

Nagano Cycling Adventure

5 day fully guided cycling mountain adventure in Nagano

A journey that seamlessly blends cultural exploration, natural beauty, and culinary delights in the heart of Nagano.



**Images courtesy of Evergreen*

Discover the enchanting beauty of Nagano's countryside on an ebike, journeying through five unique areas. Indulge in the region's exquisite traditional cuisine, explore historical shrines and castles along the ancient 'salt road', and unwind in authentic ryokans. Rejuvenate your soul in the therapeutic hot springs, blending adventure with relaxation in this unforgettable experience.

GoNAGANO

Highlights:

- Experience the beauty of the Nagano countryside by ebike, travelling through 5 distinct areas
- Enjoy exquisite traditional cuisine specific to this region
- Visit shrines and castles and learn about the history of the “salt road.
- Stay in an authentic ryokans and soothe your soul in the healing waters of the hot springs

Location: Central Nagano

Main Activity: Cycling

Difficulty: Can be adjusted to level of the group:
Advanced 60 kms per day with elevations gains of over 1000m
Moderate 40 kms per day with elevation gains of 300m

Season: June 1- 15 OR September 20 - October 31

Pax: Minimum 4 Maximum 14

Price (net): Please ask

Departures: **June** , September, October. Requires booking at least 6 months in advance to secure accommodations and guides.

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Email: naganotoc@nagano-tabi.net
(Contact: Nagano Travel Operation Center)

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Tour location map

Click image for Google Map to view route and accommodation locations

<https://goo.gl/maps/osSScFD2B1TbXbxAA>



Cycling route estimated distances and times.

Day 1	Nagano Station to Togakushi	~25 km +1000m	5 - 6 Hours
Day 2	Togakushi to Lake Nojiri	~30 km +400m	6 - 7 Hours
Day 3	Lake Nojiri to Otari Onsen	~47 km +1400m	6 - 7 Hours
Day 4	Otari Onsen to Hakuba	~29 km +700m	6 - 7 Hours
Day 5	Hakuba to Matsumoto	~62 km +250m	6 - 7 Hours

*The course maybe adjusted for different fitness levels of groups.

Meals along the trail.

Lunch: daily bento box or restaurant

Dinner/Breakfast: dine at the accommodations.

*Some accommodations do not offer special dietary meals, so if vegan / gluten free or other dietary requirements are needed, we can assist to carry in such food and prepare separate meals.

Overview of the 5 night/ 5 day tour

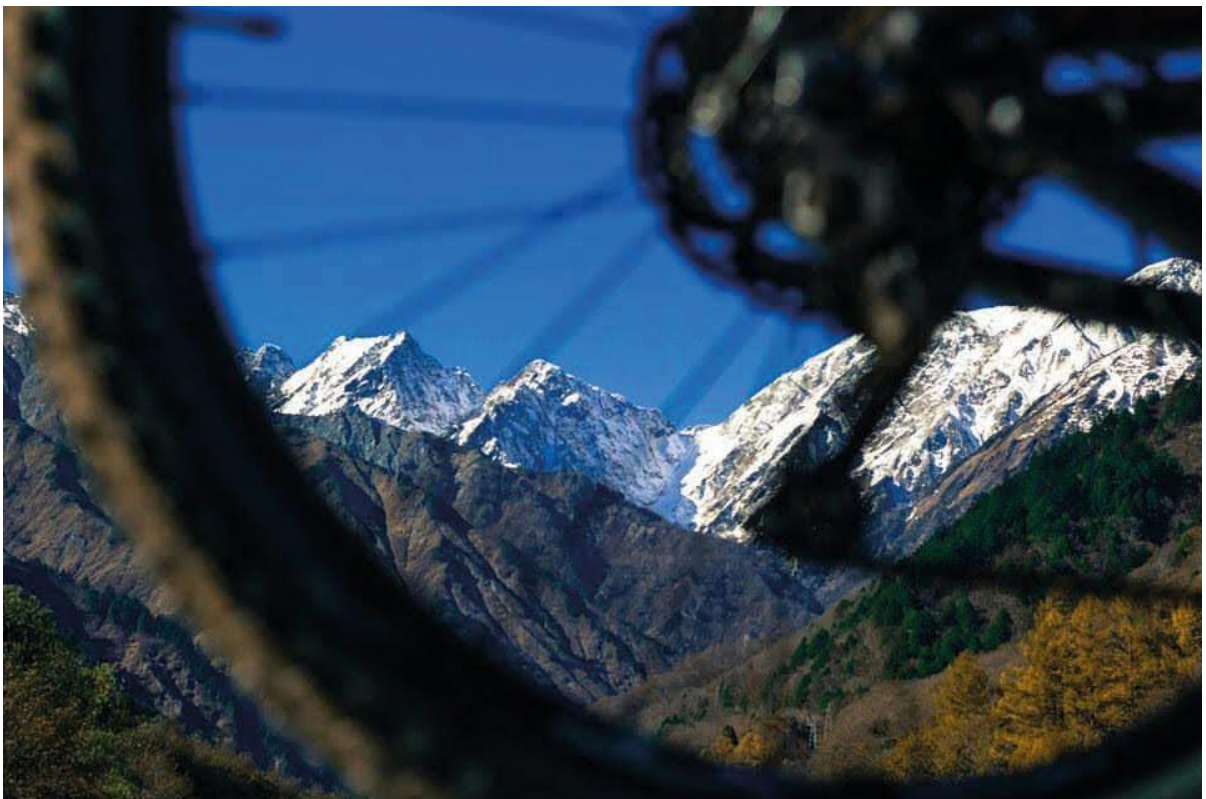
Day 1: Starting in Nagano City, explore Zenkoji Temple then climb up to Togakushi are enjoying views of the Nagano Valley.

