

Hot Springs

&

Gourmet



- **Hot Spring 'KINARE Akashi no yu'** Address: Honcho 6 chome, Tokamachi City, Niigata Closed on Wednesdays ☎025-752-0117
- **Senju Hot Spring 'Sennen no yu'** Address: 121-7, Minakuchi-zawa, Tokamachi City, Niigata Open All year ☎025-768-2988
- **Miyanakajima Hot Spring 'Mion Nakasato'** Address: 4197, Miyanaka, Tokamachi City, Niigata Closed on Thursdays ☎025-763-4811
- **Haramachi Hot Spring 'Yukura Tsumari'** Address: 3267, Imogawa Otsu, Tokamachi City, Niigata Closed on Wednesdays ☎025-763-2944
- **Kiyotsukyo Koide Hot Spring 'Yoheri'** Address: 2126-2, Koide Ki, Tokamachi City, Niigata Closed on Wednesdays ☎025-763-3050
- **Matsudai Shibatoge Hot Spring 'Unkai'** Address: 11-1, Yomogihira, Tokamachi City, Niigata Closed on Wednesdays ☎025-597-3939
- **Matsunoyama Hot Spring Center 'Taka no yu'** Address: 18-1, Matsunoyama Yumoto, Tokamachi City, Niigata Closed on the second and fourth Thursday of the month ☎025-596-2221
- **Hot Spring 'Nasute view Yunoyama'** Address: 1252-1, Matsunoyama Yuyama, Tokamachi City, Niigata Closed on the second and fourth Friday of the month ☎025-596-2619
- **Hot Spring 'Miyoshi no yu'** Address: 4-281-3, Gejo, Tokamachi City, Niigata Closed from New Year's Eve until January 3rd ☎025-756-2344



Hegi-Soba



Koshihikari Rice



Tsumari Pork



Local Sake



Sansai (Wild edible mountain plants)

Access

By train (to Tokamachi Station)

- **From Tokyo**
About 2 hours by Joetsu Shinkansen, transfer at Echigo-Yuzawa Station to the Hohoku Line

By car

- **From Tokyo**
Kan-etsu Expressway → Shiozawa I.C → R353 → Tokamachi City (total 3hours)
Kan-etsu Expressway → Muikamachi I.C → R253 → Tokamachi City (total 3hours)
- **From Niigata**
Hokuriku Expressway → Nagaoka JCT → Kan-etsu Expressway → Echigo-Kawaguchi I.C → R117 → Tokamachi City (total 1hour 40minutes)

Tourist Information

Tokamachi Tourist Association (Inc.)
☎025-757-3345
<http://www.tokamachishikankou.jp>

Contact and Publisher

Shinanogawa Outdoor.com

Shinanogawa Outdoor

search

☎025-757-3100
Shinanogawa Outdoor Tourism Promotion Council
(Executive Offl.Ce: Tokamachi.City Tourism Exchange Division)
shinanogawa-outdoor.com/

SUMMER THE GREEN SEASON

shinanogawa-outdoor.com

OUTDOOR

Outdoor Paradise TOKAMACHI

TOKAMACHI

For outdoor activities,
Tokamachi is the place to be!

Tokamachi City,
Niigata



Enjoy the great Mother Nature!

The Great Outdoors of Tokamachi City

All the way down Japan's longest river, the Shinano is nature's very own rollercoaster

Rafting



A river sport where you can go down the rapids in a dedicated eight-person boat. The charm and the thrill of experiencing majestic views as you go up and down the Shinano River. Complete with jumping in and swimming in the river along the way.

After an initial safety demonstration, you'll change clothes, put on your helmet and life jacket, then head out in your eight-person raft. There are some fierce rapids on the way...the ultimate thrill!



You can try it here!

● **Japan's longest river, Shinano River rafting** Entry fee: 8,000 yen (junior high school student or older) 6,000 yen (elementary school student) Date: Early June to late October ※Closed on Thursdays (*Open all days in August) Departure times are twice daily at 10:00 am and again at 1:30 pm. Meeting Place: Hot Spring 'Mion Nakasato' Address: 4197, Miyanaka ki, Tokamachi City ☎025-763-4811 Note: Hot spring fee included, minimum number of participants is four and reservation required 3 days or more prior to the date.

Paddling while appreciating beautiful scenery

Canoe

Many Westerners are fans of water sports. It's nice to be able to advance at your own pace, as you can challenge yourself regardless of physical strength. If you do any canoeing at the Atema Highland Resort BELNATIO, you can enjoy the beautiful scenery from its central lake.



You can try it here!

● **Canoeing experience** Entry fee: 700 yen for one person 1,000 yen for two people Date: Early July to late September Time: Around 9 am - 6 pm ※Each canoe outing lasts about 30 minutes. Place: Atema Highland Resort BELNATIO Address: Tamagawa, Tokamachi City ☎ 025-758-4888 Note: 4 years or older (children must be accompanied by a parent or guardian)

Cycling along mountain paths, feeling the Daigonji Highland winds

Cycling

You'll ride hybrid bikes while taking in the fresh highland air. Then, you'll trek through a beech tree forest, climb to our huge mountaintop observation deck, and take a break at the summit to check out the great mountain views. Afterwards, feel the highland wind as you cycle back down the mountain!



You can try it here!

