



Cycling Tips For a Fun Ride

Ride in bicycle lanes or the road. However, you may ride on the sidewalk if there are signs indicating that bicycles are permitted.

Japan's roads are left-hand traffic. Ride on the left hand side when you are in the road.

Follow safety regulations

- ✗ Riding while intoxicated/riding double
- ☑ Use a light at night.
- ✗ Using a mobile phone/tablet
- ☑ Have children wear helmets. You can borrow helmets from the rental shops.

Emergency Numbers

Show the following to the nearest person and have them call the police (dial 110) for you.

事故が起きました。私の代わりに警察(110番)に電話してください。

If there is a serious injury, show the following to the nearest person and have them call an ambulance (dial 119) for you.

怪我をしました。私の代わりに救急車(119番)を呼んでください。

If you get into an accident on the bicycle or the battery runs out: Contact the shop where you rented the bicycle.

Welcome to AZUMINO Guide Map

AZUMINO TOURIST INFORMATION CENTER
 ☎ 0263-82-9363 ✉ hotaka@atlas.plala.or.jp
 Hours: 9 a.m. - 5:30 p.m. (until 5:00 p.m. Nov thru Mar)
 Closed: Around New Year's Day

AZUMINO TOURISM ASSOCIATION
<https://azumino-e-tabi.net/en/> [EXPLORE AZUMINO!](#)

Important Road Signs

- Road closed: The road is not open
- Stop
- Road closed to vehicles incl. bicycles: You may continue after getting off your bicycle.
- Bicycle lane
- Bicycle and pedestrian lane
- Pedestrian lane: You may continue after getting off your bicycle.

Free Wi-fi Available at these facilities:

- MAP1 E-5 Azumino Tourist Information Center
- MAP1 E-5 Hotaka Shrine
- MAP1 D-8 Daio Wasabi Farm
- MAP1 G-2 Shakunagenoyu

Hotaka Station

Hotaka Station is the main train station for sightseeing in the Azumino and Hotaka area. Trains normally run once per hour. There are coin lockers at the station. Also, there is a free luggage deposit service available in the bicycle rental shops for customers.

Taxi

Some train stations on the Oito Line have taxi boarding areas. Catching a taxi in town can be difficult, but staff at your hotel or the places you visit will be happy to get one for you.

Bus

The "Azumino Enjoy Bus" runs from Hotaka Station to Daio Wasabi Farm and Hotaka Hot Springs. From late April to late November, buses also run between Hotaka Station and Nakabusa Hot Springs.

Bus timetables are available at the Tourist Information Center or on our website.

Restaurants on Map 2

- Soba noodles**
 - 1 Map2 B-3 ☎ 0263-77-2401 **Misato**
 - 2 Map2 F-2 ☎ 0263-83-2058 **Fujio Sanso**
- Japanese**
 - 3 Map2 C-4 ☎ 0263-72-0968 **Shikimi**
 - 4 Map2 D-3 ☎ 0263-72-6952 **Misato**
- Western-style restaurant**
 - 5 Map2 F-3 ☎ 0263-31-5298 **Pizzeria Rosso Bianco**
 - 6 Map2 F-3 ☎ 0263-88-2757 **L'Atelier des Sens**

Bicycle Rental

Two bicycle rental shops are located just outside Hotaka Station. Rental prices start from 200 yen per hour. They offer several types of bicycles; traditional style, mountain bikes or electric bicycles. They also provide various services such as luggage deposit, rain wear rental, and delivery or collection of rented bicycles for customers staying anywhere within the city. They also have a car rental service.

Souvenir recommendations etc...

- 1 MAP1 C-7 ☎ 0263-88-9177 **Azumino Base**
Offering numerous specialty goods such as the fruits and wasabi listed below.
- 2 MAP1 E-5 ☎ 0263-82-9363 **Azumino City Tourist Information Center**
- 3 MAP1 H-6 ☎ 0263-82-2365 **Ibi Wasabi Shop**
- 4 MAP2 D-4 ☎ 0263-72-5311 **Shuichiroduke Honpo**
- 6 MAP1 F-5 ☎ 0263-82-2359 **Kobayashi Wasabi**
- 5 MAP1 D-8 ☎ 0263-82-2118 **Daio Wasabi Farm**

About Azumino

Take in the splendor of the Japan Alps as you explore Azumino's unique blend of culture and natural beauty. Here you can try numerous hands-on activities such as glassblowing and soba noodle making. While perhaps best known for its famed wasabi farms, Azumino is also the site of the Azumino Art Line, which celebrates a myriad of artists. Not far from the city is an alpine playground offering spectacular hiking and biking trails as well as the excitement of paragliding and rafting.

