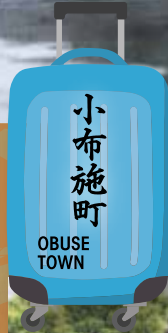


# NAGANO DENTETSU LINE SIDE TRIP GUIDE BOOK



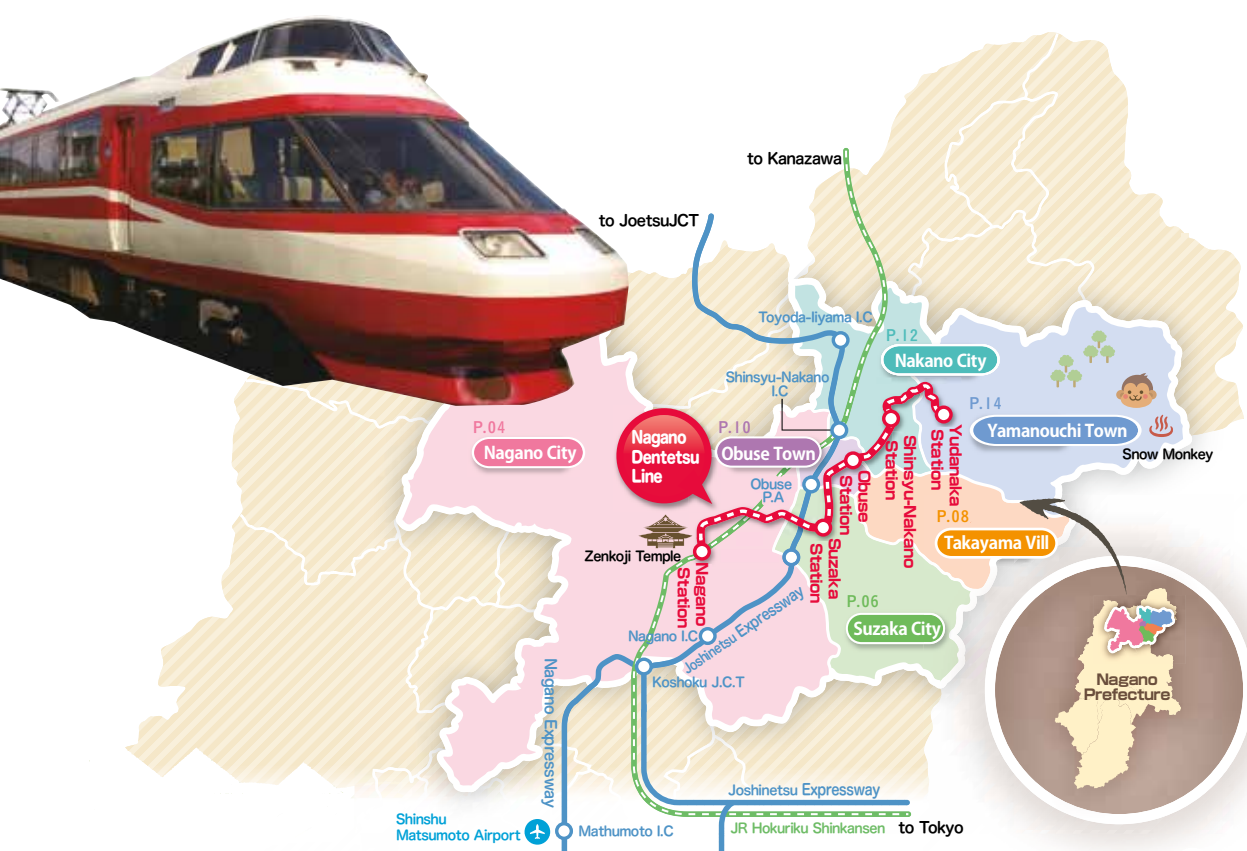
24-STATION JOURNEY IN NORTHERN NAGANO



長野県地域発元気づくり支援金活用事業

地域連携長野電鉄長野線沿線活性化協議会





## Greetings from Northern Nagano! Come take a journey of 24 stations!

Enjoy a scenic train ride through the Nagano countryside on the Nagano Dentetsu line. Nicknamed "Nagaden", the train has linked Nagano City with Suzaka, Obuse, Nakano and Yamanouchi since it opened in 10-June, 1922. Local trains provide leisurely service to all 24 stations along the way, while the express trains such as the "Snow Monkey" reaches Yudanaka from Nagano Station in as quickly as 44 minutes. Come enjoy a ride on Nagaden!

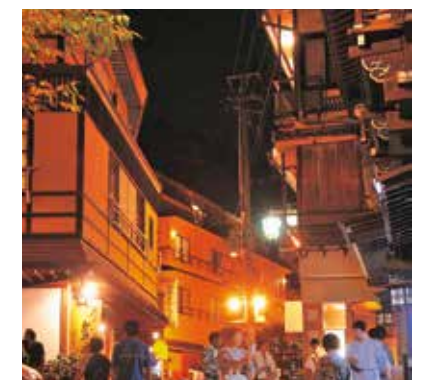
**1 Nagano City**  
Zenkoji x Soba x Oyaki p04

**2 Suzaka City**  
What's Misosuki Don? p06



**3 Takayama Village**  
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Chestnuts / Townscape p10



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Monkey & ONSEN & I p14

Nagano	Shiyakushonae	Gondo	Zenkojishita	Hongo	Kirihara	Shinano-Yoshida	Asahi	Fuzokudayakumae	Yanaoigahara	Murayama	Hiro	Suzaka	Kita-suzaka	Obuse	Tsuisumi	Sakuraasawa	Entoku	Shinsyu-Nakano	Nakano-Matsukawa	Shinano-Takehana	Yomase	Kanjiyo	Yudanaka	
0min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min	5min

**【About express train】**  
Please purchase an express ticket for the express train.(Adult +¥100/Child +¥ 50)  
The express train is operated with the vehicle called "Yukemuri" or "Snow Monkey".  
The seats of the express train except a private room is available without reservation.

Adult: 2,900 yen  
Child (Six years old or over): 1,450 yen. Purchase at the Nagano Dentetsu Line Main Ticket Counter at Nagano Station.

### SNOW MONKEY PASS

This is the set ticket including rail and bus service from Nagano Station to Jigokudani Yaen-koen, as well as admission to the park. To get to the Snow Monkey Park Bus Stop nearest to the park (or the Kanbayashi Onsen stop), you can take either the train and local bus services, or the express bus service. The pass also comes with timetables and a map so that you will not miss the park.

