



Access from Airports

| From | To | Time |
|---------------------------------|--------|-------------|
| Tokyo (Narita Airport) | Ueno | 3 hr 45 min |
| Nagoya (Chubu Airport Centrair) | Nagoya | 2 hr 50 min |
| Osaka (Kansai Airport) | Osaka | 4 hr 15 min |

Expressway Bus

| From | To | Time |
|----------|------------------------|-------------|
| Takayama | Matsumoto Bus Terminal | 2 hr 25 min |
| Shinjuku | Matsumoto Bus Terminal | 3 hr 10 min |
| Nagoya | Matsumoto Bus Terminal | 3 hr 10 min |
| Osaka | Matsumoto Bus Terminal | 5 hr 30 min |

JR (Japan Railways)

| From | To | Time |
|--------------------|-------------------|--------------------------|
| Shinjuku | Matsumoto Station | 2 hr 30 min (every hour) |
| Tokyo (via Nagano) | Nagano | 1 hr 30 min |
| Nagoya | Nagano | 2 hr |
| Osaka | Nagano | 1 hr |

Car

| From | To | Distance |
|--------|------------------|----------|
| Nagoya | Matsumoto Castle | 200 km |
| Tokyo | Matsumoto Castle | 220 km |

Three-Star Route Ticket & Three-Star Route Shinjuku Ticket

Visit the sites rated three stars by the Michelin Green Guide to Japan.

| Ticket | Adult | Children |
|----------------------------------|--------|----------|
| Three-Star Route Ticket | ¥6,000 | ¥3,000 |
| Three-Star Route Shinjuku Ticket | ¥9,500 | ¥4,750 |

SHORYUDO Bus Pass

This ticket gives you unlimited travel on highway buses and route buses connecting Nagoya, Magome, Komagane, Matsumoto, etc.

| Days | Course | Price |
|--------|---|---------|
| 3 days | Matsumoto, Magome, Komagane Course | ¥7,000 |
| 5 days | Matsumoto, Shinhotaka, Gokayama, Takayama, Kanazawa Wide Course | ¥13,000 |

Alps WIDE Free Passport

Right in the center of Japan. Japan's No.1 and many unique Japanese experiences.

| Price | Includes |
|--------------------|---|
| ¥10,290 (¥12,000*) | Shirakawago, Takayama, Shinhotaka, Shirahone Onsen, Kami-kochi, Matsumoto |

Winter Discount from Dec. to Mar. ¥8,800 (¥9,800*)

*Including round-trip ticket for the Shinhotaka Ropeway

MATSUMOTO



For More Information Please Contact:

Matsumoto Tourist Information Center
 Email :oote-info@matsumoto-tca.or.jp URL : <https://visitmatsumoto.com/en/>

VISITMATSUMOTO.COM

matsumoto tourism

Nature and the Outdoors

Right near the center of Japan, Matsumoto City. To the west lies the Chubu Sangaku National Park and the Northern Alps, which with 9 peaks over 3,000 m, beckons mountain climbers. To the east lies the Utsukushigahara Highlands, the widest plateau in Japan, from which to view Mt. Fuji. What's more, one of the most outstanding mountain backdrops in Japan, Kamikochi, is there, and a bus can take you all the way up to the highest mountain road in Japan, located in Norikura Highlands at a height of 2,700 m. Matsumoto holds an abundance of nature's spectacles and beauty.

Kamikochi - Kappa Bridge

Kappa Bridge is the symbol of Kamikochi, an area with some of the most majestic mountain views in Japan. Enjoy the beautiful scenery of the changing seasons, from the view of the Azusa River as you stand atop the bridge, to the nobly towering peaks of the Hotaka Mountain Range.

Kamikochi - Taisho Pond

Formed overnight when Mt. Yakedake (2,453 m), which still emits visible plumes of smoke, erupted in 1915 and thus blocked the flow of the river. On a clear day, you can take in the tranquil beauty of the Hotaka Mountain Range reflected on the surface of the pond. Depending on the season and time of day, the withered trees standing in the pond create a mystical sight. Morning fog, the starry sky in the jet-black night, and other picturesque scenes show various sides of the area, drawing in an unending number of visitors.

