

## Practical Travel Guide - 406

# NAGANO and KARUIZAWA HEIGHTS



Japan National  
Tourism Organization  
日本政府観光局



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In collaboration with  
Tourist Information Centers  
in Nagano Prefecture



**Nagano Prefecture** (長野県), located in the Center of Honshu, is blessed with natural wonders, hot springs and an historical atmosphere. Its summertime cooler weather attracts as

many people as its splendid ski grounds do in winter. Serving as the gateways to Nagano's places of interest are Nagano and Matsumoto Stations.

## Access: By Train

From	To	By	Approx. Travel Time	Price*
Tokyo Sta.	Nagano Sta.	JR Hokuriku Shinkansen "Kagayaki" / "Hakutaka" / "Asama"	1 hr. 25 min. (Kagayaki)	¥8,340
Shinjuku Sta. (Tokyo)	Hakuba Sta.	JR Limited Express "Azusa"	4 hrs.	¥8,050
	Matsumoto Sta.	JR Limited Express "Super Azusa"	2 hrs. 35 min.	¥6,620
Nagoya Sta.	Nagano Sta.	JR Limited Express "(Wide view) Shinano"	3 hrs.	¥7,460
Shin-Osaka Sta.	Nagoya Sta.	JR Tokaido Shinkansen "Nozomi"	55 min.	¥11,010
Nagoya Sta.	Matsumoto Sta.	JR Limited Express "(Wide view) Shinano"	2 hrs. 5 min.	
Matsumoto Sta.	Hakuba Sta.	JR Oito Line (local)	1 hr. 40 min.	¥1,170
Tokyo Sta.	Karuiizawa Sta.	JR Hokuriku Shinkansen "Hakutaka" / "Asama"	1 hr. 20 min. (Asama)	¥6,020

\*Fare + express charge (with seat reservation, normal season)

## By Bus

From	To	Approx. Travel Time	Price	Ticketing & Operator
Shinjuku Highway Bus Terminal (Tokyo)	Nagano Sta. Bus Terminal	3 hrs. 40 min.	¥1,300 – ¥6,700*	Highwaybus.com (Keio Bus & Alpico Bus)
Ikebukuro Sta. East Exit (Tokyo)		3 hrs. 45 min.	¥1,300 – ¥4,600*	Japan Bus Online (Seibu Bus & Nagaden Bus)
Shinjuku Highway Bus Terminal (Tokyo)	Matsumoto Sta. Bus Terminal	3 hrs. 15 min.	¥3,800*	Highwaybus.com (Keio Bus & Alpico Bus)
Matsumoto Sta. (by train & bus) via Shin-Shimashima Sta.	Kamikochi Bus Terminal**	2 hrs. 40 min.	¥2,500 ¥4,600 (round trip)	Buy combination ticket at Matsumoto Sta. (Matsumoto Dentetsu line ticket office)
Nagano Sta. East Exit	Hakuba Happo Bus Terminal	1 hr. 15 min.	¥2,000	First-come-first-serve basis. Buy the ticket at "Shikanoki" (科の木) shop on the way to the bus stop.
Ikebukuro Sta. East Exit (Tokyo)	Karuiizawa Sta. Bus Terminal (North Exit)	2 hrs. 55 min.	¥2,700*	Japan Bus Online (Seibu Bus)

\*Reservation required. The price may vary depending on your departure date & time.

\*\* Available between mid Apr. and mid Nov.

## NAGANO CITY

**Nagano City** (長野市), the capital of Nagano Pref. with a population of 376,156 (Oct. 2019), has prospered as the political, economic and cultural center of the prefecture. With the completion of the main hall of Zenkoji temple in the 18th century, the town grew rapidly due to the constant stream of pilgrims to it. Today, millions of travelers still visit the city as they enjoy many recreational activities.

### Major Places of Tourist Interest:

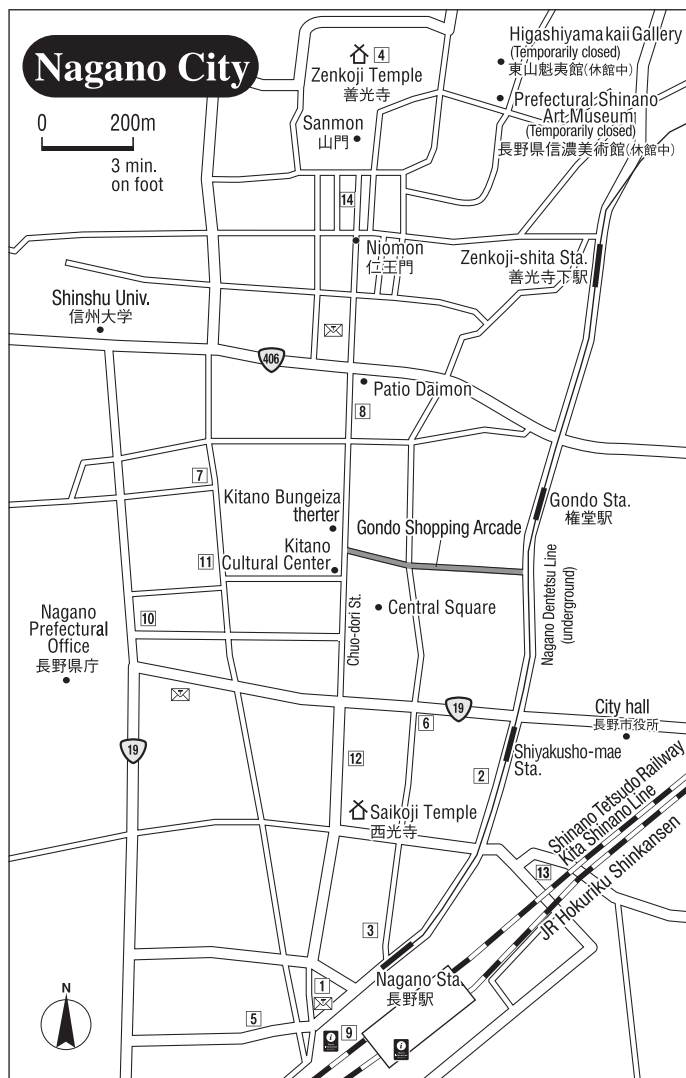
**Zenkoji Temple** (善光寺), 30 min. on foot from Nagano Sta. or 15 min. by bus to Zenkoji Daimon bus stop, was originally founded in the 7th century, and its main hall (National Treasure) was built in the 18th century. The temple's main image was brought to Japan as a gift to the Emperor from the King of Korea in 552 A.D. and has never opened to the public for viewing. A grand ceremony "Gokaicho" is held once every 6 (7 as counted the old Japanese way) years, but even that time the image shown to the public is a copy. Next ceremony will be held in 2021. The inner sanctuary is open daily from around sunrise time to 16:30 (Apr.–Oct.), to 16:15 (Mar. & Nov.), to 16:00 (Dec.–Feb.) Every morning around 5:30 (summer), 7:00 (winter), "Ojuzu–Chodai" or Rosary Blessing, a solemn religious activity can be seen. It is that priests

bless worshipers patting on the head with Juzu. You may experience it if you wish. Admission for the inner temple: ¥500  
URL: <https://www.zenkoji.jp/ENGLISH/about/>

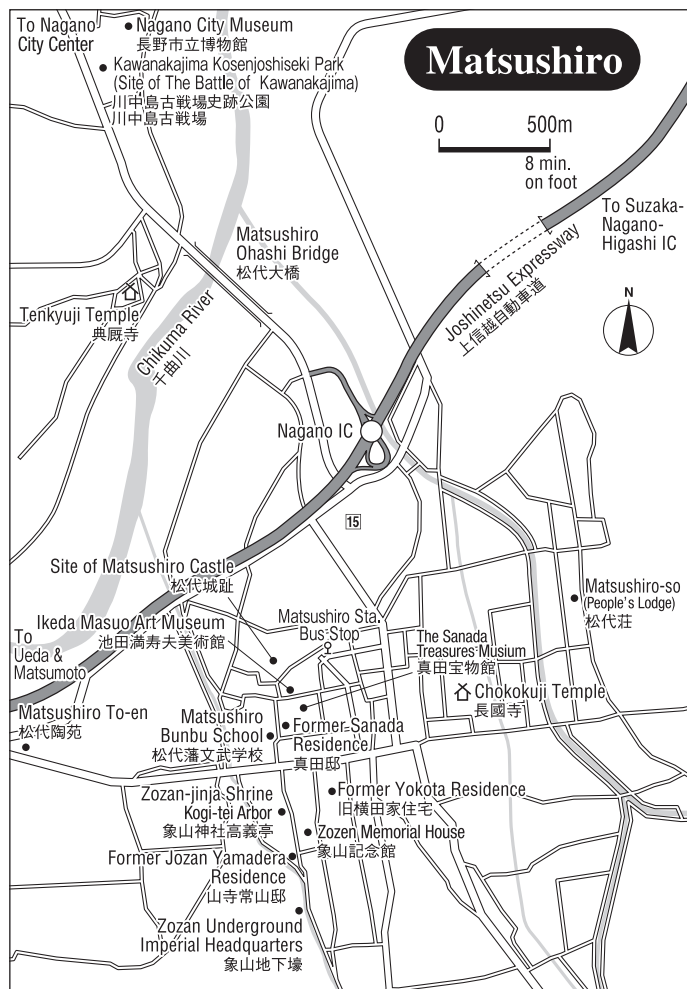
**Nagano Prefectural Shinano Art Museum & Higashiyama Kaii Gallery** (長野県信濃美術館・東山魁夷館), near Zenkoji temple. The museum exhibits works by local artists and the gallery displays paintings by Higashiyama Kaii, a well-known landscape artist. \*Under refurbishment by early 2020 (Higashiyama Kaii Gallery), by early 2021 (Museum).  
URL: <http://www.npsam.com/en/>

**M-Wave**, 20 min. by bus from Nagano Sta. to M-Wave-mae Bus Stop, was built as the stage for the 1998 Nagano Olympic and Paralympic Winter Games. Now it is used as skating rink from Oct. to Mar. Also, in **Nagano Olympic Museum**, you can see the actual equipment used by the athletes who participated in the games, and enjoy its impressive design of huge wooden architecture, 3-D Olympic theater and bobsleigh simulator.  
URL: [http://www.nagano-mwave.co.jp/m\\_wave/language/en.php](http://www.nagano-mwave.co.jp/m_wave/language/en.php)

\*See p. 13 for admission and opening times.



