

Nagano SUWA Visitors Guide

SUWA

Tourism Section of the Economic Department of Suwa City

1-22-30 Takashima, Suwa City, Nagano Pref.
TEL +81-266-52-4141 FAX +81-266-58-1844
<http://www.city.suwa.lg.jp/>

Suwa Tourist Association

1-1662 Kamigawa, Suwa City, Nagano Pref.
TEL +81-266-52-2111
<http://www.suwakanko.jp/>

Tourist Information Center

In front of Kamisuwa Station, JR Chuo Line
TEL +81-266-58-0120 FAX +81-266-53-4126

Suwa Lake Hot-spring Hotel Association

1-1662 Kamigawa, Suwa City, Nagano Pref.
TEL +81-266-52-7155 FAX +81-266-58-9613
<http://www.suwako-onsen.com/>

■Transportation

《Highway express buses》

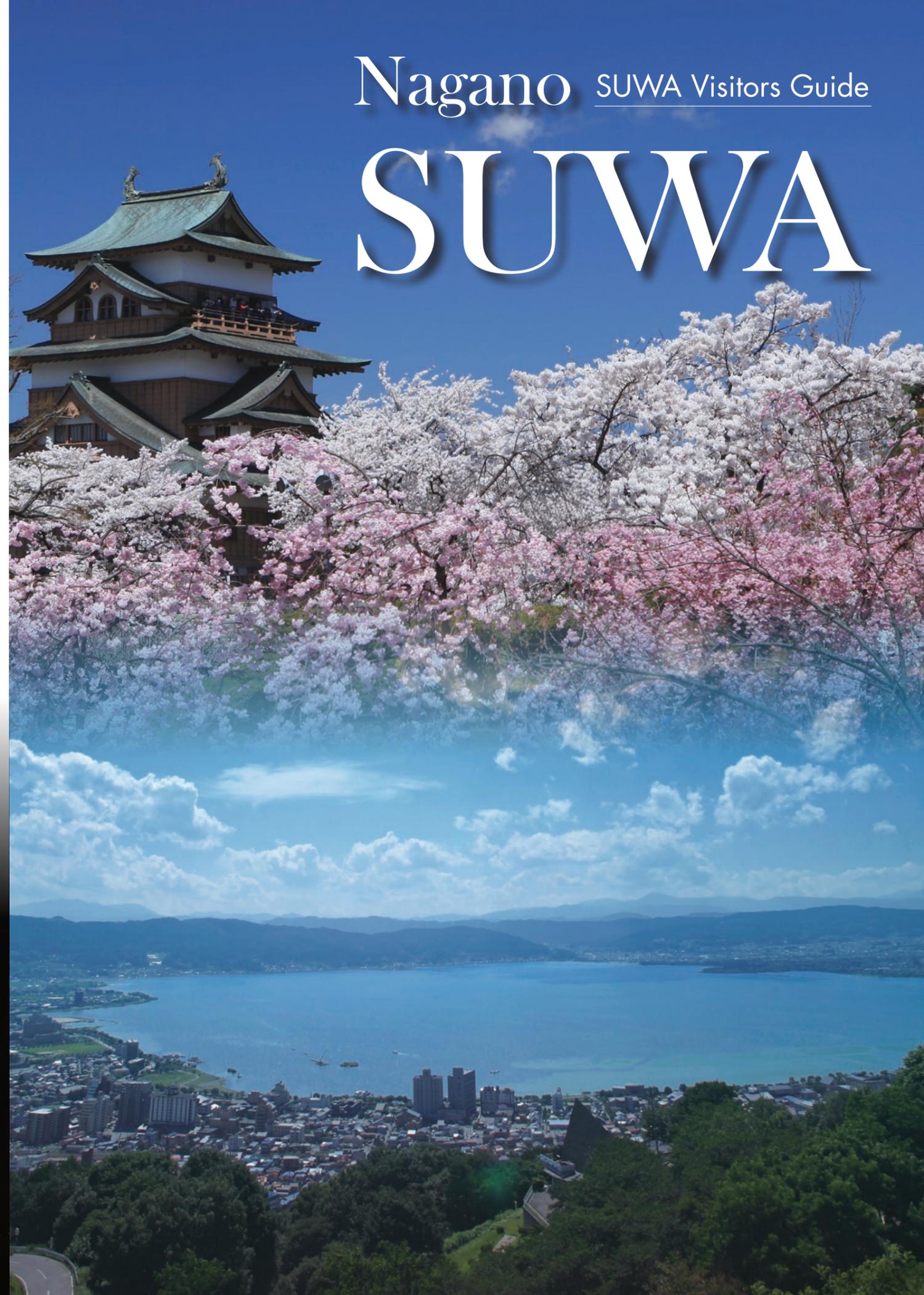
Chuo Highway Express Bus Reservation Center TEL +81-266-75-0017
Keio Telephone Reservation Center TEL +81-3-5376-2222
Osaka Reservation Center TEL +81-6-6866-3147

《Taxis》

Suwa Kotsu TEL +81-266-52-1190
Daiichi Kotsu TEL +81-266-52-5151
ALPICO Taxi, Suwa TEL +81-266-54-0181

《Fixed-route buses》

ALPICO Kotsu, Suwa Branch Office, Chino Service Office ... TEL +81-266-72-7141
Karinchan bus (City round bus)
..... TEL+81-266-72-7141(ALPICO Kotsu, Suwa Branch Office)
Swan bus (Lake Suwa round bus)
..... TEL+81-266-72-7141(ALPICO Kotsu, Suwa Branch Office)





