Transportation

Highway express buses
- Chuo Highway Express Bus Reservation Center TEL +81-266-57-3131
- Tokyo Reservation Center TEL +81-3-5376-2222
- Osaka Reservation Center TEL +81-6-6866-3147

Trains
- JR Chuo Line, Kamisuwa Station TEL +81-266-52-0236

Taxies
- Suwa Kotsu TEL +81-266-52-1190
- Daiichi Kotsu TEL +81-266-52-5151
- ALPICO Taxi, Suwa TEL +81-266-54-0181

Fixed-route buses
- ALPICO Kotsu, Suwa Branch Office, Chino Service Office TEL +81-266-72-7141
- Karinchan bus (City round bus) TEL +81-266-72-7141
- Swan bus (Lake Suwa round bus) TEL +81-266-72-7141
The place where you can play with the waves, play with the wind, and relax in a hot spring.
Welcome to Suwa City, an oasis of beauty.

Suwa City is located in the central part of Nagano Prefecture and looks out onto the tranquil and abundant waters of Suwa Lake. Highly therapeutic hot springs can be found along the shore of the lake, and the town has been known from long ago as "Kamisuwa Onsen," one of the most prominent hot-spring villages in Japan. Various leisure activities such as fishing and other lake activities can also be enjoyed at Suwa Lake. Rare alpine plants can be found blooming in the Kirigamine Heights, which is located at an altitude of 1,600 meters. In the quiet townscape, traces remain of the castle town that was once ruled by the Takashima clan, and Suwa Taisha, the main shrine of Suwa Shrine is enshrined, creating an atmosphere where you can feel the presence of history. Enjoy playing sports or visiting museums in Suwa’s refreshing climate. There are also spectacular fireworks displays and festivals. You’ll always find a refreshing experience in Suwa.
Suwa Lake Fireworks Festival

A sparkling scene. Let the fleeting sparks of light leave an imprint on your heart.

Summer Night Fire Festival  mapB-3

Fireworks are displayed every night from the shore of Suwa Lake from August to early September. Why not leisurely enjoy the large colorful flowers of light?

National New Fireworks Competition

This competition is held on the first Saturday of September. Fireworks of every color brilliantly illuminate the early-autumn sky.

Suwa Lake, located in the middle of Suwa Basin, is the largest lake in Nagano Prefecture at an elevation of 759 meters above sea level, a circumference of 15.9 kilometers, and an area of 13.3 square kilometers. Chinese quince and cherry blossom trees add color to the surrounding scenery, and whether enjoying a leisurely stroll or joy along the lakeside, or enjoying a boat ride or fishing on the lake, Suwa Lake is well-known as an oasis.

Although each season has its own unique allure, Suwa Lake in the summer is all about fireworks. Come experience the competition between sound and light.

Pleasure Cruisers and Boats

Pleasure cruisers and boats crowd Suwa Lake. Take a tour of Suwa Lake enveloped in the liberating feeling of the amazing landscape. Refer to page 17 for details.

Fishing

Suwa Lake is well known as a prominent pond smelt fishing spot. In the winter, pond smelt fishing in dome boats covered in plastic sheets is popular. Refer to page 17 for details.

Amphibious Sightseeing Bus

Take a lap around Suwa Lake in the newest attraction, the Amphibious Sightseeing Bus. Experience the mysterious feeling of being in a bus and being extremely close to the surface of the lake. Refer to page 17 for details.

Jogging Road

Stay overnight at the Kamisuwa Onsen, and go walking or take a stroll while gazing at Suwa Lake. Afterwards, make sure to relax and unwind in the hot spring.

Lakeside Park  mapA-2-B-2-3

Blessed with a beautiful view which overlooks Suwa Lake, Lakeside Park also has monuments and sculptures, making it a popular spot to visit. There’s also a “Lakeside Park Footbath” nearby, where you can relax and soothe your tired feet.

Omiwatari

In mid-winter, when the entire surface of Suwa Lake turns into a sheet of ice and it gets extremely cold at night, the ice cracks with a thunderous roar, and the cracks rise up like mountains. This phenomenon has become rare in recent years with the mild winters.

Rich beautiful scenery.
Feel your heart dance by the pleasant waterfront.

