



SUWA

NAGANO



高瀬湖畔都市

A city of highlands and lakefronts, Suwa City offers all the conveniences of a modern city from highlands at an altitude of 759 meters on the shores of Lake Suwa.

Lake Suwa Sightseeing Boat

Suwa Lake Sightseeing Steamship

map I

How about taking a leisurely tour of Nagano Prefecture's largest lake, Lake Suwa? The special experience of feeling at one with the nature in Suwa awaits you. Mt. Fuji can even be seen in the distance on clear days.



Experience

Why not experience the fun of Suwa for yourself?

A variety of activities have been prepared to bring even more enjoyment to your trip.



Tour Guides

Tour Guides for the Lake Suwa Area and Town



Kamisuwa Town Walk (Suwa Takashima Castle)

All local tour guides have completed a training seminar held by the Chamber of Commerce & Industry as well as the tourist associations of the three towns near Lake Suwa. Also local residents, these expert guides provide helpful information and recommend sightseeing spots.

•Applications:

Lake Suwa Area Local Tour Guide Council Secretariat
TEL +81-266-52-7185 FAX +81-266-58-9613
(c/o Lake Suwa Hot Spring Hotel Association Hours open: 9:00 to 17:00 Closed on Saturday, Sunday and national holidays)



Pedal Boats

Activity Base Cogue

map I

Why not enjoy the surrounding townscape and mountain views from a pedal boat on Lake Suwa?



Kayaking

Suwako Kayak

map I



Kayaks are easy to use, and smoothly moving across the water is sure to lift your spirits. You can also take your time enjoying the surrounding mountain views and see Hatsushima Island up close.



Kirigamine Guided Tour



Enjoy the Kirigamine Highlands—fascinating archeologically and culturally, with vast grasslands rarely seen in Japan, high-moor marshes that are a Natural Monument, and the Motomisayama Iseki historical remains—together with a knowledgeable interpreter who can explain the nature all around you.

•TEL • FAX +81-266-53-6456

Kirigamine Nature Conservation Center

Pond Smelt Fishing

Suwa Lake Sightseeing Steamship

map I



The best season is from October to early November. You can take home any pond smelt that you catch.



Transportation

Bus Guide

Tourist Information at Chino Station, ALPICO Kotsu TEL +81-266-72-2151

Highway Bus Reservation Center

•ALPICO Kotsu TEL +81-570-550-373 (Navi-Dial service)

Taxis

•Daiichi Kotsu TEL +81-266-52-5151
•Suwa Kotsu TEL +81-266-52-1190
•ALPICO Taxi, Suwa TEL +81-266-71-1181

Strawberry Picking

Suwako Strawberry Farm

mapC-1

Indulge in several varieties of strawberries, especially the deliciously sweet Akihime variety. The strawberry racks are positioned at about 1 meter in height, so you can pick them straight off without needing to bend down. The greenhouse is also wheelchair-accessible with a convenient sloped ramp.



Soba Noodle Making

Shinshu Suwa Soba Noodle Making School

mapE-3

Why not try making authentic Shinshu soba noodles? An experience to be enjoyed with family and friends, this activity is perfect for making Shinshu memories.



Glasswork

Suwa Garasunosato

mapC-1

A glasswork facility on the shore of Lake Suwa. Why not try making glass craftworks here? Your one-of-a-kind glasswork can be a gift for someone special or a souvenir of your wonderful trip.



Amphibious Sightseeing Bus

Japan Land and Water Sightseeing

mapC-1

Experience the mysterious sensation of traveling over both land and water on an amphibious bus in this Duck Tour exploring Lake Suwa. This cruise lets you experience being close to the lake's surface. On clear days, you can also enjoy panoramic views of Mt. Fuji and the Northern Japanese Alps.



