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Tourist Information Center (TIC)

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"YOKOSO" means "welcome"

KARUIZAWA HEIGHTS

Karuizawa Heights (軽井沢高原), an ideal year-round holiday land, lies at the foot of Mt. Asama (2,568 m), Japan's highest triple-cratered active volcano bordering on Nagano and Gunma Prefectures. It is densely covered with forests of Japanese larch

and white birch, among which hot springs are interspersed. Places of interest in the district include Asama Pasture bedecked with azaleas in season and Onioshidashi Rocks, a rugged lava bed covered with boulders spewed out from the volcano.

Access from Tokyo:

From	To	Type of Operation	Time required	Fare(¥)
Tokyo Sta.	Karuizawa Sta.	JR Nagano Shinkansen "Asama"	1hr. 2 – 22min.	5,750
Ikebukuro Sta. east exit (Tokyo)	Karuizawa Sta.	Seibu Bus	2hr. 45 – 55min.	2,910

Places of Interest:

Kyu-Karuizawa (旧軽井沢): As the oldest upland resort town in Japan, Kyu-Karuizawa forms the core of Karuizawa Heights. About 2 km north of Karuizawa Sta., the town, which was originally "discovered" by venerable Archdeacon A. C. Shaw, an English missionary domiciled in Tokyo about a hundred years ago, has many summer residences owned by foreign and national dignitaries. In summer, some 500 trendy Tokyo and Yokohama-based boutiques and noted restaurants are opened, turning the main street into a Ginza.

St. Paul's Catholic Church (聖パウロカトリック教会), a unique structure designed by a noted U.S. architect, is found by turning right after a 15-min. walk from Karuizawa Sta.

Former Mikasa Hotel (旧三笠ホテル), 30 min. on foot from the main street, is the oldest wooden Western hotel in Japan. After repairs, it is now opened to the public to show its valuable architectural style. Open: 9:00–17:00 (enter by 16:30). Closed: a few days in late Dec.–first Jan. (irregular). Admission: ¥400.

Kumoba Pond (雲場池) or "Swan Lake" as it is called by foreign residents, is an ideal place to enjoy strolling about the fresh surrounding greenery.

Usui Pass Observation Platform (碓氷峠見晴台), on the peak above the pass, commands a panoramic view of Mt. Asama, Mt. Myogi, the Yatsugatake Mountain Range and the surrounding scenery. Nearby stands the Kumano Shrine. The pass can be easily climbed in 1 hr. 30 min. from **Nite Bridge** (二手橋) at the end of Karuizawa Ginza.

Wild Bird Wood (野鳥の森) is close to Hoshino Spa, which can be reached in 5 min. by bus from Naka-Karuizawa Sta. and 10 min. on foot from Nishiku-Iriguchi Bus Stop. About 120 to 130 species of birds inhabit the Karuizawa Heights, making it a treasured sanctuary for wild birds. The Wood is designated by the Environment Agency as a protected area. There are two observation huts and a 2.5 km-long forest course from which the birds' habitat can be observed.

Lake Shiozawa (塩沢湖), a man-made lake in Minami-Karuizawa, can be reached in 40 min. on foot from Naka-Karuizawa Sta. Here one can enjoy boating and camping in summer and skating in winter. On the shores are a number of privately managed lodging houses with tennis courts.

Shiraito Falls (白糸の滝), 23 min. by bus from Karuizawa Sta., is a lovely waterfall, 3 m high and 70 m wide. The sight of water falling down in slender streaks looking like so many white threads is indeed magnificent. It looks its loveliest especially in seasons of fresh verdure and crimson maples.

Asama Ranch (浅間牧場), 32 min. by bus from Karuizawa Sta., is an extensive prairie, 800 ha. in area. It is bedecked with Japanese azaleas in early summer and gentian in early autumn.

Onioshidashi Rocks (鬼押し出し), 40 min. by bus either from Karuizawa Sta. or Naka-Karuizawa Sta., are lava beds extending from the northern base of Mt. Asama. In the Onioshidashi Rock Garden, platforms and promenades are provided for viewing the whole Onioshidashi area. There are 5 promenades, for viewing lava bed scenery, alpine plants and so on. Time required to cover the garden is approx. 1 hr. Open: 8:00–17:00. Admission: ¥600 (late Apr.–early Nov.), ¥500 (early Nov.–late Apr.).

