

Shinanomachi

Activities Guide

Welcome to a town abound in mountains, forests, lakes, and snow!





SUMMER

The endless expanse of a clear blue sky.

The beautiful waters of a pristine lake, set against a backdrop of towering mountains.

The beauty of Mother Nature in Shinanomachi, drawing visitors from all over the world.

—Truly use all five senses to soak in a wonderfully unique atmosphere.



The awesome terrain of Shinanomachi blankets with the best quality powder snow.

Step into the white and envelope yourself in a totally different world.

The endless white landscapes capture the spirits of all who visit.

WINTER

TANGRAM Ski Circus

Tangram Ski Circus is a ski and hotel resort with various services and facilities available, including hot spring baths, indoor swimming pool, rental shop, and souvenir shop. Its location on the north slope of Mt. Madarao makes for excellent powder snow. Tree runs through the mountain's natural terrain are great for advanced skiers and snowboarders, and for those who do not ride, or want to take a long break, Nojiriko Terrace is a good place to visit, with its easy lift access. The café gives visitors a majestic mountain view, as well as a good cup of coffee!



Enquiries: Tangram Ski Circus TEL: 026-258-3673

URL: <https://www.tangram.jp>

※ A Mountain Pass is required to ski or snowboard at both Tangram Ski Circus and Madarao Ski Resort.

Photo : Yuji KANEKO Rider: Kimmy FUKAYA

Ski Resorts

KUROHIME KOGEN Snow Park

Kurohime Kogen Snow Park has one of the largest family snow areas in Japan. Kids can have fun with a range of activities, including Strider riding, sledding, and bouldering. Kurohime's terrain park is designed for all snow lovers, from beginner to advanced, and park staff members carefully maintain kickers, rails and other park features. Lessons for skiing and snowboarding are also available at the Park Academy located in the park.



Enquiries: Kurohime Kogen Snow Park TEL: 026-255-3176

URL: <http://kurohime-kogen.co.jp>

Photo : Yuji KANEKO Rider : Ayako KOYAMA



Snowmobiling

Snowmobiling is available at both Tangram Ski Circus and Madarao Ski Resort. For beginners, Tangram Ski Circus has a Yamaha Licence Acquisition course to obtain a snowmobile license, after which you are free to join a long forest course tour.

Available: December to March
Fees: From 1,500 yen



CAT Tours

CAT tours are available at both Tangram Ski Circus and Madarao Ski Resort. Night tours are also available, where, on a clear night, a majestic white mountain is set against a beautiful starry night sky. Reservations in advance are required for night tours.

● Available: December to March
● Fees: From 1,000 yen



Snow Rafting

Snow rafting involves an inflatable raft being towed around a course at high speed by a snowmobile. It's a safe, yet thrilling experience, and can be enjoyed by visitors of all ages. Young children must be accompanied by an adult.

● Available: December to March
● Fees: From 1,000 yen




Cross-country Skiing

Some of the region's best cross-country skiing courses are found in the Fairy Tale Forest Snow Wave, located next to Kurohime Kogen Snow Park, including a course offering spectacular views of Mt. Kurohime and Mt. Myoko, and a course that gently meanders through quiet forests, just to name two. Rental services and changing rooms are of course available for your convenience.

Available: December to March
Fees: From 1,500 yen per half-day

Winter Activities



Snowshoeing and Nature Skiing

Step into a unique, snow-covered world, either on snowshoes or skis. Some of these forest areas are only accessible in the winter, when deep snow covers the low lying bush and scrub, leaving only towering trees, with the only signs of life being animal footsteps dotted around the beautiful white carpet. The best way to enjoy this wonderland is with an experienced guide, who has intricate knowledge of the terrain, and plant and animal life, as well as the best vantage points along the way, and will craft a makeshift table out of the snow on which the group will be served lunch.

