

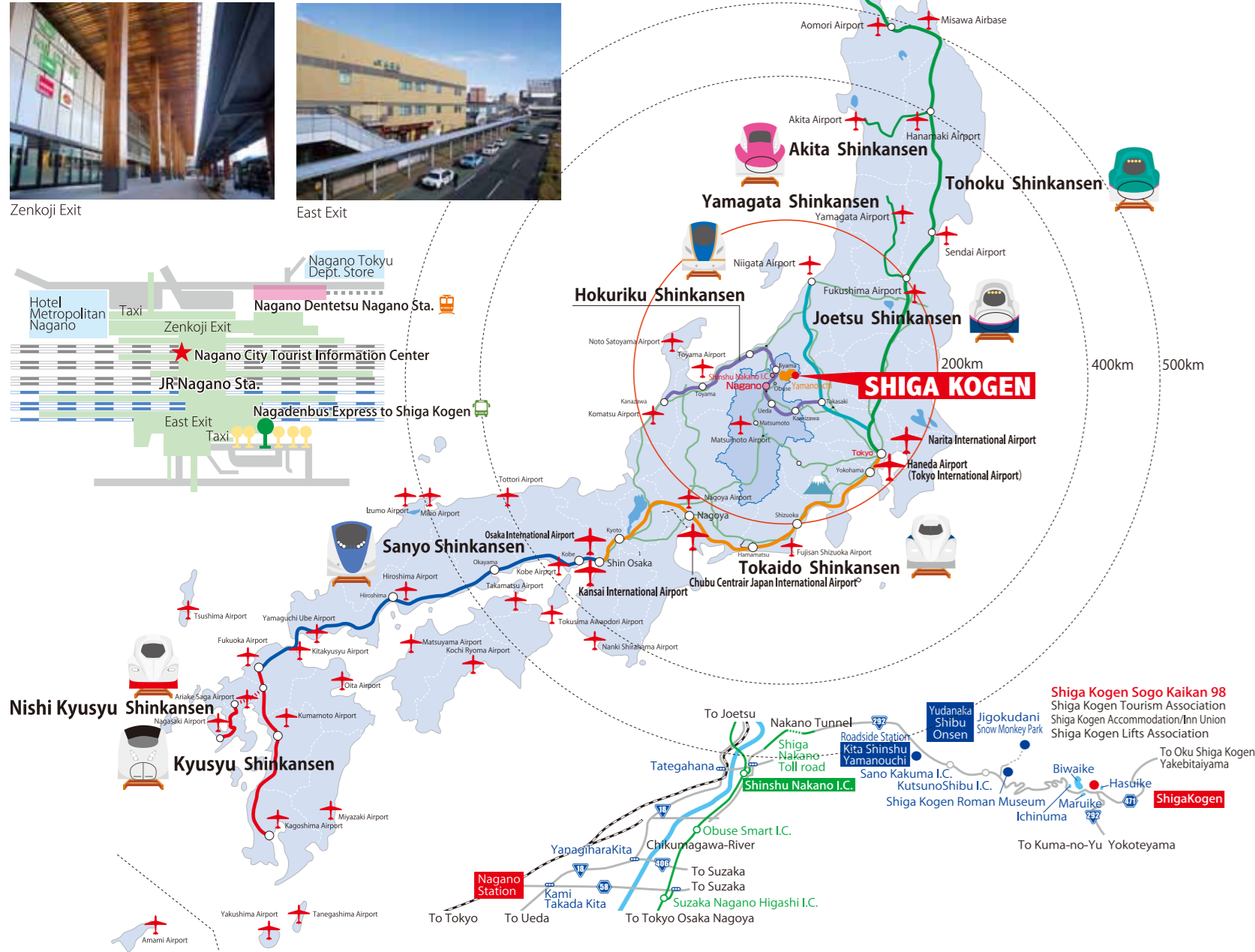
# Located in the nearly center of Japan Shiga Highland Is One of the Sacred Places for Winter Sports in Japan.

## 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. Japan is connected with Shinkansen lines entirely from north to south. Newly introduced low cost carriers have also widened the range of transportation choice by air. The accuracy of domestic flights and Shinkansen services will transport you safely to the major cities of Japan. If you want to make your trip more interesting, guide center will provide many information in official website and leaflets to make the best use 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 gives you an impressive experience. Why don't you go by bus and come back by train?



