

KARUIZAWA

GATEWAY TO NAGANO



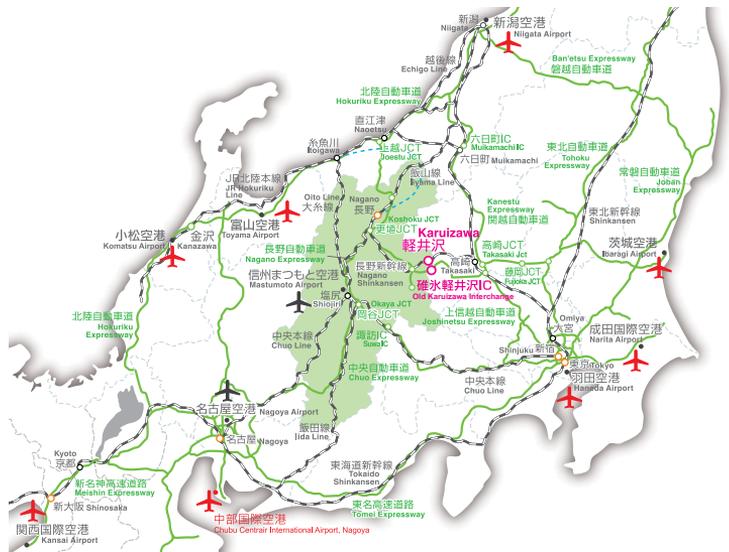




A Town for All Seasons

KARUIZAWA BECAME POPULAR in the late nineteenth century as a summer retreat for missionaries and diplomats based in Tokyo. In 1886 Canadian missionary Alexander Croft Shaw became enchanted with Karuizawa’s beauty, and returned 2 years later to build the region’s first summer residence.

The upper echelons of Japanese society – including members of the Diet and indeed the Imperial Family – quickly caught on and began to summer in the town to escape Tokyo’s blistering summer heat. The excellent ski slopes and long golfing season – which runs into December – led to Karuizawa becoming a popular choice for a winter break too. It is also the closest mountain resort town to the upcoming 2020 Winter Olympics. The introduction of the bullet train in 1997 reduced the journey from Tokyo to a mere hour, placing Karuizawa firmly at the top of the list for those wanting to escape the hectic capital at any time of the year.



 International Airport

The town has inspired many a writer and is also home to some stunning museums. People still flock to Karuizawa to enjoy its rich culture, luxuriate in the open air hot-springs and enjoy the graceful peace of the wooded mountainside. Artists draw inspiration from the tranquillity and abundant natural beauty. Celebrated Japanese animator Hayao Miyazaki set his final film, “The Wind Rises” in Karuizawa.

Musicians and business magnates continue to choose to spend their leisure time here. As well as being home to the first western style hotel in Japan – the Mampei (est. 1894) – it remains an ever popular place to build a summer home, both among wealthy Japanese and international movers and shakers.

Karuizawa – which was originally an important post stop on the road between Kyoto and Edo – also enjoys a reputation as a sophisticated conference and business destination. Meetings can be hosted both in and outdoors, all the while drinking in the beauty of the rich natural surroundings.





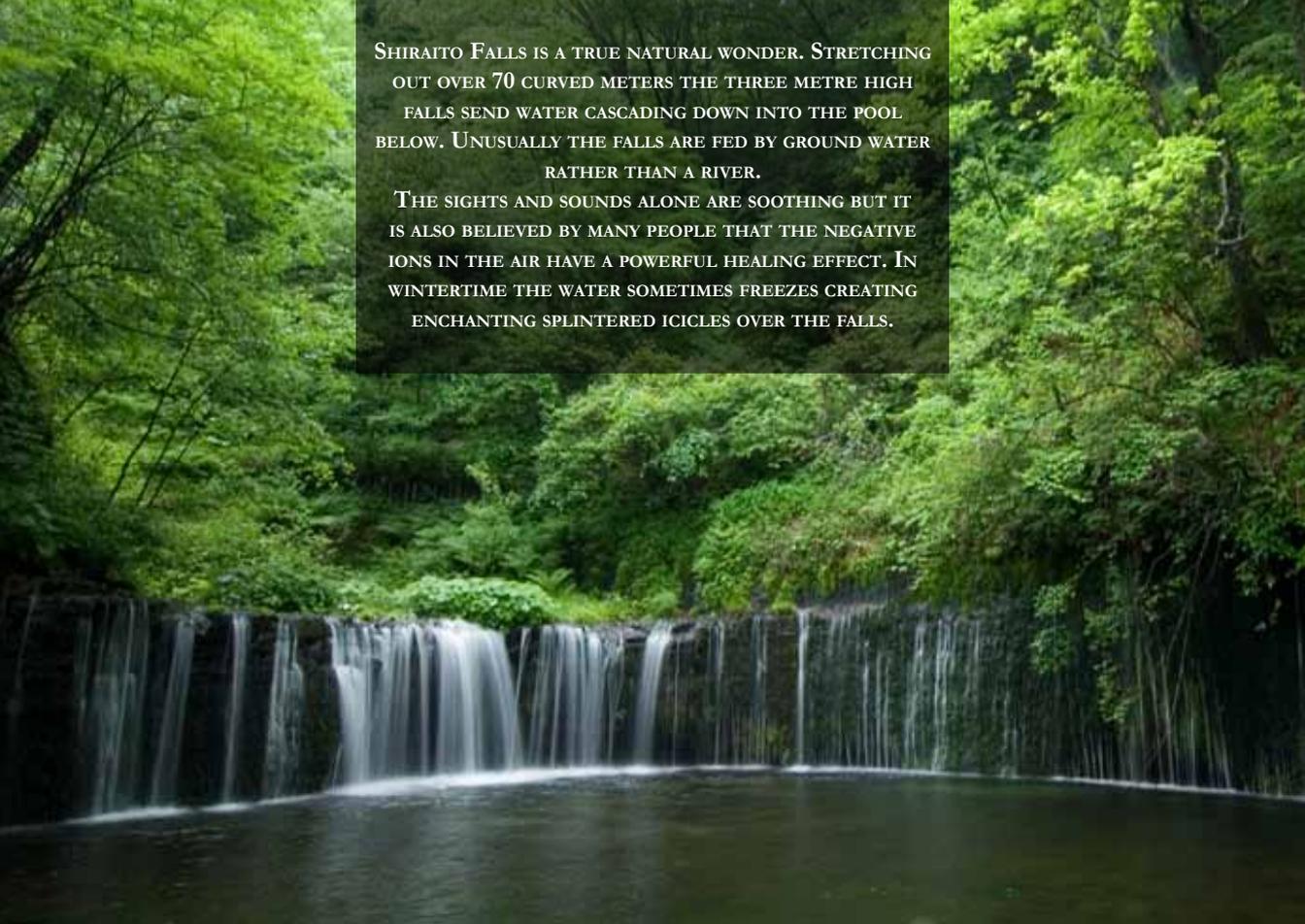
KARUIZAWA HAS THRIVED AS THE MOST POPULAR INTERNATIONAL SUMMER RESORT IN JAPAN SINCE THE LATE NINETEENTH CENTURY BECAUSE OF ITS COOL SUMMER CLIMATE AND BREEZY ENVIRONMENT WITH AN ABUNDANCE OF BIRCH AND LARCH TREES. THE TREE-LINED STREETS ARE FILLED WITH PEOPLE HOPING TO NOT TO BE RECOGNIZED AS THEY SEEK REFUGE FROM THE FAST PACE OF THE CITY. IT IS HARD TO BELIEVE THAT SUCH SECLUSION MAY BE FOUND SUCH A SHORT TRAIN RIDE AWAY FROM TOKYO.



