

KARUIZAWA Town's

100  
Anniversary

Enjoy Karuizawa

# Karuizawa Wellness Resort Map

Walking&Cycling Map



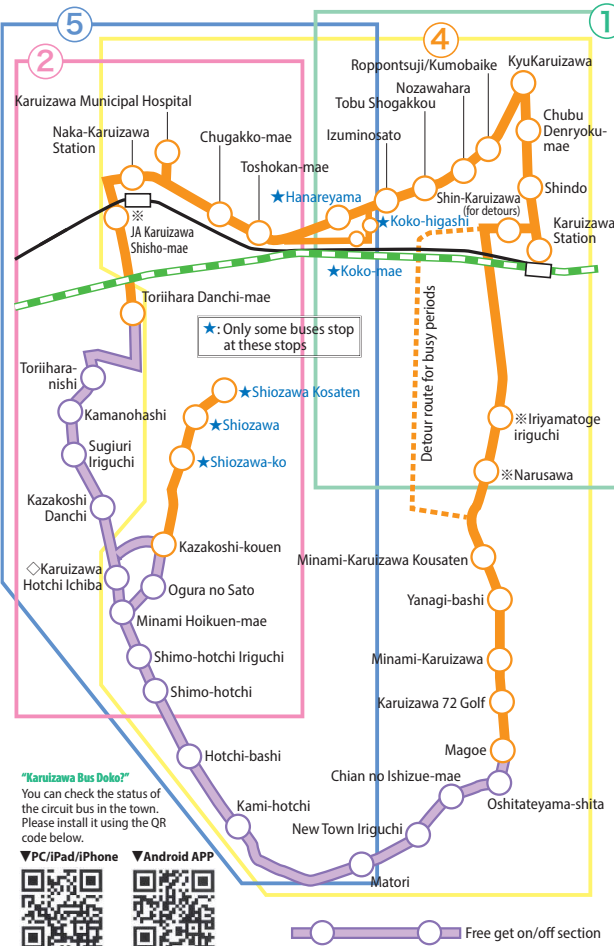


# Karuizawa Resort Area Guide



## Access to Karuizawa

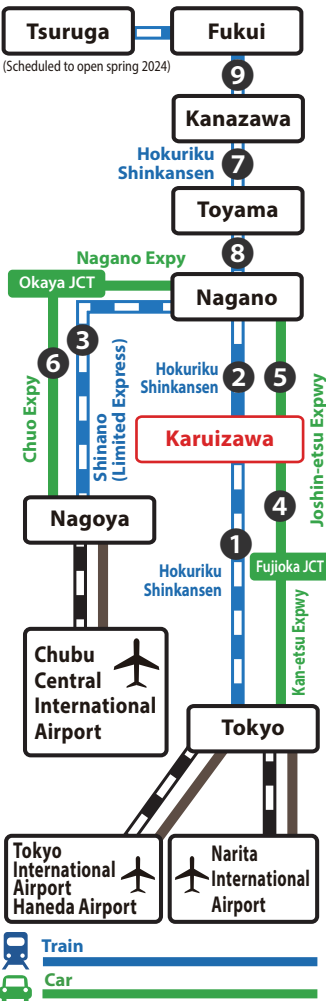
### Karuizawa Loop Bus Route Map (East/South Loop)



◇ All services (in both directions) go via Karuizawa Hotchi Ichiba first.  
Outer lane: Minami Hoikuen → Karuizawa Hotchi Ichiba → Ogura-no-sato  
Inner lane: Kazakoshi Danchi → Karuizawa Hotchi Ichiba → Kazakoshi Koen

※ Services will not stop at Iriyama-toge Iriguchi, Narusawa, or during detour route (busy) periods.

