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Changes for the Better

eco Changes

for a greener tomorrow

Whether the home, office, factory, social infrastructure or even outer space, youll likely to find the Mitsubishi Electric name. Today, our Group is one of the most trusted around the world, developing technologies, products and systems that offer minimum carbon utilisation and maximum resource recycling, and thereby contributing to the realisation of a sustainable society. As the result of educating employees and promoting change at individual and operations levels throughout the Group, we're now continuously reviewing and upgrading design, production, delivery and after-service systems from an eco-conscious point of view. For customers and society as a whole, the Mitsubishi Electric Group is committed to "eco changes"– business activities for a greener tomorrow.



Eco Changes for Society



Mitsubishi Electric is harnessing its comprehensive capabilities to contribute to the realization of a sustainable society.

Eco Changes for Business



Our knowledge of how energy is used in factories, production lines and buildings enables us to propose optimal energy efficiency solutions.

Eco Changes for Daily Life



We supply highly energy-efficient home appliances and systems to contribute to better lifestyles while safeguarding the environment.

www.MitsubishiElectric.com/ecochanges

SNOW MONKEY RESORTS 2019 vol.09 TAKE FREE

Publisher: NAGADEN GROUP in collaboration with MACHiNOVATE

SNOW MONKEY RESORTS

REAL JAPAN
IN EASY REACH
A land rich in tradition and natural beauty

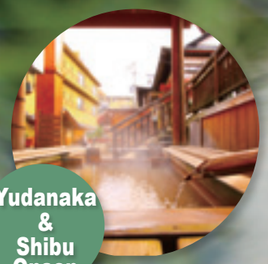
NAGANO JAPAN
Information Guide Book
2019
vol.09
TAKE FREE



SNOW MONKEY RESORTS
NAGANO JAPAN



Shiga Kogen



Yudanaka & Shibu Onsen



Nagano



Obuse



Iiyama



Nozawa Onsen

Snow Monkey Park

For further information
www.snowmonkeyresorts.com

Publisher: NAGADEN GROUP in collaboration with MACHiNOVATE



Snow Monkey

Humans and monkeys : striving for harmonious coexistence

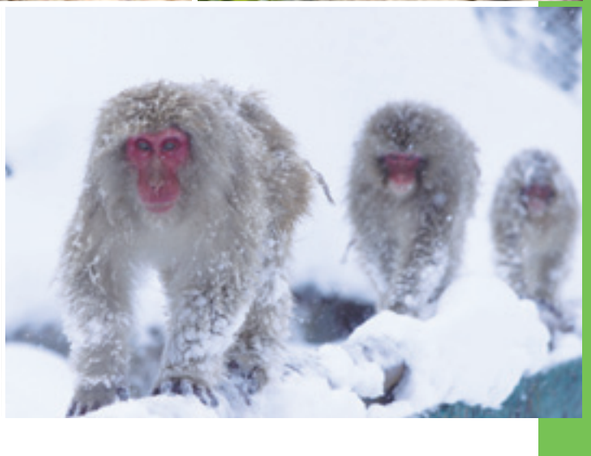
The Jigokudani Wild Monkey Park got its name (which means “valley of hell”) from the surrounding surreal landscape, which is dotted with streams of the Yokoyukawa River that flow from the Shiga Plateau on the Joshinetsu-kogen National Park, shockingly steep cliffs, and ever-flowing hot springs spewing steam.Ever since it opened in 1964, the Wild Monkey Park has been a favorite destination for people from around the world, including researchers and photographers, as a place where the Japanese macaque can be observed in its habitat at close range. nkeys in a near-natural environment, they are controlled by feeding instead of by fences. Wild Japanese macaque and humans coexist here in the junction of their separate spheres of activity. Though the monkeys are wild, they can be observed so close up that visitors can practically reach out and touch them. Regardless of the fact that they show no interest in visitors, they do not run away either, making for an interesting sense of distance yet closeness. At Jigokudani, everyone can witness this spectacular display of wildlife.











Overview of the Snow Monkey









A variety of monkey indigenous to Japan only

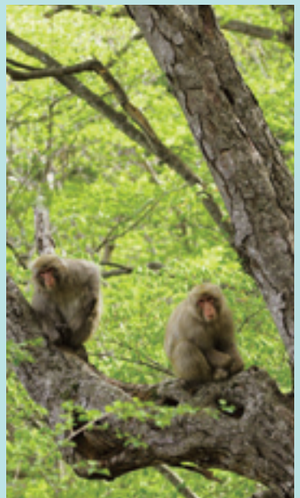
There exist about 180 species of monkeys around the world, including the gorilla, chimpanzee, orangutan, baboon, squirrel monkey, and more. Most of these inhabit Africa and South East Asia, from the tropics to the subtropics. Unlike those species, the Japanese macaque is known as the world’s northernmost non-human wild primate. Their habitat stretches across Japan, covering mainly broad-leaved forest areas, except Hokkaido and the Ryukyu Archipelago (Okinawa). They are the only monkeys living under cold weather extremes including up to ten degrees below zero, such that they are known in countries other than Japan as “snow monkeys.” The Japanese macaque is a species indigenous to Japan. We also have the Yaku-zaru, a subspecies of the Japanese macaque that inhabits only Yakushima Island (Kagoshima Prefecture). The Taiwan monkey, which inhabits Taiwan and Southeast Asia, as well as the rhesus monkey and crab-eating monkey are closely related to the Japanese macaque.

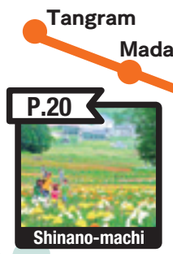
Explore Snow Monkey Resorts

Located in Northern Nagano, Snow Monkey Resorts offers visitors the chance to experience authentic Japan. With easy access to some of the best hiking trails in the world, hot springs with exceptional views, towns steeped in history and tradition, there is much to see and do!















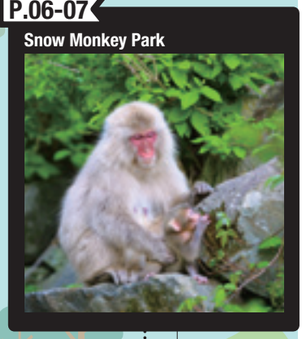


















Tangram
Madarao
6
45mins
Iiyama Sta.
To Kanazawa
Kijima
4
40mins
5
25mins
Zenkoji Temple
Nagano Sta.
Nagano Dentetsu Station
Gondo Sta.
Zenkoji-shita Sta.
Suzaka Sta.
Obuse Sta.
Shinshu-Nakano Sta.
44mins (From Nagano Sta. to Yudanaka Sta.)
Yudanaka Sta.
10mins
1
2
8mins
Bus Stop
Kanbayashi Onsen
30mins
5mins
20mins (From Snow Monkey Park to Shiga Kogen)
2
Bus Stop
Snow Monkey Park
42mins (From Nagano Sta. to Snow Monkey Park)
3
65mins (From Nagano Sta. to Shiga Kogen)
3
JR Shinetsu line ⟷ JR Shinonoi Line
Matsumoto Sta.
JR Hokuriku Shinkansen (Bullet train)
To Tokyo
Karuizawa Sta.

P.06-09 Snow Monkey Area

Nagaden Local Bus / Kanbayashi Onsen
Nagaden Local Bus / Shiga Kogen
Nagaden Express Bus
Nagaden Local Bus
Shuttle Bus Nozawa Onsen Liner (Nozawa Onsen Kotsu.INC Service)
Nagano Dentetsu Line (Timetable p. 23)
JR Hokuriku Shinkansen / JR Line

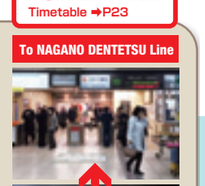
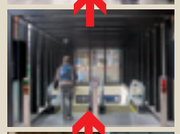
1 Kanbayashi Line
2 Shiga Kogen Line
3 Shiga Kogen Express Line (Nagano Sta. ⇔ Shiga Kogen)
4 Nozawa Line (Iiyama Sta. ⇔ Nozawa Grand Hotel)
5 Nozawa Onsen Liner Line (Iiyama Sta. ⇔ Nozawa Onsen)
6 Tangram Express Line (Iiyama Sta. ⇔ Tangram Madarao)

NAGANO Station Map

Nagano Dentetsu Line Timetable ➔P23

To NAGANO DENTETSU Line

Sotetsu Fresa Inn Nagano-Zenkojiguchi
Nagaden Highway Bus Information Centre(Nacs Suehiro 1F)
Lawson
Nagaden Highway Bus Stop
West Plaza
Nagano Tokyu
Nagano Dentetsu Station
Hotel Metropolitan
Taxi Rank
Local Bus Stop
MIDORI
Zenkoji Exit
Underground passage
Nagano Sta. 2F
East Exit
EV
JR Shinkansen
W.C
Nagaden Express Bus Stop (Go to bus stop No.㉓ and No.㉔ for Snow Monkey Park, Shiga Kogen.)




NAGANO JAPAN
Snow Monkey Town
Yamanouchi
Information
Yamanouchi Town Tourism Association
Tel.(+81)269-33-2138
renmei@info-yamanouchi.net
http://www.info-yamanouchi.net/
Find us on
love_yamanouchi





Jigokudani Yaen-koen

Snow Monkey Park

Since the opening of the park in 1964, many people from all over the world have come to the Jigokudani Monkey Park to see the Japanese macaques in their natural habitat up close. In 1970, LIFE, an American magazine, published an article about the Japanese monkeys bathing in the hot springs in winter which became worldfamous and drew even more visitors. In the warmer season, the monkeys are less likely to be found bathing, but you can see newborns in the arms of their mothers, and energetic young monkeys playfighting.