View of Suwa Lake from Tateishi Park
Suwakko Land stands on the lakeside of Suwa Lake. There are two bath rooms equipped with a wide range of baths, from cave baths, sleeping baths, to cascading baths. The bath rooms switch between men’s and women’s on a weekly basis.

Kamisuwa Station
Footbath map B-2
In Suwa City, which is blessed with hot springs, you can even enjoy a footbath on a train platform. The footbath found on the platform in Kamisuwa Station is available for use with a train ticket or a platform ticket. Casually soak your feet while waiting for the train to arrive and rejuvenate your tired traveling feet.

Jingui Footbath map F-2
This footbath built in the Suwa City Museum is well-known as an oasis for Suwa citizens. Close to Suwa Taisa Kamisha, many visitors enjoy taking a footbath after visiting the shrine.

Lake Suwa Geyser Center map A-2
Here, you can enjoy the sight of a dynamic geyser. The “Suwa Filming Location Review Exhibit” is on display on the 2nd floor, and photographs and material on “Suwa Lake Fireworks” are on display on the 3rd floor where the view is also spectacular.

Katakurakan (designated as an Important Cultural Property of Japan) map B-2
This hall was built in 1928 by the Katakura zaibatsu, which prospered in the silk-reeling industry from the Taisho period to the early Showa period. It was built for the public welfare for local residents and as a place for social occasions. The elegant structure as well as the stained glass and sculptures are amazing. The large bath, called the “senninburo” (thousand people bath), is made of marble and has a depth of 1.1 meters.

Paradise that warms you up.
Refresh your body and soul from the core.

Footbath
Lakeside Park Footbath
map A/2
You can enjoy this footbath while gazing out at Suwa Lake. Located next to the Lake Suwa Geyser Center, up to 40 people can be seated at once. Make sure to stop by this footbath when visiting the Lakeside Park.

Kamisuwa Onsen
Footbath map D-4
A hot-spring bath house built in the Suwa Lake service area of the Chuo Expressway. The first hot-spring bath house in Japan located in a service area. Situated on elevated ground, a bird’s-eye view can be seen from the bath rooms, helping to soothe any fatigue from driving – one of the reasons for its popularity.

Highway Onsen Suwaoko
map D-4
Located close to the main shrine of the Suwa Taisa Kamisha, this delightful hot spring is clean and transparent and the temperature of the spring source is approximately 60 degrees Celsius. It is said to be therapeutic for chronic digestive diseases and constipation.

Drinkable Hot Spring Water
map 3
Located close to the main shrine of the Suwa Taisa Kamisha, this delightful hot spring is clean and transparent and the temperature of the spring source is approximately 60 degrees Celsius. It is said to be therapeutic for chronic digestive diseases and constipation.
Kirigamine Nature Conservation Center  mapC-1
You will find information on the nature, culture, and history of the Kirigamine Heights, as well as information on the animals and plants that live there. In addition to the distribution of information on walking trails and maps, learning courses on protecting beautiful and precious nature and nature observation meetings are also held.

Yashimagahara Marsh  mapB-1
Yashimagahara Marsh was formed after approximately 12,000 years of plants accumulating after dying without decaying. At an altitude of 1,630 meters, it is a highland marsh located in the southernmost region of Japan. Designated as a natural treasure of Japan, there’s a hiking course that circles the marsh.

Ikenokurumi Odoriba Marsh  mapC-1
Along with Kurumayama Marsh and Yashimagahara Marsh, this is one of the three major marshlands of Kirigamine. Designated as a natural treasure of Japan, Odoriba Marsh is an extremely rare marsh where there are both high moors and low moors. In the pond in this marsh, you can see a rare phenomenon called “yachibozu,” which is caused by sedge roots being lifted up.

Gentian (Best time to visit: September and October)
Glycine (Best time to visit: August)

Nikkokisuge (Best time to visit: July)
Japanese azaleas (Best time to visit: June and July)

Veratrum stamineums (Best time to visit: June and July)
Chamerion angustifoliums (Best time to visit: August)

Musho Tower (fog-bell)  mapC-1
Musho Tower, the symbol of Kirigamine Heights, was formerly used to inform hikers of the direction with the ring of its bell on days with thick fog. The 360-degree panoramic view from here is a spectacular sight.

