



Nagano, Japan



Tokyo

About 1 hour 40minutes (Fastest 1 hour 30 minutes)

Hokuriku Shinkansen

Nagano



Central Japan
International
Airport

About 4 hour
30 minutes

Narita
Airport

Shirakawa-go

About 3 hour
30 minutes

Nagano

1 hour 30 minutes

Ogizawa

Tateyama
Kurobe Alpine
Route

About 1 hour

Matsumoto

About 2 hour

Hida-
Takayama

From Centrair to Nagano Spring

Centrair



| ( About 2 hours)

Hanamomo Flower Festival(Achi Village)

| ( About 50 minutes)

Kurasuwa no Mori(Komagane City)

| ( About 1 hours)

Lake Suwa

| ( About 45 minutes)

Matsumoto Castle (Matsumoto City)

| ( About 50 minutes)

Daio Wasabi Farm (Azumino City)

| ( About 1hour 10 minutes)

Nagano City



Hanamomo Flower Festival
Mid.Apr ~ Early.May



Kurasuwa no Mori
Open in October 2024.
Experiential complex with a theme of
nature and food.



Recommended Spots around Nagano City



Togakushi shrine (Nagano City)

Snow still remains on the approach to Togakushi Shrine Okusha, which opens in mid-April. It is a special time to walk surrounded by magnificent cedar trees.



Approximately 40-50 minutes by bus from Nagano Station



Large bus / ¥2,200



From the parking lot, a 20-minute walk to Zuijin-mon gate (red gate) and cedar trees, and another 20-minute walk to the main shrine of Okusha.



Lake Suwa



Matsumoto Castle



Daio Wasabi Farm



Recommended Spots in spring



Okususbana Nature Garden (Nagano City)

The park opens in late April, and skunk cabbages are in full bloom until mid-May, when you can also enjoy the fresh greenery of the beech forests.

Approximately 1 hour 30 minutes by car from Nagano Station

Parking for 25 buses, Free of charge

2 to 4 hours of walking

Admission Fee : Spring ¥410/per
Summer&Autumn ¥200/per

8:30~17:00



Garyu Park (Suzaka City)

This park has been selected as one of Japan's top 100 cherry blossom viewing spots. The pond and the mountains visible in the distance are beautiful.

Approximately 30 minutes by car from Nagano Station

The fee applies during cherry blossom season.

10 to 20 hours of walking



SORA Terrace (Yamanouchi Town)

Take the world's largest 166-person ropeway to a plateau at an altitude of 1,770 meters.

You can enjoy a terrace overlooking the mountain scenery, a café, and an alpine botanical garden.

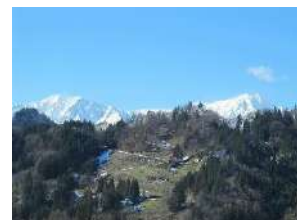
Approximately 1 hour by car from Nagano Station.
Approximately 50 minutes by limited express train from Nagano Station, then 25 minutes by free shuttle bus from Yudanaka Station.

Free of charge

Ropeway about 10minutes

Round-trip ticket : Adults (junior high school students and above) From ¥2,400
Children (elementary school students) From ¥1,200
Pets ¥500

4/26~9/28 9:00~19:00
9/29~11/3 9:00~18:00



Oyaki-mura (Ogawa Village)

Welcome to Ogawa Village, where the views of Japan's Northern Alps are breathtaking.

Be sure to stop by Oyaki-mura, where you can experience making "oyaki," a local specialty of Nagano.

Approximately 40 minutes by car from Nagano Station

Free of charge.

Making Oyaki : about 1 hour

9:00~18:00 / Closed on Mondays

From Centrair to Nagano 🌻 Summer

Centrair

| (🚗 About 2 hours)

Japan's Best Stargazing (Achi Village)

| (🚗 About 1 hour 30 minutes)

Lake Suwa

| (🚗 About 45 minutes)

Matsumoto Castle (Matsumoto City)

| (🚗 About 50 minutes)

Daio Wasabi Farm (Azumino City)

| (🚗 About 40 minutes)

Obasute Rice Terraces (Chikuma City)

| (🚗 About 45 minutes)

Nagano City



Japan's Best Stargazing 【Night tour】



Obasute Rice Terraces

Terraced rice fields spread across a slope with a splendid view, allowing you to enjoy Japan's ancient landscape.



