

# FACT SHEET





The Hotel Metropolitan Nagano is an excellent choice as a travel base, conveniently located steps away from JR Nagano Station. This urban style hotel provides comfort and ease, serving as a gateway to Shinshu and all of its natural richness.

■ On site restaurants and Bar

We have Japanese cuisine, Chinese cuisine, cafe restaurant, main bar and lobby lounge that can meet customer's request.

Enjoy the unique taste unique to Shinshu, centering on freshest ingredients nurtured by rich nature in Shinshu.

■ Event & Meeting

Ball room Asama 1000㎡ Chikuma 320㎡ Azusa 210㎡  
Small size banquet rooms 90㎡~120㎡ Japanese "Tatami" matted banquet room 43.8㎡  
Sky banquet room 85㎡~150㎡



《 NAGANO GREEN MICE 》

Carbon dioxide (CO2) emissions of electricity used at banquets are reduced to virtually zero



We will replace the electricity used in the venue with renewable energy and provide an option to reduce carbon dioxide (CO2) emissions to virtually zero.

《 Initiatives for SDGs 》



○Reduction of plastic products

- Abolition of plastic straws (use paper or biodegradable materials when using)
- Abolition of plastic shopping bags (using biomass plastic, paper bags, etc.)
- Guidance to customers (guidance on reduction through posters, POP posting, etc.)

○Efforts to reduce food loss

- We have launched the "Food Loss Reduction Project" and are working to reduce food loss.
- We will strive to diligently order ingredients, make effective use of ingredients, and provide the right amount of food.
- Held study sessions and study sessions, and participated in the "3010 (Sanmaru Ichimaru) Campaign" at the banquet hall.

## Hotel Metropolitan Nagano's safety and security initiatives

### ○ We have obtained the "New Corona Countermeasure Promotion Declaration" issued by Nagano Prefecture.

Ensuring interpersonal distance ・ Installing hand disinfection equipment ・ Wearing masks ・ Ventilation of facilities ・ Disinfection of facilities ・ Clearing items deemed necessary based on guidelines set by the national government and related organizations, and confirming on-site in Nagano Prefecture We are working to prevent infection by posting a sticker.

○ In order to create an environment where everyone can use food and drink and various services with peace of mind, we inspect shops that are taking measures against infection, receive certification as "safe shops in Shinshu", and post stickers to infect. We are working on countermeasures.



#### 1、Securing distance from people

Let's avoid splashes from each other, such as leaving a space of 1m or more between people. ・ When chatting, avoid splashing through the splash prevention panel and avoid the front as much as possible.

#### 2、Wear the mask correctly

Make sure to wear a mask before and after the dinner. Even during the dinner, depending on the situation, "mask dinner" or "silent meal"

#### 3、Diligent hand washing and hand disinfection

Thoroughly wash your hands and disinfect your hands before and after meals. Effective disinfection of fingers with rubbing alcohol.

#### 4、Sufficient ventilation

Ventilate indoors at least once every 30 minutes for a few minutes

○ We are focusing on infectious disease control in accordance with the guidelines of the "Guidelines for Preventing the Spread of New Coronavirus Infectious Diseases in the Hotel Industry" of the "Japan Hotel Association".

○ We are working to prevent the spread of infection by unifying the JR-East Hotels group.

○ Hotel Metropolitan Nagano's unique initiative.

・ We are especially strengthening it to prevent infection in the hall and guest rooms.

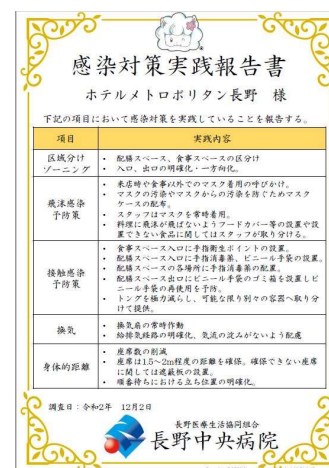
①Ozone mist, which is effective for sterilization and virus inactivation (decomposition), is sprayed to deodorize and sterilize the entire guest room.

②Strengthen cleaning of the most frequently touched parts in the room (switches, doorknobs, bathrooms, air conditioning controls, telephones, TV remote controls, linens, amenities, tissue boxes, dryers, furniture, closets, glasses).

③A leaflet in a foreign language will be posted in the lobby to encourage proper implementation of infection control measures..

・ Efforts to prevent infection at the breakfast venue.

