

## Hakuba

Great hiking and trekking opportunities, more than just world-class skiing



## Togakushi

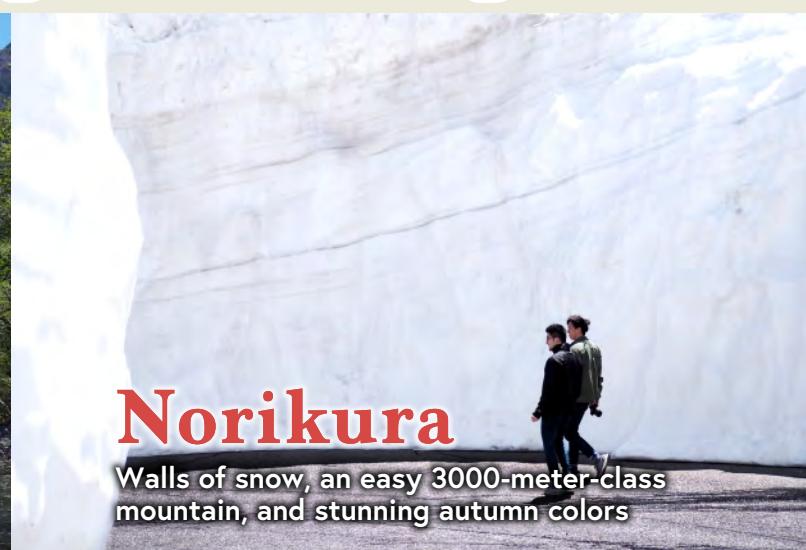
The place to go for scenic shrines, ninja fun, and some of the best soba in Japan

# 4 Must-see Sights in Nagano



## Kamikochi

Hike along a crystal-clear river in this beloved gateway to the Japan Alps



## Norikura

Walls of snow, an easy 3000-meter-class mountain, and stunning autumn colors

**L**ocated in the very heart of Japan, Nagano prefecture contains a wealth of natural and cultural treasures you'll want to experience for yourself. Nagano is blessed with breathtaking mountains, solemn forests, and crystal-clear rivers fed by the snows that make it a paradise for skiers. All year round, you can enjoy delicious soba noodles and other regional delicacies. And fortunately for visitors in any season, Nagano is within easy travelling distance of major hubs like Tokyo, Kyoto, and Nagoya.

### Direct Bus

	Matsumoto	Nagano	Kamikochi	Hakuba
Nagoya	○	○	●	●
Osaka - Kyoto	○	○	● mid-Apr. - mid-Nov.	● mid-Jul. - late Mar.
Tokyo	○	○	● mid-Apr. - mid-Nov.	○
Narita Airport	○	○	●	● * mid-Dec. - early Mar.

\* Also from Haneda Airport



## Hakuba 白馬

Though most famous for its winter ski resorts, the wonders of Hakuba can be enjoyed year-round. This is a great place to enjoy hiking, trekking, and other activities in the majesty of nature. A combination of gondola and ropeway will take you halfway up Mt. Shiroumadake, where a deep-snow gorge retains snowfields year round—a rarity among Japanese peaks. And you can behold the towering Hakuba peaks reflected in the placid beauty of Hoppo Pond after hiking through an area filled with wildflowers.



## Togakushi 戸隠

With soba, shrines, and ninjas, Togakushi has plenty to offer young and old visitors alike. Togakushi soba noodles, one of Japan's three great soba dishes, can be enjoyed at a great many local restaurants, or you can try making them yourself at the Soba Museum. Togakushi Shrine is actually spread across three areas of Togakushi, with a lower, middle, and upper shrine area. The upper shrine or Okusha is particularly impressive, as it's reached by a trek along a route lined with enormous cryptomeria trees. And fans of ninjas can learn more about them at the Togakure Ninja Museum or practice your ninja moves at Kids' Ninja Village.



## Kamikochi 上高地

Spanning the cold, crystal-clear waters of the Azusa River, Kappa Bridge is the scenic symbol of Kamikochi. Part of a national park, the highland valley is protected for the enjoyment of future generations, so no personal vehicles are allowed to enter. There are camping areas and hotels, both western-style and Japanese ryokan. Walk along trails where you'll see wildflowers and local wildlife like monkeys, or hike to Mt. Yakedake, an active volcano, in this beloved gateway to the 3000-meter-class mountains of the Japan Alps.



