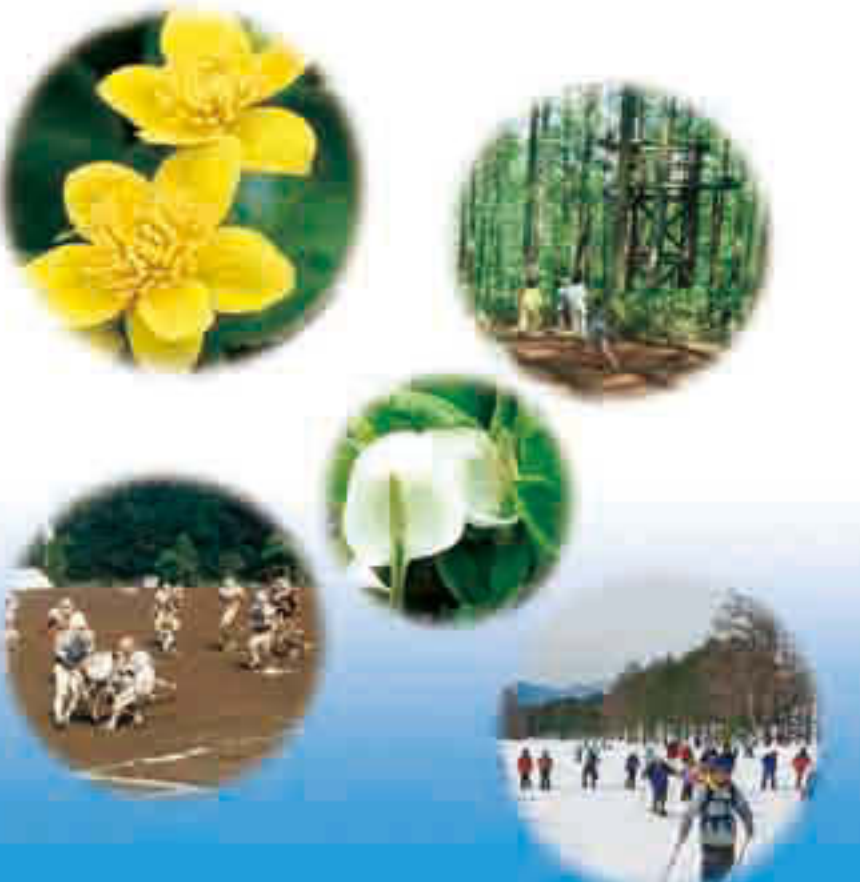


IIZUNA KOGEN

NAGANO CITY

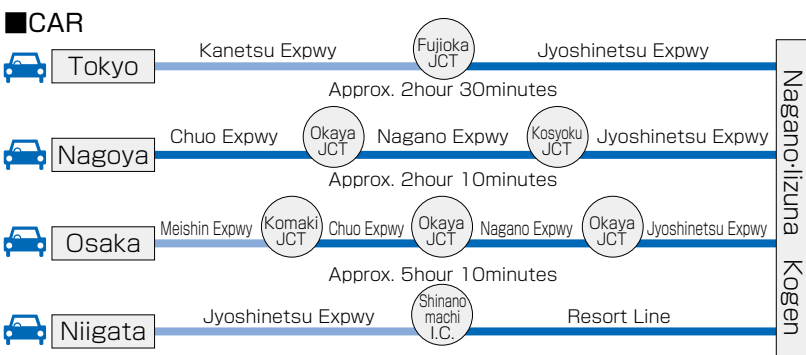
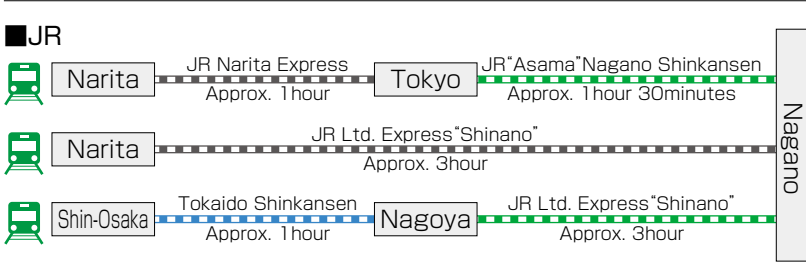


