**Boundless Outdoor Activities**

Kamikatsu’s forests and natural environment offer a wide variety of outdoor activities.

**Nordic Walking**

Certified instructors from the Kamikatsu Nordic Club offer six Nordic walking tours of various difficulty levels, ranging from beginner to advanced. The courses navigate Kamikatsu’s rice terraces, forests, and Lake Bishu.

**Hiking**

Mt. Takamaru

Mt. Yamainu

**Forest Yoga**

Mt. Yamainu

**Kayaking**

Lake Bishu

**Waterfall Climbing**

Tonokawauchi Valley

**Stand up Paddle Boarding**

Lake Bishu

***Amego* (Red-spotted masu salmon) and *Ayu* (Sweetfish) Fishing**

Katsuura River

Asahi River

**Glamping**

Tsukigatani Onsen area

Annotani area

**Camping**

Tsukigatani Onsen area

**Indoor Rock Climbing**

Inside Pangaea Field playroom