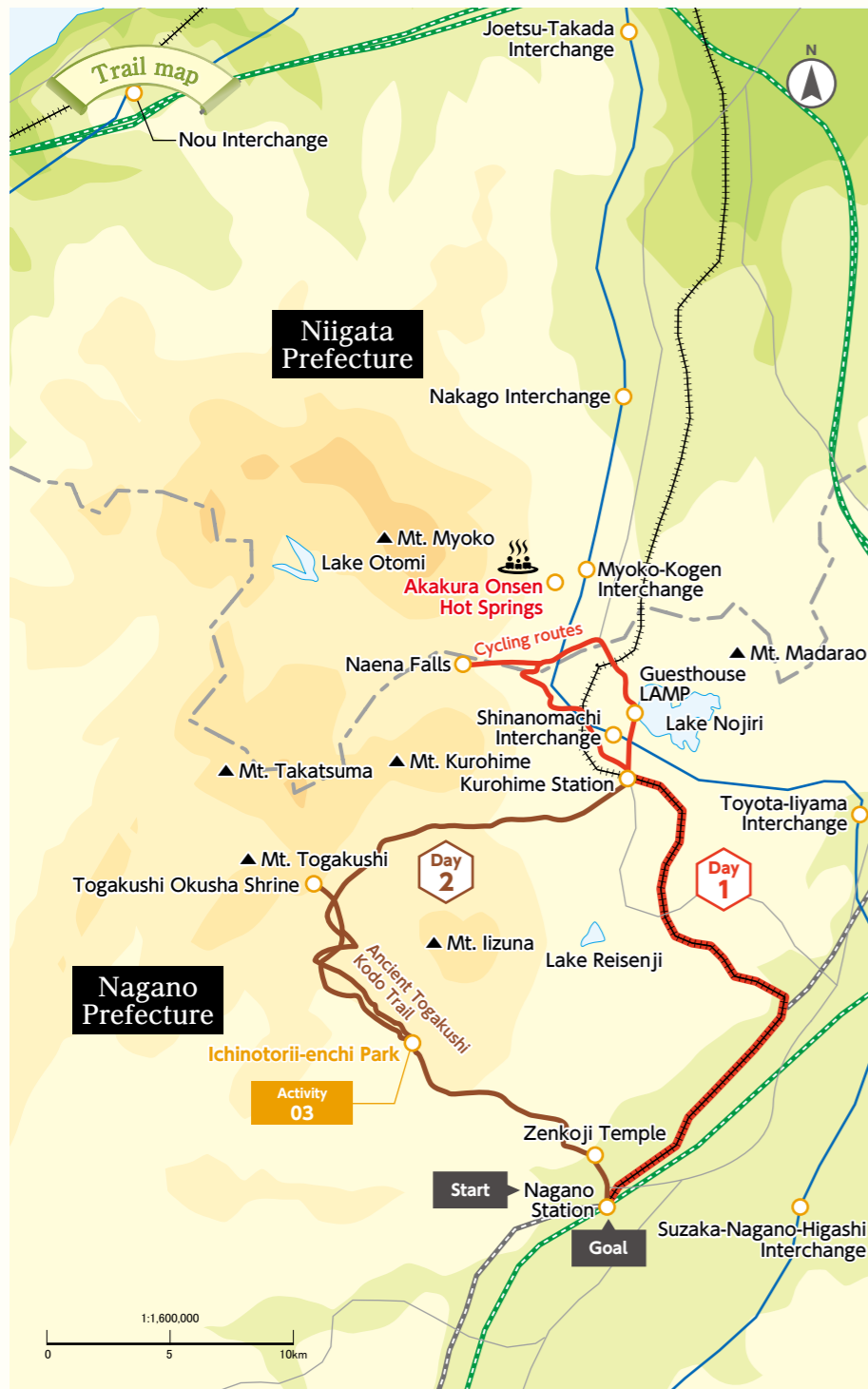


Season Late April–early November **Duration of stay** 1 night, 2 days

Explore the nature and history of Hokushin'etsu by cycling its countryside and walking the ancient Togakushi Kodo trail. Spend the night at a charming lodging facility on the shores of Lake Nojiri.