Tourism Section of the Economic Department of Suwa City

1-22-30 Takashima, Suwa City, Nagano Pref.
TEL +81-266-52-4141
FAX +81-266-58-1844



Lake Suwa Hotspring Ryokan(Hotel) Cooperative

1-1662 Kamigawa, Suwa City, Nagano Pref.
TEL +81-266-52-7155
FAX +81-266-58-9613



Suwa Tourist Information

1-1-18 Suwa, Suwa City, Nagano Pref.
(inside JR Kamisuwa station)
TEL +81-266-58-0120
FAX +81-266-53-4126



Suwa Tourist Association

1F The Suwa Chamber of Commerce & Industry, 14-7 Kowata-minami, Suwa City, Nagano Pref.
TEL +81-266-52-2111
FAX +81-266-53-4126

Suwa City Map

Lake Suwa

I City Center Area

Suwa City Map

II Kirigamine Area

Enlarged Kowashimizu area map

Enlarged map of the Kamisuwa Station Area

I Enlarged map of the city center area

- No. Hotels & Inns
- Parking
- Restrooms
- Wi-Fi
- Hot Springs

Rows A to E and columns 1 to 4 correspond to the letter and number indicated in the descriptions of local attractions

No. Hotels & Inns

Parking

Restrooms

Wi-Fi

Hot Springs

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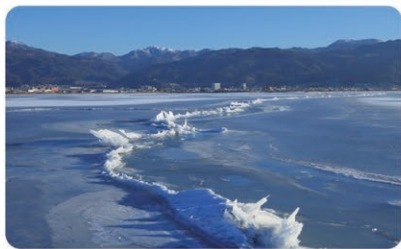
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Stone sculpture park

Suwa City Lakeside Park mapA-3・B-3, I

Covering approximately 160,000 square meters along Lake Suwa's shoreline, this vast park offers a multipurpose square, monuments, and sculptures, as well as a spectacular view overlooking Lake Suwa. It also has the Lake Suwa Geyser Center and a footbath, and many people come to visit.



Omiwatari ("God's Crossing")

In mid-winter when the entire surface of Lake Suwa becomes a sheet of ice and the nights turn bitterly cold, the ice cracks with a thunderous roar and the cracks rise up like mountains. Legend claims that this natural phenomenon occurs due to the male god at the Kamisha Shrines visiting his love, the female god at the Shimosha Shrines. The chief priest of Yatsurugi Shrine also carries out a ceremony that predicts good or bad luck for the year. This phenomenon has become rare in recent years with the mild winters.



Cycling and Jogging Paths

There is a cycling path and a cushioned jogging path along the Lake Suwa shoreline. Why not enjoy jogging, walking, or cycling while taking in the beautiful views of Lake Suwa and the nearby mountains?



Hatsushima Island

LAKE SUWA

Rich, beautiful scenery.
Feel your heart dance by the pleasant waterfront.

Full of seasonal charms such as summer fireworks and the winter omiwatari.



諏訪湖の花火

Suwa Lake Fireworks

A sparkling scene.
Let the fleeting sparks of light
leave an imprint on your heart.

mapA-3・B-3, I



Suwa Lake Fireworks Festival



Suwako Summer Night Fireworks



Art and Culture

A tranquil moment to get acquainted with masterpieces.

In an environment marked by a climate that produced many cultural figures, Suwa City offers many unique museums and art galleries.



Munehide Hosokawa "Ohi-zo No.1"

Suwa City Museum of Art
mapB-3, I
●TEL +81-266-52-1217



Emile Gallé "Hitoyotake-lamp (ink cap mushroom lamp)"

Kitazawa Museum of Art
mapA-3
●TEL +81-266-58-6000



Snake body pattern clay pot (Jomon era)

Suwa City Museum & Suwa Ancient Information Center
mapE-3
●TEL +81-266-52-7080



Taizi Harada "Kogen-no-hana (flowers of the plateau)"

Taizi Harada Museum of Art

mapB-2
●TEL +81-266-54-1881



Important Art Treasures "Hakuan-chawan-mei-okuda"

Sunritz Hattori Museum

mapA-3
●TEL +81-266-57-3311



Kouji Murayama "SAHARA"

Suwa Garasunosato Museum

mapC-1
●TEL +81-266-57-2000



Highlands

Colorful grasslands.
Another world created by a tapestry
of flowers, greenery, and sky.

