



Go Nagano

Tourist information



The Japanese

Picturesque. Immersive. Invigorating.

Alps

Learn more at **Go! Nagano**



The Nakasendo

Venture into Japan's Past



Learn more at **Go! Nagano**

Nagano at a Glance



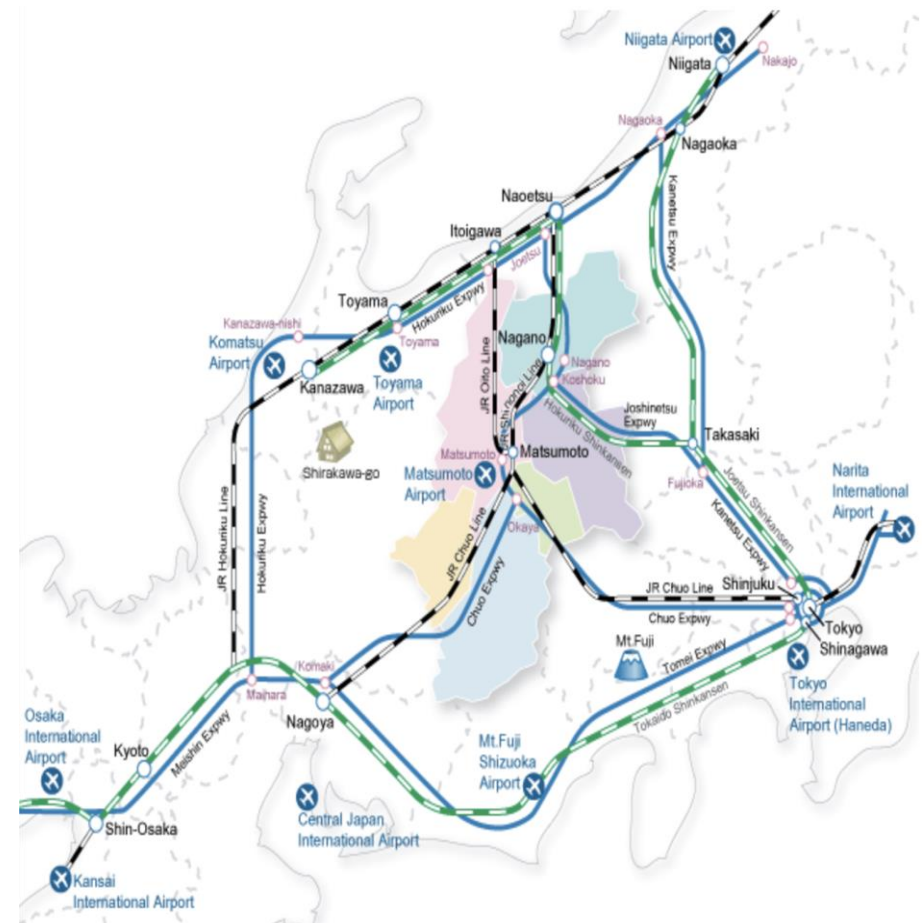
Tashiro Pond, Kamikochi

Bountiful Nature

Surrounded by the three ranges of the Japanese Alps, Nagano is an outdoor lover's paradise. Enjoy all manner of outdoor activities, visit historical sightseeing spots in the Japanese countryside and relax in its abundant hot springs.

Ease of Access

Located in the center of Honshu, Nagano is easy to reach from most major cities. The Hokuriku Shinkansen connects Tokyo, Nagano and Kanazawa; and several express trains serve central Matsumoto City, including the Azusa Express from Shinjuku Station and the Wide View Shinano from Nagoya. Highway buses run from many other cities around the country.



Nagano's Highlights

Ski Resorts



As host of the 1998 Winter Olympics, Nagano is home to plentiful ski resorts, including the Hakuba Valley, Shiga Kogen, Nozawa Onsen and more.

The Japanese Alps



At the heart of Japanese Alps, Nagano is a truly adventure destination. 5 national parks and many trails you can explore.

The Nakasendo



Walk along a trail steeped in nature and history, once walked by travelers, merchants and samurai.

Snow Monkeys



One of the most famous tourist spots in Nagano and the only place in Japan where wild monkeys bathe in hot springs.

But hot springs aren't only for monkeys! Our recommendations are Nozawa Onsen, Shibu-yudanaka Onsen and Bessho Onsen.

Karuizawa



Enjoy your weekend in a luxurious resort town, only an hour from Tokyo by Shinkansen!

Matsumoto



Take a stroll through a vibrant town surrounding national treasure Matsumoto Castle. Beyond its historic streets, you'll find cafes, museums and much more!



