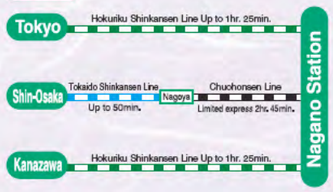
Access to Nagano

TRAIN



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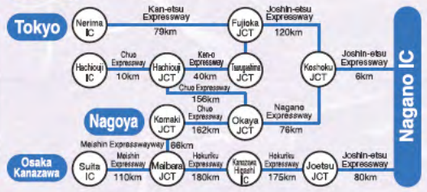
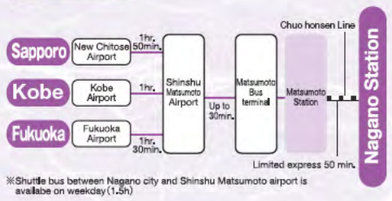


AIRPLANE



※Shuttle bus between Nagano city and Shinshu Matsumoto airport is availabe on weekday (1.5h)

Useful Phrases

- Hello. → こんにちは (Kon-nichiwa)
- Good-bye. → さようなら (Sayounara)
- Yes / No → はい (Hai) / いいえ (Iie)
- Thank you (very much). → ありがとう (ございます) (Arigato (gozaimasu))
- Excuse me. → すみません (Sumimasen)
- This one please. → これをください (Kore o kudasai)
- How much is it? → いくらですか? (Ikura desu ka?)
- Where is the restroom? → トイレはどこですか? (Toire wa doko desu ka?)
- Where is the [bank]? → [銀行] はどこにありますか? ([Ginkou] wa doko ni arimasuka?)

Nagano Convention & Visitors Bureau
Nagano-shi Monzen Plaza 4F,1485-1 Shinden-cho,
Nagano-City,Nagano,380-0835 Japan
Tel.026-223-6050 Fax.026-223-5520 URL:https://en.nagano-cvb.or.jp/

NAGANO CITY OFFICIAL TRAVEL GUIDE

2023.12

長野市

Japan NAGANO

A city woven from nature and history

©Zenkoji

Welcome to Nagano City!

Nurtured by an abundance of nature
and rooted in Japanese cul ture and spirituality
– the city of Nagano awaits you.

Introduction to Nagano City.

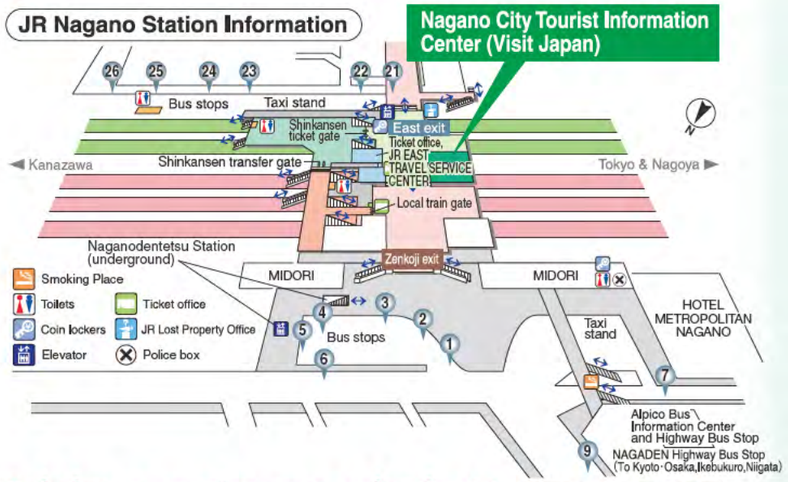
The city of Nagano is located in the center of the Japanese Archipelago. The approximately 366,000 inhabitants of the city live mainly in the Nagano Basin (Zenkoji Basin), an area surrounded by lush green mountains. Centered around the 1,400 year-old Zenkoji Temple - a National Treasure - Nagano has developed as a city which draws many pilgrims. In 1998, it hosted the XVIII Winter Olympics and Paralympics.

Sightseeing in Nagano City starts here.

Nagano City Tourist Information Center (Visit Japan Information Network)

The Information Center is situated opposite the Shinkansen ticket gates inside the station and has brochures and tourist information for both Nagano City and neighboring municipalities. Feel free to ask the staff any questions you might have. A currency exchange machine is available at the Center.

INFORMATION
TEL.026-226-5626 [Business Hours] 9:00-18:00
10:00-15:00(30 Dec.-3 Jan.) Open everyday



Go by bus - a convenient way to explore the city!

Bus Stop Information in front of Nagano Station
/ Buses for Zenkoji Temple

Zenkoji Line / Binzuru-go

The minibus circles the outskirts of the temple grounds. It departs from Nagano Station and goes via Chuo-dori Street and Zenkoji-Daimon.
【Fares】Adult: ¥190, Child: ¥100

Binzuru-go

Gururin-go (Anticlockwise)

Buses for the 30 min. round trip leave every 15 minutes. There is one set fare for all stops.
【Fares】Single ride : Adult : ¥190, Child : ¥100
■ Alpico Bus Nagano Station Information Center Tel. 026-227-0404
■ Nagaden Bus Tel. 026-295-8008

Gururin-go

Zenkoji Temple, Matsushiro One-Day Pass
(Unlimited one-day travel on the buses for Zenkoji Temple, Matsushiro and Kawanakajima.)

【Fares】Adult : ¥1,500, Child : ¥750 (up to age 12)
There are also discounts on admissions to tourist facilities. Tickets can be purchased in advance at the Alpico Bus Nagano Station Information Center.

Buses for suburban sightseeing routes

Togakushi Kogen	No.70 Approx. 1hr.
Iizuna Kogen	No.70 (Togakushi Kogen). Approx. 30min.
Kinasa	No.74 Approx. 1hr.
Kinasa Okususobana Shizen-en	No.75 Approx. 2hrs. (seasonal operation)

Buses for the Northern Alps

Hakuba (Happo, Goryu)	Take the express bus for Hakuba from East Exit bus stop no. 26. Approx. 1hr.
Tsugaike Kogen	Take the express bus for Hakuba from East Exit bus stop no. 26. Approx. 1hr. 40min.
Tateyama Kurobe Alpine Route	Take the express bus for Omachi / Ogisawa from Nagano Station East Exit bus stop no. 25 (seasonal operation). Approx. 1hr. 30mins.

●How to ride the bus in Nagano City

(1) Board the bus from the back door.
(2) Take a numbered ticket as you board.
(3) Press the button to get off at your desired stop.
(4) Pay your fare before getting off the bus.
Payment by coins is best. However, notes can be changed on the bus (¥1,000 note only).
(5) Get off the bus from the front door.
※In some cases, tickets should be purchased in advance.

Bus fare

Pay your fare (cash) when you de-board the bus. Place it in the slot at the side of the door together with the ticket issued when you boarded the bus.

