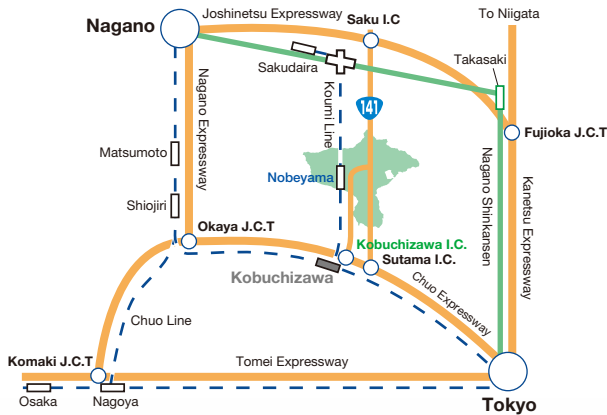




Special thanks for pictures from: Yatsugatake Shashin Club

N O B E Y A M A



On the train

- | | |
|--------------------------|--|
| ■ Tokyo - Sakudaira | (about 1 hour and 15 minutes by Nagano Shinkansen) |
| Sakudaira - Nobeyama | (about 1 hour and 30 minutes on the Koumi Line) |
| Komoro - Nobeyama | (about 1 hour and 40 minutes on the Koumi Line) |
| ■ Shinjuku - Kobuchizawa | (about 2 hours by the Chuo Line express) |
| Kobuchizawa - Nobeyama | (about 30 minutes on the Koumi Line) |
| ■ Osaka - Nagoya | (about 1 hour by Shinkansen) |
| Nagoya - Shiojiri | (about 2 hours by the Chuo Line express) |
| Shiojiri - Kobuchizawa | (about 50 minutes by the Chuo Line express) |
| Kobuchizawa - Nobeyama | (about 30 minutes on the Koumi Line) |

By car

- | | |
|--------------------------|---|
| ■ Tokyo - Saku Exit | (about 2 hours on the Joshinetsu Expressway) |
| Saku Exit - Nobeyama | (about 1 hour on Route 141) |
| ■ Shinjuku - Sutama Exit | (about 2 hours on the Chuo Expressway) |
| Sutama Exit - Nobeyama | (about 40 minutes on Route 141) |
| ■ Osaka - Kobuchizawa | (about 6 hours on the Meishin and Chuo Expressways) |
| Kobuchizawa - Nobeyama | (about 40 minutes on Yatsugatake traverse road) |

Minamimakimura Village Office, Tourism guide

Uminokuchi, Minamimakimura, Minamisaku-County, Nagano 384-1302

Phone: 0267-96-2211 (main)

