

NAGANO Adventure Tour List

	Tour name	overview	Area	Nature	Culture	Activitie	Tour Highlight Appearing Point	Tour Operator	Opening Season	best season	Time conduration	Cost	Link
0	Mountain bike tour of Lake Hokuryu and Kosuge	Enjoy some of Japan's best greenery at the world-renowned Nozawa hot spring resort and see vestiges of the Sengoku Period, a period that lasted from the late 15th century to around the turn of the 17th century, in the Kosuge area.	Nozawa Onsen-Kosuge Area	◎	○	○	1: High This seems like a strenuous activity but actually requires almost no energy, so this is recommended for participants who are looking for an easy day after a long trail but are more interested in activities than cultural experiences. Additionally, the Nozawa Onsen hot spring village attracts many overseas visitors in the winter season and the whole village is set up to handle them, so everyone in the village is extremely used to visitors from overseas.	Dream Ship Co., Ltd.	Apr. - Nov.	Jun., Sep.-Oct.	3-4 hours	From 6,500 yen	https://compasshouse.jp/summer/
1	Mountain bike ride - Nozawa Onsen Snow Resort	A mountain bike ride through Nozawa Onsen Snow Resort.	Nozawa Onsen Snow Resort	◎	△	◎	One of the only mountain bike tours in Japan that covers the entire path used for a Shugendō mountain pilgrimage. This tour is a spiritual experience. After the tour, participants can relax and recharge in the area's wealth of hot spring inns, another unique part of Japanese culture. Additionally, the Nozawa Onsen hot spring village attracts many overseas visitors in the winter season and the whole village is set up to handle them, so everyone in the village is extremely used to visitors from overseas.	Dream Ship Co., Ltd.	Jul. - Aug. (operating season of gondolas)	Aug.	3-4 hours	From 7,000 yen	https://compasshouse.jp/summer/
2	Long ride from Nozawa to Kanazawa	A long ride from Nozawa to Toyama and Kanazawa	Nozawa - Kanazawa Sea of Japan area	○	○	○	Japan has roads with excellent surfaces and traffic situations, and this route is one of them. Being able to cycle long distances safely is a major draw. The long cycle along the coast also makes this route appealing.	Dream Ship Co., Ltd.	May - Oct.	May-Jun., Sep.-Oct.	1-2 days	From 40,000 yen	
3	Fall foliage tour from Nozawa to Shigakogen	A ride through fall foliage from Nozawa Onsen to Shigakogen	Nozawa Onsen - Shigakogen	◎	○	○	There are few places on Earth with fall foliage in such a variety of colors.	Dream Ship Co., Ltd.	Oct.	Oct.	7 hours - 1 day	From 10,000 yen	https://compasshouse.jp/summer/
4	Local area cycling tour (half-day tour from/to Iiyama Station)	Get an up-close look at life in Iiyama and meet friendly locals on this cycling tour. Your local guide will show you the heart of Iiyama through a variety of seasonal sights, from pastoral scenery like no other to the vegetable fields where Iiyama's specialties are grown.	Iiyama City	◎	◎	○	1: High From culture to nature and season-specific sights, this tour of central Iiyama City packs a lot of great sights into its short duration. Ideal for the many overseas visitors who like exploring the area by bicycle.	Shinetsu-Shizenkyo Activity Center	Late May - early Nov.	Spring, fall	2-3 hours	6,000 yen	https://www.shinetsu-activity.jp/en/cycling/
5	Fat bike tour of secluded forest trails and ghost towns in Madarao Kogen	Enjoy off-road cycling on a fat bike at the foot of Mt. Madarao. Whether you're cycling through new greenery in spring or colorful foliage in fall, the sight of the sky and the sunlight through the trees will put you in a great mood.	Iiyama City	◎	○	◎	1: High Some technique required. This tour will satisfy overseas visitors who are looking for something with a bit of adrenaline.	Shinetsu-Shizenkyo Activity Center	Mid-May - early Nov.	Spring - fall	4-5 hours	7,000 yen	https://www.shinetsu-activity.jp/en/cycling/
6	Day hike of the Shinetsu Trail, Japan's first long hiking trail	An 80km trail around the mountains where Nagano Prefecture meets Niigata Prefecture. The trail is divided into 6 sections, for around 6 hours of walking per day. Guides are provided by the Shinetsu-Shizenkyo Activity Center.	Iiyama City and Sakae Village, Nagano Prefecture/Myoko City and Joetsu City, Niigata Prefecture	◎	◎	◎	1: High The highly knowledgeable English-speaking guides point out unique Japanese plants along Japan's first long hiking trail and explain the history and culture of the trail.	Shinetsu Trail Club	Mid-Jun. - early Oct.	Spring, fall	6-7 hours	20,000 yen	http://www.s-trail.net/english/

