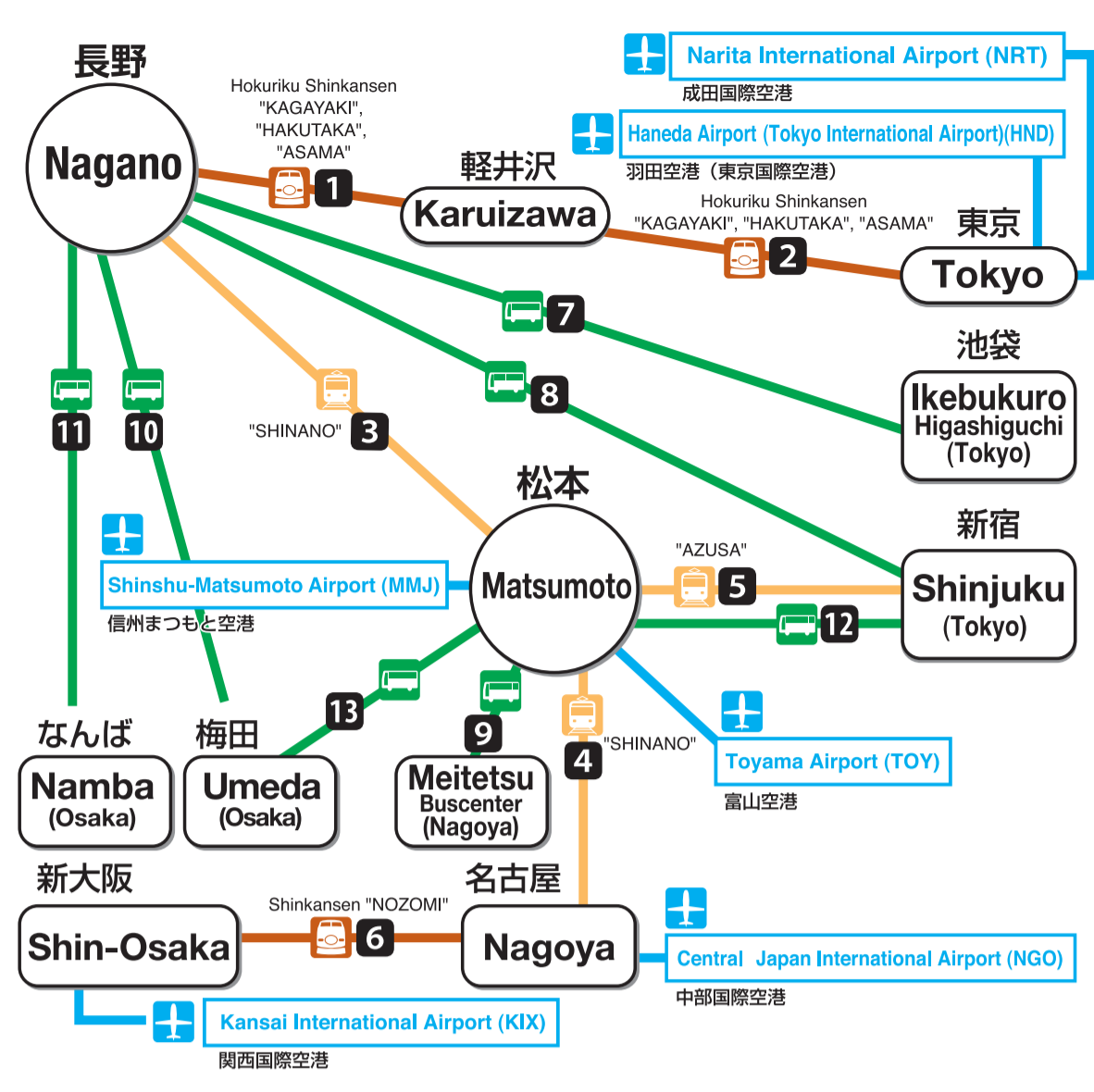
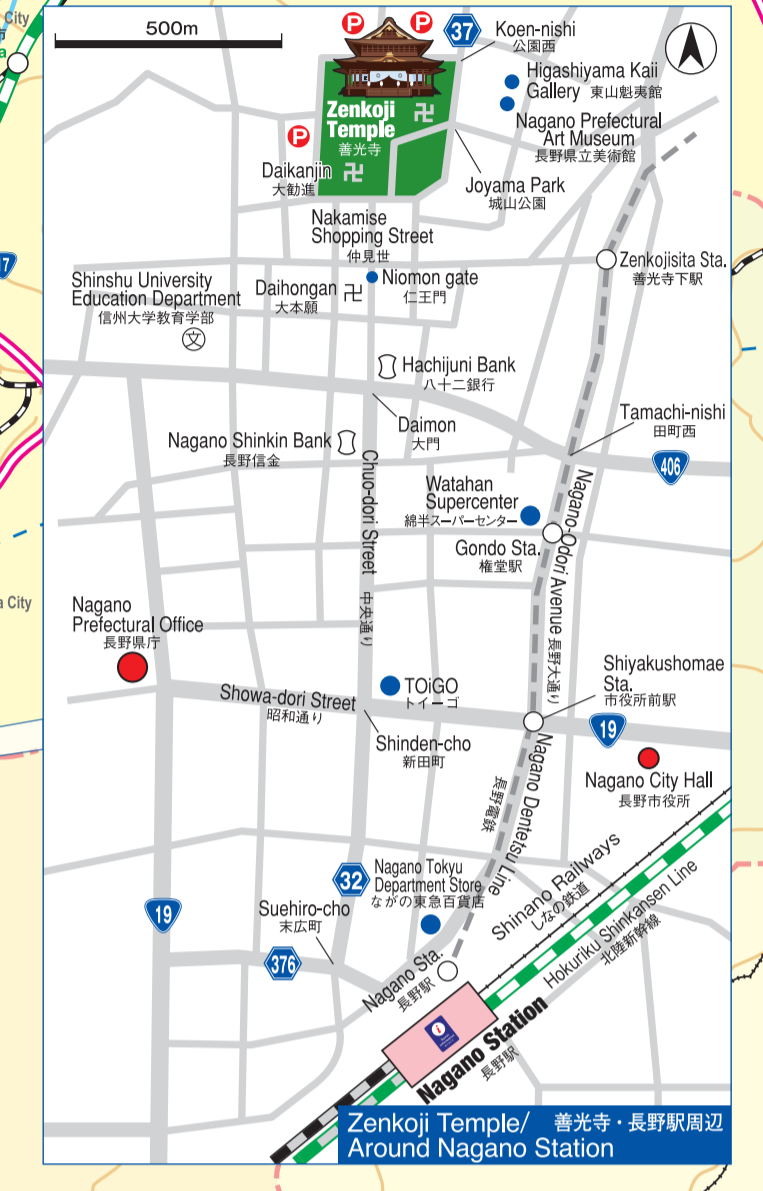
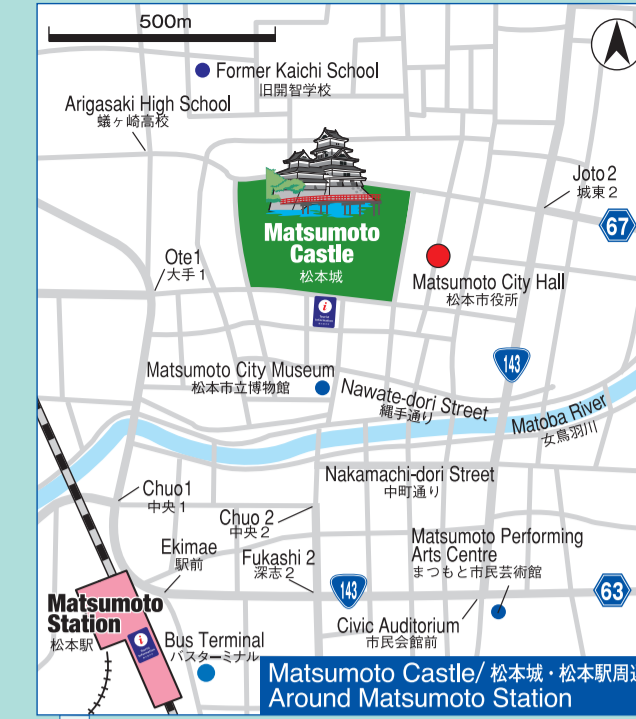