KUMOBA POND IS PRETTY IN ALL SEASONS. HOWEVER, IN THE AUTUMN IT BECOMES BREATHTAKING AS THE RED, AUBURN AND GOLD LEAVES ARE REFLECTED ON THE MIRROR-SMOOTH SURFACE. THE WINTER BRINGS FORWARD A DIFFERENT COLOR PALLET WITH STARK WHITES AND DEEP BLUES. IT IS A PLEASANT TWENTY-MINUTE STROLL ON THE WALKING TRAIL AROUND THE POND WHICH IS A POPULAR CHOICE YEAR ROUND.



KARUIZAWA IS SITUATED AT THE FOOT OF MT. ASAMA AND OFFERS DIFFERENT VISTAS YEAR-ROUND SINCE THE FOLIAGE OF THE REGION IS EVER-CHANGING. IF YOU DECIDE TO HIKE TO THE SUMMIT OF THE ACTIVE VOLCANO YOU'LL CLIMB TO AN ELEVATION OF CLOSE TO 2,550M ON YOUR 7.7KM ASSENT. NO MATTER WHAT TIME OF YEAR YOU DECIDE TO VISIT, YOU'LL BE SURE TO WANT TO RETURN AGAIN SOON TO ENJOY THE LANDSCAPE THROUGH THE SEASONS.



SHIRAITO FALLS IS A TRUE NATURAL WONDER. STRETCHING OUT OVER 70 CURVED METERS THE THREE METRE HIGH FALLS SEND WATER CASCADING DOWN INTO THE POOL BELOW. UNUSUALLY THE FALLS ARE FED BY GROUND WATER RATHER THAN A RIVER.

THE SIGHTS AND SOUNDS ALONE ARE SOOTHING BUT IT IS ALSO BELIEVED BY MANY PEOPLE THAT THE NEGATIVE IONS IN THE AIR HAVE A POWERFUL HEALING EFFECT. IN WINTERTIME THE WATER SOMETIMES FREEZES CREATING ENCHANTING SPLINTERED ICICLES OVER THE FALLS.



①Tombo-no-yu – Hot SPA spring



Kumoba Pond



Karuizawa Ice Park

Travel in Karuizawa

TREE LINED ROADS AND A LEISURELY PACE OF LIFE make a peddle through the beautiful rural landscape the perfect way to spend a day or two seeing some of the most beautiful scenery in Japan. You can rent bikes near the station or directly from the hotels. Expect to pay between ¥500 and ¥1000 a day.

Or you may take an energetic hike to enjoy the panoramic views; or ramble in the forest. You might even be lucky enough to spot an Asian Black Bear enroute. Head to page 16 of this guide for several cycling and hiking route suggestions.

You can also enjoy many a lazy stroll in landscaped surroundings. Karuizawa Lake Garden is full of bright flowers in a series of well-kept gardens or the beautifully manicured rose garden at Karuizawa Taliesin is always a favorite. The Taliesin is a popular leisure park containing

Lake Shiozawa – where people enjoy boating in the warmer months – plus museums, play facilities, shops, and restaurants.

Or visitors may choose to spend their time in one or more of Karuizawa's numerous galleries and museums – perhaps soak up interpretations of mountain scenery at Tazaki Art Museum or check out the Sezon Modern Art Museum which has several works by both Andy Warhol and Jasper Johns in the permanent collection.

Local bus routes are easy to navigate and detailed information may easily be obtained from the Tourism Office or hotel receptions. Taxis are available – visitors may find estimated rates for popular trips on the official Karuizawa website. Go to the link below, select English then click on the Access icon. www.karuizawa-kankokyokai.jp

The quickest way to Karuizawa

by public transport is the Nagano Shinkansen (the bullet train) which takes as little as 65 minutes. The station is located centrally within walking distance of many hotels – such as the Prince Hotel Resort. Most of the hotels offer a free pick-up service.

The one way journey costs about ¥5,500 and is fully covered by the Japan Rail Pass, JR East Pass and JR Kanto Area Pass. At ¥8,000, the JR Kanto Area Pass, in particular, already pays off for a round trip and you can also use it for day trips to nearby sights (see p.10 & p.11 for suggested trips and travel info).

If you prefer traveling by bus, there are five highway buses per day between Tokyo's Ikebukuro district (Sunshine City Prince Hotel and Ikebukuro Station) and Karuizawa. The one way journey takes three hours and costs ¥2,500. By car from Tokyo takes around three hours.