URL <http://www.minamimakimura.jp/>

Minamimakimura Tourism Association

URL <http://www.kanko-nobeyama.jp/>

Nobeyama Tourist Information

Nobeyama-ekimae, Minamimakimura, Minamisaku, Nagano 384-1305

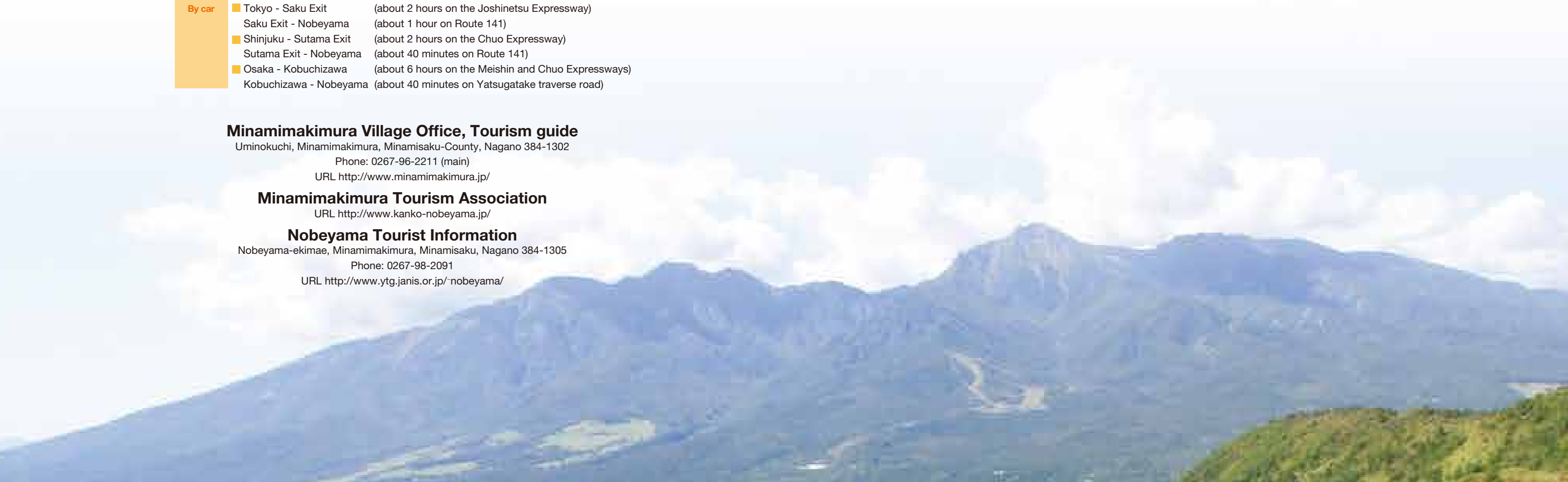
Phone: 0267-98-2091

URL <http://www.ytg.janis.or.jp/~nobeyama/>

round and round minamimaki

Shinshu Minamimakimura Tourist Information

<http://www.kanko-nobeyama.jp/>

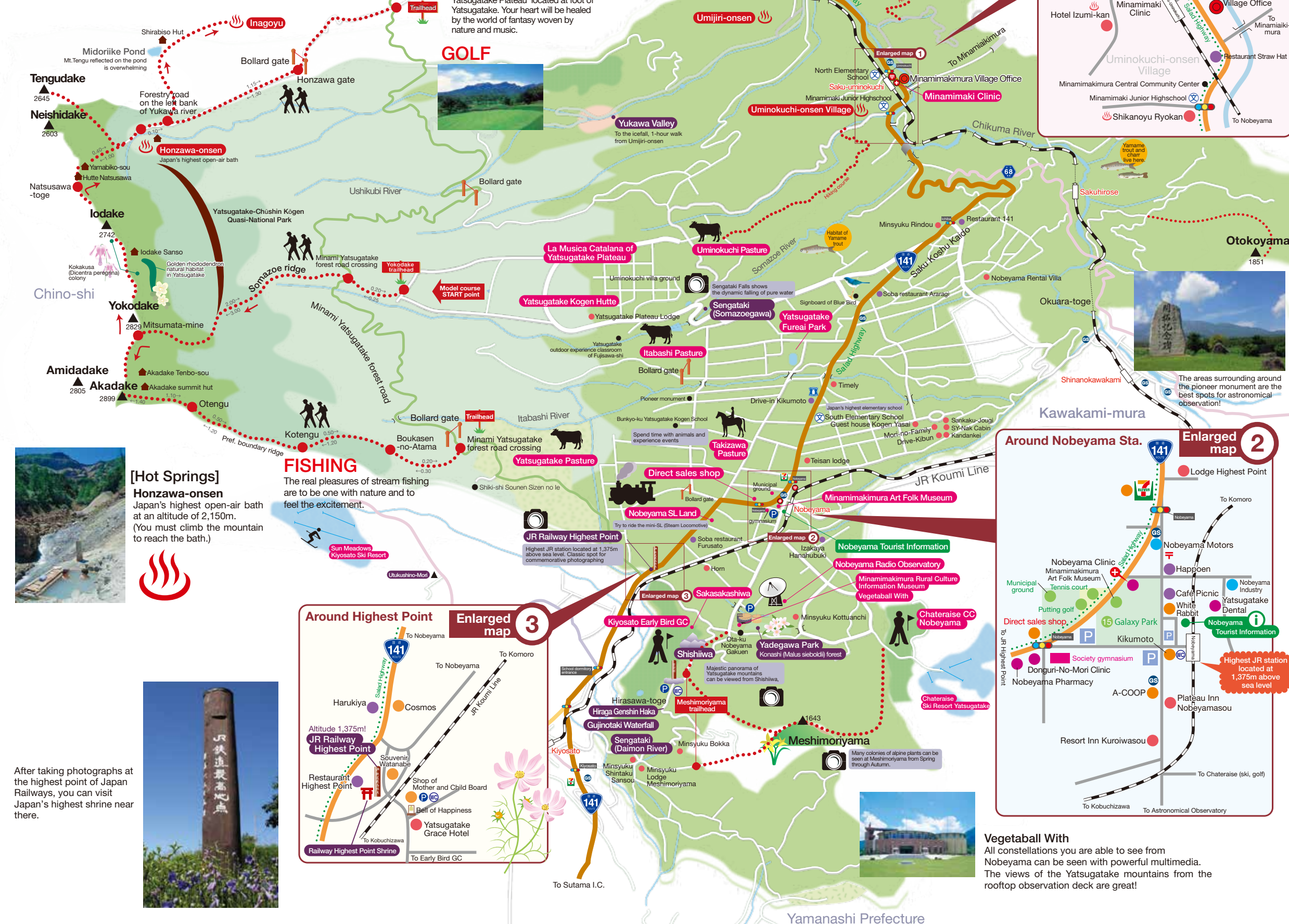


round and round minamimaki

Nobeyama Plateau is full of green nurtured by the rich and plentiful nature of the grand Yatsugatake mountain range. Enjoy great views of majestic mountains such as Mt. Fuji, the Minami Alps, Oku-Chichibu and go climbing Mt. Meshimoriyama where there are abundant colorful alpine plants, deep