Listen to FM Karuizawa for Karuizawa traffic information! 77.5 MHz



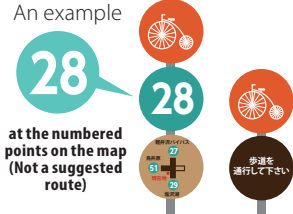
Train	Car
1 Karuizawa - Tokyo	1 hr 7 min
2 Nagano - Karuizawa	32 min
3 Nagoya - Nagano	2 hrs 53 min
4 Karuizawa - Tokyo	2 hrs 28 min (174 km)
5 Nagano - Karuizawa	1 hr 36 min (76.4 km)
6 Nagoya - Nagano	3 hrs 44 min (278 km)
7 Kanazawa - Toyama	22 min
8 Toyama - Nagano	46 min
9 Fukui - Kanazawa	21 min

## 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 proceed.
  - Using your cell phone or a similar device while riding is prohibited.
5. Have children wear helmets.
6. Cyclists riding a tandem bicycle should use either bikeways or driveways.



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

Emergency contact Area code (0267) Karuizawa Police ☎42-0110 Karuizawa Municipal Hospital ☎45-5111

### Taxi & bus phone numbers Area code (0267)

Matsuba Taxi	☎ 42-2181
Daiichi Kotsu	☎ 42-2221
Karuizawa Kanko Taxi	☎ 45-5408
Asama Kanko Taxi	☎ 45-5264
Masuya Kotsu	☎ 45-5223
Seibu Kanko Bus	☎ 45-5045
Kusakaru Kotsu Bus	☎ 42-2441
Karuizawa Kotsu	☎ 42-0353

### Bicycle rental telephone numbers Area code (0267)

Cyclemate Q	☎ 42-2365
KARUIZAWA Ride Town	☎ 090-7207-6681
Shironeko Cycle	☎ 090-4670-4635
Mamada Cycle	☎ 42-3131
Ichimura Rinten	☎ 42-2484
Chisan Kanko Kaihatsu	☎ 42-5614
Katayama Motors	☎ 45-7130
Seki Motors	☎ 45-5288
Karuizawa Rental Cycle	☎ 45-7200

