

Shigakogen Guide Trekking

Enjoy trekking with a certified nature guide in verdant Shigakogen, designated as the Joshin'etsu Highland National Park and Shigakogen Unesco Eco Park (MAB). Our guides will take you through some of Shigakogen's 19 beautiful winding courses.



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| Date | Green Season |
| Location | Shigakogen Area |
| Cost | From 2500 yen and up |
| Contact Info | Shigakogen Guide's Union 0269-34-2133 |
| Website | http://shizenhogo-center.shigakogen.gr.jp/guidetour.html |
| Access | Car: 50 minutes from the Shinshu Nakano IC Exit via Route 292 Train, Bus: 70 minutes via direct bus from JR Nagano Station |
| Supported Languages | English, Japanese |