







# ACCESS



**Snow Monkey**  
The wild monkeys who seem to enjoy bathing in the hot springs during the snowy season are enormously popular. Yamanouchi Town, Nagano Prefecture



**Nikko**  
This dazzling shrine enshrines Tokugawa Ieyasu, the first Shogun who began the Edo Shogunate. It is a national treasure and a World Cultural Heritage site. Nikko City, Tochigi Prefecture



**Kenrokuen**  
This Japanese-style garden is a representative example of the Edo Period, with its beauty and grandeur. It is considered one of the three best gardens in Japan. Kanazawa City, Ishikawa Prefecture



**Shirakawago**  
Roofs referred to as gassho-zukuri (steep, thatched roofs) have a distinctive shape that was born from the wisdom of the villagers who lived in among nature. It is a World Cultural Heritage site. Shirakawa Village, Gifu Prefecture



**Kyoto**  
Numerous temples, shrines, and other sites that are representative of Japan still remain in the former capital of Kyoto. It is popular worldwide as a city where visitors can get the greatest feel for the traditions of Japan. Visitors might even be able to catch a glimpse of a maiko (apprentice geisha). Features World Cultural Heritage sites.



**Osaka**  
Featuring noteworthy sites like Osaka Castle and UNIVERSAL STUDIOS JAPAN™, the city of Osaka is also famous for its food culture. Here visitors can enjoy a unique culture that is distinctive from that found in Tokyo.



**Tsumago-juku**  
This townscape that deeply retains the feel of an old Edo style posting station has been selected as a Nationally-selected Preservation Districts for Groups of Historic Buildings. Long a bustling strategic stop for traffic where the Nakayama road and Ina road intersect.



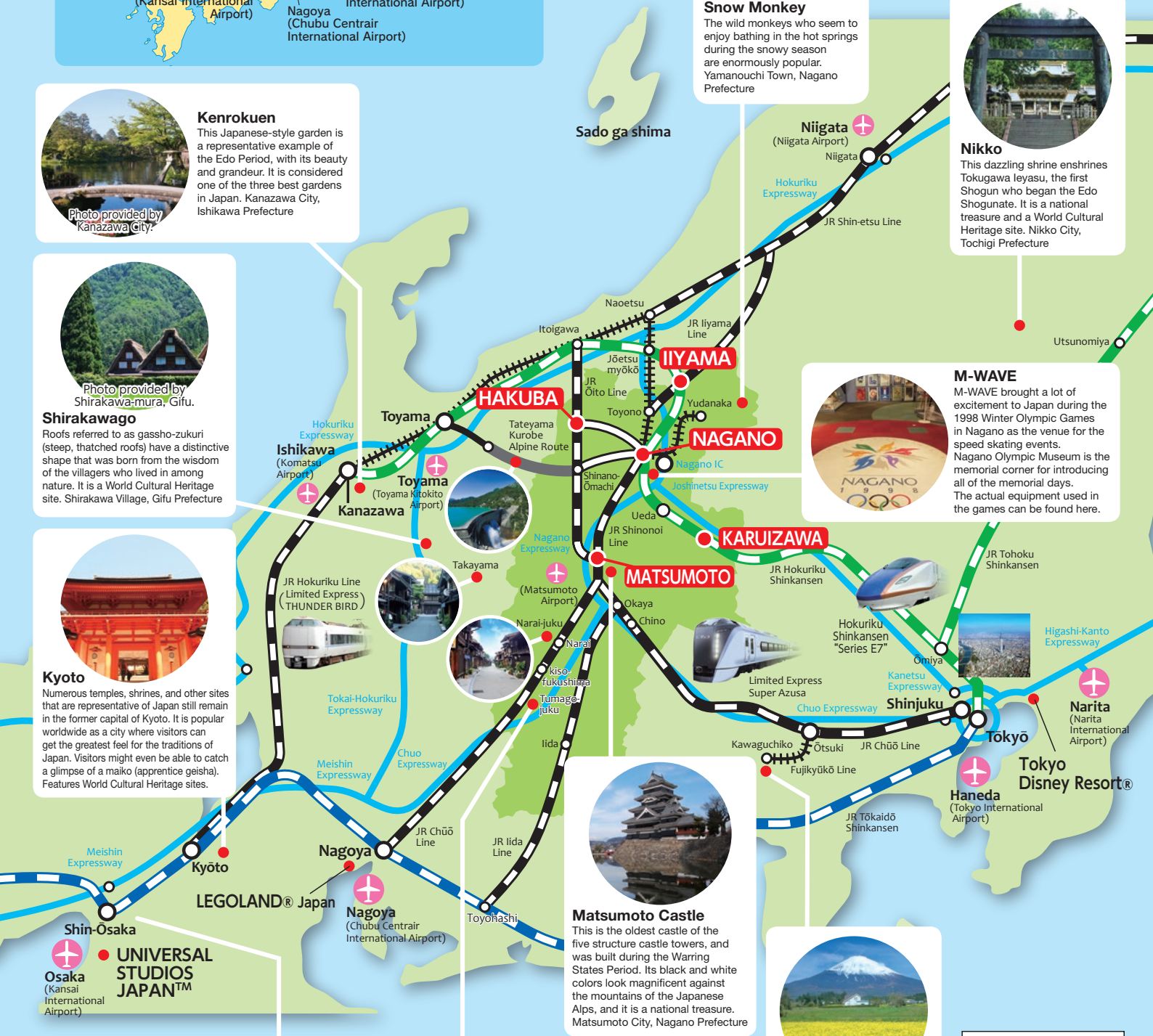
**Mt. Fuji**  
This volcano has a beautiful shape and is symbolic of the Japanese nation. The surrounding area contains numerous leisure facilities, and it is enormously popular worldwide. It is a World Cultural Heritage site.



**Matsumoto Castle**  
This is the oldest castle of the five structure castle towers, and was built during the Warring States Period. Its black and white colors look magnificent against the mountains of the Japanese Alps, and it is a national treasure. Matsumoto City, Nagano Prefecture



**M-WAVE**  
M-WAVE brought a lot of excitement to Japan during the 1998 Winter Olympic Games in Nagano as the venue for the speed skating events. Nagano Olympic Museum is the memorial corner for introducing all of the memorial days. The actual equipment used in the games can be found here.