● **Beech forest trekking & easy downhill cycling** Entry fee: 3,000 yen Date: Early October to early November Place: Daigonji Highland Campground Address: 3140, Amamizukoshi, Matsunoyama, Tokamachi City ☎ 080 - 7732 - 5458 (Contact: Murayama) Note: Rental bicycle fee included.

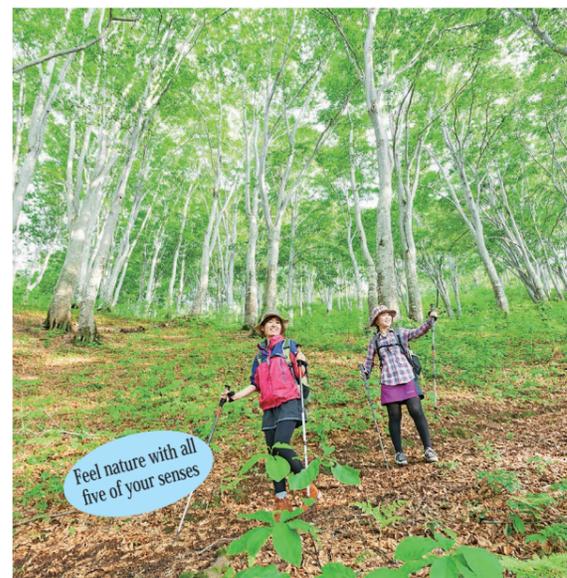
Tokamachi City — which includes part of Japan's longest river (the Shinano River), the Shinetsu Trail (an 80 km hiking route), and the Bijinbayashi Forest — is a place where you can enjoy many outdoor activities. Whether you're rafting, SUP (stand-up paddling) or trekking, let's get moving and make some special memories!



Walking with a tour guide, you'll be introduced to rare flora, seasonal items of interests and local highlights, all without getting lost.



Feel refreshed by getting in touch with nature, using all five senses.



Some things you should know about the appeal of trekking.

Unlike aiming for the mountaintop, the purpose of trekking is to walk through the mountains at your own pace. You'll enjoy viewing the scenery, the beautiful mountain flowers, the huge trees with their rings, and all the birds and wild animals.

Trekking while surrounded by the beautiful beech forests of the Shinetsu trail.

Trekking

You'll walk through the mountains with their pure, clean air, trekking among the richness of nature. If you're unfamiliar with the mountain paths, you can safely take a guided tour. There are several different trails according to your preference, like hiking through the Bijinbayashi Forest or climbing the Atema mountain.



Trekking down the Matsunoyama kaido (the old road) which has been used since Samurai period. This is one of the longest hiking routes in all of Japan — the Shinetsu Trail.

You can try it here!

● Shinetsu Trail

Official guide dispatch fee: 4H from 10,000 yen, 8H from 15,000 yen Date: All Seasons excluding winter Contact: Shinetsu Trail Club ☎ 0269-69-2888 Note: Reservation required.

● Beech Forest Hiking

Entry fee: 2,200 yen (elementary school student 1,700 yen, infant 200 yen) Date: All seasons excluding winter Time: 10 am - 11:30 am Place: Bijinbayashi Forest (Meeting Place: The entrance of Forest School Kyororo) Address: Matsuguchi, Matsunoyama, Tokamachi City ☎ 025-595-8588 (Contact: Matsunoyama Onsen LLC. 'Manma') Note: Reservation required.

● Popora nature walk

Entry fee: 1,000 yen Date: May to July, September to December (almost every day) Time: 10 am - 11:30 am (changeable by season) Place: Atema Highland Resort BELNATIO ☎ 025 - 758 - 4811 Note: Reservation required.

● Atema mountain trekking

Entry fee: 1,500 yen Date: May, October, November Time: 8:30 am - 1:30pm (changeable by season) Place: Atema Highland Resort BELNATIO ☎025-758-4811 Note: Reservation required. *A rice ball bento box is an additional 1,000 yen

From Hawaii! The water sports you've heard so much about

SUP

What was once an aquatic activity thought up by the Waikiki Beach Boys in the 1960s, SUP (stand-up paddling) has become a much-talked-about water sport. You cruise along by paddling on the surface of the water, while standing on a board slightly wider than a surfboard.



You can try it here!

● **Stand-up paddle surfing school** Entry fee: 3,000 yen Date: July to September (mainly on Saturday and Sunday) Time: 10 am - 11:30 a.m, 1:30 pm - 3 pm Place: Daigonji Highland Campground Address: 3140, Amamizukoshi, Matsunoyama, Tokamachi City ☎ 080-7732-5458 (Contact: Murayama) Capacity/3 people per lesson (reservation required by 5 pm two days prior to the date)

Enjoy all nature has to offer, shrouded in its lush greenery

Camp

Tokamachi City, blessed by Mother Nature, features many individual camping sites. Complete with convenient equipment and a pleasant environment. Why not come with a group of family or friends to the middle of this lush, green paradise?



You can try it here!

● **Daigonji Highland Campground** Address: 3140, Amamizukoshi, Matsunoyama, Tokamachi City, Niigata ☎025-596-2994
● **Seidayama Campground** Address: 1742, Seidayama Ko, Tokamachi City, Niigata ☎ 025-763-3001

Let's enjoy it together!

Tokamachi Canoe Club

<http://shinanogawa.net/index.html>

We're outdoor enthusiasts and canoe lovers based in and around the Shinano -- Japan's longest river. Those without a canoe, those without experience, families and kids also warmly welcomed. Adults and children alike do their best and play hard. Currently recruiting new members!

