
◆ <b>Trail 4</b> From Kiyotaki Falls to Junigongen Shrine passing Shintaki Falls .....	9
◆ <b>Trail 5</b> The Sesaragi Path to the Gingamura Campsite ....	11
◆ <b>Trail 6</b> From the Hakkaisanshita bus stop to Hakkaisan Shrine .....	13



# From The 1st Station, Otaki Information Center to Ontake Satomiya Shrine

This path, which goes to the Ontake Satomiya Shrine, is where you find a portable shrine that's used during the annual Ontake festival, on the 27th and 28th of July. Lake Ontake's view is amazing.



## Ontake Satomiya Shrine

⑤ You can see a vast forest of gigantic Cypress trees as you walk along the stone pathway. At the top, a shrine stands in front of a huge rock wall. This place was known by many people as one of the 38 sacred spots of the Ontake faith.



## Tengu's Masks

Framed Tengu's masks and votive pictures taken during the early Edo period. These were featured in the book "Yoake-mae" or "Before the Dawn," written by Toson Shimazaki.



## A monument at the 1st station.

① The bus departure and arrival point at the 1st station of Otakiguchi, which was once crowded with adherents from all over the country.

14,086 meters to the Mt. Ontake Summit

Otaki Elementary and Middle Schools

To Takigoshi

Matsukusa River

Sakura Trees

⑤ A Shrine Office  
Stone Stairs: 371 Steps

Ontake Satomiya Shrine

Large Cedar Trees

Weeping Sakura Trees

Matsukusa Bridge

④

Fukandomae Bus Stop

Kosohonsha (Fukando Memorial)

Kurumizawa Ryokan

Omata River

Viewpoint of Ontake Lake

Viewpoint of Ontake Lake

Fire Watch Tower

Yohaijo worship place

Hosen-ji Temple

Otaki Village Office

Otaki Information Center

Tajika Tobacco shop

Taki Ryokan

Uno-Yakubo Shop

Otaki Bus Stop

左御嶽山道

Ontake Lake

Route 19 to Kiso Town



## Kosohonsha (Fukando Memorial)

④ The Otaki trail, established by Fukan, brought many economic benefits to the Otaki Village. The memorial Fukando was built to honor Fukan's great achievements. Enshrined are 4 bronze statues of saints and a wooden statue of Fukan himself.



③ View of Cenotaphs and the Setogawa National Forest



## Ontake Shrine Annex

② Since the Muromachi period (the 14th century), Shinto priests have used the Taki ryokan as a place to select and establish the rituals of Mt. Ontake. This ryokan was featured in the novel "Before the Dawn" by Toson Shimazaki. You can find Toson's things exhibited there.

To Isshindo Hall

Satomiya Shrine

1000m

Altitude Difference: 75 meters

About 949 meters

Up Approx. 21 min.

Down Approx. 21 min.

Information Center at the 1st station

925m

1000 950 900m

■ Estimated section distance and height difference  
\* Red letters are the altitude.



# From the Kunza bus stop to The 2nd Station (the old road) passing Isshindo Hall

"Reijin-hi" are various monuments erected for followers, in hopes of having one's soul return to Mt. Ontake.



## The 2nd Station

⑤ It's the 2nd station on the Otakiguchi trail. You can see Mt. Ontake on the other side of the torii gate.



## Reijin-hi

① These stone monuments are not graves. In fact, they were built in hopes that the ascendants' souls would return to Mt. Ontake after death.



③ A huge weeping Sakura tree which blooms beautifully in Spring.



