Chikuma City Tourist Association
2-12-10 Kamiyama Onsen, Chikuma City, Nagano Prefecture

Chikuma City Tourism Department
4-13-1 Kamiyama Onsen, Chikuma City, Nagano Prefecture
TEL: 026-275-7153 FAX: 026-281-4607
Chikuma City Tourist Information Website: http://www.city.chikuma.nagano.jp/

Sightseeing · Hotel Information Office
TEL: 026-275-1328

Highway BUS Express ShuttleBus service connects Chikuma City with major cities including Tokyo, Shinshu, and Kanazawa. Nagano, Kyoto, Osaka, and Nagoya. Please contact the Chikuma City Tourism Association for more details. Tel. 026-275-1328

Sightseeing Guide Book of Chikuma
Experience the true culture of Japan in Chikuma City. Come and relax in the city that everyone thinks of as their hometown.

千曲
ちかにせ

Nagano Prefecture
Welcome to NAGANO

What to see

Nagano Sights
- Kamikochi: Japan’s first ski resort, renowned for its natural beauty.
- Hakuba: One of the best ski resorts in Japan, offering world-class skiing and scenery.
- Matsumoto Castle: One of Japan’s most significant castle ruins, with a beautiful garden.
- Togakushi: Japan’s oldest temple, nestled in the mountains.

Where to go

Transportation
- Train: Take advantage of the JR Shinkansen to explore various sightseeing spots easily.
- Bus: For more information, including schedules and fares, visit the Tourism Information Center or contact Kamikochi City Tourism Association.

What to do

Tour guide taxi
Your tour driver will tell you about each sight and recommend local restaurants and shops. Rates are charged hourly, and the fare includes all parking fees and tolls. These rates are subject to change. For more information, please contact Kamikochi City Tourism Association.

History
It is believed that during the Kofun Period, the regional administrator for Shinshu was based in Nagano. Later, during the Edo period, the city flourished as a transportation hub.

Train
Tourism information can be obtained at the Kamikochi City Tourism Information Center. Information about Temperatures: website: http://kamikochi-tour.com

Bus
For information, please refer to page 11 for more information.
Unspoilt Scenery: Obasute

Obasute is a picturesque area, much loved by many poets and literati such as Matsuo Basho and Kokusho Inoue. Take a stroll and enjoy a traditional Japanese township overlooking magnificent views of Japan’s longest river, the Chikuma River, and the Zengoro Mountains.

Terraced Rice Paddies (棚田)
Obasute is home to one of the most scenic terraced rice paddies in Japan and has been selected as one of Japan’s cultural landscapes. It is one of the top 100 terraced rice paddies in Japan. More than 1,200 small rice paddies are laid out in terraces on the side of a hill, creating a picturesque scene. The terraced rice paddies in Obasute are listed as a World Heritage Site and are a popular destination for tourists.

The Legend of Mt. Obasute

A long time ago there was a feudal lord who despised the elderly and issued a decree that “all over the age of 60 are to be left in the mountains.” Following this decree, one young man took his aunt to Mt. Obasute but could not leave her there. The young man instead decided to take his aunt back home and not leave her there. Around the same time, the lord was presented with a report from a neighboring region. “We do not know if it is true, but an old man and an old woman, both upwards of 60, are living in the mountains.” The lord decided to investigate and found that the young man had taken his aunt to Mt. Obasute but could not leave her there. The lord was furious and ordered the young man to return to the mountains and bring his aunt back. The young man was so afraid that he brought his aunt back to the mountains and was eventually forced to leave her there. The young man’s request was granted and the lord learned to respect the wisdom of the elderly and value elderly citizens.

Cherakuki Temple (切劔寺)

The temple building and its grounds are surrounded by beautiful terraced rice paddies. Within the temple grounds, there are a number of stone tablets inscribed with haiku poems and sayings. During mid-summer and mid-autumn, the Basho Obasute Gion Festival and national haiku contests are held.

Sarashina no Sato Ancient Experience Park (サラシナの里)

The park is an open-air museum that recreates a village from the Edo period. It also houses some of the largest outdoor exhibitions in Japan. In addition to the exhibits, there are also a number of rides and attractions for children. The park is open year-round and is a popular destination for families.

