

# Trekking through the Kiso River Headwaters Area 木曾川 源流の里トレッキング



shiojiri

**Full distance: 6.15km**  
全行程 6.15km

**1 Narai Sta. 奈良井駅** WC B 水  
25 min. (1200m) altitude difference: 30m  
25分 (1200m) 標高差 30m

**2 Shizume-jinja Shrine 鎮神社**  
20 min. (550m) altitude difference: 90m  
20分 (550m) 標高差 90m



**3 Naka-no-Chaya Rest area 中の茶屋** B  
30 min. (800m) altitude difference: 150m  
30分 (800m) 標高差 150m

**4 Mine-no-Chaya Rest area 峰の茶屋** WC 休 水  
10 min. (500m) altitude difference: 10m  
10分 (500m) 標高差 10m

**5 Ontake-jinja Shrine (place for worshipping Mt. Ontake) 御嶽神社 (御嶽遙拝所)** B  
10 min. (150m) altitude difference: 20m  
10分 (150m) 標高差 20m



**6 Maruyama Park 丸山公園** B 水  
40 min. (900m) altitude difference: 160m  
40分 (900m) 標高差 160m

**7 Stone-paved path separation point (guide board) 石畳道分岐**  
5 min. (300m) altitude difference: 30m  
5分 (300m) 標高差 30m



**8 Shobosho-yoko 消防署横** WC  
15 min. (550m) altitude difference: 40m  
15分 (550m) 標高差 40m

**9 Site of "Otakajo" (falconer's office) 御鷹匠役所跡**  
5 min. (300m) altitude difference: 10m  
5分 (300m) 標高差 10m

**10 Site of "Honjin" (lodging for feudal lords) 本陣跡**  
20 min. (900m) altitude difference: 10m  
20分 (900m) 標高差 10m

**11 Yabuhara Sta. 菟原駅** WC B 水

Note: Altitude difference marks indicate ups or downs encountered in the case of walking from Narai Sta.  
注: 標高差のマークは①奈良井駅から歩いた場合です。