Kirigamine Family Ski Resort  mapC-1
These separate ski slopes, which combine both gentle slopes and dynamic mountainous terrain, can safely be enjoyed not only by beginners and intermediate level skiers, but the whole family. Even small children can enjoy skiing freely. After skiing and snowboarding, be sure to warm up your body in the Kirigamine Onsen which springs out from 1,500 meters underground. In the summer, take the lift up to the top and enjoy the 360-degree panoramic view.

Cross-country Course  mapC-1
A cross-country course at an altitude of 1,800 meters. There is a 4 km course and a 3 km course, and the difference in elevation is about 30 meters. Marathon runners who participated in the Olympic Games have trained on this course. In the winter, it is used as a cross-country skiing course.

Glider Fureai Center  mapC-1
Built in Kirigamine Heights to commemorate the first glider flight in Japan, you will find information on the history of gliders and displays of models. There is even a mini-theater where you can experience a flight simulation. Come and experience the allure of gliders.

Highlands

In the area from Mount Kurumayama to Mount Washigamine, gentle ups and downs continue in the Kirigamine Heights. Seasonal alpine plants including Japanese azalea, Nikkokisuge (Hemerocallis middendorffii var. esculenta), and gypsy roses add a variety of colors to the green grassland.

Come visit the place to get a panoramic view of Japan’s famous mountains—Mount Fuji, the Alps, and the Yatsugatake Mountains.

Since a strong ascending current is generated over the whole area, the Kirigamine Heights is also perfect for glider flights. It is known as the birthplace for glider flights in Japan.

Colorful grasslands.
Another world created by a tapestry of flowers, greenery, and sky.
Suwa Takashima Castle

Takashima Castle was built around 1598 by Takayoshi Hineno, one of Hideyoshi Toyotomi’s subjects. At the time the castle was built, it was called the “Floating Castle of Suwa” as it was an impregnable fortress with the water of Suwa Lake coming right up to the castle and playing the role of a trench. The current donjon was reconstructed in 1970. Reference materials on the local area and Takashima Castle can be found on the 1st and 2nd floors, and the 3rd floor is used as an observation room. The castle grounds are also famous as a popular spot for viewing cherry blossoms and wisteria.

Suwa Taisha (Grand Shrine)

Suwa Taisha, the main shrine of Suwa Shrine which has over 10,000 shrines nationwide, is enshrined divided into two “sha” (shrines) and four “miya” (shrines), the Kamisha Honmiya (Suwa City), Maemiya (Chino City), Shimosha Akimiya and Harumiya (both in Shimosuwamachi). The deity enshrined at the Kamisha is the Takeminakata no kami, and was worshipped in ancient times as the god of wind, the god of water, and the god of farming and hunting. Built in what is called the Suwa architectural style where an inner shrine is not built, the shrine buildings and sacred treasures are designated as Important Cultural Properties of Japan, and the shrine forest is designated an natural treasure of the prefecture and city.

Onbashira Festival

Held every six years (in the years of the Tiger and Monkey), the Onbashira Festival is carried out by the shrine parishioners of the Suwa Taisha. All 220,000 people of the Suwa region take part in this grand festival. It is well known as one of the nation’s great festivals due to its overwhelming energy and scale. Suwa Taisha shrine parishioners join together to cut giant 12-ton fir trees from the mountain, and then pull them into town, finally setting them up in all four corners surrounding each of the main buildings of the Kamisha and Shimosha. The next time this festival will be held in 2016 (the year of the Monkey).

From the Old Stone Age, people have gathered and lived together in Suwa, where much of Jomon culture flourished. The area was known nationwide as the center for “Suwa shinko” (Suwa belief) before the Nara period and is also recorded in the Kojiki (Record of Ancient Matters), solidifying an unbroken line of history from ancient times. Fast forward and Suwa today is a center for religion and cultural development, the religious services and festivals of the belief continue to be inherited, and the precious historical heritage has also been preserved, passing on the traces of the past to the present.

Tradition that lives on. Thinking about endless time.
A tranquil moment to get acquainted with masterpieces.

In an environment marked by a climate that produced many cultural figures, there are many unique museums in Suwa City. At each museum, you’ll be greeted by brilliant masterpieces created by local artists as well as well-known artists from Japan and all across the world. In addition to the main collection, the building itself is a unique piece of art. When touring around the museums, be sure to take your time getting acquainted with each piece and enjoy your unhurried art stroll.