Day 2: Ride and walking tour of Togakushi Shrines and natural parks (Ninja, Shugenjya, Shinto heritage) before a long downhill to the picturesque Lake Nojiri.

Day 3: Start ride to Via Kurohime to Sasagamine for picnic lunch. Beautiful day of cycling through the spectacular natural area of hidden Nagano. Enjoy bathing in waters that Samurai rested their tired and battle scarred bodies in 400 years in the past.

Day 4: Ride via Kamaike to the base of Onagi mountain where we will hike to the peak for a picnic lunch and spectacular view of the Japanese Northern Alps. (2 hour return hike). After descending from this jagged and beautiful peak we will get on our bikes and enjoy a forestry road decent into Hiraiwa and onto Hakuba on the historic salt road.

Day 5: Todays ride will take us once again along the Historic Salt Road past shrines, roadside statues, temples as well as along side the beautiful pristine Three Lakes of Nishina. From there on to Azumino famous for wasabi and soba noodles and finally Matsumoto Castle. We finish with a celebratory dinner.



Day 1

*The Hokuriku Shinkansen from Tokyo Station is the easiest way to access Nagano. A little under 2 hours. (Not included in tour price but can be arranged upon request)

9:00 start time

Your guide will meet you upon arrival at Nagano station. Any luggage can be transferred to the next accommodation from here.

After bicycle sizing and a safety talk, pedal your way to the revered Zenkoji Temple for a walking tour of its enchanting grounds. Pause for tea and snacks to savor the serene atmosphere. Continue your journey through the scenic Izuna Kogen, immersing yourself in the breathtaking landscapes. Indulge in a delightful soba lunch on route to Togakushi, as you ride along the ancient soba road, setting the stage for a captivating ride to the historic Togakushi Hokoshya Shrine.



4:00pm Finish your day with a tranquil Ryokan stay in Togakushi, ensuring a restful night surrounded by the beauty of Nagano's serene landscapes.

Activity - Cycle | 25kms 1000 ascent | Time: 7 hours (1 hour lunch)

Accommodation – Ryokan | Private room twin share with shared bathroom

Included Meals - Dinner, Breakfast, Lunch

Day 2

7:30am

Begin your day in Togakushi with a refreshing morning, treating yourself to a hearty Japanese-style breakfast and a revitalizing stretch, setting the stage for a day two of this scenic cycling adventure. After a short ride, we do a short walking tour exploring the Togakushi Shrines and natural parks, uncovering the rich heritage of Ninja, Shugenja, and Shinto traditions that grace this area.



From here we descend through a long, picturesque route, reaching the shores of Lake Nojiriko—Nagano's second-largest lake and a historical backdrop of ancient culture and samurai battles. Along the lake's tranquil expanse, settle in for a serene stay, complemented by a relaxing hot sauna to ease any tired muscles. As the day winds down, relish a delightful evening meal featuring a fusion of Japanese and Western cuisines.

Activity – Cycle 30km Walk 4 km 400m ascent | 5 – 6 hours

Accommodation – Lodge | Private room | Shared Bathroom

Included Meals - Dinner, Breakfast, Lunch

Day 3

Rise and shine for Day Three of our Nagano cycling tour! After a satisfying breakfast, set out through picturesque rice fields, adorned with recently planted or harvested crops, depending on the season. Begin your ascent towards the awe-inspiring Mount Myoko, conquering the Tsuginohara pass with a climb of nearly 800m, followed by a thrilling descent to the serene Sasagamine. Enjoy a delightful picnic lunch along the shores of Lake Otomi, surrounded by nature's beauty before continuing to traverse the hidden backroads of Nagano. Venture off-road through pristine mountains, reaching the historically and naturally rich Otari Onsen. Immerse yourself in therapeutic waters, where Samurai once found solace for their battle-worn bodies centuries ago.



Spend the night at the historic Mountain Inn Yamada Ryokan (*)for a unique and immersive experience, capped off by star-gazing in the secluded northernmost mountains of Nagano.

