

Walking&Cycling Map

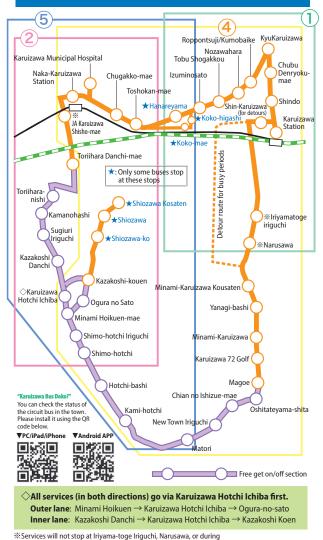


Karuizawa Resort Area Guide 🖈 🎉



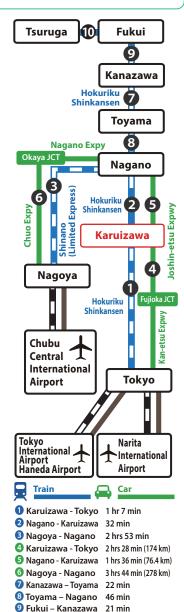
Access to Karuizawa

Karuizawa Loop Bus Route Map (East/South Loop)



Listen to FM Karuizawa for Karuizawa traffic information! 77.5 MHz

detour route (busy) periods.



10 Tsuruga – Fukui

Points to keep in mind when walking

- 1. Refrain from using your mobile phone while walking. Stop walking when you check the map.
- 2. Walk on the sidewalk when in town. Watch out for vehicles and bicycles.
- 3. Wear proper shoes when walking in the mountains and bring rain gear, food, and drinks. Watch out for bears. Walk with something that makes noise, such as a radio or bell. Make sure you are prepared for the climate and dress appropriately for the weather.
- 4. Be sure to take your garbage with you when you leave.

Points to keep in mind when cycling

- 1. Cyclists are required to use the mandatory bikeways or driveways. However, in any of the following cases, cyclists may use sidewalks. (Does not apply to tandem bicycles.)
 - When there is a sign or indication that bicycles are allowed on a sidewalk
 - In cases the cyclist is aged 70 and older, or children aged 12 and under • When riding on the driveway is hazardous due to construction or other factors
- 2. When riding on driveways, keep on the left side.
- 3. When riding on sidewalks, please ride slowly. (Do not obstruct pedestrians.)
- 4. Observe the following safety rules.
 - Riding under the influence of alcohol, riding double, and riding side by side are prohibited.
 - Ride with your light on at night.
 - Abide by the traffic lights at intersections; come to a complete stop and check that it is safe to
 - Using your cell phone or a similar device while riding is prohibited.
- 5. Wear helmets.
- 6. Cyclists riding a tandem bicycle should use either bikeways or driveways.









at the numbered

points on the map

route)

Bicycle rental

information

Not a suggested











These signs are posted along the cycling road. Obey them as you go.

Emergency contact Karuizawa Police ☎42-0110 Karuizawa Municipal Hospital ☎45-5111

Taxi & bus phone numbers	Area code (0267)	Bicycle rental telephor
Matsuba Taxi	☎ 42-2181	Cyclemate Q
Daiichi Kotsu	☎ 42-2221	KARUIZAWA Ride Tow
Karuizawa Kanko Taxi	☎ 45-5408	Shironeko Cycle
Asama Kanko Taxi	☎ 45-5264	Mamada Cycle
Masuya Kotsu	☎ 45-5223	Ichimura Rinten Chisan Kanko Kaihatsı Katayama Motors Seki Motors Karuizawa Rental Cycl
Seibu Kanko Bus	☎ 45-5045	
Kusakaru Kotsu Bus	☎ 42-2441	
Karuizawa Kotsu	☎ 42-0353	

