

# SHIGA KOGEN

## Located in the nearly center of Japan Shiga Highland Is Accessible by Public Transport throughout Japan

### Domestic Transportation Network Shinkansen and Air Flights in Japan

For foreign tourists, it is inevitable that they will eventually use the Shinkansen to get to where they want. Since the operation of Shinkansen in Hokkaido started in 2016, Japan is now connected with Shinkansen lines entirely from north to south. Newly introduced low cost carriers have also widened the range of transportation choice by air. Domestic flights and Shinkansen services boasting safety and accuracy bring you to major cities throughout Japan. Where are you going? What kind of trip are you planning? If you want to make your trip more interesting, obtain information from centers and guide books, and fully understand and make the most of the convenient transportation network in Japan.

### By Bus? By Train?

The fastest way to get to Shiga Kogen from Nagano Station is taking an express bus bound for Shiga Kogen. Still, a local train trip gives you an impressive experience. Why don't you go by bus and come back by train?



### Approximately Three Hours from Tokyo And Approximately Five and Half Hours from Osaka to Shiga Kogen

There are three types transportation available from major cities to Shiga Kogen: trains (including Shinkansen), buses or cars. From Tokyo Station, the most convenient way to get to Nagano Station is to take Shinkansen, which takes approximately 85 minutes. From Osaka Station, take Tokaido Shinkansen to Nagoya Station and change to Express Shinano to get to Nagano Station via Matsumoto Station; this takes approximately 5.5 hours in total. If you'd prefer not to change trains, take an express bus from Umeda in Osaka; it takes approximately 7 hours to get to Nagano Station. Even though it takes longer by bus you can travel at reasonable rates.

#### Access to Shiga Highland from major cities

Routes	Train & Routes	Time required
1 Tokyo~Karuzawa	Hokuriku Shinkansen "HAKUTAKA"	1hr.2min.
2 Karuzawa~Nagano	Hokuriku Shinkansen "HAKUTAKA"	23min.
3 Tokyo~Nagano	Hokuriku Shinkansen "KAGAYAKI"	1hr.20min.
4 Nagano~Shiga Kogen	Nagaden Bus Express	1hr.5min.
5 Nagano~Yudanaka	Nagaden Limited Express	46min.
6 Yudanaka~Shiga Kogen	Nagaden Bus	29min.
7 Isebukuro Higashiguchi (Tokyo)~Nagano	Highway Bus (Nagaden/Alpico)	3hr.40min.
8 Shinjuku (Tokyo)~Nagano	Highway Bus (Alpico/Keio)	3hr.40min.
9 Shin-Osaka~Nagoya	Shinkansen "NOZOMI"	51min.
10 Nagoya~Nagano	Wide view "SHINANO"	2hr.53min.
11 Umeda station (Osaka)~Nagano	Highway Bus (Alpico)	6hr.43min.
12 Nanba station (Osaka)~Nagano	Highway Bus (Nagaden/Nankai)	7hr.43min.
13 Kanazawa~Nagano	Hokuriku Shinkansen "KAGAYAKI"	1hr.5min.
14 Niigata~Nagano	Joetsu Shinkansen "TOKI"	1hr.2min.
15 Takasaki~Nagano	Hokuriku Shinkansen "HAKUTAKA"	36min.
16 Oizumi L.C. (Tokyo)~Nagano	Car	2hr.41min.
17 Shinshu Nakano L.C.~Shiga Kogen	Car	31min.

Travel times described here are the fastest as of 2020.

## Tourists From Around The World Love The Snow Monkeys!



### 'Jigokudani Yaen-Koen' Wild Snow Monkey Park Located at the Entrance of Shiga Kogen

The 'Jigokudani Yaen-Koen' wild snow monkey park is located in the valley along the River Yokoyu, which runs from Shiga Kogen, an Eco Park of UNESCO and a national park of Japan. It is approximately 2 km, or 30 minutes on foot from Kanbayashi Hot Spring, the entrance of Shiga Kogen, to the wild snow monkey park. If you are lucky, you may see other wild animals such as squirrels and Japanese serows as well. Established in 1964, the park attracted many visitors, including researchers from around the world who visit here to observe the unique ecology of Japanese monkeys first hand, and photographers who are eager to capture scenes with the monkeys taking a hot spring bath. It is now a popular attraction for tourists world over. You can not only watch them taking a bath during winter time, but also during spring and summer time if you are lucky.



