

The most delicious fruits town in Shinshu



# SUZAKA CITY

A scent of history,  
nature, and fruit.





# Welcome to the "fruit kingdom", Suzaka City

Suzaka City is located in the northeastern part of Nagano Prefecture. Many agricultural products are produced in this fertile land, which is blessed with natural benefits such as a difference in temperature and a high rate of sunny skies, and among these, it boasts one of the highest production volumes of fruit in the country.

## SUZAKA CITY FRUIT ENCYCLOPEDIA

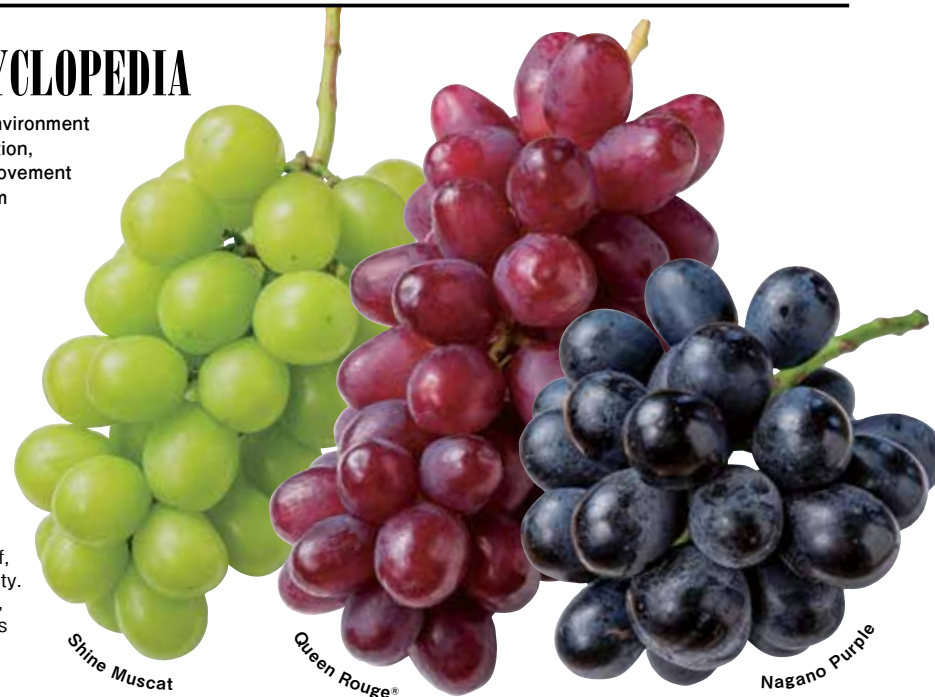
Suzaka City is home to a naturally blessed growing environment and the Nagano Prefecture Fruit Tree Experiment Station, which conducts research on fruits such as breed improvement and stable productivity, and is attracting attention from all over the country as one of Nagano Prefecture's leading fruit producing areas. Introducing all the fruits that Suzaka City is proud of.

### SUZAKA FRUITS 01 Suzaka City, a sacred place for developing new grape varieties

Among the specialty fruits that Suzaka City is proud of, grapes are particularly popular for their taste and quality. Grapes such as "Nagano Purple" and "Queen Rouge", which have been attracting attention in recent years as representative grapes of Nagano Prefecture, are also native to Suzaka City.

#### ● MAIN VARIETIES PRODUCED IN SUZAKA

Shine Muscat, Queen Rouge®, Nagano Purple, Kyoho, etc.



### SUZAKA FRUITS 02 Including original varieties from Nagano Prefecture Assortment of colorful apples

Apples are a specialty of Nagano Prefecture and are produced throughout the prefecture, but Kitashinano, where Suzaka City is located, is particularly famous for producing high-quality apples. A wide variety of apple varieties are grown, including "Fuji", which is rich in honey.

#### ● MAIN VARIETIES PRODUCED IN SUZAKA

Shinano Gold, Fuji, Akibae, Shinano Sweet, Tsugaru, Moon Rouge, Shinano Dolce, Shinano Lip, etc.



### SUZAKA FRUITS 05 Taste that heralds early summer in Shinshu

Cherries herald the arrival of a refreshing summer in Suzaka City. In addition to popular varieties such as "Sato Nishiki" we also recommend the limited variety "Shinano Ruby" which is produced only in Nagano Prefecture.



### SUZAKA FRUITS 03 Prune production volume, top class in Japan



Nagano Prefecture boasts the highest production of prunes in Japan. The original brand of the JA Nagano Suko Block, to which Suzaka City belongs, "Suko" is characterized by its large fruit, high sugar content, and low acidity.

### SUZAKA FRUITS 04 Wasser, which has a refreshing sweetness, was first produced in Suzaka City.

Northern Nagano Prefecture is a major producer of peaches, including "Kawanakajima Hakuto". "Wasser", which was born from a natural blend from a farm in Suzaka City, located in the north, has a refreshing taste that goes well with summer, with the sweetness of peaches and the sourness of nectarines.

#### ● MAIN VARIETIES PRODUCED IN SUZAKA

Wasser, Kawanakajima Hakuto, Hakuo, etc.



### SUZAKA FRUITS 06 High-quality blueberries that can only be produced in cold regions

Blueberries are popular not only for eating in fresh but also for processed products such as jam. The Northern Highbush variety, which is said to be of the highest quality, is suitable for the climate of Suzaka City.



## One of the nation's leading fruit producing areas

Suzaka City is a "fruit kingdom" where fruit trees account for approximately 80% of agricultural production. Mainly apples and grapes, but a variety of other items are grown, including pears, peaches, prunes, and nectarines. Grapes in particular have a long history, and there are records of cultivation in the Takabatake area starting in 1886. It is said that suitable areas for fruit cultivation are places with an annual rainfall of less than 1,000 mm, but the rainfall in Suzaka City is extremely low at 800 to 900 mm. The area also has good drainage as it is an alluvial fan, and the difference in temperature between day and night makes it easy for the sugar content of the fruit to rise, which is why it is able to produce such high-quality fruit. In addition, there is the Nagano Prefecture Fruit Tree Experiment Station, which has a state-of-the-art research environment. There are many fruits produced in Suzaka City, including "Nagano Purple" and "Queen Rouge". Please enjoy its deliciousness.



### You can buy freshly picked fruits! You can taste them!

## Tourist farm & Orchards

You can pick fruits or buy them directly from the farm. Suzaka City is home to many tourist farms and orchards that are full of delicious food and charm.

\*The fruit farms listed below are members of the Shinshu Fruit Kingdom Promotion Association or the Shinshu Suzaka Tourism Association.

Click here for details on each farm.



- Direct sales available
- Fruit picking
- Cherries
- Blueberry
- Peach
- Grapes
- Apple

**Maruroku Sorimachi yūran-en**  
  
 ☎026-246-4619, 026-245-1227

**Marucho kaju-en**  
  
 ☎026-246-8514, 026-246-2318

**Aoki nōen chokubaijo**  
  
 ☎026-248-1429, 026-246-3884

**Shizen nōen Tomioka**  
  
 ☎026-247-5358, 026-247-3400

**Okazawa kaju-en**  
  
 ☎026-248-2984, 026-245-1226

**Santa nōen**  
  
 ☎026-246-8235, 026-247-3370

**Takemae nōen**  
  
 ☎026-214-3820, 026-247-4387

**Arai nōen**  
  
 ☎026-248-7744, 026-246-2809

**Yamato fruit nōen**  
  
 ☎026-246-8443

**Nakajo fruit nōjo**  
  
 ☎026-245-1955

**Sorimachi nōen**  
  
 ☎026-246-8550

**Kaneju nōen**  
  
 ☎080-5772-9174

**Fruit no Miyagawa**  
  
 ☎026-245-6230

**Aoki kaju-en**  
  
 ☎090-3312-0799

**Goto nōen**  
  
 ☎026-245-9865

**Sakuranbo Azegami nōen**  
  
 ☎090-4567-6158

**Buruburu farm 20 (nirei)**  
  
 ☎080-6906-6097

**Sonosato Blueberry nōen**  
  
 ☎026-248-4627

**Blueberry nōen Mori no hatake**  
  
 ☎026-214-6559

**Kuroiwa kaju-en**  
  
 ☎026-245-5030

**Miyagawa nōen**  
  
 ☎026-248-1160

**Nakamura nōen**  
  
 ☎026-245-9841

**Tanaka kaju-en TANAKA FARM**  
  
 ☎026-247-8917

**Shinshū Suzaka Ota nōen**  
  
 ☎026-246-1834



## SUZAKA FRUIT "SEASON" CALENDAR

	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CHERRIES							
PRUNE, NECTARINE, PEACH							
APPLE	AKIBAE						
	SHINANO SWEET						
GRAPE	SHINANO GOLD						
	FUJI						
	KYOHU						
	NAGANO PURPLE						
BLUEBERRY	SHINE MUSCAT						
	QUEEN ROUGE®						
BLUEBERRY							