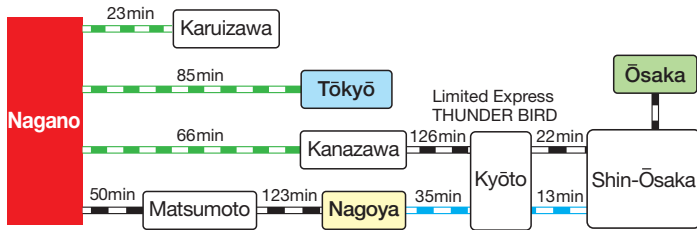
	Shinkansen
	Shinkansen
	JR Line
	Other Railroad
	Express Highway
	Bus

※All photos are images.  
※The information in this pamphlet is current as of February 2019.



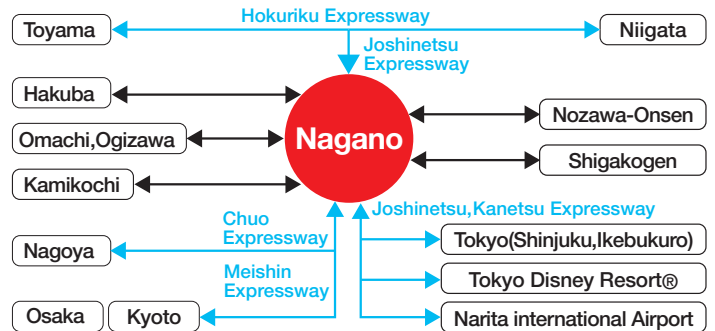
# NAGANO AREA

## Railroad



※The indicated times show the shortest possible times.

## Express Highway Bus/Express Bus



## Sightseeing guide



### Sakurazutsumi along the Chikumagawa River embankment (Obuse)

600 Yaezakura 'Ichiyo' trees have been planted along 4 km at a place called Sakurazutsumi along the Chikumagawa River near Obuse bridge. This type of cherry tree, Yaezakura, blooms later. They are in full bloom around the golden week holiday period every year.

Nagano Station Obuse Station Chikumagawa River embankment  
Approx. 29 minutes Approx. 25 minutes



### Snow Monkey Park

Since its grand opening in 1964, this has been a very popular destination to come and observe up close the interesting behavior of native Japanese monkeys. In 1970, the American magazine called LIFE reported on these monkeys who love to use the natural hot springs to bathe, making it famous around the world. Recently, the number of foreign visitors is increasing.

Nagano Station Snow Monkey Park  
Approx. 47 minutes



### Fruit (Suzaka)

[Shinshu Fruit Paradise] Shinshu Suzaka, a town fragrant with history and nature is Shinshu's oldest fruit production area. Here, you can enjoy the most delicious grapes in season, and pick your own apples.

Nagano Station Suzaka Station Each Farm  
Approx. 21 minutes



### Hakuba

The common attractions to ski resorts in the Hakuba area are the quantity and quality of the snow. Once you've had the chance to ski on the powder snow here, you'll want to come back to Hakuba again, and again.

Nagano Station Hakuba Station Each Ski Resort  
Approx. 1 hour and 10 minutes



### Kenrokuen (Kanazawa)

Kenrokuen has been designated as a special scenic spot of Japan, located in Kanazawa City, Ishikawa Prefecture. With a size of approximately 11.7 hectares, this can be counted as one of Japan's three great gardens, along with Korakuen in Okayama City, and Kairakuen in Mito City.

Nagano Station Kanazawa Station Kenrokuen  
Approx. 66 minutes Approx. 10 minutes



### Shirakawa-go

World Heritage Sites, the Historic Villages of Shirakawa-gō and Gokayama, are a very popular place to visit in Shirakawa-go. This is a must-see sightseeing spot. Here, you can see many traditional, A-frame homes that will give you a sense of being close to Japanese history. This is particularly magical in the snowy, winter months.

Nagano Station Kanazawa Station Shirakawa-go  
Approx. 66 minutes (Some require reservations: Approx. 1 hour and 45 minutes)

## HOTEL INFORMATION



**HOTEL METROPOLITAN**  
NAGANO JR-EAST

TEL : +81-26-291-7000

URL : <https://www.japanican.com/en/hotel/detail/5123027/>

**HOTEL NAGANO AVENUE**

TEL : +81-26-223-1123

URL : <https://www.japanican.com/en/hotel/detail/5123022/>



**Hotel Kokusai 21**

TEL : +81-26-234-1111

URL : <https://www.japanican.com/en/hotel/detail/5123019/>



**長野 東急REIホテル**

TEL : +81-26-223-1090

URL : <https://www.japanican.com/en/hotel/detail/5123037/>





Sample Courses

1

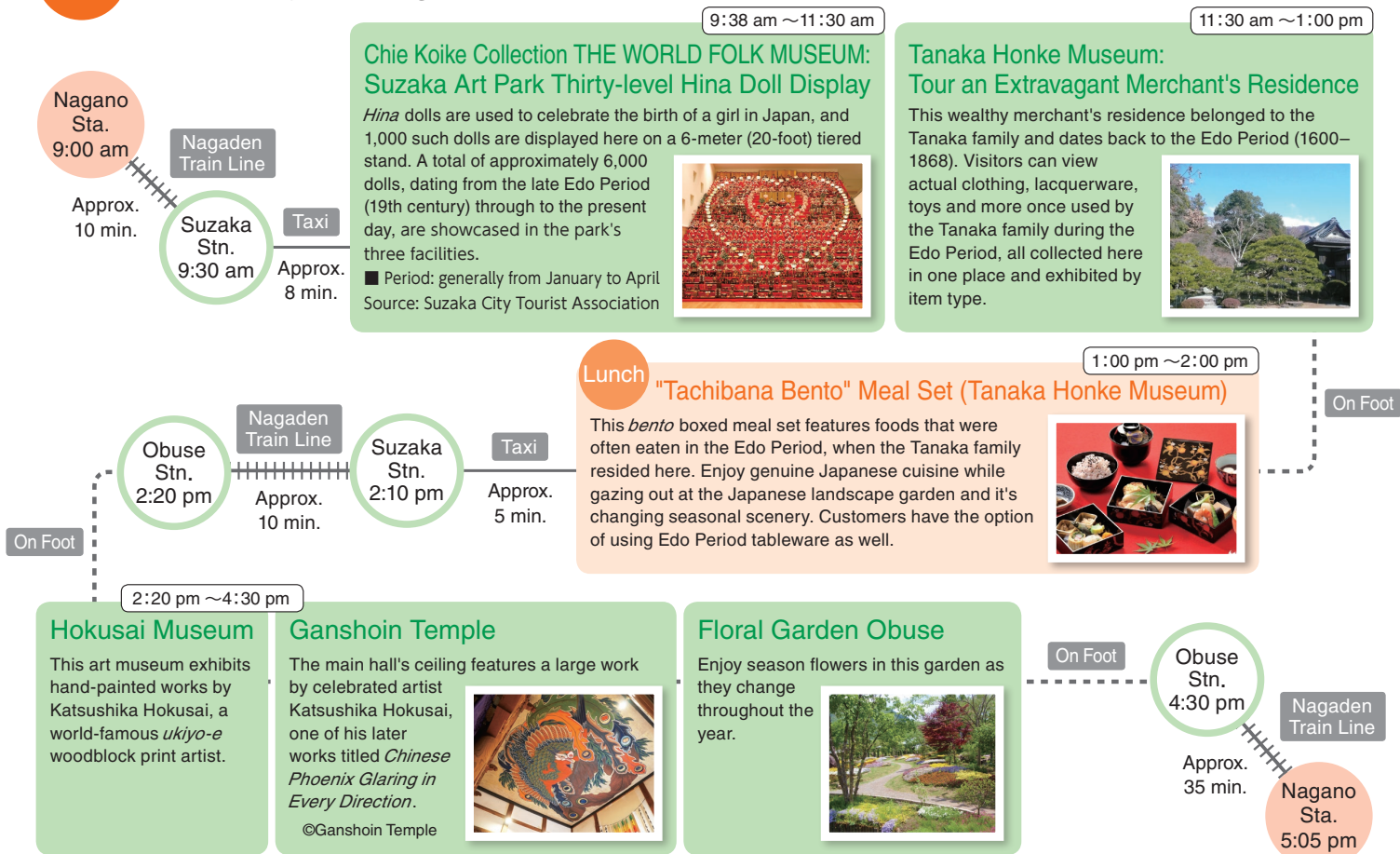
# Two Popular Power Spots: Togakushi and Zenkoji Temple (One-day Outing to Togakushi and Zenkoji Temple)