### LEGEND

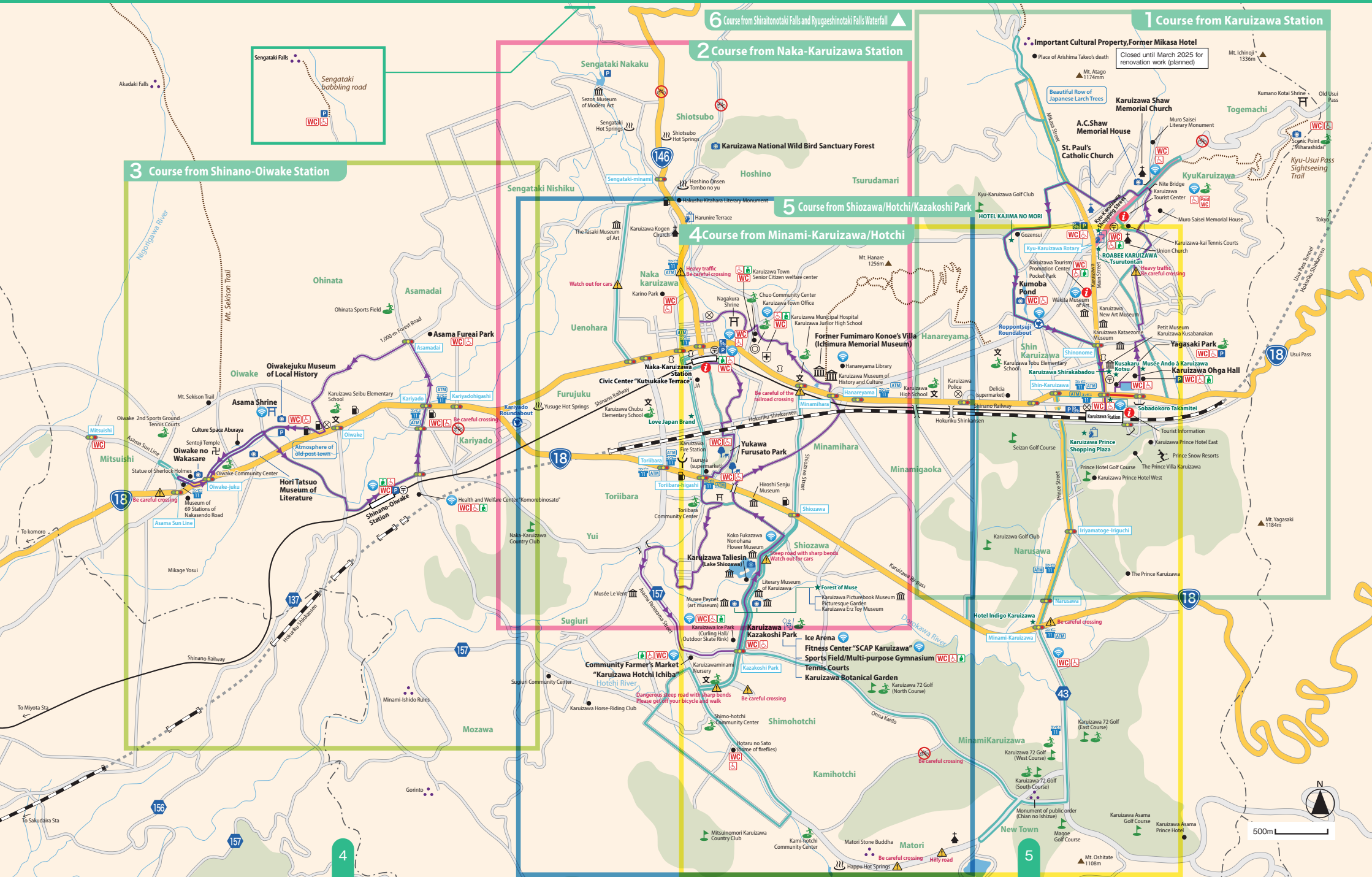
⊗ Police Station/Box	📷 Sightseeing Spot
🚒 Fire Station	🛍 Shopping Spot
♨ Hot Springs	🌳 Park
🏛 Art Museum/ Museum	🏊 Sport Facility
📮 Post Office	🚻 Toilet
🏯 Shrine	🚰 Ostomates' Toilet
🎓 School	🏪 Convenience Store
⛪ Church	🏧 ATM
🏥 Hospital	🏠 Emergency Shelter
🏦 Bank	📶 Wi-Fi Spot
⛽ Gas Station	🏌 Golf Course
📍 Sightseeing/ Historic Site	🚗 Parking Lot
📍 Tourist Information Center	🚏 Bus Stop
	🔄 Roundabout



# Karuizawa Wide Area Map



Google





1

START  
GOAL

## Course from Karuizawa Station to Kyu-Karuizawa

This standard course goes from Karuizawa Station to Kyu-Karuizawa, 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 church is Karuizawa's first church, founded by "the father of Karuizawa", Canadian missionary from Anglican Church A. C. Shaw. Behind it stands the reconstruction of Shaw's villa.



Kumoba Pond

The landscape of Kumoba 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.



Kyu-Karuizawa Shopping Street

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





# 2

## START GOAL

### Course from Naka-Karuizawa Station to Sengataki / Shiozawa

This course from Naka-Karuizawa 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-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.



#### Naka-Karuizawa Station Civic Center "Kutsukake Terrace"

The Naka-Karuizawa Library, accommodated in the facility 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 Fumimaro Konoe's Villa (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.



#### 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.



#### 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.)





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. 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.





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.