## Best Powder Fields in the World!

The development of ski resorts in ShigaKogen started on a large scale after Norwegian Lieutenant General Heiset visited in 1929 because he had rated ShigaKogen as a perfect ski area and described it as "Eastern Sankt Moritz". Since the ShigaKogen was the site of the alpine slalom skiing competition of the Nagano 1998 Winter Olympics as well as the World Cup matches, it is globally recognized as a major winter resort in Japan. The ShigaKogen offers 18 ski resorts with a difference in elevation of 1000m, total lift length of 49,147 m and about 80 km of runs across 400 hectares of skiable area. One single pass covers 18 different ski resorts and all of the resorts can be accessed by free shuttle bus service. The peaks of Yakebitaiyama, Higashidateyama, Terakoya and Yokoteyama resorts top out at over 2000 m and Yokoteyama resort is home to Japan's highest ski field. You most likely to see frost-covered trees called "Julyu" on the top of these resorts in February with a view of Northern Japan Alps. Powder snow and huge snowfall in ShigaKogen attract more and more visitors from all over the world in recent years.



### Useful Japanese!

**Hello → Konnichiwa**  
**Help! → Tasukete!**  
**Cold! → Samui!**  
**Hot! → Atsui!**  
**I have a cold. → Kaze wo hiita!**  
**I have a headache. → Atama ga itai.**  
**Do you have cold medicine? → Kazegusuri wo kudasai.**  
**I want to rent a pair of skis. → Sukii wo karitai.**  
**Where is a bus stop? → Basutei wa dokodesuka?**  
**Is this bound for xxx? → OOO e ikimasuka?**  
**Train → Densya**  
**Airport → Kuko**

**Call the police. → Keisatsu wo yonde kudasai.**  
**Call the doctor. → Isha wo kudai kudasai.**  
**No problem! → Anshinshite kudasai.**

**You're cute! → Kawaii!**  
**Beautiful! → Utsukushii!**  
**cool! → Kakkoi! → I'm hungry. → Onaka ga suita.**  
**I'm full. → Onaka ga ippai.**  
**Very delicious. → Totemo oishii.**  
**I'm Very happy → Totemo ureshii.**  
**Thank you → Arigato**

### Contact Information

■ General Inquiries  
 Shiga Kogen Tourism Association  
 → TEL0269-34-2404  
<http://www.shigakogen.gr.jp>  
 ■ Inquiries for Lifts and Skiing  
 Shiga Kogen Lifts Association  
 → TEL0269-34-2588  
<http://www.shigakogen-ski.com>  
 ■ Inquiries for Snowshoes and Trekking  
 Shiga Kogen Guide Association  
 Shiga Kogen Nature Protection Center  
 → TEL0269-34-2133  
<http://shizenhogo-center.shigakogen.gr.jp>  
 ■ Buses and Trains  
 Nagaden Buses → TEL026-296-3208

Nagaden Line Yudanaka Station  
 → TEL0269-33-3145  
 ■ Taxis  
 Nagaden Taxis → TEL0269-33-3161  
 ■ Shinkansen  
 Nagano Station → TEL050-2016-1603  
<https://www.jreast.co.jp>  
 ■ Airport  
 Narita Airport and General Inquiries  
 → TEL0476-34-8000 <http://www.narita-airport.jp>  
 Kansai Airport General Inquiries and Flight Information Guidance → TEL072-455-2500  
<http://www.kansai-airport.or.jp>  
 ■ Ski School  
 Shiga Kogen Ski School → TEL0269-34-2617  
<http://www.shigakogen.net>

### Police → 110 Ambulance → 119

■ Snow Monkey  
 Jigokudani Yaen Koen → TEL0269-33-4379  
<http://jigokudani-yaenkoen.co.jp>  
 ■ Mail  
 Shiga Kogen Post Office → TEL0269-34-2960  
 ■ Gas Station  
 Idemitsu Shiga Kogen Kanbayashi Gas Station  
 → TEL0269-33-8585  
 Showa Shell Sekiyu Shiga Kogen SS  
 → TEL0269-33-8712  
 Showa Shell Sekiyu Shiga Kogen Iriguchi SS  
 → TEL0269-23-5656  
 ■ Art Museum  
 Shiga Kogen Roman Museum → TEL0269-33-8855  
<http://www.s-roman.sakura.ne.jp>

