

Full of attractions by area

A guidebook of places to visit

Inaji travel handbook

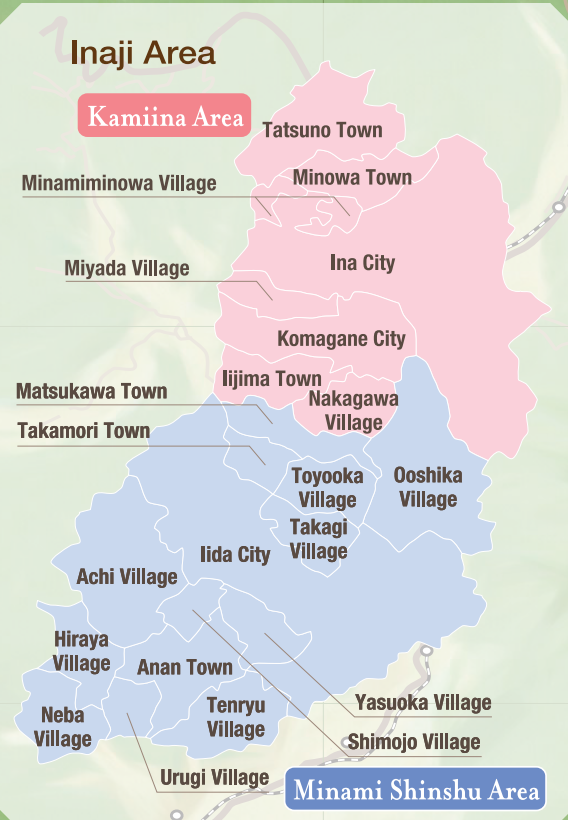
Inaji travel handbook



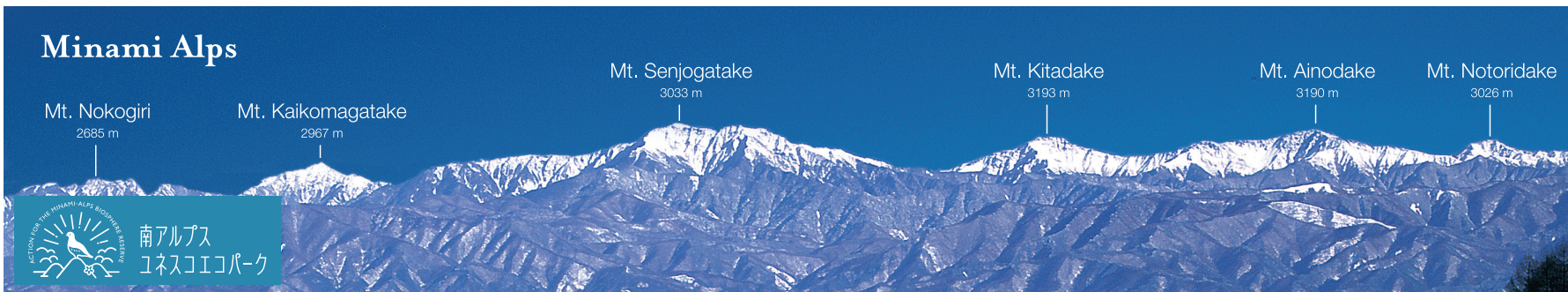
Inaji from South to North

From the
south
(Nagoya)

Inaji Tourist Map



Minami Alps



View of mountains from Komagane City area

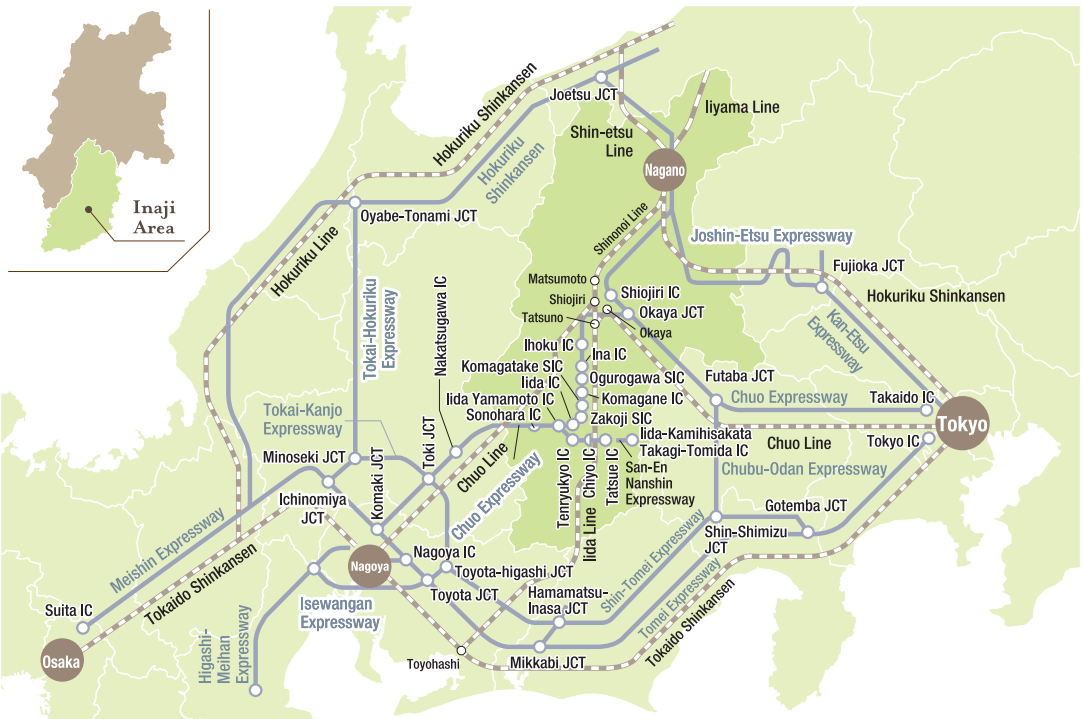
You can enjoy a magnificent view of 3,000-meter class mountains, with Chuo Alps in the west and Minami Alps in the east. Mt. Hoken in Komagane City has Japan's first mountain ropeway which takes you up to 2,600 meters above sea level.

Chuo Alps

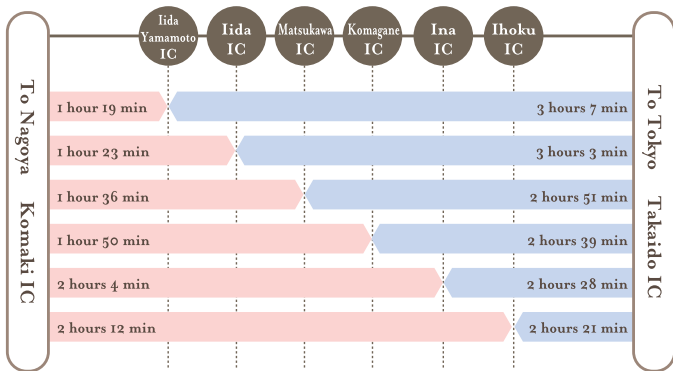
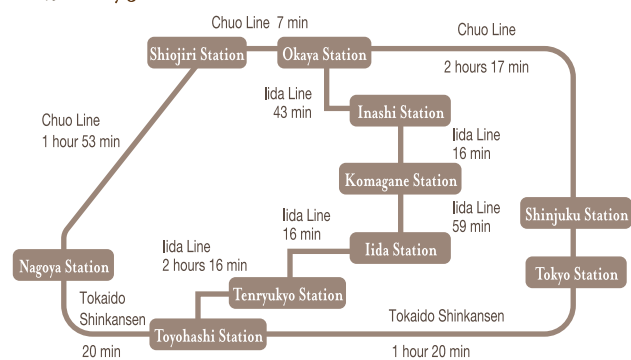


ACCESS

Access to Inaji

 **By car (Chuo Expressway)**

*Travel time is the estimated shortest time.

 By JR

*Travel time is an estimate subject to change depending on the weather, road condition, and transport operation.

Book by 2D code



Meitetsu
Expressway Bus
Mobile Website
(Nagoya Line)



Hankyu
Expressway Bus
Booking Service
(Osaka Line)



highwaybus.com
(Shinjuku Line / Nagoya Line)