Dusk approaching Suwa Lake



Kirigamine Heights in early summer

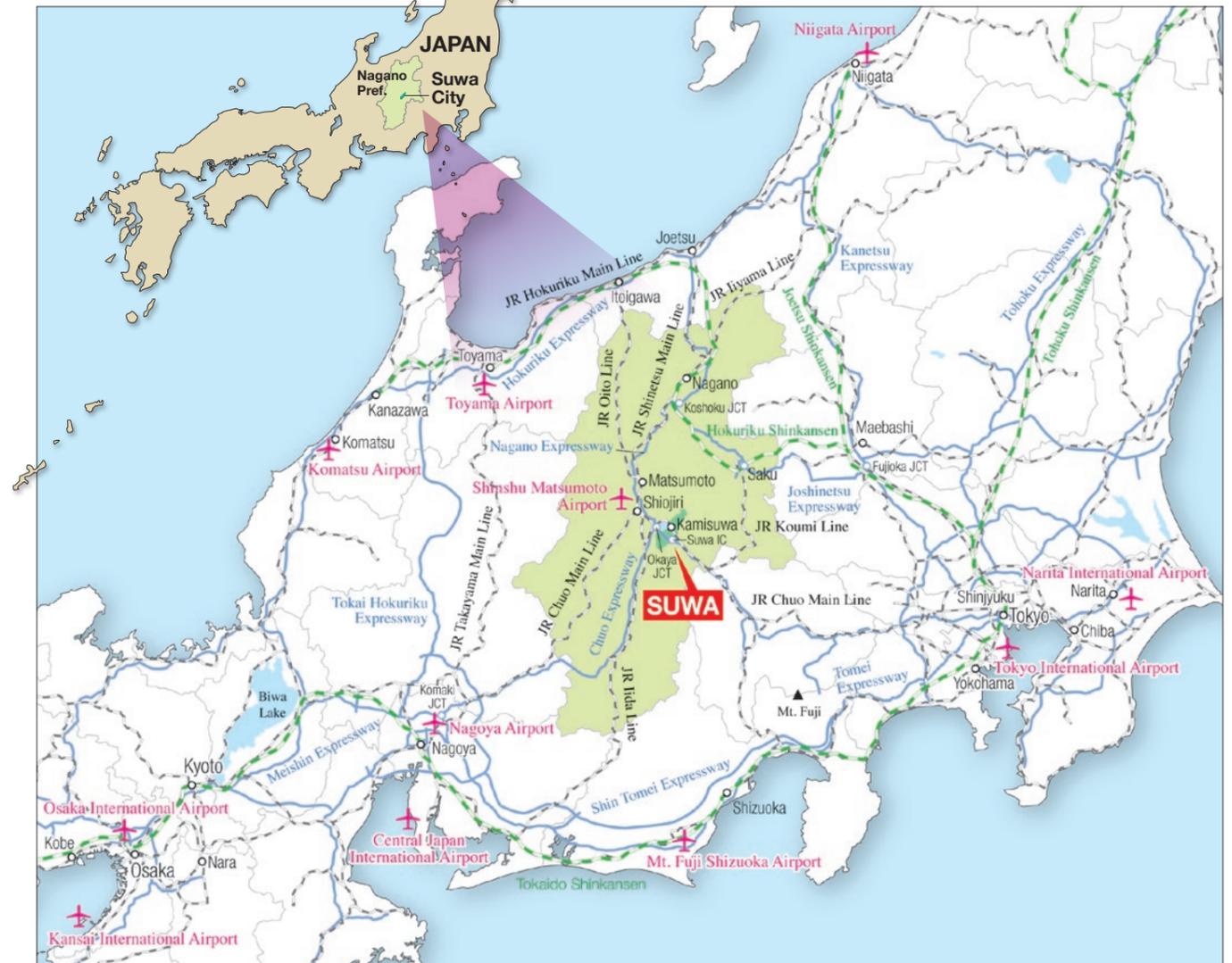


Kamisuwa Onsen open-air hot spring



Quince Flower

Transportation Guide Map



The place where you can play with the waves, play with the wind, and relax in a hot spring. Welcome to Suwa City, an oasis of beauty.

Suwa City is located in the central part of Nagano Prefecture and looks out onto the tranquil and abundant waters of Suwa Lake. Highly therapeutic hot springs can be found along the shore of the lake, and the town has been known from long ago as “Kamisuwa Onsen,” one of the most prominent hot-spring villages in Japan. Various leisure activities such as fishing and other lake activities can also be enjoyed at Suwa Lake. Rare alpine plants can be found blooming in the Kirigamine Heights, which is located at an altitude of 1,600 meters. In the quiet townscape, traces remain of the castle town that was once ruled by the Takashima clan, and Suwa Taisha, the main shrine of Suwa Shrine is enshrined, creating an atmosphere where you can feel the presence of history. Enjoy playing sports or visiting museums in Suwa’s refreshing climate. There are also spectacular fireworks displays and festivals. You’ll always find a refreshing experience in Suwa.

● Access to Suwa City

Access by car	Tokyo	Chuo Expressway	Approx. 2.5 hours	Suwa IC		
	Osaka	Meishin Expressway, Chuo Expressway	Approx. 4.5 hours			
	Nagoya	Chuo Expressway	Approx. 2.5 hours			
	Nagano	Nagano Expressway, Chuo Expressway	Approx. 1 hour			
	Saku	National Road Route 142	Approx. 1.5 hours			
Access by train	Tokyo	JR Chuo Main Line Limited Express Azusa	Approx. 2 hours	Shiojiri Station	Kamisuwa Station	
	Nagoya	JR Chuo Main Line Limited Express Shinano	Approx. 2 hours			Approx. 20 minutes
	Osaka	Shinkansen, JR Chuo Main Line Limited Express Shinano	Approx. 3 hours			
Access by highway bus	Tokyo	Highway bus	Approx. 3 hours	Kamisuwa Station		
	Osaka	Highway bus	Approx. 6 hours and 20 minutes			

Suwa City Sightseeing Guide Map

Rows A to F and columns 1 to 4 correspond to the letter and number indicated in the descriptions which follow.



Kirigamine Heights

Kanto's 100 Best Views of Mount Fuji

Kirigamine Family Ski Resort

To Shirakabako

Musho Tower

Ikenokurumi Odoriba Marsh

Glider Fureal Center

Ranch

Kirigamine Nature Conservation Center

Kirigamine Campsite

Kirigamine Track and Field Stadium

Ground, Gymnasium, Mallet Golf Course, Crosscountry Course

Yama-no-kami Shrine

Amidaji Temple

FF Tenaga Shrine

Jizoji Temple

Shogonji Temple

Kokokuji Temple

Teishoin Temple

Reijin Brewery

Shinshu Maihime Brewery

Yokobue Brewery

Kyonenji Temple

The Museum of Modern Art, ITO

Yatsurugi Shrine

Yukoji-Ikiiki-Genki Hall

Shimizumachi Gymnasium

Shimizumachi Baseball Ground

Yamato Onsen (Hot Spring Bath)

Row of Zelkova Trees

Path of Literature

City Hall

Takashima Castle

Takashima Park

Shin-Rokutobashi Bridge

Rokutobashi Bridge

Shinshu Fuji Library

Suwa City Museum

Jinguji Footbath

Hokkeji Temple

Suwa Taisha (Grand Shrine)

Kamisha Honmiya

Drinkable Hot Spring Water

Shinshu Suwa Soba Noodle Making School

Hirabayashi Taiko Memorial Museum

Shinshu Suwa Soba Noodle Making School

Hot Springs

Kamisuwa Onsen takes pride in its ample supply of hot-spring water as well as its high quality. Fitting of a hot-spring village, traditional hot-spring hotels, prestigious hotels, and charming Japanese-style inns line the streets. There are also health spas which use hot springs and one-day hot-spring facilities, enabling visitors to casually enjoy hot springs. Take your time soaking your stretched out body, and feel your body gradually warm up from inside. It's sure to melt away even your everyday fatigue.

Paradise that warms you up.
Refresh your body and soul from the core.

Footbath



Lakeside Park Footbath
mapA-2

You can enjoy this footbath while gazing out at Suwa Lake. Located next to the Lake Suwa Geysir Center, up to 40 people can be seated at once. Make sure to stop by this footbath when visiting the Lakeside Park.