## Inside

- 1 Nagano City** P04
- 2 Suzaka City** P06
- 3 Takayama Village** P08
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# 長野市

Nagano City has long been a place of religious importance. Zenkoji Temple, for example, has been revered as a place of worship for approximately 1400 years. It is said to be of such significance that “people must visit it at least once in their lifetime regardless of where they’re from.” In addition, the Togakushi area has been referred to as a sacred place since mythical times. Nagano City attracts many visitors with its outstanding mountainous scenery as well as its traditional architecture. <http://www.city.nagano.nagano.jp/>



## Zenkoji Temple

The main hall of the Buddhist temple Zenkoji is renowned as an eminent structure even among national treasures. The main hall also contains the statue of the figure “Binzuru”. It is said that if there is a part of your body that hurts, touching that location on the statue will cure your ailment. Both “Zenkoji” and “Binzuru” were given three stars by the Michelin Travel Guide.

## Former Sanada Residence

Designated as a National Historic Site, the residence still retains its original appearance, which reflects the architectural style of palaces for Daimyo feudal lords at the end of the Edo period. The site is renowned for its garden, which offers exceptionally beautiful views throughout the four seasons.

**Address:** 1 Matsushiro, Matsushiro-machi, Nagano City  
**Phone:** 026-215-6702  
**Hours:** Open everyday, 9:00 ~ 17:00 (Last admission at 16:30)  
**Admission fees:** 200 yen for adults, and 80 yen for Elementary/Junior high-school students  
**Access:** Take the bus bound for Matsushiro from the No.3 bus stop at the Zenkoji entrance of Nagano Station. Get off at the Matsushiro-eki (Matsushiro Station) bus stop after approximately 30 minutes. It's a 7 minute walk from the bus stop. <http://www.sanadahoumotsukan.com/facilities/facility.php?n=2>



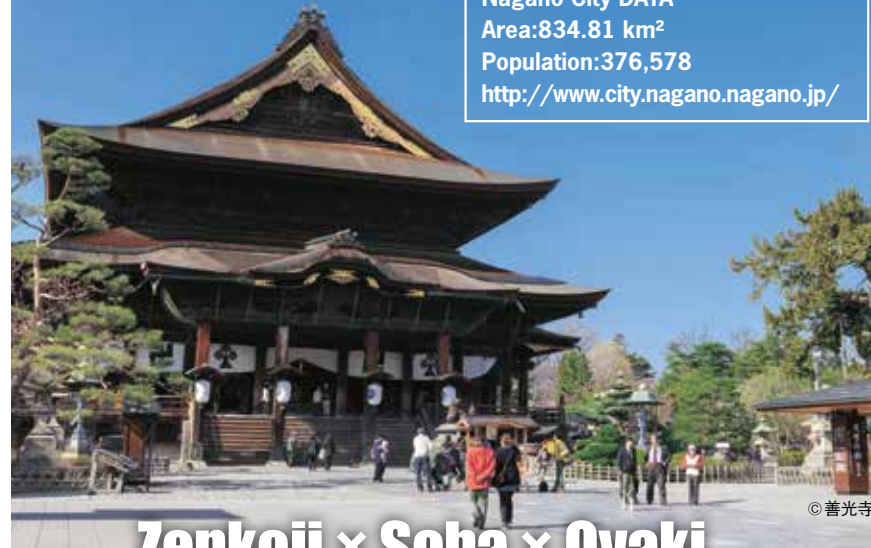
## Taiko-mon Gate at Matsushiro Castle Ruins

There are many historical sites situated in a group in Matsushiro. They can all be visited in about one to two hours. Various classes and hands-on exhibitions are held regularly, including flower arrangement, tea ceremonies, and haiku writing.

**Address:** 44 Matsushiro, Matsushiro-machi, Nagano City  
**Phone:** 026-278-2801 (Sanada Treasure Museum)  
**Hours:** Open everyday, 9:00 ~ 17:00 (Last admission at 16:30)  
**Admission fee:** Free  
**Access:** Take the bus bound for Matsushiro from the No.3 bus stop at the Zenkoji entrance of Nagano Station. Get off at the Matsushiro-eki (Matsushiro Station) bus stop after approximately 30 minutes. It's a 5 minute walk from the bus stop. <http://www.sanadahoumotsukan.com/facilities/facility.php?n=7>



Nagano City DATA  
 Area: 834.81 km<sup>2</sup>  
 Population: 376,578  
<http://www.city.nagano.nagano.jp/>



## Zenkoji × Soba × Oyaki



## Sanada Jumangoku Festival

The Sanada Jumangoku parade is held in early October every year. Around 250 people dressed as samurai warriors and princesses parade throughout the community.

**Location:** Matsushiro Area  
**Inquiries:** Sanada Jumangoku Matsuri  
**Phone:** 026-278-2534  
**Access:** Take the bus bound for Matsushiro from the No.3 bus stop at the Zenkoji entrance of Nagano Station. Get off at the Matsushiro-eki (Matsushiro Station) bus stop after approximately 30 minutes. It's a 5 minute walk from the bus stop. <http://matsushiro-fes.com/sanada/>



## Togakushi Soba

Named as one of the three main soba noodles in Japan, the Togakushi Soba buckwheat noodles have a rich flavor as well as a long history. The unique serving style, called “botchi-mori, sees soba noodles bundled together in several horseshoe-shaped portions.

**Location:** Togakushi  
**Inquiries:** Togakushi Tourism Association  
**Phone:** 026-254-2541  
**Access:** Take a bus from the No.7 bus stop at the Zenkoji entrance of Nagano Station. Get off at the Kagami-ike-iriguchi bus stop after approximately 60 minutes. <http://www.togakushi-21.jp/active/gourmet/>



## Togakushi Shrine

Located at the base of Mount Togakushi, Togakushi Shrine is composed of five individual shrines, Oku-sha, Chu-sha, Hoko-sha, Kuzuryu-sha, and Hinomiko-sha. The shrine has a history of over 2000 years, and its approach is lined with cedar trees starting from the Zuishin-mon gate. The approach is simply too beautiful to miss.