Sample Courses

2

# Spring Art Journey: Visit Museums and Experience History (One-day Outing to Suzaka and Obuse)

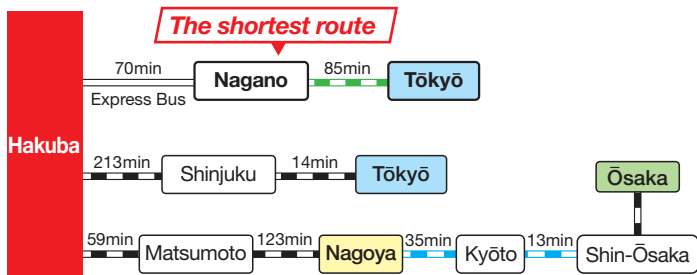






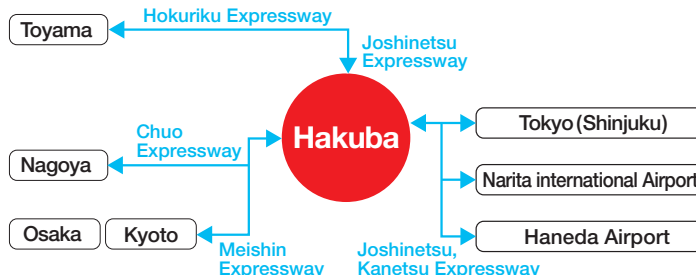
# HAKUBA AREA

## Railroad & Express Bus



※The indicated times show the shortest possible times.

## Express Highway Bus/Express Bus



## Sightseeing guide



### Happoone Ski Resort

Where the Nagano Olympics were held; Proud of its high-quality JAPOW (powder snow) and the overwhelming view of the northern Alps World-class big slopes.

Hakuba Station Village bus or taxi, and others → Happoone Ski Resort  
Approx. 10 minutes by taxi



### Northern Alps (Ushiroateyama Range) trekking

Authentic mountain climbing on Mount Shirouma, Mount Karamatsu, and Mount Goryu, which are included in the 100 Famous Japanese Mountains, to light trekking along the Tsugaiké Natural Garden or Happoone nature walks - you'll enjoy mountaineering that fits your level and likes.

Hakuba Station Village bus, on foot, or taxi, and others → Each Sightseeing Spot



### Hakuba Natural Hot Springs

Here, you can enjoy any one of six hot springs, or the many day-trip bathing facilities or foot baths. There are numerous natural hot springs located throughout the village. With high alkali levels, these hot springs are well-favored for giving you smooth skin.

Hakuba Station Village bus, on foot, or taxi, and others → Each Hot Spring Site



### Glamping

Feel the grand nature of Hakuba with your five senses. Snow Peak cooperates to tow you to hotels in the Vicinity. Special luxurious programs that can only be experienced here - for lodging, cuisine, and other activities.

Hakuba Station Village bus, on foot, or taxi, and others → Each Facility



### Fun summer activities including rafting and mountain biking, and others

In summer, we recommend spending your days on the river rafting or canoeing and other activities. This offers an authentic mountain bike course like that used in international competitions, on Hakuba Iwatake. Everyone from beginners to the advanced rider can enjoy the course.

Hakuba Station Village bus, on foot, or taxi, and others → Each Facility



### Tateyama Kurobe Alpine Route

One of the few mountain sightseeing routes in the world piercing the northern Alps range at an elevation of 3,000 m. Get your fill of the grand scale of nature spreading far and wide above the clouds by riding the cable cars.

Hakuba Station JR Oito Line → Shinano-Omachi Station Bus → Ogizawa Station  
Approx. 28 minutes      Approx. 40 minutes