Recommended Spots & Trailheads on Map 2

- 1 Map2 D-2 **Alps Azumino National Government Park (Horigane-Hotaka)**
☎ 0263-71-5511
0:50 from Hotaka Station
- 2 Map2 D-1 **Mt. Tsubakurodake - Nakabusa Trailhead**
Seasonal bus (late Apr to late Nov) or taxi from Hotaka Station: 1:00
- 3 Map2 B-1 **Mt. Chogatake - Mitsumata Trailhead**
Taxi from Hotaka Station: 0:45
- 4 Map2 C-1 **Mt. Jonen - Ichinosawa Trailhead**
Taxi from Hotaka Station: 0:45
- 5 Map2 D-5 **Hiking & Trekking Mt. Hikarujo & Mt. Nagamine**
A perfect day-trip hike that can be completed in 40 minutes. In the spring, the trail is a corridor of cherry blossoms.
0:50 from Hotaka Station
- 8 Map2 F-5 **Former Railway Walking Trail (Bicycles prohibited)**
Approx. 10 km round trip on these old JR train tracks. We recommend coming to see the fall foliage. (Akashina Station parking lot)
0:30 from Hotaka Station to Akashina Station
On foot from Akashina Station: 0:15

Museum on Map 2

- 1 Map2 H-2 ☎ 0261-62-0772 **Chihiro Art Museum Azumino**
The museum is filled with Chihiro Iwasaki's charming paintings and illustrations of flowers and children. Surrounded by 53,500 sq-meter park, it offers a place for visitors to relax and feel at home, providing a respite from the bustle of everyday life.
1:00 from Hotaka Station

Bicycle Rental (continued)

- Hitsujiya** ひつじ屋
☎ 0263-82-3888
Rates (Regular/Child Bicycle)
¥ From 300/hr
¥ 900/half day (4 hr)
¥ 1,500/day (until 6 p.m. same day)
- Only half day is pay-in-advance
- Rental rates include accident and liability insurance
- Shinano-an** しなの庵
☎ 0263-82-3730
Rates (Regular/Child Bicycle)
¥ From 200/hr
¥ 1,500/day (same day only) or 24 hr
- Rental rates include accident and liability insurance

In the unlikely event that you get a flat tire or the battery on the electric assist bicycle runs out, you can call for someone to come assist you.

Access

With a wide range between high and low temperatures, Azumino allows for the cultivation of sweet fruit.

- 7 MAP1 G-2 ☎ 0263-81-5656 **Vif Hotaka**
- 8 MAP1 A-4 ☎ 0263-73-7002 **Horigane Farmers Market**
- 9 MAP2 B-4 ☎ 0263-72-3011 **EH-shuzo Sake Distillery**
- 10 MAP2 G-3 ☎ 0261-62-3125 **Daisekkei Sake Brewery**
- 11 MAP2 B-3 ☎ 0263-77-7700 **Azumino Winery**
- 12 MAP2 C-3 ☎ 0263-76-5060 **Kaiundo Japanese Sweets**
- 13 MAP1 H-7/G-6/F-3 ☎ 0263-82-2203 **Maruyama Japanese Sweets**
- 14 MAP2 D-3 ☎ 0120-049-719 **Saika**
- 15 MAP2 B-3 ☎ 0263-76-5140 **Kanten Papa**



Daio Wasabi Farm & Water Mills

☎ 0263-82-2118 ☎ 8:45-17:30 (Apr 1-Oct 31), 9:00-16:30 (Nov 1-Mar 31)
0:15 from Hotaka Station

Founded in 1915 and known as the largest farm of Wasabi (horseradish) in Japan, the Daio Wasabi Farm is noted for its picturesque beauty and long history. The water mills next to the farm were also featured in the film "Dreams" by Akira Kurosawa, and are best viewed by taking one of the special raft-tours that are available throughout the spring and summer months. The farm is also notable for the wide-array of culinary delights offered by its restaurants and shops.

Museum on Map 2 (continued)

1:00 from Hotaka Station



Confectionery

Delicious, traditional Japanese sweets

- 12 MAP2 C-3 ☎ 0263-76-5060 **Kaiundo** Japanese Sweets
- 13 MAP1 H-7/G-6/F-3 ☎ 0263-82-2203 **Maruyama** Japanese Sweets
- 14 MAP2 D-3 ☎ 0120-049-719 **Saika**
- 15 MAP2 B-3 ☎ 0263-76-5140 **Kanten Papa**

Crafts

Numerous artisans live around Azumino's Hotaka Onsen, and there are many galleries where you can purchase their works. Please contact the information center for details.