**Location:** Togakushi  
**Inquiries:** Togakushi Shrine Office  
**Phone:** 026-254-2001  
**Access:** Take a bus from the No.7 bus stop at the Zenkoji entrance of Nagano Station. Get off at one of the above shrines after approximately 60 minutes. <http://www.togakushi-jinja.jp/>



## Kagami-ike Pond

Kagami-ike Pond (Mirror Pond) is famous for its autumn foliage. The Togakushi mountains are beautifully reflected on the surface of the water.

**Location:** Togakushi  
**Phone:** 026-254-2881  
**Access:** Take a bus from the No.7 bus stop at the Zenkoji entrance of Nagano Station. Get off at the Kagami-ike-iriguchi bus stop after approximately 60 minutes. It's a roughly 30 minute walk from the bus stop. <http://www.togakushi-21.jp/active/>



## Oyaki dumplings

A local specialty handed down through the generations. It consists of a mainly vegetable filling wrapped in dumpling dough. This local specialty varies from area to area. Be sure to try a variety of oyaki dumplings.

**Inquiries:** Shinshu Oyaki Branding Committee (The Nagano Chamber of Commerce and Industry)  
**Phone:** 026-227-2428  
<http://www.shinshu-oyaki.jp/>



How are you?!

Welcome!  
 Please come to Nagano City Information Center.  
 We can help you to find the many interesting sights of Nagano and Feel free to stop by!

Nagano City Tourist Information Center  
**Phone:** 026-226-5626  
**Hours:** 8:00 to 19:00 (April-October)  
 9:00 to 18:00 (November to March)

## Shojin Ryori Cuisine

Buddhist priests refrain from eating fish or meat dishes, which has led to the development of a unique and dignified style of vegetarian cuisine that utilizes the flavors of a vegetable broth. This simple cuisine consists mainly of vegetables and bean products. It is served at lodgings for visitors and pilgrims as well as at local restaurants.

**Location:** Lodgings of Zenkoji Temple and restaurants in the neighborhood  
**Inquiries:** An association of Zenkoji Temple lodgings  
**Phone:** 026-237-7676  
**Access:** Take a bus from the No.1 bus stop at the Zenkoji entrance of Nagano Station. Get off at the Zenkoji-daimon bus stop after approximately 15 minutes.  
**URL:** <http://www.zenkoji.jp/shukubo/>



## History of Nagano Station

Sales start date: June 24, 1928 Transfer to: JR East, Shinano railway, bus, express bus, high-speed bus, taxi;  
 Temporary lockers and additional storage for larger baggage available for a fee, AED installation

Nagano Station Shiyakushomae Station Gondo Station Zenkojishita Station Hongo Station

Kirihara Station Shinano-Yoshida Station Asahi Station Fuzokuchugakumae Station Yanagihara Station

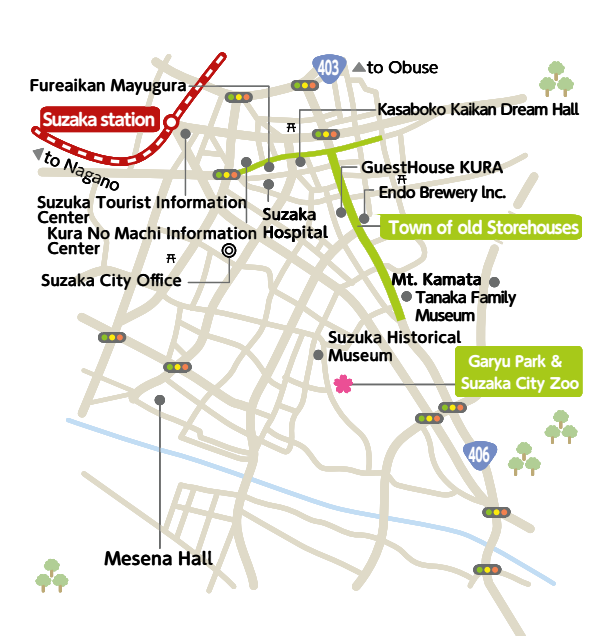


# SUZAKA 須坂市

Suzaka City had flourished greatly from the Meiji Restoration in the last half of the 19th century until the World War II. The streets of town houses and storehouses with earthen walls, as a symbol of the prosperity, remain as they originally were. Here in Suzaka, the old storehouses, not only along the main streets but also in small lanes and byways, give visitors the feeling they have travelled back in time. The area is surrounded by rich nature, such as Garyu Park, which is famous for beautiful cherry blossoms and a mountain. In addition, Suzaka City is one of the most famous fruit production regions in Japan. When in season, visitors can experience the picking of apples, grapes, cherries and other delicious fruits at farms.



**Suzaka City DATA**  
 Area: 149.8 km<sup>2</sup>  
 Population: 52,480  
<http://www.city.suzaka.nagano.jp/>




*How are you?!*



Would you like to see Japanese traditional architecture? Suzaka is the place to visit to make your trip more impressive! Streets are lined with over 100-year-old storehouses, called "KURA". You will surely be attracted to our KURA NO MACHI, town of KURA. If you have any questions, please ask Jiang or Nobu at the *Suzaka Tourist Information Center!*  
 ☎ 026-215-2225



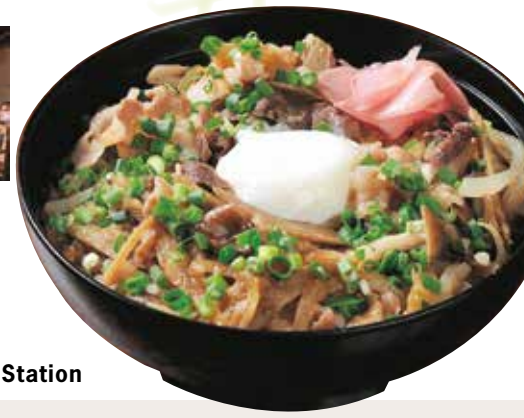
**Town of Old Storehouse**   
 Suzaka City flourished due to great success in the silk industry around 1900. Many of the old storehouses built in those days still remain as they were.  
 ☎ 026-248-6867 (Kura No Machi Information Center)  
 Closed: From December 29 until January 3  
 Access: Approximately 7 minutes on foot from Suzaka Station