① - ⑭ correspond to those in the Accommodations list on page 10/13



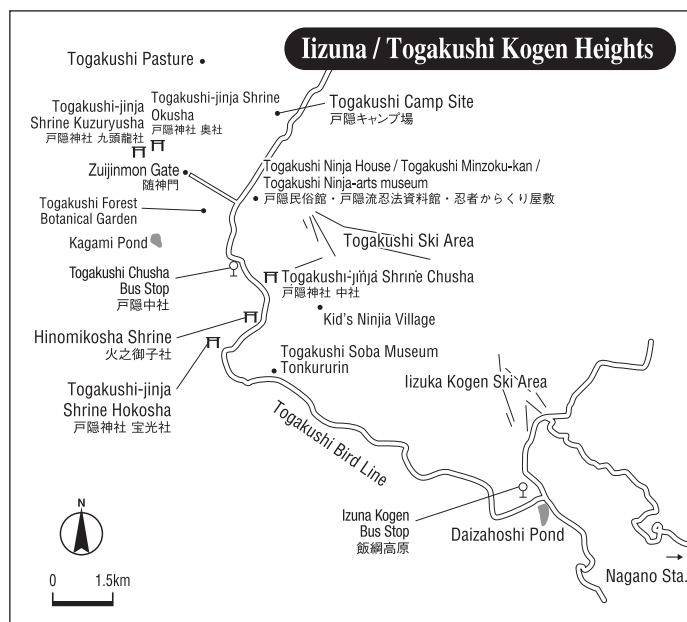
⑮ correspond to those in the Accommodations list on page 10/13

**Matsushiro** (松代), 30 min. by bus from Nagano Sta., is the castle town of Sanada Clan. Visitors can explore historical sites associated with the samurai Sanada family and Sakuma Zozan, a politician who advocated the opening of Japanese ports to foreign traders.

**The Sanada Treasures Museum** (真田宝物館) which exhibits the Sanada family treasures and **the Former Sanada Residence** (真田邸) with its beautiful garden and **Bunbu School** (文武学校), where the sons of the clan members studied literature, military science and swordsmanship, convey the culture of the castle town to the present day. Hours: 9:00–17:00 (enter by 16:30). \*Sanada Treasures Museum is closed every Tue. (except holiday). Admission: Combined ticket ¥500.

**Iizuna / Togakushi Kogen Heights** (飯綱高原／戸隠高原), are spread out at the foot of Mt. Iizuna and Togakushi range. These areas are on a plateau rising over 1,000 meters above sea level and have been designated a national park. They are popular destinations for hikers, campers, mountain climbers, and skiers from all parts of Japan. Iizuna Kogen heights is only 40 min. by the bus (route 70) from Nagano Sta. Dotted with a number of ponds, the heights provide a wide variety of recreational retreats for Nagano residents. The adjoining Togakushi Kogen heights, 1 hr. by the bus, are the home of celebrated Togakushi Soba (buckwheat noodles). Highlight in this region include a visit to **Togakushi-jinja Shrine** a stroll in the Togakushi Botanical Garden and around Kagami pond in May–Oct. Autumnal tints especially attract many visitors. Togakushi is also famous for “Ninja” or Japanese spy artists of 800 years ago. In **Kid’s Ninja Village** (チビッ子忍者村) and **Togakushi Ninja House** (忍

者カラクリ屋敷), try out the Art of Ninja House, the Trick Maze, the Ninja Wonder House, the Shuriken House and challenge yourself in the Forest of Ninja Discipline. 〈Kids Ninja Village〉 Hours: 9:00–17:00 (late Apr.–late Nov.). Closed: Thu. & late Nov.–late Apr. Admission: ¥500. 〈Ninja House〉 Hours: 9:00–17:00 (enter by 16:30. \*Open between late Apr. and late Nov.). Admission: ¥600 (adult), ¥400 (child).



## YUDANAKA-SHIBU ONSEN-KYO &amp; SHIGA KOGEN HEIGHTS

**Yudanaka-Shibu Onsen-kyo** (湯田中渋温泉郷), consist of the nine Onsen (hot spring) areas of Shin-Yudanaka, Yudanaka, Hoshikawa, Honami, Kakuma, Andai, Shibu, Kambayashi and Jigokudani. It takes 45 min. by Nagano Dentetsu Line from Nagano Sta. to Yudanaka Sta. or 35 min. by bus from Shiga heights. Shin-Yudanaka, Yudanaka, Hoshikawa and Honami can be reached on foot and the other Onsen areas by bus from Yudanaka Sta. The abundant amount of hot spring water is one of the largest supplies in Japan.

Shibu Onsen has its nine Soto-yu (public bath) open only to those people who stay the night at an accommodation in Shibu. Its old hot spring resort atmosphere attracts many visitors, and bathing in one after another of all nine Soto-yu washes out one's worries and is beneficial in warding off evil, maintaining good health, having an easy delivery and promoting longevity.

**Jigokudani Yaen-Koen** (地獄谷野猿公苑), located next to Jigokudani (hell valley) Onsen where you can see a dynamic geyser shooting Onsen water. Visitors may observe wild monkeys bathe in the open-air hot spring, especially in winter. 30 min. walk from Kambayashi Onsen through Yumichi promenade. Hours: 8:30–17:00 (Apr.–Oct.), 9:00–16:00 (Nov.–Mar.). Admission: ¥800.

URL: <http://en.jigokudani-yaenkoen.co.jp/>

**Shiga Kogen Heights** (志賀高原), located in the center of the Joshin'etsukogen National Park in northeastern Nagano, about 45 km away from Nagano city, is a resort surrounded by some 2,000-meter-high mountains. The panoramic view from the mountains, accessible by gondola and chair-lifts, is magnificent. Visitors can enjoy a number of sporting activities, such as skiing, snowboarding, hiking, tennis, cycling, golf, camping and fishing.

Shiga heights, one of the largest ski grounds in Japan, and it is known as one of the world's top ranked ski resorts. The area is blessed with a virgin forest, many ponds and marshes. A variety of alpine flowers are beautiful from late spring to the end of summer. It takes 30-40 min. by bus from Yudanaka Sta. to the following places in Shiga heights.

**Shigakogen Nature Preservation Center** (志賀高原自然保護センター), getting off at Hasuike bus stop, offers visitors an opportunity to study the local nature through hiking tours, nature craft workshops and exhibitions. Hours: 9:00–16:00. Open all year around.

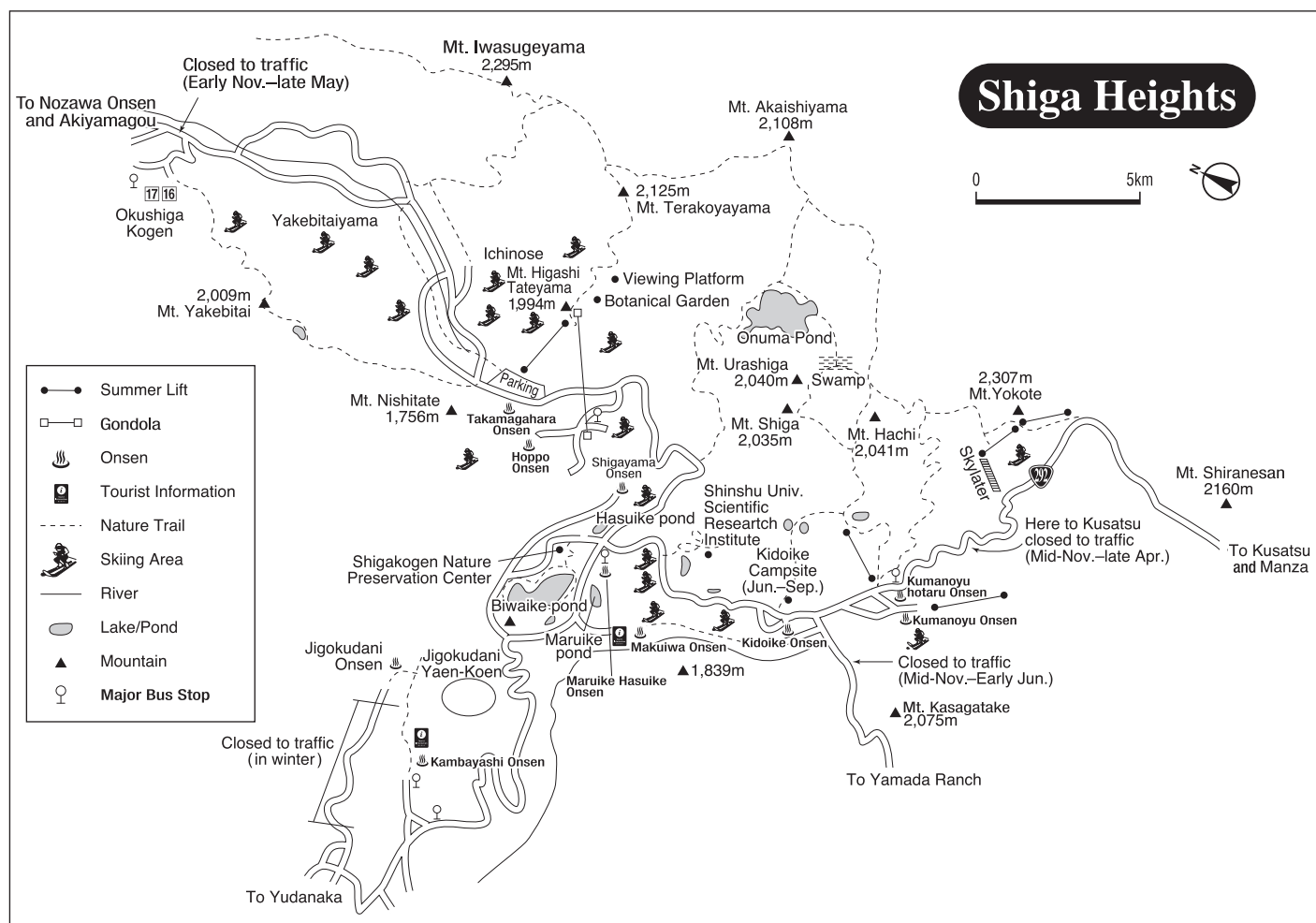
URL: <http://shizenhogo-center.shigakogen.gr.jp/en/>

**Hoppo Onsen** (発哺温泉), getting off Hoppo Onsen Bus Stop, lying at an altitude of 1,600 m, is known as the “hot spring above the clouds.” It is popular among tourists, especially hikers and skiers, for taking a rest and getting their muscles back in shape for the next day.