② French Bakery



③ Lizanbou



④ Hotel Marroad Karuizawa

The Artist's Retreat

WITH ITS SPECTACULAR VISTAS, cultural buzz and cool summer climate Karuizawa has long been a popular choice for families looking for a place to summer in. Among the most famous was Japanese artist Yoko Ono, her husband John Lennon and their son, Sean, who would enjoy long stays at the Mampei Hotel. The family would cycle around the town and surrounding areas enjoying fresh coffee and baguettes in the local cafes and bakeries. The Lizanbo was a popular destination for the bike wielding Lennons back in 1976 where they enjoyed a morning coffee or spent a lazy afternoon in hammocks. You can easily trace their footsteps and imagine how this artistic family drew inspiration from this mountain retreat. Today, one may be lucky enough to run into a personal hero or admired artist whilst enjoying one's stay in Karuizawa.

Local Legends

IF YOU ARE SEEKING A LITTLE SPIRITUALITY then consider visiting one of Karuizawa's power spots where it is believed the energy of the earth travels close to the surface. You may also seek out the mythical water spirits which are believed to live in the Yu River near the Kamanofuchi Bridge. Or visit the Kumanokoutai Jinja – a sacred tree near the Old Usui Pass. Each May and October a Shinto Ceremony of music and dance is held to honor the 850 year old tree (pictured). It is said that if you run around the tree clockwise it will grant you a wish. After working up an appetite running clockwise around the tree in hopes of it granting your wish, you can stop by the Shigenoya restaurant to enjoy some Mochi. The walnut crusted Mochi is a regional speciality as 70% of Japan's walnuts are grown in this region.



Kumanokoutai Jinja (Shinanoki)



⑤ Shigenoya



⑥ Shigenoya



⑦ ⑧ Hotel Marroad

After Dark

AS NIGHT FALLS YOU WILL FIND A BEVY OF ACTIVITIES from which to choose. The Prince Ski Resort offers night skiing for those who just didn't get enough during the day. Stargazers take advantage of the clear skies year round. Meanwhile bathers luxuriate in the open-air hot springs at Sengataki-onsen and Hoshino-onsen. Lucky enough to visit in early July? Be amazed by fluttering fireflies.

At the Hotel Marroad diners can enjoy classic high-end western food and perhaps round off the evening in the delightfully kitsch 70's style bar. Relax and enjoy the impeccable service delivered by tuxedo-clad bartenders.



⑩ Prince Hotel Forestana



⑪ Karuizawa 72 golf



⑫ The Prince Hotel Karuizawa



⑬ Prince Hotel Forestana



⑭ The Prince Hotel Karuizawa

Countryside, Courting, Cottages and Conferences

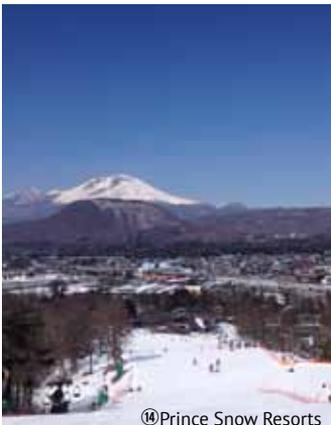
OF COURSE A MAJOR ATTRACTION OF A MOUNTAIN RETREAT such as Karuizawa is the opportunity to break free of the stresses of modern life and to take advantage of and enjoy the natural surroundings. It is easy to rent push bikes by the station and many visitors like to meander down the forest paths to immerse themselves in the fragrant and revitalizing forest air. Some choose to take advantage of the sporting facilities – favorites include tennis, golf, skiing, curling and skating at the rinks, while other prefer to treat themselves to a hot-spring.

The breathtaking vistas not only lend themselves to a superior hiking experience but have also led to Karuizawa becoming a favorite choice for wedding celebrations. Numerous picturesque churches and chapels like the ones at The Prince Hotel are nestled into the mountain side. This is the perfect gateway to a relaxing honeymoon in romantic surroundings. Many couples opt to take wedding photos at the former Old Mikasa Hotel. This listed building was originally a western-style hotel which often hosted members of Japan's Diet.

Many visitors to Karuizawa opt to stay in cottage style accommodation. Cozy log cabins cater to singles, couples and small families. Cottage Inn Log Cabin is a popular resort that offers a free pick-up service from the main station. The resort's restaurant, Logtei, draws both residents and non-residents alike to enjoy Yakimiku (Japanese style barbecue). Larger cabins are available at The Prince Hotel offering a taste of cottage life while simplifying travel for very large groups. Visitors will have the chance to enjoy countryside pursuits such as horseback riding and return to relax in the personal, private cottage-like surroundings of their cabins. Other visitors choose to take advantage of Karuizawa's well-maintained campgrounds.

Karuizawa is home to several golf courses, six 18-hole courses and two 9-hole. The Oshitate Course and Iriyama Course will be the scene of the 2014 World Amateur Team Championships.

The proximity to the capital and the excellent facilities have seen Karuizawa become a popular choice for banquets, seminars and large conferences. Excellent transportation links, plus outstanding dining and conference facilities make Karuizawa the ideal venue for work and play.



⑮ Prince Snow Resorts



⑯ Logtei & Log-Cabin



⑰ Logtei & Log-Cabin



⑱ Old Mikasa Hotel



Day Trips Along Japan's Romantic Road

KARUIZAWA IS ON THE ROMANTIC ROAD, which runs for 350km between Ueda and Utsunomiya City. The route, inspired by Germany's Romantische Strausse, was established in 1982 in partnership with their German counterparts. Some of the most dramatic scenery along the route may be found on the 50km stretch along the base of Mount Asama. As a result of this many people choose to hire a car in Karuizawa and explore the route using the town as their base.

A favorite destination is a day trip to visit the Snow Monkeys which inhabit the Jigokudani – or Hell's Valley – Park. The valley is named for the hot springs and vents which release steam from the hot springs. The monkeys choose to bathe in the thermal pools to warm up in the long winter months. They are also known to roll snowballs for fun.

