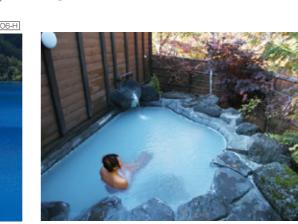




The most popular trail [Ikemeguri trail]

You can see the colors of emerald green and shiny purple on the surface of the cobalt blue Onuma-ike Pond. A lot of visitors visit Onuma-ike Pond for its mystic beauty from spring to fall. The scenic spot is in the north area of the trail but Onuma-ike Pond looks even shinier from

Please check the bus timetable in advance if you magahara onsen, and Makuiwa onsen. need to take a bus.



Relieve the weariness of

Shiga Kogen hot spring

back to 170 years ago, during the late Edo

Kumanoyu onsen, named after a legend

where an injured bear was found healing

Hotaru onsen, Shigayama onsen, Taka-

the travel at

The top of the mountains is

②Altitude of 2,000m, Mt.Higashidateyama.

along the way and there is a restaurant at the

Day lilies on Mt.Higashidateyama

opened its doors in 1937

Historical ShigaKogen Hotel

hotel in ShigaKogen. The hotel is a graceful

historic building that attracted many foreign

tourists. It was one of the first locations to

employ national policies regarding the acquis-

tion of foreign exchange. Today, it is open to

the public as ShigaKogen Memorial Hall to

●Call: 0269-34-2253 ●Free admission

*Closed : Thursdays

ShigaKogen Memorial Hall

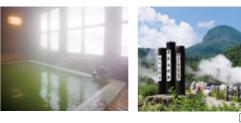
within easy reach

The history of ShigaKogen hot spring dates There are 2 routes to reach the top of the

Hoppo onsen, which was named after the Mt. Yokoteyama panorama view route on the sound of boiling water and steam, and left-hand page. There are restaurant and cafe

its injury in the bath. In addition to these 2 Mt. Higashidateyama sky view route on the onsens, there are 5 more: Kidoike onsen, left-hand page. You can see valuable flowers

period. It began with the development of ① Altitude of 2,307m, Mt.Yokoteyama.



Nagano Olympic museum and ShigaKogen nature conservation center in ShigaKogen general information center

ShigaKogen General Information Center 98 ShigaKogen nature conservation center is In 1937, ShigaKogen Hotel opened as the first - The Center opened in the year of the where you can learn about the area's natural Nagano Winter Olympics (1998) includes a surroundings. The Olympics and Paralymconcert hall which was completed under the pics museum exhibits the Olympic medals, supervision of the world-famous conductor torch, and athlete's uniforms. The ShigaKo-Seiji Ozawa. The concert hall has been used gen Tourism Association is located in the for various musical events since its opening. same building. The hall holds a maximum of 1,200 people Opening hour 9:00 to 16:00, open throughenjoy the architecture and part of Japan's and can be used for concerts, reception out the year some rooms with desks and chairs for meetings and study camps.







ShigaKogen General Information Center 98 (24-G) ShigaKogen nature conservation center (24-G) ShigaKogen Memorial Hall

ShigaKogen Guides Association certified by ShigaKogen Tourism Trekking tour every day! Association holds various trekking tours and snowshoeing with

Feel free to contact ShigaKogen Guides Association about any kind of trekkings in ShigaKogen.







The mystical radiance in ShigaKogen!

Enjoy the mystical beauty of Onuma-ike Pond in the spring and summer located in ShigaKogen

deeply related to Onuma-ike Pond.

Daija festival and ShigaKogen beauty the lord did not allow it. After falling into contest which is held every August is the lord's trap, the dragon got injured. In a fit of rage, he destroyed the lakes and Legend has it the radiance of the waters of created a flood. As a result of the violent the lake is due to an enshrined dragon that weather caused by the dragon, the princess is the guardian deity of Onuma-ike Pond. As drowned herself in the lake. Upon hearing the story goes, the dragon took the form of about her death, the dragon stopped the a human and fell in love with a princess. flooding and went back to Onuma-ike Pond.







Fireflies in ShigaKogen - observable for the longest duration in Japan

Fireflies (Luciola cruciate) inhabit Ishinoyu in ShigaKogen. The bright light from the fireflies are observable for the longest duration in Japan. They usually can be found from late May to early October. The best period to watch them is from mid-July to mid-August.

In 2008, they were designated as a natural national treasure in Japan. These fireflies possess outstanding qualities among their

Notes:Do not shine any kind of light (flashlights, lights of vehicles etc.) at the fireflies. Do not enter the river. Remain quiet while you are watching them.



Glow of the Sunset and Glistening Stars in the Milky Way from the Japan's Highest National Route

People come to the highest point of national route in Japan to see millions of stars shining in the clear sky at night. In addition, Mt.Yokotemaya where this highest route 292 is running through has been chosen as one of "the 100 best sunset points in Shinshu region". You will have a stunning view of the sunset over the sea of clouds while the silhouette of Mt. Kasadake is reflected on the cloud sea. Then you will witness an astronomical event when city lights come on





Lovely Flowers Bloom in Fields and Autumn Leaves Bring Colors to Mountains

There are many places to see flowers in ShigaKogen from spring to autumn. Yellow daylilies and pink fire weeds bloom from July to August all over the field that are used for ski slopes in winter. Mountains in ShigaKogen are colored red and yellow in autumn. The flowers and the autumn leaves moving in the breeze look very beautiful as if they were upcoming waves of lights.







0269-34-2133