

Strawberry Picking



Suwako Strawberry Farm

mapE-1

Indulge in several varieties of strawberries, especially the deliciously sweet Akihime variety. The strawberry racks are positioned at about 1 meter in height, so you can pick them straight off without needing to bend down. The greenhouse is also wheelchair-accessible with a convenient sloped ramp.

Soba Noodle Making



Shinshu Suwa Soba Noodle Making School

mapB-1

Why not try making authentic Shinshu soba noodles? An experience to be enjoyed with family and friends, this activity is perfect for making Shinshu memories.



Glasswork



Suwa Garasunosato

mapE-1

A glasswork facility on the shore of Lake Suwa. Why not try making glass craftworks here? Your one-of-a-kind glasswork can be a gift for someone special or a souvenir of your wonderful trip.



Amphibious Sightseeing Bus



Japan Land and Water Sightseeing

mapE-1

Experience the mysterious sensation of traveling over both land and water on an amphibious bus in this Duck Tour exploring Lake Suwa. This cruise lets you experience being close to the lake's surface. On clear days, you can also enjoy panoramic views of Mt. Fuji and the Northern Japanese Alps.



Experience

Why not experience the fun of Suwa for yourself?

A variety of activities have been prepared to bring even more enjoyment to your trip.



Lake Suwa Sightseeing Boat



Suwa Lake Sightseeing Steamship

mapE-4

How about taking a leisurely tour of Nagano Prefecture's largest lake, Lake Suwa? The special experience of feeling at one with the nature in Suwa awaits you. Mt. Fuji can even be seen in the distance on clear days.



Tour Guides

Tour Guides for the Lake Suwa Area and Town



Kamisawa Town Walk (Suwa Takashima Castle)

All local tour guides have completed a training seminar held by the Chamber of Commerce & Industry as well as the tourist associations of the three towns near Lake Suwa. Also local residents, these expert guides provide helpful information and recommend sightseeing spots.

•Applications:

Lake Suwa Area Local Tour Guide Council Secretariat
TEL +81-266-52-7185 FAX +81-266-58-9613
(c/o Lake Suwa Hot Spring Hotel Association Hours open: 9:00 to 17:00 Closed on Saturday, Sunday and national holidays)



Pedal Boats



Activity Base Cogue

mapE-4

Why not enjoy the surrounding townscape and mountain views from a pedal boat on Lake Suwa?



Kayaking



Suwako Kayak

mapE-4

Kayaks are easy to use, and smoothly moving across the water is sure to lift your spirits. You can also take your time enjoying the surrounding mountain views and see Hatsushima Island up close.



Kirigamine Guided Tour



Enjoy the Kirigamine Highlands—fascinating archeologically and culturally, with vast grasslands rarely seen in Japan, high-moor marshes that are a Natural Monument, and the Motomisayama Iseki historical remains—together with a knowledgeable interpreter who can explain the nature all around you.