Bicycle rental telephone num	hers Area code (0267)	
Cyclemate Q	2 42-3315	P5/P7/P13
KARUIZAWA Ride Town	2 090-7207-6681	P5/P7/P13
Shironeko Cycle	☎ 090-4670-4635	P5/P7/P13
Mamada Cycle	2 42-3131	P5/P7/P13
Ichimura Rinten	2 42-2484	P5/P7/P13
Chisan Kanko Kaihatsu	2 42-5614	P5/P7/P13
Katayama Motors	☎ 45-7130	P5/P9/P13
Seki Motors	2 45-5288	P5/P9
Karuizawa Rental Cycle	☎ 45-7200	P5/P9/P13/P15

LEGEND

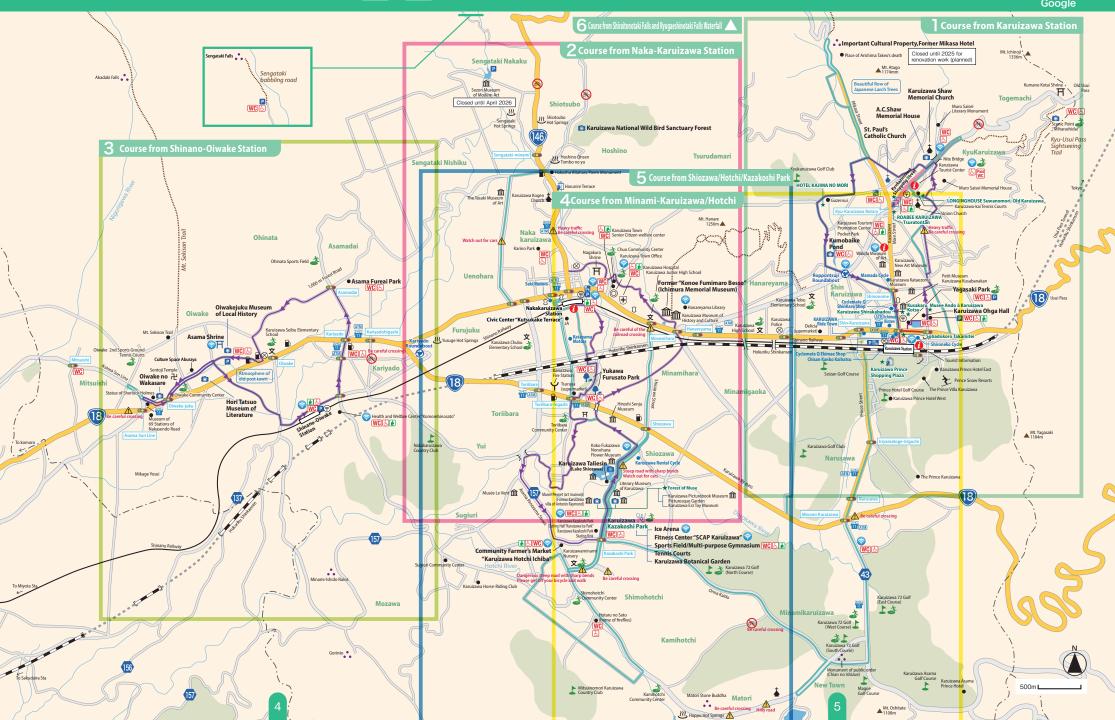


Karuizawa Wide Area Map











Course from Karuizawa Station to Kyukaruizawa

This standard course goes from Karuizawa Station to Kyukaruizawa, allowing you to enjoy various sightseeing spots



[Distance] 8.7 km [Time] 2 hrs 15 min



[Distance] 9.4 km

The Karuizawa Resort area had its beginnings as the place where Anglican Church missionary Alexander Croft Shaw would visit and spend the summer. There are villas and churches and we invite visitors to step inside the history.



Karuizawa Shaw Memorial Church

The first church in Karuizawa, founded by the Canadianborn Anglican missionary A.C. Shaw, "Father of Karuizawa Development". Behind it stands the reconstruction of Shaw's villa.