Rental Car Contact				*Including companies offering micro bus and wagon car only				Taxi Contact			
Takagii Village	Ajima Rent-a-Car	TEL: +81-265-33-2139	Tatsuno Town	Tatsuno Rent-a-Car	TEL: +81-266-41-1044	Tenryu Village	Tohyama Taxi	TEL: +81-260-32-2061	Tatsuno Town	Tatsuno Taxi	TEL: +81-266-41-1125
Shimono Village	Shimono Rent-a-Car	TEL: +81-260-27-9760	Minowa Town	Inoku Branch, TOYOTA Rent-A-Lease Nagano	TEL: +81-265-79-9760	Shimono Village	Shizuka Taxi	TEL: +81-260-27-2321	Minowa Town	Ini Minowa Taxi	TEL: +81-265-79-2455
Iida City	Katsukura Shokai	TEL: +81-265-23-1051	Minowa Town	IGUCHI MOTORS CO., LTD.	TEL: +81-265-79-0015	Yasuka Village	Maruto Hire	TEL: +81-265-25-2045	Ini City	Ini Taxi (Head Office)	TEL: +81-265-76-5111
Iida City	Iida Station Branch, NISSAN Rent a Car	TEL: +81-265-56-1123	Minaminowina Village	Galant Shop Inoku	TEL: +81-265-72-0570	Iida City	Tenryu Kanko Taxi	TEL: +81-260-36-2205	Ini City	Shirakawa Taxi	TEL: +81-265-72-2515
Iida City	Iida K Branch, TOYOTA Rent-A-Lease Nagano	TEL: +81-265-32-1100	Minaminowina Village	Prime Rent-a-Car	TEL: +81-265-73-9123	Iida City	AI Taxi Group	TEL: +81-265-22-1616	Ini City	Takato Office, Shirakawa Taxi	TEL: +81-265-94-2045
Iida City	Chiyo Rent-a-Car	TEL: +81-265-59-2011	Minaminowina Village	Ini Branch, Guts-rentacar	TEL: +81-50-5306-6234	Iida City	Daichi Kanko Taxi	TEL: +81-265-22-5050	Ini City	Takato Kanko Taxi	TEL: +81-265-94-2143
Iida City	Iida K Branch, JAPAN RENT A CAR	TEL: +81-265-25-0171	Minaminowina Village	Autrek Inc.	TEL: +81-265-74-1855	Iida City	Apple Cab	TEL: +81-265-28-2800	Myajda Village	Myajda Taxi	TEL: +81-265-85-2130
Iida City	Nanshin Rent-a-Car	TEL: +81-265-22-2031	Ini City	Ini Branch, ORIX Rent a Car	TEL: +81-265-71-8543	Iida City	Iida Taxi	TEL: +81-265-22-1111	Komagene City	Maruhachi Taxi	TEL: +81-265-82-4177
Iida City	Kamisato Rent-a-Car	TEL: +81-265-22-7706	Ini City	Ini Suzuki	TEL: +81-265-78-4573	Iida City	Iida Fuetsu Taxi	TEL: +81-265-23-3111	Komagene City	Akaho Taxi	TEL: +81-265-83-5222
Takamori Town	ORIX Rent a Car	TEL: +81-265-49-0530	Ini City	Hashizume Koki	TEL: +81-265-71-5767	Takamori Town	HOKUBU TAXI	TEL: +81-265-35-2062	Iijima Town	Seven Taxi	TEL: +81-265-86-3145
Takamori Town	Iida Branch, J-net Rent a Car	TEL: +81-265-34-3154	Ini City	Ini Branch, NISSAN Rent a Car	TEL: +81-265-96-7023	Matsukawa Town	Marumo Taxi	TEL: +81-265-36-3333			
Takamori Town	Kumagai Co., Ltd.	TEL: +81-265-35-3919	Ini City	Minami Alex Rent-a-Car	TEL: +81-265-77-1061						
Takamori Town	Ichida Chuo Rent-a-Car	TEL: +81-265-35-2480	Komagene City	BODY SHOP BY. kigasawa	TEL: +81-265-83-1550						
Matsukawa Town	Suzuki Auto Kayama	TEL: +81-265-34-0810	Komagene City	Shinano Rent-a-Car	TEL: +81-265-82-3331						

Issued by Inaji Tourism Federation

Nagano Prefecture Official Tourism Site
GoNAGANO
<https://www.go-nagano.net/>

March 2025

So many things to see and do! Ideal Guide

Let's Go to Inaji

What is Inaji?



Inaji Way crosses a long, narrow basin in southern Nagano Prefecture, measuring about 60 km from north to south and 4 to 15 km from east to west. It is situated in a warm, nature-rich area surrounded by the majestic Chuo and Minami Alps, with the Tenryu River flowing from Lake Suwa to the Pacific Ocean. Kamiina and Minami Shinshu, located north and south of the area, are full of character and offer a great deal to visitors!



memo

2 cities, 3 towns, and 3 villages in Kamiina
1 city, 3 towns, and 10 villages in Minami Shinshu

Total 22 municipalities



Hanamomo no Sato (Achi Village) P4



Shimoguri no sato (Iida City) P5



Tenryukyo Valley (Iida City) P6



Senjojiki in the Chuo Alps (Komagane City and Miyada Village) P17



Takato Castle Site Park (Ina City) P19

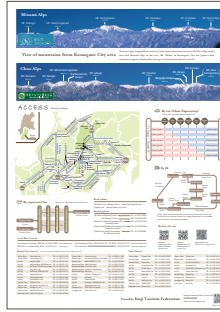
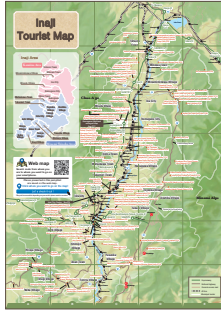


Red Buckwheat Field (Akasoba no Sato) (Minowa Town) P21

How to use this guidebook

MAP

The map is connected to the information in this guidebook, allowing you to easily find the place you want to go.



How to read this guidebook

To access it from Nagoya, please open this guidebook from the left cover.
To access it from Tokyo, please open this guidebook from the right cover.

Opening from the left cover (from the Chukyo area)

Opening from the right cover (from the Tokyo metropolitan area)



How to view pages

Area map
Page
Name of City/Town/Village

In-area detailed map



- Category
- Facility name
- Overall map location
- Time from the nearest interchange
- Address, phone number, business hours, website, etc.
- Expressway
- JR Iida Line
- Local food
- Souvenirs, etc.
- Category
- Icon details

Must-see spots at the southern gateway to Shinshu



Hiraya Kabuki
MAP A-6 35 minutes by car from Iida Yamamoto IC
(Hiraya Elementary School)

This is *jishibai* (a historical play performed by local residents) in Hiraya Village. Regular performances are held every fall.

1077 Hirayamura, Shimoinagun
(Hiraya Elementary School)
+81-265-48-2211
(Hiraya Village Board of Education)



Hiraya Kogen Ski Resort
MAP A-7 35 minutes by car from Iida Yamamoto IC

The southernmost ski resort in Nagano Prefecture. Snowboarding is also allowed on all surfaces.
1511 Hirayamura, Shimoinagun
+81-265-48-2100 (HP) https://hiraya-kougen.com/



Michi-no-Eki Shinshu Hiraya
MAP A-6 40 minutes by car from Sonohara IC
30 minutes by car from Iida Yamamoto IC
50 minutes by car from Ena IC

There are also hot spring facilities. Sunflower and corn fields near the station are also popular.
252 Hirayamura, Shimoinagun 0265-48-2911 (Himawari-no-Yu)
(HP) https://hiraya-himawarinoyu.com/ (Himawari-no-Yu)



Lake Hiraya Fishing Spot
MAP A-7 35 minutes by car from Iida Yamamoto IC
One of the best leisure spots in Hiraya Village. Open from early April to early December.
737-181 Hirayamura, Shimoinagun
+81-265-48-1127 (HP) http://hirayako.com/



Hanamomo no Sato
MAP A-6 5 minutes by car from Sonohara IC
20 minutes by car from Iida Yamamoto IC

Achi Village becomes a beautiful flowering peach village from mid-April every year. The scenery of countless flowers in three vivid red, pink, and white colors is magnificent.

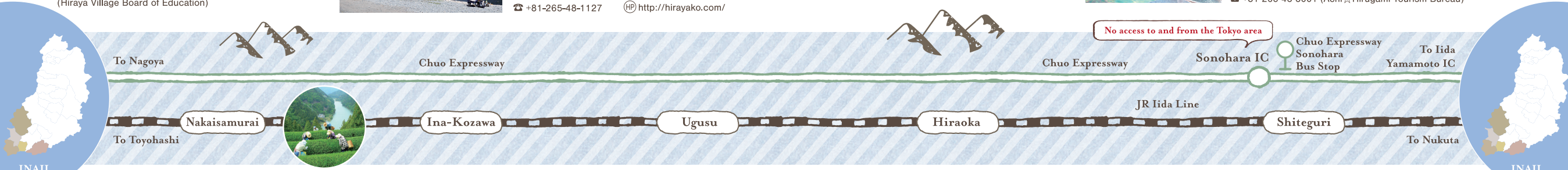
Achimura, Shimoinagun (HP) https://hirugamionsen.jp/
+81-265-43-3001 (Achi☆Hirugami Tourism Bureau)



heavens SONOHARA MAP A-5 5 minutes by car from Sonohara IC
20 minutes by car from Iida Yamamoto IC
heavens SONOHARA in Achi Village, reached by a 2,500-meter-long ropeway, is a "paradise in the sky" with a wide variety of flowers. The beauty of the starlit sky is also outstanding.
3731-4 Chisato, Achimura, Shimoinagun +81-265-44-2311
(Open) Operating periods vary by season (ski resort open in winter) (HP) https://mt-heavens.com/



Hirugami Hot Springs
MAP B-5 15 minutes by car from Sonohara IC
10 minutes by car from Iida Yamamoto IC
Achi Village is proud of its famous hot springs, known as "hot water for beautiful skin."
Achimura, Shimoinagun (HP) https://hirugamionsen.jp/
+81-265-43-3001 (Achi☆Hirugami Tourism Bureau)



Chausuyama Highland MAP A-7 60 minutes by car from Iida IC
Located on the border between Neba Village and Aichi Prefecture, it is well known for its spring fresh greenery, summer azaleas, autumn leaves, and winter snowfields.
3370-1 Nebamura, Shimoinagun +81-265-49-2111



2649-60 Urugimura, Shimoinagun +81-260-28-2311 (Urugi Village Hall)

Minami Shinshu Tourist Bureau TEL: +81-265-28-1747 https://msnav.com/



Komadori-no-Yu MAP B-7 50 minutes by car from Iida Yamamoto IC
A popular day-trip hot spring bathing facility located in Urugi Village. Saunas and *utaseyu* (waterfall bath) are also available.
45-50 Urugimura, Shimoinagun +81-260-28-2334
(HP) https://www.urugi.jp/



Neba Land MAP A-7 40 minutes by car from Iida Yamamoto IC
An oasis in the deep green mountains. Original dairy products and tofu are also popular.
4918-1 Nebamura, Shimoinagun +81-265-49-2880 (HP) https://nebaland.com/



