

Access

Getting to nearby tourist spots from Shinano-Omachi

Kurobe Dam

+ 50 minutes

Hakuba

30 minutes

Jigokudani Yaen Koen
(Jigokudani Monkey Park)

1 hour
 50 minutes

Matsumoto

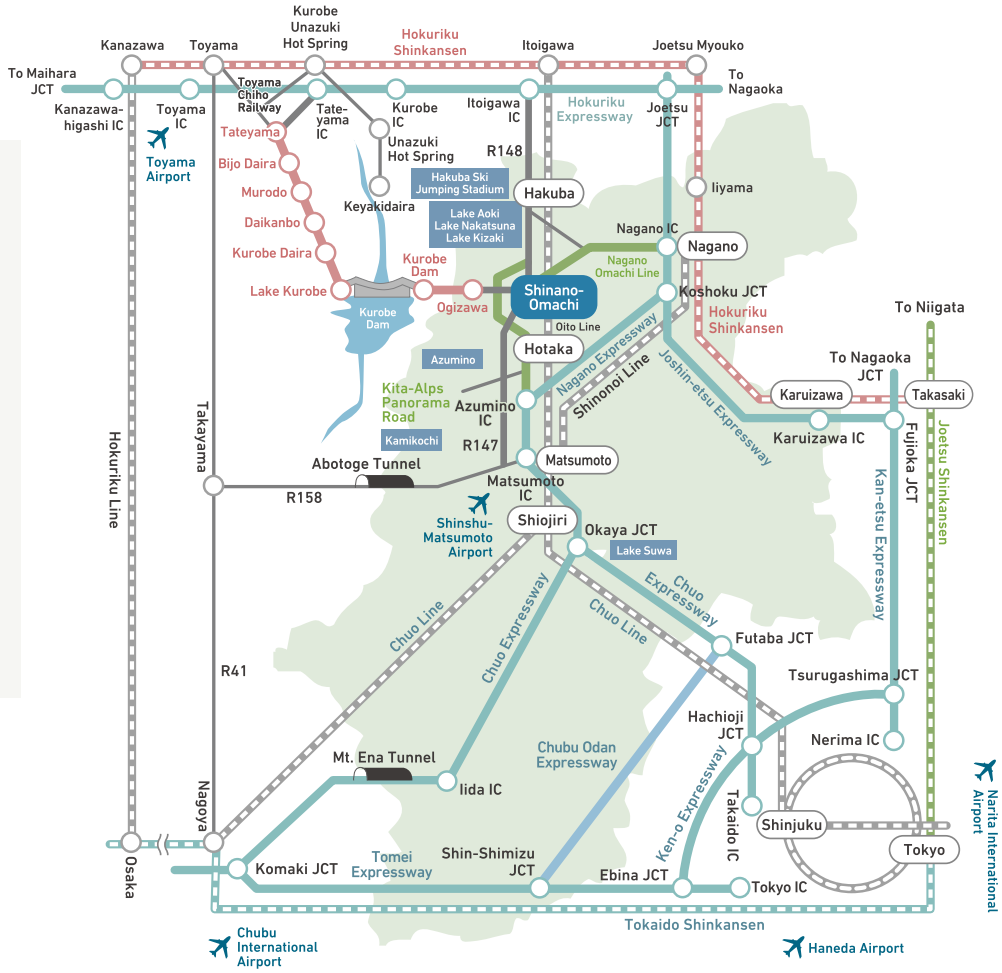
1 hour

Kamikochi

+ 2 hour

Takayama

2 hour
 30 minutes



By car

| | |
|---|---|
| Approximately 2 hours 30 minutes via the Kan-etsu and Joshin-etsu Expressways (203 km) | Approximately 1 hour 5 minutes via the Japan National Route 19 and Nagano Omachi Line (46 km) |
| Approximately 2 hours 30 minutes via the Chuo Expressway (182 km) | |
| Approximately 2 hours 15 minutes via the Tomei and Chuo Expressways (176 km) | Approximately 30 minutes via the Japan National Route 147/Kita-Alps Panorama Road (30 km) |
| Approximately 4 hours 15 minutes via the Meishin Expressway (196 km) and Chuo Expressway (169 km) | |