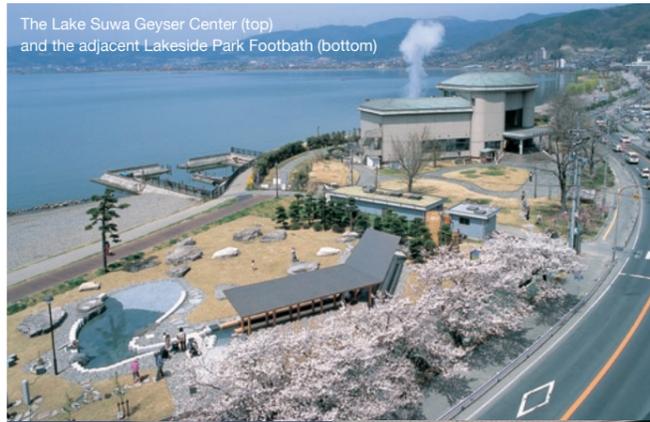
Kamisuwa Station Footbath mapB-2

In Suwa City, which is blessed with hot springs, you can even enjoy a footbath on a train platform. The footbath found on the platform in Kamisuwa Station is available for use with a train ticket or a platform ticket. Casually soak your feet while waiting for the train to arrive and rejuvenate your tired travelling feet.



Jinguji Footbath mapF-2

The footbath built in the Suwa City Museum is well-known as an oasis for Suwa citizens. Close to Suwa Taisha Kamisha, many visitors enjoy taking a footbath after visiting the shrine.



The Lake Suwa Geysir Center (top)
and the adjacent Lakeside Park Footbath (bottom)



The hot spring water outlet was designed with an image of a "Nanatsugama".

- Hours: April to September 9:00-18:00
October to March 9:00-17:00
- Open 365 days ●Admission is free

Lake Suwa Geysir Center mapA-2

Here, you can enjoy the sight of a dynamic geyser. The "Suwa Filming Location Review Exhibit" is on display on the 2nd floor, and photographs and material on "Suwa Lake Fireworks" are on display on the 3rd floor where the view is also spectacular.



Bath room (Romance)

Indoor 25-meter pool

Suwakko Land mapC-4

Suwakko Land stands on the lakeside of Suwa Lake. There are two bath rooms equipped with a wide range of baths, from cave baths, sleeping baths, to cascading baths. The bath rooms switch between men's and women's on a weekly basis.

- Hours: Bath room 10:00-22:00
Indoor pool 10:00-21:00
Refreshment corner 11:00-20:00
Outdoor pool 10:00-19:00
Mallet golf course Sunrise to sunset
(Other services available depend on the facility and season.)
- Days closed: Every Thursday



Highway Onsen Suwako mapD-4

A hot-spring bath house built in the Suwa Lake service area of the Chuo Expressway. The first hot-spring bath house in Japan located in a service area.

Situated on elevated ground, a bird's-eye view can be seen from the bath room, helping to soothe any fatigue from driving - one of the reasons for its popularity.

- Hours: Upbound 10:00-22:00 Downbound 10:00-21:30
*From 9:00 on Saturdays, Sundays and national holidays. ●Open 365 days



Drinkable Hot Spring Water mapF-3

Located close to the main shrine of the Suwa Taisha Kamisha, this alkaline hot spring is colorless and transparent and the temperature

of the spring source is approximately 60 degrees Celsius. It is said to be therapeutic for chronic digestive diseases and constipation.

Inheriting the prosperity of silk.

From the Meiji period to the early Showa period, the silk-reeling industry flourished in the Suwa region and the exportation of these silk products to the world supported the modernization of Japan.

Even today, numerous facilities that remind one of the past still remain in this region along with the Tomioka Silk Mill, which is a World Heritage Site.

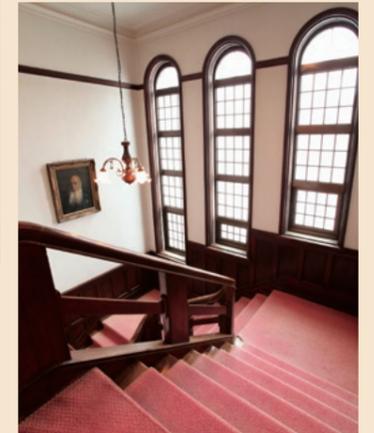
The silk reellers of the Suwa region played a large role in the preservation of such facilities.



Katakurakan (designated as an Important Cultural Property of Japan) mapB-2

This hall was built in 1928 by the Katakura zaibatsu, which prospered in the silk-reeling industry from the Taisho period to the early Showa period. It was built for the public welfare for local residents and as a place for social occasions. The elegant structure as well as the stained glass and sculptures are amazing. The large bath, called the "senninburo" (thousand people bath), is made of marble and has a depth of 1.1 meters.

- Hours: 10:00-21:00 (Last admission 20:30) ●Days closed: 2nd and 4th Tuesday of each month



Suwa City Museum of Art mapB-2

Built by the Katakura zaibatsu in 1943 and called the "Kaikokan," documents related to silk reeling as well as works of art were placed on display here. The building was donated to Suwa City in 1950.



"Geihinkan"—Former Villa of the Katakura Group mapB-2

This villa was built by the Katakura zaibatsu, which prospered in the silk business, as a place to welcome their guests. With traces of the Taisho Roman style, its heavy yet simple design is distinctive.

Rich beautiful scenery.
Feel your heart dance by the pleasant waterfront.



Suwa Lake, located in the middle of Suwa Basin, is the largest lake in Nagano Prefecture at an elevation of 759 meters above sea level, a circumference of 15.9 kilometers, and an area of 13.3 square kilometers. Chinese quince and cherry blossom trees add color to the surrounding scenery, and whether enjoying a leisurely stroll or jog along the lakeside, or enjoying a boat ride or fishing on the lake, Suwa Lake is well-known as an oasis. Although each season has its own unique allure, Suwa Lake in the summer is all about fireworks. Come experience the competition between sound and light.

View of Suwa Lake from Tateishi Park

諏訪湖の花火 Suwa Lake Fireworks

A sparkling scene. Let the fleeting sparks of light leave an imprint on your heart.



Suwa Lake Fireworks Festival

Proud to be one of Japan's largest fireworks festivals, the Suwa Lake Fireworks Festival is one of the city's colorful summer features. Forty-thousand fireworks create flowers of light in the night sky and the lake surface. With mountains in all four directions creating echoes of the exploding fireworks, the force of the sound is also amazing. The festival is held on August 15 every year.



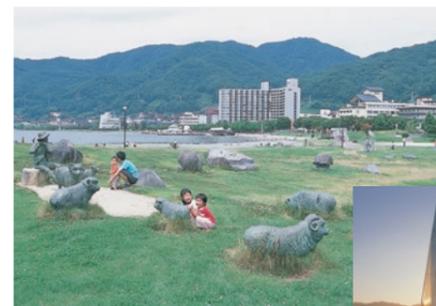
National New Fireworks Competition

This competition is held on the first Saturday of September. Fireworks of every color brilliantly illuminate the early-autumn sky.