Lake New Town (レークニュータウン), 15 min. by bus from Karuizawa Sta., is a recreational as well as shopping area, with man-made Lake Leman as its focal point.

Mt. Asama (浅間山), alt. 2,568 m, soaring to the northwest of Karuizawa, is situated on the boundary between Nagano and Gumma Prefectures. It ranks with Mt. Aso in Kyushu as one of the most active volcanoes in Japan. Climbing is prohibited, since the volcano has been active for the past few years.

Karuizawa Prince Shopping Plaza (軽井沢プリンスショッピングプラザ), 3-min. walk from Karuizawa Sta. South exit. There are many boutiques, variety stores, souvenir shops and restaurants.

Open :10:00-19:00(changes depend on seasons) Closed: a few days in a month (irregular).

Hiking from Mine-no-chaya to Mikasa:

A hiking trail descends from Mine-no-chaya (“mountaintop teahouse”) through forests of birds and larch to Shiraito Falls, and then on to Mikasa where an old mansion, the former Mikasa Hotel stands. It is a 10km course and the average time needed is 4 hrs. There are several bus stops on the way and there is a resthouse at Shiraito Falls, so it can be reduced to shorter courses.

① Naka-Karuizawa Sta. (中軽井沢駅)	22 min. by bus	② Mine-no-chaya (峰の茶屋)	70 min. walk	③ Shiraito Falls (白糸の滝)	100 min. walk
④ Ryugaeshi Falls (竜返の滝)	15 min. walk	⑤ Kose Spa (小瀬温泉)	70 min. walk	⑥ Mikasa (三笠)	

Leisure around Lake Shiozawa:

Naka-Karuizawa Sta.	8 min. taxi	⑦ Lake Shiozawa, Karuizawa Taliesin (Peynet Museum, Kouko Fukazawa Wild Flower Museum, Karuizawa Highland Archives, Rowboat, Tennis, etc.)
⑧ Museum of illustrated Books	3 min. walk	⑨ Erzgebirge Toys Museum of Karuizawa
	in a min. walk	

① - ⑨ correspond to those on the map on page 4/4.

Recreation Guide:

Rental bicycle

To go around on a rented bicycle is the best and easiest way to sense the feeling of Karuizawa. You will find rental bicycle shops everywhere in front of Karuizawa Sta., in Kyu-Karuizawa and in front of Naka-Karuizawa Sta. Charge is approx. ¥500 for 1 hr., ¥1,400 for 4 hrs., ¥1,800 for 1 day.

Skating Rinks

Karuizawa Skate Center. Indoor. (Open: early Dec.–late Mar. Open irregularly: Apr.–Nov.)
Kazakoshi Koen Arena. Indoor. (Open: Oct.–Mar. It is used as tennis courts in summer.)
Kazakoshi Koen Skating Rink. Outdoor. (Open: late Nov.–late Feb.)

Tennis

At Karuizawa Skate Center; Lake New Town. Also pensions and minshuku usually have tennis courts.

