



Hakuba

Great hiking and trekking opportunities, more than just world-class skiing



Togakushi

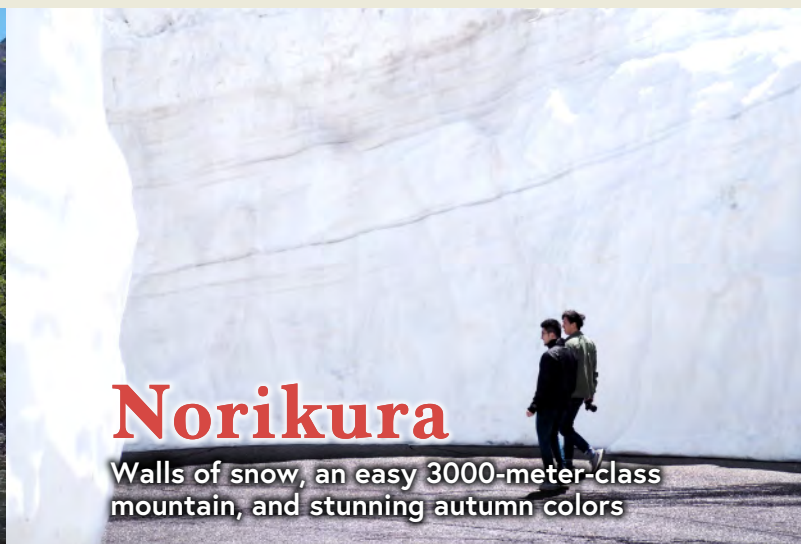
The place to go for scenic shrines, ninja fun, and some of the best soba in Japan

4 Must-see Sights in Nagano



Kamikochi

Hike along a crystal-clear river in this beloved gateway to the Japan Alps



Norikura

Walls of snow, an easy 3000-meter-class mountain, and stunning autumn colors

Located in the very heart of Japan, Nagano prefecture contains a wealth of natural and cultural treasures you'll want to experience for yourself. Nagano is blessed with breathtaking mountains, solemn forests, and crystal-clear rivers fed by the snows that make it a paradise for skiers.

All year round, you can enjoy delicious soba noodles and other regional delicacies. And fortunately for visitors in any season, Nagano is within easy travelling distance of major hubs like Tokyo, Kyoto, and Nagoya.



Direct Bus



○ Year-round ● Seasonal ● No service

	Matsumoto	Nagano	Kamikochi	Hakuba
Nagoya	○	○	●	●
Osaka-Kyoto	○	○	● mid-Apr. - mid-Nov.	● mid-Jul. - late Mar.
Tokyo	○	○	● mid-Apr. - mid-Nov.	○
Narita Airport	○	○	●	● * mid-Dec. - early Mar.

* Also from Haneda Airport

Hakuba 白馬

Though most famous for its winter ski resorts, the wonders of Hakuba can be enjoyed year-round. This is a great place to enjoy hiking, trekking, and other activities in the majesty of nature. A combination of gondola and ropeway will take you halfway up Mt. Shiroumadake, where a deep-snow gorge retains snowfields year round—a rarity among Japanese peaks. And you can behold the towering Hakuba peaks reflected in the placid beauty of Happo Pond after hiking through an area filled with wildflowers.



Happo Pond



Happo Ski Resort



Alpine Plants



Tsugaike Highlands

Togakushi 戸隠

With soba, shrines, and ninjas, Togakushi has plenty to offer young and old visitors alike. Togakushi soba noodles, one of Japan's three great soba dishes, can be enjoyed at a great many local restaurants, or you can try making them yourself at the Soba Museum. Togakushi Shrine is actually spread across three areas of Togakushi, with a lower, middle, and upper shrine area. The upper shrine or Okusha is particularly impressive, as it's reached by a trek along a route lined with enormous cryptomeria trees. And fans of ninjas can learn more about them at the Togakure Ninja Museum or practice your ninja moves at Kids' Ninja Village.



Avenue of Cedar Trees



Togakushi Shrine



Kid's Ninja Village



Togakushi Soba

Kamikochi 上高地

Spanning the cold, crystal-clear waters of the Azusa River, Kappa Bridge is the scenic symbol of Kamikochi. Part of a national park, the highland valley is protected for the enjoyment of future generations, so no personal vehicles are allowed to enter. There are camping areas and hotels, both western-style and Japanese ryokan. Walk along trails where you'll see wildflowers and local wildlife like monkeys, or hike to Mt. Yakedake, an active volcano, in this beloved gateway to the 3000-meter-class mountains of the Japan Alps.



Fall Leaves



Dakesawa Wetland



Azusa River and Japan Alps



©SASAHARA Kamikochi's Starry Night

Norikura 乗鞍

Home to the highest bus stop in Japan at 2,716 meters, Norikura boasts a 3,026-meter-tall mountain that's easy to climb, making it a favorite hiking destination. In spring, you'll want to pack some warm clothes to go view daunting 10-meter-high walls of snow along a road only open to buses, while fall brings spectacular colors that are some of the earliest to start in Japan, beginning with alpine plants in mid-September and trickling down the mountain into October.



