

# SHIGA KOGEN YUDANAKA & SHIBU ONSEN RESORT KITA-SHIGA KOGEN



SNOW MONKEY



SKI & SNOWBOARD



ONSEN RESORT



MOUNTAIN RESORT



SNOW MONKEY TOWN  
YAMANOUCHI

# YAMANOUCHI

## SNOW / GREEN & ONSEN RESORT

Yamanouchi Town is a popular tourist destination in Japan. Located in the northeast of Nagano Prefecture, it offers some of the most famous snow resorts in Japan including Shiga Kogen and Kita-Shiga Kogen. Also, the town has a well-known hot spring called Yudanaka & Shibu Onsen Resort, which is the only place in the world where visitors can see 'Snow Monkeys' bathing in a hot spring. Many tourists visit Yamanouchi Town year round as Yudanaka Station is well connected to Tokyo by the Shinkansen (bullet train) and a local limited express train. This destination is conveniently located about two and a half hours from Tokyo.

2.5 HOUR FROM TOKYO  
5 HOUR FROM OSAKA



SHIGA KOGEN (View from Yokoteyama ski area)

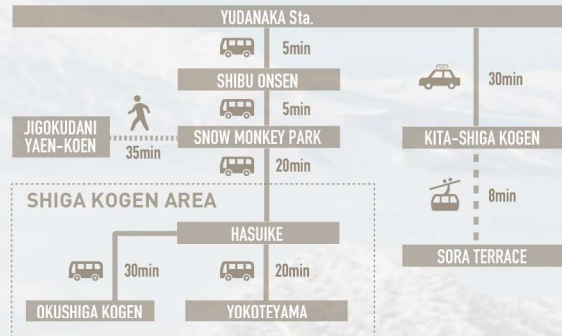
## SHIGA KOGEN



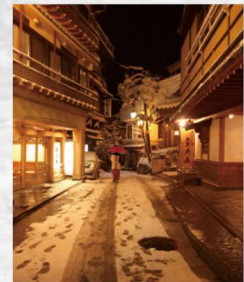
## KITA-SHIGA KOGEN



### ACCESS FROM YUDANAKA STATION



## YUDANAKA & SHIBU ONSEN RESORT



## SNOW MONKEY



# SHIGA KOGEN

Shiga Kogen is registered as a UNESCO Biosphere Reserve and is located within a national park. It offers magnificent red and yellow foliage in autumn and deep green foliage during summer. With mountains ranging from 1,300 to 2,300 meters in elevation, trekking and cycling are common activities during the green season (spanning from June through to October) which allow visitors to experience the precious natural landscapes up close.

**There are around 90 hotels in the area.**



Shiga Kogen is also famous for having the largest snow resort in Japan. Visitors from around the world enjoy skiing and snowboarding here during the winter season from December to May. Taking a ski tour here while enjoying the variety of scenic views in this vast ski area is truly a special experience.

**400ha / total course length 80km / more than 50 lifts and gondolas**



AUTUMN



SUMMER



Onuma-ike Pond



## “JAPAN POWDER”

Shiga Kogen has some of the lightest and deepest powder snow in all of Japan. Visitors are encouraged to experience the fine powder snow for themselves.

# SNOW MONKEY

Wild Japanese monkeys living in the mountains visit Jigokudani Yaen-koen year round. During the winter, visitors can watch them bathe in hot springs, while baby monkeys can be seen between May and July. This particular attraction brings many people from around the world to the area.



# KITA-SHIGA KOGEN

Kita-Shiga Kogen is a great place not only for experienced skiers and snowboarders, but also beginners, too, as it offers a number of different activities that include terrain parks and kids parks. The local specialty dish called Sugakawa Soba (buckwheat noodles) offers a rich and savory taste. Eating these local noodles in a mountain village surrounded by nature is truly a unique experience!

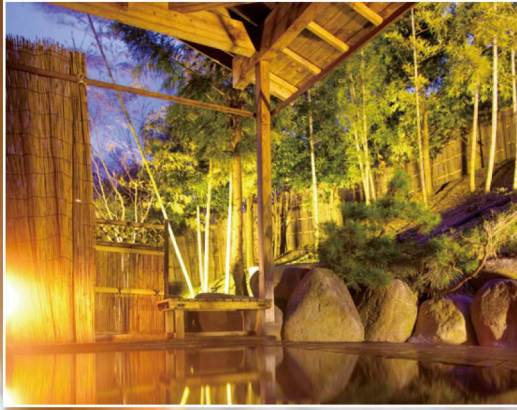
**There are around 70 hotels in the area.**



## “UNKAI” SORA TERRACE

The word Unkai (sea of clouds) describes the magical natural phenomenon when you are above the clouds and mountain peaks appear like islands in a vast sea. SORA terrace is the place to experience this phenomenon firsthand, which makes you feel like you are floating on a sea of clouds.

