Welcome to Nagano City!

Nurtured by an abundance of nature and rooted in Japanese culture and spirituality – the city of Nagano awaits you.

Introduction to Nagano City.
The city of Nagano is located in the center of the Japanese Archipelago. The approximately 378,000 inhabitants of the city live mainly in the Nagano Basin (Kawazu Basin), an area surrounded by lush green mountains. Centered around the 1,400-year-old Zenkoji Temple - A National Treasure - Nagano has developed as a city which draws many pilgrims. In 1998, it hosted the XVIII Winter Olympics and Paralympics.

Sightseeing in Nagano City starts here!
Nagano City Tourist Information Center
(Visit Japan Information Network)
The Information Center is situated opposite the Shinkansen ticket gates inside the station and has brochures and tourist information for both Nagano City and the surrounding area. The information center will be open every day.

KUROBE Falls

Go by bus - a convenient way to explore the city!
Bus Stop Information in front of Nagano Station
- Buses for Zenkoji Temple
Zenkoji Line / Biuru-go
The minibus circles the outskirts of the temple grounds. It departs from Nagano Station and goes via Chuo and Ittsuzu and Zenkoji (Kogen). [Fare] Adult: ¥1,500, Child: ¥800.
Gurin-go (Anticlockwise)
Buses for the 65 stations, every 15 minutes. There is one set of stairs for 2 stops.
- Buses for Nagano City
- Nagano City Bus Station, Nagano City, Tel: 026-271-6404
- Nagano City Bus, 026-295-0888

Zenkoji Temple, Matsusiro One-Day Pass
(Visit Japan Information Network)
Fare: Adult: ¥3,300, Child: ¥1,650 (up to age 12). There are also discounts on admission to tourist facilities. Tickets can be purchased in advance at the Airport Bus Nagano City Information Center.

Buses for suburban sightseeing routes
- Togakushi Kogen: Take the express bus from Karonkuma Station to Togakushi Kogen. Approx. 1hr.
- Iizuna Kogen: Take the express bus from Iizuna Station to Iizuna Kogen. Approx. 1hr.

To:Kanazawa Station
- Take the express bus from Karonkuma Station to Iizuna Station. Approx. 2hrs. (seasonal operation)

How to ride the bus in Nagano City
(1) Board the bus from the back seat.
(2) Take a ticket from the fare box.
(3) Get on the bus and give your ticket to the driver.
(4) Pay the fare before getting off the bus. The fare cannot be changed on the bus. No change is given.
(5) After the fare has been paid, keep the ticket with you.
(6) Be sure to reboard the bus from the same entrance.

Bus fare:
Pay your fare when you de-board the bus. Place it in the slot at the side of the door together with the ticket issued when you boarded the bus.

If you need an interpreter-guide...
Government-licensed interpreter-guide services are available for periods. They are available in several languages including English, Italian, and Russian. They charge a fee and provide guidance in a variety of languages such as English, Italian, Russian, etc. For further information, contact NAGANO international.
E-mail: nignguide.net@gmail.com

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Transportation: Minibus, Taxis, Buses, Trains, Airports...
**Visit Zenkoji Omotesando!**

The street from Nagano Station to Zenkoji Temple—the main road of the area’s central districts—is popularly known as “Chuo Dori.” Walk toward the Niomon Gate, which is visible in the distance at the top of the hill. You’ll make tons of discoveries along the way!

**Chozek-doryo**
Guided tours to Zenkoji Temple
The stones-paved street leading out from Nagano Station is a bustling shopping area filled with stores. Local specialties such as oyaki and soba are sold here. Oyaki is a typical dish of the Shinshu region. It is stewed or baked dumplings made of wheat flour and seasonal vegetables. Each shop has its own special variety.