Tago no Tozuk Amazing Reflection of the Moon in the Waters of Terraced Rice Paddies

Since the Hira River, Obasute has been selected as a prime location from which to enjoy viewing the moon, but in recent years the beauty of the moon reflected in each rice paddie has come to prominence. The view of the moon reflected in the regularly shaped rice paddies is known as “Tago no Tozuk” and is one of the most scenic landscapes in Japan. The rice paddies may only be seen in spring, just before the rice seedlings are planted into the shadowy waters of the rice paddies.
Japan’s Best Apricot Orchards

Gaze upon the pastel pink apricot flowers that densely cover the branches of the trees and together create magnificent views. Take a stroll through the sweetly fragrant apricot trees and experience for yourself the arrival of spring.

**Anzu no Sato Sketch Park**

View 10,000 apricot trees that have been relocated to the park and botanical houses have been restored to recreate a traditional village. From the magnificently beautiful flowers, one first notices the apricot flowers bloom, and then the cherry blossoms.

**Anzu no Sato Woodblock Print Museum**

Located within a historic house from the Edo Period, the museum’s exhibits include folk-art artifacts from the Shimanto region and works by Munakata Shikō, an internationally recognized 20th-century woodblock print artist.

**Shimanto no Mura**

Experience the ancient village life of the Shimanto region by walking among the excavated houses, storehouses, and ceremonial grounds of the Kofun Period.

**History of Anzu no Sato (Apricot Village)**

It is believed that apricot trees were first introduced to the area when the daughter of the feudal lord of Yamada Domain in Iyoe Province, Toyotomi, married Iseda Yamasuke, the feudal lord of Matsushima Domain during the Genkyo Era. Toyotomi brought with her apricot trees intending to never let her hometown forget her homeland. The magnificent view of the apricot flowers painting the mountain pastel pink makes it seem as if the spirit of Toyotomi still looks over her hometown, even after the passing of so many centuries.

**Mori Shogunzuka Old Tomb**

The tomb was built for an aristocratic family who ruled the Shimanto region in the 14th century. The tomb has a 100m long shaft that connects to a stone chamber. It is the largest of its kind in Japan and is designated a national historic site. Within the site is the Mori Shogunzuka Museum, where visitors can view a life-size replica of the shaft, actual and replica burial goods, and clay figures.

**Nagano Prefectural Museum of History**

Visit the museum to see, touch, and experience the history of Nagano Prefecture. Buildings from each period have been faithfully recreated and put on display.

**Apricot Orchards Area**

Walk through the orchards that paint the hills pastel pink.

As spring arrives each year, a sea of one hundred thousand apricot trees come in full bloom in Anzu no Sato (Apricot Village) in Chikuma City just before the cherry blossoms bloom. The region is known as the best apricot viewing location in Japan with apricot blossoms stretching as far as the eye can see as if the landscape is painted a pastel pink. Visitors can also enjoy cherry blossoms, German iris, lotus, and other seasonal flowers.
A traveler’s stopover town on a historic high-road that flourished in the Edo period with a strong sense of its own history.

Inariyama was a bustling center of commerce that flourished as the largest traveler’s stopover town on the Hokkaido Nishi-Kaido road. Still standing along the route of Inariyama are traditional residential houses and storehouses in the architectural style known as seko-kabe-zukuri. You will also notice large black mud walls known as namako-kabe, which are also traditional styles of Japanese architecture. The construction methods and appearance of the buildings in the area vary significantly, and you can enjoy your own first-hand experience of the techniques, tradition and history of Japan.

Stroll Down Historic Streets

Located on the Hokkaido Nishi-Kaido road to that leads to Zenkoji Temple near the beginning of the Hokkaido-Kaido road, Inariyama was a center of commerce that flourished in the Edo Period. Even today that atmosphere of a bustling center of trade remains strong. The streets lined with white-walled storehouses are history and tradition preserved in time. Architects and builders of the time competed with each other to display their skill and craftsmanship and built all kinds of marvelous buildings. Today it is as if one can still feel the vibration of town in the Edo period.

Haruna Park

A great location for cherry blossom viewing where weeping cherry trees and Yoshino cherry trees are in full bloom in Spring. You will also discover a statue nestled between two ponds within the park.

Chouonji Temple

A Onsen Temple, built in the Kamakura Period that houses the 19th century statue of one of Japan’s most important cultural properties.

Naritasan Juku Kurashi kou

A typical storehouse building with white clay walls in which you will find a number of folk artifacts that give insight into the lives and business of Naritasan residents in the past. Precious artifacts known as Sixpence—four gods (dragon, white tiger, phoenix, black tortoise)—crafted in the first year of the Edo Era are stored and displayed in the museum. This is the only place you are able to see such samples within the precinct.