**Garyu Park & Suzaka City Zoo**  
 Garyu Park is one of the most famous cherry-blossom viewing spots in Suzaka. There is also a zoo in the park, making it a good place for anybody to enjoy the day.  
 🏠 2-4-8 Garyu, Suzaka City ☎ 026-245-1770 🕒 9:00 ~ 16:45 (Last admission at 16:00)  
 Closed: Every Monday, and from December 29 until December 31  
 Admission fees: 200 yen for adults, and 70 yen for junior high-school and elementary school students  
 Access: Approximately 10 minutes by bus from Suzaka Station. (Yonako, Seni, or Myotoku Danchi line), and get off at Garyu Kouen Iriguchi.  
<http://www.city.suzaka.nagano.jp/enjoy/kankou/suzakazoo/>



## Unique foods in Suzaka

**Miso-Suki Don**   
 Miso-suki don, one of sukiyaki dishes served in a rice bowl and flavored with miso, became popular in the Taisho era around 1910s and 1920s. Nowadays Murayama-wase-gobo, a thick burdock grown only here in Suzaka, is added, giving miso-suki don a more modern flavor.  
<http://www.city.suzaka.nagano.jp/enjoy/kankou/miso/misosuki.php>



## Sake & Winery

**Endo Brewery Inc.**    
 Endo Brewery is the only sake brewery in Suzaka, who has won many internationally-recognized awards. Sake tasting is welcome at the shop.  
 🏠 29 Oaza-suzaka, Suzaka City  
 ☎ 0120-117-454  
 🕒 Open daily, 8:30 ~ 18:00  
 Access: Approximately 10 minutes by bus from Suzaka Station. (Yonako, Seni, or Myotoku Danchi line), and get off at Chuo Kominkan Iriguchi.  
<http://www.keiryu.jp/>



**Kusunoki Winery**    
 The wines are made from estate grown grapes and are known for their high quality. These wines go very well with Japanese food including fresh sea food. Good wine makes good blood!  
 🏠 123-3. Kamekura, Suzaka City  
 ☎ 026-214-8568  
 🕒 Open daily 10:00 ~ 17:00 (10:00 ~ 16:00 in winter)  
 Access: About 25 minutes by Suzaka Shimin Bus from Suzaka Station (Seni line), and get off at Yukkuland  
<http://www.kusunoki-winery.com/>



**Mount Kamata**  
 Located near the city center, Mount Kamata is a small mountain with an altitude of 490 meters. The top of the mountain provides a panoramic view of Suzaka and Nagano. For more information, ask Guest House KURA.



**Guest House "KURA"**    
 Popular hostel to international backpackers in an old house renovated from kura storehouse. A good place to relax after a long journey. Free Wi-Fi.  
 🏠 39 Oaza-Suzaka Suzaka City  
 ☎ 026-214-7945  
 Rates / 3,000 yen ~ <http://www.ghkura.com/>



**History of Suzaka Station**  
 Sales start date: June 10, 1922. It has the longest history of all of the Nagano Electric Railway Stations. As the railway's central station, it has a transportation department, a technology department, a vehicle factory, etc.

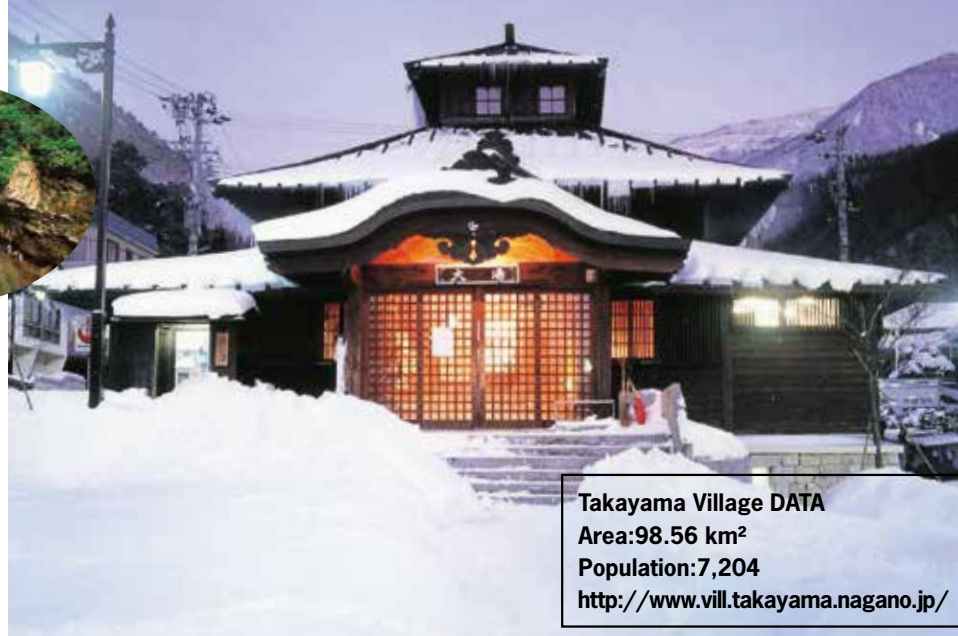


# 高山村

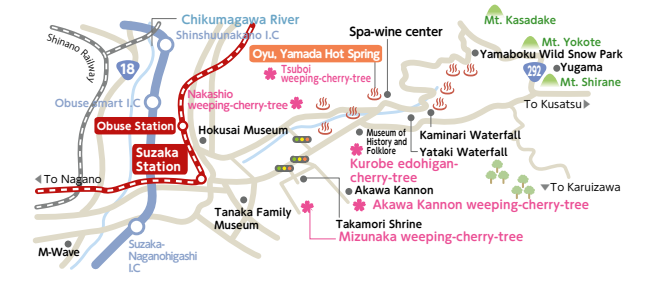


Takayama Village is located 30 minutes by car from Suzaka Station. The gorgeous landscape provides excellent views of fresh green and beautiful cherry blossoms in spring, and of breathtaking autumn foliage at Matsukawa Gorge in autumn. There are eight different hot springs interspersed along the gorge, which all differ in spring water qualities. In summer, tourists can keep cool and experience the thrill of getting in behind a huge waterfall, called Kaminari Falls, or thunder waterfall. In winter, you can enjoy winter sports at Yamada Farm. Takayama Village is, therefore, a good place to enjoy throughout the year, offering different views and attractions each season. In addition, the village is a suitable area for growing apples, grapes, and wine grapes, which have been building up a high reputation nationwide.