Nagano is affectionately known as the 'roof-top of Japan' and driving through the region with its magnificent mountain scenery is wonderful in all four seasons: Snow-clad mountains in winter, autumnal hues in fall, lush greenery in the summer months and cherry blossoms in spring. Beautiful shrines and temples abound – including the Nishina Shinmei Shrine which is the oldest example of classical Japanese Shinmei-Zukuri architecture. It is built from simple unplanned wood with raised floors and a gabled roof. Other temples worth driving to on a day trip in the area include the Zenkoji and Anrakuji temples although it should be noted that some temples and shrines are only open to the public at certain times of year.

Matsumoto Castle is listed as one of Japan's national treasures. Standing at an impressive five storeys high, the moated castle is also known as Crow Castle due to its black exterior. Although it has been added to and restored throughout the centuries the original castle dates back to the late sixteenth century. As such it is the oldest castle still standing in Japan. Inside the castle visitors may clamber up the steep stairs and view displays of period armor or perhaps peek out of the windows and imagine themselves as archers in the warring period primed to shoot out at the advancing enemy army – or simply enjoy the stunning views of the Japanese alps.

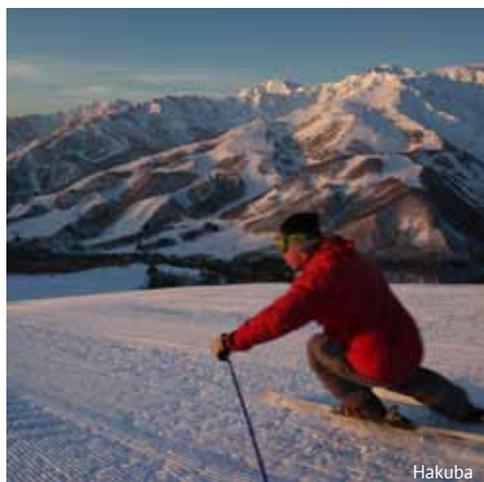
Summer visitors may enjoy drum festivals or torch-lit plays, while spring brings pretty cherry blossoms. Traditional Moon Viewing Parties are held in the fall from the dedicated moon viewing room in the castle. Visitors should seek advice from www.gonagano.net as to the exact dates of these activities. While you are at Matsumoto don't forget to check out the nearby Matsumoto City Museum of Art which is home to an outdoor sculpture The Visionary Flowers (2002) by internationally celebrated artist Yayoi Kusama who hails from the town.

Takato Castle Park in spring is another must-see. There are over 1,500 cherry trees in the park and the blossoms are held to be among the best in Japan with delicate petals with an enchanting reddish tint. Snow bunnies may wish to venture out on the two hour drive to visit Hakuba. There are ten resorts in the area with plenty of snow-based activities for the whole family. There are over 200 runs and Hakuba hosted several categories in the 1998 Winter Olympics including ski jumping, downhill skiing and the Super G.

The ski season runs from early December to late April and the area is also very popular with snowboarders. Cross-country skiing is also possible but there are clearly marked zones which skiers must remain inside due to dangerous conditions and the risk of avalanches.



Oomachi



Hakuba



Matsumoto City



Takatoumachi



Matsumoto Musuem



Anrajuji

Train Route Travel Information For Popular Daytrips

① OMACHI 大町 <http://www.kanko-omachi.gr.jp/>

(By train takes around 4hrs/Tickets cost around ¥3000 ; By car takes around 2 hours)

TRAIN KARUIZAWA STATION → SHINANO LINE (80 Mins) → SHINONOYI STATION → JR SHINONOYI LINE (65 Mins)
ROUTE: 軽井沢駅 → 篠ノ井駅
 → MATSUMOTO → JR OITO LINE (55 Minutes) → SHINANO OMACHI
 松本 → JR大糸線 → 信濃大町

② HAKUBA 白馬 <http://www.vill.hakuba.nagano.jp/index2.html>

(By train takes around 4.5 hours/Tickets cost around ¥3500 ; By car takes around 2.5 hours)

TRAIN KARUIZAWA STATION → SHINANO LINE (80 Mins) → SHINONOYI STATION → JR SHINONOYI LINE (65 Mins)
ROUTE: 軽井沢駅 → 篠ノ井駅
 → MATSUMOTO → JR OITO LINE (55 Minutes) → HAKUBA
 松本 → JR大糸線 → 白馬

③ MATSUMOTO 松本 <http://www.matsumoto-tca.or.jp/>

(By train takes 2.5hrs/Tickets cost around ¥2500 ; By car takes around 3hrs)

TRAIN KARUIZAWA STATION → SHINANO LINE (80 Mins) → SHINONOYI STATION → JR SHINONOYI LINE (65 Mins)
ROUTE: 軽井沢駅 → 篠ノ井駅
 → MATSUMOTO
 松本

④ INA TAKATO 伊那市高遠町 <http://takato-inacity.jp/h25/>

(By train takes around 4.5hrs/Tickets cost around ¥3700 ; By car takes around 3.5hrs)

TRAIN KARUIZAWA STATION → SHINANO LINE (80 Mins) → SHINONOYI STATION → JR SHINONOYI LINE (65 Mins)
ROUTE: 軽井沢駅 → 篠ノ井駅
 → OKAYA STATION → JR CHUO LINE (1hr, 45 Mins) → TAKATOHARA STATION
 岡谷 → JR 中央本線 → 高遠原

⑤ UEDA Bessho Onsen 上田別所温泉

www.city.ueda.nagano.jp/hp/index.html / www.bessho-spa.jp/

(By train takes around 1.5hrs/Tickets cost around ¥1500 ; By car takes around 1.5hrs)

TRAIN KARUIZAWA STATION → SHINANO LINE (50 Mins) → UEDA STATION → UEDA ELECTRIC RAILWAY (30 Mins)
ROUTE: 軽井沢駅 → 篠ノ井駅 → 上田駅 → 上田電鉄
 → BESSHO ONSEN



@Picchio



Bird Watching in Honshino

KARUIZAWA'S HILLY WOODED COUNTRYSIDE OFFERS some of the best birding in Japan. Well-marked trails abound and those who take the time to follow some of the quieter trails in the Wild Bird Forest may well be rewarded with a sighting of the elusive Copper Pheasant. Up to 130 different types of birds may be sighted in the various habitats in Karuizawa, making it a popular choice for birders. Although it is perfectly possible to go it alone, serious birders may want to take advantage of specialized tour guides as they will have up-to-the-minute tips on areas that rare species have recently been sighted in. Those out after nightfall may hear the deep hoots of the Ural Owl reverberating through the forest. It is also worth noting that both the rare Mountain Hawk and the Chinese Merganser are sometimes sighted in this area.

