

Directions & Places of Interest

Train and car times indicate the time taken from Chikuma.



1 Tateyama Kurobe Alpine Route
train: 180 min + bus: 60 min
car 90 min



2 Kanazawa
train: 90 min
car: 200 min



3 Zenkoji Temple
train: 25 min + bus: 10 min



4 Togakushi
train: 25 min + bus: 65 min



5 Snow Monkey Park
train: 25 min+ bus: 40 min
+ 30 min walk



6 Azumino
train: 75 min
car: 45 min



7 Matsumoto Castle
train: 60 min
car: 60 min



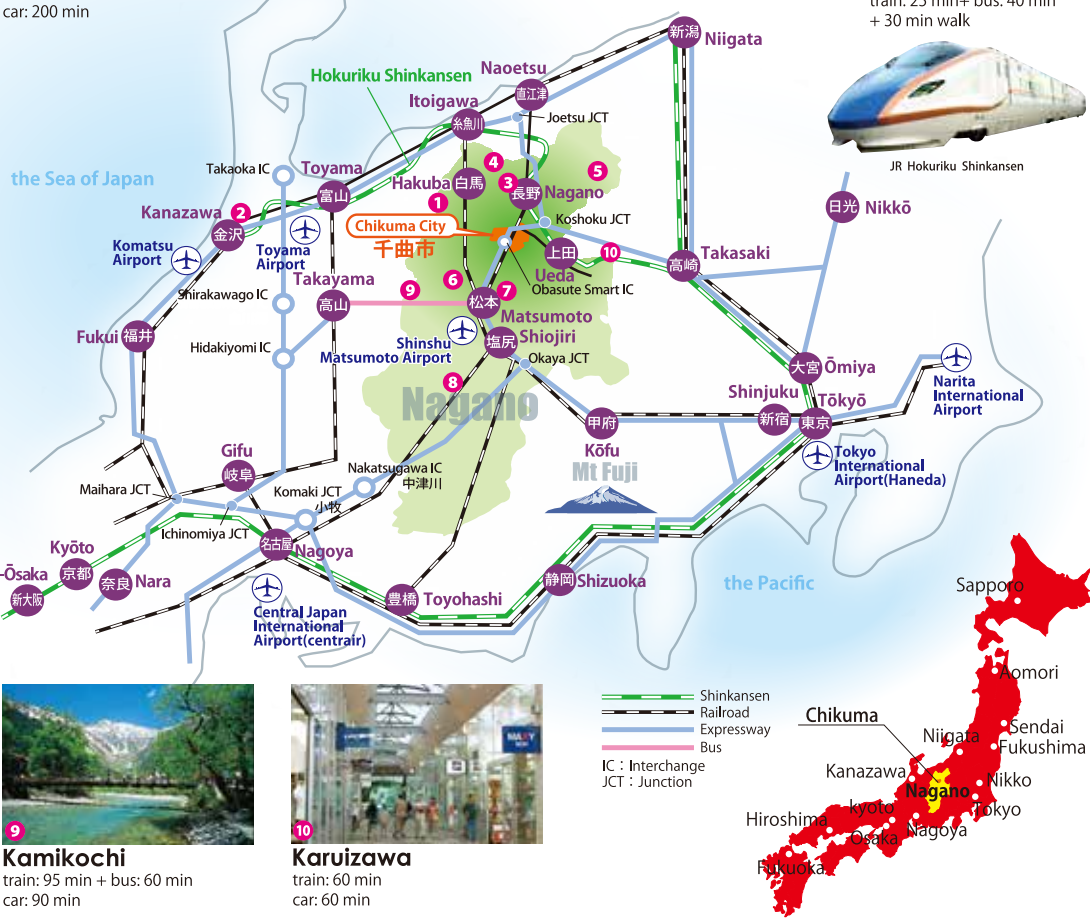
8 Kisoji
train: 105 min
car: 90 min



9 Kamikochi
train: 95 min + bus: 60 min
car: 90 min



10 Karuizawa
train: 60 min
car: 60 min



International Tourist Friendly Accommodation

Number on the maps on P.4 and 5 correspond to the below hot spring inns and hotels .

