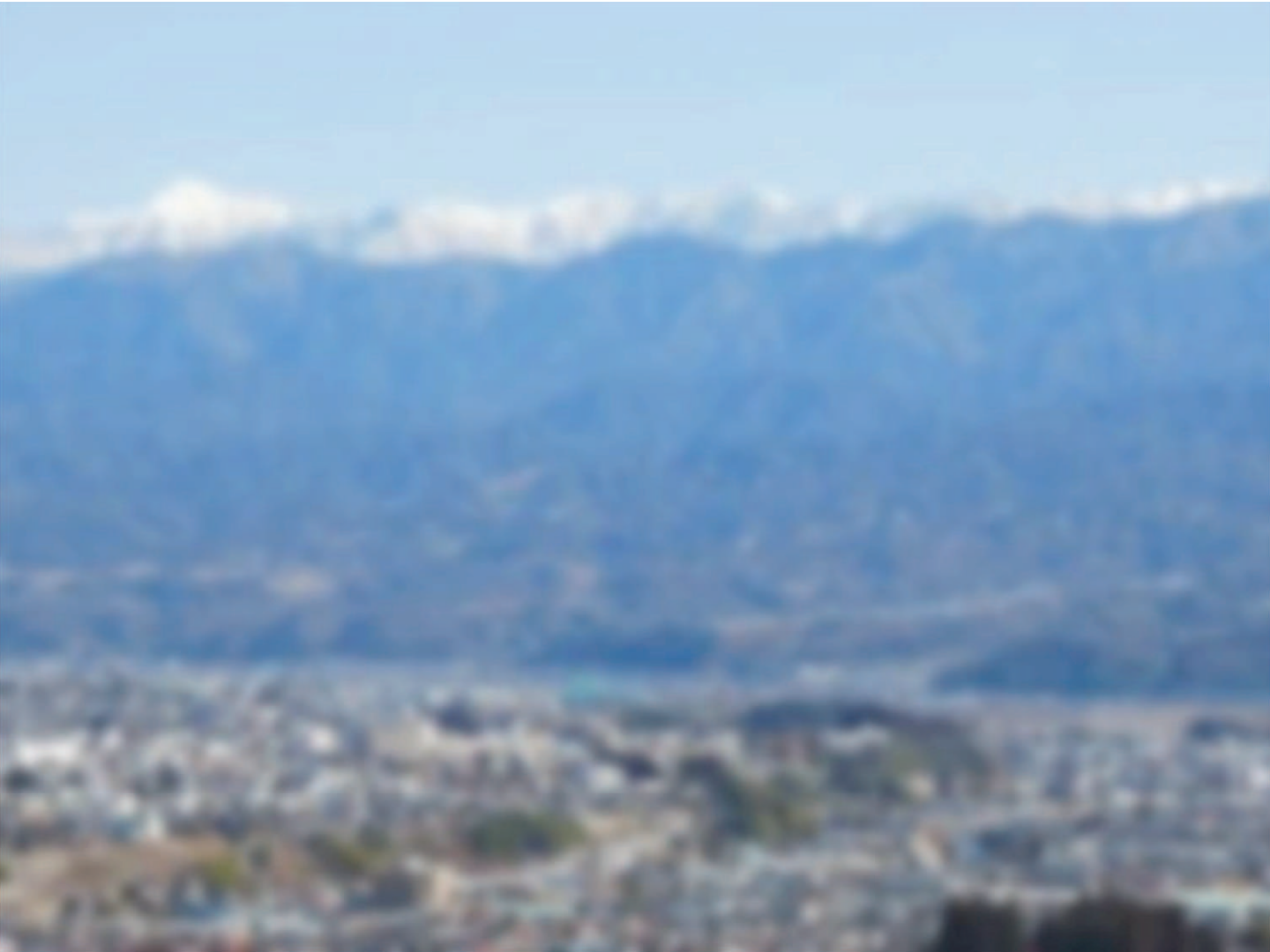


Southern Nagano Rural Travel guide



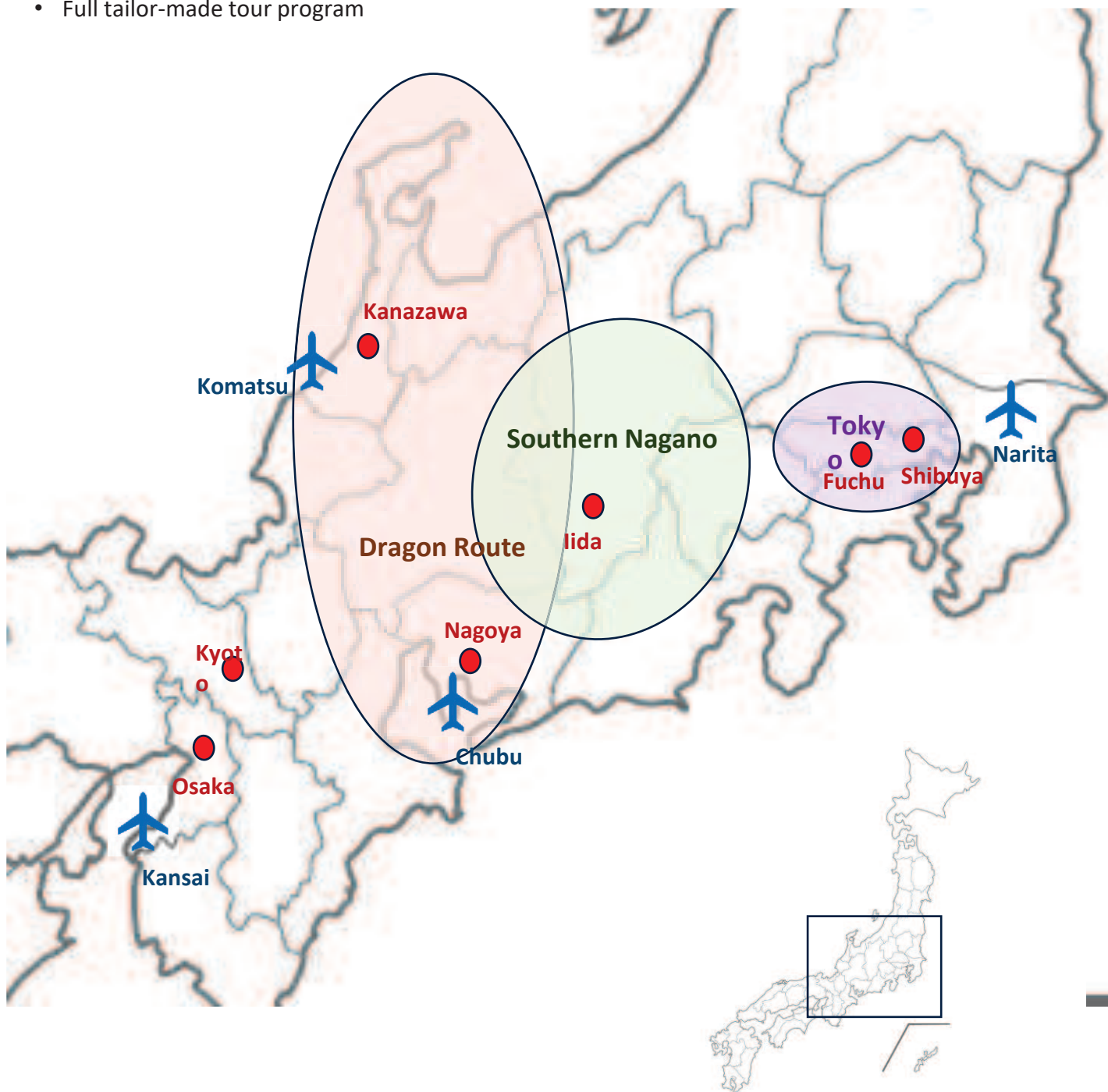
Contact
Sekai o Tsunagu Ltd.
A Tour operator of
Southern Nagano Rural Tourism Consortium
Mail: info@sekai-tsunagu.com



