

# *Explore the* Nakasendo Historical Highway and Mountain Castle Ruins of

## Sample 3D2N Course

Min. walking dist. of 20.6 km (12.8 mi)

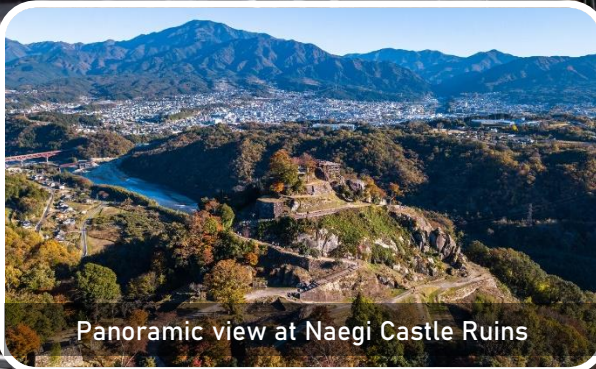
# GIFU

### Highlights

- Travel along the Ancient Nakasendo like travelers of ancient Japan
- Pass through numerous post towns that preserve the flavors of Edo-period Japan (1603-1868)
  - Explore the forest ruins of ancient mountain fortresses
  - Experience local traditions and hospitality firsthand



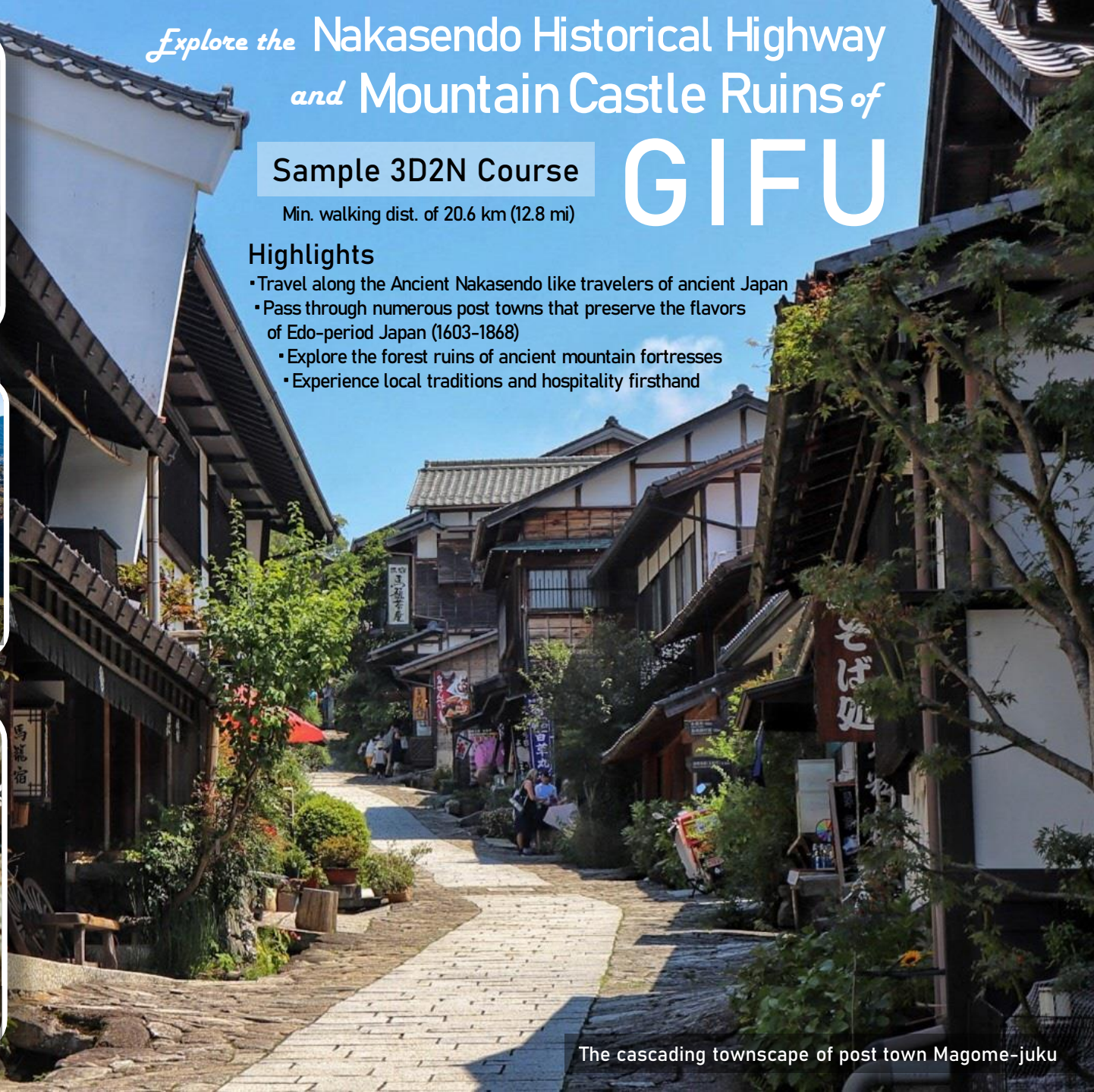
Ochiai Cobblestone Path



Panoramic view at Naegi Castle Ruins



Hands-on ukiyo-e woodblock print experience  
Hiroshige Museum of Art, Ena



The cascading townscape of post town Magome-juku





Ochiai Cobblestone Path

## DAY 1

Min. Walking Dist: 7.5 km (4.5 mi)  
Max Walking Dist: 11.1 km (6.9 mi)

- 1.) Nagoya or Matsumoto > Nagiso Station  
Nagoya: 1.5 hrs (depart 9 am) or Matsumoto: 2 hrs (depart 8 am)
- 2.) Nagiso Station > Tsumago-juku  
12-min bus OR 50-min walk along Nakasendo
- 3.) Tsumago-juku (START)  
