

# 信州 野沢温泉

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# NOZAWA ONSEN





## ◎Dosojin Fire Festival

The "Dosojin" Fire Festival is one of the three most famous fire festivals in Japan. It is held on January 15th every year to play for health, good fortune and a plentiful harvest for the coming year. The festival centers around the shaden (shrine), where the forty-two years old male villagers sit on top and the twenty-five years old stand guard at the base. Torch bearing male villagers of all ages attempt to break through the guards and set fire to the shaden. The entire festival can last up to four hours from beginning to end, but the main attraction is the ensuing battle between the guards and the torch bearing villagers.



## ◎Nozawa Onsen

In the center of Nozawa Onsen you can see white steam rising up from almost everywhere, enabling you to feel the warmth of this village of hot springs.

The 13 cooperative spas are assets shared by the villagers, and have been protected since ancient times by a system known as a spa group, "yu-nakama"

In the evening, the villagers talk about all sorts of things that they saw or heard during the day. For example, There is a bride coming into the house of Mr.○○ or Mr.○○ picked a whole lot of mountain vegetables in the mountains yesterday. The photographs show the exterior and also the inside of the spa.

### ◎The Public baths, "soto-yu"

There are more than 30 sources of natural hot springs in Nozawa Onsen, and 13 free Public baths called "soto-yu"

### ◎How to take the "soto-yu"

- Take off your shoes and place your clothes on the shelf.
- Be careful not to lose your valuables.
- Wash your body outside the bathtub.
- After you rinse off, soak in the tub and relax.
- Please don't use your towel in the tub.
- Before getting dressed, dry your body with your towel.
- "soto-yu" are free of charge. Enjoy "soto-yu"!



### ◎Nozawa Onsen Village

Nozawa Onsen, located in the northern part of Nagano Prefecture, is a hot spring and ski resort village of 5,000 inhabitants. The many hot springs have been soothing generations of natives and travelers alike, while the ski area is one of the largest and most popular in Japan. The village is located at the foot of Kenashi-yama (literally Mt. No-hair, alt. 1,650m) in beautiful natural surroundings: lush green in spring and summer, colored leaves in autumn and plenty of snow from late November until mid-May.

### ◎Everything is authentic. Discover traditional flavors and folk arts.

In Nozawa Onsen-Mura you will discover the full of charm of authenticity. The pickled Nozawana that originated in this village, edible wild plants provided by the bountiful countryside, a variety of local vegetable dishes, Shinshu Soba (buckwheat noodles), Onsen Manju (traditional sweets steamed over a hot-spring), and the local Japanese Sake are all highly recommended. "Hatoguruma" (pigeons with wheels, made from akebi vines) and a wide variety of other akebi vine crafts are typical traditional handicrafts of the village.