## Recommended courses おすすめコース

→Woodland appreciation course 森林鑑賞コース

→Countryside walking course 展望コース

→Down 下り

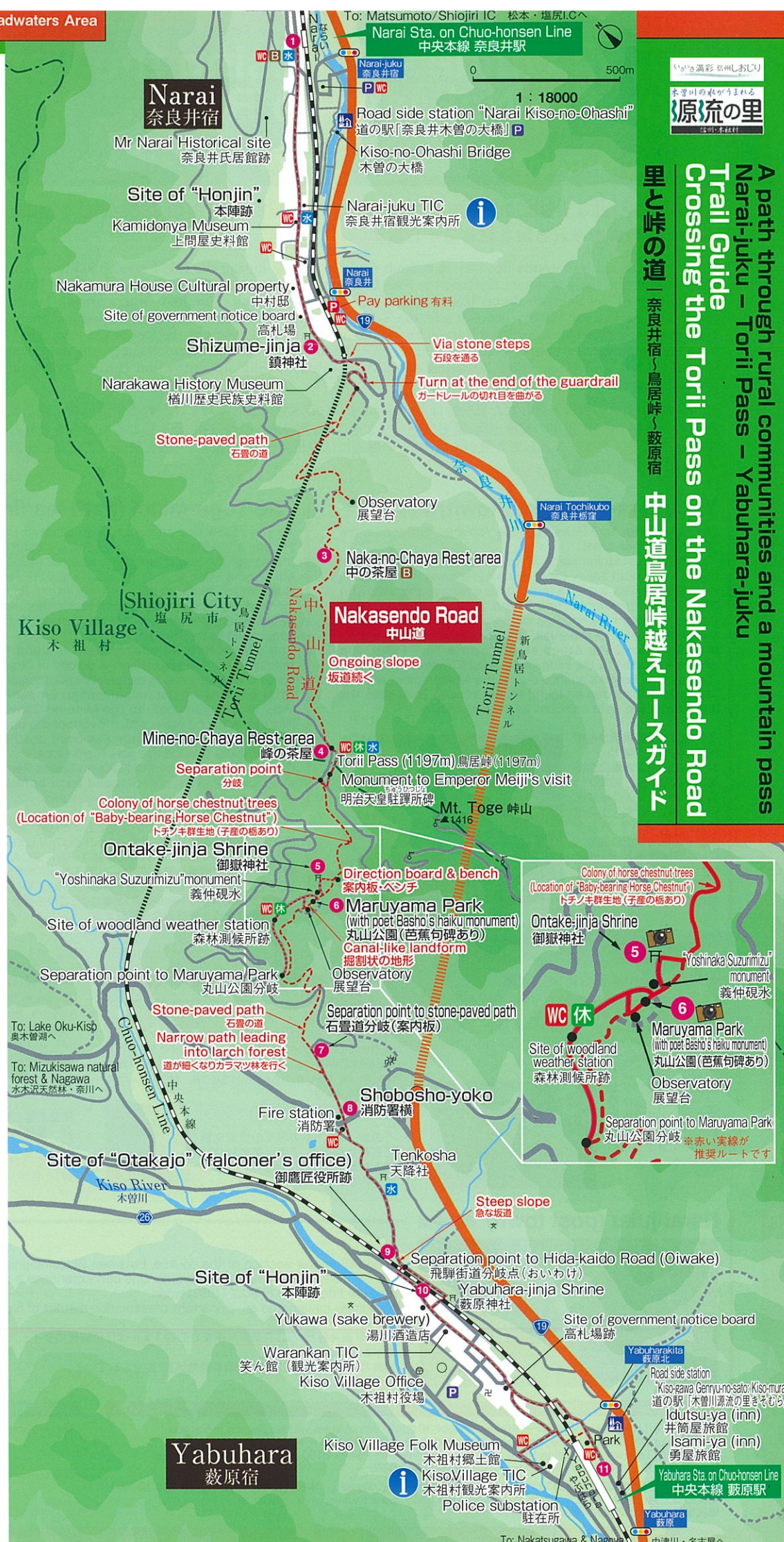
→Up 上り

WC →Public restroom トイレ

B →Bench 水 →Watering spot 水場

P →Free parking 無料駐車場 休 →Rest area 休息所

P →Pay parking 有料駐車場



A path through rural communities and a mountain pass  
Narai-juku - Torii Pass - Yabuhara-juku  
Trail Guide  
Crossing the Torii Pass on the Nakasendo Road  
里と峠の道 奈良井宿・鳥居峠・菟原宿 中山道鳥居峠越えコースガイド





## 里と峠の道・中山道鳥居峠越えコースガイド

### A half-day hike visiting a mountain pass of rich history and seasonal beauty

歴史と季節感あふれる峠を訪ねる半日散歩

Known on the old Nakasendo Road as “a difficult route to travel” during the Edo Period (1603-1868), the Torii Pass forms the watershed dividing the Kiso River that empties into the Pacific and the Narai River (a tributary of the Shinano River) that empties into the Sea of Japan. Thanks to evergrowing health consciousness and the history boom of late, the Torii Pass area is coming to the fore as a popular hiking course easily accessible either from Narai-juku or Yabuhara-juku post towns at the foot of the pass. The area surrounding the course contains a number of historical tourist attractions such as a medieval battlefield site as well as other historical spots that testify to religious faiths and cultural points of interest in pre-modern times.

江戸時代、中山道の難所と言われた鳥居峠は、太平洋に注がれる木曾川と日本海に注がれる信濃川の支流奈良井川の分水嶺であり、近年の健康志向、歴史ブームなどを受け、麓にある奈良井宿、藪原宿どちらからも登れる手軽なハイキングコースとして人気がある。コース周辺には中世の古戦場、近世の交通、信仰や文化などを語る史跡が残されている。



### Yabuhara-juku (post town) 藪原宿

Let's head for Torii Pass from the Yabuhara Station on the JR Chuo-honsen Line!

Yabuhara-juku retains some of its past prosperity and charm as a former post town. Evidence can be seen in traditional wooden houses with distinct lattice doors, the site of a former government notice board area, traditional high fire-walls, quaint signboards of merchant houses including those dealing in “Oroku-gushi” traditional combs and a sake brewery. Along the steep slope toward Torii Pass, the separation point to the Hida-kaido Road (Oiwake), the site of “Otakajo” (a falconer's office during the feudal times) and the Tenkoshu Shrine can be found among others. To access the pass, enter the path adjacent to the fire station.

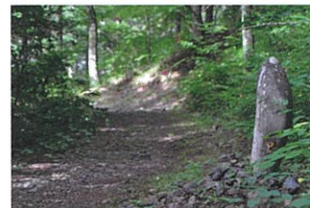
JR中央本線藪原駅から鳥居峠へ向けて出発！藪原宿には所々宿場の面影を残す格子戸造りの家々や高札場跡、防火高塙跡などと共に、お六櫓や造り酒屋の看板も見られる。峠道へ向けてのきつい上り道沿いには、飛騨街道追分(分岐点)、御鷹匠役所跡、天降社などがあり、峠へは消防署横の道より入る。



### The Toge-michi (path leading to Torii Pass) 峠道

As you follow the stone-paved section of the Toge-michi (Torii Pass trail) and ascend a winding path, you will find a cluster of historical-interest spots, such as the site of the former woodland weather station (now a rest area), Maruyama Park with poet Basho's haiku monument, the “Kiso Yoshinaka's Suzurimizu” monument, and the Ontake-jinja Shrine which is worthy of special mention. It has been highly revered for centuries as one of the four sacred gates where people worship Mt. Ontake in the distance. The mountain itself is considered to be the deity.