<http://www.vill.takayama.nagano.jp/>



**Takayama Village DATA**  
**Area:98.56 km<sup>2</sup>**  
**Population:7,204**  
<http://www.vill.takayama.nagano.jp/>



## SEASON

### Spring

Takayama Village is famous as a weeping-cherry-tree village, and has about 20 delightful weeping cherry trees. Half of them are fantastic examples of trees approximately 200 to 600 years old. The best time to see the cherry blossoms is from mid-April.



### Summer

Kaminari Waterfall With the 30 meter drop, the huge fall creates a dramatic thunderous splash. It is also called Urami-no-taki, literally "a waterfall to view from behind", since you can get in behind the waterfall and enjoy the view from a different perspective.



## Welcome to the back of the waterfall

### Apples

The Takayama Village brand of apple has been promoted as a local specialty. The apples are juicy, and their sweetness and sourness are exquisitely well-balanced.



Welcome!

Hello!  
 I'm Shigeki.  
 Feel free to contact me for more on sights, fun and stay in this gem of a mountain village.  
 Shinshu Takayama Onsenkyo  
 Tourist Office: ☎ 026-242-1122; or  
 e-mail: info@shinshu-takayama-onsenkyo.com



## ONSEN

### Oyu, Yamada Hot Spring

With glamorous architecture in the Momoyama-period (late 16th century) style, Oyu has a long history of 215 years as a public hot spring. Enjoy and relax in this wonderful hot spring bath.

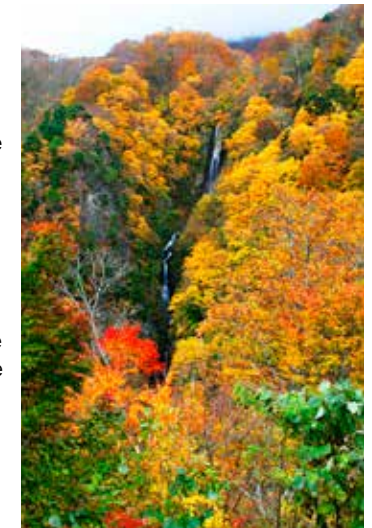
📍 3580 Oaza-okuyamada, Takayama Village, Kamitakai-gun  
 🕒 6:00 ~ 21:00 (Last admission: 20:30)  
 Admission fees: 300 yen for adults, 150 yen for elementary and junior high-school students  
 Access: Take the bus bound for Yamada Onsen from Suzaka Station, and get off at the last stop after an approximately 30 minute ride. It is near the stop.  
<http://www.vill.takayama.nagano.jp/life/institution/yamada.html>



Suzaka Station

### Autumn

At Mount Kasadake, at an altitude of 2000 meters, foliage usually starts to change color in early October, while autumn colors around the Yamada Hot Spring area, at an altitude of 900 meters, hit in late October. With a range of altitudes, the mountainous landscape of gorgeous autumn colors can be enjoyed for quite a long time.



### Winter



Yamaboku Wild Snow Park with great natural powder snow is a good place to ski, snowboard and snowshoe, as well as backcountry ski and snowboard. The long Tacoichi Tour Course is one of the most popular courses, with a vertical drop of 750 meters and a length of 13 kilometers.

**YAMABOKU WILD SNOW PARK**  
 📍 Yamada Bokujo, Takayama Village, Kamitakai-gun  
 Access:  
<http://www.yamaboku.jp/>

Kita Suzaka Station

Healing



# OBUSE TOWN

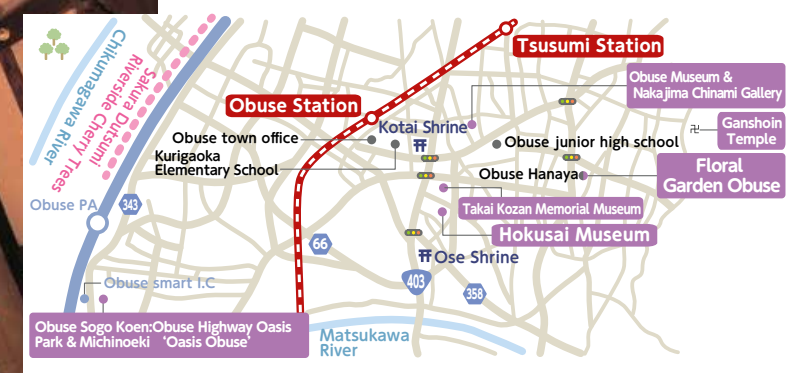
# 小布施町

Obuse Town is famous for chestnuts, Hokusai and flowers. In the Edo period, this town flourished as a commercial city wielding immense financial power and rich culture. Many writers and artists flocked to this cultural hub. Katsushika Hokusai, the ukiyo-e master who achieved success at the end of the Edo period, was one of them. He stayed here in his later years, and produced many excellent works of original paintings. The history, culture and the art-loving environment once established by the wealthy farmer-merchant Takai Kozan has been uninterruptedly succeeded by the people in Obuse. Townspeople and the local administration are working together to create public urban spaces by opening private properties and commercial spaces; Shukei Project, has been introduced here as a unique method of town planning, leading to the development of a town suitable for modern life, which also utilizes the traditional styles of architecture and storehouses. This town planning has created comfortable environment to reside in, which attracts a lot of praise from visitors.

<http://www.town.obuse.nagano.jp/>



**Obuse Town DATA**  
 Area: 19.12 km<sup>2</sup>  
 Population: 11,213 (Jan. 1, 2016)  
<http://www.town.obuse.nagano.jp/>



## Open Gardens

Many private gardens in Obuse are open to the public. Not all are tended by professionals; many are hobby gardens cared for by the people who live there. Welcoming visitors with the special warmth and pride of residents. Each owner has a sign at their own entrance. You can find it like the photograph above.

## Floral Garden Obuse

This is a large flower garden, where you can get much information about any kinds of flowers. A restaurant inspired by western located within the garden.

506 Oaza-nakamatsu, Obuse Town, Kamitakai-gun ☎ 026-247-5487  
 9:00 ~ 17:00 (9:30 ~ 16:30 during winter)  
 Closed: January 1 ~ 7, every Thursday from late January to early March  
 Admission fees: 200 yen for adults, 100 yen for high-school students  
 Access: Approximately 20 minutes by the Obuse Roman-go shuttle bus from Obuse Station  
<http://www.floral.obuse.or.jp/>

## Obuse Sogo Koen: Obuse Highway Oasis Park & Michinoeki "Oasis Obuse"

This is a resting area accessible from the expressway as well as from local roads. It provides visitors with souvenirs from northern Shinshu, as well as dining facilities. Visitors of all generation can have fun all day here, making use of the park, playing equipment, and sports facilities.