primeval forests and Yatsugatake where there are rocky ridges and full of variety. Spend time with animals and go cycling to experience the refreshing air of the plateau. There is no way you can't enjoy the nature of Nobeyama Plateau.

Legend

- JR
- National highway
- Municipal boundaries
- County boundaries
- Climbing and hiking route
- Viewpoint
- Pasture
- Highland vegetable garden



[Hot Springs]
Honzawa-onsen
 Japan's highest open-air bath at an altitude of 2,150m.
 (You must climb the mountain to reach the bath.)



After taking photographs at the highest point of Japan Railways, you can visit Japan's highest shrine near there.

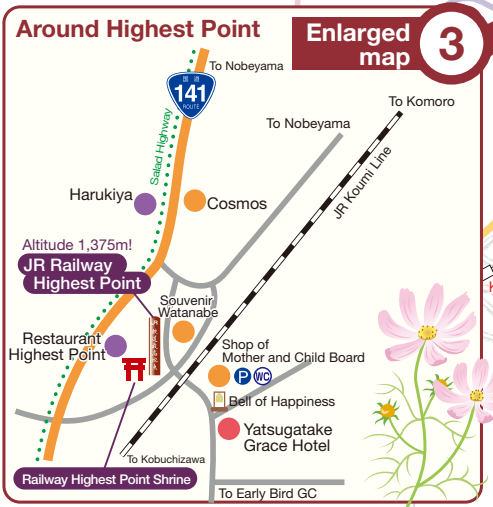
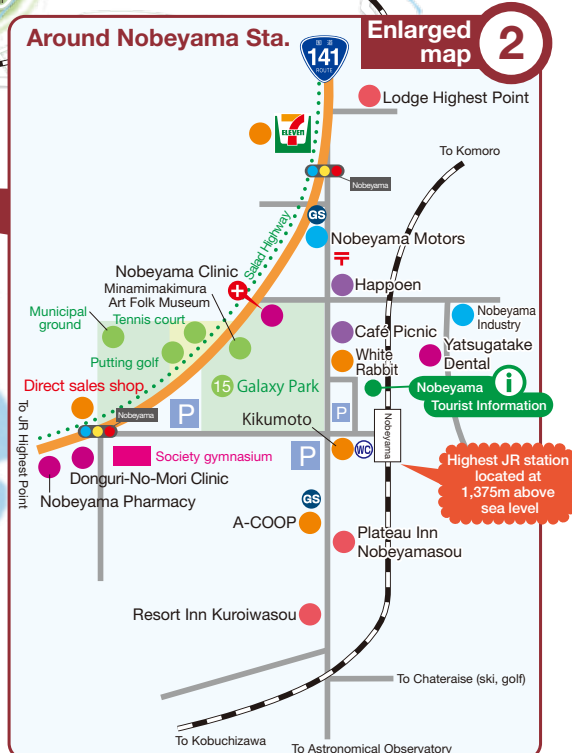
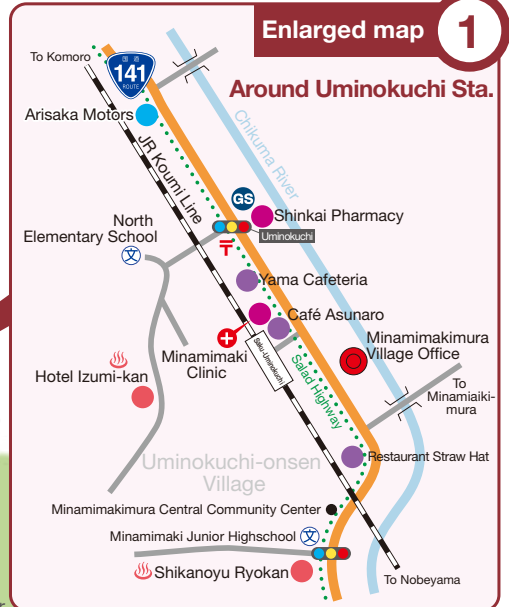