St. Paul's Catholic Church

Founded in 1935 by the British priest Father L. Ward and designed by architect Antonin Raymond. This is one of Karuizawa's most exemplary churches.



Yagasaki Park

Located next to Karuizawa Ohga Hall and just a five-minute walk from Karuizawa Station, this park's large pond and size are its standout features. It offers a view of both Mt. Hanare and Mt. Asama, making it perfect for a leisurely walk.



Kumobaike Pond

The landscape of Kumobaike Pond is beautiful throughout the changing seasons. The fresh green of spring and the fall leaves reflected on the surface of the pond are magnificent. This is one of Karuizawa's renowned locations.



Kyukaruizawa Shopping Street

Since long ago, the main street of Kyu-Karuizawa has been bustling with tourists. The area is known as Kyukaruizawa Ginza, a reference to the rows of summer shops opened by famous merchants based in Tokyo's Ginza neighborhood.





Course from Nakakaruizawa Station to Sengataki / Shiozawa

This course from Nakakaruizawa Station to the Sengataki/Shiozawa area is great for a little rest to see the area around Lake Shiozawa located midway



[Distance] 12.0 km 3 hrs 30 min



[Distance] 7.6 km

Naka-Karuizawa features several spots where you can get up close to nature, such as Sengataki Falls and the Wild Bird Forest. The Lake Shiozawa area, known as a cultural region, is dotted with art and literature museums and parks as well.



Asama Panorama Street

With grand views of Mt. Asama, experiences such as strawberry picking in Karuizawa Kogen and jam making are also popular.



Nakakaruizawa Station Civic Center "Kutsukake Terrace"

The Nakakaruizawa Library is open in the Kutsukake Terrace civic center. Provides a communal, relaxed environment where you can enjoy gathering information. A cafe bar is on the second floor, and five "challenge shops" are on the first floor.



Sengataki Falls

Situated in a guiet valley, this waterfall has a 20-meter drop. Walking along the path to the waterfall, you can enjoy the beauty of nature amidst the trees year-round and get a view of the stream flowing from the waterfall.



Former "Konoe Fumimaro Besso^{*} Ichimura Memorial House)

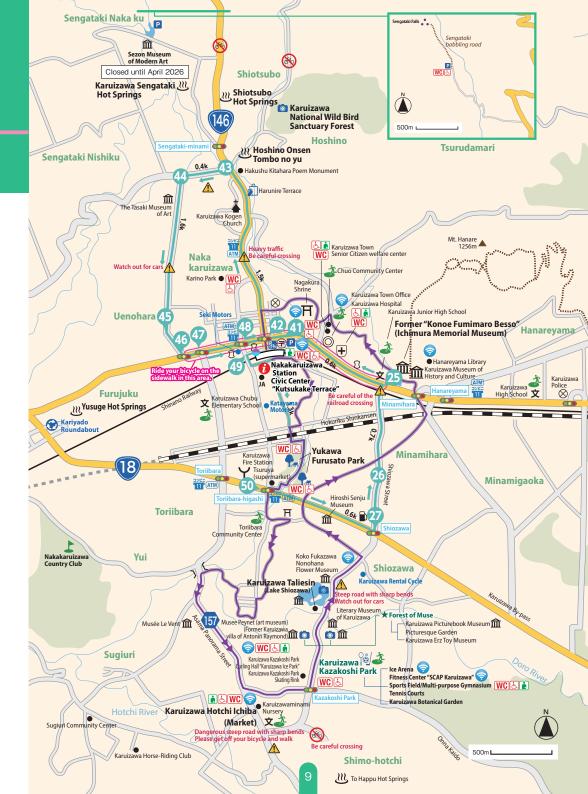
Built in the Taisho Period, this building was the holiday villa of former Prime Minister Fumimaro

Konoe. After inheriting the building, the Ichimura family reconstructed and restored it. You can go inside for a look.