### There are also many sweets made with fruits grown in Suzaka City!

There are many cafes and confectionery shops in Suzaka City that serve sweets made with fresh, local fruits. From parfaits that look like jewelry boxes to Japanese sweets that are full of fruit, you'll encounter a variety of sweets as you travel through Suzaka City.



### You can buy seasonal products from Suzaka City! Agricultural products market

● Sekiya onsen Yukku Land MAP 19 C-3

☎026-248-6868  
 ☎10:00-21:00, Saturdays, Sundays and holidays -22:00 Irregular holidays

● Agris A-COOP Suko MAP 56 A-2

☎026-248-8888  
 ☎9:30-20:00 (Sunday 9:00-)  
 Closed on Several Wednesdays a year

● JA Nagano Sukō Fruit Center "akai yane" chokubaijo MAP 57 A-2

☎026-248-5228  
 Closed on Tuesdays (No holidays in November)  
 Open from 8/1 to 11/30

A direct sales shop where you can buy agricultural products and specialty products produced in Suzaka City. The products available vary depending on the season, so you can purchase what's in season.



### CHECK!

## Number of hometown tax donations accepted for 3 consecutive years\* No. 1 in Nagano Prefecture!

Suzaka City ranks second among municipalities in the prefecture in terms of annual hometown tax receipts (as of 2021). Furthermore, we have been ranked number one for the number of donations received annually for three consecutive years from 2018 to 2021. Since there is a wide variety of fruits available, 80% of donors choose fruit as a return gift. Of course, we also have a wide range of processed products such as juice, wine, and miso. For more information, visit Suzaka City's hometown tax payment website.



For more information, click here



\*2018 to 2021



# "Suzaka City Smart Trip" by bicycle

Bicycle rentals are available in Suzaka City. A car is fine, but on nice days, we also recommend cycling to your destination while taking in the city's scenery.

First, rent an e-bike here!



**SPOT 01**  
**Start your bicycle trip from "Kuratto"!**  
 MAP 01 B-2

**SPOT DATA**  
 ☎026-248-6867  
 ⌚10:00-16:00LO  
 Closed on Monday, Tuesday  
 Business days and hours may vary during winter.

**Rental Fee**  
 • Ordinary bicycle  
 half day ..... ¥1,000  
 one day ..... ¥1,500  
 • Electric assist bicycle  
 half day ..... ¥1,500  
 one day ..... ¥2,000  
 • e-bike  
 half day ..... ¥2,000  
 one day ..... ¥3,000

**Rental Spot**  
 Shinshu Suzaka Tourism Association  
 • Suzaka ekimae kankōannaijo  
 ☎026-215-2225  
 • Kuratto  
 ☎026-248-6867

The climb up the slope is also smooth! Excellent turning radius! E-bike is the new standard for getting around Suzaka!

A shop with a nostalgic atmosphere!



**SPOT 02**  
**Learn about the history and culture of Suzaka City at the Tanaka Family Museum**  
 MAP 17 C-5

**EASY COURSE**

From the city 1.3km  
 By e-bike about 7 minutes



You can also enjoy authentic matcha.



**A museum that tells the story of the prosperity of wealthy merchants**

A museum displaying items handed down from the Tanaka family, a wealthy Edo period merchant who made a fortune in grain, rapeseed oil, and other businesses. The museum has a collection of 30,000 items, including works of art such as ceramics and lacquer ware, as well as kimonos and educational toys. The grand layout of the mansion, which measures approximately 10,000㎡ is also impressive. You can also tour the pond garden, where you can enjoy the scenery of each season. In addition, at the attached cafe "Ryusen", you can enjoy light meals, sweets, tea, etc. while looking out at the beautiful garden.



**SPOT DATA** ☎026-248-8008  
 ⌚11:00-15:30, Saturdays, Sundays, and holidays 10:00-16:00  
 ※Last admission 30 minutes before closing  
 Closed on Tuesdays (or the next day if it is a public holiday) and temporary closing days due to changes in exhibits, etc.  
 50  
 Business days and hours may vary during winter; lunch is only available on Saturdays, Sundays, Mondays, and holidays.



**SPOT 03**  
**Picnic lunch at CAFÉ LE PANIER**  
 MAP WIDE 50 E-1

**LEISURELY CYCLING**

From the city 2.6km  
 By e-bike about 15 minutes

**A stylish garden cafe featured in many media outlets**

A farm cafe located in "Garden Soil", which is decorated with seasonal flowers and greenery. As the name of the restaurant, which means "basket" in French, is based on the concept of "a place where nature and time are intertwined" we offer menus using fruits and herbs grown on our own farm. The "Picnic Set", which you can eat anywhere in the garden, is popular.



Streetscape of warehouses with a historical atmosphere



**GOOD LOCATION**

Walk through the fruit-scented fields!



**SPOT 04**  
**Relax in "Yukku Land"**  
 MAP WIDE 19 C-3

**ENJOY THE SCENERY OF SUZAKA**

From the city 5.6km  
 By e-bike about 30 minutes



**Enjoy hot springs and food! The hot spring facility where you can relax for a day**

A day-trip to a hot spring facility with 14 different hot springs for both men and women. The Japanese-style "Garyu-no-Yu" which has a rustic rock bath, and the Western-style "Kamata-no-Yu" which has a jacuzzi bath, are open for men and women on a daily basis. The restaurants and cafes have a reputation for delicious food, and there are many specialties such as handmade gelato, stone oven-baked pizza, and the bread filled with milk cream.



**SPOT DATA** ☎026-248-6868 Spa : 10:00-21:00 (Last reception time at 20:00), Saturdays, Sundays and holidays 22:00 (Last reception time at 21:00), Restaurant : 11:00-15:00, 16:30-20:00LO (Saturdays, Sundays and holidays 21:00LO) Closed on May be closed for maintenance 50



Beautiful autumn leaves at Garyu Park



Mild sweetness of milk





# Suzaka tourism in all seasons

Suzaka City, located in the northeastern part of Nagano Prefecture, is blessed with rich nature and is a town that harmonizes scenic landscapes with history and culture. Tour Suzaka and experience the beautiful scenery that changes with the seasons with all five senses.

*Spring, summer, fall and winter,  
morning, noon and night.  
A view that stands out  
no matter when you see it*



**A spectacular mountain climbing route that can be accessed from Minenohara Kogen!**

Starting from Minenohara Kogen and returning to Minenohara Kogen, the climb to Mt.Neko is a gentle mountain trail that allows even beginners to enjoy trekking while enjoying the alpine plants. (Time required : Approximately 4 hours and 30 minutes round trip)



1. At "Komorebi Terrace", you can see the entire Northern Alps and a sea of clouds regardless of the season, provided the weather conditions are right. 2. Only for a few days in early November and early February every year, you can see the "sunset piercing through a spear" where the sun sets directly above Mt.Yarigatake in the Northern Alps.