**Art and Culture**

Muamurake Hossokawa “Tori-ga-tomatta”

Suwa City Museum of Art  map-A-2
In 1956, Suwa City Museum of Art was the first public museum to open in Nagano Prefecture, and in 2011 the elegant building became a registered tangible cultural property. The museum collection includes works by Japanese-style paintings, Western-style paintings, woodblock prints, sculptures, artifacts, and calligraphy, created by artists including Seiji Togo, Sosen Mori, and in 2011 the elegant building became a registered tangible cultural property. The museum collection is a diverse with Japanese-style paintings, Western-style paintings, woodblock prints, sculptures, artifacts, and calligraphy, created by local artists as well as well-known artists from Japan and all across the world. In addition to the main collection, the building itself is a unique piece of art. When touring around the museums, be sure to take your time getting acquainted with each piece and enjoy your unhurried art stroll.

**Suwa City Museum of Art**

*map-A-2*

- **TEL +81-266-52-1217**
- **Days closed:** Mondays, day after national holidays, End of year holidays, period between exhibitions
- **Museum hours:** 9:00-17:00 (Last admission 16:30)

**Sunrise Hattori Museum**  map-A-2
A collection consisting of more than 600 pieces of ancient and present-day Japanese-style paintings and calligraphy, calligraphy works, and artifacts, as well as present-day Western paintings. Centering on tea utensils, such as the national treasure created by Koetsu Honami, the “Shiro-raku-chawan-mei-fujisan” (the mountain range of ice forming on Suwa Lake in the winter), are introduced here. Many rare cultural assets, including Nagano Prefectural treasures from the Old Stone Age, as well as movies and traditional anime, are on display. In the exhibition room on the 1st floor, a collection of 50 or so of French decorative art paintings, calligraphy works, and artifacts, as well as present-day Western paintings. Centering on tea utensils, such as the national treasure created by Koetsu Honami, the “Shiro-raku-chawan-mei-fujisan” (the mountain range of ice forming on Suwa Lake in the winter), are introduced here. Many rare cultural assets, including Nagano Prefectural treasures from the Old Stone Age, as well as movies and traditional anime, are on display. In the exhibition room on the 1st floor, a collection of 50 or so of French decorative art. In the exhibition room on the 1st floor, a collection of 50 or so of French decorative art.

**Sunrise Hattori Museum**

*map-A-2*

- **TEL +81-266-57-3311**
- **Days closed:** Mondays (Open on holidays), End of year and New Year holidays, period between exhibitions
- **Museum hours:** 9:30-16:30

**Taizi Harada Museum of Art**  map-C-3
Here you will find on display the artwork of painter Taizi Harada, who is from Suwa City. Enjoy the “World of Taizi Harada,” a collection of paintings depicting everyday life of people who live modestly, created from material gathered from all over Japan under the theme of “Souvenirs” (works that he has collected). The museum has a tearoom that overlooks Suwa Lake.

**Taizi Harada Museum of Art**

*map-C-3*

- **TEL +81-266-54-1881**
- **Days closed:** Mondays from November to April (Open on holidays), End of year and New Year holidays, period between exhibitions
- **Museum hours:** 9:00-17:00 (Last admission 16:30)

**Emile Gallé**

- **map-A-2**
- **TEL +81-266-58-6000**
- **Days closed:** Period between exhibitions (Suwa Garasunosato: open 365 days)
- **Museum hours:** April to September 9:00-18:00 (Last admission 17:30), October to March 9:00-17:00 (Last admission 16:30)
- **map-C-4**

**Suwa Garasunosato (Kitazawa Museum of Art, Annex)**
Carefully collected pieces from the three large collections of the most famous glasswork artists, Galle, Dohm, and Lalique, are on display at this museum. There’s also a workshop where you can experience making “tombo dama” (glass beads), a glass shop which boasts being one of Japan’s largest, and a restaurant that overlooks Suwa Lake.

**Suwa Garasunosato (Kitazawa Museum of Art, Annex)**

*map-C-4*

- **TEL +81-266-57-2100**
- **Days closed:** Period between exhibitions (Suwa Garasunosato: open 365 days)
Don’t just watch! Why not experience the fun of Suwa yourself?