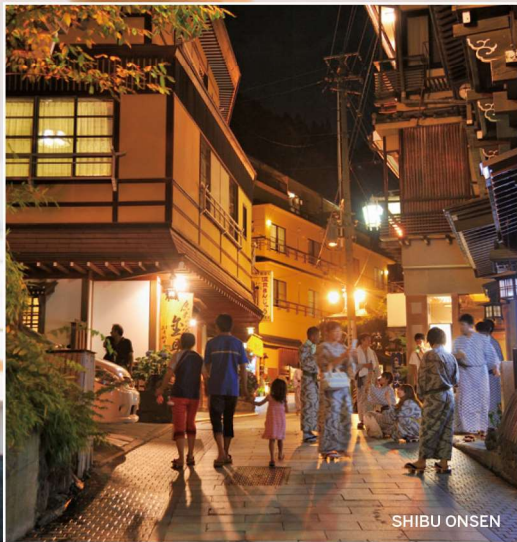




# YUDANAKA & SHIBU ONSEN RESORT

There is plenty to enjoy at Yudanaka & Shibu Onsen Resort. You can relax in hot spring baths at a Japanese-style inn or visit Sotoyu (public bath houses) around the town. The traditional atmosphere of Yudanaka & Shibu Onsen provides visitors with the opportunity to experience a unique part of Japan.

**There are around 80 hotels in the area.**



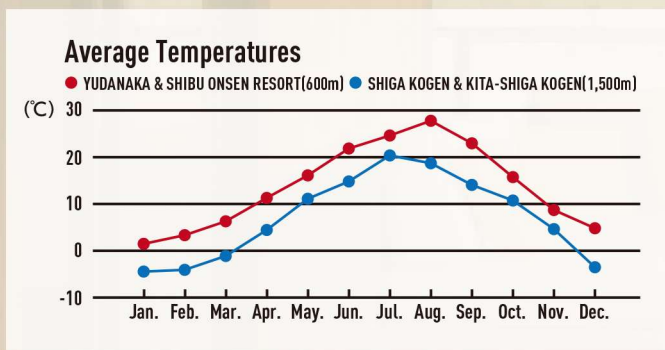
## “ONSEN”

Yamanouchi Town's Yudanaka & Shibu Onsen Resort, which is dotted with nine hot springs, has been a popular bathing destination for over 1,300 years. Each of the springs flowing in and around this town offer different qualities and characteristics, meaning that visitors will find themselves able to enjoy a variety of bathing experiences.



# THE FOUR SEASONS OF YAMANOUCHI TOWN

The four seasons offer a variety of distinct colors in Yamanouchi Town. This includes deep green leaves during summer, fall foliage during autumn, and white snow in winter. The weather is also quite distinct as temperatures vary seasonally and there is a large contrast between the mountainous and lowland areas of the town. Be sure to dress appropriately.



# ENJOY FRUIT PICKING!



Fruit picking from spring through autumn is another fun activity found in Yamanouchi Town. Cherries, blueberries, Kyoho grapes, and apples are all local specialties. Picking fresh fruit all by yourself makes them taste even better.

	JUN.	JUL.	AUG.	SEP.	OCT.	NOV.
CHERRY	■					
BULEBERRY		■				
KYOHU GRAPE			■			
APPLE				■	■	■

# TASTE LOCAL DISHES!



**ONSEN MANJU**

Yamanouchi Town offers a variety of delicious local dishes, including hot spring specialty Onsen manju (steamed buns stuffed with red bean paste), Oyaki (dumplings stuffed with vegetables), and premium Shinshu beef (cattle fed with apples for marbled beef with a soft texture). These foods are sure to leave you with fond and delicious memories.