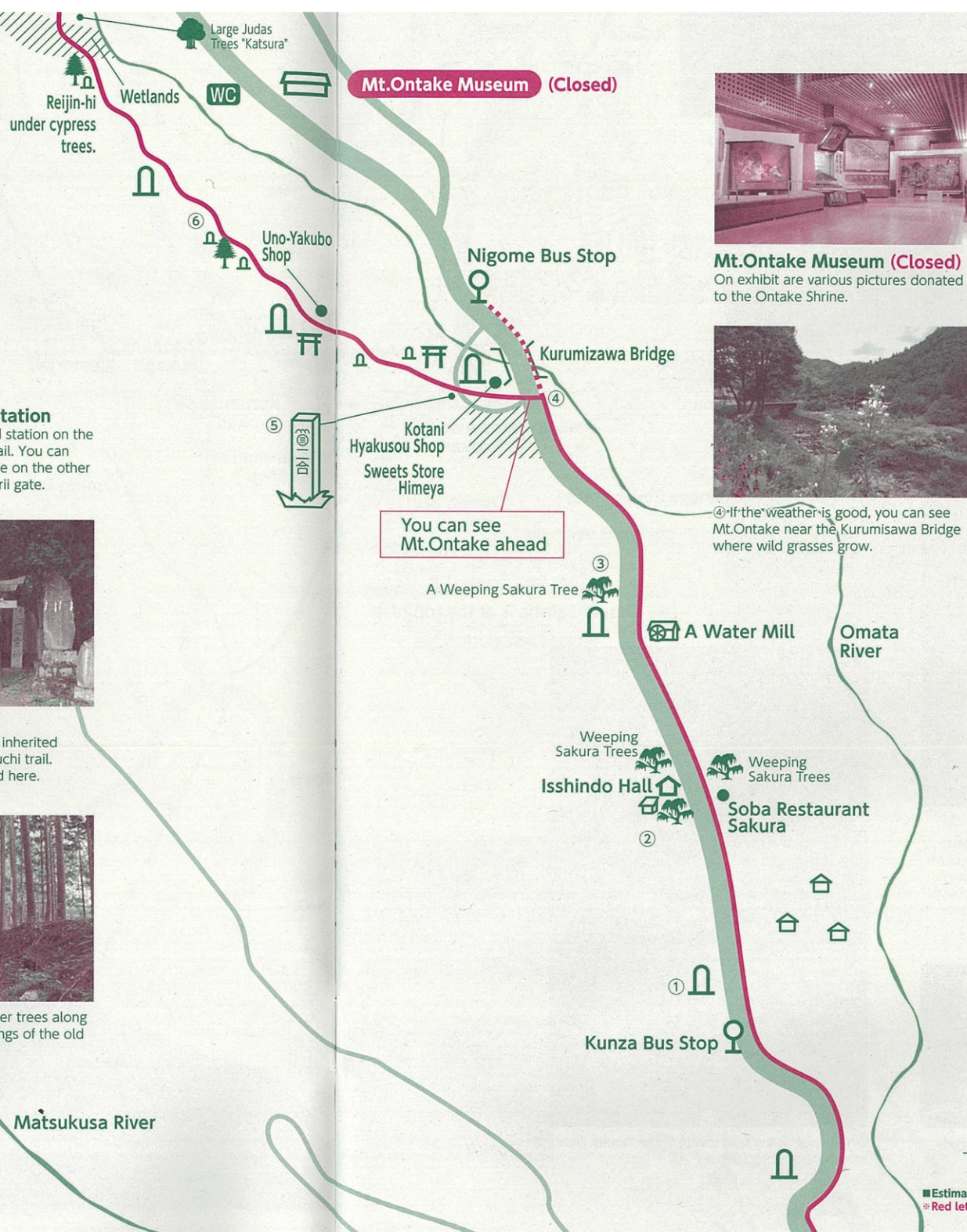
## Isshindo Hall

② Isshin was a follower who inherited Fukan's duties to the Otakiguchi trail. Isshin's memorial is enshrined here.



⑥ Reijin-hi are scattered under trees along this trail and retains the feelings of the old days.

Matsukusa River



## Mt. Ontake Museum (Closed)

On exhibit are various pictures donated to the Ontake Shrine.



④ If the weather is good, you can see Mt. Ontake near the Kurumizawa Bridge where wild grasses grow.

To Omata-Sansha

Uno-Yakubo  
1020m

Altitude Difference: 20 meters  
About 590 meters  
Up Approx. 13 min.  
Down Approx. 12 min.

Isshindo Hall  
1000m

Altitude Difference: 0 meters  
About 1170 meters  
Up Approx. 23 min.  
Down Approx. 23 min.

To Ontake Satomiya Shrine

Estimated section distance and height difference  
\* Red letters are the altitude.



# From Omata to Omata-Sansha

Ontake Three Great Gods are enshrined here. You can see the Makuiwa rock created by the shooting out of lava.



