

Japan Heritage THE KISO STORY

The Entire Kisoji is in the Mountains - Preserving the mountains, Living alongside the Mountains -



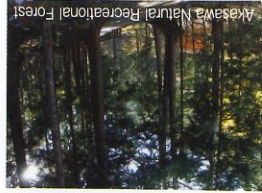
日本遺産

JAPAN HERITAGE

Tour of hinoki cypress forest and waterfalls of the gods



In the deep forest valley, you can hear the solemn sound of water echoing from the Kiyotaki and Shinotaki Falls. In the Akasawa Natural Recreational Forest, where the idea of forest bathing originated, you can enjoy viewing beautiful hinoki cypress trees more than 300 years old and the forest railway.



Agematsu-juku 10min. **Kisonokakehashi Cliff Bridge** 35min. Japan Heritage **Nezame-no-toko Gorge**

Mitake 30min. **Akasawa Natural Recreational Forest**

Otaki 20min. **Kiso Forest Railway**

Ontake Shrine Satomiya **Kiyotaki Falls** **Shinntaki Falls** **Mr. Ontake Reijinihi Monuments** **Hyakuso Monument**

Historic course tracing post towns along the Nakasendo (from here the northern Kiso Road)



Tsumago-juku 10min. Nagiso Rokuro crafts

Midono-juku 15min. **Kisouma (horses)** **Nagiso Rokuro crafts** **Araragi Cypress hats**

Tsumago Castle ruins **Historic Road** **Ichikuochoi-tateba-chaya** **Hayashis' Residence**

From the checkpoint post town to the home to Kisouma (horses)



Fukushima-juku 15min. **Kisouma (horses)** **Fukushima Sekisyo Museum**

Rapposho Festival **Yamamura Daikan Yashiki Museum** **Fukushima Sekisyo Museum** **Takase Museum**

Kaida heights 30min. **Kisouma (horses)** **Yamashitas' Residence** **Kiso Mt. Ontake Reijinihi Monuments** **Ontake Shrine Satomiya**

Visiting the post town and traditional crafts (from here the southern Kiso Road)



Motoyama-juku 15min. **The place where Kiso Lacquerware production tools & products** **soba originated** **Magemono**

Narai-juku 25min. **Toritouge Pass**

Yabuhara-juku 10min. **Mizukizawa Natural Forest** **Orokugushi combs technique**

Nakasendo Kiso 11 post towns - Walking journey



Magome-juku 8.5km. **Tsumago-juku** 3.5km. **Midono-juku** 9.4km. **Nojiri-juku** 9.4km. **Suhara-juku** 12.3km. **Agematsu-juku**

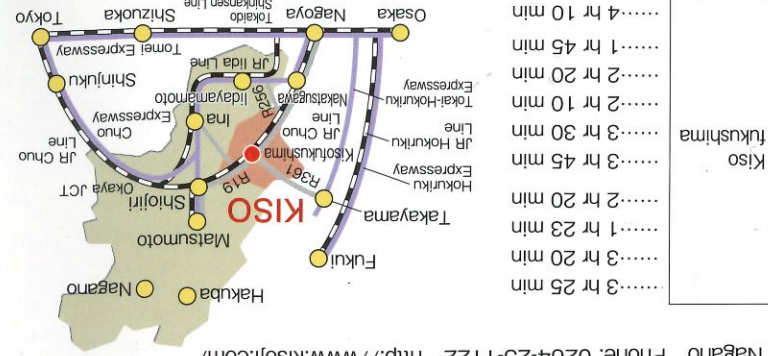
Fukushima-juku 8.2km. **Miyamakoshi-juku** 9.2km. **Yabuhara-juku** 5.9km. **Narai-juku** 7.8km. **Nekawa-juku** 7.4km. **Nakasendo walking guide map** Please inquire Kiso Tourist Federation.

*Juku=Post Town

Kiso Area Cultural Heritage Revitalization Council

Secretariat: c/o Kiso Tourist Federation,

Kiso Cultural Park, 4898-37 Hiyoshi, Kiso, Kiso-gun, Nagano Phone: 0264-23-1122 <http://www.kisoji.com/>