Zenkoji Area

善光寺表参道

ZENKOJI OMOTESANDO

Visit Zenkoji Omotesando!

The street from Nagano Station to Zenkoji Temple—the main road of the area's central districts—is popularly known as "Chuo Dori." Walk toward the Niomon Gate, which is visible in the distance at the top of the hill. You'll make tons of discoveries along the way!

National Tangible Cultural Property

Keep an eye out for noodle-making!

Stone-paved approach to the temple

Daimon-cho

Old merchant houses with storehouses in Monzen-machi

As you get closer to Zenkoji Temple, you will find more storehouses and merchant houses reminiscent of the romantic Taisho era. The stone-paved streets are lined with stone lanterns further adding to the atmosphere of the Monzen-machi. With buildings like the Zenkoji Post Office housed in former travel lodgings and "THE FUJIYA GOHONJIN" - a former inn for government officials, a picturesque scene spreads out before you.

Zenkoji Nakamise-dori Street

Stone-paved street lined with shops and bustling with visitors

The stone-paved street spreading out from Niomon Gate is a bustling shopping area called Nakamise. Local specialties such as oyaki and soba are sold here. Soba and miso-flavored soft serve ice cream is also popular. It is said that around 7,777 stones were used to pave the 450m approach leading from the entrance of temple's ground to Sanmon Gate.

Nagano City - a Monzen-machi.

What's a Monzen-machi?

Monzen-machi refers to a town which developed in front of the gate to a temple or shrine. Nagano City is a typical Japanese Monzen-machi and is filled with lodgings, restaurants and souvenir shops which welcome pilgrims from all over Japan.

Choseki-dohyo

Guideposts to Zenkoji Temple

The stone guideposts stretch from the main hall of Zenkoji Temple to Nagano Station. They can be found in pairs at intervals of 109m along the 2km street in tribute to the vows of Amitabha Tathagata*.

*There are no guideposts in 1-cho or 2-cho.

Karukaya san Saikoji Temple

A temple with *etoki* that flourished alongside Zenkoji Temple

An ancient temple where you can find *etoki* which depict the tale of 'Monk Karukaya and his Son Ishidomaru' and have deep associations with Zenkoji Temple and Mandala - a graphic depiction of the spiritual universe.

INFORMATION

TEL.026-226-8436

【Admission】Course A (30min) ¥500, Course B (1hr) ¥1,000 Open: 09:00-16:00 Open seven days a week

Statue of Princess Nyoze

Statue of a princess saved by Amida

The bronze statue of Princess Nyoze was erected by the water fountain in the Zenkoji Temple plaza of Nagano Station. The statue of the princess, who is the daughter of Gakkai a local lord in India, and who is associated with Buddha, stands with her back against the station and offers incense and flowers to the temple in the north.

祭 Festival

Nagano Floral Festa Zenkoji Temple Flower Corridor ① 《Early May》

A wide variety of flowers herald the end of the long winter and the start of spring. Nagano Station and Omotesando Street are decked out with

Yoi Ebisu 《Nov. 22》 Ebisuko Fireworks Display ② 《Nov. 23》

Ebisuko is a traditional event dedicated to the god of fortune. The event throngs with people buying Daruma dolls and bamboo rakes and wishing for good luck in the coming year. At night, a spectacular firework display adorns the winter skies.

Nagano Tomyo Festival ③

Dazzling light performance 《Early~Mid Feb》

Nagano Tomyo Festival is an event that commemorates the Nagano Olympics, and during this festival, Zenkoji Temple is illuminated with five different coloured lights. There are various events to enjoy such as the Yume Akari-e Exhibition.

"Soba" -the travellers' dish

Omotesando Street, which stretches from the station to the temple gate, is lined with many soba restaurants. Nagano Prefecture is the birthplace of 'soba' - a typical Japanese noodle, and as such, it has a longstanding reputation for delicious soba. Do not miss the soba dishes while exploring the area.

Oyaki

Oyaki is a typical local dish of the Shinshu region. It is a steamed or baked dumpling made of wheat flour and filled with seasonal and wild vegetables. Each shop has its own special variety.

湯 Hot Springs

Susobanakyo Hot Spring Uruoi-kan

Relieve the weariness of the journey in a hot spring

Motoyu Uruoi-kan is a natural hot spring reasonably close to Zenkoji Temple and Nagano city center. Soak up the seasonal atmosphere while bathing in the large outdoor bath facing the valley.

INFORMATION

TEL.026-237-4126

【Admission】Adults: Weekdays, ¥800; Saturdays, Sundays, and holidays: ¥850 Junior high school students: ¥530 Elementary school students: ¥210 Three years to pre-school age: ¥110 Infants two and under: Free Hours: Open seven days a week, 10:00-23:00 Also open for morning baths: Weekdays:¥560; Saturdays, Sundays, and holidays: ¥610

How to bathe in an onsen

An onsen is a communal bath. When bathing in an onsen, please observe the onsen manners.

Precautions

①Avoid bathing when hungry or full.
②Drink plenty of water before bathing. Do not drink alcohol.
③Before entering the bath, wash your body. ④Do not put towels in the bathwater. ⑤Rest after bathing.

What's "Hadaka no Tsukiai?"

The Japanese people's love of bathing has been included in foreign reports as far back as the middle ages. "Hadaka no Tsukiai" means to communicate frankly in a truly personal way, by baring it all in the bath.
Naturally, conversations get lively.

味 Food

Local delicacies. Try them all!

Omotesando Street has bustled with pilgrims for hundreds of years. Why not explore the street and try the local delicacies as you go?

Soba Crepes (Kukuya Shunsui)

Sweet crepes made from soba and wheat flour and filled with berry sauce, cheese cake and whipped cream. Savoury galettes made from 100% soba flour are also popular.

Miso Ice Cream (Suyakame)

The miso-flavored soft serve ice cream is made in the miso shop. It is so popular that on weekends and holidays a long queue forms by the door.

Shichimi Togarashi (seven-flavor chili pepper) (Yawataya Isogoro)

Shichimi Togarashi is a condiment which brings out the flavor of soba noodles and lets you savour a combination of seven spices. It incudes spicy chili peppers, aromatic Japanese peppers, and sesame. The way to try it is to sprinkle it in the soba dipping sauce.

Apple Wood Personal Seals (Takei Kogeiten)

Create your own original seal from the small branches of the local Shinshu apple trees. The shop sells a variety of traditional crafts.

【No-no-hana Yu-in】(Wild Flower Seals)

Patio Daimon Kuraniwa

A new commercial facility with a nostalgic element. Created from old-fashioned store-houses and merchant houses, the facility features a wide variety of shops such as restaurants and souvenir shops.

Saka Manju (Tsuruya)

The uniquely flavoured Saka Manju (flavoured with Japanese sake), which have been made since the Edo Period, are delicately sweet and tangy dumplings filled with a sweet bean paste.