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7	Thru-hike of the Shinetsu Trail, Japan's first long hiking trail	An 80km trail around the mountains where Nagano Prefecture meets Niigata Prefecture. The trail is divided into 7 sections, for around 6 hours of walking per day. Guides are provided by the Shinetsu-Shizenkyo Activity Center.	Iiyama City and Sakae Village, Nagano Prefecture/Myoko City and Joetsu City, Niigata Prefecture	◎	◎	◎	1: High	The English-speaking guides point out unique Japanese plants along Japan's first long hiking trail and explain the history and culture of the trail.	Shinetsu Trail Club	Mid-Jun. - early Oct.	Spring, fall	2+ days	From 20,000 yen	http://www.s-trail.net/english/
8	Gathering wild vegetables and mushrooms	Enjoy the delicious spring and fall bounties of the wilderness with a guide who is highly knowledgeable of the area's mountains and forests.	Hokushin area	◎	△	-	2: Medium	The guide speaks fluent English, so participants can rest assured that they will be able to understand which mushrooms are edible.	LAMP (SUNDAY PLANNING)	Apr.-Jun., Sep.-Nov.		7 hours - 1 day	From 7,500 yen	https://lamp-guesthouse.com/en/activity/
9	Stand-up paddleboarding on Biwa Pond	Enjoy a leisurely paddle around Biwa Pond with stunning views of the mountains and white birches of Nagano's Shiga area. The gentle waters are ideal for first-timers.	Shigakogen, Yamanouchi Town	◎		◎	1: High	Many Western visitors have tried stand-up paddleboarding here, and have been extremely happy with their experience.	SHIGAKOGEN MOUNTAIN DISCOVERY	May - mid-Oct.	Jul., Aug., Sep.	Activity takes 2 hours	6,000 yen	https://www.shigakogen-md.com/sup/index.html
10	Stand-up paddleboarding on the Chikuma River	Enjoy a gentle paddle down Japan's largest river, the Chikuma (Shinano) River, which runs through Kita-Shinano.	Iiyama City	◎		◎	2: Medium		SHIGAKOGEN MOUNTAIN DISCOVERY	May - mid-Oct.	Jul., Aug., Sep.	Activity takes 2 hours	8,000 yen	https://www.shigakogen-md.com/sup/index.html
11	Stand-up paddleboarding at night	See Biwa Pond in a whole new way as you float in darkness on this exciting night tour.	Shigakogen, Yamanouchi Town	◎	-	◎	1: High	Enjoy the unique experience of stand-up paddling under Japan's beautiful starry sky in Hakuba Village. The guide speaks fluent English, making the tour even more enjoyable.	SHIGAKOGEN MOUNTAIN DISCOVERY	May - mid-Oct.	Jul., Aug., Sep.	Activity takes 1 hour 30 minutes	6,000 yen	https://www.shigakogen-md.com/sup/index.html
12	Walk the Chikuni Kaido Salt Road, an ancient road from the Edo Period (1603-1868)	This trail takes you along a road that flourished as a salt road in ancient times.	Hakuba area	◎	◎	○		Surrounded by Japan's beautiful nature, picturesque country landscapes and abundant forest, this trail is a wonderful place for walks and other outdoor activities. Various preparations have been made for English speakers.						
13	Night canoeing with drinks		Hakuba area	◎	△	○		This private tour is a rare and exciting opportunity to try canoeing on a lake at night with drinks. Recommended for visitors with a large budget who are looking for an experience that is a cut above. Reservation required, age 20 and over.	Hakuba Lion Adventure	Early April - early May /Mid October - early Nov.	Throughout April/ Sep.	2-3 hours	40,000 yen	https://hakuba.lion-adventure.com/en/
14	Mountain bike tour at the foot of Mt. Hakuba	Cycle through the stunning scenery of Hakuba Village at the foot of Japan's Northern Alps and then try delicious Japanese cuisine.	Hakuba	◎	○	◎	3: Low	While mountain biking itself is not a unique experience, the route through the Japanese countryside is appealing.	Hakuba Resort Development Co.,Ltd.	Green season (May - end of Oct.)	Late May or Sep.	6-7 hours	TBD	https://www.nsd-hakuba.jp/iwatake_mtb_park/en/
15	Hotaka cycling	This cycling tour offers a look into the history and culture of the Hotaka area. The guide explains the significance of historical features that are often overlooked. And of course, no tour of this area is complete without visiting Japan's largest wasabi farm. On a clear day, you'll see a stunning view of Japan's majestic Northern Alps.	Azumino	◎	◎	○	2: Medium	Not many adventure elements, but suited for those into adventure tourism because participants can enjoy the fresh air and nature, and cycling enables them to see the area at just the pace they prefer.	W-Asobi	Mid-Apr. - mid-Nov.	May, Oct.	3-4 hours	7,500 yen	https://w-asobi.weebly.com/biking-tour.html