Explore this ancient post town in Nagano. 40 min
- 4.) Tsumago > Magome-juku *Hike*

Walk along the ancient Nakasendo Highway, climbing from Tsumago-juku to Magome Pass will be uphill and a bit tiring, but after Magome Pass it is downhill all the way to Nakatsugawa and you will be rewarded with many beautiful sights along the descent. There are many spots to rest along the way like teahouses, waterfalls, and public bathrooms.

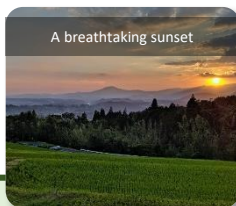
**2.5~3.5 HR (7.5 km/4.5 mi)**

## 5.) Magome-juku

Explore this mountainside post town that's famous for its Edo-period atmosphere. 1 HR

### Extra-1: Ochiai Sunset

Watch a beautiful sunset from a lookout point that's a 20-min walk downhill along the Nakasendo from Magome-juku



A breathtaking sunset

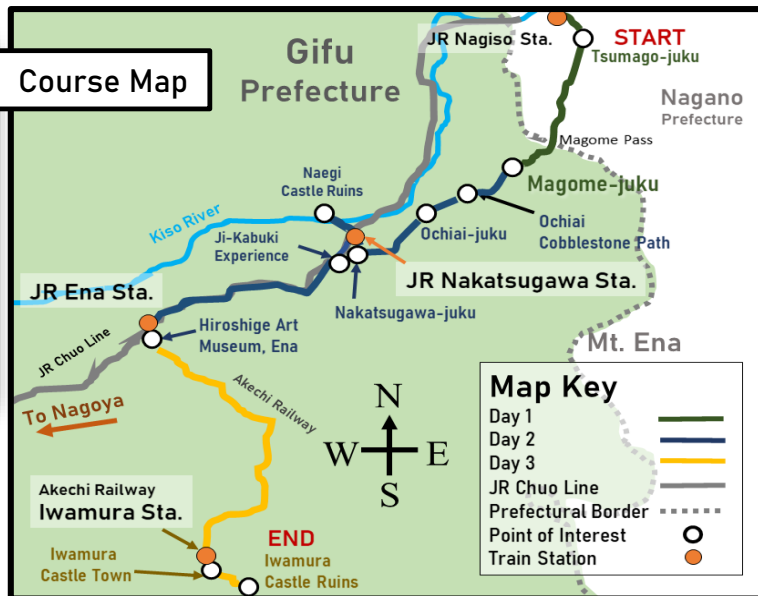
## Stay in/near Magome-juku

**Magome Chaya**  
<http://www.innshinchaya.sakura.ne.jp/index.html>  
**INN Tajimaya**  
<https://kiso-tajimaya.com/>  
**Shinchaya (Near Ochiai Cobblestone Path)**  
<https://magomechaya.com/en/>