Yakimiso Musubi (Suyakame)

Plump rice balls are brushed with just the right amount of the Suyakame brand Shinshu miso. The aroma of freshly grilled miso is mouth watering.

Buddhist Temple	Foreign currency exchange
Shinto Shrine	Toilets
Stone guidepost	Restaurant
Supermarket	Department Store
Police box	

Zenkoji

善光寺
ZENKOJI

Journey to Zenkoji Temple-1,400 years of history

The Japanese have long been told to visit the ancient Zenkoji Temple at least once in their lifetime. Not only is it the heart and soul of the people, it is a temple of outstanding history and architecture.

©Zenkoji

Zenkoji Temple

Zenkoji Temple was established when Yoshimitsu Honda of Shinshu enshrined the statue of Amitabha Tathagata. The statue was recovered from a moat in Nanba where it had been buried by the anti-Buddhism faction at a time when Buddhism was being introduced to Japan. It is worshipped by the general public to this day.

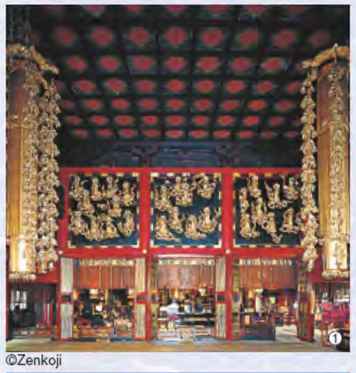
Main Hall

The principal image is enshrined here

The architecture of the main hall of the temple follows the classical Buddhist style from the mid Edo Period. It is a designated National Treasure. The principal image, Ikko Sanzon Amida Nyorai (Amida Triad), is enshrined inside the holy altar in the innermost temple. It is so sacred that it must be hidden from view at all times.

Map of Zenkoji Temple Grounds

※It takes 30mins on foot and 10mins by bus from Nagano Station to Zenkoji Temple.



©Zenkoji

Inner Temple ①

Eye-catching, awe-inspiring decorations

Admission: ¥600

Visitors can pay their respects in the tatami matted inner temple from the time the doors of the main hall are opened until sundown. It is also possible to walk thorough the stairway pilgrimage.

Sanmon Gate ②

Look for the characters that resemble images of pigeons

The 20m tall Sanmon, with its double-layered roof with eaves below the gables, is an Important Cultural Property. The sign that reads "Zenkoji" is well-known for Japanese characters that resemble the outlines of pigeons.

【Special admission】Adults, ¥500

Dates: Spring equinox-November 30 (approximate schedule)

©Zenkoji

Niomon Gate ③

Impressive statues of the temple guardians

The Niomon is the first gate you pass before entering Zenkoji Temple. The 4.8m tall statues of Nio (temple guardians) were created by Koun Takamura and his student Unkai Yonehara.

INFORMATION
TEL.026-234-3591 (Zenkoji Temple Office)

©Zenkoji

Precious experiences unique to Zenkoji Temple!

©Zenkoji

Obinzuru-sama

Rub the statue for good health

Obinzuru-sama was one of the disciples of Buddha. Tradition has it that if you rub the area of Obinzuru-sama's body that corresponds to an ailment, the ailment will be cured. For this reason, the many visitors have worn the statue smooth.

©Zenkoji

Walk through the stairway pilgrimage

Happiness

Visitors can walk through the pitch-black corridors under the main hall. Tradition has it that if you touch the key below the principle image, your entry into paradise is secured.

©Zenkoji

Oasaji (Morning service)

Start the day at Zenkoji Temple

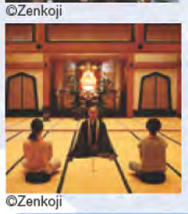
The day at Zenkoji Temple begins with morning service. The sutras, which are first read by the chief priest of Daikanjin, followed by the monks and then the high priestess and monks of Daihongan, reverberate solemnly around the temple. Morning service starts between 05:30 and 07:00 depending on the time of sunrise.

©Zenkoji

Ojuzu Chodai

Pray for good fortune

Every morning pilgrims can be seen kneeling in a row. It is believed that you will receive merit if the head priest or priestess touches your head with the rosary beads when he or she enters and leaves the main hall of Zenkoji Temple for morning service.



©Zenkoji

Zenkoji Daikanjin Temple

At Daikanjin Temple, you can personally experience the cultural practices of zen meditation, sutra transcription, and more with the guidance of one of Zenkoji's Head Priests. We have prepared a 6-character plan for a sutra transcription experience that will be easy even for beginners.
To apply, please contact the Zenkoji Foreign Language Guide Volunteer Group "SGG Club Bonsho no Kai."
http://www.daikanjin.de/
bonshonokai@yahoo.co.jp 026-243-4236

How to pay your respects at Zenkoji Temple

1. First, go through Niomon Gate where the Nio temple guardians stand guard. (Going through gate means you have been permitted to pay your respects at the temple.)
2. Before entering Sanmon Gate, stop by the basin to cleanse your hands and mouth to purify yourself.
3. Purify your body with the smoke from the incense in the large incense burner in front of the main hall. (It is said that if you bathe the part of your body that ails you in the smoke, the problem will be cured).
4. Place a money offering to Obinzuru-sama in the inner temple inside the main hall. Rub the part of his body which corresponds to the part that ails you and pray for it to be cured.
5. Toss some money into the offertory box and turn to face the principal image. Put your hands together, bow, and say a prayer.
6. You can also have prayers said on your behalf by a priest in the inner temple or walk round the altar below the principal image (charges apply).

The significance of Osaisen (money offering)

Osaisen is a money offering made to give thanks to the gods and Buddha and also to give thanks for one's wishes coming true. In former times, people offered rice.

What's Gokuraku?

Gokuraku is an abbreviation of the term "Gokuraku Jodo", a peaceful place without suffering where Amida Buddha, who has vowed to save all people, resides. It is also an abbreviation of the term "Gokuraku Ojo", which means if one folds one's hands and offers a prayer from the heart, one can die peacefully and go to paradise. In Japan, we say "Gokuraku, gokuraku" when we feel good soaking in a bath.

Temple lodgings offering vegetarian cuisine

Zenkoji Temple Lodgings

There are 39 lodgings inside the grounds of Zenkoji Temple. Each one of them is an independent temple and each head priest plays an important role in running the events of Zenkoji Temple. There are valuable Buddhist statues and treasures on display, and visitors can stay overnight to sample vegetarian cuisine.

INFORMATION ※To have Shojin Ryori or Stay at Zenkoji Temple Lodgings reservation is required in advance.
TEL.026-237-7676 Zenkoji Shukubo Association (Zenkoji Temple Office) ※Japanese speaking only

Shojin Ryori (vegetarian cuisine)

Shojin ryori stems from the time when Buddhist priests abstained from eating fish and meat during training in order to devote themselves to Buddhism. It is prepared using vegetables, seaweed, soy products such as tofu, deep fried tofu, soybean curd and natto (fermented soybeans), dried wheat gluten, dried foods and sesame and contains neither fish nor meat. While it is simple fare, it makes full use of the flavors of miso, oils and stock, and is a cuisine which values manners.