La Musica Catalana of Yatsugatake Plateau
 Various heart-warming concerts are given at 'La Musica Catalana of Yatsugatake Plateau' located at foot of Yatsugatake. Your heart will be healed by the world of fantasy woven by nature and music.

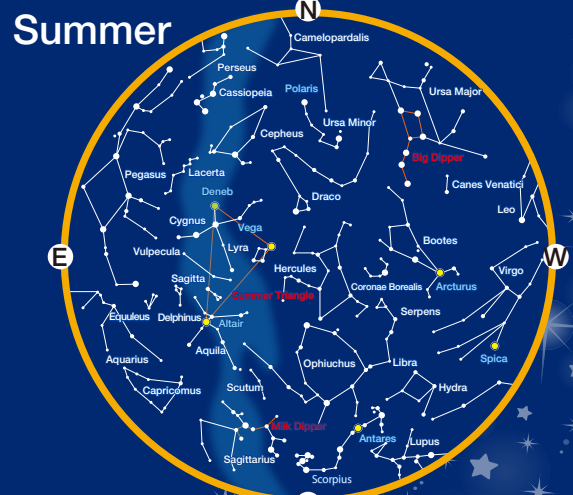
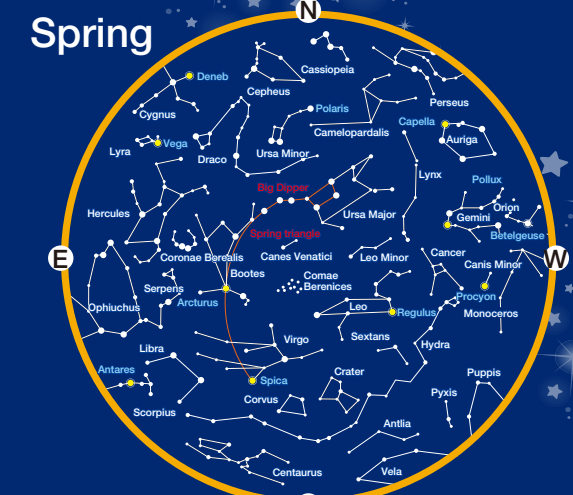


GOLF

Uminokuchi-Umijiri-Onsen Village
 Known as a quiet hot spring located between mountains. Known as a quiet hot spring located between mountains. Since you can take a day trip there, you can go and relax after outdoor activities or sports.



minamimaki sky map



- 1st magnitude stars
- 2nd magnitude stars
- 3rd magnitude stars
- 4th magnitude stars or lower

Vegetable With
 All constellations you are able to see from Nobeyama can be seen with powerful multimedia. The views of the Yatsugatake mountains from the rooftop observation deck are great!

experience

Enjoy the nature of Yatsugatake

Nobeyama Plateau offers many areas to experience nature in.
Feel nature and refresh your mind and body.