The entrance to Omata-Sansha



## Omata-Sansha

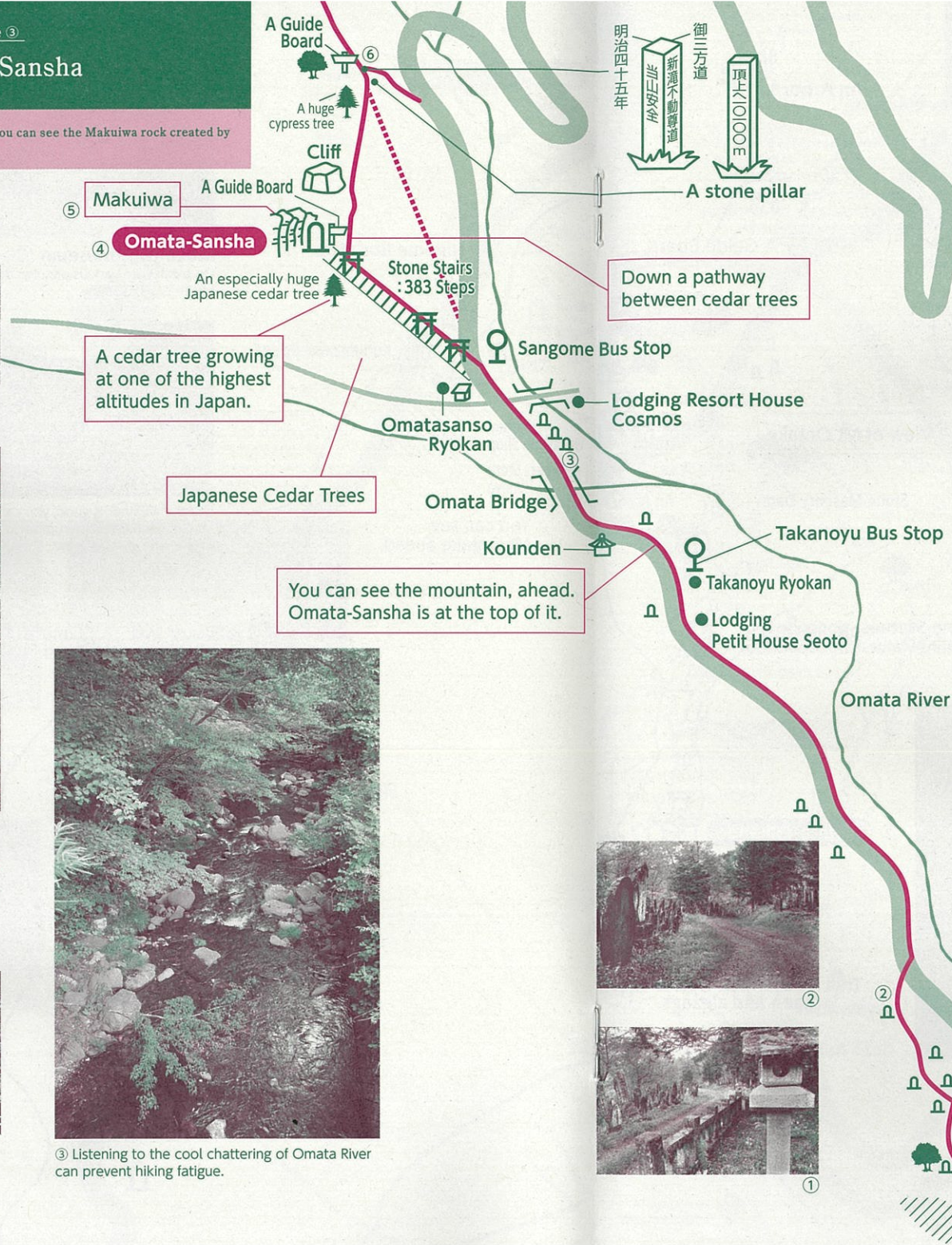
④ At the end of a long and steep staircase that is at the foothills of Mt. Ontake, a monument of three gods was erected for believers who could not visit sacred places or hike the pilgrimage to Mt. Ontake.



Ontake Three Great Gods



③ Listening to the cool chattering of Omata River can prevent hiking fatigue.