The gently rolling hills of the Kirigamine Highlands.
Seasonal alpine plants add beautiful splashes of
color to the verdant grasslands.



Kirigamine Marshlands (Nationally-Designated Natural Monument)



Yashimagahara Marsh map II

Yashimagahara Marsh was formed after approximately 12,000 years of plants accumulating after withering without decaying. At an altitude of 1,630 meters, it is a highland marsh offering approximately 400 varieties of subalpine plants to observe.



Kurumayama Marsh map II

Kurumayama Marsh is a highland marsh that formed in the valley between Mt. Kurumayama (1,925 meters) and Mt. Chochoyama (1,836 meters). You can also see clusters of Japanese azaleas and *Veratrum stamineum* flowers here.



Ikenokurumi Odoriba Marsh map II

This is an extremely rare marsh where there are both high moors and low moors. In the pond of this marsh, you can see a rare phenomenon called "yachibozu," which is caused by sedge roots being lifted up.



Musho Tower ("Fog-Bell") map II

A symbol of the Kirigamine Highlands. Often covered in dense, obfuscating fog, the Kirigamine Highlands is also the site of Musho ("Fog-Bell") Tower from which chimes once rang out on foggy days to help hikers find their way.



Kirigamine Nature Conservation Center map II

This center explains the nature, culture, and history of the Kirigamine Highlands. It also provides guides for walking trails and maps to support and encourage visitors who come for hiking. The center even hosts courses about protecting this area's precious nature.



Nagigama Shrine map II

A local secret, this is the only place in Kirigamine offering a view of both Lake Suwa and Mt. Fuji. Sacred sickle-shaped treasures called "nagigama" have been donated to this shrine built in 1933.



Kirigamine Family Ski Resort map II

These popular ski slopes that extend gently over a vast area can safely be enjoyed by beginner and intermediate-level skiers, as well as families with children. Visitors to the Kids' Park can also enjoy using the provided sleds and other equipment. In the summer, take the ski lift up to the top and enjoy 360-degree panoramic views of the Yatsugatake Mountains, Mt. Fuji, and the Japanese Alps.



History

Tradition that lives on—
stirring thoughts of eternity.

In this land intertwined with Suwa's religious heritage,
a unique culture continues as traces of the
past are passed on to the present.



Suwa Takashima Castle mapB-3

Takashima Castle was built in 1598 by Hidenobu Takayoshi, one of Toyotomi Hideyoshi's subjects. At the time the castle was built, it was called the "Floating Castle of Suwa" as it was an impregnable fortress with the water of Lake Suwa coming right up to the castle and playing the role of a trench. The current castle keep was reconstructed in 1970. The first floor features a permanent display of a bedside folding screen (replica) depicting the territory during the Edo period, while the second floor holds reference materials, and the third floor is used as an observation deck.



Suwa Taisha (Grand Shrine) mapE-3

Called Osuwa-sama, this is the main Suwa shrine. There are both Kamisha (upper) and Shimosha (lower) shrine locations, with the Kamisha Shrines being Maemiya (Chino City) and Honmiya (Suwa City), and the Shimosha Shrines being Harumiya and Akimiya (both in Shimosuwa Town). The Shinto deities of wind, water, and farming and hunting—Takeminakata-no-kami and Yasakatome-no-kami—have long been enshrined together here. And since medieval times, Takeminakata-no-kami was also worshipped as the eastern provinces' god of war and it is said that distinguished military commanders from all over Japan took pieces of his spirit back with them. Due to this, there are over 10,000 Suwa branch shrines all across Japan. Built without an inner shrine in what is called the Suwa architectural style, many of the shrine buildings are designated as Important Cultural Properties of Japan, and the shrine's forest is designated as a Natural Monument of the prefecture and city.