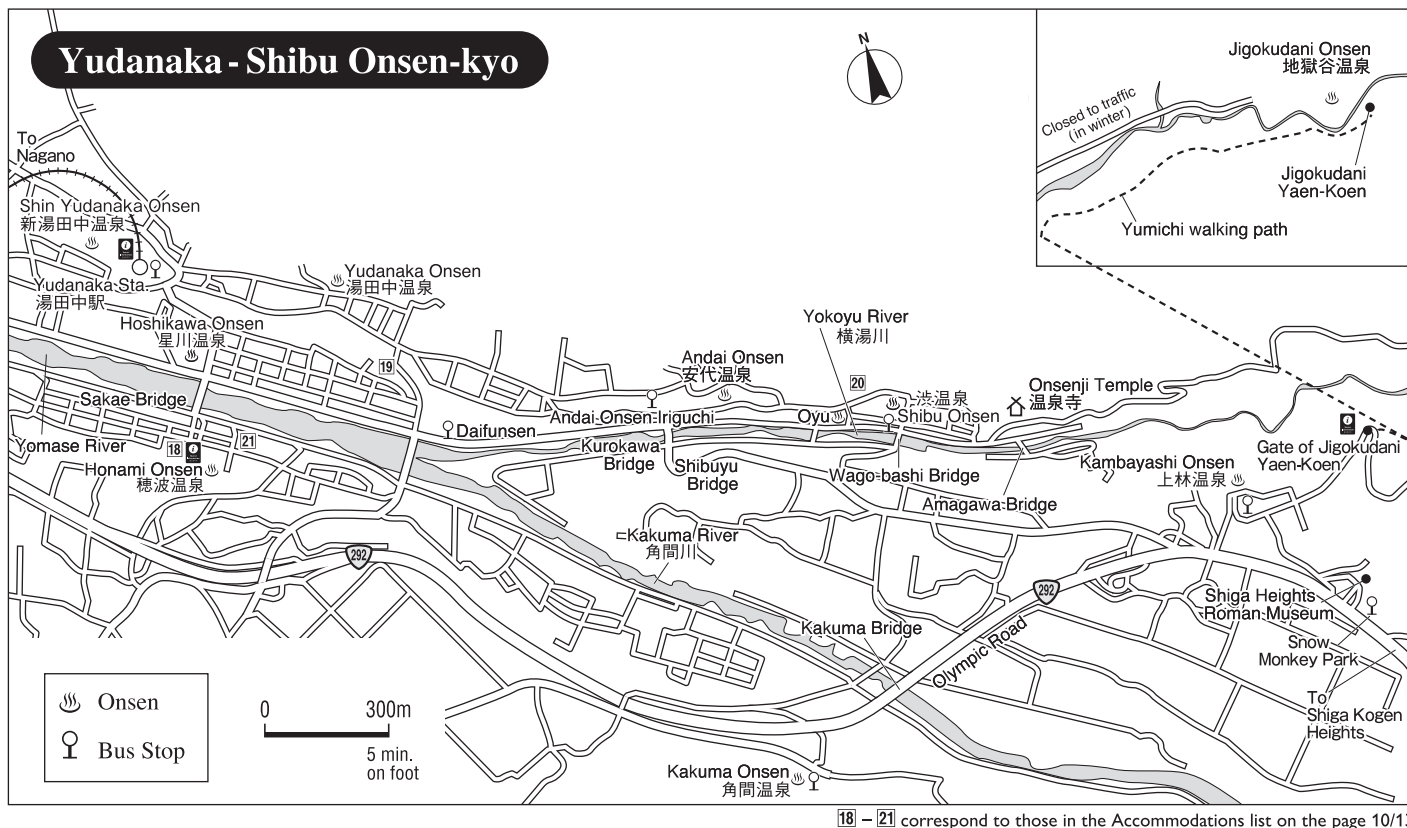
**Mt. Higashi Tateyama** (東館山), alt. 1,994 m, 6 min. by gondola from Hoppo Onsen commands a beautiful panorama of the heights surrounded by high mountains. And you can expect one of the finest views in the area. There is a botanical garden on the top where about 500 kinds of alpine plants are preserved. Hours: 9:00–15:00. Closed: Between mid Oct. and mid Jun. Admission: Free.

Please visit the following website for travel updates, practical travel tips and further information in the area.

<http://info-yamanouchi.net/english/>



\*See p. 13 for admission and opening times.



## NOZAWA ONSEN

**Nozawa Onsen** (野沢温泉), a popular ski and spa resort, it appeared as a village with Onsen (hot spring) on history about 700 years ago. And the Onsen has been loved not only by local people but also many travelers for over 300 years.

### Access:

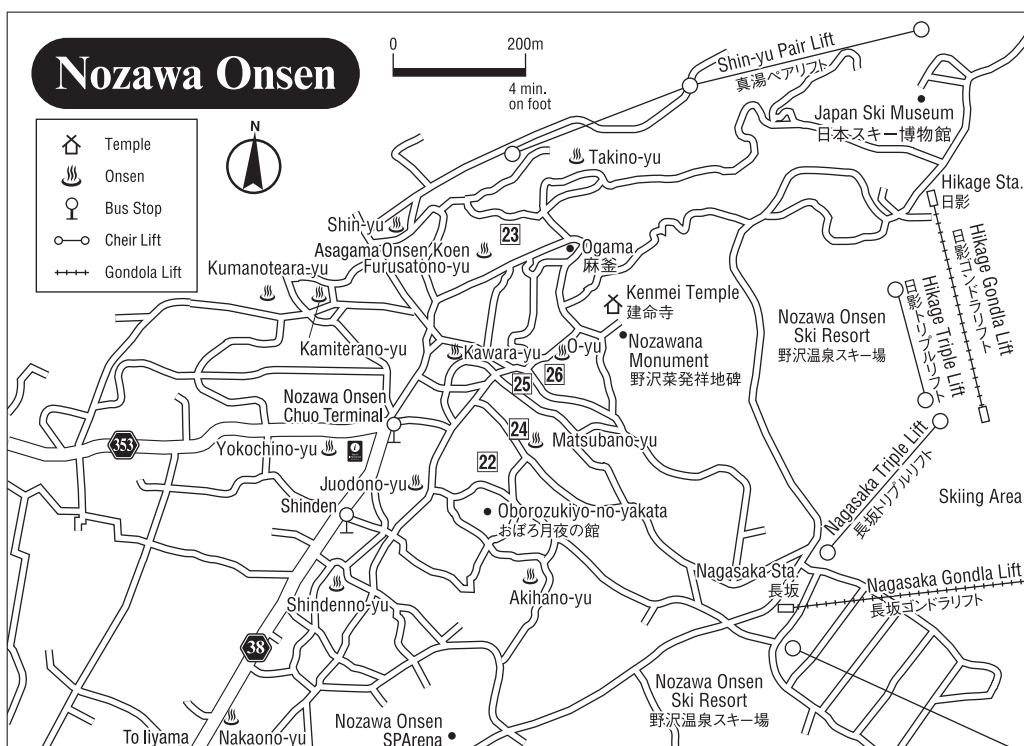
From JR Nagano Sta., 11 min. by JR Hokuriku Shinkansen "Hakutaka" / 45 min. by JR Iiyama Line to Iiyama Sta., then 25 min. by Nozawa Onsen Liner bus to the terminal.

### Major Places of Tourist Interest:

**Sotouyu** (外湯), 13 public bathhouses are open to the public from

5:00 (6:00 in winter) to 23:00 by donation. The symbol of Nozawa Onsen one called O-yu has a wooden public bathhouse reminiscent of the Edo Period. 3 min. walk from Nozawa Onsen Chuo Terminal bus stop.

**Nozawa Onsen SPArena** (野沢温泉スパリーナ), 10 min. walk from Nozawa Onsen Chuo Terminal bus stop, consists of open-air baths you can enjoy with your swimsuits on, restaurant, resting room, outdoor pool for summer and convention hall. Hours: 〈Winter〉 6:30 to 20:30 (13:00-20:30 for bathing), 〈Green season〉 12:00-20:30. Admission: ¥700.



\*See p. 13 for admission and opening times.

**Ogama** (麻釜), 5 min. walk from Nozawa Onsen Chuo Terminal bus stop. This is one of the spots of Onsen sources. It is about 90 degrees Celsius and the water quality is alkaliescent Sulfurous. The hot water springs up as much as 500 liters every minute. Hemp skin used to be boiled and peeled here long ago. This is why it is called Ogama here. ("O" means hemp and "Gama" [Kama] means basin.) Today, Ogama is called also "the Villagers' kitchen". Edible wild plants, vegetables and eggs are cooked with boiling spring water in those basins. There are 5 basins which are called as O-gama, Yude-gama, Maru-gama, or Shimo-gama according to the use.

**Ogama Onsen Koen Furusatono-yu** (麻釜温泉公園ふるさとの湯), 3 min. walk from Nozawa Onsen Chuo Terminal bus stop.

This is an Onsen bath facility which has indoor and outdoor baths. Onsen water comes directly from the hot spring source, flowing through the bath tub without circulation, 100% natural onsen water. Hours: 10:00–20:00. Closed Thu. Admission: ¥500.

