

Lake Nojiri Cycling Course

Lake Nojiri is a natural lake in Shinano Town, Nagano Prefecture, located in highlands at 654m above sea level. The lake is a place of natural scenic beauty, which has a winding shoreline with 48 headlands. The area is designated as Myoko-Togakushi National Park.

Lake Nojiri is also known as an archaeological site where fossils of Naumann's elephants have been excavated. The fossils are on display at Lake Nojiri Naumann's Elephant Museum.

The 16km-long cycling course along the lake has ups and downs, and is used for the bicycling leg of an annual triathlon event. After refreshing yourself on the cycling course during the day, please enjoy corn on the cob, which is famous for its sweetness. Rental bicycles are available at three shops in the town.



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| Location | Nojiri, Shinano Town, Nagano Prefecture |
| Fee | Please contact each shop for their rental bicycle rates. |
| Contact | Shinanomachi Tourist Association: TEL: +81-26-255-3226 E-mail: info@shinano-machi.com |
| Website | Shinanomachi Tourist Association: http://www.shinano-machi.com/ (Japanese) |
| Access | By car: Five-min. drive from the Shinanomachi Exit on the Joshin'etsu Expressway By train and bus: Get off the North Shinano Line, Shinano Railway at Kurohime Station, and take a bus to the Nojiriko Stop. |