Yukawa Furusato

Spanning 2 km, this park contains a variety of facilities such as a grass field, a futsal field, a dog run, and large playground equipment, offering enjoyment for families. Also featuring a walkway around the park.(Note that dogs must stay on the park's paths or in the dog run.)





Course from Shinano-Oiwake Station to Oiwake-juku

This course goes through a serene landscape from Shinano-Oiwake Station to Nakasendo Oiwake-juku



North Loop Course [Distance] 7.0 km [Time] 2 hrs



[Distance] 6.8 km

During the Edo Period, the Oiwake post town, located at the crossroads of Nakasendo and Hokkoku Roads, was the most prosperous of the three post towns at the base of Mt. Asama. Oiwake was visited by many writers and poets who loved Karuizawa and is renowned as a place of exchange between such men of letters.



Hori Tatsuo Museum of Literature

This hall stores and displays documents related to Tatsuo Hori, a writer and poet who loved Karuizawa dearly. Featuring an exhibition room, where you can learn about the background of his life and literature, and his residence in his later years and library dedicated to his cherished book collection,. His novel "Utsukusii Mura (The Beautiful Village)" tells you about the beginnings of the beautiful town of Karuizawa.



Karuizawa Oiwakejuku Folk Museum

Treasured items of the Oiwake post town, such as folklore and historical documents are on display in this museum.



Shinano-Oiwake Station

A station on the local Shinano Railway. The nostalgic wooden appearance of the building makes you feel like you are on a trip. You can see a panoramic view of Mt. Asama from the platform.



Asama Shrine

Famous as the shrine where the Meiji Emperor's envoy held a ritual to calm down the rumbling of the volcanic Mt. Asama. The main shrine is the oldest wooden construction in the neighborhood.



Asama Fureai Park

A nice place to relax while admiring Mt. Asama. Enjoyable for the young and old alike, featuring a multipurpose area, children's area, and mallet golf. You can also go for a jog on the walkway (Dogs are prohibited in the grass areas).



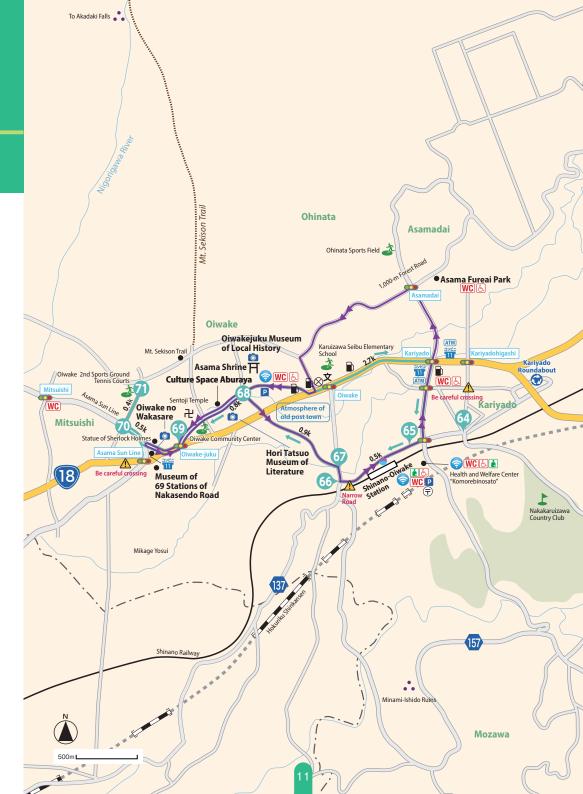
Oiwake no Wakasare

This is the junction of the Nakasendo and Hokkoku Roads. There are a number of signposts and monuments that let you see a glimpse of the area's history.



Culture Space Aburaya

Formerly an inn for officials. They host art, craft, literature, and other events.





Course from Karuizawa Station to Minamikaruizawa / Hotchi

This area let's you enjoy shopping, leisure sports experiences and other activities



While offering majestic views of Mt. Asama, the area has many things you can actively enjoy, including sports such as golf, skiing, horseback riding and cycling, and an outlet malls where you can shop.