Name	Telephone	HomePageAddress	Credit Card Accepted
戸倉上山田温泉 Togura Kamiyamada Onsen			
1 有田屋旅館 Aritaya Ryokan	026-275-1006	http://aritaya.net/	○
2 梅むら旅館 うぐいす亭 Umemura Ryokan Uguisutei	026-275-3036	https://uguisutei.com/	○
3 荻原館 Ogiwarakan	026-275-1018	https://www.ogiwakan.com/	○
4 湯元 上山田ホテル Kamiyamada Hotel	026-275-1005	http://www.kamiyamada.com/	○
5 亀清旅館 Kamesei Ryokan	026-275-1032	http://kamesei.jp/	○
6 小石の湯 Koishinoyu	026-275-2354	http://www.koishinoyu.co.jp/	○
7 玉の湯 Tamanoyu	026-261-0324	http://www.tamanoyu-nagano.com/	○
8 遊子 千曲館 Yushi Chikumakan	026-275-1111	https://www.chikumakan.co.jp	○
9 中央ホテル Chuo Hotel	026-275-3322	https://chuo-hotel.net/	○
10 ホテル亀屋本店 Hotel Kameya Honten	026-275-1002	https://www.kameya-honten.co.jp/	○
11 信州の湯 清風園 Shinshunoyu Seifuen	026-275-1016	https://www.seifuen.co.jp/	○
12 ホテル晴山 Hotel Seizan	026-275-1201	https://www.hotelseizan.com/	○
13 ホテル圓山荘 Hotel Marusanzo	026-275-1119	http://www.marusansou.com/	○
14 湯楽ゆうざん Yuraku Yuzan	026-275-2333	https://www.yuuzan.jp/	○
15 山風荘 Sanpuso	026-275-1262	http://www.sanpusou.com/	○
16 旬樹庵 柏屋 Shunjuan Kashiwaya	026-275-2211	http://yumoto-kashiwaya.com/	○

Name	Telephone	HomePageAddress	Credit Card Accepted
17 旬樹庵 菊水 Shunjuan Kikusui	026-276-5858	http://kikusui-web.com/	○
18 旅亭たかの Ryotei Takano	026-276-3001	https://www.ryotei-takano.jp/	○
19 旬樹庵 若の湯 Shunjuan Wakanoyu	026-275-1560	http://www.wakanoyu.com/	○
20 上田館 Uedakan	026-275-1881	https://www.itoenhotel.com/uedakan/	○
21 國楽館戸倉ホテル Kokurakukan Togura Hotel	026-275-2019		○
22 笹屋ホテル Sasaya Hotel	026-275-0338	https://www.sasaya.co.jp/	○
23 千曲乃湯 しげの家 Chikumanoyu Shigenoya	026-275-1713	http://www.shigenoya.co.jp/	○
24 あさひ倶楽部 Asahi Club	026-285-0636	http://togura-asahi.com/	○
25 湯の宿 福寿草 Yunoyado Fukujuso	026-275-0171	http://www.fukujusou.co.jp/	○
26 ビジネスホテルグリーンプラザ Business Hotel Green Plaza	026-276-7111	https://www.green-plaza.jp/	○
27 ホテルプラトン Hotel Platon	026-275-5111	https://www.hotel-platon.jp/	○
28 ホテルルートイン上山田温泉 Hotel Route Inn Kamiyamada Onsen	026-276-0006	https://www.route-inn.co.jp/	○
千曲市内の宿 Other Hotels in Chikuma City			
29 八幡温泉 ホテルうづらや Yawata Onsen Hotel Uzuraya	026-272-1008	http://uzuraya.net/	○
30 ホテルルートインコート千曲温泉 Hotel Route-inn Court Chikuma-Koshoku	026-273-0100	https://www.route-inn.co.jp/	○

JNTO Visit Japan Information Nagano Kamesei Ryokan
2-15-1 Kamiyamada Onsen Chikuma-shi Nagano 〒389-0821 TEL.026-275-1032