IIZUNA KOGEN TOURISM ASSOCIATION

ADDRESS:
ZIP CODE 3800888
2471-84 Ageya Nagano-city,
Nagano Pref.
TEL:026-239-3185
FAX:026-239-2934
E-mail:iizuna-k@ngn.janis.or.jp
Website:
<http://www.iizuna-navi.com>

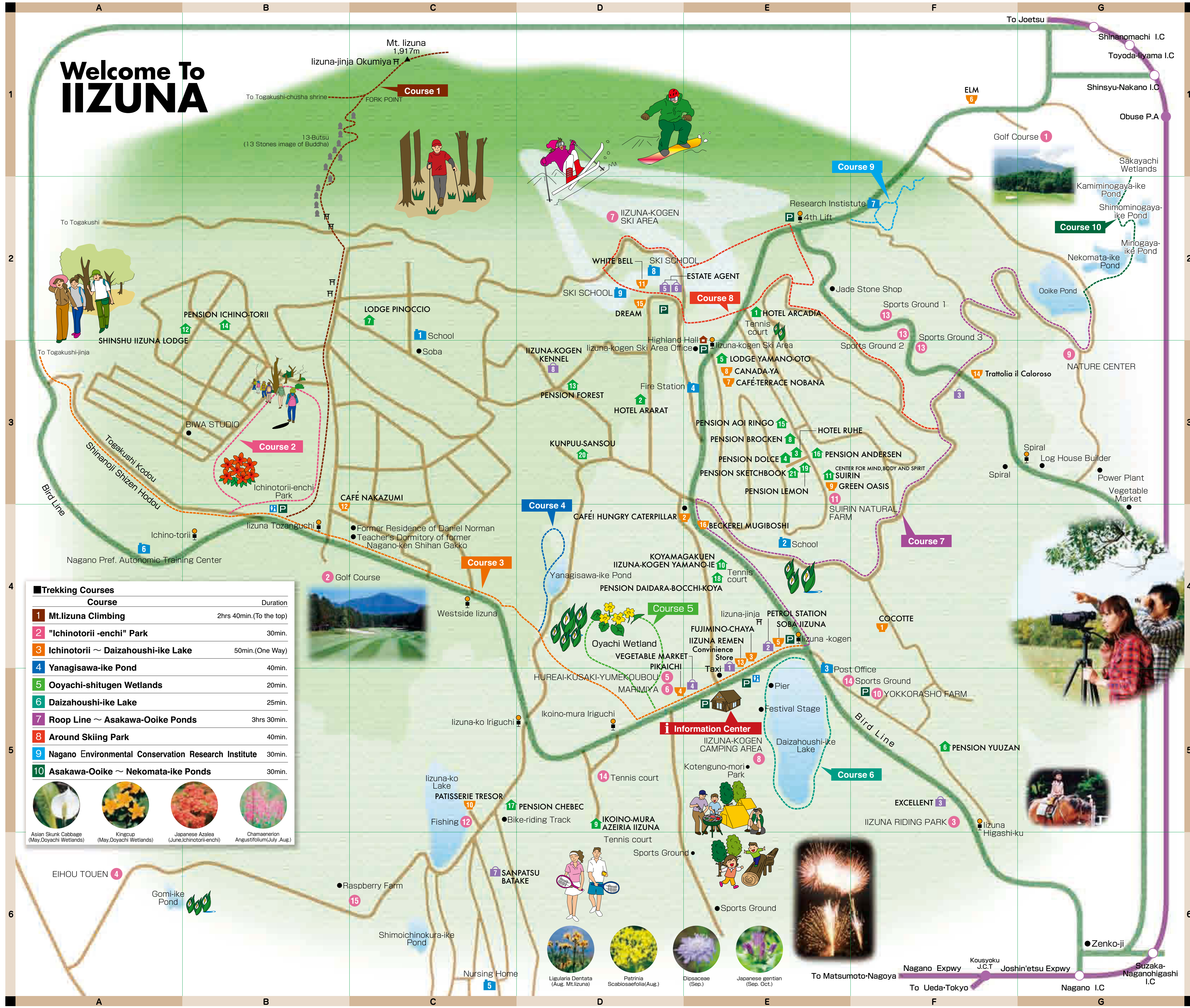


ACCESS



ACCESS
From the Kawanakajima Bus Information Office (West Plaza 1F) in front of Nagano Station, take the Kawanakajima Bus in the direction of "Togakushi Skiing Grounds" Bus No.70.71. Transit time: 40min.
By car, the ride from Nagano City Central takes about 25min.

