

パンフレット（欧米豪市場・英語版）

Southern part of Nagano Prefecture, one of the most famous mountain areas in Japan
-Perfect for excursions from Matsumoto and Nakasendo

NAGANO INA VALLEY

Beyond the Nakasendo
— Ina Valley, with its two Japan Alps, is a new destination for you —

Outdoor Activities, Hayataro
Onsen, Traditional Crafts and Food

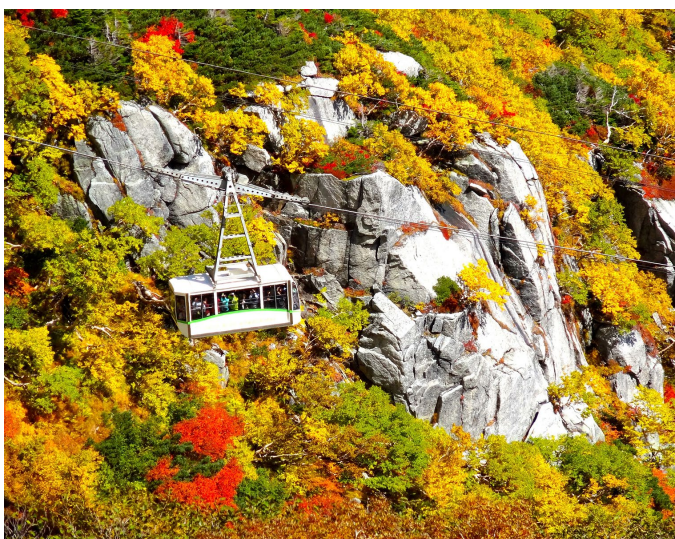
Visit Ina Valley, a place where you can meet
magnificent natural scenery and traditions passed
down from generation to generation remain.

Nagano Ina Valley Tourism Bureau

本事業は、令和5年度長野県地域発元気づくり支援金を活用しています。



Ina Valley, the largest valley in Japan, stretches between the two Alps, the Central and the Southern Alps.

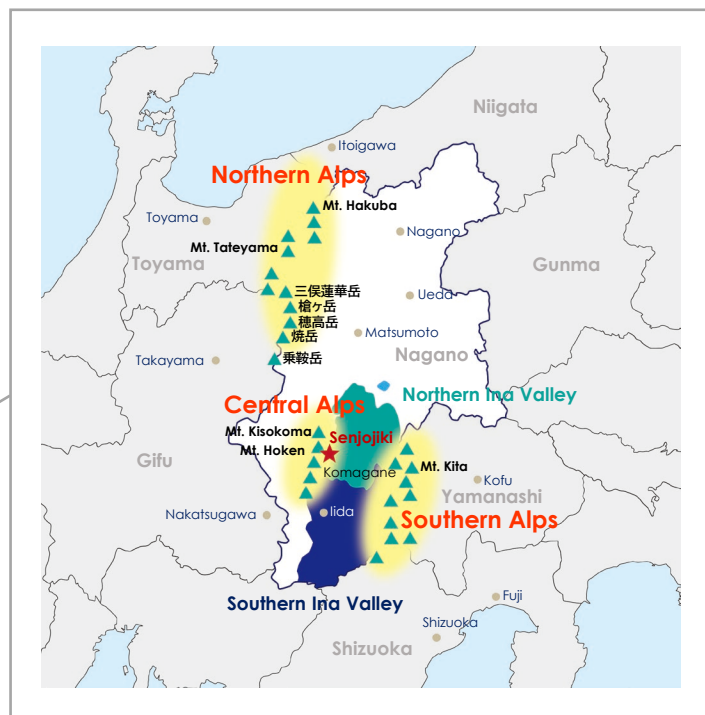
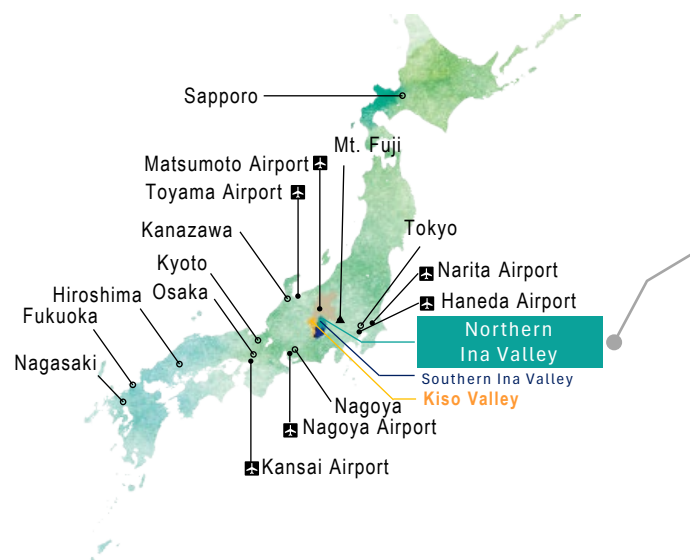


Ina Valley is a vast valley stretching approximately 100 km from north to south, sandwiched between the two Alps, the Southern Alps and the Central Alps. In particular, the northern part of Ina Valley is an open area with plains shaped by the river terraces of the Tenryu River, and the two Alps that continue on both sides of the valley are a sight to behold. Historically, rice cultivation has also flourished, and it is well known that rice from Ina Valley was transported to Kiso Valley in the 17th century.

In recent years, this is a hot adventure destination where products for adventure tourism are actively being developed to take advantage of the rich cultural and culinary resources remaining in the region, as well as the abundant natural resources, including the two Alps. The Northern Ina Valley is also easily accessible from Kiso Valley, where Nakasendo (a popular destination for travelers from foreign countries) is located, and Matsumoto! Make your stay in Japan special by incorporating the fascinating contents of the Northern Ina Valley into your trip.



About the Northern Ina Valley



Attractions of the Northern Ina Valley

1

In various fields from the Japanese Alps to satoyama!

Outdoor Activities

In the northern Ina Valley, you can experience a variety of outdoor activities in diverse fields that are unique to this area, such as mountain climbing in the Central and Southern Alps, which are home to some of the most famous peaks in Japan; mountain biking on unique trails; sky sports with views of the Ina Valley below; and cycling while enjoying the beautiful landscape of satoyama.

2

Don't miss!
At the foot of the Japanese Central Alps
Hayataro Onsen

Onsen are a must-experience for travelers in Japan. Hayataro Onsen, located in the center of the northern Ina Valley and at the foot of Japanese Central Alps has been selected as one of the 100 Best Hot Springs in Japan and known for its skin beautifying properties. There are more than 10 hot spring inns. Enjoy your stay in the clear air and great nature with hot springs and meals with local ingredients!

3

Rooted in mountainous regions
Traditional Crafts & Foods

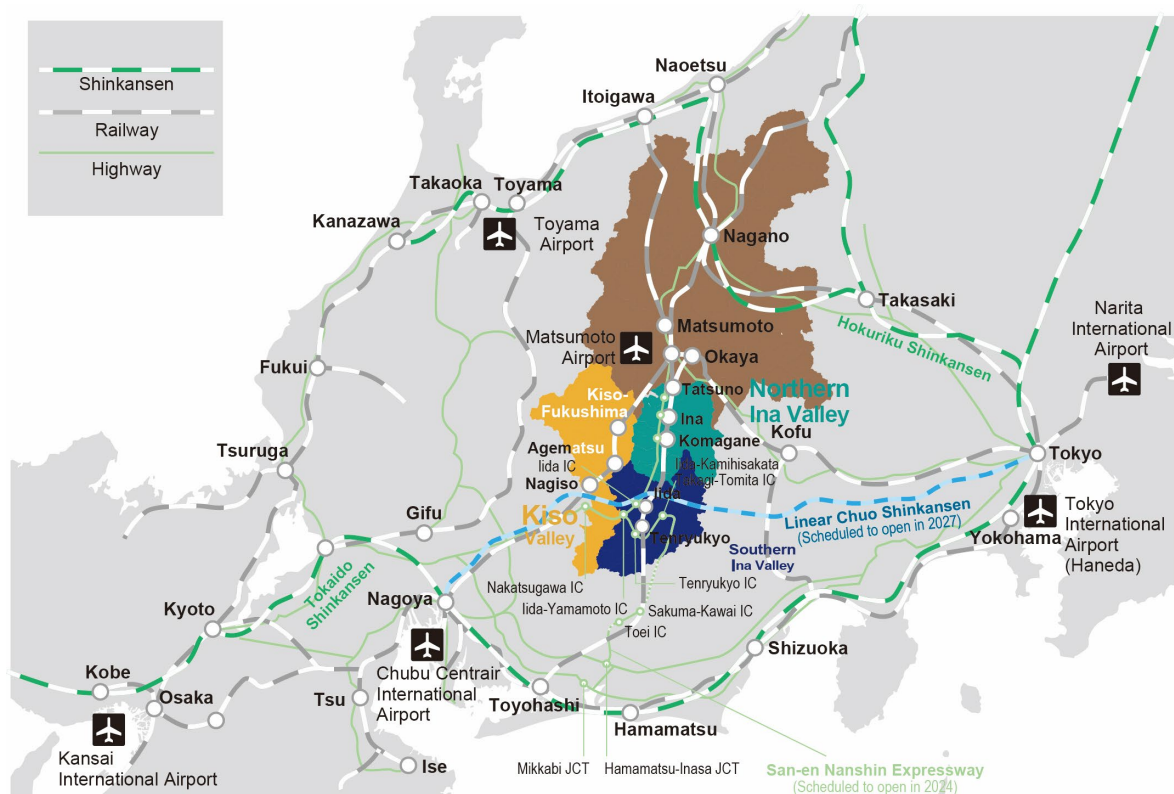
The Northern Ina Valley is home to a variety of traditional crafts, including Ina-tsumugi Pongee, which is designated as a traditional Japanese craft; the Ryukei Inkstone, one of the three most famous inkstones in Japan. Also, straw craft from the southern part of the area represents the largest rice-producing region in the Southern Nagano Prefecture. Take part in the travel contents to meet the people who are striving to pass these crafts on to future generations, and create unforgettable memories of your trip to the region.

4

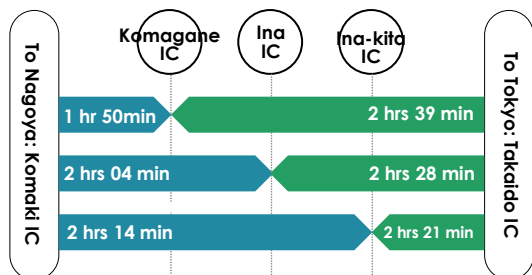
Make Your Trip More Special!
Add to Nakasendo & Matsumoto

The Northern Ina Valley is easily accessible from the Nakasendo (about 1.5 hours by car) and Matsumoto (about 45 min. by car), which is popular among international travelers! The Northern Ina Valley has long been deeply connected to the Kiso Valley, where the Nakasendo is located, in terms of culture and industry. You can make your trip more unique by taking a step out into the still unknown Northern Ina Valley and incorporating experiences and lodging that are unique to this area.

Access



By Rental Car (Chuo Exp. Way)



* The time required is a minimum estimate.

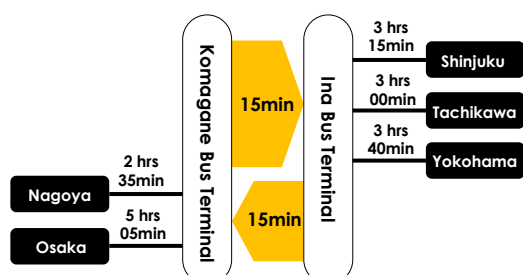


Nippon
Rent-a-car



Toyota
Rent-a-car

By Highway Bus



* The time required is a minimum estimate.

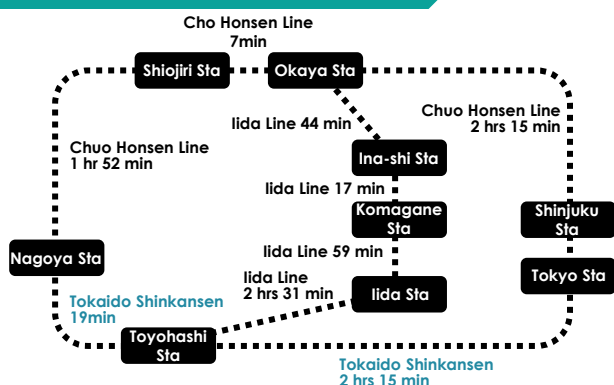


Online booking
From Shinjuku,
Nagoya,
Tachikawa



Online booking
From Osaka

Japan Railway (JR)



Local Bus



Ina Bus



Ropeway and Bus
to Senjojiki Cirque



JR Bus
Kanto Chuo Exp.
Way Office



Minami Apls
Rindo Bus

Others

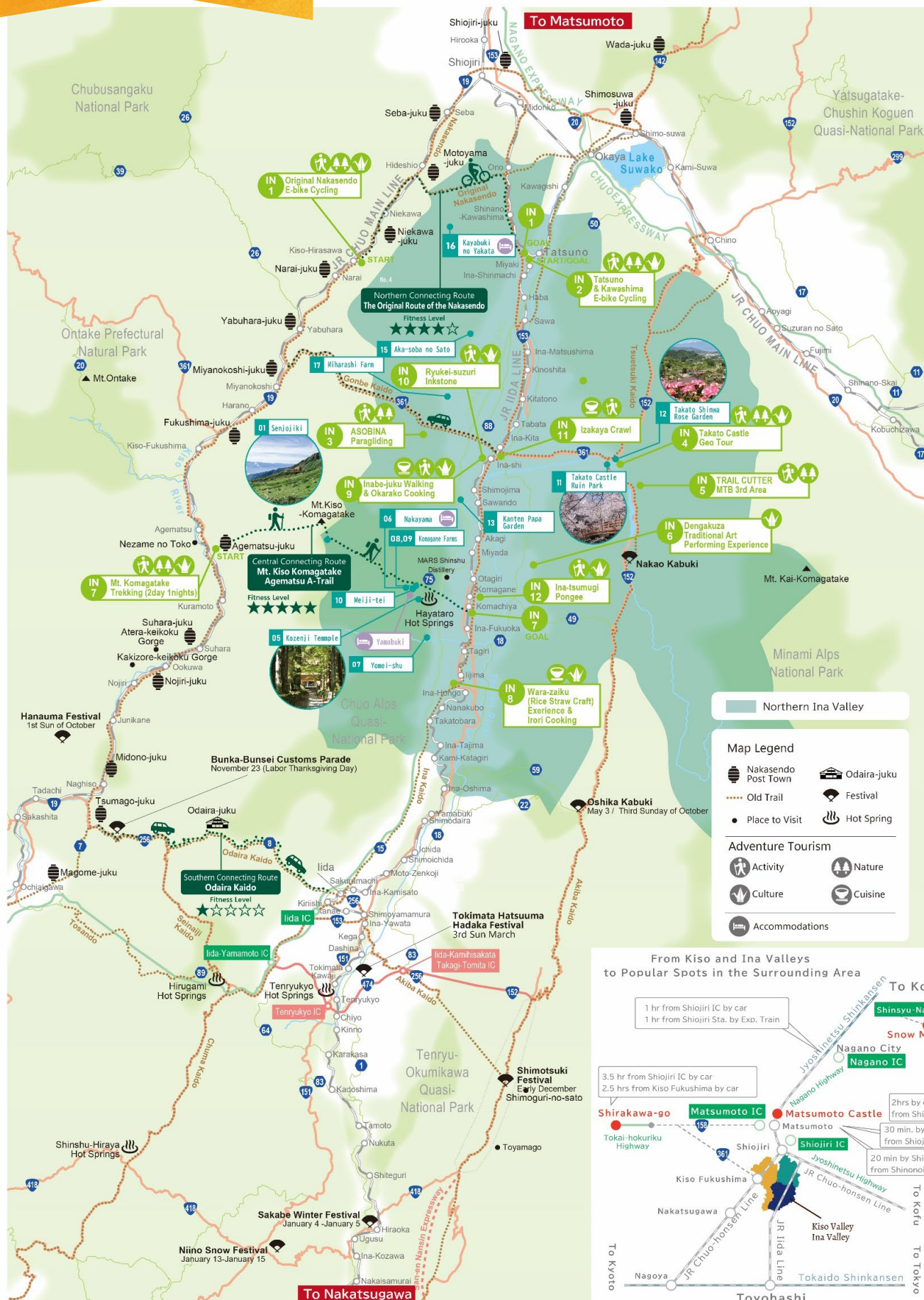


JR東海



Nexco 中日本

Northern Ina Valley Adventure Map



[Special Feature 1]

Spring 2024 New Release Special Tour Series “The Nakasendo and Beyond!”



The Kiso Valley and Nakasendo are popular among travelers from world. Historically, the Northern Ina Valley has been deeply connected with the Kiso Valley in terms of culture and industry. We are pleased to announce the release of special tours that allow you to explore both the Kiso and Ina Valleys.