Suwako Summer Night Fireworks mapB-3

Fireworks light up the sky every night from the shore of Lake Suwa mainly in August (the exact dates vary from year to year). The show lasts about 15 minutes. Why not leisurely enjoy the large colorful flowers of light?



Lakeside Park mapA-2・B-2・3

Blessed with a beautiful view which overlooks Suwa Lake, Lakeside Park also has monuments and sculptures, making it a popular spot to visit. There's also a "Lakeside Park Footbath" nearby, where you can relax and soothe your tired feet.



Pleasure Cruisers and Boats

Pleasure cruisers and boats crowd Suwa Lake. Take a tour of Suwa Lake enveloped in the liberating feeling of the amazing landscape. Refer to page 17 for details.



Amphibious Sightseeing Bus

The amphibious bus is now a well-known attraction. Enjoy the thrill of "splashing in" to Lake Suwa aboard the Princess Suwa bus, modelled on the city's official mascot. Experience the mysterious feeling of being in a bus and being extremely close to the surface of the lake. Refer to page 17 for details.



Jogging Road

Stay overnight at the Kamisuwa Onsen, and go walking or take a stroll while gazing at Suwa Lake. Afterwards, make sure to relax and unwind in the hot spring.



Fishing

Suwa Lake is well known as a prominent pond smelt fishing spot. In the winter, pond smelt fishing in dome boats covered in plastic sheets is popular. Refer to page 17 for details.



Omiwatari

In mid-winter, when the entire surface of Suwa Lake turns into a sheet of ice and it gets extremely cold at night, the ice cracks with a thunderous roar, and the cracks rise up like mountains. This phenomenon has become rare in recent years with the mild winters.

Colorful grasslands. Another world created by a tapestry of flowers, greenery, and sky.



In the area from Mount Kurumayama to Mount Washigamine, gentle ups and downs continue in the Kirigamine Heights. Seasonal alpine plants including Japanese azalea, Nikkokisuge (*Hemerocallis middendorffii* var. *esculenta*), and gypsy roses, add a variety of colors to the green grassland. Come visit this place for a panoramic view of Japan's famous mountains — Mount Fuji, the Alps, and the Yatsugatake Mountains. Since a strong ascending current is generated over the whole area, the Kirigamine Heights is also perfect for glider flights. It is known as the birthplace for glider flights in Japan.

Highlands



Yashimagahara Marsh mapB-1

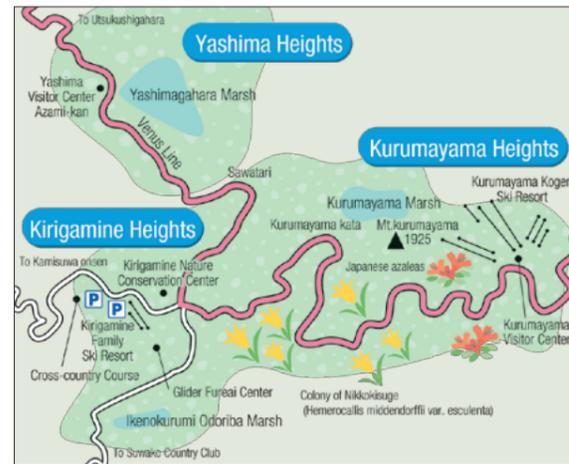
Yashimagahara Marsh was formed after approximately 12,000 years of plants accumulating after dying without decaying. At an altitude of 1,630 meters, it is a highland marsh located in the southernmost region of Japan. Designated as a natural treasure of Japan, there's a hiking course that circles the marsh.



Geranium yesoermes (Best time to visit: July and August)



Adenophora triphyllas (Best time to visit: August)



Ikenokurumi Odoriba Marsh mapC-1

Along with Kurumayama Marsh and Yashimagahara Marsh, this is one of the three major marshlands of Kirigamine. Designated as a natural treasure of Japan, Odoriba Marsh is an extremely rare marsh where there are both high moors and low moors. In the pond in this marsh, you can see a rare phenomenon called "yachibozu," which is caused by sedge roots being lifted up.



Gypsy roses (Best time to visit: August and September)



Gentians (Best time to visit: September and October)



Nikkokisuges (Best time to visit: July)



Veratrum stamineums (Best time to visit: June and July)



Japanese azaleas (Best time to visit: June)



Chamerion angustifolium (Best time to visit: August)



Kirigamine Nature Conservation Center mapC-1

You will find information on the nature, culture, and history of the Kirigamine Heights, as well as information on the animals and plants that live there. In addition to the distribution of information on walking trails and maps, learning courses on protecting beautiful and precious nature and nature observation meetings are also held.



Kirigamine Family Ski Resort mapC-1

These expansive ski slopes, which overlook both gentle slopes and dynamic mountains, can safely be enjoyed not only by beginners and intermediate levels skiers, but the whole family. Even small children can enjoy skiing freely. After skiing and snowboarding, be sure to warm up your body in the Kirigamine Onsen which springs out from 1,500 meters underground. In the summer, take the lift up to the top and enjoy the 360-degree panoramic view.



Musho Tower (fog-bell) mapC-1

Musho Tower, the symbol of Kirigamine Heights, was formerly used to inform hikers of the direction with the ring of its bell on days with thick fog. The 360-degree panoramic view from here is a spectacular sight.



Glider Fureai Center mapC-1

Built in Kirigamine Heights to commemorate the first glider flight in Japan. You will find information on the history of gliders and displays of models. There is even a mini-theater where you can experience a flight simulation. Come and experience the allure of gliders.

Cross-country Course mapC-1

A cross-country course at an altitude of 1,600 meters. There is a 4-km course and a 3-km course, and the difference in elevation is about 30 meters. It is ideal for high-altitude training in summer. Marathon runners who participated in the Olympic Games have trained on this course. In the winter, it is used as a cross-country skiing course.

Tradition that lives on. Thinking about endless time.

From the Old Stone Age, people have gathered and lived together in Suwa, where much of Jomon culture flourished. The area was known nationwide as the center for "Suwa Shinko" (Suwa belief) before the Nara period and is also recorded in the Kojiki (Record of Ancient Matters), cultivating an unbroken line of history from ancient times. In this land which has progressed together with Suwa Shinko, the religious services and festivals of the belief continue to be inherited, and the precious historical heritage has also been preserved, passing on the traces of the past to the present.

Suwa Takashima Castle



Suwa Taisha Kamisha Honmiya (Suwa City)



Honmiya treasure bronze bell



Honmiya treasure rinho-zuika-hachiryō-kyō mirror



Honmiya Kaguraden (hall for special prayer)

Suwa Taisha (Grand Shrine) mapF-2

Suwa Taisha, the main shrine of Suwa Shrine which has over 10,000 shrines nationwide, is enshrined divided into two "sha" (shrines) and four "miya" (shrines), the Kamisha Honmiya (Suwa City), Maemiya (Chino City), Shimosha Akimiya and Harumiya (both in Shimosuwa Town). The deity enshrined at the Kamisha is the Takeminakata no kami, and was worshipped in ancient times as the god of wind, the god of water, and the god of farming and hunting. Built in what is called the Suwa architectural style where an inner shrine is not built, the shrine buildings and sacred treasures are designated as Important Cultural Properties of Japan, and the shrine forest is designated as natural treasure of the prefecture and city.

