

Enjoy Karuizawa

Karuizawa Wellness Resort Map

Walking&Cycling Map



1

START GOAL 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.



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.



Karuizawa Shaw Memorial Church

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



Kumobaik Pond

The landscape of Kumobaik 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.



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.



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.



2

START GOAL

Course from Nakakaruzawa Station to Sengataki / Shiozawa

This course from Nakakaruzawa 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
[Time] 3 hrs 30 min



[Distance] 7.6 km

Naka-Karuzawa 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 Karuzawa Kogen and jam making are also popular.



Nakakaruzawa Station Civic Center "Kutsukake Terrace"

The Nakakaruzawa 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.



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 Park

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.)



Sengataki Falls

Situated in a quiet 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. There are bears living at Sengataki Falls. Bears are sensitive to noise, so please talk to the people with you. If you are walking alone, make some noise with a radio or bell. Always take your trash home with you.



3

START GOAL

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 course. 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.



4

START GOAL

Course from Karuizawa Station to Minamikaruizawa / Hotchi

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



[Distance] 15 km

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.



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.



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.



5

START GOAL

Course from Nakakaruzawa Station to Shiozawa / Hotchi / Kazakoshi Park

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



See Course ② (P8,9)



[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.



Museum Park Forest of Muse

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



Karuzawa Taliesin (Lake Shiozawa)

The only place where you can enjoy boating in Karuzawa. There are also museums, an English rose garden, restaurants, and places to play sports in the area.



Karuzawa Botanical Garden (in Kazakoshi Park)

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



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.



6

Course from Shiraitonotaki Falls and Ryugaeshinotaki Falls

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



[Distance] 7.5 km
[Time] 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

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Kusakaru Kotsu: Enjoy nature on a route bus

23 minutes from Karuizawa Station to Shiraitonotaki Falls via Kyukaruizawa

Kusakaru Kotsu

16-1 Karuizawa-Higashi, Karuizawa-machi, Kitasaku-gun, Nagano 389-0104
0267-42-2441 <http://www.kkkg.co.jp/>

Shiraitonotaki Falls: Delicious gourmet food

P5, 7, 13

Established 1907

The same classic flavor as always

Sobadokoro **Takamitei**

Main Shop

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

Free parking available

Shopping area Shinanoja, passageway of Karuizawa Station

駅弁
Karuizawa Ekiben box lunches

P5, 7, 13

Reputed as a Monde Selection 2024 Gold Award winner

SINCE 1961

MONDE SELECTION 2024 GOLD AWARD

Karuizawa Tart Walnut & Almond Boxed Assortment
Tappuri Kajitsu Strawberry Jam 150 gram jar
Karuizawa Special Dressing Tomato Basil
Karuizawa specialty La France Pear Jelly

Karuizawa Shirakabadou

白華堂

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

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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-pp.jp/en>

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Forest of Muse

Karuizawa Picturebook Museum
Picturesque Garden
Karuizawa Erz Toy Museum

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

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



Curling Experience

Karuzawa Kazakoshi Park Karuzawa Ice Park



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The Karuzawa
Italian experience
through all the senses



Primo fito Karuzawa Station Store <https://primofito.com/>
1178-1246 Karuzawa, Karuzawa-cho, Kitasaku-gun, Nagano Prefecture
Old Station Entrance, Karuzawa Station, Shinano Railway TEL.0267-46-8440

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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 Karuzawa, Karuzawa-machi, Kitasaku-gun, Nagano 389-0102
TEL 0267-41-6620 <https://roabee.jp/>



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



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Museum dedicated to Léonard Tsuguharu Foujita

Musée Ando à Karuzawa

43-10 Karuzawa-Higashi, Karuzawa-machi,
Kitasaku-gun, Nagano 389-0104
Tel: 0267-42-1230
www.musee-ando.com



Léonard Tsuguharu Foujita

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To order a taxi



<http://www.matsuba-taxi.com>
TEL 0267-42-2181

Regular taxi/Maxi taxi

Oiwake (0267)45-5731 Miyota (0267)32-3311
Saku (0267)67-4321 Ueda (0268)23-1161
Shigeno (0267)62-0422

We can meet various requests,
including sightseeing tours as well as weddings and funerals.



How much do you know about Karuzawa? The Official Karuzawa Web Exam

About the Official Karuzawa Web Exam

A test conducted to encourage people to learn about Karuzawa and rediscover its charms.
Containing questions on a wide variety of topics, including Karuzawa's nature, history, culture,
architecture, wildlife, and literature, the test certifies the depth of one's knowledge of Karuzawa.

Take the challenge!
Test overview and details ▶



Over 1,000 people have passed to date!

Test-passers receive:

Take it at home or while away.

The Official Karuzawa 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
can connect to the Internet.



1. A certificate
2. Certification card
3. Free entry pass for Karuzawa art museums
4. Official Karuzawa Web Exam certification badge (additional fee required)



Sample question

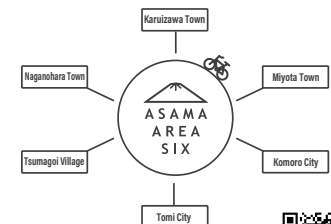
Q: The elevation of Karuzawa Town is approximately ().
1) 700 m 2) 1,000 m 3) 1,500 m 4) 1,700 m A: See the following page for the answer.

Karuzawa 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, Karuzawa 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?



A course to enjoy the magnificent nature and sights of Mt. Asama by bicycle or car.

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.



<https://takamine-resort.com/asamasix/>





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

Karuizawa Station Tourist Information Center ☎0267-42-2491
Karuizawa Tourist Center (Kyu-Karuizawa Ginza) ☎0267-42-5538
Nakakaruizawa Station Tourist Information Center ☎0267-45-6050

TRIP KARUIZAWA
Karuizawa Tourism Association
Website




Karuizawa Official
Travel Guide




@karuizawa_kta




@karuizawa.info