■ Suwa Taisha Kamisha Maemiya Shrine (Chino City)



■ Suwa Taisha Kamisha Honmiya Shrine (Suwa City)



■ Suwa Taisha Shimosha Harumiya Shrine (Shimosuwa Town)



■ Suwa Taisha Shimosha Akimiya Shrine (Shimosuwa Town)



Onbashira Festival

Held every seven years (in the years of the Tiger and Monkey), the Onbashira Festival is carried out by the shrine parishioners of Suwa Taisha Shrine. Over 200,000 people across the Suwa region take part in this grand festival. It is well known as one of the nation's great festivals due to its overwhelming energy and scale. The parishioners join together to cut enormous fir trees—approximately 1 meter in circumference, 17 meters in length, and 12 tons in weight—from the mountain, and then pull them into town before finally setting them up in all four corners surrounding each of the main buildings of the Kamisha and Shimosha shrines. The Yamadashi ritual when the enormous trees are brought from the mountain to the town takes place in April, while the Satobiki ritual when the trees are brought from the town to each shrine location takes place in May. This festival will next be held in 2028.





A warm paradise.
Soothing the body
and mind from
within.



**Suwakko
Land**
mapB-2



Katakurakan
(designated as an Important
Cultural Property of Japan) mapA-3, I



Kamisuwa Station Footbath map I



Lakeside Park Footbath map I



Shojinyuato Hand Bath map I



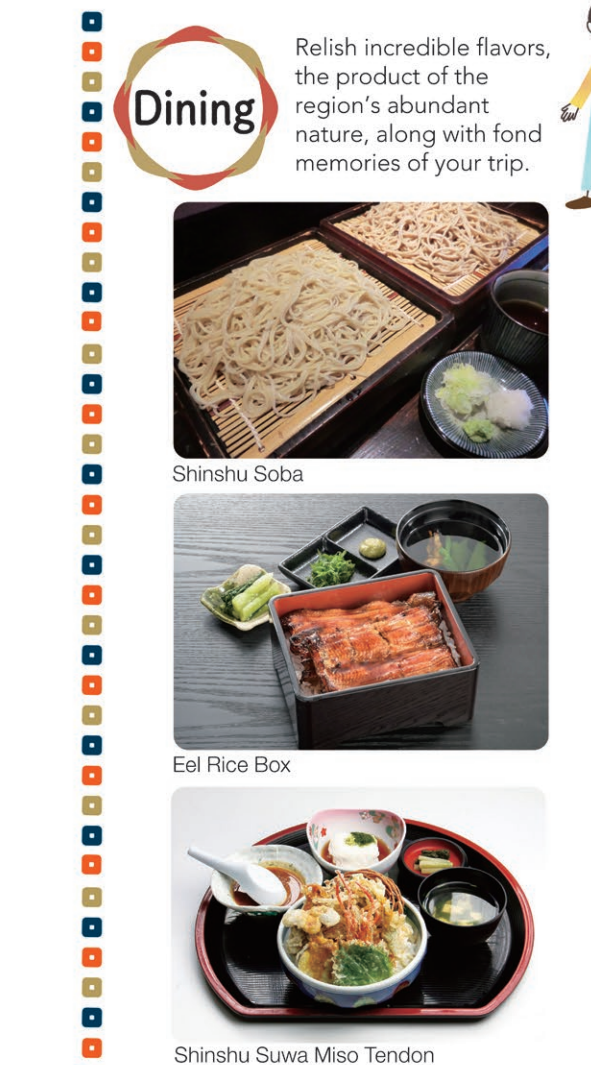
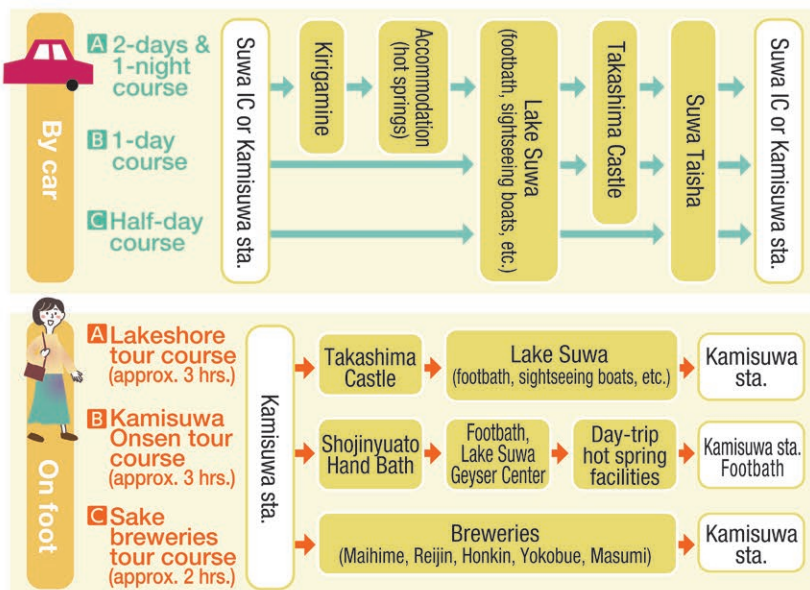
Transportation Guide Map

