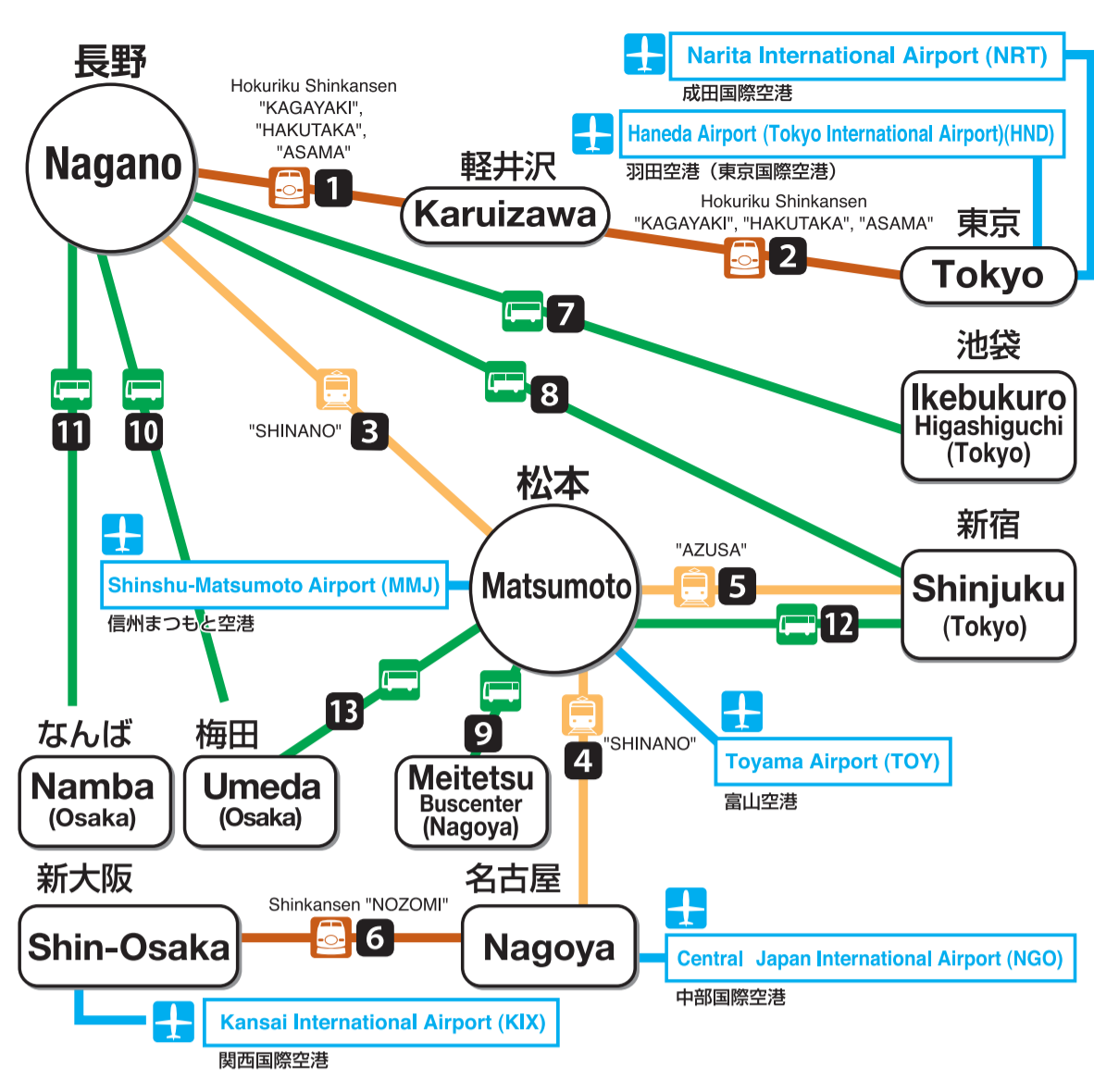
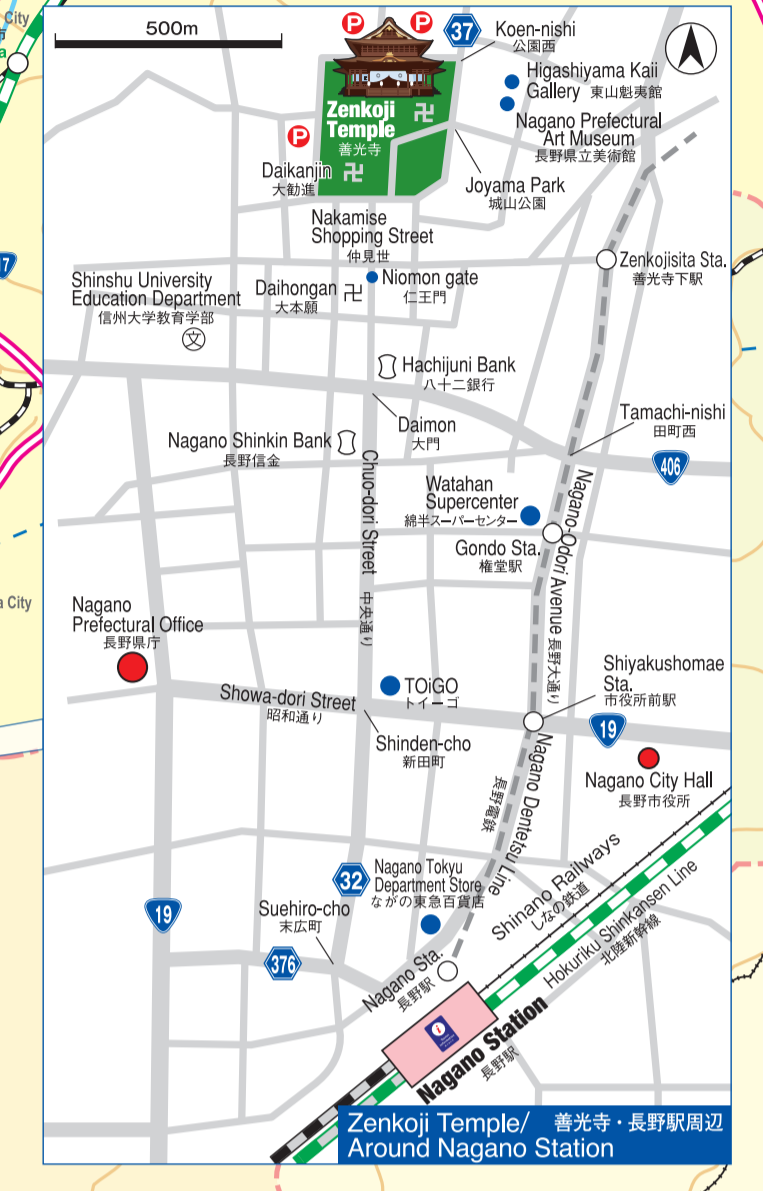
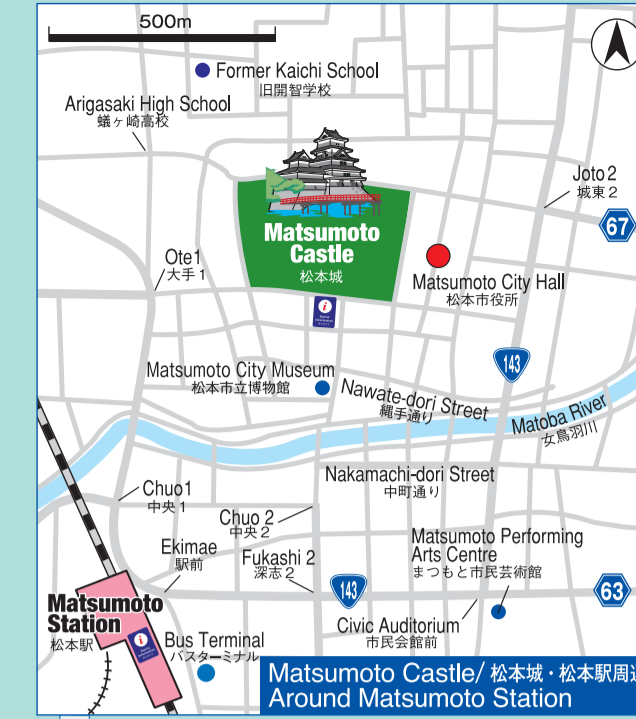
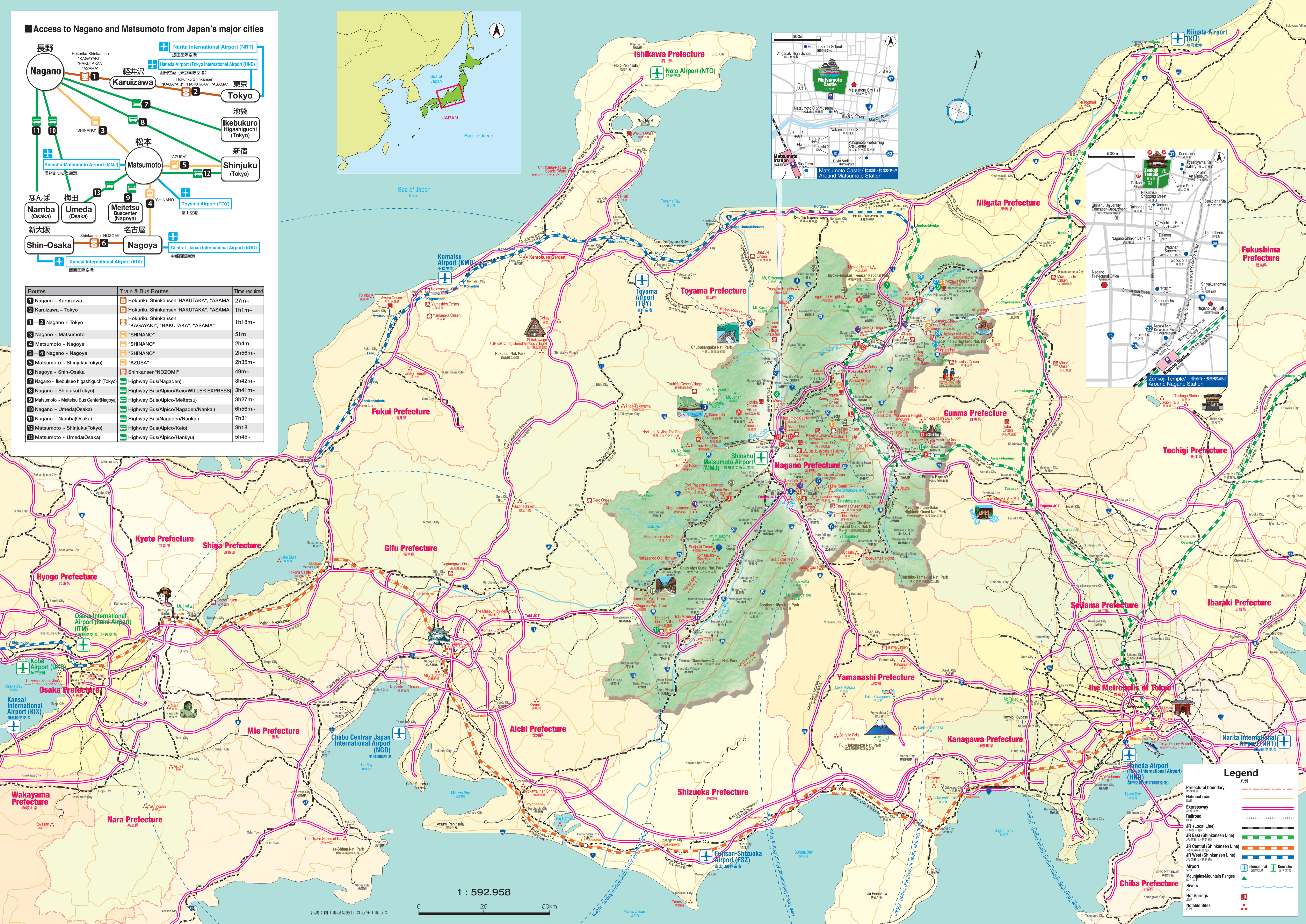


Access to Nagano and Matsumoto from Japan's major cities



| Routes | Train & Bus Routes | Time required |
|-------------------------------------------|-----------------------------------------------------|---------------|
| 1 Nagano - Karuizawa | Hokuriku Shinkansen "HAKUTAKA", "ASAMA" | 27m~ |
| 2 Karuizawa - Tokyo | Hokuriku Shinkansen "HAKUTAKA", "ASAMA" | 1h1m~ |
