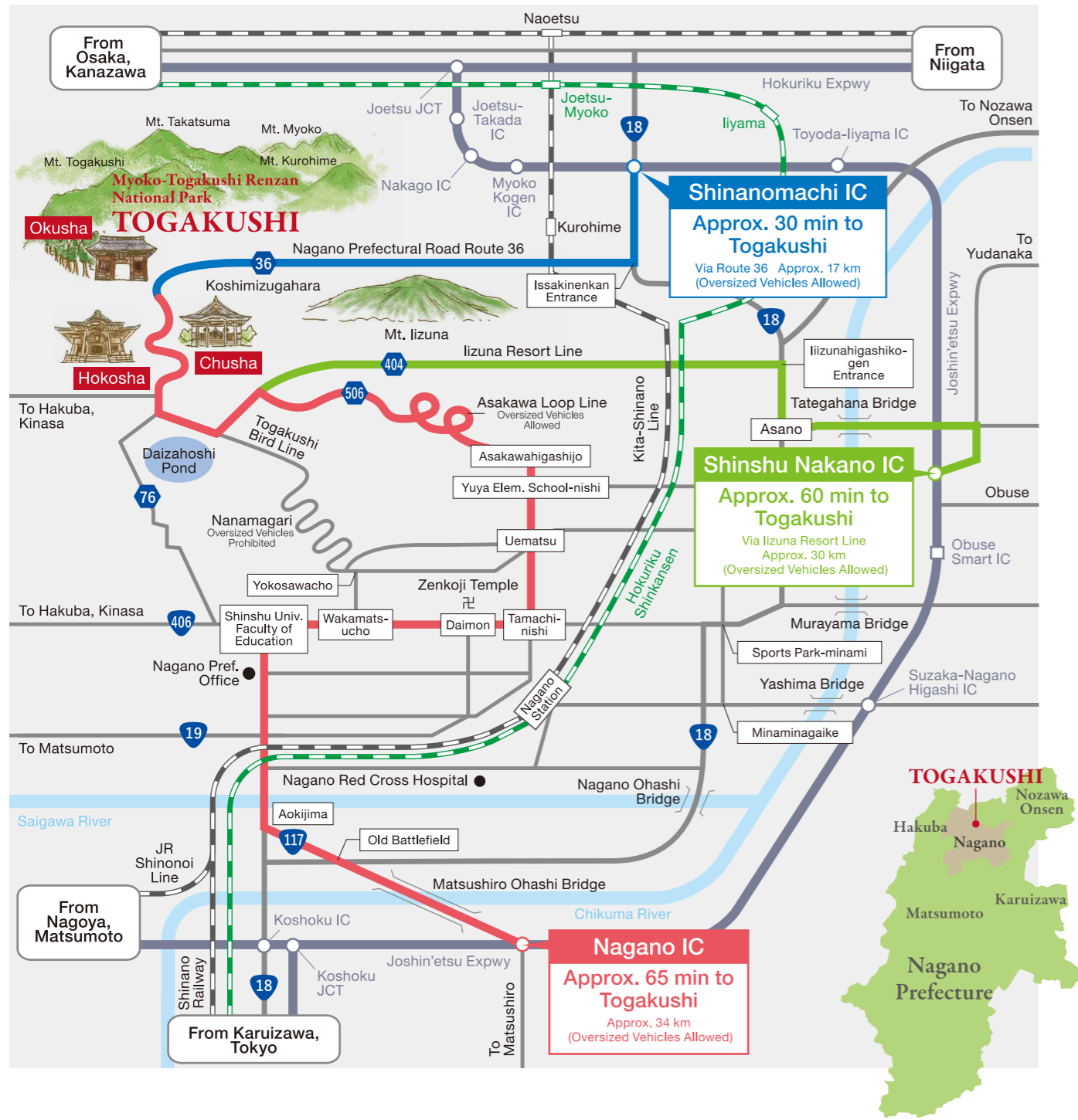


Access



By Train

| | | | | |
|----------|---|----------------|--------------------------------|-----------|
| Tokyo | Hokuriku Shinkansen approx. 1 hr 30 min | Nagano Station | 60 min by Bus 40 min by Car | Togakushi |
| Osaka | Tokaido Shinkansen + Ltd. Exp. "Shinano" approx. 4 hr Ltd. Exp. "Thunderbird" + Hokuriku Shinkansen approx. 3 hr | | | |
| Nagoya | Ltd. Exp. "Shinano" approx. 3 hr | | | |
| Kanazawa | Hokuriku Shinkansen approx. 1 hr | | | |

By Highway Bus

| | | | | |
|---------------------|--------------------|----------------|--------------------------------|-----------|
| Shinjuku, Ikebukuro | Approx 4 hr | Nagano Station | 60 min by Bus 40 min by Car | Togakushi |
| Nagoya | Approx 5 hr | | | |
| Osaka | Approx 6 hr 40 min | | | |

Alpico Bus tel : 0570-550-373

Togakushi Tourism Association

3517 Togakushi, Nagano, Nagano 381-4101, Japan

Tel : 026-254-2888 Fax : 026-254-2678 Mail : info@togakushi-21.jp

Check our SNS for the latest info. [f](#) [@](#) [@](#) [X](#)

Togakushi Tourism Association
Official Website <https://togakushi-21.jp/en>



ながのご縁を 信都・長野市

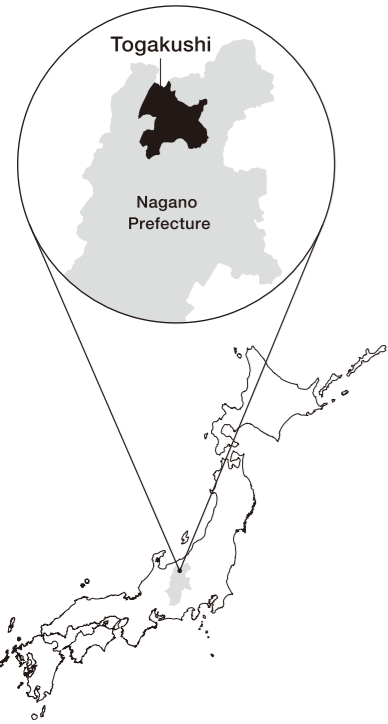
Togakushi Tourism Guide

Myoko-Togakushi Renzan National Park
Preservation District for a Group of
Important Traditional Buildings



Sacred Pilgrimage, Serene Sanctuary

With plentiful streams flowing from its steep slopes, Togakushi Mountain has long been worshiped by local peasants as the home of Kuzuryu, the Water God. As far back as the Kamakura Era, in the Buddhist text Asabasho from 849, it is written that a nine-headed, one-tailed dragon appeared to an ascetic monk who was praying in a mountain cave. Since then, many mountain ascetics have revered Togakushi as a sacred mountain. The ancient pilgrimage trail, the Togakushi Shrines, and lodging catering to the travelers remain to this day. From Spring to Autumn, faithful visit from all over the country, making the trek to pray at the shrines and observe the many Kagura dance ceremonies that take place.



Ancient Cedars Lining the Path to Okusha Shrine

Halfway along the two-kilometer-long path to Okusha, the Inner Shrine, is the vermilion-colored Zuisshinmon Gate. It marks the start of a 500-meter stretch of massive 420-year-old cedar trees. Here, nature and spiritual power are intertwined with history and culture, as the forest is the source of the locals' livelihood. That heritage will captivate you while you enjoy the trail's beauty as you proceed deep into Togakushi's mystical realm.



Entrust your Heart to Togakushi's
Sacred Peaks,
Revered from Time Immemorial



The Togakushi Shrines

Located at the base of sacred Mt. Togakushi, the five Togakushi Shrines (Okusha, Chusha, Hokosha, Kuzuryusha, and Hinomikosha) have a history of over 2000 years. Local deities and gods related to Japan's origin myth* are enshrined in them.

