

ONLY 11min by Shinkansen From Nagano sta.

CYCLING ADVENTURE

IYAMA, NAGANO



kosuge shrine



E-bike



Rape blossoms



Booking here!

TAKE A SELF-GUIDED BIKE TOUR

Only 11 minutes from Nagano City, you can enjoy SATOYAMA cycling!
Local professionals suggest the best countryside course for you!



ACCESS

NAGANO sta.

11min

IYAMA sta.

by JR Hokuriku Shinkansen

SHINETSU-SHIZENKYO ACTIVITY CENTER

Open hour ▶ 9:00 am – 6:00 pm

Location ▶ On the first floor of Iiyama Station,
JR Hokuriku Shinkansen

*Bring this brochure
to get a gift!*
*Apr.-Nov.2025