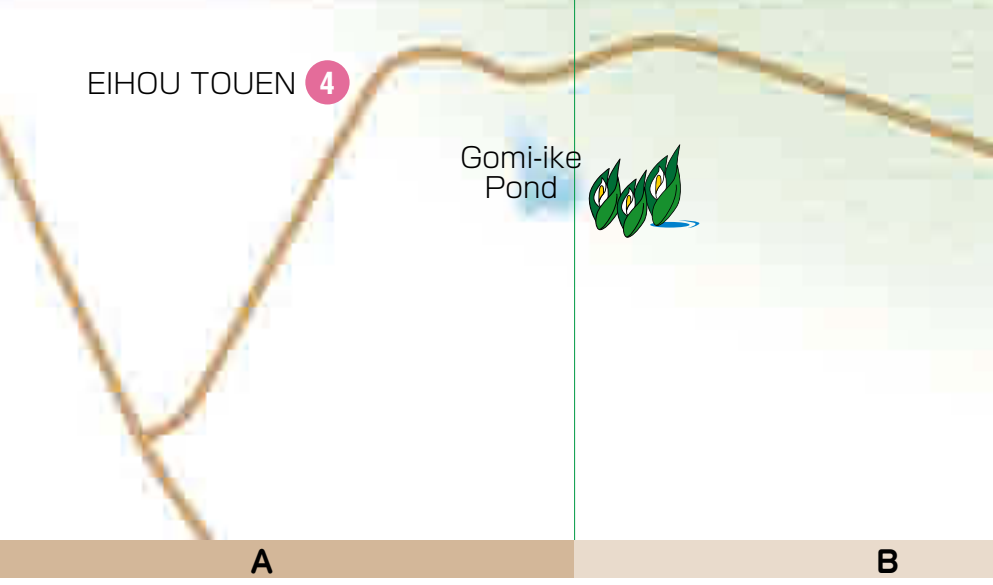
TAXI INFORMATION TEL:026-222-1234
From Nagano Station to Iizuna-kogen
Approx.¥5,000



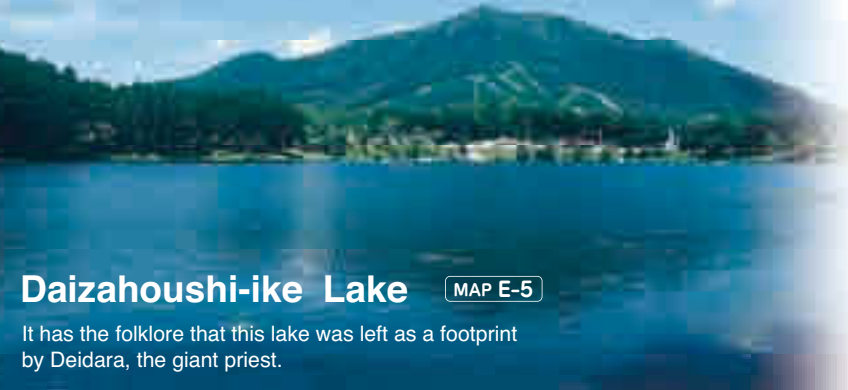
Trekking Courses

Course	Duration
1 Mt.Iizuna Climbing	2hrs 40min.(To the top)
2 "Ichinotorii -enchi" Park	30min.
3 Ichinotorii ~ Daizahoushi-ike Lake	50min.(One Way)
4 Yanagisawa-ike Pond	40min.
5 Ooyachi-shitugen Wetlands	20min.
6 Daizahoushi-ike Lake	25min.
7 Roop Line ~ Asakawa-Ooike Ponds	3hrs 30min.
8 Around Skiing Park	40min.
9 Nagano Environmental Conservation Research Institute	30min.
10 Asakawa-Ooike ~ Nekomata-ike Ponds	30min.

Asian Skunk Cabbage (May,Ooyachi Wetlands) Kingcup (May,Ooyachi Wetlands) Japanese Azalea (June,Ichinotorii-enchi) Chamaenerion (Angustifolium)(July, Aug.)



Ooyachi-shitsugen Wetlands MAP D-4
50,000 m². Skunk Cabbage and many other wild flowers are seen in spring.



Daizahoushi-ike Lake MAP E-5
It has the folklore that this lake was left as a footprint by Deidara, the giant priest.

