





train station for sightseeing in the Azumino and Hotaka area. Trains normally run once per nour. There are coin lockers at

Also, there is a free luggage deposit service available in the bicycle rental shops for This page



Some train stations on

boarding areas. Catching

a taxi in town can be

difficult, but staff at your

hotel or the places you visit will be happy to get



The "Azumino Excursion Bus" runs 🕌 rom Hotaka Station to Daio Wasabi Farm and Hotaka Hot Springs on reekends from late April to late lovember, and almost every day

Sake



From late April to late November, buses also run between Hotaka Station and Nakabusa Hot Springs and Nakabusa Hot Springs, six times per day from early between July and September. You can get on at bus morning till approx. 2 p.m.

stops and get off the bus at any location along the Bus timetables (in English and Japanese) are route, but please check ahead for bus route operating

Sake is a fermented alcoholic beverage made

from rice. Sake is served cold, at room

FOOD



Wasabi is a spicy root known Japanese Horseradish and commonl found as a paste in sushi. As fresh wasabi is expensive and perishable wasabi in root form is not often used at home. At Azumino Wasabi farm, visitors can taste "real fresh wasabi" and also get the rare opportunity to see how wasabi is grown in exceedingly clean water. You can even try wasabi ice cream and wasabi beer. In addition to the Wasabi Farm, wasabi products are also available at other souvenir shops

Marusa Foods (2)0263-82-2151 [F-7] Kobayashi Wasabi 20263-82-2359 [F-5] · Azumido (Swan Garden near Azumino Interchange) 20263-71-1400 [A-8]

A specialty in Nagano prefecture, soba is a thin noodle made from buckwheat flour. Azumino's handmade soba can be found in many arvest season is autumn when many local Soba Festivals are held.

Oyaki is a buckwheat or wheat bun

Nagano prefecture than soba. There are rich varieties

of stuffing including vegetables or Anko, a sweet bear

paste. The bun is usually cooked by either steaming

roasting after steaming or broiling in ash. Ovaki

available in shops and select restaurants through



- Kobayashi Azuminoan (1) 0263-73-5199 [C-8] • Asakawa (1) 0263-83-3637 [F-1]
- Kamijo 20263-82-4411 [G-4] Jonen ①0263-82-5069 [C-3]
- Bandoko (Toyoshina) 3) 0263-72-6767 [A-

emperature, or heated depending on the season, quality of the sake, and preference. It is said that good water and good rice make good sake. Azumino Sake, which has both elements, is available in local shops and is served in many restaurants.

EH-shuzo 20263-72-3011 (a tour, tasting and shopping) [Map2]

Japanese Sweets

much of Japanese cuisine, Japanese sweets use uncommon flavors and natural ingredients which are unparalleled in presentation and often healthier than othe cuisine's counterparts. Rice, varieties of beans, sugar, and fruits are most frequently used as ingredients. Many confectionery shops in Azumino offer heir specialties

- Maruyama (2) 0263-82-2203 [G-6][F-3][H-
- Saika 20263-82-4498 [B-4]

Kaiundo 20263-76-5060 [Map2]

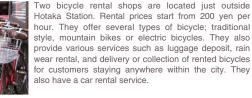
Resta

Other

rich and d

· Koshib







urants

Japanese wine often has its own flavor, categorization process, and grape varieties. Two ineries offer tours, wine tastings, and a retail store for visitors interested in local Azumino wine. They also offer their apple and other fruit wine drawn from

Swiss Village Winery ①0263-73-5532 [C-8] Azumino Winery ①0263-77-7700 [Map2]

shu Salmon Shinshu Salmon is a treat which is hard to find Azumino. A hybrid fish of brown trout and rainbo hu Salmon is a fish distinct to Nagano with eeply savory flavor. Many restaurants serve

almon rice bowls.