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



## 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 many 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. Many tourists walk along the heavy snowy road to see the monkeys in the park. If it is too snowy to ski, come visit the snow monkey park!



### 'Shiga-Highland Biosphere Reserve' During Green Season in Shiga Kogen Trekking Is Big Fun

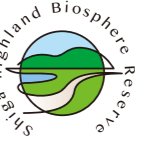
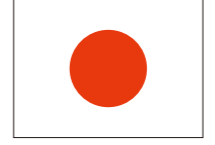
Lakes and ponds in Shiga Kogen show how active the region was a long time ago. There are a lot of hiking and trekking trails around the lakes and ponds with a variety of levels for every age and physical condition, time, and equipment. A wheelchair accessible trail has also been set up so that everyone can experience the beauty of the area. The best trekking trail in Shiga Kogen is undoubtedly the one to the Onuma-ike Pond, with its sparkling, mysterious blue or emerald green waters. Other trails of note include those at Mt. Urashiga and Mt. Akashi, which overlook Onuma-ike Pond. Both peaks are over 2,000 meters (6,500ft) and are quite popular among women and children willing to push their boundaries just a little more. You can make your own way of trail and enjoy various highland flora beautifully blooming from spring to summer, or the gorgeous autumn leaves, but enjoyment will be tenfold if you go with an experienced guide. For details, ask the Shiga Kogen Guide Association, approved by the Shiga Kogen Tourism Association.



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# SHIGA KOGEN



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## The Biggest Winter Resort in Japan!



Mt. Kasagatake Viewed from Yokoteyama Ski Resort

## Shiga Kogen Attracting Visitors from all over the world

### The Highest Altitude Ski Resort in Japan. Mt. Yokote - 2,307m

Experience the world at an altitude of 2,000 meters. Shiga Kogen, the ski area covering Mt. Yokote, Mt. Higashitateyama, Mt. Terakoya, and Mt. Yakebitai, has the most amazing, high quality snow, and provides majestic views of "the roof of Japan", named the Japan Northern Alps, and the "Hokushin Gogaku", 5 peaks that straddle the border of Nagano and Niigata Prefectures. The pick of the view points is undoubtedly from the top of Mt. Yokote ski resort, where, in fine weather you can gaze upon Mt. Fuji to the south and the Japan Sea and Sado Island to the north. Take some time over a cup of tea to acclimatize to the low air pressure at the high altitudes and have a good time with the beautiful mountain scenery. Every winter, trees on the top of Mt. Yokote become covered with frost; the ski trails running through the silvery frost give a surreal, unworlly feel. On the way back, you could drop by Mt. Kasagatake, the symbol of Shiga Kogen, and rip down the steep slopes, but we feel that is a bit "mottainai", or to miss something precious. Instead, you could take the time to ride, ski, drive, down and fully appreciate the stunning view.



### 18 Unique Ski Resorts and 16 Hotel Areas

Shiga kogen is one of the biggest ski areas in Japan with the total area being approximately 400 hectares, or 1000 acres. The 18 ski resorts are OkuShigaKogen, Yakebitaiyama, Terakoya, Takamagahara Mammoth, Tanne no mori, Ichinose Family, Ichinose Diamond, Ichinose Yamanokami, Nishitayama, Higashitateyama, Hoppo Bundaira, Giant, Sunvalley, Maruike, Hasuike, Kumano-yu, Yokoteyama, and Shibutoge. One of the most renowned benefits of the Shiga Kogen ski resorts is the fact that anybody can ski or snowboard here, no matter of your level or your age. There is such a wide variety of slopes and terrain, something perfect for everyone! Families are particularly satisfied with being able to spend the day together, easily moving from one resort to another. In such cases, you definitely need to make use of the 'Key Ticket', a common ticket granting access to the lifts and gondolas in all the ski resorts in Shiga Kogen. For those staying in Okushiga Kogen, located at the north end of Shiga Kogen, take the bus from Hasuike in the morning, ride all day, then go and see the sun set over Mt. Yokote at the southern end on the return trip. The Free Shuttle Bus service, which connects all ski resorts over the wide highland area, adds convenience as well as some extra time to admire the surroundings. (Services are limited to ski resorts in the Shiga Kogen area only)



