

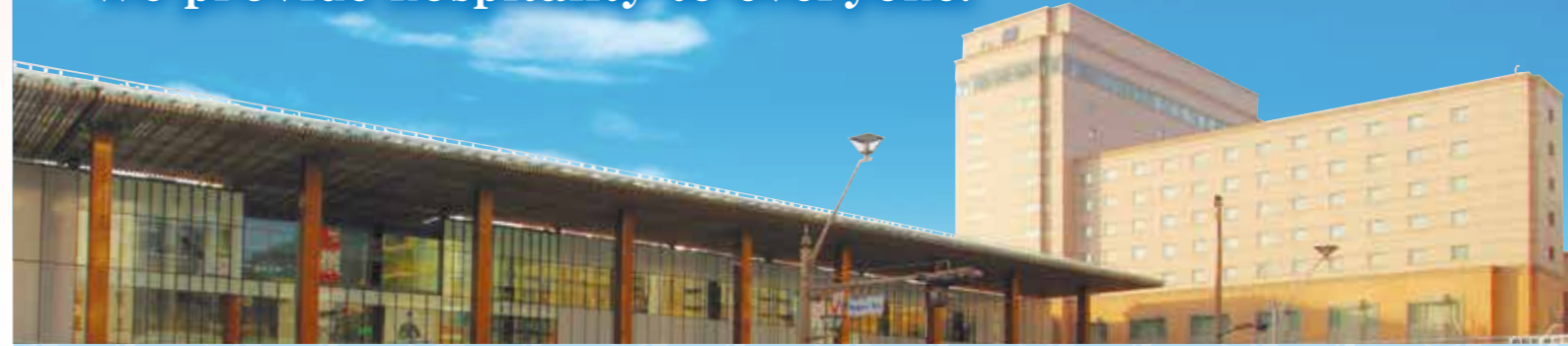
Please see the BUS PLATFORM MAP on the right-hand side page.

Guide to Tourist Attractions in the Outskirts around Nagano City



Hotel Metropolitan Nagano

Located in a convenient location for sightseeing with easy access to transportation. We provide hospitality to everyone.



Restaurant & Bar

Japanese Restaurant
Japanese Restaurant

Chinese Restaurant
Fan Fahr

Cafe Restaurant
Iris

Main Bar
APOLLO

Banquet hall, Guest room

HOTEL METROPOLITAN NAGANO JR-EAST

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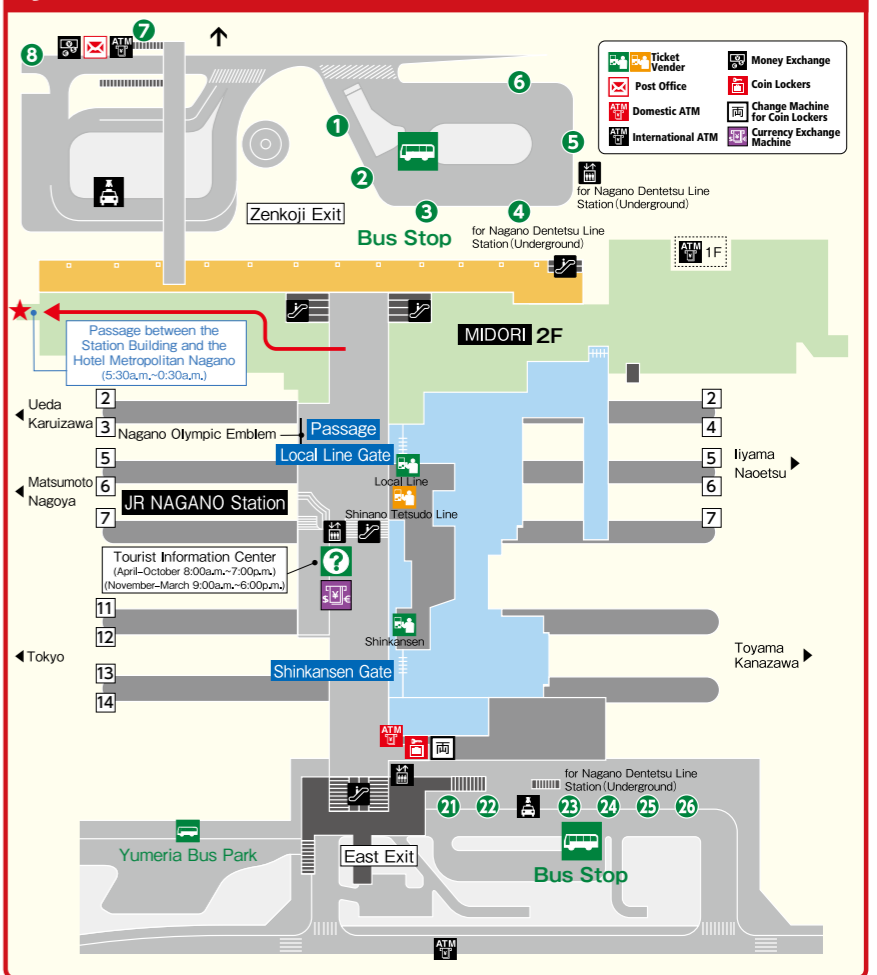
GDS Access Code

Sabre	JR 67668
Amadeus	JR QNGMNH
Galileo	JR 19150
Worldspan	JR 80208

NAGANO STATION AREA MAP



JR NAGANO STATION (BUS PLATFORM MAP)



※All photos are images. ※The information in this pamphlet is current as of March 2016.