Activities and Tours

Bubbling hot springs and dramatic seasons give Nagano a landscape like no other

Skiing and Snowboarding



Host of the 1998 Winter Olympic Games, Nagano Prefecture is home to some of the country's best ski resorts and plentiful powder snow.

All regions of NAGANO



Northern Nagano Area

Restaurant Kamakura Village



Iiyama

Twenty *kamakura* snow huts dot the white-carpeted plain of Shinanodaira in Iiyama City, operating as a restaurant for a limited time from late January to late February every year. Enjoy *noroshi-nabe*, a hot pot of fresh local vegetables and *Miyuki* pork.

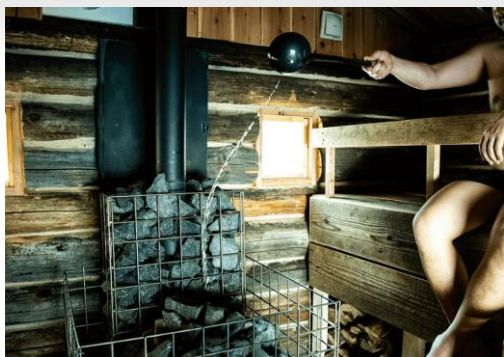
Snowshoe Hiking in Togakushi



Nagano City

Togakushi, a forested plateau above Nagano City, is covered with deep snow during the winter. Explore these serene and spiritual forests and the shrines of Togakushi surrounded by pure white snow.

The Sauna at Guesthouse LAMP



Lake Nojiri, Shinano Machi

At the shore of Lake Nojiri is Guesthouse Lamp, a cozy accommodation and center for outdoor activities in the Shi-nanomachi area. Enjoy bathing in saunas or join a guide for an adventure in mushroom-picking, snowshoeing, kayak-ing and more!

Zenkoji Temple



Nagano City

Zenkoji Temple has 1,400 years of history and stands in the center of Nagano City. Pilgrims from around Japan came to see Zenkoji's Morning Service and pray for their salvation in the afterlife. You can experience Zazen meditation and other Buddhist rituals here.



Matsumoto Northern Alps Area

Experiences in Matsumoto City



Around Matsumoto Castle

Matsumoto City's claim to fame is Matsumoto Castle, but that's not the only way to enjoy this vibrant area. Enjoy cultural activities, hands-on workshops, outdoor activities and more!

Snowshoeing to Frozen Zengoro Falls



Norikura, Matsumoto

In the highlands of Norikura, the winter chill freezes even the largest of waterfalls. Take a snowshoe tour here to see these magical ice formations up close. On a night tour, your guide lights them up for a fantastic photo op.

Otari Nature School



Otari, Hakuba Valley

Otari nature school offers various outdoor activities in the Northern Alps like hunting wild animals, collecting maple syrup from trees and more!

Lesson in Traditional Japanese Cuisine



Omachi, Hakuba Valley

Let's cook Japanese cuisine with fresh, local ingredients! Learn some of the basics of Japanese cooking and create a Nagano-style meal at the base of the Japanese Alps.



Eastern Nagano Area

Picchio Nature Tours



Karuizawa

Walk through the forests of the Karuizawa Wild Bird Sanctuary and meet its local residents. This tour is a relatively short two-kilometer walk and can be enjoyed by people of all ages.

Kurabito Stay



Saku

Kurabito Stay is a multi-day sake-making experience at Kitsukura Shuzo, a sake brewery in Saku region, Nagano with over 300 years of history. Immerse yourself in the enchanting atmosphere of the brewery and learn how sake is made first-hand!

Strawberry Picking (at Karuizawa Garden Farm)



Karuizawa

Komoro
and more!

Located in the cool highland of Karuizawa, Karuizawa Garden Farm offers strawberry-picking nearly year-round. Depending on when you visit, you can enjoy many different kinds of delicious strawberries.

Wear Ueda Tsumugi



Ueda

Ueda Tsumugi is a strong silk fabric first produced during the Edo period. Wear a traditional Kimono made of Ueda Tsumugi and walk around the historic town by Ueda Castle.



Accommodations

Experience Nagano's world-renowned hospitality through its intimate ryokan and hotels

Luxury Accommodations

The Expedition Hotel Zenagi



Kiso valley

At the southern tip of the Kiso Valley, Zenagi provides with you a unique opportunity to explore Japan's countryside. Enjoy a luxurious accommodation surrounded by rice fields and experience the Kiso Valley like no one else.

Luxury Stay

Satoyama Villa Honjin



Matsumoto, Central Nagano

A long time ago, this building was known as a *Honjin* and hosted the likes of the lord of Matsumoto. It has been renovated to provide comfort and a sense of luxury while preserving its traditional atmosphere.