Recommended Spots on Map 1

- 1 MAP1 E-5**
Hotaka Shrine
 〒0263-82-2003
 ☎ 0:02 from Hotaka Station
- 2 MAP1 E-6**
Tokoji (temple)
 〒0263-82-2056
 ☎ 0:06 from Hotaka Station
- 3 MAP1 I-1**
Ariakeyama Shrine
 〒0263-83-3764
 ☎ 1:00 from Hotaka Station
- 4 MAP1 E-2**
North Alps Dairy Farm Shop
 〒0263-83-7571
 ☎ 0:45 from Hotaka Station
- 5 MAP1 A-1**
Yamaguchi Residence
 (Historical house & garden)
 〒0263-72-4216
 ☎ 0:55 from Hotaka Station
- 6 MAP2 D-5 on Map 2 (reverse side)**
Yuttari Yama-no-kami
 〒0263-73-5422
 ☎ 10:30-20:30 ¥650
 ☎ 0:45 from Tazawa Station
- 7 MAP1 G-1** ☎ 0:35 from Hotaka Station
Shakunagenoyu Day Visitor Bathing
 〒0263-88-4126
 ☎ 9:30-21:30 Closed: 1st Wed
 ¥600 (weekends and holidays: 700)
- Foot Hot Spring**
 ☎ 10:00-20:00 Free
 There is nothing like soaking your weary feet in steaming hot water and having eight giant demon's faces staring down upon you. Free to all, and open year round, this Foot Hot Spring is the perfect place to go and relax after a long hike or to warm your toes on a cold winter's day. Located just a stone's throw away from the Foot Hot Spring, Shakunagenoyu can be a good place to strike up a conversation with the locals while soaking in the bath.

Museums on Map 1

- 1 MAP1 G-5**
Rokuzan Museum
 〒0263-82-2094
 ☎ 0:03 from Hotaka Station
- 2 MAP1 H-2**
Tensan Silk Museum
 〒0263-83-3835
 ☎ 0:30 from Hotaka Station
- 3 MAP1 I-7**
Takahashi Setsuro Art Museum of Azumino
 〒0263-81-3030
 ☎ 0:20 from Hotaka Station
- 4 MAP1 C-7**
Yukio Tabuchi Museum
 (entomologist/photographer)
 〒0263-72-9964
 ☎ 0:25 from Hotaka Station
- 5 MAP1 B-6**
Toyoshina Museum of Modern Art
 〒0263-73-5638
 ☎ 0:20 from Hotaka Station
- 6 MAP1 I-2**
Morinoouchi Picture Book Museum
 〒0263-83-3883
 ☎ 0:40 from Hotaka Station
- 7 MAP1 H-1**
Mountain Art Museum
 (Sangaku)
 〒0263-83-3885
 ☎ 0:40 from Hotaka Station
- 8 MAP1 G-2**
Gallery Nukumori
 〒0263-83-3883
 ☎ 0:30 from Hotaka Station

Tours

- Tours around Azumino are available, starting from Hotaka Station.
- W-asobi**
 Adult: ¥8,000/half-day (per person)
 Ask about their cycling and climbing tours in the northern area of Azumino (Matsukawa) as well.
 - "Annainin Club" Guides**
 Guide Walking Tour (English guide)
 ¥7,000/1 hr (per group)
 Ask about our hiking tours, too.
- Reservations (English) w-asobi.com | Reservations naomi.azumino@nagano-np.or.jp

MAP 1

MAP 2 (reverse side)

Legend:

- Recommended Spot
- Museum
- Accommodation
- Restaurant
- Experience
- Dosojin
- Tourist Information Center
- Expressway Bus Stop
- Shrine
- Hot Springs
- Campgrounds
- Main Post Office
- Hospital
- Public Toilet
- Free Wi-Fi
- Gas Station
- Seven Eleven Convenience Store
- Foreign credit cards can be used at ATMs

Suggested Itineraries:

- Hot Springs & Art Plan (Optional Route)
- Wasabi Farm Plan (Optional Route)
- Yamabiko Cycling Road

Restaurants on Map 1

- 1 MAP1 D-8**
Gohoden
 Soba noodles
 〒0263-82-6820
- 2 MAP1 G-4**
Kamijo
 Soba noodles
 〒0263-82-4411
- 3 MAP1 F-4**
Sen
 Ramen noodles
 〒0263-74-6021
- 4 MAP1 A-6**
Daikokuya
 Eel
 〒0263-72-2002
- 5 MAP1 D-3**
Abe
 Western-style restaurant
 〒0263-82-6047
- 6 MAP1 C-7**
Trattoria Piccolana
 Western-style restaurant
 〒0263-71-2200
- 7 MAP1 A-5**
Koshibaya
 Chinese
 〒0263-72-2201
- 8 MAP1 F-6**
Azumino Bazaar Wakamatsuya
 Café/Shop
 ☎ 090-9008-6986
- 9 MAP1 A-6**
Bandoko
 Soba noodles
 〒0263-72-6767
- 10 MAP1 F-2**
Pizza House Kiantei Due
 Italian restaurant
 〒0263-31-0430
- 11 MAP1 D-6**
Kiiya
 Café & Hostel
 〒0263-75-2784
- 12 MAP1 H-2**
Cocohanasha
 Café
 〒0263-87-3775