•TEL • FAX +81-266-53-6456
Kirigamine Nature Conservation Center

Pond Smelt Fishing



Suwa Lake Sightseeing Steamship

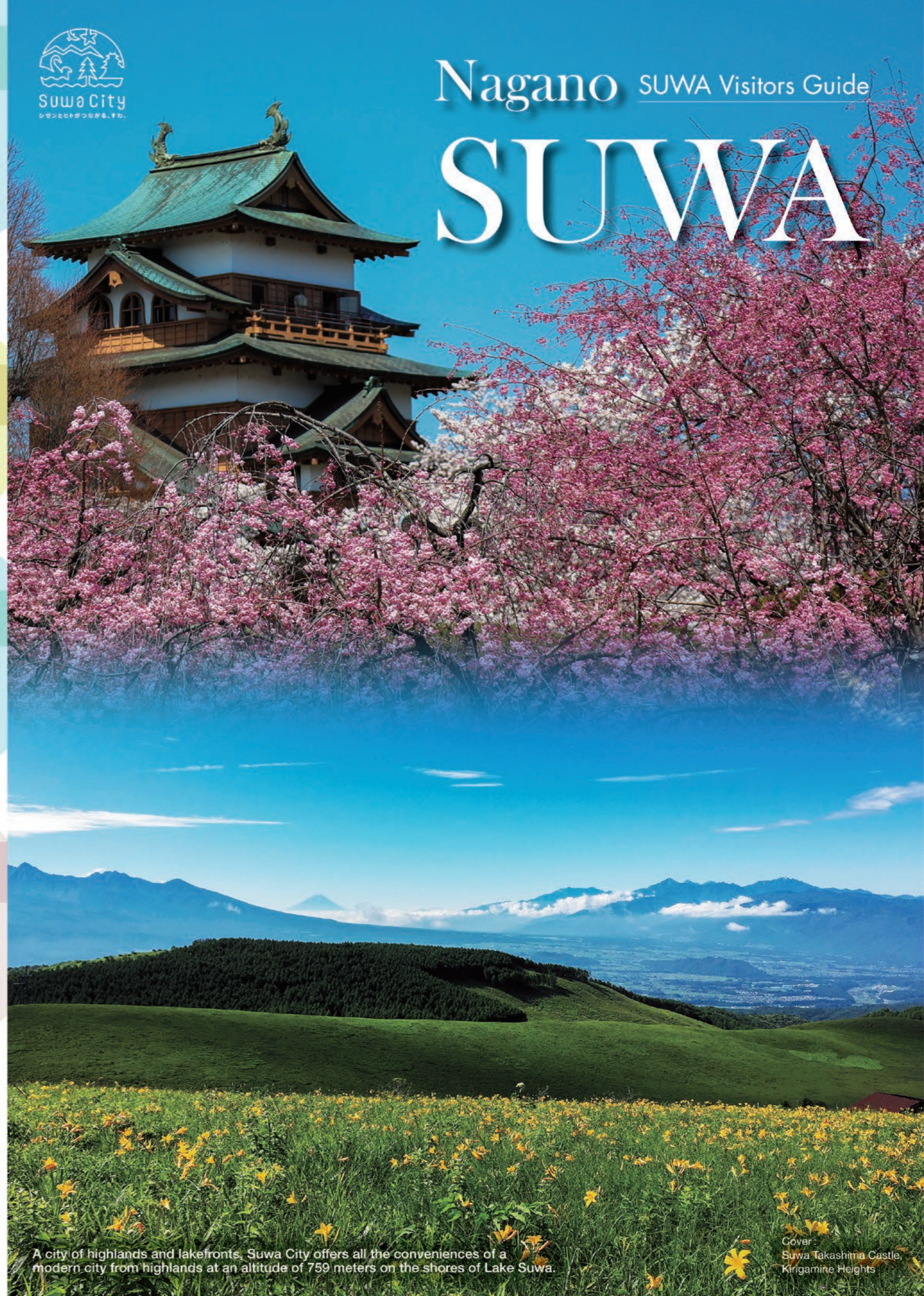
mapE-4

The best season is from October to early November. You can take home any pond smelt that you catch.



Nagano SUWA Visitors Guide

SUWA



A city of highlands and lakefronts, Suwa City offers all the conveniences of a modern city from highlands at an altitude of 759 meters on the shores of Lake Suwa.

Cover
Suwa Takashima Castle,
Kirigamine Heights

Tourism Section of the Economic Department of Suwa City

1-22-30 Takashima, Suwa City,
Nagano Pref.
TEL +81-266-52-4141
FAX +81-266-58-1844



Suwa Tourist Association

1F The Suwa Chamber of Commerce &
Industry, 14-7 Kowata-minami,
Suwa City, Nagano Pref.
TEL +81-266-52-2111
FAX +81-266-53-4126



Suwa Tourist Information

1-1-18 Suwa, Suwa City, Nagano Pref.
(inside JR Kamisawa station)
TEL +81-266-58-0120
FAX +81-266-53-4126

Lake Suwa Hot Spring Ryokan(Hotel) Cooperative

1-1662 Kamigawa, Suwa City,
Nagano Pref.
TEL +81-266-52-7155
FAX +81-266-58-9613



Transportation

Kamisawa Station Bus Terminal Information Center

1-1-18 Suwa, Suwa City, Nagano Pref. (next to JR Kamisawa Station)
TEL +81-266-72-2151(Alpico Bus Ticket Office in front of Chino Station)

