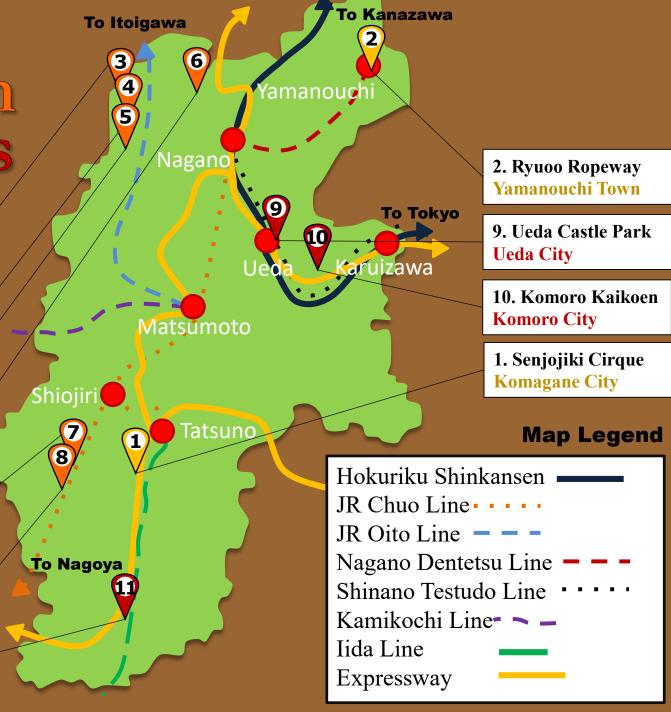
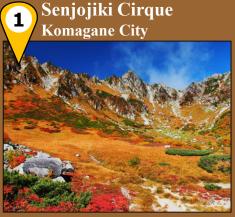
Nagano Autumn Colors

- 3. Tsugaike Nature Park Hakuba Valley
- 4. Hakuba Mountain Harbor Hakuba Valley
- 5. Hakuba Happo One Hakuba Valley
- 6. Togakushi Nagano City
- 7. Nezame no Toko Kiso
- 8. Akasawa Forest Park Kiso
- 11. Tenryukyo **Iida City**

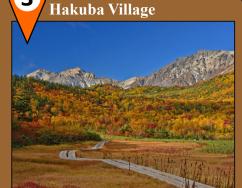




Early September to Early November



Late September to Early October



Tsugaike Nature Park

Late September to Mid October

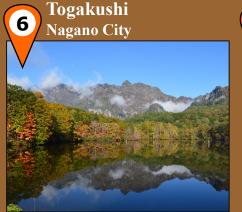


Hakuba Mountain Harbor

Late September to Late October



Late September to Late October



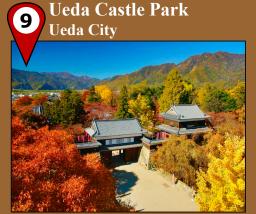
Mid October to Late October



Late October to Early November



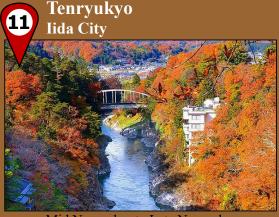
Late October to Early November



Late October to Mid November



Late October to Mid November



Mid November to Late November

	Senjojiki Cirque	Ryuoo Ropeway	Tsugaike Nature Park	Hakuba Mountain Harbor
Location	Komagane City	Yamanouchi Town	Hakuba Valley	Hakuba Valley
Viewing Period	Early September to Early November	Late September to Early October	Late September to Mid October	Late September to Late October
Details	The steep slopes of the Senjojiki Cirque were carved by glaciers some 20,000 years ago. During autumn, the cirque becomes a colorful tapestry interwoven with the red leaves of the mountain ash trees. Ropeway Fare Adult/2,540 Child/1,260 Bus Fare Adult/2,100 Child/1,060 Hours 8:00 to 17:00	Located at the top of Ryuoo Ski Park's ropeway lift is the 1,770m-high Sora terrace. It has stunning views of the surrounding mountains as well as <i>unkai</i> , a sea of clouds that appears below. Ropeway Fare Adult/2,500 Child/1,300 Hours 9:00 to 19:00	At an altitude of 1,880m, Tsugaike Nature Park enjoys early autumn colors and has great views of the Hakuba mountains. 5.5km of hiking trails are available. Entrance Fee Adult/300, Child/250 Ropeway Fare Adult/3,600, Child/2,050 Hours 8:00 to 16:20	Hakuba's majestic mountain scenery can be seen here. During autumn, colored foliage begins to cascade down the mountains as snow crowns the mountaintops. At their peak, you can see Hakuba's famous three-tiered autumn scenery: white snow, red leaves, and green forest below. Ropeway Fare Adult/1,800 yen
Access	By Car: 3 minutes from the Chuo Expressway Komagane IC to Sugadai bus terminal. From there, a 46 min. bus ride. By Train/Bus: From JR Komagane Station, 50 min. by bus.	By Car: 35 min. from the Joshin'etsu Expressway Shinshu Nakano IC exit. By Train/Bus: From Nagano Dentetsu Yudanaka Station, 20 min. by Ryuoo shuttle bus.	By Car: 75 min. from the Joshin'etsu Expressway Nagano IC exit. By Train/Bus: From JR Nagano Station, a 95 min. bus ride.	By Car: 50 min. by car from the Joshin'etsu Expressway Nagano IC exit. By Train/Bus:From JR Nagano Station, a 75 min. bus ride (get off at Tokkyu Kirikubo stop).
Website	https://www.chuo- alps.com/lang/en/	http://www.go- nagano.net/en/topics_detail6/id=12296	http://www.tsugaike.gr.jp/englis h/trekking/shizenen	https://iwatake-mountain- resort.com/hmh