- Available: December to April ● Fees: From 6,500 yen
- Required time: From a half-day



Smelt Fishing

Lake Nojiri is alive with fishermen even in the winter months! Why not try one of the favorite winter local pastimes, smelt fishing, on the comfort of a heated houseboat! Rental fishing gear and bait are available, and you are free to bring your own food and drink. Everyone is welcome, from small to big groups, from kids to the elderly. A trip isn't complete without a unique experience like this!

Available: November to March Fees: 4,400 yen

Fishing



Sake Brewery Tours

Founded in 1875, Takahashi-Sukesaku Shuzoten is the oldest sake brewery in Shinanomachi. Blessed with clean local spring water and rice, the brewery has been able to pass down its traditional skills and techniques through the generations. Those who wish to visit the brewery for sake tasting, please contact the Shinanomachi Tourist Information Center.

- Available: All year
- ※ Please note that the brewery may be closed to visitors due to unforeseen circumstances.
- Fees: No charge TEL: 026-255-3226

Wakeboarding

Carving big turns and popping over the wake in beautiful waters, surrounded by forests and mountains. Wakeboarding, or 'snowboarding on water' as it is sometimes called here, is great for anyone from young teens and up, as well as beginners to those who enjoy the most active of adventures.

Available: May to October Fees: From 3,800 yen
Required time: 30 minutes



Water Sports

SUP (Stand Up Paddling)

The unique feeling of standing on water has made SUP an exciting new trend in Japan. Why not give it a try at Lake Nojiri, where taking a dip in the clean and clear waters might give you a reason to fall off! Experienced instructors are available to show you the ropes.

● Available: May to October
● Fees: From 5,000 yen
● Required time: Half-day



Banana Boating

Banana boating is one of the most popular activities on Lake Nojiri. Experience high speeds and high thrills easily and safely.

● Available: May to October
● Fees: From 1,500 yen

Canoeing & Kayaking

Canoeing and kayaking are great activities for beginners to water sports. Double kayaks are available, giving parents and kids a chance to paddle out on the calm lake waters, have fun, and take in the fresh mountain breeze.

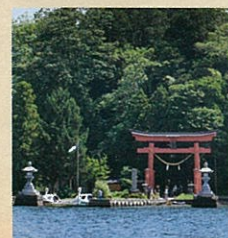
● Available: May to October
● Fees: From 5,500 yen
● Required time: Half-day to full-day



Pleasure Cruise

Soak in the scenery and feel a fresh, cool breeze on your skin aboard the Lake Nojiri pleasure cruise. The cruise is roughly 40 minutes, and makes a stop at Biwa Island, home of Uga Shrine, also considered to be a unique 'power spot'.

● Available: May to October ● Fees: From 1,100 yen
● Required time: One hour

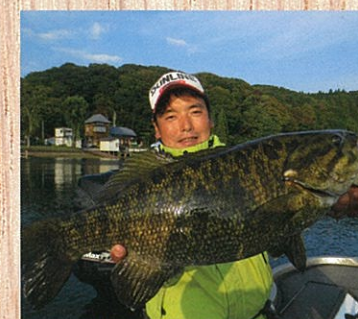


Uga Shrine

Biwa Island, also known as Benten Island, is host to Uga Shrine, which is believed to have been established in 730. Reach the island by canoe or pleasure cruise, pay a visit to the shrine, then wander around the mysterious island!

Bass Fishing

Lake Nojiri is renowned in Japan for its great smallmouth bass fishing. Why not drop a line and enjoy the beautiful surroundings while waiting for the strong strike of the bass!



● Available: May to November
● Fishing permit: 700 yen (Annual pass: 6,000 yen)



Windsurfing

The relatively small ripples on Lake Nojiri, compared with waves in an ocean, make it an ideal place for beginners to try their hand at windsurfing. There are a range of the latest boards and sails available, making it possible to pick up the basics in around half an hour.