Suwa Taisha Kamisha Maemiya (Chino City)



Suwa Taisha Shimosha Akimiya (Shimosuwa Town)



Suwa Taisha Shimosha Harumiya (Shimosuwa Town)





Onbashira Festival

Held every six years (in the years of the Tiger and Monkey), the Onbashira Festival is carried out by the shrine parishioners of the Suwa Taisha. All 210,000 people of the Suwa region take part in this grand festival. It is well known as one of the nation's great festivals due to its overwhelming energy and scale. Suwa Taisha shrine parishioners join together to cut giant 12-ton fir trees from the mountain, and then pull them into town, finally setting them up in all four corners surrounding each of the main buildings of the Kamisha and Shimosha. The next time this festival will be held in 2022 (the year of the Tiger).



Suwa Takashima Castle mapC-2

Takashima Castle was built around 1598 by Takayoshi Hineno, one of Hideyoshi Toyotomi's subjects. At the time the castle was built, it was called the "Floating Castle of Suwa" as it was an impregnable fortress with the water of Suwa Lake coming right up to the castle and playing the role of a trench. The current donjon was reconstructed in 1970. Reference materials on the local area and Takashima Castle can be found on the 1st and 2nd floors, and the 3rd floor is used as an observation room. The castle grounds are also famous as a popular spot for viewing cherry blossoms and wisteria.

- Hours: April to September 9:00-17:30 (Last admission 17:00), October to March 9:00-16:30 (Last admission 16:00)
- Days closed: December 26 to 31, second Thursday of November

A tranquil moment to get acquainted with masterpieces.

In an environment marked by a climate that produced many cultural figures, there are many unique museums in Suwa City. At each museum, you'll be greeted by brilliant masterpieces created by local artists as well as well-known artists from Japan and all across the world. In addition to the main collection, the building itself is a unique piece of art. When touring around the museums, be sure to take your time getting acquainted with each piece and enjoy your unhurried art stroll.

Art and Culture

Munehide Hosokawa "Tori-ga-tomatta"



Seiji Togo "Onna"
*Not all exhibits are on permanent display.
Please inquire for the latest exhibition updates.



Munehide Hosokawa "Ohi-zo No. 1"

Suwa City Museum of Art mapB-2

In 1956, Suwa City Museum of Art was the first public museum to open in Nagano Prefecture, and in 2011 the elegant building became a registered tangible cultural property. The museum collection is a diverse with Japanese-style paintings, Western-style paintings, woodblock prints, sculptures, artifacts, and calligraphy, created by artists including Seiji Togo, Henri Matisse, and Munehide Hosokawa. The collection of works by local artists is particularly impressive.



- Museum hours: 9:00-17:00 (Last admission 16:30)
- Days closed: Mondays, day after national holidays, End of year and New Year holidays, period between exhibitions
- TEL +81-266-52-1217



Snake body pattern clay pot (Jomon era)



Water bird shaped ash glaze pottery (Heian era)

Suwa City Museum mapF-2

The history and characteristics of Suwa Shinko (Suwa belief), such as the Onbashira Festival and "Omiwatari" (the mountain range of ice forming on Suwa Lake in the winter), are introduced here. Many rare cultural assets from primitive times, as well as movies and traditional anime, butterflies of the world, and special exhibitions can be viewed. Activities and footbaths can also be enjoyed.



- Museum hours: 9:00-17:00 (Last admission 16:30)
- Days closed: Mondays, day after national holidays, End of year holidays
- TEL +81-266-52-7080



Taizi Harada "Kogen-no-hana (flowers of the plateau)"

Taizi Harada Museum of Art mapC-3

Here, you will find on display the artwork of painter Taizi Harada, who is from Suwa City. Enjoy the "World of Taizi Harada," a collection of paintings depicting everyday life of people who live modestly, created from material gathered from all over Japan under the theme of Japan's old hometowns. You will feel the boundless love he had for his subjects. In the museum, there's also a tearoom that overlooks Suwa Lake.



- Museum hours: 9:00-17:00
- Days closed: Mondays (Open on holidays), End of year and New Year holidays, period between exhibitions
- TEL +81-266-54-1881



Important Art Treasures "Hakuan-chawan-mei-okuda"



Pierre-Auguste Renoir "The Washerwoman"

Sunritz Hattori Museum mapA-2

A collection consisting of more than 600 pieces of ancient and present-day Japanese and Oriental paintings, calligraphy works, and artifacts, as well as present-day Western paintings. Centering on tea utensils, such as the national treasure created by Koetsu Honami, the "Shiro-raku-chawan-mei-fujisan" (only exhibited once a year; inquire for information on the time of year), many important cultural properties and art treasures can be viewed. These are displayed sequentially, several times a year in special exhibitions. As for Western paintings, the collection includes the works of artists such as Renoir and Chagall.



- Museum hours: 9:30-16:30
- Days closed: Mondays (Open on holidays), End of year and New Year holidays, period between exhibitions
- TEL +81-266-57-3311



Émile Gallé "Hitoyotake-lamp (ink cap mushroom lamp)"

Kitazawa Museum of Art mapA-2

Elegant glass artwork from the art nouveau to art deco periods and modern Japanese-style paintings are on display. In the exhibition room on the 1st floor, a collection of 100 or so of French decorative art pieces with a focus on artworks of genius glass artist Emile Galle is always on display. On the 2nd floor, you will find masterpieces created by the leading masters of Japanese-style paintings of today, such as Kaii Higashiyama.



- Museum hours: April to September 9:00-18:00 (Last admission 17:30), October to March 9:00-17:00 (Last admission 16:30)
- Days closed: Open 365 days
- TEL +81-266-58-6000



Mafune Gonjo, Glass Dress

Suwa Garasunosato Museum mapC-4

The museum displays works by famous glasswork artists. The permanent exhibition changes seasonally, so you are sure to see new works each time you visit. There's also a workshop where you can experience making "tombo dama" (glass beads), a glass shop which boasts being one of Japan's largest, and a restaurant that overlooks Suwa Lake.



- Museum hours: April to September 9:00-18:00 (Last admission 17:30), October to March 9:00-17:00 (Last admission 16:30), January 1 is opened at 10:00.
- Days closed: Period between exhibitions (Suwa Garasunosato: open 365 days)
- TEL +81-266-57-2000

Don't just watch!

Why not experience the fun of Suwa yourself?

In Suwa City there are numerous breweries which manufacture traditional Japanese sake. You can tour these breweries and also taste the sake made there. You can also experience creating glassworks and fishing on Suwa Lake. A variety of activities have been prepared to bring even more enjoyment to your trip.

Strawberry Picking

Suwako Strawberry Farm mapC-4

Large sweet strawberries that'll get you smiling once you try one. All-you-can-eat for 30 minutes. Be sure to try these carefully grown, sweet strawberries with friends or family.



