Discover something you’ve never seen before in this paradise of outdoor activities.

Oh my GUNMA!

GUNMA Activity Guide
Located in the center of Japan, Gunma has a bounty of nature. Enjoy all kinds of fun activities just 2 hours away from Tokyo.
Water Activities

Gunma Prefecture is home to the Tone River, which has the largest watershed in all of Japan. Make the most of the clean and beautiful water of Gunma Prefecture to enjoy many activities the area has to offer.

Canoeing in Lake Shimako

Let's go canoeing in Lake Shimako with its bright, clear blue water called "Shimak Blue".

Rafting and Canyoning on Tone River

Navigate river rapids in a large, inflatable rubber boat. Feel the full force of the rapids as you make your way downstream. Enjoy the beauty of the Tone River right at its source.

Stand Up Paddle Boarding in Sugenuma

What is stand up paddle boarding (SUP)? Just what it says! The rider stands on a flat board and paddles it to the left and right to move forward. Sugenuma has beautiful clear water surrounded by untouched forests, even beginners can enjoy this sport.

Bungee Jumping at Suwakyo Gorge

Bungee jump from 62-meter-high Suwakyo-Ghashi Bridge. Experience the thrill of bungee jumping while diving into the beauty of this gorge.
Almost two thirds of Gunma Prefecture are covered by mountains, many that are popular among hikers of all levels, from beginner to advanced.

**Mt. Tanigawadake Ichinokurasawa**

This scenic view is a one-hour walk from the Tanigawadake Ropeway Oshino Station.

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**Ozegahara**

A rich wetland area full of mountain plants and flowers, including mirabasho, that bloom from mid-May to mid-October. Stay overnight in Oze or take a day-trip.

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**Lake Nozoriko**

At an altitude of 1,513 meters, Lake Nozoriko is filled with over 300 different varieties of mountain plants and has the nickname “Lake in the sky.” Enjoy hiking and camping.

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**Chatsubomigoke Park**

One of the largest areas in East Asia covered by chatsubomigoke moss. The soft, verdant green of the moss looks like a velvet carpet covering the ground. Waterfalls add to the mysterious, inviting scene.

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**Lake Harunako**

A crater lake at the top of Mt. Harunasan. Follow a path around the lake for some light hiking, and enjoy boating, autocamping, and mountain trekking.

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**Kakumanbuchi**

A wooden walking path circles the marshland for an easy hike. Enjoy the beautiful autumn colors beginning in mid-October.

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**Yoshigadaira Wetlands**

This cluster of wetlands is home to a wide variety of plants and animals, and was registered as Wetlands of International Importance (Ramsar site) in 2015. Walkways are carefully maintained for easy hiking.
Night Contents

In the clear mountain air of highlands, you can gaze at the stars in the night sky. Illuminations at famous hot spring resorts and flower gardens create fantastic scenery.

Star Gazing at Mt. Tanigawadake
(Tenku-no night cruising)

Take the special service ropeway about 1,100 meters up the mountain to the highland and experience a night-time walk through the sky.

Fruits

Gunma is blessed with a rich, fertile soil and climate that produces a variety of delicious fruits. Enjoy fruit picking in Gunma all year round.

In the orchards located throughout the Prefecture, various kinds of fruits can be enjoyed all year round.

Hands-on Experiences

With strong ties to its local climate and natural resources, Gunma has long fostered a unique culture of traditional crafts.

Daruma Painting

Takasaki Daruma is one of Japan's most famous lucky charms. The Daruma's black eyebrows and mustache symbolize the longevity of the cranes and turtles. Try your hand at painting your own Daruma doll.

Kokeshi Doll Painting

Gunma produces the largest number of Modern Kokeshi dolls in all of Japan. Here you can experience making your very own original Kokeshi doll.

Shikishima Park
Kadokura Techno Rose Garden

Over 7,000 roses bloom in spring and autumn. After the sun sets, enjoy the flowers til up for night-time viewing.

Ikaho Onsen
Kajikabashi Bridge

Kajikabashi Bridge in Ikaho Onsen is lit up in autumn to display the surrounding autumn colors.