601 Oaza-ojima, Obuse Town, Kamitakai-gun ☎ 026-251-4111  
 Open daily, 9:00 ~ 20:00  
 Access: Approximately 10 minutes by the Obuse Roman-go shuttle bus from Obuse Station  
<http://www.obusehwo.jp/>



Tsuzumi Station

## Ganshoin Temple

In the main hall at this temple, there is a huge, exquisite mural, titled "Happo niramii ho'o-zu, or 'a phoenix glaring in all directions'", painted on the ceiling of the large hall. This is believed to be one of Katsushika Hokusai's masterpieces in his later life. The vivid colors produced by mineral pigments and the daring composition attract many visitors. Toad mating battle: croaking many toads are also famous, which can be seen in the pond behind the temple in spring.



615 Oaza-kanarida, Obuse Town, Kamitakai-gun ☎ 026-247-5504  
 9:00 ~ 17:00 (9:00 ~ 16:30 in November, and 9:30 ~ 16:00 from December to March)  
 Closed: The days of Buddhist memorial services and new-year holidays  
 Admission fees: 300 yen for adults, 100 yen for elementary school students  
 Access: Approximately 30 minutes by the Obuse Roman-go shuttle bus from Obuse Station  
<http://www.gansho-in.or.jp/>

## Obuse Museum & Nakajima Chinami Gallery

In this gallery, you can appreciate works of Chinami Nakajima, who was born in Obuse and is an artist of contemporary Japanese-style painting. Approximately 40 ~ 50 of his works donated by himself are on permanent, rotational exhibition. Special exhibitions mainly for artists related to Obuse are also held in the project room at the main building.



595 Oaza-obuse, Obuse Town, Kamitakai-gun ☎ 026-247-6111  
 9:00 ~ 18:00 (Closed at 17:00 from October to March)  
 Closed: December 31 and during exhibition changes  
 Admission fees: 500 for adults, 250 yen for high-school students, and free for junior high-school students and under  
 Access: Approximately 3 minutes by the Obuse Roman-go shuttle bus from Obuse Station  
<http://www.town.obuse.nagano.jp/site/obusemuseum/>

## Memorial

### Hokusai Museum

486 Oaza-obuse, Obuse Town, Kamitakai-gun ☎ 026-247-5206  
 9:00 ~ 17:00 (Hours may vary seasonally)  
 Closed: December 31 and during exhibition changes  
 Admission fees: 800 for adults, 500 yen for high-school students, and free for junior high-school students and under (For special exhibitions: 1,000 yen for adults and 700 yen for high-school students)  
 Access: Approximately 2 minutes by the Obuse Roman-go shuttle bus from Obuse Station  
<http://www.hokusai-kan.com/>



### Takai Kozan Memorial Museum

805-1 Oaza-obuse, Obuse Town, Kamitakai-gun ☎ 026-247-4049  
 9:00 ~ 18:00 (Closed at 17:00 from October to March)  
 Closed: December 31 and during exhibition changes  
 Admission fees: 300 for adults, 150 yen for high-school students, and free for junior high-school students and under  
 Access: Approximately 2 minutes by the Obuse Roman-go shuttle bus from Obuse Station  
<http://www.town.obuse.nagano.jp/site/takaikouzan/>



## Chestnuts / Townscape

### History of Obuse Station

Sales start date: March 26, 1923

### services available here:

Information.Cafe.Luggage strage.Taxi.Rental bicycle.AED.Wheelchair-friendly

## Obuse Station



How are You?!

Hello! I'm Yukako from Obuse town office. Welcome to our town, famous for their chestnuts, Hokusai, and flowers. Let us help you to make your trips more wonderful.  
 Contact us :  
 026-214-6300 (Information center in Obuse St.)  
 026-214-9104 (Industry promotion dept. Obuse town office)

## Memorial

### Hokusai Museum & Takai Kozan Memorial Museum

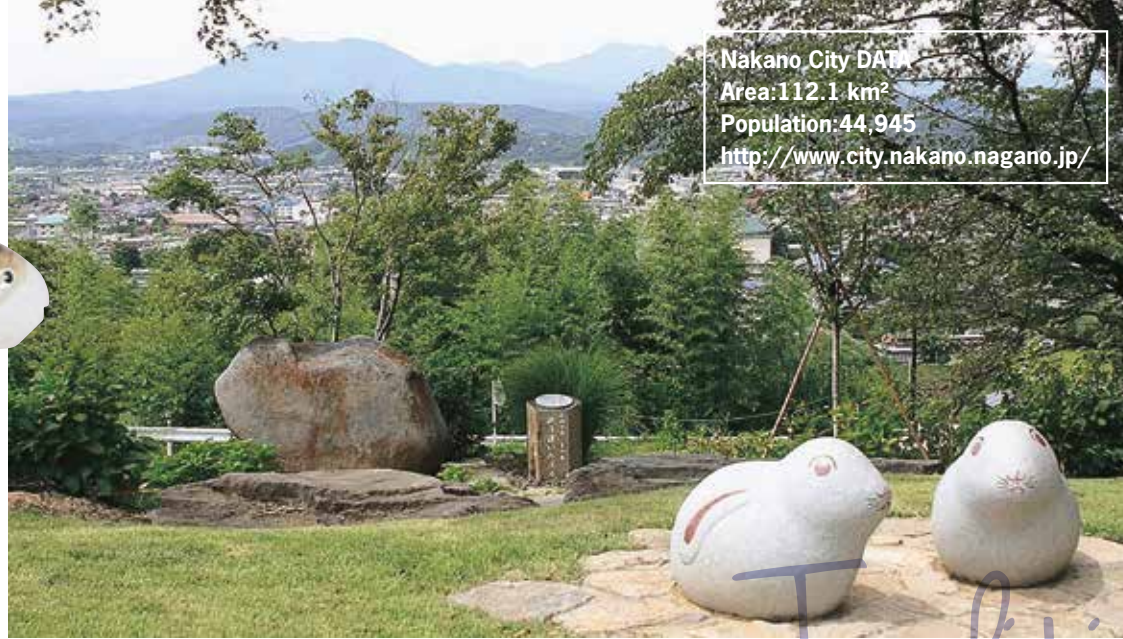
The two people who are keys to the history of Obuse, and whose exhibitions should not be missed are Katsushika Hokusai and Takai Kozan. At Hokusai Museum, some original paintings Hokusai made during his stay in Obuse, along with two floats for festivals, are exhibited. The Takai Kozan Memorial Museum displays important historical materials and arts of Takai Kozan, who was one of the most affluent merchants in the northern Shinshu area and built a close relationship with Hokusai.