Although birding is possible year-round many birders favor visiting in late April to early June due to the warmer temperatures and the chance to see the birds in their breeding plumage. However some species may only be sighted in the winter months. It is also possible to sight giant flying squirrels between mid-March to the end of November. The area is also home to several rare species of butterfly.

Trails and Locations

The best place to head for bird watching is the Karuizawa Wild Bird Sanctuary in Honshino. A free shuttle bus runs from the south exit of Karuizawa main station. Alight at the Tombo no Yu stop and walk to the nearby Visitor's Center. The center runs several types of guided tours. Binoculars are also available for hire. The Sanctuary is open from 9.30am - 5pm (from December to March weekdays it closes at 3pm)

www.hoshino-area.jp/english/

www.picchio.co.jp/sp/ (Japanese only)





@Prince Snow Resorts

Shopping Sprees and Soaking in the Hotsprings

WHETHER YOU LOVE DESIGNER BRANDS, TO SEEK OUT LOCAL HANDMADE CRAFTS, or simply need to pick up something you have forgotten to pack, Karuizawa has the shops for you. The Prince Shopping Plaza is Japan's largest shopping mall and is packed to the rafters with popular brands and high quality outdoor wear, sporting wear and equipment (both local and western sizes are available) as well as local souvenirs.

For those who prefer to stroll along outside, taking in the sights at the same time as shopping, the Harunire Terrace is for you. Over a hundred Japanese elms line this wooden decked outside shopping area. Enjoy a coffee and a snack or even a full blown meal at one of the independent stores. Once your shopping bug is sated you might choose to meander down to the nearby stream or consult with the Tourism Office to decide which of the numerous guided tours or activities are the most suitable to partake in that day.

If you are interested in antiques Karuizawa Ginza – the downtown area – is the spot for you. This bustling area is also home to boutiques where you can snap up some great one-offs, and, of course also houses souvenir and general shops. If you are feeling peckish you can easily pop into one of the bakeries, cafes or restaurants that line the streets.

Snow sport lovers should take full advantage of the Prince Hotel Ski area just a ten minute walk from the Prince Shopping Plaza. Don't be fooled by the name – although it boasts excellent slopes from nursery to advanced there is plenty on offer for non-skiers too. The Kids Park (separate admission) has sledging and snow tubing. A crèche allows parents to enjoy a couple of carefree hours on the slopes if they so wish. Skiwear, snowboards, ski boots and skis are all available to hire. For a truly magical experience why not try a night ski?



Karuizawa Ginza



@Karuizawa Prince Shopping Plaza

And why not round off your day with a trip to the nearby hot springs? Enjoy spectacular views from open air pools at the foot of the mountain or relax in an indoor pool with floor to ceiling windows offering serene views over the valley or mountain. Most onsens (hotsprings) stay open as late as 11pm- but last entry is usually around 10 pm.

Culinary Delights

ANYONE WITH A WELL-WORN PASSPORT will tell you that there is no finer way to experience a culture than through its cuisine. Karuizawa has been a bed of culinary delight since the late nineteenth century, and what makes the region fascinating is its fusion cuisine. The pretense of the ‘fusion’ buzz word is dropped and if you have a keen eye you’ll find classic dishes married with the careful preparation found in traditional Japanese cuisine.

Naturally, Soba, Udon and Ramen are found perfectly prepared at many restaurants in Karuizawa, but if you talk to a local, they may coyly suggest that Japanese pasta may be better than Italian. Many an eyebrow has been raised over this statement but Wafu (Japanese pasta) has been popular since the post-war era and is a hybrid cuisine. Tarako and Ponzu Capellini is a favorite. Tarako is salted pollock roe and the dish is a fusion delight that has become a staple for many in Japan. This dish however, is not what locals are referring to, it is rather the way the pasta itself is made and prepared, since no other culture purports to claim such meticulous care in the shaping of its noodles. Visit Codow for classic Italian cuisine prepared with locally grown seasonal vegetables.

The influx of Canadian missionaries in the late nineteenth century led to jam-making becoming a popular pastime. As you might expect, local fruits are used to make the sumptuous preserves which can be found at Sawaya Jams. Beets, Kohlrabi and other cold weather foods are locally grown thanks to Russians who visited the region. It’s not uncommon to find 90-year-old women who can make a mean goulash.

Taco rice is another exceptionally popular Japanese Mexican fusion dish. Ground taco-seasoned beef is served on a bed of rice, shredded lettuce and tomato salsa then topped with a mild cheese and a dollop of sour cream. Cafe Conversa’s menu is full of homemade fayre from several different countries either authentically prepared or with a local twist. If you are after some expertly prepared Soba head to Fukumasu or Sekisyo-jaya which are truly local haunts. Be sure not to miss out on the mouthwatering Oyaki Dumplings, a regional specialty, comprised of deliciously juicy parcels of vegetables or sweet fruit or red bean paste fillings.

Meticulous preparation is de rigueur in Japan. What makes eating in Karuizawa a special treat is its sincere approach to fusion dining and the culture of incorporating local seasonal produce.



@Sekisyo-jaya



@Sekisyo-jaya



@Fukumasu



@Sawaya



@Cafe Conversa



@Sawaya



@Sawaya



@Cafe Conversa



@Hiroshi Senju Museu Karuizawa

Art and Culture

AS ONE MIGHT EXPECT OF A RETREAT FAVORED by Japan's well-heeled, Karuizawa is a hive of cultural activity. The Hiroshi Senju museum (pictured) is not to be missed. Enthusiasts will know that Senju prefers his work to be displayed in natural light. The collaboration with architect Ryue Nishizawa has resulted in a structure in harmony with nature. The floor to ceiling glass panels allow the paintings to be viewed as if they are nestled within the lush forestry it is built around. Japan's high society often visit The Saison Museum of Modern Art to check out who or what is up-and-coming in the art world. They also flock to the Karuizawa Ohga Hall to listen to musicians from around the world perform.