**Karukaya San Saikoji Temple**
A temple with etchings that is located alongside Zenkoji Temple
An ancient temple to which one can find the site of the battle of Minori in Nagano Prefecture. It has deep associations with Zenkoji Temple and Mount Taisetsu, a graph of the spiritual heritage. Tel: 026-723-6435

**Statue of Princess Nyoze**
The bronze statue of Princess Nyoze was erected by the water fountain in the Zenkoji Temple plaza of Nagano Station. To meet the daughter of Gakkai, a local lord in India, and to offer incense and flowers to the temple in the north.

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**What’s a Monzen-machi?**

Monzen-machi refers to a town which developed in front of the gate to a temple or shrine. Nagano City is a typical Japanese Monzen-machi and is filled with lodgings, restaurants and souvenir shops which welcome pilgrims from all over Japan.

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**Nagano Floral Art Festival Zenkoji Temple**

Flower Corridor: (Main Gate) A wide variety of flowers herald the end of the long winter and the start of spring. Nagano Station and Omotesando Street are decked out with flowers.

**Yoji Ebisu 2020 Ebisu Fireworks Display**

Ebisu is a traditional event dedicated to the god of fortune. The event brings with people buying Daruma dolls and bamboo rats and offering good luck in the coming year. At night, a spectacular Ebisu fireworks display adorns the winter skies.

**Nagano Tomyo Festival**

Dazzling light performance “Fuku-mei” Chinese traditional lanterns, which have been made in China for over 2,600 years, are being sold in the area. The “Fuku-mei” is an event that commemorates the Nagano Olympics, and during this festival, Zenkoji Temple is illuminated with five different colored lights. There are various events to enjoy such as the “Yama Aki-e” exhibition.

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**Shichimi Togarashi**

A condiment which brings out the flavor of soba noodles and soba sauce. It includes spicy chili peppers, aromatic Japanese peppers, and sesame. The way to try it is to sprinkle it in the soba dipping sauce.

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**What’s “Hada no Tsukui”?!?**

The Japanese people’s love of bathing has been included in foreign reports as far back as the middle ages. “Hada no Tsukui” means to communicate frankly in a long personal conversation by bathing together in the bath. Features: conversations get deep.
Journey to Zenkoji Temple - 1400 years of history
The Japanese have long been told to visit the ancient Zenkoji Temple at least once in their lifetime. Not only is it the heart and soul of the people, it is a temple of outstanding history and architecture.

Zenkoji Temple
Zenkoji Temple was established when Yoshimitsu Honda of Shinshu enshrined the statue of Amitabha Tathagata. The statue was discovered from a mound in Nanba where it had been buried by the anti-Buddhist faction at a time when Buddhism was being introduced to Japan. It is worshipped by the general public to this day.

Main Hall
The principal image is enshrined here.

Inner Temple
Eye-catching, serene interior decorations
Admission ¥500 Visitors can pray in front of the altar, while the lights of students are turned on until 3 a.m. It is possible to walk through the temple at all times.

Sanmon Gate
Look for the characters that resemble the outlines of pigeons.

Niomon Gate
Impressive statues of the temple guardians
The Tenmangū-shiki, with its distinctive form and color, is an Important Cultural Property. The sight that greets visitors into the temple is a soul-stirring spectacle that characterizes the outlines of pigeons.

Oosan-ji (Morning Service)
Start the day at Zenkoji Temple
The Oosan-ji Temple follows morning service. The auras, which are first heard by the chief priest of Daikanjin, followed by the rooster crows, reverberate solemnly throughout the temple. Morning service starts between 05:00 and 07:00 depending on the time of sunrise.

Ojuzu Chodai
Pray for good fortune
Every morning service can be seen, kneeling in a row. Still believe that you will receive merit if the head priest is present to pray for you. Flee from the holy altar with the sacred statue (the 4.2-m tall statue of Amitabha Tathagata) in its hand. Visit the temple for morning service.

Zenkoji Daikanjin Temple
At Daikanjin Temple, you can personally experience the traditional year-counting method for Japanese time. It is believed that you will receive merit if the head priest or priestess touches your forehead with his or her hands when you feel generous. It is the innermost hall of Zenkoji Temple for morning service.