祭 Festival

The Opening of Zenkoji Temple Maedachi Honzon

A special event held once every seven years

Zenkoji Maedachi Honzon (a National Important Cultural Property) is a copy of the unseen statue of the principal image, Ikko Sanzon Amida Nyorai (triad of Amida Buddha images sharing one halo) and was made in the Kamakura Period. At this event, held once in seven years by the traditional year-counting method, a long thread is tied to Maedachi Honzon's right hand and connected to the Eko-bashira beam that stands in front of the main hall. This thread is gold coloured at the beginning, then becomes five-coloured, and then white at the end, where it is connected to the beam. It is said that if you fold your hands in prayer to the beam, you will form a connection with Buddha.

©Zenkoji

Nearby attractions

©Higashiyama Kaii Gallery

Nagano Prefectural Art Museum / Higashiyama Kaii Gallery

Art Museum exhibits works by artists in Nagano Prefecture and the landscapes of Shinshu. Higashiyama Kaii Gallery, which is built next to the museum, exhibits works by the artist Higashiyama Kaii, who is known for his serene Japanese-style paintings.

INFORMATION
TEL.050-5542-8600
【Admission】Fee applies. Open: 09:00 - 17:00 (Last admission 16:30)
Closed on Weds, New Year period.

Cherry Blossoms in Joyama Park

《Blossom viewing season: Mid-Late Apr.》

Joyama Park on the east side of Zenkoji Temple is the best place to see cherry blossoms in Nagano City and apprpximately 320 Yoshino cherry trees bloom here in full glory. During the blossom season, Japanese tea stalls are set out and the park bustles with visitors. The blossoms can also be viewed at night.

Should you require an interpreter-guide —

Bonsho no Kai TEL.026-243-4236 / 080-8847-0531 E-mail:bonshonokai@yahoo.co.jp

Bonsho no Kai is a volunteer tour guide group, which provides tour guides to individuals or groups from overseas who wish to visit Zenkoji Temple and the vicinity (Matsushiro, Obuse, Togakushi, etc.). English, Chinese and German are available. A charge may be applicable in some cases.

Togakushi, Iizuna, Kinasa

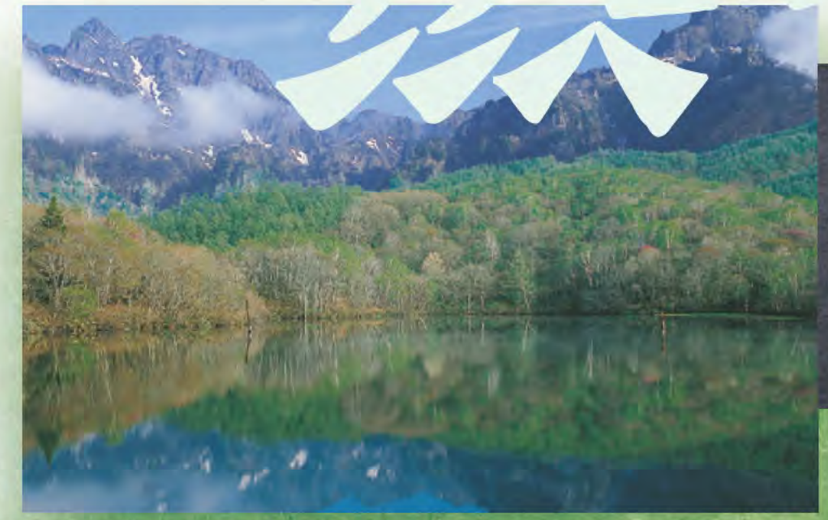
A 30 - minute car ride from Nagano City brings you to the highlands and a mysterious looking mountain range.
Togakushi, Iizuna, and Kinasa are still home to many legends.

Togakushi Area

Approx. 60mins by bus or car from Nagano Station.

A journey into year-round beautiful countryside and folk customs.

戸隠
TOGAKUSHI



Togakushi Jinja Shrines

Togakushi Jinja Shrine has a spring, which is reputed to never dry up no matter how long a drought lasts. It has long been worshipped as the shrine of the god of water and agriculture. The mountain itself is a god and there are five shrines leading up the mountain from the base.

Okusha Shrine

Chusha Shrine

Hokosha Shrine

Kagami-ike Pond

Kagami-ike Pond (Mirror Pond) reflects the strange shape of Mt. Togakushi. The springtime cherry blossom, summer greenery and tinted autumnal leaves captivate all who gaze at them.

How to pay your respects at a Shinto shrine

In Japan, it is believed that many gods protect the country and its people, and that the shrine grounds, including the mountains and forests, are where the gods reside. Once you pass through the shrine gate, you are in the realm of the gods.

1. Calm yourself before passing through the shrine gate to enter the grounds.
2. The centre of the approach is where the gods pass. Visitors should walk on either side of the path.
3. Rinse your hands and mouth at the basin to purify yourself. (Use the ladle to pour water into your hand to rinse your mouth).
4. Having made a little bow in the direction of the main shrine, ring the bell to remove negative vibes.
5. As an offering to the gods, put some coins into the offertory box.
6. Bow to show your respect to the gods and clap your hands to invite the gods and become one with them (two bows and two claps).
7. Finally, make a bow as a sign of sending the gods back (one bow).

Avenue of Cedar Trees

The 2km approach leading to Okusha Shrine is lined with cedar trees and is bathed in a mysterious aura.

遊 Activities

Togakushi is known as the home of the Togakure Ninja, who existed during the Warring States period.

Togakushi Minzokukan, Togakure-ryu Nimpo Shiryokan,Ninja Karakuri Yashiki

See every exhibit and become a Togakushi expert!

INFORMATION
TEL.026-254-2395
【Admission】
[Combined ticket for three museums]
Adult : ¥650 Child : ¥450
Hours: 09:00-17:00 Open seven days a week
(Closed irregularly in Nov.)
(Closed late Nov. to mid Apr.)

Kids' Ninja Village

Explore the Ninja house and experience Ninja-style blade throwing.

INFORMATION
TEL.026-254-3723
【Admission】
Adult / Child ¥500 Infant ¥230
Hours:09:00-17:00(Late Apr~late Nov)
Closed Thurs. (Open seven days a week during summer break)

One of Japan's top three places to eat Soba "Togakushi Soba"

Soba (buckwheat) noodles were eaten regularly by Shinto practitioners during the Heian Period, and having been offered to the visitors of Togakushi Jinja Shrine, they became a local specialty. The soba noodles served at the shrine can be said to be representative of Shinshu Soba.
The distinguishing feature of Togakushi noodles is that the dough is rolled out into a disk shape before being cut. The flavour of the noodles is further enhanced by boiling it straight after cutting and cooling it in cold, crystal clear water from the Togakushi Mountain Range.
The style of serving the noodles in small portions, called "Bocchi-mori", is also unique to Togakushi. Since there are about 30 soba noodle shops centering around Togakushi Jinja Chusha Shrine, there are many soba lovers who go from shop to shop. Homemade soba noodles can also be enjoyed in temple/shrine lodgings and guest houses.