## SPOT 01 Minenohara Kogen

**A highland resort where you can enjoy nature all year round**

MAP WIDE 03 D-3

☎090-4949-3080 (Minenohara Kogen Tourism Association)

A plateau rich in nature at an altitude of approximately 1,300 to 1,600 meters located at the western foot of Mt.Neko and Mt.Azumaya. There are about 40 accommodations such as pensions and lodges scattered around the area, making it a popular resort base for relaxing. You can enjoy sports and leisure activities throughout the year, including ski resorts that are popular with families in the winter, and tennis, golf, mountain climbing, stargazing, camping, and glamping from spring to fall. It is also popular as a sports training camp and is visited by many people.

### Enjoy winter! A new sensation snow resort!

In addition to skiing and snowboarding on the 10 slopes, there are plenty of fun activities for both children and adults, such as the breathtakingly beautiful Northern Lights show and the Panoramic Long Swing that overlooks the Alps.



**REWILD NINJA SNOW HIGHLAND**  
☎0268-71-0464

MAP WIDE 32 D-3

SCAN HERE FOR DETAILS



Fantastic Aurora illumination

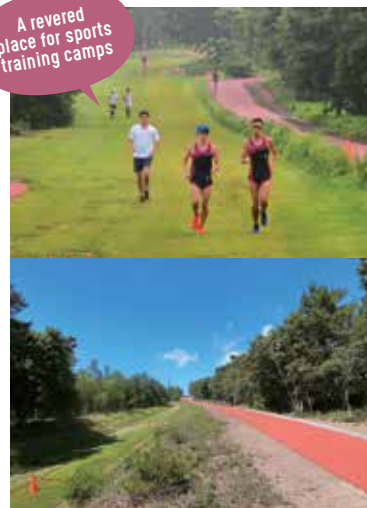


Japan's largest kids park!



feel like a girl in the Alps

A revered place for sports training camps



The cross-country course that takes advantage of the altitude of Minenohara Kogen is perfect for high-altitude training. It has an all-weather course with a total length of 2.0km with an outer turf course, rubber chip elastic pavement, and an all-weather track (400m). It is often used by prestigious universities and corporate teams for relay races.

## SPOT 02

One of Nagano Prefecture's most scenic spots, which appeared in NHK historical epic series

MAP WIDE 04 D-5

## Yonako Falls

☎026-215-2225 (Shinshu Suzaka Tourism Association)

*The majesty of a waterfall flowing down a cliff colored by beautiful autumn leaves*



Fudo fall and Gongen fall are two 80-meter-high waterfalls that fall side by side in a quiet valley from Mt.Neko and Mt.Azumaya, and are selected as one of Japan's top 100 waterfalls. The sight of water rushing down the cliffs of Azumaya Volcano's caldera is a sight to behold. If you walk along the promenade for a while, you will be able to feel the magnificent nature all over your body, as if you will be sucked into it. This scenic spot suddenly became famous when it was used as the filming location for the opening video of the NHK historical epic series "Sanada Maru". It is especially popular during the autumn foliage season, and many people visit.



Fudo Fall has a height of 89m. The falling water flutters like a mist looking like a lace curtain. It has long been known as a "place of purification" for ascetics, and even today you can see people getting drenched by the waterfall.

JUST STOP BY

## Yonako Takiyama Fudoji

☎026-245-0972 MAP WIDE 05 C-3



Yonako Fudo-son (Satodo)

Yonako Takiyama Fudoji Temple, whose principal image is Fudo Myo-o, the guardian Buddha of Lord Uesugi Kenshin, is considered one of Japan's three great Fudo-son statues, along with Chiba Narita and Niigata Sugaya. There is "Okunoin" at the foot of the Yonako-Falls, and "Satodo (Honbo)" in the Yonako district a little further down from there, the principal image is moved depending on the season.

## SPOT 03

The 1 million Astragalus azalea plants are the largest in the prefecture.

MAP WIDE 06 C-5

## Gomiike Hafu Kogen

☎026-215-2225 (Shinshu Suzaka Tourism Association)

*A contrast of nature that looks like a painting*



A plateau that stretches to the west of Mt.Hafu, which borders Gunma Prefecture and boasts an altitude of 1,999 meters. From mid-June to late June, a large colony of astragalus azaleas, estimated to number one million, bloom all at once, painting the entire plateau in a beautiful orange color. You can also see Ezorindo from early to mid-September. The view is spectacular, and the view of the Northern Alps and the Hokushin five mountains is exceptional.

## SPOT 04

It suddenly became a popular photo spot due to the anime.

MAP WIDE 07 B-3

## Sakatayama Kyosei no Mori Ryu no Wariishi

☎026-215-2225 (Shinshu Suzaka Tourism Association)



Mt.Sakata is home to the city's historical site, the Kikkoyaki Kiln Ruins, and a group of ancient tombs that are cultural properties, and is loved by citizens as a satoyama near the city center.

The "Ryu no Wariishi" located halfway up the mountain is said to have been broken by a dragon who tried to drink water in the olden days. It has become a hot topic because it resembles the rock that appears in the popular anime.

## SPOT 05

The largest and oldest burial mound group in eastern Japan

MAP WIDE 08 B-3

## Haccho Yoroizuka Kofun

☎026-215-2225 (Shinshu Suzaka Tourism Association)

It consists of a group of six ancient tombs called "Tsumiishizuka", which are piled up with river stones, and are scattered on the terraces of the Ayukawa River. In particular, Mounds No.1 and No.2, which are designated as prefectural historic sites, are over 25.5 m in diameter and 3 m in height, making them the largest and oldest rock mounds in East Japan. Valuable artifacts such as Magatama and Sash clip fittings have been discovered.



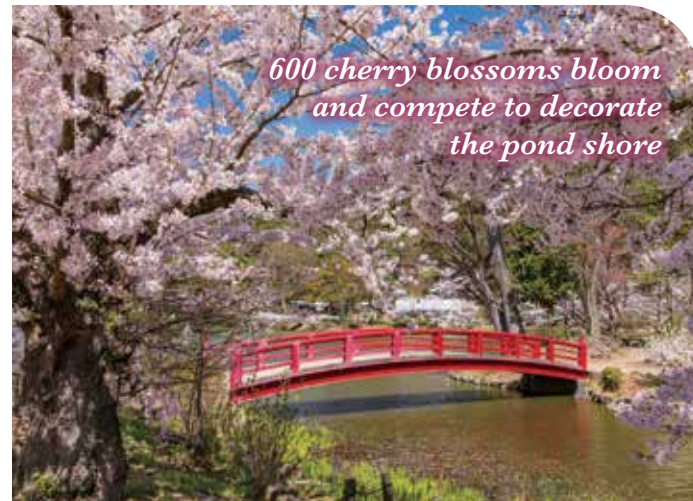


Relaxation park for Suzaka residents selected as one of the top 100 cherry blossom viewing spots.

MAP 09 D-3  
MAP 10 D-3

## Garyū Park & Suzaka Zoo

☎026-245-1770 (Garyū Park Management Office)



600 cherry blossoms bloom and compete to decorate the pond shore



1. The Suzaka Zoo located within the park is famous throughout the country for its red kangaroo, Hatch.  
2. At Capybara Onsen Hana-no-Yu, a winter tradition, many people are soothed by the warm capybara in the bath!

The park is loved by local residents as a place to relax year-round, with cherry blossoms in spring, fresh greenery in early summer, autumn leaves, and snowy scenery in winter. The park was built in 1931 by Professor Seiroku Honda, Japan's first doctor of forestry, who also designed Meiji Shrine and Komoro Kaikoen. The sight of about 600 cherry blossom trees changing color throughout the park is breathtaking. The pine trees on Mt. Garyū look like reclining dragons and have been selected as one of Japan's top 100 pine trees. The park is also home to the Suzaka Zoo and the famous jet-black Oden, making it a popular spot where you can enjoy the whole day.



The park's specialty is Oden made with a dark-colored soup stock that is sold at shops inside the park. It has a history of over 80 years since the store near Ryugaikō started selling it.

## Experience Suzaka

In order to deeply understand a place, it is important to experience the culture that lives there. Suzaka City offers experiential programs that allow you to learn about the charm of the area through various experiences.

