

# SHINETSU-SHIZENKYO ACTIVITY CENTER



## Shin'etsu-Shizenkyo Activity Center

Open Hour : 8:30am-6:00pm  
 Location : On the first floor of Iiyama station ,  
 JR Hokuriku shinkansen  
 Tel : (+)81 269-62-7001  
 Mail : info@shinetsu-activity.jp

Iiyama Station is your first stop of your outdoor adventure. Shin'etsu Shizenkyo Activity Center (SAC) provides the information and activities to enjoy the four seasons of Shin'etsu Shizenkyo. SAC is also here to help arrange activities and tours. The Center has a variety of equipment for rent, workshop and event spaces, outdoor goods, books and other materials for sale, and even a fitting room.

Check out the website for up-to-date information!  
[www.shinetsu-activity.jp/en/](http://www.shinetsu-activity.jp/en/)

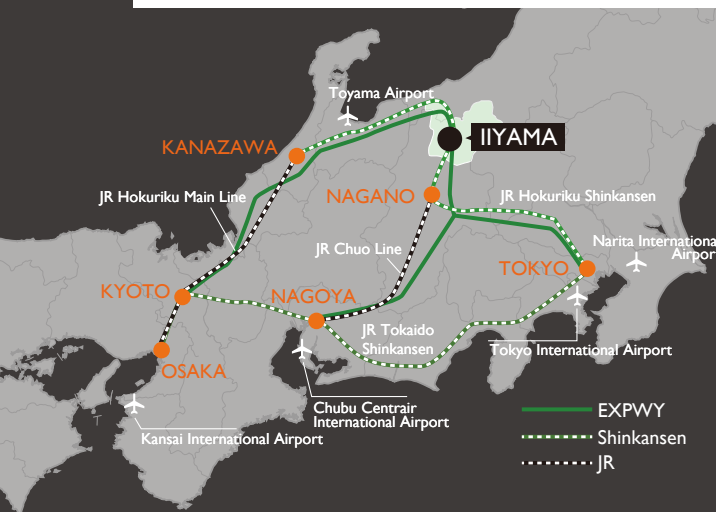
## HOW to PLAY

<p>1</p> <p>Head to Shin'etsu-Shizenkyo Activity Center located on the 1st floor of Iiyama station.</p>	<p>2</p> <p>SAC can answer all your questions about fields, bikes, trekking gear rentals and activity tours.</p>	<p>3</p> <p>SAC's rental services will make your trip easy. There is everything you need for your adventure.</p>	<p>4</p> <p>Let's go on a journey of nature park.</p>
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## RENTAL

Road bike ----- ¥2,000~	Fat bike ----- ¥2,000~	Backpack ----- ¥1,000~	Winter boots ----- ¥1,000~
Cross bike ----- ¥1,000~	Trekking wear ----- ¥1,000~	Tent ----- ¥3,000~	Rain boots ----- ¥500~
City bike ----- ¥500~	Trekking shoes ----- ¥1,000~	Snowshoe ----- ¥1,000~	Airboard ----- ¥1,000~
And More...			

## ACCESS



TOKYO	KYOTO	OSAKA
JR Hokuriku Shinkansen	JR Hokuriku Main Line	
	KANAZAWA	
	JR Hokuriku Shinkansen	
100min	230min	300min
IIYAMA Sta.		

