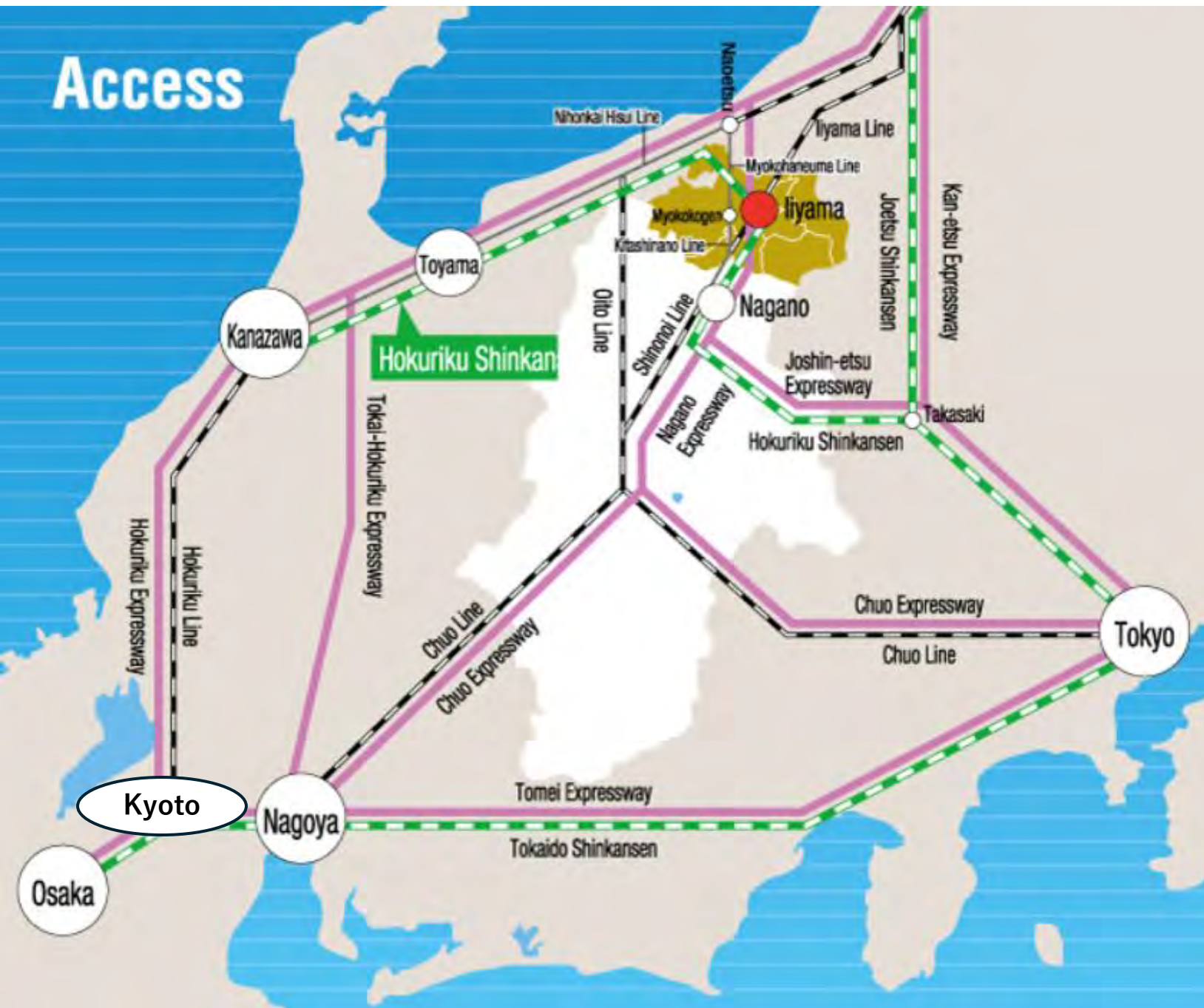


A man and a woman are standing in a field of bright yellow sunflowers. The man is on the left, wearing a black t-shirt and tan pants, with a pair of white sunglasses hanging from his shirt. The woman is on the right, wearing a white t-shirt, black pants, and a pink and white patterned scarf. They are both smiling. In the foreground, the back of a person's head and shoulders is visible, holding a smartphone up to take a photo of the couple. Two bicycles are parked in front of them. The background shows a lush green valley with a river and distant mountains under a cloudy sky.

Iiyama Nagano

Staying Plan

Activity Center at Shinshu-Iiyama Tourism Bureau



(Shin'etsu-Shizenkyo) Iiyama Location

•Easy to Access !!

Hokuriku Shinkansen Iiyama Station linking Tokyo and Kanazawa (Kyoto, Osaka).

Just one hour and 40 minutes from Tokyo/70 minutes from Kanazawa



EXPERIENCE



Nature



Culture & History



Traditional Craft



Food & Sake



Cycling -Easy Cycling-

Rental bicycles available

City bike 1,500 yen ~

E-cross bike 4,000 yen ~

Kids bike 1,500yen ~

Scenery of the Japanese countryside



Nozawa



Country side View

Cycling -Road cycling/mountain biking -

Rental bicycles available

Road Bike 6000yen ~

E-Road Bike 10000yen ~

50 km to 100 km per day Course setting is possible

We can also arrange for a private guide and support vehicle.



Shiga Kogen
(National Park)

Gravel & Mountain Bike

Cycling –Road cycling/mountain biking –

What we can do

- Arrangement of guides (English speaking)
- Arrange bike rental
- Course Set up
- Arrange support vehicles and local buses





TREKKING



FOREST THERAPY



Shin-etsu Trail

Long Trail
100km



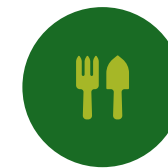
● First Long trail in Japan

● Section 1 ~ 10

*We arrange package tour Sec 1 ~ 6



CHALLENGING



LOCAL FOOD



REAL NATURE



Self-guided walking tour in Kosuge Village

Ski-Snowboard

The Shinetsu Shizenkyo region capitalizes on its snowfall – amongst the heaviest in the world. This area is one of the biggest ski resorts in Japan. Skiers of all levels. 21 area, 39 Ski Resort around 1hour by car.