| Mode | Route | Time |
|-------------|----------------------------------------------------|-------------|
| Train (JR) | Shinjuku - Shiojiri (JR Chuo Line Limited express) | 3 hr 25 min |
| | Shinjuku - Takaido (Shinkansen Line) | 1 hr 20 min |
| | Shinjuku - Nagoya (JR Chuo Line Limited express) | 3 hr 20 min |
| | Shin Osaka - Nagoya (Tohaido Shinkansen Line) | 1 hr 23 min |
| | Tokyo (Takaido I.C.) - Shinjuku (Chuo Expressway) | 3 hr 45 min |
| | Tokyo (Takaido I.C.) - Ina (Chuo Expressway) | 3 hr 30 min |
| | Nagoya - Nakatsugawa (Chuo Expressway) | 2 hr 10 min |
| | Nagoya - Ina (Chuo Expressway) | 2 hr 20 min |
| | Takayama - Ina (Chuo Expressway) | 1 hr 45 min |
| | Shinjuku - Shiojiri (Chuo Expressway) | 4 hr 10 min |
| Car | Shinjuku - Takayama | R361 |
| | Nagoya - Takayama | R361 |
| | Nagoya - Ina (Chuo Expressway) | R19 |
| | Nagoya - Nakatsugawa (Chuo Expressway) | R361 |
| | Tokyo (Takaido I.C.) - Ina (Chuo Expressway) | R19 |
| | Tokyo (Takaido I.C.) - Shinjuku (Chuo Expressway) | R361 |
| | Shin Osaka - Nagoya (Chuo Expressway) | R19 |
| | Shinjuku - Shiojiri (Chuo Expressway) | R19 |
| | Shinjuku - Takayama | R19 |
| | Shinjuku - Shiojiri (Chuo Expressway) | R19 |
| Express Bus | Shinjuku - Takayama | R361 |
| | Nagoya - Takayama | R361 |
| | Nagoya - Ina (Chuo Expressway) | R19 |
| | Nagoya - Nakatsugawa (Chuo Expressway) | R361 |
| | Tokyo (Takaido I.C.) - Shinjuku (Chuo Expressway) | R19 |
| | Tokyo (Takaido I.C.) - Ina (Chuo Expressway) | R361 |
| | Shin Osaka - Nagoya (Tohaido Shinkansen Line) | R19 |
| | Shinjuku - Shiojiri (Chuo Expressway) | R19 |
| | Shinjuku - Takayama | R19 |
| | Shinjuku - Shiojiri (Chuo Expressway) | R19 |

Getting to Kiso

Information

Japan Heritage

The Kiso Story

The Entire Kisoji is in the Mountains

- Preserving the mountains, Living alongside the Mountains -

What is Japan Heritage?
 Japan Heritage is something recognized by the Agency of Cultural Affairs as that which tells the story of Japan's culture and traditions through historic charm and characteristics rooted in an area.
 We aim to disseminate a comprehensive story both domestically and overseas and revitalize communities through the maintenance and use of the communities' various attractive tangible and intangible cultural assets.



The Kiso-Hinoki cypress was put into jeopardy in the early Edo Period when an enormous volume was cut down for use in

Strict Forest Preservation Policy

Approximately 90% of the Kiso Valley is covered in forest, which means the limited arable land and cultivated crops were not sufficient to sustain the people of the area, and from the days of Hideyoshi Toyotomi, a wood tax was imposed in place of a rice tax. Rice was distributed to the people of the area and the plentiful forest resources supported life in Kiso.

The Kiso Area and Wood Tax

the building of castles, such as the Edo Castle, Sumpu Castle, Nagoya Castle and the Owarai Domain, which had jurisdiction over the Kiso Valley, issued a mountain and forest conservation policy preventing logging of Kiso's Five Trees² including the Kiso-Hinoki cypress. The regulation, which stipulated "one cypress per head, one branch per arm," was a tough economic control for the people of the area who earned their livings from lumber.



The numerous overlapping mountains nurture the forests and water and remind us of Japan's original landscape, inheriting the profound history and unique culture and traditions.

In the Kiso area in southwestern Nagano Prefecture, the sacred mountain Mt. Ontake lies to the west and the magnificent Central Alps stand aloft to the east of the deep valley carved out by the Kiso River and the Kisoji section of Nakasendo.

The Entire Kisoji is in the Mountains

Japan Heritage

The Kiso Story

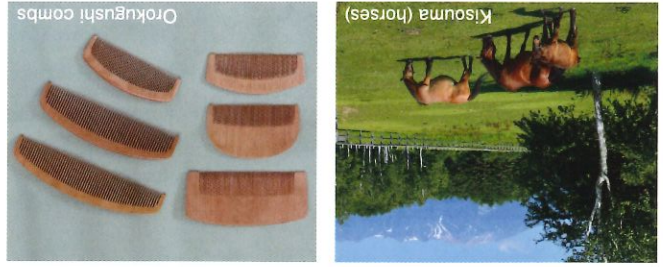
The Bustle of the Highway

and Post Towns

The development of the Nakasendo, one of the five main highways (Gokaido) in the Edo Period, and the 11 post towns in Kiso happened at a rapid pace. The mountain and river scenery of the Kiso Valley attracted many literary and art figures, and it soon became well known through poetry and block prints. The post towns began to bustle as hubs for travelers and the production and sale of local goods, leading the economy of the Kiso Valley.