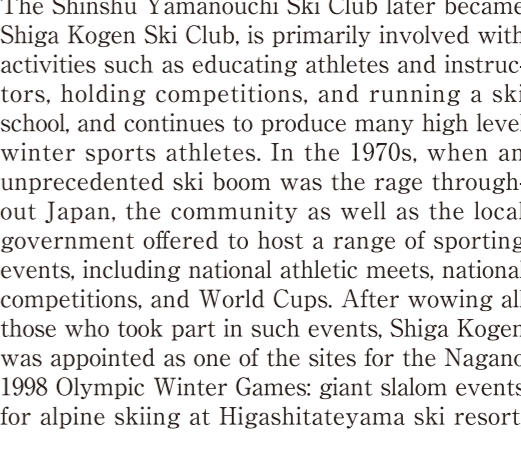
### Long History and Rich Experiences

There are many lodgings in Shiga Kogen featuring natural "onsen", or hot spring baths. The area has a long history of hot springs, with records showing local people had developed hot spring baths as early as the 1600s. The historical hot springs are Hoppo, Kumano-yu, Kidoike, Hotaru, Suzurikawa, Makiwa, Takamagahara, Shigayama, and Maruike. After skiing or snowboarding, locals and guests all agree, taking a bath in a hot spring is the best way to treat your tired body. Another wonderful feature of a trip to Shiga Kogen is the delicious cuisines. Local foods in the Shinsu area and food of the mountains harvested in Shiga Kogen are preserved and used for Japanese, French, Italian, and other cuisines. We recommend visiting information centers or searching online to find out the specialties of each restaurant in the area. For lunch on the hill, try out as many places as you can to get a real taste of Shiga Kogen, from Chinese food to Nepal curry, brick-oven pizzas, hand-made bread, and Okomni-yaki, which is a brand-new specialty in the Shiga Kogen area.



### The Best Winter Sports Area

The history of skiing in Shiga Kogen started in 1913 when Mr. and Mrs. Kimmel brought skis to Kanbayashi Hot Spring. The story said they have skied around farming land and valleys with the single ski pole Austrian style. After that, skiing gained popularity, especially among the youth, and resulted in the establishment of the Shinsu Yamanouchi Ski Club in 1920. In 1928, the club held a Shin-estu ski competition along with other ski clubs from Niigata and Gunma Prefectures. In 1929, Mr. Helzette and a group from Norway visited Shiga Kogen, and skied from Mt. Asahi to Kanbayashi Hot Spring, called the highland "the Saint Moritz of Asia". From that point, the area underwent rapid development, including the creation of the current Giant ski resort in the November of 1930. The area was given the name "Shiga Kogen" by a group of people leading the development at the time. The Shinsu Yamanouchi Ski Club later became Shiga Kogen Ski Club, and is primarily involved with activities such as educating athletes and instructors, holding competitions, and running a ski school, and continues to produce many high level winter sports athletes. In the 1970s, when an unprecedented ski boom was the rage throughout Japan, the community as well as the local government offered to host a range of sporting events, including national athletic meets, national competitions, and World Cups. After winning all those who took part in such events, Shiga Kogen was appointed as one of the sites for the Nagano 1998 Olympic Winter Games; giant slalom events for alpine skiing at Higashitateyama ski resort,



### Explore Wild Forests with a Guide and Discover the Unexpected

The Shiga Kogen Guide Association conducts snowshoe hiking tours every year. Visitors can hike through the woods with experienced guides highly versed in local nature. It's a fascinating opportunity to see local wildlife in its own environment, and to learn how plants survive the freezing winter months. Come take a relaxing stroll around pristine snow fields and get back to nature! Did you know that Shiga Kogen is designated as an Eco Park and a Biosphere Reserve (BR) under UNESCO's Man and the Biosphere (MAB) Programme? It is one of the most popular tourist destinations in Japan, where more than two million people visit annually, while a large area of wild forests remains untouched. This is how man lives together with nature. You will witness real winter in Japan here in Shiga Kogen.