No	Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge
1	Itoen Hotels ABURAYA	3-4-16 Kogandori	+81-570-086-780	38	169	9,830-
2	Onyado KOIZUMI	1792-344 Shibasaki	58-7633	20	63	7,200-
3	Katakura Silk Hotel	4-1-43 Kogandori	52-2151	9	33	46,900-
4	Kamisuwa Onsen SHINYU	2-6-30 Kogandori	54-2020	39	160	16,870-
5	Kamisuwa Station Hotel	4-10-15 Kogandori	57-0001	100	143	7,000-(RC)
6	KOGETSUKAN	9255-9 Chausuyama	52-0054	10	25	8,400-
7	SHIBUNOYU	3-3-24 Kogandori	52-2655	24	104	15,550-
8	SUISUWAKO	2-5-27 Kogandori	58-3434	8	20	34,250-
9	SUWAKOEN	1-12-7 Kogandori	52-5050	23	110	11,700-
10	Suwa City Hotel NARITAYA	1-14-5 Ote	52-4500	61	74	6,530-(RC)
11	Sosen-no-yado SUHAKU	3-2-2 Kogandori	52-2660	42	230	22,150-
12	NUNOHAN	3-2-9 Kogandori	52-5500	35	160	23,250-
13	HAMANOYU	3-3-10 Kogandori	58-8000	74	322	22,150-
14	Hotel SAGINOYU	3-2-14 Kogandori	52-0480	50	180	18,850-
15	Hotel BENIYA	2-7-21 Kogandori	57-1111	96	273	23,250-
16	Hotel WAKANA	1792-409 Shibasaki	58-2488	7	25	11,750-
17	Minshuku SUWAKO	5-13-21 Kogandori	58-4821	16	25	7,000-
18	RAKOHANANOI Hotel	2-1200-3 Takashima	54-0555	155	305	16,650-(Twin)
19	Ryoso FUTABA	4-9-12 Kogandori	52-4060	9	30	8,050-★