信越自然郷



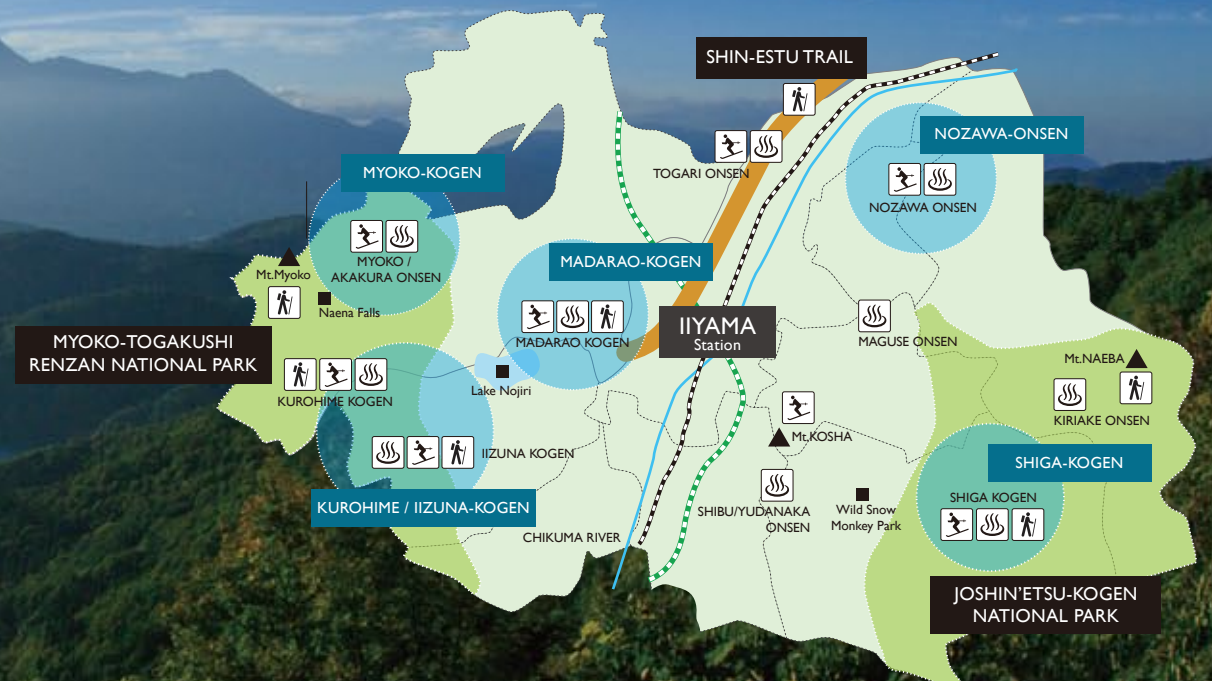
# SHIN'ETSU SHIZENKYO NATURE PARK ACTIVITY





# Where is Shin'etsu Shizenkyo Nature Park?

Shin'etsu Shizenkyo area comprising 9 cities, towns and villages in Nagano and Niigata prefectures surrounded by mountainous regions of Joshin'etsu-kogen National Park and Myoko-Togakushi Renzan National Park. There are many trekking routes within the rich beech forest which is surrounded by mountains over 2,000 meters. Variety of water activities are implemented at lakes and Chikuma River (Shinano River) which is the longest and widest river in Japan. This area is also famous for powder snow which attracts skiers and snow boarders from all over the world. The beautiful seasonal scenery, pure water and clean air are only 100min away from Tokyo!



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The reflection on the lake doubles its beauty.



One of Japanese leading rice productions.



Shonenji temple is famous for its beautiful garden filled with maple trees.



World renowned Snow monkey park.



Historical onsen resorts in the area have been preserved for hundreds of years.

# Trekking

It's one of the best experiences to feel this great natural environment that locals have been protecting for years ... Joshin'etsu-kogen National Park and Myoko-Togakushi Renzan National Park. There are many trekking routes that you will fall in love with in this area. Japan's first and rare long trail "Shin-etsu Trail", Mt. Myoko, Mt. Hiuchi, Shiga Kogen Highland, Sasagamine Highland, Mt. Naeba, Mt. Kurohime etc. We can introduce you to experienced guides depending on your goals and interests.



## SHIN-ETSU TRAIL

The Shin-etsu Trail runs 80km along the ridge of the mountains, forming the boundary between Nagano and Niigata Prefectures. It's located around 1,000m above sea level and is divided by 6 sections about 10km apart. The last traces of snow can be seen among new greenery and flowers bursting into bloom in spring and vivid colours of autumn leaves in fall are breathtaking. Local experienced guides can make your trekking even more satisfied.



Photo : Yamnuska Mountain Tours

### Shiga Kogen Trekking Guided walk

Rates : 4,500yen~ / person (4hours~)

Explore Joshin'etsu-kogen National Park in Shigakogen with a professional guide. There are a variety trekking courses to choose from in the national park. The park is very popular all year round with different scenic views.



First-timers are always welcome.



It's best to have a guide recommend a course for the day!



The colour of the pond is breathtaking.

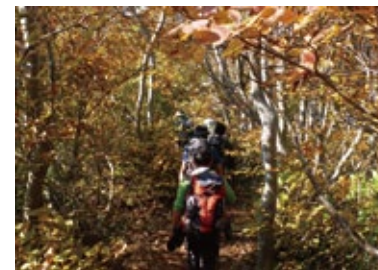


Shiju-hachi-ike wetland is full of diverse plants.