味 Food

Togakushi Soba Museum Tonkururin

Take the soba-making challenge

In the museum dedicated to soba noodles, you can see, experience and taste soba noodles and enjoy everything about them. The exhibits related to the culture of soba are very interesting. Visitors can also try their hand at making soba in the traditional way under the instructions of a local expert.

INFORMATION
TEL.026-254-3773
【Charges】Admission ¥200
(last admission 16:00) Closed every 3rd Weds.
Available Soba-making lessons
Closed for winter

Togakushi Campsite

A spacious campsite surrounded by a silver birch forest, with a total of 580 tent sites, bungalows, cottages and auto-camp spaces. Enjoy playing in the river that flows through the site.

INFORMATION
TEL.026-254-3581
Open: Late Apr.~ late Oct.
Reservation may be required

冬 Winter

Togakushi Ski Area

At Togakushi Ski Area, visitors are drawn by the majestic view from the Togakushi Mountain Range and the 3,000m long slope. For those wanting to walk in the snowy fields, the resort also offers cross-country skiing and snowshoeing.

INFORMATION
TEL.026-254-2106

Togakushi Bamboo Craft

Bamboo-ware made of twisted bamboo that grows wild in the mountains of Togakushi is a craft that has been passed down since the Edo Period. They were originally used as day-to-day items, but are now more appreciated as works of art.

Buckwheat - a feast for the eyes

Viewing season for buckwheat blossom

《Mid Jul. and Mid Sept.》

Buckwheat favours a cool climate, and since it only has a short growing period before harvest, soba grown in the highlands of Nagano can be harvested twice a year during summer and autumn. Its blossoms can be viewed for months on end. The sight of buckwheat fields in the highlands turning pure white with blossom and swaying in the breeze is magical.

Togakushi Soba Festival

祭 Festival

《Early Nov.》

The Soba Festival is held every year on the Autumnal Equinox when the buckwheat blossom is in full bloom.

Bamboo Craft Workshop

Togakushi Takezaiku Center

INFORMATION
TEL.026-254-2947
【Charges】Free admission Course ¥1,600~ (approx.1hr.~)
By appointment only. Book 1 week in advance (excludes Sat., Sun. and national holidays)
Hours: 09:00-17:00 (Early Apr.~ mid Nov.) Open seven days a week during opening period

Iizuna Area

Approx. 30 minutes by bus or car from Nagano Station

Iizuna has highlands and ponds where people relax and enjoy walks, camping, and sports.

飯綱
IIZUNA

Mt. Iizuna and Daizahoshi-ike Pond

At a height of 1,917m, Mt. Iizuna is one of the five mountains of Northern Shinshu (Hokushin Gogaku) and is representative of the area. There are an abundant variety of alpine plants on the mountain and flowers such as the yellow marsh marigold. There are camping sites, boating areas and athletic facilities around Daiza Hoshi Pond.

Mori no Eki Daizahoushi

Alongside a market that sells local produce, and a café/restaurant that serves food made with local ingredients, there are also indoor activities so that even on rainy days, you can have fun with all the family.

Kotengu-no Mori (Adventure Center)

Kotengu-no Mori is an athletic ground in the forest. It offers a wide range of structures, including a bridge that floats on water, which fire up the sense of adventure. It is also a perfect place for bird-watching and viewing wild flowers.

INFORMATION

TEL.026-239-3272 【Admission】Free Open: Late Apr.~early Nov.
※Weather permitting

Forest Adventure Nagano

INFORMATION

TEL.080-7843-8680 【Participation Cost】¥3,800 Fixed Days Off Every Thursday (Excluding holidays, July - September open every day)

Camping

Stretching out on the Western side of Daizahoushi Pond, is a campsite rich in greenery and wrapped up in the serenity of the forest and lake. A camping deck complete with electricity has newly

INFORMATION

[Price] Unreserved spot: ¥1500
[Enquiries] TEL.026-239-3272

Kinasa Area

Approx. 2hr. by bus or car from Nagano Station

※The bus to Okususobana Nature Park is seasonal operation.

Home to the skunk cabbage and autumnal leaves.
A place of legend and pristine wilderness.

鬼無里
KINASA

Okususobana Valley

Okususobana Valley is designated as one of the One Hundred Natural Treasures of Japan (One Nagano-ken Meisho Okususobana Keikoku). From mid October to early November, the beauty of the valley's landscape set against the red and yellow mountains resembles a painting on a folding screen.

Okususobana Virgin Beech Forest

Throughout Okususobana lies a forest of giant beech trees spread around the source of the Susobana River basin. The trees hydrate the forest with their high water-retaining capacity. You will encounter a soul-cleansing forest scene every season.

Okususobana Nature Park

Home to a large colony of approximately 810,000 skunk cabbages bearing pure white flowers. The viewing season is in mid May.

湯 Hot spring

Kinasa no Yu (Okususobana Onsen)

The hot spring in Kinasa is also referred to as the "Kijo Momiji Senshin-no Yu (soul-cleaning hot spring of the she-devil Momiji)". Your soul will feel cleansed by the goodness of the hot spring and rich natural environment.

INFORMATION

TEL. 026-256-2140
【Admission】Adult ¥510 Child ¥310
Open: 11:00-21:00

祭 Festival

Kijo ("Ogress") Momiji Festival

《Mid-October》

This festival celebrates a woman who became an ogress, called "Kijo Momiji." It is held at the ruins of a mansion built by Kijo Momiji in Kinasa as a testament to her former life in the capital. Held just before the peak of the autumn leaf-viewing season (which is the meaning of the woman's name) at the magnificent natural spot called Okususobana, this event showcases the special character of the area, featuring Buddhist services, drumming associated with Kijo Momiji, a local-specialty mushroom soup, and more.

Connect with nature through trekking and sports.

歩 Explore

Highland Trekking Courses

Togakushi's Recommended Walking Course

Nagano Station —(1hr. by bus)— Togakushi Chusha Shrine —(10min. on foot)— Kotorigaike Pond —(50min. on foot)— Kagami-ike Pond —(30min. on foot)— Togakushi Forest Botanical Garden —(60min. on foot)— Togakushi Okusha Shrine —(1hr. 20min. by bus)— Nagano Station

Togakushi Forest Botanical Garden

The botanical garden that spans 71 hectares is nature's paradise and home to a treasure trove of wild birds and various conifers and hardwoods. Follow the nature trails to fully enjoy therapeutic strolls in the forest and bird watching.