Day 1: Senjojiki Cirque, Mt.Kiso-Komagatake



Day 2: Ina-tsumugi Pongee



Day 2: Hisakata-washi & Iida Mizuhiki



Day 3: Araragi Hinoki Cypress Hat



Series "the Nakasendo and Beyond!"
Tour No. 1

Handicraft Tour to Meet People Who Protect Traditional Crafts in Kiso and Ina Valleys (3 days 2 nights)

In this tour, you will meet artisans who are struggling to pass on the traditional crafts of the Kiso and Ina valleys to future generations, and experience the making of handicrafts that have been handed down in the two valleys. This tour is recommended for visitors seeking to experience the unique handicrafts of the regions of Japan and meet the craftspeople who make them. Enjoy a relaxing evening stay in one of the high-quality local hot springs.

Handicrafts you will encounter on this tour:

- Ina Valley North: Ina-tsumugi Pongee designated as a traditional handicraft of Japan
- Ina Valley South: Hisakata Washi (Japanese paper), Iida Mizuhiki, designated as a traditional craft of Nagano Prefecture.
- Kiso Valley: Araragi Hinoki-gasa (Japanese cypress hat) designated as a traditional handicraft of Japan

PRICE
PER PERSON
(tax included)

456,800JPY~ for 2 ppl;
383,500JPY~ for 3 ppl;
323,800JPY~ for 4 ppl;
268,900JPY~ for 5 ppl;
247,900JPY~ for 6 ppl

*single sup. +56,200JPY~
*Inc. 10% commission

This tour was created in cooperation with the Ina-ji & Kiso-ji Joint Tourism Council, which aims to uncover the precious local resources of the Kiso and Ina Valleys, and through tourism, preserve those resources and revitalize the region.

AGENT NAME

Heartland Japan

Registered Travel Agency No. 2-7699

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https://heartlandjapan.jp/en

ACCESS (Start/Finish)	
START	FINISH
Komagane Bus Terminal	Nakatsugawa Sta. (JR Chuohonsen Line)
SEASON	
Mid-May ~ Early-November (exc. Obon period (the middle of August))	
AGE/HEIGHT	APPLICATION DEADLINE
No restriction (Please consult with us if small children will accompany you).	3 weeks prior

NUMBER OF PARTICIPANTS	
Minimum 2	Maximum 6
CLOTHING/WHAT TO BRING	
Clothing and shoes suitable for walking and matching the weather conditions. Items may include rain gear (coat/pants), backpack, drinks	
FITNESS LEVEL	
1	2 3 4 5
No particular fitness level is required.	
SKILL LEVEL	
1	2 3 4 5
In each handicraft program, artisans provide careful support, so even beginners can feel at ease.	

WHAT IS INCLUDED
Meals (breakfast 2, lunch 3, dinner 2), Accommodations (2 nights), English speaking guide fees (3 days), transportations* (private cars, and public transports, and luggage transfer fees), program fees
* Details are in the daily itineraries.
WHAT IS NOT INCLUDED
Transportation to/from the start/finish point, insurance (please purchase travel insurance in your own country), cost of ordered drinks at accommodations and other personal purchases anything else not specified in "what is included" above. (The bank transfer fees are responsibility of the participants.)
OTHER
<ul style="list-style-type: none"> Regarding dietary restrictions, allergies, and other special considerations, we may not be able to accommodate all requests. Accommodations are subject to change. In such cases, we will arrange other accommodations in the similar class. We are happy to make tailor-made tours according to your requests. Please feel free to contact us.

CANCELLATION POLICY

[Fees in case of cancellation on behalf of the customer]

- Cancellation on or after the 10th day from the day immediately preceding the starting day of the tour: 20% of the tour price.
- Cancellation on or after the 7th day from the day immediately preceding the starting day of the tour: 30% of the tour price.
- Cancellation the day immediately before the starting day of the tour: 40% of the tour price.
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[Cancellation at the discretion of the organizer]

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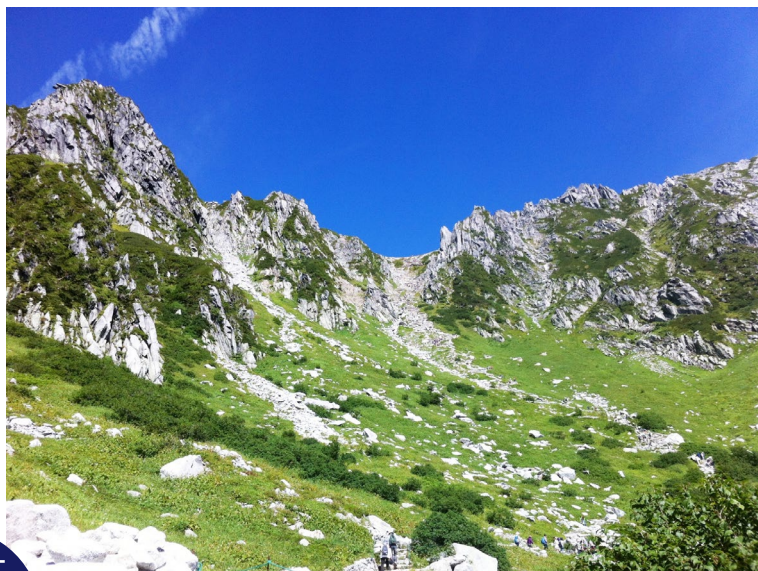


Mt. Kiso-Komagatake with a Spectacular View and Onsen Stay

Start your trip with the spectacular view of Senjojiki Cirque (2,612m) in the Central Alps

On the first day, enjoy the great nature of the Central Alps in the Northern Ina Valley. Take the Komagane Ropeway, the highest ropeway in altitude difference in Japan, for a relaxing stroll along the spectacular Mt. Kiso-komagatake, and enjoy a quiet night at Hayataro Onsen.

ITINERARY



12:20 Meet at Komagane Bus Terminal* → [private vehicle] → Bring luggage into hotel → [walk] → 12:00-13:05 Lunch at Meijitei (Komagane's famous deep fried pork cutlet) → [walk, local public bus, ropeway] → **14:30-15:30 Senjojiki Cirque & Mt. Kiso-komagatake relaxing stroll** → [ropeway, local public bus, walk] → 16:30 Check in at Hayataro Onsen Futari-shizuka (dinner and stay)

* You can take highway bus from Shinjuku Bus Terminal (the highway bus fee is not included in the tour price.)

On the second day, enjoy meeting the artisans of Ina Valley's traditional handicrafts.

ITINERARY

7:30 Breakfast at the hotel → 09:00 Check out of the hotel → [private vehicle] → **9:30-11:45 Ina-tsumugi Pongee Program** → [private vehicle] → Lunch: COCORO FARM (buffet with local and seasonal ingredients) → [private vehicle] → **14:15-16:15 Hisakata-washi & Iida Mizuhiki Program** → [private vehicle] → 16:45 Check in at Hirugami Onsen Keigetsu (dinner and stay)

Highlight 1.

Ina-tsumugi Pongee (designated as a National Traditional Handcraft) — A Hands-On Experience with Artisans From the Only Factory in Japan Still Preserving Local Traditions of Spinning, Dyeing and Weaving Ina-tsumugi Pongee Fabric



Story --The kimono is famed worldwide as a symbol of Japan. Silk kimono, which are soft to the touch and have a gorgeous luster, are extremely precious to Japanese people.

In this special program, guests participate in a unique, hands-on tour led by the Managing Director of the factory, and try out weaving firsthand under the guidance of a weaver at the only remaining workshop that still performs the spinning, dyeing and weaving of Ina-tsumugi - a local, traditional silk fabric used for making kimono - which is one type of Shinshu-tsumugi (tsumugi made in Nagano Prefecture - designated as one of Japan's national traditional handcrafts).

Ina-tsumugi is a textile woven from a mixture of raw silk, dupion silk, and silk wadding. It is a fabric that is very time and labor-intensive to weave. Local, naturally pigmented plants are used as part of the dyeing process. These lengthy techniques produce high-quality textiles with a deep luster - it is said that no two pieces have the same texture and color.

Komakane City in Nagano Prefecture, located at the foot of Japan's two alpine ranges, has long been a center for sericulture (the farming of silkworms). We hope that guests will be mesmerized by the wonder of Japanese silk textiles and kimono culture through interaction with the people and places that preserve this rare, regional traditional craft.

Program Details -- Special factory tour led by Management Director > Hands-on weaving experience guided by a weaver* > Friendly chat with Management Director (enjoy Japanese green tea and local sweets!)

* Each group will take turns weaving up to two vase mounts.

Highlight 2.

Japanese Paper & String: Hisakata Washi & Iida Mizuhiki (designated as a Nagano Pref. Traditional Hand Craft) — Learn two traditional Japanese crafts and use them to make your very own greeting cards



Story -- This unique traditional craft experience is inspired by the Japanese ideal of “yui”, or unity. You will make Japanese washi paper (“suku”), fold it (“oru”) and tie (“musubu”) the mizuhiki decorative cords to make your very own greeting cards.

The district of Hisakata in Iida is located on the banks of the Tenryu River, the symbol of the Ina Valley. Washi paper has been produced in the area for the last 350 years. Thanks to an abundance of water and an ideal climate, washi production thrived. The washi was twisted and glued into cords called “motoyui”. Motoyui made in Iida became known for its strength and durability and it was commonly used for hair styling. Sumo wrestlers and geisha among others styled their hair using Iida motoyui.

Washi production in Hisakata took place during the winter months. Amid the bitterly cold winters, farmers made washi to generate additional income. During the peak of washi production, every household in the Shimo-Hisakata district was involved in some way or form in the washi production process. Due to the introduction of western paper and changing lifestyles, washi production gradually declined.

“Mizuhiki” are decorative cords tied into intricate shapes. They are commonly attached to gifts to decorate them. Different shapes and colors hold different meanings. As motoyui cords became obsolete due to rapidly changing hairstyle trends, Iida’s producers switched to making mizuhiki. Its delicate and beautiful designs are highly acclaimed all over the world.

“Connecting people, heart to heart” – this is the Japanese ideal of “yui”. It’s existed for hundreds of years and is also the symbol of Iida Mizuhiki. Guided by members of the Hisakata Washi Association, a group dedicated to passing on the tradition of Hisakata washi to future generations, and representatives of Sekijima Mizuhiki Store, winners of the Cool Japan Award 2019, you will enjoy not only making Japanese traditional handicrafts but also a feeling of “yui.” Pass on this “yui” to your friends and family by sending them the greeting cards that you make!

Program Details -- Hisakata washi paper making → Iida Mizuhiki decorative charm making → Making an envelope with the paper you made → Putting the charm around the envelope, now you have your own “yui” greeting card!

On the third day, move to Kiso Valley enjoy meeting the artisans there! Nakasendo Tsumago walk is a great fun to feel the long history of the area and to finish the tour!

ITINERARY

8:00 Breakfast at the hotel → 09:30 Check out of the hotel → [private vehicle] → 10:00-10:45 Shopping at Kijishi-no Sato (the Hamlet of Wood Turner Craft person) → **11:00-13:00 Araragi Hinoki Hat Program** → [private vehicle] → Lunch: Fujioto (Beef steak with miso paste on hoba leaf) on Nakasendo → **14:15-16:30 Nakasendo Tsumago Stroll** → [private vehicle] → Nakatsugawa Sta. (end of tour)]

Highlight 1.

Araragi Hinoki Hats: Learn Traditional Weaving Techniques -- Join. Learn. And help to carry on the tradition!



Story -- Nagiso Town, at the southern end of the Kiso Valley is home to Tsumago-juku Post Town, one of the most beautiful and popular post towns of the Nakasendo. About 93% of the town is forest and it has long been known as a place of high-quality timber. Of all of the wood produced in the area, one tree stands out: hinoki cypress trees from Kiso, commonly known as “Kiso hinoki” are especially famous within Japan.

Cone-shaped hats weaved out of Kiso hinoki have been made in the Araragi area of Nagiso Town for the past 300 years. This local traditional craft has been passed on through generations. This experience offers you an opportunity to learn about the history of the craft and to try out the techniques. It takes place at a workshop run by the Araragi Hinoki Hat Production Cooperative, where Araragi hinoki hats are still produced to this day. You will weave a coaster using the scraps and off-cuts from Araragi hinoki hat production.

Araragi cypress hats are crafted using thin strips of hinoki. Because of their beautiful stitches, breathability, and water resistance, the hats were widely purchased by travellers and farmers in old times. It is said that several hundred thousand of them were produced annually in the 16th century. During their peak, from the late 18th century to the early 19th century, their annual production was said to have reached a million.

The demand for the hats, though, has decreased due to the changing of the times. The future of the craft and its traditional techniques are now threatened. This program is guided by members of the Araragi Hinoki Hat Production Cooperative and Hinokigasa-no-Ie, the Hinoki Hat House, who devote themselves to passing on this tradition to future generations!

For foreign visitors, please note that coasters cannot be taken home with you as they may violate customs regulations. They will be presented to local elementary schools in Nagiso Town by the Nagiso Tourism Association and be used to promote children's understanding of local traditions and cultures. You will receive a small gift made locally in Nagiso in exchange!

Program Details -- Special workshop tour > Making a coaster with Araragi Hinoki Hat material > Write a message to Nagiso Elementary School Children > (Your coaster and message will be delivered to the Nagiso Elementary School) > Choose and receive local hand craft items as an exchange!

Highlight 2.

Nakasendo Tsumago Stroll



Story – Tsumago-juku Post Town is one of the 11 post towns on the Kiso-ji (Kiso Trail) (designated as Japan Heritage). The Nakasendo, one of the five highways developed in the Edo period (1603-1867), was an important inland road connecting Tokyo and Kyoto. Tsumago-juku is designated as a national traditional building preservation district and the buildings from that era still remain. It is a popular spot that attracts travelers from all over the world. At the end of your tour, take a leisurely stroll through Tsumago and feel the history of this area.

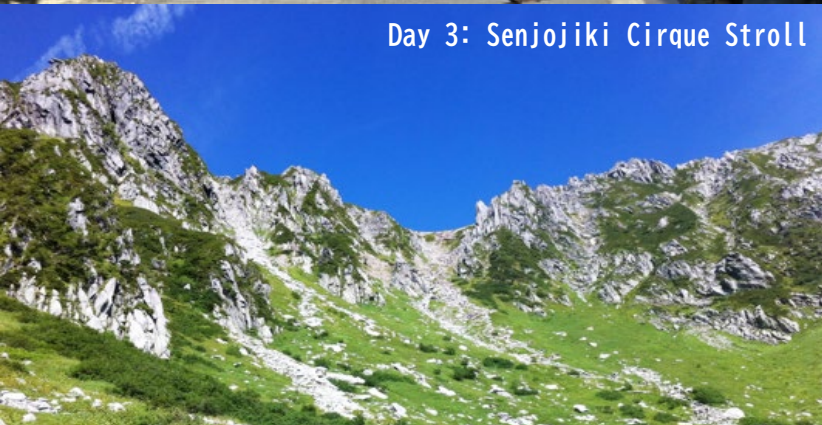
Day 1: Hike the Nakasendo (Magome - Tsumago)



Day 2: Hike the Chuma Kaido



Day 3: Senjojiki Cirque Stroll



Day 4: E-bike Cycling on the Phantom Nakasendo



Series "the Nakasendo and Beyond!"
Tour No. 2

Hiking, Cycling and Traditional Craft in the Kiso Valley and Ina Valley (4 days 3 nights)

A special 4-day/3-night tour that includes the world-famous Nakasendo Walk (Magome - Tsumago) and various other unique and exciting tours! From local food to local traditional handicraft, and cycling in Kiso and Ina Valleys. Each evening, relax and unwind in onsen hot springs!

- [Day 1] Hike the Nakasendo (Magome - Tsumago) - An ancient mountain road which once connected Kyoto and Tokyo.
- [Day 2] Hike the Chuma Kaido - A rural ancient trade route through central Japan. Meet the locals and learn how to make their traditional cuisine.
- [Day 3] A kimono silk weaving factory tour/experience & the Komagame Ropeway/walk around the Senjojiki Curl - Meet the artisans making Ina Tsumugi Pongee, a luxurious silk from the Ina Valley and designated Japanese traditional craft. Try weaving with your own hands and then enjoy astonishing views of the Senjojiki Cirque.
- [Day 4] E-bike cycling on the Phantom Nakasendo - Cycle on a section of the original Nakasendo which closed after only 15 years of use. Ryohei Oguchi, an accomplished round-the-world cyclist will be your Japanese guide (he will be accompanied with English guide).

The tour will end at Narai-juku on the Nakasendo.

**PRICE
PER PERSON**
(tax included)

398,700JPY~ for 2 ppl;
341,900JPY~ for 3 ppl;
300,800JPY~ for 4 ppl;
276,100JPY~ for 5 ppl;
259,700JPY~ for 6 ppl

*single sup. +59,400JPY~
*Inc. 10% commission

This tour was created in cooperation with the Ina-ji & Kiso-ji Joint Tourism Council, which aims to uncover the precious local resources of the Kiso and Ina Valleys, and through tourism, preserve those resources and revitalize the region.