Do monkeys have sharp nails

There is this image of monkeys having sharp nails and attacking with this, but in reality monkeys have the same nails as humans and thus cannot be used as a weapon. Monkeys are 'fleeing' creatures, but in a dangerous situation they would defend themselves by grabbing, biting, or pulling.



Playing in hot springs

As it gets warmer, the hot spring gets too hot for a lot of monkeys so they stop their bathing activities. What you will see is diving, swimming, and playing monkeys in the spring. There are younglings that love playing in the water just like humans.



Wrestling

Spring and summer are the seasons when you'll see the younger monkeys really enjoying being born a monkey. They will try to jump, run, push, and hug their wrestling partner to the ground for most hours of the day.

Nagano Dentetsu

For the timetable from Nagano Station to Yudanaka Station, please see page 23.



1 Kanbayashi Line

(All year round)

Yudanaka Sta.		Kanbayashi onsen (A)
9:33	→	9:48
10:38	→	10:53
11:53	→	12:08
13:13	→	13:28
15:58	→	16:13
18:38	→	18:53

Kanbayashi onsen (A)		Sunadome (C)		Yudanaka Sta.
6:50	→	6:52	→	7:05
8:15	→	8:17	→	8:30
9:48	→	9:50	→	10:03
10:53	→	10:55	→	11:08
12:08	→	12:10	→	12:23
13:28	→	13:30	→	13:43
16:13	→	16:15	→	16:28
18:53	→	18:55	→	19:08

Fare:Adult 310 yen
Child 160 yen

2 Shiga Kogen Line

(from April 2 - November 30, 2019)

Yudanaka Sta.		Snow Monkey Park (B)
6:00	→	6:08
7:40	→	7:48
8:10	→	8:18
9:45	→	9:53
10:45	→	10:53
12:30	→	12:38
14:00	→	14:08
15:20	→	15:28
16:30	→	16:38
18:10	→	18:18

Snow Monkey Park (B)		Sunadome (C)		Yudanaka Sta.
6:56	→	6:57	→	7:11
7:46	→	7:47	→	8:01
9:25	→	9:26	→	9:40
10:31	→	10:32	→	10:46
12:06	→	12:07	→	12:21
13:23	→	13:24	→	13:38
15:06	→	15:07	→	15:21
16:20	→	16:21	→	16:35
17:21	→	17:22	→	17:36
18:36	→	18:37	→	18:51
19:20	→	19:21	→	19:35

Fare: Adult 310 yen
Child 160 yen

3 Shiga Kogen Express Line (Nagano Sta. ⇔ Shiga Kogen)

(from April 2 - November 30, 2019)

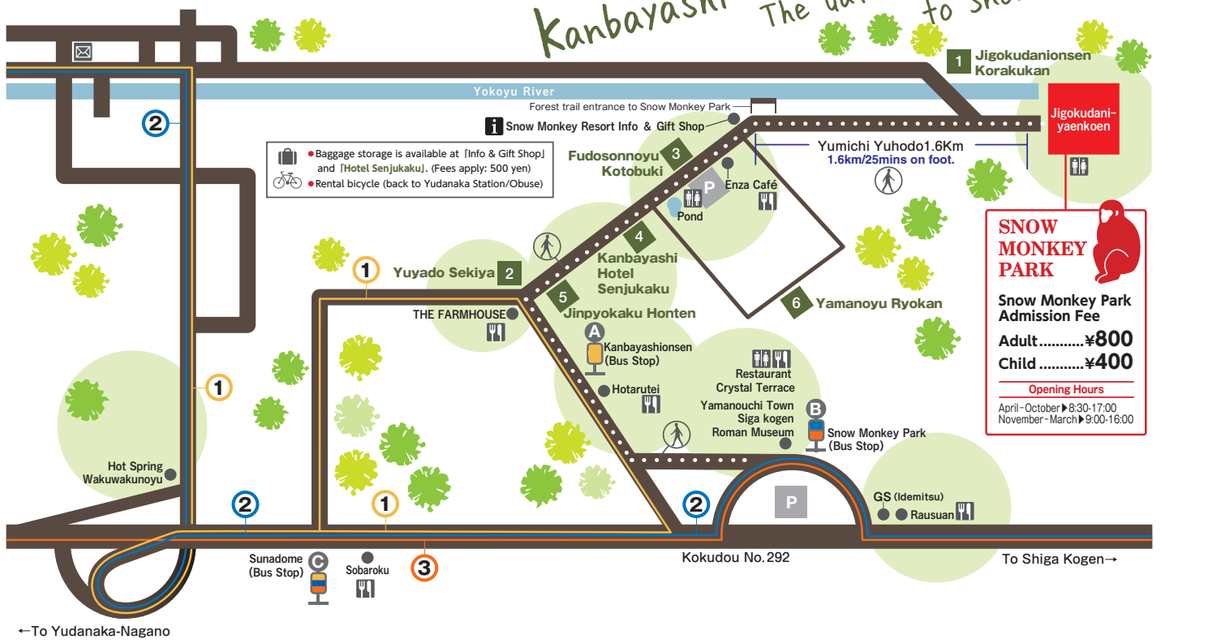
Nagano Sta.		Snow Monkey Park (B)
9:00	→	9:42
10:15	→	10:57
13:10	→	13:52
15:30	→	16:12

Snow Monkey Park (B)		Sunadome (C)		Nagano Sta.
10:46	→	10:47	→	11:41
14:06	→	14:07	→	15:01
16:36	→	16:37	→	17:31
17:26	→	17:27	→	18:21

Fare : Adult 1,400 yen/Child 700 yen
※From June 30 :
Adult 1,500 yen/
Child 750 yen







information

Snow Monkey Park is a nature observatory.

Public transport recommended

There is limited parking so please use public transport.

Toilets

There is no toilet along the forest trail. Please use the public toilet at the Snow Monkey Park's parking lot before heading to the Park.

Timing your trip

Opening hours are from 8:30am-5:00pm, so please give yourself enough time to see the monkeys. The park is open daily, but may close due to unforeseeable circumstances.

Rules of the Snow Monkey Park

1. Please keep an appropriate distance from the monkeys and do not touch or startle the monkeys.
2. Do not show or give them any food.
3. Do not bring dogs, cats, or any other pets inside.
4. Photography is allowed but do not get your camera or mobile phone too close to the monkeys (selfiesicks are not allowed inside the park).

＊The Park may close due to unforeseeable circumstances.



1 Jigokudanionsen Korakukan
Tel.0269-33-4376
http://www.jigokudanionsen.com/

2 Yuyado Sekiya
Tel.0269-33-2268
http://www.yuyadosekiya.com/

3 Fudosonnoyu Kotobuki
Tel.0269-33-2986
http://www.fudoson.com/

Kanbayashi Onsen

Wi-Fi available Lodging Hot spring baths

Kanbayashi Onsen is regsitered as part of he Unesco Eco Park being at the base of Shiga Kogen. Historically it is known as a favorite hot spring resort for the Japanese, with amongst admirers famous writers such as Soseki Natsume and Naoya Shiga. In the middle of Kanbayashi's rich nature you can find 6 traditional Japanese inns, where you can relax and enjoy Japanese hospitality.



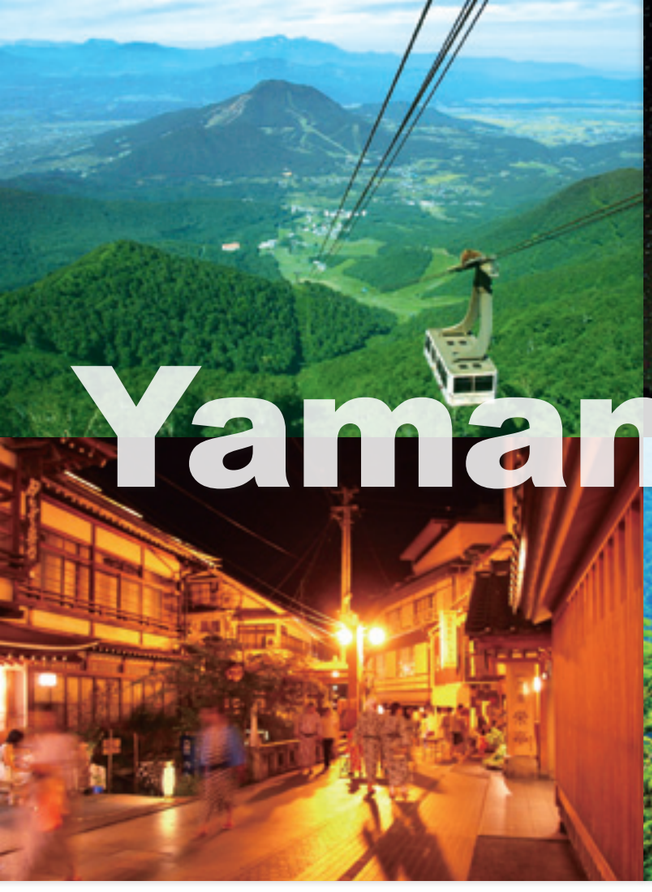
4 Kanbayashi Hotel Senjukaku
Tel.0269-33-3551
http://www.senjukaku.com/



