

## Access and Nearby Tourist Sites

Expressway  
Main road  
Railroad  
Shinkansen (bullet train)



### By Train

Tokyo	Hokuriku Shinkansen	1hr30min	
Nagoya	JR Shinano Limited Express	3hrs	Nagano
	Hokuriku Shinkansen	10mins	Ueda
Shin-Osaka	Tokaido Shinkansen	2hr30min	Tokyo
	Hokuriku Shinkansen	1hr30min	Ueda
Kanazawa	Hokuriku Shinkansen	1hr40min	Ueda

### By Expressway Bus

Ikebukuro	Chikuma Bus		
Shinjuku		3hr20min	Ueda
Tachikawa			
Osaka	Chikuma Overnight Bus		
Kyoto		10hrs	Ueda

## Local Transportation and Useful Information

### Ueda Trains and Buses



Ueda Station Bessho Line Ticket Gate

From Ueda Station, Bessho Onsen (hot springs) and Shiodadaira can be accessed by the local Bessho Line. Other areas can be accessed by local bus routes. Bus loops go to popular sightseeing areas, such as downtown and Sanada Village. Guided taxis and seasonal sightseeing buses are also available.



### Wi-Fi

Using the SSID: 0000FLETS-PORTAL, you can have free Wi-Fi access up to 30 minutes at Tourist Information Center in Ueda Station and the Tourist Center.

### Free Bicycle Rental

Free bicycle rental (reservations unavailable) is available at four spots in the city: the bicycle parking to the right of Ueda station exit, Bessho Onsen and Shimonogo stations on the Bessho Line, and the Yukimura Yumekobo in Sanada Village. Service period: Apr thru Nov



### Volunteer Guides (EGG)

Ueda City offers guided tours (private and group are available) in English. Please go to Tourism Division of Ueda City Office for more information.



Gun-Bearing Troops at Sanada Festival



Snowcat Tour in Sugadaira Highlands



Ikushimatarushima Shrine



"Omotenashi (Hospitality)" Samurai at Ueda Castle

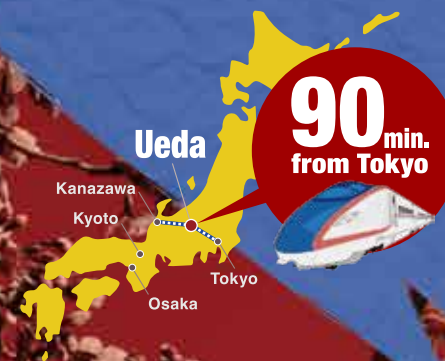
## Ueda Convention Bureau

Tourism Division, Ueda City Office, 1-11-16 Ote, Ueda City, Nagano, 386-8601 JAPAN  
Tel 0268-23-5408 Fax 0268-23-7355 <http://www.ueda-cb.gr.jp/> [ucb@ueda-cb.gr.jp](mailto:ucb@ueda-cb.gr.jp)

上田観光コンベンション協会 2016.02

NAGANO

# UEDA



## Welcome to Ueda!

Home of Samurai Castles  
Hot Springs and Nature

History, culture, and the outdoors can be found in Ueda city. As a former castle town built by Japan's strongest and most popular samurai clan, Ueda boasts traditional hot springs, historical silk and handicrafts, the spectacular outdoor resort of Sugadaira, temples reaching back to the 9th century, and of course, castles, samurai, and ninjas.