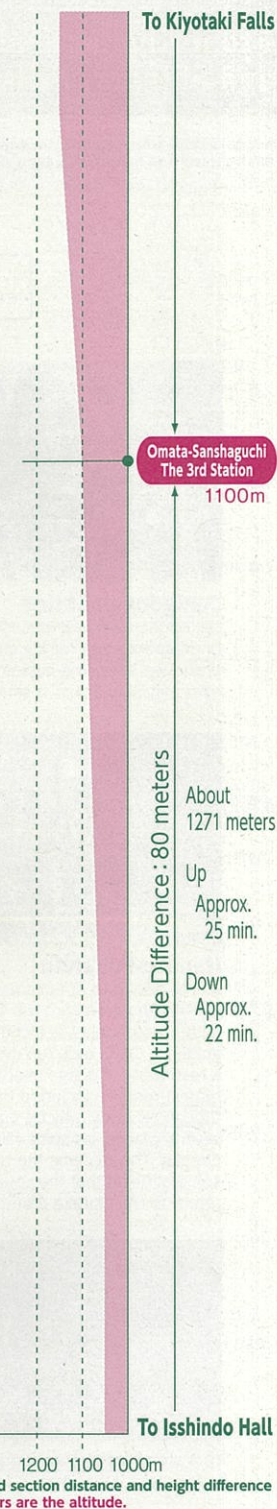


## Makuiwa

⑤ Makuiwa is a rock created by the shooting out of lava.



⑥ A guidance structure built in 1912.



■ Estimated section distance and height difference  
\* Red letters are the altitude.



# From Kiyotaki Falls to Junigongen and Shintaki Falls

Kiyotaki Falls, which roars in the solemn valley of the forest, and Shintaki Falls, which flows quietly into the forest, have a mysterious atmosphere.



## Junigongen Shrine

⑤ Konohanasakuyahime, the goddess of pregnancy and raising children, is enshrined here. The custom is to offer her "Saru-Boko," a small puppet.

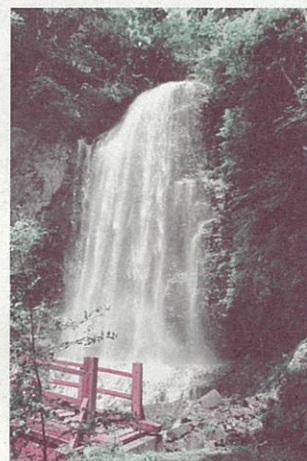


## Hanato-Fukando

② The gravesite of Fukan, who contributed greatly to the Ontake faith. Descendants of Kichijin, Fukan's guide for Otaki trail, run this place as a rest house. During Fukan's death, his last remarks included that even though his body may be buried in several places, his spirit will reside in Ontake. This became the basis of the spiritual belief that the soul would return to Mt. Ontake after death.



① A stone monument supported by a Japanese Judas tree.



## Kiyotaki Falls

③ These 30 meter-high waterfalls have been used as the place for 75 or 100 days of strict spiritual training. Fudomyo'o and Benzaiten are enshrined adjacent to the falls. During winter, you can see excellent views of icefalls here.

Protection and enhancement Forest

Ontake-Kyo Successive Chief Abbots-den Reiba

An Arbor

A Guide Board

Junigongen Shrine

View of Mt.Ontake

A Guide Board

An Arbor

Wild Bird Forest

Eleven Stone Statues (One Standing Statue, Ten Sitting Statues)

Stone/Masonry Dam

An Arbor

Ontake Reiba Monument

Junigongen Bus Stop

Signage

A Guide Board

Vehicles can enter

Kiyotaki Falls

Natural Walkway Information Map

② Hanato-Fukando

Trail by the rock wall is steep and zigzags.

A Guide Board

A Guide Board

A Guide Board

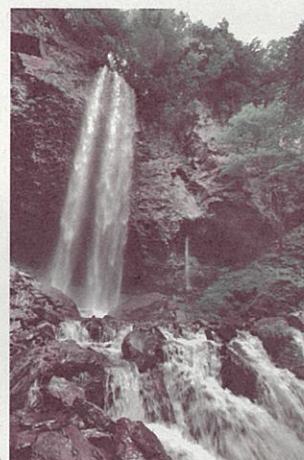
Kiyotaki Bus Stop

A Guide Board

A huge Japanese Judas tree "Katsura"

## Shintaki Falls

④ Shintaki-Fudomyo'o and Hachidai-Ryuou are enshrined here. There is a small rock shrine behind the waterfall, and the waterfall can be seen from the back side, so it is also called Urami Waterfall. There is a rock cave near the waterfall, and it is a sacred place where adherents perform religious rituals.



