

Traditional Rural Landscaping

Summer

夏

Summer: where mother nature emits energies of life for all to receive, through the strength of the earth, the greenness of the trees and the mineral rich spring water.



Temple of the Hydrangea
Due to the thousands of hydrangea trees, which blossom at the beginning of July, the name, "Temple of the Hydrangea" has become a familiarity to Kogenin Temple. It is a worthwhile experience to walk along the hydrangea-laden path.

ACCESS



Traveling by car to Nagano Prefecture, Iiyama City



Iiyama City is located at the northern part of Nagano Prefecture where it is conveniently accessible from various cities.

- By car**
- About 3 hours (approx. 240km) from Tokyo
 - About 3 1/2 hours (approx. 285km) from Nagoya
 - About 5 hours and 50 minutes (approx. 474km) from Osaka
 - About 2 hours 40 minutes (approx. 162km) from Niigata
- By train**
- About 2 hours 10 minutes from Tokyo
 - About 3 hours 40 minutes from Nagoya
 - About 4 hours 40 minutes from Osaka
 - About 2 hours 10 minutes from Niigata

Shinkansen Information



Presently there is construction on the Hokuriku Shinkansen line between Tokyo and Kanazawa. Iiyama City too, is in the process of constructing a Shinkansen line, offering comfortable travel to and from Iiyama City for foreign as well as national travelers.

For more information contact the following or view our web site

- Iiyama City Tourism Bureau
Tel:(81)-269-62-3133
<http://www.iiyama-ouendan.net>
- Iiyama City Office
1110-1,Iiyama,Iiyama City,Nagano Pref.389-2292
Tel:(81)-269-62-3111 Fax:(81)-269-62-6221
<http://www.city.iiyama.nagano.jp/>
- Japan National Tourist Organization(JNTO)
Tourist Information Center (TIC):
10 Fl.,Tokyo Kotsu Kaikan Bldg.,2-10-1,Yurakucho,
Chiyoda-ku,Tokyo 100-0006 Tel:(81)-3-3201-3331
<http://www.jnto.go.jp>



Snow Sports

Abundant snowfall combined with quality snow, make Iiyama a mecca for winter sport goers throughout the country, where you have four ski parks to choose from:
•Madarao Kogen Ski Park •Madarao Kogen Sympathique Ski Park
•Togari Onsen Ski Park •Hokuryuko Ski Park

Rediscover the beauty of winter

Winter

冬

○This paper is made from the traditional Iiyama washi paper, "Uchiyama Washi".

Iiyama's Igloos

The Village of History and Tradition

飯山 IYAMA JAPAN 山

National Register of Traditional Handicraft
The art of making Japanese "washi" paper, "Uchiyama Tesuki Washi", has a history of over four hundred years.

Welcome to the "Hometown" of Japan, Iiyama.
Located at the northernmost part of Nagano Prefecture, Iiyama is known as "Japan's Hometown", where you can experience "old" Japan, by visiting the many remaining temples or just by viewing its traditional landscapes spread across the city. Along with the "old", Iiyama has an abundant annual snowfall, which makes it an ideal place for winter sports. If you want a taste of Japan's four seasons, Iiyama is the place for you!

National Register of Traditional Handicraft

Iiyama's Buddhist altars pride itself for its craftsmanship and for the amount it produces.



春 Spring

Experience the uniqueness of spring under the warmth of the sun reflecting off the remaining winter snow while budding flowers add a soft spray of color.

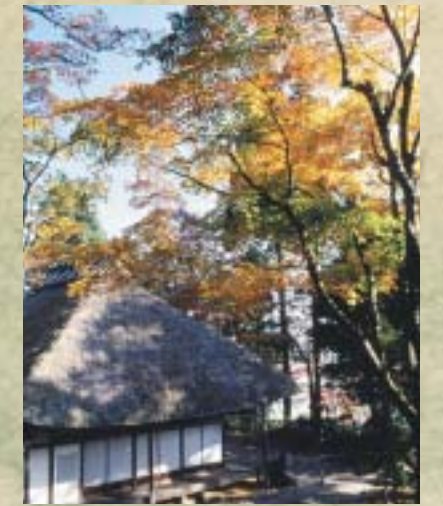
Chaya Pond

There is a mysterious and fantasy-like ambiance cast about this pond when the hue of "new" green from the surrounding beech tree forest tints its snow-capped surface.