Wander in the Lava Garden

One of the region's most awe-inspiring sights is Onioshidashi, a natural lava garden formed after a particularly violent eruption in 1783. The 'sea of rocks', as this national park is known colloquially, features hiking paths amongst the cool black lava awash with beautiful mountain flowers. In the centre of the park you may visit the Asamayama Kan'nondo Temple which was built in 1958 in honour of the 1,500 victims of the great eruption. The Asama Volcano Museum with its informative displays tracing the geology and history of Mount Asama is also well worth a visit.

BY BUS FROM KARUIZAWA: The Seibu line goes directly from both Karuizawa station/ Nakakaruiizawa station. However, if you take the Kusakaru-Kotsu bus (Karuizawa station only) then you may stop off at Shiraito Falls (alight at Shiraitonotaki station). Once you re-board the bus, change onto the Seibu bus line at Mineochaya station to continue on to Onioshidashi station.



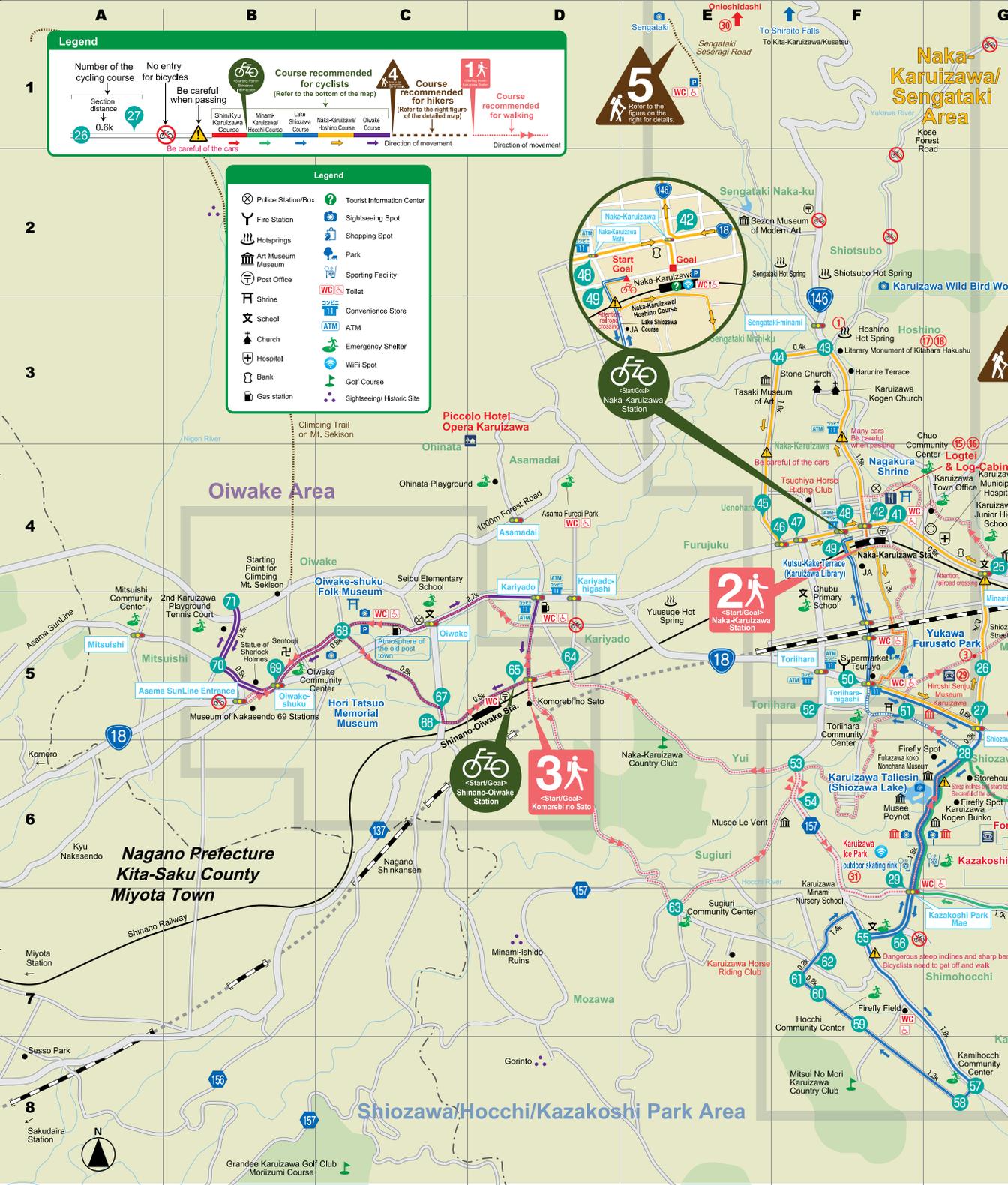
@Onioshidashi



@Karuizawa Ice Park

A Sporting Mecca

MANY PEOPLE KNOW NAGANO as the host prefecture of the 1998 Winter Olympics. Karuizawa itself was proud to host the Curling event that year and also to have hosted equestrian events in the 1964 Summer Olympics. To this day Karuizawa offers excellent horseback riding for all levels of proficiency in the glorious countryside surrounding the town. Being home to both summer and winter games provides one with many opportunities to expand one's horizons and try something new such as taking a curling lesson at the Karuizawa Ice Park. Visitors to the park may also play tennis, five-a-side football or go roller-blading or swimming depending on the season.