*other accommodation options available

Activity – Cycle 47Km 1400m ascent | 7 hours

Accommodation – Ryokan | Private room twin share with private bathroom

Included Meals - inner, Breakfast, Lunch

Day 4

Following a satisfying Japanese-style breakfast, we embark on our journey towards the Himekawa River, where we ascend to the historic Shio-no-michi, known as the Salt Road. This ancient route, employed for trade since the 16th century between Matsumoto and the seaport of Itoigawa, offers a glimpse into the rich tapestry of Japan's cultural heritage. Along the way, enchanting shrines, temples, and well-preserved houses from bygone eras invite exploration.

As we draw near to Hakuba, a breathtaking vista unfolds before us, showcasing the majestic panorama of Japan's Northern Alps. The scenic beauty of this region adds a touch of grandeur to our journey, creating a memorable and immersive experience.



Tonight, experience Shirouma-so, a modern Japanese ryokan seamlessly fusing traditional wood and contemporary "Wa" architecture. Relax in the hot springs, a cherished feature since the early days of the Shio-no-michi, connecting you with the ryokan's rich history and Japanese culture.

Activity – Cycle 29km 700m ascent | 6 hours

Accommodation – Lodge | Private room twin share with shared bathroom

Included Meals - inner, Breakfast, Lunch

Day 5



On our concluding day, we trace the Shio-no-michi back to Matsumoto, relishing a picturesque ride with captivating views of the Northern Alps. The smooth journey allows us to appreciate the scenic beauty effortlessly. Along the way, we pause at a charming wasabi farm, delving into the intricacies of wasabi cultivation and savoring its unique flavors. Our day culminates at the iconic Matsumoto Castle, a fitting endpoint for our adventure.

In the evening, we gather for a final dinner at the historic Hotel Kagetsu, adding a touch of nostalgia and camaraderie to our memorable journey.

The tour officially concludes at our Matsumoto accommodation, providing a seamless transition to a comfortable rest after our five days of exploration.

*For added convenience, alternative transfers can be arranged based on individual travel plans.

Activity – Cycle 62km 250m ascent | 7 hours

Accommodation – Hotel | Private room twin share with private bathroom

Included Meals - inner, Breakfast, Lunch

Accommodations :

Day	Location	Type	Room
1	Togakushi	Ryokan	Private tatami mat and futon bedding with shared bathroom
2	Lake Noji	Lodge	Private tatami mat and futon bedding or western bed with ensuite bathroom
3	Otari	Ryokan	Private tatami room, shared bathroom
4	Hakuba	Ryokan	Private tatami mat and futon bedding with shared bathroom
5	Matsumoto	Ryokan	Private tatami mat and futon bedding with ensuite bathroom

Please note that you may be asked to show your passport when checking into accommodation in Japan. It is a requirement for accommodation providers to take a photocopy of the passport of overseas guests.

The listed accommodations are examples, and other lodging options are available.

Tour Inclusions:

- 5 nights accommodation
- 5 breakfasts, 5 lunches, 5 dinners + snacks and refreshments
- Drinking water (many access points to refill your own bottle)
- English speaking guides throughout the tour
- All transportation from the start point at Nagano station to the finish point at Matsumoto station

Exclusions:

- Travel to the start point of this tour
- Alcoholic beverages
- Additional room charges such as minibar, extra cleaning
- Any personal expenses
- Rental Bicycle
- Rental clothing and gear for cycling.

Packing List

Below is a suggested list of items for cycling.

Essentials

- Cycle pants and top
- Rain wear – waterproof jacket and pants
- Flat soled athletic shoes
- Fleece or down jacket
- Spare socks
- Hat, sunscreen and sunglasses
- Water bottle/hydration system – at least 2L capacity
- Toiletries / personal medications
- Small backpack
- Rain cover for backpack
- Travel insurance
- Passport
- Cash (small shops and restaurants often only accept cash)

Recommended Items

- Preferred snacks
- Battery for charging devices
- Swim wear (just in case!)

Please Read Information

Fitness and suitability of this tour

This tour will appeal to experienced hikers who are physically able to take on rigorous multi day treks. This is not for beginner hikers, though may suit people who have high level of fitness through other athletic pursuits such as running marathons.

The mountain huts DO NOT HAVE SHOWERS. Guests must be willing to stay in mountain huts without showers for an extended period (3 nights).

Dietary Restrictions

Japan abounds in culinary delights, and we always aim to dine like locals. We are mindful that our guests may have food allergies and dietary restrictions. If you can let us know these requirements on application to this tour, where possible we will cater to meet those needs.

A note to vegetarians/vegans: Outside of the city centres, it is difficult to find 100% plant-based food. Even a humble bowl of miso soup is likely to contain dashi or fish broth. Some degree of flexibility will go a long way when dining in rural areas.

Emergency Response Plan

Safety is paramount and you can be assured all our guides are experienced and certified Wilderness First Aid Responders. All our guides, including your host throughout the itinerary, will carry a First Aid Kit and have a response plan to communicate with authorities in case of a medical emergency. A risk assessment of the weather and potential hazards will be undertaken throughout the trip with alternative plans ready to action where required.



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