**INQUIRY** SHINSHU SUZAKA TOURISM ASSOCIATION  
☎026-215-2225



### Experience program

Agricultural experience / Nature experience at Minenohara Kogen / Ski experience / Kura townscape (city development that takes advantage of storehouses) / Training experience at a temple (Zazen meditation, sermons by the chief priest, etc.) / Experience of visiting long-established stores (tradition and craftsmanship) / Local food "oyaki" cooking experience/sushi making experience/miso making experience (miso brewery tour), etc.

## Study in Suzaka

Suzaka City is a city where history and culture live on in modern times. The city is dotted with many attractive cultural facilities that tell the story of its history.

### ▶ Suzaka City Museum

MAP 11 C-3

As the entrance to the "Entire Museum" where you can learn about Suzaka's history and nature, it mainly exhibits artifacts excavated from ancient tombs in the city.



☎9:00-17:00 (Closed on Mondays (open if Monday is a holiday), the day after a holiday, 12/29-1/3)  
☒General 100 yen, free for high school students and under

### ▶ Suzaka Classic Museum

MAP 13 B-2

The museum houses and exhibits a collection of approximately 2,000 pieces of old folk art, including antique kimonos from the Taisho to Showa periods, donated by Japanese painter Nobutaka Oka.



☎9:00-17:00 (Last entry is 16:30)  
Closed on Thursdays (open on holidays), 12/29-1/3  
☒300 yen for adults, free for high school students and under

### ▶ Kyū Otagiri House

MAP 15 A-3

The former residence of the Otagiri family, a wealthy merchant family that contributed to the development of Suzaka's silk industry, is open to the public. You can see the prosperity of the time, such as the gate with a stone bridge.



☎9:00-17:00 (Last entry is 16:30)  
Closed on Thursdays (open on holidays), 12/29-1/3  
☒300 yen for adults, free for high school students and under

### ▶ Kasaboko Museum

MAP 12 B-3

The 11 Kasaboko, festival decorations, and Stalls that parade during the Suzaka Gion Festival are always open to the public. On the second and third floors, people's lives during the Edo period and materials from the Hori family of the Suzaka domain are displayed.



☎9:00-17:00 (Closed on Mondays (open if Monday is a holiday), the day after a holiday, 12/29-1/3)  
☒General 200 yen (free admission on the 1st floor), free for high school students and under

### ▶ Suzaka Hanga Museum

MAP 16 E-4

We have a large collection of prints by Kesaji Kobayashi, a printmaker from Suzaka City, as well as works by printmakers from all over the country with whom he had contact, as well as prints and self-published magazines.



☎9:00-17:00 (Last entry is 16:30)  
Closed on Wednesdays (open on holidays), 12/29-1/3  
☒300 yen for adults, free for high school students and younger (separate fee for special exhibitions)

### ▶ The World Folk Doll Museum

MAP 16 E-4

Approximately 3,000 folk dolls from 100 countries around the world are on display, collected by Chie Koike, honorary president of Bunka Fashion College, which has produced many famous designers.



☎9:00-17:00 (Last entry is 16:30)  
Closed on Wednesdays (open on holidays), 12/29-1/3  
☒300 yen for adults, free for high school students and under \*Additional fees apply for special exhibitions

## THERE'S MORE! CULTURAL FACILITY!

### ▶ Tanaka Family Museum

MAP 17 C-5

☎026-248-8008 ☎11:00-15:30, Saturdays, Sundays, and holidays 10:00-16:00 \*Last admission 30 minutes before closing  
Closed on Tuesdays (or the next day if it is a public holiday) and temporary closing days due to changes in exhibits, etc.  
☒General 900 yen, 350 yen for junior high school & high school students, 250 yen for elementary school students.

### ▶ Fureaikan mayu gura

MAP 18 B-2

☎9:30-17:00, November-February: 10:00-16:00, March: 10:00-17:00  
Closed on 12/29-1/3 ☒Free admission

## 6 FACILITY TOUR CARD "SUZACA"



With one ticket (1,000yen), you can enter six facilities: Suzaka Classic Museum, Kasaboko Museum, Kyū Otagiri House, The World Folk Doll Museum, Suzaka Hanga Museum, and Suzaka City Museum.

## Hot springs in Suzaka ♨



SCAN HERE FOR DETAILS

### Suzaka Onsen Kojouso

MAP WIDE 20 B-3

☎026-245-1460



▶ **Business hours**  
6:00-22:00 (last reception 21:00)  
▶ **Bathing fee**  
Adults 600yen, elementary school students 300yen, infants free  
▶ **Spring quality**  
Weakly alkaline simple hot spring

▶ **Bath**  
Indoor bath, outdoor bath  
▶ **Facilities**  
Shop, free rest area, restaurant



A famous hot spring where Uesugi Kenshin is said to have healed his fatigue. There is a large indoor bath and an open-air bath, giving it a great sense of openness. The open-air bath is a simple slightly alkaline hot spring that is gentle on the skin. It helps relieve fatigue, bruises, muscle pain, joint pain, etc.

### Seni Onsen Iwanoyu

MAP WIDE 22 C-3

☎026-245-2453



▶ **Spring quality**  
simple hot spring  
▶ **Bath**  
Indoor bath, outdoor bath, Cave bath (mixed bath), private bath

▶ **Facilities**  
Available only to hotel guests  
\*The attached "Tea Room Yagura" is available to non-guests as well



This secret hot spring, said to have been discovered by Yamabushi, Buddhist monk, during the Heian period, is close to Kawanakajima, so it has a long history and is said to have become Takeda Shingen's secret hot spring after the Battle of Kawanakajima. Currently, it is only available to guests staying at Iwa no Yu.

### Sekiya Onsen Yukku Land

MAP WIDE 19 C-3

☎026-248-6868



▶ **Business hours**  
10:00-21:00 (last reception 20:00), Saturdays, Sundays, and holidays-22:00 (last reception 21:00)  
▶ **Bathing fee**  
700 yen for junior high school students and above, 400 yen for elementary school students, Free for preschoolers. Weekdays from 5pm: 500 yen for junior high school students and above, 300 yen for elementary school students

▶ **Spring quality**  
simple hot spring (Hypotonic slightly alkaline hot spring)  
▶ **Bath**  
Indoor bath, open-air bath, sauna, welfare bathroom  
▶ **Facilities**  
Shop, free rest area, restaurant, cafe, bakery, banquet hall, welfare bathroom



One of the largest day trip hot spring facilities in Nagano prefecture. You can enjoy 14 baths of 10 types. Relax in the large public bath and open-air bath. Restaurants that focus on locally produced products, direct vegetable sales corners, and cafes where you can enjoy gelato are also popular.

### Fukujunoyu Onsen Fukujuso

MAP 21 E-5

☎026-245-5701



▶ **Business hours**  
10:00-21:00  
▶ **Bathing fee**  
600 yen for adults, 300 yen for elementary school students and younger  
▶ **Spring quality**  
Weakly alkaline simple hot spring

▶ **Bath**  
Indoor bath  
▶ **Facilities**  
Shop



A weakly alkaline simple hot spring that is said to be a beauty bath. The cozy and homely atmosphere is well-received by users, and even famous athletes visit. There are many tourist facilities in the surrounding area, so we recommend using it while taking a walk.

## A garden where flowers and greenery bloom beautifully

## Visit Shinshu Suzaka Open Garden

"Shinshu Suzaka Open Garden" is a project that opens the gardens of pensions and private homes for tours through the kindness and goodwill of the owners. Each unique open garden has a variety of concepts and peak viewing times. Part of the fun is interacting with the owners, learning about their wisdom and commitment to gardening.