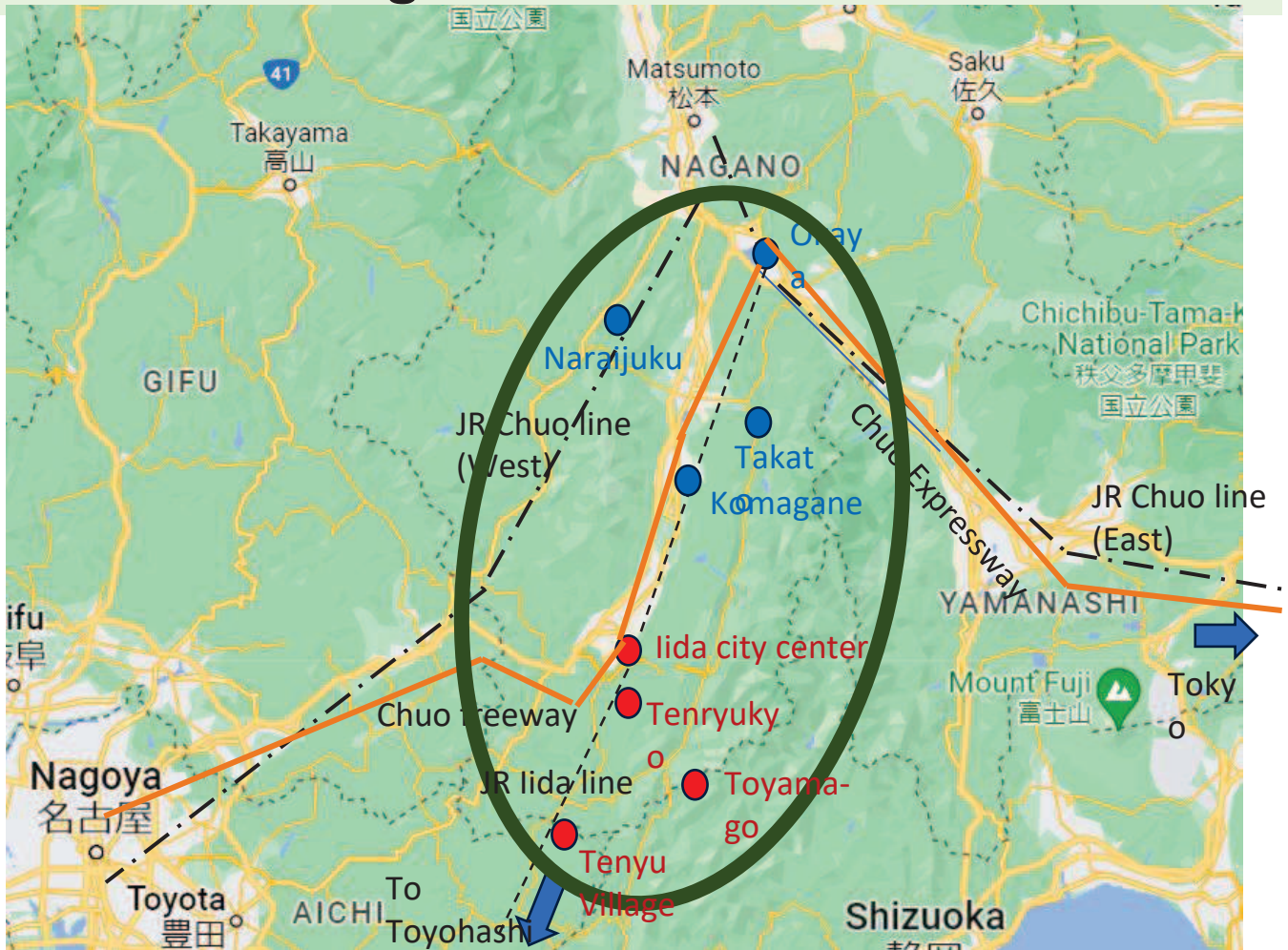
We are located at CENTRAL JAPAN

We provide

- Community based Rural Tourism
- Programs based on sustainable tourism development
- Traditional local experience both in Rural area and Tokyo
- Accommodations according to customer request
- Local transportation
- Full tailor-made tour program



Southern-Nagano



The Tenryu River, which flows through the center of this area surrounded by high mountains from east to west, is a fertile basin and is home to several cities, but the traditional indigenous culture still remains in the mountainous area. The essence of rural tourism is there.

How to get there

By car:

If you are able to drive in Japan (international driver's permit needed), the most convenient way is to use the Chuo Expressway. It takes about 3 hours from Tokyo and about 1.5 hours from Nagoya to reach your destination.

By long distance bus:

There are also long distance buses from Tokyo and Nagoya.