AGENT NAME

Heartland Japan

Registered Travel Agency No. 2-7699

Address: Akatsuka 5-7-25, Itabashi-ku,
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https://heartlandjapan.jp/en

ACCESS (Start/Finish)	
START	FINISH
Nakatsugawa Sta. (JR ChuoHonsen Line)	Narai Sta. (JR Chuo Honsen Line)

CLOTHING/WHAT TO BRING
Clothing and shoes suitable for hiking and matching the weather conditions. Items may include rain gear (coat/pants), backpack, drinks (1 liter/day), trail snacks, gloves, hat, sunglasses, down layers, hiking poles, etc.

* Details are in the daily itineraries.
 ** Guests' large luggage will be transported to the daily inn (or to the end of the tour point on the last day) by private car and luggage transportation service.

SEASON
Mid-May ~ Early-November (exc. Obon period (the middle of August))

FITNESS LEVEL
1 2 3 4 5
With the exception of the third day, there will be long walks and a bike ride, so sufficient physical fitness is required.

WHAT IS NOT INCLUDED
 Transportation to/from the start/finish point, insurance (please purchase travel insurance in your own country), cost of ordered drinks at accommodations and other personal purchases anything else not specified in "what is included" above.
 (The bank transfer fees are responsibility of the participants.)

AGE/HEIGHT	APPLICATION DEADLINE
150-180cm in height	3 weeks prior

SKILL LEVEL
1 2 3 4 5
It is for people who are used to walking and cycling.

NUMBER OF PARTICIPANTS
Minimum 2 Maximum 6

WHAT IS INCLUDED
Meals (breakfast 3, lunch 4, dinner 3), Accommodations (3 nights), English speaking guide fees (4 days), transportations* (private cars, and public transports, and luggage transfer fees**), program fees

OTHER

- Regarding dietary restrictions, allergies, and other special considerations, we may not be able to accommodate all requests.
- Accommodations are subject to change. In such cases, we will arrange other accommodations in the similar class.
- We are happy to make tailor-made tours according to your requests. Please feel free to contact us.

CANCELLATION POLICY

[Fees in case of cancellation on behalf of the customer]

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- Cancellation on or after the 7th day from the day immediately preceding the starting day of the tour: 30% of the tour price.
- Cancellation the day immediately before the starting day of the tour: 40% of the tour price.
- In cases where the contract is cancelled on the starting day of the Tour: 50% of the tour price.
- Cancellation after the start of the tour or the traveler does not participate in the tour without notice (no show): 100% of the tour price.

[Cancellation at the discretion of the organizer]

- The itinerary may be changed or cancelled after the tour has started. In such cases, except for natural disasters and other exemptions, we will pay an itinerary change deposit in accordance with the General Terms and Conditions of the Travel Agency.



Hike the Nakasendo (Magome - Tsumago)

- An ancient mountain road which once connected Kyoto and Tokyo.

Your journey begins with the Tsumago - Magome Walk along the Nakasendo, which attracts travelers from all over the world. The Nakasendo, one of the five highways developed in the Edo period (1603-1867), was an important inland road connecting Tokyo and Kyoto.

ITINERARY



9:00 Meet at Nakatsugawa Station (JR Chuo Honsen Line) → [public bus] → Ochiai → **Hike the Nakasendo (Magome - Tsumago) (approx. 4.5 hours)** (Lunch: at Juri (steamed rice cooked with Japanese chestnuts)) → [private vehicle] → Shopping at Kijishi no Sato → [private vehicle] → Stay at Fuki no Mori

Hike the Chuma Kaido

-A rural ancient trade route through central Japan. Meet the locals and learn how to make traditional cuisine.

ITINERARY

8:00 Breakfast at the hotel → 8:45 Check out of the hotel → [private vehicle] → **Hike the Chuma Kaido (approx. 3 hours)** → **Traditional local food, gohei-mochi (grilled rice dumpling) cooking with local people** (Lunch: gohei-mochi, along with catering provided by a local restaurant) → Komanba-juku Walk → [private vehicle] → Check in at Keigetsu, Hirugami Onsen (dinner and stay)

Highlight



Story -- Recommended for travelers wanting to see the Japanese countryside. Walk through on a historical trail through beautiful hamlets. Check out the mountain views and ancient relics. And finally, meet the warmhearted locals and try cooking their local cuisine, “gohie-mochi.”

This program takes place in Achi Village at the southern end of the Ina Valley. Achi is famous for its night sky and is ranked no.1 for star-gazing in all of Japan. It also has several luxurious onsen ryokan accommodations in the hot-spring resort of Hirugami Onsen. The village is bordered on the north and west by Nagiso Town and Nakatsugawa City, which are home to Tsumago-juku and Magome-juku respectively. The start point of this tour at Hirugami Onsen is just 40 minutes from Tsumago-juku and 50 minutes from Magome-juku by car, and the area has a strong historical connection to the Nakasendo.

You will start the walk on the Tosando, one of the oldest known roads in Japan, developed in the early 8th century. The hike then moves onto a different historical path, the Chuma-kaido. The Chuma-kaido was mostly used by peasants whose job was to transfer everyday goods such as salt and charcoal across Japan using horses. The road ran parallel to the Nakasendo but had more relaxed rules and so it became a popular route during the Edo Period (1603-1868).

In Komaba-juku, one of the largest “ekiya” (horse station towns) on the Chuma-kaido, guests can enjoy making a traditional local food called “gohei-mochi”. Gohei-mochi is a kind of grilled rice dumpling made of lightly pounded rice and grilled with a walnut paste. You will be joined by members of the Achi Village Museum Association who work tirelessly to protect the natural and historical beauty of Achi for future generations. For lunch, you will eat your own handmade “gohei-mochi” along with a few other dishes prepared by a local restaurant. The day ends with a walking tour of Komamba-juku from a friendly local guide.

ITINERARY

7:30 Breakfast at the hotel → 8:30 Check out of the hotel → [private vehicle] → **9:45-11:15 Ina-tsumugi Pongee Program** → [private vehicle] → 11:30-12:25 Lunch: at Meiji-tei (Komagane's famous deep fried pork cutlet) → [walk, local public bus, ropeway] → **Japan Central Alps Senjojiki Cirque Walk (approx. 2 hours)** → [ropeway, public bus, walk] → 17:45 Check in at Futari-shizuka, Hayataro Onsen (dinner and stay)

Highlight 1.

Ina-tsumugi Pongee (designated as a National Traditional Handcraft) — A Hands-On Experience with Artisans From the Only Factory in Japan Still Preserving Local Traditions of Spinning, Dyeing and Weaving Ina-tsumugi Pongee Fabric



Story --The kimono is famed worldwide as a symbol of Japan. Silk kimono, which are soft to the touch and have a gorgeous luster, are extremely precious to Japanese people.

In this special program, guests participate in a unique, hands-on tour led by the Managing Director of the factory, and try out weaving firsthand under the guidance of a weaver at the only remaining workshop that still performs the spinning, dyeing and weaving of Ina-tsumugi - a local, traditional silk fabric used for making kimono - which is one type of Shinshu-tsumugi (tsumugi made in Nagano Prefecture - designated as one of Japan's national traditional handcrafts).

Ina-tsumugi is a textile woven from a mixture of raw silk, dupion silk, and silk wadding. It is a fabric that is very time and labor-intensive to weave. Local, naturally pigmented plants are used as part of the dyeing process. These lengthy techniques produce high-quality textiles with a deep luster - it is said that no two pieces have the same texture and color.

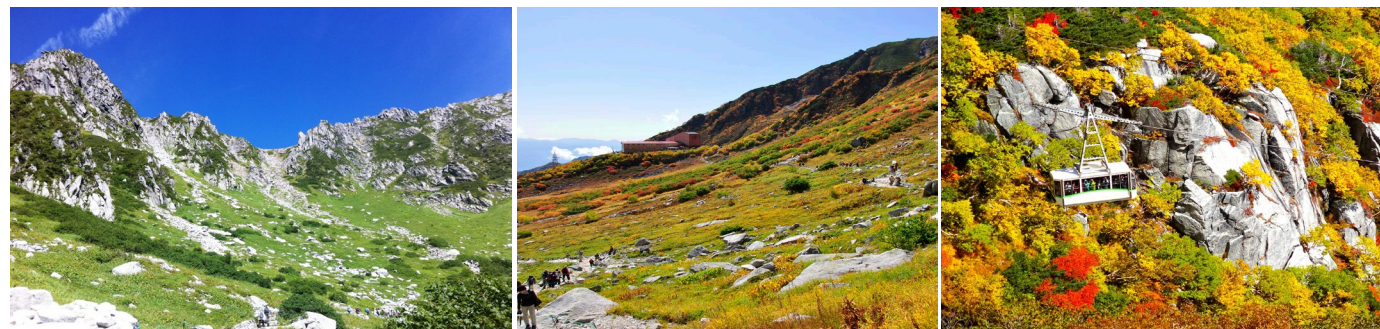
Komakane City in Nagano Prefecture, located at the foot of Japan's two alpine ranges, has long been a center for sericulture (the farming of silkworms). We hope that guests will be mesmerized by the wonder of Japanese silk textiles and kimono culture through interaction with the people and places that preserve this rare, regional traditional craft.

Program Details -- Special factory tour led by Management Director > Hands-on weaving experience guided by a weaver* > Friendly chat with Management Director (enjoy Japanese green tea and local sweets!)

* Each group will take turns weaving up to two vase mounts.

Highlight 2.

The spectacular view of Senjojiki Cirque (2,612m) and Mt. Kiso-Komagatake



Story – Enjoy the great nature of the Central Alps in the Northern Ina Valley. Take the Komagane Ropeway, the highest ropeway in altitude difference in Japan, for a relaxing stroll Senjojiki Cirque along the spectacular Mt. Kiso-komagatake.

DAY
4

E-bike Cycling on the Phantom Nakasendo

– Cycle on a section of the original Nakasendo which closed after only 15 years of use.

ITINERARY

7:30 Breakfast at the hotel → Check out of the hotel → [private vehicle] → 9:00 Arrival at Grav Bicycle Station → **9:00-14:00 E-bike Cycling on the Phantom Nakasendo (approx. 5 hours)** (Lunch: a soup set served fresh from a kitchen car) → **14:00-15:30 Stroll around Narai-juku (approx. 1.5 hours)** → Arrival and tour ends at Narai-juku Station (JR Chuo Honsen Line)

Highlight 1

E-bike Cycling on the Phantom Nakasendo



Story --The path out of the Kiso Valley to Okaya, via the Ushikubi Pass, the Ina Valley and the Ono Pass, was the original Nakasendo. The path was initially cleared in 1601, but due to the difficulty of travelling two mountain passes, it closed after just 15 years and was spurned in favour of the current Nakasendo. In its heyday, many travelers and horses traversed this path, carrying wood from Kiso to Ina, and rice from Ina to Kiso. Now, traces of the path are scarce and it is known by only a handful of people. This “phantom road” program takes in part of the original Nakasendo, starting from Tatsuno Town, Ono-juku in Ina, going over the Ushikubi Pass, and concluding at Narai-juku in the Kiso Valley. This 1-day e-bike tour allows you to indulge in the history and romance of the original Nakasendo. The journey is lead by a Tatsuno local, Ryohei Oguchi, a round-the-world cyclist.

Highlight 2.

Nakasendo Narai Stroll – Enjoy Nakasendo at the end of your journey



Story – The cycling will end at the Narai-juku Post Town on Nakasendo. Narai is one of the 11 post towns on the Kiso-ji (Kiso Trail) (designated as Japan Heritage). The Nakasendo, one of the five highways developed in the Edo period (1603-1867), was an important inland road connecting Tokyo and Kyoto. Narai-juku is designated as a national traditional building preservation district and the buildings from that era still remain. It is a popular spot that attracts travelers from all over the world. At the end of your tour, take a leisurely stroll through Narai and feel the history of this area.

Day 1: Hike the Nakasendo (Magome - Tsumago)



Day 2: Hike the Seinaiji Kaido



Day 3: Hike the Chuma Kaido



Day 3: Senjojiki Cirque Stroll



Series "the Nakasendo and Beyond!"
Tour No. 4

Ancient Trails and Alpine Scenery in the Kiso Valley and Ina Valley (4 days 3 nights)

A special 4-day/3-night tour that includes the world-famous Nakasendo (Tsumago - Magome) and other unique, yet undiscovered trails in Kiso & Ina Valleys on different days. Each evening, relax and unwind in onsen hot springs!

[Day 1] Hike the Nakasendo (Magome - Tsumago) - An ancient mountain road which once connected Kyoto and Tokyo.

[Day 2] Hike the Seinaiji Kaido - A beautiful ancient forest trail that connected Tsumago with the city of Iida in Ina Valley.

[Day 3] Hike the Chuma Kaido - A rural ancient trade route through central Japan. Meet the locals and learn how to make their traditional cuisine.

[Day 4] Walk around the Senjojiki Cirque - Ride the Komagatake Ropeway, the highest (difference in elevation) ropeway in Japan and enjoy astonishing views of the Senjojiki Cirque.

**PRICE
PER PERSON**
(tax included)

348,900JPY~ for 2 ppl;
296,000JPY~ for 3 ppl;
258,100JPY~ for 4 ppl;
235,600JPY~ for 5 ppl;
220,600JPY~ for 6 ppl

**single sup. +29,100JPY~*

**Inc. 10% commission*

This tour was created in cooperation with the Ina-ji & Kiso-ji Joint Tourism Council, which aims to uncover the precious local resources of the Kiso and Ina Valleys, and through tourism, preserve those resources and revitalize the region.

AGENT NAME

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ACCESS (Start/Finish)	
START	FINISH
Nakatsugawa Sta. (JR ChuoHonsen Line)	Komagane Sta. (JR IidaLine)

CLOTHING/WHAT TO BRING
Clothing and shoes suitable for hiking and matching the weather conditions. Items may include rain gear (coat/pants), backpack, drinks (1 liter/day), trail snacks, gloves, hat, sunglasses, down layers, hiking poles, etc.

* Details are in the daily itineraries.
 ** Guests' large luggage will be transported to the daily inn (or to the end of the tour point on the last day) by private car and luggage transportation service.

SEASON
Mid-May ~ Early-November (exc. Obon period (the middle of August))

FITNESS LEVEL
1 2 3 4 5
There will be long walks, so sufficient physical fitness is required.

WHAT IS NOT INCLUDED
Transportation to/from the start/finish point, insurance (please purchase travel insurance in your own country), cost of ordered drinks at accommodations and other personal purchases anything else not specified in "what is included" above. (The bank transfer fees are responsibility of the participants.)

AGE/HEIGHT	APPLICATION DEADLINE
150-180cm in height	3 weeks prior

SKILL LEVEL
1 2 3 4 5
It is for people who are used to walking.

NUMBER OF PARTICIPANTS
Minimum 2 Maximum 6

WHAT IS INCLUDED
Meals (breakfast 3, lunch 3, dinner 3), Accommodations (3 nights), English speaking guide fees (4 days), transportations* (private cars, and public transports, and luggage transfer fees**), program fees

OTHER
<ul style="list-style-type: none"> Regarding dietary restrictions, allergies, and other special considerations, we may not be able to accommodate all requests. Accommodations are subject to change. In such cases, we will arrange other accommodations in the similar class. We are happy to make tailor-made tours according to your requests. Please feel free to contact us.

CANCELLATION POLICY

[Fees in case of cancellation on behalf of the customer]

- Cancellation on or after the 10th day from the day immediately preceding the starting day of the tour: 20% of the tour price.
- Cancellation on or after the 7th day from the day immediately preceding the starting day of the tour: 30% of the tour price.
- Cancellation the day immediately before the starting day of the tour: 40% of the tour price.
- In cases where the contract is cancelled on the starting day of the Tour: 50% of the tour price.
- Cancellation after the start of the tour or the traveler does not participate in the tour without notice (no show): 100% of the tour price.

[Cancellation at the discretion of the organizer]

- The itinerary may be changed or cancelled after the tour has started. In such cases, except for natural disasters and other exemptions, we will pay an itinerary change deposit in accordance with the General Terms and Conditions of the Travel Agency.



Hike the Nakasendo (Magome - Tsumago)

- An ancient mountain road which once connected Kyoto and Tokyo.

Your journey begins with the Tsumago - Magome Walk along the Nakasendo, which attracts travelers from all over the world. The Nakasendo, one of the five highways developed in the Edo period (1603-1867), was an important inland road connecting Tokyo and Kyoto.

ITINERARY



9:00 Meet at Nakatsugawa Station (JR Chuo Honsen Line) → [public bus] → Ochiai → **Hike the Nakasendo (Magome - Tsumago) (approx. 4.5 hours)** (Lunch: at Juri (steamed rice cooked with Japanese chestnuts)) → [private vehicle] → Shopping at Kijishi no Sato → [private vehicle] → Stay at Fuki no Mori

Hike the Seinaiji Kaido

- A beautiful ancient forest trail that connected Tsumago with the city of Iida in Ina Valley

ITINERARY

8:00 Breakfast at the hotel → 8:45 Check out of the hotel → [private vehicle] → **9:30-16:10 Hike the Seinaiji Kaido (approx. 6.5 hours)** (Lunch: Onigiri rice balls wrapped with paper-thin sheet of wood) → [private vehicle] → Check in at Keigetsu, Hirugami Onsen (dinner and stay)

Highlight



Story -- This tour takes place in Achi Village at the southern end of the Ina Valley. Achi is famous for its night sky and is ranked no.1 for star-gazing in all of Japan. It also has several luxurious onsen ryokan accommodations in the hot-spring resort of Hirugami Onsen. The village is bordered on the north and west by Nagiso Town and Nakatsugawa City, which are home to Tsumago-juku and Magome-juku respectively. The start point of this tour at Hirugami Onsen is just 40 minutes from Tsumago-juku and 50 minutes from Magome-juku by car, and the area has a strong historical connection to the Nakasendo.