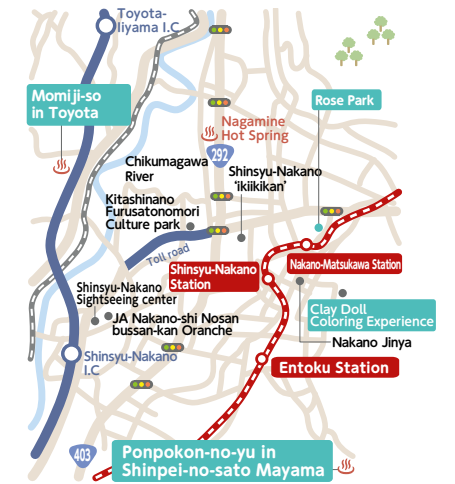


# 中野市

Nakano City is located to the north of Obuse Town and the west of Yamanouchi Town. With Mount Kosha looming in the north, and the Chikuma River running through the city from north to south, the city is surrounded by a rich green natural environment with great views of the five mountains in the Northern Shinshu area. Its renowned variety of fruits, such as cherries, peaches, grapes and apples has earned the city the name the Fruit Kingdom. The lyrics of an old school song named Furusato, meaning "my hometown", are well known all across Japan, and are said to describe the landscape and scenery of Nakano City. With this peaceful rural landscape, the city has long remained very dear to the hearts of Japanese people.



Nakano City DATA  
 Area: 112.1 km<sup>2</sup>  
 Population: 44,945  
<http://www.city.nakano.nagano.jp/>



Tradition



## What is the Clay Doll?

### Ponpokon-no-yu in Shinpei-no-sato Mayama

Located on a hill commanding the city center, the facility has an excellent outdoor hot spring with a wonderful view of the Zenkoji Basin below. On a bright day, you get a magnificent panoramic view of the five mountains in Northern Shinshu. The restaurant serves the local specialty Kinoko Tower Tendon, which is a rice bowl topped with a mountain of locally grown mushroom tempura.

956 Mayama, Nakano City ☎ 0269-23-2686  
 10:00 ~ 21:00

Closed: Every Thursday (Open when a Thursday falls on a national holiday)

Admission fee: 450 yen  
 Access: Take the Mayama route of the Nagaden Bus from Shinshu-nakano Station. Get off at Onsen Koen after an approximately 20 minutes ride.  
[http://nakano-ipc.jp/facilities/shisetsu01\\_1.php?p=list](http://nakano-ipc.jp/facilities/shisetsu01_1.php?p=list)



### History of Shinsyu-Nakano Station

Sales start date: March 26, 1923 Possible custody at baggage one (300 yen per day 1 luggage), AED installation, entrance-home wheelchair passage Allowed (attendant with a station attendant)

### Rose Park

Ippongi Park is also called 'Rose Park'. In the park, 2500 shrubs of 850 varieties of roses present a glorious scene when in bloom. Growing roses started in the park more than 30 years ago when the late Kikuo Kuroiwa, nicknamed Bara Sensei, meaning 'rose professor,' contributed 179 rose seedlings to the park, which he had spent time collecting on his own. Taking over Kuroiwa's mission, a local society has been taking care of the park and roses ever since, and the number of roses has been increasing. The rose park is driven by the local community's love of roses, and rose festivals are held every June and October, with many visitors attending these and other events in the area.

Ippongi Park  
 495-6 Ippongi, Nakano City ☎ 0269-23-4780 ● Open all day, everyday  
 Admission fees: Free (Charges apply only during the rose festival)  
 Access: 5 minutes on foot from Nakano-Matsukawa Station  
<http://www.ipk-rose.com/>



### Clay Doll Coloring Experience

Dolls made of clay have been popular among common people as a kind of toy for a long time in Japan. Two traditional ways to make clay dolls, which are quite rare, still exist in Nakano City, earning the city the name the Hometown of Clay Doll. At the Japan Clay Doll Museum in Nakano City, clay dolls from throughout Japan are exhibited, and visitors can also get some hands on experience coloring pretty clay dolls. Come and try your hand at making your own clay doll, which will be the only one like it in the world, as a token of your trip or a great present for someone at home. There are also lucky cat clay dolls, famous as a souvenir from Japan. At the hill named Meguriai-no-oka, literally "a hill for a lucky encounter", located next to the museum building, there is the Meguriai-no-Kyoseki, or "a large stone for lucky encounter", which resembles the Tsuki-no-Usagi, "the moon rabbit". The stone is believed to bring luck for those hoping to meet that special someone. Dedicating a Negai-usagi rabbit clay doll with your own message on it is said to bring you and your future loved one together.

Japan Clay Doll Museum  
 1150 Nakano, Nakano City ☎ 0269-26-0730  
 9:00 ~ 17:00 (10:00 ~ 16:00 from December to February)  
 Closed: Every Thursday, and from December 29 until January 3  
 Admission fee: 200 yen (Additional 300 yen at least is required for coloring experience & 105 yen for a Negai-usagi rabbit clay doll)  
 Access: 20 minutes on foot from Shinshu-nakano Station  
[http://nakano-ipc.jp/facilities/shisetsu02\\_1.php?p=list](http://nakano-ipc.jp/facilities/shisetsu02_1.php?p=list)

How are You?!

Hi! I am Yoko Hoshina. Would you like to enjoy the Shinsyu-Nakano with its long history, rich culture and delicious fruits? Please feel free to contact me for more information. We are looking forward to serving you. Shinsyu-Nakano Tourism Association office  
 ☎ 0269-23-2211

### Momiji-so in Toyota

This natural hot spring is located in Nakano City, the so-called 'hometown for Japanese people'. It is rich in mineralizing, which keep your body warmer. The spacious outdoor hot spring provides you with great views of the grand Mount Kosha. After bathing, enjoy locally-made soba noodles.