Chikuma City Tourist Association Office

TEL:026-273-1111 FAX:026-273-1921
https://www.city.chikuma.lg.jp/

Shinshu Chikuma Tourism Bureau

TEL.026-261-0300 FAX.026-261-0350
https://chikuma-kanko.com/

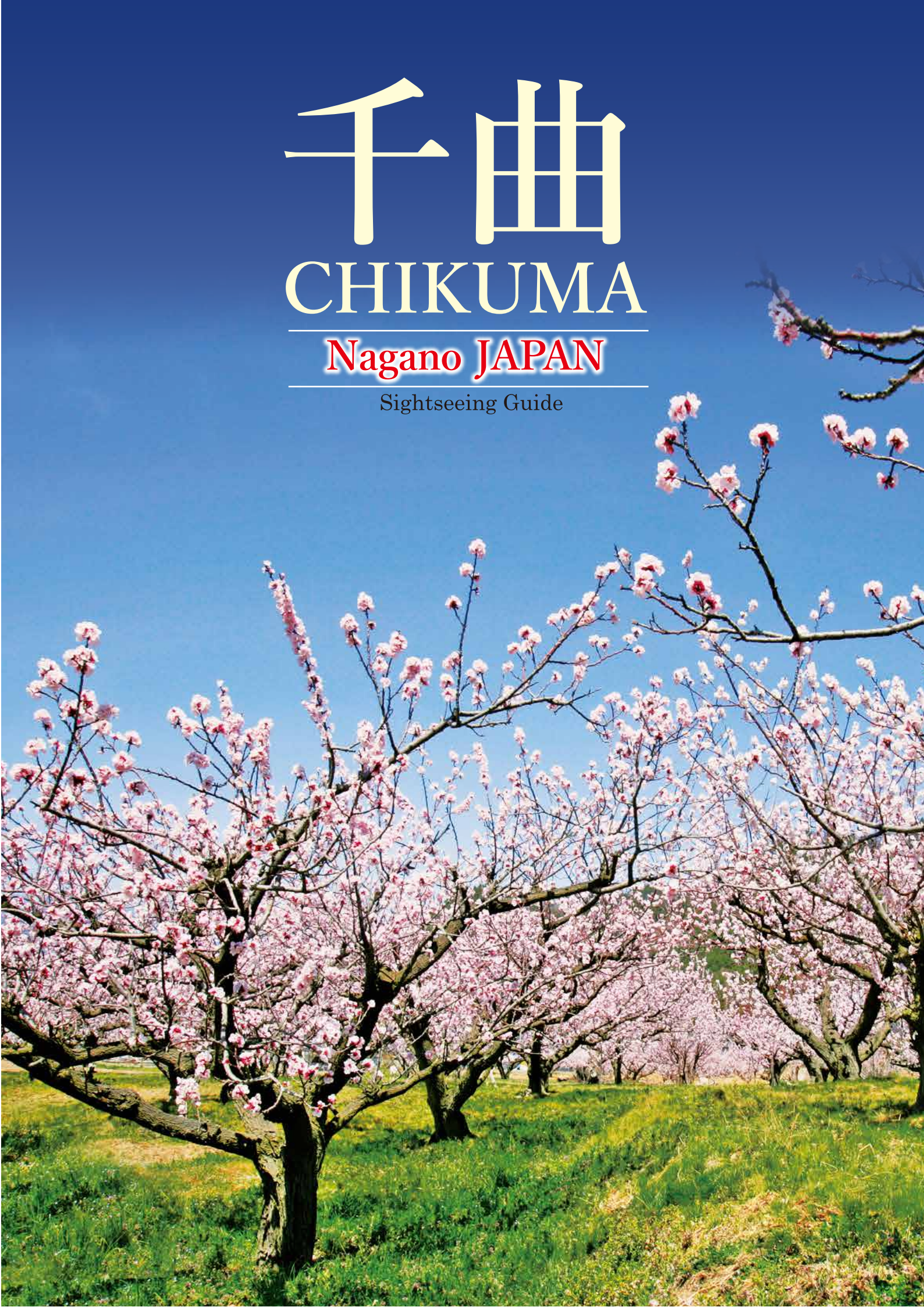
Accommodation/tourism-related inquiries: TEL. 026-261-0300



千曲 CHIKUMA

Nagano JAPAN

Sightseeing Guide



CHIKUMA Calender

Welcome to Chikuma City

Spring Blossoms



Apricot Blossoms

Japan's most famous "Apricot Village" is in Chikuma City.
■Best time to see apricot blossoms : late March to early April
■10 min by taxi from Shinano Railway Yashiro Station



Sakura Viewing

One of Japan's biggest TENGU statues is in Kitty Park. There are about 600 cherry trees that when in full bloom are a popular spot for flower viewing.
■Best time to see Cherry blossoms: early to mid April
■20 min on foot from Shinano Railway Togura Station

Summer Festivals



Chikuma City's Chikuma River Fireworks Display

■August 7 annually



Chishikiji Temple

Nicknamed the "Hydrangea Temple" because of the many hydrangea plants.
■Best time to see hydrangea: mid June to mid July
■20 min on foot from the Togura Kamiyamada Onsen Town



Apricot Picking

Enjoy the tart taste of fresh-picked apricots, which marks the start of summer in Chikuma.
■mid June to early July
■10 min by taxi from Shinano Railway Yashiro Station



Togura Kamiyamada Onsen Summer Festival and Fireworks

The summer festival held in the onsen town in mid-July.