Highway Bus Reservation Center

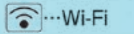
•ALPICO Kotsu : TEL +81-570-550-373 (Navi-Dial service)

Taxis

•Daiichi Kotsu TEL +81-266-52-5151
•Suwa Kotsu TEL +81-266-52-1190
•ALPICO Taxi, Suwa TEL +81-266-71-1181

Suwa City Sightseeing Guide Map

Rows A to F and columns 1 to 4 correspond to the letter and number indicated in the descriptions which follow.



Lake Suwa



Kamisawa Station Area Map

Suwa city Ekimae koryu terrace "Suwaccho"

- Police box
- Kirinchan Bus (some buses only)
- Bus to Chino Station
- Highway Bus to Shinjuku (via Suwa Interchange)
- Pedestrian bridge
- Municipal station parking
- Kirigamine Exit (East Exit)
- Taxi stand
- Elevator
- Kamisawa Station ticket gates
- Tourist Information Center
- Souvenirs
- Coin lockers
- Bus Terminal Information Center
- Foot Bath
- Bus to Shinjuku (via Okaya Interchange)
- Bus to Osaka (via Kyoto Station)
- Bus to Okaya Station
- Kirinchan Liner
- Swan Bus
- Kirinchan Bus (West Exit)
- Kirinchan Liner
- Privately booked taxis to Kirigamine
- Bus to Kirigamine
- Suwako Exit (West Exit)
- Taxi stand
- Elevator
- Bicycle parking





Stone sculpture park

Suwa City Lakeside Park mapE-3•4, F-4

Covering approximately 160,000 square meters along Lake Suwa's shoreline, this vast park offers a multipurpose square, monuments, and sculptures, as well as a spectacular view overlooking Lake Suwa. It also has the Lake Suwa Geysir Center and a footbath, and many people come to visit.



Hatsushima Island



Omiwatari ("God's Crossing")

In mid-winter when the entire surface of Lake Suwa becomes a sheet of ice and the nights turn bitterly cold, the ice cracks with a thunderous roar and the cracks rise up like mountains. Legend claims that this natural phenomenon occurs due to the male god at the Kamisha Shrines visiting his love, the female god at the Shimosha Shrines. The chief priest of Yatsurugi Shrine also carries out a ceremony that predicts good or bad luck for the year. This phenomenon has become rare in recent years with the mild winters.



Cycling and Jogging Paths

There is a cycling path and a cushioned jogging path along the Lake Suwa shoreline. Why not enjoy jogging, walking, or cycling while taking in the beautiful views of Lake Suwa and the nearby mountains?



Rich, beautiful scenery.
Feel your heart dance by the pleasant waterfront.

Full of seasonal charms such as summer fireworks and the winter omiwatari.



Musho Tower ("Fog-Bell")

mapF-2

A symbol of the Kirigamine Highlands. Often covered in dense, obfuscating fog, the Kirigamine Highlands is also the site of Musho ("Fog-Bell") Tower from which chimes once rang out on foggy days to help hikers find their way.



©Suwa Tourist Association

Nagigama Shrine mapE-2

A local secret, this is the only place in Kirigamine offering a view of both Lake Suwa and Mt. Fuji. Sacred sickle-shaped treasures called "nagigama" have been donated to this shrine built in 1933.



Kirigamine Nature Conservation Center mapF-2

This center explains the nature, culture, and history of the Kirigamine Highlands. It also provides guides for walking trails and maps to support and encourage visitors who come for hiking. The center even hosts courses about protecting this area's precious nature.



Kirigamine Family Ski Resort mapE-2

These popular ski slopes that extend gently over a vast area can safely be enjoyed by beginner and intermediate-level skiers, as well as families with children. Visitors to the Kids' Park can also enjoy using the provided sleds and other equipment. In the summer, take the ski lift up to the top and enjoy 360-degree panoramic views of the Yatsugatake Mountains, Mt. Fuji, and the Japanese Alps.