☎026-248-9007 (Suzaka City Town Development Division)

AUTUMN



Mid-September	Suko Grape Festival
Late September	Suzaka Sweets Festa
Early October	Craft & Art Fair
Late October	Shinshu Suzaka Large Chrysanthemum Exhibition
Early November	Suzaka Ebisu-ko
Late November	Shinshu Suzaka Toyooka New Soba Festival

SPRING



Early April	Garyū Park Sakura Festival
Mid-April	Toyooka Sakura Viewing Party Hinno Festival
Late April	Shobu-no-sekku
Late May	Mori-no-naka Craft Fair

## Suzaka event calendar

WINTER



Late December	Ski resort opens
Early February	Thirty tiered decorations and 1,000 dolls Hina festival
Early March	Waku-waku Hinamatsuri

SUMMER



Late July	Gion Festival (Kasaboko parade)
Late July	Suzaka Kattakata Festival
Late July	Suzaka Minna no Fireworks Festival

Throughout the four seasons, there are many events that allow you to experience the charm of the city. Please come and visit Suzaka City, which is always fun to visit!



# SUZAKA CUISINE

When it comes to the food you eat while traveling, you want to be as particular as possible. There are many restaurants in Suzaka City that serve dishes made with plenty of local ingredients grown in the majestic nature.

-  **Shinshu Suzaka Misosuki Don**
-  **Soba**
-  **Japanese dishes**
-  **Sushi**
-  **Izakaya**
-  **Meat dish**
-  **Chinese dishes**
-  **Meat dish**
-  **Restaurant**
-  **Cafe/Snacks**
-  **Noodles**

**ShinshuGyu Sosekitei**  
**High-quality meat provided at the quality of a butcher shop**



A restaurant specializing in meat dishes that used to be a butcher shop and has a reputation for its quality ingredients. In particular, Shinshu beef has been a popular menu item since the establishment of the restaurant. They also have a wide selection of wines that go well with your meals.

☎026-245-0177  
 ☎11:30-13:30, 16:00-21:00  
 Closed on Tuesday  
 40seats [15]

**Yakitori Tareya**  
**Top quality Japanese style skewered chicken, Yakitori, in front of the station**



A yakitori restaurant that uses the traditional sauce passed down from the previous generation. There is a wide variety of menu items, including the famous "Soft Shiro", "Three Tsukune Brothers", and "Juicy Negima". The store has been busy with regular customers since its opening.

☎026-248-5715 ☎16:30-22:00  
 Closed on Tuesday  
 19seats [none]

**Negifuku**  
**A restaurant specializing in leek (green onion) dishes where leek lovers and suzaka lovers gather**



A restaurant specializing in leek dishes using "Shinkofuku Negi", which is grown by only one farm in Suzaka. You can enjoy a variety of creative dishes made with sweet and soft fresh leeks picked that morning, along with the owner's carefully selected alcoholic beverages.

☎090-8126-1473  
 ☎11:30-14:00, 17:30-22:00 Closed on Thursday (other irregular holidays)  
 20seats [3]

**Kappo Notochu**  
**A long-established local kappo restaurant that is responsible for the special day of Suzaka residents**



The appeal is the luxury of being able to enjoy dishes made with the finest soup stock and ingredients in pursuit of authentic flavors in a reserved private room. The popular "lunch" is determined based on the ingredients of the day, and each dish is carefully served while incorporating seasonal ingredients.

☎026-245-0053  
 ☎11:00-21:00 (reservation required)  
 Irregular holidays  
 40seats [10]

**Wakuya**  
**Sake and charcoal grill go well together in a retro restaurant**



This izakaya is a renovated 140-year-old former joinery shop. It is popular for its retro atmosphere. We have a wide variety of menu items, including "Kokkoyaki", half a chicken which is slowly grilled.

☎026-247-8020  
 ☎17:00-23:00  
 Closed on Sundays and holidays  
 45seats [10]

**Juwari Teuchi Soba Agareya**  
**Soba made entirely in-house, from milling to serving**



We are proud of our soba noodles, which are made by hand using soba grown in the surrounding area and ground in a stone mill. We also have a la carte dishes such as seasonal tempura, charcoal-grilled bamboo shoots, and smoked duck.

☎026-246-7050  
 ☎11:00-14:00, 18:00-22:00  
 Closed on Wednesday  
 (open if Wednesday is a holiday)  
 28seats [20]

**Matsubaya soba-ten**  
**Hand-made soba noodles, various rice bowls, all of which we are proud of**



Since its founding in 1887, it has been well-regarded for its taste, which has been maintained without changing the traditional manufacturing methods. Although we are a soba restaurant, we also offer a wide variety of rice bowl dishes, including katsudon, tempura bowl, and Suzaka City's local gourmet Misosuki Don.

☎026-245-0418 ☎11:00-14:00, 17:00-20:00  
 Closed on Thursday 30seats  
 [10] \*Only open for lunch on Saturdays, Sundays, and holidays.

**Yakiniku Izakaya Minori**  
**The secret is our homemade sauce, which we have continued to use since our founding**



We offer a variety of yakiniku, "Minori-yaki", which is grilled pork tripe marinated in a secret sauce. We also recommend the seasonal mountain delicacies and seasonal sashimi made by the owner, who has a background in Japanese cuisine.

☎026-245-7467  
 ☎17:00-24:00  
 Closed on Sunday  
 35seats [none]

**Soba Dokoro Matsuya**  
**The restaurant's taste remains the same as before, supporting the dietary habits of locals**



A long-established store founded in 1912. The soba noodles are made with buckwheat flour from Shinshu and other sources, and serve Nihachi soba with a great flavor. The katsudon, which mainly uses pork loin produced within the prefecture, has a reputation for having the same delicious flavor as before.

☎026-245-0023  
 ☎11:00-14:00, 17:30-19:30  
 Closed on Tuesday and Monday nights  
 60seats [10]

**Sushi Kappo Matsukaze**  
**Spectacular sushi and kaiseki cuisine using traditional techniques**



A long-established sushi restaurant founded in 1907. The sushi and traditional Japanese course dinner, which are carefully hand-prepared using seasonal fish and shellfish, are highly rated and attract many people from outside the city. Chirashi sushi, which allows you to enjoy lots of fish and shellfish at once, is also popular.

☎026-245-0164  
 ☎11:30-14:00, 17:30-21:00  
 No regular holiday  
 10seats [4] \*reservation required


**Sweets Market Cafe**  
**The food and sweets are so cute**



A cute cafe run by an interior goods store. The gorgeous and cutely designed cupcakes on the signature menu are a must-try. There is also a full menu other than sweets such as curry and pizza.

☎026-214-0880  
 ☎10:30-18:30  
 Closed on Wednesday, 1st Thursday  
 20seats [14]

**Zakasu Ramen**  
**Unique noodles that are widely supported**



A noodle shop with a wide variety of menu items, including Chinese noodles, pork bone flavored noodles, and chicken paitan flavored noodles. In addition to the standard menu, creative menu items such as the "Spicy Miso Ginger" with a choice of up to 10 types of spiciness are also very popular.

☎026-248-9595  
 ☎11:00-14:10 LO, 17:30-20:30 LO  
 Closed on Monday  
 35seats [15]

**Shunsai Kominka Yururi**  
**Tastes that highlight the skill of Japanese chefs who are particular about ingredients**



The restaurant is located in a relocated 100-year-old private house, where you can enjoy creative Japanese cuisine that combines traditional techniques with modern tastes. Our chef uses his skills to provide carefully selected and seasonal ingredients from all over the country.

☎026-248-6804  
 ☎11:00-14:30, 17:00-21:30  
 No regular holiday  
 40seats [16]

**Tanaka Honke Museum Cafe Ryusen**  
**Taste local cuisine while looking out at the Japanese garden**



A cafe and rest area located at the Tanaka Honke Museum, a famous tourist spot in Suzaka. The bento menu, which recreates dishes from the Edo period, is popular, along with oyaki and ozoni sets.

☎026-248-8008 ☎11:00-15:30  
 Closed on Tuesday 40seats  
 [80] \*Lunch available on Saturdays, Sundays, Mondays, and holidays only.  
 Reservation required for meal menu

**Kozantei Takai-honten**  
**We have a wide variety of menus including tempura and rice bowls**



You can enjoy stone-ground Nihachi soba noodles made with local flour from Takayama, as well as Japanese cuisine made mainly from local ingredients. This restaurant boasts a diverse menu that will satisfy everyone from children to the elderly.