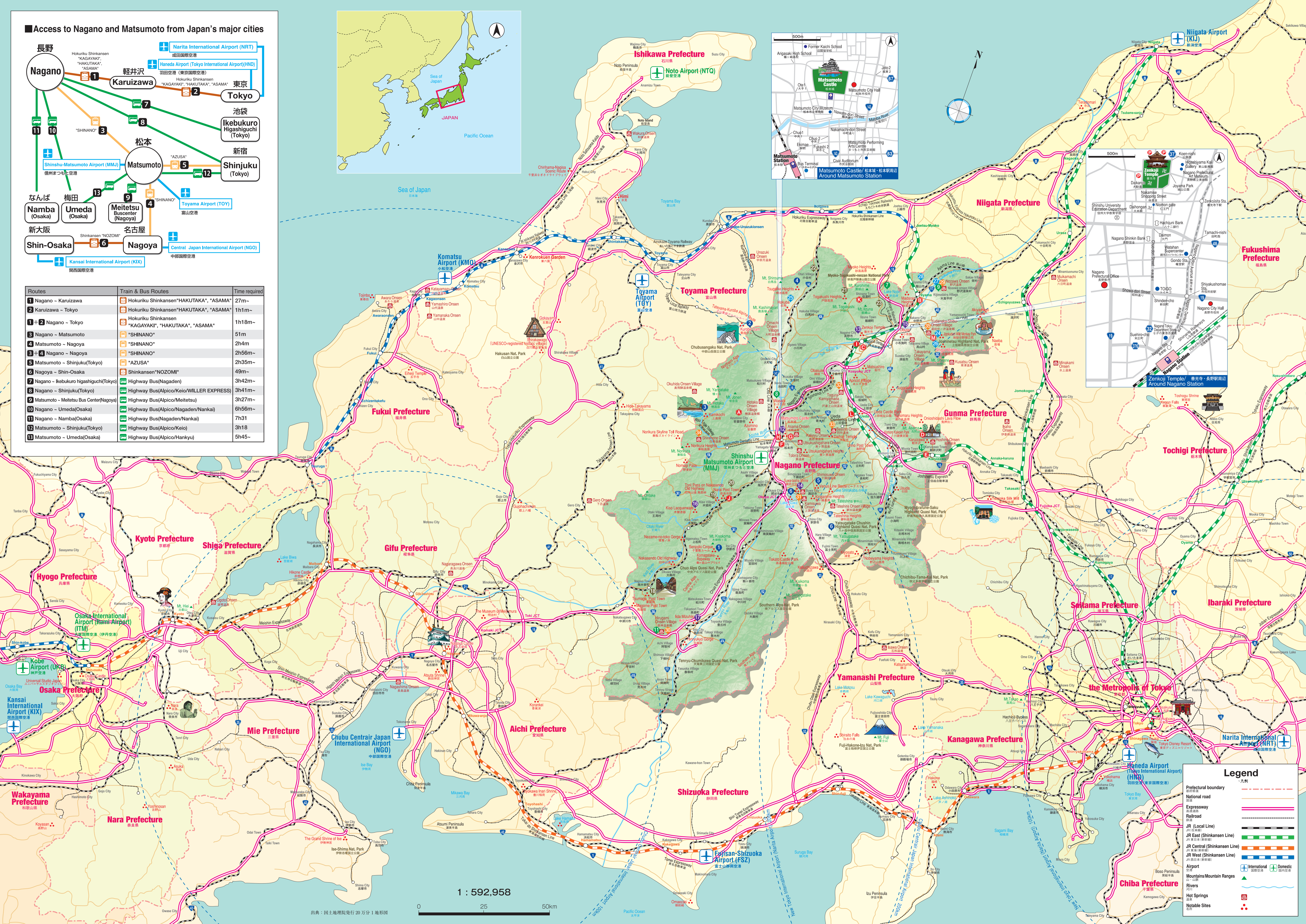
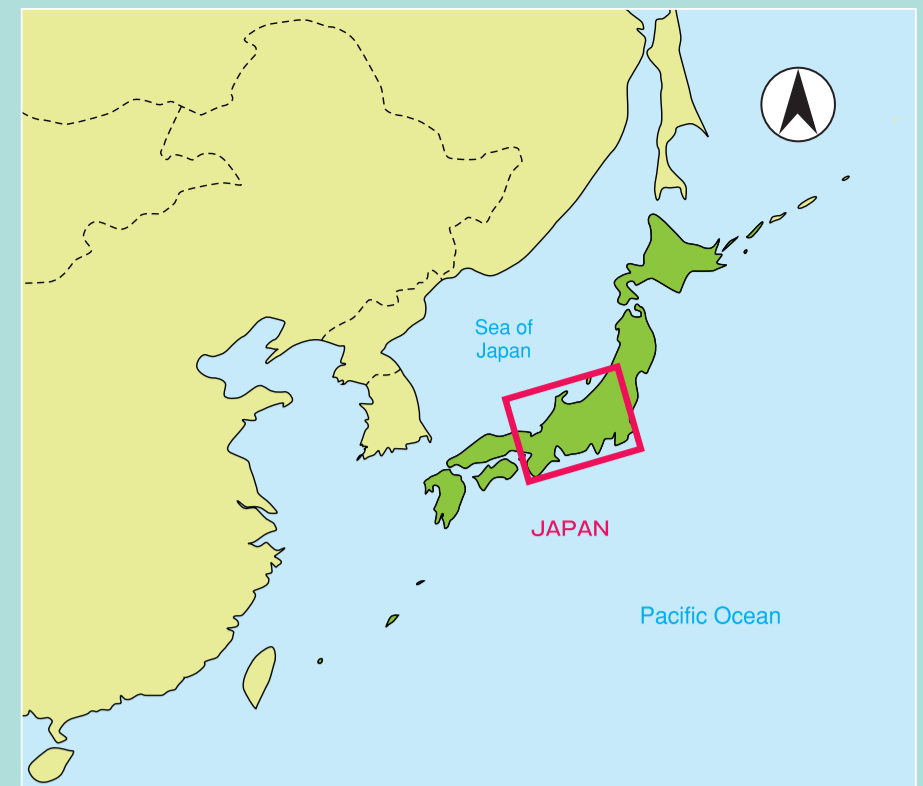


Access to Nagano and Matsumoto from Japan's major cities



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

1 : 592,958

0 25 50km