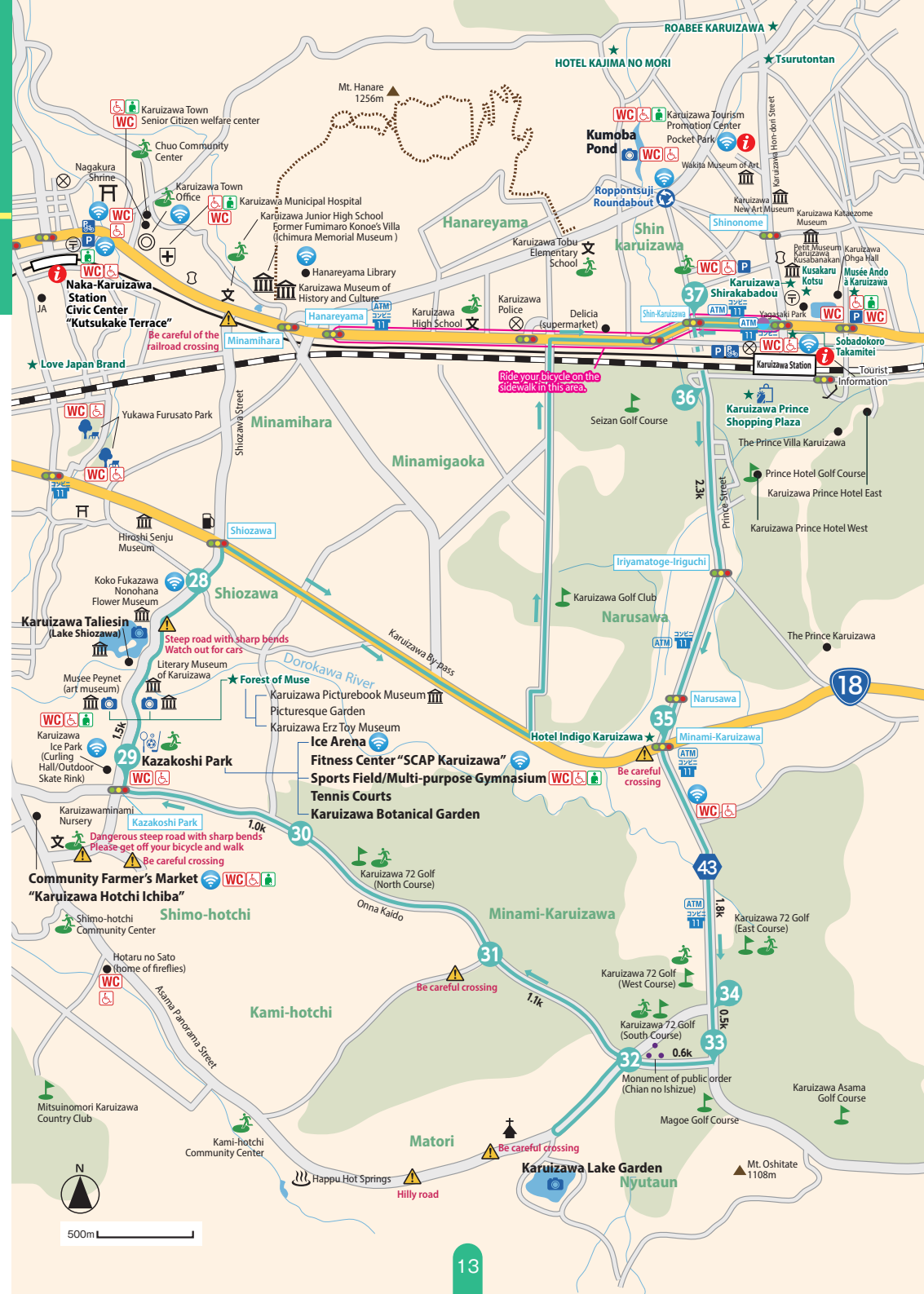
Karuizawa Lake Garden

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.





**START  
GOAL**

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



**See Course ②  
(P8,9)**



**[Distance] 12.6 km**

A collection of museums including the Karuizawa Picturebook Museum, which has been conveying picturebook culture from the early years of the art form; the Picturesque Garden (designed by landscape gardener Paul Smither), where plants are grown utilizing Karuizawa's climate and natural features; and the Karuizawa Erz Toy Museum, which introduces the traditional wooden toys of the Erzgebirge region in Germany.



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

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





## Course from Shiraito Falls and Ryugaeshi Falls

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



[Distance] 7.5 km  
[Time] 2 hr 35 min



Shiraito 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.