By train

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| Hokuriku Shinkansen (approx. 1 hour 20 minutes) | Approximately 1 hour 10 minutes with the Nagano Omachi Line Limited Express Bus (Raicho Liner) from Nagano Station East Exit Bus Stop 25 |
| Chuo Line Super Azusa Limited Express (approx. 2 hours 40 minutes) | Resort View Furusato |
| Tokaido Shinkansen (approx. 50 minutes) | Oito Line (approx. 1 hour) |
| Hokuriku Line Thunderbird Limited Express (approx. 1 hours 20 minutes) | Approximately 1 hour 10 minutes with the Nagano Omachi Line Limited Express Bus (Raicho Liner) from Nagano Station East Exit Bus Stop 25 |

By plane

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|---------------------------------|--|--|
| Narita Express | Hokuriku Shinkansen (approx. 1 hour 20 minutes) | Approximately 1 hour 10 minutes with the Nagano Omachi Line Limited Express Bus (Raicho Liner) from Nagano Station East Exit Bus Stop 25 |
| Monorail or Yamanote Line | Chuo Line Super Azusa Limited Express (approx. 2 hours 40 minutes) | Resort View Furusato |
| FDA (approx. 1 hour 40 minutes) | Route Bus Airport Shuttle (approx. 30 minutes) | Oito Line (approx. 1 hour) |
| FDA (approx. 1 hour 30 minutes) | | Approximately 1 hour 50 minutes to Omachi Hot Spring Village with the Shinshu-Matsumoto Airport Air Shuttle |
| FDA (approx. 1 hour 5 minutes) | | |
| Meitetsu Airport Line | Chuo Line Shinano Limited Express (approx. 2 hours) | |

By highway/express bus

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|---|--|
| Shinjuku (Shinjuku Expressway Bus Terminal) | Highway bus Hakuba-Shinjuku Line (approx. 4 hours) |
| Nagano Station East Exit Bus Stop 25 | Approximately 1 hour 10 minutes with the Nagano Omachi Line Limited Express Bus (Raicho Liner) |

Japan Nagano

SHINANO OMACHI



Omachi Official
Tourist Website
Shinano-Omachi
Portal



Omachi Mascot
"Ooma-pyon"





Lake Nakatsuna



Nakayama Highlands

Spring



Nogu river



Nigorizawa Waterfall



Takase Valley

Autumn



Kurobe Dam

The four seasons of Shinano Omachi

In Shinano Omachi Meet the four seasons

Summer

Mt.Kashimayarigatake
seen from Mt.Jiigatake



Lake Kizaki

Lake Aoki



Winter



Kashimayari Ski Resort

Trip starting
from Omachi
touring vistas and
Kurobe Dam,
Japan's highest dam

The Tateyama Kurobe Alpine Route stretches from Toyama to Omachi with the main highlight being the Kurobe Dam, Japan's highest dam at 186 m. Switching to cable car and ropeway from Kurobe Dam you can travel to Toyama prefecture while enjoying the fantastic vistas of Murodo Daira (2,450 m), Midagahara and more.

Tateyama Kurobe Alpine Route
open between middle of April
to November 30

Click here for
information

Tateyama Kurobe
Alpine Route



Kurobe Dam



Kurobe Dam, only 16 minutes
by electric bus from Omachi
"Ogizawa Station!"

1 Kurobe Dam

An arch-style dome overflow wing dam completed after 7 years of difficult construction. Every year water draining for tourists is performed. The 10 tonnes of water drained each second is very impactful!

Sightseeing Period:
From middle of April
to November 30

Draining Period:
From June 26 to October 15

Breathtaking vistas and
excitement from Kurobe Dam
to Murodo and Tateyama

2 Tateyama Ropeway (Kurobe Daira)

The ropeway between Daikanbo and Kurobe Daira is a "moving observation platform," offering a 7 minute 360 degree panoramic view of the surrounding landscape.

