



SNOW MONKEY TOWN YAMANOUCHI

Shiga Kogen Yudanaka & Shibu Onsen Resort Kita-Shiga Kogen



Transportation



by Train

From Tokyo	Narita International Airport	JR Narita Express (1hr)	Tokyo	JR Hokuriku Shinkansen (via Nagano) (1hr 30min)	Nagano
From Nagoya Osaka	Central Japan International Airport	Meitetsu Rwy Tokoname Line (30min)			
	Kansai International Airport	JR Kansai Airpt Line (50min)	Shin-Osaka	JR Tokaido Shinkansen (1hr)	Nagoya
				JR Chuo Line (2hrs 50min)	Nagano
From Kanazawa Toyama	Kanazawa	JR Hokuriku Shinkansen (1hr 16min)	Iiyama	by car (30min)	Yamanouchi
	Toyama	JR Hokuriku Shinkansen (53min)		by Nagaden Express Bus (1hr 3min)	SHIGA KOGEN
From Nagano	Nagano	Nagano Dentetsu Line (45min)	YUDANAKA	by Bus (35min)	SHIGA KOGEN
	Nagano			by Nagaden Express Bus (1hr 10min)	SHIGA KOGEN

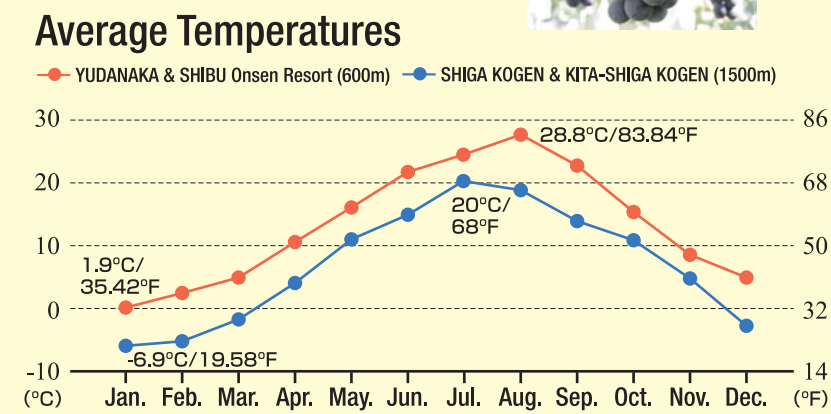
by Car

Toyama Airport	Hokuriku Expwy-Joshin-etsu Expwy=2hrs10min/182km	Shinshu Nakanou IC
Tokyo International Airport	Kan-etsu Expwy-Joshin-etsu Expwy=3hrs30min/274km	Yamanouchi Town
Narita International Airport	Kan-etsu Expwy-Joshin-etsu Expwy=4hrs/323km	
Chubu Centrair International Airport	Chuo Expwy-Nagano Expwy-Joshin-etsu Expwy=4hrs/327km	
Kansai International Airport	Meishin Expwy-Chuo Expwy-Nagano Expwy-Joshin-etsu Expwy=6hrs/500km	

Rte. 292
20min/11km

Yamanouchi Seasonal Experiences

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Ski & Snowboard	[Color bar indicating availability]											
Cherry Blossoms	[Color bar indicating availability]											
Trekking	[Color bar indicating availability]											
Autumn Foliage	[Color bar indicating availability]											
Ishinoyu Firefly	[Color bar indicating availability]											
Cherry	[Color bar indicating availability]											
Blueberry	[Color bar indicating availability]											
Peach	[Color bar indicating availability]											
Kyoho Grape	[Color bar indicating availability]											
Apple	[Color bar indicating availability]											
Nemagaritake	[Color bar indicating availability]											



Local Cuisine & Production in Yamanouchi Town



SOBA (buckwheat noodles): Kita-Shiga Kogen is traditionally renowned for its Sugakawa-soba. A cultural resource of the Nagano prefecture and a delicious noodle hand made and served both hot and cold.

TAKENOKO (bamboo shoots) : Mid-June to early-June is the harvesting season of the Takenoko called "Nemagaritake" . Only locals are allowed to gather Takenoko, but visitors can take the authentic cuisine of this vegetable that can be cooked in a variety of ways. It can be enjoyed in miso soup, as tempura, or grilled at many local establishments within the town.

FRUITS : Yamanouchi Town is a fertile place to grow various kinds fruits such as apples, peaches, grapes, cherries, blueberries, strawberries and plums. All you can eat fruit picking is available for cherries, blueberries, Kyoho grapes and apples.

ONSEN MANJU (bun with a bean-jam filling) : Onsen-Manju is a standard delicacy sold at souvenir shop or served in a Japanese-style hotel in hot spring villages. Try several kinds and taste the difference.