## HOTEL INFORMATION



白馬 東急ホテル

TEL : +81-261-72-3001

URL : <https://www.japanican.com/en/hotel/detail/5229001/>

Hôtel de La Neige  
HIGASHIKAN

TEL : +81-261-72-7111

URL : <https://www.japanican.com/en/hotel/detail/5229041/>

Hakuba Mominoki Hotel

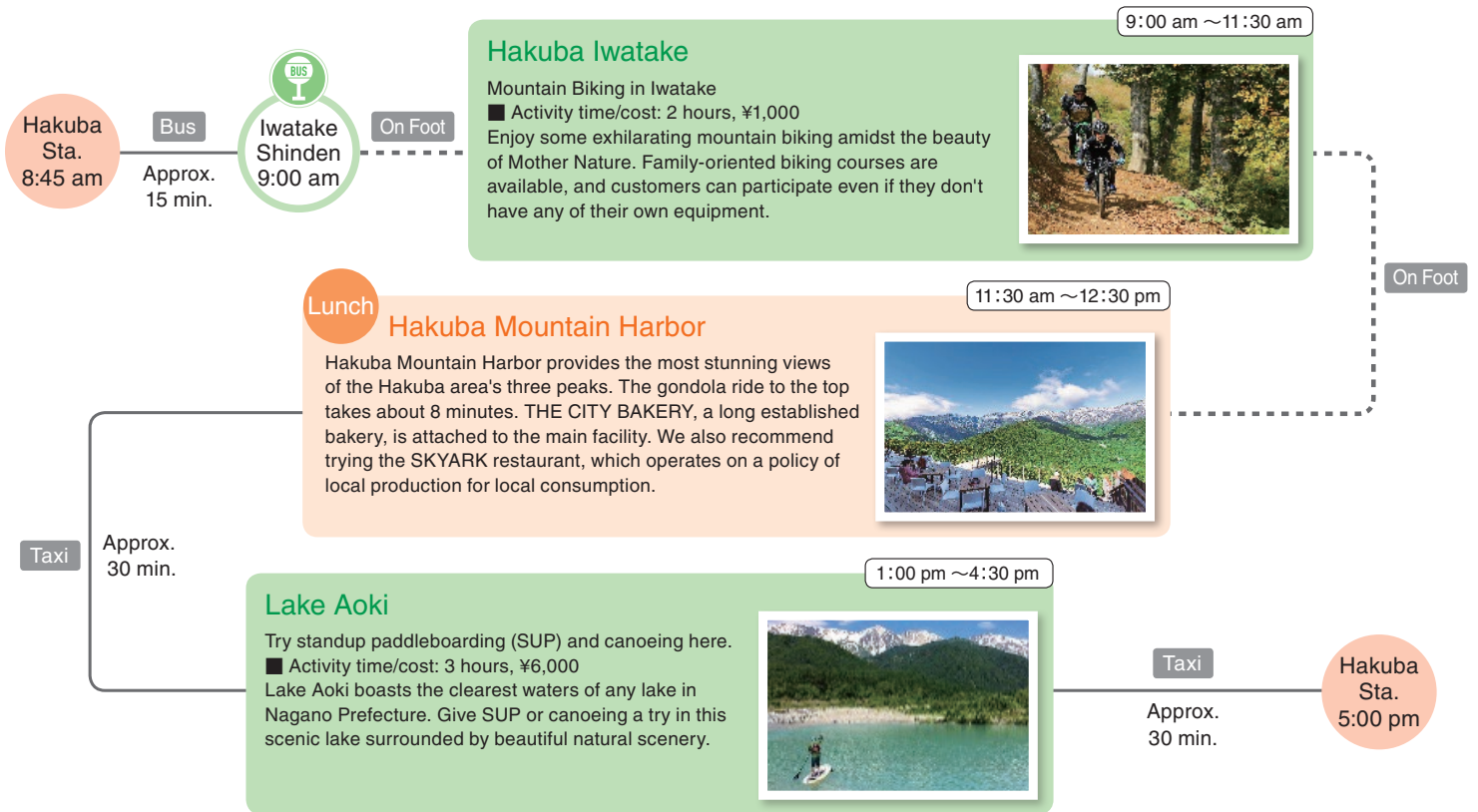
TEL : +81-261-72-5001

URL : <https://www.japanican.com/en/hotel/detail/5229040/>



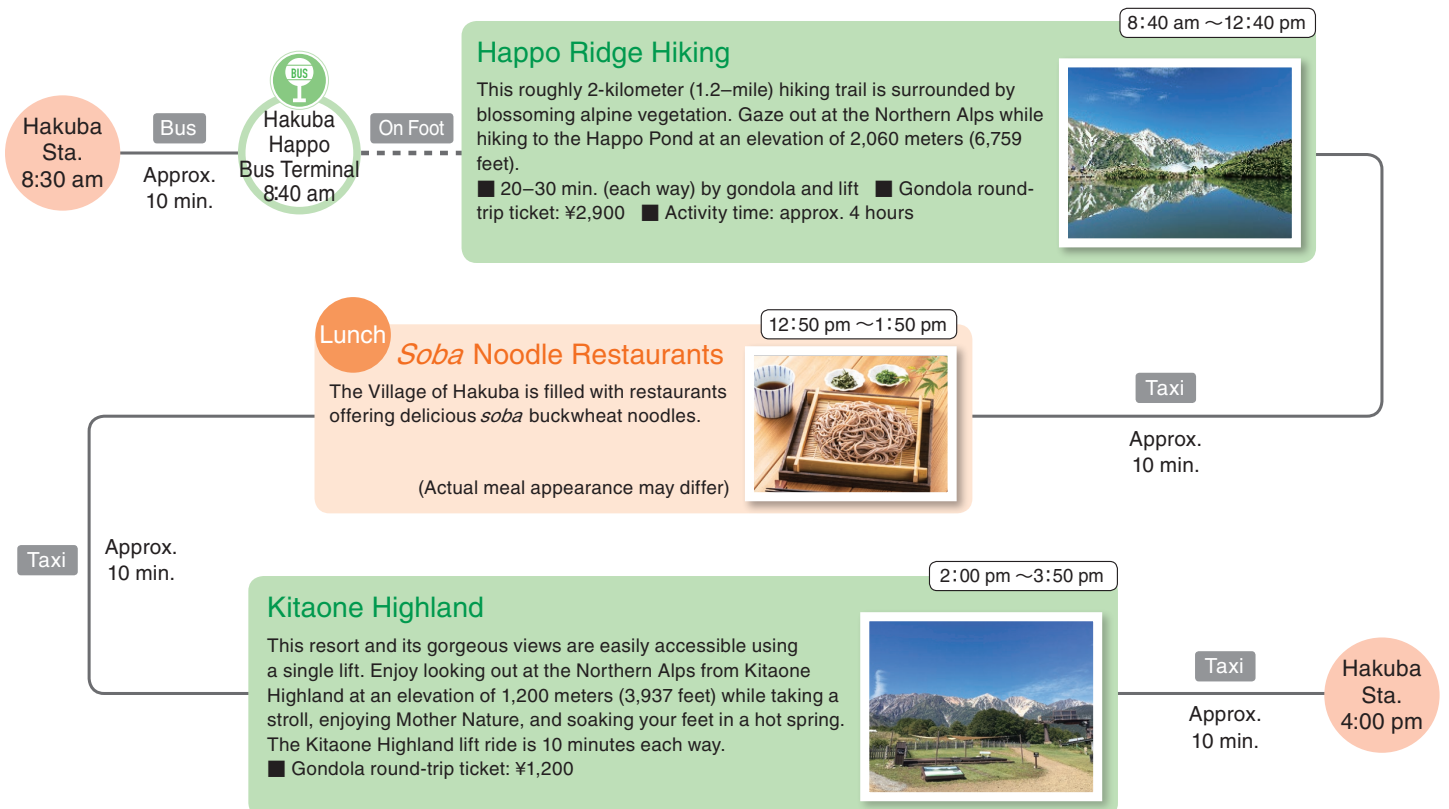
Sample Courses  
**1**

# Outdoor Activities Course



Sample Courses  
**2**

# Hiking and Relaxation Course

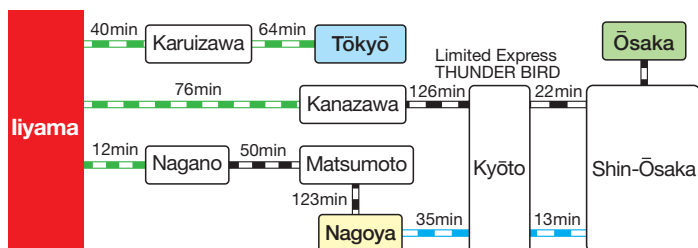






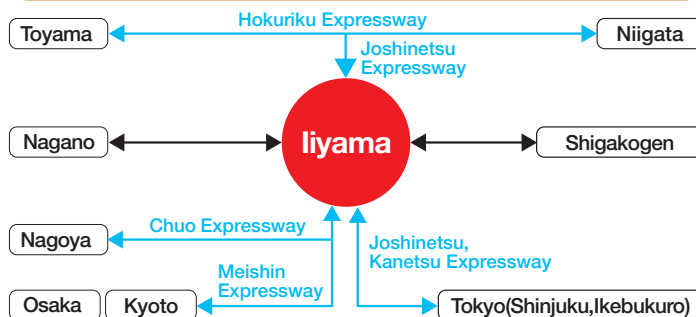
# Iiyama Area

## Railroad



※The indicated times show the shortest possible times.

## Express Highway Bus/Express Bus



## Sightseeing guide



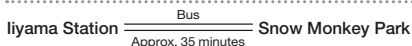
### Nojiriko Lake

Known for its fossil excavation of the Naumann elephant, and as an international summer resort. Here, you can enjoy cruising on a sightseeing boat, canoeing, board sailing, and other lake sports, and in the winter months, smelt fishing. There is something for everyone, year-round.



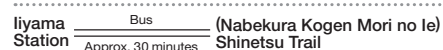
### Snow Monkey Park

Host to many foreign visitors who have come to see up close the interesting behavior of native Japanese monkeys. Come in the winter to watch the Japanese snow monkeys bath and warm up in the hot springs.



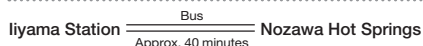
### Shinetsu Trail

Walk the ridge of mountains at elevations around 1,000 m, and set out on the 80-km long trail along Satoyama where people live with the forest. Take a walk through the expansive Buna no mori to attain a wonderful feeling that rests your body and mind.



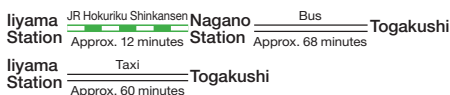
### Nozawa Hot Springs

Located at the farthest point north in Nagano Prefecture, this town boasts that 1,700 L of hot water springs from as many as 38 sources. 13 outdoor hot springs located in the hot spring town flow out 100% natural hot spring water that is slightly hot.



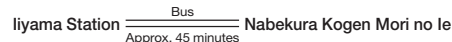
### Togakushi Shrine

The Kan'nagara Gate in the path to approach the shrine - a symbol of Togakushi Shrine - is lined with trees said to be 400 years old. This area is famous as a power spot in Shinshu.



### Nabekura Kogen

The natural Buna forest expanding to parts of the Nabekura mountains has been selected at the top rank of the Prefecture's Natural Hyakusen. This forest is loved and protected by the local citizens.