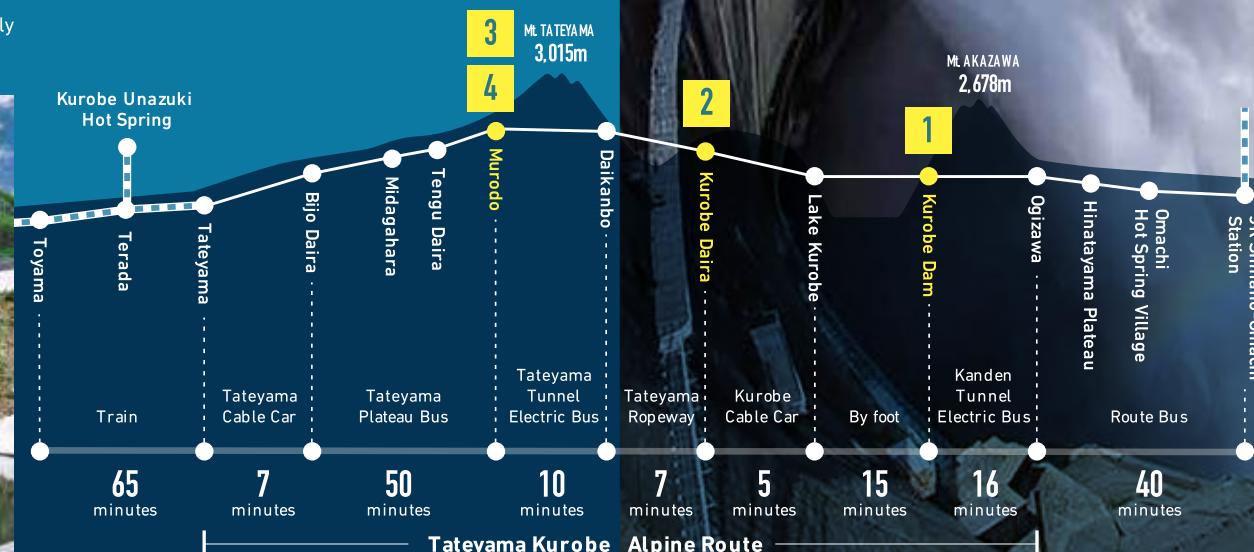


3 Snow Wall

The snow walls made by the snow ploughs can reach as high as 20 m and stretch for 500 m. The "Snow Wall" can be enjoyed from the middle of April to the middle of June.

4 Mikuriga-ike

Located 10 minutes by foot from the Murodo bus terminal Mikuriga-ike lies at a height of 2,405 m with a 630 m circumference and a depth of 15 m. Enjoy various seasonal landscapes including a snowy gorge in early summer and mesmerizing crimson foliage in autumn.



"Ogizawa Station," the Nagano
prefecture entrance to the Tateyama
Kurobe Alpine Route

"The station houses a ticket
counter on the 1st floor and a
restaurant on the 2nd floor
where you can enjoy delicacies
such as the Kurobe Dam Curry.
"Parking is available (Ogizawa
Station)"



Come say
hello if you
see me!



"Kurobe Dam
Mascot
"Kuronyan""

ENJOY THE MOUNTAINS!

Shinano-Omachi

Shinano-Omachi is one of Japan's most prominent mountain ranges and offers a climbing environment with courses that can be enjoyed by everyone from beginners, families, and hikers to advanced climbers. The range takes different forms depending on the time of day, allowing you to take plenty of photos, taste melted snow water, and observe alpine plants. If you're lucky you might come across Rock ptarmigan or Dicentra herbs.

Mt. Jiigatake

[Altitude: approx. 2669 m]

Mt. Jiigatake is made up of three peaks. The name comes from the snow between the mountain ridges during the snow season resembling a sowing old man.

01 Trekking

Along Mt. Takagariyama and Reishoji temple trekking courses you can enjoy a view of the Northern-Alps from the Takagariyama observation platform or the autumn leaves of Reishoji temple.



02 Mt. Kashimayarigatake

[Altitude: approx. 2889 m]

Mt. Kashiyamagatake is a beautiful mountain with two peaks to the South and North which are connected by a Tsurione, a ridgeline between two peaks like a suspension bridge. Viewing from the foot of the mountain you can see Mt. Jiigatake on your left and Mt. Goryudake on your right. It is truly the pride of Azumino.



03 Mt. Harinokidake

[Altitude: approx. 2821 m]



Located in the south of the Ushiroateyama mountain range, Mt. Harinokidake offers a view of the entire Northern-Alps. The name "Harinoki" is said to be a corruption of "Han'noki (Alnus japonica)" which grows in the area.

04 Mt. Eboshidake

[Altitude: approx. 2628 m]



Mt. Eboshidake is situated in the middle of the Northern-Alps. The top houses vertically long, column-shaped rocks with the ridge leading to them being one of the three Northern-Alps steeps.

05 Mt. Gakidake

[Altitude: approx. 2647 m]



The name is speculated to come from the corruption of "Gakedake," with legends tracing the name to "Gaki," a Hindu and Buddhist term meaning "hungry ghost." The top offers a splendid scenery with fields of Dicentra herbs.