Highlands

Colorful grasslands.

Another world created by a tapestry of flowers, greenery, and sky.

The gently rolling hills of the Kirigamine Highlands. Seasonal alpine plants add beautiful splashes of color to the verdant grasslands.



Kirigamine Marshlands (Nationally-Designated Natural Monument)



Yashimagahara Marsh mapF-2

Yashimagahara Marsh was formed after approximately 12,000 years of plants accumulating after withering without decaying. At an altitude of 1,630 meters, it is a highland marsh offering approximately 400 varieties of subalpine plants to observe.



Kurumayama Marsh mapF-2

Kurumayama Marsh is a highland marsh that formed in the valley between Mt. Kurumayama (1,925 meters) and Mt. Chocho Miyama (1,836 meters). You can also see clusters of Japanese azaleas and *Veratrum stamineum* flowers here.



Ikenokurumi Odoriba Marsh mapF-2

This is an extremely rare marsh where there are both high moors and low moors. In the pond of this marsh, you can see a rare phenomenon called "yachibozu," which is caused by sedge roots being lifted up.

諏訪湖の花火

Suwa Lake Fireworks

A sparkling scene.
Let the fleeting sparks of light leave an imprint on your heart.

mapE-3



Suwa Lake Fireworks Festival



Suwako Summer Night Fireworks



Munehide Hosokawa "Ohi-zo No.1"



Snake body pattern clay pot (Jomon era)

Suwa City Museum & Suwa Ancient Information Center mapA-1
•TEL +81-266-52-7080

Art and Culture

A tranquil moment to get acquainted with masterpieces.

In an environment marked by a climate that produced many cultural figures, Suwa City offers many unique museums and art galleries.

Suwa City Museum of Art mapE-3

•TEL +81-266-52-1217



Kitazawa Museum of Art mapE-4

•TEL +81-266-58-6000



Emile Gallé "Hitoyotake-lamp (ink cap mushroom lamp)"



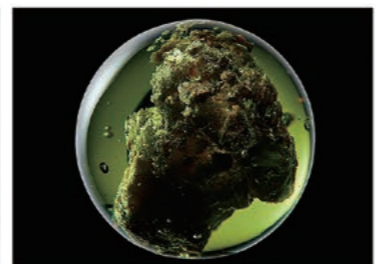
Taizi Harada "Kogen-no-hana (flowers of the plateau)"

Taizi Harada Museum of Art mapE-2
•TEL +81-266-54-1881



Important Art Treasures "Hakuan-chawan-mei-okuda"

Sunritz Hattori Museum mapE-4
•TEL +81-266-57-3311



Kouji Murayama "SAHARA"

Suwa Garasunosato Museum mapE-1
•TEL +81-266-57-2000



Suwa Takashima Castle mapD-3

Takashima Castle was built in 1598 by Hineno Takayoshi, one of Toyotomi Hideyoshi's subjects. At the time the castle was built, it was called the "Floating Castle of Suwa" as it was an impregnable fortress with the water of Lake Suwa coming right up to the castle and playing the role of a trench. The current castle keep was reconstructed in 1970. The first floor features a permanent display of a bedside folding screen (replica) depicting the territory during the Edo period, while the second floor holds reference materials, and the third floor is used as an observation deck.



History

Tradition that lives on—
stirring thoughts of eternity.

In this land intertwined with Suwa's religious heritage, a unique culture continues as traces of the past are passed on to the present.

Suwa Taisha (Grand Shrine) mapA-1

Called Osuwa-sama, this is the main Suwa shrine. There are both Kamisha (upper) and Shimosha (lower) shrine locations, with the Kamisha Shrines being Honmiya (Suwa City) and Maemiya (Chino City) and the Shimosha Shrines being Akimiya and Harumiya (both in Shimosuwa Town). The Shinto deities of wind, water, and farming and hunting—Takeminakata-no-kami and Yasakatome-no-kami—are enshrined together here. Since medieval times, Takeminakata-no-kami was also worshipped as the eastern provinces' god of war and it is said that distinguished military commanders from all over Japan took pieces of his spirit back with them. Due to this, there are over 10,000 Suwa branch shrines all across Japan. Built without an inner shrine in what is called the Suwa architectural style, many of the shrine buildings are designated as Important Cultural Properties of Japan, and the shrine's forest is designated as a Natural Monument of the prefecture and city.