How to pay your respects at Zenkoji Temple
1. First, go through Niomon Gate where the Niomon gate temple guard stands guard. (Don’t forget, there may be a line for your respect.)
2. Before entering Sanmon Gate, stop by the basin to cleanse your hands.
3. Pray with your hands to the statues. The statues of Amida in the large image in the main hall is said that if you bathe your prayer the best here is called the Eko-bashira, after the rope that is connected to the beam. The rope is tied to Maedachi Honzon’s (a National Cultural Property) right hand and connected to the Osan-nomi (a beam that stands in front of the main hall). This thread is gold coloured at the beginning, then becomes five-coloured, and then white at the end, where it is connected to the beam. It is said that if you fold your hands in prayer to this beam, you will form a connection with Buddha.

The significance of Oosan-ji (money offering)
Oosan-ji is a money offering made to give thanks to the gods and Buddha and also to give thanks to the gods and Buddha. In return times, people offered rice.

What’s Gokuraku?
Gokuraku is an abbreviation of the word “Gokuraku Jodo,” a peaceful place located in the West that Amida Buddha, who has vowed to save all beings, has prepared for people. When you feel right to offer a prayer from the heart, you can peacefully and go to paradise. In Japan, we say “Gokuraku” when we feel good soaking in a bath.

Temple lodgings offering vegetarian cuisine
Zenkoji Temple Lodgings
There are 12 lodgings inside the precincts of Zenkoji Temple. Each one of them is an independent temple and each has a price plan on an important pilgrimage or staying over the week. There are 22 independent Buddhist lodgings and temples on the main road and visitors can may view these in temple. Vegetarian cuisine

Nearby attractions
Nagano Prefectural Shinano Art Museum / Higashiyama Kaii Gallery
Shinano Art Museum offers works by artists of Shinshu Prefecture and the Chaika Gallery in Higashiyama Kaii Gallery. About 300 pieces are on display in the art museum, while works are exhibits in the Chaika Gallery, which is renowned for its modern art.

Cherry Blossoms in Joyama Park
Blossom charming season: Mar-Apr
Joyama Park on the east side of Zenkoji Temple is the best place to see cherry blossoms in Nagano City and approximately 320 Yoshino cherry trees bloom here in full glory. During the blossom season, Japanese and foreign visitors can stroll and enjoy the park with the blossoms. The blossoms can also be viewed at night.

Should you require an interpreter guide—
Bonso no Kai TEL: 026-234-4326 / 080-8487-0531 E-mail: bonso@kai.com
Bonso no Kai is a volunteer tour guide group, which provides tour guides to individuals or groups from overseas who wish to visit Zenkoji Temple and the vicinity (Matsusaka, Obuse, Tajimagahara, etc.). English, Chinese and German are available. A change may be applicable in some cases.
Togakushi, lizuna, Kinas

A 30-minute car ride from Nagano City brings you to the highlands and a mysterious looking mountain range. Togakushi, lizuna, and Kinas are still home to many legends.

**Togakushi Area**
Approx. 60mins by bus or car from Nagano Station.

A journey into year-round beautiful countryside and folk customs.

**Togakushi Jinja Shrine**
Togakushi Jinja Shrine has a spring, which is reputed to never dry up no matter how long a drought lasts. It has long been worshipped as the shrine of the god of water and agriculture. The mountain food is a god and there are two shrines linking the mountain from the base.

**Togakushi Minzukaku**
Togakure-ryu Nimpo Shiryokan
Ninja Karakuri Yashiki
Kids’ Ninja Village

**Togakushi Ski Area**
Koshimizu Slopes
Chusha Slopes
Soba restaurant
Tourist facilities

**Kagami-ike Pond**
Available Soba-making lessons
Closed for winter
600 400

**Avenue of Cedar Trees**
As an offering to the gods, put some coins into the offertory box.

Togakushi is known as the home of the Togakure Ninja, who existed during the Warring States period.