**Japan Ski Museum** (日本スキー博物館), This is located in Hikage skiing slope. The entrance is on the second floor. This floor exhibits history of Japanese skiing, exhibition of Mr. Hannes Schneider, memorial room of sister village, St. Anton, Austria, and Chinese and Mongolian ski materials. The video of the Nagano Winter Olympic and the Paralympics is also shown. The first floor has the collection room of folkcrafts for daily use in snow country. Hours: 9:00–16:00. Closed: Thu. Admission: ¥300.

## HAKUBA

**Hakuba** (白馬), has a superb alpine setting for various kinds of sports including mountain climbing, skiing, tennis, trekking, and hiking. Tourists can also enjoy a good command of the mountains as well as hot springs.

### Major Places of Tourist Interest:

**Mimizukuno-yu** (みみずくの湯), one of four public baths in Hakuba-happo Onsen, 10 min. walk from JR Hakuba Sta., commands a good view of Hakuba Mountains. Hours: 10:00–21:30 (enter by 21:00). Admission: ¥600.

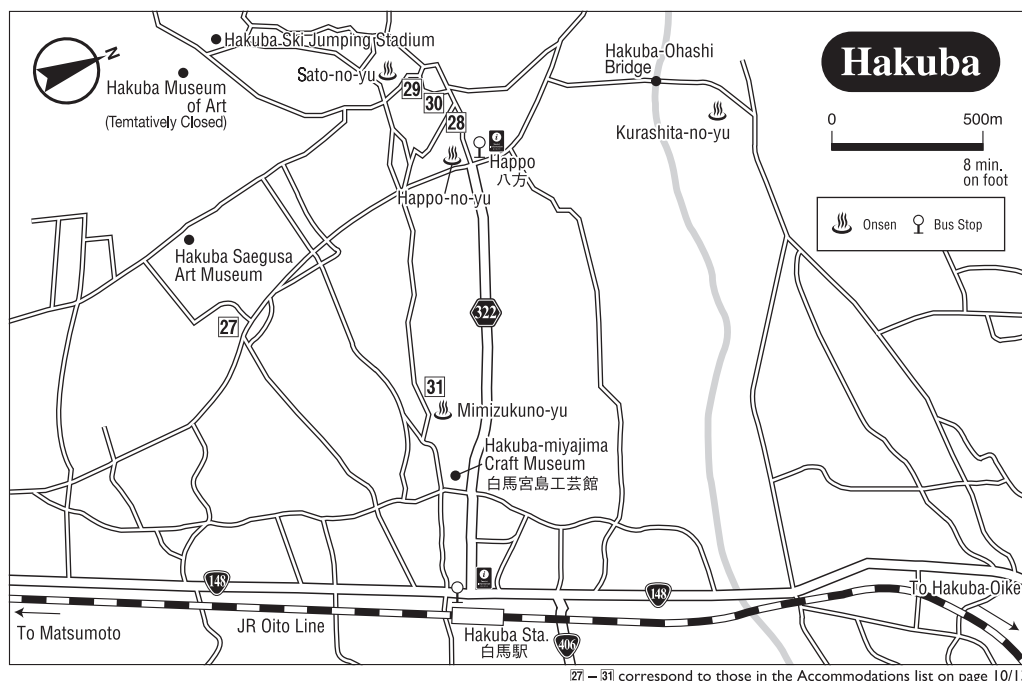
**Hakuba Museum of Art** (白馬美術館), displays print works by Marc Chagall, 10 min. by taxi from Hakuba Sta. \*Tentatively closed until the end of Mar. 2020.

**Hakuba Saegusa Art Museum** (白馬三枝美術館), near Hakuba Museum of Art, features a collection of over 100 draw-

ings of the Hakuba Mountains and landscapes by such famous Japanese painters as Kazuo Tamura. Hours: 9:00–17:30. Closed: Dec.–Mar. Admission: ¥700.

**Hakuba Ski Jumping Stadium** (白馬ジャンプ競技場), 10 min. by taxi from JR Hakuba Sta., has a 60-meter-high tower building which is open to the public. Hours: 8:30–16:30, 9:00–15:30 (Dec.–Mar.). Closed: in case of bad weather & tournament period. Round-trip lift ticket including the admission of the Olympic Memorial Hall: ¥460.

**Tsugaike Nature Garden** (桝池自然園), A vast swamp extended in the altitude of 2,000 meter. 3 hours walk along the wooden road gives you a very good chance of enjoying alpine flora. 30 min. by Alpico Bus from Hakuba Sta. to Tsugaike Kogen (Heights), then another 30 min. by gondola and ropeway services to the garden. Closed: Nov.–May. Admission: ¥300.



\*See p. 13 for admission and opening times.

## MATSUMOTO

**Matsumoto** (松本), pop. 238,804 (Nov. 2019), the principal city in the Matsumoto Basin in the middle of Nagano Pref., serves as the gateway to Chubu-Sangaku (Japan Alps) National Park. Although greatly modernized in its central part, the city still retains much of its heritage from olden times when the locality prospered as a feudal castle town, and many of the vestiges are still seen in the back alleys and outlying areas. Since the beginning of the 20th century, it has developed as a center for food, textiles and the machine industry.

### Transportation in Matsumoto:

**Matsumoto City Circle Bus “Town Sneaker Northern Course” (route 200)**, stops at Matsumoto Castle, former Kaichi School and other places of interest and wherever you get off, the fare is ¥150–200. It operates every 20–30 min. from 9:00 to 18:00 (Apr.–Nov.), from 10:00 to 17:30 (Dec.–Mar.). One-day ticket of ¥500 is also available.

**Free Rental bicycle ‘Sui Sui Town’** are available at Matsumoto Castle, former Kaichi School, Matsumoto Museum and other municipal facilities.

### Major Places of Tourist Interest:

①**Matsumoto Castle** (松本城), the symbol of the city, was originally built in 1504 during the turbulent age of the civil wars. The moats and stone walls of the original castle still remain. The imposing donjon, now designated as a National Treasure, is the oldest five-tiered donjon among the castles remaining in this country. It commands a magnificent view of the alpine peaks and Utsukushigahara Plateau. The area surrounding the moat forms a central public park with many cherry trees. 15 min. walk or 5 min. by bus from Matsumoto Sta. Hours: 8:30–17:00 (enter by 16:30). Closed: Dec. 29–Dec. 31. Admission: ¥610.

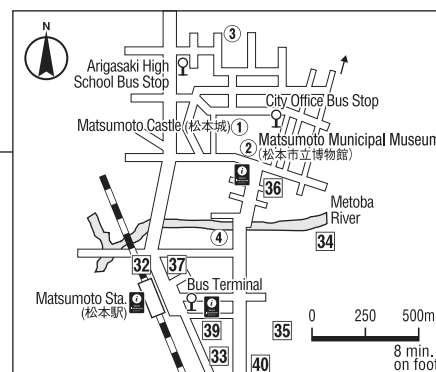
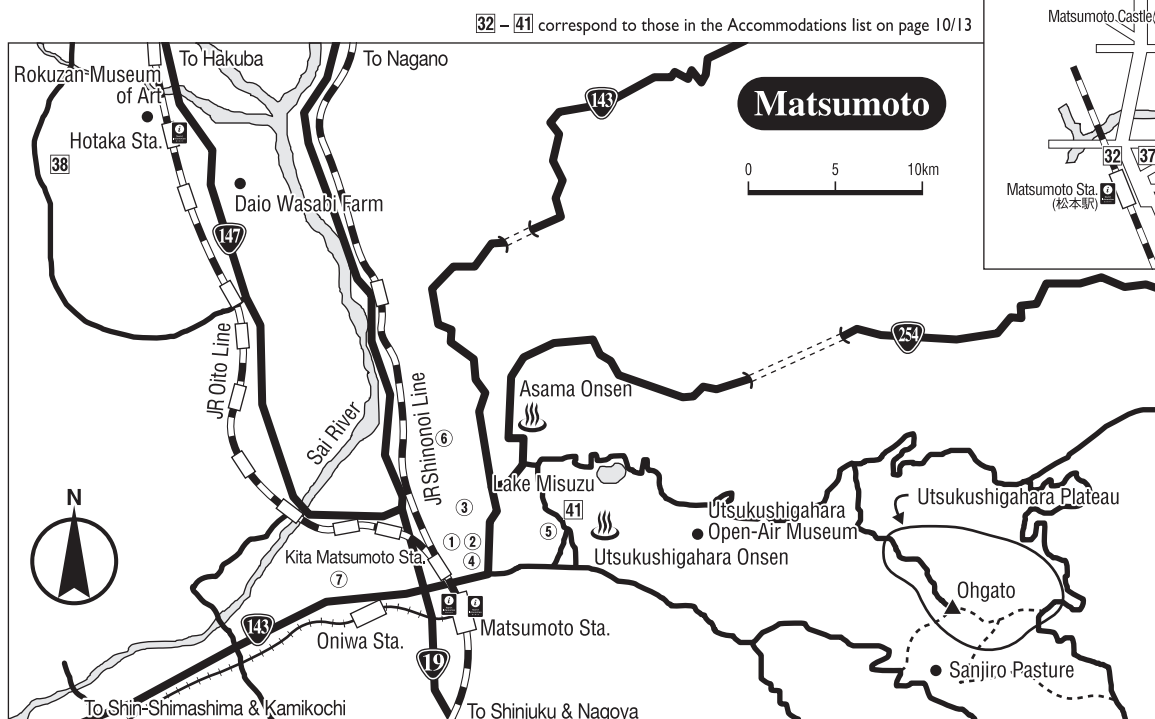
②**Matsumoto Municipal Museum** (松本市立博物館), located in front of the castle donjon, displays the archaeology, history, folklore and nature of the locality. Especially noteworthy are farming implements, folk religion materials and Star Festival dolls. Hours: 8:30–17:00 (enter by 16:30). Closed: Dec. 29–Jan. 3 and some temporary closures. The ticket for the castle covers the admission of this museum.

