



## Nagano: Senjojiki Cirque - 2 days and 1 night : Itinerary example

Autumn foliage season: Early September - End of October  
Best time to visit: End of September - Mid-October

### Landscape details

**Early September:** Be the first to enjoy the autumn foliage with the alpine bearberry giving the kick-off.

**Early September to Early November:** Three different strata of autumn foliage make for a very contrasted scenery.

**End of October to Early December:** Crystalline silver ice period, visible only one month during the year.

*Nagano is famous for its beautiful landscapes in the autumn and hiking is a popular activity during this season. With an altitude slightly above 2600 meters, Senjojiki Cirque is one of the highest and most magnificent places to enjoy the autumn foliage that extends from the summit to the foot of the mountain. The mountains are covered with vivid red and yellow colors and the green pines and white rocks create a dazzling contrast.*



Senjojiki Cirque (Nagano) ©Hiroaki Kaneko <https://creativecommons.org/licenses/by-sa/3.0/deed.en>



## Day 1 - Tokyo / Senjojiki Cirque

Early morning departure by bus to Nagano from Shinjuku station (about 3h50).

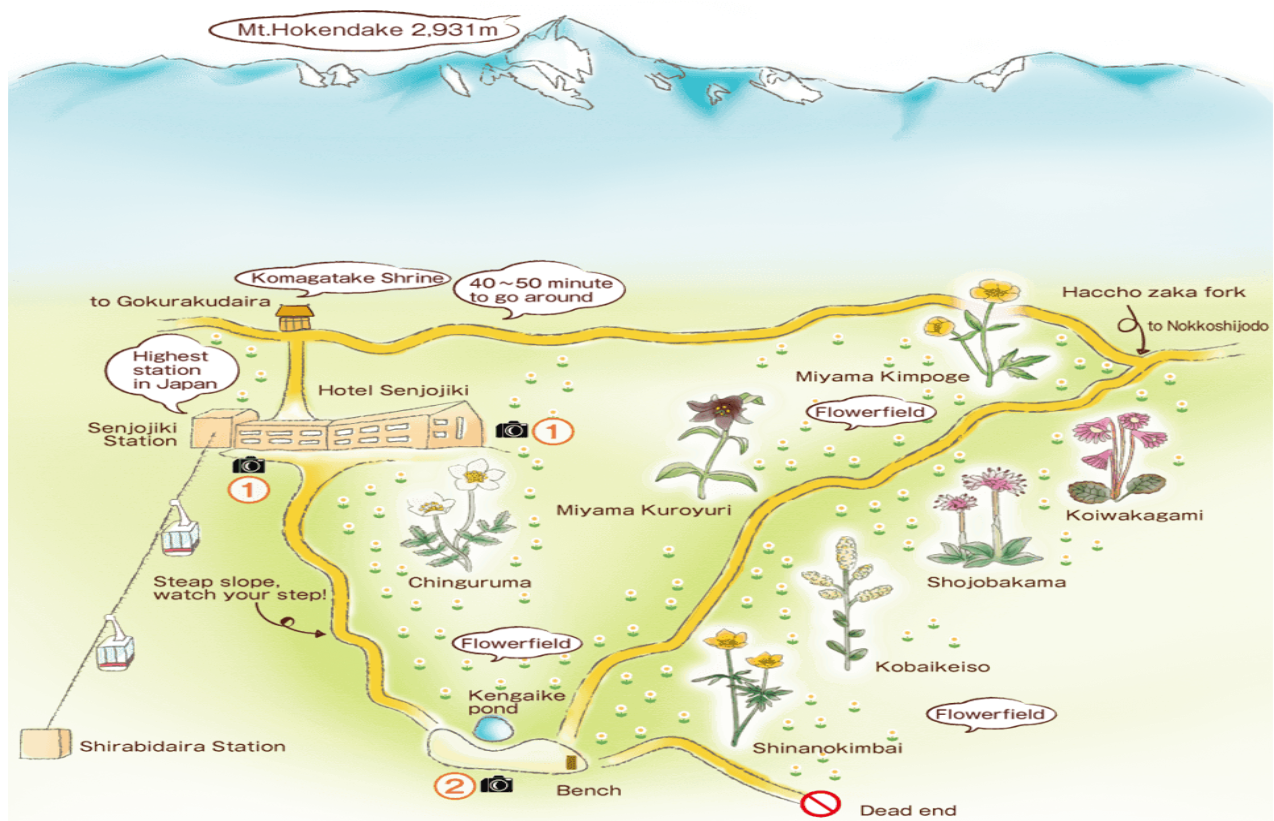
Scheduling of sightseeing and meals are at your convenience.

Depending on your arrival time, you can have lunch at a restaurant located near Komagane station or directly go to Senjojiki station.

Transportation by bus and funicular to Senjojiki station (about 1h).

Luggage deposit and check-in at the hotel.

### Suggested hiking trails:



Senjojiki Cirque Hiking Trail

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- **Senjojiki Cirque Hiking Trail** (duration: between 40 and 60 minutes)

At this hiking trail you can admire Mount Hokendake as well as the magnificent southern Alps. Kengaike swamp is the most popular place to take pictures of the fields of flowers dotting Senjojiki Cirque and the mountain.

Dinner and night at the hotel.



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## **Day 2 - Senjojiki Cirque / Tokyo**

Breakfast and check-out.

Scheduling of sightseeing and meals are at your convenience.

### Suggested hiking trail:

- **Hiking at Mount Kiso Komagatake** (duration: between 3h30 and 5h back and forth)

Level: beginner

Distance : 14.5km

This 14.5-kilometer hiking trail is ideal for beginners. Mount Kiso Komagatake, with an altitude of 2956 meters, is the highest mountain in the central Alps. In order to enjoy a calm hike, it is advised to leave before the arrival of the first cable car. Once you ascend the first steep hill, you will reach the crest line from which the view of the surrounding nature is stunning. From there you just need to walk up a gently sloped trail to reach the summit.

\*Please make sure you bring adequate clothing and equipment.

Transportation back to Tokyo.

We are here to help you plan and achieve your wishes.  
We can shorten or extend your stay, or add other destinations.

Do you enjoy freedom and **lack of constraints**?  
We can leave you with a personalized list of interesting activities and locations, giving you the freedom to wander around as you please during your stay.

Do you want a bulletproof plan and **hassle-free getaway**?  
We can arrange everything for you in advance, whether it be reserving activities, luggage shipments, car rental or guided tours, and more.

Feel free to contact us for a personalized itinerary