Autumn Harvesting



Apple Picking

■Late September to late November
■20 min on foot from the Togura Kamiyamada Onsen Town



Grape Picking

■Early September to early October
■30 min on foot from the Togura Kamiyamada Onsen Town



Obasute Terraced Rice Paddies

The Obasute Terraced Rice Paddies are composed of 1,500 rice fields and have been designated as an Important Cultural Landscape.
■10 min on foot from JR Obasute Station



Chorakuji Temple

Also known as a great place for moon viewing.
■10 min on foot from JR Obasute Station



Zenkoji Daihongan Branch Temple

Viewpoint with a panoramic view of the onsen town.
■25 min on foot from the Togura Kamiyamada Onsen Town

Winter Onsen



Togura Kamiyamada Onsen

The hot spring mineral waters, high in sulfur content but with skin-smoothing alkalinity.
■30 min on foot from Shinano Railway Togura Station



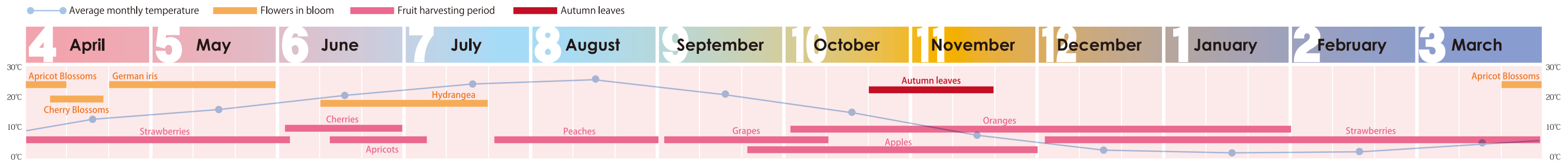
Daito Festival

The festival designated as a national Selected Folk Cultural Property that is held at Takemizuwake-Jinja Shrine.
■December 10-December 15 annually
■10 min by taxi from Shinano Railway Yashiro Station



Strawberry Picking

■Mid-December to early June
■25 min on foot from Shinano Railway Yashiro Station





ONSEN

戸倉上山田温泉

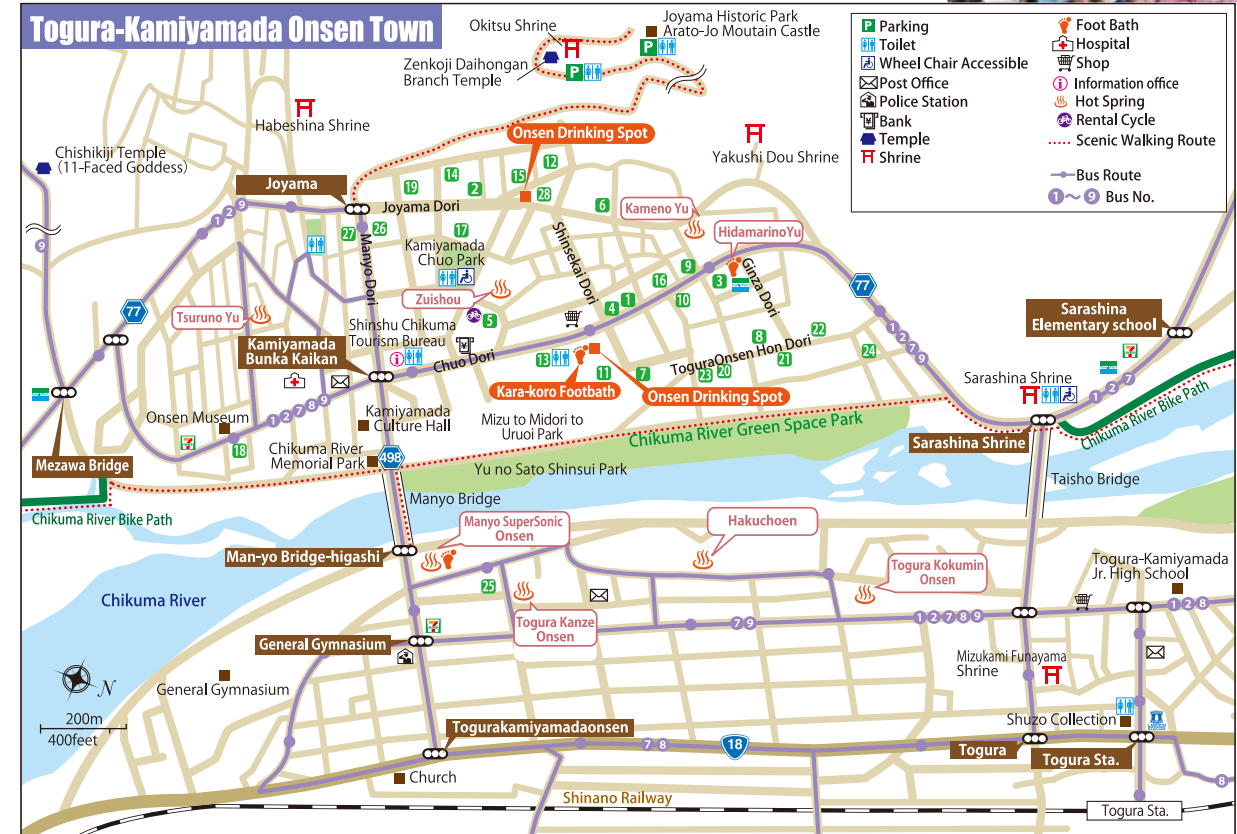
TOGURA KAMIYAMADA ONSEN (HOT SPRING)