③**Former Kaichi Gakko (School)** (旧開智学校), 10 min. walk from the castle, was built in 1876 and is the oldest Western-style school structure in Japan. The building, now a museum, is topped with a weathercock, and the white walls are a fine contrast to the blue roof tiles. The classrooms and auditorium have been preserved as they were when the building was used as a primary school. Historical materials of education are displayed. Designated as an Important Cultural Property. Hours: 9:00–17:00 (enter by 16:30) Closed: 3rd Mon.\* (Mar.–Nov.), every Mon.\* (Dec.–Feb.) & Dec. 29–Jan. 3 (\*or the next weekday when the Mon. falls on a national holiday). Admission: ¥400.

④**Matsumoto Timepiece Museum** (松本市時計博物館), 10 min. walk from Matsumoto Sta., displays the collection of old clocks by Honda Shinzo, a watch engineer, as well as clocks donated from citizens of Matsumoto. Hours: 9:00–17:00 (enter by 16:30). Closed: Mon. (Tue. when Mon. falls on a national holiday) & Dec. 29–Jan. 3. Admission: ¥310.

⑤**Matsumoto Folkcraft Museum** (松本民芸館), near Matsumoto Mingeikan Bus Stop, 15 min. by bus from Matsumoto Sta., was built in 1962 by Taro Maruyama, a noted folk artist of the city. Some 7,000 local folk home utensils of wood, bamboo and glass are on display. Hours: 9:00–17:00 (enter by 16:30). Closed: Mon. (Tue. when Mon. falls on a national holiday) & Dec. 29–Jan. 3. Admission: ¥310.

⑥**Matsumoto Alps Park** (松本アルプス公園), 20 min. by bus (2 services in a day) from Matsumoto Bus Terminal, is located 800 m above sea level. **The Mountain and Nature Museum** (山と自然博物館) (Admission: ¥310. Closed: Mon. [Tue. when Mon. falls on a national holiday] & Dec. 29–Jan. 3), located in the park, houses the history of mountain climbing gears, botanical and insect specimen cases from the local. The scenery of the Northern Japan Alps and Azumino can be enjoyed from the observation deck.



⑦**Japan Ukiyo-e Museum** (日本浮世絵博物館), 7 min. by taxi from JR Matsumoto Sta. or a 15-min. walk from Oniwa Sta. on Matsumoto Dentetsu Line, houses the world's largest collection of Ukiyo-e woodblock prints. Hours: 10:00–17:00 (enter by 16:30) Closed: Mon. (open when Mon., falls on a national holiday and closed the following day) & New Year holiday. Admission: ¥1,000.

#### Suggested Walking Route:

Matsumoto Sta. — 5 min. by bus “Town Sneaker (route 200)” — Matsumoto Castle (松本城) & Matsumoto Municipal Museum (松本市立博物館) — 10 min. walk — Former Kaichi Gakko (School) (旧開智学校) — 10 min. walk to Shiyakushomae Bus Stop — 10 min. by bus (route 31) — Matsumoto Folkcraft Museum (松本民芸館) — 15 min. by bus — Matsumoto Sta.

#### Other Places to Visit in the Vicinity:

**Asama Onsen** (浅間温泉), 30 min. by bus from Matsumoto Bus Terminal, is a quiet hot spring resort. It serves as a base for excursions to Utsukushigahara Plateau and Lake Misuzu. Bus fare: ¥360.

**Lake Misuzu** (美鈴湖), 15 min. by car from Asama Onsen is a human-made lake with a circumference of 3 km. It offers ideal camping, and fishing in summer and in winter.

**Utsukushigahara Plateau** (美ヶ原高原), 1 hr. 40 min. by bus from Matsumoto bus terminal, is a plateau, 5 km<sup>2</sup> in area, lying at an altitude of 2,000 m. It is noted for the sweeping 360-degree view obtainable from there including almost all of the peaks of the Northern Japan Alps. Recommended months for exploration of the scenic beauty of the plateau are May–Jun., when snow still lingers on the peaks and Japanese azaleas are seen at their best, Jul.–Aug., when the alpine flora come out in all their splendor, and Oct. when the mountainsides are set aflame with crimson leaves. Bus fare: ¥1,550 (only in mid August).

**The Utsukushigahara Open-Air Museum** (美ヶ原高原美術館), located at the end of Utsukushigahara Plateau, has

about 350 open-air sculptures. Hours: 9:00–17:00 (enter by 16:30). Closed: early Nov.–late Apr. Admission: ¥1,000.

**Azumino** (安曇野), a plain extending over the foothills of the Northern Japan Alps, presents a typical pastoral scene with Hotaka Town as its center. It is blessed with the charm of scenic variety all year round. The acacia and apple blossoms come out in all their splendor in their respective seasons. The autumnal tint of trees also allures many hikers to come here. The charming “Dosojin” stone guardian deities are scattered throughout the area.

**Rokuzan Art Museum** (碌山美術館), a 7-min. walk from Hotaka Sta., is an impressive red-walled structure resembling a European church. It mainly holds the works of Rokuzan Ogiwara (1879–1910), a master sculptor of Nagano Prefecture who is called the “Rodin of the Orient.” Hours: 9:00–17:10, –16:10 (Nov.–Feb.) enter 30 min. before the closing time. Closed: Mon., the day following national holiday & Dec. 21–Dec. 31 (Open daily in May–Oct.). Admission: ¥700.

**Daio Wasabi Farm** (大王わさび農場), the largest farm where “Wasabi” (Japanese horseradish) is cultivated, is about a 40-min. walk on a hiking trail which begins at Hotaka Sta. Rental bicycles are available near the station. Wasabi is cultivated in the clean water beds built in a shallow, curving valley. The Daio farm scenery is really picturesque, with the fields of the fresh green wasabi leaves surrounded by rows of acacia and poplar trees on the embankments. Hours: 9:00–17:20 (Mar. –Oct.), –16:30 (Nov. –Feb.).

#### Recommended Sightseeing Route around Hotaka Sta.:

Matsumoto Sta. – 30 min. by train – Hotaka Sta. – 5 min. walk – Hotaka-jinja Shrine – 15 min. walk – Toko Temple – 5 min. walk – Todoroki old house – 15 min. walk – Daio Wasabi Farm – 1-hr. walk along Hotaka river – Rokuzan Art Museum – 5 min. walk – Hotaka Sta.

## KAMIKOCHI

**Kamikochi** (上高地), the center of Chubu-Sangaku (Japan Alps) National Park, is a narrow basin lying at an altitude of 1,500 m along the upper reaches of Azusa River and is surrounded by lofty peaks of the Hotaka Range, Mt. Yake-dake and Mt. Kasumizawa. It is the best equipped base for starting a climb of the peaks in this national park.

#### Access:

**From Matsumoto:** See p.1.

**To Hirayu:** 35 min., ¥1,180 by bus from Kamikochi. Available from late Apr. to Oct.

**To Norikura Plateau:** Next 1 hr., ¥1,450 by bus from Hirayu. Available from mid. May. to Oct.

#### Places of Tourist Interest:

**Kappa Bridge** (河童橋), over the crystal-clear waters of the Azusa River, 2 km upstream from Taisho Pond, a suspension bridge commanding a fine view of Mt. Oku-Hotaka (alt. 3,190 m) to the north is known as the symbol of Kamikochi. 5 min. walk from Kamikochi Bus Terminal.

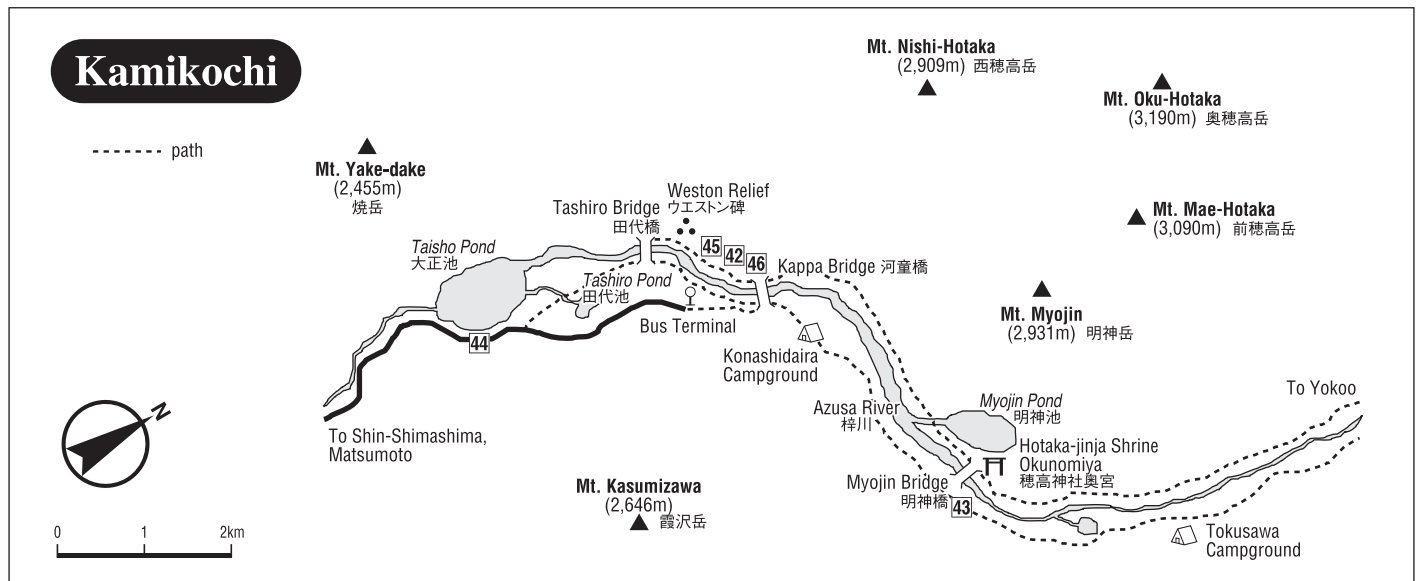
**Taisho Pond** (大正池), a 1-hr. walk from Kappa Bridge, was formed in 1915 by the eruption of Mt. Yake-dake (alt. 2,455 m), one of two active volcanos in the Northern Japan Alps made by lava and mud, spewed out of the mountain blocking the course of the Azusa River. The scenery is mysteriously beautiful here having Hotaka Ranges and Mt. Yake-dake on its back with the dead trees still standing in the pond.

