

Local Recommendations

Activities / Food / Accommodation / Transportation

安曇野 AZUMINO HOTAKA Exploring Guide

Situated amongst the picturesque valleys of central Japan's famous Alps region, Azumino boasts a unique blend of culture, history and natural beauty that has made it one of the country's most beloved destinations for Japanese and international visitors alike.

A thriving gallery scene celebrates a myriad of contemporary artists, while a vast array of activities from glass-blowing to soba noodle-making await those wanting to experience Japanese culture firsthand. For the more intrepid, Azumino is a veritable alpine playground, offering spectacular hiking and biking trails as well as breathtaking paragliding and rafting trips.

Whatever you are looking for, you will be sure to find it by exploring Azumino!

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



2020



HOTAKA STATION



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

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



This page



TAXI

Some train stations on the Oito Line have taxi 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 one for you.



BUS



The "Azumino Excursion Bus" runs from Hotaka Station to Daio Wasabi Farm and Hotaka Hot Springs on weekends from late April to late November, and almost every day between July and September. You can get on at bus stops and get off the bus at any location along the route, but please check ahead for bus route operating times.



From late April to late November, buses also run between Hotaka Station and Nakabusa Hot Springs, six times per day from early morning till approx. 2 p.m.

Bus timetables (in English and Japanese) are available at the Tourist Information Office or on the website.



FOOD



Wasabi

Wasabi is a spicy root known as Japanese Horseradish and commonly 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 around Azumino.

- Marusa Foods ☎0263-82-2151 [E-7]
- Kobayashi Wasabi ☎0263-82-2359 [F-5]

Soba

A specialty in Nagano prefecture, soba is a thin noodle made from buckwheat flour. Azumino's handmade soba can be found in many restaurants all over Azumino. Served either in hot broth or chilled with a dipping sauce, local soba noodles are fresh and abundant all year round. The best harvest season is autumn when many local Soba Festivals are held.



- Kobayashi Azuminoan ☎0263-73-5199 [C-8]
- Asakawa ☎0263-83-3637 [F-1]
- Kamijo ☎0263-82-4411 [G-4]
- Jonen ☎0263-82-5069 [C-3]
- Bandoko (Toyoshina) ☎0263-72-6767 [A-6]

Oyaki

Oyaki is a buckwheat or wheat bun specialty even more specific to Nagano prefecture than soba. There are rich varieties of stuffing including vegetables or Anko, a sweet bean paste. The bun is usually cooked by either steaming, roasting after steaming or broiling in ash. Oyaki is available in shops and select restaurants through Azumino.



- Azumido (Swan Garden near Azumino Interchange) ☎0263-71-1400 [A-8]

Sake

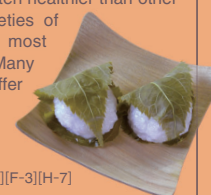
Sake is a fermented alcoholic beverage made from rice. Sake is served cold, at room temperature, or heated depending on the season, quality of the sake, and preference. It is said that good water and good rice make good sake. Azumino Sake, which has both elements, is available in local shops and is served in many restaurants.

- EH-shuzo ☎0263-72-3011 (a tour, tasting and shopping) [Map2]

Japanese Sweets

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

- Kaiundo ☎0263-76-5060 [Map2]
- Maruyama ☎0263-82-2203 [G-6][F-3][H-7]
- Saika ☎0263-82-4498 [B-4]