Karuizawa Prince Shopping Plaza

Please have a great time exploring this new style of shopping and entertainment, in the beautiful setting of Karuizawa.



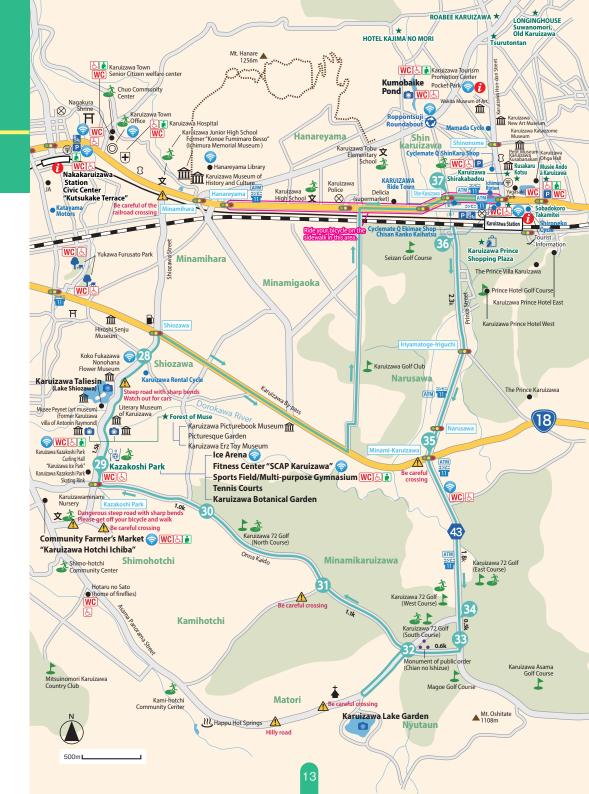


Community Farmer's Market"Karuizawa Hotchi Ichiba'

This direct sales shop offers popular locally-grown vegetables such as the brand-name vegetables "Karuizawa Kirishita Yasai". "The facility complex has a soba-making experience and restaurants utilizing ingredients from within Karuizawa, and is encircled by an open terrace where you can feel a pleasant breeze.

Karuizawa Lake Garden

Easy to get to, this large property has a rare garden of roses on the lake. The natural garden is full of various plants and flowers. It even has a restaurant, café, and garden shop.





Course from Nakakaruizawa Station to Shiozawa / Hotchi / Kazakoshi Park

You can enjoy art museums and various sports in the area.



See Course 2



[Distance] 12.6 km

The area around Lake Shiozawa is also known as a cultural area, dotted with art museums. literary museums, parks, and other facilities. In addition, the sports park in the Kazakoshi area allows visitors to enjoy a comprehensive range of sports, especially ice sports.



Karuizawa Taliesin (Lake Shiozawa)

The only place where you can enjoy boating in Karuizawa. There are also museums, an English rose garden, restaurants, and



Karuizawa Botanical Garden (in Kazakoshi Park)

See and learn about native plants that grow in the Karuizawa Highlands.



