



ALL IN ONE



MIHARASHI FARM HP



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<http://miharashi-farm.com/pdf/english.pdf>

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Accommodation

HABIROSO



**You can do
all experiences
in here**

HOT SPRING

MIHARASHI-NO-YU

Hand Made Craft

Weaving
Dyeing with natural dyes
Hand Made Wood Crafts

Activities

Trekking
Mountain Bike Trail
Putting Golf

Fruits & Vege Picking

Strawberry(Jan - Jun)
Asparagus(Apr - Jun)
Blueberry(Jul - Aug)
Sweetcorn(Jul - Aug)
Apple(Sep - Nov)
Grapes(Sep - Oct)

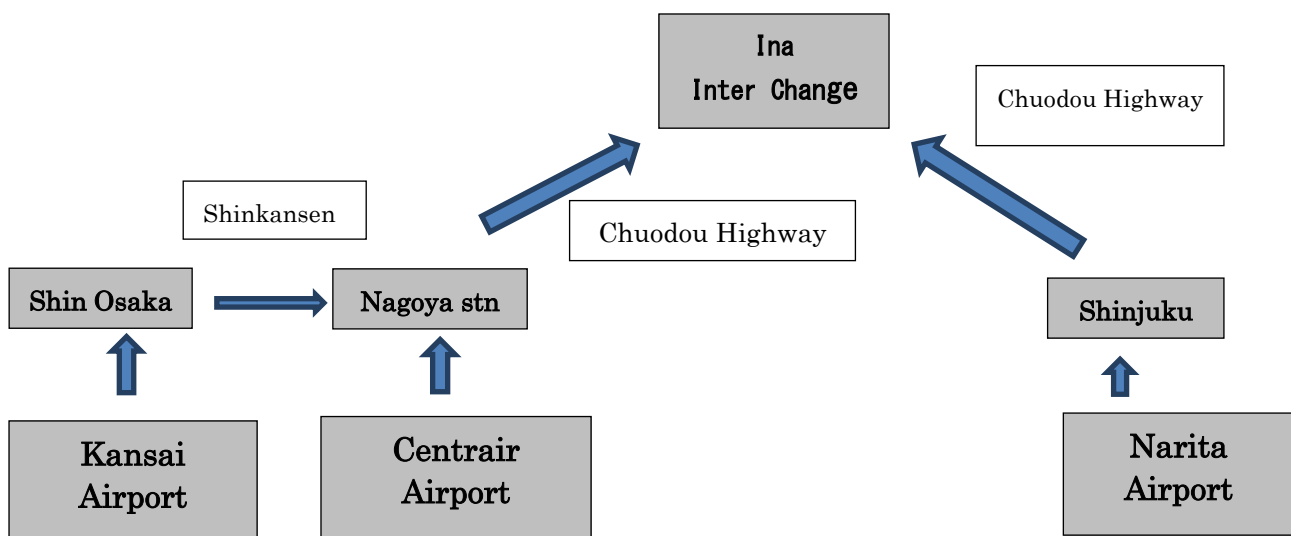
Making Food Experience

Making SOBA Noodle
Making Japanese Bread
Making TOFU
Making OYAKI
Making Seasonal Jam

Restaurants

Tomato no ki(Buffer)
Meijin - tei (Soba Noodles)
Habiro - so (Assorted dishes)
Toretate Ichiba (Noodles)

5min by car



Fruits & Vege Picking

You will enjoy the fresh taste of seasonal fruits and vegetables

Strawberry

(2nd.Jan – early Jun 9:00-15:00)

Free to pick & eat 3 different kinds of strawberries as many as you like!

1 2 0 0 ~ 1 9 0 0 yen (over 6 years old)

1 0 0 0 ~ 1 5 0 0 yen (3-5 years old)

(Price vary depending on the month)

Asparagus

(Mid Apr - Jun)

Picking fresh asparaguses directly from farm field !

10 : 00am and 1:30pm

Green house one 6 6 0 yen / Open field one 5 5 0 yen

Blueberry

(Early Jul – Mid Aug 9:00-15:00)

Free to pick & eat beautiful blueberries as much as you like for 1 hour

1 1 0 0 yen (Over 13 years old)

6 0 0 yen (6-12 years old)

Sweetcorn

(Mid Jul – Mid Aug)

Picking fresh and sweet corn directly from corn field!