Iizuna's Recommended Walking Course

Nagano Station —(40min. by bus)— Daiza Hoshi Pond / Forest Adventure —(5min. on foot)— Shinanoji Nature Trail —(40min. by bus)— Nagano Station

Shinanoji Nature Trail

Shinanoji Nature Trail links Daiza Hoshi Pond with Togakushi. Skunk cabbage and yellow marsh marigold are in bloom and are a delight to see.

冬 Winter

Snowshoes

In addition to skiing, the abundant snow that accumulates in the fields spreading out from the city of Nagano is ideal for enjoying snowshoeing.

Togakushi Forest Botanical Garden

This forest, located near the Togakushi Ski Ground, is inhabited by wild animals and birds and also contains the Kagami-ike Pond (mirror pond) and Zuijinmon (shrine gate).

INFORMATION

Togakushi Tourism Association
TEL.026-254-2888

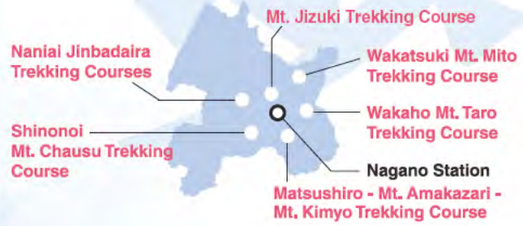
Iizuna Kogen

Walking trails around Daiza Hoshi Pond and Oyachi Marsh spread out from the Visitor Center base.

INFORMATION

Iizuna Kogen Tourism Association
TEL.026-239-3185

Countryside Trekking Courses



Wakaho Mt. Taro Trekking Course

Follow the Wakaho Mt. Taro Trekking Course and you will see the countryside of Nagano City, temples and shrines of Wakaho district, cherry blossoms and wisteria blossoms. Looking down from a giant rock gives a wonderful panoramic view.

Naniai Jinbadaira Trekking Courses

There are two different courses: A 3-hour course which takes you the top of the mountain, giving you a 360-degree view of the area, and a 4.5-hour course which leads you to historical sites including a castle ruin.

Matsushiro - Mt. Amakazari - Mt. Kimyo Trekking Course

A trekking course that provides views of the Northern Japan Alps, the Chikuma and Sai rivers and the Kawanakajima-daira. The course takes in mountain castle ruins and several ancient burial mounds, as well as the apricot fields that spread out at the foot of the mountains.

Mt.Jizuki Trekking Course

The 5.7km route starts from Mt.Jizuki park area north of Nagano city. You can enjoy the historical and natural feel. The kerria communities, mountain views and ancient sites (old burial mounds and castle ruins) are splendid. The route can be covered in 2.5h at a walk.

Wakatsuki Mt. Mito Trekking Course

This course will take you through the countryside to the top of Mt. Mito, allowing you to explore historical sites on the way. Mt. Mito and Mt. Motodori were strategic places along the Kitaguni Kaido (an old post road).

Shinonoi Mt. Chausu Trekking Course

The area of Mt. Chausu is rolling mountain terrain set between the Nagano Basin and the Sai River. This course will take you through archetypal countryside scenery.

夏 Summer

GOLF

Enjoy a game of golf against a backdrop of beautiful mountains.

Nagano Keikyu Country Club

2016 Kitago, Nagano City
TEL.026-239-1025(Switchboard)
TEL.026-239-1026 (reservations)

WE:GO Country Club

3956 Tanokuchi, Shinko-machi, Nagano City TEL.026-290-3000

Madarao Tokyu Golf Club

3575-8 Oaza-koumi, Shinano-machi, Kamiminochi-gun
TEL.026-258-3511

Matsushiro Area

Approx. 30min by bus or car from Nagano Station

松代
MATSUSHIRO

Matsushiro

During the Warring States Period, from the middle of the 15th century to the end of the 16th century, politics and culture developed in the castle town of Matsushirojo Castle.Visitors can explore historical sites associated with the samurai Sanada family and Zozan Sakuma, a politician who advocated the opening of Japanese ports to foreign traders.

Site of Matsushirojo Castle Ruins and Cherry Blossoms

《Viewing season: Mid-late Apr》
At the time of the historically famous Battle of Kawanakajima, Matsushirojo Castle was built as the stronghold for Shingen Takeda. It later became the residence of the Sanada family. Renovation work has recently been completed and visitors can learn about the end of the Edo Period as well as view the glorious cherry blossom in the grounds.

INFORMATION
TEL.026-278-2801 (Matsushiro Bunka Shisetsu-to Office)
【Admission】Free Open : 09:00-17:00 (Nov.-Mar.9:00-16:30)
Last admission:30min,before closing time

Learn about the background of the Sanada Clan

The Sanada Treasure Museum which exhibits the Sanada family treasures and the former Sanada Residence with its beautiful garden and Bunbu School, where the sons of the clan members studied literature, military arts. It conveys the culture of the castle town to present day society.

INFORMATION
TEL. 026-278-2801 (Sanada Treasure Museum)
【Admission】
Individual ticket ¥400- ¥600
Combined ticket for 2-5 facilities ¥600- ¥1,700
Open: 9:00-17:00 (Nov.-Mar.9:00-16:30)
Last admission: 30 min. before closing time
* Sanada Treasure Museum is closed every Tue.
* All facilities are closed Dec.29-Jan.3

Sanada Treasure Museum

Former Sanada Residence

Bunbu School

Former Yokotake Family Residence

Zozan Memorial Museum

Who were the Sanada family?

The long-established Sanada family from East Shinshu expanded their influence as a local ruling family. They survived turbulent times from the Warring States period, the age of rival warlords, to the 400 year-long Edo Period. Matsushiro retains the stateliness of the simple samurai spirit of the Sanada family.

Nobuyuki Sanada

What's Rokumonsen?

Rokumonsen is the Sanada family emblem. Tradition has it that the emblem came into use after Yukitaka Sanada used it on his banner.

Chokokuji Temple

Chokokuji Temple, with the striking Orca ornaments and Rokumonsen emblem that adorns its roof, is the Sanada family temple. The ancestral tomb of the first clan lord Nobuyuki is designated an Important Cultural Property.

INFORMATION
TEL.026-278-2454
【Admission】Adult ¥500, Child aged 7-15 ¥300
Open:09:00-15:00 Closed Wednesdays, New Year period

Former Yokota Family Residence

The residence of a middle-class samurai who served as the county magistrate of the Matsushiro Clan. The old-fashioned thatched roof and seasonal flowers that bloom in the garden will soothe the soul.

INFORMATION
TEL.026-278-2274
【Admission】Adult ¥400, Child 7-15 ¥100 Open: 09:00-17:00
(Last admission 16:30) Closed: Dec.29-Jan.3

The achievements of Zozan

Zozan Shrine / Kogi-tei / Zozan Museum

Kogi-tei is a building steeped in history and the place where Zozan Sakuma debated about the condition of the government with various guests. The museum exhibits electrical medical equipment made by Zozan and teaches us about his talents.