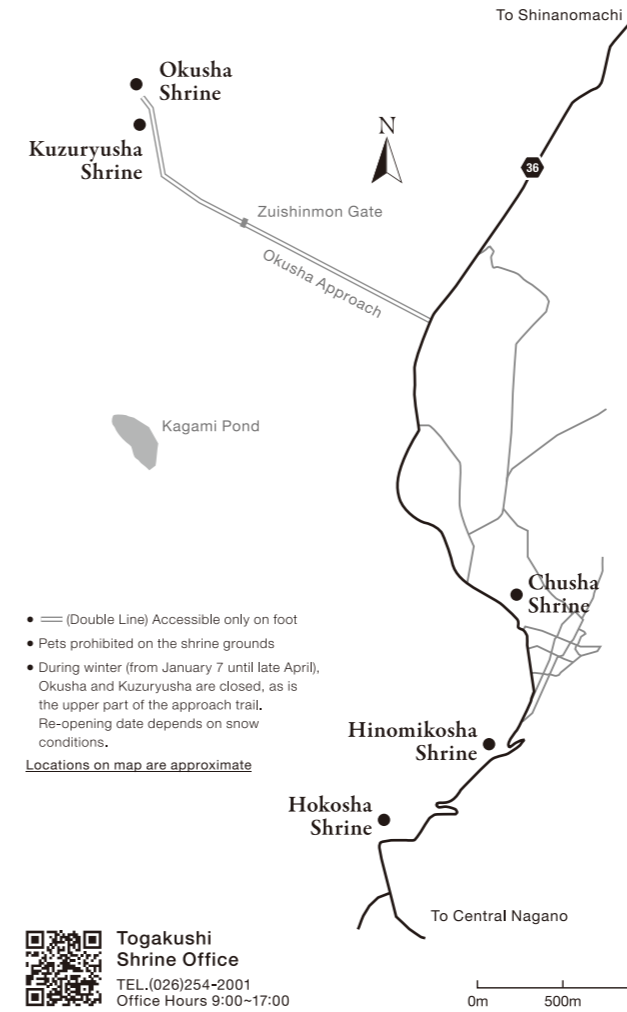
*The Myth of the Opening of the Heavenly Rock Cave: In the ancient age of the gods, when the sun goddess Amaterasu hid herself away in a rock cave and the world was shrouded in darkness, it is said that the gods combined their wisdom to open the stone door and restore light to the world.



Okusha Shrine

This Inner Shrine is foremost of the five. Enshrined within is the God of Strength (Amenotajikara) who according to legend lifted away the stone blocking the cave to Amaterasu, the Sun Goddess. The shrine is built into a rock cliff face at the end of the two-kilometer-long approach.

Location of the Five Shrines



Kuzuryusha Shrine

Having the longest history of the five, Kuzuryusha Shrine is dedicated to the Nine-Headed Dragon, Kuzuryu, a local deity worshipped as a Water God. The god is also believed to ward off cavities as well as to be a matchmaker.



Chusha Shrine

This Middle Shrine is dedicated to Omoikane, the God of Wisdom. A massive 11-meter-tall torii gate stands at the entrance, and on the premises are three giant cedar trees that are over 800 years old.



Hinomikosha Shrine

Ame-no-Uzume-no-Mikoto, the goddess of wisdom credited with enticing Amaterasu out of her cave with a seductive dance, is enshrined here. Two 500-year-old cedars, known as Husband and Wife Trees, stand on the grounds.



Hokosha Shrine

Built at the end of the Edo Period at a time when Buddhist Temples and Shinto Shrines were mingled, the main hall with its solemn architecture is the oldest structure of the five shrines. Hokosha is dedicated to Amenouwaharu, the goddess of women and children.

Events

Hashiramatsu Ceremony

Fire festival held once every three years in which a pillar made of wood and local Nemagare bamboo are burned. Depending on how the pillars burn and fall, predictions are made about the future.



Shikinen Taisai Festival

Held every six years, this is Togakushi's biggest Shinto ritual. The paternal god of Chusha Shrine is reunited with Hokosha Shrine's goddess through the spectacular festive Horen procession along a three-kilometer route.

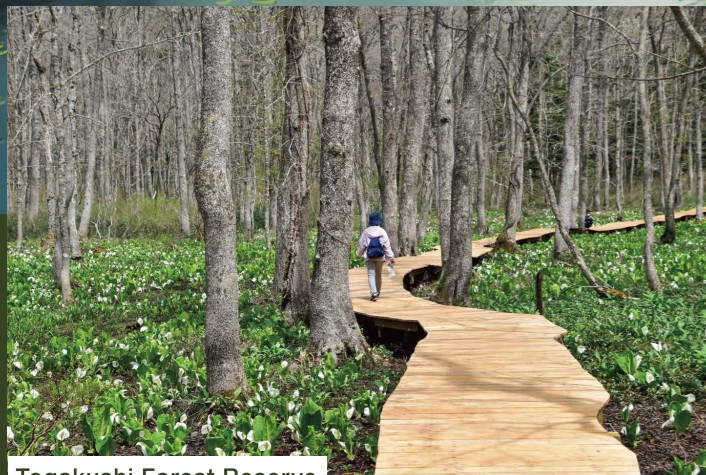


Walk the Lush Nature and Historical Heritage of Togakushi's Wilderness

The Togakushi Highlands are located at an elevation of 1,000 to 1,200 meters in the Myoko-Togakushi Renzan National Park. The natural setting and ascetic spirituality offer an enjoyable variety of trekking options.

Kagami Pond

The surface of the pond dramatically reflects the majestic Togakushi Mountain Range. From stunning views of the snowcapped peaks in spring, deep greens in the summer, brilliant colors of changing leaves in autumn to being walkable when frozen over in the winter, the pond features distinct vistas over the four seasons.



Togakushi Forest Reserve

71.34 hectares of forest featuring a variety of wildflowers including Asian skunk cabbage growing in marshes in early May. The area is known as a birdwatcher's paradise as well. A series of walking trails including boardwalk paths cross the reserve.



Preservation District for a Group of Important Traditional Buildings

Neighborhoods around Chusha and Hokosha Shrines have been nationally designated as a Preservation District for a Group of Important Traditional Buildings. Centered on the shrines are townscapes preserved from the Edo Period (17 – 19th century) including many shukubo (temple lodging).

Hiking the Ancient Togakushi Kodo Road

Designated one of Japan's Top 100 Historical Roads, the Togakushi Kodo (ancient road) starts at the Ichi no Torii Gate location and continues to Okusha Shrine. Walking the path provides deep insight into Togakushi's history, passing the Five Shrines as well as the area's famous buckwheat fields, and is ideal for active hiking enthusiasts.



See website for details



Related events

Stone Rubbings

Along the Togakushi Road are 30 commemorative stone etchings. You can purchase a booklet (550 yen) to use for collecting rubbings as a souvenir of your walk. (Colored pencil sold separately.)



Mountain Climbing

Togakushi Mountain as well as the adjacent Mt. Takatsuma (one of Japan's 100 Famous Mountains) make up the Togakushi Range, with climbing trails offering thrills and dramatic views. While hikeable in a day, the trail has dangerous spots and steep sections with fixed chains. Be sure to register at the trailhead and have the proper equipment and training. Guides can be arranged.

Togakushi Mountain

With several steep inclines with fixed chains and a precipitous ridge line near the summit called Ari-no-Towatari, Togakushi Mountain is best left for skilled climbers.



Mt. Takatsuma

The highest peak of the Togakushi Range, Mt. Takatsuma takes ten or more hours round trip to climb. Recommended for those of the highest physical and mental stamina.



Mt. Iizuna

Beginner-friendly trails with panoramic views from the summit. On a clear day, Mt. Fuji is even visible.



Togakushi Mountain Climbing Guides

Focusing on safety first, the licensed guides gladly explain the area's nature and history. They can tailor their services to your needs, from leisurely shrine walks to strenuous mountain climbing. Seasonal Walks are also offered each of the four seasons.