5 Kanbayashionsen Jinpyokaku Honten
Tel.0269-33-3151
http://www.jinpyo.jp/

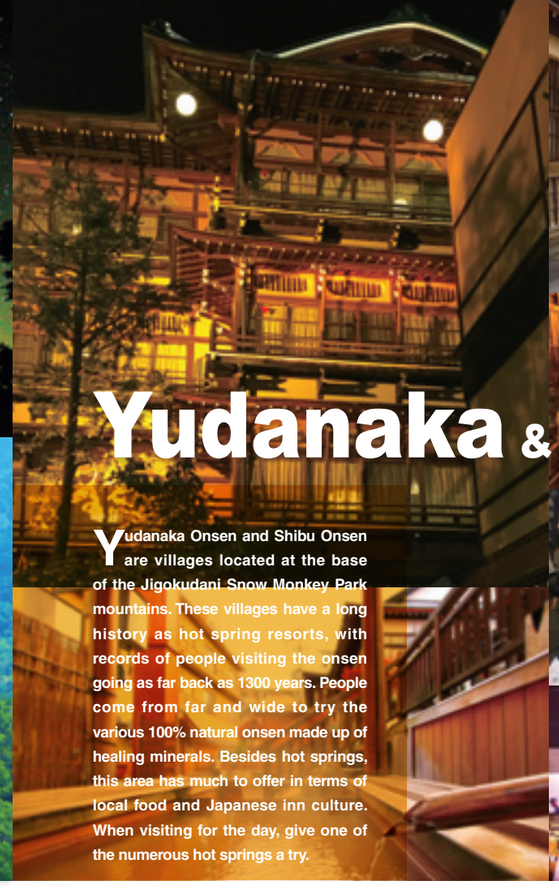


6 Yamanoyu Ryokan
Tel.0269-33-2267
http://www5a.biglobe.ne.jp/yamanoyu/



Yamanouchi

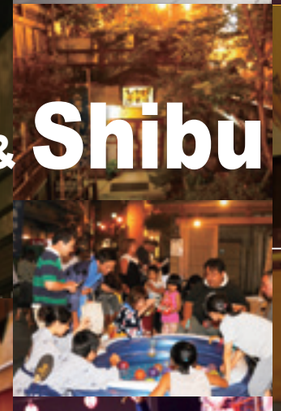




Yudanaka & Shibu Onsen Resort











Yudanaka Onsen and Shibu Onsen are villages located at the base of the Jigokudani Snow Monkey Park mountains. These villages have a long history as hot spring resorts, with records of people visiting the onsen going as far back as 1300 years. People come from far and wide to try the various 100% natural onsen made up of healing minerals. Besides hot springs, this area has much to offer in terms of local food and Japanese inn culture. When visiting for the day, give one of the numerous hot springs a try.

Summer Festivals

Yudanaka's and Shibu's summer festivals are two festivals steeped in local traditions. These festivals lighten up the villages, with live performances by locals, game stands, a variety of foods, and many more. Stay overnight at one of the ryokans, get dressed in a light yukata, and come join the locals in their summer festivities to experience a truly authentic Japanese festival.
Yudanaka Onsen Summer Festival: July 28th - August 19th (starting from 19:30)
Shibu Onsen Summer Event: Early August - Mid August

Yamanouchi Town has 3 prominent resort areas of Shiga Kogen, Yudanaka & Shibu Onsen Resort and Kita-Shiga Kogen. Shiga Kogen: its landscape and mountains were recognized as a national park. Yudanaka Shibu Onsen Resort—beloved by artists and writers—consists of 9 hot spring districts: Yudanaka Onsen, Shin-Yudanaka Onsen, Shibu Onsen, Andai Onsen, Jigokudani Onsen, Honami Onsen, Hoshikawa Onsen, Kakuma Onsen and Kambayashi Onsen. Kita-Shiga Kogen: it's where you can find the Mt. Ryuo, which rises up upon a sea of clouds. Come visit Yamanouchi Town and experience its grand landscapes and variety of hot springs.







Soba

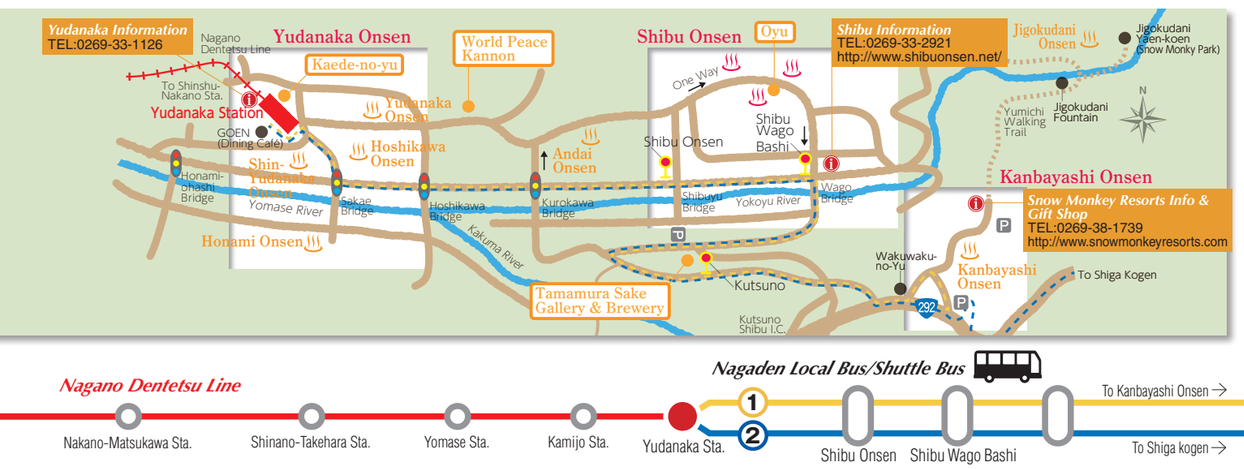
Buckwheat has been cultivated since ancient times and local restaurants use the ground flour to prepare buckwheat noodles. The popular "Sugakawa Soba" is made using 10% pokeweed leaf fibres to help bind the flour. This gives the noodles their characteristically strong structure and silky texture.





Fruit picking

Fruit Picking: late Aug. - late Nov.
Optimal growing conditions on sunny southwest facing slopes, with the benefit of fluctuating temperatures between the warm days and cool nights, gives these apples their sweet flavor and beautiful coloring.



Kita Shiga





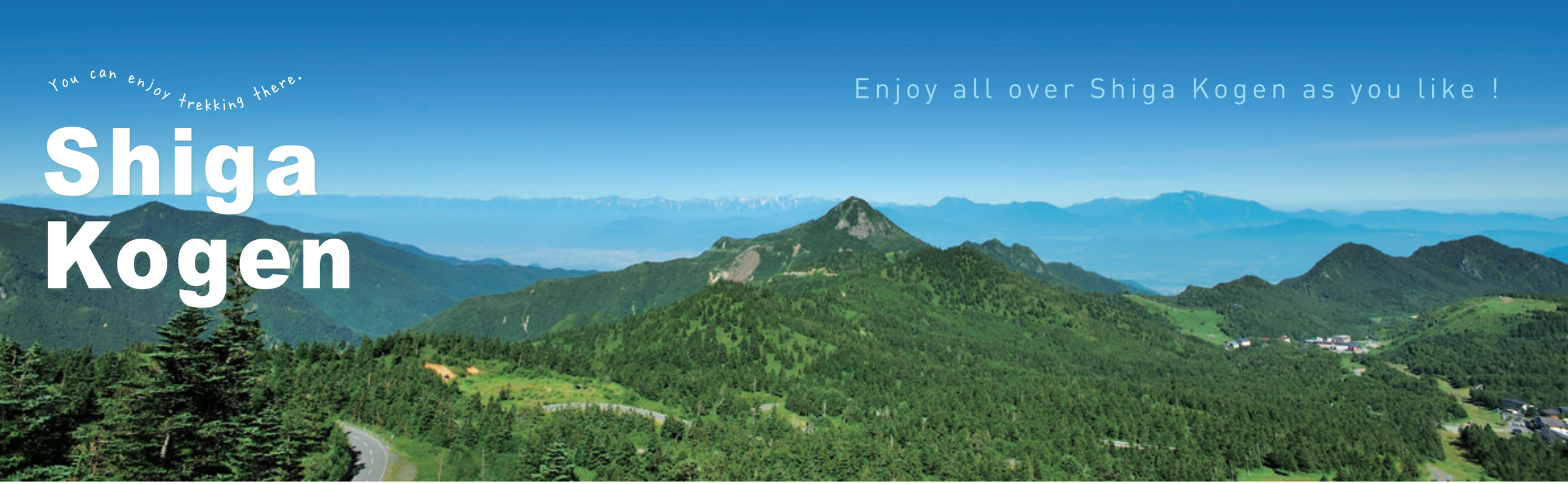
SORA terrace

At an elevation of 1,770m, the terrace is located above the clouds on the peak of Mt. Ryuo. Nagano City, Nakano City, Iiyama City, and Kijimadaira Village can be seen below and in the distance the northern Alps are visible. Sunsets are fantastic here as the sun sinks behind the mountains and occasionally sets into a sea of clouds.



You can enjoy trekking there.

Shiga Kogen



Enjoy all over Shiga Kogen as you like !

Joshin'etsu-kogen National Park stretches across the three prefectures of Gunma, Niigata, and Nagano. Shiga Kogen, where nature remains untouched, occupies the center of the Park as a resort area. In spring it is beautiful with its new greens, summers are comfortable with cool breezes, and autumn sees the area tinted with the colors of changing leaves. Whenever you visit, impressive scenery await.







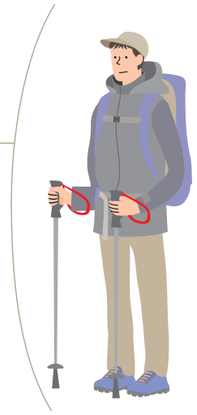
Trekking

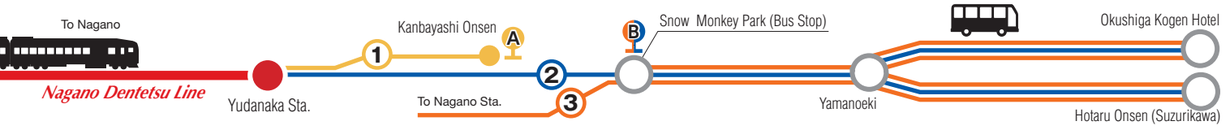
If you are looking to take in the plentiful nature of Shiga Kogen, we recommend trekking. "Guide Trekking," where a guide with intimate knowledge of Shiga Kogen accompanies visitors, is very popular.