ALSO TRY : Culinary specialties in Japan also include Ramen, Sushi, Katsu-don (cutlet on rice), curry and many other popular traditions. Various other dishes can also be savored from other parts of the world while visiting the restaurants and bars in the town.

Kita-Shiga Kogen
70 visitor accommodation facilities.
北志賀高原

Shiga Kogen
80 visitor accommodation facilities.
志賀高原

Yudanaka & Shibu Onsen Resort
80 visitor accommodation facilities.
湯田中渋温泉郷

JIGOKUDANI YAEN-KOEN (SNOW MONKEY PARK)

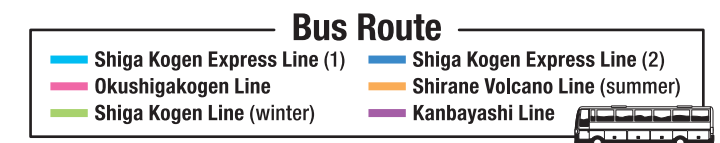
Shiga Kogen Sogo Kaikan 98
Shiga Kogen Information Center
• Nagano Pref. Shiga Kogen Nature Preservation Center
• 1998 Nagano Olympic-Paralympic Commemorative Hall
• 98 Hall

Shiga Kogen's official mascot character "OKOMIN"

Legend: Night Skiing Area (only on Tozoku days), Terrain Park, Clinic, Kids Park, Rental Shop, Money Exchange, Ungroomed slope, Ski School, Bus Stop, Information Center, Post Office, Koban, Hot Springs (Onsen)

Yamanouchi Town Tourism Association

Tel. (+81)269-33-2138 renmei@info-yamanouchi.net
http://www.info-yamanouchi.net



Station	Shiga Kogen Express Line (1)	Shiga Kogen Express Line (2)	Okushigakogen Line	Shiga Kogen Line (winter)	Shirane Volcano Line (summer)	Kanbayashi Line
Nakano Station						
Yomase Station						
Nozawa Grand Hotel						
Nozawa Onsen						
Iiyama Station						
Nagano Station East Exit						
Obuse						
Apple City Nakano						
Aeon Nakanoten Mae						
Michinoeki Yamanouchi						
Yudanaka Station						
Hoshikawa Onsen						
Hoshikawanaka						
Dafunsen						
Andai Onsen						
Shibu Onsen						
Shibuwagobashi						
Kutsuno						
Amagawajinja						
Kutsuno Mimyo						
Sunadome						
Kanbayashi Onsen						
Snow Monkey Park						
Undo Kouen Iriguchi						
Kammandaki						
Asahiya Shita						
Sun Valley						
Maruike						
Sogo Kaikan 98						
Hasuike						
Ikenotaira						
Shindai Shizen Kyoikuen						
Koike						
Tanohara						
Kidoike						
Hiratako						
Kasadake						
Kumanoyu						
Hotaru Onsen / Suzurikawa						
Suzurikawa Ryo						
Yokoteyama Daiichi Lift						
Yokoteyama Ski Field (Yozaka)						
Nozoki						
Shibutoge						
Shiranekazari						
Shigayama Onsen						
Onumaie Iriguchi						
Hoppo Iriguchi						
Hoppo Onsen						
Takamagahara						
Takamagahara Ryo						
Ichinoe						
Ichinoe Ski Field						
Ichinoe Ryo						
Yakebitai Prince Hotel West						
Yakebitai Prince Hotel South						
Yakebitai Prince Hotel East						
Yakebitayama Not gondola						
Yakebitayama Terrain Park						
Okushiga Gondola						
Okushiga Ryo						
Okushigakogen Hotel						

Indicates buses stop only at certain times of day. The above information is based on Nagaden Bus term dates, and may be subject to change. (As of March 2018)

NAGADEN Group (train and bus)		SNOW MONKEY TOWN YAMANOUCHI	
GO! Nagano		JIGOKUDANI YAEN-KOEN	

1 Koshasan-Yomase Trail

**Total distance - 10.8km,
Total time required - 3hrs.
Altitude difference - 360m**

Straddling Nakano City, Yamanouchi Town and Kijimadaira Village, Mt. Kosha is commonly referred to as "Takayashiro" or "Takaifuji". Become enchanted with the lush greenery of the larch and the gorgeous azaleas of June. In early spring, view the wild birds of the region and enjoy the breathtaking views of the Zenkoji Plain and "Hokushingogaku" (five mountains of northern Nagano) at the top of the summit.