Shojuan

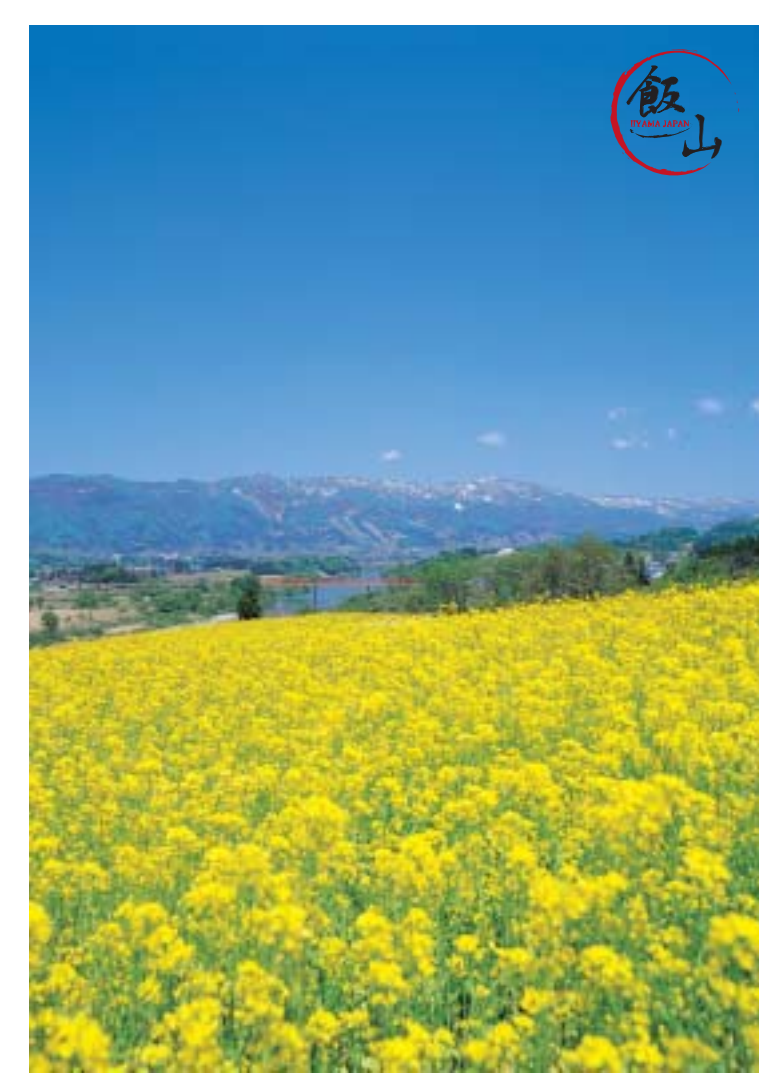
Temple Shojuan was recognized as a historical landmark of Nagano Prefecture. The main building, which still remains, was rebuilt in 1847. Slip into time and experience the mysterious air of the garden and its ancient pond.



Autumn: the harvest season, where nature transforms this village into varying colors.

