Sugadaira Highlands — A Paradise for hiking, skiing, and rugby

**Hiking**
Come see and hike the mountains that symbolize the Sugadaira Highlands. Mt. Norikura (2,707 m / 7,940 ft) is popular for alpine flowers, and Mt. Anaoaya (2,764 m / 9,070 ft) is one of "One Hundred Mountains of Japan". Popular hiking trails connect both mountains.

**Sports**
The highland is cool even in summer, and 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.

Shiodaira and Bessho Line
There are many ways to experience the beauty of traditional rural Japan. From the window of a quiet local train enjoy idyllic rice fields and by historical temples and shrines, or take a stroll or a stay in 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 Ueda’s forts still remain in the Ueda area. History fans love hiking around and following the history of the old rule of these castles, such as a headquarter for the Sanada clan and the site of a famous battle.

Sanada Clan and Yakimura Sanada
The castle town of Ueda has its start in feudal times with the powerful Sanada clan, who built the castle in the 16th century. Today, it attracts many tourists to Ueda today, yet Yakimura Sanada is more popular within Ueda Station’s castle with.

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

Ikenami Shotaro Sanada Talheki-kan Memorial Museum
The museum introduces the historical fiction, which was made popular in a TV series. There is a coffee room and souvenir shop. The Sanada clan is also a used shop, 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, Kushima and Tanahime, have been worshiped 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.

**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 hydrangeas.

**Kitamuki Kannon Temple**
Established in the 10th 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.