## Public Facilities Guide



Japan Ski Museum



Tatsuyuki Takano museum

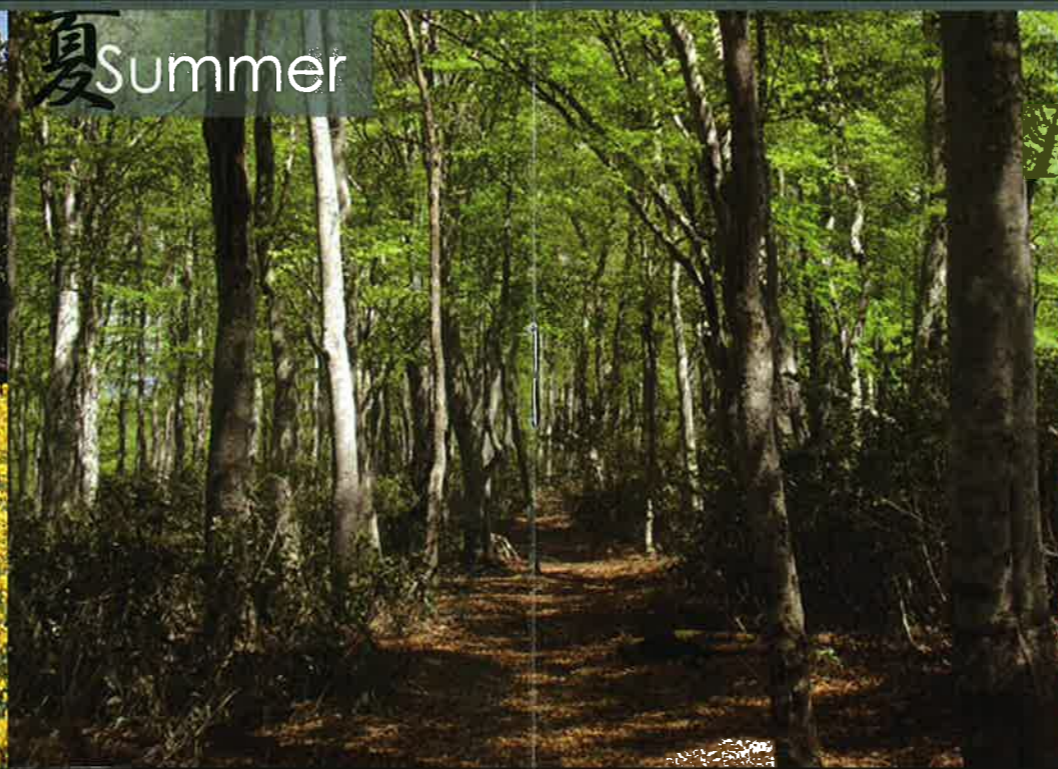


Nozawa Onsen Arena  
Arena Convention Center [spa facility]



Asagama Hot Springs Park  
[Furusato-no Yu]





A joyous celebration of colors.

## The History of the Discovery of the Hot Springs

There are several theories about who discovered the Nozawa Onsen hot springs, and one is that in the age of the Seibu Emperor (724-748), a monk named "Gyoki" visited this area and found them. Another theory is that a Buddhist monk practicing asceticism in the area found them, and the other is that a hunter found the hot springs while following an injured bear.

In any case, it has been known since the old days that hot springs gushed out in the Nozawa area. However, it was not popular then to take a trip to a place in order to take a hot spring bath. It is said that in the Edo period, Matsudaira, the feudal lord of the Iiyama clan, built a second house at Oyu, the origin of the hot springs, and allowed the general public to go to a spa for a hot spring cure. After that, many people visited this mountain village and took hot spring baths to recover their health.

At the time, mostly farmers from northern Shinano and Echigo areas visited the village during the agricultural off-season for a hot spring cure and some relaxation.

Now that times have changed, and the current Nozawa Onsen Hot Springs Resort has made efforts to improve and maintain the environment, they are loved by many as a healthy, hot springs tourist spot.



The season with cool breezes brings refreshing air over the highlands.



## The Secret of the Origin of the Nozawana Vegetable

The "Nozawana vegetable" is a typical food from Nozawa Onsen Hot Springs Resort.

The Nozawa Onsen village is the original place of the Nozawana vegetable, and its history goes back to about 250 years ago.

The original seeds of the Nozawana vegetable are produced by Kenmeiji Temple in Nozawa Onsen Village.

According to the transmission by word of mouth from the temple, it started to be cultivated in the Nozawa Onsen area in 1756, after Enzui Shoten, the chief priest VIII of the temple, brought back seeds of the Tennoji vegetable from Kyoto, a special product of both Kyoto and Osaka. After seeds were planted in the backyard of the temple, they matched the characteristics of the land of the village, and it is said that they mutated and grew into a tasty vegetable.

When the mountains turn red, the village is blessed with the harvest season.



## The Traditional Festivals Preserved by the Villagers

The Nozawa Onsen Toro Festival, Yuzawa Shrine Annual Festival

The history of the Yuzawa Shrine Annual Festival is not certain, but it is estimated that it started in the middle to the latter part of the Edo period. The festival was regarded as one in which the whole village celebrated. There was not any popular entertainment in those days, so these festivals were very important religious events; moreover, they were precious entertainment opportunities for the villagers.



## 冬 Winter

A bustling season with skiers and visitors to the hot springs

極上の雪

### Japanese Skiing at its best

The snow, slopes, and facilities at Nozawa Onsen offer an outstanding experience for exceptional skiing and snowboarding. With a vertical drop of 1085 meters and 50 kilometers of courses to ride, Nozawa Onsen ranks among one of Japan's largest ski resorts. The course layout-including a 10km beginners run .

Number of stopes : 36  
Number of Parks : 3  
The Maximum Descent : 10,000m (32,808ft)  
Vertical Drop : 1,085m (3,559ft)  
Distribution of Difficulty Levels :  
Advanced : 30% , Intermediate : 30% , Beginner : 40%  
Maximum Slope : 39 degrees in Challenge Course  
Gondolas : 2 Lifts : 18, "Yu"Road (Moving Walk) : 1



### Course Details

Nozawa Onsen has a wide variety of courses to suit all levels of skier and snowboarder - from gentle beginner slopes to challenging courses for more advanced riders. From a summit of 1650 meters, a total of 20 courses make their way down to the village.



### Snow Park

Elevation: 735-1075 meters

This Snow Park has a number of items to enjoy including kicker, box, rail. This season also sees the opening of a Cross Course.