### Myoko Trekking Guided Walk

Rates : 4,000yen~ / person (2hours~)

Hike through popular Mt. Myoko and Sasagamine Highland trekking routes. The Highland is 1,300 meters above sea level and filled with forests, lakes, ponds, and a ranch. The routes are well maintained for hikers of all levels. There are countless hiking trails featuring forests, lakes, waterfalls in this area. A professional guide will provide an informative and entertaining experience.



### Shin-etsu Trail Trekking Private Guide Tour

Rates : 10,000 yen for half day / 15,000 yen for one day (4 hours for half day, 8hours for one day) ※ Accept 10 participants per a guide.

Shin-etsu Trail is a long trail course of 80km. Travel through the backyard forests in the border between Nagano and Niigata prefectures. It is comprised of 6 sections, each of which is around 6 hours of trekking. Local guides offer scenic views for each season as well as its history and culture.

### Mushroom Hunting and Hiking Tour

Rates : 7,000yen~ / person (7 hours)

A local guide will take you into the forest to find various kinds of wild mushrooms that are found around Lake Nojiri. Some are well-known worldwide. The tour has an experienced guide. Dinner with fresh mushroom is optional.



Rare wild Nameko mushrooms can be found.



Taking a nature class from locals is brilliant.

It tastes even better when it's fresh and harvested yourself. (2500yen for dinner)



## Chikuma River Rafting Tour

Rates : 6,000 yen~ / person ,  
3,000 yen~ / child under 6 yrs old  
(2hours)

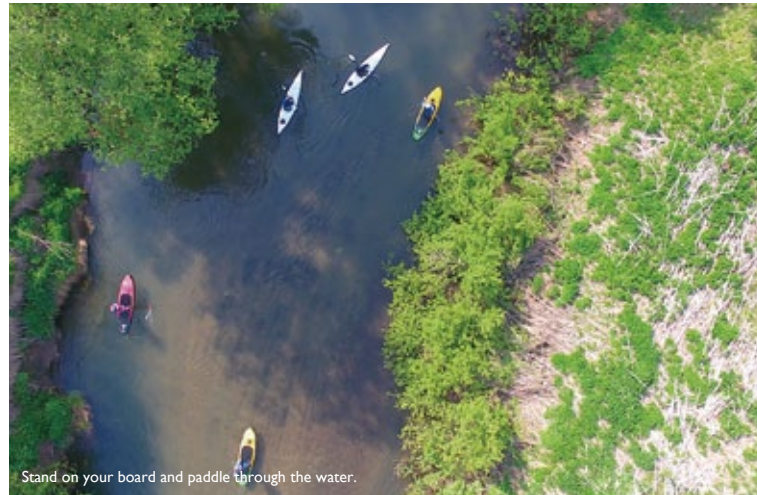
Friendly guides take you down Chikuma river on a raft. It's fun to paddle together as a team. Enjoy other activities in the water as well. Family friendly. Just bring a change of clothes then, you are good to go. An onsen ticket is included.



## Chikuma River Stand Up Paddle Board Tour

Rates : 7,000 yen~ / person (3hours)

Stand up paddle and chill out with a nice view from Chikuma River. SUP gear rental is included. Good for beginners and families with small children. It's one of the popular water activities.



Stand on your board and paddle through the water.



All gear is prepared for you.  
Let's paddle!



Enjoy the scenery while paddling.



Feel the breeze without  
any distraction.

## Water activity

"Lake Nojiri" the 2nd largest lake in Nagano.  
Lake Reisenji and Chikuma River are beautiful to see,  
however looking up from the water is even more interesting.  
We introduce activities and instructors to make your wish come true.

## Lake Nojiri Kayac Half-day Tour

Rates : 5,800yen~ / person (3hours)

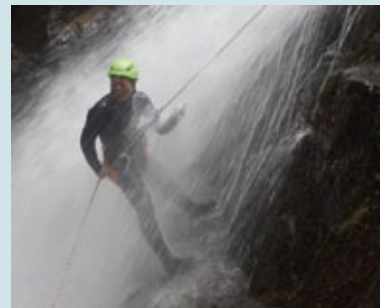
A private guide offers safe canoeing in the nature-rich Lake Nojiri!  
It's fun for all ages, from elementary school students to the elderly.