## HOTEL INFORMATION

**TANGRAM**  
MADARAO TOKYU RESORT

TEL : +81-26-258-3511

URL : <https://www.japanican.com/en/hotel/detail/5284001/>



Sample Courses  
**1**

# One-day Sightseeing Course

**Iiyama Sta.**  
8:30 am

Shin'etsu (Nagano-Niigata)  
Shizenkyo Nature Park  
Iiyama Station Tourist  
Information Center

9:00 am ~ 9:45 am

**Traditional Crafting Experience: Handmade Washi Papermaking**

Uchiyama Paper is made using a traditional papermaking method utilizing a plant ingredient known as paper mulberry (*Broussonetia papyrifera*). It has a history going back 350 years. Visitors to this workshop can make their own postcards, *shikishi* square stationery, and other paper products.

■ Price: ¥200 for postcard (1 pc.), ¥520 for *shikishi* stationery (1 sheet)  
■ Business holidays: every Monday (or next day if Monday is a holiday)



Rental Bicycle

Approx. 5 min.

**Lunch** Hana-no-eki  
Chikumagawa  
Roadside Rest Stop

Meal and Rest Break




9:50 am ~ 11:00 am

**Iiyama Shichifukujin Meguri Temple and Shrine Course**

Get a Stamp for All Seven Gods of the Iiyama Shichifukujin Meguri. Visit six temples and one shrine dedicated to seven different gods of good fortune (*shichifukujin*) in Iiyama City and receive official temple- and shrine-seal stamps to complete the paper stamp sheet.

Temple/shrine list: Myoshoji Temple, Chuonji Temple, Jofukuji Temple, Honkoji Temple, Daishoji Temple, Eiganji Temple, Iikayama Shrine.

■ Shichifukujin Meguri *shikishi* stamp sheet: ¥600 ■ Purchase location: Shin'etsu (Nagano-Niigata) Shizenkyo Nature Park Iiyama Station Tourist Information Center (Each temple-/shrine-seal stamp requires a payment of ¥100)



Rental Bicycle

Approx. 20 min.  
Via Nat'l Rts. 117 and 403

**Taxi**

Approx. 40 min.

Via Nat'l Rts. 117 and Pref. Rd. 414

1:30 pm ~ 3:30 pm

**Jigokudani Yaen-Koen**

This world-famous "snow monkey park" is home to monkeys that bathe in hot springs. Jigokudani Yaen-Koen offers visitors the opportunity to view a Japanese macaque (snow monkey) habitat up close.



Rental Bicycle

Approx. 20 min.  
Via Nat'l Rts. 117 and 403

**Taxi**

Approx. 10 min.

3:40 pm ~ 5:00 pm

**Shibu Hot Springs and World Peace Buddha Statue**

After looking around this hot spring town, view The Goddess of Mercy for World Peace—the tallest Buddha statue in the Eastern world measuring in at about 25 meters (82 feet) high and weighing approximately 22 tons. It is believed to be the largest extant gold statue of its kind in the East.



On Foot

Approx. 20 min.