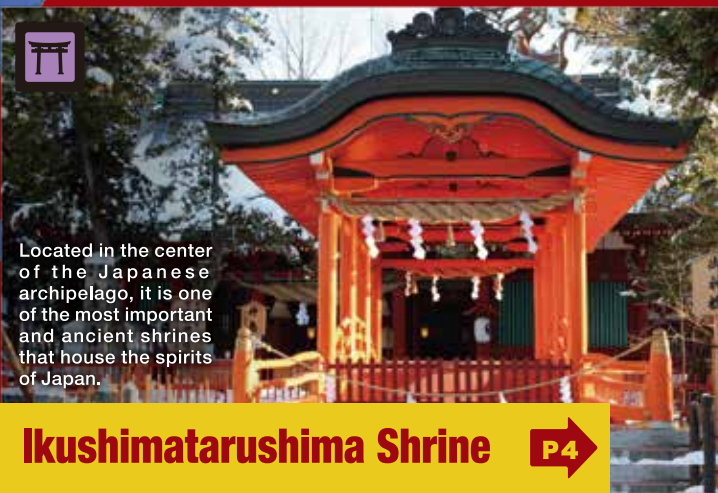
Photo: Ueda Castle and Cherry Blossoms / Ice Lanterns at Kakeyu Onsen (hot springs)



# UEDA

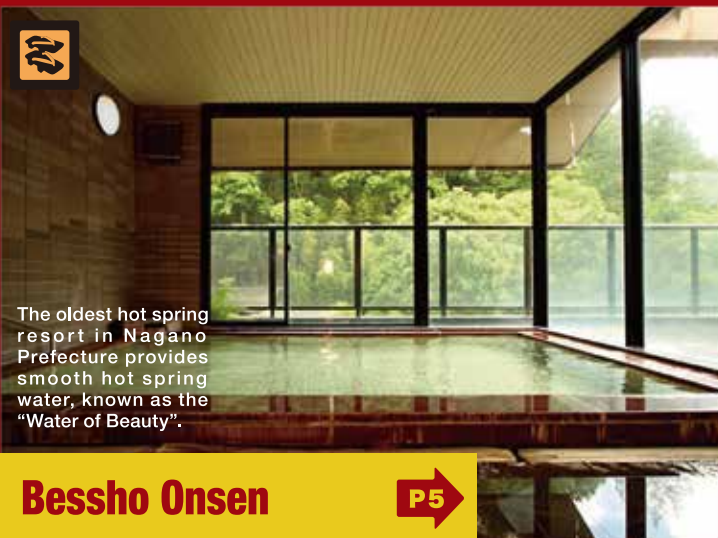
## Fun Sightseeing and Activities

-  Hot Springs
-  History
-  Shrines and Temples
-  Culture
-  Nature
-  Experiences



Located in the center of the Japanese archipelago, it is one of the most important and ancient shrines that house the spirits of Japan.

### Ikushimatarushima Shrine P4



The oldest hot spring resort in Nagano Prefecture provides smooth hot spring water, known as the "Water of Beauty".

### Bessho Onsen P5



### Maruko Onsennkyo P5

The therapeutic bath in the mountains has prospered since old times, and one of the several national spa and health resorts registered by the Ministry of the Environment.



### Utsukushigahara Open-Air Museum P6

Located on a plateau 2,000 meters (6,500 feet) above sea level, the open-air museum exhibits approximately 350 sculptures on grasslands with an area of 130,000 square meters (1,400,000 square feet).



Stroll through a retro hot spring area in the middle of gorgeous farmland and visit a village containing cultural properties from the middle ages in the western part of Ueda.

### Shiodadaira and Bessho Line P3



At an elevation of 1,300 m, this 'Davos of Japan', one of major ski resorts in Japan, is a popular year-round destination for sports.

