

# Shiga Highlands Long Ride

Shin'etsu Shizenkyo Nature Parkland is home to majestic natural landscapes, including Shiga Highlands, one of UNESCO's Biosphere Reserves, which inspires you to conquer the nature. Shiga Highlands Long Ride is a cycling event that enables you to feel the great nature with five senses. Please fully enjoy cycling through the breathtaking scenery.

Any cyclists can enjoy this cycling event, choosing the best route for them, from the short course for beginners and families, to Japan's prominent full-scale course of the hill-climb level.

At aid stations and the finish line, apples and other special products of Shin'etsu Shizenkyo are available.



Schedule	TBA
Location	Shiga Highlands (Takamagahara, Ichinose)~Kijimadaira Village~Sakae Village~Nozawa Onsen Village
Fee	5,500 yen~
Contact	Shiga Highlands Long Ride Committee Office (c/o Tourism, Commerce and Industry Division, Yamanouchi Town Government: TEL +81-269-33-1107)
Website	<a href="http://shigakogen-longride.com/">http://shigakogen-longride.com/</a> (Japanese)
Access	By car: 40-min. ride from the Shinshu Nakano Exit on the Joshin'etsu Expressway By train and bus: At Nagano Station, transfer to the Nagano Dentetsu line, and get off at Yudanaka Station. Then take a local bus for 60 min.
Available Language	Japanese