By train:

Take JR Chuo line train from Tokyo to Matsumoto, then change to JR Iida line at Okaya. Or Take Tokaido Shinkansen Hikari train to Toyohashi and change to Iida line. We recommend to take Iida line from/to Toyohashi but not recommend to take train between Okaya and Iida as it takes too much time.

Our recommendation:

From Tokyo: Take limited express Azusa bound for Matsumoto from Shinjuku station in Tokyo to Okaya. Then, we can provide private transportation to where the clients stay in Minami-Shinshu. The clients can enjoy popular destinations such as Naraijuku post town, Takato castle, Komagane and etc on the way.

From Kyoto/Osaka/Nagoya: Limited express Inaji from Toyohashi to Iida is popular among Japanese and we highly recommend due to its stunning sceneries. If you have a time, taking local trains to unmanned station in an unexplored area.

TENRYUKYO

Tenryukyo Gorge area known for its beautiful valley. There is also a station on the Iida Line. It is a tourist destination with easy access to the center of Iida City and hidden areas.

WHAT TO SEE

“TENRYUKYO GORGE” Everyone can easily enjoy the seasonal scenery on the promenade overlooking the Tenryu River.

“SORA SAMPO” is a highway bridge over the Tenryu River. The walkway under the road offers a panoramic view of the Tenryu River, river boat rides, and trains passing by on the tracks, allowing you to enjoy the scenery throughout the seasons.

“OGASAWARA SHOIN” is a residence for local rulers built in the 1600s. The grounds also contain a museum designed by SANAA, a Japanese architectural firm that also designed the Louvre-Lens in France.

“YOKONE TANBO” A rice field maintained by local people. - From plowing, planting seedlings to harvesting. - The sake made from the harvested rice is a rare product, with only about 800 bottles produced per year.

WHAT TO DO

“TENRYU LINE CRUISE” 50 minutes cruise by traditional wooden where you can view Tenryukyo Gorge from the



“FRUITS PICKING” From spring to autumn, you can enjoy fruit picking, such as strawberries, cherries, grapes, and apples.

“TATSUMI FARM” Various programs are available to order, such as apple picking and a picnic lunch

Sports activities such as **“Mallet golf” “Cycling” “Kayak”**

“POTTERY COURSE” at the Tenryukyo pottery

WHERE TO STAY

“TSUBAME TO TSUCHI TO”

Modern guest house renovated from a traditional Japanese house. There are three Japanese-style bedrooms (tatami floors), kitchen, living room, “Irori” Dining room, bathroom, a toilet, a laundry room, and all the necessary amenities for daily life are provided.

A large terrace is located in front of the living room where you can enjoy the countryside view, and you can also experience harvesting in the adjacent field.

Meals are self-catered, but BBQ ingredients can be reserved (supplement required).



“Gekka-bijin”

3-star hotel located in the forest. 30 minutes by car from the center of Iida, 10 minutes by car from Tenryukyo Station.

On clear nights, you can see a starry sky, and guests are also offered stargazing sessions.

There are separate large public baths for men and women, each with an open-air bath with a great view, allowing you to fully enjoy the atmosphere of a Japanese hot spring inn.

The majority of the guest rooms are Japanese-style. There are also two-bedroom and family rooms available.



TOYAMAGO

A hidden village surrounded by mountains. Because there was little contact with the outside world until recently, Japan's old traditional culture that dates back to the Middle Ages remains.

WHAT TO SEE

"SHIMOGURI NO SATO" A village located on a steep slope with a maximum gradient of 38 degrees, overlooking the Southern Alps. It is said that this scenery was the inspiration for Studio Ghibli's animated film "Spirited Away."

"SHIRABISO PLATEAU" Located at an altitude of 1,900m, you can see the Southern Alps, as well as the Northern and Central Alps. This is the starting point for full-scale climbing in the Southern Alps and hiking in the surrounding area, and you can also see beautiful sunsets and starry skies.

"SHIMOTSUKI MATSURI" Very Unique traditional festival held every December in several places within the village. (Special arrangements are required, Please enquire us in advance.)

WHAT TO DO

"MOUNTAIN CLIMBING, HIKING" We have a variety of courses available for everyone from beginners to advanced riders, depending on client's level of fitness.

"MOUNTAIN WALKS GUIDED BY HUNTERS" We can also arrange experiences setting traps and butchering the game.