Who was Zozan Sakuma?

In 1868, Japan ended its isolationist foreign policy and began negotiations with other countries. Zozan Sakuma (1811-1864) of the Matsushiro Clan, an advocate for the opening up of Japan, laid the foundations for this to come about. He was a skilled linguist and scientist. His writings, drawings, and sites of experiments, which show his regard for the technology of Western culture, industry and telegraphic communication, can be found at the Zozan Museum and in the town.

photograph is taken on a special day.

Enjoy Japan

Yugaku Castle Town Shinshu/Matsushiro

École de Matsushiro

Play and learn in a castle town. Enjoy an intellectual and creative time in a designated Cultural Property.

As part of its urban development, Shinshu Matsushiro perceives itself as becoming the "Matsushiro School of Learning" - "A resort of lifelong learning and exchange". To this end, it aims to become a resort that provides exchanges through "lifelong learning" by widely introducing the Matsushiro castle town lifestyle that has been passed down over time and by providing places that allow visitors to experience it through the active use of many of the cultural properties available in Matsushiro.

INFORMATION
TEL.026-278-0550 (École de Matsushiro Club)

Matsushiro-yaki

Beautiful pottery

Matsushiro-yaki is the name of the pottery that was created in the early part of the 18th century in the castle town of the Sanada family, Matsushiro. It is unique for its simple form and weight and its distinctive blue-green glaze. Although the pottery can be purchased, visitors who wish to make one should go to the workshop.

INFORMATION
TEL.026-278-7302 (Matsushiro To-en)
Hand-thrown Tea Cup Course ¥1,500
Electric Kiln Course ¥10,000
Open : 09:30-17:30/Closed on Sun &Mon irregularly.
Pottery courses 09:30-15:00 Reservation is required.

味 Food

Nagaimo Yam

Seasonal fare

The Matsushiro Nagaimo Yam has a unique delicate flavor and is harvested in the spring and late autumn. It is eaten grated with the addition of soup stock and poured over rice cooked with barley or soba, raw tuna or tofu. It can also be enjoyed as thin, firm textured rectangles.

湯 Hot spring

Matsushiro-so-Local Government Operated Inn (Matsushiro Onsen)

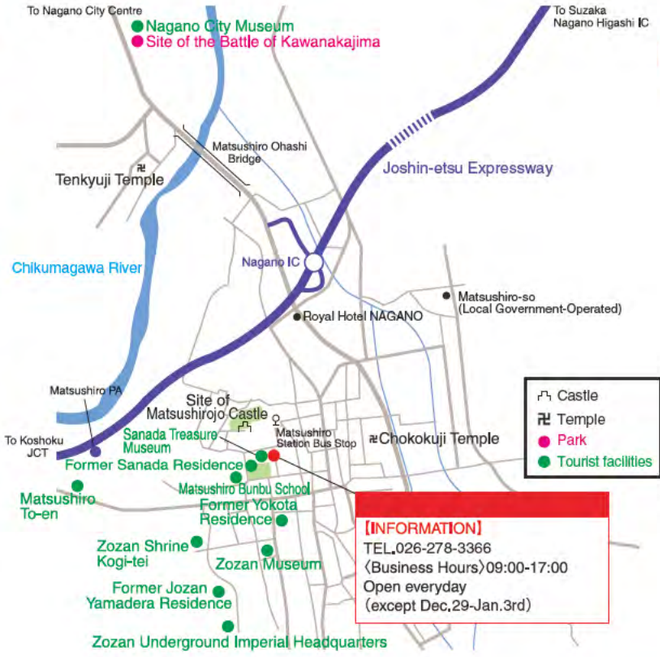
Matsushiro-so is famous for its peculiar reddish-brown hot spring and for being the secret hot spring reputed to have healed Shingen Takeda's soldiers. The 100% natural hot spring never stops flowing. As the water contains a large amount of sodium, it warms the body right through.

INFORMATION
TEL. 026-278-2596
【Charges】Adult ¥600, Child ¥200
Open:10:00-22:00 (Last admission 21:30) Open seven days a week

祭 Festival

Matsushiro Clan Sanada Jumangoku Festival

《Mid Oct》
This Festival is the most spectacular event that takes place in the castle town of Matsushiro.
It includes the Matsushiro Clan Sanada Jumangoku Procession, which recreates the atmosphere of the castle town during the Edo Period, and a performance of Sanada Kachidoki Drums.



【INFORMATION】
TEL.026-278-3366
〈Business Hours〉09:00-17:00
Open everyday
(except Dec.29-Jan.3rd)

歩 Walk

Walking Courses in Matsushiro (2-3hrs walk)

- Matsushiro Station Bus Stop — 3min. — Site of Matsushiro Castle — 5min. — Matsushiro-han Bunbu School — 5min.
- Zozan Shrine — 3min. — Former Jozan Yamadera Residence — 7min. — Zozan Underground Imperial Headquarters — 10min.
- Zozan Museum — 3min. — Former Yokota Residence — 5min. — Former Sanada Residence — 2min.
- Sanada Treasure Museum — 4min. — Matsushiro Station Bus Stop

※All durations indicated are for walking.

Let us show you around Matsushiro.

Matsushiro Cultural Property Volunteers

TEL.026-278-9010
09:30-16:00 (Except the New Year period)
The Matsushiro volunteer town guides show visitors around the area's Cultural Properties.

Kawanakajima Area

Approx. 20min by bus or car from Nagano Station

Kawanakajima

川中島

KAWANAKAJIMA

Explore Kawanakajima - the remnant of the dreams of the Samurai from the Warring States Period.

About 500 years ago, the battles that were fought several times in the struggle for supremacy of Zenkoji-daira conformed with the spirit of the samurai - Bushido. The stories of the battles have been handed down in the forms of songs, novels, movies, and TV dramas.

Numerous monuments convey the history of fierce battles

Monument for the site of Mitachi Nanatachi

Kenshin Uesugi made an attack on the stronghold of Shingen Takeda and slashed him with his sword three times. Shingen caught the blows with his fan and it is said that seven sword marks were found in it.

Shunen-no Ishi (Rock of Vengeance)

When Shingen and Kenshin had their one-to-one battle, Shingen found himself in danger and was saved by his general. However, it is said that bitterly disappointed by having missed the chance of capturing Kenshin, Shingen pierced the rock with his spear.

Kubizuka

Kubizuka is the mound where the first Lord of Kaizu Castle,(Matsushiro Castle) Danjyo Kosaka, respectfully buried the war dead, friend and foe alike, after the Fourth Battle of Kawanakajima.