Sample Course
Togakushi Five Shrines Course
 Guide Price 18,000 yen per guide.
 Time Required 6 hours (including 5 hours of walking)
 Course Length Approx. 8km



Togakushi Tourist Info Center (Guide Office)
 TEL.026-254-2888
 Office Hours 9:00~17:00

Surrounded by Crisp Mountain Air Camping in the Great Outdoors



CAMP IN TOGAKUSHI

Togakushi Campground

High up at an elevation of 1200 m, the Togakushi Campground features drive-up tent sites as well as log cabins and cottages. Full selection of rental equipment available. Perfect for beginners.

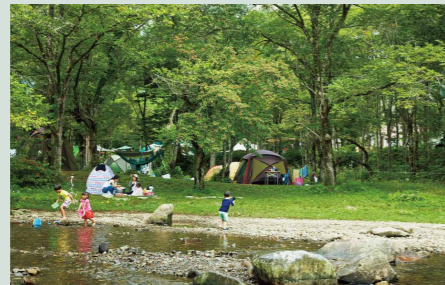


Address: 3694 Togakushi, Nagano City
Tel: (026)254-3581
Season: Late April to Early November



Overnight-Use

Togakushi Campground offers a wide variety of options suitable for everyone from beginners to seasoned campers, with open field tent sites as well as rental cottages, enjoyable even in the rain.



Day-Use

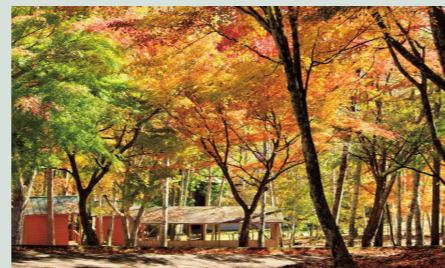
Togakushi Campground is perfect for picnicking or BBQ, with trails for enjoying a stroll and the gentle Sakasa River which is popular in the summer for playing in the water.



Togakushi Pasture

Located adjacent to the campground, this is a wide field with cows and horses wandering freely. There is also a petting zoo with goats and rabbits, and horseback riding is available. Great fun for children and adults alike.

Tel: (026)254-3074
Entrance Fee: 400 yen from elementary school age and up (campground free for preschool and younger)
Season: June to Mid-October



Arakura Campground

Located in a serene field at the foot of Arakura Mountain of the Kijo (Ogress) Momiji Legend. Drive-up tent sites, rental bungalows, cooking sites and more. The campground is a base for trekking to Arakawa Mountain and the area is especially known for vivid colors of the changing leaves in the fall, when the Kijo Momiji Festival takes place.

Address: 1410 Togakushi Tochiara, Nagano City
Tel: (026)254-2541 (Nagano Chamber of Commerce, Togakushi Branch)

Togakushi Eastern Campground

Surrounded by white birch and larch trees, Togakushi Eastern Campground is suitable for groups and families. The white bark of the birch trees in the summer and the vivid yellow needles of the larch trees in fall are particularly beautiful. The campground features cooking facilities, hot showers, toilets and a shop, and pizza and bread making lessons are offered.



Address: Located inside the Nagano City Togakushi National Forest
Tel: (026)254-2125
Season: Late April to Early November

CYCLING

Savor the Mountain Wind on Two Wheels

Togakushi's hilly terrain and long distances can be easily traversed on electric bike, with a wide variety available for rent. From shorter jaunts around the Five Shrines and soba restaurant-hopping to longer treks to see the stunning scenery at Kagami Pond, e-bikes make the journey a breeze. Cycling is the perfect way to enjoy Togakushi's nature.



Bike rental info



Types of Rental Bikes

TYPE 01 **Electric Mountain Bikes**
Powerful motor with thick tires, perfect for riding off-road.



Rental Locations
Togakushi Tourist Info Center
Togakushi Campground

TYPE 02 **Compact E-Bikes**
Compact and equipped with a basket. Mostly used in more urban settings.



Rental Locations
Togakushi Tourist Info Center

TYPE 03 **Hybrid E-Bikes**
Sporty look and lighter than mountain bikes. Best-suited for paved roads.



Rental Locations
Togakushi Tourist Info Center

*Can be returned at Togakushi Soba Museum Tonkururin.
*When renting at the Togakushi Tourist Info Center, use of the Center's parking lot is free.

Togakushi Universal Tourism

Togakushi aims to make enjoying the wilderness available for everyone, including those with special needs. Feel free to inquire about our range of wheelchairs and special equipment.

Price

5,000 yen per day
Mountain Trike Wheelchair
Mountain Push Wheelchair
Dual Ski

500 yen per day
Wheelchair Raincoat
Wheelchair Umbrella Holder
Wheelchair (electric)

Free
Rickshaw
Wheelchair Ramp
Wheelchair (Standard)

*Extra charge for Dual Ski to arrange for a pilot.



Details on Togakushi Universal Tourism

Rental Equipment (reservation required)

Wheelchairs (standard and electric) also available



Mountain Trike Wheelchair

Off-road wheelchair with lever drive for independent control, suitable for riding on uneven surfaces.



Mountain Push Wheelchair

Off-road wheelchair designed to be operated by an assistant, for traveling unpaved paths.



Dual Ski

Adaptive ski assisted by a licensed pilot, making ski accessible for people with lower limb disability.



Rickshaw

Wheelchair with towing device attached. Allows for easier mobility for the care assistant.

TOGAKUSHI SOBA

Togakushi's buckwheat soba has a history dating back to the Heian Period (9 – 12th century) when ascetic monks used it as nourishment during their training. During the Edo Period (17-19th century), soba in noodle form became common as a special food for celebrations. In Togakushi, the noodles are commonly served in 5 or sometimes 6 clusters of noodles, a style called "Botchi-Mori". Togakushi's climate with cool nights and warm days produces a full-bodied flavor of buckwheat, and when the noodles are prepared with Togakushi's crisp, clear mountain water, the taste is extra special!



"Soba-Dama" marking the new crop of buckwheat in the fall.



Togakushi Soba Festival

An annual feature of autumn in Togakushi for over 50 years, locally-grown buckwheat is stone-milled and offered to Togakushi's gods in thanks for the harvest and to wish for a successful year.

Festival Dates
Late October through November (projected)



Soba Noodle Lesson

Experience making buckwheat soba noodles with the help of a seasoned professional using locally-grown buckwheat flour and with Togakushi's unique style of using one rolling pin to roll out the dough in a large circle. Then enjoy eating the results of your handiwork, served with a spicy daikon radish dipping sauce.

See page 18 for location
Price: 7,800 yen for 4 people, 4,800 yen for 2 people.
*Reservations recommended.
*Solo participants accepted



Soba Restaurants

Togakushi has around 30 soba restaurants, each with their own unique thickness and style of noodles and menu options. Try several of the restaurants and you will no doubt find your favorite.

Togakushi Soba Restaurant Map



More Than Just Noodles: Other Ways to Enjoy Togakushi Soba

Togakushi's buckwheat is served in more ways than just being spread out and cut into noodles. You can enjoy the fine, flavorful bouquet of Togakushi's buckwheat infused in galette, pizza, ice cream and a variety of sweets, at shops throughout the area.

Togakushi Restaurants



CAFES AND RESTAURANTS

In Togakushi, there are many quaint, serene cafes and restaurants where you can take a quiet break and indulge in the area's lush forest and mountain scenery. For a hearty lunch or even just a light snack, stop at one of Togakushi's many cafes and restaurants.

SOUVENIRS MADE IN TOGAKUSHI



Buckwheat Soba Noodles

Soba noodles with full-bodied flavor made from locally-grown and milled buckwheat, to be enjoyed at your home. From dried noodles with a long shelf-life to fresh noodles that need to be stored in a cool place and eaten quickly, and even some original noodles made by the masters at the more famous restaurants, there is a wide variety of packaged noodles to choose from.