## Shiga Kogen Canyoning and Shower Climing Tour

Rates : 6,000 yen~ / person (3hours)

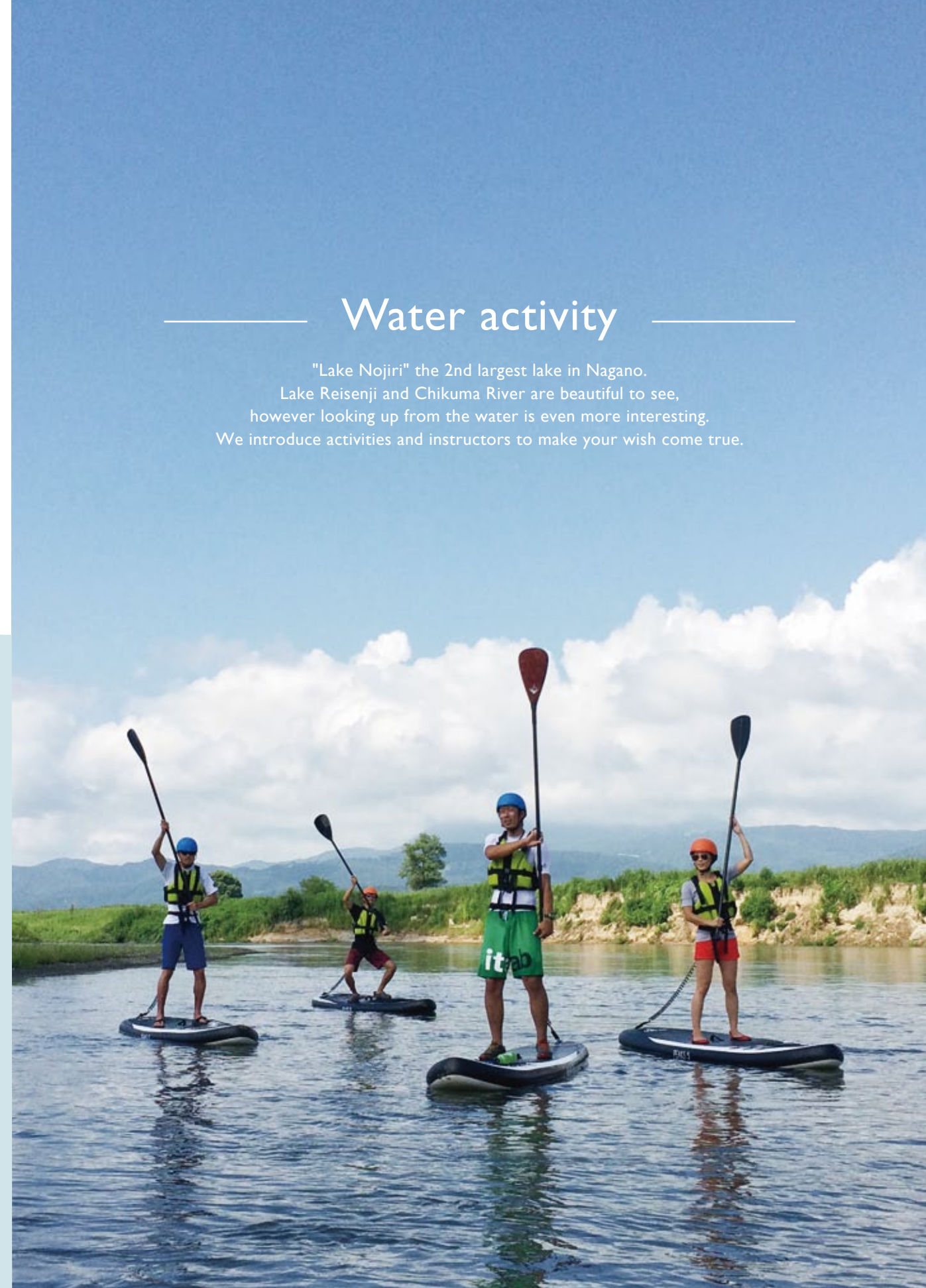
Climb up and down the canyons at a national park. Feel fresh, clean water while sliding down natural waterslides. A professional guide who has wilderness travel skills will assist you to navigate routes in natural phenomena. Water sports equipment will be prepared for you.



## Chikuma River Canoe Harf-day Tour

Rates : 10,000yen~ / person (one boat) ,16,000yen~ / 2persons (one boat)  
(3hours)

This tour is held on Chikuma river which is full of wildlife with a lot of animals and waterfowl from spring to autumn. Canoe trips with a professional guide is always nice. Canoe rental is included.



# Cycling

Bike through a historic city, alongside the Chikuma River, feel the satisfaction of biking up a hill and riding down a ski slope...., you can experience them all. For bike rental users, drop-off stations are available for one-way bike trips. We have many kinds of bicycles to choose from. It is up to you how you want to enjoy your bike trip. You can participate in exciting tours such as downhill biking or an easy-going sightseeing tour. Make your own destination to test your limits, or enjoy the magnificent view.