TREKKING

Walk while feeling fresh air

To enjoy the nature of Nobeyama Plateau, trekking is the best.
Stamp your feet on the earth, feel the breeze and inhale as much clear air as you can.
Wonderful views, flowers on the plateau and birds singing will heal you.

COURSE GUIDE

Akadake - Yokodake - Honzawa Hot Spring course

After going out to the ridgeline from Somazoeone, climb up and down Mt. Akadake, which is the main peak of the mountains, pass through Mt. Yokodake while enjoying precious alpine plant colonies, and then stay at Loudake Sansou. The next day, after seeing the sunrise at the peak of Mt. Loudake, go through Natusawa pass and arrive at Honzawa Hot Spring. After healing your fatigue in an open-air bath, climb down the mountains. This is one course for an overnight trip.

Kiyosato - Meshimoriyama - Nobeyama course

From Kiyosato Station, climb Mt. Meshimoriyama via Hirasawa-Shuraku and descend to Nobeyama via Shishiwa. This is a 6-hour hiking course.



CYCLING

Enjoy a refreshing breeze blowing through the plateau at an altitude of 1,350m and feel Mother Nature.

From flat area touring to hill-climbing, enjoy cycling with Mother Nature while being surrounded by the great Yatsugatake mountains.

Rental bicycles are available at the Nobeyama Tourist Information.



COURSE GUIDE

Course A

Short course

Nobeyama Tourist Information - (2.5km) - JR Highest Point - (3.0km) - Shishiwa - (1.7km) - Astronomical Observatory/Rural Culture Information Museum - (1.7km) - Nobeyama Tourist Information

Course B

Long course

Nobeyama Tourist Information - (1.9km) - Takizawa Pasture - (4.6km) - Sengataki - (6km) - Nobeyama Tourist Information



EVENT Nobeyama Cyclocross Race

Dream race for all cyclocrossers in Japan
The dream race for all cyclocrossers in the Japan Battle at the plateau at an altitude of 1,350m, the Nobeyama Cyclocross Race has courses specified by the UCI (Union Cycliste Internationale) including muddy courses and flyovers (grade-separated crossings) so that you can rise to the challenge of cyclocrossing. The smell of French fries and coffee enveloping the venue, loud cheers and competitors' heavy breathing are waiting for you.

High plain train



(Yatsugatake Plateau Line)



The Koumi Line is a railway extending 78.9 km from Kobuchizawa Station on the Chuo Main Line in Yamanashi Prefecture to Komoro Station, passing through the eastern side of Yatsugatake and going along the Chikuma River while going up to the north.
The train runs through the plateau zone of the Yatsugatake mountains from the highest point of Japan Railways to Nobeyama Station. You can enjoy great views of Yatsugatake from the train window.

Snowshoeing



Wear the snowshoes and enjoy winter in Nobeyama Plateau.
You'll discover new charms when you wear snowshoes and walk freely in snow-covered Nobeyama Plateau.



PASTURE & CAMP



Experience the pasture; camp with Mother Nature, milk cows, ride horses and harvest vegetables. Spend time with horses and small animals.



EVENT Race in the hometown of the stars: Yatsugatake Nobeyama Plateau 100 km ultra-marathon race

100 km ultra-marathon race has been held every year since 1995 with 2,500 runners or more from all over Japan running through Yatsugatake. This race is noted as Japan's toughest course with unpaved forest roads and an up-and-down course. Japanese say that the runner who wins the Nobeyama 100 km is the runner who wins ultra-marathons.

round and round minamimaki

agriculture

Touch the blessings of Yatsugatake

Vegetables grow while receiving the blessings of nature of Nobeyama Plateau.
Try them and savor the flavor

Highland vegetables

Highland vegetables at the foot of Yatsugatake, Nobeyama Plateau, at an altitude of 1,350m, grow up in an ideal environment where the average temperature in August is 18°C and fertile land, sun light, morning-dew and clear air make them special.