Hiroshige Museum of Art, Ena

## Course Map



## DAY 2

Min. Walking Dist: 8.8 km (5.5 mi)  
Max Walking Dist: 18.4 km (11.4 mi)

## 6.) Magome > Ochiai > Nakatsugawa-juku *Hike*

The walk from Magome to Nakatsugawa-juku is all downhill and passes through many terraced rice fields and ancient forests of pine and bamboo. As you descend there will be opportunities to see panoramic sights and walk along original Nakasendo cobblestone paths.

**2.5~3 HRS (8.8 km/5.4 mi)**

### Extra-3: Naegi Castle Ruins

Ancient castle ruins located on the top of a small mountain that offers a scenic view at the top. Walking from JR Nakatsugawa Sta. to Naegi Castle Ruins is 7.2 km (4.5 mi) roundtrip; taking a bus is also possible (direct buses from JR Nakatsugawa Sta. available in spring and autumn)

### Extra-2: Ji-Kabuki Experience

Meet an authentic Ji-Kabuki actor at his tea shop (experience lasts from 1.5~2.5 hrs). Ji-Kabuki experience is 2.4 km (1.5 mi) roundtrip from Nakatsugawa-juku.



Ji-Kabuki Experience

## 7.) Nakatsugawa > Ena Sta.

Train Time: 11 min

## 8.) Hiroshige Museum of Art, Ena

Located next to Ena Station, see how Nakasendo post stations looked in the past through the works of famous woodblock print artist Hiroshige Utagawa. You can also try your hand at woodblock printing for free at the overprint experience corner. Last entry at 4:30 pm; takes 30~60 min; 510 yen

## Stay in Ena or Iwamura

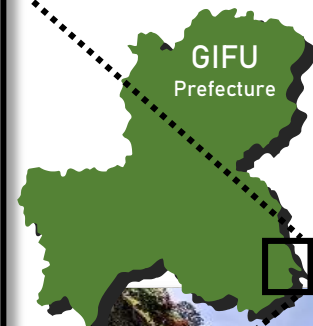
**Ryokan Ichikawa** <http://ichikawaryokan.jp/english/>  
**Hotel Route-INN Ena** <https://www.route-inn.co.jp/>  
**Guesthouse Yanagiya (Iwamura)** <https://yanagiya.site/english.html>

## THIS IS NOT AN OFFICIAL TOUR

Please use this sample itinerary to help inspire your very own trip!

Created by Gifu Prefecture Government  
Inbound Tourism Promotions Team

**GIFU** Timeless Japan, Naturally an Adventure



Iwamura Castle Ruins

## DAY 3

Walking Dist: 4.3 km (5.6 mi)

## 9.) Akechi Railway Ena > Iwamura Sta.

Train Time: 30 min

## 10.) Iwamura Castle Ruins *Hike*

Explore the extremely large collection of stone ruins that belonged to the mountain fortress of Lady Otsuya (Oda Nobunaga's aunt), one of the few female castle lords to exist in Edo-period Japan. The distance to the castle from Iwamura Sta. is about 2.15 km (1.3 mi) with a 220 mt (720 ft) climb and takes roughly 40~60 min.

**1.5~2.5 HRS altogether**

## 11.) Iwamura Castle Town District (END)

This district is both a castle town and post town that has well preserved its old-time atmosphere, enjoy local food or even a free sake brewery tour. 30~60 min

## 12.) Iwamura > Ena > Nagoya

To Nagoya: 1 hr 40 min



Iwamura Castle Town



Iwamura Sake Brewery