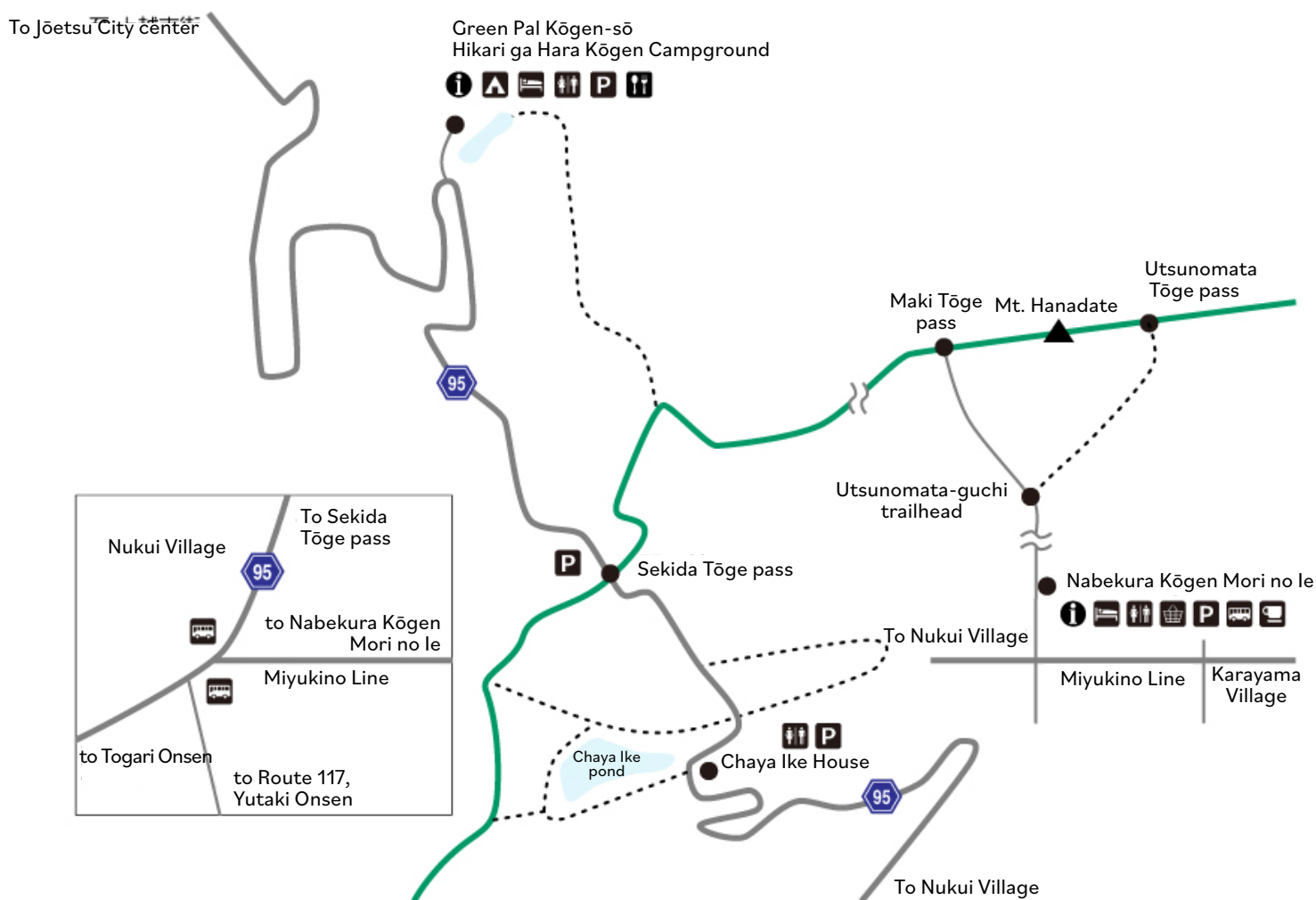


## Area Map

# Green Pal Kōgen-sō/Nabekura Kōgen Mori no Ie



## Overview

Sekida Tōge pass is the starting point for Sections 4 and 5 of the Shin-etsu Trail. Walking on the Niigata side for 30 minutes brings you to the Green Pal Kōgen-sō visitor center. A 10-minute walk on the Nagano side leads to the Chaya Ike pond House (with a small shelter) and a toilet, a great place for a break. There are walking courses around Chaya Ike pond, making it a great place for a side trip. Head down about an hour and a half from Maki Tōge pass or Utsunomata Tōge pass on the Nagano side to reach the Nabekura Kōgen Mori no Ie visitor center.

## Trains

None.

## Buses

The Nukui bus stop is 8.6 kilometers down the road from Sekida Tōge pass on the Nagano side. There is also a bus stop at Nabekura Kōgen Mori no Ie. The bus timetable can be found at <https://www.nagadenbus.co.jp/local/diagram/diagram.php?route=IYM03>

Note: at times other than those outlined above, used a shared taxi (reservations required at tel: (0269)62-4131). The timetable is available at <https://www.city.iiyama.nagano.jp/assets/files/kikakuzaisei/kikakuchosei/kokyokotsu/jikokuhyo/nukuisen.pdf>

## Taxis

Togari Hire: 0269-65-2129 Iiyama  
Kankō Hire: 0269-63-3232  
Nagano Kōtsū: 0269-62-2013

## Shin-etsu Trail Visitor Centers

Green Pal Kōgen-sō: 080-8858-9776 / 10:00-16:00; closed November-May  
Simple accommodations, with tent site attached. Toilets and showers available. More information at <https://www.city.joetsu.niigata.jp/soshiki/itakura-ku/itakura-ss-02-php.html>

Nabekura Kōgen Mori no Ie: 0269-69-2888 / 9:00-18:00; closed Tuesdays  
Cottage accommodations, nature experience facility. Toilets, shower, laundry, WiFi available. Supplies and coffee shop available. Shin-etsu Trail Club Secretariat is located here, a place for hikers and staff to interact. More information at <http://www.nabekura.net/>

## Fuel

- Gas stations: Not available.
- Butane cartridges: Available at Nabekura Kōgen Mori no Ie: 0269-69-2888 / 9:00-18:00; closed Tuesdays
- Alcohol fuel: Not available.

## Hospital

None

## Wi-fi

Available at Nabekura Kōgen Mori no Ie: 0269-69-2888 / 9:00-18:00; closed Tuesdays