☎026-248-1320 ☎11:30-14:30 (14:00 LO), 17:00-20:30 (20:00 LO)  
 Closed on Wednesday night \*Closed on all Wednesdays in January and February only 120seats [50]

**Nekomachi Ekisya**  
**Enjoy freshly baked pizza in an old-fashioned restaurant with a classy atmosphere**



A popular buffet-style lunch where you can choose your favorite pizza or hamburger at the cafe, which is a renovated private house, followed by a salad and a drink. There are also a variety of shops to enjoy.

☎026-214-7580  
 ☎11:00-17:00 (16:00 LO)  
 No regular holiday  
 16seats [10]

**Matsue Sushi Suzaka branch**  
**Nigiri, maki, temari. Beautiful sushi made by a sushi chef**



Since its establishment in 1972, this sushi restaurant has gained a reputation for its fresh ingredients and beautiful presentation. We are available for bento boxes, catering, and delivery, so feel free to call us. The restaurant offers course meals (reservations required).

☎026-248-2555  
 ☎10:00-21:00  
 No regular holiday [30]

**Weiwei Gyoza**  
**Hot and juicy chinese dumplings that brings out the flavor of the ingredients**



The owner, who is originally from China, sells authentic dumplings that recreate the taste of home-cooked dumplings from his hometown. Since Chinese people eat dumplings in the morning, they offer dumplings that do not use garlic, cabbage, or Chinese cabbage.

☎026-248-3338 ☎11:00-14:00, 16:00-(Ends when sold out)  
 Closed on Wednesday  
 10seats [3]

**CAFE LE PANIER**  
**Taste the deliciousness of local ingredients and nature in its entirety**



Juice and hot dogs made using grapes from our own farm are standard. Also pay attention to the "Women Farmer Series", which changes with the seasons, making use of seasonal vegetables, fruits, and local ingredients, such as fruit tarts.

☎026-214-3837 ☎10:00-16:00 LO  
 Closed on Monday and Tuesday  
 30seats [20]  
 \*business hours, Regular holidays vary depending on the season

**Aizu Kitakata Ramen Kura Suzaka branch**  
**Not just Kitakata, we also have a wide variety of original menus**



A restaurant that conveys the taste of Kitakata, which is famous for its curly, thick soy sauce noodles. The "Suzaka Miso Ramen", a menu developed based on le-type noodles as well as the authentic taste, is a dish that can only be eaten here.

☎026-251-2555  
 ☎11:00-23:00 (22:30 LO)  
 No regular holiday  
 58seats [35]

**Yakinikuan Kyozenbashi**  
**Enjoy A5 rank beef in a luxurious restaurant**



A Japanese BBQ restaurant that is particular about creating a comfortable space so that you can enjoy your meal slowly. We have a wide variety of menus, including A5 rank Wagyu beef, tripe, seafood, and rice dishes.

☎026-214-9840  
 ☎17:00-22:30 (22:00 LO)  
 Irregular holidays  
 85seats [20]

**Sekiya Onsen Yukku Land**  
**A restaurant that serves everything from ramen to pizza**



Restaurant inside the day trip bathing facility. We have a wide variety of menus using local ingredients, including Suzaka Miso Ramen. Of course, you can enter the facility just to eat. There is no admission fee at that time.

☎026-248-6868 ☎11:00-15:00, 16:30-20:00 LO (Saturdays, Sundays, and holidays - 21:00 LO)  
 Closed due to maintenance  
 70seats [250]



# Let's stay in Suzaka

You can't experience Suzaka all in one day. If you want to take your time sightseeing, you must stay overnight. There are many attractive facilities in Suzaka City, from downtown to resort areas, to enrich your stay.

... Hot spring available

CITY AREA

## JAPANESE INN Asahikan



DATA ☎026-245-2121 **IN** 16:00~ **OUT** 10:00  
Accommodation fee : 4,500 yen per person~  
Number of rooms : 5 10

MAP 広域 23 B-1

## RENT A WHOLE HOUSE Shirafuji



DATA ☎070-8570-0423 **IN** 15:00~ **OUT** 12:00  
Accommodation fee : 66,000 yen per building~  
 4

MAP 27 B-4

## HOTEL City Hotel Sunshine Eight



DATA ☎026-245-8121 **IN** 16:00~ **OUT** 10:00  
Accommodation fee : 5,940 yen per person~  
Number of rooms : 42 50

MAP 24 A-1

## JAPANESE INN Suzaka Onsen Kojouso



DATA ☎026-245-1460 **IN** 15:00~ **OUT** 10:00  
Accommodation fee : 8,570 yen per person~  
Number of rooms : 35 70

MAP 広域 20 B-3

## GUEST HOUSE Guest house Kura



DATA ☎026-214-7945 **IN** 16:00~ **OUT** 11:00  
Accommodation fee : 4,000 yen per person~  
 4

MAP 28 B-4

## JAPANESE INN Shimeikan



DATA ☎026-245-0707 **IN** 16:00~ **OUT** 10:00  
Accommodation fee : 5,000 yen per person~  
Number of rooms : 7 3

MAP 25 B-1

## JAPANESE INN Seni Onsen Iwanoyo



DATA ☎026-245-2453 **IN** 15:00~ **OUT** 12:00  
Accommodation fee : 30,900 yen per person~  
Number of rooms : 18 30

MAP 広域 22 C-3

## JAPANESE INN Fukuju no Yu Onsen Fukujuso



DATA ☎026-245-5701 **IN** 16:00~ **OUT** 10:00  
Accommodation fee : 5,000 yen per person~  
Number of rooms : 18 40

MAP 21 E-5

## JAPANESE INN Uonaka Ryokan



DATA ☎026-245-0271 **IN** 16:00~ **OUT** 10:00  
Accommodation fee : 4,950 yen per person~  
Number of rooms : 7 5

MAP 26 B-4



## Camping night in nature

CAMP SITE

From auto camping to glamping, Suzaka City has plenty of facilities where you can enjoy a stay that blends in with nature. Why not spend some time admiring the beautiful mountain range and listening to the sounds of nature?

- Suzaka Onsen Yamanokami Campsite 29 B-3
- Gomiike Hafu Kogen Auto Campsite 30 C-5
- REWILD ZEKKEI GLAMPING RESORT 31 D-3

FOR MORE INFORMATION, CLICK HERE



# Choose a pension stay on a plateau in the sky

Minenohara Kogen is one of Japan's leading pension villages, with approximately 40 pensions and lodges. Customizability is a luxury that can only be found in a pension, such as support for mountain walking and various sports, experience classes that take advantage of the owner's special skills, and the ability to respond to requests for meals and sweets. Find the perfect accommodation for you from our unique selection of accommodations.

MINENOHARA AREA



## Pension Kerun

MAP WIDE 33 D-3

DATA ☎0268-74-2591  
**IN** 15:00~ **OUT** 10:00



## Lodge Yamaboshi

MAP WIDE 33 D-3

DATA ☎0268-74-1250  
**IN** 15:00~ **OUT** 10:00



## Pension White Eagle

MAP WIDE 33 D-3

DATA ☎0268-74-2697  
**IN** 15:00~ **OUT** 10:00



## Udono Pension

MAP WIDE 33 D-3

DATA ☎0268-74-2725  
**IN** 15:00~ **OUT** 10:00



## Pension Start Line

MAP WIDE 33 D-3

DATA ☎0268-74-3538  
**IN** 15:00~ **OUT** 10:00



## Yamanoyado Kimama

MAP WIDE 33 D-3

DATA ☎0268-74-3908  
**IN** 15:00~ **OUT** 10:00



## Pension Bois Vert

MAP WIDE 33 D-3

DATA ☎0268-74-2510  
**IN** 15:00~ **OUT** 10:00  
Pets allowed



## Sora no Mori

MAP WIDE 33 D-3

DATA ☎0268-71-5691 **IN** 15:00~ **OUT** 10:00  
Pet bungalow available, main building pet consultation required (dogs only)