- Katsumian (Pork cutlet) (2)0263-82-2169 [F-6] Yamashita (Sushi) (2) 0263-82-7315 [G-6]
 - Nnohohon (Café) (2)090-5829-1382 [E-5]
 - Shalom (Organic) (2) 0263-83-6245 [E-1] Blé Noir (Galette/French) (2) 0263-31-6969 [G-1]

MUSEUMS & ART GALLERYS



Rokuzan Museum

②0263-82-2094 ¥700 9:00-17:10

(Nov-Feb: -16:10) Closed: Mon. avs after holidavs May-Oct: open every day), Dec 21-31

Built in 1958 with the help of 300,000 local volunteers, the museum is a memorial to one of the region's most prominent artists. It showcases works of Rokuzan Ogiwara, a pioneer of modern Japanese sculpture, as well as those of his respected friends and colleagues.



Takahashi Setsuro **Art Museum** of Azumino

②0263-81-3030 ¥)410 9:00-17:00

Closed: Mon (but open on Nat Hol-Mondays) days after holidays, Dec 28-Jan 4

Setsuro Takahashi was an artist who used traditional lacquer techniques to create an extensive portfolio of contemporary artwork. A number of Takahashi's works are exhibited within the museum building. The site also contains an old, Japanese-style house, which is open to the public, providing insight into old-fashioned lifestyles.

Visitors can also experience traditional lacguer-ware techniques (reservations required).



3 F-2

Art Hills Glass Museum

(1)0263-83-5100 (¥)800 for Émile Gallé Gallery 9:00-18:00 (Nov, Mar: -17:00/Dec-Feb: -16:00)

The complex boasts a large collection of local and international glassware, a practicing workshop, and a glass-blowing studio open to the public. The Émile Gallé Gallery on the upper floor is known for its collection of Japanese-inspired glasswork by the influential French art nouveau artist.





4 MAP2

Chihiro Art Museum Azumino

①0261-62-0772 ¥) 900 €) 9:00-17:00 (GW & Obon holidays: -18:00) Closed: Dec-Feb, the 2nd and 4th Wed of every month (but open on Nat Hol-Wednesdays, closed next day instead; fully open during Aug and Apr 25-May10)

The museum is filled with Chihiro Iwasaki's charming paintings and illustrations of flowers and children. Surrounded by 53,500-sq-meter park, it offers a place for visitors to relax and feel at home, providing a respite from the bustle of everyday life.



Yukio Tabuchi Memorial Hall

②0263-72-9964 ¥310 9:00-17:00

Closed: Mon (but open on Nat Hol-Mondays), days after holidays, Dec 28-Jan 4

An avid naturalist, photographer, author, and outdoor enthusiast, Yukio Tabuchi (1905-1989) climbed the mountains of Japan several hundred times during his lifetime. His passion for mountaineering laid in the study of alpine butterflies. The museum showcases many of the books he published, as well as a rotating collection of his photographs of the Japanese Alps. In addition to Tabuchi's pictures, there are also rotating displays from professional photographers.





Morinoouchi **Picture Book**

Museum (**3**)0263-83-5670 (**¥**)800 (S) 9:30-17:00 (Jan-Feb: -16:30)

Closed: Thurs and occasional holidays

The museum features wonderful rotating exhibitions in its second floor galleries, a full library of children's books, a book store featuring classic and obscure picture books in Japanese and English, a small restaurant, and an adjacent cabin for lodging.





②0263-73-5638 ¥)500

9:00-17:00

Closed: Mondays, days after holidays, Dec 28-Jan 4

Amongst the museum's main attractions are the works of Hiroatsu Takata and Yoshihei Miya, two of Japan's most prominent artists throughout the 20th century. Visitors can also enjoy the beautiful rose garden in the museum grounds



Okuma Art Museum (Porcelain plates (1)0263-83-6993

from Denmark)

9 MAP2 (1)0263-83-6785

Repos Art Gallery (Western paintings by Japanese)