**Weston Relief** (ウェストン碑), is a 20-min. walk from the Kappa Bridge. Rev. Walter Weston, a British missionary, explored Mt. Yarigatake and other mountains in Central Japan from 1888 to 1894, and popularized the term “Japan Alps” by his celebrated book “Mountaineering and Exploration in the Japanese Alps.” The Weston Festival is held annually in Jun.

#### Suggested Hiking Route:

- (1) Kappa Bridge — Weston Relief — Tashiro Bridge — Tashiro Pond — Taisho Pond — Imperial Hotel — Bus Terminal — Kappa Bridge  
Time required: about 2 hrs.
- (2) Kappa Bridge — Konashidaira — Myojin Bridge — Myojin Pond — Kappa Bridge  
Time required: about 3 hrs.
- (3) Kappa Bridge — Konashidaira — Myojin Pond — Tokusawa  
Time required: 4 hrs. (round trip)

\*See p. 13 for admission and opening times.



42 - 46 correspond to those in the Accommodations list on page 10/13  
\*See p. 13 for wild animal encounters.

## KARUIZAWA HEIGHTS

**Karuizawa Heights** (軽井沢高原), an ideal year-round holiday land, lies at the foot of Mt. Asama (2,568 m), a major active volcano bordering on Nagano and Gunma Prefectures. It is densely covered with forests of Japanese larch, among which hot springs are interspersed. Places of interest in the district include Asama Pasture bedecked with azaleas in season and Onioshidashi Rocks, a rugged lava bed covered with boulders spewed out from the volcano.

**Kyu-Karuizawa** (旧軽井沢), as the oldest upland resort town in Japan, Kyu-Karuizawa forms the core of Karuizawa Heights. About 2 km north of Karuizawa Sta., the town, which was originally “discovered” by venerable Archdeacon A. C. Shaw, an Canadian missionary domiciled in Tokyo over a century ago, has many summer residences owned by foreign and national dignitaries. In summer, hundreds trendy Tokyo and Yokohama-based boutiques and noted restaurants are opened, turning the main street.

**St. Paul's Catholic Church** (聖パウロカトリック教会), a unique structure designed by a noted U.S. architect. 5 min. walk from Kyu-Karuizawa Bus Stop.

**Former Mikasa Hotel** (旧三笠ホテル), 10 min. by bus from Karuizawa Sta., is the oldest wooden Western hotel in Japan. After repairs, it is now opened to the public to show its valuable architectural style. Hours: 9:00-17:00. Closed: Dec.28-Jan.4. Admission: ¥400.

**Kumoba Pond** (雲場池) or “Swan Lake” as it is called by foreign residents, is an ideal place to enjoy strolling about the fresh surrounding greenery.

**Usui Pass Observation Platform** (碓氷峠見晴台), on the peak above the pass, commands a panoramic view of Mt. Asama, Mt. Myogi, the Yatsugatake Mountain Range and the surrounding scenery. Nearby stands the Kumanokoutai-jinja Shrine. The pass can be easily climbed in 1 hr. 20 min. from **Nite Bridge** (二手橋) at the end of Karuizawa Ginza.

**Wild Bird Sanctuary** (野鳥の森) is close to Hoshino Onsen, which can be reached in 5 min. by bus or 17 min. on foot from Naka-Karuizawa Sta. Buses are also available (15 min. ride) from Karuizawa Sta. About 80 species of birds inhabit the Karuizawa

Heights, making it a treasured sanctuary for wild birds. The Wood is designated by the Ministry of the Environment as a protected area. There is a forest course from which the birds' habitat can be observed.

**Lake Shiozawa** (塩沢湖), a human-made lake in Minami-Karuizawa, can be reached in 40 min. on foot from Naka-Karuizawa Sta. Here one can enjoy boating and archery etc.

**Shiraito Falls** (白糸の滝), 25 min. by bus from Karuizawa Sta., is a lovely waterfall, 3 m high and 70 m wide. The sight of water falling down in slender streaks looking like so many white threads is indeed magnificent. It looks its loveliest especially in seasons of fresh verdure and crimson maples.

**Asama Ranch** (浅間牧場), 40 min. by bus from Karuizawa Sta., is an extensive prairie, 800 ha in area. It is bedecked with Japanese azaleas in early summer and gentian in early autumn.

**Onioshidashi Volcanic Rocks** (鬼押出し), 40 min. by bus from Karuizawa Sta. or 30 min. Naka-Karuizawa Sta., are lava beds extending from the northern base of Mt. Asama. In the Onioshidashi Rock Garden, platforms and promenades are provided for viewing the whole Onioshidashi area. There are 4 promenades, for viewing lava bed scenery, alpine plants and so on. Time required to cover the garden is approx. 1 hr. Hours: 8:00-17:00 (enter by 16:30). Closed: irregularly (limited facilities are open in winter). Admission: ¥650.

**Mt. Asama** (浅間山), alt. 2,568 m, soaring to the northwest of Karuizawa, is situated on the boundary between Nagano and Gunma Prefectures. It ranks with Mt. Aso in Kyushu as one of the most active volcanoes in Japan. Climbing is partly prohibited, since the volcano has been active for the past few years.

**Karuizawa Prince Shopping Plaza** (軽井沢プリンスショッピングプラザ), Just in front of Karuizawa Sta. South exit. There are many boutiques, outlet stores, souvenir shops and restaurants. You may enjoy skiing / snowboarding in winter, too. Hours: 10:00-19:00 (changes depend on season). Closed: irregular. URL: <http://www.karuizawa-psp.jp/en/> (shopping plaza)  
<http://www.princehotels.com/en/ski/karuizawa/> (snow resorts)

### Hiking from Mine-no-chaya to Mikasa:

A hiking trail descends from Mine-no-chaya (mountaintop teahouse) through forests of birds and larch to Shiraito Falls, and then on to Mikasa where the former Mikasa Hotel (Important Cultural Property) now stands. It is a 10-km course and the average time needed is 4 hrs. There are several bus stops on the way and there is a resthouse at Shiraito Falls, so you may skip some sections by bus and make your course shorter regarding your itinerary.

① Naka-Karuizawa Sta. (中軽井沢駅)	20 min. by bus	② Mine-no-chaya (峰の茶屋)	70 min. walk	③ Shiraito Falls (白糸の滝)	100 min. walk
④ Ryugaeshi Falls (竜返の滝)	15 min. walk	⑤ Kose Onsen (小瀬温泉)	70 min. walk	⑥ Mikasa (三笠)	

\*See p. 13 for wild animal encounters.

### Leisure around Lake Shiozawa:

Naka-Karuizawa Sta. 8 min. taxi ⑦ Lake Shiozawa, Karuizawa Taliesin (Please check winter closure updates before your departure.) (Musée Peynet, Kouko Fukazawa Wild Flower Museum, Karuizawa Highland Archives, Rowboat, Tennis, etc.)

3 min. walk ⑧ Karuizawa Picturebook Museum (軽井沢絵本の森美術館) in a min. walk ⑨ Karuizawa Erz Toy Museum

⑧ & ⑨ in Forest of MUSE are closed between mid Jan. and Feb.  
① – ⑨ correspond to those on the map on page 12/13

### Recreation Guide:

#### Rental bicycle

To go around on a rented bicycle is the best and easiest way to sense the feeling of Karuizawa. You will find rental bicycle shops here and there in front of Karuizawa Sta., Kyu-Karuizawa and Naka-Karuizawa Sta. Charge is vary depending on shops and conditions.

#### Skating Rinks

Indoor: Kazakoshi Koen (park) Ice Arena (all year round)  
Outdoor: Kazakoshi Koen Skating Rink (Open for rollerskate from mid Apr. to mid Oct., for ice skating from mid Nov. to mid Feb.)

#### Tennis

At Kazakoshi Koen  
Some pensions and minshuku have tennis courts.

#### Field Archery

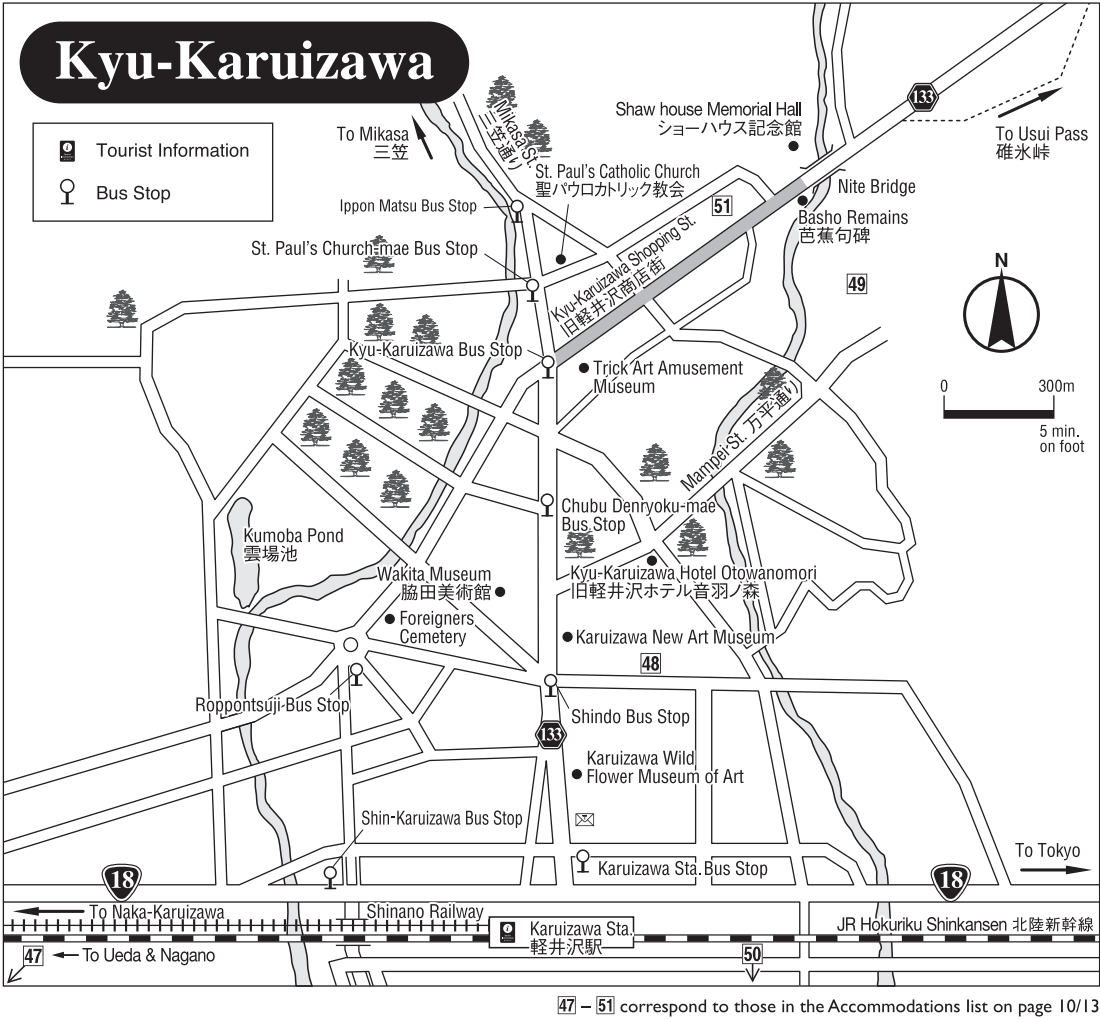
At Karuizawa Taliesin (Open from mid Mar. to early Dec.)