Autumn

秋



Nanohana (Rapeseed Blossoms) Park



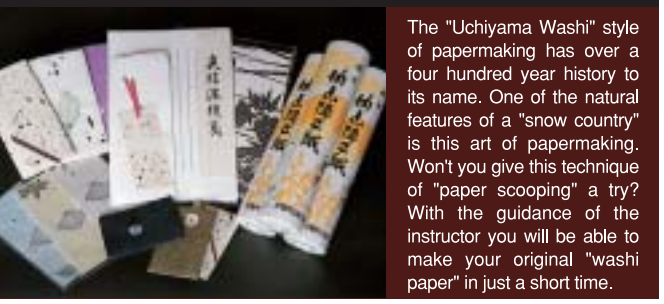
Autumn Twilight



Experience

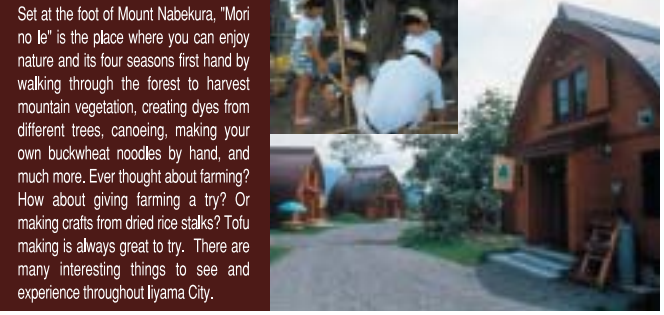
Experience the different traditional techniques of art that are uniquely Iiyama, where tradition has been preserved over a long history.

Handmade Washi Studio



The "Uchiyama Washi" style of papermaking has over a four hundred year history to its name. One of the natural features of a "snow country" is this art of papermaking. Won't you give this technique of "paper scooping" a try? With the guidance of the instructor you will be able to make your original "washi paper" in just a short time.

Experience Nature (Mori no Ie)



Set at the foot of Mount Nabekura, "Mori no Ie" is the place where you can enjoy nature and its four seasons first hand by walking through the forest to harvest mountain vegetation, creating eyes from different trees, concepts, making your own buckwheat noodles by hand, and much more. Ever thought about farming? How about giving farming a try? Or making crafts from dried rice stalks? Tofu making is always great to try. There are many interesting things to see and experience throughout Iiyama City.



Nanohana (Rapeseed Blossom) Park
Located alongside the Chikumagawa River (Japan's longest river), the Nanohana Park is said to have been the scenery for which inspired Tatsuyuki Takano's song "Oboro Tsuki Yo", the song for the Ministry of Education. A fresh spring mist, like clouds floating above the Chikumagawa River, and clusters of vivid yellow blossoms all around, is waiting for you to experience starting at the end of April until mid-May.

<http://www.iiyama-ouendan.net>



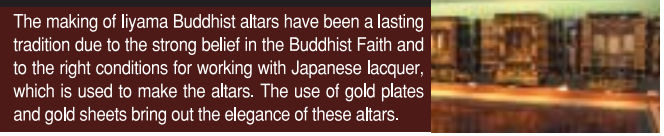
Original goods and flavors

Iiyama, one of the few places left in Japan where traditional handcrafted art is still alive. Come and see for yourself the REAL art and their makers.



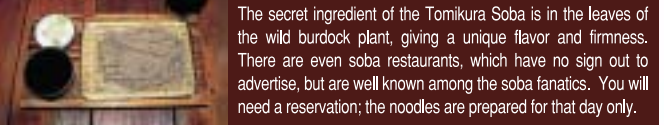
Local Japanese Rice Wine (Sake)
When combining fresh air, deep green mountains, blessed with rich soil and water from the fresh water springs, you will get a rice wine like no other, bringing out a unique combination of nature and flavor for you to enjoy and savor.

Iiyama Butsudan (Iiyama's Buddhist Altars)



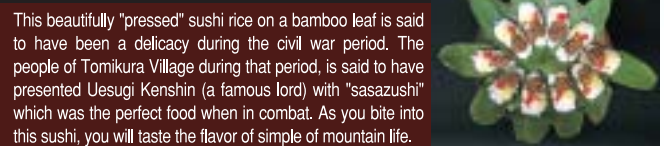
The making of Iiyama Buddhist altars have been a lasting tradition due to the strong belief in the Buddhist Faith and to the right conditions for working with Japanese lacquer, which is used to make the altars. The use of gold plates and gold sheets bring out the elegance of these altars.

Tomikura Soba (Tomikura Buckwheat Noodles)

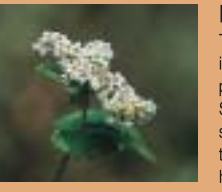


The secret ingredient of the Tomikura Soba is in the leaves of the wild burdock plant, giving a unique flavor and firmness. There are even soba restaurants, which have no sign out to advertise, but are well known among the soba fanatics. You will need a reservation; the noodles are prepared for that day only.

