

Welcome to Yashima Shitsugen

Nagano-ken Yatsugatake Chushin Kogen Semi-national Park Kirigamine Highland Yashima Wetland



Summer



Autumn



Winter



Spring



Day lily

Kirigamine Highland

Outline of the Area

Yashima Wetland, located in the northwest of Kirigamine Plateau, is the area the center of which is Yashimagahara Wetland designated as a national natural monument. In spring, the chirps of birds and songs of frogs can be heard, and in summer various flowers bloom. The marsh in autumn is colored beautifully with quietly red-tinted grasses, and in winter it is all covered with snow.

Yashimagahara Wetland

Yashimagahara Wetland is about 1,630 meters above sea level, 43.2 hectares in width, and 3.7 kilometers in area. It is a multilayered marsh. Dead plants have accumulated over the past 12,000 years to a height of 8.05 meters, forming the marsh as it is today. The surface of the marsh is covered with Sphagnum moss and plants particular to multilayered marshes grow all over. The promenade around the marsh is made of wood and benches are placed along the way. You can walk around it in about an hour and a half.

Kirigamine Highland

Kirigamine Highland is a plateau located northeast of Lake Suwa. Grass fields spread over most of the plateau of 3,000 hectares. These grass fields have been formed because they were used as pastures for a long time. More than 400 kinds of flowers bloom every year and birds seen in grasslands live here.

Schlegel Green Frogs



We can hardly see them but frogs inherent to Japan named Schlegel Green Frogs inhabit this Wetland. The grand chorus of the frogs can be heard annually from May to June. The frog chorus in this Wetland is featured in the list of "100 Choices of Japan's Sound Scenery" recommended by the Ministry of the Environment.

The Flora in Yashima Wetland

Yashima Wetland is a treasure trove of plants which are particular to a highland. You can enjoy nature changing its appearance in each season on a large scale.



Wild thistle (JUL)



Day lily (JUL)



Iris (JUN)



Kourinka flower (JUL)



Scabious (AUG)



Amadokoro (JUN)



Yanagiran (AUG)



Gunnaifuuro (JUN)



Kobaikisou (JUL)



Yashimagahara Wetland



- Don't walk off the mountain trails.
- Take your trash with you.
- Don't catch small animals, nor pick plants.



Yashima Visitor Center

This is the municipal Visitor Center almost in the center of Nagano-ken. It's situated in Yashima Wetland in Kirigamine Highland, northeast of Lake Suwa. Inside the Visitor Center, there's an exhibit clearly explaining the growth and development of the marsh. Guided walks are organized to show visitors around Yashima Wetland in all seasons. Through these activities, the latest information about this area is made known.

Open Period Middle of April - Middle of November
 Opening Hours 9:30am-4:30pm
 Open Every Day during Season
 Admission Free / AED Installed
 Phone&Fax 0266-52-7000
 E-mail vc527000@bf.wakwak.com

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Easy Course (about an hour and a half)

One Lap around Yashima Wetland

Enjoyable Course (about 3 hours from top of Kurumayama to Yashima Wetland)

Bus Ride at Kamisuwa Sta. [Bound for Chino Sta. via Kirigamine]
 → Getting off at Kurumayama Bus Stop (about 45min.)
 Lift Ride at Kurumayama Ski Lift Sta. → Top of Kurumayama (about 20min.)
 Walking from Top of Kurumayama → Yashima Wetland

The course time changes according to the weather and season. Ask the Visitor Centers about the conditions of the day.