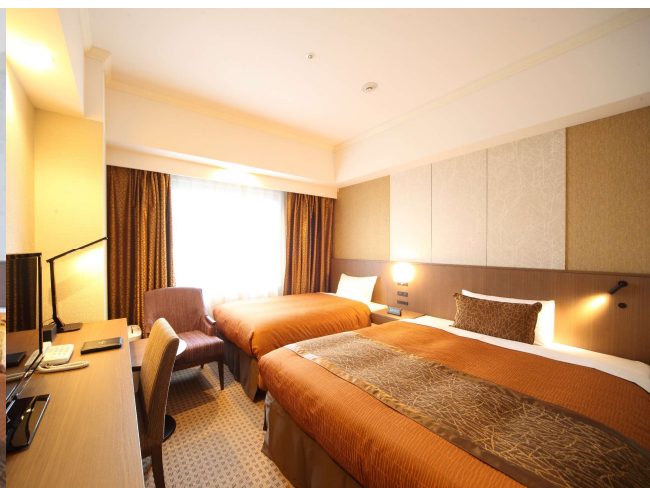
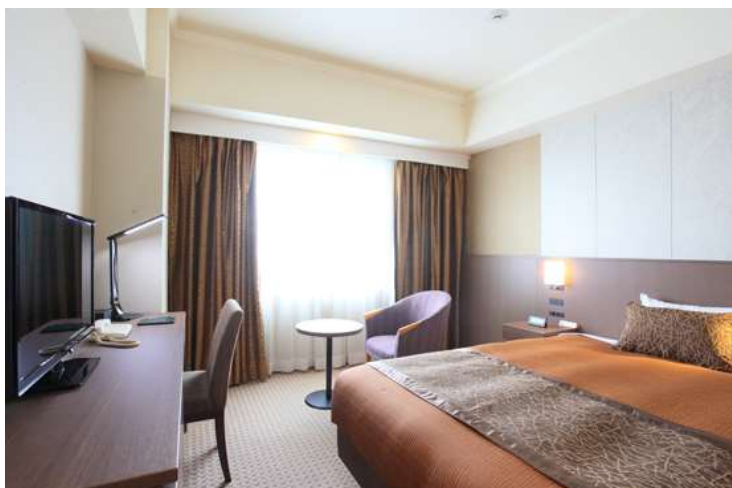
①Under the supervision of the Infection Control Office in the general hospital in Nagano City (Nagano Chuo Hospital), we have received guidance on infection control measures in the venue and received a report. In particular, breakfast is buffet style, so we are working to provide food with the highest possible safety and security.





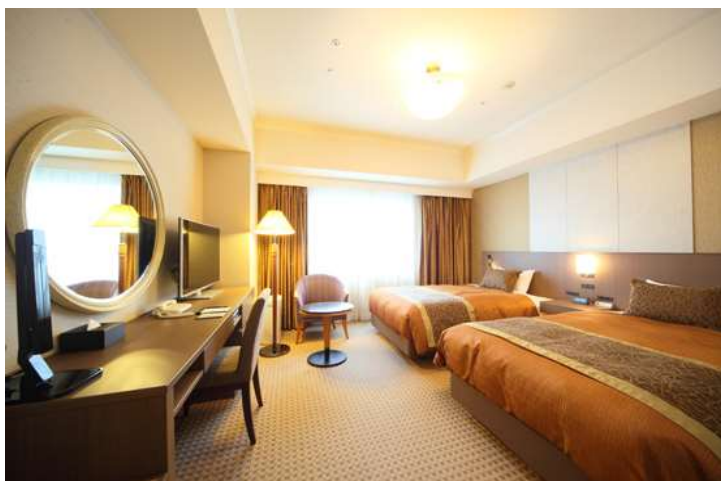
## Standard Single

1 extra bed is available into non smoking room.



Room Size	18m <sup>2</sup>	Extrabed	Extra bed: W100cm x L185cm
Size of Bed	W140cm x L195cm		
Located on	5th, 6th Floor No smoking		There is also a superior type bed W160 cm

## Standard Twin



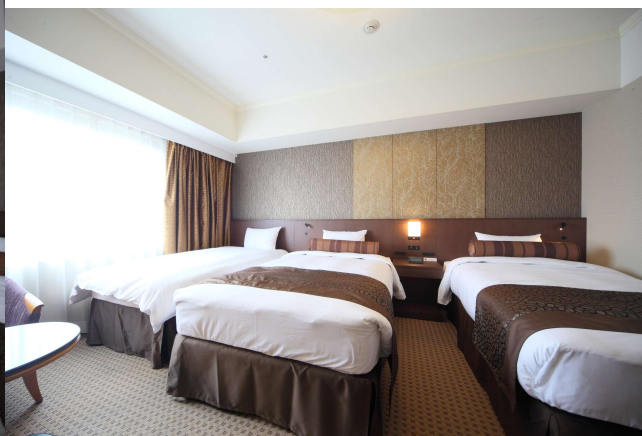
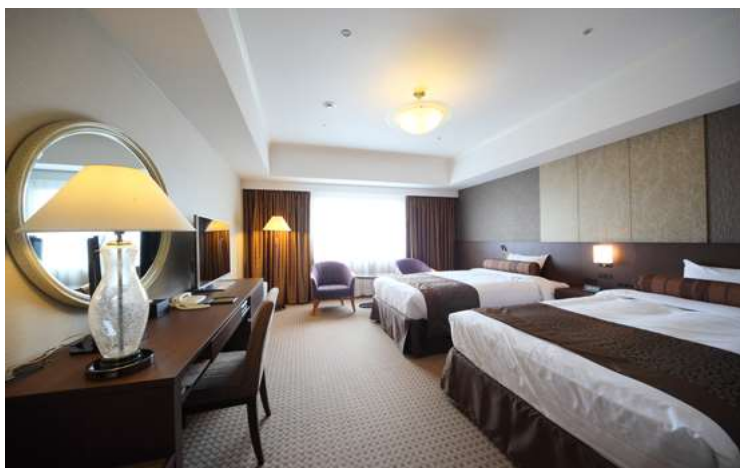
~bathroom~