**Yudanaka Sta. (Nagaden Train Line)**  
5:20 pm

Sample Courses  
**2**


# One-day Sightseeing Course

**Iiyama Sta.**  
8:00 am

8:35 am ~ 9:35 am

**Hotel Tangram Nojiriko Terrace (Sea of Clouds)**

Take a 10-minute journey through the sky in a canopied lift car to Nojiriko Terrace, located at an elevation of 1,110 meters (3,609 feet). Here you can look out from the observation deck at Mount Myoko, Mount Kurohime, the Togakushi Mountain Range, Mount Iizuna and other scenic peaks.



Taxi

Approx. 35 min.


**On Foot**

Approx. 5 min.

11:40 am ~ 1:40 pm

**Lunch** Togakushi Soba Museum Tonkururin

*Soba* buckwheat noodles are a famous local dish of the Shinshu region, and visitors can make and eat their own noodles here. *Soba* Making and Meal.



Taxi

Approx. 40 min.  
Via Pref. Rd. 36


**On Foot**

Approx. 5 min.

9:50 am ~ 11:00 am

**Lake Nojiri (Pleasure Boat)**

Explore the Lake on a Large Pleasure Boat. Enjoy a pleasure boat ride on this highland lake surrounded by mountains. Stop over at an island only accessible by boat and visit the lakeside "power spot" (spot believed to possess spiritual or healing energy) Uga Shrine. (Pleasure boats do not operate from December to March.)



Taxi

Approx. 15 min.


**On Foot**

Approx. 5 min.

1:45 pm ~ 4:45 pm

**Togakushi Okusha Shrine and Mirror Pond**

The approach to the Okusha shrine, a popular "power spot" (spot believed to possess spiritual or healing energy) area, is lined with more than 200 huge Japanese cedar trees surpassing 420 years of age.



On Foot

Approx. 5 min.


**On Foot**

Approx. 40 min.

4:50 pm ~ 5:30 pm

**Hosen Gift Shop**

Buy famous Shinshu-region products here to take home as souvenirs and gifts. We recommend *soba* noodles made with Togakushi buckwheat flour, as well freshly made Togakushi Secchushu sake brewed in the snow on the Togakushi Shrine grounds.



Taxi

Approx. 40 min.

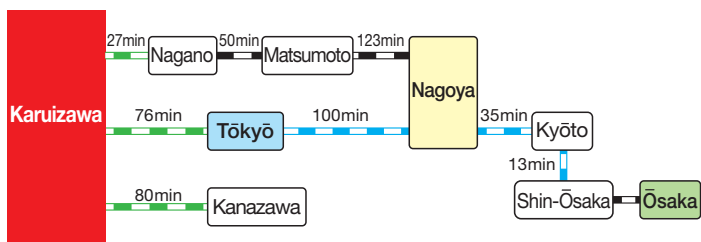
**Nagano Sta.**  
6:10 pm





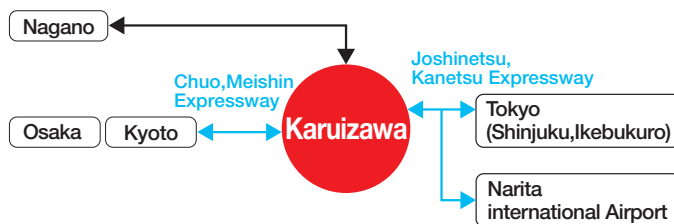
# KARUIZAWA AREA

## Railroad



※The indicated times show the shortest possible times.

## Express Highway Bus/Express Bus



## Sightseeing guide



Important Cultural Property Former Mikasa Hotel

**Important Cultural Property Former Mikasa Hotel**  
This is a wooden model of the pure western style in the late Meiji period, the design and construction of which was implemented by Japanese people. In May, 1980, this was designated to be an important cultural property. You can still visit and tour this structure.

Karuizawa Station Taxi Important Cultural Property Former Mikasa Hotel  
Approx. 15 minutes



Kumobaik Lake

Kumobaik Lake offers the beauty of nature through the four seasons. It is known as a famous destination in Karuizawa for its new green leaves in spring that reflect on the water, and the dynamic colors of the fall.

Karuizawa Station Taxi Kumobaik Lake  
Approx. 10 minutes



Karuizawa - Prince Shopping Plaza

Shopping mall that expands into a wide area at the south exit of Karuizawa Station. In an abundantly natural location, this offers outlets of famous brands, interiors, miscellaneous, and outdoor. Approximately 240 various types of shops are located here.

In Front of Karuizawa Station



PHOTO: DAICI ANO  
©HIROSHI SENJU MUSEUM KARUIZAWA

**Hiroshi Senju Museum Karuizawa**

Art museum where you can enjoy the works of the world-famous artist Senju, along with nature.

Karuizawa Station Taxi Hiroshi Senju Museum Karuizawa  
Approx. 10 minutes



**Shiraito Falls**

Several hundred streams of ground water fall like white thread over the curved boulders that are 3 m in height and 70 m wide wrap visitors in a sense of coolness. They say that the minus ions produced here have a healing effect.

Karuizawa Station Taxi Shiraito Falls  
Approx. 40 minutes



**Former Karuizawa Ginza**

Former Karuizawa main street. All around you, you can find private lodges, and historical buildings. There are hours of fun to be had here.

Karuizawa Station Taxi Former Karuizawa Ginza  
Approx. 5 minutes

## HOTEL INFORMATION



TEL : +81-267-42-1234  
URL : <http://www.japanican.com/en/hotel/detail/3248082/>



TEL : +81-267-42-0011  
URL : <https://www.japanican.com/en/hotel/detail/3248092/>



TEL : +81-267-42-1111  
URL : <https://www.japanican.com/en/hotel/detail/3248085/>



TEL : +81-267-42-8444 URL : <https://www.japanican.com/en/hotel/detail/3248087/>



TEL : +81-267-42-1112  
URL : <https://www.japanican.com/en/hotel/detail/3248096/>



TEL : +81-267-46-6611  
URL : <https://www.japanican.com/en/hotel/detail/3254019/>



Sample Courses  
**1**

# Experience Shinshu History and Culinary Culture

**Karuizawa Sta. 8:30 am** → Rental Car → Approx. 10 min. →

**8:40 am ~ 9:40 am**

**Kumanokoutaijinja (Shrine)**  
Situating at an elevation of 1,200 meters (3,937 feet), this unusual shrine's grounds are split down the middle by the border dividing Nagano and Gunma Prefectures. To the left behind the Honden main shrine is a 1,000-year-old Japanese linden tree, considered a sacred Shinto tree thought to bring good fortune and success in matchmaking endeavors. **HP**