Dairy products

Cold and high Nobeyama Plateau is the optimum environment for dairy cattle.
Cold and high Nobeyama Plateau is the optimum environment for dairy cattle. Milk obtained from free range dairy cows and yogurt and cheese made from the milk are masterpieces of village production and processing.

Direct sales shop

You can buy fresh highland vegetables, dairy products and local specialty products of Minamimaki village.



message from the universe

Minamimaki's gift to astronomy

Nobeyama Plateau is at an elevation of over 1000m, close to the sky, presenting a beautiful starry sky to enjoy with only fresh clear air between you and the stars.

This plateau, not that far from the metropolitan area full of bright lights, is the place to visit to observe the star-filled sky.

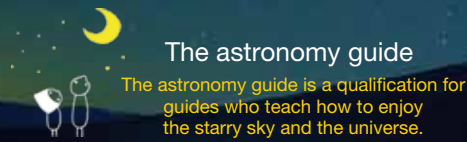
During a long winter night, you can enjoy all 79 constellations that can be observed in Japan.

Take home wonderful memories of astronomical observation in this clear air.

Japan's best three spots for astronomical observation

In 2011, astronomers selected Minamimaki village, Ishigaki-shi in Okinawa and Bisei-cho of Ihara-shi in Okayama as Japan's three most beautiful starry skies.

Minamimaki village is educating astronomy guides and working to offer starry sky events to people who visit the village, regarding this beautiful starry sky as a regional resource.



The astronomy guide

The astronomy guide is a qualification for guides who teach how to enjoy the starry sky and the universe.

This is an expert qualification for a skilled guide just like a sommelier who selects tasty wine based on knowledge and experience.

Minamimaki village has accommodations with astronomy guides.

You can listen to stories of the stars while relaxing in comfort.

* 'Astronomy guide' is a registered trademark of Yamagata University and is the qualification obtained by receiving the 'Certificate of the Astronomy Guide.'

Event to enjoy stars

Enjoy Nobeyama, the sacred place for stars

Regular astronomy observation party

Location: Yatsugatake Fureai Park
(Astronomers used this location when they selected Minamimaki as one of Japan's best three spots for astronomical observation)

Everyone staying at accommodations in Minamimaki village is welcome free of charge

- Astronomy observation with telescope
- Astronomical explanation by expert staff available
- Souvenirs for participants

Astronomy observation for women

'Come empty-handed' astronomy observation

www.kanko-nobeyama.jp/sora_girl



Annual event

Enjoy a star-filled sky in the sacred place for stars

We hope that many people will enjoy the beautiful starry sky above Nobeyama.

We really hope that beginners and Sora girls who have become interested in astronomy know that there is a starry sky if we look up to the sky.

We hold the 'Come empty-handed' astronomy observation while incorporating these hopes into it.

The fantastic universe

Nobeyama's clear atmospheric environment is the best for astronomy observation. The Nobeyama Radio Observatory of the National Astronomical Observatory of Japan is an international research center of radio astronomy and has advanced observation devices such as a 45m radio telescope that has world's highest level observation ability on millimeter-wave band, which is a radio wave whose wavelength is approximately 1 cm – 1 mm, a millimeter-wave interferometer and a radioheliograph for solar observation.

Researchers from Japan and abroad visit here to observe and study night and day in order to uncover the true nature of the universe.

In the Nobeyama Radio Observatory, they continue maintenance and performance improvements on the telescope as well as the development of new observation technology and devices around the clock.



NOBEYAMA

National Astronomical Observatory of Japan Nobeyama

Nobeyama Radio Observatory

Contact: Oaza Nobeyama, Minamimakimura, Minamisaku, Nagano 384-1305
Phone: 0267-98-4300, Fax: 0267-98-2884



©National Astronomical Observatory



message from Yatsugatake

The Yatsugatake mountains where the spectacle of nature changes quietly and dramatically between seasons

The Yatsugatake mountains show their gentleness slowly with each seasonal change.

The remaining snow on the mountains contrasts with the fresh greenery of young leaves; the green become deeper as snow melts and summer approaches.

When the winds become colder, the mountains will be decorated with the glorious colors of fall.

Soon, the severe and beautiful winter will come and the mountains will be covered with snow again.

In Spring

In Winter

In the Summer

In Autumn