Togura-Kamiyamada is an onsen town and with about 30 inns and hotels all with onsen baths. There are also 7 public bath houses and 3 footbaths, all that feature 100% natural skin-beautifying mineral water.



Togura Kamiyamada Onsen Town

Explore the more than 100 restaurants and bars as well as the many specialty shops.



MAP

Togura-Kamiyamada Onsen Town

A number of purpose-specific maps are available from the hot spring district. All maps are available at the Shinshu Chikuma Tourism Bureau.

Onsen Town Walking Map & Restaurant Guide

onsentown.net

This guide is perfect for those seeking a good restaurant in the Togura Kamiyamada Hot Springs district.

1~23 within the map show the locations of the accommodation facilities listed on the back.



www.onsentown.net
Free Podcast Audio Tour

Enjoy the atmosphere of a Japanese onsen town



SHATEKI (Shooting gallery)

A "must do" when you stay in a traditional Japanese onsen town. You can get a prize souvenir if you could hit the target.



Footbath

Free footbaths in 3 spots in Togura Kamiyamada Onsen. One is within the grounds of a convenience store. It is rare location even in Japan.



Onsen Town Walk

Wear a yukata robe and wooden geta sandals and go for a stroll. And enjoy the golden age townscape.

芸妓

Geisha

Geisha are traditional Japanese female entertainers. They can perform various arts such as Japanese traditional dance and classical music.



Sunday Morning Farmers Market
Held every Sunday from 6am to 8am, from May to October

Welcome to CHIKUMA City

What to see and Where to go

善光寺街道 稲荷山・桑原

Zenkoji Kaido Road (Inariyama to Kuwabara)

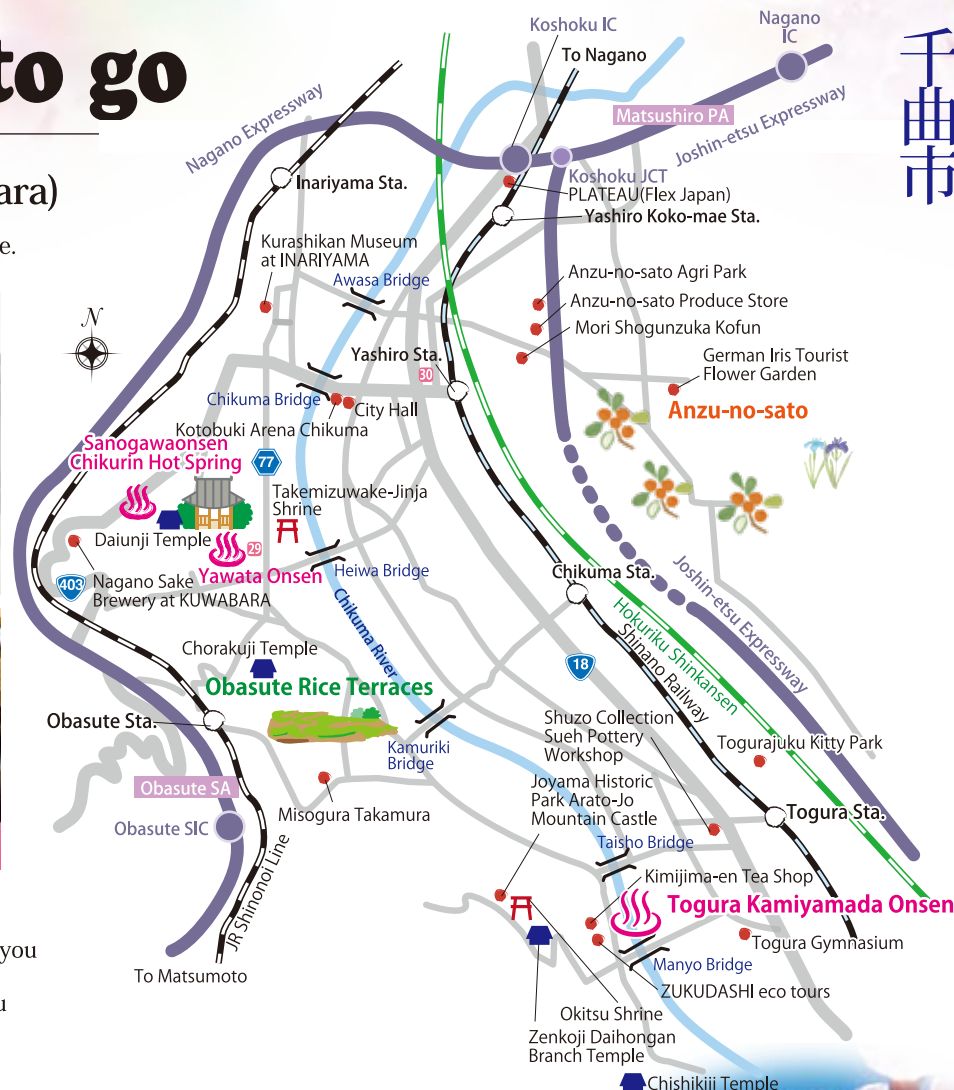
The Zenkoji Kaido Road hosts historic buildings that retain the atmosphere of their time.