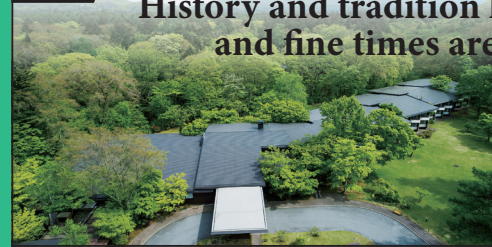
Ryugaeshi Falls

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

P5, 7, 13

History and tradition have been passed down,  
and fine times are still going on here.



**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

Kusakaru Kotsu: Enjoy nature on a route bus

23 minutes from Karuizawa Station  
to Shiraito Falls via Kyu-Karuizawa

**Kusakaru Kotsu**

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



P5, 7, 13

Established 1907

Ekiben box lunches



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Sobadokoro **Takamitei**  
Main Shop

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

Free parking available [www.sanwa-gr.com/foods/takamitei/](http://www.sanwa-gr.com/foods/takamitei/)



P5, 7, 13



Reputed as a Monde Selection 2022 Gold Award winner



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

**Karuizawa Shirakabadou**

**白華堂**

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



P5, 7, 13



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

P5,9,13,15



### Forest of Muse



Karuizawa Picturebook Museum  
Picturesque Garden  
Karuizawa Erz Toy Museum



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

P5,9,13,15

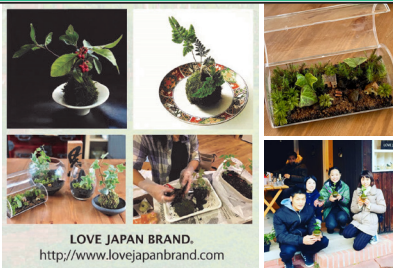
### Beautiful Karuizawa with fog, larch trees, and moss.

Make a moss ball or moss terrarium to remember your trip to Karuizawa.  
With care, you can enjoy its beauty as an interior decoration for several years.

Necessary time: approx. 1 hour / Pets allowed/  
Moss ball: 3800 yen (tax included) / Moss terrarium: 5500 yen (tax included)

Love Japan Brand

Love Japan Brand Showroom 2834-29 Nagakura, Karuizawa-machi  
TEL 090-9669-0512



LOVE JAPAN BRAND.  
<http://www.lovejapanbrand.com>

P5,7,13



### 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/>



P5, 13



HOTEL  
INDIGO  
KARUIZAWA

Stylish yet comfortable  
wood and nature  
theme—a villa-inspired  
getaway.

Hotel Indigo Karuizawa  
18-39 Yashikizoe, Nagakura, Karuizawa-machi,  
Kitasaku-gun, Nagano 389-0111  
TEL 0267-42-1100 <https://karuizawa.hotelindigo.com>



P5, 7, 13

TsuruTonTan  
UDON NOODLE  
KARUIZAWA JAPAN



Fresh-made udon the product  
of devotion and artisanal skill



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## Karuizawa Tourism Association Member Facilities Information

P5, 7, 13



A museum dedicated to Léonard Foujita

### Musée Ando à Karuizawa

43-10 Karuizawa-Higashi, Karuizawa-machi,  
Kitasaku-gun, Nagano 389-0104 Tel: 0267-42-1230  
[www.musee-ando.com](http://www.musee-ando.com)



### How much do you know about Karuizawa?

## The Official Karuizawa Web Exam

### About the Official Karuizawa Web Exam

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

Containing questions on a wide variety of topics, including  
Karuizawa's nature, history, culture, architecture, wildlife, and  
literature, the test certifies the depth of one's knowledge of  
Karuizawa.

Take the challenge!  
Test overview and details



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 can connect to the Internet.



Computer



Tablet



Smartphone

### Sample question

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.

### Test-passers receive:

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



Certification card (Level 3)

Karuizawa Tourism Association





## 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 Tourist Information Center (in Karuizawa Station) ..... ☎0267-42-2491  
Karuizawa Tourist Center (Kyu-Karuizawa Ginza) ..... ☎0267-42-5538  
Karuizawa Tourist Center (in Kutsukake Terrace) ..... ☎0267-45-6050



Karuizawa Tourism Association  
Website



Karuizawa Tourism Association  
Facebook



@karuizawa\_kta



@karuizawa.info



A: 2) 1,000 m