#### Golfing

At Seizan Golf Course, Karuizawa 72 Golf Course, etc.  
Most golf courses are closed during winter.

#### Horseback riding

At Karuizawa Horse Riding Club, Tsuchiya Joba (horse riding)  
Club near Naka-Karuizawa Sta. (Closed in winter)



\*See p. 13 for admission and opening times.

**Accommodations:**

Name of facilities	Tel.	Fax.	Room rate (¥)	Name of facilities	Tel.	Fax.	Room rate (¥)
<b>Nagano:</b>				<b>Hakuba:</b>			
① Hotel Sunroute Nagano (BH)	(026)228-2222	(026)228-2244	¥	②⑦ Pension Nostalgia (P)	(0261)72-4585	(0261)72-4585	¥
② Hotel Nagano Avenue (BH)	(026)223-1123	(026)223-7690	¥	②⑧ Oone-kan (R)	(0261)72-2111	(0261)72-3964	¥¥
③ Hotel New Nagano (BH)	(026)227-7200	(026)228-3058	¥	②⑨ Hotel Taigakukan (H)	(0261)72-2075	(0261)72-4347	¥¥
④ Zenkoji Kyojuin YH (Y)	(026)232-2768	(026)232-2767	¥	③⑩ Yukino-so (R)	(0261)72-2211	(0261)72-6100	¥¥
⑤ Toyoko Inn Nagano-Eki Zenkoji-guchi (BH)	(026)228-1045	(026)228-1057	¥	③① Hotel Hakuba (H)	(0261)72-4444	(0261)72-8120	¥¥
⑥ Smile Hotel Nagano (BH)	(026)226-3211	(026)226-3213	¥	Gastohof Timely (P)	(0261)72-4342	(0261)72-4062	¥
⑦ Usuikan (BH)	(026)233-1313	(026)233-5777	¥	Lodge Shirogane (P)	(0261)82-2388	(0261)82-3855	¥
⑧ Chuokan Shimizuya Ryokan (R)	(026)232-2580	(026)234-5911	¥	Hakuba Sanroku Lakeside (Y)	(0261)22-1820	(0261)22-1977	¥
⑨ Hotel Metropolitan Nagano (H)	(026)291-7000	(026)291-7007	¥¥	Hakuba no Sato Shoendorf (Y)	(0261)83-3011	(0261)83-3011	¥
⑩ Hotel Kokusai 21 (H)	(026)234-1111	(026)235-8970	¥¥				
⑪ The Saihokukan Hotel (H)	(026)235-3333	(026)235-3365	¥¥	<b>Matsumoto:</b>			
⑫ Hotel JAL City Nagano (H)	(026)225-1131	(026)225-0031	¥¥	③② Hotel New Station (BH)	(0263)35-3850	(0263)35-3851	¥
⑬ Chisun Grand Nagano (BH)	(026)264-6000	(026)264-5511	¥¥	③③ Super Hotel Matsumoto (BH)	(0263)31-9000	(0263)31-9001	¥
⑭ Matsuya Ryokan (R)	(026)232-2811	-	¥¥	③④ Marumo Ryokan (R)	(0263)32-0115	(0263)35-2251	¥
⑮ Royal Hotel Nagano	(026)278-1811	(026)278-1818	¥¥	③⑤ Matsumoto Tourist Hotel (BH)	(0263)33-9000	(0263)36-6435	¥
				③⑥ Southern Cross Inn Matsumoto (BH)	(0263)35-6007	(0263)35-6008	¥
<b>Shiga Heights:</b>	(0269)34-2034	(0269)34-2827	¥¥	③⑦ Hotel Iidaya (BH)	(0263)32-0027	(0263)36-9223	¥
⑯ Okushiga Kogen Hotel (H)	(0269)34-3611	(0269)34-2281	¥¥¥	③⑧ Azumino Pastoral Youth Hostel (Y)	(0263)83-6170	(0263)83-6416	¥
⑰ Hotel Grand Phenix Okushiga (H)				③⑨ ALPICO PLAZA HOTEL (H)	(0263)36-5055	(0263)36-5077	¥¥
				④⑩ Hotel Buena Vista (H)	(0263)37-0111	(0263)37-0666	¥¥
				④① Ryokan Sugimoto (R)	(0263)32-3379	(0263)33-5830	¥¥¥
<b>Yudanaka-Shibu Onsen-kyo:</b>							
⑱ Uotoshi Ryokan (R)	(0269)33-1215	(0269)33-0074	¥	<b>Kamikochi:</b>			
⑲ Ryokan Biyu-no-yado (R)	(0269)33-4126	(0269)33-3800	¥¥	(Closed mid Nov.-late Apr.)			
⑳ Kanaguya (R)	(0269)33-3131	(0269)33-3135	¥¥¥	④② Nishiitoya Sanso (R)	(0263)95-2206	(0263)95-2208	¥¥
㉑ Aburaya Tosen (R)	(0269)33-3333	(0269)33-4512	¥¥¥	④③ Myojinkan (R)	(0263)95-2036	(0263)95-2037	¥¥
				④④ Taishoike Hotel (H)	(0263)95-2301	(0263)95-2522	¥¥¥
<b>Nozawaonsen:</b>				④⑤ Kamikochi Alpine Hotel (R)	(0263)95-2231	(0263)95-2520	¥¥¥
㉒ Tomiken (M)	(0269)85-2262	(0269)85-2262	¥	④⑥ Gosenjaku Lodge (R)	(0263)95-2221	(0263)95-2511	¥¥¥
㉓ Kiriya Ryokan (R)	(0269)85-2020	(0269)85-3856	¥¥				
㉔ Hotel Haus St. Anton (H)	(0269)85-3597	(0269)85-3963	¥¥	<b>Karuizawa:</b>			
㉕ Tokiwaya Ryokan (R)	(0269)85-3128	(0269)85-3945	¥¥¥	④⑦ Shiozawa Sanso (M)	(0267)45-6270	(0267)46-1174	¥
㉖ Ryokan Sakaya (R)	(0269)85-3118	(0269)85-3778	¥¥¥	④⑧ Hotel De Karuizawa Wald (P)	(0267)42-8133	(0267)42-1387	¥¥
				(closed in winter)			
				④⑨ Mampei Hotel (H)	(0267)42-1234	(0267)42-7766	¥¥¥
				⑤⑩ Karuizawa Prince Hotel East (H)	(0267)42-1111	(0267)42-7139	¥¥¥
				⑤① Tsuruya Ryokan (R)	(0267)42-5555	(0267)42-5555	¥¥¥

**Remarks:**

① – ⑤① correspond to those on the map on page 2, 3, 4, 5, 6, 8, 9 and 12

H = Hotel

BH = Business Hotel

R = Ryokan

Y = Youth Hostel

P = Pension

M = Minshuku (Family-run inn)

Rate per person

¥¥¥ = more than 15,000 yen

¥¥ = 8,001 yen – 15,000 yen

¥ = 8,000 yen or less

\* Standard rate basis

(no meals, taxes excluded)