Bunsho-kan

The storehouse present and resist fire and are either fully coated with plaster or bricked. Some storehouses are built with flat that and are painted with white clay that is mounted on top. This is known as namako-kabe.
Stroll through this Old Hot Spring District

Togura Kamiyama Hot Springs is a hot spring district found in an unique location along the Chikuma River and surrounded by a number of mountains, including Mt. Obasute. From ancient times the district flourished as a "roji-sha" hot spring town, that is, a place where pilgrims could go to relax before returning to normal life. With an abundance of water from the 14 sources, the district boasts one of the largest volumes of discharged spring water in Japan. The area's hot springs are simple sulfur springs, with a slight sulfur scent and are clear in color. The water is very gentle to the skin and popular for its beneficial qualities. A number of legends also originate from the area, including the Keishin Yu legend which says that a young woman col. lost 100 red stones in her effort to find her missing lover. (see page 16)

Hot Spring District

The district of Japanese wooden shōji walking down a street lit by old orange-tinted lights gives you the feel of an old fashioned hot spring district. Take a stroll in your wooden shōji down the bustling streets filled with restaurants, stores, museums and street stalls. The district also has hot springs for your foot, which are perfect when having a quick break during your walk. Feel free to walk around the hot spring district in your yukata and sandals.

Public Hot Springs

Immerse yourself in Japanese culture and take a stroll down the streets of the hot spring district in a yukata and wooden sandals while stopping at any of the seven public hot springs.

Yamabana onsen Hanzo Suizou
Opening hours: Year-round Daily 8:00am-8:00pm (Last entry 7:00pm) Phone: 0120-720-222

Manyo Sugar Sonic Osen
Opening hours: Year-round Daily 9:00am-9:00pm (Last entry 8:00pm) Phone: 0120-720-582

Koishikawa Yu (Tsuruno Yu)
Opening hours: Year-round Daily 9:00am-9:00pm (Last entry 8:00pm) Phone: 0120-720-5432

Kashu Tokusyo
Opening hours: Year-round Daily 9:00am-9:00pm (Last entry 8:00pm) Phone: 0120-720-513

Tsukishima Yu
Opening hours: Year-round Daily 9:00am-9:00pm (Last entry 8:00pm) Phone: 0120-720-5427

Kameno Yu
Opening hours: Year-round Daily 9:00am-9:00pm (Last entry 8:00pm) Phone: 0120-720-5429

Togura Kamiyama Onsen (General Office)
Opening hours: Year-round Daily 9:00am-9:00pm (Last entry 8:00pm) Phone: 0120-720-5428

Geisha

Geisha performers are in high demand for their dancing, shamisen (stringed instrument) and singing entertainment. These performances give visitors a true sense of a traditional Japanese hot spring district. Visitors enjoy entertainment sessions with Geisha performers, tour the area with them or try kimonos on yourself. Sakes are available for hire. Immersed yourself in traditional Japanese culture. (Please refer page 17 for details on Geisha Show and kimono hire)

Arashiyama in Mountain Castle

Found within the park is a faithful replica of Arashi Castle, a castle built during the Sengoku period. The castle platform is high, and the main gate is surrounded by the Togura Kamiyama hot spring district. Ouchita River runs with the Northern Alps standing tall in the distance.
**Things to Eat in Chikuma**

**10 Best**

- **Shinshu Gyu (Mayu Ban)**
  Shinshu beef is known for its rich flavor and quality meat. The secret behind the beef is its specialized diet and careful feeding. Shinshu cattle are raised on a diet that leads to high levels of amino acids and omega-3 fatty acids, resulting in meat with a rich flavor and texture.

- **Tanada Rice**
  Rice paddies made from cutting rice into the side of steep hills are known as tanada. Tanada Rice is cultivated in these steep rice paddies and is characterized by its abundant and fresh taste, rich aroma, and delicate flavor. The rice also contributes to the local cuisine and produces a white rice that is softly packed, fat, and the red meat.

- **Miso Paste**
  Shinshu miso is made of only natural ingredients, with no additives, and is renowned for its rich flavor. Shinshu miso is notable for its full-bodied flavor and is often served on rice with a dish of umeboshi pickles or as a condiment for grilled meat.

- **Toubaka River Snacks**
  Minnows, or Haya as they are locally known, are a popular snack in Japan. The river is known for its clear water and is a popular spot for fishing. The minnows are grilled and served as a snack.