Sasazushi

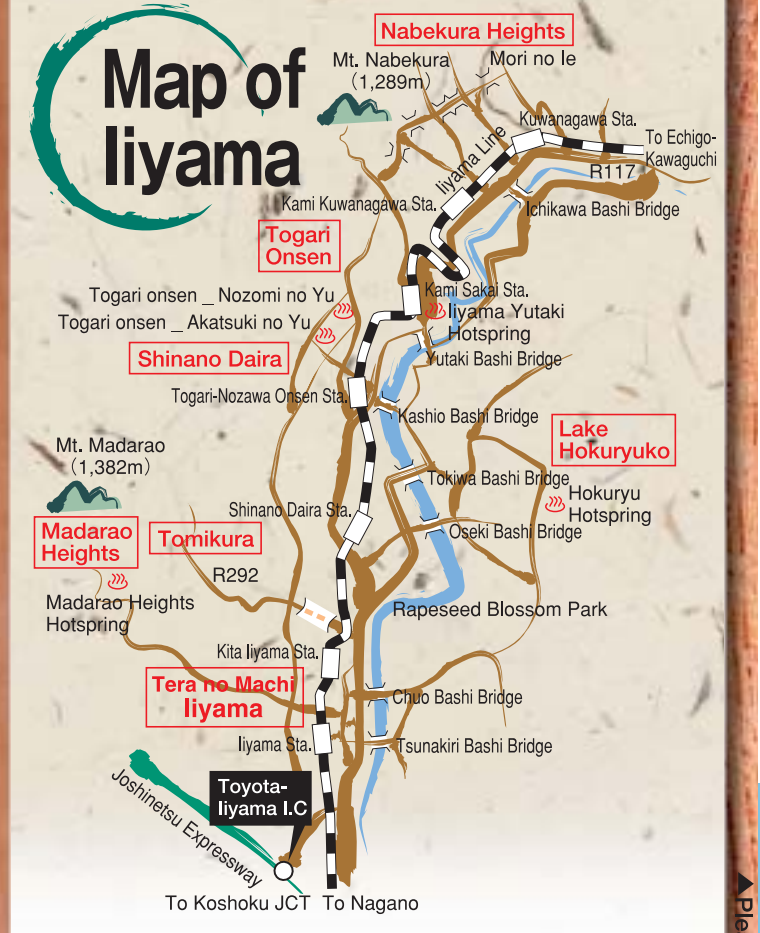


This beautifully "pressed" sushi rice on a bamboo leaf is said to have been a delicacy during the civil war period. The people of Tomikura Village during that period, is said to have presented Uesugi Kenshin (a famous lord) with "sasazushi" which was the perfect food when in combat. As you bite into this sushi, you will taste the flavor of simple of mountain life.



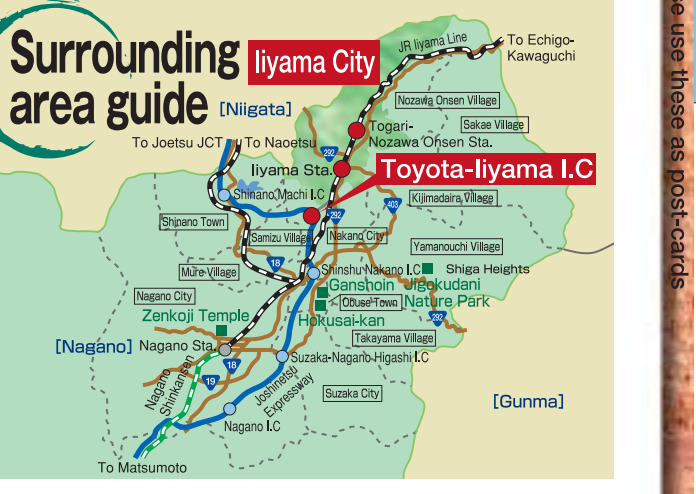
Buckwheat Flowers
There are two types of buckwheat, the "Summer Soba", which is planted in spring and harvested in summer, and the "Autumn Soba", which is planted in summer and harvested in autumn. At the beginning of September, people become fascinated by these white, fairy-like flowers, scattered around the city. There are lots of shops and restaurants throughout the city where you can savor the flavor of these locally grown, handmade buckwheat noodles or bring them home for everyone to enjoy.