On this tour, guests will hike along the Seinaiji-kaido, a path that once connected Tsumago-juku, in the Kiso Valley, with the southern end of the Ina Valley. It traverses over Nashino Pass with stunning views over the Southern Alps. The path is said to have been developed by local samurai for military purposes in the 16th century. After that, when the Nakasendo was developed in the early 17th century, the Seinaiji-kaido started being used by governmental officials and pilgrims en route to the sacred Mt. Ontake and Zenkoji Temple, as well as for transporting daily commodities.

The hike starts at Shimo-Seinaiji, a small village nestled deep in the mountains, where a checkpoint on the ancient road used to be. There wasn't very much farmland and so the locals used what land there was to cultivate tobacco. In the winter they made wooden combs for a supplementary income. With abundant forests, timber was used to pay taxes instead of rice. The village of Seinaiji is famous for its handmade fireworks (designated as an intangible folk cultural property by Nagano Prefecture), a culture that has been handed down for about 300 years by the festival-loving villagers. These are the only locally handmade gunpowder fireworks in Japan and were used in the finale of the 1998 Nagano Olympics.

Today, the route is all but forgotten with very few people walking it. It is a relaxing day of hiking through forests of cedar, cypress, and red pines while listening to the soothing sounds of mountain streams. The route is full of ancient relics and local folk tales that travelers of yesteryear would have told one another.

Hike the Chuma Kaido

-A rural ancient trade route through central Japan. Meet the locals and learn how to make traditional cuisine.

ITINERARY

7:30 Breakfast at the hotel → **Hike the Chuma Kaido (approx. 3 hours)** → **Traditional local food, gohei-mochi (grilled rice dumpling) cooking with local people** (Lunch: gohei-mochi, along with catering provided by a local restaurant) → Komamba-juku Walk → [private vehicle] → Arrival at Keigetsu, Hirugami Onsen (dinner and stay)

Highlight



Story -- Recommended for travelers wanting to see the Japanese countryside. Walk through on a historical trail through beautiful hamlets. Check out the mountain views and ancient relics. And finally, meet the warmhearted locals and try cooking their local cuisine, “gohie-mochi.”

This program takes place in Achi Village at the southern end of the Ina Valley. Achi is famous for its night sky and is ranked no.1 for star-gazing in all of Japan. It also has several luxurious onsen ryokan accommodations in the hot-spring resort of Hirugami Onsen. The village is bordered on the north and west by Nagiso Town and Nakatsugawa City, which are home to Tsumago-juku and Magome-juku respectively. The start point of this tour at Hirugami Onsen is just 40 minutes from Tsumago-juku and 50 minutes from Magome-juku by car, and the area has a strong historical connection to the Nakasendo.

You will start the walk on the Tosando, one of the oldest known roads in Japan, developed in the early 8th century. The hike then moves onto a different historical path, the Chuma-kaido. The Chuma-kaido was mostly used by peasants whose job was to transfer everyday goods such as salt and charcoal across Japan using horses. The road ran parallel to the Nakasendo but had more relaxed rules and so it became a popular route during the Edo Period (1604-1868).

In Komaba-juku, one of the largest “ekiya” (horse station towns) on the Chuma-kaido, guests can enjoy making a traditional local food called “gohei-mochi”. Gohei-mochi is a kind of grilled rice dumpling made of lightly pounded rice and grilled with a walnut paste. You will be joined by members of the Achi Village Museum Association who work tirelessly to protect the natural and historical beauty of Achi for future generations. For lunch, you will eat your own handmade “gohei-mochi” along with a few other dishes prepared by a local restaurant. The day ends with a walking tour of Komamba-juku from a friendly local guide.



Senjojiki Cirque Stroll

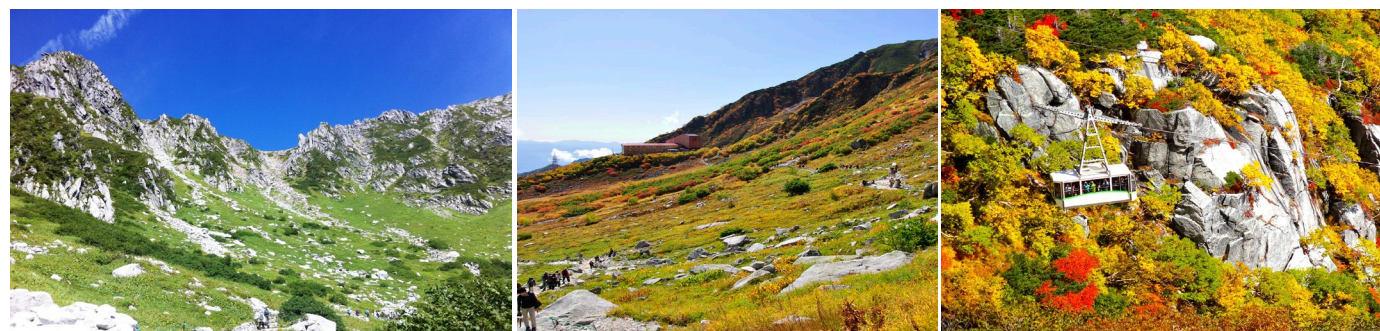
- The spectacular view of Senjojiki Cirque (2,612m) and Mt. Kiso-Komagatake

ITINERARY

7:30 Breakfast at the hotel → 8:30 Check out of the hotel → [private vehicle] → 10:15 Arrival at Suganodai Bus Center → [local public bus, ropeway] → 11:00-12:30 -**11:15 Ina-tsumugi Pongee Program** → [private vehicle] → **11:30-12:25 Japan Central Alps Senjojiki Cirque Stroll (approx. 1.5 hours)** → [ropeway, public bus, walk] → Lunch: Minami-Shinshu Beer Factory (customers order and pay themselves on site) → [walk, public bus] → 16:10 Arrival at Komagane Sta. (JR Iida Line) (end of tour)

Highlight

The spectacular view of Senjojiki Cirque (2,612m) and Mt. Kiso-Komagatake



Story – Enjoy the great nature of the Central Alps in the Northern Ina Valley. Take the Komagane Ropeway, the highest ropeway in altitude difference in Japan, for a relaxing stroll Senjojiki Cirque along the spectacular Mt. Kiso-komagatake.

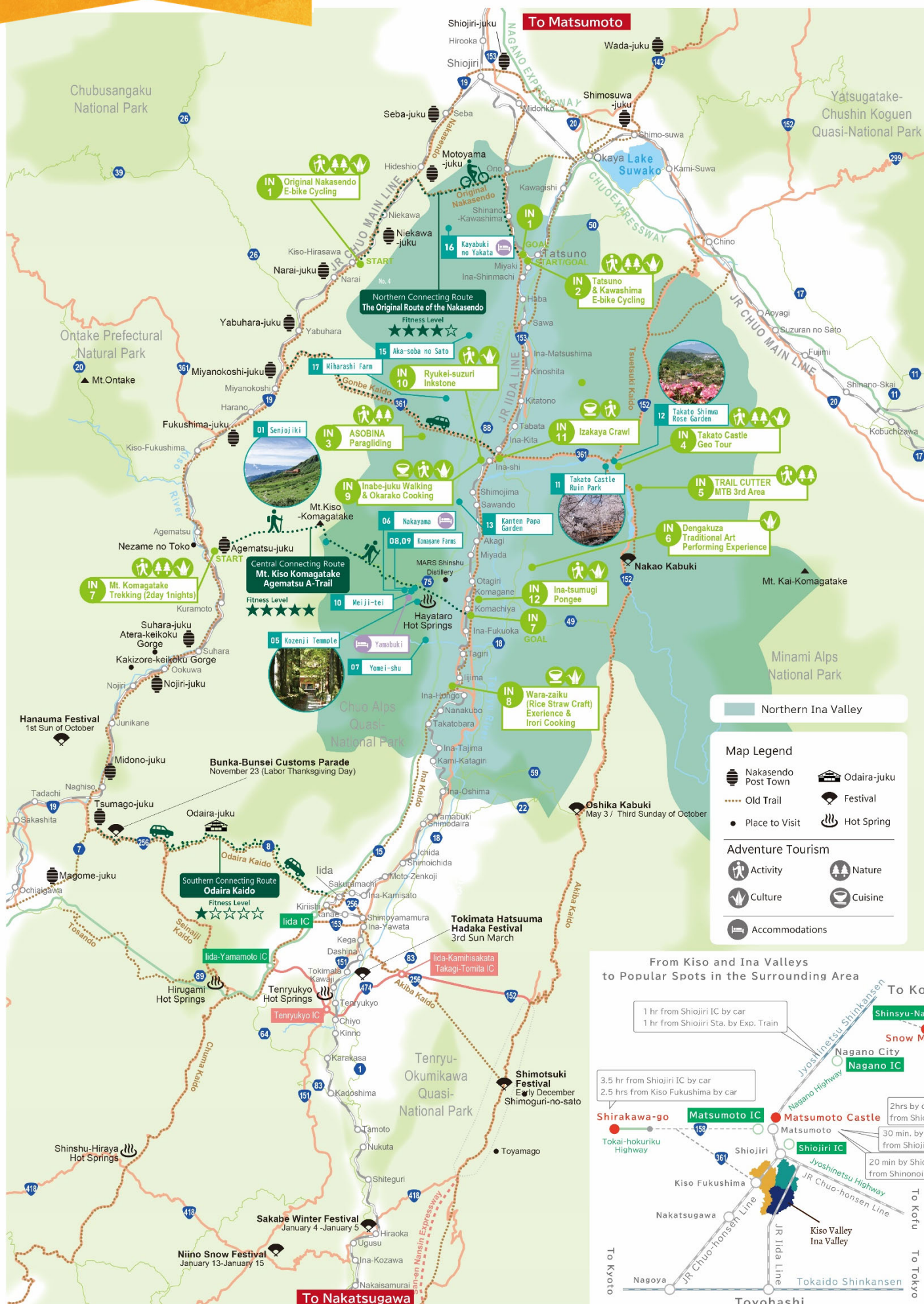
[Special Feature 2]

Individual Travel Content in the Northern Ina Valley



We introduce you travel contents unique to the northern Ina Valley.
Tailor-made services are also available upon request.
Please feel free to contact Heartland Japan at info@heartlandjapan.com

Northern Ina Valley Adventure Map



Customer Review

Excellent program and lunch! Location and facility were just perfect!

Fly in the Wind Between Two Japanese Alpine Ranges Paragliding in the Ina Valley

Special program overseen by Yoshiaki Kuremoto,
Asia's #1-ranked paraglider for 6 years

Ina Valley, the Valley of Wind, lies between Japan's central alps and southern alps. This program has been specially designed only for this tour by Yoshiaki Kuremoto, a hometown paraglider who grew up riding the winds of the Ina Valley. This special plan offers a set of activities that includes a "paragliding self-maneuvering experience" and "tandem paragliding flight". For the tandem flight, take off and view the Ina Valley and the alps from 300m up in the air while enjoying the scenery with all your senses. Join this program to enjoy the charm of aerial sports in the Valley of Wind!

PRICE
PER PERSON
(tax included)

34,400 JPY~

(Including a commemorative photo & an upcycled ASOBINA original windsock gift)

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

AGENT NAME

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- ▶ A special plan to experience an aerial sport that includes a self-maneuvering experience and a tandem paragliding flight.
- ▶ Gliding up to 300m above the ground, in clear conditions you can enjoy wonderful views of Ina Valley and Japan Alps during the tandem flight. The instructor may even offer you the opportunity to take control.
- ▶ Includes a commemorative photo from your flight and an upcycled windsock gift made from a used paraglider.

START		END		ACCESS (Start/Finish)		FITNESS LEVEL				
09:30		16:30		ASOBINA		12345				
				(15 min. by taxi from Inashi Station on JR Iida Line)		- Self-maneuvering Experience: Strap into a 7kg paraglider and run down a gentle slope before gliding on your own a couple of meters off the ground. - Paragliding Tandem Flight: Wearing a harness attached to a paraglider, launch from the top of Mt. Hatobuki (altitude 1,320m) after a 20m downhill run with the instructor.				
ITINERARY				PARKING		SKILL LEVEL				
9:30	Meet at ASOBINA			ASOBINA		12345				
9:30-9:45	Briefing			(10 mins from Ogurogawa IC or 15 mins from Ina IC)		The instructor will explain each step, so even beginners can enjoy this activity				
9:45-11:30	Paragliding Self-Maneuvering Experience			[Parking: Available]		WHAT IS INCLUDED				
11:30-12:30	Lunch (spicy curry)			SEASON		English guide fee, self-maneuvering experience, paragliding tandem flight, lunch				
12:30-16:30	Paragliding Tandem Flight (flight time about 15mins)			June ~ September		WHAT IS NOT INCLUDED				
16:30	Finish at ASOBINA (Schedule may change depending on the number of participants.)			AGE/HEIGHT		APPLICATION DEADLINE		Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in “what is included” above.		
				Anyone above 120cm tall		14 days prior		(The bank transfer fees are responsibility of the participants.)		
				NUMBER OF PARTICIPANTS				OTHER		
				Minimum 3		Maximum 8				
				CLOTHING/WHAT TO BRING						
				Comfortable clothing (Long sleeve and pants required. Skirts and sandals not allowed), clothes may get dirty), gloves.						



Cancel Policy

[Cancellation at customer's convenience]

- 3 or more days prior 20%
- 2 days prior 30%
- Day before 50%
- Day off, before meeting time 80%
- No show, no prior contact 100%

[Cancellation at discretion of the organizer]

- If heavy winds and bad weather is forecasted, the activity may be canceled. In this case, contact will be made by the evening of the day before and there will be no cancellation fees.
- If weather becomes bad after the activity starts and it is determined that the activity cannot continue, the activity will be changed. In this case, no refund will be given.



*Customer
Review*

The stories of
Mr. Sakai, a top Sumo
ring craftsman, are
splendid!

Meet a Straw Samurai - Preserving Traditional Handcrafts of the Ina Valley

Shimenawa rope making activity & irori cooking
experience with the “strawcraftsman” that oversees the
making of Japan’s sumo ring rope boundaries

Since ancient times, Japan has had a rice farming culture. The straw that comes from the rice after it has been cut is used in a wide variety of ways, including rituals to pray for good health, as well as in everyday life. Straw handcraft is one of Japan’s important traditions. Iijima Town, located between two of Japan’s alpine ranges, has a climate and water supply perfect for rice farming. During the Edo Period, the town was under direct shogunate government control, and was a collection site for taxing rice from surrounding areas. Local straw handcrafts have been passed down through the generations, but in recent years, with Japan’s aging society, less and less people are learning and passing these traditions on. Yuji Sakai, a straw craftsman who makes sumo rings for the national sport, is trying to ensure that these traditional crafts will not be forgotten. During this special activity, you can learn about the techniques of straw crafting while listening to stories from Mr. Sakai himself.

**PRICE
PER PERSON**
(tax included)

25,000JPY/person for
6~7ppl; **20,000JPY/person**
for 8~9ppl;
18,000JPY/person for
10~15ppl~

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

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- ▶ Make your own "shimenawa rope" under the instruction of Mr. Sakai, a sumo ring craftsman. Write your wish in your rope and pray at a shrine for it to come true. Your rope will be burned during the annual "Donto-yaki" ritual, which can be watched via social media.
- ▶ The building used for the activity is a recreation of a magistrate's office of the Edo Period. You can feel the historical presence of samurais, magistrates using the study, criminals being sentenced in court, and daily life from the past.
- ▶ Prepare your own meal, a traditional Japanese set lunch, cooked in a historical Japanese kitchen on an irori hearth, with local women. Try tasting traditional natto wrapped in straw!

START		END		ACCESS (Start/Finish)		FITNESS LEVEL	
10:40		15:10		JR Iijima Station (JR Iida Line)		1 2 3 4 5	
						Activity includes about 30 minutes in total of walking on a flat, paved path.	
ITINERARY							
10:40	Meet and greet at Iijima Station						
10:40-10:50	Walk to the Iijima Town History and Folklore Museum, "Iijima Jinya"						
10:50-11:00	Lunch preparation: prepare rice and ingredients						
11:00-11:20	View the museum						
11:20-11:40	Lunch prep: start stove fire with flint						
11:40-13:00	Straw crafting with Mr. Sakai						
13:00-13:20	Lunch preparation: final steps						
13:20-14:20	Lunch around an irori hearth						
14:20-14:25	Walk to Umeto Shrine						
14:25-14:45	Shrine visit and praying for straw craft						
14:45-15:10	Walk to Iijima Station (visit sake shop)						
15:10	Finish at Iijima Station						
PARKING				SKILL LEVEL			
South Shinshu Rice Bales Preservation Society Iijima 1470,Iijima Town [Parking: Available]				1 2 3 4 5			
				Straw crafting requires some dexterity of the fingers, but the guide will help you with all the steps.			
SEASON				WHAT IS INCLUDED			
Late-April ~ Mid-November				English guide fee, straw craft activity, facility usage fee, lunch ingredients			
AGE/HEIGHT		APPLICATION DEADLINE		WHAT IS <u>NOT</u> INCLUDED			
6 yrs and above		14 days prior		Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.			
NUMBER OF PARTICIPANTS		Maximum 15		(The bank transfer fees are responsibility of the participants.)			
Minimum 4							
CLOTHING/WHAT TO BRING				OTHER			
Comfortable clothing (skirts not allowed)				- Participants with an allergy to gramineae may not participate in shimenawa ropemaking. Please inquire in advance. - The program content may be changed due to the situation of COVID-19.			