Tsukize Giant Cedar MAP A-7 50 minutes by car from Iida Yamamoto IC
With a height of about 40 m and a trunk circumference of about 14 m, it is the sacred tree of Tsukize Shrine in Neba Village and is a national natural treasure.
5814-1 Nebamura, Shimoinagun +81-265-49-2111 (Neba Village Hall) (HP) https://nebakanko.com/

Achi☆Hirugami Tourism Bureau TEL: +81-265-43-3001 https://hirugamionsen.jp/



Michi-no-Eki Minami Shinshu Urugi MAP B-7 60 minutes by car from Iida Yamamoto IC
Located along Route 418 in Urugi Village, this is a Michi-no-Eki where visitors can experience simplicity.
543-1 Urugimura, Shimoinagun +81-260-28-1051
(HP) https://www.urugi.jp/

543-1 Urugimura, Shimoinagun +81-260-28-1051
(HP) https://www.urugi.jp/

Okiyome-no-Yu MAP B-7 50 minutes by car from Tenryukyo IC
A village-run day-trip bathing facility, which draws from Tenryu Hot Spring, will heal your body as well as your soul.
5786-14 Kamihara, Tenryumura, Shimoinagun +81-260-32-3737
(HP) http://www.vill-tenryu.jp/



Ryusenaku MAP C-7 40 minutes by car from Tenryukyo IC
This station hotel is directly connected to Hiraoka Station on the JR Iida Line.
1280-4 Hiraoka, Tenryumura, Shimoinagun +81-260-32-1088
(HP) http://www.vill-tenryu.jp/



Jibuzaka Highland MAP A-6 25 minutes by car from Sonohara IC or Iida Yamamoto IC
Located along Route 153 in Achi Village Namiai, it is famous for its "One Million Cosmos Garden" from summer to early autumn. Visitors can take a walk in the sky above the cosmos garden on a viewing lift.
1192 Namiai, Achimura, Shimoinagun +81-265-47-1111



Secluded stations
They are scattered amid nature along the border between Nagano Prefecture, south of Tenryukyo Station (Iida City) on the JR Iida Line, and Shizuoka Prefecture.



Niino Snow Festival

MAP B-7 40 minutes by car from Tenryukyo IC (Izu Shrine)

The main festival is held every year from the night of January 14 to the next morning at Izu Shrine in Anan Town to pray for a good harvest for the year.

📍 2608-4 Niino, Anancho, Shimoinagun (Izu Shrine)
☎ +81-260-22-4055 (Promotion Division, Anan Town Hall)
🌐 <http://www.town.anan.nagano.jp/>

Michi-no-Eki Shinshu Niino Sengokudaira

MAP B-7 40 minutes by car from Tenryukyo IC

Located at the intersection of Routes 151 and 418, it also offers local cuisine.

📍 2700 Niino, Anancho, Shimoinagun
☎ +81-260-24-2339 🌐 <https://goheimochi.kouiki-anan.jp/>



Kajika-no-Yu

MAP B-6 20 minutes by car from Tenryukyo IC

You can enjoy a wide variety of baths. There are also a Japanese restaurant and a ceramic art experience center on the premises.

📍 4923 Tomikusa, Anancho, Shimoinagun
☎ +81-260-22-2000
🌐 <https://kajikanoyu.com/>



Aipark Yasuoka

MAP C-6 15 minutes by car from Chiyo IC

A leisure facility with summer bobsledding and a putting golf course.

📍 3319 Yasuokamura, Shimoinagun
☎ +81-260-26-2001
🌐 <https://vill.yasuoka.nagano.jp/>



Shimojo Kabuki (Japanese classical drama)

MAP B-6 15 minutes by car from Tenryukyo IC (Cosmo Hall)

An intangible folk cultural heritage of Shimojo Village with a tradition of nearly 300 years. Regular performances are held on November 23 every year.

📍 8413-1 Mutsuzawa, Shimojomura, Shimoinagun (Cosmo Hall)
☎ +81-260-27-1050 (Shimojo Village Board of Education)
🌐 <https://www.vill-shimojo.jp/>



Lake Oogute

MAP B-6 25 minutes by car from Tenryukyo IC

You can enjoy lure fishing, camping, and canoeing.

📍 Oyada Kogen, Shimojomura, Shimoinagun
☎ +81-260-27-2265 🌐 <https://www.vill-shimojo.jp/>



Cosmos-no-Yu

MAP B-6 10 minutes by car from Tenryukyo IC

A day-trip bathing facility in Shimojo Hot Spring. The view from the large bath and open-air bath is spectacular.

📍 3405 Mutsuzawa, Shimojomura, Shimoinagun
☎ +81-260-27-2600 🌐 <https://www.vill-shimojo.jp/>



Michi-no-Eki Shinanoji Shimojo Soba no Shiro

MAP B-6 10 minutes by car from Tenryukyo IC

The exterior of the building looks like a castle keep. In addition to selling agricultural produce, visitors can enjoy soba noodle making experience (reservations required).

📍 4331-5 Mutsuzawa, Shimojomura, Shimoinagun
☎ +81-260-27-1151 🌐 <https://www.vill-shimojo.jp/>

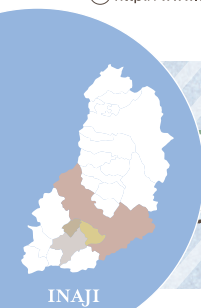


Mango Valley

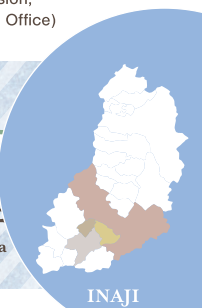
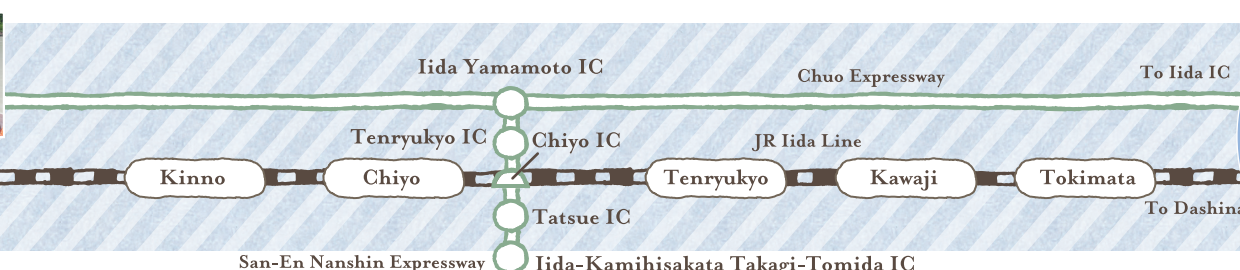
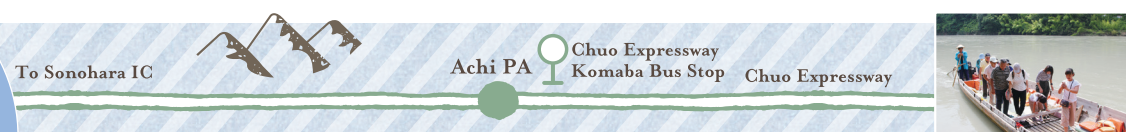
MAP C-6 55 minutes by car from Chiyo IC

A 7-km valley on the Mango River, a tributary of the Tenryu River. It is also popular for walking in the stream.

📍 Nikenya, Yasuoka Village—Karasawa Falls, Iida City
☎ +81-260-26-2111 (Promotion Division, Yasuoka Village Office)



INAJI



INAJI

Jishibai (play performed by local residents), strange festivals, and river rafting Long-lasting culture and customs

Tohyamago

MAP C-6, D-6 60 minutes by car from Iida IC

Tohyamago attracts popularity as “the nostalgic landscape of Japan.” The area is dotted with tourist spots, including Shimoguri no Sato (photo), which was carved out of a steep ridge extending from the Minami Alps.

📍 Tohyamago, Iida City
☎ +81-260-34-1071 (Tohyamago Tourism Association)
🌐 <https://tohyamago.com/>



Shimotsuki Festival

MAP C-6 60 minutes by car from Iida IC (Tohyamago)

A strange festival held every December in Tohyamago. It is known for the use of various masks.

📍 Tohyamago, Iida City
☎ +81-260-34-1071 (Tohyamago Tourism Association)
🌐 <https://tohyamago.com/>



Wadajuku

MAP C-6 60 minutes by car from Iida IC

There are many attractions such as the sacred waters of Kannon at Ryugenji Temple, Tonomachi teahouse known for its Fujihime bun, and Butcher Suzukiya for its Tohyama barbecue mutton.

📍 Minamishinanowada, Iida City
☎ +81-260-34-1071 (Tohyamago Tourism Association)
🌐 <https://tohyamago.com/>



Tenryu River Rafting Runabout

MAP C-5 5 minutes by car from Tenryukyo IC

It is one of the longest active courses in Japan, covering 13 km.

📍 2500-1 Tatsue, Iida City (Base point)
☎ +81-265-28-5901
🌐 <http://www.runabout-rafting.com/>



Tenryu Rainkudari (River Rafting)

MAP C-6 5 minutes by car from Tenryukyo IC

Visitors can enjoy the beauty of the valley while riding a Japanese-style boat down an approximately 8-km section of the Tenryu River, including the Tenryukyo Valley.

📍 7115-1 Tatsue, Iida City
☎ +81-265-27-2247
🌐 <https://tenryuline.com/>



📍 Tenryukyo Valley, Iida City 🌐 <http://tenryukyou.com/>
☎ +81-265-27-2946 (Tenryukyo Tourism Information Center)



Tenryukyo Hot Spring Koryukan Goyukkuri

MAP B-6 3 minutes by car from Tenryukyo IC

You can enjoy the famous Tenryukyo hot spring and cuisine that makes the most of local ingredients.