<http://www.iiyama-ouendan.net>



Map of Iiyama

Map of Iiyama showing various landmarks, hot springs, and transportation routes. Key locations include Mt. Nabekura (1,289m), Mt. Madarao (1,382m), Lake Hokuryuko, and various hot springs like Togari Onsen, Shinano Daira, and Madarao Heights.



Surrounding area guide

Surrounding area guide for Iiyama City, showing nearby towns like Niigata, Nagano, and Gunma, and transportation routes like the Joetsu Line and Joetsu Shinkansen.



Chikumagawa River
Flowing perfectly in the center of Iiyama City is the Chikumagawa River. It is the longest river in Japan, Shinanogawa River/Chikumagawa River. When in Niigata Prefecture, it is called the Shinanogawa River. The gentleness of this river makes it an ideal place to enjoy canoeing or rafting.

<http://www.iiyama-ouendan.net>



Japan's Hometown Nature

Spring-yellows and light pinks; Summer-deep greens; Fall-richly dyed hues; these are the colorfully painted seasons of a village surrounded by mountains.



Katakuri
Height: 10-20cm Blossom: 5 cm Visible at the beginning of April.



Mizubasho
Height: 10 - 30 cm Blossom: 5 - 10 cm Visible at the end of April.



Sakura (Cherry Blossoms)
Sakura trees can be found in various places around the city. They bloom at the end of April.



Ryukinka
Height: 10-20 cm Blossom: 2 cm Visible at the beginning of May.

Virgin Beech Tree Forest
Covering 400ha of Mt. Nabekura, precious beech trees stand together to maintain this virgin forest. It is ranked the number one Nature Preserve out of one hundred in Nagano Prefecture. Life appears on the mountain as new leaves color around the villages in the foot of Mt. Nabekura (mid-April). Around mid-May, green hues spread to the tops of the mountain. Fall begins its descent from mid-October and lasting until the beginning of November.

Make yourself at home Onsen



Madarao Kogen Onsen
Enjoy a mountain hot spring bath at 1000m above sea level at Madarao Kogen.



Iiyama's Yutaki Onsen
Enjoy the view of the Chikumagawa River as you relax in the open-air bath, where the change of each season is uniquely distinct.



Togari Onsen: Akatsuki Bath & Nozomi Bath
Just located a minutes walk from Togari Ski Park, it is a very popular onsen.



Frolicking in the snow

Along with the rich powder snow, there are a variety of snow activities to be enjoyed.



Sledding



Snow Lanterns



Snow Mobile



Snow lined Iiyama track



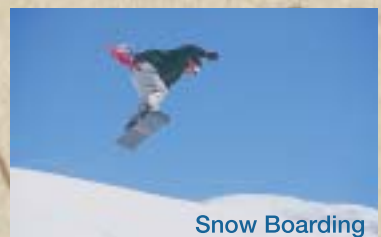
Snow Trekking



Snow Tubing



Skiiing



Snow Boarding

This pamphlet is printed on traditional Japanese paper, Iiyama's own, Uchiyama Washi.



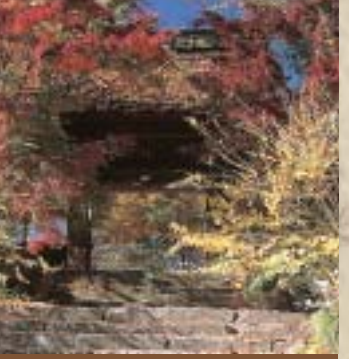
History & Culture

Iiyama - The Temple Town, where knowledge is preserved



Kosuge Jinja (Shrine)
This shrine's unique structure has been designated as an important National Cultural Asset. There are about 180 Japanese Cedar trees standing over 45m high, with an average age of about 200-300 years, lining over 800m of pathway to the shrine.

