Access to Nakayama Highlands

◇Limited express bus, Nagano - Omachi line　570 yen
Shinano Omachi Station → Get off at Shingyo bus stop
→ 20 minute walk to Nakayama Highlands (back the way the bus came)

From Nagano Station, Nagano Station East Exit → Get off at Shingyo bus stop
→ Walk to Nakayama Highlands in the same direction as the bus

JR Shinano Omachi Sta

◇Approx. 12 min
◇Taxi (around 3,000 yen)
◆About 2 hours on foot (approx. 8 km)

Bus stop: Omachi Ski Resort

【To Sakainomiya】

Toilets

P

Nakayama Highlands

◆City Bus "Fureai"
(No service on Sun and nat hol)
Miasa Course (to Sakainomiya. No transfers)
One-way 200 yen
Departs Shinano Omachi Station at 7:34
→ Get off at Omachi Ski Resort around 7:44
→ (to Nakayama Highlands) 5-minute walk
There are other services that may require a transfer.

Soba Shop "Misato"
(Closed on Tuesdays)

Bus stop: Kizakiko Iriguchi
(Lake Kizaki Entrance)

【To Sakainomiya】

Soba Shop "Asa no Yakata (House of Hemp)"
(Open seven days a week, except new years holiday)
Bus stop: Shingyo

Bus stop: Nashimine
(Transfer)

◆City Bus "Fureai"
(No service on Sun and nat hol)
Miasa Course (KawadeLine. Transfer for Sakainomiya)
One-way 200 yen
Departs Shinano Omachi Station at 10:45 or 13:48
→Nashimine (Transfer) →Get off at Kizakiko Iriguchi
→ (to Nakayama Highlands) 15-minute walk