©SASAHIARA Kamikochi's Starry Night

## Norikura 乗鞍

Home to the highest bus stop in Japan at 2,716 meters, Norikura boasts a 3,026-meter-tall mountain that's easy to climb, making it a favorite hiking destination. In spring, you'll want to pack some warm clothes to go view daunting 10-meter-high walls of snow along a road only open to buses, while fall brings spectacular colors that are some of the earliest to start in Japan, beginning with alpine plants in mid-September and trickling down the mountain into October.



# Passes

**2-Day Free Passport**  
Free ride ¥6,000

**2-Day Plus One (3-Day) Passport**  
Free ride ¥7,000

**4-Day Alps WIDE Free Passport**

Free ride ¥10,290

Including round-trip ticket for the Shin-Hotaka Ropeway

¥12,000

**Alps Crossing Ticket**

Valid for 4 days One way ¥5,000

Choose one route from Kamikochi, Norikura and Shin-Hotaka



2-Day / 2-Day Plus One (3-Day)

4-Day

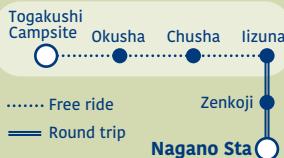
Alps Crossing Ticket

**Togakushi Pass**

Valid for 5 days ¥2,600

Available at  
Nagano Sta Tourist Info Center  
Nagano Bus Terminal

Free Ride within Togakushi area

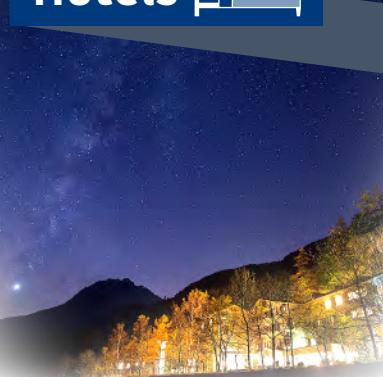


## Suggested Itineraries



Day 1	Tokyo	¥3,800	Matsumoto	Matsumoto Castle	¥3,800
Day 2	Matsumoto		Kamikochi	hike along a crystal-clear river in a national park	Matsumoto
Day 3	Matsumoto		Norikura	easy 3000-meter mountain hike	Matsumoto
Day 4	Matsumoto	¥1,300	Nagano	Togakushi	Nagano
Day 5	Nagano	¥2,000	Hakuba	watching wildflowers & placid beauty of a pond using ropeway	Tokyo
				Total	¥20,900

## Hotels



Free Wi-Fi available in all hotels

Access (bus) Free shuttle bus



Superb service and magnificent views  
**Hotel Shoho**

15-min drive from JR Matsumoto Sta.



7-min walk from JR Matsumoto Sta.

FREE

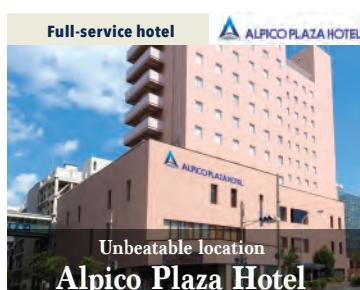
Hotel Buena Vista is the largest hotel in downtown Matsumoto. Of the 190 rooms, there are 36 different styles. All of the standard rooms were renovated in 2017. The hotel is also a landmark hotel in Matsumoto with its four different types of restaurants (Japanese, Chinese, French and Buffet).



Budget-friendly  
**Ace inn Matsumoto**

1-min walk from JR Matsumoto Sta.

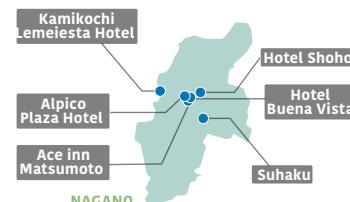
This hotel for the businessperson or casual traveler has 158 rooms. It provides easy access to any destination, and the hotel provides a free breakfast before you depart. Coin laundry is also available.



Unbeatable location  
**Alpico Plaza Hotel**

2-min walk from JR Matsumoto Sta.

The latest Alpico Group hotel, it opened in November of 2017. A 2-minute walk from Matsumoto Station and situated next to Matsumoto Bus Terminal, it is in a prime location and very easy to access. They have 160 rooms and an all-day-dining restaurant. They provide a comfortable stay and also offer rental bicycles.



**COMPLIMENTARY**  
shuttle bus service and  
use of Hotel Shoho's onsen baths

Only for guests staying at  
Hotel Buena Vista/Alpico Plaza Hotel/  
Ace inn Matsumoto FREE ENTRY!

**BOOK ONLINE**

at [Booking.com](#) or [agoda.com](#)