Clothing and Gear for Forest Hiking

For safe and enjoyable trekking, please be sure to prepare appropriate clothing, footwear, and rain gear.

Mountain weather can change unexpectedly, we recommend wearing long sleeved tops and pants even in summer as they also help protect from insects. Rainwear that can also serve as warm clothing is required. Rainwear consisting of separate jacket and pants is the most convenient. Use of umbrellas should be avoided due to the increased risk of lightning strike. Be sure to wear comfortable footwear. Trekking shoes are recommended, sandals should be avoided.









Shiju-hachi Lake ／ Onumaike Lake Trail

The most popular trekking trail. Walk through the virgin forest touring many lakes including Shibuike Lake. Head to Onumaike Lake with its mysterious red torii gate floating on the lake's surface.

Shiga Kogen UNESCO Biosphere Reserve

In 1980, Shiga Kogen was registered as a UNESCO Biosphere Reserve as it had actively been working towards "functional conservation," "economic and social development," and "academic research support" for the purpose of creating balance between the preservation of the ecosystem and its sustainable utilization.

② Shiga Kogen Line

(from April 2 - November 30, 2019)

Yudanaka Sta.	Snow Monkey Park	Yamano eki	Okushiga Kogen Hotel	Hotaru Onsen (Suzurikawa)
6:00	6:08	6:29	6:56	
		6:40		6:53
		7:35	8:02	
7:40	7:48	8:10		8:23
8:10	8:18	8:40		8:53
		8:55	9:25	
9:45	9:53	10:16		10:29
		10:30	11:00	
10:45	10:53	11:15		11:28
		11:50	12:20	
12:30	12:38	13:00		13:13
		13:40	14:10	
14:00	14:08	14:31		14:44
		14:45	15:15	
15:20	15:28	15:52	16:22	
		16:00		16:13
16:30	16:38	17:01	17:32	
		17:11		17:24
18:10	18:18	18:40	19:11	
		18:40		18:53

Hotaru Onsen (Suzurikawa)	Okushiga Kogen Hotel	Yamano eki	Snow Monkey Park	Yudanaka Sta.
6:25		6:37		
	6:10	6:41	6:56	7:11
7:15		7:27		
	7:00	7:31	7:46	8:01
	8:10	8:41		
8:30		8:42		
		9:10	9:25	9:40
10:03		10:15		
	9:45	10:16	10:31	10:46
11:35		11:47		
	11:20	11:51	12:06	12:21
	12:30	13:01		
12:53		13:08	13:23	13:38
14:18		14:33		
	14:20	14:51	15:06	15:21
	15:25	15:56		
15:53		16:05	16:20	16:35
16:40		16:53		
	16:35	17:06	17:21	17:36
18:00		18:13		
	17:50	18:21	18:36	18:51
18:53		19:05	19:20	19:35

③ Shiga Kogen Express Line (Nagano Sta. ⇔ Okushiga Kogen Hotel)

(from April 2 - November 30, 2019)

Nagano Sta.	Snow Monkey Park	Yamano eki	Okushiga Kogen Hotel	Hotaru Onsen (Suzurikawa)
9:00	9:42	10:11		
10:15	10:57	11:27		11:38
13:10	13:52	14:21	14:53	
15:30	16:12	16:41		

Hotaru Onsen (Suzurikawa)	Okushiga Kogen Hotel	Yamano eki	Snow Monkey Park	Nagano Sta.
		10:30	10:46	11:41
13:33		13:50	14:06	15:01
	15:50	16:20	16:36	17:31
		17:10	17:26	18:21

Fare : Adult 2,000 yen/Child 1,000 yen
※From June 30 : Adult 2,100 yen/Child 1,050 yen



The Largest Ski Area in Japan

Shiga Kogen

Shiga Kogen is the largest ski resort where you can enjoy the great quality of snow.













Shiga Kogen For more information contact Shiga Kogen Tourism Association http://www.shigakogen.gr.jp Shiga Kogen Lift Association http://www.shigakogen-ski.com

Shiga is an UNESCO Biosphere Reserve and National Park with spectacular mountain sceneries. It was host to the 1998 Nagano Winter Olympic Giant Slalom and Paralympic events. Now it is a popular destination for skiers and boarders as it is Japan's largest ski area with 18 resorts.



Ski & Snowboard

Travel 30 minutes by bus from Yudanaka Station and you will reach the biggest ski area in Japan with 18 resorts all available on one lift pass. Beginners and advanced can enjoy some of the best powder snow in the world and endless trails of diverse terrain, both on piste and off. You will need a week to explore!



この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の2万5千分の1地形図を使用した。（承認番号　平29情使 第419-GISMAP-402992号）

Nagano City



Nagano City is the capital of Nagano Prefecture, and is known for holding one of Japan's most prominent temple complexes, Zenko-ji. The city was the main stage for the 1998 Olympics and still has many facilities and symbols of the world-famous event strewn all over. Nowadays, the city has a vibrant atmosphere, attracting visitors from far and wide.

Local Specialty



Miso
(a paste made from fermented soybeans)

Following its recognition by UNESCO as an item of intangible cultural heritage, traditional Japanese Cuisine, or "washoku", has been attracting increased attention from around the world. One essential component of washoku is fermented foods.

Fermented foods are well represented in Nagano, thanks to the prefecture's abundance of "miso" producers. Miso can also be purchased at a number of stores in Nagano City. How about taking some home as a souvenir?



Soba - buckwheat noodles

Soba (buckwheat noodles) is a regional speciality of Nagano Prefecture and a much-beloved dish of the Japanese. If you're looking to try some, there are plenty of soba restaurants around Nagano Station and Zenko-ji Temple.

Pick Up!



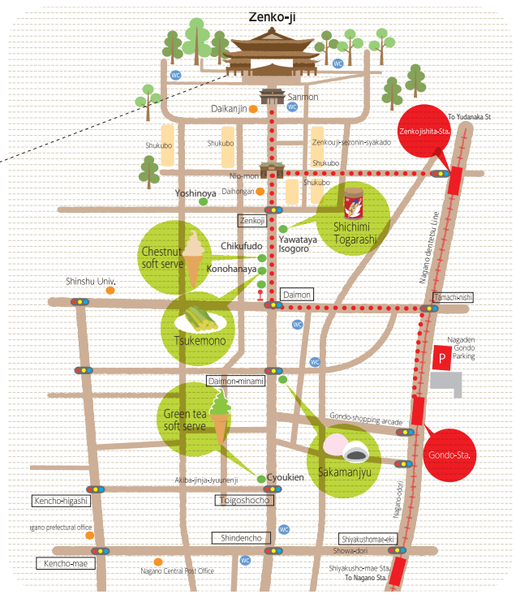
Zenko-ji Temple

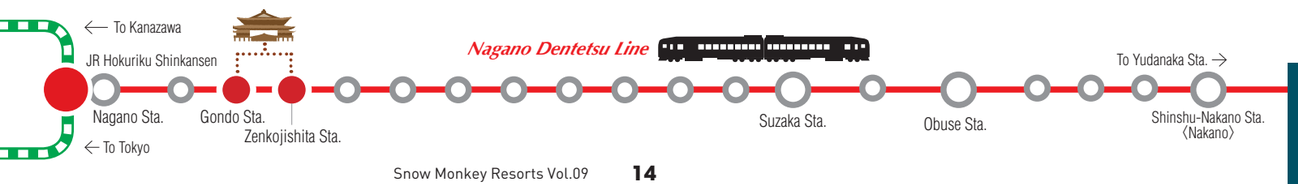
Zenko-ji temple is one of Japan's most important and largest wooden temples. The temple complex was founded in the 7th century and is a major pilgrimage site as it houses Japan's oldest Buddhist statue, allegedly made by Amida Buddha himself. It is said that anyone who prays here can reach paradise, regardless of religious affiliation, gender, or status.



Zenko-ji Nakamise Shopping Street

On the pilgrimage path to the temple of Zenko-ji you will walk through Nakamise Street, a lively street with a myriad of souvenir shops and eateries. There are a variety of things on offer, such as Buddhist items, local delicacies like oyaki (a steamed bun filled with vegetables) and apple custard pies, and Nagano-only souvenirs.







TOURS & CHARTERS INFO

www.snowmonkeyresorts.com

Hotel & Access Info also available here:

TOURS

Start / end at Nagano City

SNOW MONKEYS, ZENKO-JI TEMPLE & SAKE






Meet your guide at JR Nagano Station 9:35

Zenko-ji Temple
Visit the near-1400 year old temple, Nagano's spiritual heart and famous for housing the first Buddhist statue brought to Japan.

Lunch & Sake Tasting
Enjoy Nagano's renowned food culture and try some of the region's acclaimed 'sake'.

Snow Monkey Park
See Nagano's world-famous hot spring-bathing monkeys of Jigokudani

Tour concludes at JR Nagano Station 17:30

NAGANO CITY



1-DAY TOUR
From/to NAGANO : MATSUMOTO CASTLE & LOCAL FOOD EXPERIENCE
All Year Round
¥18,800 pp (inc.tax)



2-DAY TOUR
From/to NAGANO : HISTORIC NAKASENDO WALKING TOUR
mid Apr – late Nov
¥68,000 pp (inc.tax)



1-DAY TOUR
From NAGANO to TAKAYAMA : HIGHLIGHTS OF CENTRAL JAPAN
mid Apr – late Nov
¥29,000 pp (inc.tax)

CHARTERS

CHOOSE YOUR OWN DESTINATIONS

FROM YOUR LOCATION TO ANY DESTINATION IN ANY SEASON

Discover all that Nagano & Central Japan have to offer!