3460-1 Kami-imai, Nakano City ☎ 0269-38-3030  
 10:00 ~ 21:00 (Outdoor hot spring only from May to October)  
 Closed: Every Wednesday (Open when a Wednesday falls on a national holiday)  
 Admission fees: 450 yen (250 yen after 17:00)  
 Access: Take the Nagata route of the Nagaden Bus from Shinshu-nakano Station. Get off at Onsen Koen Iriguchi after approximately 20 minutes ride, then it's a 5 minute walk.  
<http://www.kmadarao.jp/momiji.html>

Sakurasawa Station

Entoku Station

Shinsyu-Nakano Station

Nakano-Matsukawa Station

Shinano-Takehara Station



## 山ノ内町

Covering three areas of Shiga Kogen, Yudanaka and Shibu Onsen Resorts, and Kita-Shiga Kogen, Yamanouchi Town is surrounded with a beautiful natural environment across all four seasons. Designated as a Biosphere Reserve by UNESCO, Shiga Kogen is one of the best winter resort in Japan and has about 70 ponds, marshes and wetlands for hiking in summer season. Gathering 9 hot springs area is well known as treatment spa with historic atmosphere along cultural street. Especially, the snow monkeys in Jigokudani Onsen became popular among expats. At Kita-Shiga Kogen, have a fun not only winter sports but looking 'a sea of clouds' from SORA Terrace at the top of Ryuoo "Ropeway", and taste local noodle "Sugakawa Soba".  
<http://www.town.yamanouchi.nagano.jp/>



Yamanouchi Town DATA  
 Area: 265.90 km<sup>2</sup>  
 Population: 12,623  
<http://www.town.yamanouchi.nagano.jp/>

### Snow monkey Town



#### Jigokudani Yaen-koen

The Jigokudani Yaen-koen is popular as snow monkeys, wild Japanese macaque, bating in a hot spring on winter. In spring, you have a chance to see baby monkeys. There's a lot of excitement and fun to be had throughout year in the park.  
 6845 Hirao, Yamanouchi-town, Shimotakai-gun  
 0269-33-4379  
 Access: About 15 minutes by bus from Yudanaka train Station and get off at Kanbayashi Onsen or Kanbayashi. About 30 minutes walk away from the bus stop.  
<http://www.jigokudani-yaenkoen.co.jp/>

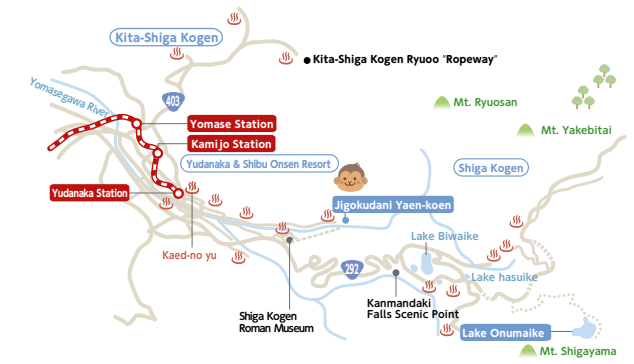
#### Kita-Shiga Kogen Ryuoo "Ropeway"



The "ropeway" (cable car) brings you up the terrace 1770m high and the amazing panorama alpine views welcome you. With luck, the fantastic sea of clouds might be spread at sunset.  
 0269-33-7131  
 Access: Take the Sugakawa route of Nagaden Bus from Shinshu-nakano Station. After approximately 20 minutes, get off at the Naema Ryuoo Ski Park bus stop.  
 Winter Season: Free shuttle bus from Yudanaka station  
<http://www.ryuoo.com/>

#### Winter Sports

The town has unique skiing resorts, Shiga Kogen and Kita-Shiga Kogen. Both have various courses for everyone from beginners to advanced.



### Monkey & ONSEN & I

## Nature

#### Autumn colors

End of September of Shiga Kogen, observe the contrast of the changing leaves against the sky, back dropped by the peaks 2000m high to the main town on November.



#### Agricultural Products

Here is highly suitable for agriculture spot. Taste the sweet fruits such as apples and grapes which are grown by local farming experts.



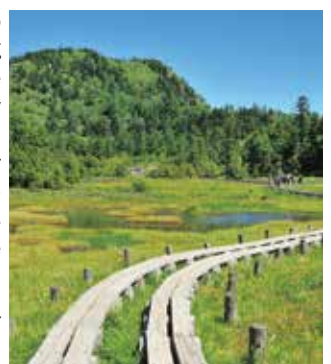
#### History of Yudanaka Station

Sales start date: April 28, 1927  
 Located on the terminus of the Nagano line, it is also the gateway of Yamanouchi Town.

#### Yudanaka Station

#### Hiking on Shiga Kogen

Whether you want to do a short walk or long hiking, there is a suitable track for everyone to enjoy huge Shiga Kogen's natural environment. Take your pick and get rich in native forest which is certified as Shiga Highland Biosphere Reserve.  
 0269-34-2404  
<http://www.shigakogen.gr.jp/info/trekking.html>



*Have a nice trip.!*

Hi! My name is Ayaka Kuroiwa working at Yudanaka Station Tourist Information Center. Now, Snow Monkey Park is very popular all over the world. If you are lucky, you can watch their bathing. We also have a beautiful nature and the hot springs. Please visit Yamanouchi Town. I hope you'll like it. If you have any questions about Yamanouchi Town, please contact me. Yudanaka Station Tourist Information Center TEL 0269-33-1126



#### Yudanaka & Shibu Onsen Resort



This rich springs resort has a long history dating back 1300 years, with destinations as a peaceful getaway, to cleanse your body and soul, and to simply relax. Walk and look around traditional Japanese warehouses and inns along a cobbled street.  
 Yamanouchi Town Tourism Association  
 0269-33-2138  
<http://www.info-yamanouchi.net>

Yomase Station

Kamijo Station



# TOURS / ACTIVITIES / RESTAURANTS / HOTELS

LET'S GO TO SNOW MONKEY RESORTS!



**SNOW  
MONKEY  
RESORTS**  
NAGANO JAPAN



**INFORMATION GUIDE**

PC/TABLET/SMARTPHONE

**[WWW.SNOWMONKEYRESORTS.COM](http://WWW.SNOWMONKEYRESORTS.COM)**