### Sugadaira Highlands P3



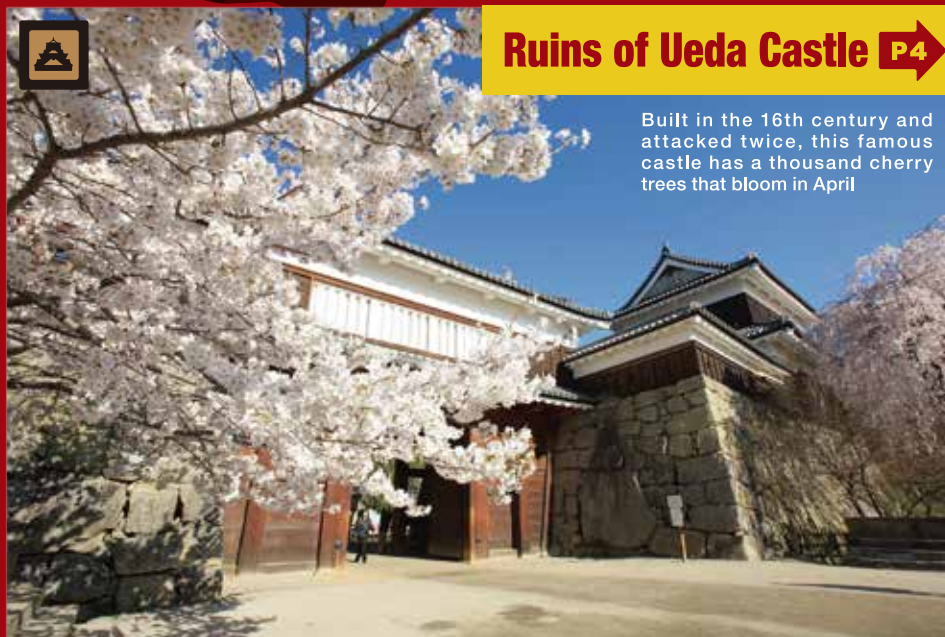
Many historical artifacts such as shrines and temples remain to this day in Sanada, the home of the lineage of the strongest and most popular military generals in Japan.

### Sanada Village P4



### Yanagimachi Street P4

The street has ancient buildings of long-established shops and shows a traditional view of samurai times.



### Ruins of Ueda Castle P4

Built in the 16th century and attacked twice, this famous castle has a thousand cherry trees that bloom in April



### Fruit Picking P6

Enjoy picking fresh and sweet apples, grapes, and cherries at these tourist-friendly orchards



### Cinema Town Ueda P4

Ueda has long been a location for Japanese movies, and the hit anime 'Summer Wars' is based in the city.



## Nature



### Skiing and Snowcats

With 3 ski areas and 36 runs, Sugadaira is a popular destination for winter sports such as skiing, snowboarding, and snowshoeing. You can also take a ride in a snowcat to the peak (2,107 m / 6,912 ft).

## Sugadaira Highlands

A Paradise for hiking, skiing, and rugby

### Hiking

Come see and hike the mountains that symbolize the Sugadaira Highlands: Mt. Nekodake (2,207 m / 7,240 ft) is popular for alpine flowers, and Mt. Azumaya (2,354 m / 7,700 ft) is one of "One Hundred Mountains of Japan". Popular hiking trails connect both mountains.



### Sports

This highland is cool even in summer, and is an ideal place for many sports such as rugby, track and field, soccer, and tennis, bringing athletes from all over Japan.

### Yamaboshi Nature School and English Guides

The Yamaboshi Nature School is a place where traditional Japanese wisdom and natural living can be experienced in various hands-on programs. Come and enjoy nature with all your senses all year round.



## Shiodadaira and Bessho Line

There are many ways to experience the beauty of traditional, rural Japan. From the window of a quaint local train enjoy idyllic rice fields and by historical temples and shrines, or take a stroll or cycle through the historical hot spring village of Bessho.



## Toishikomeyama Castle Mountain Fort Hiking

There were numerous forts and castles in mountainous and strategic locations during Japan's warring period. The ruins of several of these forts still remain in the Ueda area. History fans love hiking around and following the history of the old ruins of these castles, such as a headquarters for the Sanada clan and the site of a famous battle.