A place of four seasons, Nagano has so much to offer! Get off the beaten path, go further and discover more with the convenience and flexibility of a private tour or charter.




CHOOSE YOUR OWN ACTIVITIES

Nagano offers countless experiences from the beauty of traditional Japanese culture to the excitement of winter and green season sports. Combine any of these activities in your customizable private tour.


SNOW MONKEYS


WINTER SPORTS


FOOD EXPERIENCE


AUTUMN LEAVES


CULTURE & ARTS


CHERRY BLOSSOMS


HOT SPRINGS


HIKING & NATURE

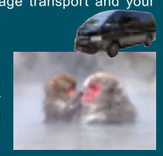

FRUIT PICKING


LOCAL FESTIVALS

Private Snow Monkey Tours

Flexible pick-up and drop-off locations!

With the convenience and ease of a private vehicle including luggage transport and your own guide, we create an itinerary just for you. A great option for families, groups, travelers with special requirements or anyone wanting total flexibility.



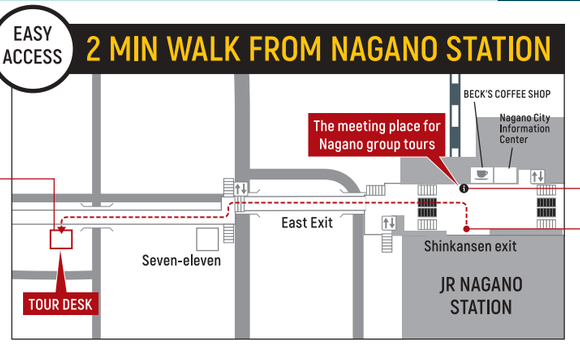
Starting from JPY 104,000~ /per group (inc.tax)

TOUR DESK

TOUR DESK LOCATED AT NAGANO STATION



EASY ACCESS **2 MIN WALK FROM NAGANO STATION**



TOUR MEETING PLACE



NAGANO STATION SHINKANSEN EXIT



Nagano Convention & Visitors Bureau

Nagano-shi Monzen Plaza 4F, 1485-1 Shinden-cho, Nagano City, Nagano 380-0835 Japan
Phone:+81 26 223 6050 / Fax:+81 26 223 5520 E-mail: omotenashi@nagano-cvb.or.jp



Obuse Town

Obuse is famous for its chestnuts, with many traditional shops offering delicious chestnut treats and delicacies. The historic town is also renowned as the beloved town of Edo Period painter Katsushika Hokusai, acclaimed for his various ukiyo-e artworks.





Katsushika Hokusai



The world-renowned Katsushika Hokusai left many of his later works in Obuse. Hokusai's works can be viewed at the Hokusai Museum.
At Gansho-in Temple you can see the impressive Phoenix mural painted on the ceiling of the main hall.



Obuse's Floral Garden/ Kuri no komichi

At the Floral Garden of Obuse, you can enjoy all sorts of seasonal flowers, set in (amongst others) the motive of Hokusai's Phoenix painting. If you'd like to explore and get a feel of the town, take a walk on the chestnut timber trails found all through the town.

Suzaka City



Yonako Waterfalls

The Yonako Waterfalls are two long waterfalls found next to each other creating for a majestic scenery. Fudodaki, the so-called female waterfall, is 80 meters long and Gongentaki, the man of the two, is 85 meters long. They have been given the nickname "the married falls". These waterfalls have been voted one of the 100 most beautiful waterfalls in Japan.

Nakano City



Fruit Picking

Nakano City receives little rainfall and copious amounts of sunlight. This combined with the temperature difference between day and night makes it possible to harvest delicious fruit. During harvest time visitors can enjoy fruit picking. You can pick and eat your own fruit after paying the entrance fee.

Fruit picking seasons	
Cherries	beginning - end of June
Apples	beginning of September - end of November
Peaches	end of July - end of August
Grapes	beginning of October

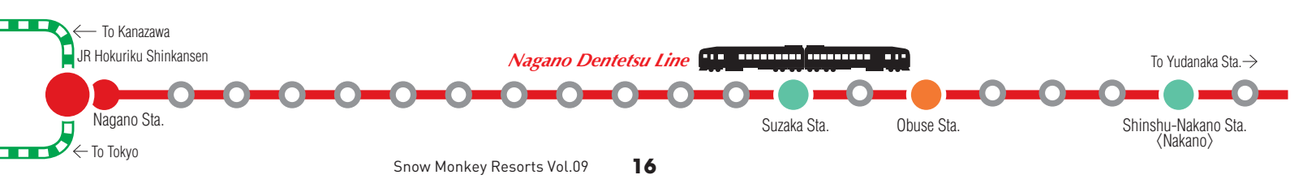
[Inquiries] JA Nakano City Farmers Market Oranche (Farm tourism guidance)
[Phone number] 0269-23-5595
(Reservations required depending on the season)



OBUSE Highway OASIS

Obuse highway Oasis connects the Joshinetsu Highway and Obuse. There is a food court, souvenir shops, plaza with fountain and a sports hall.
Business Hours: 09:00 – 20:00 (Last order:19:45)
Open 365 days a year.

小布施ハイウェイオアシス
道の駅 オアシスおぶせ



information

SNOW MONKEY PASS

Unlimited use of Nagaden buses and trains.
Snow Monkey Park entrance fee included!



TRAIN + BUS + ENTRANCE

ADULT : ¥3,500
CHILD* : ¥1,750
*6 -12 YEARS OLD

※Depending on the absence of the monkeys, ticket sales could be temporarily suspended.

[NOTE]
The ticket is nonrefundable, even in the case of the monkeys not showing up at the park.

THIS PASS INCLUDES:
- 2-day unlimited use of the Nagano Dentetsu Line
- 2-day unlimited use of the Nagaden Express Bus (Nagano station ～ Snow Monkey Park)
- 2-day unlimited use of the Nagaden Local Bus (Yudanaka station ～ Kanbayashi Onsen, Snow Monkey Park)
- Free admission to the Snow Monkey Park (Jigokudani Yaen Koen) ※ 1 - time use only

Available at : Nagano Dentetsu Nagano Sta./Gondo Sta./Suzaka Sta./ Obuse Sta./Yudanaka Sta.

MORE INFORMATION
http://www.nagaden-net.co.jp

ながの東急百貨店
TOKYU

Welcome to NAGANO TOKYU DEPARTMENT STORE

欢迎光临 长野东急百货店　歡迎光臨 長野東急百貨店

Wide varieties of products are available here from popular cosmetics, fashion items, accessories, gourment, and famous sweets ideal for gifts.

在这里，从人气很高的化妆品开始，到时装，配饰，高级食品，有名的点心，作为伴手礼的理想商品应有尽有。

在這裡，從人氣很高的化妆品開始，到時裝，配飾，高級食品，有名的點心，作為伴手禮的理想商品應有盡有。

MAIN BUILDING 1F
[Cosmetics]
SHISEIDO
clé de peau BEAUTÉ
LANCÔME
SK-II
DECORTÉ
Kanebo
CHANEL
Dior
M・A・C
RMK
FANCL
shu uemura
HABA
ESTÉE LAUDER
CLINIQUE
L'OCCITANE
…etc

ANNEX BUILDING 4F (Chér-Chér)
[Watches]
OMEGA
Cartier
LONGINES
RADO
GUCCI
SEIKO
CITIZEN
…etc

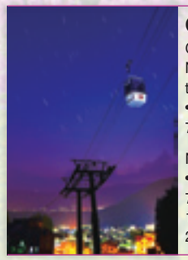
MAIN BUILDING 2F
[Women's Wear]
WEEKEND MaxMara
UNTITLED
MACKINTOSH LONDON
Theory
POLO RALPH LAUREN
23ku
KUMIKYOKU
EAST BOY
…etc

MAIN BUILDING B1F
[Food]
We have a variety of products, including Japanese sweets, western sweets, and Shinshu specialties. There are also corners for sake and wine well as gift food, providing products in quantity and quality.
日式糕点，西洋糕点，信州的名产品等种类繁多。加上铭酒藏和葡萄酒柜台，食品礼品柜台也是非常充实。
日式糕點，西洋糕點，信州的名產品等種類繁多。加上銘酒藏和葡萄酒櫃檯，食品櫃檯也是非常充實。

NAGANO TOKYU DEPARTMENT STORE
UnionPay 银联 长野东急百货商店可使银联卡
支付宝 ALIPAY　微信支付 WeChat Pay 在本店可以使用
Business hours 10:00~19:00
Telephone 026(226)8181
Address 1-1-1Minami-chitose,Nagano City Nagano Prefecture, 380-8539, Japan

Japan. Tax-free Shop
8% Back Tax Refund Service
MAIN BUILDING 4F Tax Refund Counter
The consumption tax incurred on purchase will be reimbursed at the Tax Refund Counter on the 4th floor of the main building.
在本馆 4 楼的「消费税免税柜台」，针对本商品所交的消费税进行返还。
在本館 4 樓的「消費稅免稅櫃檯」，針對本商品所繳的消費稅進行退還。

It is said that the hot springs of Nozawa Onsen were discovered between 724 - 748 A.D. In the Edo Period, they were used as therapeutic baths. Now, they are visited by large numbers of tourists who enjoy the hot springs and ski slopes in the area. Within the village there are 13 public bathhouses called “soto-yu” that can be used free of charge. Touring the soto-yo bathhouses is a popular activity.