Mountain (Sangaku) **Art Museum** (1) 0263-83-4743





Gimin (peasant uprising in 17 c.) **Memorial Museum**



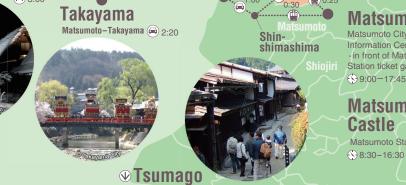
ACCESS BY TRAIN By Express Train Shinjuku Matsumoto Hotaka JR Oito Line to Hakuba JR Chuo East Line 0.25 Nagova 0:15 2:00 JR Chuo West Line JR Shinonoi Line to Nagano **By Shinkansen** (Bullet Train) Akashina Matsumoto 1:30 1:00 0:06 0:08 JR Shinonoi BY EXPRESSWAY BUS Swiss Village Hotaka 0:12



Shirakawago











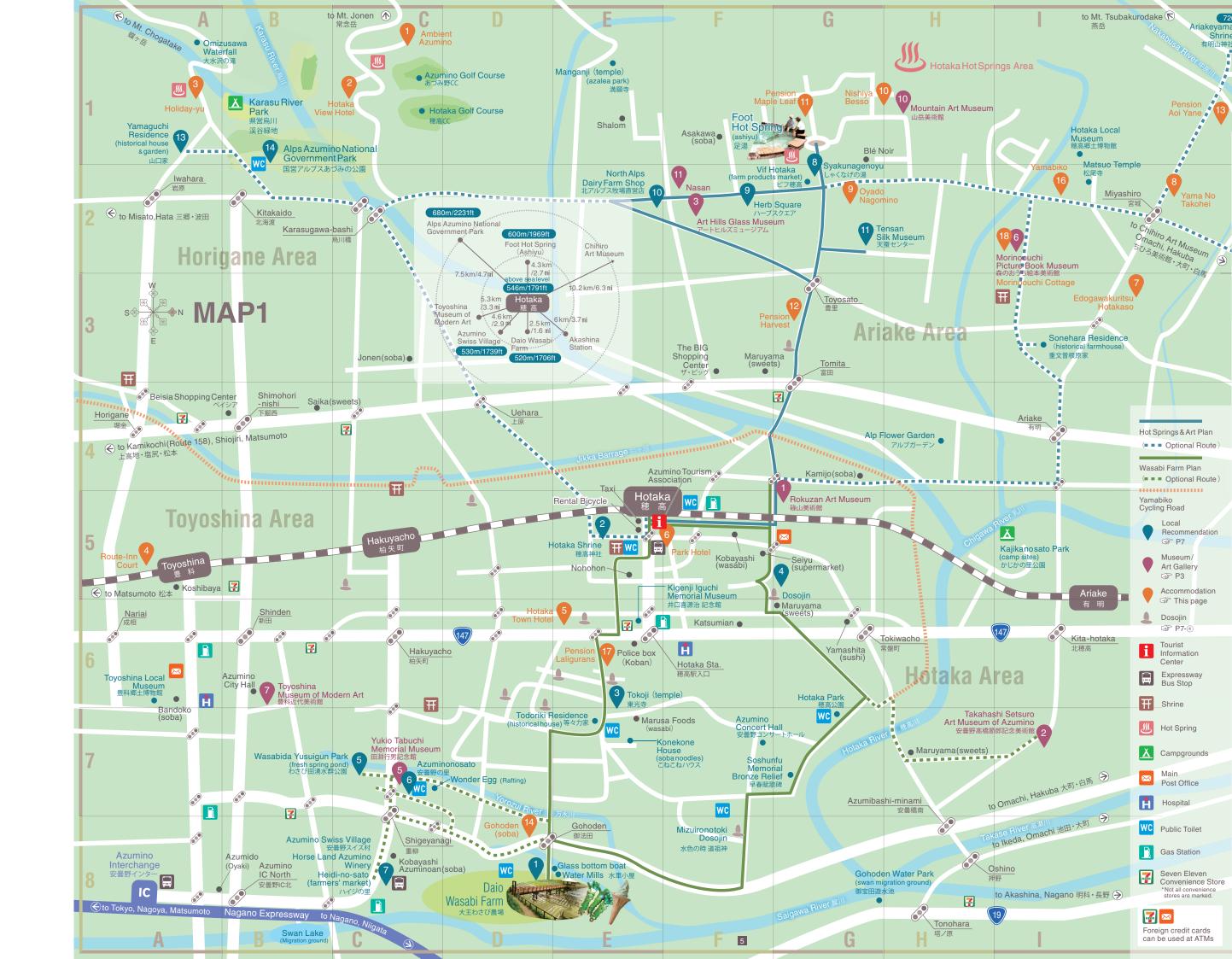


安曇野市観光協会 AZUMINO TOURISM ASSOCIATION www.azumino-e-tabi.net/en

Open: 9:00-17:30 (17:00 during Nov thru Mar) Closed: New Year holidays

in a brown building just to the left of Hotaka Station. English is spoken. Free Wi-Fi is