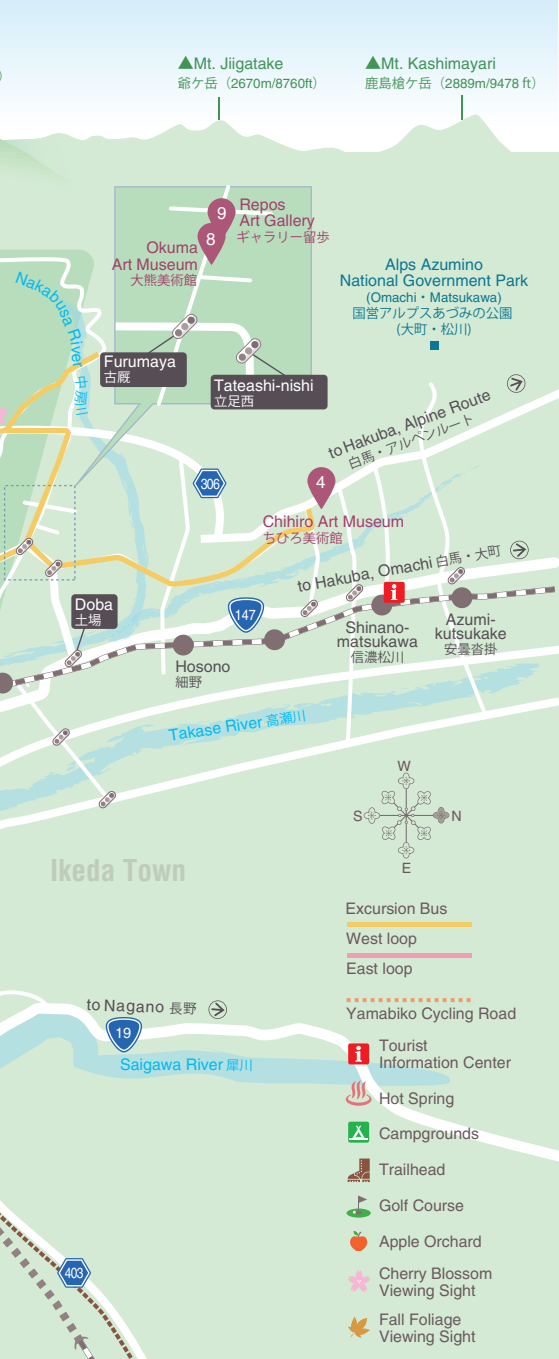


Shinshu Sake

outside of trout, Shinshu is rich and delicious. Shinshu Sake is a specialty of the region.

- Koshida

Other Restaurants



RENTAL BIKES

Two bicycle rental shops are located just outside Hotaka Station. Rental prices start from 200 yen per hour. They offer several types of bicycle; traditional style, mountain bikes or electric bicycles. They also provide various services such as luggage deposit, rain wear rental, and delivery or collection of rented bicycles for customers staying anywhere within the city. They also have a car rental service.


Wine



Japanese wine often has its own flavor, categorization process, and grape varieties. Two wineries 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 Nagano's orchards.

- **Swiss Village Winery** ☎0263-73-5532 [C-8]
- **Azumino Winery** ☎0263-77-7700 [Map2]

Shu Salmon



Shinshu Salmon is a treat which is hard to find in Azumino. A hybrid fish of brown trout and rainbow shu Salmon is a fish distinct to Nagano with a deeply savory flavor. Many restaurants serve salmon rice bowls.

aya (Ramen/Rice-bowl) ☎0263-72-2201

Restaurants

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

MUSEUMS & ART GALLERYS

1 G-5 Rokuzan Museum

☎0263-82-2094 ¥700
🕒9:00-17:10 (Nov-Feb: -16:10)
Closed: Mon, days after holidays (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.

2 I-7 Takahashi Setsuro Art Museum of Azumino


☎0263-81-3030 ¥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 lacquer-ware techniques (reservations required).

3 F-2 Art Hills Glass Museum

☎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 MAP 2 Chihiro Art Museum Azumino

☎0261-62-0772 ¥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-May 10)




Chihiro Iwasaki "In the Fresh Green Wind" (1972)

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.

5 C-7 Yukio Tabuchi Memorial Hall


☎0263-72-9964 ¥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.

6 I-2 Morinoouchi Picture Book Museum

☎0263-83-5670 ¥800
🕒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.