# SHIGA KOGEN



## The Radiant Nature in Shiga Kogen

### The spring and summer seasons are no less beautiful than Winter season!

ShigaKogen, known for being the venue of the 1998 winter Olympics, has been receiving accolades as the biggest winter resort in Japan, holding 18 ski grounds. Since it is a highland region with altitudes ranging from 1,325m to 2,307m the snow quality is very high and many visitors come and enjoy skiing from the start of the winter season until the beginning of May. At the end of May, skunk cabbages start blooming in the melted snow to tell us spring has come. Other flowers also start blooming to tell us the spring season has come to ShigaKogen in June. ShigaKogen is located in the middle of Joshinetsu Kogen National Park. The eruption of Shigayama dammed a lot of rivers about a hundred thousand years ago and it made many ponds and swamps

after that. The surrounding environment is home to various alpine and alpine plants. Day lilies and willow herbs wave in the wind at the altitude of 2000m. You can see Japanese monkeys, serows, red foxes, raccoon dogs, chestnut tiger butterflies which come across the sea, and Japan's No.1 Genji fireflies in the ShigaKogen mountains. Some of the mountains are higher than 2000m, so trekkers can enjoy trekking. Mt. UraShigayama and Mt. Akaishiyama are popular courses to catch a view of the mystic beauty Onumake Pond (picture above). Mt. Yokoteyama and Mt. Higashidateyama get visited by many visitors and you can reach the summit by taking lifts or gondolas to enjoy the view of Northern Alps. It is very rare that the temperature goes above 30C during the summer time so there are no sultry nights. Train-



Mt. Kasagatake and Japan Northern Alps viewed from the top of Mt. Yokoteyama



Overlooking Onuma-ike Pond from the top of Mt. Akaishiyama



Autumn leaves of Kido-ike Pond

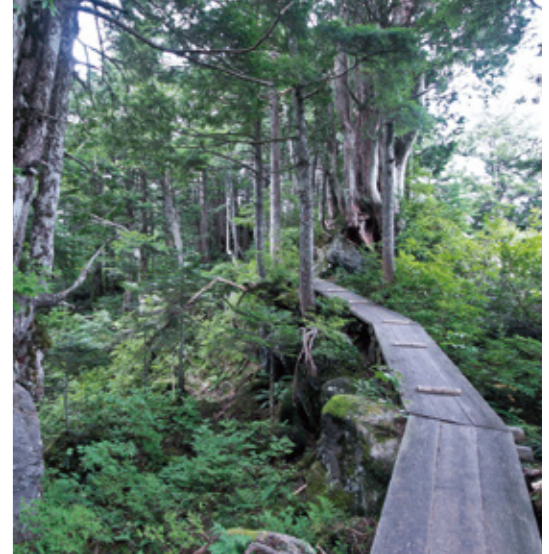
### Shiga Highland Biosphere Reserve What is the Biosphere Reserve?

The Biosphere Reserve is one of the MAB (Man and Biosphere) projects by the science sector. World Heritage is based on the Convention for the Protection of the World Cultural and Natural Heritage, and to protect untouched nature is the rule. On the other hand, BR has a purpose of Ecosystem Protection and the harmony of use and application. They consist of zones which have three functions: conservation of biodiversity, sustainable development, and support for logistics. Shiga Highland Biosphere Reserve is one of the leading tourism and recreation areas. More than 2 million people visit every year. The development of ShigaKogen with a focus on ski resorts was rapid after 1960. On the other hand, most of the core zones were unaffected anthropogenically so a virgin forest has been widely maintained and beautiful swamps and high altitude wetlands are dotted in mystical subalpine coniferous forest in buffer zones.

### Biosphere Reserves are the places human beings and the nature live in harmony.

Biosphere reserves are organized into 3 interrelated zones:  
 1. The core area(s) comprises a strictly protected ecosystem that contributes to the conservation of landscapes, ecosystems, species and genetic variation.  
 2. The buffer zone surrounds or adjoins the core areas, and is used for activities compatible with sound ecological practices that can reinforce scientific research, monitoring, training and education.  
 3. The transition area is the part of the reserve where the greatest activity is allowed, fostering economic and human development that is socio-culturally and ecologically sustainable.

Shiga Highland biosphere reserve is a place where we can aim for a sustainable society.



Magatama no oka