Shinanoji-Shizen yuuhodou (Shinanoji Natural Trail) MAP B-3
Mt. Iizuna (1917 meters above sea level)
One of Hokushin-Gogaku. This mountain is popular with all age people.

Ooike Pond MAP G-2

Nagano Environmental Conservation Research Institute Iizuna Branch MAP F-2
Around 27,272m². Once it was a gateway to Togakushi shrine. Many wild flowers spread in spring and summer.




Daizahoushi-ike Lake
Boat ride on the lake, the campgrounds stretching westwards MAP E-5

Wakeboarding on the lake (Reservation TEL:026-258-3116) MAP E-5

Kotengunomori (Free Playing yard) MAP E-5

Otonari-Circuit (Race track for Kart) MAP E-3

Tennis (Clay court Reservation TEL:026-239-3185) MAP D-2



Iizuna Riding Park (Horse Riding) MAP F-5

Spiral (Nagano Municipal Bobsleigh & Luge Park) MAP F-3

Golf
We have 2 golf links Nagano Country Club Nagano Keiky Country Club

Iizuna-kogen Ski Area



Former residence of Daniel Norman MAP C-4
A missionary, Daniel Norman lived in this house in Agata-machi, Nagano-city (1906-1934). It was moved here in 1971.

Teacher's dormitory of the former Nagano-Ken Shihan Gakko(school) MAP C-4
It was built in Nagano-city Central in 1875 and moved here in 1971.

Iizuna Himatsuri Festival (August 10 every year)
Enjoy many fireworks on the lake with music and traditional SHINTO ceremony.



(Special Yearly Event)

- Jazz Live (December)
- Iizuna Winter Festival (Dec. Jan. Feb. Mar.)
- Exciting Snow Battle (Snowball Fight) (Jan.)
- Iizuna-Himatsuri (Aug.10)



ACCOMMODATIONS

HOTEL ARCADIA MAP E-2
☎026-239-2011 ☎026-239-2622
http://www.hotel-arcadia.jp/

HOTEL ARARAT MAP D-3
☎026-239-2156 ☎026-239-2334
http://park17.wakwak.com/ararat/

HOTEL RUHE MAP E-3
☎026-239-2535 ☎026-239-2536
http://web-nagano.jp/ruhe/

PENSION DOLCE MAP E-3
☎026-239-2200 ☎026-239-2406
http://www.3.ocn.ne.jp/dolce/

LODGE YAMANO-OTO MAP E-3
☎026-239-2001 ☎026-239-3343
http://www.yamanooto.com

PENSION YUUZAN MAP F-5
☎026-239-3351 ☎026-239-3361
http://yuuzann.com/

LODGE PINOCCHIO MAP C-2
☎026-239-2950 ☎026-239-2950
http://www.ngn.janis.or.jp/pinokio/

PENSION BROCKEN MAP E-3
☎026-239-2404 ☎026-239-2334
http://www.ngn.janis.or.jp/brocken/

IKOINO-MURA AZEIRIA IIZUNA MAP D-5
☎026-239-2522 ☎026-236-2626
http://www.azeiria.com/



KOYAMAGAKUEN IIZUNA-KOGEN YAMANO-IE MAP E-4
☎026-239-3186 ☎026-239-3187
http://www.tera-house.ac.jp/

CENTER FOR MIND, BODY AND SPIRIT SUIRIN MAP E-3
☎026-239-2630 ☎026-239-2736
http://www.suirin.com/

SHINSHU IIZUNA LODGE MAP B-2
☎026-239-2821 ☎026-239-2821
http://www.ngn.janis.or.jp/kageyama/

PENSION FOREST MAP D-3
☎026-239-2748 ☎026-239-2250

PENSION ICHINO-TORII MAP B-2
☎026-239-2112

PENSION AOI RINGO MAP E-3
☎026-239-2441 ☎026-239-2441
http://www.tokusyu-neji.jp/aoi-ringo/

PENSION ANDERSEN MAP E-3
☎026-239-2525 ☎026-239-2525

PENSION CHEBEC MAP C-5
☎026-239-2838 ☎026-239-2880

PENSION DAIDARA-BOCCHI-KOYA MAP E-4
☎026-239-2628 ☎026-239-2688

PENSION LEMON MAP E-3
☎026-239-2331 ☎026-239-2331
http://www.annexis.ne.jp/tanabe/ http://www.cart-tanabe.com/