Cancel Policy

[Cancellation at customer's convenience]

- 2 - 7 days prior 25%
- Day before 50%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- If stormy weather is forecasted, the activity may be canceled. In this case, contact will be made by the evening of the day before and there will be no cancellation fees.
- If stormy weather occurs during the activity, the visit to the shrine may be canceled and your straw craft will be delivered by the provider to the shrine in the following days.



The Natural Fortress, Takato Castle, and Samurai Lifestyle

“Geo” focused guided tour of castle ruins with no remaining buildings

Takato Castle, one of Japan's top 100 castles, no longer has any castle buildings. It was a natural fortress chosen because of its topography and location on a river terrace between two tributaries of the Tenryu River. The castle is also known for a renowned battle in 1582, during the warring state period, when samurai were battling over territories. It was a bloody conflict fought in vain, as the defenders were outnumbered 3,000 to 50,000 and the castle was overtaken. The tour looks at the castle from the perspective of its geographical features, such as the steep cliff that protects the castle, and the valley that is used as a moat. Enjoy learning about the castle's physical features while hearing how it was built by samurai. You will also visit museums that tell tales of the samurai lifestyle, such as their schooling and medical practices.

PRICE
PER PERSON
(tax included)

14,000 JPY~

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

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- ▶ VR experience of the tragic history of Takato Castle and the fighting samurai.
- ▶ Learn how natural features were used to build the castle.
- ▶ Stamp of Takato Castle scarlet seal (go-jyo-in).
- ▶ Visit museums and learn about samurai lifestyle, education, medicine, and more.
- ▶ Feel the sense of "wabi-sabi" from Buddhist statues made by Takato's Edo-era stone masons.
- ▶ Lunch: a healthy lunch made from local ingredients in an old, traditional Japanese house.

START		END		ACCESS (Start/Finish)		FITNESS LEVEL				
09:30		12:30		Takato Station (JR Bus)		1 2 3 4 5				
				(30 mins by bus from Inashi Station on JR Iida Line)		- The course is about 4.6km in total (about 60 minutes of walking). - From Takato Station to the history museum (about 20 minutes), the path is slightly uphill.				
ITINERARY				PARKING		SKILL LEVEL				
				Please contact us for information on nearby parking lots.		1 2 3 4 5				
				SEASON		WHAT IS INCLUDED				
				Late-April ~ Mid-November		English guide fee, VR viewing activity, entrance fees of visited facilities, Takato Castle go-jyo-in (a scarlet seal), lunch				
AGE/HEIGHT		APPLICATION DEADLINE				WHAT IS NOT INCLUDED				
6 yrs and above		14 days prior				Ordered drinks at lunch, transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in “what is included” above.				
NUMBER OF PARTICIPANTS						(The bank transfer fees are responsibility of the participants.)				
Minimum 4		Maximum 10				OTHER				
CLOTHING/WHAT TO BRING										
Rain gear (coat/pants), drinks (optional)										
9:30-9:40		Meet at JR Bus Takato Station Tour briefing								
9:40-10:00		Walk to Takato Town History Musuem / valley view from a bridge								
10:00-11:00		Takato Town History Museum with VR experience								
11:00-12:00		Walk to Takato Castle Ruins Park, explore the castle ruins								
12:00-12:20		Walk to the samurai school, Shintokukan, visit Shintokukan								
12:20-12:30		Walk the samurai route towards the castle								
12:30-13:00		Visit the historical house of an eye doctor for samurai								
13:00-13:30		Walk to Kenpukuji Temple, observe the stone Buddhist statues								
13:35~14:20		Walk to Tamakiya (for lunch) Lunch at Tamakiya								
14:20-14:50		Shopping time in Takato Castle Town								
14:50		Finish at JR Bus Takato Station								



CANCEL POLICY

[Cancellation at customer's convenience]

- 3 or more days prior 20%
- Day before 50%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- If stormy weather is forecasted, the activity may be canceled. In this case, contact will be made by the evening of the day before and there will be no cancellation fees.
- If weather becomes bad after the activity starts and it is determined that the activity cannot continue, the activity will be changed or canceled. In this case, no refund will be given.



Meet a Vibrant, Traditional Performing Arts Group in the Ina Valley

A traditional arts experience with the professional and passionate performance group, Dengakuza

Located between two alpine regions, the Ina Valley has long been home to many traditional performing arts, such as Bon Odori, Shishimai, and Kabuki. Dengakuza is a professional performing group that was formed in 1964, dedicated to revitalising and spreading to younger generations the traditional folk culture of not only the Ina Valley, but all of Japan. For this experience, you will visit the training facility of Dengakuza, where you will receive a special private performance and enjoy interacting with their performers.

**PRICE
PER PERSON**
(tax included)

Special Private Performance
70,000 JPY per group

+

Performing Arts Experience and
Interaction **31,000 JPY/person**
for **4ppl**; **26,000 JPY/person** for
5ppl; **22,000 JPY/person** for
6~7 ppl; **18,000 JPY/person**
for **8~10 ppl** ~

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

AGENT NAME

Heartland Japan

Registered Travel Agency No. 2-7699

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<https://heartlandjapan.jp/en>

- ▶ A special night program to fully enjoy your time in the Ina Valley.
- ▶ Includes a private show by professional performers. The content of the performance will be decided based on the customer's request.
- ▶ Experience traditional performing arts under the guidance of members of Dengakuza. This content also can be decided based on the customer's preferences.

START		END		ACCESS (Start/Finish)		FITNESS LEVEL						
19:30		22:00		Dengakuza		12345						
						Includes 30-40 minutes of activity, level based on customer's preferences.						
ITINERARY				PARKING		SKILL LEVEL						
19:30	Meet at Dengakuza			Dengakuza		12345						
19:40-20:00	Welcome performance			(15 mins by car from Inashi Station on JR Iida Line)		Follow the lead of the guide, and enjoy the songs and dances.						
20:00-20:15	Dengakuza introduction			[Parking: Available]								
20:15-20:45	Hands-on activity of traditional performance			SEASON		WHAT IS INCLUDED						
21:00-21:45	Interaction with cast members and Ina Bon Dance with them			April ~ November		Japanese guide fee, English translator fee, special private performance, traditional performing arts experience, interaction with Dengakuza member.						
22:00	Finish at Dengakuza			AGE/HEIGHT		WHAT IS NOT INCLUDED						
(Please consult about morning or afternoon times.)				APPLICATION DEADLINE		Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.						
				6 yrs and above		(The bank transfer fees are responsibility of the participants.)						
				14 days prior								
				NUMBER OF PARTICIPANTS								
				Minimum 2								
				Maximum 15								
				CLOTHING/WHAT TO BRING		OTHER						
				Comfortable clothes that you are easy to move in.		Private performance and hands-on experience can include: Wadaiko, folk songs and dances, Nankin tamasudare, Shishimai, and more. Let us know if you have any requests.						



CANCEL POLICY

[Cancellation at customer's convenience]

- 2 - 7 days prior 25%
- Day before 50%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- If stormy weather is forecasted, the activity may be canceled. In this case, contact will be made by the evening of the day before and there will be no cancellation fees.



Trip from the Kiso Valley to the Ina Valley via the Phantom Nakasendo

1-day E-bike and trekking tour with a Tatsuno local, Ryohei Oguchi, an accomplished round-the-world cyclist

The path out of the Kiso Valley to Okaya, via the Ushikubi Pass, the Ina Valley and the Ono Pass, was the original Nakasendo. The path was initially cleared in 1601, but due to the difficulty of travelling two mountain passes, it closed after just 15 years and was spurned in favour of the current Nakasendo. In its heyday, many travelers and horses traversed this path, carrying wood from Kiso to Ina, and rice from Ina to Kiso. Now, traces of the path are scarce and it is known by only a handful of people. This "phantom road" program takes in part of the original Nakasendo, starting at Narai-juku in Kiso, going over the Ushikubi Pass, then on to Ono-juku, and concluding at Tatsuno Town in the Ina Valley. This 1-day E-bike and trekking tour allows you to indulge in the history and romance of the original Nakasendo. The journey is lead by a Tatsuno local, Ryohei Oguchi, a round-the-world cyclist. During the trip, you will get off your bike to enjoy a trek and a folk tale about the local area.

PRICE
PER PERSON
(tax included)

19,500JPY/person for
4~5ppl; 17,500JPY/person
for 6~7ppl;
15,000JPY/person for
8~10ppl~

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- ▶ Great for those looking to experience an “unknown route” just a step away from Kiso.
- ▶ Experience the hinoki cypress forest path, historical milestone markers, Hayagrīva stones, tiny villages, an original post town and more.
- ▶ A nice balance of cycling and walking to fully experience the rural sights of Japan's forested mountain areas.
- ▶ Lunch is a soup set, full of local ingredients, served fresh from a kitchen car.
- ▶ Breaks for coffee, tea and local snacks.

START	END
09:00	17:30

ITINERARY

9:00	Meet at Narai Kiso-no-Ohashi Michi no Eki (Roadside Station)
9:00-9:15	Briefing, start riding
9:15-11:00	Ride (Narai-juku → Ushikubi Pass → Ushikubi Pass Top approach)
11:15-12:15	Short trek to Otama ga ike Pond
12:15-12:30	Ride (Ushikubi Pass Top approach → Ushikubi Pass Top)
12:30-13:15	Lunch
13:15-13:45	Ride (Ushikubi Pass Top → Ono-juku)
13:45-14:30	Visit Ono-juku
14:30-15:15	Ride (Ono-juku → Renei Ohjo Parkline Place)
15:15-15:45	Break at Renei Ohjo Parkline Place
15:45-17:30	Ride (Renei Ohjo Parkline Place → GRAV BICYCLE STATION)
17:30	Finish at GRAV BICYCLE STATION (Tatsuno Town)

ACCESS (Start/Finish)

Narai Kiso-no Ohashi Michi no Eki

(4 min. walk from Narai Station
JR Chuo Main Line)

PARKING

Narai Kiso-no Ohashi Michi no Eki

[Parking: Available]

SEASON

April ~ October

AGE/HEIGHT APPLICATION DEADLINE

18-65 yrs 14 days prior

NUMBER OF PARTICIPANTS

Minimum 4 Maximum 10

CLOTHING/WHAT TO BRING

Clothing and shoes you can move in, rain gear (coat/pants), drinks (about 1 liter), snack (optional)

FITNESS LEVEL

1 2 3 4 5
[Distance: 50.4km, Elevation Climb: 803m]
The route includes a long ride on E-bikes with climbs and descents. There is also a trek which will take about 40 minutes. Participants will need a good level of fitness.

SKILL LEVEL

1 2 3 4 5
Some cycling experience is necessary. The trek features some challenging terrain and steep sections, so please watch your step - some trail experience is also necessary.

WHAT IS INCLUDED

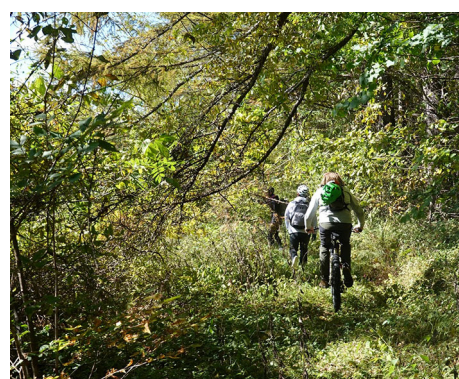
Japanese guide fee, English translator fee, lunch, hot coffee/tea with local snacks.

WHAT IS NOT INCLUDED

E-bike rental (rental fee 5,000JPY/per person), transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in “what is included” above.

(The bank transfer fees are responsibility of the participants.)

OTHER



Cancel Policy

[Cancellation at customer's convenience]

- 8 to 20 days prior 20%
- 2 to 7 days prior 30%
- Day before 40%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- In the case of stormy or freezing weather, departure cancellation will be determined the day before and contact will be made only if the tour is canceled. In the case that the activity is canceled due to unforeseen circumstances, no cancellation fee is required.
- In the case of light rain, the tour will go ahead with waterproof gear.
- After the tour begins, depending on the weather, we may have to change the route or cancel the tour. In this case, no refund will be given.
- If the tour cannot continue after it has started due to bad weather, no refunds will be given.

Customer
Review

Each stop was wonderful
- well-chosen places that
the guide had a deep
interest in. The hike to
the waterfall was
particularly beautiful.

1-Day E-bike and Trekking Tour Off the Beaten Track in the Ina Valley, Tatsuno & Kawashima

Guided by Tatsuno local, Ryohei Oguchi,
an accomplished round-the-world cyclist

A wonderful experience, discovering the northern part of the Ina Valley, located between two alpine regions. It is said that the name "Tatsuno" comes from the dragon ("tatsu") that lived in a lake of the area. Since long ago, Tatsuno has been the intersecting point of several roadways. The surrounding areas are blessed with rich resources of water from the Yokokawa River and tranquil mountain scenery where locals historically foraged for firewood, wood turners and geta (traditional wooden shoes) craftsmen lived, and farmers plowed their rice paddies. In this program, you can enjoy an abundance of nature beneath beautiful mountain scenery, and see the lifestyles of local residents. Along the way, you will also get off your bike and do two short hikes: one to the beautiful, 50m-high, three-level Sankyū no Taki Waterfall, through a virgin forest in the Yokokawa Gorge, and to the nationally renowned "Snake Rock" and the other to a spot known as "Zero Point". The program is lead by Tatsuno local, Ryohei Oguchi, a round-the-world cyclist.

PRICE
PER PERSON
(tax included)

19,500JPY/person for
4~5ppl; 17,500JPY/person
for 6~7ppl;
15,000JPY/person for
8~10ppl~

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- ▶ While riding an E-bike, enjoy the beautiful mountainous scenery of Japan and the laid-back lifestyle of the locals. There are also historical Buddhist stone monuments that can be seen.
- ▶ Enjoy two short treks: one into Yokokawa Gorge, and the other to "Zero Point", where the lines of latitude and longitude are integers at their point of intersection.
- ▶ Lunch is a soup set, full of local ingredients, served fresh from a kitchen car.
- ▶ Breaks for coffee, tea and local snacks.

START	END
09:00	18:30

ITINERARY

9:00	Meet at GRAV BICYCLE STATION (Tatsuno Town)
9:00-9:15	Briefing, start riding
10:00-11:00	Ride to Jyaishi Camping Site (via a large thatched guest house)
11:00	Arrive at Jyaishi Camping Site
11:00-12:30	Lunch
12:30-14:00	Trek (Yokokawa Gorge)
14:00	Return to Jyaishi Camping Site
15:00-16:00	Ride (Kawashima Area ~ Tatsuno Area)
16:00-17:00	Trek to Zero Point
17:00-17:30	Ride (Zero Point ~ Mt. Ohjyo)
17:30	Peak of Mt. Ohjyo Panorama view of Ina Valley! Even enjoy sunset if weather permits!
17:30-18:30	Ride (Mt. Ohjyo ~ GRAV BICYCLE STATION)
18:30	Finish at GRAV BICYCLE STATION (Tatsuno Town)

ACCESS (Start/Finish)
GRAV BICYCLE STATION (7min walk from JR Tatsuno Station on JR Iida Line)

PARKING
GRAV BICYCLE STATION [Parking: Available]

SEASON
April ~ October

AGE/HEIGHT	APPLICATION DEADLINE
18 yrs and above	14 days prior

NUMBER OF PARTICIPANTS
Minimum 4 Maximum 10

CLOTHING/WHAT TO BRING
Clothing and shoes you can move in, rain gear (coat/pants), drinks (about 1 liter), snack (optional)

FITNESS LEVEL
1 2 3 4 5
[Distance: 47.8km, Elevation Climb: 998m] The route includes a long ride on E-bikes with climbs and descents, including about an hour of off-road riding. There are also two short-treks, which will take about 90 minutes and 60 minutes respectively. Participants will need a good level of fitness and endurance.

SKILL LEVEL
1 2 3 4 5
Some cycling experience is necessary. The trek features some challenging terrain and steep sections, so please watch your step - some trail experience is also necessary.

WHAT IS INCLUDED
Japanese guide fee, English translator fee, lunch, hot coffee/tea with local snacks

WHAT IS NOT INCLUDED
E-bike rental (rental fee 5,000JPY/per person), transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.