7 B-6 Toyoshina Museum of Modern Art

☎0263-73-5638 ¥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.

8 MAP 2 Okuma Art Museum (Porcelain plates from Denmark)

☎0263-83-6993

10 H-1 Mountain Art Museum (Sangaku)

☎0263-83-4743

12 MAP 2 Gimin Memorial Museum (peasant uprising in 17 c.)

☎0263-77-7550

9 MAP 2 Repos Art Gallery (Western paintings by Japanese)

☎0263-83-6785

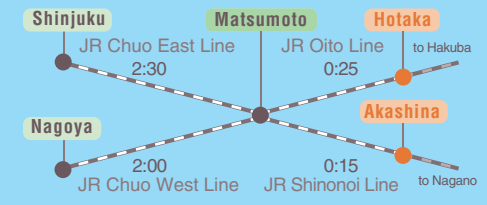
11 F-2 Nasan (Korean furniture shop)

☎0263-83-1006

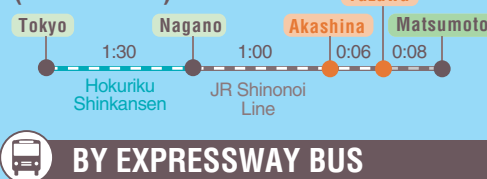
ACCESS

BY TRAIN

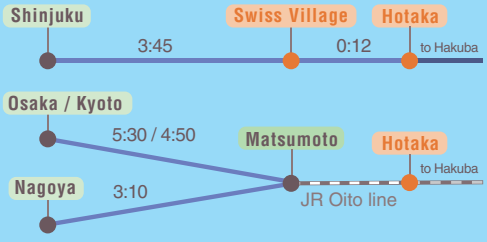
By Express Train



By Shinkansen (Bullet Train)



BY EXPRESSWAY BUS





Legend: Shinkansen (dashed blue line), Railroad (dashed brown line), Expressway (solid blue line), Public Road (solid green line), IC: Interchange / JCT: Junction

Route	Shinjuku	Matsumoto	Hotaka	TOTAL
Narita	✈			5:00
Central Japan International	✈			3:30
Kansai International	✈			4:50



NEARBY SIGHTSEEING SPOTS



- Tateyama Kurobe Alpine Route** Open: mid-Apr–Nov 30
- Kamikochi** Open: Apr 27–Nov 15
- Hakuba**
- Shinano Omachi**
- Omachi**
- Ueda**
- Saku**
- Matsumoto** Matsumoto City Tourist Information Center - in front of Matsumoto Station ticket gates. 🕒9:00–17:45
- Matsumoto Castle** Matsumoto Station → 0:15 🕒8:30–16:30
- Jigokudani Wild Monkey Park "Snow Monkey"**
- Shirakawago**
- Takayama** Matsumoto–Takayama 🚌2:20
- Shin-shimashima**
- Shiojiri**
- Tsumago**