📍 4992-5 Kawaji, Iida City
☎ +81-265-27-4011 (Inquiry required)
🌐 <https://tenryukyou-goyukkuri.net/>



Tenryukyo

MAP C-6 5 minutes by car from Tenryukyo IC

Tenryukyo-ohashi Bridge straddles the Tenryukyo Valley on the Tenryu River, which is lined with giant and oddly shaped rocks. From the promenade “Sky Walk Tenryukyo” under the bridge girder, you can get a bird's eye view of the Tenryukyo Valley.



Mizuhiki

MAP C-5 8 minutes by car from Iida IC (Sekijima)
5 minutes by car from Zakoji SIC (S-BIRD)

Mizuhiki, or the decorative art of knot-tying, has been passed down in Iida for centuries since the Edo period. You can try your hand at it at S-BIRD, the main industry promotion center in the southern Shinshu region.

📍 Mizuhiki Kogei Sekijima: 25 Ogimachi, Iida City ☎ +81-265-22-4287
📍 S-BIRD: 3349-1 Zakoji, Iida City ☎ +81-265-52-1613



Apple Tree-Lined Namiki-Dori

MAP C-5

8 minutes by car from Iida IC

The symbol of Iida City. An over 300-meter-long stretch of apple trees filling the city center with color.

☎ +81-265-22-4851 (Machinaka Information Center)

Iida City Kawamoto Kihachiro Puppet Museum



MAP C-5 8 minutes by car from Iida IC

An exhibition of the works of Kihachiro Kawamoto, a famous puppet artist known for his work on Japan Broadcasting Corporation's puppet rendition of "Romance of the Three Kingdoms".

📍 1-2 Honmachi, Iida City ☎ +81-265-23-3594
🌐 <https://www.kawamoto-iida.com/>

Iida City Museum



MAP C-5 10 minutes by car from Iida IC

A museum collecting and exhibiting works by local artists such as Shunso Hishida.

📍 2-655-7 Otemachi, Iida City
☎ +81-265-22-8118
🌐 <https://www.iida-museum.org/>

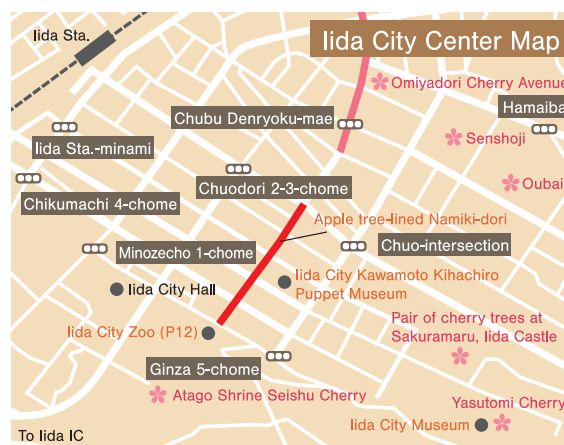
Iida, the Central City of Southern Shinshu, Known as "Shinshu's Little Kyoto"



Cherry Blossoms in Iida, Southern Shinshu

See the beautiful cherry trees scattered around the area, some of which are over 300 years old. Tours with "Sakura Mamoru," a guide of cherry blossoms, are also recommended.

☎ +81-265-49-4737 (Minami Shinshu Tourist Bureau)

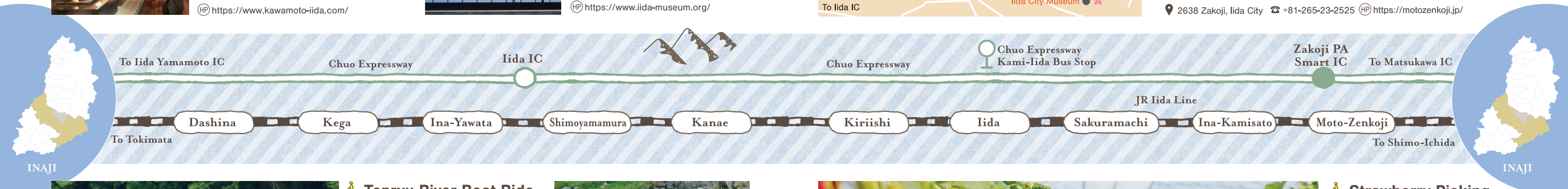


Motozenkoji Temple

MAP C-5 7 minutes by car from Zakoji SIC

A famous temple with a history of more than 1,400 years. The image now worshiped in Nagano City's Zenkoji Temple was first enshrined here. The many Zenkoji Temples throughout Japan originate from this one. Every six years (seven by traditional counting methods), during the year of the Ox and the year of the Sheep, the "Gokaicho" ceremony (displaying a replica of Motozenkoji's image) is held here.

📍 2638 Zakoji, Iida City ☎ +81-265-23-2525 🌐 <https://motozenkoji.jp/>



Tenryu River Boat Ride, Rafting Minamishinshu Resort

MAP C-5 8 minutes by car from Tenryukyo IC

A pleasant 6-km ride down Iida's Tenryu River on a traditional Japanese rowing boat. Enjoy the spectacular splashes of water coming at you from all sides.



📍 1019 Tokimata, Iida City
☎ +81-265-49-0075
🌐 <https://mr-tenryu.com/>



Alps Boken Club

MAP C-5 15 minutes by car from Iida IC

Enjoy rafting on the Tenryu River and waterfall climbing.

📍 6703-1 Matsuoarai, Iida City (Benten Base)
☎ +81-265-59-8881 🌐 <https://abc-jpn.com/>



Strawberry Picking

MAP C-5 15 minutes by car from Zakoji SIC

Takagi Village is famous for its strawberries. From January to May, you can enjoy picking them yourselves. (Reservation required)

📍 1440-1 Takagimura, Shimooinagun (Takagi Rural Exchange Training Center)
🌐 <http://www.takagi-nkko.jp/>
☎ +81-265-48-0602 (Reservations only)

Muku Hatoju Memorial Museum and Library

MAP C-5 15 minutes by car from Zakoji SIC

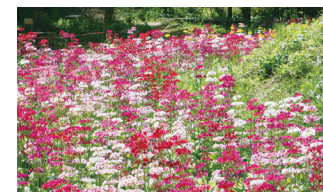


Learn about the life and achievements of Muku Hatoju, a novel and children's literature author from Takagi Village.

📍 1459-2 Takagimura, Shimooinagun
🌐 <http://www.vill.takagi.nagano.jp/>
☎ +81-265-33-4569

Japanese Primrose

MAP C-5 20 minutes by car from Zakoji SIC (Kujukutani Forest Park)



Every spring, over 50,000 Japanese primrose flowers bloom majestically at the Kujukutani Forest Park in Takagi Village.

📍 7600-2 Takagimura, Shimooinagun (Kujukutani Forest Park)
☎ +81-265-33-5126



Japanese Sweets

Iida City, with its thriving culture of tea ceremony, has a wonderful selection of traditional Japanese sweets.

"Sarukura no Izumi" Junmai Ginjo

This junmai ginjo sake is made by Kikusui Shuzo Co., Ltd. using the water from the famous Sarukura Spring.



Fruits, flowers, and the beauty of the landscape will soothe your soul. 🍑



Birthplace of Ichida persimmon

Takamori Town is the birthplace of the high-end dried persimmon, Ichida persimmon. Its chewy texture and elegant sweetness are appealing.

☎ +81-265-35-3111 (Industry Division, Takamori Town Office)
🌐 <https://www.town.nagano-takamori.lg.jp/>



Matsuoka Castle Ruin

The castle was built in the 1300s and was home to the Matsuoka clan for as long as 250 years. It is now a park where visitors can enjoy cherry blossoms in spring.

📍 Shimoichida, Takamorimachi, Shimoinagun
☎ +81-265-35-7083 (Toki-no-Eki, Takamori Town History and Folklore Museum)



Fudo Falls

MAP C-5
20 minutes by car from Zakoji Smart IC

With water flowing down from a height of 50 meters, it is a representative scenic spot of Takamori Town.

📍 Ushimaki, Takamorimachi, Shimoinagun
☎ +81-265-35-3111 (Industry Division, Takamori Town Office)



Shinshu Takamori Hot Spring

Yugahora / Ontai no yakata

MAP C-5 5 minutes by car from Zakoji Smart IC

Yugahora is a lodging facility that draws hot spring from the Shinshu Takamori Hot Spring, which springs out of Takamori Town, and Ontai no yakata is a day-trip hot spring facility attached to it.

📍 834-5 Ushimaki, Takamorimachi, Shimoinagun
☎ +81-265-35-8270 🌐 <https://takamori-onsen.com/>

Shinshu Matsukawa Hot Spring Seiryuen



MAP C-4 5 minutes by car from Matsukawa IC
This is a town-run lodging facility located in the "Refresh Town Matsukawa no Sato" in Matsukawa Town, which many people use as a base for sightseeing in Inaji.

📍 2784-1 Ojima, Matsukawamachi, Shimoinagun
☎ +81-265-36-2000 🌐 <http://www.seiryuen.jp/>

Katagiri Dam (Matsukawa Ravine)

MAP C-4 15 minutes by car from Matsukawa IC

Located in the upper reaches of the Katagiri Matsukawa River that flows through Matsukawa Town, it is renowned for the beauty of its lakeside.

📍 5085-40 Kamikatagiri, Matsukawamachi, Shimoinagun
☎ +81-265-36-6320 (Matsukawa Tourism Organization)



SHINSHU MASHINO WINE

MAP C-4 8 minutes by car from Matsukawa IC

The winery is located in Matsukawa Town, a special apple wine and cider district with an adjacent farmer's market.