Store Locations

Gift shops, Soba restaurants, and Factory stores

Togakushi Sake and Spirits

Alcoholic beverages only available in Togakushi. From snow-aged sake with sake buried in the snow at Togakushi Shrine, to Soba Shochu made using only local ingredients, as well as soba craft beer, Togakushi offers a unique selection of drinks. Some are only available for limited time, so please inquire.

Store Locations

Echigoya, Souvenir stores, Soba restaurants, Accommodations, etc.

Soba Confectionaries

Buckwheat-infused dango dumplings make the perfect souvenir from Togakushi. Soba karinto (fried sugary snacks), soba manju pastries, cookies made with soba kernels, 5-grain soba and sesame Daifuku dumplings and more ... all with the simple yet rich flavor of buckwheat. And be sure to buy soba tea to enjoy with your soba sweets.

Store Locations

Usui Confectionary, Souvenir stores, etc.

Togakushi Bamboo Crafts

Togakushi's Bamboo Craft Making is designated as one of Japan's Traditional Crafts and the products are popular as gifts. Besides the bamboo trays local restaurants serve soba noodles on, you can also find small accessory cases, rice polishers, baskets with handles, and the ever-popular coffee filters.

Store Locations

Craft stores, Bamboo Crafts Center, Souvenir stores, etc.

Bamboo Craft Making

Using traditional methods passed on from the Edo period (17-19th century), Togakushi Bamboo Craft making involves harvesting the local Nemagari Bamboo from the mountain, splitting and weaving it, all done by hand of artisans. Bamboo is water-resistant, durable and if cared for it can last a lifetime. You can learn directly from a master how to make a bamboo flower vase yourself with a simple lesson perfect even for first-timers.



Bamboo Craft Activities

Experience making a bamboo craft such as a flower vase, a circular container, or soba tray. Time required is from 2 hours to 1 day depending on the product, and price varies from 1,500 to 10,000 yen. Reservation required.

Togakushi Tourist Info Center
☎ 026-254-2888



Suggested Courses for First-Timers

For your first visit to Togakushi, here are the essentials to enjoy and experience.

On Foot or by Bus

(CLASSIC) Togakushi Five Shrines + Soba Course

01 Hokosha and Hinomikosha Shrines

There is no set order for visiting the Five Shrines, but when in doubt, start with Hokosha. The shrine stamp for Hinomikosha can be found at Hokosha or Chusha.

02 Chusha Shrine

For these first three shrines, walking the ancient Togakushi Kodo Road, the old pilgrimage route, will immerse you in the history and nature of the area.

03 Togakushi Soba Noodles

There are a number of excellent soba restaurants in the vicinity of the shrines – eat at the one of your choice.

04 Okusha and Kuzuryusha Shrines

A sacred 2 km-long pilgrimage trail leads to these two shrines. Behind the shrines rises the towering Togakushi Mountain.

*During winter (from January 7 until late April), Okusha and Kuzuryusha are closed, as is the upper part of the approach trail. Re-opening date depends on snow conditions.



On Foot or by Bus

Picturesque Forest and Lakes Trekking Course

01 Kagami Pond

While there is a convenient parking lot near the pond's shore, traveling there by bicycle is recommended. The scenic walk around the lake takes approximately 30 minutes.

02 Kagami Pond Donguri House

Beside the lake is this cozy café and restaurant, which serves soba galette as well as coffee and cake.

03 Togakushi Forest Reserve

Next to Kagami Pond is this forest reserve with Togakushi's natural plants and trees including Asian skunk cabbage flowers. The cacophony of wildflowers and the chirping of songbirds make strolling the paths a delight.

04 Kotori Pond

Kotori-ga-Ike is a hidden gem, and a favorite quiet place to relax for the locals. People are known to escape to here to sit and read a book in the peaceful quiet.



By automobile

Fun With Kids -- Family Course

01 Soba Noodle Making

The best way to enjoy eating soba in Togakushi is to make the noodles yourself. Learn from a pro using the distinct local technique.

02 Soba Noodle Lunch

After making the noodles, the staff will cook them for you to enjoy for lunch – a feast for your soul as well!

03 Ninja Village

After the hearty lunch, it's time to play! The Ninja Trick House is fun for children and adults alike – see how long it takes to find your way out!

04 Togakushi Pasture

Watch the horses and cows wandering the field, then pet the rabbits and sheep. The café at the entrance is perfect for taking a break.



Suggested Courses

– Advanced Version

Tips for taking your visit to Togakushi one step further to better enjoy the area's nature and history.

By e-bike or automobile

Fossil Museum and Momiji Legend Course

01 Togakushi Museum of Natural History

Located in an old schoolhouse, the unique museum displays locally-found fossils of sea life – proof that Togakushi was once under the ocean.

02 Daishoji Temple

Famous for the legend of Momiji, the temple displays a scroll picturing the ogress. At the entrance stands the massive Chinju Cedar, a Nagano City Designated Natural Monument.

03 Arakawa Campground

Known for stunning autumn foliage, the park boasts a Noh theater stage that features a painting of a grand maple tree in fall colors.

04 Momiji's Cave

Said to be the cave where the ogress Momiji lived. Nearby is a stone formation where she held banquets, and another she used for cooking, helping to bring the Momiji Legend to life.



By e-bike

In Search of Soba Flowers – Buckwheat Fields Course (for Intermediate Cyclists)

01 Togakushi Tourist Info Center

Rent and ride on a bicycle to enjoy Togakushi's stunning scenery. The Center has brochures and maps and the knowledgeable staff are happy to make suggestions.

02 Gomi Pond

Scenic views of Mt. Izuna and Mt. Takatsuma, known as the Mount Fuji of Togakushi. Inaccessible by car, the pond provides a still, restive place to enjoy nature.

03 Haraguchi Buckwheat Field

White soba flowers on the terraced buckwheat fields make for a lovely site twice a year with both summer and autumn varieties. The narrow farm lanes are perfect for enjoying by bike.

04 Yunomine Sunset Viewpoint

The observation deck, overlooking the Togakushi Soba Museum Tonkururin, offers panoramic views of the Togakushi Range as well as the Northern Alps in the distance, as well as its namesake sunset.



Open year-round. Hours 09:00-17:00.

Seasonal Calendar

Located at an elevation of over 1,000m, the Togakushi area is covered by snow until late April. From then until fall, a parade of wildflowers bloom in succession. Autumn foliage usually starts in mid-October. Check with the Togakushi Tourist Info Center for real-time updates.

Flower and Fall Foliage Info



| Flowers | Location | May | Jun. | Jul. | Aug. | Sep. | Oct. | Nov. |
|----------------------------------|--------------------------|-----|------|------|------|------|------|------|
| Asian skunk cabbage | Togakushi Forest Reserve | ←→ | | | | | | |
| Wild cherry trees | Togakushi Campground | ←→ | | | | | | |
| Japanese Ranzania | Togakushi Forest Reserve | ←→ | | | | | | |
| Fireweed | Togakushi Ski Resort | | | ←→ | | | | |
| Leafy Sugarbush | Okusha Shrine Approach | | | | ←→ | | | |
| Buckwheat flowers (summer, fall) | Togakushi Soba Viewpoint | | ←→ | | ←→ | | | |
| Fall Foliage | Kagami Pond | | | | | | ←→ | |



Asian Skunk Cabbage and Marsh Marigold

Recommended Spots in Togakushi

Togakushi is brimming with natural scenic beauty and mystical history, with venerable shrines, picturesque scenery, and famous soba noodles. There are so many places worth visiting, and here are four places that shouldn't be missed.

戸隠おすすめ
スポット!