Recommended Spots around Nagano City



Zenkoji Temple (Nagano City)

This temple has a history of 1,400 years and welcomes visitors regardless of religious affiliation. The main hall, a wooden structure built over 300 years ago, is designated as a National Treasure.



Approximately 10 minutes by bus from Nagano Station (or 30minutes on foot)



Large bus / Up to 2 hours: ¥3,000



Lake Suwa



Matsumoto Castle



Daio Wasabi Farm



Recommended Spots in summer



SUP on the river & Genghis Khan Lunch (Nagano City)

Enjoy stand-up paddleboarding on the gentle currents of the dam lake on the Sai-gawa River. After playing, please enjoy bathing and Genghis Khan barbecue at Sagiri-so.

Approximately 40 minutes by car from Nagano Station

Free of charge

[SUP] About 2 hours

[SUP] ¥6,500/per



Togura-Kamiyamada-Onsen NEO-Neon (Chikuma City)

Togura Kamiyamada Hot Springs, known for its skin-beautifying waters.

The hot spring town has a retro neon district with many snack bars.

Japanese snack bars are intimate, community-focused establishments where the main draw is not just the drinks, but the warm conversations and karaoke fun with the hostess and other customers. The website clearly explains how to enter snack bars and their pricing structures.



Japanese Folk Doll Museum (Nakano City)

A museum housing clay dolls from across Japan, including Nakano clay dolls. You can also experience painting white-coated clay dolls.

Approximately 50 minutes by car from Nagano Station

Free of charge

Painting Experience: Doll (Small) 1 Hour

Admission Fee: Adults 300 yen, High school students and younger 150 yen Experience Fee: 400 yen per person and up ※ Varies by doll

9 : 00 ~ 17 : 00 (March ~ November)
10 : 00 ~ 16 : 00 (December ~ February)



Nagasaka Gondola (Nozawa-Onsen Village)

The Nagasaka Gondola at Nozawa Onsen Ski Resort operates in summer too, taking you to Yamabiko Station in about 8 minutes at its fastest.

Approximately 20 minutes by car from Iiyama Station

Free of charge

9:00 ~ 16:00

From Centrair to Nagano Autumn

Centrair

| ( About 3 hours)

Komagatake Ropeway (Miyada Village)

| ( About 1 hour 30 minutes)

Lake Suwa

| ( About 45 minutes)

Matsumoto Castle (Matsumoto City)

| ( About 50 minutes)

Daio Wasabi Farm (Azumino City)

| ( About 40 minutes)

Obasute Rice Terraces (Chikuma City)

| ( About 45 minutes)

Nagano City



Komagatake Ropeway



Obasute Rice Terraces

Recommended Spots around Nagano City



Matsushiro Town (Nagano City)

Stroll through the streets of the Edo period lined with castle ruins and samurai residences.

Buildings such as the Sanada Residence and the Bunbu School, constructed over 160 years ago, remain intact.



Approximately 30 minutes by bus from Nagano Station



Free of charge

Image : Yamadera-Jozan Residence (Free of charge)



Lake Suwa



Matsumoto Castle



Daio Wasabi Farm



Recommended Spots in Autumn



Yudanaka Shibu Hot springs (Yamanouchi Town)

Nine historic hot spring resorts line the foothills of Shiga Highlands. Combine autumn foliage viewing and a visit to Jigokudani Monkey Park with a relaxing stay at a hot spring inn.

 Approximately 30 minutes by car from Iiyama Station



Shinshu Takayama Hot Springs and Takayama Village Wines

There is a hot spring along the valley, a famous spot for autumn leaves.

There are several wineries here, so why not try a tasting?

