The snow area with good access from the metropolitan area!
About GUNMA

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Snow that fall in Gunma has lesser water content, as the cold air blowing from the direction of the Sea of Japan passes over Tanigawa mountains. You can enjoy powdery snow, in addition, it takes only 2 hours at minimum from the capital (Tokyo) area. Further, there are more than 200 Onsen hot springs in Gunma, and there are more than 90 Onsen towns with lodging facilities. Along with skiing, enjoy superb hot springs in the No.1 Onsen “kingdom” in Kanto area.

Temperature of the hot spring source in Kusatsu is high. To lower the temperature of onsen without diluting the spring quality and its efficacy, the method “Yumomi”, stirring onsen water with 180cm long wooden board, was contrived.

The longest ski running distance is 8,000m, which is one of the longest all over the country. After enjoying ski in the powdery slopes, take a bath in the famous hot spring, Kusatsu Onsen.

Experience the famous hot spring Kusatsu Onsen and authentic skiing!

The ski area adjacent to Manza Onsen, which is famous for its spring quality with higher sulfur concentration. Popular courses include the glade skiing course where you can enjoy beautiful frost-covered trees and non-compacted snow zone where you can enjoy virgin snow.

About Gunma

1. KUSATSU INTERNATIONAL SNOW & SPA RESORT
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   The longest ski running distance is 8,000m, which is one of the longest all over the country. After enjoying ski in the powdery slopes, take a bath in the famous hot spring, Kusatsu Onsen.

2. MANZA ONSEN SKI AREA
   The ski area directly connected with a hotel with gorgeous Onsen
   The ski area adjacent to Manza Onsen, which is famous for its spring quality with higher sulfur concentration. Popular courses include the glade skiing course where you can enjoy beautiful frost-covered trees and non-compacted snow zone where you can enjoy virgin snow.
Minakami Tourism Association

Minakami Onsen Area
Minakami holds 18 onsen - 8 onsen in Minakami Onsen Area, 6 onsen in Sarugakyo/Mikuni Onsen Area and 4 onsen in Tsukiyono / Kamimoku Onsen Area. Enjoy various types of onsen ranging from a onsen town to a small ryokan.

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3. NORN MINAKAMI SKI RESORT

Fulfilling ski lesson in multiple languages
Only 100 minutes from metropolitan area and is the nearest to the Interchange in Gunma. The snow playground “Snow Land” is popular among foreign visitors. Enjoy easy sledging, using the 40m long snow escalator.

DATA
- 478-139, Terama, Minakami-machi, Tone-gun, Gunma.
- http://www.norn.co.jp/

Number of courses: 6
Number of the lifts: 4
The longest ski running distance: 2000m
WIFI: –
Artificial snowfall machine: –
Kids Ski Area: –
Snow Park: –
Night skiing: –
(Non) compacted snow area: –
Height above sea level: 725m
Inclination: 30%

4. TANIGAWADAKE TENJINDAIRA SKI AREA

Natural snow 100%! Treasury of virgin snow!
Try super fine powdery snow here! Non-compact snow area is totally covered by virgin snow. The long course of about 4,000m at maximum is also recommended.

DATA
- Yubukiyama Kokuyurin, Yubiso, Minakami-machi, Tone-gun, Gunma.
- http://www.tanigawadake-rw.com

Number of courses: 5
Number of the lifts: 3
The longest ski running distance: 4000m
WIFI: –
Artificial snowfall machine: –
Kids Ski Area: –
Snow Park: –
Night skiing: –
(Non) compacted snow area: –
Height above sea level: 746m
Inclination: 30%

5. WHITEVALLEY SKI RESORT

Nice spot, powdery snow ski course
Only 7km from Minakami IC on Kan-Etsu Expressway, the powdery snow ski area with very good traffic accessibility. The playground for kids is separated from the ski slopes, so family visitors can also enjoy playing.

DATA
- 3839-1, Fujiwara, Minakami-machi, Tone-gun, Gunma.
- http://www.whitevalley.jp/

Number of courses: 5
Number of the lifts: 4
The longest ski running distance: 1030m
WIFI: –
Artificial snowfall machine: –
Kids Ski Area: –
Snow Park: –
Night skiing: –
(Non) compacted snow area: –
Height above sea level: 830m
Inclination: 40%

6. MINAKAMI HODAIGI SKI AREA

One of the largest ski area in Kanto area
Enjoy powder snow, near from the metropolitan area! There are variety of 16 courses, including the 2 super long gentle slopes which are good for family visitors and beginners. In the kid’s course, a snow escalator is provided.

