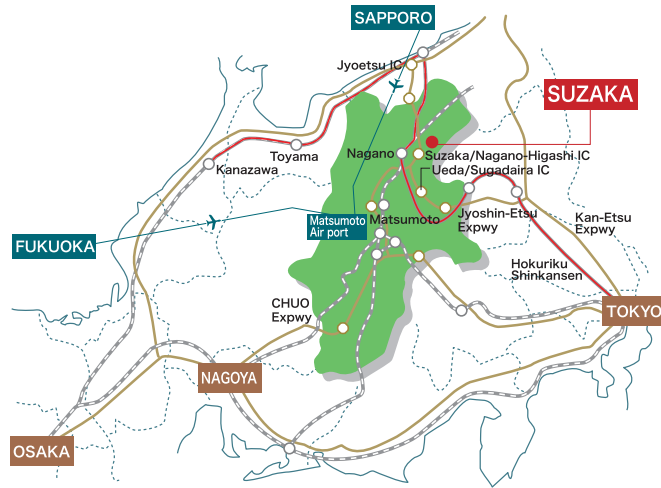




Life Exchange/School Exchange/Resort Exchange/Rural Exchange

Access to Downtown Suzaka City & Minenohara Plateau

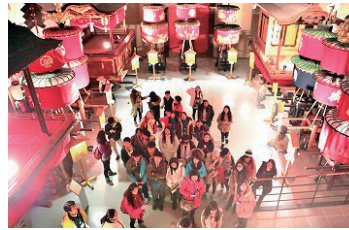


By Car

- From the Tokyo Area (to Downtown Suzaka)
Kan-Etsu EXPWY → Jōshin-Etsu EXPWY → Suzaka Nagano-Higashi IC → Suzaka City
※ Nerima IC → Suzaka Nagano-Higashi IC (213 Km), approx. 2 hr 40 min
- From the Tokyo Area (to Minenohara Plateau)
Kan-Etsu EXPWY → Jōshin-Etsu EXPWY → Ueda Sugadaira IC → Routes 144 and 406
※ Nerima IC → Ueda Sugadaira IC (175 Km), approx. 2 hr 30 min
- From the Nagoya / Osaka Area
Chuo EXPWY → Nagano EXPWY → Jōshin-Etsu EXPWY → Suzaka Nagano-Higashi IC → Suzaka City
※ Nagoya Komaki → Suzaka Nagano-Higashi IC (260 Km), approx. 3 hr 20 min
- From the Kanazawa Area
Hokuriku EXPWY → Jōshin-Etsu EXPWY → Suzaka Nagano-Higashi IC → Suzaka City
※ Kanazawa-Higashi IC → Suzaka Nagano-Higashi IC (241 Km), approx. 3 hr

By Train

- From the Tokyo area (to downtown Suzaka)
Hokuriku Shinkansen Asama (1 hr 20 min) → Nagano Stn • Nagano Dentetsu Railway (20 min) → Suzaka Stn
- From the Tokyo Area (to Minenohara Plateau)
Hokuriku Shinkansen Asama (1 hr 10 min) → Ueda Stn • Bus (to Sugadaira Kōgen 55 min) → Sugadaira Kōgen → Minenohara Plateau
- From the Nagoya / Osaka Area
Chuo Main Line (3 hr by Limited Express) → Nagano Stn • Nagano Dentetsu Railway (20 min) → Suzaka Stn
- From the Kanazawa Area
Hokuriku Shinkansen Kagayaki (1 hr 5 min) → Nagano Stn • Nagano Dentetsu Railway (20 min) → Suzaka Stn



Welcome to Suzaka City in Nagano!



Garyū Park



Yonako Great Falls



Townscape of Kura Warehouses



Minenohara Plateau Ski Resort

Suzaka Meu-Life Bureau

Suzaka Tourist Association, Silky Bldg. 2F, 1295-1 Ooaza Suzaka, Suzaka City, Nagano Pref. 〒382-0077
TEL : 026-215-2225 E-mail : info@suzaka-kankokyokai.jp [http : //www.suzaka-kankokyokai.jp/aboutus/](http://www.suzaka-kankokyokai.jp/aboutus/)

Minenohara Tourist Association, 3153 Ooaza Nirei Minenohara, Suzaka City, Nagano Pref. 〒386-2211
[http : //www.minenohara.net/](http://www.minenohara.net/)

「地域発 元気づくり支援金」活用事業



A Kingdom of Fruits : Suzaka City

Suzaka produces apples, grapes, peaches, cherries, and other delicious fruits! You can literally take part in the harvest at orchards in Suzaka. Don't pass up the chance to taste juicy, fresh-picked fruits!

Spend the night in Suzaka and experience an exchange of lifestyle and culture!



Minenohara Plateau

At an elevation of 1,500 m, this village-in-the-sky is a resort area lined with 50 small adorable inns. Many visitors enjoy time spent getting to know the owner-families of these charming inns. Experience the magnificent 360 degree panoramic view of a sea of clouds dyed in the colors of the sunset, and later the exceptional full view of the starry night sky.



Minenohara Plateau has 50 inns, each its own particular style.

Japanese "Pension" lodging facilities were born in the 1970s. Pensions offer a pleasurable stay somewhat different from that of a hotel or classic Japanese inn. Repeat visitors are on the rise as each place uniquely reflects its owner's own hobbies and ideas. Take the opportunity to feel the charm of these pensions. You'll surely find the one just right for you!



Spring

Spring offers a wide variety of foods including tempura and miso dishes, overflowing with fresh and rural tastes that start with the natural bounty of the mountain. Each is transformed into a work of art in its own right. With just one or two hours to spare, you can enjoy a relaxing hike among the mountain greenery and flows of water from melting snow.

Garyū Park in Suzaka City is one of the top cherry blossom viewing spots in the country! At the "World Folk Doll Museum", you can appreciate the traditional Japanese beauty such as the Hina Dolls of the Hina Doll Festival and also Boys' Festival Dolls of the Boy's Day Festival.

Summer

Hike among the fresh green of Minenohara. One popular course is the 7 hour trek from Mt. Azumaya, one of the top 100 mountains in Japan, to Mt. Nekodake. Another is the hike from Mt. Nekodake to the Yonako Great Falls, one of the top 100 falls in Japan.

In the downtown area of Suzaka you can visit producers of Japanese traditional foods like "Miso" and "Wagashi" (Japanese confectioneries). Come and see how these products are made, and even try samples! You can also try your hand at making and eating "oyaki" (vegetable or sweet-bean filled steamed dumplings) and "yashouma" (beautifully designed mochi rolls), which are local foods of Nagano Prefecture.

Autumn

Satisfy your taste for fresh fruits in Suzaka City, "the Kingdom of Fruits"!

In the historical urban area of Suzaka City, you can try on and be photographed in Japanese traditional kimono.

Along with its red and yellow colored mountainscape, Minenohara Plateau has many pathways strewn with acorns and the colorful fallen leaves of autumn.

Winter

Minenohara has many inns where you can stay with the ski slopes appearing right before your eyes. Minenohara also has fine powder snow thanks to being blessed with its perfect conditions at an altitude of 1,500 m. You can try snowshoe excursions under the full view of a starry night sky.