KUNPUU-SANSOU MAP D-3
☎026-239-3322 ☎026-239-3322

PENSION SKETCHBOOK MAP E-4
☎026-239-2025 ☎026-239-2025

SHOPS & OFFICES

CONVENIENCE STORE YAMAZAKI STORE IIZUNA MAP E-5
☎026-239-3098
OPENING HOURS : 6:30~20:00
HOLIDAYS :

PETROL STATION ENEOS IIZUNA-KOGEN NAKAI MAP E-4
☎026-239-2311 ☎026-239-2313
OPENING HOURS : 8:00~18:00
HOLIDAY : WED.
http://www.ngn.janis.or.jp/kk.nakai/

ESTATE AGENT LOG HOUSE BUILDER EXCELLENT LOG IIZUNA IIZUNA KANKOU KAIHATSU MAP F-5
☎026-239-2277 ☎026-239-2991
http://www.logizuna.com/

VEGETABLE MARKET IIZUNA FUREAI FARM MAP E-5
☎026-239-3733
OPENING HOURS :
SPRING & SUMMER 9:00~16:00
HOLIDAY : WED.

ESTATE AGENT CREATION MAP D-2
☎026-239-2565

ESTATE AGENT SUN-GRACE MAP D-2
☎026-239-1111 ☎026-239-2443
http://sungrace.co.jp

BARBER SHOP SANPATSUBATAKE MAP C-6
☎026-239-2577 / ☎090-7007-4498 ☎026-239-2577
OPENING HOURS : 10:00~Mon.~Fri.

ACCOMODATION FOR ANIMALS IIZUNA-KOGEN KENNEL MAP D-3
☎026-239-2718 ☎026-239-2718

ACTIVITIES

GOLF NAGANO-KEIKYU COUNTRY CLUB MAP G-1
☎026-239-1025 ☎026-239-1027
http://www.naganokeiky.com

GOLF NAGANO COUNTRY CLUB MAP B-4
☎026-239-3100 ☎026-239-2057
http://www.naganocountry.co.jp/

HORSEBACK RIDING IIZUNA RIDING PARK MAP F-5
☎026-239-3135 ☎026-239-3135
http://www.iizunajouba.sakura.ne.jp

CERAMIC ART EIHOJU TOJEN MAP A-6
☎090-3333-9776

DYEING HUREAI-KUSAKI-YUMEKOUBOU MAP D-5
☎090-2526-0984

CERAMIC ART MARIMIYA MAP D-5
☎090-4159-0884
hayashibe-kusaki@eco.ocn.ne.jp

SKIING IIZUNA-KOGEN SKI AREA MAP D-2
☎026-239-2501 ☎026-239-2504
http://www.iizuna-kougen.com/

CAMPING IIZUNA-KOGEN CAMPING AREA MAP E-5
☎026-239-3272 ☎026-239-2505
http://www.iizuna-green.com/

PLAYING & CAMPING NATURE CENTER MAP G-3
☎026-239-3301 ☎026-239-1124

FARM YOKKORASHO FARM MAP F-5
☎026-239-3299 ☎026-239-2315
http://iizuna.org/

FARM SUIRIN NATURAL FARM MAP E-3
☎026-239-2630 ☎026-239-2736
http://suirin-naturalfarm.com/

FISHING IIZUNA-KO LAKE MAP C-5
☎090-8773-8680

SPORTS GROUND SPORTS GROUND 1, 2, 3 & SOUTH MAP F-2, 3, E-5
☎026-239-3185 (FOR RESERVATION) ☎026-239-2934

TENNIS COURT TENNIS COURT MAP D-5
☎026-239-3185 (FOR RESERVATION) ☎026-239-2934

FARM YAWATAYA FARM MAP C-6
☎026-239-1081

EAT & DRINK

Restaurant COCOTTE MAP F-4
☎026-239-3096 ☎026-239-3096
OPENING HOURS : 12:00~14:30 17:00~20:30
HOLIDAYS : MON.
http://www.5ne.biglobe.ne.jp/cocotte/

Café (coffee & sandwiches) CAFE! HUNGRY CATERPILLAR MAP E-4
☎026-239-2808 ☎026-239-2808
OPENING HOURS : 11:00~18:30
HOLIDAYS :
SEP.~MAY : TUE. + 3rd WED.
JUN.~AUG. : OPEN EVERY DAY

Soba (soba & donburi) FUJIMINO-CHAYA MAP E-4
☎026-239-2234 ☎026-239-2843
OPENING HOURS : 8:30~17:00
HOLIDAYS : TUE.