Access to Suwa City

No	Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge
20	AKIZUKI Bussines Hotel CHEZ MOI	4-12-1 Kogandori	52-2217	24	28	5,650-
21	KOSEN SO	1-13-8 Kogandori	53-6611	17	70	15,400-
22	SUWAKOSO	5-7-7 Kogandori	58-1259	25	52	11,500-
23	Comfort Inn Suwa Inter	2935-2 Nakasu Sakaidori	53-8711	91	223	7,400-★
24	Chambre Dot Tatami	10726-1 Kamisuwa	75-0116	4	21	3,900-★
25	Tabiyado Okamura Seicho Ato	1-13-8 Okamura		3	7	6,500-★
26	COCOHOTEL	3-68 Okitamachi (inside COCOMALL)	78-5552	3	8	7,800-★(RC)
27	Neo Station Hotel	2-17-12 Ote	75-5722	48	64	6,970-(Free breakfast)
28	B&B MEGU HOUSE ZUKU	5852 Shiga	54-7127	3	8	3,500-★
29	YOUPENHOUSE	8932-2 Takaki, Shimosuwamachi	28-9000	10	18	4,950-(B&B)
30	Hotel YAMADA	8989 Sakuragaoka	53-0200	26	100	14,850-
31	Hotel La fontaine	1-4-7 Kogandori	53-3308	13	26	7,600-
32	Hotel LUPI INN NANKO	3-3-4 Kogandori	52-0401	71	106	56,500-(Free breakfast)
33	Minshuku AKAHIKO	3-1389 Takashima	53-4520	25	70	5,500-
34	Minshuku AHIRU	1-4-1 Kogandori	52-2284	8	23	5,500-★
35	LALALA House	1-12-10 Takashima	+81-90-1654-4119	2	14	4,000-★
36	LALBA SUWAKO	2-1201-42 Takashima	78-0365	8	32	3,980-★
37	Hotel ROUTE-INN Kamisuwa	4-9-25 Kogandori	53-0500	60	104	57,500-(Free breakfast)
38	Hotel ROUTE-INN Suwa Inter	2247-1 Shiga	57-5050	114	216	57,300-(Free breakfast)
39	Hotel ROUTE-INN Suwa Inter2	2940-1 Nakasu Sakaidori	56-1110	135	195	57,300-(Free breakfast)
40	Rental House SORA	1-11-8 Kogandori	58-5060	1	4	16,500-★

Model Sightseeing Course



Dining

Relish incredible flavors,
the product of the
region's abundant
nature, along with fond
memories of your trip.



Shinshu Soba



Eel Rice Box



Shinshu Suwa Miso Tendon

Regional Sake

Suwa is a town of sake.
Five sake breweries can be found over a span
of approximately 500 meters along the Koshu Highway.
How about a souvenir? 10-minute walk from Kamisuwa
Station, 10 minutes by car from the Suwa Interchange
on the Chuo Expressway.

Maihime mapB-4
(Maihime Sake Brewery Co., Ltd.)
Inquiries: TEL +81-266-52-0078

Reijin mapB-4
(Reijin Brewing Co., Ltd.)
Inquiries: TEL +81-266-52-3121

Honkin mapB-4
(Sakenunoya Honkin Brewing Co., Ltd.)
Inquiries: TEL +81-266-58-0161

Yokobue mapB-4
(Ito Brewing Co., Ltd.)
Inquiries: TEL +81-266-52-0108

Masumi mapB-4
(Miyasaka Brewing Company, Ltd.)
Closed Wed.
Inquiries: TEL +81-266-57-0303 (direct to store)



Travel around to the
five breweries,
Suwa Gokura ▶



Enlarged brewery area map



Souvenirs



**Suwa City Souvenir
Recommendations**
Introducing particularly outstanding
products such as Suwa City
specialties and craftworks.



SUWA Premium
Renowned for high-quality
artisanship, this local brand offers
products made in the Suwa area.



Hotel and Japanese-style Inn Information

Area code
+81(226)

Accommodation rates are for reference only. For details, please inquire with each facility.