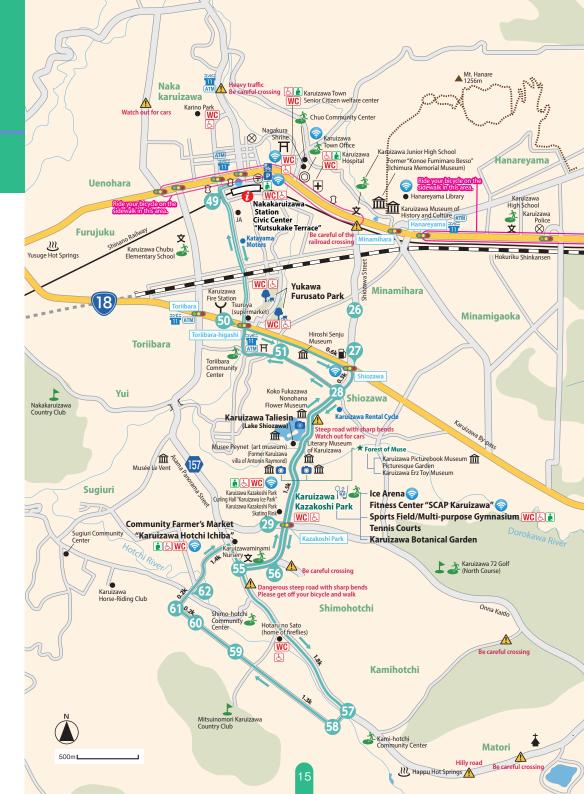
This museum park consists of the Karuizawa Picturebook Museum (attached to the Picturesque Garden supervised by Paul Smither, which evokes the original landscape of Karuizawa), which has been conveying picture book culture since the earliest days of picture books, and the Karuizawa Eltz Toy Museum, which introduces traditional wooden toys from the Eltz region of Germany.



Kazakoshi Park Area

Featuring a variety of sporting facilities including a pool, curling hall, skating rink, tennis courts and grounds, and also a botanical garden.





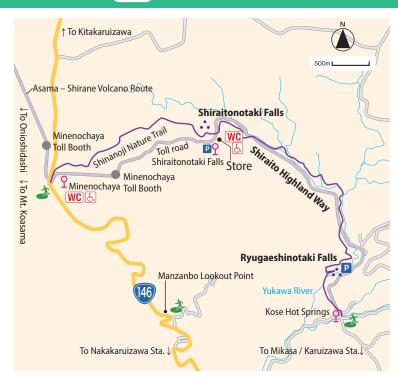


Course from Shiraitonotaki Falls and **Ryugaeshinotaki Falls**

Great Views on Shinanoji Nature Trail Visit Karuizawa's Two Famous Waterfalls



[Distance] 7.5 km 2 hr 35 min





Shiraitonotaki Falls

The water that flows from the semi-circular rock wall looks just like the white thread behind its name, Shiraito. The beautiful waterfall is the source of the Yukawa River.



Ryugaeshinotaki Falls

With a drop of 10 m, its name stems from the similarly unapproachable dragon. It is also called Suzuga Falls. The white amidst the green of the trees is gorgeous.

Karuizawa Tourism Association Member Facilities Information



HOTEL KAJIMA NO MORI

1373-6 Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano 389-0102 TEL 0267-42-3535 https://www.okura-nikko.com/japan/karuizawa/hotel-kajima-no-mori/





P5, 7, 13

Established 1907

The same classic flavor as always Sobadokoro Takamitei

Main Shop

Karuizawa Station [North Exit] TEL.0267-42-2481

GOLD AWARD

Ekiben box lunches

Free parking available www.sanwa-gr.com/foods/takamitei/





Reputed as a Monde Selection 2023 Gold Award winner

Karuizawa Tart Walnut & Almond Boxed Assortment Strawberry Jam Packed with Fruit 150 g Karuizawa Special Dressing Tomato Basil

Karuizawa Shirakabadou







Ekimae-dori Branch TEL0267-42-2305, 16-7 Karuizawa-Higashi



Located in front of the South Exit of Karuizawa Station. this resort-style shopping mall in a rich natural setting has approx. 240 high-quality and stylish shops over eight shopping zones.

Karuizawa Prince Shopping Plaza

Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano 389-0102 TEL 0267-42-5211 https://www.karuizawa-psp.jp/en



Karuizawa Tourism Association Member Facilities Information



Forest of Muse



Karuizawa Picturebook Museum Picturesque Garden Karuizawa Erz Tov Museum



0267-48-3340 182 Nagakura Karuizawa-machi (Shiozawa) http://museen.org/event/

Since you are here Let's do something you can't normally do!