In Suwa City there are numerous breweries which manufacture traditional Japanese sake. You can tour these breweries and also taste the sake made there. You can also experience creating glassworks and fishing on Suwa Lake. A variety of activities have been prepared to bring even more enjoyment to your trip.

### Strawberry Picking

**Suwako Strawberry Farm** [map-F]

- **Grow large sweet strawberries here!**
  - All you can pick for 30 minutes. Be sure to try these carefully grown, sweet strawberries with friends or family.

**Activities**
- **Visit/Activity description**
  - Strawberry Picking
  - Visit/Activity address: 2-9-21 Suwa, Suwa City
  - Visit/Activity description: Strawberry picking
  - Time required: 40 minutes
  - Business hours: Weekdays 8:30-17:00; Saturdays, Sundays and holidays 10:00-17:00
  - Capacity: 40 people
  - Rates: Visiting is free. Souvenirs can be purchased at the shop.

**Inquiries**
- **TEL +81-266-52-0078**
- **http://homepage3.nifty.com/suwako/strawberry.html**

### Soba Noodle Making

**Shinshu Suwa Soba Noodle Making School** [map-F]

- **This is the only place in Suwa City where you can make your own soba noodles and eat them too!**

**Activities**
- **Visit/Activity description**
  - Soba Noodle Making
  - Visit/Activity address: 3-1-27 Kogandori, Suwa City
  - Visit/Activity description: Experience making and tasting soba noodles
  - Time required: 2 to 2.5 hours
  - Business hours: Weekdays 8:30-17:00; Saturdays, Sundays and holidays 10:00-17:00
  - Capacity: 20 people (Depends on the type of activity)
  - Rates: Adult ticket: 800 yen; Child (ages 3-12) ticket: 400 yen

**Inquiries**
- **TEL +81-266-52-0739**
- **http://www.shinshu-suwa-soba.co.jp/engei.html**

### Sake brewery visit

**Relin Brewery** [map-C]

- **This brewery was established in 1739.**
  - Using carefully grown, sweet strawberries with friends or family.

**Activities**
- **Visit/Activity description**
  - Relin Brewery tour and tasting
  - Time required: 30 minutes
  - Business hours: Weekdays 9:30-17:00; Saturdays, Sundays and holidays 10:00-17:00
  - Capacity: 40 people
  - Rates: Adult ticket: 800 yen; Child (ages 4-12) ticket: 400 yen

**Inquiries**
- **TEL +81-266-52-1625**
- **http://homepage3.nifty.com/suwako/relin.html**

**Itou Brewery (Yokube)** [map-C]

- **Suwa is the home of fine sake breweries.**
  - Come see the easy-to-understand explanation of how Suwa’s chief brewers create Japanese sake from the best brewer’s rice and brewing water.

**Activities**
- **Visit/Activity description**
  - Itou Brewery tour and tasting
  - Time required: 30 minutes
  - Business hours: Weekdays 9:30-17:00; Saturdays, Sundays and holidays 10:00-17:00
  - Capacity: 40 people
  - Rates: Adult ticket: 800 yen; Child (ages 4-12) ticket: 400 yen

**Inquiries**
- **TEL +81-266-52-3721**
- **http://www.yokube.co.jp**

**Machino Brewery** [map-C]

- **“Tasting and nibbling to create sake with a deep flavor.”**
  - We take extra care when selecting the ingredients and carefully create sake using traditional techniques.

**Activities**
- **Visit/Activity description**
  - Machino Brewery tour and tasting
  - Time required: 40 minutes
  - Business hours: Weekdays 9:30-17:00; Saturdays, Sundays and holidays 10:00-17:00
  - Capacity: 10 people
  - Rates: Adult ticket: 800 yen; Child (ages 4-12) ticket: 400 yen

**Inquiries**
- **TEL +81-266-52-0508**
- **http://www.machino.co.jp/ma**

### Glasswork

**Suwa Garasatsu** [map-C]

- **How about making a one-of-a-kind glass stand (trinket) or paperweight?**
  - There’s a large glass shop inside, perfect for looking for souvenirs.