**Lake Suwa Hot Spring
Ryokan(Hotel)Cooperative**
•TEL +81-266-52-7155



RC=Room Charge
★=Overnight stay without meals
※Accommodation rates are valid as of April 2024.
(Consumption tax and bathing tax included)

No	Lodging facility name	Address (Suwa City)	Telephone	Number of rooms	Capacity	Accommodation charge
20	AKIZUKI Bussines Hotel CHEZ MOI	4-12-1 Kogandori	52-2217	24	28	5,650-
21	KOSEN SO	1-13-8 Kogandori	53-6611	17	70	15,400-
22	SUWAKOSO	5-7-7 Kogandori	58-1259	25	52	11,500-
23	Comfort Inn Suwa Inter	2935-2 Nakasu Sakaidori	53-8711	91	223	7,400-★
24	Chambre Dot Tatami	10726-1 Kamisuwa	75-0116	4	21	3,900-★
25	Tabiyado Okamura Seicho Ato	1-13-8 Okamura		3	7	6,500-★
26	COCOHOTEL	3-68 Okitamachi (inside COCOMALL)	78-5552	3	8	7,800-★(RC)
27	Neo Station Hotel	2-17-12 Ote	75-5722	48	64	6,970-(Free breakfast)
28	B&B MEGU HOUSE ZUKU	5852 Shiga	54-7127	3	8	3,500-★
29	YOUPENHOUSE	8932-2 Takaki, Shimosuwamachi	28-9000	10	18	4,950-(B&B)
30	Hotel YAMADA	8989 Sakuragaoka	53-0200	26	100	14,850-
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32	Hotel LUPI INN NANKO	3-3-4 Kogandori	52-0401	71	106	56,500-(Free breakfast)
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34	Minshuku AHIRU	1-4-1 Kogandori	52-2284	8	23	5,500-★
35	LALALA House	1-12-10 Takashima	+81-90-1654-4119	2	14	4,000-★
36	LALBA SUWAKO	2-1201-42 Takashima	78-0365	8	32	3,980-★
37	Hotel ROUTE-INN Kamisuwa	4-9-25 Kogandori	53-0500	60	104	57,500-(Free breakfast)
38	Hotel ROUTE-INN Suwa Inter	2247-1 Shiga	57-5050	114	216	57,300-(Free breakfast)
39	Hotel ROUTE-INN Suwa Inter2	2940-1 Nakasu Sakaidori	56-1110	135	195	57,300-(Free breakfast)
40	Rental House SORA	1-11-8 Kogandori	58-5060	1	4	16,500-★

Others RC=Room Charge B&B=Breakfast only ※Accommodation rates are valid as of January 2025.
★=Overnight stay without meals (Consumption tax included)

No	Lodging facility name	Area	Telephone	Number of rooms	Capacity	Accommodation charge
41	Hütte KIRIGAMINE	Kowashimizu, Kirigamine	57-0333	18	72	7,700-
42	Hotel KOWASHIMIZU	Kowashimizu, Kirigamine	52-1983	18	100	12,000-
43	Ryokan FUTABAYA	Kowashimizu, Kirigamine	52-0560	13	60	7,500-
44	Kirigamine RYOZANPAKU	Kowashimizu, Kirigamine	54-0002	10	80	15,000-(RC)
45	Log cottage KIRIGAMINE	Kowashimizu, Kirigamine	54-0002	11 building	66	21,000-(1 building)
46	Royal Club	Kowashimizu, Kirigamine	54-0002	5 building	30	35,000-(1 building)
47	KNULP Hütte	Sawatari, Kirigamine	58-5624	5	15	7,500-
48	Hütte JAVELLE	Sawatari, Kirigamine	58-5205	13	50	10,000-(3 people per room)
49	Hütte CARPE DIEM	Ikenokurumi, Kirigamine	53-1663	5	15	8,000-
50	RYOJINBOKU	Ikenokurumi, Kirigamine	53-6883	7	12	9,460
51	LOBEND Hütte	Ikenokurumi, Kirigamine	58-3504	7	15	8,800(3 people per room)
52	KOROBOKKURU Hütte	Kurumayamakata, Kirigamine	58-0573	3	12	11,000