The area's natural environment is superb thanks to its rich vegetation. A colony of huge horse chestnut trees is especially spectacular. After passing by the monument to Emperor Meiji's visit, you come to the Mine-no-Chaya Rest area for a break, which overlooks a fine view of the Narai area. From this point on, the course takes a moderate downward slope. On the way, you pass the Naka-no-Chaya Rest area and follow a stone-paved path before arriving in the old post town of Narai-juku.



峠道の石畳を経てつづら折りの道を上ると「森林測候所跡(現在は休憩所)」「丸山公園 芭蕉の句碑」「木曾義仲の硯水」「御嶽神社」などの史跡がひしめいている。中でも「御嶽神社」は御嶽山を拝する御嶽四門の一つとして人々の崇拝を一身に集めた場所である。植生などの自然環境も豊富で、特にトチノキの巨木群は見事である。明治天皇が巡行された記念に建立された「明治天皇駐蹕所碑」を通過し、奈良井方面の景色が見えるポイントに休憩所「峰の茶屋」があり、ここからゆるやかな下りとなる。途中「中の茶屋」を通り、石畳を下りきると奈良井宿へ到着する。

## Checkpoint チェックポイント

### ● Maruyama Park 丸山公園

This park is located on a flat area a little above the site of the woodland weather station. Here, poet Matsuo Basho's haiku monument can be found together with many other poetry-related monuments.

森林測候所跡の少し上、平らになった所にあり、松尾芭蕉や歌人などの句が刻んである句碑が多く並んでいる。



### ● “Baby-bearing” Horse Chestnut 子産みの栃

As legend has it: In times of old, a newborn baby was deserted and left alone in a hollow of this horse chestnut. A villager, who was not blessed with children, found and raised the baby in happiness. Hence, the name “Baby-bearing” horse chestnut.

その昔、トチノキの根元の空洞に捨てられた赤子を、子宝に恵まれない村人が育てて幸せになったと言い伝えられている。



### ● Ontake-jinja Shrine 御嶽神社

Ontake-jinja here is the first ahead of other places, from where travelers coming from Edo (present-day Tokyo) could view and worship Mt. Ontake.

As such, a “tori” signifying Shinto shrine gate was built. The name “Torii Pass” reflects this historical event.

東京方面(江戸)から来た旅人が一番最初に御嶽山を見て拜むことができる神社で、鳥居が建てられたことから「鳥居峠」と名がついたと云われる。



### Narai-juku (post town) 奈良井宿



A one-kilometer section of the course, between Shizume-jinja Shrine at the foot of the pass and the JR Narai Station, is truly enjoyable. One can experience a relaxing, intriguing time and slip back into the Edo Period (1603-1868) world.

Nationally designated an “important preservation district of historic buildings.”

峠の麓「鎮神社」からJR奈良井駅までの約1kmは江戸時代にタイムスリップしたような風景が続き、ゆっくりと見学が楽しめる。奈良井宿は「重要伝統的建造物群保存地区」に選定されている。

#### Tourist Information 観光情報

Kiso Village Tourism Association — Phone: +81-264-36-2543 <http://www.vill.kiso.nagano.jp/kankou>  
Kiso Village Office (Commerce, Industry & Industrial Promotion Division) — Phone: +81-264-36-2001  
Shiojiri City Tourism Association Narai-juku TIC — Phone: +81-264-34-3160 <http://www.tokimeguri.jp>  
Shiojiri City Brand Tourism Division — Phone: +81-263-52-0886

本祖村観光協会 ☎0264-36-2543 <http://www.vill.kiso.nagano.jp/kankou> / 本祖村役場産業振興課 ☎0264-36-2001  
塩尻市観光協会奈良井宿観光案内所 ☎0264-34-3160 <http://www.tokimeguri.jp>  
塩尻市観光課 ☎0263-52-0886

#### Transportation information 交通情報

Taxi = Yabuhara Taxi Co., Ltd. Phone: +81-264-36-2403

タクシー=やぶはらタクシー株式会社 ☎0264-36-2403