available in and around the tourist office



ACCOMMODATION

H Hotel R Ryokan C Cottag P Pension / Family-run lodge
B Business (budget) Hotel

Wi-Fi is available at all accome





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△ A-5 B =





Holiday Yu 20263-73-8500 ¥11,000-22,000



)0263-73-0011 ¥6,600-7,850 6 E-6 B = Hotaka Town Hotel

Route-Inn Court



6 F-5 B 0€ Park Hotel **)**0263-82-3282 ¥5,990

8 I-2 R = ₩

Yama No Takohei



Edogawakuritu Hotakaso 20263-83-3041 ¥8,825-9,825



9 G-2 R 🔉 🖑 Oyado Nagomino

20263-83-2802 ¥11,000-13,000



🔟 G-1 🖪 🗭 🖑 Nishiya Besso **2** 0263-81-5248 ¥17,850-26,250



Pension Maple Leaf **)**0263-83-3883 ¥8,400-9,200

11 G-1 **P ፴ =**

12 G-3 P 🕟

13 I-1 P ♨



Pension Harvest **)** 0263-83-4317 ¥8,500-9,500



Pension Aoi Yane **)**0263-83-3943 ¥8,750-9,550 14 D-8 P OK

Family-run Lodge & Soba Gohoden

) 0263-82-6820 ¥6,480-8,900



15 Map2 P ○K Azumino Chikyu-yado 2080-5486-6111 ¥5,000



16 I-2 R Japanese-style inn Yamabiko 20263-83-3885



17 E-6 P Pension Laligurans



18 I-2 Morinoouchi Cottage 🕽 0263-83-5670

Half-Day Plan WASABI FARM

This will take you to the Daio Wasabi

Farm, the largest wasabi farm in Japan.

A popular option is to rent a bike and

cycle through the rice fields, enjoying

wonderful views of the Japanese Alps.

Half-Day Plan

WASABI FARM

Wasabi

Farm

Hotaka

/2.7mi

Hot

Spring

All-Day Plan

HOT SPRINGS

A free Foot Hot Spring (Ashiyu), with its

statue of an eight-faced demon, is a

symbol of Hotaka Hot Springs. The

surrounding area is known as a resort;

with public baths, accommodation,

many museums and a glass-blowing

Museums &Galleries

Daio Wasabi Farm & Water Mills

② 0263-82-2118 ③ 8:45-17:30 (Apr 1-Oct 31), 9:00-16:30 (Nov 1-Mar 31)





2 E-5

Hotaka Shrine

D 0263-82-2003

Hotakami-no-mikoto, the tutelary deity of the region and Japan Alps, is worshipped here as well as in Kamikochi and at the summit of Mt. Oku-Hotaka. Surrounded by old trees, this shrine is famed for its particular concentration of power and energy. The shrine's adjacent museum is the foremost local resource for Azumino history.

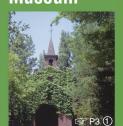


Tokoji



4 G-5

Rokuzan Museum



Optional Spots

5 C-7

Nasabida Yusuidun Park





6 C-7 Azuminonosato



Swiss Village



HOT SPRINGS & ART All-Day Plan



Foot Hot Spring (Ashiyu) or Day Visitor Bathing **Shakunagenoyu** ② 0263-88-4126 ♀ 700 ♀ 9:30−21:30 Closed: 1st Wed

There is nothing like soaking your weary feet in steaming hot water and having eight giant demon's faces staring down upon you. Free to all, and open year round, this Foot Hot Spring is the perfect place