Kurashikan Museum at INARIYAMA【蔵し館】
INARIYAMA is a National Important Protected Area Of Traditional Buildings. Kurashikan Museum is in this area. The museum is in a restored 19th century building. On display is the history of the town's development.
■30 min on foot from Shinano Railway Yashiro Station



Nagano Sake Brewery at KUWABARA【長野銘醸】
Established in 1689. Not only can you enjoy the buildings that have been handed down from olden days, you can also buy sake at the spot.
■10 min by taxi from JR Obasute station



千曲市

Chikuma City

and Surrounds Visitor's Map



Apricot Village <Anzu-no-sato>

Japan's biggest Apricot Village.
About 200,000 people visit to the Apricot village in the flowering season.

Apricot harvest season is only a few short weeks.
The delicate fruits are difficult to store and transport over long distances. So, most apricot fruits are processed. But during the harvest season if here you can eat fresh apricots.
■10 min by taxi from Shinano Railway Yashiro Station



姨捨 Obasute

Rice Terraces

OBASUTE Terraced rice field are designated Japanese Important Cultural Landscape. Also designated as a National Scenic Beauty spot in Japan.
■10 min on foot from JR Obasute Station



Togura Kamiyamada 戸倉上山田



Togurajuku Kitty Park

Home to one of the biggest Tengu statues in Japan, Kitty Park offers superb views over the Chikuma River and the Onsen town.
■20 min on foot from Shinano Railway Togura Station



Shuzo Collection

Museum of SAKAI Sake brewery. They have 400 years history of Sake brewing.
■2 min on foot from Shinano Railway Togura Station



Joyama Historic Park Arato-Jo Mountain Catsle

This park is a recreation of the mountain castle from more than 430 years ago. From here you can see the Togura Kamiyamada Onsen town area, the Chikuma river and the Northern Japanese Alps in the distance.
■30 min on foot from the Togura Kamiyamada Onsen Town

Activities in Chikuma

Chikuma River Cycling & Running

The Chikuma River Bike Path is the perfect location for cycling and running as its superb views enable you to take in the pleasant river scenery and beautiful surrounding mountains while you cycle or run.