● Available: May to October ● Fees: From 5,000 yen
● Required time: Half-day to full-day

List of businesses providing water activities

	SUP	Wakeboarding	Banana Boating	Yachting	Canoeing & Kayaking	Pleasure Cruise	Bass Fishing	Windsurfing	Smelt Fishing
Sunday Planning Outdoor School	●				●				
Itteki Paddle & Mountain Guide	●				●				
UCDi Paddling School					●				
Hikohtai	●	●	●						
M Planning	●							●	
SLOPE PLANNING	●								
Naturance	●								
Nojiri Lakeside Hotel		●	●	●	●		●		●
Spin Naker		●	●				●		●
Sakamotoya Yaman's	●	●	●				●		●
Green Sports Club	●			●	●			●	
Tokutake Boat							●		
ETRANGE					●				
Nojiriko Line						●			
Nojiriko Lumber Jack	●	●	●						
Sea Spirit & Ichibankan							●		●
Kamanariya									●
Sugikubo House							●		●
Pinocchio							●		
Captain Romany		●	●	●			●		
Nojiriko Marina							●		●
Hanaya Boat							●		●
Fujiya Ryokan							●		●
Hotorisō							●		●
Yoshinoya							●		●
Miyagawa Ryokan									●

Forest Therapy

Shinanomachi was chosen by medical experts as the site of Japan's first academic studies into the healing effects of a natural forest environment on the body and mind, or 'forest therapy' as it is now known. Certified forest medical trainers lead forest therapy tours in Shinanomachi, including deep-breathing therapy, water therapy, and plant therapy. Half-day and full-day courses are available for those wishing to experience the power and healing benefits of forest therapy.

Available: All year. Fees: From 10,000 yen for a half-day course (per trainer)

Enquiries: Shinanomachi Woods-Life Community TEL: 026-255-5925

Trekking

Walking and Trekking

There are numerous walking routes in and around Shinanomachi, as well as the surrounding national park areas, including Lake Nojiri, and Kurohime, Madarao and Togakushi Highlands, where the beauty of nature can be enjoyed on foot from spring to autumn. Shinanomachi is also the home town of Kobayashi Issa, a renowned Haiku poet from the early 19th century. Issa's former residence, as well as the remnants of an Edo era post station, can be taken in on one of the many walking courses on offer, which range from one hour to a full day.

Available: April to November

Mountain Climbing

Mt. Madarao, at a height of 1,382 meters, takes roughly one to two hours to hike, and is ideal for beginners. From the top of Mt. Daimyojin-dake, which is close to Mt. Madarao, hikers are blessed with a splendid panoramic view of Lake Nojiri, surrounded by the 'Hokushingogaku', five revered local mountains that dominate the landscape, and the majestic Northern Japan Alps in the background. Mt. Kurohime, one of the 'Hokushingogaku' and a well-renowned mountain in Japan, is situated in a National Park, and is notable for its differing varieties of trees you encounter as you climb up the mountain. It takes roughly eight hours for a return hike of Mt. Kurohime, meaning adequate preparation, equipment, experience and ability are required. Mountain guides are of course available. Please contact the Shinanomachi Tourist Information Center for details.

Available: June to November

Enquiries: Shinanomachi Tourist Information Center

TEL: 026-255-3226



Bicycle Rental

Mountain bike rental is available at the information center next to Kurohime Station, as well as at sites around Lake Nojiri. Exploring the Kurohime Highland area or making your way around Lake Nojiri by bicycle is a great, leisurely way to take in the sights.

Available: All year
Fees: Half-day - 1,000 yen, Full-day - 1,500 yen



Cycling



Cycling Tours

With a wide variety of cycling courses on offer, there is something to suit the strength, experience, and desires of all visitors, including through the Shinanomachi township, with its beautiful and traditional rural sceneries of Japan, around Lake Nojiri, out to the majestic Naena Falls, as well as to Togakushi Highlands and its challenging hill climb. Your guide is sure to take you to places not described in any guidebook.

- Available: April to November
- Fees: From 6,000 yen
- Required time: From a half-day
- Enquiries: Shinanomachi Tourist Information Center
TEL: 026-255-3226



Strider Bikes

With no pedals or brakes, these balance bikes are ideal for two to five year olds, who can safely and intuitively start to learn the basics of riding a bike. Kids start and stop the strider with their feet, and turn by shifting their weight. During the winter season, a special ski attachment makes the bike perfect on beginner ski slopes or kids' ski parks. They are guaranteed to have a great time!