**Togakushi Minzukaku, Togakure-ryu**
Nimpo Shiryokan, Ninja Karakuri Yashiki

Explore the Ninja house and experience Ninja-style blade throwing.

**One of Japan’s top three places to eat Soba**
“Togakushi Soba”
Soba (buckwheat) noodles were eaten regularly by Shinobi practitioners during the Warring Period, and “Togakushi Soba” is famous for its quality. Togakushi Soba, served on the famous wooden plate, is said to be the traditional Soba from Togakushi. It is made with fresh buckwheat flour and a special sauce made from local ingredients.

**Togakushi Soba Festival**
Every Nov.
The Soba Festival is held every November in the outskirts of Togakushi, where buckwheat blossoms are in full bloom. The festival features traditional Soba-making demonstrations and a Soba-eating contest.

**Togakushi Ski Area**
Koshimizu Slopes
Chusha Slopes
Soba restaurant
Tourist facilities

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**Togakushi Bamboo Craft**
Bamboo was used extensively in the mountainous regions of Togakushi as a material that has been passed down through the Edo Period. They were originally used as decorative items, but are now more appreciated as works of art.

**Bamboo Craft Workshop**
Togakushi Takezakiku Center

**Tourist Information**
Togakushi Station
Toll: 0268-364-216

**Food**

**Buckwheat - a feast for the eyes**
Viewing season for buckwheat blossoms
(Mid-Jul. and mid-Sep.)
Buckwheat becomes a cool climate, and snows only have a short growing period before harvest. Soba grown in the highlands of Togakushi can be harvested before other types of buckwheat.

**Nagano Kanko (TAXI)**
Bow to show your respect to the gods and clap your hands to invite the gods and become one with them (two bows and two claps).
**Kino Area**
Approx. 2hr. by bus or car from Nagano Station

**Kotengu-no Mori (Adventure Center)**
Kotengu-no Mori is an all-terrain course in the forest. It shares a wide range of structures, including a bridge that flows on water. This is also a perfect place for birdwatching and viewing wild animals.

**Iizuna Area**
Approx. 30 minutes by bus or car from Nagano Station

**Iizuna Nature Park**
Home is the skunk cabbage and natural trail area. A place of legend and pristine wilderness.

**Okusubobana Valley**
This is one of the Otsuki Highland Natural Forests of Japan. It is inhabited by wild animals and birds and also contains many rare wildflowers. You will encounter a soul-tingling forest scene every season.

**Okusubobana Virgin Beach Forest**
Throughout Okusubobana, a forest of giant beach trees spread around the source of the Togakushi River. The trees flow with the wind in harmony with the rainy season. This place will entertain you with the theme of the hot spring and rich natural environment.

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**Forest Adventure Nagano**

**Izuna Kogen Campsite**
A spacious and cool camping area at 2000 meters, ideal for a trip with the family. It is equipped with lakeside and waterfall campers, and has great views of the Otsuki Highland Natural Forests of Japan. You can also enjoy birdwatching and other forest activities.

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**Kine Ka Yo (Okusubobana Onsen)**
The hot spring in Kinase is also referred to as the "Kine Ka Yo (Okusubobana Onsen)." It is famed as the "best of the best" in the area. The hot spring and natural environment are highly recommended.

**Okusubobana Nature Park**
Home is a large colony of approximately 10,000 skunk cabbages. Many white butterflies visit the site during the summer season. It is in the Okusubobana Nature Park.

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**Wakakosuki’s Recommended Walking Course**
Nagano Station → Togakushi Chuskasou Shrine → Izuna’s Recommended Walking Course

**Shinanooi Nature Trail**
Shinanooi Nature Trail connects Otsuki’s Togakushi Hitomi Shrine with Togakushi’s Okusha Shrine. This trail is a 10km walk around Mt. Togakushi, with many flowers and plants in bloom. In addition, you can enjoy birdwatching and watching the fall leaves.

**Snowshoes**
In addition to skiing, the abundant snow that accumulates in the forest, spreading out from the city of Nagano, is ideal for enjoying snowshoeing.