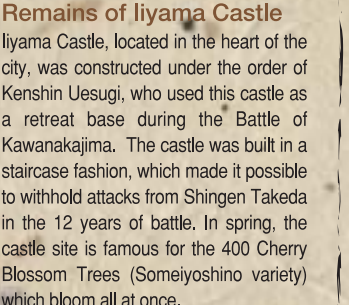
Traveling along one of Japan's 100 most scenic promenades
Based on visitor's feedback, this area prides itself on the fact that, while walking along this path you can rediscover the beauty of nature, experience history and enjoy a healthful walk all at the same time (Iiyama has three most scenic promenades chosen out of 100, where this is one of the three).



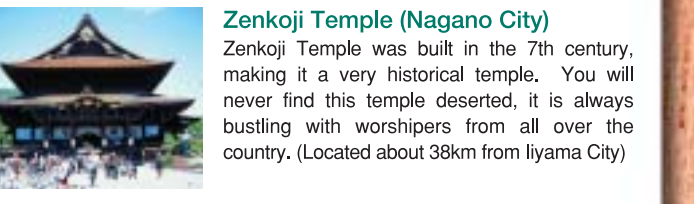
Take a stroll along the snow country of the Chikumagawa River while making a pilgrimage in "little Kyoto"



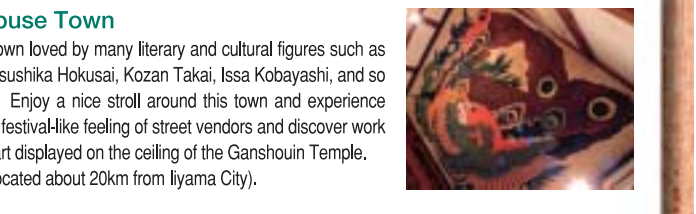
Temple Pilgrimage
The great writer, Toson Shimazaki, has nick-named this castle town "Little Kyoto" due to the great number of temples. The area, which surrounds the remains of Iiyama Castle, consists of not only 22 old temples and shrines, but also Buddhist Altar shops. Enjoy collecting stamps as you make your pilgrimage to the temples or visiting the shrines of "Seven Happiness" which line this castle town.



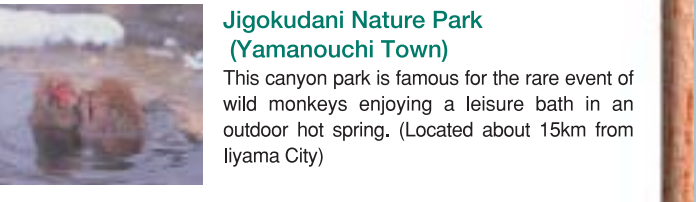
Remains of Iiyama Castle
Iiyama Castle, located in the heart of the city, was constructed under the order of Kenshin Uesugi, who used this castle as a retreat base during the Battle of Kawanakajima. The castle was built in a staircase fashion, which made it possible to withstand attacks from Shingen Takeda in the 12 years of battle. In spring, the castle site is famous for the 400 Cherry Blossom Trees (Someiyoshino variety) which bloom all at once.



Zenkoji Temple (Nagano City)
Zenkoji Temple was built in the 7th century, making it a very historical temple. You will never find this temple deserted, it is always bustling with worshippers from all over the country. (Located about 38km from Iiyama City)



Obuse Town
A town loved by many literary and cultural figures such as Katsushika Hokusai, Kozan Takai, Issa Kobayashi, and so on. Enjoy a nice stroll around this town and experience the festival-like feeling of street vendors and discover work of art displayed on the ceiling of the Ganshouin Temple. (Located about 20km from Iiyama City).



Jigokudani Nature Park (Yamanouchi Town)
This canyon park is famous for the rare event of wild monkeys enjoying a leisure bath in an outdoor hot spring. (Located about 15km from Iiyama City)



A Winter's Night
The light reflection from night skiing along with the light from the street lamps in the city, create a fantasy-like ambience on a winter's night. Fill your self up with the beauty of starry skies and cold piercing air as you enjoy winter sports at night.

<http://www.iiyama-ouendan.net>