Cherry picking
Season: mid-June to mid-July



Blueberry picking
Season: mid-July to early August



Apple picking
Season: mid-September to mid-November

* Fruit harvest seasons may vary due to weather.

2 Ryuoo Mountain Park

**Total distance - 2.5km,
Total time required - 1~1.5hrs.
Altitude difference - 160m**

Come up to the 1,770m top of the mountain and relax in a forest. You can see a breathtaking view from SORA terrace. Sea of clouds and the sunset take you to an unreal world. Lie down on a hammock and grab the stars at night!! You can also enjoy wildflowers such as Himalayan Blue Poppy Flowers from end of June to beginning of August.



Kita-Shiga Kogen



- Information Center
- Convenience Store
- Gas Station
- Bus Stop
- Parking Lot
- Drugstore
- Laundromat
- Clinic
- Toilets
- Accessible Restrooms
- Hot Spring Spa
- Post Office
- Shrine
- Koban
- Coin Lockers (Luggage Storage)
- Souvenir Shop



When you travel from Nagano Station please use the Nagano Dentetsu Railway. Depending on your timeframe, you can take Yukenuri or Snow Monkey Limited Express Train. It will take about 45 minutes from Nagano Station. Enjoy your journey on a comfortable train.



Ishinoyu Firefly Habitat
The flying, twinkling lights of fireflies are a mystical summer experience. Every year in July-August, a spectacular light show takes place at twilight.

3 Ikemeguri Trail



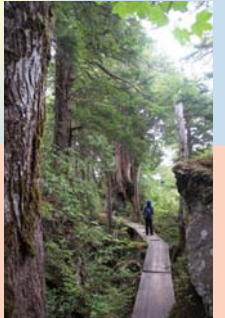
**Total distance - 12.6km,
Total time required - 5hrs.**

The best walk into the heart of Shiga Kogen National Park. Most trampers devote hours, which includes walking up to Mt. Shigayama. Get up close to the majestic blue pond and indigenous bush through the wetland board walk.

Hotaru Onsen	25 min
Shibu-ike Pond	75 min
60 min	
Mt. Shigayama	40 min
Mt. Urashigayama	30 min
Shijuhachi-ike Marsh	60 min
90 min	
Onuma-ike Pond	40 min
Sakasa-ike Pond	30 min
Onuma-ike Iriguchi (Shimizu guchi)	30 min

Shiga Kogen Guide Association

Guided Walks in English will bring you closer to nature than ever before. Under friendly and well trained guides you will have the chance to touch, see and feel the 'real' Shiga Kogen, native plants and animals along the way.



4 Shizen Tansho with Magatama-no-Oka Trail

Total distance - 7km, Total time required - 4hrs.

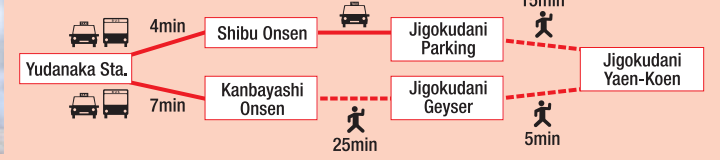
This is a pleasant walk uphill through changing unspoiled forest, giant trees and rocks on the lava plateau, certified by the UNESCO Man and the Biosphere, with a lookout point offering stunning views.

Hasu-ike Pond	25 min
Shita-no-Koike Pond	5 min
Naga-ike Pond	30 min
20 min	
Lookout	15 min
Magatama-no-Oka	15 min
Misuma-ike Pond	20 min
Tanohara Marsh	20 min
Kido-ike Pond	20 min

Snow Monkeys



Visit the world famous wild monkeys that bathe in the hot springs at Yaen-koen. Witness the monkeys in their natural habitat grooming each other and soaking in the open air bath. Find babies during spring, child-rearing in summer, and feeding and mating in autumn and winter. All year round, catch a glimpse of the monkeys interesting lives.



Yudanaka & Shibu Onsen Resort



5 Issa-no Sanpo Michi (Walking Path)

Travel back in time and take a 30-minute stroll around the pine hills surrounding the ocean town to see through the eyes of Haiku poet Issa. The path takes you by the World Peace Kannon statue, Issa's poem monuments, the Issa-do building, and the Yumiya-jinja Shrine.

- World Peace Kannon Statue
- Issado Building
- Twin Pines
- Zao-jinja
- Ugoki-awa
- Yumiya-jinja Shrine



World Peace Kannon Statue
Standing on the hill, this statue is 25 meters high and is said to be the tallest bronze statue in the Orient.



Shibu Onsen is a hot spring town with stone pavements. It has nine public bathhouses which guests can enjoy touring. (Only for guests staying at accommodations in Shibu Onsen)