Rental Car → Approx. 20 min. →

**2:00 pm ~ 3:10 pm**

**Chikumanishiki (Sake Brewery)**  
Tour the Chikumanishiki sake brewery and sample some of their products during your visit. Chikumanishiki sake is brewed in an extremely cold climate, with early-morning temperatures reaching -10°C / 14°F in the winter. Reservations must be made in advance: contact the brewery by e-mail at info@chikumanishiki.com or by telephone at 0267-67-3731. Please refrain from drinking and driving. **HP**

**Lunch 11:40pm ~ 1:20pm**

**Unno-juku Post Town (Post-town on the road in Edo era)**  
Leisurely Walk and Lunch

Rental Car → Approx. 40 min. →

**10:00 am ~ 11:00 am**

**Shinano Oiwake-juku Post Town (Post-town on the road in Edo era)**  
A former post town along a pre-modern highway, Oiwake-shuku is filled with galleries and other attractions. The heart-shaped geographical feature on Mount Asayama can be seen up close from Shinano-Oiwake Station.

Rental Car → Approx. 40 min. →

**3:20 pm ~ 4:30 pm**

**Karuizawa Brewery**  
Visitors can sample craft beers at this brewery. After viewing their state-of-the-art facilities and brewing processes based on rich knowledge and experience, try some freshly brewed beer selections for yourself.  
■ Brewery tour: 5 times daily, ¥500 per person  
■ Open year-round (except some irregular closures)  
Brewery tours are in Japanese only.  
Reservation via telephone (0120-919-144) is required. Please refrain from drinking and driving. **HP**

Rental Car → Approx. 10 min. →

Rental Car → Approx. 30 min. → **Karuizawa Sta. 5:00 pm**

Sample Courses  
**2**

# Sweets in Karuizawa-Popular Among Women!

**Karuizawa Sta. 9:30 am** → Taxi → Approx. 15 min. →

**9:45 am ~ 10:45 am**

**Yanagisawa Farm**  
Try your hand at picking fresh vegetables fostered by the pristine waters and air of Karuizawa. Fresh vegetables, jams, rice and other products are also sold here.  
■ Hours: 9:00 a.m.~3:00 p.m.  
Reservation required (e-mail: yanagisawafarm1344@gmail.com)  
Tel. 080-5827-5065 **HP**

**On Foot** → Approx. 15 min. →

**11:00 am ~ 12:00 pm**

**Kawanoko-kobo/Kirishitaori-kobo (Craft Workshop)**  
Experience indigo dyeing and leatherworking—even make your own original product to take home! Indigo dyeing is available from the latter half of April to the end of October. Leatherworking is available year-round.  
■ Hours: 10:00 a.m.~5:00 p.m. ■ Business holidays: Wednesday, Thursday  
■ Leatherworking takes about 30 minutes, indigo dyeing about 1 hour and 30 minutes  
Reservation required (e-mail: someori@avis.ne.jp)  
Tel. 0267-48-3183 **HP**

**Lunch 12:45pm ~ 4:00pm**

**Old Karuizawa Ginza District (Kyu-karuizawa Ginza St.)**  
Lunch and Various Sweets Shops (Actual view may differ)

Rental Bicycle → Approx. 15 min. → **Karuizawa Sta. 12:15~30 pm** → Taxi → Approx. 15 min. →

**On Foot** →

**4:00 pm ~ 5:00 pm**

**Karuizawa Shashinkan (Photo Studio)**  
Try on antique dresses and various other items, and take photos to capture the memories.  
■ Costs: starting from ¥3,980  
■ Hours: 10:00 a.m.~5:00 p.m.  
Hours vary by season  
Reservation required (e-mail: sepia@ca2.so-net.ne.jp)  
Tel. 0267-42-8309 **HP**

Rental Bicycle → Approx. 20 min. →

**5:20 pm ~ 5:50 pm**

**BON-OKAWA Karuizawa Chocolate Factory**  
View the chocolate and rusk production process, and then sample some sweets for yourself. After shopping at their company-direct sales shop, relax in the free-to-use cafe space.  
■ Hours: 10:00 a.m.~6:00 p.m.  
Hours vary by season **HP**

Rental Bicycle → Approx. 10 min. → **Karuizawa Sta. 6:00 pm**







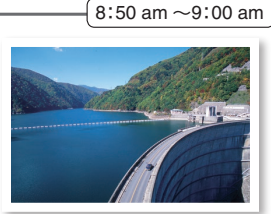
Sample Courses  
**1**

# Matsumoto Sample Sightseeing Course

Lodging Place  
8:00 am

Taxi  
Approx. 50 min.

The highland Kamikochi area served as inspiration for the story of literary great Ryunosuke Akutagawa's novella *Kappa*. Road traffic restrictions on personal automobiles are in place here to help protect the natural environment. Along your journey, stop for a rest and look down the sheer, 155-meter (509-foot) face of the Nagawa Dam while enjoying the seasonally changing natural scenery of the mountainous Kamikochi region.



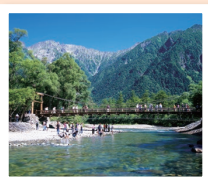
**Kamikochi (Accessible April 27–November 15)**

Taisho Pond to Kappa-bashi Bridge (Approx. 4 km, 80 min. one way)  
Kamikochi is one of Japan's greatest natural treasures. It has been officially designated as both a "Special Place of Scenic Beauty" and a "Special Natural Monument."  
Kappa-bashi Bridge, set against the backdrop of the Hotaka Mountain Range, is a popular photo spot. Taisho Pond was formed in 1915 (the fourth year of the Taisho era) when the volcanic eruption of Mount Yake caused lava and mud flows to stop the Azusa River.

Lunch 9:45 am ~ 1:00 pm

Approx. 45 min.

Taxi



Taxi  
Approx. 50 min.

Stop for a break at the Fuketsuno-sato Roadside Rest Stop on your return journey. Seasonal fruits and vegetables can be purchased here.



Entrance to Nawate-dori Road  
Taxi On Foot  
Approx. 50 min. 3:45 pm

**National Treasures: Matsumoto Castle and Former Kaichi School**

Enjoy the uniquely pleasant, old-fashioned feel of this castle town as you explore on foot, visiting Matsumoto Castle (a national treasure) as well as the Former Kaichi School (also designated as a national treasure in 2019).



On Foot  
Approx. 20 min. Matsumoto Sta. 5:00 pm

Sample Courses  
**2**

# Matsumoto Sample Sightseeing Course

Matsumoto Sta.  
8:30 am

Taxi  
Approx. 30 min.