	Hakuba Happo One	Togakushi	Nezame No Toko	Akasawa Forest Park
Location	Hakuba Valley	Nagano City	Kiso	Kiso
Viewing Period	Late September to Late October	Mid October to Late October	Late October to Early November	Late October to Early November
Details	From the top of Hakuba Happo One, you can see beautiful views of the Hakuba Sanzan mountains and their autumn colors. 90 min. on foot from the lift is Happo Pond, one of the area's most scenic spots. Ropeway Fare (Alpen line) Adult/2,900, Child/1,750	Located about 1,200 meters high, Togakushi's highlands are covered in pristine forest that were once home to ascetic monks and ninja. Togakushi's most popular sights include Kagami Pond and the Okusha Shrine. Entrance Fee Free	Strange rock formations along the Kiso River make for a perfect place to take a nap or relax. Enjoy the sounds of the flowing river along with the beautiful colors of autumn. Entrance Fee Free	This natural forest in Kiso is the birthplace of Shinrin-yoku, or forest-bathing in English. There are many trekking paths and a working railroad in the park that makes for great photos. Entrance Fee 500 Logging Railroad Ride Adult/800 Child/500 Hours 9:00 to 16:00
Access	By Car: 50 min. by car from the Joshin'etsu Expressway Nagano IC exit. By Train/Bus:From JR Nagano Station, a 75 min. bus ride.	By Car: 45 min. from the Joshin'etsu Expressway Shinano-machi IC exit. By Train/Bus: From JR Nagano Station, 65 min. by bus.	By Car: 70 min. from the Nagano Expressway Shiojiri IC exit. By Train/Bus: From JR Agematsu Station, 5 min. by bus. From JR Kiso Fukushima Station, 10 min. by bus.	By Car: 100 min. from the Nagano Expressway Shiojiri IC exit. By Train/Bus: From JR Agematsu Station, 30 min. by bus. From JR Kiso Fukushima Station, 45 min. by bus.
Website	http://www.go- nagano.net/en/topics_detail6/id =16540	http://www.go- nagano.net/en/topics_detail6/i d=12295	http://www.go- nagano.net/en/topics_detail6/ id=12316	http://www.go- nagano.net/en/topics_detai 16/id=12315

	Ueda Castle Park	Komoro Kaikoen	Tenryukyo	
Location	Ueda City	Komoro City	Iida City	
Viewing Period	Late October to Mid November	Late October to Mid November	Mid November to Late November	
Details	Ueda Castle famously defended against two attacks from the Tokugawa army during the Warring States period. Now, its remains are a park with incredible cherry blossoms in spring and vibrant autumn colors in autumn. Entrance Fee Free	Komoro Kaikoen is home to the remains of Komoro Castle. The keep no longer exists, but its maze-like stone walls still stand covered in moss. It is well-known for its cherry blossoms and autumn leaves as well. Entrance Fee Adult/300 Child/100	Carved by the flow of the Tenryu River, Tenryukyo Gorge features picturesque cliffs and beautiful autumn colors in November. Visitors can enjoy the view by pleasure boat. Entrance Fee Free Boat Cruise Adult/2,900, Child/1,450	
Access	By Car: 12 min. from the Joshin'etsu Expressway Ueda Sugadaira IC exit. By Train/Bus: From JR Ueda Station, a 15 min. walk.	By Car: 6 min. from the Joshin'etsu Expressway Komoro IC exit. By Train/Bus: From Shinano Tetsudo Komoro Station, a 3 min. walk.	By Car: 10 min. from Chuo Expressway Iida Yamamoto IC exit. By Train/Bus: From Tenryukyo Station, a short walk.	
Website	http://www.go- nagano.net/en/topics_detail6/id =12303	http://www.go- nagano.net/en/topics_detail6/i d=16609	http://www.go- nagano.net/en/topics_detail6/ id=12333	