Focusing mainly on Nagano Prefecture Regional Map

Nagano City, which was the host city for the 1998 Winter Olympics, is located square in the middle of Japan. The capital of Tokyo is to its southeast, Nagoya is to its southwest, and it also connects to Kyoto and Osaka in this direction. It also connects to Niigata to the northeast and Toyama and Kanazawa to its northwest. Travelers can conveniently travel to a variety of different places by train or express highway bus. They can also fully enjoy traveling in Japan by making the rounds to the tourist attractions in different regions.

Hokuriku Arch Pass

Purchasing from Outside Japan

Adult (12 year old or older)	24,440 yen	Children (6-11 year old)	12,220 yen
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Purchasing in Japan

Adult (12 year old or older)	25,460 yen	Children (6-11 year old)	12,730 yen
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Unlimited-raid Pass for affordable trips in Tokyo/Osaka and Hokuriku areas!
<http://hokuriku-arch-pass.com/en/>

ACCESS

Getting to Nagano

23 min Karuzawa → Nagano
85 min Tokyo → Nagano
66 min Kanazawa → Nagano
126 min Kyoto → Nagano
22 min Shin-Osaka → Nagano
50 min Matsumoto → Nagano
123 min Nagoya → Nagano
35 min Kyoto → Nagano
13 min Shin-Osaka → Nagano

※The indicated times show the shortest possible times.

Express Highway Bus/Express Bus

Toyama ← Hokuriku Expressway → **Niigata**
 ← Joshinetsu Expressway → **Nozawa-Onsen**
 ← Omachi, Ogizawa → **Shigakogen**
 ← Kamikochi → **Shigakogen**
Nagano ← Chuo Expressway → **Tokyo (Shinjuku, Utsunomiya)**
 ← Meishin Expressway → **Tokyo Disney Resort**
Nagoya ← Chuo Expressway → **Tokyo (Shinjuku, Utsunomiya)**
 ← Meishin Expressway → **Tokyo Disney Resort**
Osaka ← Chuo Expressway → **Tokyo (Shinjuku, Utsunomiya)**
 ← Meishin Expressway → **Tokyo Disney Resort**
Kyoto ← Chuo Expressway → **Tokyo (Shinjuku, Utsunomiya)**
 ← Meishin Expressway → **Tokyo Disney Resort**
Narita International Airport ← Kanetsu Expressway → **Tokyo (Shinjuku, Utsunomiya)**



Kenrokuen
 This Japanese-style garden is a representative example of the Edo Period, with its beauty and grandeur. It is considered one of the three best gardens in Japan. Kanazawa City, Ishikawa Prefecture

Shirakawago
 Roofs referred to as gassho-zukuri (steep, thatched roofs) have a distinctive shape that was born from the wisdom of the villagers who lived in among nature. It is a World Cultural Heritage site. Shirakawa Village, Gifu Prefecture

Matsumoto Castle
 This is the oldest castle of the five structure castle towers, and was built during the Warring States Period. Its black and white colors look magnificent against the mountains of the Japanese Alps, and it is a national treasure. Matsumoto City, Nagano Prefecture

Mt. Fuji
 This volcano has a beautiful shape and is symbolic of the Japanese nation. The surrounding area contains numerous leisure facilities, and it is enormously popular worldwide. It is a World Cultural Heritage site.

Toyota Commemorative Museum of Industry and Technology
 This is a corporate museum run by the Toyota Group that preserves and makes use of a red brick building that is valuable in an architectural history sense, as a form of industrial heritage. Nishi Ward, Nagaya City

Nikko
 This dazzling shrine enshrines Tokugawa Ieyasu, the first Shogun who began the Edo Shogunate. It is a national treasure and a World Cultural Heritage site. Nikko City, Tochigi Prefecture

Snow Monkey
 The wild monkeys who seem to enjoy bathing in the hot springs during the snowy season are enormously popular. Yamanouchi Town, Nagano Prefecture

Osaka
 Featuring noteworthy sites like Osaka Castle and UNIVERSAL STUDIOS JAPAN®, the city of Osaka is also famous for its food culture. Here visitors can enjoy a unique culture that is distinctive from that found in Tokyo.

Kyoto
 Numerous temples, shrines, and other sites that are representative of Japan still remain in the former capital of Kyoto. It is popular worldwide as a city where visitors can get the greatest feel for the traditions of Japan. Visitors might even be able to catch a glimpse of a maiko (apprentice geisha). Features World Cultural Heritage sites.

Kansai International Airport (Kansai International Airport)
UNIVERSAL STUDIOS JAPAN

- Shinkansen
- JR Line
- Shinkansen
- Other Railroad
- Express Highway Bus
- Bus
- Walk

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