1. Togakushi Soba Museum Tonkururin



2. Kagami Pond Donguri House



3. Togakushi Museum of Natural History



4. Togakushi Folk Museum



A soba museum, a soba-making kitchen, a restaurant and a gift shop all in one – a delight for all five senses. The museum features a waterwheel and antique soba equipment is displayed. The popular soba making lessons are available for solo travelers, families, and even large groups and of course the buckwheat flour is grown right here in Togakushi. (Priority goes to customers with reservations)

Near the serene shore of Kagami Pond, Donguri House's restaurant features galette made from locally-grown buckwheat flour. Toppings are sourced locally and change with the season. Cakes and hand-made drinks are also available. The gift shop offers crafts and souvenirs made by local artisans, and the photo gallery displays pictures of Togakushi wildlife. Adjacent are three rental BBQ pits with equipment available for rent.

The old Shigarami Elementary School has been transformed into this unique museum with the old classrooms being display halls. Despite having an elevation of over 1,000 m, fossils found nearby indicate the area was once a seabed. The corresponding displays will fascinate children and adults alike. Special exhibits and nature interpretation programs are held, as well as fossil-cleaning activities.

Learn about Togakushi's traditional lifestyle here through historical displays of folk tools, garments, etc. Also on the premises is are facilities related to Togakure-ryu, a school of ninjutsu that originated in Togakushi. There is a ninja museum, a shuriken (throwing star) range, and even a ninja trick house where you try to find the secret doors to escape. For taking a break, Coffee no Kan serves cake and ice cream.



Gourmet Full Course

Chef's recommendation: the "Gozen" special which contains soba noodles on a bamboo tray, three types of seasonal vegetable tempura, soba gaki buckwheat doughball, soba dango dumplings, highland hananame beans, and soba jelly dessert. It is the museum's vaunted "full course" menu.



Café Time

Take a break with coffee and cake while enjoying the restive views of Kagami Pond. Pets are allowed at the terrace seating. Come spend a quiet moment with that special person.



Fossils

Fossils of scallop-like sea life found in Togakushi are on display as well as wide variety of other fossils and specimens. Besides the permanent exhibit, special displays are regularly held so be sure to check the latest information.



Togakushi's Roots

Inside this storehouse that dates back to the mid-Edo period (17th century), you will find around 2,000 historical objects that explain what life was like in the old days.

Specialty Goods

Made-in-Togakushi dried and fresh soba noodles, Togakushi bamboo crafts, local confectionaries, soba craft beer and spirits, locally made accessories, books on Togakushi and more – a shopping paradise. Fresh local fruits and vegetables are also sold in season.



Galette

The galette menu ranges from lunch choices brimming with vegetables and egg to dessert options topped with ice cream and jam. The full-bodied buckwheat flavor is sure to satisfy you. Most items are available for take-out.



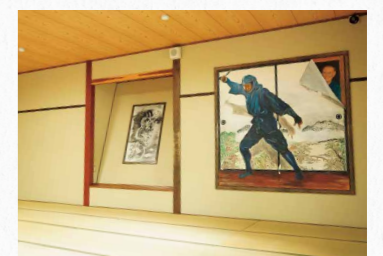
Events

The museum holds nature interpretation classes as well as fossil cleaning activities and other special events, in addition to a variety of regularly scheduled workshops. Inquire about the current offerings and participate in one you like!



Ninja Secrets

The ninja trick house has a myriad of hidden doors and secret traps. Children and adults alike will enjoy trying to discover the hidden exit. The shuriken range is also popular – hit all five targets and win a prize.



| | |
|-------------------|--|
| Address | 3018 Togakushi, Nagano |
| Tel | (026)254-3773 |
| Hours | 10:00-16:00 (L/O 15:00) |
| Closed | Wednesdays (and Tuesdays in June and September) and winter (December to mid-April) |
| Soba Making Price | (4 people) 7,800 yen, (2 people) 4,800 yen |
| Parking | Parking: Available (free) |

| | |
|---------|---|
| Address | 2039-10 Togakushi, Nagano |
| Tel | (026)254-3719 |
| Hours | 09:00-16:30 (L/O 16:00) |
| Closed | Wednesdays (Thursdays also in June and September) and winter (Late-November to mid-April) |
| Parking | Parking: Available (free) |

| | |
|-----------|---|
| Address | 3400 Togakushi Tochiara, Nagano |
| Tel | (026)254-2228 |
| Hours | 09:00-16:30 (Last entrance 16:00) |
| Closed | Mondays (or following day if National Holiday) and around New Years. |
| Admission | Regular 200 yen (160 yen), Highschool students 100 yen (80 yen), Elementary school 50 yen (40 yen) *Prices in parentheses are for groups of 20 or more. |
| Parking | Parking: Available (free) |

| | |
|-----------|---|
| Address | 3688-12 Togakushi, Nagano |
| Tel | (026)254-2395 |
| Hours | 09:00-17:00 (Last entrance 16:30) |
| Closed | Wednesdays, Winter (Late November to Late April) |
| Admission | Adults 700 yen, children (elementary and middle school) 500 yen, preschool 200 yen *Discount for groups of 20 or more |
| Parking | Parking: Available (free) |

TOGAKUSHI IN WINTER

Enjoy Togakushi's
Pristine Winter Snowscape

Togakushi
Winter
Info



Snow Trekking

With the underbrush covered in snow, wearing snowshoes opens up a whole other side of Togakushi that otherwise cannot be experienced. Go snowshoeing, and see Togakushi's beautiful nature in a new way.

Togakushi Tourist Info Center rental equipment

2,000 yen / day ◦ Snowshoes and poles set

500 yen / day ◦ Snow boots ◦ Gaiters (spats) ◦ Snowshoes
◦ Crampons ◦ Trekking poles

Snowshoes are attachments to boots that allow the wearer to walk on the surface of the snow and not sink down.
Snow boots are handy for walking to the Togakushi Shrines

Togakushi Ski Field

Surrounded by Nagano Prefecture's majestic nature, Togakushi Ski Field features a variety of runs suitable to everyone from beginners to advanced skiers. With spectacular mountain views, restaurants that serve local cuisine, family play areas and, of course, top-class powder snow, you can ski to your heart's content.



Address: 3682 Togakushi, Nagano City
Tel: (026)254-2106
Open: Mid-December through March

Winter Events



Stunning Views of the Togakushi Range

Togakushi Ski Field faces the towering peaks of the Togakushi Range. Two lower slopes are topped by an upper slope, the summit of which offers a breathtaking panoramic view, glimpses of which can be enjoyed as you ski down.



Snow Quality Like "Magic Powder"

Moist weather systems come over the Sea of Japan and upon hitting the Northern Japanese Alps, dump their heavy precipitation there, leaving the light powder snow for Togakushi. And with low temperatures, the snow takes longer to melt meaning the good snow conditions stick around longer.

Different Terrains and a Variety of Courses

Steep slopes mixed with gradual runs and stretches of moguls, all with several different types of terrain make for a nearly endless variety of skiing to enjoy. There are a total of 19 runs, ranging from beginner to advanced.



Resort Restaurants Serve Local Soba and More

Togakushi is famous for buckwheat soba noodles, and several of the restaurants in the resort proudly serve this local specialty. Other surprises are in store, including one restaurant that offers award-winning raclette.



December ~ March

Oracchi no Ippin Stamp Rally

Participating restaurants offer their specialty menu items – collect stamps and receive a prize.



Late January

Togakushi Dondo-Yaki Festival

As a prayer for good health, a procession of torches lead to pillars being lit on fire, lighting up the winter night sky, with a fireworks display and free drinks adding to the festivities.



Late January to Feb 3 (Setsubun)

Setsubun Soba

It is tradition to eat soba noodles in prayer for long life to ring in the New Year. By the ancient calendar, the New Year started in early February so during this limited time, local restaurants serve these long-life noodles.



Setsubun Day (Feb 3)

Togakushi Shrine Tsuina Festival

On February 3 for Setsubun, a ritual is held at Togaushi Shrine to drive away evil spirits. As part of the ceremony, a special Daidai Kagura dance is performed and the public is invited to watch.