Cafés

Relax while enjoying beautiful seasonal scenery at Omachi's cafés. Recently, cafés specializing in dishes using Shinshu ingredients are gaining popularity.



Shinano-Omachi contains many delicacies. The Chikuni-kaido road (Salt Road) that carried salt and seafood from Itoigawa at the Japan Sea runs through the range and has provided the area with the blessings of the mountains and sea since ancient times. High-quality sake and soba are made from the clean melted snow water that comes down the range. Recently, shops offering Kurobe Dam Curry as well as cafés and sweets are popular. Enjoy to your heart's content the many delicacies of Shinano-Omachi.

01 made from clear, pure water Soba

Shinano-Omachi soba is born from abundant, pure water and high altitude cold weather. During summer white flowers bloom in the soba paddies. Enjoy the soba together with the blessings of Shinshu such as mountain vegetable tempura and mushrooms.



02 Try the intense and impactful Kurobe Dam Curry

A dam curry with the rice as dam weir and the curry sauce as dam reservoir. Toppings and presentation vary between restaurants, compare them to find your favorite!



03 that soothes the heart and soul Sweets



Shinano-Omachi harbors many long-cherished sweet shops which also make great souvenirs. Enjoy a Shinano-Omachi sweets smorgasbord with both Japanese and Western flavors!

04 made from pure spring water 3 breweries' Sake and Wine



Shinano-Omachi sake is made from the pure water springing out from the Northern-Alps. Omachi houses three unique sake breweries. Omachi wine is characterized by gentle flavor and smooth acidity.

05 Richly condensed Vegetables, Fruits, and Crops



Shinano-Omachi vegetables, fruits, and rice are cultivated by abundant clear streams and delicious air. With high day and night temperature differences flavor and nutrition is greatly concentrated within the produce. Winter vegetables with greater sweetness from the winter cold are unique to Shinano-Omachi.



ENJOY THE

LAKEES!

Shinano-Omachi

Shinano-Omachi harbors three lakes collectively called the Nishinasanko, each with their own distinctive features. Lake Aoki with its water springing from the lake bottom has excellent transparency. Lake Kizaki offers activities such as SUP and a lakeside camp, and Lake Nakatsuna boasts beautiful cherry blossom in spring with fishing available all year round. Shinano-Omachi with its unspoiled nature is the perfect opportunity to enjoy nature's splendor!

Contemplation at Lake Aoki

Lake Aoki, the northernmost of the three Nishinasanko lakes, has the most untouched nature in all of Shinano-Omachi as well as high-quality lake water. In Early summer fireflies can be seen dancing around the lake.



Lots of activities at Lake Kizaki

Lake Kizaki is the southernmost lake of the three Nishinasanko lakes. Comparatively warm and shallow it is perfect for water activities in summer as well as plenty of above-water activities such as SUP and canoeing. In early summer water lilies adorn the lake.



Lake Nakatsuna is the smallest of the three Nishinasanko lakes and is a perfect spot for some quiet fishing. In spring the lake is covered with North Japanese hill cherry (Prunus sargentii) and is a popular spot with photographers and tourists alike.

Relaxing at Lake Nakatsuna

01 A fantastical summer scenery with the Firefly Viewing Cruise

The Firefly Viewing Cruise is a lake activity available only during early summer. The tour seats you in a canoe to watch the fireflies that only live in pure water up close. The fireflies soaring from the surface and the light reflected in the lake is mesmerizing.



02 in refreshing weather Cycling

Cycling is a great way to experience the splendors of Shinano-Omachi by yourself. Casually embark on a cycling trip with one of our rental bicycles. The area around Shinano-Omachi station offers a town-scape rooted in history and shops with a cavalcade of delicacies. Cycling along the lakeside is cool and refreshing even in summer.



[Click here for cycling information.](#)

03 the year-round activity! Fishing



The Nishinasanko lakes offer excellent fishing all year round with Lake Aoki harboring Japanese pond smelt, chub, and red salmon, Lake Kizaki having Japanese pond smelt, trout, and black bass, and Lake Nakatsuna with heracutian carp and crucian carp.

04 for everyone! Adults, children and pets alike! SUP



SUP is an activity where you stand on a surfing-like board and paddle your way on the water. Being both stable and buoyant it can be enjoyed by beginners as well.

05 Make precious family memories at the Lakeside Camp



The lakeside camps at Lake Aoki and Lake Kizaki are open all year round. The scenery viewable under the cool lakeside trees during summer leaves a deep impression. Make sure to enjoy all aspects the lakes has to offer!