 Approximately 40~50 minutes by car from Nagano Station



Cycling with an E-BIKE (Iiyama City)

Shinetsu-Shizenkyo Activity Center at Iiyama Station offers a wide selection of rental bicycles, including standard bicycles, mountain bikes, electric bicycles, and E-BIKES.

 Various Rentals: 2 hours for ¥1,000 and up※Prices vary by gear

 9 : 00~18 : 00 (April~November)
9 : 00~17 : 00 (December~March)



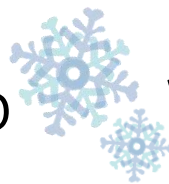
Obuse Chestnuts (Obuse Town)

In Obuse, a historic chestnut-producing region, fresh chestnuts are sold throughout the town from mid-September to late October. During this season, shops offer limited-edition chestnut sweets. The Hokusai Museum, which displays Katsushika Hokusai's paintings, is also popular.

 Approximately 30 minutes by car from Nagano Station

 Town-operated parking lot (fee required) available

From Centrair to Nagano Winter



Centrair

| (🚗 About 2 hours 10 minutes)

Tsumago-juku (Nagiso Town)

| (🚗 About 2 hours)

Lake Suwa

| (🚗 About 45 minutes)

Matsumoto Castle (Matsumoto City)

| (🚗 About 50 minutes)

Saigawa river Hakucho Lake
(Azumino City)

| (🚗 About 1 hour)

Nagano City



Tsumago-juku “ Waki-honjin Okuya”



Recommended Spots around Nagano City



Kotatsu Camp (Nagano City)

Kotatsu Camping at Nagano Forest Village,
appearing in winter at the Iizuna Highlands at
1,000m elevation. Enjoy leisurely meals inside a
warm tent heated by a stove and kotatsu ♪



Approximately 30 minutes by car from Nagano
Station



Free of charge



Meals included: ¥5,500/per and up (planned)



Lake Suwa



Matsumoto Castle



Sai-gawa river Hakucho Lake
Swans arrive in mid-October and return north
around April.



Recommended Spots in Winter



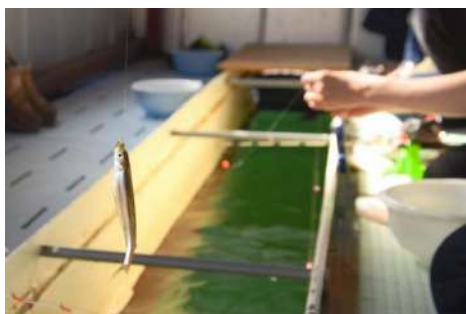
Shiga-kogen Highlands (Yamanouchi Town)

Enjoy skiing during the long season from November to May. Snow shoe hiking and snowmobile tours through the rime-covered trees are also available!



Approximately 40 minutes by car from Iiyama Station

Approximately 1 hour and 20 minutes by express bus from Nagano Station



Wakasagi Fishing on Lake Nojiri Dome Boat (Shinano Town)

Come try your hand at Japanese pond smelt fishing aboard the warm boat. Fishing gear rentals are also available.



Approximately 40 minutes by car from Nagano Station



Per person: ¥6,000 and up (rental included)*May vary by location



Myoko Kogen Hot Springs (Myoko City)

There are 9 ski resorts and 7 hot springs. Enjoy snow activities and hot spring hopping in this heavy snowfall area!



Approximately 30 minutes by car from Joetsu-myoko Station



Snowshoe and ski hike (Kijimadaira Village)

The fun at ski resorts isn't just about the slopes. Explore the snowfields and forests on snowshoes or cross-country skis.



Approximately 20 minutes by car from Iiyama Station



Ice Fishing for Wakasagi at Lake Reisenji (Iizuna Town)

When Lake Reisenji freezes over, ice fishing for Japanese pond smelt can be enjoyed from late January to late February.



Approximately 30 minutes by car from Nagano Station



Free of charge



Admission Fee: Adults 1,000 yen / Junior High School Students and Under 500 yen
Hole Punching: 300 yen per hole per location*Various rentals available separately