Azalea  
in Sanada

Lavender  
at Shinshu International  
Music Village

Peach  
blossoms  
in Yori

## Flower viewing in Ueda



Utsukushigahara Highlands



Autumn leaves in Kakuma Gorge  
and Rice Fields in Shiodadaira



Winter Scenery in Sugadaira  
and Bessho

## Four Seasons of Ueda

### Gibson (Canada)

Hemmed by mountains, Nagano prefecture has maintained much of its natural environment. As a nature lover, this is one of the reasons why I moved here. Ueda in particular offers natural attractions year-round. During cherry blossom season, Ueda Castle is not to be missed. Summer brings music festivals and hiking in surrounding mountains. As the air cools in the autumn, I love strolling through the streets of Bessho after a relaxing dip. And of course, the ski areas of Sugadaira call to me every winter.



## History

(Samurai and Ninja)



### Ueda Castle Ruin Park, Tourism Center

Omotenashi Samurai welcome you in Ueda Castle Park. You can watch their martial arts demonstration and get your picture taken with them. The Tourist Center is located to the east of the park and contains souvenir shops and a rest stop.

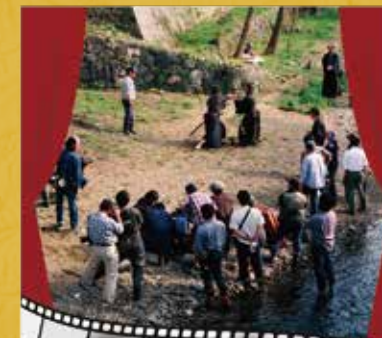
### Yanagimachi Street



Experience the charm of the former Hokkoku Kaido highway, a road lined with traditional white-walled houses with lattice doors and shops, and even a sake brewery. Enjoy hand-cut soba noodles, fresh bread, and traditional sweets.

### Katie (U.S.A.)

Just a short ride by bullet train from most of Japan's major cities, Ueda is not to be missed. Ueda is known for its hot springs and awe-inspiring temples; namely, Anrajuji, Chuzenji & Zensanji. If you are planning a visit to Ueda, definitely take the short train over to the Bessho Onsen resort, located in the historic section of the city. As you walk the marked hike through the majestic forest, Anrajuji temple will inspire you with its beauty! Afterward, definitely take a soak and relax in one of the resort's amazing onsens!



### Cinema Town Ueda

For over 90 years, Ueda has been a location for shooting Japanese cinema. It was also the setting for the popular anime "Summer Wars", and has even hosted overseas cinematographers. Come feel the nature conveyed in the movies.

## Sanada Clan and Yukimura Sanada

The castle town of Ueda had its start in feudal times with the powerful Sanada clan, who built the castle in the 16th century. This history still brings many tourists to Ueda today. Japan's most popular statue of Yukimura Sanada on horseback can be seen outside Ueda Station's castle exit.



### Ikenami Shotaro Sanada Taiheiki-kan (Memorial Museum)

The museum introduces the historical fiction, which was made popular in a TV series. There is a coffee room and a souvenir shop. The Sanada clan often used ninja, and there is a ninja room that children love to explore.



### Sanada Village (History Museum, Pre-castle Ruins)

Come see the samurai armor, weapons, and other artifacts of the Sanada clan. You can also take a walk and see many other historical attractions such as the pre-castle ruins of the former Sanada clan residences and temples.



## Shrines and Temples



### Ikushimatarushima Shrine

Two Shinto deities Ikushima and Tarushima have been worshipped here since the 9th century. The main shrine, which is built on the small island in the pond, has one of the oldest styles of architecture in Japan.



### Anrajuji (Temple)

Chuzenji, a Japanese national treasure is the oldest wooden structure in the central Japan, and Anrajuji is the only zen temple in Japan that has an octagonal three-storied pagoda, a Japanese national treasure. Both are worth visiting.



### Zensanji (Temple)

This temple boasts a wonderful three-storied pagoda (Important Cultural Property). It is also a famous place for viewing flowers, such as cherry blossom, wisteria, and hydrangea.



### Kitamuki Kannon (Temple)

Constructed in the 9th century and people still come to pray today. The name means facing the Big Dipper, which is rare. There are souvenir shops along the quaint approach.