Satoyama Villa Den



Matsumoto, Central Nagano

Take in the Japanese countryside in this accommodation, a renovated *kominka* house. Leisurely enjoy the surrounding scenery and even try your hand at farming.

Shishi-iwa House



Karuizawa, Eastern Nagano

Shishi-Iwa House is a collection of architect-designed retreats in nature. The concept draws deeply on a simple premise: architecture has the power to spark intellectual creativity, elevate quality of life, boost wellbeing – and in short, make you happy.

The Hiramatsu Karuizawa Miyota



Miyota, Eastern Nagano

In the woods of Miyota at the base of Mt. Asama, the Hiramatsu is a luxury hotel that seeks to provide gastronomic experiences. Enjoy a refined and unforgettable menu of local ingredients in a serene, natural setting.

Traditional

Kumeya



Komoro, Eastern Nagano

Kumeya's hotel building was originally built in the Edo Era as a *waki-honjin* inn and later renovated. You can feel its long history and the culture of Komoro here. Enjoy the surrounding natural setting of Komoro's highlands.

Yamaura Stay



Chino, Southern Nagano

Old *kominka* houses have been renovated into stylish and comfortable getaways. A very special day awaits you on your rural retreat in the mountains of central Japan.

Japanese Cottage Nanahoshi-an



Iiyama, Northern Nagano

A house in the Kosuge area of Northern Nagano, once a retreat for mountain ascetics. It is close to sightseeing spots such as Lake Hokuryu and Kosuge Shrine.

Matsumoto Jujo



Matsumoto, Central Nagano

Matsumoto Jujo combines two hotels, Koyanagi and Matsumoto Honbako, operating out of a renovated 335-year-old ryokan inn. Its restaurant, 367, serves innovative, fusion cuisine that combines fresh, local ingredients and human ingenuity.

Hot Spring Onsen Ryokan

(* These are just a part of many Ryokans in each Onsen)

Ryokan Sakaya Hanare Jonnobi



Nozawa Onsen

Nozawa Onsen,
Northern Nagano

Seven Japanese-style condominiums located in the center of Nozawa Onsen's hot spring town. Enjoy the attached restaurant and bar as well as Lift Up Coffee, a Melbourne-style coffee shop. Even Nozawa Onsen Ski Resort is just a short walk away.

Rekishi-no-Yado Kanaguya



Shibu Onsen

Yamanouchi, Northern
Nagano

Kanaguya is a historical, over-250-year-old ryokan and sits on a narrow street dating back to the Edo period. It has great access to Jigokudani Snow Monkey Park and Shiga Kogen Ski Resort.

Bessho Onsen Hanaya

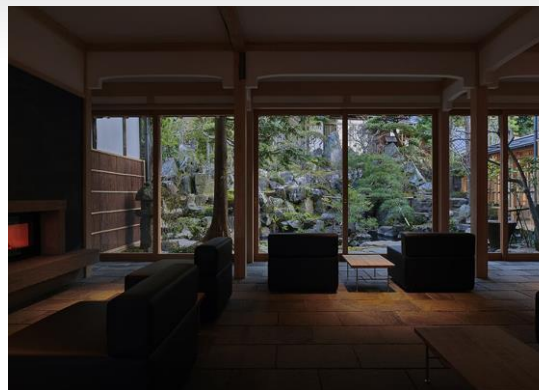


Bessho Onsen

Ueda, Eastern Nagano

Hanaya opened in 1917 in the hot spring town of Bessho Onsen, also known as "the Kamakura of Nagano." The hotel's splendid craftsmanship in the *Miyadaiku* style earned it a designation as a Tangible Cultural Property of Japan.

Kanaukan



Utsukushigahara Onsen

Matsumoto,
Central Nagano

A traditional Japanese hot spring ryokan inn at the foot of the Utsukushigahara highlands with nine rooms. Enjoy the refreshing mountain air, soothing hot springs and sightseeing around nearby Matsumoto.

Ski Resorts in Nagano

winter wonderland



Learn more at **Go! Nagano**

A wide-angle photograph of hikers on a mountain trail. In the foreground, a hiker is seen from behind, wearing a blue jacket and a large blue backpack with a 'GREGORY' logo. They are walking on a rocky path. In the background, other hikers are visible, and the landscape features steep, rocky mountain slopes with patches of green vegetation. Distant mountain peaks are visible under a clear sky.

Mountain Climbing in the Northern Japanese Alps

Climb some of the most stunning and scenic mountains in Nagano.

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Nagano Prefecture Official Tourism Site

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