## Downhill Cycling With A Fat Bike Through The Abandoned Village



Rates : 5,000 yen~ / person (4.5hours)

We take a route deep down the mountain which only a few locals know and learn about their ancestor's life. Ride downhill on a popular Fat bike. A local guide offers interesting historical stories of abandoned villages.

## Madarao Kogen Mountain Bike Tour

Rates : 5,500yen~ / person (3hours~)

A 11km downhill ride through abandoned houses and beautiful trail in Madarao Kogen. Good for beginners and families with small children. Easy to access. It's one of the most popular activities among families.



Have a short demonstration on how to ride MTB safely before the tour.



A quick break is included.



Enjoy the beautiful scenery on the downhill tour.

## Youkoso Landscape Cycling Tour

Rates : 5,000yen~ / person (2.5hours~)

There is a guide that helps you visit the best locations, local people and specialties! The rich heritage of Iiyama will make you come back every season. Learn about Iiyama's history and culture. The tour starts and ends at Iiyama station.



Bike along Chikuma river where very Japanese countryside scenery spreads out from.



The tour starts at Iiyama station.



Meeting locals is part of the fun.



Fresh air is physically and mentally refreshing.

## Cycling maps are available!

JAPAN ECO TRACK map introduces a variety of cycling courses to expand your trip even further.



## Ride A Fat Bike Tour

Rates : 4,000 yen~ / person (2hours)

Fat bikes allow you to ride on winter roads. Experience snow town in a new way! The tour starts and ends at Iiyama station. A local guide will take you to Iiyama's little temple town on a fat bike.



## Snowshoe Along Japan's Longest River!

Rates : 3,500 yen~ / person (2hours)

There's always something fun for every level at Shin'etsu Shizenkyo Activity Center. Feel the crisp winter breeze while snowshoeing along the picturesque Chikuma River. The tour starts and ends at Iiyama station. Learn about Iiyama's culture. Discovering animal footprints on the snow is always peaceful.



Looking up Sekida mountain range. It's one of the most scenic trekking routes with a vast forest of ancient beech trees.



Snowshoe adventure is only 10min walk from Iiyama station.



A great photo opportunity for taking pictures of Chikuma river and snowy mountains together.



The beauty of scenery is the best treat with your coffee.

## Mt.Madarao Backcountry/ Sidecountry "Half Day Tour"

Rates : 8,000 yen~ / person (3hours)

Sliding down the mountain on natural half pipes, catching air time by hanging off branches, forming jumps off the contours of the land, being surrounded by trees and sliding, tumbling, and flying through the scenery of Mt.Madarao, will make for an adventure not soon forgotten! Experience world class Madarao powder snow with a professional guide. Small groups.



## Shiga Kogen Snowshoe Tour

Rates : 4,000yen~ / person (4hours~)

Shiga Kogen's harsh environment creates the sheer power of the elements. Take your time and enjoy it while snowshoeing. There are a variety of courses and tours. Tours like snowshoeing on a lake, and seeing rare rime on the trees are very popular. Some tours come with lunch.



## Cross-Country Ski Hiking Tour

Rates : 8,500yen~ / person (one day tour 9:30am-3:30pm)

The silence of the wilderness, the spiritual experience of gliding through a winter world leaves nothing but tracks in the snow. Away from reality, cross country skiing gives a great sense of freedom! It's a fabulous way to experience Northern Nagano! Cross country skis make it easy to explore the snow. A local guide and the gear are included.



## Private Ski Guide With Local Guide

Rates : 40,000yen~ / one day (one day tour 8:00am-5:30pm)

SKINAGANO mountain guide service is a private tailor-made ski guide service. The guide will take you to the best snow and slopes of each ski resort that you chose to visit, based on your personal ski/snowboard skills. With your guide, you will be able to explore some of the best ski terrain that Japan has to offer, from impeccably groomed runs to untouched powder within the boundaries of the various ski resorts. A local guide will take you recommended ski resorts just for you. Transportation to/from your accommodation is included.



Enjoy powder snow unlike anything you've experienced before.



It's always good to have an experienced guide.



Discover secret spots with a local guide.



It's easy to get to different sightseeing spots since they are located close to each other.



## Japan powder

The Shin'etsu Shizenkyo areas experience the heaviest snowfalls in Japan. There are 38 ski resorts where people come from around the world to experience high quality snow. You can always find experienced guides to take you anywhere you desire. Try snowshoeing to discover the magnificent silver world that you'll never forget.