Norikura Highlands

To the south of Kamikochi lies the Norikura Highlands, stretching out from the foot of Mt. Norikura's east side (3,026 m). This is a great spot for family outings. A road runs up to 2,700 meters, just below the summit, and it can be accessed by public transportation. In the summer, it is the site of Japan's most famous hill climb race, the popular Mountain Cycling in Norikura race. This area has it all: 10-meter-high snow walls, beech forests and alpine flowers, colorful leaves in the fall, clear starry skies, waterfalls and ponds, various nature trails, and camping. In the winter, skiing and snowshoeing is also available. Natural hot springs well up on the mountainside, allowing you to bathe in the distinct milky white waters and one of the various lodgings.

Utsukushigahara Highlands

Located at an elevation of 2,000 meters, the Utsukushigahara Highlands are the most expansive highlands in the country. Various trekking courses cross the land, and the view from the top gives a 360° panoramic view of the surrounding mountains, including Mt. Fuji, the Northern, Central, and Southern Japan Alps, Mt. Yatsugatake, and Mt. Asama when the weather is clear. It is possible to reach the summit by vehicle, and the Tour de Utsukushigahara is held on that same route at the beginning of summer. Don't miss the view from the road of over 200 varieties of alpine plants in bloom throughout the seasons.

Matsumoto Castle

One of the five castles designated as National Treasures, Matsumoto Castle was constructed over 400 years ago during the Warring States Period and currently boasts the oldest five-tiered, six-story castle tower in Japan. In harmony with the surrounding nature, the castle's beauty awes visitors throughout the seasons. It is most famous as a cherry blossom spot in the spring when the cherry trees around the moat create tunnels of flowers, but seeing the castle among the summer green, fall colors, and winter scenery is popular as well. From sunset to 10 p.m., the tower is illuminated, allowing you to enjoy a fantastic view at night, too.



Matsumoto City Museum of Art

Matsumoto is the hometown of world-renowned artist, Yayoi Kusama. See some of her early works that aren't on display anywhere else as shown in her permanent exhibit. Her largest piece in the world, the massive field sculpture "The Visionary Flowers," sits on display at the front of the museum. A 2.5-meter-tall yellow pumpkin with black polka dots is one of 2019's signature pieces.



Japan Ukiyo-e Museum

The Japan Ukiyo-e Museum holds the world's largest collection of ukiyo-e woodblock prints, which were collected over 200 years by one of Matsumoto's wealthy merchant families. Pieces carefully chosen from that collection are on display.



The Bustling Downtown District, Just Outside the Station

Chain restaurants are few and far between, leaving room for plenty of unique bars and restaurants. Many establishments sit on small side streets, but don't hesitate to stop in and get your fill of local cuisine, sake, wine, and more.



Local Springs

Cold, pristine water from the surrounding peaks around Matsumoto wells up throughout the city. Visit the different springs and listen to the babbling sounds of the water.



Hot Springs

From the edges of downtown Matsumoto to remote locations in the mountains, there are 16 hot springs throughout the city.



Spring Bus Service to the Mountains

From late May until the end of June, you can take a bus up to Norikura's Snow Valley situated at an altitude of 2,600 m. Popular activities include walking along the 10-meter-high walls of snow and spring skiing.



Nakamachi Street

Kura, traditional storehouses characterized by their black-and-white, crisscross-patterned walls, line this road. Surrounding you with the atmosphere of a castle town, the shops here offer handicrafts and folk crafts. In addition to restaurants and pubs selling regional sake made with local ingredients, chic cafes and confectionery shops with unique themes have been popping up left and right.



Nawate Street

The uncommon shops that line this street give the area a retro feel. Take a leisurely stroll down this pedestrian-friendly street, located just in front of Yohashira Shrine, any day of the year. A frog god is enshrined here, and the area is known as a sacred place for frogs. Music performances, markets, and other events are also held here regularly.



Toji Soba

The regional cuisine of the Azusa River area, the birthplace of buckwheat noodles. Place some noodles in the basket and dip them briefly into a pot full of mushrooms and other seasonal vegetables right before eating.



Apples

The big temperature differences between day and night coupled with plenty of sunlight makes Matsumoto's apples splendidly sweet and juicy. Besides Fuji apples, varieties developed right in Nagano Prefecture have also become popular.