Field Archery

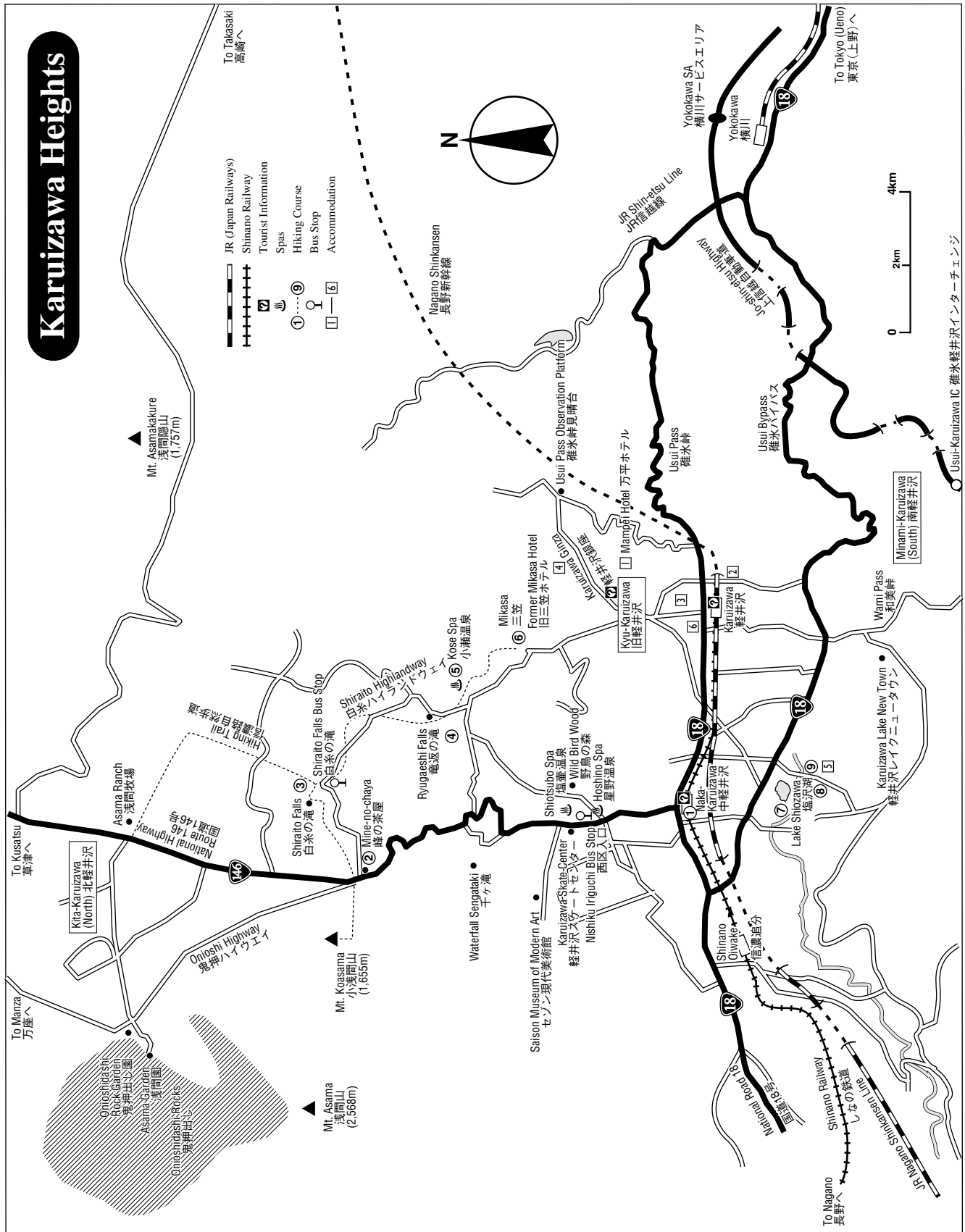
At Onioshidashi Rock Garden, open only in summer (Jul. & Aug.).

Golfing

At Seizan Golf Course, Karuizawa 72 Golf Course, etc. Most golf courses are closed during winter.

Horseback riding

At Karuizawa Sogo Joba Tennis Club near Karuizawa Sta., Tsuchiya Joba Club near Naka-Karuizawa Sta.



TOURIST INFORMATION

Karuizawa Station Tourist Information Office:

Karuizawa Sta., 1178 Karuizawa, Karuizawa-cho, Kitasaku-gun, Nagano Pref. 9:00-17:30 (-18:00 in summer)

Tel. (0267)42-2491

Naka-Karuizawa Station Tourist Information Office:

Naka-karuizawa Sta., 3041-2 Oaza-Nagakura, Karuizawa-cho, Kitasaku-gun, Nagano Pref. 8:30-17:00 (-18:00 in summer)

Tel. (0267)45-6050

Karuizawa-cho Kanko Kaikan:

739 Karuizawa, Karuizawa-cho, Kitasaku-gun, Nagano Pref. 9:00-17:00 (-18:00 in summer) Closed: Dec. 28-31

Tel. (0267)42-5538