

Shiga Highlands Guided Trekking Tours

Shiga Highlands have 19 trekking courses, including *Yuhodo* (promenades) for beginners and families, *Tansho Hodo* (sightseeing trails) for intermediate and general trekkers, and *Tozando* (climbing paths) for more advanced and experienced trekkers.

If you are unsure about your trekking skills, please ask for a trekking guide officially certified by Shigakogen Tourist Association. They will choose the best course for your physical strength, trekking skills and schedule, and guide you through the course.



Season	Wednesday, June 1, 2016~Sunday, October 30, 2016
Contact	Shiga Highlands Guide Union (TEL: +81-269-34-2133) Shigakogen Tourist Association (TEL: +81-269-34-2404)
Website	http://shizenhogo-center.shigakogen.gr.jp/ (Japanese)
Access	By car: 40-min. drive from the Shinshu Nakano Exit By bus: 70-min. bus ride on the Nagaden Bus from the East Exit of Nagano Station
Available Language	Japanese English (Please inquire before your visit)