Mt. Kengamine



Norikura Echo Line



Snow Walls

Passes

2-Day Free Passport

Free ride ¥6,000

4-Day Alps WIDE Free Passport

Free ride ¥10,290

Alps Crossing Ticket

Valid for 4 days One way ¥5,000

Choose one route from Kamikochi, Norikura and Shin-Hotaka

Togakushi Pass

Valid for 5 days ¥2,600

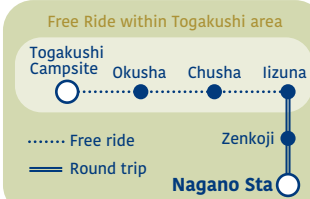
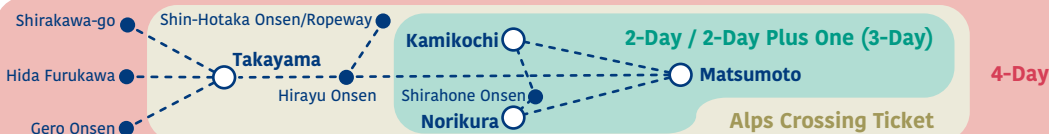
Available at Nagano Sta Tourist Info Center Nagano Bus Terminal

2-Day Plus One (3-Day) Passport

Free ride ¥7,000

Including round-trip ticket for the Shin-Hotaka Ropeway ¥12,000

Available at MatsumotoBus Terminal 2 3 4 AC Shinshimashima / Kamikochi Bus Terminal 2 3 4 Takayama Bus Center AC



Suggested Itineraries

Day 1	Tokyo	¥3,800	Matsumoto	Matsumoto Castle		¥3,800
Day 2	Matsumoto		Kamikochi	hike along a crystal-clear river in a national park	2-Day Free Passport ¥6,000	Matsumoto
Day 3	Matsumoto		Norikura	easy 3000-meter mountain hike		Matsumoto
Day 4	Matsumoto	¥1,300	Nagano	Togakushi scenic shrines, nature, and ninja museums	Togakushi Pass ¥2,600	Nagano
Day 5	Nagano	¥2,000	Hakuba	watching wildflowers & placid beauty of a pond using ropeway	¥5,200	Tokyo
Total						¥20,900

Hotels

Full-service hotel HOTEL BUENA VISTA



Best full-service hotel in Matsumoto
Hotel Buena Vista

7-min walk from JR Matsumoto Sta. FREE

Hotel Buena Vista is the largest hotel in downtown Matsumoto. Of the 190 rooms, there are 36 different styles. All of the standard rooms were renovated in 2017. The hotel is also a landmark hotel in Matsumoto with its four different types of restaurants (Japanese, Chinese, French and Buffet).

Business hotel エースイン松本 ACE INN MATSUMOTO



Budget-friendly
Ace inn Matsumoto

1-min walk from JR Matsumoto Sta.

This hotel for the businessperson or casual traveler has 158 rooms. It provides easy access to any destination, and the hotel provides a free breakfast before you depart. Coin laundry is also available.

Full-service hotel ALPICO PLAZA HOTEL



Unbeatable location
Alpico Plaza Hotel

2-min walk from JR Matsumoto Sta.

The latest Alpico Group hotel, it opened in November of 2017. A 2-minute walk from Matsumoto Station and situated next to Matsumoto Bus Terminal, it is in a prime location and very easy to access. They have 160 rooms and an all-day-dining restaurant. They provide a comfortable stay and also offer rental bicycles.

Japanese-style inn (ryokan) ホテル 翔 舞



Superb service and magnificent views
Hotel Shoho

15-min drive from JR Matsumoto Sta. FREE

The largest hot spring in Nagano offers comfort and relaxation for all of the guests through ryokan-style service provided by the excellent young staff. A delightful kaiseki dinner will also add to the enjoyment of your stay.

Mountain resort hotel 上高地カメイエスタホテル KAMIKOCHI LEMEIESTA HOTEL



Quiet and relaxing atmosphere
Kamikochi Lemeiesta Hotel

10-min walk from Teikoku hotel bus stop

Located within the Japan Alps mountain resort, Kamikochi. Kamikochi offers some of Japan's most spectacular mountain scenery. Lemeiesta Hotel presents you with a luxurious stay with Kamikochi-style French cuisine, a private hot spring bath in your room, and excellent service.

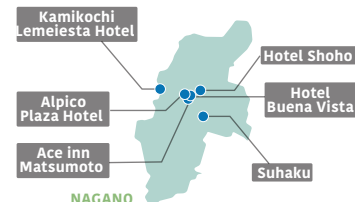
Japanese-style inn (ryokan) 最高の湯 朱白 SUSHAKU



Highest-rated ryokan in the Suwa area
Suhaku

10-min walk from JR Kamisuiwa Sta.

The name "Sosen No Yado Suhaku" comes from the unique colors of the hot spring's waters: Akano Izumi (red hot spring) and Shirone Izumi (white hot spring). The hotel is located just beside Lake Suwa where guests can enjoy the magnificent view of the lake from the hotel's outdoor hot spring. The entire building is barrier-free, and a private family hot spring is available as well.



COMPLIMENTARY shuttle bus service and use of Hotel Shoho's onsen baths

Only for guests staying at Hotel Buena Vista/Alpico Plaza Hotel/Ace Inn Matsumoto FREE ENTRY!

BOOK ONLINE

at Booking.com or agoda.com