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16	Cycling in Matsukawa Village	Cycle through the place with the longest life expectancy in Japan and find out why people here live so long. On this tour, you'll learn about Matsukawa's history, take in breathtaking scenery and try making your own <i>onigiri</i> (rice balls) from rice grown in the village. This tour encapsulates everything great about Japanese farming villages.	Azumino	○	◎	○	2: Medium Not many adventure elements, but suited for those into adventure tourism because participants can enjoy the fresh air and nature, and cycling enables them to see the area at just the pace they prefer.	W-Asobi	Mid-Apr. - mid-Nov.	May, Oct.	3-4 hours	8,000 yen	https://w-asobi.weebly.com/biking-tour.html
17	Climbing the Northern Alps	Azumino City is a convenient base for hiking on mountain trails such as Northern Japan Alps Panorama-Ginza and Northern Japan Alps Omote-Ginza in the Jonen Mountain Range, drawing many mountain hikers every year. There's something for all preferences and fitness levels—take in spectacular mountain views, trek through abundant greenery or climb mountains around 3,000m high.	Azumino	◎	△	◎	1: High The guides are licensed as tour guide- interpreters or special tour guide- interpreters for highland tourism in the Shinshu mountains, so participants can rest assured that they can communicate easily during their tour.	W-Asobi	Spring - fall	Summer	7 hour - 1 days		https://w-asobi.weebly.com/hiking-tour.html
18	Panoramic trekking at Hakuba Happo	An easy ropeway trip up a mountain in the Hakuba area. If you're lucky, you'll see the mountains and sky reflected on the surface of Happo Pond! You can stay in a lodge high up on a mountain ridge and enjoy an incredible sunset and sunrise. The tour finishes with a trip to a hot spring and a delicious meal made from local ingredients.	Hakuba	◎	△	◎	1: High The guides are licensed as tour guide- interpreters or special tour guide- interpreters for highland tourism in the Shinshu mountains, so participants can rest assured that they can communicate easily during their tour.	W-Asobi	Spring - fall	Summer	7 hour - 1 days	56,000 yen	https://w-asobi.weebly.com/hiking-tour.html
19	Myojin Pond Nature Trail	Surrounded by primeval forest with the inner shrine of Hotaka Shrine standing right beside it, Myojin Pond is an unforgettable sight. This tour starts at Kappa Bridge and takes you on a wonder-filled walk along the Azusa River, passing beautiful features such as Dakesawa Wetland and Konashidaira. (Around 3km each way. Wear comfortable shoes. Separate admission fee applies if you wish to enter the shrine.)	Kamikochi	◎	○	○	2: Medium This stands out as it offers a view of quintessentially Japanese mountain scenery.	Kamikochi Hotel Shirakabaso	May - Oct.	Jun. - Oct.	3-4 hours	1,600 yen	https://www.shirakabaso.com/guide/nature-school/
20	Early morning guided tour of Kamikochi	Listen to the song of wild birds and enjoy the fresh, still air of the morning on this walking tour.	Kamikochi	◎	△	△	3: Low Participants can see wild birds unique to Japan.	Kamikochi Hotel Shirakabaso	May - Oct.	Jun. - Oct.	1-2 hours	1,000 yen	https://www.shirakabaso.com/guide/nature-school/
21	Norikura Star & Moon Restaurant	Dine in a tent restaurant in Chubusangaku National Park. Your premium dinner features Shinshu specialties made from local ingredients, such as suki-shabu hot pot made with Shinshu beef. After your meal, relax and admire the captivating view of the stars. Only for overnight guests at Norikura Kogen or the Shirahone Onsen hot spring resort. A local concierge will pick you up at your accommodation and take you to and from the restaurant.	Norikura Kogen	◎	-	△	1: High This trip is the perfect way to experience life in a Japanese national park. The servers are local staff members, so participants can enjoy hearing about the area from people who live there.	ALPS SANGAKUKYO Shinshu Mirai Creation Company Co., Ltd.	End of May - end of Oct.	Aug. - Sep.	2-3 hours	25,000 yen	http://shinshu.miraidukuri.jp/program/
22	Lessons From Nature	Enjoy a tour to a restaurant in the great outdoors. Located at an altitude of 1,000m at the western edge of Nagano Prefecture, Suikoen offers a premium al fresco experience, with a delicious menu featuring skillet cuisine, wood-fired pizza and handmade soba noodles. You can even try <i>kusaki-zome</i> , a natural textile dyeing technique using the juices from seasonal plants and flowers.	Takigoshi (Otaki Village)	○	△	○	1: High Suikoen is already partnering with overseas travel agencies and hosting many tours with Western participants. It is receiving positive feedback in customer surveys given by the tour company.	Rext Takigoshi	Late Apr. - mid-Oct.	Mid-May	4-5 hours	5,000-7,000 yen including lunch (price varies depending on the dyes and fabric used for <i>kusaki-zome</i>)	