- ### Points to keep in mind when cycling
- Cyclists are required to use the mandatory bikeways or roads. However, cyclists may use the sidewalks in the following circumstances. (Do not apply to tandem bicycles.)
 - When there are signs or marks allowing bicycles to ride on a sidewalk
 - When the cyclist is aged over 70 or under 13
 - When using the road is dangerous due to road repairs or other reasons
 - When riding on a road, keep on the left-hand side.
 - When riding on a sidewalk, please ride slowly yielding right of way to foot traffic. (Do not obstruct pedestrian traffic.)
 - Observe the following safety rules.
 - Do not ride under the influence of alcohol; do not have two people ride one bicycle; and do not ride side by side
 - Turn on your lights at night.
 - Observe the signals at the intersections, stop and make sure it is safe to cross.
 - Do not talk on a mobile phone, etc. when riding
 - Have children with you wear helmets.
 - Cyclists riding a tandem bicycle should use either bikeways or roads.

Cycling Courses

Karuizawa is the perfect place for cycling. Refresh your mind and body while cycling in the invigorating highland breezes.

An area also known for art museums and sports facilities

Lake Shiozawa Course

[Mileage] 12.0 km



One of the most notable areas in Karuizawa filled with various highlights

Shin/Kyu Karuizawa Course

[Mileage] 12.3 km

An area with a wide variety of ways to pleasantly time shopping, visit or getting close to

Naka-Karuizawa/Hoshino Course

[Mileage] 10.0 km



Walking Courses

One of the best walking courses to get acquainted with Karuizawa. All of the courses originate at one of the stations, making it really convenient for the casual traveler.

- 1 Course from Karuizawa Station**
A very rich course that will take you from Karuizawa Station all around Kyu-Karuizawa allowing you to fully enjoy many of the sightseeing spots. [Mileage] 9.7 km [Walking Time] 2 hr 30 min
- 2 Course from Naka-Karuizawa Station**
A course starting from Naka-Karuizawa Station and weaving around Shiozawa. It is probably a good idea to spend some time near Lake Shiozawa and combine sightseeing with a little rest. [Mileage] 12.0 km [Walking Time] 3 hr and 30 min
- 3 Course from Shinano-Oiwake Station**
The north course goes through Oiwake-shuku on the Nakasendo Road, and the south course takes you for a walk through peaceful rural scenery.
North Course [Mileage] 7.0 km [Walking Time] 2 hr
South Course [Mileage] 7.4 km [Walking Time] 2 hr

Hiking Courses

These hiking courses weave through some of Japan's most beautiful scenery. One of the beauties of which is that the surroundings change so dramatically depending on the season.

Kyu Usui Pass Sightseeing Trail Course
[Mileage] 8 km [Hike Time] 2 hr 48 min

A mountain pass of Nakasendo Road, the main road that used to connect the eastern and the western parts of Japan. A great view and a roadside leahouse are waiting for you on the top.

Start: Karuizawa Station Entrance
Goal: Observation Platform

Sengataki Course
[Mileage] 5.7 km [Hike Time] 1 hr and 35 min

Take a stroll on the greenway boasting the tallest waterfall in Karuizawa and limpid moss-covered stream.

Start: Sengataki
Goal: Sengataki Spring

Hanareyama Course from Shin-Karuizawa
[Mileage] 6.3 km [Hike Time] 2 hr 15 min

Start: Shin-Karuizawa
Goal: Hanareyama

Oiwake Course
[Mileage] 8 km

Start: Shinano-Oiwake Station
Goal: Karuizawa Station Entrance Intersection

Karuizawa Course
[Mileage] 15.3 km

Start: Naka-Karuizawa Station
Goal: Karuizawa Station

Minami-Karuizawa/Hocchi Course
[Mileage] 15.3 km

Start: Karuizawa Station Entrance Intersection
Goal: Karuizawa Station Entrance Intersection



HIGHLAND EASE INN

Highland Ease Inn prepares top-notch steaks, Sukiyaki and Shabu-Shabu (Japanese Hotpot). In winter guests may partake in rich warming foods and in summer our chefs prepare tender barbecue dishes. The resort also boasts a nearby shopping mall and golf course. Highland Ease Inn offers a free pick-up service from the station and humbly awaits your custom.



+81-267-41-3939
 Prince St.18-160,
 Karuizawa-machi Kitasaku-
 gun, Nagano, 389-0111,
 Japan
www.ease-karuizawa.com



LOGTEI & LOG-CABIN

Logtei specializes in prized Omi Beef and Yazaki from Kagoshima.

The warm and sweet welcoming backdrop of the traditional Karuizawa log cabin transports guests into a bygone era. Roast meats, Shabu-shabu, sukiyaki and prime steaks are all on the menu here, alongside excellent service.



+81-267-45-2341
 Nagakura, Karuizawa-
 machi Kitasaku-gun,
 Nagano, 389-0111, Japan
www.logtei.jp



HIROSHI SENJU MUSEUM KARUIZAWA

Enjoy the works of Hiroshi Senju in the setting the artist helped to develop. Floor to ceiling glass allows light, and indeed the surrounding forest, to flood into the gallery. The trees and flowers compliment Senju's waterfall pieces, allowing one to feel that they are simultaneously in nature and the gallery.



+81-267-46-6565
 815, Nagakura, Karui-
 zawa-machi Kitasaku-gun,
 Nagano, 389-0111, Japan
www.senju-museum.jp



HOTEL MARROAD KARUIZAWA

This hotel resort is situated just a ten minutes walk away from Karuizawa Station.

Extensive grounds house comfortable cottages with free Wi-fi. The location makes the Hotel Marraod a great base for those planning to sightsee in Karuizawa and the surrounding area.



+81-267-42-8444
 +81-267-42-5083
 1178, Karuizawa, Karui-
 zawa-machi Kitasaku-gun,
 Nagano, 389-0102, Japan
www.marroad.jp/karuizawa



THE PRINCE KARUIZAWA

The Prince Karuizawa offers a private refined space for adult guests to relax and to decompress in. The Prince prides itself on its high levels of hospitality and has excellent facilities. The Prince Karuizawa welcomes guests to soak up the peaceful atmosphere of the hotel and enjoy the beautiful natural surroundings of the town.



+81-267-42-1112
 Karuizawa, Karuizawa-
 machi, Kitasaku-gun Nagano,
 389-0193 Japan
www.princehotels.com/en/the_prince_karuizawa



PICCOLO HOTEL OPERA KARUIZAWA

A graceful European style building embodies the spirit and dramatic backdrop of opera. One may almost feel like the leading lady in one's own production in the well-appointed rooms. There is also a wonderful open air pool (closed in winter).