"CULTURAL EXPERIENCE" Artistic experience where you can learn about the traditional life of mountain villages, such as making crafts using ivy and weaving with wisteria thread.

"GASTRONOMY EXPERIENCE" Soba noodles, Rice, Tofu, Miso, Honey, and other traditional Japanese foods, The cooking lesson that you can experience from processing the ingredients to cooking them. We will arrange the cooking according to the season.

WHERE TO STAY

"MAGOKORO "

Old-style inn that focuses on "food" and "experiences"
The meals prepared by the owner and chef are made with local ingredients, and while taking advantage of traditional Japanese cuisine, they also have a modern touch. It's worth staying just for the food.
Guests can also experience traditional Japanese cooking lesson.
There are 2 connected Japanese style bedrooms, and well maintained Bath facilities.
There is a mountain and a stream behind the site, Place is in harmony with nature.

"HOTEL AMANOGAWA"

Chalet-style hotel located on the Shirabiso Plateau at an altitude of 1,900 meters.

The rooms are Japanese-style(tatami floor) or twin room(two separates beds). A comfortable hotel with a large public bath and restaurant.

You can see the majestic Southern Alps from inside the building, and the evening view is especially spectacular.

On a clear night, you can enjoy a starry sky that you will never forget.

(Closed from December to March)



IIDA CITY CENTER

Iida city center has been the political and commercial center of Iida for a long time. It is easily accessible from Tokyo and Nagoya, and if you take the Iida Line you can easily get to Tenryukyo and other hidden areas. Able to enjoy night life as well as walking around the town.

WHAT TO SEE

“OLD TOWN” The old town on the hill is a well-planned grid-like streetscape that was rebuilt after a devastating fire in 1947. There is a row of apple trees that were planted as a symbol of reconstruction.

“IIDA CITY MUSEUM”

A museum with a distinctive exterior based on the motif of the Southern Alps. The museum is divided into sections on nature, history, and art, and its collection of works by local painter Hishida Shunso is particularly outstanding.

“RUINS OF IIDA CASTLE”

The gates of the old Iida Castle, which survived the fire, have been relocated and remain in various places around the city, and the remains of the moat can also be seen.

WHAT TO DO

“CULTURAL EXPERIENCE at SHRINE / TEMPLE” Either at “Hatogamine shrine” or “Hakushinji temple, you can experience traditional Japanese culture such as Japanese archery, tea ceremony inside the shrine/temple grounds.



“SUMMER FESTIVALS” If you visit Iida City in the summer, you can take part in a variety of festivals and events. **“Iida Ringon”**, where local groups dance wildly, **Iida Puppet Festa**, which brings together puppet theatre troupes from all over the world, **Fireworks at local shrines**, and

Yakiniku Rock Festival etc.

“YAKINIKU – JAPANESE BBQ” Iida City is known as the "town of yakiniku" and there are many yakiniku restaurants in the city.

WHERE TO STAY

“YAMAIRO GUEST HOUSE”

200-year-old traditional house facing an old street. Close to Hatogamine Hachimangu Shrine, where you can experience various cultural experiences, and you can walk to Hakkenmon Gate, which was relocated from Iida Castle. Ina Yawata Station is within walking distance, making it easy to get to the city center and other tourist sites. There are 3 private rooms and dormitories, It's perfect for small group or family.



“IIDA SILK HOTEL”

City hotel located a few blocks away from Iida station.

There is a main building and an annex building, the rooms in the main building have been renovated and are comfortable and clean.

The annex building has a large public bath and offers bed rooms with economical rates.

The hotel is often used for business guests, but is also recommended for tourists looking for a comfortable and modern hotel.



TENRYU VILLAGE

Region located at the southernmost tip of Nagano prefecture. "Is there a train station located in a place like this? Everyone should be surprised at the "Nakaizamurai Station"

WHAT TO SEE

"NAKAIZAMURAI" Located in the southernmost part of Nagano Prefecture, The scenery of the tea fields clinging to the steep cliffs above the Tenryu River is incredibly beautiful.

"HIKYO EKI (SECLUDED STATION)" on IIDA LINE

Hikyō station, literally secluded station in Japanese, are stations with few passengers and isolated from settlement.