■ Suwa Taisha Kamisha Honmiya Shrine (Suwa City)



■ Suwa Taisha Kamisha Maemiya Shrine (Chino City)



■ Suwa Taisha Shimosha Akimiya Shrine (Shimosuwa Town)



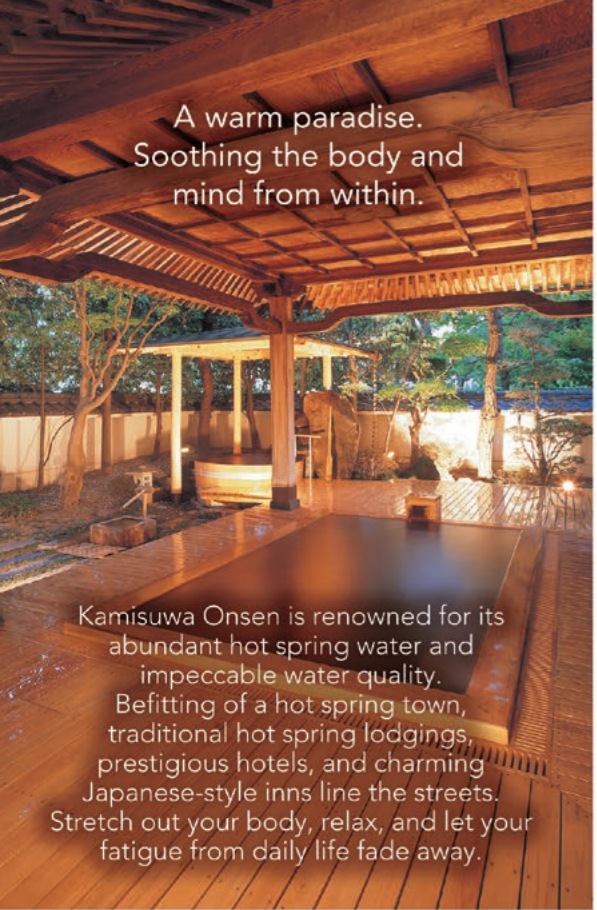
■ Suwa Taisha Shimosha Harumiya Shrine (Shimosuwa Town)



Onbashira Festival

Held every seven years (in the years of the Tiger and Monkey), the Onbashira Festival is carried out by the shrine parishioners of Suwa Taisha Shrine. Over 200,000 people across the Suwa region take part in this grand festival. It is well known as one of the nation's great festivals due to its overwhelming energy and scale. The parishioners join together to cut enormous fir trees—approximately 1 meter in circumference, 17 meters in length, and 12 tons in weight—from the mountain, and then pull them into town before finally setting them up in all four corners surrounding each of the main buildings of the Kamisha and Shimosha shrines. The Yamadashi ritual when the enormous trees are brought from the mountain to the town takes place in April, while the Satobiki ritual when the trees are brought from the town to each shrine location takes place in May. This festival will next be held in 2028.





A warm paradise.
Soothing the body and
mind from within.



Suwakko Land mapE-2



Hot Springs



Katakurakan (designated as an Important Cultural Property of Japan) mapE-3



Kamisawa Onsen is renowned for its abundant hot spring water and impeccable water quality. Befitting of a hot spring town, traditional hot spring lodgings, prestigious hotels, and charming Japanese-style inns line the streets. Stretch out your body, relax, and let your fatigue from daily life fade away.