Swans can be seen between October and March at Lake Saigawa-Hakucho.



Taxi  
Approx. 10 min.

**Azumino Swiss Village**

Enjoy majestic views of the Northern Alps while riding on horseback! Anyone can ride—customers age 1 to 100 are accepted! (However, weight restrictions do apply.) A winery and gift shop are also available.



Taxi  
Approx. 10 min.

9:10 am ~ 10:00 am

Taxi  
Approx. 20 min.

Enrei Onodachi Park, also known as the "Small Birds Park," has an observation point with a view of Lake Suwa—the perfect place for a short rest.



Taxi  
Approx. 60 min.

**Daio Wasabi Farm**

The farm's extensive wasabi fields—the biggest in Japan—are an impressive sight to behold, their sheer size overpowering in scope. Try the wasabi-flavored soft serve, which adds a piquant kick amid sweet flavor.



Lunch 10:10 am ~ 12:30 pm

**Lake Suwa**

The largest lake in the Shinshu region, Lake Suwa is famous as a setting in the popular animated film *Your Name*. Enjoy various activities such as kayaking, amphibian bus tours, pleasure boat rides and pond smelt fishing.

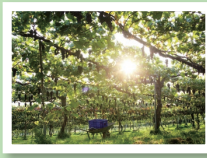


Taxi  
Approx. 40 min.

1:50 pm ~ 3:00 pm

**Winery Tour**

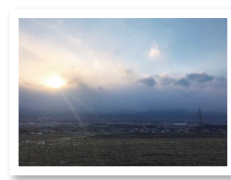
Shiojiri City is home to 16 wineries with unique styles. Wine tastings and product sales shops are available to help you find the ideal wine for you.



Taxi  
Approx. 10 min.

3:40 pm ~ 5:20 pm

Stop at this mid-journey viewpoint for a sweeping vista of the Matsumoto Plain, the largest basin in the Shinshu region. The view at sunset is particularly enchanting.



Taxi  
Approx. 30 min.

Matsumoto Sta. 6:00 pm



Sample  
Courses

1

## Sample Sightseeing Course

Chino  
Sta.  
9:00 am

Bus

Approx.  
30 min.Tateshinako-  
mae  
9:30am

On Foot

## Lake Tateshina to Yokoya Gorge Entrance

Lake Tateshina is surrounded by a forest of trees such as white birch and Japanese larch. Follow the Shinano Nature Trail away from the lakeshore to see a wide range of flowers, insects and more. After walking for about 10 minutes along this forest trail, passing the Ishiyasu-no-yu open-air hot spring baths and Naranoki Pond along the way, you'll arrive at the entrance to Yokoya Gorge.



9:30 am ~ 11:30 am

Approx.  
15 min.

On Foot

Day-trip  
bathing

## YOKOYA ONSEN RYOKAN

YOKOYA ONSEN RYOKAN established 97 years ago in secluded Yokoya Valley is an excellent Japanese hotel with natural hot springs and nature. The visitors can spend a peaceful time and be healed by nature while enjoying day-trip bathing.

- Day-trip bathing: 12:00 p.m.~5:00 p.m.
- Bathing fee: ¥1,500



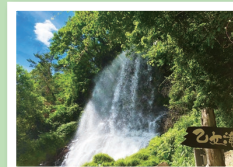
12:10 pm ~ 1:10 pm

On Foot

Approx.  
10 min.

## Otome Falls

Located at an approximate elevation of 1,400 meters (4,600 feet), Otome Falls marks the start of the Yokoya Gorge hiking trail. This human-made waterfall is part of the Okawara Weir on an agricultural waterway with its source at Mount Tateshina. Yokoya Gorge is home to Oshidori Kakushi-no-taki Falls, Otaki Falls and Kirifuki-no-taki Falls.



11:45 am ~ 12:00 pm

Lunch

## Yurakuan

This restaurant serves handmade *soba* noodles made with stone-ground Japanese buckwheat and natural spring water from Yokoya Gorge. Savor the taste of freshly ground, cut and boiled *soba* noodles, containing 100% buckwheat and no filler ingredients.

- Mori Soba: from ¥1,000
- Hands-on *soba* making workshop available (reservation required).
- Workshop cost: ¥4,000 (excl. tax) per table, up to 4 persons per table
- If you wish to eat the *soba* you make in-shop, an additional fee of ¥330 (incl. tax) will be charged for sauce and condiments.



1:20 pm ~ 2:50 pm

On Foot

Approx.  
10 min.Yokoya-kyo  
Iriguchi  
3:00 pm

Bus

Approx.  
30 min.Chino  
Sta.  
3:30 pmSample  
Courses

2

## Sample Sightseeing Course

Chino  
Sta.  
9:00 am

Bus

Approx.  
60 min.Kitayatsugatake  
Ropeway  
10:00 am

On Foot

## Kitayatsugatake Ropeway to Tsuboniwa

This large-capacity ropeway, capable of transporting 100 passengers at once, connects a station at the foot of the mountain (elevation: 1771 meters / 5,810 feet) with the Tsuboniwa station at the summit (elevation: 2,237 meters / 7,339 feet), covering the distance in about 7 minutes. Tsuboniwa Nature Park at the summit is on a lava plateau covered with shrubs such as the Japanese stone pine and northern Japanese hemlock, as well as various other mountain vegetation.

- Tsuboniwa Nature Park takes about 30 to 40 minutes to explore, and the ropeway costs ¥1,900 round-trip for adults and ¥950 for children



Tsuboniwa



Kitayatsugatake Ropeway

10:00 am ~ 11:30 am

Lunch

## Mitsukura

Made with great care using high-quality, stone-ground buckwheat carefully formed and cut into noodle form, Mitsukura's *soba* noodles have rich aromatic properties and go smoothly down the throat. Customers from Nagano and other prefectures line up outside the shop before it even opens just to get a taste of these delicious noodles.

- *Soba* noodles with dipping sauce: ¥900 (excl. tax)



12:00 pm ~ 1:00 pm

On Foot

Approx.  
1 min.Tokenkyo-ue  
11:55 am

Bus

Approx.  
25 min.Kitayatsugatake  
Ropeway  
11:30 am

On Foot

On Foot

Approx.  
5 min.

## Barakura English Garden

Opened in 1990, this was Japan's first genuine English-style garden. Kay Yamada, an authority on English garden design, is the facility's owner. This is the first garden in Asia to be certified as a Royal Horticultural Society Partner Garden.



1:05 pm ~ 2:05 pm

On Foot

Approx.  
25 min.Kurihira  
2:30 pm

Bus

Approx.  
30 min.Chino  
Sta.  
3:00 pm