Room Size	25m <sup>2</sup>
Size of Bed	W120cm x L195cm
Located on	5th, 6th, 7th, 8th and 9th Floor No smoking

## Superior Twin

★1 extra bed is available into room.



Room Size	30m <sup>2</sup>	Extrabed	Extra bed: W 100cm x L 185cm
Size of Bed	W120cm x L195cm		
Located on	5th, 6th, 7th, 8th and 9th Floor No smoking		
Feature.	This type faces the railroad side, and all have a train view where you can see the Shinkansen.		



## Deluxe Twin



<b>Room size</b>	30m <sup>2</sup>
<b>Size of Bed</b>	W120cm x L 195cm
<b>Located on</b>	10th Floor (No smoking), 11th Floor (Smoking)
<b>Feature</b>	Located on the executive floor, the high-resilience bed mattress "Maniflex" is adopted

## Deluxe Double



<b>Room size</b>	25m <sup>2</sup>
<b>Size of Bed</b>	W180cm x L 195cm
<b>Located on</b>	9th and 10th Floor (No smoking), 11th Floor (Smoking)
<b>Feature</b>	180 cm wide Simmons king size bed available

## Japanese-Western Suite



<b>Room size</b>	60m <sup>2</sup>
<b>Size of Bed</b>	W120cm x L195cm 2 single beds, 2 futon beds & 2 bunk beds (100×185)
<b>Located on</b>	5th, 6th, 7th, 8th Floor No smoking
<b>Feature</b>	There is a Japanese space of 6 tatami mats in a large Japanese and Western room.



## Japanese Restaurant Shinano

We prepare Japanese cuisine with seasonal ingredients of Shinshu region (Nagano).



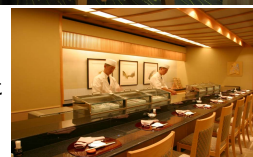
Lunch 11:30~14:30  
Diner 17:30~21:30  
(LO. 21:00)



It strives to who can eat feel free to fun a full-fledged Edo-style sushi. Please Come savor, including seasonal fish the commitment material of the taste.



Inheriting the taste of beef, of Shinshu Alps cow who grew up in the wilderness of Shinshu. The fine-grained flesh and deep some taste, authentic Teppanyaki, please relished by all means.



## 中国料理 皇華

Chinese Restaurant Fan-Fahr restaurant featuring dishes completely based on Sichuan cuisine.



Lunch 11:30~14:30  
Dinner 17:30~21:30  
(LO. 21:00)

Private rooms “花鳥” can be used by 9 people each, and the area reserved “鳳凰” can be used by up to 30 people. We have various types of private rooms.



## Bar Apollo

It is the main bar located on the top floor of the hotel. The bartender boasts outstanding skills, we will offer you the best one for our customers from among about 200 rich drink menus. The night view of one of Nagano area's favorite areas overlooking the mood with a bar counter and table seat adds flowers to a wonderful cocktail time.



18:30~24:00 (LO. 23:30)  
Close on Sunday





## Cafe Restaurant Iris

We offer a wide range of menus from breakfast to reasonable lunch and dinner. Feel free to enjoy the taste of the hotel. For breakfast, we prepare a wide range of dishes such as dishes using local Nagano ingredients and traditional Shinshu cuisine for rice from Nagano prefecture.



Breakfast  
Lunch  
Taetime  
Dinner

6:30~10:00  
11:00~14:30(LO 14:00)  
10:00~17:00  
17:30~21:00(LO 20:00)

Buffet Style  
Buffet Style

## Access

From **Tokyo** Station By Hokuriku Shinkansen about **1 hour 30 minute**  
From **Kanazawa** Station By Hokuriku Shinkansen about **1 hour 5 minute**  
From **Nagoya** Station By Rapid Express "Shinano" about **3 hours**  
From **Karuizawa** Station By Hokuriku Shinkansen about **30 minute**  
From **Matsumoto** Station By Rapid Express "Shinano" about **45 Minute**

### 【 Car and Bas 】

From Joshi-netsu Express Way Nagano IC about 25 minute  
From Joshi-netsu Express Way Suzaka Nagano Higashi IC about 25 minute



### < Parking >

Passenger Car 120 lots 1,000 JPY per night  
Bus 5 lots 5,000 JPY per night

※Reservation required