Early March

The Beso

Beso in the local dialect means to act drunkenly crazy. For this popular event, everyone eats and drinks and gets crazy around a bonfire.



Fully Indulge in Togakushi by Spending the Night —Your Heart Will be Rewarded

From traditional Shukubo temple lodging to quiet inns in the forest, Togakushi has a rich variety of places of accommodation. Immerse yourself in the changes of the four seasons and in Togakushi's nature for a soothing, restful stay. Sleep in the Peace and Quiet



Accommodations

戸隠の
四季ととも
に
泊まる
心をほぐ
すらぎの宿へ

Traditional Temple Lodging, Inns

Around the Togakushi Shrines are traditional Shukubo (temple lodging) run by the shrine priests. Featuring classic Japanese architecture and serving local cuisine or shojin ryori (Buddhist vegetarian meal), the lodges are ideal for participating in the shrine morning rituals.



Pensions, Minshuku B&Bs, Mountain Lodges

Family-run Western-style pensions, Japanese-style Minshuku and rustic mountain huts are popular with people who come to Togakushi for trekking or mountain climbing. They are great ways to fully appreciate Togakushi's natural setting, and to experience each owner's unique cooking.

Hotels

Ski lodges that can accommodate groups, some with disability access, as well as one civic hall that has been transformed into a minimalist hotel—these offer more modern options for staying the night.



Day-Use Hot Springs

湯行館

Togakushi Kamitsuge Onsen (Yuniiku-Kan)

Day-use onsen facility near Chusha Shrine, popular for relaxing after a day of trekking, skiing or camping. Locally-grown vegetables are sold at the souvenir corner.



See website for details



森林の
子

Ikoinoideyu Moku-Moku Bayashi

Located near Route 406 along the Susobana River, Moku-Moku Bayashi's hot spring mineral water is known for its strong effect. With warm wood construction, the facility also has meeting rooms and exercise equipment.



Tourist Association Members

Accommodation

*Contact each place directly to verify availability

| | | | |
|----|--|--------------------|---|
| 1 | Mori no Yado Marchen 3656-1 Togakushi, Nagano | TEL : 026-254-2081 | FAX : 026-254-3669 |
| 2 | Hutte Kobushi 3666-8 Togakushi, Nagano | TEL : 026-254-2175 | FAX : 026-254-3577 |
| 3 | Mominoki Sanso 3625-1 Togakushi, Nagano | TEL : 026-254-2100 | FAX : 026-254-3552 |
| 4 | Lodge Alm 3642-5 Togakushi, Nagano | TEL : 026-254-2583 | FAX : 026-254-3432 |
| 5 | Lodge Iijima 3482 Togakushi, Nagano | TEL : 026-254-2155 | FAX : 026-254-3645 |
| 6 | Shirakabaso 3632 Togakushi, Nagano | TEL : 026-254-2160 | FAX : 026-254-3207 |
| 7 | Pia Rocky 3642-3 Togakushi, Nagano | TEL : 026-254-2560 | FAX : 026-254-3630 |
| 8 | Hutte Yachibozu 3671-1 Togakushi, Nagano | TEL : 026-254-2237 | FAX : 026-254-2237 |
| 9 | Togakushi Goya 3661-2 Togakushi, Nagano | TEL : 026-254-3333 | FAX : 026-254-3522 |
| 10 | Le Jardin Alpin Tanne 3684-1 Togakushi, Nagano | TEL : 026-254-2359 | FAX : 026-254-3549 |
| 11 | Pension Azalea 3671-2 Togakushi, Nagano | TEL : 026-254-2236 | FAX : 026-254-3585 |
| 12 | Hutte Honeycomb 3507 Togakushi, Nagano | TEL : 026-254-3278 | FAX : 026-254-3204 |
| 13 | Togakushi Kogen Hotel 3682-6 Togakushi Koshimizu, Nagano | TEL : 026-254-2525 | FAX : 026-254-2526 |
| 14 | Takatsuma Lodge 3682-20 Togakushi, Nagano | TEL : 026-254-2230 | FAX : 026-254-2201 |
| 15 | Chalet Togakushi 3507-10 Togakushi, Nagano | TEL : 026-254-2099 | FAX : 026-254-2855 |
| 16 | Maruya 3637-6 Togakushi, Nagano | TEL : 026-254-2288 | FAX : 026-254-2857 |
| 17 | Music Lodge Akkorde 3681-3 Togakushi, Nagano | TEL : 026-254-3078 | FAX : 026-254-2892 |
| 18 | Lodge Pico 3507-80 Togakushi, Nagano | TEL : 026-254-3806 | FAX : 026-254-3818 |
| 19 | Ando Ryokan 3380 Togakushi, Nagano | TEL : 026-254-2626 | FAX : 026-254-3686 |
| 20 | Fujii Ryokan 3371 Togakushi, Nagano | TEL 026-254-2065 | FAX : 026-254-3568 |
| 21 | Takei Ryokan 3373 Togakushi, Nagano | TEL : 026-254-2016 | FAX : 026-254-2871 Note: Chusha Shrine |
| 22 | Shukobo Takayamabo 3363-i Togakushi, Nagano | TEL : 026-254-2332 | FAX : 026-254-2333 |
| 23 | Osugi Ryokan 3356 Togakushi, Nagano | TEL : 026-254-2031 | FAX : 026-254-3618 |
| 24 | Hisayamakan 3515-1 Togakushi, Nagano | TEL : 026-254-2311 | FAX : 026-254-2312 |
| 25 | Takeda Ryokan 3489 Togakushi, Nagano | TEL : 026-254-2029 | FAX : 026-254-2872 |
| 26 | Naruse Ryokan 3352 Togakushi, Nagano | TEL : 026-254-2370 | FAX : 026-254-2037 |
| 27 | Ota Ryokan 3365 Togakushi, Nagano | TEL : 026-254-2110 | FAX : 026-254-3646 |
| 28 | Futazawa Ryokan 3386 Togakushi, Nagano | TEL : 026-254-2015 | FAX : 026-254-3595 |
| 29 | Shukubo Miyazawa 3384 Togakushi, Nagano | TEL : 026-254-2011 | FAX : 026-254-2956 |
| 30 | Shukubo Kanbara 3425 Togakushi, Nagano | TEL : 026-254-2006 | FAX : 026-254-2923 |
| 31 | Mizuno Ryokan 3366 Togakushi, Nagano | TEL : 026-254-2331 | FAX : 026-254-2331 |
| 32 | Omeitei Tsuji Ryokan 3360 Togakushi, Nagano | TEL : 026-254-2337 | FAX : 026-254-2338 |