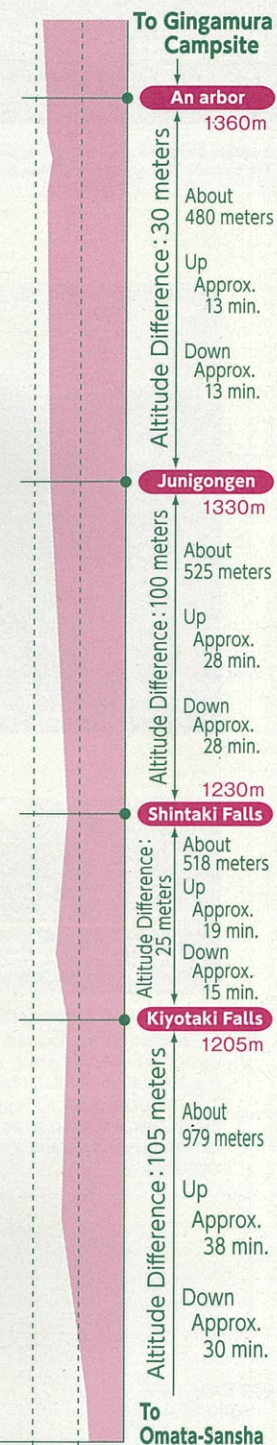
Takiue Bus Stop

Shintaki Falls

Climb the intense slope

Shintaki Bus Stop

WC





# The Chattering of the Path and Gingamura Campsite

A nature experience zone that continues through Ontake Kogen. You can see Mt. Ontake from Gingamura campsite and a forest of white birch trees.



①



## Gingamura Campsite

③ The campsite is located in the center of highlands which spreads at the 4th station of Mt. Ontake. The campsite hosts a full-scale astronomical telescope, and has cabins, bungalows, and a tent sites available.



② You will see various-sized stone monuments on both sides as you go up the winding old trail. You will also see different types of trees such as Hinoki cypress, thickets, or larch as you walk.

Enter the forest here

Golden Lace Flower  
Pincushion Flower

A Guide Board

Resort Area  
A flat field

A Guide Board

②

A Guide Board

A Guide Board

Golden Lace Flower

Caution while crossing

A Guide Board

A small chattering path

An Arbor

Gingamura Campsite

Yokkun Hutte N

Kitchen

WC

Bungalows

A Guide Board

Campsite

Kitchen

A Guide Board

A Guide Board

A Guide Board

Golden Lace Flower

A Guide Board

A Guide Board

A Guide Board

A Guide Board

A Guide Board

A Guide Board

A Guide Board

A Guide Board

A Guide Board

A Guide Board

A Guide Board

You can get a distant view of the Central Alps.

Ontake Kogen

Hoshinoie

Ontake Camp-jō Iriguchi Bus Stop



Japanese Azaleas



Fire Weed



Spotted Bellflower



Meadow Sweet Grass



Pincushion Flower



Golden Lace Flower

Ontake Kogen is a refreshing highland consisting of lovely broad-leaved trees, flowers, and grasses. You can enjoy azaleas, fireweeds, and thistles in June and July; pincushion flowers and golden lace flowers in August and September; blue gentiana flowers and susuki grass from September to November.

To Hakkaisanshita Bus Stop

Shirakaba-Vacances Kogen 1540m

Altitude Difference: 110 meters  
About 745 meters  
Up Approx. 32 min.  
Down Approx. 20 min.

Gingamura 1430m

Altitude Difference: 70 meters  
About 440 meters  
Up Approx. 19 min.  
Down Approx. 17 min.

To an arbor and to Junigongen Shrine

1500 1400 1300m  
■ Estimated section distance and height difference  
\* Red letters are the altitude.



# From the Hakkaisanshita bus stop to the Hakkaisan Shrine

Travel through dwarf bamboo and larch forest to get to the Hakkaisan Shrine. It is said that the water here can help cure eye diseases.

## To Tanohara Natural Park



### Hakkaisan Shrine

⑦ After Fukan established the Otaki trail, he also established the Hakkaisan Shrine in Echigo. Then, he promoted the Hakkaisan god Daizurashinou in Kuroishi in Otaki village. Since then, the Kuroishi site came to be called Hakkaisan.