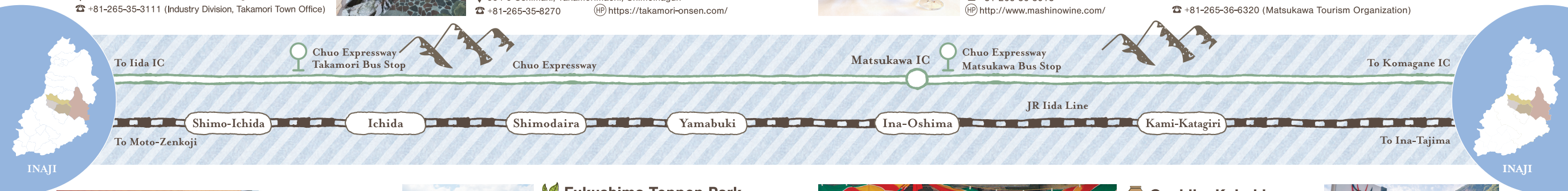
📍 3272 Ojima, Matsukawamachi, Shimoinagun
☎ +81-265-36-3013
🌐 <http://www.mashinowine.com/>



Harvest experience

Matsukawa Town is a "village of fruits" where visitors can enjoy a variety of harvesting experiences from April to November.

📍 Matsukawamachi, Shimoinagun 🌐 <https://dansuki.jp/>
☎ +81-265-36-6320 (Matsukawa Tourism Organization)



Michi-no-Eki Minami Shinshu Toyooka Marche

MAP C-5 15 minutes by car from Matsukawa IC

It is full of seasonal vegetables, fruits, and specialty products. Its buffet restaurant that uses plenty of vegetables is also popular.

📍 12410 Kumashiro, Toyookamura, Shimoinagun
☎ +81-265-48-8061 🌐 <https://toyooka-marche.jp/>



Iris Park

MAP C-5 20 minutes by car from Matsukawa IC
The 5,000 iris plants bloom usually from early May to early June.

📍 2050 Kumashiro, Toyookamura, Shimoinagun
☎ +81-265-49-3395 (Toyooka Village Tourism Association Toyooka Tabi Jikan)
🌐 <https://www.vill-nagano-toyooka-kanko.jp/>



Fukushima Teppen Park

MAP C-5 45 minutes by car from Matsukawa IC

A famous place to enjoy beautiful scenery and starry skies in Toyooka Village

📍 10124-3 Toyookamura, Shimoinagun
☎ +81-265-49-3395 (Toyooka Village Tourism Association Toyooka Tabi Jikan)
🌐 <https://www.vill-nagano-toyooka-kanko.jp/>

Toyooka Village Tourism Association Toyooka Tabi Jikan



MAP C-5 15 minutes by car from Matsukawa IC

This facility offers suggestions for travel in Toyooka Village, including guided tours.

📍 12407 Kumashiro, Toyookamura, Shimoinagun
☎ +81-265-49-3395
🌐 <https://www.vill-nagano-toyooka-kanko.jp/>



Toyooka Dahlia Park

MAP C-5 20 minutes by car from Matsukawa IC
Usually from August to October, as many as 1,000 dahlias bloom.

📍 1775-1 Kumashiro, Toyookamura, Shimoinagun
☎ +81-265-49-3395 (Toyooka Village Tourism Association Toyooka Tabi Jikan)
🌐 <https://www.vill-nagano-toyooka-kanko.jp/>



Ooshika Kabuki

MAP D-4 and D-5 50 minutes by car from Matsukawa IC

A national important intangible folk-cultural asset that Ooshika Village is proud of. Regular performances are held twice a year, on May 3 in the spring and the third Sunday in October in the fall.

📍 Taiseki Shrine and Ichiba Shrine, Ooshikamura, Shimoinagun
☎ +81-265-39-2929 (Ooshika Village Tourist Information Center)
🌐 <http://ooshika-kanko.com/>



Michi-no-Eki Kabuki no Sato Ooshika

MAP D-5 40 minutes by car from Matsukawa IC

In addition to a farmer's market for agricultural produce, it has a restaurant where visitors can enjoy game meat cuisine. Tourist information staff are also on hand.

📍 390 Ookawara, Ooshikamura, Shimoinagun
☎ +81-265-39-2844
🌐 <https://kabukinosato.com/>



Yama-no-Shio

MAP D-4 50 minutes by car from Matsukawa IC (Kashio Hot Spring)

Precious salt is produced from the Kashio Hot Spring in Ooshika Village, nestled in the mountains.

📍 Ooshikamura, Shimoinagun
☎ +81-265-39-2929 (Ooshika Village Tourist Information Center)
🌐 <http://ooshika-kanko.com/>



Himalayan Blue Poppy Flowers

MAP D-4 90 minutes by car from Matsukawa IC (Oike Highland)

A mysterious flower that usually blooms from early June to early July.

📍 2153 Kashio, Ooshikamura, Shimoinagun
☎ +81-265-39-2929 (Ooshika Village Tourist Information Center)
🌐 <http://ooshika-kanko.com/>

course

1

Take the high road of Inaji!

Tour of the standard spots

Lunch time

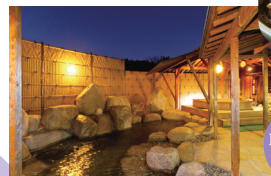


Komagane IC



2 Seiryuen ▶P10

Seiryuen, where you can enjoy nine different hot spring baths. Recommended for lunch is "Gobodon-don," a local burdock and pork rice bowl.



Day 1

Matsukawa IC



1 Harvest experience in Matsukawa Town ▶P10

Starting with asparagus in April, visitors to Matsukawa Town can enjoy harvesting a variety of fruits/vegetables at any time through November.

3 Choose between the two!

MAP C-3



35 minutes by car from ②

Hombo Shuzo Mars Komagatake Distillery

The whiskey distillery is located at the foot of Mt. Komagatake in the Chuo Alps, 798 meters above sea level. Visitors can tour the distillation building, where whiskey is made.

4752-31 Miyadamura ☎ +81-265-85-0017
HP https://www.hombo.co.jp/factory/shinshu.html

or

Komagane Camping Resort

A camping resort surrounded by nature. Sites for auto-camping and for camping with pets are popular. There are also day-trip hot spring facilities.

23-170 Akaho, Komagane City
☎ +81-265-83-7227 HP https://campingresort-komagane.com/

MAP C-3



30 minutes by car from ②

4



Stay

Hayataro Hot Springs ▶P17

A hot spring resort that spreads out at the foot of the Chuo Alps. Inns, hotels, and day-trip hot spring facilities are all available.

7 Choose between the two!



45 minutes by car from ⑥

or

Shinshu Oshiba Highland

▶P21

There are day-trip hot spring facilities and a farmer's market famous for its puddings. It is a popular healing spot nestled in a vast plain forest.



45 minutes by car from ⑥

Ina IC

or

Day 2

5 Komagatake Ropeway ▶P17

A mountain ropeway stretching all the way to Senjojiki in the Chuo Alps. It has the greatest elevation difference in Japan at 950m!



6 Minami Shinshu Beer Ajiwai Kobo Restaurant ▶P17

The restaurant offers a variety of dishes that make the most of locally grown ingredients.



Lunch time

Model course

for 2-day/
1-night
car trip



Model course

for 2-day/
1-night
car trip



course

See, touch, and taste ♪

2

Tour of experience spots

MAP C-2

1 Hanamaruki Handmade Miso Experience Center

Visitors can make *miso* while enjoying a spectacular view of the Minami Alps and tour the adjacent *miso* factory (reservations required).

2701 Nishiminowa, Ina City ☎ +81-265-95-1260 HP https://misotaiken.jp/



7 minutes by car from Ina IC



25 minutes by highway



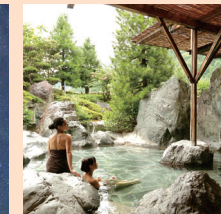
Iida Yamamoto IC

Stay



4 Starry sky experience in Hirugami Hot Springs ▶P4

A variety of accommodation plans are available, including one with the "Paradise in the Sky: Japan's Best Starry Sky Night Tour."



6 Lunch at the Tenryukyo

Tenryudo

MAP C-6

An old private house shared cafe near JR Tenryukyo Station.

4919 Kawaiji, Iida City ☎ +81-265-55-2052

COCORISM

MAP B-5

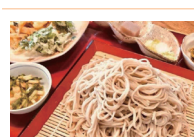
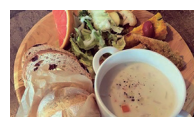
You can enjoy sophisticated cuisine using local agricultural produce.

7620 Kawaiji, Iida City ☎ +81-265-49-5560

Nonbiri kitchen ▶P6

An eatery attached to Goyukkuri hot spring facility. Its special menu is popular.

4992-5 Kawaiji, Iida City ☎ +81-265-27-4011



Day 1

Lunch time

2 Kantenpapa Garden ▶P19

You can enjoy a wide range of menu items such as Sauce *Katsudon* (Japanese pork cutlet rice bowl) with original sauce containing agar. The store, which offers a lineup of products from Kantenpapa, is also a must-see!

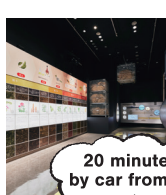


20 minutes by car from ①

3 Yomeishu Komagane Plant ▶P18



You can enjoy learning how to make the well-known medicinal *Yomeishu* liquor with 14 kinds of herbal medicines. (Reservations not required)



20 minutes by car from ②

Day 2

5 Activities on the Tenryu River ▶P6-P7

The Tenryu River is a huge playground. You can enjoy rafting and waterfall climbing.



Iida Yamamoto IC



10 minutes by highway

Tenryukyo IC



7 Iida City Zoo MAP P8

A zoo located in the city with free admission. It is a relaxing spot where visitors can enjoy interacting with small animals.

33 Ougimachi, Iida City
☎ +81-265-22-0416
HP https://iidazoo.jp/



Iida IC

25 minutes by car from ⑥

*Required time for ordinary roads.