## Pension Plaisir

MAP WIDE 33 D-3

DATA ☎0268-74-3570  
**IN** 15:00~ **OUT** 10:00  
Pets allowed only in cottages

•Minenohara Kogen Tourism Association ☎090-4949-3080

## There are also many wonderful pensions on the Minenohara Kogen

Lodge ErsteLiebe  
☎0268-75-0832

Pension Haeckel  
☎0268-74-3002

Sasurai no Ziyuhikokan  
☎0268-61-7535

Lodge Aboria  
☎0268-74-2704

Pension Frederick  
☎0268-74-2570

Pension Bluebell  
☎0268-74-2790

Pension Relief  
☎0268-74-3344

pension Buranko  
☎0268-74-2798

Sports Lodge MIYA  
☎0268-74-34146

Belfleur Suzurankan  
☎0268-74-2079

Asunaro Pension POCKET  
☎0268-74-2733

Pension noichigo  
☎0268-74-2693

Pension Garden Story  
☎0268-74-2728

Pension Mountain Papa  
☎0268-74-2730

Pension Fukunaga  
☎0268-74-2729

Pension Shiroitsubasa  
☎0268-74-0210

Okuyama Pension Radish  
☎0268-74-2722

Pension Heidi Hof  
☎0268-74-3133

Pension Halftone  
☎090-5771-0376

Tomita Pension  
☎0268-74-2120

Pension Kiraboshi  
☎0268-74-3644

Kasumi-tei  
☎0268-74-3534

Pension Yagi  
☎0268-74-2337

Hirata Pension  
☎0268-74-2354

## Restaurant

Enjoy the local cuisine "Hinnobe soup"!  
Tôge no chaya  
KOMEBAKARI  
☎0268-74-2209

Pension Rimini  
☎0268-74-2298

Pension Kinoko  
☎0268-74-2350

Kong  
☎0268-74-1063



ANBATA SAND

04



07



MISO NOODLE

12

SAKE



03



## SUZAKA'S MASTERPIECE

Processed agricultural products nurtured by rich nature, local foods that have been loved since ancient times, miso and sake made in a climate suitable for brewing, etc. We will introduce you to the special products that Suzaka City is proud of.

01



JAM

02



JUICE

05



06



08



OYAKI

10



09



EASY TO PURCHASE ONLINE SHOP



If you access the online shop of the Shinshu Suzaka Tourism Association, you can purchase Suzaka City's special products at any time. We also accept card payments, convenience store payments, and mobile carrier payments.



For more information, click here

\* No International Shipment, Domestic Shipment Only

### 01 | Suzaka fruit jams

The jam is made with fruits grown in Suzaka City, which is rich in fruit, and is characterized by its juicy, fruity flavor and the refreshing sweetness and acidity inherent to the fruits. A great complement to yogurt and pancakes.

### 04 | Anbata Sand

This is a new Suzaka confectionery that is a collaboration of Japanese and Western sweets. A Japanese-style confectionery made with butter and red bean paste, a popular sweet of Suzaka, which has many classic Japanese confectionery shops.

### 07 | Shinshu Suzaka Miso Ramen

Local noodles made with miso, a specialty of Suzaka City. It's available at noodle restaurant in the city, so compare the flavors and find your favorite.

### 10 | Shinshu Suzaka Misosuki Don

Sukiyaki seasoned with Suzaka miso was served by local factory owners to merchants visiting Suzaka from the Meiji to Taisho periods. This dish was developed to revive the taste of the Taisho era.

### 02 | Suzaka fruit juices

The 100% fruit juice made from fruits grown in Suzaka City, such as grapes and apples, has a high sugar content and a rich flavor. It is made at various farms and processing plants within the city.

### 05 | Suzaka fruit and vegetable dressing

Locally produced dressing made with fruits and vegetables grown in Suzaka City. Moreover, it is healthy as it does not use salt or additives. It is an excellent product that can also be used as a sauce for pasta and meat dishes.

### 08 | Pickled Numame Shirouri

"Numameshirouri" is a traditional Shinshu vegetable that originated in the Numame area of Suzaka City and is suitable for growing Oriental pickling Melon. Pickles made with this melon, which is thick and suitable for pickling, have a fruit-like texture.

### 11 | Sake from Endo Brewery INC.

A sake brewery with one of the largest production volumes in Nagano Prefecture. The main brand is Keiryu. In recent years, we have been focusing on developing new brands and limited edition lines, such as "Shah", which has an aftertaste that disappears like a comet.

### 03 | Shinshu Suzaka Fruit Ale

A craft beer made with Suzaka's famous water, apples (Fuji), grapes (Kyoho, Nagano Purple, and Shine Muscat), and cassis from Suzaka. It is characterized by the natural sweetness of the fruit.

### 06 | Suzaka miso

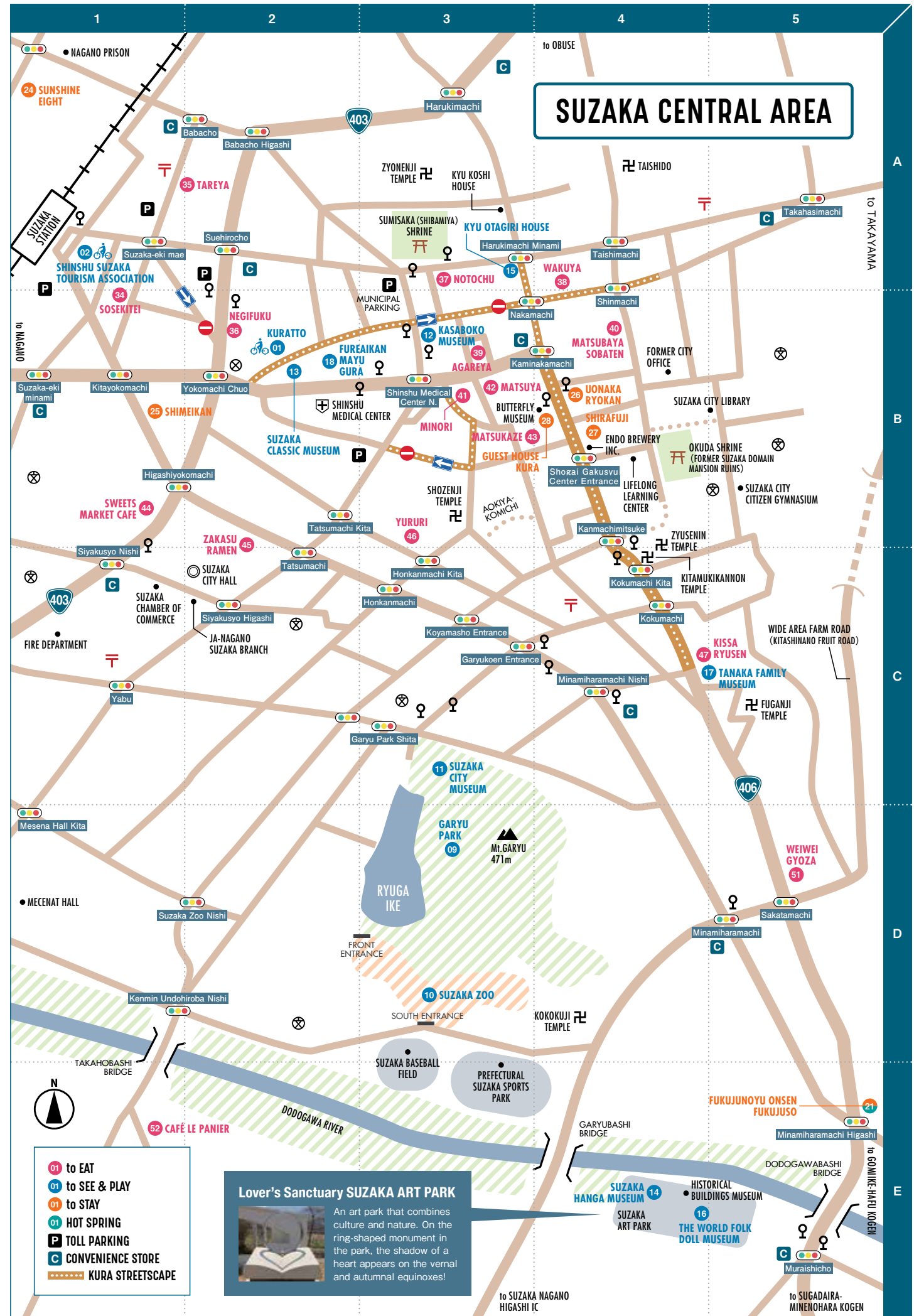
Suzaka City, with its temperature differences, is an ideal place for fermenting and aging miso, and there are four miso breweries that have been around since ancient times. Miso, carefully made with high-quality soybeans, has a mellow, nostalgic taste.