Notes

Experience the culture and geological features of the region with a visit to a workshop specializing in Shinshu sickles, a tour of the fossil excavation site of *Palaeoloxodon naumanni* (an extinct species of elephant also known as the Naumann elephant), and a walk along the ancient roads of Togakushi, home to spiritual beliefs that stretch back over 1,000 years. Easily accessible from Nagano Station, served by the Shinkansen.



The Lake Nojiri shoreline is perfect for cycling.



Cycling through the countryside provides a chance to admire the mountains.



The road to Togakushi boasts a history of over 400 years.



The ancient Togakushi Kodo trail culminates in the Japanese cedar tree-lined sando approach to Togakushi Okusha Shrine.



Naena Falls, one of the 100 Famous Waterfalls of Japan



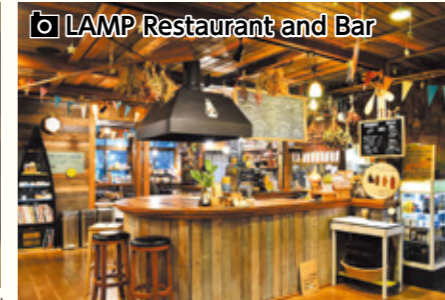
Zuishinmon Gate on the sando approach to Togakushi Okusha Shrine



One of Japan's three great soba varieties, Togakushi soba is best represented by botchi-mori.



Lake Nojiri is where *Palaeoloxodon naumanni* (an extinct species of elephant also known as the Naumann elephant) was discovered. The Nojiriko Naumann Elephant Museum connects the Ice Age (40,000 years ago) to today.



Guesthouse LAMP's restaurant and bar area



Guesthouse LAMP's Finnish-style sauna



Day 1
7:24a.m. Tokyo Station (Hokuriku Shinkansen) 170min 9:22a.m. Nagano Station (Shinano Railway Kita-Shinano Line) 35min 10:30a.m. Kurohime Station Cycling Tour (300min) (Enjoy a comfortable ride on a modern hybrid bicycle through the traditional satoyama woodland landscape. Half-day and full-day tours are available, so you can choose a plan that suits the weather and your fitness level. *This is not Activity 04.) 4:30p.m. Guesthouse LAMP [Accommodation] *1



Day 2
5:00a.m. Guesthouse LAMP [Optional Tour: Morning Standup Paddleboarding (120min) *2] 8:30a.m. Guesthouse LAMP (Shuttle bus with guide) or 45min 9:15a.m. Ichinotorii-enchi Park Activity 03 Customized tour of Myoko-Togakushi Renzan National Park with a licensed guide-interpreter (480min) *3 5:15p.m. Entrance to Togakushi Okusha (Upper) Shrine (Alpico Kotsu Bus) 75min 7:03p.m. Nagano Station (Hokuriku Shinkansen) 85min 8:23p.m. Tokyo Station



*1 Guesthouse LAMP

- LAMP features a fashionable restaurant-bar that offers local brews and produce.
- Also recommended are area hot springs (discount coupons available) and the Finnish-style sauna at Guesthouse LAMP.
- Free Wi-Fi. English language available.

*2 Morning Stand-up Paddleboarding

- Guesthouse LAMP provides stand-up paddleboarding tours through its outdoor school Sunday Planning LAMP.
- Why not wake up a little early and have Lake Nojiri all to yourself?
- The cost of the tour is 6,000 yen per person and includes a Western-style breakfast (7:30a.m.–8:30a.m.).
- The tour operates from early June to early October. Inquire for information on available days.

*3 Ancient Togakushi Kodo Walking Tour

- This is a customized guided tour arranged according to the season and customer requests. The tour is highly recommended.
- Togakushi has a history of over 1,000 years as a mountain worshipped by those following the Shugendo faith.
- Walk 13 km of the Togakushi Kodo trail, the path to worship at Togakushi Shrine, and visit all five shrine locations.
- For lunch, enjoy Togakushi soba, one of Japan's three great soba varieties. (Lunch is not included in the tour price.)