NAGANO · JAPAN

Jigokudani and the Japanese Alps



Snow monkeys soaking in a steaming hot spring at Jigokudani, with serow, black bears, rock ptarmigan and alpine birds in the Northern Alps.

93 animals 16 mammals, 56 birds, 6 reptiles, 8 amphibians, 2 fish, 4 butterflies and 1 dragonfly

Best time: Dec to Mar

Seen _____ of 93

ANIMAL DATE AND PLACE

01 Snow monkeys and big mammals 8

- [ ] Japanese Macaque
- [ ] Sika Deer
- [ ] Japanese Serow
- [ ] Asiatic Black Bear
- [ ] Wild Boar
- [ ] Red Fox
- [ ] Japanese Raccoon Dog
- [ ] Japanese Badger

02 Smaller mammals 8

- [ ] Japanese Squirrel
- [ ] Japanese Marten
- [ ] Japanese Weasel
- [ ] Japanese Hare
- [ ] Japanese Giant Flying Squirrel
- [ ] Stoat Rare
- [ ] Japanese Dwarf Flying Squirrel Rare
- [ ] Japanese Dormouse Rare

03 Mountain and alpine birds 7

- [ ] Rock Ptarmigan
- [ ] Alpine Accentor
- [ ] Japanese Accentor
- [ ] Northern Nutcracker
- [ ] Asian Rosy Finch
- [ ] Golden Eagle Rare
- [ ] Mountain Hawk-Eagle Rare

ANIMAL DATE AND PLACE

04 Forest, river and village birds 49

- [ ] Green Pheasant
- [ ] Eastern Spot-billed Duck
- [ ] Grey Heron
- [ ] Black Kite
- [ ] Eastern Buzzard
- [ ] Oriental Turtle Dove
- [ ] Japanese Pygmy Woodpecker
- [ ] Great Spotted Woodpecker
- [ ] Bull-headed Shrike
- [ ] Eurasian Jay
- [ ] Large-billed Crow
- [ ] Coal Tit
- [ ] Varied Tit
- [ ] Willow Tit
- [ ] Japanese Tit
- [ ] Long-tailed Tit
- [ ] Brown-eared Bulbul
- [ ] Japanese Bush Warbler
- [ ] Warbling White-eye
- [ ] Eurasian Wren
- [ ] Eurasian Nuthatch
- [ ] Brown Dipper
- [ ] Dusky Thrush
- [ ] Blue-and-white Flycatcher
- [ ] Narcissus Flycatcher
- [ ] Red-flanked Bluetail
- [ ] Daurian Redstart



Tick them off in Wilder

04 Forest, river and village birds continued

ANIMAL	DATE AND PLACE
☐ Japanese Wagtail	
☐ Grey Wagtail	
☐ Grey-capped Greenfinch	
☐ Meadow Bunting	
☐ Brambling	
☐ Fork-tailed Swift	
☐ Common Cuckoo	
☐ Copper Pheasant Rare	
☐ Mandarin Duck	
☐ Eurasian Goshawk	
☐ Grey-faced Buzzard	
☐ Ural Owl	
☐ Crested Kingfisher	
☐ White-bellied Green Pigeon	
☐ Lesser Cuckoo	
☐ White-backed Woodpecker	
☐ Japanese Woodpecker	
☐ Japanese Thrush	
☐ Japanese Robin	
☐ Japanese Grosbeak	
☐ Eurasian Bullfinch	
☐ Japanese Waxwing Rare	

05 Reptiles and amphibians 14

ANIMAL	DATE AND PLACE
☐ Japanese Rat Snake	
☐ Japanese Four-lined Ratsnake	
☐ Tiger Keelback	
☐ Japanese Grass Lizard	
☐ Far Eastern Skink	
☐ Mamushi	
☐ Japanese Common Toad	
☐ Japanese Tree Frog	
☐ Schlegel's Green Tree Frog	
☐ Kajika Frog	
☐ Montane Brown Frog	
☐ Japanese Fire-bellied Newt	
☐ Forest Green Tree Frog	
☐ Japanese Giant Salamander Rare	

06 Fish and insects 7

☐ White-spotted Char	
☐ Masu Salmon	
☐ Glacial Apollo	
☐ Alpine Black Swallowtail	
☐ Great Purple Emperor	
☐ Gifu Butterfly	
☐ Autumn Darter	

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 93

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Jigokudani passport stamp, and watch your life list grow.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.