## Hot Springs

We hope you can stay at inns to enjoy historical hot springs in outdoor and large indoor baths. Put on *yukata* (Japanese bathrobe), stroll through the streets, and enjoy meals made from fresh ingredients and local sake.

### Bessho Onsen

1,400 years old – Bessho Onsen has the longest history of any hot spring in Nagano. Just 30 minutes by train from Ueda station, this resort is full of ryokans (traditional inns), 4 public hot springs, 3 free foot baths, and a historic temple.



### Maruko Onsenkyo

(Kakeyu, Oshio, and Reisenji Onsen)

Nestled between quiet mountains lie three hot springs. Among them is Kakeyu, and a legend say it was discovered by a hunter chasing a deer that a Buddha transformed into. You can enjoy recuperative hot spring water and the beautiful surrounding nature in all four seasons.

### Other Hot Springs

Ueda is one of major hot spring areas in Japan, with many hot springs ryokans, hotels, and bathing facilities for day visitors. Many facilities have outdoor baths, where you can enjoy the open air while warming your body.



Emily  
(New Zealand)

When you're visiting Japan you can't miss the hot springs/Onsen – a magical, cultural and natural experience from which you emerge feeling revitalized, re-energized, and most importantly, relaxed. When I visited Ueda, I was lucky enough to take a trip to the public hot springs – I was told it was a must-do while I was in the area. It was a wonderfully calming experience, and so nice to unwind from the stresses of travel. I highly recommend it for those seeking relaxation and another unique aspect of Japanese culture.



### Oidare Yakitori

(char-broiled chicken)

Yakitori coated with soy sauce and garlic is a specialty of the Ueda area.



### Miso

Nagano is the number one miso producing prefecture in Japan. Healthy and delicious, Nagano miso is a popular souvenir.



### Onsen Manju

The most-purchased snack at hot springs are onsen *manju*, a special sweet sold near hot springs, not to be missed.

## Food

### Local Sake

Made from local rice and water with traditional methods, our local sake has a mild flavor and wonderful aroma.



### Ankake Yakisoba and Ramen

Ueda has many noodle restaurants where you can try *ankake yakisoba* (noodles mixed with a thick sauce made from meat and vegetables) and *ramen*.



### Fruits Jelly Candy

"Misuzuame" is a very popular souvenir for tourists. It is traditional dried jelly candy made from Japanese fruit nectar. (Misuzuame comes in 6 flavors; apricot, ume (Japanese apricot), sanpokan (a kind of orange), grape, peach and apple.)



### Soba Noodles

Made by hand from locally-grown buckwheat, soba noodles are a Nagano delicacy, with many shops to choose from.



### Oyaki

Another Nagano specialty is oyaki, flour dumplings stuffed with various vegetables, both sweet and savory.



### Tsukesa Koya

In spring and summer, small huts line the river, where people go to dine on grilled fish, firm and fresh from Chikuma River.



## Experience

### Silk Weaving — Watch and Try

Ueda used to be the center of silkworm culture industry in Japan. Even today, you can watch and try silk weaving, and buy silk souvenirs such as kimono, bags, and purses.

• Koiwai and Fujimoto Silk Studios



## Culture



### Mugonkan and Shinano Dessin Museum

The Mugonkan museum exhibits pictures painted by young men who died in WWII, and the *dessin* houses sketches by painters who died young.

### Santomyuze

The Culture and Art Exchange Center opened in 2014. Exhibited works come from farmer art movement advocated by an oil painter Yamamoto in early 20th century, where farmers were encouraged to make craftworks in agricultural off-seasons.



### Utsukushigahara Open-Air Museum

Walk through 2,000-meter-high greenery and appreciate 350 modern sculptures by famous artists that are always on display. The building includes a pictorial art museum, a light museum, and a children's museum.



## Souvenirs

You can find samurai goods, silk products, and folk art handicrafts in the Tourist Center beside Ueda Castle.