(The bank transfer fees are responsibility of the participants.)

OTHER



CANCELLATION POLICY

- [Cancellation at customer's convenience]
- 8 to 20 days prior 20%
 - 2 to 7 days prior 30%
 - Day before 40%
 - Same day/No show 100%

- [Cancellation at discretion of the organizer]
- In the case of stormy or freezing weather, departure cancelation will be determined the day before and contact will be made only if the tour is canceled. In the case that the activity is canceled due to unforeseen circumstances, no cancellation fee is required.
 - In the case of light rain, the tour will go ahead with waterproof gear.
 - After the tour begins, depending on the weather, we may have to change the route or cancel the tour. In this case, no refund will be given.
 - If the tour cannot continue after it has started due to bad weather, no refunds will be given.



Play Hard on Japan's Largest Trail!

Guided private tour of the Southern Alps Mountain Bike 3rd Area Course (limited to one group per day)

This trail, historically used by local residents to access the mountain, was repurposed by TRAIL CUTTER, a trail-building group that focuses on creating trails in a sustainable way with as little impact on nature as possible, to become the 3rd Area Course, one of Japan's best mountain bike trails. At just over 10 km in length, the first half is an up and down section with hills to climb from 30-100m. The second half is a first-class, downhill trail with a series of wild, natural berms created by nature over many years. This up and down course, surrounded by untrained beauty, is a unique and exhilarating experience.

**PRICE
PER PERSON**
(tax included)

**27,500JPY/person for 4ppl;
25,000JPY/person for
5~6ppl;
22,500JPY/person for
7~9ppl; 20,000JPY/
person for 10ppl~**

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AGENT NAME

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- ▶ The trail is limited to only one group per day, so it will be all yours to enjoy.
- ▶ The up and down first half is ideal for participants wanting to dive deeper into mountain nature.
- ▶ The second half is a first-class, downhill trail with a series of wild, natural berms created by nature over many years. Some mountain bikers come specifically for this top-class downhill section of the trail.

START		END		ACCESS (Start/Finish)		FITNESS LEVEL				
09:00		15:30		TRAIL CUTTER		1234⑤				
				(Across from South Alps Village Hase Michi no Eki (Roadside Station). 25mins by car from JR Shimojima Station on JR Iida Line.		The course is just over 10km in length, and the uphill first half requires taking your bicycle from 30m to 100m in altitude. This activity is challenging and requires high physical fitness.				
ITINERARY				PARKING		SKILL LEVEL				
9:00	Meet at TRAIL CUTTER			TRAIL CUTTER		1234⑤				
9:00-9:15	Briefing			(Across from South Alps Village Hase Michi no Eki (Roadside Station). 25mins by car from JR Shimojima Station on JR Iida Line.		Please refrain from locking the brakes and skidding, as this will eat away at the trail. Be aware of how you are riding and try to leave as little impact on the trail as possible. By using mainly your front brake, you can control your speed without fully locking your wheels.				
9:15-12:00	Ride			[Parking: Available]						
12:00-12:45	Lunch			SEASON		WHAT IS INCLUDED				
12:45-15:00	Ride			Mid-April ~ Late-November		Japanese guide fee, English translator fee, trail fee				
15:30	Finish at TRAIL CUTTER			AGE/HEIGHT		WHAT IS <u>NOT</u> INCLUDED				
				APPLICATION DEADLINE		MTB rental (rental fee starts at 3,300 JPY), Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in “what is included” above.				
				NUMBER OF PARTICIPANTS		(The bank transfer fees are responsibility of the participants.)				
				CLOTHING/WHAT TO BRING		OTHER				
				Lunch, gloves, drinks (1~1.5 liters), first-aid kit, bike repair kit, emergency food, rain gear (coat/pnts), cold protector, clothing appropriate for mountain biking		You can purchase a boxed lunch at the roadside station located near TRAIL CUTTER (8:00-17:30, closed Tuesdays).				



CANCELLATION POLICY

[Cancellation at customer's convenience]

- 2 to 5 days prior 30%
- Day before 50%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- Activity may be canceled for the safety of the participants if the trail conditions are bad or there is stormy weather. In this case, contact will be made by 8pm the night before. There is a chance the activity will be canceled on the day, such as when the weather reports were wrong. In the case that the activity is canceled before starting, no cancellation fee is required.
- If the tour starts and then is determined to be unsafe and canceled, no refund will be given.

Customer
ReviewSplendid!! This trip was
a real adventure!!

Travel a Path of Mountain Worship to the Highest Peak of the Japan Central Alps

Trekking with a panoramic view
of Mt. Kiso Komagatake

Mt. Kiso Komagatake (altitude 2,956m), the main peak of the Central Alps which rises between the Ina Valley and the Kiso Valley, translates as "the mountain where God's horse resides". Like Mt. Kiso Ontake, it has been an object of worship since ancient times. Kiso Komagatake enshrines "Ukemochi" - a god connected to the growth of grains, the wellbeing of cows and horses, and the production of silk. It has long attracted worshipers from all over Japan - especially since the Meiji Era, when mountain climbing began to increase in accessibility. Many remnants of ancient worship can still be seen on the mountain. Legend has it that hundreds of worshipers once ascended Kiso Komagatake en masse. Located in the heart of Japan's largest granite mountain range, Kiso Komagatake is a popular trekking destination with a variety of steep, mysterious trails that provide magnificent views of the peaks of the Central Alps. Guided by professional mountain guides, participants of this full-scale trekking tour of Kiso Komagatake can experience genuine adventure travel, journeying from the Kiso Valley to the Ina Valley.

PRICE
PER PERSON
(tax included)

72,000JPY/person for 4ppl;
63,000JPY/person for 5ppl;
55,000JPY/person for 6ppl;
50,000JPY/person for 7ppl;
45,000/person for 8ppl;
42,500JPY/person for 9~10ppl;
40,000JPY/person
for 11~12ppl~

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AGENT NAME

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Day 1

- ▶ A variety of trails with deep connections to mountain worship.
- ▶ A breathtaking panoramic view of the ridges of the Central Alps, almost 3,000m above sea level.

Day 2

- ▶ Ascent of Mt. Komagatake and Mt. Nakadake.
- ▶ Receive the red stamp of the Komagatake Shrine seal!
- ▶ Descend 950m by the Komagatake Ropeway (the highest difference in height in Japan) while enjoying its 360-degree panoramic view.

START	END
1 night, 2 days	
ACCESS (Start/Finish)	
[Start] Trailhead of Agematsu A course	
[Finish] Komagane Station (JR Iida Line)	
PARKING	
[Start] Trailhead of Agematsu A course [Parking: Available]	
[Finish] Komagane Station (JR Iida Line)	
SEASON	

Late-August
~ Early-November

AGE/HEIGHT	APPLICATION DEADLINE
18 yrs and above*	30 days prior
* Those who have experience of climbing 3,000m-class mountains. * We may ask to confirm in advance your recent mountaineering experience.	

NUMBER OF PARTICIPANTS	
Minimum 4	Maximum 12



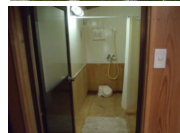
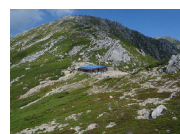
FITNESS LEVEL (DAY 1)				
1	2	3	4	5
[Distance: 7.7km, Elevation difference: 1,900m] This route comprises a combination of long and steep climbs to an altitude of almost 3,000m. There is no watering point until arrival at the inn. Sufficient physical strength is required.				
SKILL LEVEL (DAY 1)				
1	2	3	4	5
The trails include rocky and slippery sections. Participants should have sufficient mountaineering skills and experience to properly regulate their body temperature and to rehydrate.				

ITINERARY (Day 1)	
4:45	Meet at Agematsu A Course Trail Head, Briefing
5:00-6:00	Start walking! → Keishin no Takigoya
6:00-8:20	Keishin no Takigoya → Kanakakegoya
8:20-8:30	Break at Kanakakegoya
8:30-10:00	Kanakakegoya → Nanagoume
10:00-10:10	Break at Nanagoume
10:10-13:30	Nanagoume → Mt. Kiso Maetake (altitude: 2,826m)
13:30-14:00	Lunch (Mt. Kiso Maetake Peak) (Onigiri wrapped in paper-thin wood shavings)
14:00-14:40	Mt. Kiso Maetake → Tamanokubo Sansou
14:40	Arrive at Tamanokubo Sansou, check in
18:00	Dinner (Japanese style)

DAY 1 ACCOMODATION	
[Room type] Shared room with tatami floor No private room option.)	
[Bedding] Japanese futon	
[Air conditioning] N/A (Highest temperature <10 degree)	
[Wifi] N/A	
[Washing facilities] Warm shower	
[Other amenities] N/A	

FITNESS LEVEL (DAY 2)				
1	2	3	4	5
[Distance: 2.3km, Elevation difference: 300m] Although the distance and altitude covered will be less on Day 2 of the trek, participants will need sufficient physical strength and stamina to last over both days.				
SKILL LEVEL (DAY 2)				
1	2	3	4	5
The trails include rocky and slippery sections, so participants should have mountaineering skills and experience.				

ITINERARY (Day 2)	
6:00	Breakfast(Japanese style and coffee) , preparation
7:30	Start walking!
7:30-8:10	Tamanokubo Sansou → Mt. Komagatake Peak (altitude 2,956m)
8:10-8:20	Break (Mt. Komagatake Peak)
8:20-9:00	Mt. Komagatake Peak → Mt. Nakadake Peak (altitude 2,925m)
9:00-9:10	Break (Mt. Nakadake Peak)
9:10-10:10	Mt. Nakadake → Hotel Senjojiki
10:10-10:40	Break (Hotel Senjojiki)
11:00-11:06	Hotel Senjojiki → <Komagatake Ropeway> → Shirabidaira Station
11:20-12:08	Shirabidaira Station → <by bus> → Komagane Station





WHAT IS INCLUDED

English guide fee, accommodation (1night), meals (1 Breakfast, 1 Lunch, 1 Dinner), all travel from tour start point to finish point

WHAT IS **NOT** INCLUDED

Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.

(The bank transfer fees are responsibility of the participants.)

CLOTHING/WHAT TO BRING

Weather-appropriate clothing (think moisture-wicking and layers), trekking boots or shoes rain gear (coat/pants), trekking backpack, drinks (3 liters / day) , lunch for Day 1, trail snacks, warm, insulated jacket or vest, headlamp or flashlight, trekking poles, hat, gloves, sunglasses (if necessary), towel, some amenities

CANCEL POLICY

[Cancellation at customer's convenience]

- Cancellation on or after the 20th day from the day immediately preceding the starting day of the tour: 20% of the tour price.
- Cancellation on or after the 7th day from the day immediately preceding the starting day of the tour: 30% of the tour price.
- Cancellation the day immediately before the starting day of the tour: 40% of the tour price.
- In cases where the contract is cancelled on the starting day of the Tour: 50% of the tour price.
- Cancellation after the start of the tour or the traveler does not participate in the tour without notice (no show): 100% of the tour price.

[Cancellation at discretion of the organizer]

- In case of cancellation due to bad weather, we will contact you by the day before the tour.
- In case of the organizer cancelled, no cancellation fee.
- It may be changed the itinerary or canceled after the tour starts. In this case, we will pay an indemnity in accordance with the Standard General Conditions of Travel Agency Business except in case of force major (natural disaster).



Customer Review
It was fun to explore the hidden back alleys of Inabe-juku, not only the main street. I enjoyed making delicious Okarako in a fascinating samurai residence!

Walking, Cooking & Eating: Inabe-juku Post Town & Okarako

Cook and eat a local dish offered to the gods to pray for a good harvest in a former samurai residence with local women

The Ina Kaido is an ancient highway running all the way through the Ina Valley. Local lords, common folk, animals, and goods all once moved along this historical road. During this experience, you'll explore Inabe-juku, a post town of the Ina Kaido, and cook "okarako" at a former samurai residence. Of two huge fires that once razed Inabe-juku to the ground, this is the only building to have survived.

Okarako is a local traditional autumn dumpling dish made with rice which is offered to the gods to pray for a good harvest. People around Inabe-juku Post Town soak glutinous rice in water for three nights, crush it, then shape it into dumplings. After offering them to the gods, they cook them in a soup with squash or taro for the family to eat. This dish represents the history of rice culture in the Ina Valley, known as a top producer in southern Nagano Prefecture.

The friendliness and hospitality of the Inabe-juku Association members who are dedicated to preserving and utilizing the town for future generations will make your experience all the more memorable!

PRICE
PER PERSON
(tax included)

11,000 JPY~

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

AGENT NAME

Heartland Japan

Registered Travel Agency No. 2-7699

Address: Akatsuka 5-7-25, Itabashi-ku,
Tokyo, Japan, 175-0092



info@heartlandjapan.com



+81-3-6265-3294



+81-50-3033-9220



<https://heartlandjapan.jp/en>

- ▶ You'll be guided through the hidden back alleys of Inabe-juku Post Town. Enjoy the fascinating scenery of the local area, including the ancient irrigation system flowing from the Central Alps, and the historical buildings and structures.
- ▶ The okarako cooking experience will take place at an old samurai residence, the only local building to have survived two great fires in the 18th century. Enjoy the traditional architectural style and design.
- ▶ Meeting local people is one of the main joys of traveling! Enjoy a heart-warming experience with members of the Inabe-juku Association.

START		END		ACCESS (Start/Finish)		FITNESS LEVEL				
10:00		13:00		Inabe-juku Former Isawa Family Residence (12 min. walk from Inashi Station on JR Iida Line)		1 2 3 4 5				
				PARKING Inabe-juku Former Isawa Family Residence (4 mins by car from Inashi Station on JR Iida Line) [Parking: Available]		1 2 3 4 5				
				SEASON Late-April ~ Mid-November		1 2 3 4 5				
				AGE/HEIGHT		WHAT IS INCLUDED				
				No restriction		Japanese guide fee, English-speaking guide fee, facility usage fee, lunch ingredients				
				APPLICATION DEADLINE		WHAT IS NOT INCLUDED				
				30 days prior		Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.				
				NUMBER OF PARTICIPANTS		(The bank transfer fees are responsibility of the participants)				
				Minimum 10		OTHER				
				Maximum 15						
				CLOTHING/WHAT TO BRING						
				Comfortable clothing						



Cancel Policy

[Cancellation at customer's convenience]

- 2 - 5 days prior 30%
- Day before 50%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- If stormy weather is forecasted or unavoidable circumstances occur, the activity may be canceled. In this case, contact will be made by the evening of the day before and there will be no cancellation fees.



Customer Review

Izumi-sensei showed us a side of Japan that I have never even thought about. Not only could we try Japanese calligraphy but I also discovered the history of ink in Japan.

Designated as a Nagano Prefectural Traditional Craft

Ryukei Suzuri – The Great Inkstones of the “Dragon Valley”

Meet a Master Craftsman and Discover the Legacy of Japanese Inkstones

Ryukei Suzuri is the name given to inkstones made in Tatsuno Town of the Ina Valley. They are considered to be one of the three great inkstone producers in all of Japan. “Suzuri” is the Japanese word for inkstone. And “Ryukei” roughly translates to mean “Dragon Valley”, in reference to the area’s longstanding folklore, in which it is cast as a land of dragons.

The rare rocks used to make Ryukei Suzuri formed over 200 million years ago, thousands of meters underneath the sea. Though black on the inside, the surface of these ancient rocks have beautiful hues of gold and red. Since around 200 years ago, the incredible inkstone craftsmen of Tatsuno Town have been carving the stones into elegant pieces of Japanese art. Such was their quality that, once, only people of high status were allowed to use them.

Unfortunately, as with so many traditional crafts in Japan, the demand has dwindled. The great masters working in the once-booming industry, the keepers of the knowledge, now number only two. In this experience, master craftsman, calligrapher, and teacher, Mr. Izumi, will teach you all about Ryukei Suzuri. Not only will you try calligraphy for yourself, but you will also experience carving inkstones the traditional way, and watch as Mr. Izumi gives a special calligraphy performance.

PRICE
PER PERSON
(tax included)

27,000JPY for 2ppl;
19,000JPY for 3ppl;
15,000JPY for 4~6ppl;
11,000JPY for
7~12ppl~

(Please contact us re.
requests for larger group
size.)

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

AGENT NAME

Heartland Japan

Registered Travel Agency No. 2-7699

Address: Akatsuka 5-7-25, Itabashi-ku,
Tokyo, Japan, 175-0092



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https://heartlandjapan.jp/en

- ▶ This is a one-of-its-kind experience in that you can learn about, and get hands-on with, both Japanese inkstone carving and calligraphy in the same tour.
- ▶ Mr. Izumi is one of only two remaining Ryukei Suzuri master craftsmen alive today. He is also a master of calligraphy and will expertly guide you in both disciplines during this immersive experience.
- ▶ Enjoy a special calligraphy performance by Mr. Izumi.

