

Powder snow!!  
**Hit the slopes!**

Great access to some of the best ski fields in Nagano.



### Getting to the ski fields by car:

20 mins to Akakura Onsen Ski Resort **free shuttle daily at 9am and 3pm**  
 15 mins to Kurohime Kogen Snow Park  
 20 mins to Myoko Ikenotaira Onsen Ski Resort  
 20 mins to Madarao Ski Resort and Tangram Madarao Hotel & Resort  
 50 mins to Nozawa Onsen Ski Resort  
 1 hr 10 mins to the Shiga Highlands / 2 hrs to Hakuba

### Getting there by train:

Free shuttle between LAMP and Kurohime Station (10 mins)

### Getting to LAMP:

- 5 mins from Shinanomachi Interchange on the Joshin-etsu Expressway
- From Nagano Station, take the Shinano Railway and get off at Kurohime Station (about 30 mins). Let us know what time you plan on arriving and we'll pick you up at the station.

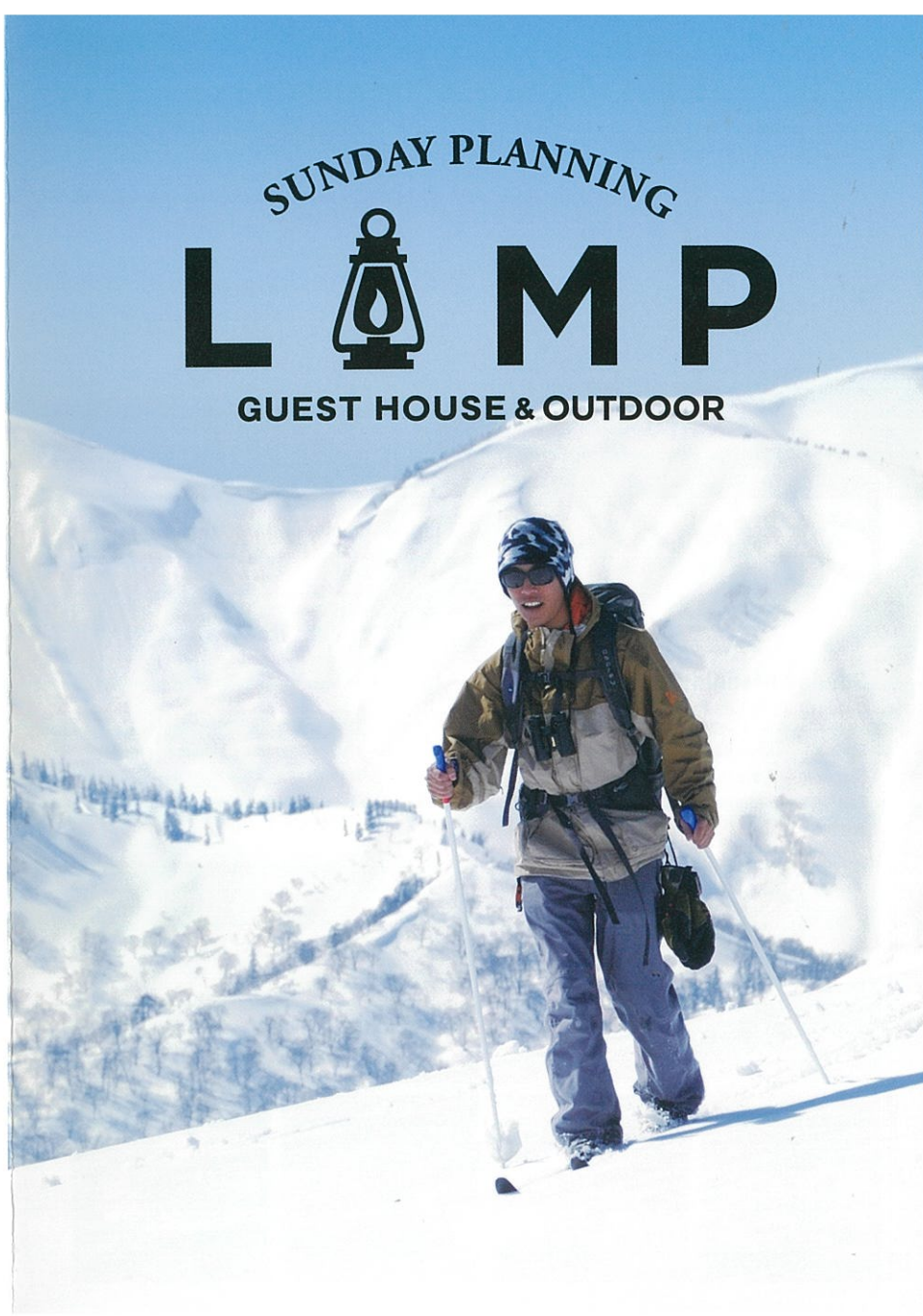
**LAMP**  
 GUEST HOUSE & OUTDOOR

**026-258-2978**

379-2 Nojiri, Shinanomachi  
 Kamiminouchi, Nagano 389-1303

**SUNDAY PLANNING  
 OUTDOOR SCHOOL**

Website : <http://sundayplanning.com/lamp/>  
 f [sundayplanningguesthouselamp](#)  
 @ [guest\\_house\\_LAMP](#)  
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# Explore

## Get out of the city and into the great outdoors!

Nagano has no shortage of outdoor activities on offer all year round. Join one of our tours or plan your own adventure – including getting to some of the best spots in Nagano and Niigata for skiing and snowboarding in the winter!

## Sunday Planning Outdoor School

Outdoor activities for everyone in every season

- Spring    ● Mountain hiking & *sansai* (edible wild plants) gathering followed by a *sansai* dinner
- Summer   ● Kayaking on Lake Nojiri, whitewater kayaking, river rafting
- Fall       ● Mountain hiking & mushroom gathering followed by a mushroom dinner
- Winter   ● Cross-country ski & snowshoe hiking tours



LAMP will help you make the most of your getaway to the great outdoors – You could say we're going to be your new home away from home.