⑥ Hakkaisan Daizurashinou is at the main shrine and Marishiten-no-Mikoto (god of war, also the incarnation of mirage), Hachidai-Ryuou (water god) and Aizen Myo'o (god of marriage and love) are in the Hakkaisan Shrine.



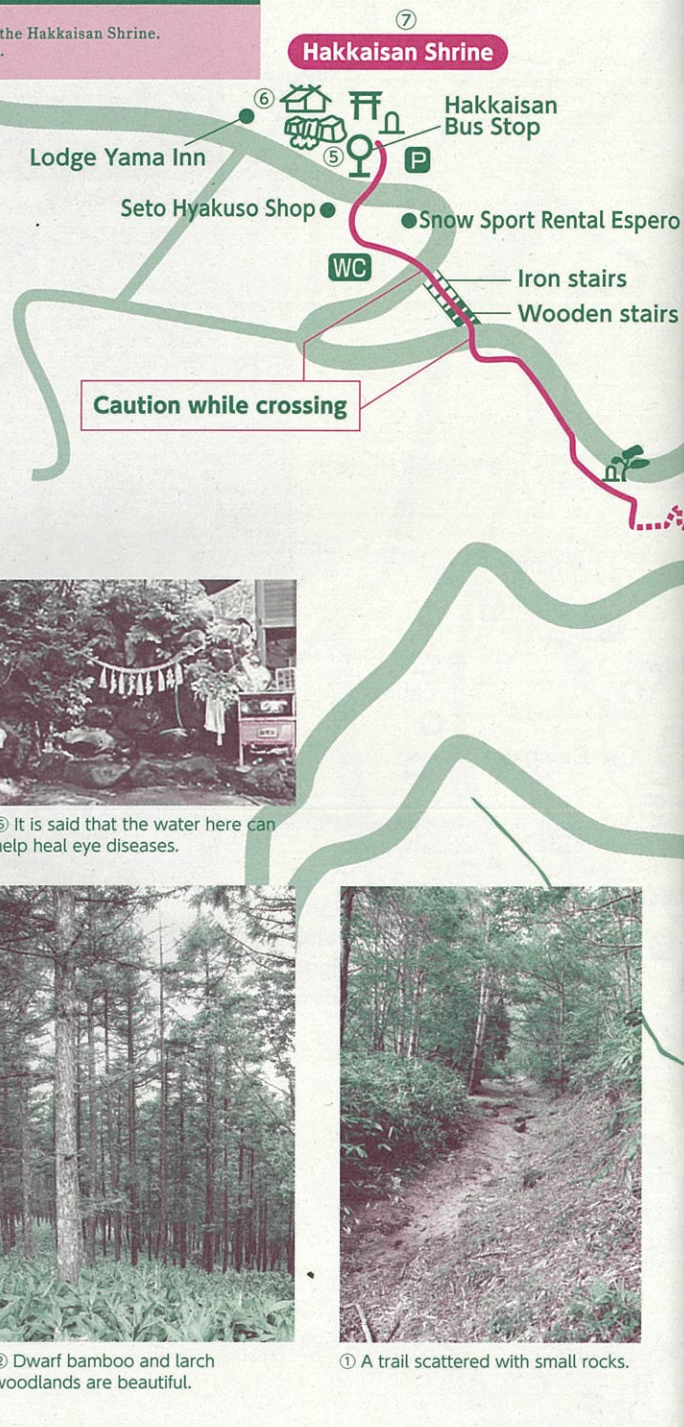
⑤ It is said that the water here can help heal eye diseases.



② Dwarf bamboo and larch woodlands are beautiful.



① A trail scattered with small rocks.



③ Stone stairs, half-buried in the ground, close to some Reijin-hi.