START	END	ACCESS (Start/Finish)	FITNESS LEVEL
10:00	13:30	Inabe-juku Former Isawa Family Residence (12 min. walk from Inashi Station on JR Iida Line)	1 2 3 4 5 This is an indoor and relaxing program.
ITINERARY		PARKING	SKILL LEVEL
Between 10:00 ~ 13:30 (Your itinerary can be arranged according to your request.)		Inabe-juku Former Isawa Family Residence (4 mins by car from Inashi Station on JR Iida Line) [Parking: Available]	1 2 3 4 5 No skills are necessary. Even if you are new to Japanese calligraphy, you will be carefully guided by Mr. Izumi, so please relax and enjoy yourself.
		SEASON	WHAT IS INCLUDED
		Late-April ~ Mid-November	Japanese guide fee, English-speaking guide fee, experience fee
		AGE/HEIGHT	WHAT IS <u>NOT</u> INCLUDED
		No restriction	Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.
		APPLICATION DEADLINE	(bank transfer fees are the responsibility of the participants)
		30 days prior	OTHER
		NUMBER OF PARTICIPANTS	
		Minimum 2 Maximum 12 (Please contact us re. requests for more than 13 persons.)	
		CLOTHING/WHAT TO BRING	
		You may get ink on your clothes. Please wear clothes that you do not mind getting stained and that are easy to move around in.	



Cancel Policy

[Cancellation at customer's convenience]

- 8 to 20 days prior 20%
- 2 to 7 days prior 30%
- Day before 40%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- In case of inclement weather, we will make a decision the previous day and notify you only if the program has been cancelled.
- If the tour is cancelled on the day of the tour prior to the start of the program, no cancellation fee will be charged.
- Depending on the weather conditions once the tour begins, the route may be changed or the tour may be cancelled. No refunds will be given in this case.



Customer Review

This was an amazing exploration of rural Japanese night life! I'd never have been brave enough to go into those shops alone but I am so glad to have experienced it!

An Izakaya Crawl in Ina City:

The Small Mountain Town Known to Have the 2nd Highest Ratio of Izakaya per Capita in Japan

Ina City, the northern capital of the Ina Valley, is a picturesque mountain town known for its incredible views of the Japanese Alps and its friendly locals. It also has another, rather lofty claim to fame: Ina City is said to have the 2nd highest ratio of drinking spots to people in the whole country just after the megacity of Osaka. While the origins of this claim are old and remain somewhat murky, one thing cannot be denied: for a rural town, Ina City is absolutely bursting with an incredible number of tiny, deep, character-filled drinking holes, run by some of the friendliest hosts you could ever wish for.

On this uniquely local izakaya crawl, your guide will take you out on the town in Ina City. You will visit a total of three different stores, most of which are intimidating to enter from the outside, but once you do you'll feel right at home! Up to two drinks per izakaya and a limited amount of food is included in the price. One of the most interesting aspects of the tour is the unique, sometimes exotic, local food and drink that you may encounter in Ina City. Here are a few examples: zazamushi (river insects), otaguri (stewed horse intestine), and romen (Ina City's unique noodle dish served with mutton). Don't worry! We won't order something that you don't want to eat. These dishes simply demonstrate the uniqueness of this isolated mountain valley and provide an opportunity for your guide to tell you the stories that bring the Ina Valley to life. Oh, and don't forget to try the local sake!

PRICE
PER PERSON
(tax included)

**18,000JPY for 4~6ppl;
15,000JPY for 7~8ppl~**

(Please contact us re.
requests for 1 to 2
persons.)

Under the regulations of Japan's "Revised Health Promotion Law", some of the izakayas featured in this tour are not subject to an indoor smoking ban. Please only join this tour if you are okay with those around you smoking indoors.

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

AGENT NAME

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<https://heartlandjapan.jp/en>

- ▶ This izakaya crawl stops at three stores in Ina City. Your local guide will select spots that are deep and difficult to enter, each with a different unique character and host.
- ▶ Get to know the owners working at the bar and the regulars with whom you will share a drink.
- ▶ Dishes are left to the izakaya to decide. Enjoy the small dishes, local specialties, and seasonal ingredients.

START	END	ACCESS (Start/Finish)	FITNESS LEVEL
17:00	20:00	Ina-shi Station (On JR Iida Line)	1 2 3 4 5 A small amount of flat city walking in Ina City.
(The time can be arranged according to your request. The activity duration is approx. 180 min, depending on the total number of participants)		PARKING	SKILL LEVEL
		Ina-shi Station (On JR Iida Line) [Parking: Available]	1 2 3 4 5 No skills are necessary but a brave heart and adventurous spirit will take you a long way!
ITINERARY		SEASON	WHAT IS INCLUDED
Between 17:00 ~ 20:00 (Your itinerary can be arranged according to your request.)		Year-round	English-speaking guide fee, food & drink (up to 2 drinks per izakaya and several small dishes from each store's omakase menu are included). For additional orders, the customer will pay in cash.
		AGE/HEIGHT	WHAT IS <u>NOT</u> INCLUDED
		20 y/o and above	Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.
		APPLICATION DEADLINE	(bank transfer fees are the responsibility of the participants)
		30 days prior	OTHER
		NUMBER OF PARTICIPANTS	Customers purchasing a day tour from us on the same day in the Ina Valley may receive a special discount on the price of this product. Please contact us for details.
		Minimum 4 Maximum 8	
		(Please contact us re. requests for more than 13 persons.)	
		CLOTHING/WHAT TO BRING	
		A limited amount of food and drink in each izakaya is included in the price. If you wish to place an additional order you will be required to pay for it, so please bring cash.	



Cancel Policy

[Cancellation at customer's convenience]

- 8 to 20 days prior 20%
- 2 to 7 days prior 30%
- Day before 40%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- In the case of stormy or freezing weather, departure cancellation will be determined the day before and contact will be made only if the tour is canceled. In the case that the activity is canceled due to unforeseen circumstances, no cancellation fee is required.
- In the case of light rain, the tour will go ahead with waterproof gear.
- After the tour begins, depending on the weather, we may have to change the route or cancel the tour. In this case, no refund will be given.
- If the tour cannot continue after it has started due to bad weather, no refunds will be given.



Customer Review

Kimonos are so popular in the U.S. that I could relate to myself. Mr. Kubota is a wonderful person! Weaving in the room with so many looms was like time travel. I would recommend this tour to others.

Designated as a National Traditional Craft

Ina Tsumugi Pongee

A Hands-On Experience with Artisans From the Only Factory in Japan Still Preserving Local Traditions of Spinning, Dyeing and Weaving Ina Tsumugi Pongee Fabric

The kimono is famed worldwide as a symbol of Japan. Silk kimono, which are soft to the touch and have a gorgeous luster, are extremely precious to Japanese people.

In this special program, guests participate in a unique, hands-on tour led by the Managing Director of the factory, and try out weaving firsthand under the guidance of a weaver at the only remaining workshop that still performs the spinning, dyeing and weaving of Ina Tsumugi - a local, traditional silk fabric used for making kimono - which is one type of Shinshu Tsumugi (tsumugi made in Nagano Prefecture - designated as one of Japan's national traditional handcrafts).

Ina Tsumugi is a textile woven from a mixture of raw silk, dupion silk, and silk wadding. It is a fabric that is very time and labor-intensive to weave. Local, naturally pigmented plants are used as part of the dyeing process. These lengthy techniques produce high-quality textiles with a deep luster - it is said that no two pieces have the same texture and color.

Komakane City in Nagano Prefecture, located at the foot of Japan's two alpine ranges, has long been a center for sericulture (the farming of silkworms). We hope that guests will be mesmerized by the wonder of Japanese silk textiles and kimono culture through interaction with the people and places that preserve this rare, regional traditional craft.

PRICE
PER PERSON
(tax included)

26,500JPY for 2ppl;
19,600JPY for 3ppl;
17,500JPY for 4ppl;
14,000JPY for 5ppl;
13,500JPY for 6ppl~

This product was created in cooperation with the Nagano Ina Valley Tourism Bureau.

AGENT NAME

Heartland Japan

Registered Travel Agency No. 2-7699

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+81-3-6265-3294



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https://heartlandjapan.jp/en

- ▶ Visitors can learn about the history of kimono and people in Komagane, where sericulture used to flourish.
- ▶ The program starts with the hands-on tour led by the Managing Director of the factory, Mr. Kubota. Hear directly from him about his enthusiasm for the inheritance of Ina Tsumugi and the challenges facing this traditional craft and so on.
- ▶ You will weave a vase mat* using a traditional Japanese loom with the weaving thread of your choice. An active weaver will instruct you on how to weave!

* Each group will take turns weaving up to two vase mounts.

START	END	ACCESS (Start/Finish)	FITNESS LEVEL
10:00	15:00	Komagane Station (On JR Iida Line)	1 2 3 4 5
(The time can be arranged according to your request. The activity duration is approx. 150 min, depending on the total number of participants)		PARKING	Even those with limited physical fitness abilities will have no problem participating.
ITINERARY		Komagane Station (On JR Iida Line) [Parking: Available]	SKILL LEVEL
Between 10:00 ~ 15:00 (Your itinerary can be arranged according to your request.)		(Free for the first two hours. After that, 130 JPY per hour / per standard passenger car)	1 2 3 4 5
		SEASON	The guide from Kubota Factory will be on hand to offer careful instruction, so beginners may participate with no problem.
		Year-round	WHAT IS INCLUDED
		AGE/HEIGHT	Japanese guide fee, English-speaking guide fee, experience fee.
		APPLICATION DEADLINE	WHAT IS <u>NOT</u> INCLUDED
		No restriction	Transportation to/from the meeting point, insurance (please purchase travel insurance in your own country), anything else not specified in "what is included" above.
		30 days prior	(bank transfer fees are the responsibility of the participants)
		NUMBER OF PARTICIPANTS	OTHER
		Minimum 2 Maximum 6	Customers purchasing a day tour from us on the same day in the Ina Valley may receive a special discount on the price of this product. Please contact us for details.
		CLOTHING/WHAT TO BRING	
		Comfortable clothing	



Cancel Policy

[Cancellation at customer's convenience]

- 8 to 20 days prior 20%
- 2 to 7 days prior 30%
- Day before 40%
- Same day/No show 100%

[Cancellation at discretion of the organizer]

- In case of inclement weather, we will make a decision the previous day and notify you only if the program has been cancelled.
- If the tour is cancelled on the day of the tour prior to the start of the program, no cancellation fee will be charged.
- Depending on the weather conditions once the tour begins, the route may be changed or the tour may be cancelled. No refunds will be given in this case.

[Special Feature 3]

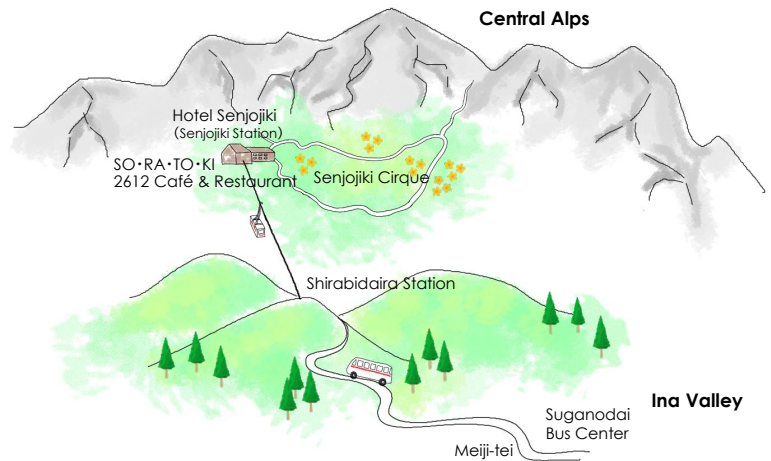
Other Spots and Accommodations in the Northern Ina Valley



Here are some attractive places to stop and stay in the Northern Ina Valley.
Incorporate them into your trip for your wonderful memories in the Valley!

1 Treasure of the Central Alps Senjojiki Cirque

The glacial terrain, Senjojiki, which extends halfway up the main peaks Kiso-komagatake (2,956m) and Hoken-dake (2,931m), is known for its autumn foliage and is popular among climbers and tourists. It can be easily accessed by Komagatake ropeway.



Content 1

EXPERIENCE

Seasonal fun and excitement

Senjojiki (altitude 2,612m) - A Treasure Trove of Alpine Flora



Formed during the Ice Age approximately 20,000 years ago, Senjojiki Cirque is a bowl-shaped landform that is designated as a national quasi-national park, where much rare and untouched nature remains. By taking the ropeway, which operates year-round, visitors can enjoy various seasonal impressions throughout the year.

Spring At the higher elevations of the cirque, snow remains until June. The area is crowded with tourists and backcountry skiers who come to enjoy the remaining snow.

Summer From July to August, the area around the curls becomes a flower field of lovely alpine plants, which adorn the 45-minute walking trail. The weather is pleasant and refreshing, with daytime temperatures hovering around 20 degrees celsius.

Autumn The vivid autumn leaves of Senjojiki turn red and gold, and the best time to see them is from mid-September to early October in the cirque.

Winter The cirque is completely covered with snow, and the whole area becomes a world of white and silver. The starry sky reflected in the clear air and the blazing snowfield illuminated by the morning sun are a must-see.

📍 Akaho 1, Komagane City, Nagano Pref. 399-4117

🔗 <https://chuo-alps.com/lang/tw/experience-the-central-alps-senjojiki-cirque-2/>

<Access to Senjojiki Cirque>



Suganodai Bus Center

Due to the car-parking restrictions, transfer here to a local bus. In addition to being conveniently located about 3 minutes from the nearest IC, an express bus service from Nagoya is also available for a limited period.



- ★ For buses of 15 or more people, group extra buses can be arranged.
- ★ Suganodai Bus Center Parking lot: For 300 cars

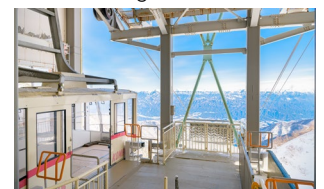
Shirabidaira Sta.

Ride the ropeway, which has the "highest elevation difference in Japan," and enjoy a 7-minute, 30-second walk in the air with a powerful view of the Chuo Alps and unobstructed views of the mountain surface.



Senjojiki Sta.

Arrive at Senjojiki Sta., the highest station in Japan. The natural beauty of the Central Alps spread out in front of the station building is breathtaking.



Content 2

STAY



For day rest & overnight stay, directly connected to Senjojiki Sta.

Hotel Senjojiki

Hotel Senjojiki is located at a high altitude, as "the hotel closest to the sky" in Japan. The beautiful panoramic view of the sky in the Central Alps opens up before your eyes.

The 2,612-meter-high alpine zone offers "clear air," "no lights," and "silence," making it an ideal environment for star gazing. The sunrise over the Southern Alps is also a must-see.



Content 4

BUY

EAT



A Charming Cabin

2612 Café & Restaurant

Enjoy the Central Alps from the menu such as coffee made with melted snow water. The interior is a warm, wood-grained space with full-length windows through which you can enjoy the powerful Mt. Hoken and the cirque.



Recommended spots in Senjojiki

- Akaho 1, Komagane City, Nagano Pref. 399-4117
- +81-265-83-3844
- Reservations can be made 6 months in advance by phone or online.
- <https://chuo-alps.com/lang/tw/hotel-senjojiki-2/>



Content 3

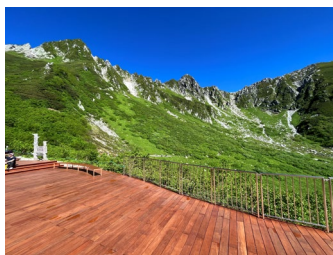
EXPERIENCE



The closest terrace to the sky in Japan

SO·RA·TO·KI

The wooden terrace, which overlooks the powerful cirque and steep Mt. Hoken and creates a harmony with the landscape, offers a comfortable and high quality time even at an altitude of 2612 meters. On sunny days during the summer and fall seasons, you can also dine on the terrace.



空とつながる2612テラス
SO·RA·TO·KI
中央アルプス千畳敷

- At Hotel Senjojiki, Akaho 1, Komagane City,
- +81-0265-83-3107
- Summer** Café 8:30-16:00, Food 9:00-15:30
Winter Café 9:30-15:00, Food 10:00-14:30
- <https://chuo-alps.com/lang/tw/restaurants-and-shops-2/>

2 Designated as a national scenic beauty spot Kozenji Temple

With a history of more than 1,000 years and known for the legend of Hayataro (see below), this temple is one of the five great temples of the ancient Nagano Tendai Sect in Buddhism and one of the largest temples in Nagano Prefecture. Walking along the stone-paved approach lined with old cedar trees estimated to be several hundred years old, one can feel the ancient history of this place in tranquil environment.

Content 5

EXPERIENCE

Kozenji Temple, where the legend of Hayataro is passed down



<The Legend of Hayataro>

In a corner of the cemetery of Kozenji, the grave of Hayataro remains. The legend of Hayataro, which is recorded in the temple's collection of ancient documents and scriptures, tells the story of Hayataro, a mountain dog that was kept at Kozenji Temple 700 years ago. The brave Hayataro who could run so fast is said to have saved the villagers of Ina (Shizuoka Pref) from a terrible disaster by killing a monster there. This legendary story has been published as a picture book and still read by local people in Ina Valley.