Gondola Lift

Go high up in the air with Nozawa's gondola and see the area's beautiful scenery

•Available:
7/6(Sat) ~ 8/25(Sun)

Night Gondola Tour
•Available:
7/27(Sat) · 8/3(Sat) · 10(Sat) · 11(Sun) · 12(Mon) · 17(Sat) · 24(Sat)



Nozawa Onsen Village



Uenotaira Highlands

Go trekking or mountainbiking in Nozawa's primeval beech forest. The area is easily accessible by taking the gondola from the Onsen Village. In winter, Nozawa offers ski slopes with great quality of snow.

Nozawa Onsen Village
Information
TEL.0269-85-3155 http://nozawakanko.jp/



Soto-yu

The 13 soto-yu locations scattered throughout the village are 100% natural hot springs with a continuous flow of hot water. They are not only available for the villagers, but also for guest use. One soto-yu in particular, Oyu, located in the center of the hot springs area, conveys the style of the Edo period in its architecture and has become the symbol of Nozawa Onsen. Every visitor to the soto-yu can decide for themselves how much they want to pay as an entrance fee to the bathhouse by placing their offering in the collection box outside.

Hotel Nozawa Grand Hotel

Wi-Fi

Situated at the highest point of the village, the hotel's outdoor bath offers beautiful views of the landscape. The bath is open to the public from 1pm to 6pm for 800 yen per adult. Visitors can also enjoy the breakfast buffet and evening dinner. Breakfast is from 7:30am to 9:15am and is 1,500 yen. If you'd like to have dinner, please reserve a table in advance. Spend some time relaxing in luxury at this ski resort hotel.
E-mail:info@nozawagrand.com







4 Nozawa Line

All year round

Iiyama Sta.		Kijima		Nozawa Grand Hotel
7:15	→	7:26	→	7:56
8:15	→	8:26	→	8:56
9:10	→	9:23	→	9:53
10:50	→	11:03	→	11:33
11:50	→	12:03	→	12:33
13:35	→	13:48	→	14:18
15:15	→	15:28	→	15:58
16:30	→	16:43	→	17:13
17:25	→	17:36	→	18:06
18:55	→	19:06	→	19:36

Nozawa Grand Hotel		Kijima		Iiyama Sta.
■6:15	→	6:45	→	6:56
■6:50	→	7:20	→	7:31
7:10	→	7:40	→	7:51
8:00	→	8:30	→	8:43
9:05	→	9:35	→	9:48
10:10	→	10:40	→	10:53
11:45	→	12:15	→	12:28
12:45	→	13:15	→	13:28
14:30	→	15:00	→	15:13
16:20	→	16:50	→	17:03
17:20	→	17:50	→	18:01
18:15	→	18:45	→	18:56

■=No service Saturdays, Sundays, public holidays, and from August 13th to 16th and December 29th to January 3rd.
Fare:Adult 700yen/Child 350yen

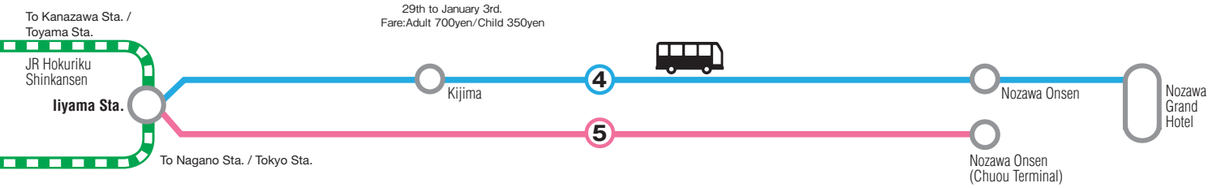
5 Nozawa Onsen Liner Line

(from April 1 - Mid of December 2019)

Iiyama Sta.		Nozawa Onsen
8:50	→	9:15
10:00	→	10:25
10:50	→	11:15
12:30	→	12:55
13:40	→	14:05
15:15	→	15:40
17:30	→	17:55
18:55	→	19:20
20:15	→	20:40
21:20	→	21:45

Nozawa Onsen		Iiyama Sta.
6:30	→	6:55
7:40	→	8:05
8:30	→	8:55
9:40	→	10:05
11:15	→	11:40
13:00	→	13:25
14:20	→	14:45
16:50	→	17:15
18:15	→	18:40
19:35	→	20:05

Fare:Adult 600yen/Child 300yen
●Operating company: NOZAWA ONSEN KOTSU INC



2019 Summer Leugth 3,515m

GONDOLA LIFT

The full length:3,515meters
The difference of ups and downs: 778meters(629m~1407meters)
The required time :15 minutes

●Available from : July.6-August.25
●Hours: 9:00-16:00 (Descent 16:30)

■Gondola Lift Charge

	Adult	Child
Once ticket	1,200yen	600yen
■Mountain bike	Adult	Child
Once ticket	1,500yen	800yen
1day	3,000yen	1,500yen

YANAGIRAN GARDEN

Enjoy

Night Gondola Tour

● Gondola Night-Tour
July.27. August.3.10.11.12.17.24
● Ascent 19:30-20:00
Descent 21:00-21:30
● Charge Adult 2,000yen Child 1,000yen
(Gondola round trip A drink With a guide.)

NOZAWA ONSEN SNOW RESORT

NOZAWA ONSEN SNOW RESORT [GREEN FIELD]
TEL.(0269)85-3166 ／ FAX.(0269)85-2201 http://nozawaski.com

NOZAWA ONSEN SPORTS PARK

ZIP SKY RIDE

Total length of 652meters, with max speed at 70km per hour! Experience an aerial drop of 122meters!

●Available from : June.1-November.10
●Hours: 9:00-16:30

	Adult	Child
Once ticket	2,000yen	1,200yen
The after 2nd time, the charge	1,400yen	800yen

Max Speed 70km/h



NOZAWA ONSEN

NOZAWA ONSEN SPORTS SERVICE
TEL.0269-85-2623 ／ FAX.0269-85-3616 http://nozawaonsen.co.jp

Iiyama City



The slow-flowing Chikumakawa River opening up to spacious country landscapes brings a sense of tranquility to those who visit. Also, Iiyama receives one of Japan's heaviest snowfalls, which provides great quality powder snow during the winter attracting skiers and snowboarders from all over Japan.





Temple Tour

Also called "Snow Country's Small Kyoto", Iiyama is dotted with shrines/temples. A trail connects the various shrines/temples so you can go on a small pilgrimage, collecting stamps at every site to make for a memorable souvenir.



Experience zen meditation

Shojuan, Daishoji, and Jofukuji are all temples where you can feel the long history. Shojuan even, was the temple where children of the lord of the Matsushiro samurai domain, Sanada Nobuyuki, spent the end of their life. These temples are all practice zen and offer visitors a chance to participate this style of meditation.

Iiyama Information TEL.0269-62-7000 http://www.iiyama-ouendan.net/

Shinanomachi

Tangram

A resort that stretches across the north face of Mt. Madarao where you can play, stay overnight, and eat all at one location. In addition to the "Tarzan ZIP Slider" and "Bobsled" activities, there are also a host of other facilities available, such as mini-golf, tennis, and golf. The "Lily & Lavender Garden" is also open during summer.



Tarzan ZIP Slider

Lily & Lavender Garden





Lake Nojiri

A historic summer retreat, good for enjoying fishing, canoeing, and wakeboarding. Also famous as the place where the fossil of Naumann's Elephant was discovered.





Iyashi no Mori®(Healing Forest)

In the designated Forest Therapy base of Shinano Town, the forest therapy business, "Iyashi no Mori®," which focuses on the healing effects of the forest, has been developed. Step away from the daily hustle and heal both your body and mind while touring the courses in town, such as the Kurohime Highland or shores of Lake Nojiri, with a trained town-approved "Forest Medical Trainer"

6 Tangram Express Line
(Iiyama Sta. ⇔ Tangram Madarao)

(from April 27 - September 1, 2019)

Iiyama Sta.		Madarao Kogen Hotel		Tangram Madarao		Tangram Madarao		Madarao Kogen Hotel		Iiyama Sta.
10:00	→	10:22	→	10:45		11:00	→	11:15	→	11:45
12:27	→	12:49	→	13:12		13:17	→	13:32	→	14:02
15:15	→	15:37	→	16:00		16:10	→	16:25	→	16:55

Fare:Adult 900 yen / Child 450 yen
※From June 30 : Adult 1,000 yen/Child 500 yen





Shiraito Waterfall

Karuizawa Town

Located right between Nagano and Tokyo, Karuizawa Town is one of Japan's renowned resort areas where history and tradition coexist with nature. Based at the foot of a volcanic mountain, Mt. Asama, the town's nature spots such as Shiraito Waterfall and Kumoba Pond offer visitors impressive scenery in a tranquil atmosphere.

Other spots worth a visit:



Kumoba Pond



Karamatsu Forest

Karuizawa Information TEL:0267-42-2491 http://karuizawa-kankokyokai.jp/

Matsumoto City

Matsumoto Castle is the city's most popular tourist attraction. The castle was built during the Sengoku (Civil War) Period – from the 15th to 16th century. The 6-storied castle tower is registered as a National Treasure and is said to be the oldest amongst the other remaining castles in Japan.

Other spots worth a visit:



Kamikochi

Matsumoto Information TEL:0263-39-7176 https://visitmatsumoto.com/en/



Matsumoto Castle



Happo Pond

Hakuba Valley

Hakuba Village was one of the main hosts of 1998 Nagano Winter Olympics and during the summer season turns into a mountain field of adventure with exciting activities such as hiking, mountain biking, paragliding, etc. The majestic views of Japan's Northern Alps attract visitors from all over the world.