Let's conquer all the Michi-no-Eki!

If you want to know about local specialties and gourmet foods, visit a Michi-no-Eki (roadside station) first♪



Michi-no-Eki Tagiri no Sato

▶P16



Iijima Town

The selling point of "Suzuran soft-serve ice cream" made with Suzuran milk from Komagane Highland is its rich flavor!

Michi-no-Eki Minami Shinshu Toyooka Marche

▶P9



Toyooka Village

Products made from Toyooka-grown apples, which are known for their rich flavor and sweetness, are popular as souvenirs.

Michi-no-Eki Tohyamago

▶P5



Iida City

A tourist information center attached to the Michi-no-Eki provides various local information mainly for Tohyamago.

Michi-no-Eki Oshiba Kogen

▶P21



Minamiminowa Village

Charcoal black pudding is recommended! This detox pudding is made with activated charcoal from red pine trees in the Oshiba Highland.

Michi-no-Eki Shinshu Hiraya

▶P3



Hiraya Village

The station is full of *Himawari* (sunflower), including a sunflower hot spring, a sunflower market, and a sunflower pool.



▶P4

Michi-no-Eki Minami Shinshu Urugi

Urugi Village

Rice, vegetables, and edible wild plants grown in clean air and water are sold.



▶P5

Michi-no-Eki Shinshu Niino Sengokudaira

Anan Town

Specialty products such as extra-large Gohei-mochi rice cakes and corn are sold.



▶P6

Michi-no-Eki Shinanoji Shimojo Soba no Shiro

Shimojo Village

Oyada spicy radish, a traditional vegetable, is used in the specialty soba with grated *daikon* radish.



▶P10

Michi-no-Eki Kabuki no Sato Ooshika

Ooshika Village

The most popular is "venison." Try its venison set meal among others.



▶P16

Michi-no-Eki Hananosato Iijima

Iijima Town

It is located in a spectacular spot with a view of the two Alps.



▶P20

Michi-no-Eki Minami Alps Village Hase

Ina City

Reservations are recommended for the massively popular mini croissants!

Inaji Deep Digging Course

Inaji historical go-around



▶P19

Stone Buddha by Takato Ishiku

This work was sculpted by Takato *ishiku* (stonemasons), who were active in the Edo period.



MAP D-3

Eshima Kakomi Yashiki

The mansion is restored, where Eshima was imprisoned due to the Eshima Ikushima Incident during the Edo Period.



▶P17

Kozenji Temple

Founded in 860, it is one of the oldest temples in Shinshu. The three-story pagoda is designated as a prefectural treasure.



▶P8

Muku Hatoju Memorial Museum and Library

Some of the manuscripts on display show signs of repeated polishing and correction.



▶P8

Motozenkoji Temple

A famous temple in Southern Shinshu. The principal image of this temple, the Ikkou Sanzon Amida Nyorai, is a Buddhist statue rarely shown to the public.



MAP C-6

Tohyamago Museum Wada Castle

This facility recreates the castle of the Tohyama clan, the feudal lord of Tohyamago during the Warring States Period.



▶P18

Komagane Silk Museum

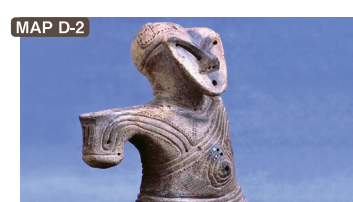
It introduces a wide range of perspectives on sericulture, which once supported the Ina Valley's economy.



▶P16

Iijima Town History and Folklore Museum / Iijima Jinya

The building is a restoration of *Daikan-sho* (a local government office) in the Edo Period. You can enjoy the feeling of being an officer.



MAP D-2

Tatsuno Museum of Art

Works by artists associated with Tatsuno Town and clay figures from the Jomon Period are on display.



MAP D-6

Heritage Museum of Matsuri Tradition Tenpaku

It introduces the history and culture of Tohyamago, including the widely known Shimotsuki Festival.



MAP B-6

Memorial Museum for Agricultural Emigrants to Manchuria

This facility was established in Achi Village to tell the history of the Manchurian settlers.



▶P9

Matsuoka Castle Ruin

Ruins of the Matsuoka clan's stronghold built during an age of strife in the Nanbokucho Period.

Inaji Deep Digging Course



Mt. Jinbagata and Mt. Jinbagata Campsite

MAP D-4 65 minutes by car from Komagane IC

A spectacular spot with a panoramic view of the Chuo and Minami Alps and the Ina Valley. It is popular for its accessibility, with the summit observation deck only a 3-minute walk from the parking lot. Camping is available for a fee.

📍 Okusa, Nakagawamura, Kamiinagun
☎ +81-265-96-0658 (Nakagawa Village Tourism Association)
🌐 <https://www.vill.nakagawa.nagano.jp/site/jinbagata/>



We are proud of our tranquil and cozy atmosphere.



Okusa Castle Site Park **MAP C-4** 20 minutes by car from Matsukawa IC

In spring, more than 200 cherry trees of over 10 varieties, including *Someiyoshino* and *Edohigan* cherry trees, are in full bloom.

📍 5024 Okusa, Nakagawamura, Kamiinagun
☎ +81-265-96-0658 (Nakagawa Village Tourism Association)
🌐 <https://www.vill.nakagawa.nagano.jp/site/koryu/4623.html>

Nakagawa Shopping Center Ciao

MAP C-4 15 minutes by car from Matsukawa IC

The commercial facility houses a fresh-from-the-farm market, clothing and book stores, and a café.

📍 4000 Katagiri, Nakagawamura, Kamiinagun
☎ +81-265-88-3840 🌐 <https://n-ciao.com/>



Ω (Omega) curve 📍 Ina-Fukuoka Station to Tagiri Station on JR Iida Line

The railroad track curve is like the letter “Ω,” making a large detour and a popular photo spot.

Michi-no-Eki Tagiri no Sato



MAP C-4 15 minutes by car from Komagane IC
This facility is well-loved by locals. Seasonal local vegetables, fruits, and Ina Valley souvenirs are available.

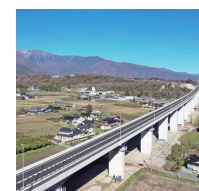
📍 2598-1 Tagiri, Iijimamachi, Kamiinagun
☎ +81-265-98-5525 🌐 <https://www.tagirinosato.jp/>

Chuo Alps-ohashi Bridge

MAP C-4 15 minutes by car from Komagane IC

It spans the Nakatagiri River, which flows along the border between Komagane City and Iijima Town and offers a spectacular view of the Alps from east to west.

📍 Section from the Komagane City Tsujisawa intersection to the Iijima Town Tagiri Chuo intersection (Route 153)



Iijima Town History and Folklore Museum / Iijima Jinya

MAP C-4 20 minutes by car from Komagane IC

Visitors can learn about local history and culture in a restored local government office in Edo Period while looking around the exhibits.

📍 2309-1 Iijima, Iijimamachi, Kamiinagun ☎ +81-265-86-4212
🌐 https://www.town.ijima.lg.jp/soshikiichiran/kyoiku/s_gakusyu/rekiminkan/149.html

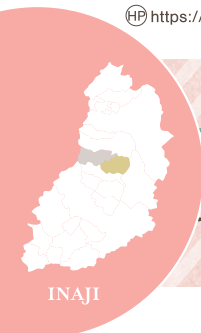


Michi-no-Eki Hananosato Iijima

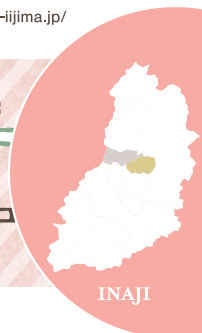
MAP C-4 30 minutes by car from Komagane IC

It offers quality fresh agricultural produce, seasonal flowers, and meals made with local ingredients.

📍 2252 Nanakubo, Iijimamachi, Kamiinagun
☎ +81-265-86-6580 🌐 <https://hananosato-ijima.jp/>



INAJI



INAJI



Bougakusou

MAP C-4 30 minutes by car from Komagane IC

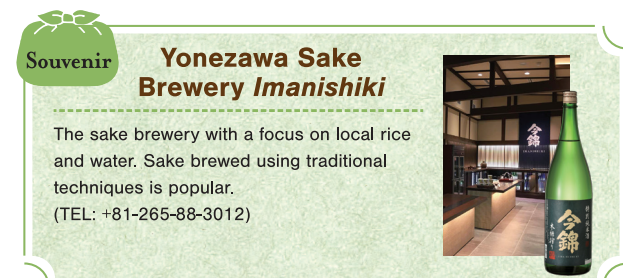
A public inn with a view of the Chuo Alps. Visitors can enjoy day-trip bathing and meals.

📍 4489 Okusa, Nakagawamura, Kamiinagun
☎ +81-265-88-2033
🌐 <https://www.bougakusou.com/>



Hachi (bee) Museum

One of the world's largest beehives and other exhibits are on display.



Yonezawa Sake Brewery Imanishiki

The sake brewery with a focus on local rice and water. Sake brewed using traditional techniques is popular.
(TEL: +81-265-88-3012)

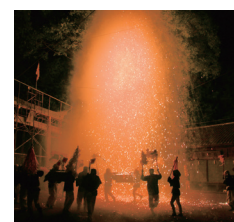


Yotagiri Park

MAP C-4 20 minutes by car from Komagane IC

A water park with playground equipment, campgrounds, BBQ sites, and a swimming pool. It is also famous for its natural spring water.

📍 4-1 Iijima, Iijimamachi, Kamiinagun ☎ +81-265-86-3111 (Iijima Town Tourism Association)



Fireworks Displays (fireworks dedicated to shrines and New Year's Eve/New Year's Fireworks)

You can view various fireworks displays throughout the town, including those launched with the New Year.