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| 33 | Yokokura Ryokan 3347 Togakushi, Nagano | TEL : 026-254-2030 | FAX : 026-254-2540 |
| 34 | Nakatani Ryokan 3503 Togakushi, Nagano | TEL : 026-254-2533 | FAX : 026-254-2885 |
| 35 | Shukubo Ryokan Onishi 3500 Togakushi, Nagano | TEL : 026-254-2550 | FAX : 026-254-3020 |
| 36 | Shukubo Gokui 3354 Togakushi, Nagano | TEL : 026-254-2044 | FAX : 026-254-3147 |
| 37 | Watanabe Ryokan 2303 Togakushi, Nagano | TEL : 026-254-2209 | FAX : 026-254-2209 |
| 38 | Shimizu Ryokan 2327-i Togakushi, Nagano | TEL : 026-254-3564 | FAX : 026-254-3564 |
| 39 | Shukubo Kusakawa 2342 Togakushi, Nagano | TEL : 026-254-2048 | FAX : 026-254-2101 |
| 40 | Shukubo Otani 2322-1 Togakushi, Nagano | TEL : 026-254-2210 | FAX : 026-254-2210 |
| 41 | Shukubo Kishimoto 2113 Togakushi, Nagano | TEL : 026-254-2022 | FAX : 026-254-2022 |
| 42 | Oshi Ryokan 2332 Togakushi, Nagano | TEL : 026-254-2007 | FAX : 026-254-2955 |
| 43 | Oyado Tomioka 2157 Togakushi, Nagano | TEL : 026-254-2019 | FAX : 026-254-3668 |
| 44 | Fukuoka Ryokan 2351 Togakushi, Nagano | TEL : 026-254-3044 | FAX : 026-254-2050 |
| 45 | Shukubo Suwa 2336 Togakushi, Nagano | TEL : 026-254-2018 | FAX : 026-254-3059 |
| 46 | Miyamoto Ryokan 2167 Togakushi, Nagano | TEL : 026-254-2058 | FAX : 026-254-2058 |
| 47 | Shukubo Tsukiyamakan 2348 Togakushi, Nagano | TEL : 026-254-2545 | FAX : 026-254-2546 |
| 48 | Okuda Ryokan 2300 Togakushi, Nagano | TEL : 026-254-2208 | FAX : 026-254-2208 |
| 49 | Takei Ryokan 2164 Togakushi, Nagano | TEL : 026-254-2520 | FAX : 026-254-3157 Note: Hokosha Shrine |
| 50 | Shukubo Yamamotokan 2339 Togakushi, Nagano | TEL : 026-254-2612 | FAX : 026-254-2613 |
| 51 | Minshuku Togakushiya 3246-1 Togakushi, Nagano | TEL : 026-254-2271 | FAX : 026-217-2808 |
| 52 | Minshuku Rindo 3245 Togakushi, Nagano | TEL : 026-254-2094 | FAX : 026-254-3662 |
| 53 | Minshuku Yamakane 3249 Togakushi, Nagano | TEL : 026-254-2232 | FAX : 026-254-2558 |
| 54 | Minshuku Koan 3527 Togakushi, Nagano | TEL : 026-254-2531 | FAX : 026-254-3159 |
| 55 | Shakunage Lodge 3496 Togakushi, Nagano | TEL : 026-254-2082 | FAX : 026-254-2082 |
| 56 | Izunakan 3179-3 Togakushi, Nagano | TEL : 026-254-2174 | FAX : 026-254-2174 |
| 57 | Lodge Katakuri 3293 Togakushi, Nagano | TEL : 026-254-2193 | FAX : 026-254-2884 |
| 58 | Pension Corovox 10044-10 Togakushi Toyooka, Nagano | TEL : 026-254-3148 | FAX : 026-254-1018 |
| 59 | Pension Piore 2737-9 Togakushi Toyooka, Nagano | TEL : 026-254-3045 | FAX : 026-254-3048 |
| 60 | Pension Komakusa 10044-14 Togakushi Toyooka, Nagano | TEL : 026-254-2806 | FAX : 026-254-3600 |
| 61 | Yamagoya Donguri 3507-92 Togakushi, Nagano | TEL : 026-254-2293 | FAX : 026-254-2293 |
| 62 | Yadaya Shiroganeya 2126 Togakushi, Nagano | TEL : 026-254-2253 | FAX : 026-254-2253 |
| 63 | Kominka no Yado Keyaki 4488-i Togakushi Toyooka, Nagano | TEL : 090-7811-1319 | |

Soba Restaurants

*Contact each place directly to verify availability

| | | | |
|-----------|---|---------------------|--------------------|
| 64 | Uzuraya 3229 Togakushi, Nagano | TEL : 026-254-2219 | FAX : 026-254-2159 |
| 65 | Togakushido 3520 Togakushi, Nagano | TEL : 026-254-2129 | FAX : 026-217-2560 |
| 66 | Shinanoya 3498 Togakushi, Nagano | TEL : 026-254-2248 | FAX : 026-254-2462 |
| 67 | Yamaguchiya 3423 Togakushi, Nagano | TEL : 026-254-2351 | FAX : 026-254-2933 |
| 68 | Sobanomi 3510-25 Togakushi, Nagano | TEL : 026-254-2102 | FAX : 026-254-3880 |
| 69 | Tanbo 10217 Toyooka, Nagano | TEL : 026-254-2261 | FAX : 026-254-3811 |
| 70 | Kanoya 3356 Togakushi, Nagano | TEL : 026-254-2111 | FAX : 026-254-3043 |
| 71 | Niomon'ya / Cafe a-hum 3419 Togakushi, Nagano | TEL : 026-254-2244 | FAX : 026-254-2302 |
| 72 | Iwadoya 3501-i Togakushi, Nagano | TEL : 026-254-2038 | FAX : 026-254-2038 |
| 73 | Naosuke 3688-1 Togakushi, Nagano | TEL : 026-254-2551 | FAX : 026-254-3483 |
| 74 | Okubo no Chaya 2764 Toyooka, Nagano | TEL : 026-254-2062 | FAX : 026-254-3383 |
| 75 | Hanaya 3688-6 Togakushi Gomine, Nagano | TEL : 026-254-2222 | FAX : 026-254-2222 |
| 76 | Kakyo 2735-43 Toyooka, Nagano | TEL : 026-254-3736 | FAX : 026-254-3716 |
| 77 | Momiji 1511-5 Togakushi, Nagano | TEL : 026-254-3433 | FAX : 026-254-3433 |
| 78 | Yotsukado 2179-4 Togakushi, Nagano | TEL : 026-254-2145 | FAX : 026-254-3011 |
| 79 | Yutakaya 3517-8 Togakushi, Nagano | TEL : 026-254-2235 | FAX : 026-254-2235 |
| 80 | Futabaya Hagakure 3517-6 Togakushi, Nagano | TEL : 026-254-2176 | |
| 81 | Shirakaba Shokudo Inside Togakushi Pasture | TEL : 026-254-3153 | |
| 82 | Gaku 3694-1 Togakushi Oborasawa, Nagano | TEL : 026-254-3254 | FAX : 026-254-2116 |
| 83 | Gokurakubo 3611-5 Togakushi, Nagano | TEL : 026-254-3267 | FAX : 026-254-3267 |
| 84 | Takaraya 2285 Togakushi, Nagano | TEL : 026-254-2270 | FAX : 026-254-2270 |
| 85 | Tsuruya 2156-1 Togakushi, Nagano | TEL : 090-4848-9324 | |
| 86 | Aizaya 2704 Togakushi, Nagano | TEL : 026-217-8203 | |
| 87 | Nakaya Rikei 2924 Togakushi, Nagano | TEL : 026-219-1130 | |

Restaurants

*Contact each place directly to verify availability

| | | | |
|-----------|---|--------------------|-------------------------------|
| 88 | Soba Restaurant Togakure 3520 Togakushi, Nagano | TEL : 026-254-3505 | Notes: Open December to March |
| 89 | Restaurant Kuei 3682 Togakushi, Nagano | TEL : 026-254-3090 | |
| 90 | Snack Bar Kureha 3522-2 Togakushi, Nagano | TEL : 026-254-2939 | FAX : 026-254-2939 |
| 91 | Yamaboshi 3511-18 Togakushi, Nagano | TEL : 026-254-2624 | FAX : 026-254-2624 |
| 92 | Paipu-no-kemuri 3672-10 Togakushi, Nagano | TEL : 026-254-3108 | |
| 93 | Kotori-no-mori 3510-86 Togakushi, Nagano | TEL : 026-254-3083 | FAX : 026-254-3083 |
| 94 | Café Lamp 3531-1 Togakushi, Nagano | TEL : 026-254-2360 | FAX : 026-254-2360 |
| 95 | Café Fleurir 3694 Togakushi Oborasawa, Nagano | TEL : 026-254-3728 | |

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| 96 | Rest House Zozeele 3244-3 Togakushi, Nagano | TEL : 026-254-3766 | |
| 97 | awai Togakushi 3390 Togakushi, Nagano | TEL : 026-219-3444 | Note: On-site hotel |