DATA
- 3731 Aimata, Minakami-machi, Tone-gun, Gunma.
- http://hodaigi.jp/

Number of courses: 16
Number of the lifts: 7
The longest ski running distance: 2600m
WIFI: –
Artificial snowfall machine: –
Kids Ski Area: –
Snow Park: –
Night skiing: –
(Non) compacted snow area: –
Height above sea level: 1400m
Inclination: 40%

Winter Fun

Bungy Jump
Fry Bungy Jump from the bridge of 62m high, surrounded by nature.

Bungy Japan
- 1731 Aimata, Minakami-machi, Tone-gun, Gunma.

Snow Canyoning
Enjoy the winter version of canyoning! You will have the pleasant sensation at a level you have never experienced in this completely original activity. Skiing, snowboard lesson and back country tour are also available.

CANYONS MINAKAMI
- 45 Yubiso Minakami-machi, Tone-gun, Gunma.
- http://canyons.jp/en

Strawberry Picking
Enjoy tasting strawberries carefully grown in the elevated cultivation farm. This is all-you-can-eat system for 30 minutes.

Strawberry House
- 3736 Higashimine, Minakami-machi, Tone-gun, Gunma.
- http://www.ichigonoie.jp
7. MARUNUMA KOGEN SKI AREA

4km long run from the 2,000m height above sea level!
Located at the base of Mt.Niko-Shirane-san, which is the highest in Kanto area, the height above sea of the top of the ski slope is 2,000m. Thanks to the height and the dry wind blowing from the Continent, the height above sea of the top of the ski slope is 2,000m.

8. OGNA HOTAKA SKI AREA

Natural powdery snow 100%
The 3,500m long cruising course from 1,820m height above sea level and the 4km long run from 2,000m height above sea level are so fascinating! Enjoy stepping on virgin snow in the early morning, using the “Smart First Truck” lift operated from early in the morning.

9. WHITE WORLD OZE IWAKURA

Many courses with non-compacted snow
One of the largest ski area in Kanto area! There are 16 various courses including those for beginners and those for experts, so everyone can enjoy! In the kids park, “Rock’n Hiroba”, a snow escavator is equipped, and abundance of good for playing in the snow like sledges, tubing, snow sliders are available. 2 hotels directly owned by the ski area are located nearby, so you can stay in a hotel after enjoy skiing and take a pleasant bath.

10. KATASHINA KOGEN SKI AREA

Skier Only Slope, which is the only one in Kanto area
A ski area with slopes only for skiers, which is the only one in Kanto area. The wide slopes allow you to practice and improve your skiing skill. Since snow storm is rare to occur in this location, you can practice skiing at ease. There are total 11 varieties of courses, including middle level skiers’ course, beginners course for children and beginners, course with permanently installed snow poles. This is the only Miffy Official Ski Area in Japan.

Try it!

*Hagemori* campaign
"Hagemori" means extra-large size dishes offered in the restaurants participating in this campaign in Katashina village(Limited time offer)

Snowshoe trekking
Trek the white snow mountain using the snowshoes. Enjoy fantastic view which is different from Skiing or snowboarding.
11. TAMBARA SKI PARK

Long term operating period from December to May!
Abundance of snow and the finest powdery snow! A snow playground “Tanbara Snow Land” is also available for family visitors. The ski courses are gentle and good for beginners.

DATA
Tanbara Kogen, Numata-shi, Gunma.
http://www.resortservice.co.jp/facility/ski/english/resort/tanbara/

12. Mt. AKAGI FIRST SKI PARK

“The Smallest Ski Area in Japan”, self-proclaimed Usage and parking (up to 80 cars) fees are free. A snow escalator is provided. Good for snow playing.

DATA
Akagisan, Fujimi-machi, Maebashi-shi, Gunma.

13. KAWABA SKI RESORT

The best fine powdery snow, only 2 hours from the capital area
Accessibility is very good as located the nearest to Numata IC and all-day free multi-story parking area is provided. The Kids & Lesson Bahn “First Step Slope” is good for families with children, provided with a roofed snow escalator.

DATA
Kawaba Kogen, Kawaba-mura, Tone-gun, Gunma.
http://www.kawaba.co.jp/snow/

A light-hearted outing....

Daruma painting
Try painting on a “Daruma”, a good luck doll familiarly known from long ago.

Kokeshi painting
Try painting on a “Kokeshi” doll, drawing freely onto the white wooden doll body to make your original Kokeshi doll. Join the factory tour to see the Original Kokeshi Kogeikan and the kokeshi factory, where the history of modern Kokeshi is exhibited.

Usaburo Kokeshi
DATA 1591 Nagosaka, Shirito-mura, Kita-Gunma-gun, Gunma.

Gunma Astronomical Observatory
There is a reflecting telescope of one of the largest ones in Japan. You can see the exhibits of picture and models of celestial bodies and view the night sky through the telescope to have the latest astronomical information.