**Activities**
- **Visit/Activity description**
  - Glasswork experience
  - Business hours: Weekdays 9:30-17:00; Saturdays, Sundays and holidays 10:00-17:00
  - Capacity: 30 people

**Inquiries**
- **TEL +81-266-52-0078**
- **http://www.suwako-kanko.com/glass.html**

### Amphibious bus

**Japan Land and Water Sightseeing** [map-F]

- **Experience the mysterious sensation of running on land and water on the amphibious bus and enjoy the Suwa Lake Exploration Duck Tour.**
  - Take a tour of Suwa Lake while getting an up-close view of the lake’s waterfront.

**Activities**
- **Visit/Activity description**
  - Tour of Suwa Lake on an amphibious bus
  - Ticket prices: Adults 800 yen; Child (ages 4-12) ticket: 400 yen
  - Business hours: Weekdays 9:00-17:00; Saturdays and Sundays 9:00-16:00
  - Capacity: 15 people

**Inquiries**
- **TEL +81-266-52-1245**
- **http://www.shinshu-sukayu.com/ducktours.html**

### Pond Smelt Fishing

**Suwako Sightseeing Ship** [map-B]

- **How about taking a leisurely tour of Nagano Prefecture’s largest lake, Suwa Lake?**
  - This special experience of feeling close to nature in Suwa awaits you. And if you feel like it, you can sometimes see them in the distance on clear days.

**Activities**
- **Visit/Activity description**
  - Suwa Lake Exploration Duck Tour on an amphibious bus
  - Ticket prices: Adult ticket: 800 yen; Child (ages 4-12) ticket: 400 yen
  - Business hours: Weekdays 9:30-17:00; Saturdays and Sundays 9:30-16:30
  - Capacity: 180 people

**Inquiries**
- **TEL +81-266-52-6710**
- **http://www.suwako-kanko.com/sinasu.html**

### Sake brewery visit

**Sawako Brewery** [map-D]

- **This brewery was established in 1769.**
  - Using carefully selected brewer’s rice and the underground water of the Kizugaike Heights, we continue our pursuit for the essence of Japanese sake.

**Activities**
- **Visit/Activity description**
  - Sake brewery tour and tasting
  - Time required: 30 minutes
  - Business hours: Weekdays 9:30-17:00; Saturdays, Sundays and holidays 10:00-17:00
  - Capacity: 40 people

**Inquiries**
- **TEL +81-266-52-5030**
Situated in a blessed natural environment, Suwa City is home to a variety of well-known specialties such as its miso, sake, soba and pond smelt.

Locally-sourced ingredients, combined with traditional methods of preparation, make a great snack for children. You’ll also find restaurants offering dishes including carefully and slowly prepared sweet-boiled dishes and crisp and aromatic deep-fried dishes made from various nationally well-known specialties such as its miso, sake, soba and pond smelt.

Shinshu Soba

The soba of this region, made from the best buckwheat flour and cold and clear water, has a strong fragrance and a light, smooth, balanced flavor. It’s a popular specialty in Shinshu, a region of the central highlands of Japan. It seems that the area known for its soba, numerous famous soba shops can be found in the city. Try out the various soba shops and feel your favorite places.

Shinshu Suwa Miso Tendon

A tendon (tempura bowl) with crispy fried tempura using ingredients characteristic of the area, including fresh local plants and freshwater fish, topped off with a sauce created from the local Suwa specialty miso. In Suwa, where the temperature difference is extreme and the water and air are clean, miso production has flourished since long ago. Miso that is produced in an environment suited for miso production has a mild taste and fine flavor. It becomes a top-class staple nationwide. We beta to try Suwa’s miso. You’ll find that it’s a little different from the rest.

Pond smelt and eel

Dishes including carefully prepared pond smelt dishes and eel are well-known for their eel dishes. You’ll also find restaurants offering dishes such as its miso, sake, soba and pond smelt.

Relish the local taste created by preparing dishes in the traditional way which brings out the natural flavor of the ingredients along with the fond memories of your trip.

Hotel and Japanese-style Inn Information

Kamisuwa Onsen

Shinshu Lake Hot-spring Hotel Association (Capacity: 3,073 people) ● TEL +81-286-53-7755

Hotel and Japanese-style Inn Information

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Shinshu Lake Hot-spring Hotel Association (Capacity: 3,073 people) ● TEL +81-286-53-7755

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