Old Battlefield of Kawanakajima

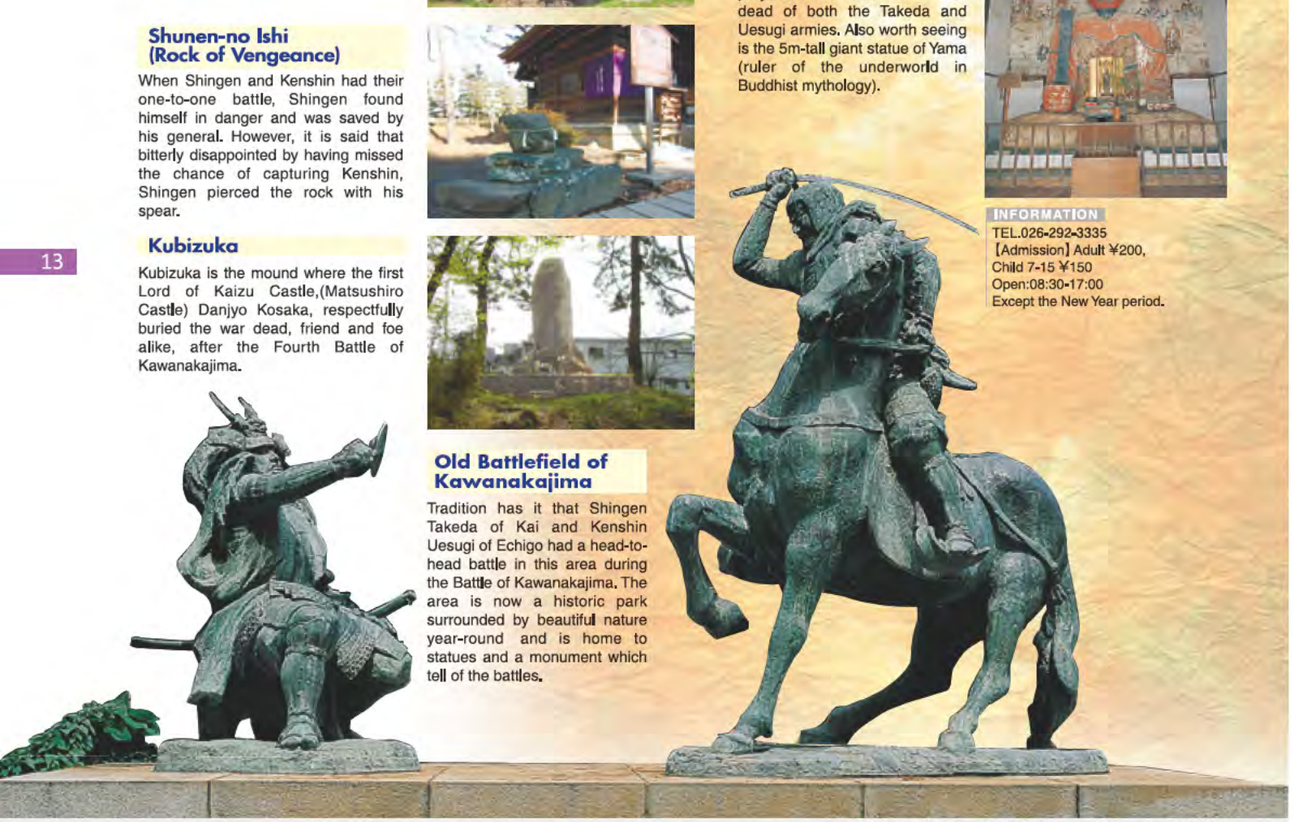
Tradition has it that Shingen Takeda of Kai and Kenshin Uesugi of Echigo had a head-to-head battle in this area during the Battle of Kawanakajima. The area is now a historic park surrounded by beautiful nature year-round and is home to statues and a monument which tell of the battles.

Historic site dedicated to those who perished in of the Battle of Kawanakajima

Tenkyuji Temple

Tenkyuji Temple is the family temple of Nobushige Tenkyu, Shingen Takeda's brother who died in the war, and it is where prayers are offered for the war dead of both the Takeda and Uesugi armies. Also worth seeing is the 5m-tall giant statue of Yama (ruler of the underworld in Buddhist mythology).

INFORMATION
TEL.026-292-3335
【Admission】Adult ¥200,
Child 7-15 ¥150
Open:08:30-17:00
Except the New Year period.



Sculpture depicting the battle between Shingen and Kenshin

A short history of Nagano City

Nagano City Museum

The Museum exhibits the history, geography, and culture of Nagano Basin using various easy-to-understand data and dioramas. There is a planetarium next door.

INFORMATION
TEL.026-284-9011
【Admission】Adult:¥300 Senior high:¥150 Child 7-15:¥100
Open: 09:00-16:30 (Last admission 16:00)
Closed Mondays, the day after national holidays (Except if it is a Sunday), New Year period
※Temporarily closed around the 2nd week of July

The City of the Winter Olympics

五輪 Olympics

In the winter of 1998, the Nagano Winter Olympic Games were held in Nagano City.

For the people of Nagano City, the memories of the exciting games played in the uniquely-shaped athletic facilities are unforgettable. The excitement is sure to be revived if you visit the venues.

Minami Nagano Sports Park
(Venue for the Opening and Closing Ceremonies)

The Nagano Winter Olympic cauldron that held the Olympic flame is the spot for taking commemorative photographs. The venue has been developed as a place where the citizens of Nagano come to relax. The Nagano Olympic Stadium is also used as a multipurpose stadium.
(No entrance or observation tours inside the stadium)

INFORMATION
TEL.026-293-4062

M-Wave [Nagano Olympic Museum]
(Speed-skating facilities)

The M-Wave houses an arena as well as exhibits related to the Olympic games.
Skating can be enjoyed between mid-October and late-March,(Adults ¥1,560 per person per day. Rental skates charged separately.)

INFORMATION
TEL.026-222-3300
【Admission】Free Open: 10:00-17:00
*No regular closed days

Big Hat
(Ice Hockey Arena-A)

The shape of the roof of this venue is a combination of gently curved spheres and resembles a "big hat". It is currently used as a multipurpose hall.
(No admission under normal circumstances)

INFORMATION
TEL.026-223-2223

Trips further afield…

周遊 Excursions

Transfer on to the Bullet Train, local train, or bus from Nagano Station and continue your pleasant journey through Nagano Prefecture.

Powerful guardian of the community

Ashinoshiri Dosojin
(guardian of the community)

Ashinoshiri Dosojin is a traditional local event handed down from ancient times. Every year on January 7th, local residents bring along straw ornaments to create an effigy of the giant guardian of the community, which bears human facial features. The guardian of the community stands by the roadside overlooking the Alps from where he protects the locals from illness and disasters and keeps passers-by safe. The guardian was shown at the Opening Ceremony of the Nagano Winter Olympics in 1998 and attracted the attention of people from around the world.