- **Kanroki**
  Fresh water fish such as Ayu are rich in protein and are often enjoyed as a snack. Ayu are grilled and served as a snack.

- **Oyaki Dumplings**
  Oyaki is a popular snack made by grilling flour on a pan over low heat, which is then rolled out thinly before being used to wrap a filling of eggplant or meat. Oyaki is popular in the area.

**International Tourist Friendly Accommodation**

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<td><a href="http://www.kaminoyama-hotel.co.jp">http://www.kaminoyama-hotel.co.jp</a></td>
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**Hiking Map**

This map shows popular hiking trails in the Kaminoyama area, ideal for nature lovers and outdoor enthusiasts.

**Cycling Map**

This map highlights cycling routes suitable for both families and experienced cyclists.

**Gourmet Guide**

This guide offers recommendations for the best places to eat and drink in the area, tailored to different tastes and budgets.

**My Recommendations**

*My name is [Your Name]. I am the owner of [Your Business] located in the heart of Chikuma, a town known for its natural beauty and cultural heritage. I am one of the locals and I am excited to share my favorite spots with you.*

I believe that exploring the area is the best way to experience its unique charm. Whether you’re a food lover, a nature enthusiast, or simply someone looking for a peaceful escape, Chikuma has something for everyone. I would be honored to guide you through the town and introduce you to my favorite spots.

*If you have any questions or need further assistance, please don’t hesitate to ask. I’ll do my best to make your visit to Chikuma an unforgettable experience.*
Events and Festivals in Chikuma

10 Best

Japan has many seasonal festivals and events throughout the year, and Chikuma City is no exception. Visit Chikuma City to enjoy the best of each season's energetic and interesting events. These are the area's top 10 events.

Osabusa Kangetsu Festival
Where: Chikuma City, Higashi Chikuma
Where: The mid-autumn moon festival season
When: Mid-autumn moon festival season
Enjoys the moon and views of the Osabusa Kangetsu
Aim: To be a cultural and traditional festival
Features: A traditional festival with a moon viewing and a moon viewing party.

Aoi Flowers Festival
Where: Higashi Chikuma
When: Early to mid April
Features: The festival is held in Higashi Chikuma in the early to mid-April. The festival is held in Higashi Chikuma in the early to mid-April.

Mori Shogun Zuka Festival
Where: Mori Shogun Zuka
When: Early November
Features: The festival is held in Mori Shogun Zuka in early November. The festival is held in Mori Shogun Zuka in early November.

Haruyama Gion Festival
Where: Haruyama
When: Mid-July
Features: The festival is held in Haruyama in mid-July. The festival is held in Haruyama in mid-July.

Dalton Festival
Where: Dalton
When: Dalton
Features: The festival is held in Dalton. The festival is held in Dalton.

Togura Kamiyama Onsen Festival
Where: Togura Kamiyama
When: Every year
Features: The festival is held in Togura Kamiyama every year. The festival is held in Togura Kamiyama every year.

Sarashina no Sato Jomun Festival
Where: Sarashina no Sato
When: Every year
Features: The festival is held in Sarashina no Sato every year. The festival is held in Sarashina no Sato every year.

Winter Illumination
Where: Kurosawa
When: Every year
Features: The festival is held in Kurosawa every year. The festival is held in Kurosawa every year.

Cultural Events and Experiences in Chikuma

10 Best

Chikuma City offers a variety of activities where you can experience Japanese culture. Below are just a few of those events and we highly recommend that you take the chance to do them while you stay in Chikuma. These are the top 11 culture and experience activities in Chikuma City.

Fruit Picking
Chikuma City is home to a variety of fruits. In autumn visitors can enjoy picking apples that are in high demand from both domestic and international markets, and in winter mandarin and strawberries. In late spring you can pick your own apricots, the first

Experience Life in Ancient Times
Where: Haruyama no Sato
When: Ancient Experience Park
Features: The festival is held in Haruyama no Sato. The festival is held in Haruyama no Sato.

Pottery Making
Where: Furu
When: Furu
Features: The festival is held in Furu. The festival is held in Furu.

Rice Planting
Where: Ohashi
When: Ohashi
Features: The festival is held in Ohashi. The festival is held in Ohashi.

Stained Glass making
Where: Sarashina building
When: Sarashina building
Features: The festival is held in Sarashina building. The festival is held in Sarashina building.