There are several famous Hikyō stations in Tenryu Village, and among them, "Shiteguri" station, which can only be reached by crossing a suspension bridge on foot, is worth visiting at least once.

WHAT TO DO

"NAKAIZAMURAI TEA PLANTATION" In the tea fields that spread out below Nakaizamurai Station, we will arrange tea picking experiences, tea tasting, picnic lunches in the tea fields, and nature walks depending on the length of your stay.

"HARVEST OF BLESSING FROM THE MOUNTAIN"

Guided tour to collect mountain wild plants, akebia japonica (Japanese fruit), mushrooms etc.

"HIKYO EKI WALKING" Guided tour that walks along the rugged roads between Hikyō stations located far from the settlements.

"CAMPING" There are several camping sites near the stream.

WHERE TO STAY

"OKIYONE NO SATO COTTAGE"

Okiyome-no-Sato is a campsite along the river. There are tent sites and cottages on the premises, so you can easily stay overnight and enjoy a stay surrounded by nature.

For dinner, you can enjoy a BBQ on the terrace of the cottage or have casual food in the restaurant.

There is also a large public bath with an open-air bath on the premises. We are able to arrange private car transfer from Iida station, Tenryukyo, Nakaizamurai, and even directly from Nagoya.

"KAMAYA"

Small guest house located in the mountains. Suitable for people who want to experience real traditional Japanese life.

As the house is an old traditional Japanese style, all the guest rooms are Japanese-style with tatami floors and are separated only by sliding doors made of washi paper. However, as it is a private inn that only accepts one group per day, you can spend your time here without any worries.

The owner knows everything about Tenryu Village and is an expert at picking wild plants and mushrooms.



ICONIC SCENES OF SOUTHERN NAGANO



Takabocchi



Suwataisha Akinomiya



Naraijuku post town



Takashima Castle - Suwa



Firework at Lake Suwa (August)



Cherry Blossom at Takato Castle (April)



Red Buckwheat Field (October)



Kabuki - Oshika Village

ICONIC SCENES OF SOUTHERN NAGANO



Jinbagatayama - Nakagawa



Hanamomo – Toyooka (May)



Hakkenmon - Iida



Hatogamine Hachiman Shrine - Iida



Hagoromosaki Bridge – Tenryu Village



Shimotsuki Festival - Toyamago (December)



Starry Sky – Shirabiso Plateau



Tenryukyo Ohashi Bridge

Festivals & Events

	MON TH	DATES	PLACE	Name of Festival / Event	Type	URL
SPRI NG	MAR		Tenryukyo	Tokimata Hadaka Hatsuuma Matsuri	Festival	
	APR		Takato	Takato Cherry Blossom Festa	Seasonal Event	
	MAY		Oshika	Oshika Kabuki		
SUM MER	JUN					
	JUL					
	AUG		Iida Central	Iida Puppet Festa	Festival	https://www.en.iida-puppet.com/
	AUG		Iida Central	Local Fireworks at several place	Festival	
	AUG		Iida Central	Iida Ringon	Festival	
	AUG		Tenryukyo	Ichida Water Floating & Firework	Festival	https://tokimata-tourounagashi.com/
	AUG		Okaya	Okaya Taiko Festa	Festival	https://okaya-taiko.jp/
	AUG	15	Suwa	Ichida Water Floating & Firework	Festival	https://suwako-hanabi.com/kojyou/
	AUG	18	Takamori	Ichida Water Floating & Firework	Festival	
	SEP			Akasoba (Red Buckwheat) Festiavl	Seasonal Event	https://www.inadanikan kou.jp/blog/page/id=1866
AUTU MN	OCT		Tenryukyo	Tenryukyo Marche	Event	
	OCT		Oshika	Oshika Kabuki	Traditional Performance arts	
	NOV		Iijima	Komedawara Marathon	Sport Event	https://komedawara.jp/
WINT ER	DEC		Toyama-go	Shimotsuki Matsuri at various spot	Traditional Festival	https://shimotsukimatsuri.com/english/
	DEC		Tenryukyo	Tenryukyo Lighting- up	Seasonal Event	
	JAN		Anan	Niino Snow Festival	Traditional Festival	
	JAN		Tenryu village	Okiyome Festival	Traditional Festival	
	JAN		Tenryu village	Sakabe Winter Festival	Traditional Festival	
	JAN		Tenryu village	Okouchi Ikedaisha Festival	Traditional Festival	
	FEB					