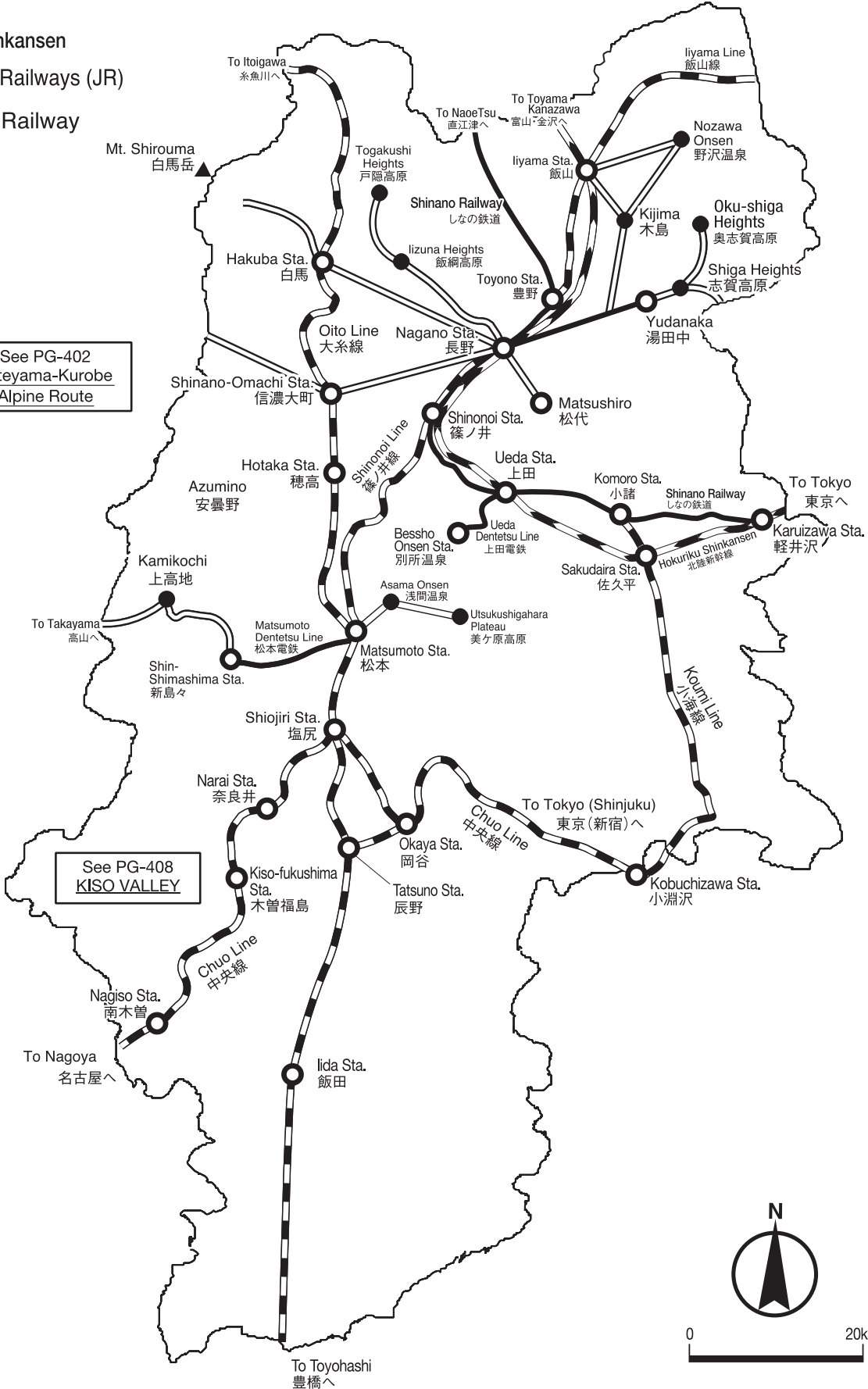
Please note that natural hot spring tax (about ¥150) is charged when you stay at an accommodation which has natural hot spring bath facilities.

# Nagano Prefecture

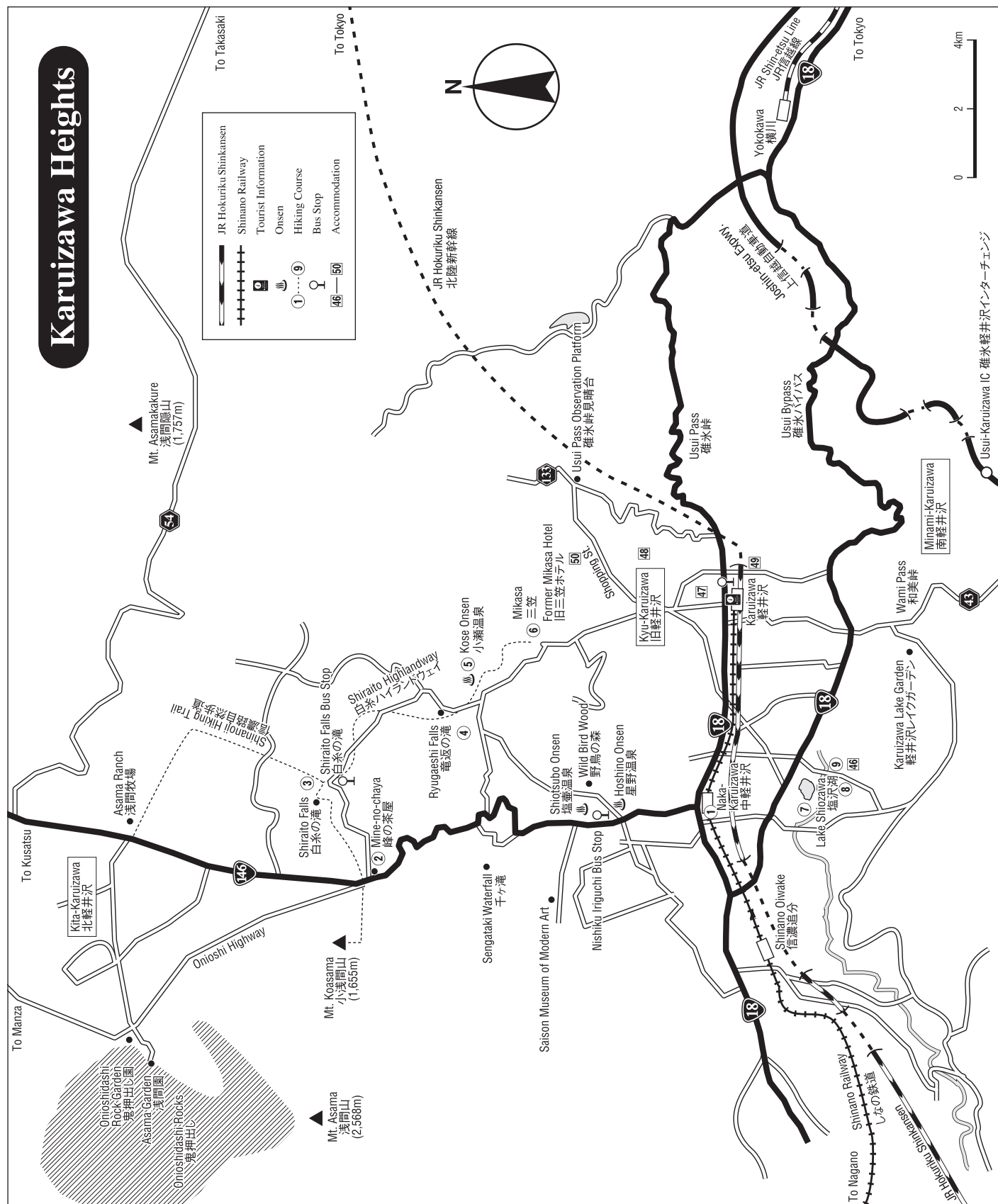
- JR Shinkansen
- Japan Railways (JR)
- Other Railway
- Bus

See PG-402  
Tateyama-Kurobe  
Alpine Route

See PG-408  
KISO VALLEY



# Karuizawa Heights



**[Good to know] Admission and opening times at tourist attractions:**

- Last entry to the most of attractions is 30 min. before the closing time.
- In general, if their weekly closing day (most are on Mon.) falls on a national holiday, they are open on the day and are closed on the following day after the holiday(s).
- Most are closed throughout / a part of New Year holiday period (especially Dec. 29–Jan. 3).
- Please visit the official website of each place / your nearest tourist information center for the updates.

**[Good to know] Hiking / Trekking / Climbing safety:**

- Most of the routes pass through habitats of bears and other wild animals.
- To ensure a safe visit for both you and the wildlife, please make an effort to prevent unwanted wild animal encounters.
- Stopping by the nearest tourist information center / a park visitor center is highly recommended to have the practical tips.



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**JNTO TIC (Tourist Information Center)**

TIC of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting tour itineraries, etc.

1F, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo  
 100-0005 Tel. 03-3201-3331 (in Japan)  
 Open daily from 9:00 to 18:00 (Closed on Jan. 1)  
<https://www.japan.travel/en/plan/tic/>



**Goodwill Guide Groups** offer tourists from overseas local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

**JNTO Website**

<https://www.japan.travel/en/plan/list-of-volunteer-guides/>

JNTO Website: <https://www.jnto.go.jp>

All information, including transportation schedules, fares, prices and accommodation charges which is contained in this leaflet is based on data as of November 2019, and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.

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**TOURIST INFORMATION  
in the area****Nagano City Tourist Information Center:**

JR Nagano Sta., 1038-4 Kurita Kitakawara, Nagano-City, Nagano

Hours: 9:00–19:00 (Apr. – Oct.), 9:00–18:00 (Nor. – Mar.)

\*Opening hours may be subject to change on Year-end & New Year period.)

Tel. (026) 226-5626

**Yamanouchi Town Tourism Association****Yudanaka Station Guide Center :**

3227-2 Hirao, Yamanouchi-machi, Shimotakai-gun, Nagano

Hours: 9:00–17:00

Tel. (0269) 33-1126

**Nozawaonsen Tourist Information Center:**

1 min. walk from the terminal “Nozawa onsen” of Nozawa Onsen Liner bus from JR Iiyama Sta.

9780-4 Toyosato, Nozawaonsen-mura, Shimotakai-gun, Nagano

Hours: 8:30–17:30

Tel. (0269) 85-3155

**Happo Information Center (Happo-one Ski Ground):**

5734-1 Hokujo, Hakuba-mura, Kita Azumi-gun, Nagano

Hours: 6:00–19:00 (Dec. – Apr.), –18:00 (May. – Nov.)

Tel. (0261) 72-3066

**Matsumoto Tourist Information Center (JR Matsumoto Sta.):**

1-1-1 Fukushima, Matsumoto-shi, Nagano

Hours: 9:00–17:45 (Closed: Dec. 29 – Jan. 3)

Tel. (0263) 32-2814

**Matsumoto Tourism Information Center (near Matsumoto castle):**

3-8-13 Ote, Matsumoto-shi, Nagano

Hours: 9:00–17:45 (Closed: Dec. 29 – Jan. 3)

Tel. (0263) 39-7176

**Karuizawa Information Center (3F of Karuizawa Sta.):**

1178 Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano

Hours: 9:00–17:30

Tel. (0267) 42-2491

**To find**

**other Tourist Information Centers,  
visit <https://tic.jnto.go.jp/>**