DATA 6800-88 Nakayama, Takaizawa-mura, Agatsuma-gun, Gunma.
http://www.astron.pref.gunma.jp/e/

Gunma Flower Park
This is the only place in Gunma selected as a “Night View Inheritance of Japan”. The collaboration of one million LED lamps in the Park and the projection mapping of the hot topic brings the excitement to the park. The night view to look throughout the whole Kanto district is worth seeing.

DATA 2471-7 Kashiwagura-machi, Maebashi-shi, Gunma.
http://www.flower-park.jp/

Sukiyaki
Taste sukiyaki – all the food materials are of Gunma, including high quality Joshu beef, konnyaku, of which Gunma is the top producer in Japan, high class Shimonita Negi (leek), Shiitake mushroom, Chinese cabbage and Shungiku leaves.

Daimonya
DATA 1-1, Tomioka, Tomioka-shi, Gunma.
http://www.daimonya.jp/e-top/

Oigami Onsen
A hot spring town alongside Katashina Gorge. The place is calm and rich in nature, so you can enjoy the full-scale snowy mountain landscape.
Oigami Onsen Tourism Association
http://www.oigami.net/

Gunma Silkworm Farm
This is the only Pure Silk farm in the Gunma Prefecture. You can see the process of silkworm from rich eggs to fine silk. To know more about the history of silk farming in Gunma, join the factory tour.

DATA 6860-86 Nakayama, Takaizawa-mura, Agatsuma-gun, Gunma.
While many ski area offer convenient stay at the hotels directly connected, various onsen area are also available in Gunma.

### Kusatsu Onsen
Kusatsu Onsen is one of the best three hot springs in Japan, and the amount of the gushing out spring water is the No.1 in Japan. The spring water has high acid level, and its efficacy is so famous that it has been called “capable of curing all the sickness except love sickness”.

**Kusatsu Onsen Tourism Association**
http://www.kusatsu-onsen.ne.jp/guide/en

### Minakami Onsen Area
The beauty of Minakami Gorge and Susa Gorge, and the calm atmosphere of the hot spring town coexist. Rafting to enjoy the world class torrent of Tone River is also recommended.

**Minakami Tourism Association**

### Shima Onsen
The hot spring town lies spindly along the limpid stream of Shima River. Old hotels line along the 5 zones, i.e. Hinatami, Yuzuriha, Shinyu, The hot spring town lies spindly along the limpid stream of Shima River.

**Shima Onsen Association**
http://shimaonsen.com/en

### Ikaho Onsen
This hot spring town has the history of more than 400 years. In the main street called “Ichihon gai”, many shops line such as old hotels, souvenir shops, restaurants and recreation halls. This is the birth place of Onsen Manju that almost all the Japanese people know.

**Shibukawa-Ikaho Onsen Association**

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## Access To GUNMA

### From Narita Airport

<table>
<thead>
<tr>
<th>Route</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>JR Narita Express (60min)</td>
<td></td>
</tr>
<tr>
<td>Shinkansen</td>
<td></td>
</tr>
<tr>
<td>Kusatsu Station</td>
<td></td>
</tr>
<tr>
<td>Joetsu/Hokuriku Shinkansen (50min)</td>
<td></td>
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</table>

### From Haneda Airport

<table>
<thead>
<tr>
<th>Route</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR Narita Express (60min)</td>
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</tr>
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<td>Joetsu/Hokuriku Shinkansen (50min)</td>
<td></td>
</tr>
</tbody>
</table>

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The information of the bus is right here:
https://www.visitgunma.jp/en/access/

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**Kusatsu Onsen Bus Terminal**
- 24 min from Nakanojo
- 240 min from Shinjuku by highway express bus “Joshu Yumeguri Go”
- 40 min from Nakanojo
- 150 min from Shinjuku

**Ikaho Onsen**
- 25 min from Sibukawa
- 150 min from Shinjuku
- 25 min from Sibukawa

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**Access To GUNMA**

- 180 min from Narita Airport by highway express bus
- 180 min from Haneda Airport by highway express bus
- 150 min from Shinjuku
- 20min by Narita Express
- 25 min from Naganoharakusatsuguchi by bus
- 40 min from Nakanojo
- 150 min from Shinjuku
- 25 min from Sibukawa
- 25 min from Sibukawa

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All the images in this pamphlet are reference only. Some pictures may be different from the actual sight.
Tourism and Local Products Division, Bureau of Tourism, Gunma Prefectural Government
1-1-1 Ote-machi, Maebashi-shi, Gunma, JAPAN 371-8570

http://www.visitgunma.jp/en/
http://www.facebook.com/visitgunma

GUNMA SNOW & ONSEN

Information

The snow area with good access from the metropolitan area!