- Visit/Activity description: Strawberry picking
- Rates: Jan. 1 to Jan. 31: 1,700 yen (Age 6 and over), 1,000 yen (Under age 6) / Feb. 1 to Mar. 31: 1,500 yen (Age 6 and over), 1,000 yen (Under age 6) / Apr. 1 to May 10: 1,300 yen (Age 6 and over), 1,000 yen (Under age 6) / May 11 to May 31: 1,100 yen (Age 6 and over), 800 yen (Under age 6) / Jun. 1 to Jun. 30: 800 yen (3 years old and older) * Admission is free for children younger than 3 years old.
- Group rates: Inquiry required
- Business hours: 10:00-15:00
- Time required: 30 minutes
- Regular holiday: Basically open 365 days
- Capacity: 40 people
- Available guidance languages: Japanese, Chinese
- Other: Please make a reservation in advance.
- * Depending on the circumstances, you may not be able to enter the farm.



- Activity address: 3033 Toyoda, Suwa City
- Transportation: 15 minutes by car from JR Chuo Line Kamisuwa Station, 15 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 40 standard-sized cars, 10 large-sized buses
- Inquiries: TEL+81-266-53-5533

Soba Noodle Making

Shinshu Suwa Soba Noodle Making School mapF-3

Why not experience the Japanese traditional food culture of making soba noodles with family or friends? This is the only place in Suwa City where you can make your own soba noodles and eat them too.



- Visit/Activity description: Experience making and tasting soba noodles
- Rates: Minimum reservation: 2 bowls (Reservation required)
2 bowls/2 persons: 3,000 yen (per person)
3 or more bowls: 1 person/1 bowl 2,600 yen, several persons/1 bowl 2,600 yen + 1,300 yen for each additional person
- Business hours: Normally from 11:00
Other sessions held as necessary
- Time required: 2 to 2.5 hours
- Open 365 days
- Capacity: 100 people
- Available guidance languages: Japanese
- Other: Please make sure that a simultaneous interpreter accompanies you.



- Activity address: 465-3 Nakasu, Suwa City
- Transportation: 10 minutes by car from Kamisuwa Station or Chino Station on the JR Chuo Line, 5 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 40 standard-sized cars, 4 large-sized buses
- Inquiries: TEL+81-266-52-1245 <http://www.suwa-sobauchidojiyo.com/>

Tour Guides

Lake Suwa Area Local Tour Guides

Citizens who have completed the "Omotenashi Academy" training course provided by the Chamber of Commerce and Industry and the Tourism Association in the three municipalities around Lake Suwa act as tour guides, taking visitors round places of interest not mentioned in any guide book and providing snippets of local information.

- Tour Guide Charges (per person)
Spot Guide 200 yen (up to 1 hour)
Course Guide 500 yen (up to 3 hours)
*Transport costs, admission fees, etc. are charged separately.
*For groups of 20 or more persons, please contact us.
- Available guidance languages: Japanese
- *Tour guide reservations should be made 7 days in advance.
- *For further information about the tour guides and routes, visit the website.
- *Please contact us for individually tailored routes to suit your requirements.

- Inquiries: Lake Suwa Area Local Tour Guide Council Secretariat
(c/o Lake Suwa Hot Spring Hotel Association)
TEL+81-266-52-7185
Hours open: 8:30-17:00 (Closed on Saturday, Sunday and national holiday)
<http://www.suwako-kankouguide.com/>

[Spot Guide (Sample Route)]

- ◆ Suwa Takashima Castle
- ◆ Suwa Taisha Kamisha Honmiya and Maemiya
- ◆ Suwa Taisha Shimomsha Harumiya and Akimiya
- ◆ Osaka Kannon-in Temple

[Course Guide (Sample Route)]

- ◆ Walking tours of Lake Suwa and Kamisuwa
- ◆ History discovery walking tour of Suwa Taisha Kamisha-no-Mori
 - Visiting sites associated with Takashima Clan
 - Walking tour of Kamisuwa
 - Teramachi Sake Brewery Course



Visiting sites associated with Takashima Clan Feudal lord (Takashima Castle)



Suwa Taisha Shrine Guided round Kamisha Honmiya

Kirigamine Guided Tour

A well-known area for hiking trails and ski slopes, Kirigamine Kogan is also an outstanding fieldwork site due to Kirigamine Volcano with its unique landscape of vast grassland rarely seen in Japan, and high moor and clumps of bushes that are a natural monument. Motomisayama Iseki historical remains add to the archaeological and humanistic fascination of the highland. Enjoy exploring the walking trails of Kirigamine Kogen with an interpreter.



- Available guidance languages: Japanese
- Inquiries: Kirigamine Nature Conservation Center
TEL+81-266-53-6456

Glasswork

Suwa Garasunosato mapC-4

How about making a glass craft item at this amusement facility located on the shore of Lake Suwa? Your one-of-a-kind glasswork can be a gift for someone special or a souvenir of your wonderful trip.



- Visit/Activity description: Glass craft workshop (candle, glass beads, glass seal, paperweight, bead accessories, kaleidoscope, sandblasting)
- Rates: 1,620 yen
- Business hours: 10:00-16:30 (April to September), 10:00-15:30 (October to March)
- Time required: 30 minutes-1 hour
- Open 365 days
- Capacity: 16-120 people (Depends on the type of activity)
- Available guidance languages: Japanese
- Other: Please make sure that a simultaneous interpreter accompanies you.
- Activity address: 2400-7 Toyoda, Suwa City
- Transportation: 10 minutes by car from JR Chuo Line Kamisuwa Station, 15 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 220 standard-sized cars, 20 large-sized buses
- Inquiries: TEL+81-266-57-2000 <http://www.garasunosato.com/>

Amphibious bus

Japan Land and Water Sightseeing mapC-4

Experience the mysterious sensation of running on land and water on the amphibious bus and enjoy the Suwa Lake Exploration Duck Tour. Take a cruise on Lake Suwa and experience being close to the lake's surface. If the weather is fine, you can enjoy panoramic views of Mt. Fuji and the Northern Japan Alps.



- Visit/Activity description: Suwa Lake Exploration Duck Tour on an amphibious bus
- Rates: Adults 2,800 yen; Age 12 and under 1,800 yen; Children ages 2 and under 500 yen (no seats)
- Business hours: 8:30-17:30
- Time required: 55 minutes (20 minute cruise)
- Days closed: Wednesdays (except national holidays and July 1 to August 31)
- Capacity: 40 people
- Available guidance languages: Japanese
- Other: Please make sure that a simultaneous interpreter accompanies you.
- Activity address: 2400-7 Toyoda, Suwa City (Inside the Suwa Garasunosato)
- Transportation: 10 minutes by car from JR Chuo Line Kamisuwa Station, 15 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 220 standard-sized cars
- Inquiries: TEL+81-266-75-2650 <http://www.japan-ducktour.com/suwa/>

Suwako Sightseeing Ship

How about taking a leisurely tour of Nagano Prefecture's largest lake, Suwa Lake? The special experience of feeling at one with the nature in Suwa awaits you. Mount Fuji can sometimes be seen in the distance on clear days.