Kamisawa Station Footbath mapE-4



Lakeside Park Footbath mapE-4



Shojinyuato Hand Bath mapD-4



Shinshu Soba



Eel Rice Box



Pond smelt



Locally-brewed Sake



Miso



Shinshu Suwa Miso Tendon

Local produce and the taste of Suwa

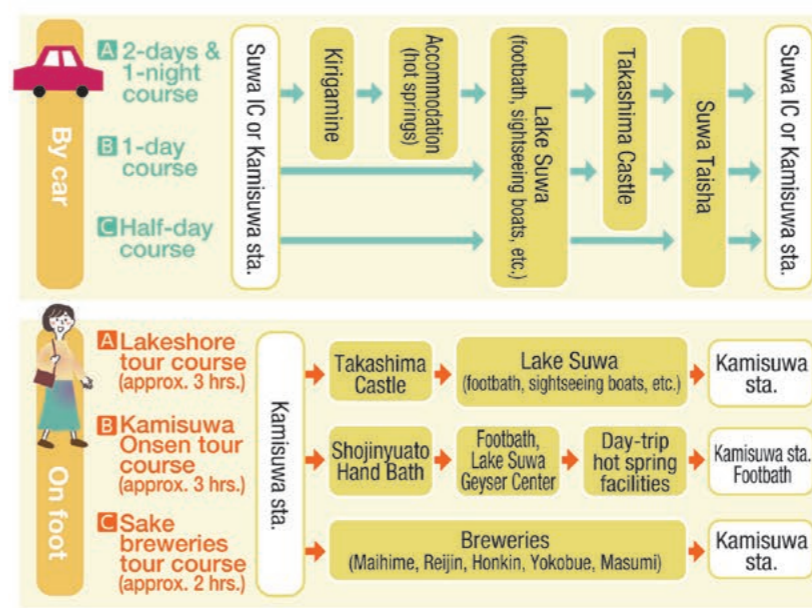


Relish incredible flavors, the product of the region's abundant nature, along with fond memories of your trip.

Transportation Guide Map



Model Sightseeing Course



Access to Suwa City

| Access by car | From | Route | Approx. Time | Destination |
|-----------------------|----------|---|--------------------------------|------------------|
| Access by car | Tokyo | Chuo Expressway | Approx. 2.5 hours | Suwa IC |
| | Osaka | Meishin Expressway, Chuo Expressway | Approx. 4.5 hours | |
| | Nagoya | Chuo Expressway | Approx. 2.5 hours | |
| | Shizuoka | Chubu-Odan Expressway, Chuo Expressway | Approx. 2 hours | |
| | Nagano | Nagano Expressway, Chuo Expressway | Approx. 1 hour | |
| Access by train | Tokyo | JR Chuo Main Line Limited Express Azusa | Approx. 2 hours | Kamisawa Station |
| | Nagoya | JR Chuo Main Line Limited Express Shinano | Approx. 2 hours | |
| | Osaka | Shinkansen, JR Chuo Main Line Limited Express Shinano | Approx. 3 hours | |
| | Nagano | Limited Express Shinano | Approx. 1 hour | |
| Access by highway bus | Tokyo | Highway bus | Approx. 3 hours | Kamisawa Station |
| | Osaka | Highway bus | Approx. 6 hours and 20 minutes | |

Sake Brewery Tour

Suwa is a town of sake. Five sake breweries can be found over a span of approximately 500 meters along the Koshu Highway. How about a souvenir? 10-minute walk from Kamisawa Station, 10 minutes by car from the Suwa Interchange on the Chuo Expressway.

- Maihime** mapD-4 (Maihime Sake Brewery Co., Ltd.) Inquiries: TEL +81-266-52-0078
- Reijin** mapD-4 (Reijin Brewing Co., Ltd.) Inquiries: TEL +81-266-52-3121
- Honkin** mapD-4 (Sakenunoya Honkin Brewing Co., Ltd.) Inquiries: TEL +81-266-58-0161

- Yokobue** mapD-3 (Ito Brewing Co., Ltd.) Inquiries: TEL +81-266-52-0108
- Masumi** mapD-3 (Miyasaka Brewing Company, Ltd.) Inquiries: TEL +81-266-57-0303 (direct to store)



Find remarkable Suwa souvenirs here →

Suwa City Souvenir Recommendations
Introducing particularly outstanding products such as Suwa City specialties and craftworks.



SUWA Premium
Renowned for high-quality artisanship, this local brand offers products made in the Suwa area.