Souvenir Shops

*Contact each place directly to verify availability

| | | | |
|------------|---|--------------------|---|
| 98 | Echigoya Shoten 3488-2 Togakushi, Nagano | TEL : 026-254-2315 | FAX : 026-254-3520 |
| 99 | Hosen 3503 Togakushi, Nagano | TEL : 026-254-2534 | FAX : 026-254-2885 |
| 100 | Edoya 3502 Togakushi, Nagano | TEL : 026-254-2116 | FAX : 026-254-2116 |
| 101 | Inoue Bamboo Ware 3416 Togakushi, Nagano | TEL : 026-254-2181 | FAX : 026-254-2181 |
| 102 | Harayama Bamboo Ware 3393 Togakushi, Nagano | TEL : 026-254-2098 | FAX : 026-254-2098 |
| 103 | Togakushi Bamboo Crafts Center 3694 Togakushi, Nagano | TEL : 026-254-2947 | FAX : 026-254-2947 Note: Closed in winter. |
| 104 | Usui Confectionary 3400-1 Togakushi, Nagano | TEL : 026-254-2250 | FAX : 026-254-2880 |
| 105 | Usui Shoten 3417 Togakushi, Nagano | TEL : 026-254-2013 | FAX : 026-254-2017 |

Sightseeing

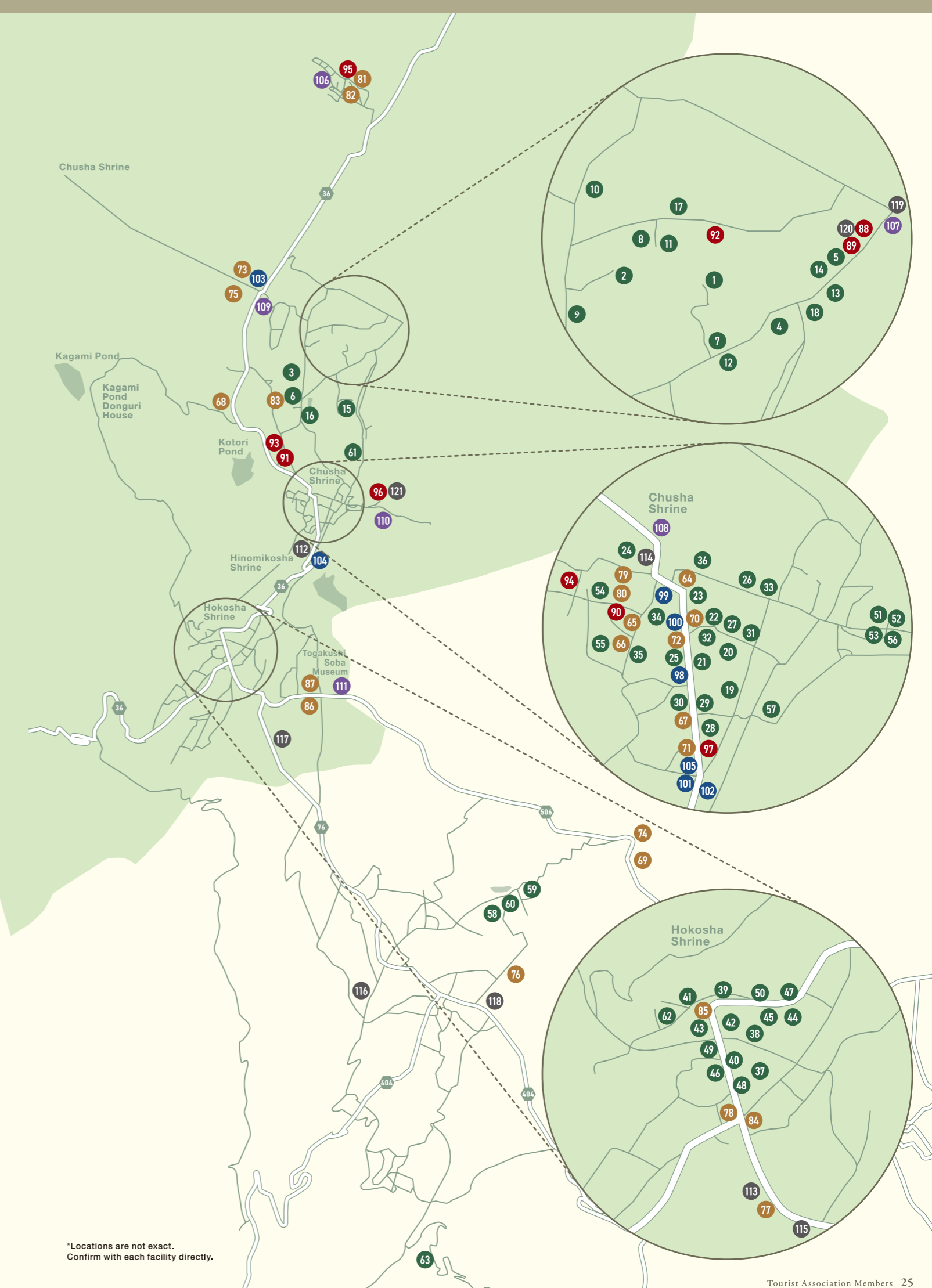
*Contact each place directly to verify availability

| | | | |
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| 106 | Togakushi Campground 3694 Togakushi, Nagano | TEL : 026-254-3581 | FAX : 026-254-3022 Notes: Closed during the winter season |
| 107 | Togakushi Ski Resort 3682 Togakushi, Nagano | TEL : 026-254-2106 | Notes: Closed during the green season |
| 108 | Chusha Shrine 3506 Togakushi, Nagano | TEL : 026-254-2001 | FAX : 026-254-3180 |
| 109 | Togakushi Folk Museum 3688-12 Togakushi, Nagano | TEL : 026-254-2395 | FAX : 026-254-3822 |
| 110 | Togakushi Kamitsuge Onsen (Uni-que-Kan) 3182 Togakushi, Nagano | TEL : 026-254-1126 | FAX : 026-254-3039 |
| 111 | Fureai Farmer's Market 9794-71 Toyooka, Nagano | TEL : 026-254-3771 | FAX : 026-254-3877 Notes: Closed during the winter season |

Other

*Contact each place directly to verify availability

| | | | |
|------------|---|---------------------|--------------------|
| 112 | Apollo Station Yamaichiya Gas 3404-1 Togakushi, Nagano | TEL : 026-254-2530 | FAX : 026-254-2454 |
| 113 | ENEOS Atarashiya Gas 1511-2 Togakushi, Nagano | TEL : 026-254-2128 | FAX : 026-254-2128 |
| 114 | Nagano Kanko Jidosha Taxi 3515 Togakushi, Nagano | TEL : 026-254-2121 | FAX : 026-254-2229 |
| 115 | Nagano City CCI Togakushi Branch 1484-2 Togakushi, Nagano | TEL : 026-254-2541 | FAX : 026-254-2166 |
| 116 | JA Nagano Susobana Branch 1548-1 Toyooka, Nagano | TEL : 026-254-2345 | FAX : 026-254-2896 |
| 117 | Obinata Inc. 2640 Togakushi, Nagano | TEL : 026-254-2028 | FAX : 026-254-2823 |
| 118 | Togakushi Matsumoto Seimen 2669-5 Toyooka, Nagano | TEL : 026-254-2171 | FAX : 026-254-2142 |
| 119 | Togakushi Ski School 3631-2 Togakushi, Nagano | TEL : 026-254-3141 | FAX : 026-254-2835 |
| 120 | AZ Pro Snowboarding School 3520 Togakushi, Nagano | TEL : 080-1980-1288 | |
| 121 | Togakushi Chusha Ski School 3245 Togakushi Chusha, Nagano | TEL : 026-254-3149 | FAX : 026-254-3149 |



*Locations are not exact.
Confirm with each facility directly.

TOGAKUSHI AREA MAP