### 09 | Oyaki

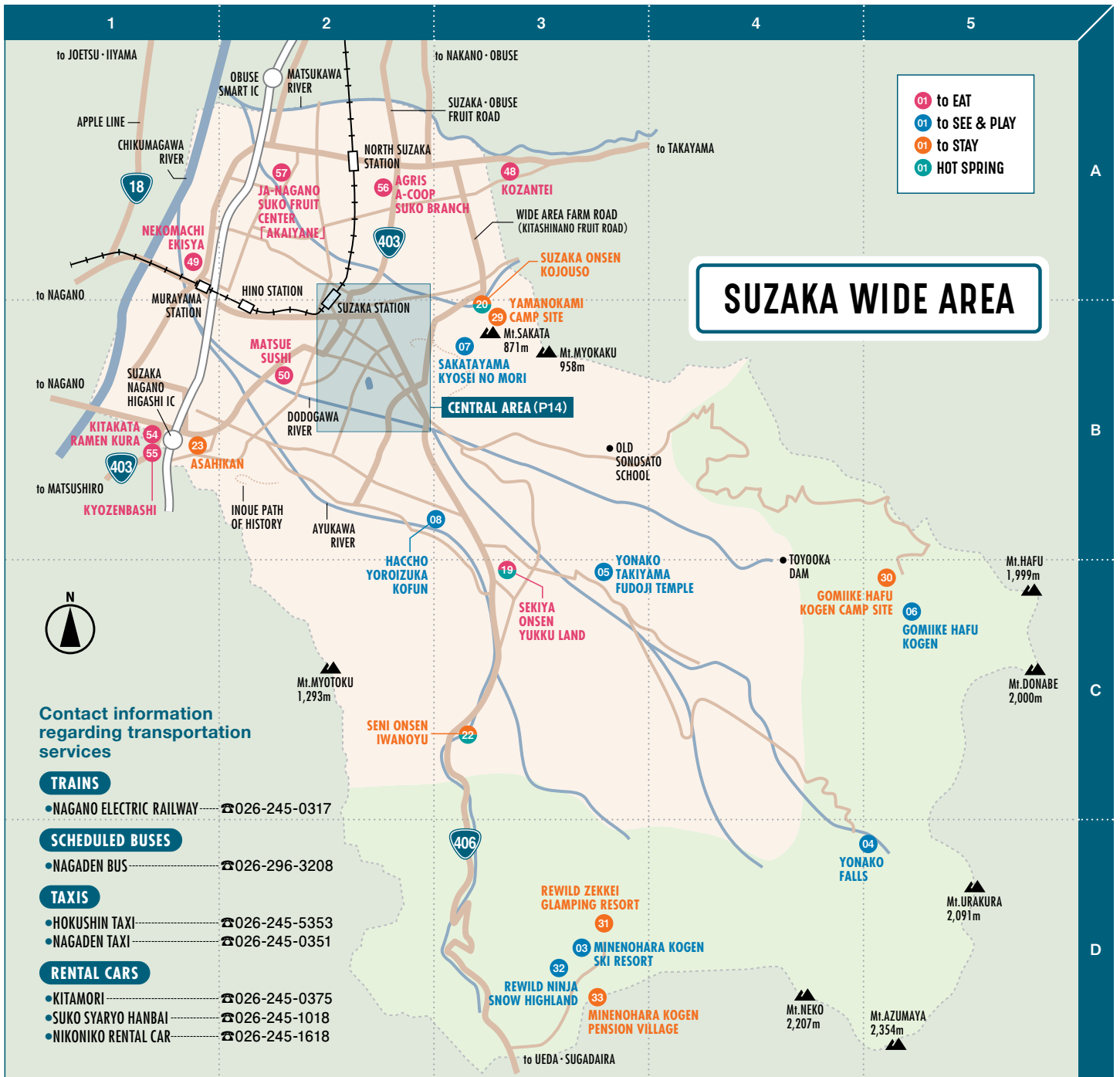
Oyaki is famous as a local dish of Nagano Prefecture, and in Suzaka City, steamed oyaki is common. The manufacturing methods vary depending on the store, such as making it with just flour and water or using rising flour.

### 12 | Wine from Kusunoki Winery

We offer a variety of wines, including Chardonnay, Pinot Noir, and Merlot, which have won numerous awards at domestic and international competitions. We aim to create elegant wines that go well with Japanese meals.







**Contact information regarding transportation services**

**TRAINS**

• NAGANO ELECTRIC RAILWAY ☎026-245-0317

**SCHEDULED BUSES**

• NAGADEN BUS ☎026-296-3208

**TAXIS**

• HOKUSHIN TAXI ☎026-245-5353

• NAGADEN TAXI ☎026-245-0351

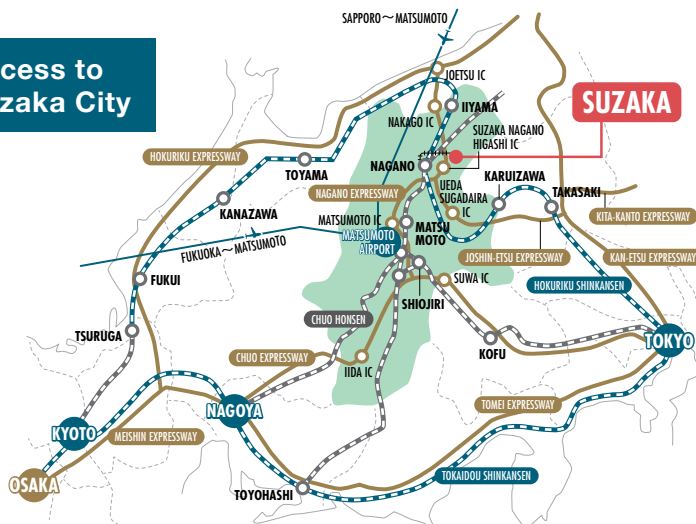
**RENTAL CARS**

• KITAMORI ☎026-245-0375

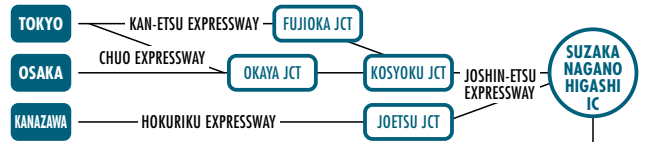
• SUKO SYARYO HANBAI ☎026-245-1018

• NIKONIKO RENTAL CAR ☎026-245-1618

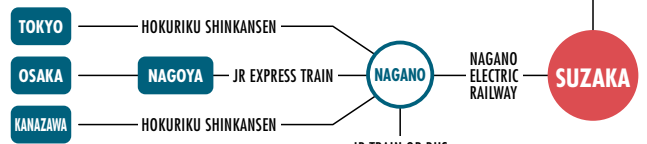
**Access to Suzaka City**



**BY CARS**



**ON TRAINS**



**BY AIRPLANES**



**Shinshu Suzaka Tourism Association** <https://www.suzaka-kankokyokai.jp/>  
1295-1 Suzaka, Suzaka City, Nagano Prefecture 382-0077 ☎026-215-2225

**Suzaka City Industrial Promotion Department Commercial Tourism Division** <https://www.city.suzaka.nagano.jp/>  
1295-1 Suzaka, Suzaka City, Nagano Prefecture 382-0077 ☎026-248-9005

[Published in March 2024]



**Lover's Sanctuary**  
恋人の聖地