Hotel and Japanese-style Inn Information

Accommodation rates are for reference only. For details, please inquire with each facility.

■ **Lake Suwa Hot Spring Ryokan(Hotel) Cooperative**
● TEL +81-266-52-7155

| Lodging facility name | Address (Suwa City) | Telephone | Number of rooms | Capacity | Accommodation charge |
|---------------------------------|---------------------|--------------|-----------------|----------|----------------------|
| Itoen Hotels ABURAYA | 3-4-16 Kogandori | 0570-086-780 | 38 | 169 | 9,830- |
| I N A M O T O K A N | 1-8-6 Suwa | 52-1123 | 5 | 7 | 4,000-★ |
| O n y a d o K O I Z U M I | 1792-344 Shibasaki | 58-7633 | 20 | 63 | 7,200- |
| Katakura Silk Hotel | 4-1-43 Kogandori | 52-2151 | 9 | 33 | 46,900 |
| Kamisawa Onsen SHINYU | 2-6-30 Kogandori | 54-2020 | 39 | 160 | 16,870- |
| Kamisawa Station Hotel | 4-10-15 Kogandori | 57-0001 | 100 | 143 | 7,000-(RC) |
| K O G E T S U K A N | 9255-9 Chausuyama | 52-0054 | 10 | 25 | 8,400- |
| S H I B U N O Y U | 3-3-24 Kogandori | 52-2655 | 24 | 104 | 15,550- |
| S u i S u w a k o | 2-5-27 Kogandori | 58-3434 | 8 | 20 | 34,250- |
| S U W A K O E N | 1-12-7 Kogandori | 52-5050 | 23 | 110 | 11,700- |
| Suwa City Hotel NARITAYA | 1-14-5 Ote | 52-4500 | 61 | 74 | 6,530-(RC) |
| Sosen-no-yado SUHAKU | 3-2-2 Kogandori | 52-2660 | 42 | 230 | 22,150- |
| N U N O H A N | 3-2-9 Kogandori | 52-5500 | 35 | 160 | 23,250- |
| H A M A N O Y U | 3-3-10 Kogandori | 58-8000 | 74 | 322 | 22,150- |
| H o t e l S A G I N O Y U | 3-2-14 Kogandori | 52-0480 | 50 | 180 | 18,850- |
| H o t e l B E N I Y A | 2-7-21 Kogandori | 57-1111 | 96 | 273 | 23,250- |
| H o t e l W A K A N A | 1792-409 Shibasaki | 58-2488 | 7 | 25 | 11,750- |
| M i n s h u k u S U W A K O | 5-13-21 Kogandori | 58-4821 | 16 | 25 | 7,000- |
| R A K O H A N A N O I H o t e l | 2-1200-3 Takashima | 54-0555 | 155 | 305 | 16,650-(Twin) |
| R y o s o F U T A B A | 4-9-12 Kogandori | 52-4060 | 9 | 30 | 8,050-★ |

■ **Others** RC=Room Charge B&B=Breakfast only ★=Overnight stay without meals ※ Accommodation rates are valid as of January 2024. (Consumption tax included)