Suggested Itinerary (A)

Two days experience of Japanese countryside

From Tokyo to Nagoya / Kyoto, Maximum 20 PAX 1 Night

DAY 1

After check out the hotel in Tokyo, transfer to Shinjuku Station by coach.
Take limited express train from Shinjuku to Shiojiri (2.5hrs) where coach and English speaking guide are waiting for your client to commence journey until hotel check in.
After lunch at Shiojiri, transfer to Narai-juku by Private Car (30mins)
Enjoy sightseeing of Narai-juku with English speaking guide.
Narai-juku is a historic post town located in the Kiso Valley.
NARAI-JUKU – TENRYUKYO (1.5hr)
Overnight at “Gekka Bijin”
You can enjoy open-air hot spring bath (Onsen) at any time after check in
After dinner, there will be a stargazing event and a mini concert.



DAY 2

Today Client enjoy real rural life in Southern Nagano
You can choose from a variety of options

OP.1: Apple picking and Tenryu river cruise



After breakfast, our English speaking guide will take clients to “Tatsumi Farm” (Available from the end of September to the end of November)
At the “Tatsumi Farm”, clients can enjoy fruits picking, Orchard walking, and picnic lunch under apple trees.



In the afternoon, enjoy a Tenryu River cruise with traditional wooden boat.

OP.2: History and traditional culture of Iida



After breakfast, our English speaking guide will take clients to “Hatogamine

shrine. Enjoy the traditional cultural experience of Iida such as “Kyudo – Japanese Archery” “Mizuhiki craft” “Open-air Tea ceremony”



In the afternoon, enjoy sightseeing in the historical district of the city center, then visit the Ogasawara Shoin, a samurai residence built in the 1600s. The grounds also contain a museum designed by SANAA, a modern Japanese architectural firm that also designed the Louvre-Lens in France.

After program of Iida city, transfer to Nagoya by private car

*Heavy luggage to be delivered to next destination by courier. Hotel can help clients.

*We are possible to arrange various activities, sightseeing, and etc. Please ask us !

*Lunch included

Suggested Itinerary (B)

Essence of Southern Nagano -2nights 3 days program

From Tokyo to Nagoya/Kyoto Maximum 6 PAX 2 nights Best for APR-JUL

DAY 1

After check out the hotel in Tokyo, transfer to Shinjuku Station by private car. Take limited express train from Shinjuku to Chino (2.5hrs) where private car and English speaking guide will be waiting for your client to commence journey until hotel check in. Enjoy sightseeing of "Takato Castle" and "History Museum" (If you are lucky enough to visit during cherry blossom season, you can see the full bloom.

Lunch en route included

Drive through the Ina Valley with the Alps spreading out on both sides of the car window, and head to your lodging in Tenryukyo.

Enjoy BBQ dinner at traditional Japanese house

Overnight at "Tsubame to Tsuchi to" – a vacation house rental



DAY 2

Today Client enjoy real rural life in Southern Nagano

After self catering breakfast (You can even take the vegetables you harvested in the field right in front of terrace of the house), choose various option.

OP.1: Enjoy Tenryukyo



"Tenryukyo Sora Sampo" (The panoramic view of Tenryu Gorge from the on the highway bridge)

"Tenryu River cruise" with traditional wooden boat.

Lunch at "Soba no Shiro"

Walk along the cherry blossom-lined street along the Tenryu River

In the afternoon, we can arrange "mallet golf" on the banks of the Tenryu River.



OP.2: Flower cycling at Toyooka Village

Transfer to Toyooka village by private car (30mins)

Rent an e-bike and visit famous seasonal flower spots with a cycling guide

Harvesting experience at the farm

Lunch made with fresh vegetables from the village

After optional program, transfer back to vacation house

Tonight, we will take you clients to center of Iida city by private car. Iida is famous for Yakiniku – Japanese BBQ, Enjoy the nightlife in Iida with our dining guide map.

(Take a taxi to get back to vacation house)



Overnight at "Tsubame to Tsuchi to" – a vacation house rental

DAY 3

After check out the hotel in Tokyo, transfer to "Shiteguri" by private car.

Shiteguri is a secluded station on Iida Line. To get to the station, clients have to get off the car on the opposite side of the Tenryu River and cross a narrow suspension bridge.