### Paradise Gelende

Elevation: 565-970 meters

Suitable for beginners to intermediates, this wide slope is popular for carving skis.

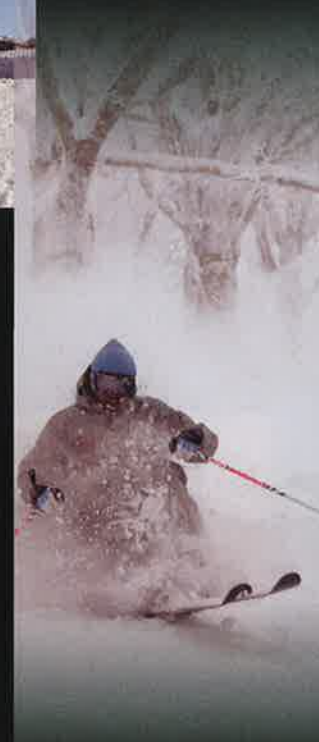
### Hikage Gelende

Elevation: 660-790 meters

This might be considered as the main gelende of the Nozawa Onsen resort at the base of the mountain. As such here you will find many resort facilities such as ski school, ski center, child care and more.

### Schneider course

The Yamabiko slopes at the northern side of Mt. Kenashi consist of five intermediate courses. You can enjoy powder skiing as well as a superb 360°panoramic view from the end of November until May.





# Tourist Spots around Nozawa Onsen Village



**Zenkoji Temple [Nagano City]**  
Zenkoji is a well-known temple in Japan that is considered a national treasure. Its bell was struck at the opening ceremony of the Nagano Winter Olympic Games in the hope that there would be peace in the world.  
A 70-minute drive from Nozawa Onsen



**Togakushi Shrine [Nagano City]**  
The approach to Okusha Shrine deep in the mountains, lined with over 400-year-old Japanese cedar trees creates an aura of a solemn and mysterious atmosphere.  
A 90-minute drive from Nozawa Onsen



**Ganshojin Temple [Obuse Town]**  
This old temple commemorating Katsushika Hokusai has a famous painting of a phoenix in the center of the ceiling.  
A 40-minute drive from Nozawa Onsen



**Mayumi Takahashi Doll Museum [Iiyama City]**  
A number of her works vividly depict the warmth of the people living in the countryside and its unspoiled scenery.  
A 20-minute drive from Nozawa Onsen



**Snow Monkeys [Jigokudani Wild Monkey Park]**  
It's famous around the world for its bathing monkeys, seemingly enjoying soaking in a hot spring, can be observed.  
A 90-minute drive from Nozawa Onsen



**Japan Clay Doll Museum [Nakano City]**  
The museum has and displays a little over 2,000 clay dolls from around Japan. If you want to experience Japanese culture, you can paint your own unique doll.  
A 30-minute drive from Nozawa Onsen

## Access Map



### By Train

From Tokyo Narita Airport, go to Nozawa Onsen, via Tokyo Sta. by the Narita Express Line (1hr), then transfer to the Nagano Shin kanssen "Asama" (Bullet Train) (1 hr 40min) to Nagano Sta. From Nagano Sta., it takes about 1hr, 15 min to get the destination by Limited Express Bus. (Total; 4hr)  
From Osaka Kansai Airport, go to Nozawa Onsen, via Shin Osaka Sta. by the JR line Limited Express "Haruka" (45min). Next, go to Nagoya Sta. by the Tokaido Shinkansen "Asama" (Bullet Train) (1 hr). Then, transfer to the JR Chuo line Limited Express "Shinano" to Nagano Sta. From Nagano Sta., it takes about 1hr to get the destination by Limited Express Bus. (Total; 6hr)

### BY CAR

From Tokyo Narita Airport, go to Nozawa Onsen, via Tokyo, then use the Kan-etsu and Joshin-etsu Expressway to Kosyoku JCT, and get off the expressway at Toyota Iiyama IC, after that, it takes about 20 minutes to follow the destination, Nozawa Onsen (Nozawa Hotsprings). (Total; 5hr)  
From Osaka Kansai Airport, go to Nozawa Onsen, via Osaka Suita JCT, then pass the Nagoya Komaki by Meishin Expressway to Komaki JCT, and get off the expressway at Toyota Iiyama IC by Chuo Expressway to Kosyoku JCT, after that, it takes about 20 minutes to follow the destination, Nozawa Onsen (Nozawa Hotsprings). (Total; 7hr)

## Nozawa Onsen Information

Nozawa onsen Snow Resort Office

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URL:<http://www.nozawaski.com/>

Nozawa Onsen Tourism Information Center

Tel:81-269-85-3155 Fax:81-269-85-3883

URL:<http://nozawakanko.jp/>