📍 Akaho 29, Komagane City, Nagano Pref. 399-4117

☎ 0265-83-2736

🕒 Hours of Prayer: 8:00~17:00

Opening of the main hall, garden visit, awarding office 9:00~16:30

💰 Entrance fee: 500JPY/person (400JPY/person for a group with more than 20 ppl)

🌐 <http://www.kozenji.or.jp/>

★Parking lot: 200 for ordinary cars

★Accessibility: parking space for disabled persons, wheelchair-accessible restroom, western-style restroom



Recommended places related to Hayataro

<Hayataro Onsen>

Hayataro Onsen is called after the legend of Hayataro. It is the first place you should visit if you plan to stay overnight. Also known as "hot water for beautiful skin," the water in Hayataro Onsen is clear and colorless, with no odor, and soft to the touch. The hot spring's benefits will leave your skin moist and smooth. The high altitude of location makes you feel refreshed and revitalized.



Content 6

STAY



-- Stay in comfort

Hayataro Onsen Nakayama

This 11-room inn is located beside Kozenji Temple. Rooms with open-air baths offer a healing space with a view of the countryside and the majestic Southern Alps, which change their appearance from season to season. Guests can freely enjoy the hot spring water for beautiful skin without worrying about anyone else. The cuisine served at the inn uses carefully selected ingredients mainly from Shinshu. Please enjoy the unique taste of Shinshu surrounded by rich nature.

★ Total number of rooms: 11 ★ Great for FIT

📍 Akaho 35-6, Komagane City, Nagano Pref. 399-4117

☎ +81-265-83-5228

🌐 <https://yuyado-nakayama.com/>



Content 7

EXPERIENCE

BUY



Blessings of medicinal herbs from the Central Alps Yomeishu Komagane Factory

Yomeishu, which has strong ties to the history of Ina Valley and the Alps, was first made in 1609 by Soukan Shiozawa, an elderly man in Ina Valley who learned how to make medicinal wine from an old man he saved who had fallen ill in the snow. Since the Central Alps had long been a treasure trove of medicinal herbs, it was used in mountain village areas as a substitute for doctors, helping the poor and helping to promote health and longevity. At the Yomeishu Komagane Factory, visitors can observe the production process of Yomeishu, enjoy tastings, and shop for original products. There is also a view spot overlooking both the Central Alps and the Southern Alps.



📍 Akaho 16410, Komagane City, Nagano Pref 399-4117

☎ +81-265-82-3310

🕒 9:30~16:30(Final admission time 15:30)

🌐 <https://www.yomeishu.co.jp/komagane/>

Content 8

BUY

EAT



Shops in Komagane Farms ① Komagane Farms' Market

Fresh vegetables produced by local farmers are the main items on sale, and the extensive selection makes it ideal for souvenir shopping or a meal lunch. The soft-serve ice cream served with a view of Mt. Komagatake in the Central Alps is a must-try!

★Equipped with a large parking lot! Great for group tours!

📍 Kitawari Ikku 759-448, Akaho, Komagane City,
📞 Nagano Pref 399-4117
🕒 +81-265-81-7701
🔗 9:00~17:00 *Closed from December to the end of March
https://www.kankou-komagane.com/spot/inspection2.php?id=214&c_id=2

Recommended places related to Hayataro



Content 9

BUY

EAT



Shops in Komagane Farms ② Minami-Shinshu Beer Ajiwai Kobo

You can taste craft beer brewed with high-quality underground water rich in melted snow from the Central Alps. At the directly managed restaurant "Ajiwai Kobo," you can enjoy original and creative dishes made with plenty of local ingredients that go perfectly with the beer!

📍 Komagane Farms 2F, 759-448, Akaho, Komagane City,
Nagano Pref 399-4117
📞 +81-265-81-7722
🕒 Lunch 11:30~15:30 / Dinner 17:00~21:00 *Closed on Thursdays
🔗 <https://ms-beer.co.jp/restaurant/>

Content 10

EAT



Komagane's local delicacy Meiji-tei Central Alps Trailhead Branch

There are about 30 sauced pork cutlet bowl (Sauce katsu-don) restaurants in Komagane City. Sauce katsu-don has a long history and is said to have started around 1935. It is characterized by the pork cutlet drenched in each restaurant's secret sauce and served on top of shredded cabbage. Among them, Meiji-tei Central Alps Trailhead Branch has a large number of seats and outdoor seating, so you can also enjoy the fresh air of the Central Alps. It is the best choice for lunch after sightseeing in Senjidadashiki Cirque.

📍 Akaho 759-487, Komagane City, Nagano Pref 399-4117
📞 +81-265-82-1233
🕒 11:00~15:00 *Subject to change according to season/*Closed on Dec. 31 and Jan. 1
🔗 <http://www.meijitei.com/tozannguchiten.html>

★Equipped with a large parking lot! Great for group tours!
Advance reservation is available! ★ Total number of seats 104
(Floor seating 30, Table seating 40, counter seats 6, terrace table seating 28)



3 Great for cycling! Spectacular view from the valley floor

The Inadani Valley, which is sandwiched between the Southern and Central Alps, forms a vast river terrace 10 km east to west and 80 km north to south. The Inadani Valley has a wide plain along the Tenryu River, and with the Tenryu River at its base, the gently sloping hills gradually rise in altitude to the foot of the two Alps. This topography is what creates the spectacular scenery.

Content 11

EXPERIENCE



One of Japan's Three Greatest Cherry Blossom Viewing Spots Takato Castle Ruins Park & Castle Town

Takato Castle Ruins Park (Takato Joshi Kouen) in Takato Town, Ina City, is representative of Ina Valley's cherry blossoms. About 1,500 cherry trees are planted around the ruins of the Takato Castle, which was torn down when the prefecture was abolished during the Meiji period (1868-1912). During the cherry blossom viewing season in April, about 150,000 visitors come from all over Japan. The park is also famous for its autumn foliage (late Oct. to mid-Nov.).

★Parking lot: Ordinary vehicle 400 units (with toll) 2000 units (free), 80 units of large-sized vehicle ★Great for group tours.

📍 Nishi-Takato 810-1, Takato Town, Ina City, Nagano
Pref 396-0211

🔗 <https://inashi-kankoukyoukai.jp>



Content 12

EXPERIENCE



Best time to view flowers is from Jun. to Oct. Shinwa no Oka Rose Garden

The Rose Garden is designed in harmony with surrounding nature, featuring about 3,000 roses of 270 varieties on a hilltop. The garden is located on a hill 830 m above sea level, so you can see the town of Takato below and the Central Alps in the distance. Visitors can also tour the park in an automatic cart.

📍 Higashi-Takato 973-1, Ina City, Nagano Pref 396-0213

☎ +81-265-94-2556

🕒 Jun. ~ Oct. (9:00 ~ 16:00)

🔗 <https://takato-rose.org/>



Content 13

EXPERIENCE

BUY



Great fresh greenery and autumn foliage Kanten Papa Garden

The garden is surrounded by richly nurtured trees, flowers, and wildflowers, and visitors can stroll around while enjoying the seasonal scenery. The Kanten Pappa Shop offers approximately 200 types of agar-derived products alone, and Monterina offers specialties from all over Japan, vegetables from the prefecture, local sake, and more. The complex also features a health pavilion where visitors can check their health and a restaurant.

★Great for group tours!

📍 Kiurahara10695-1, Ina City, Nagano Pref 399-4432

☎ +81-265-78-2002

🌐 <https://www.kantenpp.co.jp/garden/>

**Content 14**

EAT



A restaurant located in Kanten Papa Garden complex Himawari-tei

A restaurant where you can stop by after a day of shopping or strolling. You can enjoy dishes made with agar and other Western-style dishes. Minami-Shinshu beer is also available.

★Great for group tours!

📍 Kiurahara10695-1, Ina City, Nagano Pref 399-4432

☎ +81-265-76-7177

🌐 <https://www.kantenpp.co.jp/garden/himawari>

**Content 15**

EXPERIENCE



Carpet of red buckwheat flowers Akasoba no Sato

Enjoy red buckwheat flowers, a rarity in Japan, bloom like a carpet of pink. The vast red buckwheat field of about 4.2 hectares is a sight to behold, and the best time to see the flowers is from late Sept. to early Oct.



📍 Minowa City, Kamiina-gun, Nagano Pref 399-4601

☎ +81-265-81-8181

🌐 <http://www.futarishizuka.com/>

Content 16

STAY



Soak in hot bath with local medicinal herbs Kayabuki no Yakata

One of the largest thatched buildings in Japan is located in the hamlet of Yokokawa, where a pleasant breeze blows through the valley. Visitors can enjoy playing in the river in summer, making o-hagi (rice cakes), cooking over a charcoal fire, and eating rice cooked on the earthen floor in autumn, and playing in the snow in winter. There is a wealth of activities offered by nature. Also, enjoy the popular hot bath with local medical herbs!

★Total number of rooms:10 ★Great for FIT and those who look for farming and nature activities!

📍 Yokokawa 2766, Tatsuno City, Kamiina-gun,
Nagano Pref 399-0511

☎ +81-266-44-8888

🌐 <https://kayabukinoyakata.jp/>



Blessings of the climate

4 A variety of unique rural experiences Blessings of the climate

Inadani has a reputation as a region that grows delicious vegetables & fruits because of the temperature difference between morning and evening. Visitors can enjoy both group and individual tours to enjoy seasonal fruit harvesting and buckwheat noodle making, as well as traditional experier unique to this region, such as the folk art of "sc weaving" hata-ori weaving and herb dyeing.



Content 17

EXPERIENCE

BUY

EAT



Fruits Picking

Taste the freshly picked delicacies of fruits and vegetables in every season. You can experience the pleasure of harvesting and tasting freshly harvested fruits.



1月	2月	3月	4月	5月	6月	7月	8月	9月	10月	11月	12月
						Strawberries	Blueberries				
								Apples			
						Sweet corns		Grapes			
							Asparaguses				

< Traditional Experiences >

Soba making



A soba master will carefully instruct you! 100% local buckwheat flour is used. You can eat the soba you made on the spot.

<http://meijintei.com/experience/>

Meijin-tei

- ★Make advance reservation at +81-265-74-1807
- ★Time required: 120min

Weaving



By using 100-year-old looms, you will weave coasters, vase mats, and other items. can be woven with the technique of using saki-ori, in which old cloth is torn into small pieces and upcycled as weft yarn.

Kusa no ie

- ★Reception: 10:00~15:30
- ★Time required: 30min
- ★Closed on Tue. and Thurs.

Herb dyeing



Handkerchiefs and scarves are dyed using plants grown in nearby fields. The result is a soft, natural color.

Kusa no ie

- ★Advanced reservation from 4 ppl
- ★Time required: 60min
- ★Closed on Tue. and Thurs.

<Place you can experience above programs>

Habiro Fam Park

Miharashi Farm

This hands-on agricultural park is located on a plateau overlooking the Southern Alps. There are facilities for picking fruits such as strawberries and apples, making buckwheat noodles, weaving, etc., as well as a direct sales shop, a one-day hot spring bath, and a buffet restaurant.

Nishi-Minowa 3416-1, Ina City, Nagano Pref 399-4501

+81-265-74-1807

<https://miharashi-farm.com/>



<Affiliated facility>
Farm restaurant

Tomato no Ki

Open-kitchen style buffet restaurant. More than 30 kinds of various menus! All you can eat and drink! You can enjoy a panoramic view of the Ina Valley from inside the restaurant.

+81-265-74-1801

11:00~15:00(Reception until 14:00)

<http://tomatonoki.com/>



Recommended!

Hayataro Onsen" in Komagane is a must stay when you come to Ina Valley.

Hayataro Onsen is a pleasant place where you can enjoy the powerful peaks of the Central Alps at close range and the magnificent peaks of the Southern Alps in the distance.

More than 10 unique accommodations are located in this onsen resort area. Groups and FIT travelers can choose where to stay from a wide variety of choices.

Hayataro" is the name of a brave spirit dog that was kept at Kozenji Temple in this area 700 years ago. The dog has been loved by the locals to this day for the anecdotes about his extermination of monsters.

Hayataro Onsen is also known as "hot water for beautiful skin." The water is clear and colorless, has no odor, and is soft to the touch. It is clear, odorless, and soft, leaving your skin moist and smooth.

After enjoying the activities in Ina Valley, please relax at Hayataro Onsen surrounded by rich nature and enjoy a hot spring bath and a meal using local ingredients.



For more info about
Hayataro Onsen
(Japanese language)



No. 1 -- Stay in comfort Nakayama



This 11-room inn is located beside Kozenji Temple. Rooms with open-air baths offer a healing space with a view of the countryside and the majestic Southern Alps, which change their appearance from season to season. Guests can freely enjoy the hot spring water for beautiful skin without worrying about anyone else. The cuisine served at the inn uses carefully selected ingredients mainly from Shinshu. Please enjoy the unique taste of Shinshu surrounded by rich nature.

- Recommended for: ☐ Group (aprox 45ppl) ☒ Small group ☒ FIT
- Room type: ☒ Japanese style ☐ Western style ☐ Both
- Capacity: 40 ppl
- Hot spring: ☒ Yes (natural, public bath) ☐ No
* Room with private external bath is available.
- Price (inc. tax): 16,000JPY~ (Per person per night with 2 meals, when 2 persons use 1 Japanese-style room)
- Check in: 14:00~
- Check out: 11:00~
- On-site payment: ☒ Cash ☒ Credit card

✉ bz374366@bz04.plala.or.jp

☎ +81-265-83-5228 📠 FAX +81-265-82-5635

🏠 Akaho 35-6, Komagane City, Nagano Pref 399-4117

📍 8km from Komagane Sta. (JR Iida Line)

*Free transportation available.

🔗 <https://yuyado-nakayama.com/> (Japanese language)



No.
2

Inn of irori and relaxation Yamabuki



The inn offers guests the chance to spend time in the richness of nature, enjoy the changing seasons and countryside atmosphere, and relaxing hospitality and "encounters" with people. The hotel also offers four different types of guest rooms, including a special room with a half-open-air hinoki (Japanese cypress) bath.

- Recommended for: ☐ Group (approx 45ppl) ☒ Small group ☒ FIT
- Room type: ☐ Japanese style ☐ Western style ☒ Both
- Capacity: 88 ppl
- Hot spring: ☒ Yes (natural, public bath) ☐ No
* Room with private semi-external bath is available.
- Price (inc. tax): 19,800JPY~ (Per person per night with 2 meals, when 2 persons use 1 Japanese-style room)
- Check in: 15:00~
- Check out: 10:00~
- On-site payment: ☒ Cash ☒ Credit card

✉ info@hotel-yamabuki.com

☎ +81-265-83-3870 📠 FAX +81-265-83-1839

🏠 Akaho 497-1497, Komagane City, Nagano Pref 399-4117

📍 4km from Komagane Sta. (JR Iida Line)

*Free transportation available.

🌐 <https://www.hotel-yamabuki.com/> (Japanese language)



Accommodation Northern part of Northern Ina Valley

No.
3

Retreat in satoyama, Tatsuno Kayabuki no Yakata



The inn is a luxurious one-story building on a vast site in a beautiful satoyama with rice paddies in the Ina Valley. All guest rooms are like corner rooms, allowing you to enjoy a private and tranquil stay. Retreat to meals prepared with an abundance of local ingredients and a large bath with medicinal hot water (non-natural hot spring). Come and visit us in our satoyama space, which changes its expression with the seasons. At night, the sky is full of stars.

- Recommended for: ☐ Group (approx 45ppl) ☒ Small group ☒ FIT
- Room type: ☒ Japanese style ☐ Western style ☐ Both
- Capacity: 40 ppl
- Hot spring: ☒ Yes (not natural hot spring herbal bath, public bath) ☐ No
- Price (inc. tax): 15,000JPY~ (Per person per night with 2 meals, when 2 persons use 1 Japanese-style room with 8 tatami mats)
- Check in: 15:00~
- Check out: 10:00~
- On-site payment: ☒ Cash ☒ Credit card

✉ Kayabuki2019@gmail.com

☎ +81-266-44-8888 📠 FAX +81-266-47-5151

🏠 Yokokawa 2766, Tatsuno City, Nagano Pref 399-0511

📍 10km from Tatsuno Sta. (JR Iida Line)

*Free transportation available.

🌐 <https://kayabukinoyakata.jp/> (Japanese language)



See You in the Northern Ina Valley!



The view from Ojo-yama
(Tatsuno Town)

Photo by Satoshi Miyajima (Ina City)



Nagano Ina Valley Tourism Bureau

Registered Travel Agency
No. Area Limited 618



Inasse 3F, Arai 3500-1, Ina City, Nagano Prefecture, Japan 396-0025



k-dmo@union-kamiina.jp



<https://www.inadanikankou.jp/en/>



+81-265-98-8451



+81-265-73-5867

Message Our goal is to attract more travelers to the northern part of the Ina Valley so that the world can learn and experience its true charm. With an increase in local tourism, we hope to stimulate and revitalize the area. We are exploring eco-friendly, sustainable tourism methods that consider the United Nation's SDGs so the nature that has blessed this valley since ancient times, the locals who live in the valley, and the tourists who visit, can coexist and prosper in the future.



Instagram



Facebook



Youtube

