

Mt. Jyonen

Mt. Jyonen stands on the Nagano Prefecture side of Chubusangaku National Park, its sharp outline resembling a pyramid. At 2,857 meters high, Mt. Jyonen may not be one of the highest peaks in the park, but it is one of the more well-known. The Japanese characters that make up the name Jyonen mean “constant” and “prayer,” and many believe this was inspired by the mountain’s resemblance to the shape of a Buddhist priest sitting in prayer. The mountain is visible from both Matsumoto and Azumino on clear days, and is often photographed with Matsumoto Castle in the foreground. It is so popular in the two cities that it even features in local school songs. Farmers today carry on the ancient practice of judging when to plant their crops by the way the snow melts on the face of the mountain in spring.

A number of trails lead to the summit, and the hike is around six to seven hours. During the summer hiking season, a variety of colorful mountain flowers line the paths up the mountain. A mountain lodge offers accommodation a few hundred meters from the summit, and there are also tent spaces for campers.