Narai-juku (Post Town) flourished as the Kiso Road's most prestigious post town, referred to as "Narai of a Thousand Houses" with a permanent horse rider for undertaking transportation and communication duties for the sankin-kotai, or periodical alternation in residence of the daimyo, and taverns and teahouses built for travelers. The gomenshiraki

and shall be carried on for future generations. The next generation live on in the people of the region even today, and "leave their traditional crafts for the culture." Their desires to "conserve the forest," preserve the road and post towns, and "living alongside the Mountains," preserving the mountains. Living alongside the Mountains, and along the road cultivated their own unique lifestyles and ing how the people of the Kiso Valley, mountains and rivers, the Dawn" with "the entire Kisoji is in the mountains," expressing the literary great, Toson Shimazaki begins his novel, "Before all crafts, are now famous throughout the country.



Kyoto along the Kisoji (Kiso Road) supporting life in Kiso. These various locally produced products spread from Edo to for the transportation of agricultural products.

With the restriction on mountain logging, the people of Kiso were encouraged to develop and produce local products rooted in the local natural climate. An effort was made to promote industries such as wooden products like magemono (items made from bent wood), lacquerware, and Orokugushi (wooden combs) made from the gomenshiraki³ wood provided by the domain, silk cultivation, and Hyakuso (medicines and herbs) made by the Mt. Ontake holy men, and other products that raising Kisouma (horses), a horse miniature in stature and with a gentle personality resulting in several thousand horses in the latter half of the Edo Period sold on the horse market and used for the transportation of agricultural products.

Religious Belief in Mt. Ontake and the Kisoji

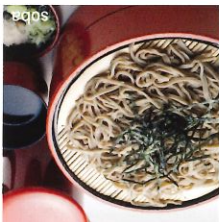
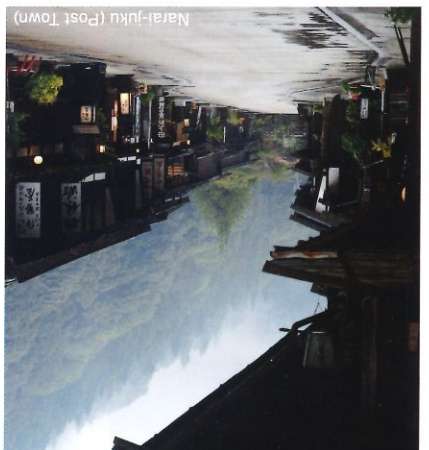
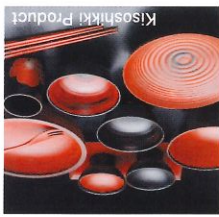
During the middle of the Edo Period, there was a surge in the worship of Mt. Ontake and visitors came from all over the country. The tens of thousands of reijin⁴ monuments⁴ found along the roadside on the way up the mountain speak to the depth of the worshippers' faith. Exchange and trade in Kiso was further promoted by the people coming and going to Mt. Ontake, and the soba and herbal medicines worshippers carried with them became known throughout the country as local specialties to be found at the foot of Mt. Ontake.

Revitalization of the Cypress, Succession of the Soul

In recent years, the forest railway that runs through the lush Kiso-Hinoki cypress foothills of Mt. Ontake making the Kiso-Hinoki cypress once again synonymous with Kiso and the local industries, such as the Kisouma (horses) and traditional crafts, are now famous throughout the country.



wood distributed by the Owarai Domain was made into cypress items and lacquerware, and along with the lacquerware town of Kiso Hirasawa, the area developed into a region known for its wooden and lacquerware items.
 Tsumago-juku (Post Town) at the southern foot of the Tsumago Castle ruins was the smallest of the 11 Kiso post towns, however many people were employed by taverns and local manufacturers, and the lathe-turned wooden crafts from woodworkers and Araragi cypress hats by farming women with gomenshiraki permits were commercialized and spread throughout the country.



¹ Shikinen Sengū: The main inner and outer sanctuaries and pavilions are rebuilt and the deities are transferred to the new buildings.
² Kiso's Five Trees: Hinoki cypress, Sawara cypress, Nezuiko cypress, Asunaro cypress, and Japanese umbrella-pine.
³ Gomenshiraki: Wood resources of semi-finished products made from split timber whose use was permitted.
⁴ Reijin⁴ hi monument: A monument built after one's death with the desire to have one's spirit returned to Mt. Ontake.