Curling Experience

Karuizawa Kazakoshi Park Karuizawa Ice Park





KARUIZAWA ROABEE

Enjoy convenient but luxurious fast food, with roast beef and plenty of vegetables wrapped in a hot and chewy dough prepared on site, served topped with your choice of sauce.

ROABEE KARUIZAWA 586-1 Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano 389-0102
TEL 0267-41-6620 https://roabee.jp/







A hidden inn for adults that does not allow guests under high school age, established in July 2023 next to Suwa Shrine, a two-minute walk from Old Karuizawa Ginza. You can enjoy a luxurious time in a private room with delicious vegetable meals and a chartered bath. From 3:30 p.m., Bar-Izakaya is available for meals only

LONGINGHOUSE Suwanomori, Old Karuizawa

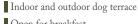
878-2, Oaza Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano, 389-0102 TEL 0267-42-6355 https://longinghouse.co.jp/



P5, 7, 13



Enjoy "Agetachi (freshly beaten, freshly cut, and freshly boiled)" udon noodles in a spacious and comfortable atmosphere







KARUIZAWA JAPAN



Karuizawa Tourism Association Member Facilities Information



Museum dedicated to Léonard Tsuguharu Foujita



Musée Ando à Karuizawa

43-10 Karuizawa-Higashi, Karuizawa-machi, Kitasaku-gun, Nagano 389-0104 Tel: 0267-42-1230



www.musee-ando.com

How much do you know about Karuizawa?

The Official Karuizawa Web Exam

A test conducted to encourage people to learn about Karuizawa and rediscover its charms





Over 1000 people have passed to date!

Take it at home or while away.

The Official Karuizawa Web Exam can be taken online. The test can be taken on a tablet or smartphone. making it possible to take it at home or anywhere you Computer

1. A certificate

Test-passers receive:

- 2 Certification card
- 3. Free entry pass for Karuizawa art museum
- 4. Official Karuizawa Web Exam certification badge (additional fee required)



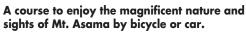
Q: The elevation of Karuizawa Town is approximately ().

1) 700 m 2) 1,000 m 3) 1,500 m 4) 1,700 m A: See the following page for the answer

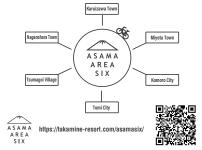
Karuizawa Tourism Association

Refreshing area around Mt. Asama by bicycle. Nature is right there. Let's walk and explore at your leisure!

Six municipalities surrounding Mt. Asama, Karuizawa Town, Miyota Town, Komoro City, and Tomi City in Nagano Prefecture, and Tsumagoi Village and Naganohara Town in Gunma Prefecture. have joined forces to provide information on outdoor activities that take advantage of this magnificent nature. Why don't you enjoy the flowers you see, listen to the chirping of wild birds, and feel the gentle fragrance of flowers and trees, as well as the fresh breeze unique to the highlands?



We have created a course that can be ridden on rental electric bicycles. This route is perfect for sightseeing and enjoying the magnificent nature of Mt. Asama. If not by bicycle, it is also ideal by car or trekking. We also recommend you to enjoy your own original course by arranging the information provided by each municipality.



813-10 Kyu-Karuizawa, Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano 389-0102 TEL 0267 - 42 - 0026



Welcome to Wellness Resort Karuizawa

Our predecessors called Karuizawa a hospital without roof (a natural sanatorium), and today, its climate and landscape is scientifically recognized for the role it plays in people's health.

At an elevation of 1,000 m, the highland climate fosters a natural environment with a natural ecosystem. It increases stamina and improves the immune system. The change in the air, particularly from the change in elevation, activates the brain and stimulates the senses.

See for yourself the advantages of staying in Karuizawa, with its top-notch facilities for culture, art, sports, and outdoor experiences along with its unique community.

Yoshiharu Tsuchiya, Chairman, Karuizawa Tourism Association

Contact Us

TRIP KARUIZAWA

Karuizawa Tourism Association Website













@karuizawa.info