☎ +81-265-86-3111 (Iijima Town Tourism Association)



Mt. Karakasa

MAP C-4 20 minutes by car from Komagane IC (Mountain trail entrance)

The elevation is 1542 meters. From the observatory at the top of the mountain, you can enjoy a panoramic view of the Minami Alps and the Ina Valley.

📍 Iijimamachi, Kamiinagun
☎ +81-265-86-3111 (Iijima Town Tourism Association)



Senninzuka Park

MAP C-4 30 minutes by car from Komagane IC

This nature-rich lake resort has auto-camping site, lodge, and glamping facilities and offers SUP and other experiences in the summer.

📍 3017-108 Nanakubo, Iijimamachi, Kamiinagun
☎ +81-265-86-3111 (Iijima Town Tourism Association)
🌐 <https://www.senninzuka.site/>



Senjojiki in the Chuo Alps Komagatake Ropeway

MAP C-3 3 minutes by car from the Komagane IC to the bus stop ▶
About 30 minutes by bus to Shirabidaira Station

A mountain ropeway spanning the Senjojiki Cirque (a treasure trove of alpine flora), which lies just below Mt. Hoken in the Chuo Alps. You can easily enjoy the spectacular view of the 3,000-meter-high mountains.



📍 1 Akaho, Komagane City
☎ +81-265-83-3107
(Chuo Alps Kanko)

(HP) <https://www.chuo-alps.com/>



Hayataro Hot Springs

MAP C-3
3 minutes by car from
Komagane IC

A hot spring village spreading out at the foot of the Chuo Alps with a reputation as hot springs for beautiful skin

📍 Komagane Kogen, Akaho, Komagane City
☎ +81-265-81-7700 (Komagane City Tourist Information Center)
(HP) <https://hayataro.org/>

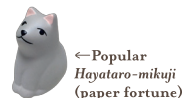


Kozenji Temple

MAP C-3 3 minutes by car from Komagane IC
It is one of the largest temples in Shinshu and its entire ground is a place of national scenic beauty. It is famous for its weeping cherry blossoms and *Hikarigoke* moss.

← Statue of the sacred dog *Hayataro*, whose legend of slaying monsters 700 years ago remains

📍 29 Akaho, Komagane City
☎ +81-265-83-2736
(HP) <http://www.kozenji.or.jp/>



A moment to experience vast nature and local culture firsthand



Komagane Silk Museum

MAP D-3 20 minutes by car from Komagane IC

Exhibits range from the history of sericulture in Kamiina to the latest research on silkworms.

📍 482 Higashiina, Komagane City
☎ +81-265-82-8381 (HP) <https://komagane-silk.com/>

Komagane Sauce Katsudon

The freshly fried pork cutlet dipped in the secret sauce is served on top of a bowl of rice!



Clasuwa No Mori

MAP C-4 About 5 minutes by car from Komagatake SIC (for Tokyo)
About 1 minute by car from Komagatake SIC (for Nagoya)

A hands-on experience-type complex with a unique restaurant, bakery, cafe, and marché in a vast forest.

📍 16410 Akaho, Komagane City
(HP) <https://www.clasuwa.jp/clasuwanomori/>
☎ +81-265-95-3995 (main number)



Lake Onuma / Komagaikae Pond



MAP C-3

5 minutes by car from Komagane IC
You can enjoy beautiful views of the Chuo Alps from season to season.

📍 Komagane Highland, Komagane City



Komagane Farm's

MAP C-3 3 minutes by car from Komagane IC

Komagane Highland's tourism base. There is also a farmer's market for agricultural produce and a restaurant.

📍 759-447 Akaho, Komagane City
☎ +81-265-81-7700



Suzuran House

MAP C-3 3 minutes by car from Komagane IC
Suzuran milk and Suzuran soft-serve ice cream produced from Shinshu cows are popular!

📍 759-446 Akaho, Komagane City
☎ +81-265-81-7288
(HP) <http://www.suzuran-h.co.jp/>



Minami Shinshu Beer Ajiwai Kobo Restaurant

MAP C-3 3 minutes by car from Komagane IC
You can enjoy original dishes that go with their craft beers.

📍 2nd Floor of Komagane Farm's, 759-447 Akaho, Komagane City
☎ +81-265-81-7722
(HP) <http://ms-beer.co.jp/restaurant/>



Minami Shinshu Beer Komagatake Brewery

MAP C-3 8 minutes by car from Komagane IC
The ale beers brewed with high-quality subsoil water from the Chuo Alps are very popular.

📍 4752-31 Miyadamura, Kamiinagun
☎ +81-265-85-5777
(HP) <http://ms-beer.co.jp/brewery/>



Miyada Village Sogo Park Fureai Hiroba

MAP C-3 10 minutes by car from Komagane IC

Believe it or not, the jumbo slide is 70 meters long! There are also a variety of playground equipment, a lawn area, and a roller skating rink.

📍 1926-9 Miyadamura, Kamiinagun
☎ +81-265-85-5864 (Miyada Village Tourism Association)
(HP) <https://kankou.vill.miyada.nagano.jp/>



Natural habitat of chestnut tiger butterflies

MAP C-3 10 minutes by car from Komagane IC

A butterfly with beautifully patterned wings in pale indigo; it is said to travel 2,000 km, stopping here along the way.

📍 Miyadamura, Kamiinagun
☎ +81-265-85-5864 (Miyada Village Tourism Association)



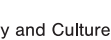
Nature



Flowers



History and Culture



Hot Springs



Lodging



Activities



Facilities and Parks



Souvenir

Wine Shiki from Miyada Village



Yamaso Hop
This fruit beer lavishly uses Yama Sauvignon produced in Miyada Village.



It is brewed with Yama Sauvignon produced in Miyada Village. Please enjoy the rich taste.



Takato Castle Site Park

MAP D-3 30 minutes by car from Ina IC or 25 minutes by car from Ogurogawa SIC
This is one of the best cherry blossom viewing spots in Japan. The view of approximately 1,500 endemic *Takato-kohiganzakura* cherry trees in full bloom attracts cherry blossom viewers from all over Japan.

📍 Higashitakato, Takatomachi, Ina City
☎ +81-265-96-8100 (Ina City Tourism Association)
🌐 <https://inashi-kankoukyoukai.jp/>

Takato Town inherits its history as a prosperous castle town

Takato Ishiku

MAP D-3

During the Edo Period, the Takato domain was recognized as a village of stonemasons and skilled craftsmen who traveled across the country to create various stone structures, including stone Buddhas, stone pagodas, and *torii* gates.

☎ +81-265-96-8100
(Ina City Tourism Association)
🌐 <https://inashi-kankoukyoukai.jp/>



- 1 Daisho Fudo Myoo (Katsuma, Takato Town)
- 2 33 Saigoku Pilgrimage Kannon Bodhisattva at Kenpukuji Temple (Nishitakato, Takato Town)

Minami Alps Geopark, where you can experience the ancient land

Minami Alps Queen Line

MAP D-3 40 minutes by car from Ina IC

Bus service is available to the Kitazawa Pass, the trailhead for the Minami Alps (late April to early November).

📍 1847-2 Kurogouchi Hase, Ina City
🌐 <https://inashi-kankoukyoukai.jp/>
☎ +81-265-98-2821 (Minami Alps Rindo Bus Office)



Mt. Nyukasayama **MAP E-2** 100 minutes by car from Ina IC

A popular mountain for novice climbers. The panoramic view from the top is breathtaking.

📍 Takato Town, Ina City, and Fujimi Town
☎ +81-265-94-2556 (Takato Commerce, Industry, and Tourism Division, Ina City)
🌐 <https://www.inacity.jp/>



Michi-no-Eki Minami Alps Village Hase

MAP D-3 30 minutes by car from Ina IC

Enjoy local specialties and popular mini croissants (reservation required).

📍 1400 Hiji Hase, Ina City
🌐 <https://www.inacity.jp/>



Bunkui Pass

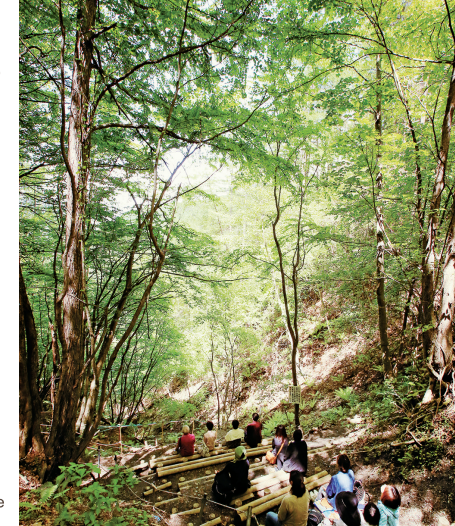
MAP D-4

40 minutes by car from Ina IC

A nationally popular healing spot. You can also enjoy forest bathing.

📍 Hase, Ina City
*To get to the Bunkui Pass, take the Bunkui Ki no Sato Line bus route from Todai Park.

☎ +81-265-98-3130 (Minami Alps Division, Ina City)
+81-265-98-2821 (Minami Alps Rindo Bus Office)

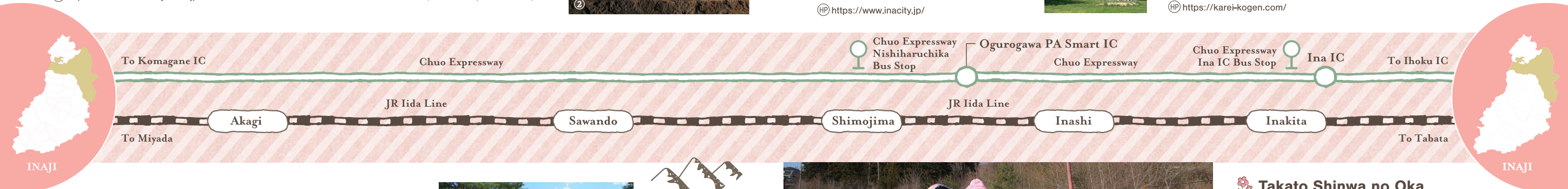


Karei Highland

MAP E-3 70 minutes by car from Ina IC

You can view Senjogatake, Higashikomagatake, Nokogiridake mountains, and the Chuo Alps from the top.

