

Hot Springs



- **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, Imoga-wa 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

&

Gourmet



Hegi-Soba



Koshihikari Rice



Tsumari Pork



Local Sake



Mochi (Rice Cake)

Access

By train (to Tokamachi Station)

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

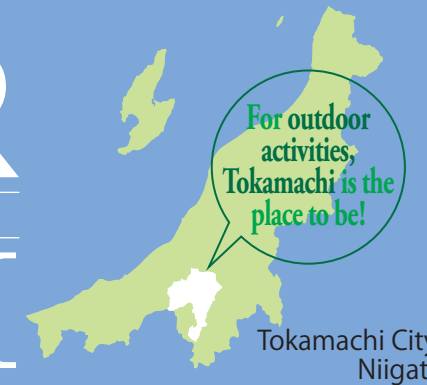
Shinanogawa Outdoor

search

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

shinanogawa-outdoor.com

WINTER THE WHITE SEASON OUTDOOR Outdoor Paradise TOKAMACHI TOKAMACHI



Have a blast in the snows of Tokamachi!

SNOW ACTIVITIES

Feel the thrill and speed!

Airboard



You can also try both the airboard and the snow bike for 1,500 yen for 120 minutes.

This is a rather new snow-related activity where you lie face down on a rubber board and glide through the snow. The combination of speed with the feeling of floating on air is unparalleled. The board is deflatable and easy to carry, so it's become especially popular in Europe.



You can try it here!

●**Airboard Rental** 1,000 yen (Elementary school students or older) Place: Matsunoyama Hot Spring Ski Resort ☎025-596-3133 Address: 909, Amamizushima, Matsunoyama, Tokamachi City Time: 9:30 am - 5 pm (Weekend and National holiday 9 am - 5 pm) Lift ticket: Day pass 3,000 yen for adults, 2,500 yen for elementary school students ※Half-day and one-time passes also available. Airboard: Can be rented at The Ski House. 1,000 yen for 120 minutes. Reservation required.

A snow bike is a snowboard with handlebars. Take control of your ride and enjoy the slopes! Because snow bikes are easy to ride, they're recommended for those who aren't good at snowboarding.



You can try it here!

●**Snow bike rental** 1,000 yen (Elementary school students or older) Place: Matsunoyama Hot Spring Ski Resort ☎025-596-3133 Address: 909, Amamizushima, Matsunoyama, Tokamachi City Time: 9:30 am - 5 pm (Weekend and National holiday 9 am - 5 pm) Lift ticket: Day pass 3,000 yen for adults, 2,500 yen for those under 12 years old* ※Half-day and one-time passes also available. Snow bike: Can be rented at The Ski House. 1,000 yen for 120 minutes. Reservation required. ※You can also try both the airboard and the snow bike for 1,500 yen for 120 minutes.

The exhilaration of cruising on the snow Snow Bike



Every year Tokamachi is covered in three meters of snow, so there are lots of activities available. Who's up for some air-boarding, snowmobiling, and snow bike riding?



You can try it here!

●**Snow-shoeing** 1,000 yen Place: Atema, mori to mizube no kyoshitsu 'Popora' Address: Atema Highland Resort, Tamagawa, Tokamachi City Time: Every day, once in the morning and afternoon. Reservation required. ☎025-758-4811

●**Snowshoe walk in Bijinbayashi Forest and Irori* experience** *Japanese traditional fireplace 2,700 yen (2,200 yen for elementary school students, 200 yen for preschool children) Place: Forest School 'Kyororo' Address: 1712-2, Matsuguchi, Matsunoyama, Tokamachi City Time: 9:30 am - 11:30 am, Reservation required. ☎025-595-8588 (Matsunoyama Onsen LLC. 'Manma')

Walking in a field of snow Snowshoe

With snowshoes, you can walk easily through the snow. You can observe animal tracks and plants in the winter while walking on the soft snow. We offer a day/night walking tour with a guide for Bijinbayashi Forest and the Atema Plateau.



●**Snowshoe Walking** 2,160 yen Place: Matsudai Shibatoge Hot Spring 'Unkai' Address: 11-1, Yomogihira, Tokamachi City Tour runs 3 times / per day from 9:00 a.m. 3:30 p.m. 7:30 p.m. Reservation required. ☎025-597-3939 ☎025-758-4811

Heavy Snow Tour

During this two-day tour, you'll enjoy outdoor activities of the snow country, like making a kamakura (snow igloo) and trekking through the mountains with kanjiki (traditional Japanese snowshoes). You can also experience dining by the irori (traditional Japanese hearth) and making chinkoro (figurines made from rice flour).



You can try it here!

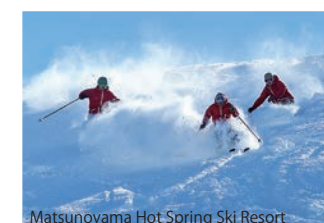
●**Heavy Snow Tour** One night with three meals, from 13,000 yen ●Making kamakura ●Walking in the mountains with kanjiki ●Sledding etc. Kiyotsukyou Hot Spring Village 'Setoguchi' ☎025-763-2431 <http://setoguti.info>

Ski Resort

There are various courses for everyone such as easy courses for families with kids and challenging ones for experienced skiers.

You can try it here!

- Joetsu Kokusai Ski Resort Atema Gelande** Address: Atema, Tokamachi City, Niigata ☎025-758-3291
- Nakasato Kiyotsu Ski Resort** Address: Ichinokoshi, Tokamachi City, Niigata ☎025-763-2778
- Matsudai Family Ski Resort** Address: 5265, Matsudai, Tokamachi City, Niigata ☎025-597-3330
- Matsunoyama Hot Spring Ski Resort** Address: 909, Amamizushima, Matsunoyama, Tokamachi City, Niigata ☎025-596-3133



Springtime Snow Camping

The snow remains until "Golden Week" at Daigoni Kogen Camping Ground in Matsunoyama. This means we can offer you the opportunity to camp out on the light spring snow!



COMING SOON!!
CURRENTLY IN PREPARATION

Backcountry Skiing

We're preparing some ski slopes that extend into the mountains of Matsunoyama, where Prince Takamodo once skied, as part of our Royal Pack Country Course.

COMING SOON!!
CURRENTLY IN PREPARATION