Other spots worth a visit:



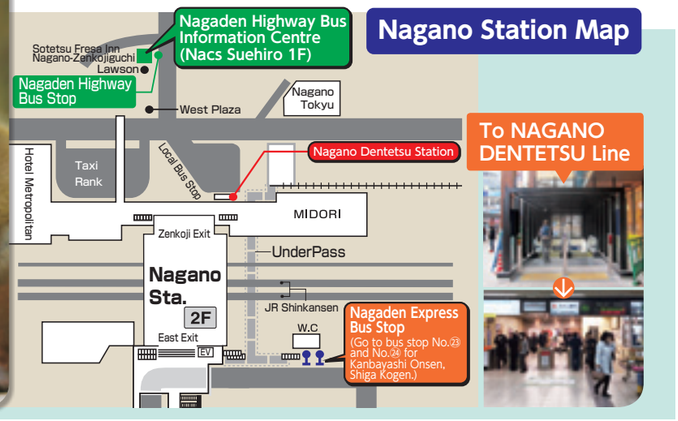
Hakuba Ski Jumping Stadium



Paraglider

Hakuba Information TEL:0261-72-7100 www.vill.hakuba.nagano.jp/





Nagaden Highway Bus

Reservation Only Available to reserve 30 days in advance!

Reserve and purchase tickets at the Nagaden Highway Bus Information Centre conveniently located in front of Nagano Station.

Nagaden Highway Bus Reservation Centre
(Open 09:00 - 18:30)
TEL.026-295-8050

Nagano Sta. ⟷ Ikebukuro Sta. East Exit

	Nagano Sta.	Kawagoe Matoba	Ikebukuro Sta. East Exit
From Nagano	7:30	10:17	11:12
	9:00	11:47	12:42
	10:30	13:17	14:12
	15:30	18:33	19:28
	18:30	21:33	22:28

	Ikebukuro Sta. East Exit	Kawagoe Matoba	Nagano Sta.
From Tokyo	7:30	8:20	11:25
	10:30	11:20	14:25
	15:30	16:20	19:12
	17:30	18:20	21:12
	19:20	20:10	23:02

◆Ticket Fare : From June 21, 2019
(Price as from Nagano Staition)
Child Fare : half price (there is no discounted return ticket)

	Ikebukuro Sta./Nerima Sta.	Kasagoe Matoba
One Way	¥2,700～¥4,500	¥2,700～¥4,000

Ticket fare will vary depending on the route. Please see Nagaden website for more information.

Contact: Seibu Bus Centre ☎03-5910-2525

Nagano Sta. ⟷ Niigata Sta.

	Nagano Sta.	Niigata Sta.	Bandai city Bus Centre
From Nagano	8:00	11:24	11:29
	11:00	14:24	14:29
	16:00	19:24	19:29
	18:00	21:24	21:29

	Bandai city Bus Centre	Niigata Sta.	Nagano Sta.
From Niigata	7:40	7:45	11:10
	10:30	10:35	14:00
	15:55	16:00	19:25
	17:55	18:00	21:25

◆Ticket Fare : From June 21, 2019
(Price as from Nagano Staition)
Child Fare : One way is half price

	Bandai dity Bus Centre
One Way(Return)	¥3,500(¥6,300)

Contact : Niigata Kotsu Highway Bus Centre
☎025-241-9000

Nozawa Onsen・Yudanaka・Iiyama・Nagano Sta.⟷ Kyoto Sta.・Osaka(Nanba)・Kobe(Sannomiya)・USJ

Bus Stop	to Kyoto・Osaka・Kobe・USJ Outward	to Nagano・Iiyama・Yudanaka Homeward
Nozawa Onsen	21:00	7:41
Iiyama Sta.	21:25	7:16
Yudanaka Sta.	22:00	6:41
Shinshu-Nakano Sta.	22:15	6:26
Obuse	22:30	6:11
Suzaka Sta.	22:40	6:01
Gondo	23:05	5:35
Nagano Sta.	23:15	5:28
Oginoya	23:35	5:08
	↓	↑
Kyoto Sta. Hachijyou Exit	5:17	23:25
Osaka Sta.	6:16	22:25
Minatomachi Bus Terminal	6:36	22:00
Nanba Kousoku Bus Terminal	6:51	21:45
Kobe Sannomiya	7:46	21:20
USJ	8:25	20:40

◆Ticket Fare : From June 21, 2019
Child Fare : half price (there is no discounted return ticket)

One Way	Nagano Sta.	Iiyama Sta. Nozawa Onsen
Kyoto Sta.	¥6,000～¥7,100	¥7,000～¥8,000
Osaka Nanba	¥6,500～¥7,600	¥7,500～¥8,500
Kobe Sannomiya	¥6,900～¥8,000	¥7,900～¥8,900

Spacious seating

Contact : Nankai Express Bus Centre ☎06-6643-1007

Take the Osaka Line and change to the local Yudanaka to Shiga Kogen bus at a discount of 50%

NEWS! From July 18th 2017, the highway bus heading for Osaka also makes a stop at Universal Studios Japan.
Please see the Nagano Dentetsu Homepage for the latest bus timetable.
http://www.nagadenbus.co.jp/





Nagano Dentetsu Line Timetable



Nagano Dentestu **TEL.026-226-2681** In use from April 3rd 2018

Express Trains*: "SnowMonkey" "Yukemuri" Please purchase an Express Train Ticket (¥100 for adult, ¥50 for child)

Nagano → Yudanaka

	長野	市役所前	権堂	善光寺下	須坂		小布施	信州中野		湯田中
	Nagano	Shiyakusho-mae	Gondo	Zenkoji-shita	Suzaka		Obuse	Shinshu-Nakano		Yudanaka
	Departure	Departure	Departure	Departure	Arrival	Departure	Departure	Arrival	Departure	Arrival
	–	–	–	–	–	5:33	5:40	5:53	5:53	6:08
★	–	–	–	–	–	5:48	5:55	6:08	6:20	6:37
★	–	–	–	–	–	6:15	6:22	6:35	•6:46	7:03
★	6:15	6:16	6:18	6:19	6:40	6:41	6:48	7:01	•7:14	7:33
★	6:41	6:42	6:44	6:45	7:07	7:08	7:16	7:30	•7:42	8:00
★	7:05	7:06	7:08	7:09	7:34	7:36	7:44	7:56	8:10	8:27
	7:27	7:28	7:30	7:31	7:59	8:02	8:09	8:22	–	–
	7:46	7:47	7:49	7:50	8:12	–	–	–	–	–
	▲Operation days								–	–
★	8:01	8:03	8:04	8:06	8:27	8:28	8:35	8:49	•8:52	9:07
	8:28	8:29	8:31	8:32	8:53	8:55	9:02	9:15	–	–
	8:51	→	8:53	→	9:07	9:09	9:15	9:24	9:24	9:36
★	8:57	8:58	9:00	9:01	9:24	9:24	9:31	9:44	•9:48	10:09
	9:13	9:14	9:16	9:17	9:40	–	–	–	–	–
	▲Operation days								–	–
	9:23	9:25	9:26	9:28	9:49	–	–	–	–	–
	9:51	→	9:53	→	10:07	10:08	10:15	10:24	10:26	10:38
	9:54	9:55	9:57	9:58	10:19	10:21	10:28	10:41	–	–
	10:08	10:10	10:11	10:13	10:37	–	–	–	–	–
★	10:29	10:30	10:32	10:33	10:54	10:54	11:02	11:15	11:25	11:40
	11:04	11:05	11:07	11:08	11:29	11:32	11:39	11:52	–	–
	11:33	→	11:35	→	11:49	11:49	11:55	12:04	12:04	12:16
★	11:41	11:42	11:44	11:45	12:06	12:10	12:17	12:33	12:44	12:59
	12:13	12:14	12:16	12:17	12:38	–	–	–	–	–
	12:34	12:35	12:37	12:38	12:59	13:03	13:11	13:24	–	–
	13:02	→	13:04	→	13:18	13:19	13:25	13:34	13:34	13:46
	13:06	→	13:08	→	13:32	13:32	13:48	14:00	14:00	14:15
	◆Operation days【the Yukemuri Express - Nonbiri sightseing Train -】								–	–
	13:12	13:13	13:15	13:16	13:38	–	–	–	–	–
★	13:30	13:31	13:33	13:34	13:55	13:55	14:02	14:15	14:25	14:40
	13:53	13:55	13:56	13:58	14:19	14:19	14:27	14:41	–	–
	14:18	→	14:20	→	14:35	14:35	14:41	14:50	14:57	15:09
	14:21	14:23	14:24	14:26	14:49	–	–	–	–	–
	14:38	14:40	14:41	14:43	15:04	–	–	–	–	–
	–	–	–	–	–	15:07	15:14	15:27	15:27	15:48
	15:07	15:08	15:10	15:11	15:33	15:34	15:41	15:57	–	–
	15:33	→	15:35	→	15:49	15:49	15:55	16:04	16:08	16:20
★	15:39	15:41	15:42	15:44	16:05	16:06	16:13	16:26	16:36	16:57
	16:08	16:09	16:11	16:12	16:34	16:34	16:41	16:54	–	–
	16:43	→	16:45	→	16:59	17:01	17:07	17:16	17:17	17:29
★	16:46	16:47	16:49	16:50	17:12	17:12	17:19	17:32	•17:38	17:59
★	17:10	17:11	17:13	17:14	17:36	17:36	17:43	17:56	18:08	18:25
	17:36	17:37	17:39	17:40	18:02	18:02	18:09	18:22	–	–
★	17:52	17:53	17:55	→	18:13	18:15	18:21	18:30	18:36	18:52
	18:02	18:03	18:05	18:06	18:30	18:30	18:37	18:50	–	–
★	18:19	18:20	18:22	18:23	18:45	18:45	18:52	19:08	19:12	19:28
★	18:43	18:45	18:46	18:48	19:10	19:12	19:20	19:33	•19:38	19:54
	19:00	19:01	19:03	19:04	19:28	19:28	19:35	19:48	–	–
	19:19	19:20	19:22	19:23	19:45	–	–	–	–	–
	19:32	19:33	19:35	→	19:54	19:54	20:00	20:09	20:11	20:23
★	19:52	19:54	19:55	19:57	20:18	20:19	20:26	20:41	20:50	21:05
	20:16	20:17	20:19	20:20	20:42	–	–	–	–	–
	20:39	20:40	20:42	20:43	21:05	21:06	21:13	21:26	–	–
★	21:02	21:04	21:05	→	21:24	21:24	21:30	21:39	21:42	21:57
	21:20	21:22	21:23	21:25	21:47	21:47	21:54	22:09	–	–
	21:52	21:53	21:55	21:56	22:18	22:18	22:25	22:39	–	–
	22:20	22:21	22:23	22:24	22:46	22:46	22:53	23:06	–	–
★	22:40	22:41	22:43	→	23:01	23:01	23:07	23:16	23:19	23:34
	22:53	22:54	22:56	22:57	23:19	–	–	–	–	–
	23:25	23:26	23:28	23:29	23:51	–	–	–	–	–