ZUKUDASHI eco tours

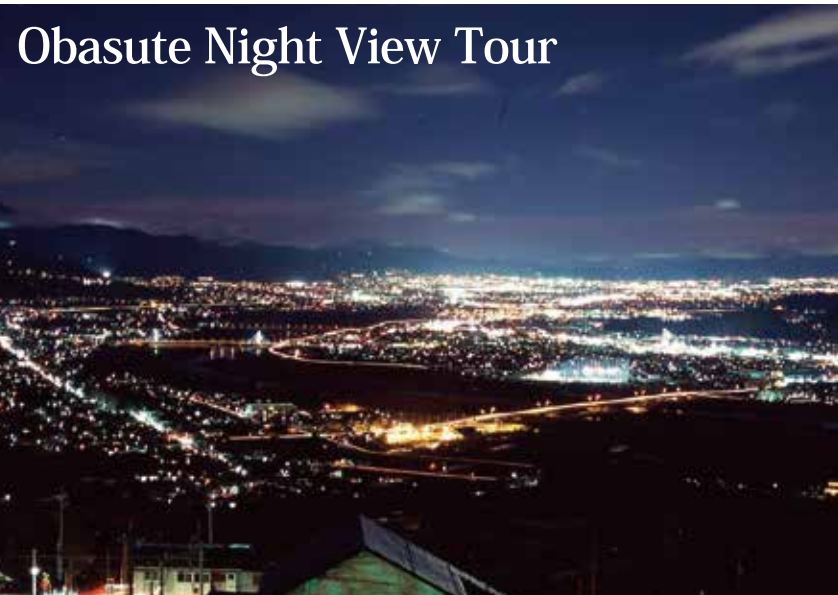


Choose either a town walk or cycling, and take a guided trip through the history and culture of Togura Kamiyamada Onsen and Chikuma.

- Tour fee: 4,000 yen for 2 hours
- Bicycle rental: from 1,000 yen



Obasute Night View Tour



This tour takes you to see a beautiful nighttime view from Togura Kamiyamada Onsen to Obasute.

- Departure time : 8pm
- Available on : Saturday
- Time required: 90min
- Fee: 3,000yen (Guests of any Togurakamiyamada Ryokan are eligible for a 1,000 yen discount of this tour)/ Adult 1,500yen (Guests of any Togurakamiyamada Ryokan are eligible for a 500 yen discount)/ Child (12 years old and younger)
- Minimum participants: 4
- Includes souvenir
- Booking request through your accommodation



Pottery work shop Sueh Workshop

Experience making Japanese pottery. Lessons by local ceramic artist Akiko Furuno. Allow 1 month for kiln. Finished items can be mailed (Postage extra)

- Reservation required
- Held on: Most days
- Location: Shuzo Collection
- Fee: Depends on class
- Available between: 9am - 5pm
- Time required: 30 - 120min
- Participants: 1 - 15
- Reservations: Tel: 090-9843-0714



Potter's wheel class: 1-2 hours, 3,300 yen (make 2 pieces)



“MISOMARU” Making

Misogura Takamura

MISOMARU (miso balls) make from Miso and seasoning. It will be Miso soup when put in hot water. 30min on foot from JR Obasute Station.

- Reservation required Reservations at least two days in advance
- Available Mid-January to November (except Sundays and 1st and 3rd Wednesdays of each month)
- Location: Misogura Takamura
- Fee: 1,000 yen per person
- Available between: 9:30am - 4:30pm
- Time required: 40-60min. (including a miso factory tour)
- Inquiries: info@misogura.co.jp



Japanese Tea Experience Kimijima-en Tea Shop

Enjoy green tea made by a Japanese tea instructor along with confectionery at this long-established tea house. 30min on foot from Shinano Railway Togura Station. In Togura Kamiyamada Onsen town

- Reservation required
- Held on: Monday - Saturday
- Location: Kimijima-en Tea Shop
- Fee: 1,000 yen per person
- Time: 1pm-1:30pm
- Participants: 2 - 4
- Inquiries: i-manzo.72@docomo.ne.jp



SHINSHU BRAVE WARRIORS Pro Basketball Team

Chikuma and Nagano are the hometowns of the SHINSHU BRAVE WARRIORS - a team that plays in Japan's top pro basketball B League. You can go to watch the power games during the season (October -May).

- Home Arena: Kotobuki Arena Chikuma and White Ring
- Inquiries: Tel: 026-214-7022 <https://www.b-warriors.net/>



BEST of BEST

Local Chikuma food Oshibori Udon

Dip the udon noodles in freshly ground daikon radish and enjoy. Add miso, dried bonito(fish flakes), and green onions to taste.



Izakaya Kohaku 【古波久】



An izakaya at Togura Kamiyamada Onsen with an open hearth and typical Japanese atmosphere.

- In Togura Kamiyamada Onsen town
- Opening hours : 6:30pm-11:00pm



Stroll and Eat

Apricot Jam Ice Cream Shiokawa

【塩川菓子舗】

Soft ice cream topped with handmade apricot jam.
Note: Apricot jam availability may be limited.

- In Togura Kamiyamada Onsen Town
- Opening hours: 9am-3pm
- Closed on: Thursdays



Manju (traditional Japanese sweets) Sasasuzu

【笹鈴】

Manju is one of the traditional Japanese sweets. It is a steamed bun stuffed with red bean paste.