Sainokawara Park
in Kusatsu Onsen

Walk around the park and enjoy the abundance of natural hot springs where you can relax and soak your feet. At night the walkways are lit up to create a dreamlike effect.
Local Foods

Enjoy delicious sake brewed with Gunma’s pure water and savor traditional foods made from a food culture of great flour. Be sure to try sukiyaki made with Gunma’s famous Joshu Wagyu beef.

Sake

Pure, natural water and the cool climate make Gunma’s sake a must for anyone interested in Japanese rice wine. Please come and try it yourself!

Sake Brewery Tour

You can visit local sake breweries and observe the brewing process. After the tour, enjoy sake tasting to sample different varieties.

Sukiyaki

Enjoy sukiyaki made with local Gunma products such as Joshu Wagyu beef, konjac, Shimonita leeks, shiitake mushrooms, hakusai cabbage, and Garland chrysanthemum.

Okkirikomi Noodles

Okkirikomi is a local Gunma dish. Wide, flat noodles are simmered with seasonal vegetables and mushrooms in either a soy sauce or miso-based soup.

Yakimanju

Yakimanju is a hearty, traditional snack. The manju (soft wheat bun) are coated in a sweet and salty miso sauce and grilled over an open flame. It’s the soul food of Gunma.

Mizusawa Udon

A local specialty of Kaho Onsen, Mizusawa Udon is one of Japan’s three famous types of udon noodles, characterized by a firm texture and glossy appearance.

Onsen

Gunma Prefecture has more than 400 hot spring sources and 100 onsen towns in which you can stay. Enjoy the quality and quantity of Gunma’s many onsen as you relax in the Kanto region’s top hot-spring area.

Kusatsu Onsen

Consistently ranked as one of the top three best onsen in Japan, Kusatsu Onsen has the highest natural flow of hot spring water in all of Japan. It’s similarly highly acidic waters are so famous for their healing effects that they are often referred to as “capable of curing any sickness except that of love.”

Minakami 18 Onsen Areas

The Minakami area is home to 18 separate hot springs. Here you can enjoy the beautiful views of gorges alongside the calm atmosphere of the onsen town. We also recommend rafting so you can experience the rushing torrent of the Tone River.

Ikaho Onsen

This onsen town has a history of over 400 years. Walk up the famous stone-paved steps of the main street to see the many shops, hotels, and restaurants that line it.

Shima Onsen

This onsen town lies along the winding waters of the Shima River. Many old, traditional hotels can be found in the different onsen areas around Shima (Iizanami, Yuzanba, Araya, Yamagechi and Onsenguchi).
### Useful Information

#### Outdoor Companies List

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#### KATASHIMA

| HI5H FIVE Mountain Works | http://www.hi5h-five-mountains.com/ |          |     |              |
| Bluebird Canoe | http://bluebirdcanoe.com/bluebird_canoe/index.html |          |     |              |
| Field Earth | http://www.field-earth.com/ |          |     |              |

#### NAKANOJO, SHIMA

| Lakewalk | http://www.lakewalk.jp/ |          |     |              |
| IRIEON SUP | http://www.irieon.com/sup/ |          |     |              |

#### SHIBUKAWA


*Please inquire about reservations to each company ahead of time.*

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### Gunma Flower Calendar

- **Cherry blossom**
- **Moss phlox**
- **Azalea**
- **Wisteria**
- **Rose**
- **Hydrangea**
- **Sunflower**
- **Autumn leaves**
- **Winter cherry**
- **Lime (Japanese apricot)**

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### Get your information on Gunma here

- **Tourist Guide of Gunma Prefecture**
  
  https://www.visigunma.jp/en/

  Official tourism information website for Gunma Prefecture. Loads of information on everything from Gunma’s beautiful natural environment, the best onsen hot springs in Japan, fresh local specialties and cuisine, historical culture, events, campaigns and restaurants to tourist spot maps and access maps.

- **Gunma Travel Guide**

  https://www.facebook.com/visigunma.En

  This is the official Tourism Facebook page of the Gunma Prefecture. Check it out for the latest info on Gunma tourism!

- **Instagram Visit Gunma**

  https://www.instagram.com/visitgunma/

  See our Instagram account for seasonal landscapes.

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### Safety Tips

The push-button alert app for foreign tourists.

- **iPhone**
- **Android**

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