9 F-2 Herb Square

② 0263-83-7782



North Alps Dairy Farm Shop (Ice Cream)

2 0263-83-7571

10 E-2

creamiest of the creamy in traditional Japanese and unique soft serve flavors like green tea and



this old house is still home to the Yamaguchi family who live in one wing of the large residence. The house has seen some distinguished guests, being used as a hunting lodge by the lord of Matsumoto Castle. The highlight of the residence is its immaculately landscaped Japanese garden, designed in the Kyoto style, it features a peaceful carp pond surrounded by beautifully trimmed trees and stone paths and bridges.

Alps Azumino National Government **Park**



The park commands a spectacular view of the Azumino valley below and features a remarkable number of attractions. Nature displays, children's craft-making, outdoor trampolines, Frisbee-golf, stilt-walking, woodland trails, soba making, lots of hiking trails and a hammock-relaxation area are just some of the features of this park.

Optional Spots

Ariakeyama Shrine

② 0263-83-3764





13 A-1

Yamaguchi Residence (**)** 0263-72-4216 (**¥**) 400

14 B-1

ACTIVITIES



Fruit Picking

Azumino offers a variety of fruit picking such as apples (late July to Nov), grapes (mid-Aug to Sep), peaches (July to early Oct), pears (late Aug to Sep), blueberries (late June to Aug), or plums (Sep). Fruits and picking schedules are highly seasonal so inquiries and bookies are recommended.

Azumino Fruit Land (2)090-4161-9120 [P2:Map2] **Azumino Fruit Farm** (2) 090-2449-2841 [P2:Map2] Nakamura Fruits Farm (WWOOF only, The owner can speak English. (2) 090-3585-1539 [P2:Map2]

Glass Work/Glass Beads

The Azumino valley has an internationally and nationally vibrant glass-blowing community. The galleries and work studios are home to many practicing glass artists.

You can make anything from beads to vases in various workshops. Some studios

welcome walk-ins, but reservations are recommended fo larger parties and/or projects.

Art Hills Glass Museum @ P3 (3) Azuminonosato This page 6



Soba Making

Making soba noodles is a unique way to experience Japanese culture and cuisine The opportunity to mix, knead, and cut your own soba noodles is a rare privilege of Nagano.

Konekone House ②0263-82-0431 [E-7]

Hiking Trailhead @ [P2:Map2]

Mt. Hikarujo Hike(Cherry) A perfect half day hike for any age or fitness level and known as the sakura course because it is canopied and lined with blooming cherry blossom trees in spring. The path affords sweeping views of Japanese Alps. It takes about an hour, one way, and no technical hiking experience gear is necessary, though sneake

Former Railway Walking Trail

or hiking shoes are recomme



This unpayed trail follows the course of a disused rail line, allowing walkers to enjoy clean air and a quiet walk away from traffic. The path is lined with 30,000 zelkova trees that are particularly beautiful during the green spring growth and fall foliage seasons

Trekking

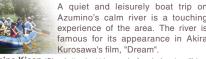
The Japan Alps' Mt. Tsu bakurodake, Mt. Jonen, and Mt. Chogatake tower at over 2500m (8200ft). Each mountain's train head is accessible from



Alps range, including Mt. Yarigatake and Okuhotakadake (the 3rd highest peak in Japan).

Trailhead @ [P2:Map2]

Glass Bottom Boat, Rafting



Azumino's calm river is a touching experience of the area. The river is famous for its appearance in Akira Kurosawa's film, "Dream". Azumino Kisen (Glass bottom boat trips pass by Azumino's water mills)

②0263-87-9828 [E-8] Wonder Egg (1-3 hr trips) 20263-71-6073 [C-7]

Hakuba Adventure Club (Rafting on the Saigawa River)

Museums & art galleries

11 G-2 Tensan Silk Museum

① 0263-83-3835 (¥) Free (\$\frac{1}{2}\) 9:00-17:00 (Nov1-Mar31: -15:00)

displays various samples of natural silk along with ornate kimonos. Just ask to see the si work on looms in the museum's workshop.