**OYAKI**



**SHINSHU BEEF**

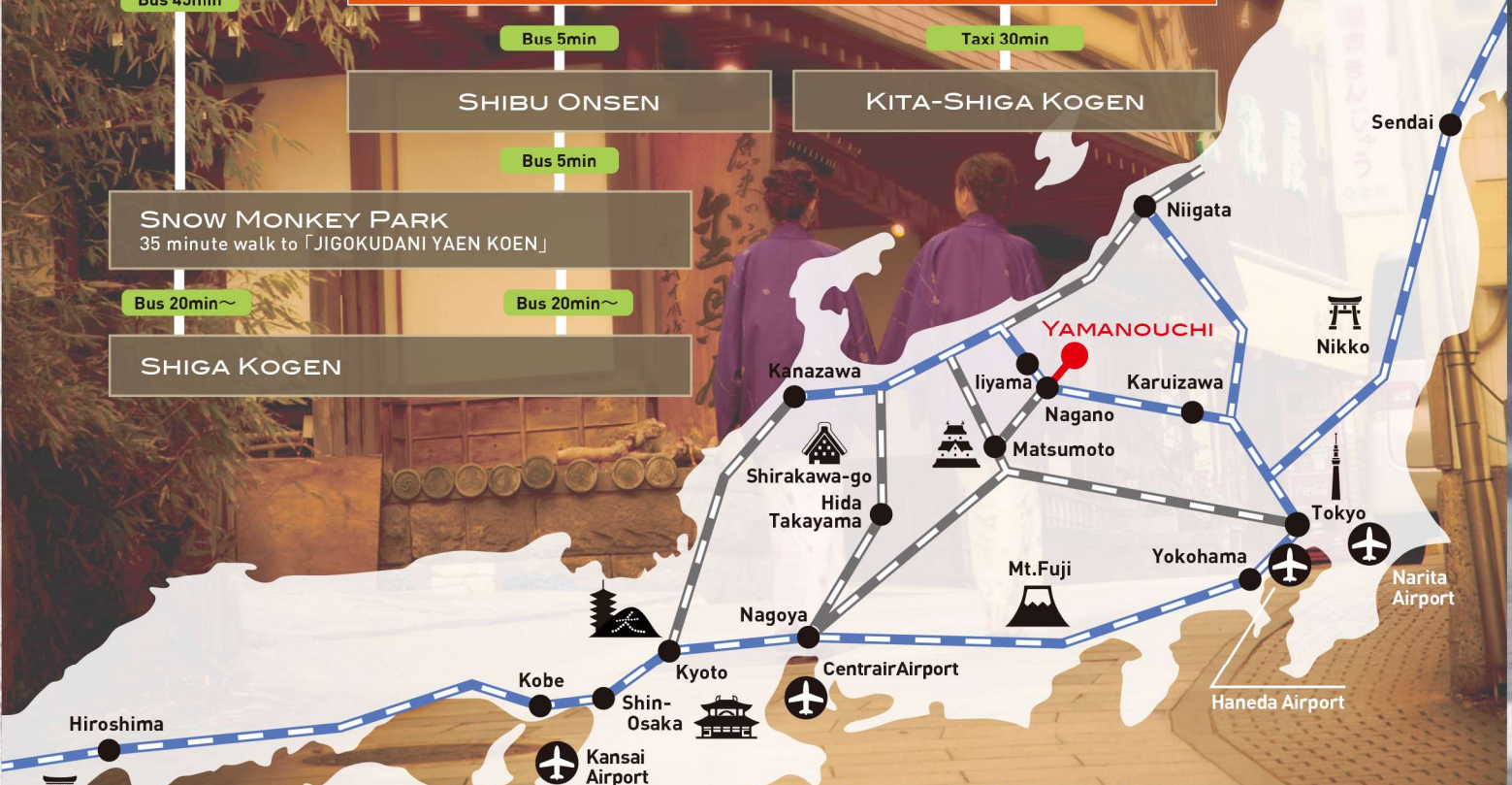
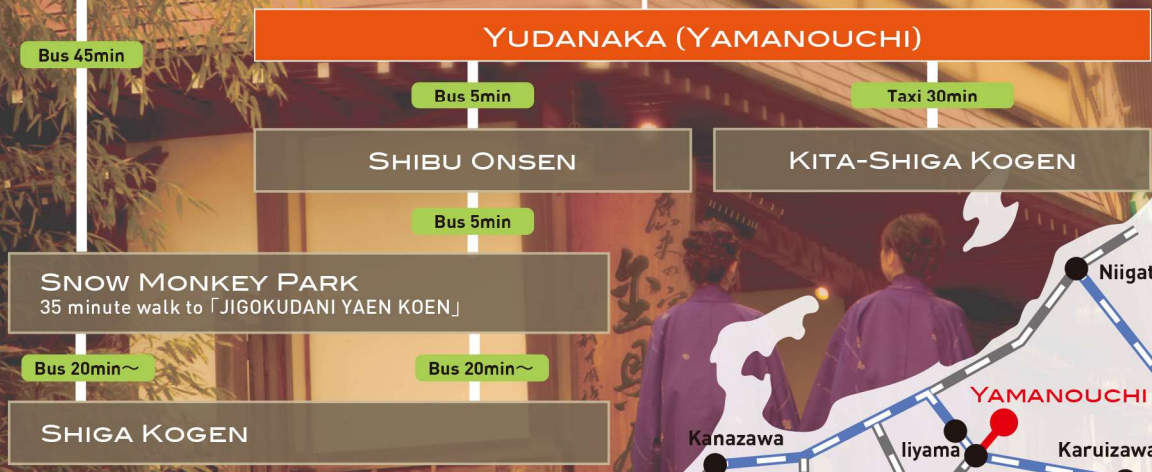
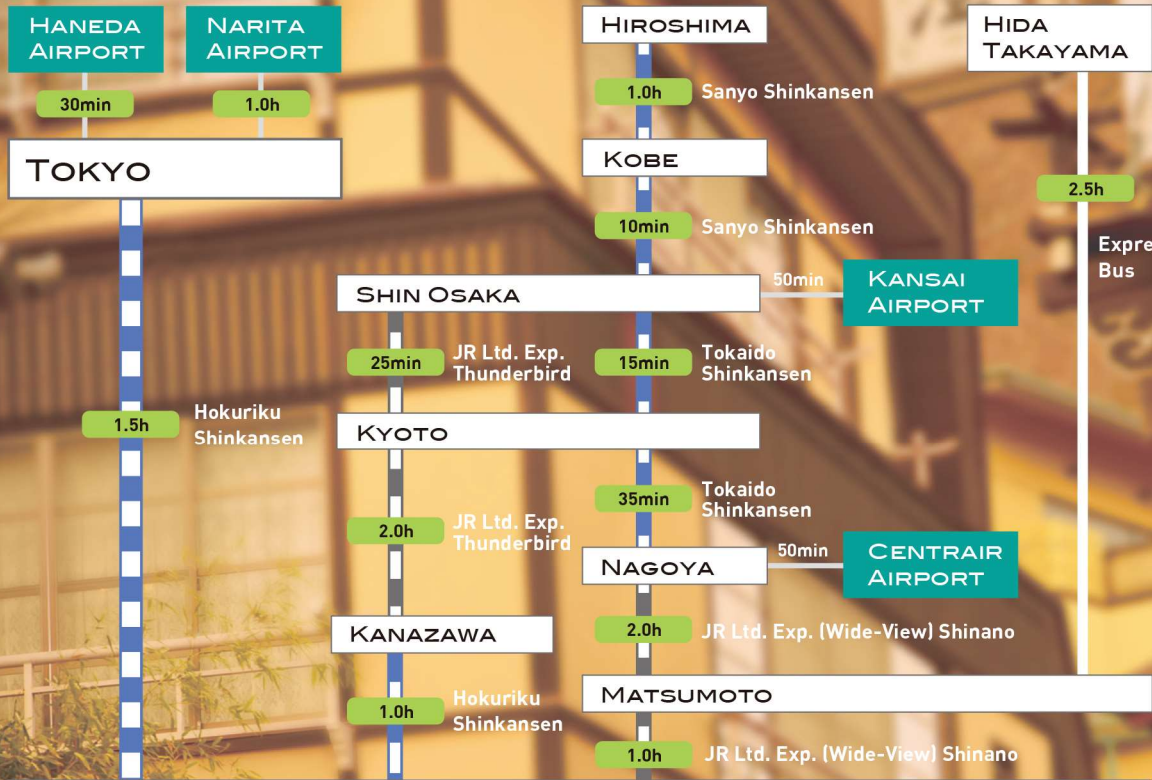


## “Make your own buckwheat noodles!”

Knead, stretch, and cut the dough. This hands-on lesson will make you feel like a Soba noodle master and provide you with an opportunity to experience Japanese food culture.



# ACCESS



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