10:00am and 1:30pm

5 corns 7 0 0 yen

Apple

(Late Aug – Late Nov 9:00-15:00)

Picking the famous Nagano apple off the tree and eat as many as you like for 1 hour!

6 0 0 yen (Over 4 years old)

Grapes

(Early Sep – Late Oct 9:00-15:00)

Free to pick & eat different kind of grapes as many as you like for 1 hour!

1 3 0 0 yen (Over 6 years old)

7 0 0 (3-5 years old)

☆Booking is essential☆

Making Food Experiences

Try and enjoy making traditional Japanese food!

Taste your own produce !

Making Soba Noodle

You will be instructed how to make Soba Noodle by professional Soba Master and eat your own Soba Noodle

Duration: about 2 hours (including eating session)

5 sets of Soba Noodle 4 6 0 0 yen (price vary depending on the number of people)

Japanese Bread

Japanese Bread is getting very popular in the world

Why don' t you make and eat it?

Duration: About 2 hours

4 pieces per person 1 1 0 0 yen

Making Tofu

It' s going to be great experience for you to make Japanese Traditional Tofu known as the Most Healthy Food

Duration: About 2 hours

2 cups of Daizu Beans 2 0 0 0 yen

Making OYAKI

“OYAKI” is typical snack of Nagano prefecture

Please make one and enjoy the local taste

Duration: About 1 hour

2 pieces per person 9 0 0 yen

Making Seasonal Fruits Jam

Strawberry,Blueberry,Apple Jam

It is good for souvenir as your original

Duration: 30min

6 0 0 yen~ 1 0 0 0 yen

☆Booking is essential☆

Accommodation

HABIROSO

Stay with perfect panoramic view of Southern Alps

Total of 18 rooms (14 Japanese room, 4 Western room)

Restaurant (68 seating) · BBQ House (50 seating)

Car Parking (100 cars)

Check-in 15:00 Check-out 10:00

1 night with 2 meals from 8250 yen

Hot Spring

MIHARASHI NO YU

The view of Southern Alps from outside bath is spectacular!

Natural Hot Spring

Opening Hour : 10:00 ~ 21:30

Over 13 years old: 500円 / 6-12 years old: 300円 / under 6years old: Free

Restaurants

There are 4 restaurants in this property which are specialized in different way of cooking. Please choose for your like.

TOMATO NO KI (Buffet)

More than 30 different foods here. You can enjoy as much as you like

Lunch : 1500 yen (Sat,Sun and Public Holiday 1800 yen)

Dinner(Open Fri,Sat,Sun and Public Holiday only) : 1800 yen

MEIJIN - TEI (Soba Noodle)

Using 100% local buckwheat. Please taste real Soba noodle in different way

800 yen ~ 1400 yen

HABIROSO (Assorted Bento box & Bowl meal)

Famous Source KATSUDON, is always popular

500 yen ~ 2500 yen

TORETATE - ICHIBA

Famous local noodle" RO-MEN" here and light meals

350 yen ~ 900 yen

Activities

Bush Walking (HABIRO natural trekking course)

This area is called "Bird Paradise" where around 100 kinds of birds are nesting.

You will be amazed by the view of Southern Alps from the look out.

Also you will enjoy seasonal flowers and color of natural forest.

Botanical garden course (2.5 km) 60 min

CHUSEN-JI temple course (2 km) 50 min

Full course (5 km) 2.5hours

Mountain Bike Trail

Course Fee 1hour - 750yen(over12y/o), 500yen(under12y/o)

All day - 1500yen(as above), 1000yen(as above)

Bike Hire 1hour - 1500yen(as above), 1000yen(as above)

3hours - 3000yen(as above), 2000yen(as above)

All day - 4000yen(as above), 3000yen(as above)

Putting Golf

Relax & Enjoy through natural forest Total of 36 holes

TENRYU Course 18holes / Par 72

SEMJO Course 18Holes / Par 72

Over 13 y/o 300yen Under12 y/o 200yen

Equipment hire 100yen



Distance from major tourist site to Miharashi Farm

Hakuba Snow Resort	1.75 hour
Snow Monkey	2.5 hours
Matsumoto castle	1.0 hour
Suwa Shrine	0.5 hour
Shirakaba Lake	
(Venus Line Drive Course)	1.5 hour
Takayama	2.5 hours
Shirakawagou	3.5 hours
Kiso	0.5 hour

**We are looking forward to
seeing you soon.**

Thank you