### Cross with caution

### Old Hakkaisan



Dwarf bamboo forest

Larch Woodlands

Dwarf bamboo forest

Larch Woodlands

A slightly steep slope

A Guide Board

Walk along the roadway

Larch Woodlands

Hakkaisanshita Bus Stop

Villa Information Board

Prefectural Park and Shirakaba-Vacances Kogen

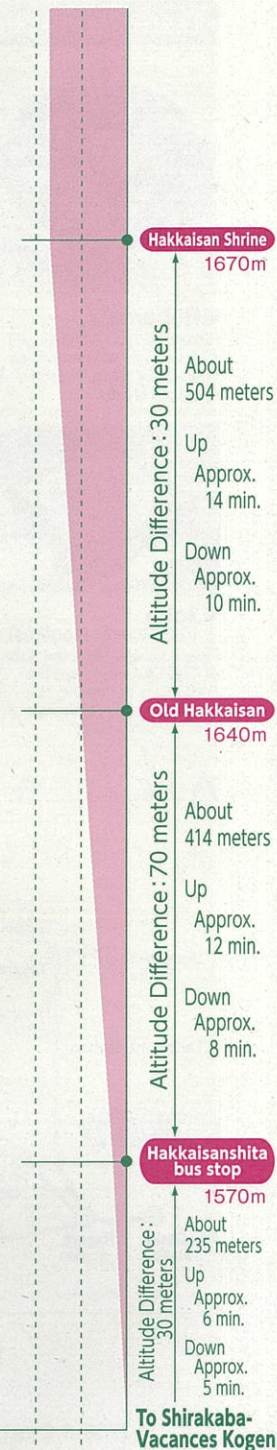
Shirakaba-Vacances Kogen

Resort area



### A view from Old Hakkaisan and the Kuroishi Shed Site.

④ The view is excellent here; you can see Mt. Hachimori and Kiso-Fukushima Ski Resort on your far left, Kuragoe Kogen in front of you, and beyond it, the Central Alps in the distance.



■ Estimated section distance and height difference  
\* Red letters are the altitude.





### ■Hobamaki

Hobamaki is a Kiso specialty; steamed rice cakes with red bean paste filling, wrapped in magnolia leaves.



### ■Soba (Buckwheat Noodles)

Please try and taste the soba of Otaki, created from the fertile soils of Ontake. We recommend trying the winter special "Sunki Soba".



### ■Otaki Turnips

Features of Otaki turnips include oval-shaped, thick leaf stocks, and the flesh is soft. "Pickled red turnips" are pickled in only vinegar, salt, and sugar, with no added food coloring.

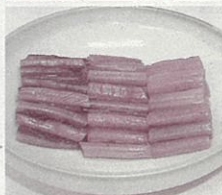


### ■Sunki Soba



### ■Hyakuso

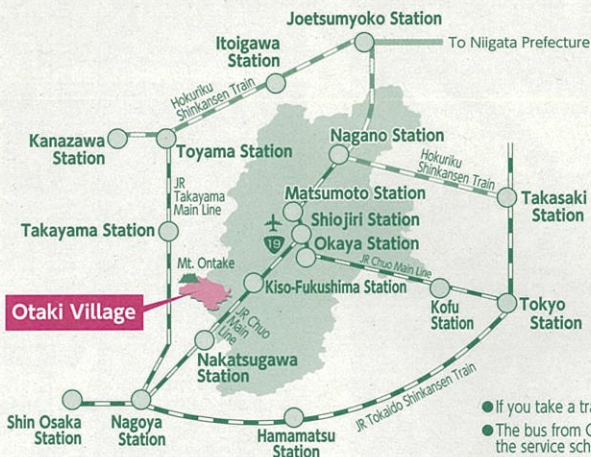
Hyakuso is medicinal paste made from various roots of plants harvested in Mt. Ontake. It has a bitter taste, due to its natural ingredients. It's meant to help treat stomach ailments. Hyakuso was mentioned in a novel called "Furusato" or "Hometown" written by Toson Shimazaki: "people who return from Mt. Ontake often carried a medicine called Hyakuso as a gift."



### ■Sunki (Fermented Turnips)

Sunki is a unique culinary product that is only made in the Kiso area. Sunki are fermented leaves of Otaki turnips. It is made without any salt, however, it is rich in lactic acid bacteria and dietary fiber, and contains many health benefits.

## A c c e s s I n f o r m a t i o n



- If you take a train, please take a route bus from JR Kiso-Fukushima Station.
- The bus from Otaki Village to Tanohara is a seasonal service. Please check the service schedule before you come.

### Inquiries

## Kiso Ontake Tourism Office Otaki Tourist Information Center

2758-3 Otaki Village, Kiso-gun, Nagano, 397-0001 Japan FAX: +81264-48-2258

HP: <http://www.ontake.jp> TEL: +81264-48-2257

E-mail: [otaki@visitkiso.com](mailto:otaki@visitkiso.com)