| 1+2 Nagano - Tokyo | Hokuriku Shinkansen "KAGAYAKI", "HAKUTAKA", "ASAMA" | 1h18m~ |
| 3 Nagano - Matsumoto | "SHINANO" | 51m |
| 4 Matsumoto - Nagoya | "SHINANO" | 2h4m |
| 3+4 Nagano - Nagoya | "SHINANO" | 2h56m~ |
| 5 Matsumoto - Shinjuku(Tokyo) | "AZUSA" | 2h35m~ |
| 6 Nagoya - Shin-Osaka | Shinkansen "NOZOMI" | 49m~ |
| 7 Nagano - Ikebukuro Higashiguchi(Tokyo) | Highway Bus(Nagaden) | 3h42m~ |
| 8 Nagano - Shinjuku(Tokyo) | Highway Bus(Alpico/Keio/WILLER EXPRESS) | 3h41m~ |
| 9 Matsumoto - Meitetsu Bus Center(Nagoya) | Highway Bus(Alpico/Meitetsu) | 3h27m~ |
| 10 Nagano - Umeda(Osaka) | Highway Bus(Alpico/Nagaden/Nankai) | 6h56m~ |
| 11 Nagano - Namba(Osaka) | Highway Bus(Nagaden/Nankai) | 7h31 |
| 12 Matsumoto - Shinjuku(Tokyo) | Highway Bus(Alpico/Keio) | 3h18 |
| 13 Matsumoto - Umeda(Osaka) | Highway Bus(Alpico/Hankyu) | 5h45~ |



Legend

- Prefectural boundary
- National road
- Expressway
- Railroad
- JR (Local Line)
- JR East (Shinkansen Line)
- JR Central (Shinkansen Line)
- JR West (Shinkansen Line)
- Airport
- Mountains Mountain Ranges
- Rivers
- Hot Springs
- Notable Sites