Then drive along the scenic Tenryu River to a hidden gem "Nakaizamurai"

Directly below Nakaizamurai Station, one of the famous secluded stations, is a tea plantation where you can enjoy tea tasting, tea picking, and a picnic lunch.

After staying at the Nakaizamurai tea fields, we took clients to Hiraoka Station via the Thirty-Three Kannon.

16:42 Take the Iida Line express train to Toyohashi.

18:31 Arrive at Toyohashi station.

Then transfer to Nagoya or Kyoto by Shinkansen



Suggested Itinerary (C)

Beautiful Country Life in Southern Nagano

From Tokyo to Nagoya/Kyoto Maximum 6 PAX 2 nights

DAY 1

After check out the hotel in Kyoto, Transfer to Kyoto station by private car
Take Shinkansen from Kyoto to Nagoya (30mins) where private car is waiting for your client to commence journey until hotel check in.

Arrive at "Tenryukyo", enjoy a Tenryu River cruise with traditional wooden boat.

Lunch at "Soba no Shiro"

Then, transfer to "Toyamago" via "Yokone tanbo rice paddy fields"

Check in at Japanese traditional vacation house "Magokoro"

After check in, clients can enjoy cooking experience of traditional Japanese Foods.

Dinner at "Magokoro" cooked by excellent owner-chef

Overnight at "Magokoro"



DAY 2

Today Client enjoy real rural life in Southern Nagano

You can choose from a variety of options

OP.1: Nature and Adventure of "Toyamago" – We'll arrange the tour according to client's physical strength and interests.



- ① Easy: "Shimoguri no Sato walking" (2hours)
- ② Easy: "Oike Mountain Hiking" (1.5hours)
- ③ Middle: "Otaka mountain Trekking" (3.5hours)
- ④ Tough: "Sawanobori" - going up mountain streams of Toyama River- and Rafting (2hours)
- ⑤ Tough: Mountain Trekking with Hunter. Experience setting traps and butchering prey. If they are lucky, they can even see the hunting action.



OP.2: Scenic driving by private car

Tea tasting, tea picking, and a picnic lunch at "Nakaizamrai"
"Shiteguri" a Secluded station

Drive along the scenic Tenryu River
Guided tour at "Shimoguri no Sato"



After optional tour, go back to hotel
Dinner and overnight at "Magokoro"



DAY 3

After check out , transfer to "Shiojiri" by private car.

Visit Winery and take a lunch. Shiojiri is the most prosperous wine-producing area in Southern Nagano.

Visit "Takabocchi Plateau", located in the eastern part of Shiojiri City. From the summit, which spreads out on a gentle slope and offers a 360-degree view, clients can enjoy the view of not only the Northern Alps, but also Lake Suwa, the Southern Alps, and Mt. Fuji.

Transfer to Shiojiri station and take limited express train to Shinjuku



Suggested Itinerary (D)

A journey on a “Hikyo” train – lida line

From Tokyo to Nagoya, Minimum 1 PAX 1 night 2 days trip

DAY 1

Departure from hotel to Tokyo station

Take Shinkansen to Toyohashi

Take “Iida line” to “Nakaizamurai”

Staff from Nakai Samurai's tea farm "Nakaya Farm" will greet your clients at the station.

enjoy tea tasting, tea picking, and a picnic lunch

Take Iida line from Nakaizamurai to “Ina-Yawata”

Leave the luggage at guest house near station, then visit “Hatogamine Hachiman Shrine” on foot.

Enjoy the traditional cultural experience of Iida such as “Kyudo – Japanese Archery” “Mizuhiki craft” “Open-air Tea ceremony”

After experience at shrine, check in at guest house

In the evening, take Iida line from “Ina-Yawata” to “Iida” station.

Enjoy dining and nightlife in central town of Iida

Client can take train or Taxi to go back to the guest house

Overnight at “Yamairo Guest House”



DAY 2

Breakfast at guest house

After check-out, Take Iida line from “Ina-Yawata” to “Tenryukyo” station

Free time at “Tenryukyo”. Clients can enjoy walking on the promenade, Tenryu River Cruise, etc.

Lunch will be taken on the spot.

In the afternoon, transfer to “Igara” bus stop by private car

Take long distance bus to Nagoya