- In Togura Kamiyamada Onsen Town
- Opening hours: 7am-5pm
- Closed certain days

Oyaki Dumplings Shichifuku

【七福】

Nagano's soul food "Oyaki" dumplings is recommended for vegetarians too.
Take out also available.

- In Togura Kamiyamada Onsen Town
- Opening hours: 6:30pm-11pm
- Closed on: Sundays



Homemade bakery Le pain elegant

【ラ・パン・エレガント】

Bread, baguette, danish, sweets... they have many different breads including unique Japanese style bread too.

- In Togura Kamiyamada Onsen Town
- Opening hours: 9am-6pm
- Closed on: Tuesdays



Ramen & Gyoza Issei

【昗星】

Ramen with a rich broth especially good after drinking. Open until midnight. Light meal menu also available.

- In Togura Kamiyamada Onsen Town
- Opening hours: 11:30am-2pm, 6pm-10pm
- Closed on: Wednesdays and Sunday nights



Ramen&Tonkatsu(Local diner) Daikokuya

【大黒屋】

Best Recommended specialty is "Nintare Katsu" deep fried pork cutlets with an original garlic sauce. Often crowded, but worth the wait.

- In Togura Kamiyamada Onsen Town
- Opening hours: 11:30am-3pm
- Closed certain days



Yakitori Ushiwaka

【牛若】

Yakitori restaurant that is popular with locals. Recommended way of eating is with homemade garlic sauce. Conversation with the chef is another attractive feature of the restaurant.

- In Togura Kamiyamada Onsen Town
- Opening hours: 6pm-11:30pm
- Closed on: Sundays (if Sunday is a national holiday, closed on Monday instead)



Japanese cuisine Hagoromo

【羽衣】

Japanese cuisine in a traditional setting. Sit at the counter and watch chef work his culinary magic.

- In Togura Kamiyamada Onsen Town
- Opening hours: 11am-1pm, 5:30pm-10pm
- Closed certain days



Soba and Sushi Seigetsuan

【青月庵】

Enjoy the owner's special soba and sushi. In summer, they serve dishes using their specialty home-grown vegetables.

- In Togura Kamiyamada Onsen Town
- Opening hours: 11:30am~2pm (Reservation Required) 5:30pm~10pm (Last Order 9:45pm)
- Closed on: Mondays



Geisha Karaoke Bar Enya

【えんや】

60 mins 3,000 yen per person (includes Shochu liquor) or 60 mins 4,000 yen per person (includes Whisky), Karaoke:100 yen per song.

- In Togura Kamiyamada Onsen Town
- Opening hours: 7:30pm-0am
- Closed on: Sundays and National holidays



Souvenirs, Lacal Specialty Foods & Sake Kaya-no-Iori

【萱の庵】

The souvenir shop inside "Kaya"soba restaurant. Free sake brewery tours available too. (9am-5pm)

- 2 min on foot from Shinano Railway Togura Station
- Opening hours: 9am-6pm

Dress Shirts Factory outlet PLATEAU(Flex Japan) 【フレックスジャパン】

Flex Japan is Japanese shirt maker. Highly rated for both the material and craftsmanship. And also possible to provide ordermade shirts for you at this shop.

- 7 min on foot from Shinano Railway Yashiro Koko-mae Station
- Opening hours: 10am-7pm
- Open almost every day



Clothing shop Beni-Ya

【紅屋】

Sells traditional Japanese "HAPPI" coats "YUKATA" robes also available. Has a beautiful Japanese garden.

- In Togura Kamiyamada Onsen Town
- Opening hours: 9am-7pm
- Closed on: Sundays, national holidays

Japanese style cafe WACAFE YOROZUYA

【和かふえよろづや】

WACAFE YOROZUYA has cuteful, handwritten WARAIMOJI postcards created with a traditional Japanese calligraphy brush. All are always welcome here at WACAFE YOROZUYA.

- 3 min on foot from Shinano Railway Yashiro Station
- Opening hours:11am-3pm
- Closed on Mondays



Home improvement center Nabeta

【鍋太金物店】

Sells knives and Japanese sundries.

- 17 min on foot from Shinano Railway Togura Station
- Opening hours: 7:30am-7pm
- Closed on: Sundays, national holidays



Tax-Free



Souvenirs

Located in Togura Kamiyamada Onsen, here you can buy souvenirs of your travels and other miscellaneous goods.

Chuo gift shop

【中央売店】

- Opening hours: 8am-10am / 3pm-9pm