Activities on Map 1

- on Map 2 (reverse side)**

Fruit Picking

 - 1 MAP2 B-3 Azumino Fruit Land ☎ 090-4462-1740
 - 2 MAP2 C-3 Azumino Fruit Farm ☎ 090-2449-2841

From early summer to late autumn, Azumino offers a variety of fruit picking.
- Glass Work / Glass Beads**

 - 7 MAP1 F-2 The Art Studio 8 ☎ 0263-55-8742
 - 8 MAP1 C-7 Azumino Glass Studio ☎ 0263-72-8030

The Azumino valley has an internationally and nationally vibrant glass blowing community. The galleries and work studios are home to many practicing glass artists.
- Soba Making**

 - 4 MAP1 E-7 Kone Kone House ☎ 0263-82-0431 (Reservation is needed)
 - 5 MAP1 G-2 Vit Hotaka ☎ 0263-81-5656 (Reservation is needed)
 - 6 MAP1 B-1 Alps Azumino National Government Park ☎ 0263-71-5511

Making soba noodles is a unique way to experience Japanese culture and cuisine.
- Canyoning, Rafting & Glass-bottom Boating**

 - 9 Azumino Kisen (MAP1 E-8) (Glass bottom boat trips pass by Azumino's water mill) ☎ 0263-87-9828
 - 10 Wonder Egg (1-3 hr trips) ☎ 0263-71-6073
 - 11 Alps Line Cruise ☎ 090-2666-6349 (Reservation is needed)

A quiet and leisurely boat trip on Azumino's calm river is a touching experience of the area.

Accommodation List

- H Hotel R Ryokan C Cottage
 P Pension / Family-run Lodge
 B Business (budget) Hotel
 OK English Spoken
 ♻ C/Card Accepted
- 1 MAP1 C-1** H OK ♻
Ambient Azumino
 〒0263-83-5550 ¥12,960~
 - 2 MAP1 C-1** H OK ♻
Hotaka View Hotel
 〒0263-83-6200 ¥13,000~
 - 3 MAP1 A-1** H OK ♻
Holiday Yu
 〒0263-83-8500 ¥10,410~
 - 4 MAP1 A-5** B ♻
Route-Inn Court
 〒0263-73-0011 ¥6,850~
 - 5 MAP1 E-6** B ♻
Hotaka Town Hotel
 〒0263-82-8888 ¥6,000~ / single room
 - 6 MAP1 F-5** B OK ♻
Park Hotel
 〒0263-82-3282 ¥6,000~
 - 7 MAP1 I-2** R OK ♻
Japanese-style inn Yamabiko
 〒0263-83-3885 ¥15,000~ / 2 people
 - 8 MAP1 D-8** P
Family-run Lodge & Soba Gohoden
 〒0263-82-6820 ¥6,589~
 - 9 MAP1 G-2** R OK ♻
Oyado Nagomino
 〒0263-81-5566 ¥22,000~
 - 10 MAP1 G-1** R OK ♻
Nishiya Besso
 〒0263-81-5248 ¥18,400~
 - 11 MAP1 G-1** P OK ♻
Pension Maple Leaf
 〒0263-83-3883 ¥9,000~
 - 12 MAP1 G-3** P OK ♻
Pension Harvest
 〒0263-83-4317 ¥9,700~
 - 13 MAP1 C-7** H ♻
Village Azumino
 〒0263-72-8568 ¥8,950~

Activities on Map 1

- 12 MAP1 I-7** Takahashi Setsuro Art Museum of Azumino
 ☎ 0263-81-3030
 Experience "Chinkin", the technique of adding an inlay with gold powder onto etchings in lacquerware. (135 x 120 mm wood board.)
 ☎ 2,500 (Mini-Rokuzan Museum / Apple) / 1,800 (Wasabi-shaped chopstick rest) + admission (adults: ¥900)
- 13 MAP1 G-5** Rokuzan Museum
 ☎ 0263-82-2094
 Take tin, safe and pure, melt and pour into a mold, then cool to make your own simple but finely-finished souvenir.
 Capacity: 4 people per group
 ☎ 10:00-11:45 13:30-15:30 (15 min)
 ☎ 2,500 (Mini-Rokuzan Museum / Apple) / 1,800 (Wasabi-shaped chopstick rest) + admission (adults: ¥900)
- 14 MAP2 B-3** Azumino Kibashi
 ☎ 090-9831-3962
 Pick the type and length of wood then shave it using the workshop's unique plane into your own perfect chopsticks.
 ☎ 11:00 12:30 14:00 15:30 (60 min)
 ¥ from 3,300