+81-267-44-3133
 +81-267-44-3122
 5664-3, Oohinata,
 Nagakura, Karuizawa-machi
 Kitasaku-gun, Nagano, 389-
 0111, Japan
www.p-opera.com



CANDYTUFT

Candytuft is handily located in old Karuizawa which offers excellent sightseeing, such as the Shiozawa Lake.

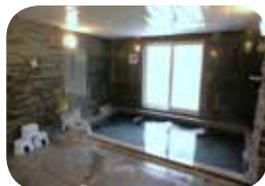
It is ever popular with overseas guests from both entertainment and media circles.



+81-267-41-1350

+81-267-41-1353

1143-10, Karuizawa, Oaza, Karuizawa-machi Kitasaku-gun, Nagano, 389-0102, Japan
www.008.upp.so-net.ne.jp/candytuft
www.facebook.com/candytuft2003



SAWAYA

Founded back in 1952, Sawaya hand-makes all natural preserves.

The ingredients are all sourced locally and so the fruits vary along with the seasons. Sawaya won the coveted first place in the Nihon Keizai Shimbun's Jam Rankings. Jam-lovers may take advantage of the jam-making workshops held onsite. Low sugar jams are also available.



+81-267-46-2400

+81-267-46-2404

702, Shiozawa, Nagakura, Karuizawa-machi Kitasaku-gun, Nagano, 389-0111, Japan
www.sawaya-jam.com
www.facebook.com/sawayajam



GLASS ATELIER

Both adults and kids will be fascinated by the experience of seeing glass being blown before their eyes into delicate wind chimes and glassware. The artist also makes original pieces which may be purchased – both smaller items for souvenirs or vertiable art pieces.



+81-267-48-0881

664-9, Nagakura, Karuizawa-machi Kitasaku-gun, Nagano, 389-0111, Japan
www.karuizawaglass.com



KARUIZAWA PICTUREBOOK MUSEUM PICTURESQUE GARDEN ERZ TOY MUSEUM (FOREST OF MUSE)

Karuizawa Picturebook Museum exhibits original picture books and covers about 300 years of picture books.

Picturesque Garden has different looks every season. Erz Toy Museum exhibits traditional handmade wooden toys from the Erz region of Germany.



+81-267-48-3340

+81-267-48-2006

182, Nagakura, Karuizawa-machi Kitasaku-gun, Nagano, 389-0111, Japan
www.museen.org
www.facebook.com/forestofmuse



CONTACT INFO FOR RENTAL CAR, TAXI AND BUS COMPANIES

| | |
|--|--|
| Station Rental Car | +81-267-42-6454 |
| Nissan Rental Car | +81-267-41-1223 |
| Budget Rental Car | +81-267-31-6761 |
| Karuizawa Kanko Taxi | +81-267-45-5408 |
| Asama Kanko Taxi | +81-267-45-5264 |
| Masuya Kotsu Taxi | +81-267-45-5223 |
| Matsuba Taxi | +81-267-42-2181 |
| Daiichi Kotsu Karuizawa Taxi (Saku) | +81-267-42-2221 |
| Seibu Kougen Bus: | www.seibus.co.jp/kogen/ |
| (Manza, Kusatsu Hot Spring & The South & East) | |
| JR Bus: (Kanto Area/Yokokawa Station) | www.jrbuskanto.co.jp |

CONTACT INFO FOR SIGHTSEEING SPOTS

| | |
|-----------------------------------|-----------------|
| ① Tombo-no-yu – Hot SPA spring | +81-267-44-3580 |
| ② French Bakery | +81-267-42-2155 |
| ③ Lizanbou | +81-267-46-0184 |
| ④⑦⑧ Hotel Marroad Karuizawa | +81-267-42-8444 |
| ⑤⑥ Shigenoya | +81-267-42-5749 |
| ⑨⑩ Prince Hotel Forestana | +81-267-42-1500 |
| ⑪ Karuizawa 72 golf | +81-267-48-0072 |
| ⑫⑬ The Prince Hotel Karuizawa | +81-267-42-1112 |
| ⑭⑰ Prince Snow Resorts | +81-267-42-5588 |
| ⑮⑱ Logtei & Log-Cabin | +81-267-45-2341 |
| ⑲⑳ Picchio | +81-267-45-7777 |
| ㉑ Karuizawa Prince Shopping Plaza | +81-267-42-5211 |
| ㉒ Sekisyojyaya | +81-267-42-4287 |
| ㉓ Fukumasu | +81-267-42-4733 |
| ㉔ Cafe Conversa | +81-267-42-1166 |
| ㉕㉖ Sawaya | +81-267-46-2400 |
| ㉗ Hiroshi Senju Museu Karuizawa | +81-267-46-6565 |
| ㉘ Onioshidashi | +81-279-86-4141 |
| ㉙ Karuizawa Ice Park | +81-267-48-5555 |



CONTACT INFO FOR PARK, HORSE RIDING AND EMERGENCIES

| | |
|-----------------------------|--|
| Karuizawa Ice Park | +81-267-48-5555 |
| Kazakoshi Park | www.kazakoshi-park.jp +81-267-48-2145 |
| Karuizawa Horse Riding Club | www.e-karuizawa.com/horse/ +81-267-45-2363 |
| Tsuchiya Horse Riding Club | www.tsuchiyajouba.web.fc2.com +81-267-45-0757 |
| Karuizawa Hospital | byouin@town.karuizawa.nagano.jp +81-267-45-5111 |



CONTACT INFO FOR KARUIZAWA TOURIST CENTER

| | |
|---|--|
| Karuizawa Tourist Association Formal Homepage | www.karuizawa-kankokyoikai.jp |
| Karuizawa Tourist Center (in Karuizawa station) | +81-267-42-2491 |
| Karuizawa Tourist Center (in Central Karuizawa station) | +81-267-45-6050 |
| Karuizawa Tourist Center (Old Karuizawa) | +81-267-42-5538 |



**電車で
BY TRAIN**