Suwa Lake Sightseeing Steamship mapB-3

- Visit/Activity description: Tour of Suwa Lake in a pleasure cruiser
- Rates: Adult ticket: 900 yen; Child (ages 3-12) ticket: 450 yen
- Group rates: Group over 10 people. Inquiry required
- Business hours: 9:30-16:00
- Time required: 30 minutes
- Days closed: Days with stormy weather, when Suwa Lake is frozen over
- Capacity: 180 people
- Available guidance languages: Japanese



- Activity address: 3-1-27 Kogandori, Suwa City
- Transportation: 8 minutes walk from JR Chuo Line Kamisuwa Station, 15 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 40 standard-sized cars, 2 large-sized buses
- Inquiries: TEL+81-266-52-0739 <http://www.suwako-kanko.com/>

Suwakoen mapB-3

- Visit/Activity description: Tour of Suwa Lake in a pleasure cruiser
- Rates: Adult ticket: 900 yen; Child (ages 4-12) ticket: 450 yen
* Admission is free for children younger than 3 years old.
- Group rates: Group over 10 people. Inquiry required
- Business hours: 9:20-16:20 (Service once every hour)
- Time required: 30 minutes
- Days closed: Days with stormy weather, January to February, when Suwa Lake is frozen over
- Capacity: 43 people
- Available guidance languages: Japanese
- Other: A guide or tour conductor is required.



- Activity address: 5-2-10 Kogandori, Suwa City
- Transportation: 13 minutes walk from JR Chuo Line Kamisuwa Station, 15 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 10 standard-sized cars, 2 large-sized buses
- Inquiries: TEL+81-266-52-1625 <http://suwakoyouransen.com>

Pond Smelt Fishing

Why not try fishing for pond smelt, the specialty of the area, with your family, special someone, or friends? The best time for this type of fishing is October to early November. You can take home any pond smelt that you catch.

Suwa Lake Sightseeing Steamship mapB-3

- Visit/Activity description: Pond smelt fishing in a dome-shaped boat at Suwa Lake
- Rates: 2,000 yen
- Business hours: 8:00-15:00
- Time required: 1 hour
- Days closed: Days with stormy weather, April to mid-September
- Capacity: 80 people
- Available guidance languages: Japanese
- Other: Please make sure that a simultaneous interpreter accompanies you.



- Activity address: 3-1-27 Kogandori, Suwa City
- Transportation: 8 minutes walk from JR Chuo Line Kamisuwa Station, 15 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 40 standard-sized cars, 2 large-sized buses
- Inquiries: TEL+81-266-52-0739 <http://www.suwako-kanko.com/wakasagi/>

Suwa Lake Fishing Boat Center mapB-3

- Visit/Activity description: Pond smelt fishing in a dome-shaped boat at Suwa Lake
- Rates: Adult ticket: 4,000 yen; Child ticket: 2,500 yen
- Business hours: 7:00-15:00
- Time required: 2 hour
- Days closed: April to mid-September, Days with stormy weather, when Suwa Lake is frozen over
- Capacity: 120 people
- Available guidance languages: Japanese
- Other: Please make sure that a simultaneous interpreter accompanies you.



- Activity address: 1792-375 Shibasaki, Suwa City
- Transportation: 13 minutes walk from JR Chuo Line Kamisuwa Station, 15 minutes by car from the Suwa Interchange on the Chuo Expressway
- Parking lot: 50 standard-sized cars, 5 large-sized buses
- Inquiries: TEL+81-266-52-1199 <http://suwakoyouransen.com/fishing.html>

Hotel and Japanese-style Inn Information

●Area code +81 (266) * In some cases, a separate bath tax may be required. * Please note that accommodation rates are subject to change without notice. (As of March 2018)

Local produce and the taste of Suwa.



Miso

In Suwa, where the temperature difference is extreme and the water and air are clean, miso production has flourished since long ago. Miso that is produced in an environment suited for miso production has a mild taste and good flavor. It boasts a top-class share nationwide. Be sure to try Suwa's miso. You'll find that it's a little different from the rest.



Pond smelt and eel

Dishes including carefully and slowly prepared sweet-boiled dishes and crisp and aromatic deep-fried dishes made from the produce of the lake, such as pond smelt and river prawn, carp, and crucian carp, have a gentle flavor that's also enjoyable as a side dish for sake. High in calcium, it also makes a great snack for children. You'll also find restaurants that are well-known for their eel dishes.

Situated in a blessed natural environment, Suwa City has a variety of nationally well-known specialties such as its miso, sake, soba and pond smelt.

Relish the local taste created by preparing dishes in the traditional way which brings out the natural flavor of the ingredients along with the fond memories of your trip.



Shinshu Suwa Miso Tendon

A tendon (tempura bowl) with crispy fried tempura using ingredients characteristic of the area, including edible wild plants and freshwater fish, topped off with a sauce created from the local Suwa specialty miso.



Shinshu Soba

The soba of this region, made from the best buckwheat flour and cool and clear water, has a strong fragrance and elasticity. Its smooth texture is a feature characteristic. Fitting of an area known for its soba, numerous famous soba shops can be found in the city. Try out the various soba shops and find your favorite place.



Locally-brewed Liquor

With the pure underground water of the Kirigamine Heights, the clean air, and a severely cold climate, Suwa City satisfies all of the conditions that are crucial for brewing sake. That's why five sake breweries are located in the city, each of which brews and sells Japanese sake with a deep, profound taste. In recent years, some of the breweries make unique shochu and local beer, even sweet snacks which use sake lees.

Kamisuva Onsen

■Suwa Lake Hot-spring Hotel Association (Capacity: 3,031 people) ●TEL +81-266-52-7155

RC=Room Charge, ★=Overnight stay without meals

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
A B U R A Y A R y o k a n	3-4-16 Kogandori	52-2222	36	169	13,110-
I N A M O T O K A N	1-8-6 Suwa	52-1123	5	7	4,470- ★
O n y a d o K O I Z U M I	1792-344 Shibusaki	58-7633	20	63	6,200-
Kamisuva Onsen SHINYU	2-6-30 Kogandori	54-2020	47	180	10,950-
Kamisuva Station Hotel	4-10-15 Kogandori	57-0001	100	143	\$6,970- (RC)
K O G E T S U K A N	9255-9 Chausuyama	52-0054	10	25	8,250-
S H I B U N O Y U	3-3-24 Kogandori	52-2655	26	119	13,110-
S u i S u w a k o	2-5-27 Kogandori	58-3434	8	24	29,310-
S U W A K O E N	1-12-7 Kogandori	52-5050	18	90	8,790-
S U W A K O H o t e l	4-1-43 Kogandori	52-2151	48	227	13,110-
Suwa City Hotel NARITAYA	1-14-5 Ote	52-4500	61	74	\$5,982-