Situated only meters from Lake Nojiri, LAMP is the gateway to all Nagano has to offer. Lakes, rivers, mountains, hot springs...  
Excitement, relaxation, refreshment, indulgence...

Here, you can experience the very best of every season – Summer like it should be, and a winter you never knew.

Come taste the delicacies of Nagano;  
Its clean water and fresh air, sweet vegetables and tasty soba noodles.  
Come join in the adventures it has to offer;  
Hiking, kayaking, rafting, skiing...

Or just simply come here to be –  
Escape the hustle and bustle of city life.

This is where your journey starts.  
Email us today to book your next adventure.







## LAMP Café and Restaurant

Open: 11:30 am to 11 pm

Lunch: 11:30 am to 1:30 pm (last order)

Dinner: 6 pm to 11 pm (last order for food 9:30 pm, drinks 10:00 pm)

Closed: Monday evenings, Tuesdays

## Indulge

### The best of Shinanomachi – on your plate.

Pull up a barstool in our ambient bar area for a taste of our best local beers, wines, and sake. Combine that with exquisite western dishes Nagano-style, and you've got a recipe for relaxation on a plate.



## Relax

### Enjoy an easy evening after a hard day's play.

After a full day of taking in everything Nagano has to offer you'll want somewhere cozy to unwind and refuel for an early start the next day. After all, Lake Nojiri is at its best early in the morning!

## Guest House

|                     |                  |
|---------------------|------------------|
| Mixed dormitory     | from ¥2,700      |
| Female dormitory    | from ¥3,000      |
| Japanese-style room | from ¥4,500/head |

\*Prices increase by ¥500 from October through March to cover heating costs.

**What you get:** Free Wi-fi, shared Japanese-style baths, shared bathrooms, hair dryers, body wash, shampoo and conditioner, soap, slippers, use of a washing machine and children's play area.

**For rental:** Towels ¥200, room wear ¥500

**For purchase:** Toothbrushes ¥100