**Mt. Iizuna Trekking Course**
The 5.7km route starts from Mt. Jizuki park area north of Nagano city. You can enjoy the historical and natural feel. The kerria communities, mountain views and ancient sites (old burial mounds and castle ruins) are splendid. The route can be covered in 2.5h at a walk.

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**Countrywide Trekking Courses**

**Nanobai Jimpatera Trekking Course**
A trekking course that provides views of the Northern Alps, the Chubu and Hida ranges and the Kusenokasai-daira The course takes in mountain castles, roads and several ancient burial mounds, as well as the original trails that spread out at the foot of the mountain.

**Wakakosuki Mt. Mitake Trekking Course**
This course will take you through the countryside to the top of Mt. Mitake, allowing you to enjoy historical sites on the way. Mt. Mitake and Mt. Komagata were famous skies along the Kogen Kato (the main road).

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During the Warring States Period, from the middle of the 15th century to the end of the 16th century, politics and culture developed in the castle town of Matsushirojo Castle. Visitors can explore historical sites associated with the samurai Sanada family and Zozan Sakuma, a politician who advocated the opening of Japanese ports to foreign traders.

**Matsushiro-yaki**

Matsushiro-yaki is the name of the pottery that was created in the early part of the 15th century in the castle town of the Sanada family, Matsushiro. It is unique for its simple form and weight and its distinctive blue-green glaze. Although the pottery can be purchased, visitors who wish to make one should go to the workshop.

**Nagojyo Yam**

The Nagojyo Yam has a unique design, and it is harvested in the spring and late autumn. It is eaten grated with the addition of soup stock and ground over rice cooked with barley and oka. It can also be enjoyed as a thin textured rectangle.

**Matsushiro-so Local Government Operated Inn (Matsushiro Ouen)**

Matsushiro-so is famous for its reddish-brown hot spring and for being the secret hot spring reputed to have healed Shinjo Takeda’s soldiers. The 100% natural hot spring never stops flowing. As the water contains a large amount of sodium, it warms the body right through.
The City of the Winter Olympics

In the winter of 1998, the Nagano Winter Olympic Games were held in Nagano City.

For the people of Nagano City, the memories of the exciting games played in the uniquely-shaped athletic facilities are unforgettable. The excitement is sure to be revived if you visit the venues.

Minami Nagano Sports Park (Venue for the Opening and Closing Ceremonies)

The Minami Nagano Sports Park is the location for the opening and closing ceremonies of the Games. The stadium is also used for other athletic and social events.

Nagano Olympic Museum

The Nagano Olympic Museum displays Olympic-related exhibits and dioramas. The Museum is open year-round, except for New Year's Day.

Ashinoshiri Dosajin (guardian of the community)

Ashinoshiri Dosajin is a traditional local event handed down from ancient times. Every year on January 7th, local residents bring straw ornaments to create an effigy of the giant guardian of the community, which bears human facial features. The guardian was shown at the Opening Ceremony of the Nagano Winter Olympics in 1998 and attracted the attention of people from around the world.

Old Battlefield of Kawanakajima

The Nagano Winter Olympic cauldron that held the Olympic flame is the spot for taking commemorative photographs. The venue has been developed as a place where the citizens of Nagano come to relax. The Nagano Olympic Stadium is also used as a multipurpose stadium.

Shomen-va Ishi (Rock of Vengeance)

Shigemori had his son, Kousuke, assassinated by his general, Kusunoki, however, Kousuke's death was avenged by the subsequent invasion of Shigemori's stronghold.

Obuse

Obuse is a town noted for its historical sites and natural beauty.

Jigokudani Yaenkoen (Snow Monkey)

Jigokudani Yaenkoen is a natural hot spring and zoological park where snow monkeys can be observed in their natural habitat.

Nagano Dentetsu Snow Monkey Park Bus Stop

From Nagano Station, take the limited express bus to Obuse (Approx. 100min).

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