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
Suwa Lakeside Hotel	2-1201-48 Takashima	53-5353	63	144	8,790- (twin)
Sosen-no-yado SUHAKU	3-2-2 Kogandori	52-2660	42	230	13,110-
N U N O H A N	3-2-9 Kogandori	52-5500	39	190	17,430-
H A M A N O Y U	3-3-10 Kogandori	58-8000	75	328	21,750-
H o t e l S A G I N O Y U	3-2-14 Kogandori	52-0480	55	205	16,350-
H o t e l B E N I Y A	2-7-21 Kogandori	57-1111	132	400	19,590-
H o t e l W A K A N A	1792-409 Shibusaki	58-2488	7	25	10,950-
M in s h u k u S U W A K O	5-13-21 Kogandori	58-4821	16	35	6,500-
R A K O H A N A N O I H o t e l	2-1200-3 Takashima	54-0555	155	323	13,110- (twin)
R y o s o F U T A B A	4-9-12 Kogandori	52-4060	9	30	13,750-

■Other facilities (Capacity: 1,469 people)

B&B=Breakfast only, RC=Room Charge, ★=Overnight stay without meals

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
AKIZUKI Bussines Hotel CHEZ MOI	4-12-1 Kogandori	52-2217	24	28	\$4,900- (RC)
KANPONUYADO SUWA	2-15-16 Owa	52-1551	36	122	11,000-
SUWAKONOMORI SHIKITEI	5481-1 Toyoda	53-8888	11	42	15,120-
CHISUN INN SUWA I C	2935-2 Nakasu Sakaidori	52-2811	92	226	5,200- (RC)
B & B M E G U H O U S E Z u K U	5852 Shiga	54-7127	4	10	3,240- (B&B)
H o t e l Y A M A D A	8989 Sakuragaoka	53-0200	26	100	12,750-
H o t e l L a f o n t a i n e	1-4-7 Kogandori	53-3308	13	26	7,500-
H o t e l L U P I A I N N N A N K O	3-3-4 Kogandori	52-0401	71	106	\$5,800 (Free breakfast)
M in s h u k u A K A H I K O	3-1389 Takashima	53-4520	25	70	5,000-
M in s h u k u A H I R U	1-4-1 Kogandori	52-2284	9	29	4,050- ★

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
Y A M A M O T O Y A	2-2-16 Ote	52-0837	5	12	11,000-
Y O U P E N H O U S E	8932-2 Takagi, Shimosuwamachi	28-9000	8	20	4,860- (B&B)
L A L B A S U W A K O	2-1201-42 Takashima	78-0365	8	32	3,980- ★
R y o k a n Y U G I R I	1-9-9 Kogandori	52-5367	5	10	3,650- ★
H o t e l R O U T E - I N N K a m i s u w a	4-9-25 Kogandori	53-0500	60	104	\$6,950- (Free breakfast)
H o t e l R O U T E - I N N S u w a I n t e r	2247-1 Shiga	57-5050	114	216	\$6,300- (Free breakfast)
H o t e l R O U T E - I N N S u w a I n t e r 2	2940-1 Nakasu Sakaidori	57-5050	135	216	\$6,300- (Free breakfast)
K O S E N S O	1-13-8 Kogandori	53-6611	17	70	11,556-
K I T A Y A M A S O	1-1 Kowataminami	52-0522	10	30	6,630-

Public recreational facility (Capacity: 101 people)

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
K O Z A N S O	2-4-28 Kogandori	52-2163	14	45	9,773-

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
S U W A K O S O	5-7-7 Kogandori	58-1259	22	56	8,800-

Kirigamine Heights

■Kowashimizu (Capacity: 270 people)

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
H ü t t e K I R I G A M I N E	Kowashimizu, Kirigamine	57-0333	18	98	7,020-
H o t e l K O W A S H I M I Z U	Kowashimizu, Kirigamine	52-1983	19	102	11,000-
R y o k a n F U T A B A Y A	Kowashimizu, Kirigamine	52-0560	13	70	8,000-

■Ikenokurumi (Capacity: 60 people)

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
H ü t t e C A R P E D I E M	Ikenokurumi, Kirigamine	53-1663	5	20	7,500-
R Y O J I N B O K U	Ikenokurumi, Kirigamine	53-6883	7	12	8,900-
L O B E N D H ü t t e	Ikenokurumi, Kirigamine	58-3504	7	28	8,640- (3 people per room)

■Sawatari (Capacity: 70 people)

Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
K N U L P H ü t t e	Sawatari, Kirigamine	58-5624	5	20	6,800-
H ü t t e J A V E L L E	Sawatari, Kirigamine	58-5205	13	50	8,700- (3 people per room)

■Mountain lodge (Capacity: 12 people)

Mountain lodge name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
K O R O B O K K U R U H ü t t e	Kurumayamakata, Kirigamine	58-0573	4	12	8,800

■Cottage (Capacity: 146 people)

Cottage name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge (tax included)
Kirigamine RYOZANPAKU	Kirigamine	54-0002	10	80	25,000- (10 groups)
Log cottage KIRIGAMINE	Kirigamine	54-0002	11	66	21,000- (1 building)

Sake Brewery Tour

Suwa is a town of sake. Five sake breweries can be found over a span of approximately 500 meters along the Koshu Highway. How about a souvenir? 10-minute walk from Kamisuva Station, 10 minutes by car from the Suwa Interchange on the Chuo Expressway

Masumi (Miyasaka Brewing Company, Ltd.) mapD-2

- Inquiries: TEL +81-266-52-6161
- Hours open: 9:00-18:00 (Shop is open 365 days)
- Access: 15-minute walk from JR Kamisuva Station
- Parking lot: 10 standard-sized cars

Shinshu Maihime (Maihime Sake Brewery Co., Ltd.) mapC-1

- Inquiries: TEL +81-266-52-0078
- Business hours: Weekdays 9:00-17:00; Sundays and holidays: 10:00-17:30
- Access: 8-minute walk from JR Kamisuva Station
- Parking lot: 3 standard-sized cars

Reijin (Reijin Brewing Co., Ltd.) mapC-1 ※

- Inquiries: TEL +81-266-52-3121
- Business hours: Weekdays and Saturdays: 9:00-18:00; Sundays and holidays: 9:00-16:00
- Access: 8-minute walk from JR Kamisuva Station
- Parking lot: 6 standard-sized cars

Honkin (Sakenunoya Honkin Brewing Co., Ltd.) mapC-1

- Inquiries: TEL +81-266-58-0161
- Business hours: Weekdays and Saturdays: 9:00-17:00 (Closed on Sunday)
- Access: 10-minute walk from JR Kamisuva Station
- Parking lot: 2 standard-sized cars

Yokobue (Ito Brewing Co., Ltd.) mapC-2 ※

- Inquiries: TEL +81-266-52-0108
- Business hours: Weekdays 8:30-17:00; Sundays and holidays: 10:00-17:00
- Access: 10-minute walk from JR Kamisuva Station
- Parking lot: 3 standard-sized cars

※=Brewery tour available (Reservation required)
*Tours may be not available due to circumstances.