- Rental Fees: 1,000 yen in summer and 3,000 yen in winter
- Enquiries: MACEARTH (Kurohime Kogen Snow Park)
- TEL: 026-255-3171 (Summer) / 026-255-3176 (Winter)



Fatbike Downhill

A fatbike, with its thick tires, is an amazing way to tear down a ski slope in summer! The fatbike downhill course is accessible by chairlift, and is a great day out for anyone from beginner to advanced.

- Available: July and August
- Fees: From 2,500 yen
- Required time: 60 minutes
- Enquiries: TANGRAM Madarao Tokyu Resort TEL: 026-258-3511

Camping

There are a variety of camping sites to choose from around Shinanomachi, including one at the water's edge of Lake Nojiri, those that offer majestic mountain views, as well as a small site deep in the woods. Why not fire up the BBQ for lunch or dinner, then unwind under a beautiful starry night sky, all the while surrounded by picturesque natural scenery.

Available: Late April to November
Fees: From 600 yen per person for a day trip, from 3,500 yen per night for one camping lot ※Fees vary according to camp site.



Soba Noodle Making

Shinanomachi is famous for its delicious Kirishita Soba. Try your hand at the age-old art of soba making, and fully appreciate your own creation!

- Available: All year
- Fees: 4,500 yen per group (one to four persons), or 2,750 yen for one person (minimum of four persons)
- ※Please note that fees vary according to place.



Blueberry Picking

Shinanomachi is well renowned for its blueberries. Drop by and pick all you can eat, fresh, tasty blueberries.

- Available: Mid-July to mid-August
- Fees: 1,000 yen per person

Outdoors

Mountain Vegetable and Wild Mushroom Picking

The wilds of Shinanomachi become a paradise of mountain vegetables in spring, and wild mushrooms in autumn. Joining a guide, with their depth of knowledge, is the best way to fully appreciate a mountain harvest. It's a great day out for anyone, from young kids to the elderly!



- Available: April to June for mountain vegetables, late September to mid-November for wild mushrooms
- Guide fees: 7,000 for a full-day
- Enquiries: Sunday Planning Outdoor School TEL: 026-258-2978

Fishing Ponds

Drop a line in charming ponds, stocked with fish, surrounded by the natural beauty of trees, flowers, and the sounds of the local birdlife. Rental equipment is available, so just bring yourself!



- Available: All year
- Fees: From 1,500 yen per hour
- ※Fees vary according to place.



Photo : Yuji KANEKO
Rider: Yuta SUGIYAMA

Skiing / Snowboarding



Camping



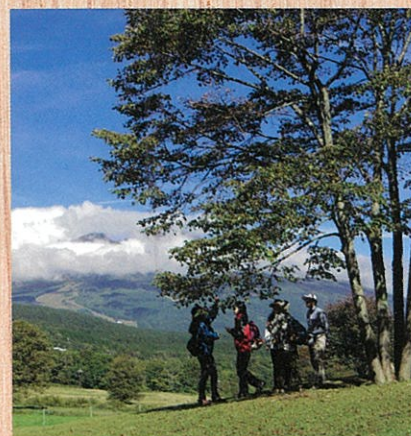
Cycling



Bass Fishing



Snowshoeing



Trekking



Smelt Fishing



Uga Shrine / Walking



Cross-country Skiing

List of businesses providing general activities

(see P.9 for businesses for water activities)