Ramen (ramen & Mongolian BBQ) PIKAICHI MAP D-5
☎026-239-1131 ☎026-239-1131
OPENING HOURS : weekdays 11:30~14:00 15:30~21:00
w-ends 11:30~24:00
HOLIDAYS : OPEN EVERY DAY

Soba IIZUNA MAP E-4
☎026-239-2455 ☎026-239-2204
OPENING HOURS : 10:00~SOLD OUT
HOLIDAYS : THU.

Cafe & Restaurant ELM MAP F-1
☎026-239-3009 ☎026-239-3009
OPENING HOURS : 11:00~20:00
HOLIDAYS : SUMMER TUE. WINTER TUE.+ WED.

Cafe & Restaurant CAFE-TERRACE NOBANA MAP E-3
☎026-239-2488 ☎026-234-0481
OPENING HOURS :
weekdays 11:00~17:00
w-ends 11:00~21:00
HOLIDAYS : THU.

Restaurant (beef steak) CANADA-YA MAP E-3
☎026-239-2831 ☎026-239-2633
OPENING HOURS :
12:00~14:00
17:00~20:00
HOLIDAYS : IRREGULAR

Restaurant GREEN OASIS MAP E-3
☎026-239-0010 ☎026-239-2736
OPENING HOURS : 12:30~14:30 18:00~20:00
HOLIDAYS : OPEN EVERY DAY
http://www.suirin.com

Café (coffee & cakes) PATISserie TRESOR MAP C-5
☎026-239-0266 ☎026-239-0266
OPENING HOURS : 11:00~18:00
HOLIDAYS : MON. TUE. WED.
http://www.iizuna-tresor.jp/

Restaurant WHITE BELL MAP D-2
☎090-1433-7057 ☎026-259-9856
OPENING HOURS : 14:30(L.O.)
HOLIDAYS :
http://www.dogrun-oppo.nagano.com/cafes.htm

Café CAFÉ NAKAZUMI MAP B-4
☎026-239-1250 ☎026-239-1250
OPENING HOURS : 10:00~18:00(L.O.17:30)
HOLIDAYS :
APR.~DEC. MON. JAN.~MAR. MON. TUE. WED. THU.

RAMEN IIZUNA RAMEN MAP E-4
☎026-239-1008

Restaurant (Italian menu) Trattoria il Caloroso MAP F-3
☎026-239-1040 ☎026-239-1040 ☎026-239-1040
HOLIDAYS:IRREGULAR http://www.16.pala.or.jp/caloroso/index.html

Restaurant DREAM MAP D-2
☎026-239-2501 ☎026-239-2501

Bakery BECKEREI MUGUBOSHI MAP E-4
☎026-239-3039 ☎026-239-3039
HOLIDAYS:IRREGULAR
http://www.mugiboshi.com

PUBLIC FACILITIES

SCHOOL GREENHILLS PRIMARY SCHOOL & JUNIOR SCHOOL MAP C-2
☎026-239-0571 ☎026-239-3335
http://www.iizuna-gakuen.ed.jp/

KINDERGARTEN KODOMONOMORI KINDERGARTEN MAP E-4
☎026-239-2731 ☎026-239-3302 ☎026-239-2169
http://iizuna-gakuen.ed.jp

POST OFFICE MAP E-4
☎026-239-0380

FIRE STATION MAP E-3
☎026-239-2119

NURSING HOME MUSOU-EN MAP C-6
☎026-236-6070 ☎026-236-6071

TRAINING CENTER NAGANO PREF. AUTONOMOUS TRAINING CENTER (FORMER PREFECTURAL OFFICE BUILDING) MAP A-4
☎026-239-2211 ☎026-239-1015
http://www.pref.nagano.jp/xsoumu/jitiken/

RESEARCH INSTITUTE NAGANO ENVIRONMENTAL CONSERVATION RESEARCH INSTITUTE MAP F-2
☎026-239-1031 ☎026-239-1031
http://www.pref.nagano.jp/xseikanv/khozenv/

SKI SCHOOL IIZUNA-KOGEN SKI SCHOOL MAP D-2
☎026-239-2871
http://www.nagano-sc.com/iizuna/

SKI SCHOOL SACRAMENTO PRO SKI SCHOOL MAP D-2
☎026-239-2790
http://www.sacramento-pss.com/