Yudanaka → Nagano

	湯田中	信州中野		小布施	須坂		善光寺下	権堂	市役所前	長野
	Yudanaka	Shinshu-Nakano		Obuse	Suzaka		Zenkoji-shita	Gondo	Shiyakusho-mae	Nagano
	Departure	Arrival	Departure	Departure	Arrival	Departure	Departure	Departure	Departure	Arrival
	–	–	–	–	–	5:25	5:44	5:46	5:47	5:50
	–	–	5:29	5:40	5:48	5:49	6:08	6:10	6:11	6:14
	–	–	5:55	6:07	6:15	6:16	6:35	6:37	6:38	6:41
	–	–	6:22	6:33	6:41	6:41	7:02	7:04	7:06	7:08
★	6:21	6:36	•6:47	6:59	7:07	7:07	7:27	7:30	7:31	7:34
★	6:46	7:02	7:05	7:16	7:24	7:24	7:45	7:47	7:49	7:51
	–	–	▲Operation days							
	–	–	7:17	7:29	7:37	7:38	7:58	8:01	8:02	8:05
★	7:16	7:32	7:35	7:44	7:50	7:51	→	8:07	8:09	8:12
	–	–	7:43	7:55	8:03	8:03	8:23	8:26	8:27	8:30
	–	–	–	–	–	8:18	8:38	8:41	8:42	8:45
	–	–	▲Operation days							
★	7:43	7:59	8:09	8:21	8:28	8:29	8:48	8:50	8:51	8:54
★	8:10	8:26	•8:36	8:47	8:55	8:57	9:18	9:20	9:21	9:24
	–	–	–	–	–	9:16	→	9:29	→	9:33
★	8:37	8:52	9:02	9:14	9:22	9:24	9:43	9:45	9:46	9:49
	–	–	9:30	9:43	9:50	9:51	10:13	10:14	10:16	10:19
★	9:17	9:38	9:49	10:00	10:08	10:09	10:29	10:31	10:32	10:35
	9:54	10:06	10:06	10:15	10:22	10:23	→	10:36	→	10:40
	–	–	10:10	10:28	10:36	10:37	10:58	10:59	11:01	11:03
★	10:18	10:40	10:50	11:02	11:10	11:13	11:33	11:34	11:36	11:38
	10:57	11:09	11:14	11:23	11:30	11:30	→	11:44	→	11:47
	–	–	11:26	11:39	11:46	11:49	12:10	12:11	12:13	12:15
	11:25	11:39	11:39	11:59	12:06	12:07	→	12:29	→	12:32
	◆Operation days【the Yukemuri Express - Nonbiri sightseing Train -】									
	–	–	–	–	–	12:15	12:34	12:36	12:37	12:40
★	11:56	12:18	12:20	12:31	12:39	12:41	13:03	13:04	13:06	13:08
	12:31	12:43	12:43	12:52	12:58	12:59	→	13:12	→	13:16
	–	–	–	–	–	13:02	13:24	13:25	13:27	13:30
	–	–	13:00	13:11	13:19	13:22	13:42	13:43	13:45	13:48
★	13:14	13:29	13:35	13:47	13:55	13:55	14:15	14:16	14:18	14:21
	–	–	–	–	–	14:19	14:40	14:42	14:43	14:46
	14:02	14:14	14:18	14:27	14:33	14:35	→	14:48	→	14:52
	–	–	14:28	14:40	14:48	14:48	15:08	15:09	15:11	15:14
	–	–	–	–	–	15:17	15:36	15:38	15:39	15:42
★	14:50	15:11	15:28	15:41	15:48	15:49	16:09	16:10	16:12	16:15
	15:34	15:46	15:46	15:55	16:01	16:05	→	16:18	→	16:22
	–	–	–	–	–	16:10	16:29	16:31	16:32	16:35
	–	–	16:13	16:25	16:33	16:33	16:53	16:54	16:56	16:59
★	16:00	16:21	•16:40	16:52	17:00	17:02	17:21	17:23	17:24	17:27
	16:43	16:55	16:57	17:06	17:13	17:13	→	17:27	→	17:30
	–	–	17:03	17:19	17:27	17:27	17:46	17:48	17:49	17:52
	–	–	–	–	–	17:45	18:05	18:07	18:08	18:11
★	17:09	17:30	17:43	17:55	18:02	18:02	18:24	18:26	18:27	18:30
	17:45	17:57	17:59	18:09	18:16	18:16	→	18:32	18:34	18:37
	–	–	18:09	18:21	18:29	18:29	18:49	18:50	18:52	18:55
★	18:09	18:24	•18:36	18:52	19:00	19:00	19:20	19:21	19:23	19:26
★	18:36	18:51	18:57	19:06	19:12	19:14	→	19:30	19:32	19:35
	–	–	19:08	19:20	19:28	19:28	19:48	19:50	19:51	19:54
★	19:11	19:27	19:34	19:47	19:54	19:55	20:14	20:16	20:17	20:20
★	19:37	19:53	•19:56	20:10	20:18	20:18	20:38	20:39	20:41	20:44
	–	–	20:13	20:26	20:33	–	–	–	–	–
★	20:04	20:25	20:28	20:39	20:47	20:48	21:08	21:10	21:11	21:14
	20:39	20:51	20:51	21:00	21:06	21:07	→	21:23	21:25	21:28
	–	–	21:13	21:29	21:37	21:37	21:57	21:58	22:00	22:03
★	21:17	21:32	•21:42	21:54	22:02	22:02	22:22	22:23	22:25	22:28
	–	–	21:58	22:07	22:13	–	–	–	–	–
★	22:08	22:23	22:26	22:37	22:45	22:45	23:07	23:08	23:10	23:12
	–	–	22:52	23:07	23:15	–	–	–	–	–

*There are no toilets on the train.

★= Please transfer at Shinshu-Nakano 【Changing trains】 •=Please take stairs or elevator to the other platform to change trains. Trains not marked can be found on the train track next to the train you got off.
◆=【the Yukemuri Express - Nonbiri sightseing Train -】 Operated on Saturdays, Sundays, Public holidays, substitute public holidays(Jan.1st excluded), Dec.30th-31th and Jan.2nd-3rd.
●All Express trains are with unreserved seats. Only the A Limired express could have a reservation-only cabin with limited seating available.
●Those riding on the Express train, please purchase an Express Train Ticket (¥100 for adults, ¥50 for children)
▲Operation days (Not operating on Sundays, National Holidays, substitute public holidays, Dec. 30th to Jan. 3rd.)

Taxi Fare from Yudanaka Station
(Maximum 5 passengers per taxi)

KUSATSU ONSEN	KUMANO YU	OKUSHIGA KOGEN	YAKE BITAI	ICHI NOSE	HOPPO	MARUIKE	KAWARA-GOYA	KAN BAYASHI
¥16,000	¥6,700	¥10,300	¥7,700	¥6,800	¥6,500	¥4,800	¥5,000	¥1,600
↑	↑	↑	↑	↑	↑	↑	↑	↑
YUDANAKA Sta.								
↓	↓	↓	↓	↓	↓	↓	↓	↓
KAKUMA	RYUOO	KOMA-RUYAMA	IIYAMA	NOZAWA	NAKANO	OBUSE	SUZAKA	NAGANO
¥1,400	¥4,000	¥4,000	¥5,800	¥10,300	¥2,600	¥5,700	¥7,700	¥10,300

*20% increase in price from December 24th - March 5th *Tolls not included

Your baggage will be delivered right to your hotel!

Baggage Delivery Service

¥500.- per baggage (tax included)

Just leave your baggage at JR Nagano Station and travel trouble-free to Shiga Kogen, Yudanaka & Shibu Onsen and Kita-Shiga Kogen!

Leave your baggage at JR Nagano Station → Kuroneko will deliver it → to your hotel.

Service coverage	Ryokans and Hotels in Shiga Kogen, Yudanaka & Shibu Onsen and Kita-Shiga Kogen ※ This service is available only for guests who have reserved accommodation in advance. ※ Service excluded for Shiga Kogen and Kita Shiga Kogen from December to March.
Delivery fee	500 yen per baggage (tax included) ※ Baggage sizes should comply with the rules of Yamato Transport Co., Ltd.
Service counter	Yamato Service Counter, the 2nd floor of Nagano Station Building "MIDORI", on the Hotel Metropolitan side of the station.
Drop-off time	Please drop off your baggage no later than 11:30.
Delivery time	Your baggage will be delivered by 18:00 on the same day. ※ Unforeseeable delays may occur due to traffic and weather conditions.

Inquiries: Yamanouchi Town Tourism, Commerce & Industry Division TEL: 0269-33-1107
Yamato Transport Co., Ltd. Nagano Main Branch TEL: 026-296-6743