Fruit Picking Calendar

<table>
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<tr>
<th>Fruit</th>
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<th>Days to Pick</th>
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<tr>
<td>Apple</td>
<td>Late Fall</td>
<td>30-50 days</td>
</tr>
<tr>
<td>Strawberry</td>
<td>Late Spring</td>
<td>30-50 days</td>
</tr>
</tbody>
</table>

Flashing
Sections of Chikuma River through Chikuma City by boat, sailboat or rowboat, make a fantastic trip for families. For fishing for fresh water fish such as ‘Yuki’, visits during the summer you can typically see many fishing enthusiasts enjoying their sport along this beautiful river. The best time for fishing is between June and September.

Kamiyama Lion Dance
Where: Kamiyama
When: Every year
Features: The festival is held in Kamiyama. The festival is held in Kamiyama.

Target Shooting
The old-fashioned, shooting gallery stands in a traditional Japanese district with a traditional Japanese atmosphere. You are guaranteed to experience old-fashioned Japanese culture and learn about various aspects within the Kamiyama-mura. Kamiyama-mura is such a fun and relaxing place to shoot where you feel free to step by step where you are not even a bit timid.
Restaurants in Chikuma

10 Best

Chikuma City has so many unique and interesting restaurants that it’s hard to choose! We can confidently recommend all restaurants because they are all located in Chikuma City, the home of so many delicious ingredients. These are the top 10 restaurants in Chikuma City.

Sushi Hei
An easy-to-read guide to traditional sushi. All the sushis are so fresh and tender, and about 300 types! You can also enjoy our unique “Makisu.69” meal. 16-12 Kamiyama Gumi, Chikuma City, Nagano Prefecture Tel: 0263-274-1810

Yumi
Try yakitori, a traditional skewered chicken dish, at this restaurant. The yakitori is made with 100% chicken caught and skewered by the owner. The owner is having fun at the counter.
16-12 Kamiyama Gumi, Chikuma City, Nagano Prefecture Tel: 0263-274-1810

Google’s Gohan
If you’re in the mood for Chinese food, you can’t miss the Chinese food at this restaurant. The principles of Chinese cuisine are used to create mouth-watering dishes. It’s a must-try for anyone who loves Chinese food.
17-11 Kamiyama Gumi, Chikuma City, Nagano Prefecture Tel: 0263-274-1810

Kaya
Turn to the local specialty of nachos and salads. The nachos are made with fresh vegetables and a variety of meats. It’s a must-try for anyone who loves nachos.
United States, Chikuma City, Nagano Prefecture Tel: 0263-274-1810

Kohaku
You can’t miss the olive oil and balsamic vinegar-flavored dishes at this restaurant. The combination of olive oil and balsamic vinegar is so delicious. It’s a must-try for anyone who loves olive oil.
17-11 Kamiyama Gumi, Chikuma City, Nagano Prefecture Tel: 0263-274-1810

Oabsute Masamune
This sake is made from rice and is perfectly balanced with the sake rice. It’s a must-try for anyone who loves sake.
17-11 Kamiyama Gumi, Chikuma City, Nagano Prefecture Tel: 0263-274-1810

Konojou
You can’t miss the Chinese specialty of Beijing-style roasted duck. It’s a must-try for anyone who loves roasted duck.
17-11 Kamiyama Gumi, Chikuma City, Nagano Prefecture Tel: 0263-274-1810

Pickled Vegetables
This store is famous for its pickled vegetables. It’s a must-try for anyone who loves pickled vegetables.

Mountain Vegetables and Mushrooms
Large amounts of vegetables and mushrooms are cultivated in Nagano and the region is in fact the largest producer of mushrooms in Japan. It’s a must-try for anyone who loves mushrooms.

Clothing Store Beniya
Check out the latest and unique Japanese clothing. It’s a must-try for anyone who loves Japanese clothing.

Legend of Keishine Yu
The legend of Keishine Yu was started by the woman who owns the store. It’s a must-try for anyone who loves Japanese food.

Apricot Products
Chikuma has the largest apricot production in Japan and Anzu no Sato offers a variety of apricot products. It’s a must-try for anyone who loves apricots.

Sakura-chan
The store is located in the middle of the town and is known for its unique and healthy food.

Daidzukaya
The name Daidzukaya means “big to the south” and this store is famous for its korigami. It’s a must-try for anyone who loves korigami.

Shichifuku
Sakura-san, who is in charge of this store, has a unique flavor. It’s a must-try for anyone who loves sakura.

Dr. Bottle
Selling a variety of shochu, this store is famous for its unique and healthy food. It’s a must-try for anyone who loves shochu.

