



**FRANCE TRAVEL CENTER S.A.**  
LICENSE NO.2-3881

## **Nagano to Jigokudani Winter Special**

### **Day 1: Tokyo / Nagano**

Depart Tokyo station by train for Nagano in the early morning.

Activities and lunch at your convenience.

Vegetarian dinner and night in a monastery.

*A modern city located in the Shinano river basin and surrounded by numerous ski resorts, **Nagano** developed in the 12th century around the vast Zenko-ji temple, the main attraction of the city. This temple has been the main center of Buddhist faith in Japan for over 1,400 years. Zenko-ji is home to one of Japan's oldest Buddhist statues, attracting pilgrims from all over Japan. Host of the 1998 Olympic Winter Games, Nagano is an outdoor sports paradise particularly famous among skiers and snowboarders. Often referred to as the "roof of Japan," it has the highest mountain ranges in the country.*



Illuminations in Nagano

### Visit Suggestions:

- **Zenko-ji**

Built in the 7th century, the temple is not linked to any particular sect of Buddhism, but instead represents Buddhism as a whole. A very famous place of pilgrimage, it prides itself on housing the oldest statue of the Amida Nyorai Bodhisatva in Japan, which is the main object of devotion of the temple. It has been classified as a National Treasure of Japan.

Illumination of the temple from December 5 to 13.



- **Zenkoji Omotesando Illumination: November 7 to March 13.**  
From Nagano Station to Zenko-ji Temple, the row of trees along the 1.8 km of Zenko-ji Omotesando Street is decked by beautiful illuminations.
- **Shinano Art Museum**  
The museum has one of the collections of Higashiyama Kaii, a famous Japanese painter of the nihonga school, who was active from 1956 to 1992.
- **Sake brewery visit**
- **Ninja Daimon**  
Small Ninja amusement center and shopping area near Zenko-ji

Dinner and night in a monastery.

*Accommodating pilgrims in temples is a very old tradition. Spending the night here allows you to immerse yourself in the mysterious atmosphere of monastic life. There are certain rules such as staying quiet and calm, as well as meal and bathing schedules.*

## **Day 2: Nagano / Obuse / Jigokudani / Tokyo**

Morning monastic rites.

Depart from Nagano by train for Obuse.

Free time to explore and enjoy the sights.

**Obuse** is a small village in northern Nagano where the famous painter Hokusai, spent the last years of his life. The main attractions are the Hokusai Museum and the Takai Kozan Museum. The city also has sake breweries, craft shops, and the surrounding countryside is full of orchards and vineyards.



Ukiyo-e by Hokusai (Koishikawa yuki no ashita)





Visit Suggestions:

- **Hokusai Museum**

This museum contains Hokusai's paintings and two festival floats whose ceilings are decorated with his works.

- **Takai Kozan Memorial Museum**

Museum with paintings and calligraphy by Takai Kozan, a wealthy merchant, scholar and patron of the arts who also studied under Hokusai.

- **Yasu-ichi Street Fair: Traces of an Edo-era market: January 14-15**

The Yasu-ichi Street Fair is a festival held at the Kotai Shrine each year. The shrine is filled with vendors selling Daruma dolls and other lucky items. Many people come to this place to watch ascetics walking on coals or to pray for health and good harvests.

*The **Jigokudani Yaen-koen Monkey Park**. Open since 1964, thousands of visitors come to this park each year to see the resident tribe of Japanese macaques. It is the only place in the world where monkeys can be seen bathing in hot springs. Nevertheless, they still exhibit their wild behavior by running along the paths and playing around the hot springs. Very interesting visit for adults and children.*

*Usually snowy from late December to March.*

Entry not included.

Return to Tokyo by train in the evening.



Monkeys soaking in a hot spring (Nagano)

*Activities need to be paid for on-site. Bookings for activities are mandatory and we can take care of them.*



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