| Lodging facility name | Address (Suwa City) | Telephone | Number of rooms | Capacity | Accommodation charge |
|---|-----------------------------------|---------------|-----------------|----------|--------------------------|
| AKIZUKI Bussines Hotel CHEZ MOI | 4-12-1 Kogandori | 52-2217 | 24 | 28 | 5,650- |
| K O S E N S O | 1-13-8 Kogandori | 53-6611 | 17 | 70 | 14,300- |
| S U W A K O S O | 5-7-7 Kogandori | 58-1259 | 25 | 52 | 11,500- |
| Chambre Dot Tatami | 10726-1Kamisawa | 75-0116 | 4 | 21 | 3,900-★ |
| Tabiyado Okamura Seicho Ato | 1-13-8 Okamura | | 3 | 7 | 4,000-★ |
| C O C O H O T E L | 3-68 Okitamachi (inside COCOMALL) | 78-5552 | 3 | 8 | 7,800-★(RC) |
| Neo Station Hotel | 2-17-12 Ote | 75-5722 | 48 | 64 | 5,980- (Free breakfast) |
| B&B MEGU HOUSE ZuKu | 5852 Shiga | 54-7127 | 3 | 8 | 3,500-★ |
| Y O U P E N H O U S E | 8932-2 Takaki, Shimosuwamachi | 28-9000 | 8 | 20 | 4,950-(B&B) |
| H o t e l Y A M A D A | 8989 Sakuragaoka | 53-0200 | 26 | 100 | 14,850- |
| H o t e l L a f o n t a i n e | 1-4-7 Kogandori | 53-3308 | 13 | 26 | 7,600- |
| H o t e l L U P I A I N N N A N K O | 3-3-4 Kogandori | 52-0401 | 71 | 106 | 56,500- (Free breakfast) |
| M i n s h u k u A K A H I K O | 3-1389 Takashima | 53-4520 | 25 | 70 | 5,500- |
| M i n s h u k u A H I R U | 1-4-1 Kogandori | 52-2284 | 8 | 23 | 5,500-★ |
| L a L a L a H o u s e | 1-12-10 Takashima | 090-1654-4119 | 2 | 14 | 4,000-★ |
| L A L B A S U W A K O | 2-1201-42 Takashima | 78-0365 | 8 | 32 | 3,980-★ |
| R y o a n Y U G I R I | 1-9-9 Kogandori | 52-5367 | 4 | 12 | 4,200-★ |
| H o t e l R O U T E - I N N K a m i s u w a | 4-9-25 Kogandori | 53-0500 | 60 | 104 | 57,500- (Free breakfast) |
| H o t e l R O U T E - I N N S u w a I n t e r | 2247-1 Shiga | 57-5050 | 114 | 216 | 57,300- (Free breakfast) |
| H o t e l R O U T E - I N N S u w a I n t e r 2 | 2940-1 Nakasu Sakaidori | 57-5050 | 135 | 216 | 57,300- (Free breakfast) |
| R e n t a l H o u s e S O R A | 1-11-8 Kogandori | 58-5060 | 1 | 4 | 16,500-★ |

■ **Kirigamine Heights** RC=Room Charge ※ Accommodation rates are valid as of January 2024. (Consumption tax included)

| Lodging facility name | Area | Telephone | Number of rooms | Capacity | Accommodation charge |
|---------------------------------|--------------------------|-----------|-----------------|----------|----------------------------|
| Hütte KIRIGAMINE | Kowashimizu, Kirigamine | 57-0333 | 18 | 72 | 7,700- |
| H o t e l K O W A S H I M I Z U | Kowashimizu, Kirigamine | 52-1983 | 18 | 100 | 12,000- |
| Ryokan FUTABAYA | Kowashimizu, Kirigamine | 52-0560 | 13 | 60 | 7,500- |
| Kirigamine RYOZANPAKU | Kowashimizu, Kirigamine | 54-0002 | 10 | 80 | 15,000-(RC) |
| Log cottage KIRIGAMINE | Kowashimizu, Kirigamine | 54-0002 | 11building | 66 | 21,000-/(1 building) |
| R o y a l C l u b | Kowashimizu, Kirigamine | 54-0002 | 5building | 30 | 35,000-/(1 building) |
| K N U L P H ü t t e | Sawataru, Kirigamine | 58-5624 | 5 | 15 | 7,200- |
| H ü t t e J A V E L L E | Sawataru, Kirigamine | 58-5205 | 13 | 50 | 10,000-(3 people per room) |
| H ü t t e C A R P E D I E M | Ikenokurumi, Kirigamine | 53-1663 | 5 | 15 | 8,000- |
| R Y O J I N B O K U | Ikenokurumi, Kirigamine | 53-6883 | 7 | 12 | 9,460 |
| L O B E N D H ü t t e | Ikenokurumi, Kirigamine | 58-3504 | 7 | 15 | 8,800(3 people per room) |
| K O R O B O K K U R U H ü t t e | Kurumayakata, Kirigamine | 58-0573 | 3 | 12 | 9,000 |