Shisaido
Shisaido is one of the largest cosmetics brands in Japan. The store is located in the middle of the town and is known for its unique and healthy food.
Indoor and Outdoor Activities in Chikuma

9 Best

We have put together a list of both indoor and outdoor activities that you can do in Chikuma City. Chikuma’s abundant natural environment means that just going for a walk will be a great experience. These are the top 9 indoor and outdoor activities in Chikuma City.

Cycling along Chikuma River

Along the Chikuma River, you will find a good long cycling track. Cycling along the wide river on the spacious trail and going through the country town is a great feeling.

Geisha Show and Kimono for Hire

Geisha Show

2000 yen for geisha performance.

Kimono for Hire

From 3000 yen (flexible)

Duration: minimum 30 minutes

Togura Kaniyamada Onsen Morning Market

This market is held every Sunday from May through to November at the Togura Kaniyamada Onsen morning market.

Shuzo Collection

Shuzo Collection is a museum operated by the prestigious Kajita Masaharu, a sake brewery with more than 400 years of history. The museum also provides an opportunity to practice pottery and stained glass making. An art gallery is also located adjacent to the museum.

Professional Basketball

Last year we saw the forming of Nagano Prefecture’s first professional basketball team, the Shuzo Collection. It’s still a very young team but comes with a wealth of experience while staying in the Togura Kaniyamada hot springs district.

Suzenji Onsen Museum

This museum is located at the entrance of the Suzenji Hot Spring, and offers an opportunity to learn about the history and culture of the area.

Professional Basketball

The Shuzo Collection Professional Basketball Team, the Shuzo Collection, is the first professional basketball team in Nagano Prefecture. It has been active for one year and is still a very young team, but has gained experience while staying at the Togura Kaniyamada hot springs district.

Japanese Signs in Chikuma

Soba

Soba noodles are one of the most common dishes in Japan, and are known as a national food, together with curry rice. Different restaurants have their own unique toppings on soba noodles such as ramen and udon, so why not try a few?

Shopping

Ayu, or sweetfish, is known as the food of early summer and brings a refreshing feel to the dining table. Young ayu of early summer and deep-fried ayu are favorites.

Hiking in SK, Kamikuri, and Hayato

Treking and bushwalking are becoming increasingly popular in Japan. Experience the beautiful scenery from Mt. Kamikuri to Oita City. The mountain has long been loved by locals as a place from which to enjoy the view and where authors composed their works.

Viewing the Chikuma River

The Chikuma River runs through the middle of Chikuma City and is the longest river in Japan. At a total length of 476km, it starts from the Chikuma River in the northern part of Nagano Prefecture and flows into the Sea of Japan. Chikuma means "a thousand mountains" and "a thousand rivers." Its water, clear and cold, is said to be good for bathing and healthy. Chikuma is also known for its castle, which is located in the Chikuma City tourism area.

Get the Most Out of Your Visit to Chikuma

We want you to know more about Chikuma City. We want you to enjoy Japan more. Below is some useful information for an enjoyable time in Chikuma City. Mastery of this information will make you a Chikuma expert.

Hokkoku Nishi-Kaido Road

The Road to Rido

The Hokkoku Nishi-Kaido road, also known as the Nozawa-cho Nishi-Kaido trail, is a walking trail from Naka-no-cho to Zenkoji Temple in Matsumoto. The road has been known as a pilgrimage route to Zen- koji Temple since the Edo Period. It was included in the 53-temple Nashinryu pilgrimage route. Motoboni and Inawarta are rest spots for travelers and those who want to enjoy the view by the side. However, due to the location of Inawarta, which is across the river that runs next to the Hokkoku Nishi-Kaido road, it is a hub for goods transportation and consequently became the largest rest town along the road. Though Inawarta was larger, Motoboni became the official rest town of Nagano Prefecture, whereas Inawarta was the official rest town of Ueda Domain remaining in Edo. The OLD receiving transport for farmers.

Nose Down, following the road, remaining along the road are historical buildings, marks and stone pillars indicating status from the sea.

ONSEN Symbol!

The ONSEN symbol is used on maps to mark the location of hot springs. The symbol represents steam rising from a pool of water, with the two stripes on the top and side. The ONSEN symbol is commonly associated with the hot springs district. The ONSEN symbol is sometimes accompanied by a small map indicating the location. The ONSEN symbol is sometimes accompanied by a small map indicating the location.