Businesses providing general activities	Walking & Trekking	Cycling	Camping	Mountain Vegetable & Wild Mushroom Picking	Fishing Ponds	Soba Noodle Making	Blueberry Picking	Cross-country Skiing	Snowshoeing & Nature Skiing	Skiing & Snowboarding	Water Activities
Sunday Planning Outdoor School				●					●		●
Itteki Paddle & Mountain Guide	●								●		●
Shinanomachi Woods-Life Community	●								●		
Shinanomachi Tourist Information Center		●									
Yasuragi-no-mori Auto Campsite			●								
Korakuen Campsite			●								
Nojiri Calm Forest Campsite			●								
MACEARTH (Kurohime Kogen Snow Park)		●							●	●	
Tangram Ski Circus	●	●			●					●	
Fairy Tale Forest Snow Wave								●	●		
Nature Spirit Company	●								●		
Shinano Discovery Tours	●	●							●	●	
Fishing Hanaoka					●						
Hotel Wakatsuki					●						
Fishing Kitagawa Yūgyo					●						
Soba Wakatsuki						●					
Soba Takasawa						●					
KAWASUN Blueberry Farm							●				
Ito Blueberry Farm							●				



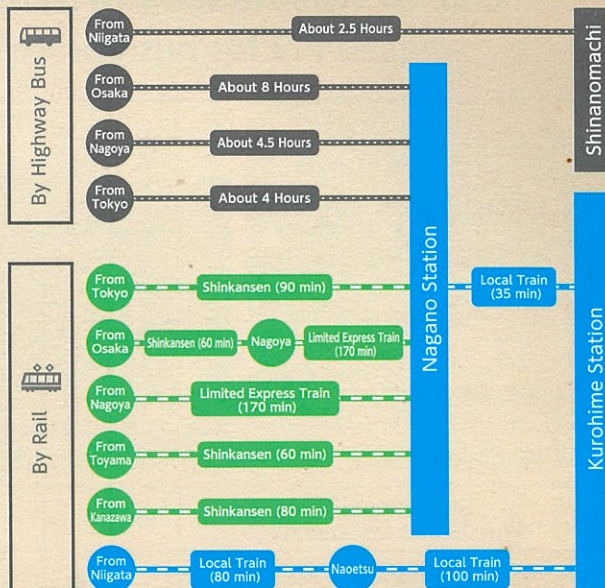
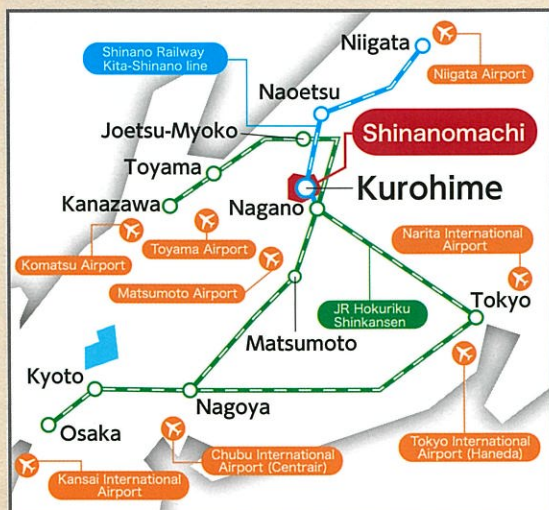
◆ Tipi Activity Center

Tipi Activity Center provides various services, including activity information for Hotel Tangram and around Lake Nojiri, as well as arranging sightseeing tours, and fatbike rental.

TEL: 026-258-3511

※ For accommodation, activities, and services not listed here, please contact the Shinanomachi Tourist Information Center.

Getting to Shinanomachi



For General Activity Enquiries

Shinanomachi Tourist Information Center

Located next to Kurohime Station on the Kita-Shinano Line, Shinano Railway

Shinanomachi Tourist Information Center, located next to Kurohime Station, provides visitors from around the world with a range of information regarding sightseeing, accommodation, and activities, and also has a variety of services on offer, including bicycle rental. Please drop by and let us help make your visit to Shinanomachi more enjoyable.

TEL : 026-255-3226

MAIL : info@shinano-machi.com

● Open: 09:00 ~ 17:00 ● Closed: Every Wednesday

- Accommodation information and bookings
- Rental bicycles
- Free Wi-Fi
- Electrical outlets
- Transportation information



Shinanomachi Official Website

<http://www.shinanomachi-nagano.jp>