23	Sacred Mt. Ontake	Take a walking tour along the Ontake Kodo historic trail, including a visit to Otaki Satomiya Shrine. Features such as the Ontake Waterfall Trail offer an incredible opportunity to connect with nature and see traditions of Mt. Ontake that are still alive today.	Otaki Village	◎	◎	◎	1: High	Kiso Ontake Tourism Office or Chris Gladden (guide)	Mid-Apr. - early Nov.	Summer, fall	Up to 4 hours	TBD (under discussion)	
24	Explore the Kiso Trail	Walk the Kiso Trail, a trail from Magome to Niekawa that measures around 80km in total.	Kiso Valley	○	◎	◎	1: High	Kiso Ontake Tourism Office or Chris Gladden (guide)	Mid-Apr. - early Nov.	Spring, fall	2+ days	TBD (under discussion)	

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25	The Home of "Forest Bathing"	Experience "forest bathing", a Japanese practice of connecting with the forest with all five senses. Getting back to nature like this will leave you feeling refreshed and rejuvenated.	Otaki Village	◎	○	◎	1: High (spending time in the forest is particularly popular among Westerners, so Western adventure tourists will enjoy the mindful experience of forest bathing.)	Kiso Tourist Federation or Shizuka Gladden (forest bathing guide)	Mid-Apr. - early Nov.	Spring - fall	2-3 hours	TBD (under discussion)	
26	Canyon fishing	This tour takes you deep into the emerald green Kakizore Canyon, to an area that cannot be accessed by the general public. Here you'll fish for Japanese char, red-spotted masu trout and other fish while floating upstream to the beautiful Kirigataki Falls.	Minami-Kiso area, Kiso District	◎	△	◎	1: High The provider of this tour is the only company with the permit needed to bring visitors to this marsh area. Participants can enjoy the thrill of floating upstream as they fish at the best spots along the canyon. The guide speaks English.	Zenagi	Mar. - Sep.	Summer	2-3 hours	Included in price of accommodation	https://zen-resorts.com/en/expedition
27	Yoga by Lake Shirakaba	Enjoy yoga next to the beautiful Lake Shirakaba. This is experience is even better early in the morning, when the wind is still and the lake is at its most stunning.	Lake Shirakaba	◎	△	◎	In the early morning, when the wind is still, negative ions from the lake have a refreshing effect on the mind and body, heightening the health benefits that yoga already offers.	Ikenotaira Hotel & Resorts Corporation	May - Oct.	May - Oct.	1-2 hours	2,000 yen	https://hotel.ikenotaira-resort.co.jp/blog/2016/08/post_398.html
28	Tour Shirakaba Kogen on an electric bike	Ride an electric bike along the "Venus line" of Shirakaba Kogen, a route full of ups and downs. There is no guide, but directions are provided by a cycling navigation system, with useful information on bathrooms and places to eat.	Shirakaba Kogen, Tateshina (Lake Megami to Lake Shirakaba)		△	◎	1: High Very few overseas tourists visit this area, so this is a great way to meet locals and communicate in Japanese.	Shinshu Tateshina Tourism Association	Apr. - early Dec.	May, Jul. - Sep.	3-4 hours	5,000 yen	https://sherakabike.com/
29	East Shinshu Nakasendo route on an e-bike. Japanese Ukiyoe art trip.	With English speaking guide go through the historic rout of east Nakasendo. Entering the ancient samurai house and try on the Japanese travelers costume.	Ashida-shuku to Motai-ainoshuku, via Kasatori Pass and Tsuganeji Temple	○	◎	◎	1: High Very few overseas tourists visit this area, so this is a great way to meet locals and communicate in Japanese.	Shinshu Tateshina Tourism Association	Apr. - early Dec.	May, Jul. - Sep.	3-4 hours	14,500 yen	https://sherakabike.com/
30	Tour the Five Sake Breweries of the Suwa area	Visit the five centuries-old breweries in the Suwa area and sample their award-winning sakes. No two breweries are the same—each one has its own unique character.	Around JR Kami-Suwa Station	○	◎	-	1: High A great way to look behind the scenes of an iconic part of Japanese culture. The story of Masumi's "yeast number seven" will be particularly fascinating to Westerners and other overseas tourists.	The Five Sake Breweries of the Suwa area	Throughout the year	Fall - winter	2-3 hours	2,000 yen	https://nomiaruki.com/tour/