📍 Hasehiji, Ina City ☎ +81-70-3255-1677 (Inadani Sanrinsha)
🌐 <https://karei-kogen.com/>



Habiro Farming Park Miharashi Farm

MAP C-2 5 minutes by car from Ina IC

The park offers seasonal harvesting, handcrafting experience, and day-trip hot springs.

📍 3416-1 Nishiminowa, Ina City
☎ +81-265-74-1807 🌐 <https://miharashi-farm.com/>



Kantenpapa Garden

MAP C-3 8 minutes by car from Ogurogawa SIC

Around the headquarters of Ina Food Industry Co., Ltd., there is a directly managed store, an agar restaurant, and a museum.

📍 Nishiharuchika, Ina City (along the wide-area farm road)
☎ +81-265-78-2002 (search using a car navigation system)
🌐 <https://www.kantenpp.co.jp/>



Ogurogawa Ravine Campsite

MAP C-3 8 minutes by car from Ogurogawa SIC

Rental items and extensive facilities are available for beginners. Empty-handed BBQ is also OK!

📍 7119-67 Ina, Ina City
☎ +81-265-74-6886 🌐 <https://ogurogawakeikokucamp.com/>



Ina Ski Resort

MAP C-3 8 minutes from Ogurogawa SIC

Excellent access from the Ina IC of the Chuo Expressway. Full of services for families, including a kids' park, are also available!

📍 3390 Nishiharuchika, Ina City ☎ +81-265-73-8855 🌐 <https://inaski.com/>

Takato Shinwa no Oka Rose Garden

MAP D-3 30 minutes by car from Ina IC
25 minutes by car from Ogurogawa SIC

From the end of May to the end of October, approximately 270 varieties of roses bloom in a variety of colors.

📍 973-1 Higashitakato, Takatomachi, Ina City
☎ +81-265-94-2556 (Takato Commerce, Industry, and Tourism Division, Ina City)
🌐 <https://takato-rose.org/>



Takato soba noodle

The main feature of the soup is seasoned with grilled *miso*, spicy *daikon* radish, and green onion.

EAT

Romen noodle

A local delicacy with steamed noodles and lamb. You can season it to the taste of your own!





Red Buckwheat Field (Akasoba no Sato) **MAP C-2** 15 minutes from Ihoku IC

A popular spot where red buckwheat flowers bloom all over like a pink carpet. The “Takane Ruby” variety is grown in a field the size of Tokyo Dome. The best time to see the flowers is from late September to early October.

📍 Kamifuruta, Minowamachi, Kamiinagun 📞 +81-265-79-3171 (Minowa Town Tourism Association)
(Open) Late September to early October



Minowa Terrace

MAP D-2 5 minutes by car from Ihoku IC

A complex with a farmer’s market for agricultural produce, a restaurant & café, and a bicycle rental shop

📍 3730-186 Nakaminowa, Minowamachi, Kamiinagun
📞 +81-265-70-5230 (HP) <https://www.minowa-terrace.jp/>

Lake Momiji (Minowa Dam)

MAP D-2 20 minutes from Ihoku IC

A sightseeing spot in Minowa Town where 10,000 maple trees adorn the lake’s circumference. In late autumn, the blue surface of the water and the fiery red leaves create a moving scene. The best time to visit is from late October to early November.

📍 Higashiminowa, Minowamachi, Kamiinagun
📞 +81-265-79-3171 (Minowa Town Tourism Association)



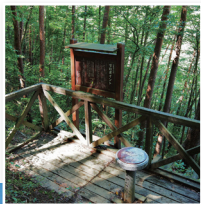
Minowa Hot Spring Nagatanoyu

MAP C-2 10 minutes by car from Ihoku IC

A day-trip hot spring facility is popular for its soft spring water and smooth feel of the skin after bathing.

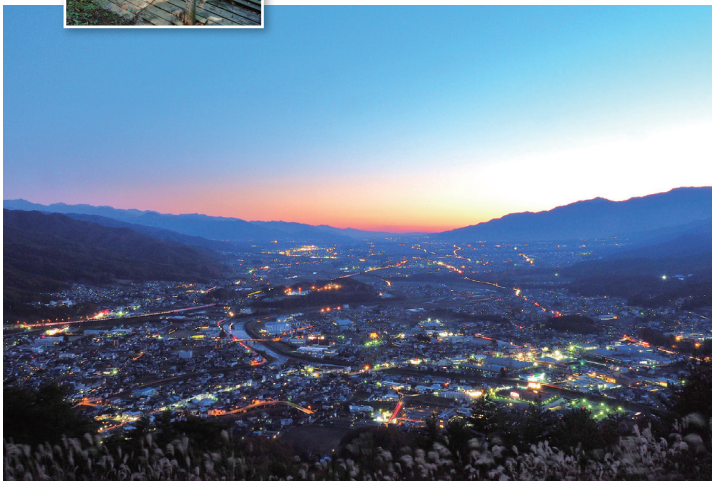
📍 2134-42 Nakaminowa, Minowamachi, Kamiinagun
📞 +81-265-70-1234 (Open) 9:45 a.m. to 9:00 p.m.

View from Mt. Ojo and a zero point of the geographical center of Japan



MAP D-1 40 minutes from Ihoku IC

A zero point of the geographical center of Japan is located on the mountain (elevation 1,027 m). From the observatory, you can enjoy a panoramic view of the Ina Valley.



📍 Tatsunomachi, Kamiinagun 📞 +81-266-41-1111 (Tatsuno Town Tourism Association)
(HP) <https://www.town.tatsuno.lg.jp/kanko/>

Lots of “healing” to relax and enjoy

Natural habitat of fireflies (Tatsuno Firefly Children's Songs Park)

MAP D-1 15 minutes from Ihoku IC

A renowned place for *genji botaru* (fireflies) in Japan; the peak season is from early to mid-June, when more than 10,000 fireflies dance wildly on a typical day.

📍 Hiraide, Tatsunomachi, Kamiinagun
📞 +81-266-41-1111 (Tatsuno Town Tourism Association)
(HP) <https://www.town.tatsuno.lg.jp/kanko/>

Yokokawa Valley (Jyaishi)

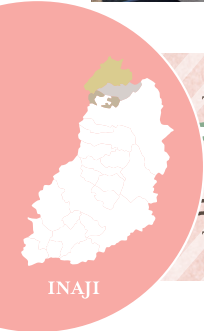


MAP C-1 30 minutes from Ihoku IC

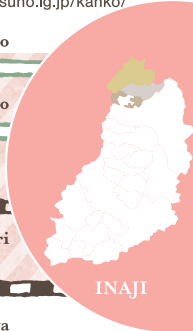
An 18-km-long canyon originating from Mt. Kyogadake in the Chuo Alps. The “Jyaishi (snake stone)” is famous.

📍 Yokokawa, Tatsunomachi, Kamiinagun
📞 +81-266-41-1111 (Tatsuno Town Tourism Association)
(HP) <https://www.town.tatsuno.lg.jp/kanko/>

Jyaishi, a national natural monument



INAJI



INAJI



Shinshu Oshiba Highland **MAP C-2** 10 minutes from Ina IC

There are a Michi-no-Eki, parks, gourmet restaurants, athletic and sports facilities, and a day-trip hot spring in the vast natural setting. There are also a camping ground, cottages, and a forest therapy road, making this highland a very popular spot.

📍 2358-5 Minamiminowamura, Kamiinagun 📞 +81-265-78-5835 (Oshiba Park Management Office)

Galette

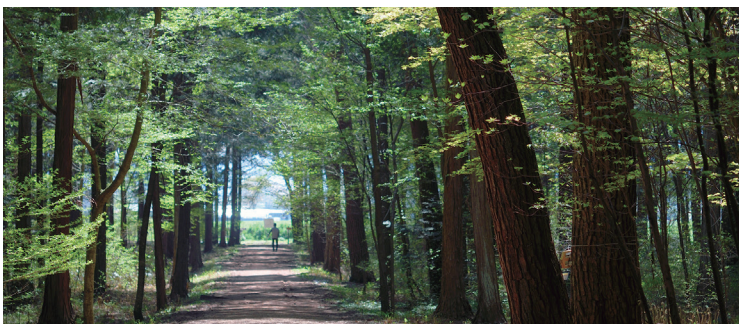


EAT

Gelato



The galette made from local buckwheat flour is the focus of attention! Handmade gelato is also popular.



Forest Therapy Road

MAP C-2 10 minutes from Ina IC

A walking trail is certified as a therapy road on the Oshiba Highland, with three different trails.

Kayano Highland

MAP D-2 35 minutes from Ihoku IC

The sunset over the Chuo Alps is worth seeing! The walking trail is also well-maintained.

📍 Mikkamachi, Minowamachi, Kamiinagun
📞 +81-265-79-2822 (Late April to Late October)



Kayabuki-no-Yakata

MAP C-1 25 minutes from Ihoku IC

A public inn with the largest thatched roof in Japan. Day-trip bathing is also available!

📍 2766 Yokokawa, Tatsunomachi, Kamiinagun
📞 +81-266-44-8888
(HP) <https://kayabukinoyakata.jp/>

Full of attractions by area

A guidebook of places to visit

Inaji travel handbook

Inaji travel handbook



Inaji from North to South

From the
north
(Tokyo/Nagano)