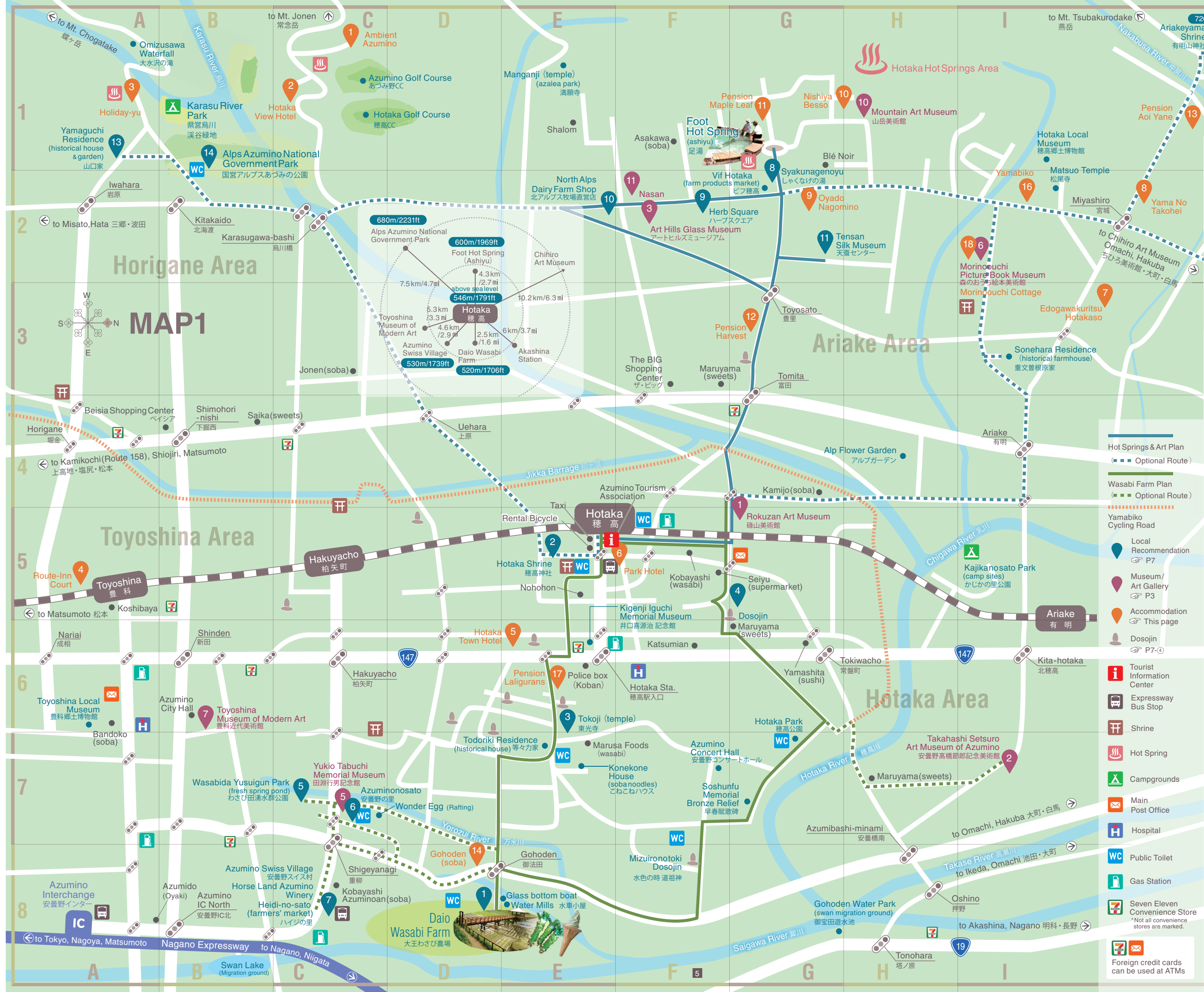
The Tourism Information Center is located in a brown building just to the left of Hotaka Station. English is spoken. Free Wi-Fi is available in and around the tourist office during business hours.

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

AZUMINO TOURIST INFORMATION CENTER

☎0263-82-9363 hotaka@atlas.plala.or.jp
Open: 9:00–17:30 (17:00 during Nov thru Mar) Closed: New Year holidays

The information in this guidebook is accurate as of Mar. 2020.



MAP1

- Hot Springs & Art Plan (Optional Route)
- Wasabi Farm Plan (Optional Route)
- Yamabiko Cycling Road
- Local Recommendation P7
- Museum/ Art Gallery P3
- Accommodation This page
- Dosojin P7-4
- Tourist Information Center
- Expressway Bus Stop
- Shrine
- Hot Spring
- Campgrounds
- Main Post Office
- Hospital
- Public Toilet
- Gas Station
- Seven Eleven Convenience Store *Not all convenience stores are marked.
- Foreign credit cards can be used at ATMs

