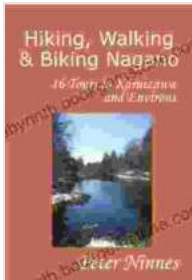


Explore the Trails of Nagano: Hiking, Walking, and Biking Paradise



Hiking, Walking and Biking Nagano: 16 Tours in Karuizawa and Environs by Peter Ninnies

★★★★★ 5 out of 5

Language	: English
File size	: 3363 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 51 pages
Lending	: Enabled



Nestled in the heart of the Japanese Alps, Nagano Prefecture is a haven for outdoor enthusiasts. With its diverse landscape of towering peaks, pristine lakes, and lush forests, Nagano offers a vast network of trails catering to hikers, walkers, and bikers of all levels. Embark on a journey through breathtaking scenery, uncover hidden gems, and immerse yourself in the rich cultural heritage of this captivating region.

Recommended Trails

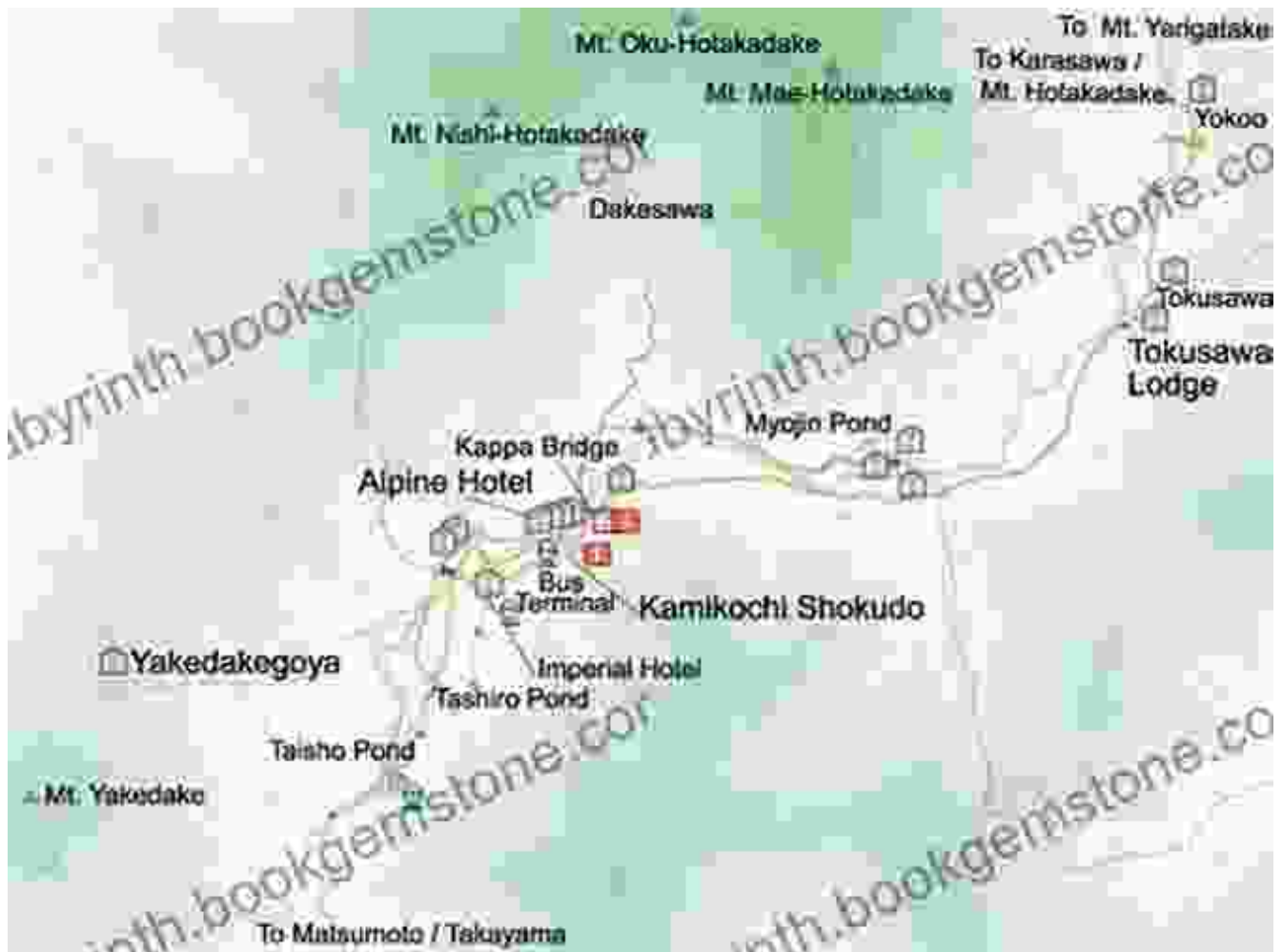
Kamikochi Valley Trail

Moderate

11 km (6.8 miles)

400 m (1,312 feet)

3-4 hours



This iconic trail winds through the picturesque Kamikochi Valley, renowned for its stunning scenery of towering peaks, crystal-clear streams, and lush forests. Along the way, you'll pass by the scenic Taisho Pond and Kappabashi Bridge, where you can spot playful Japanese macaques.

- Breathtaking alpine scenery

- Opportunities for wildlife sightings
- Historical and cultural landmarks

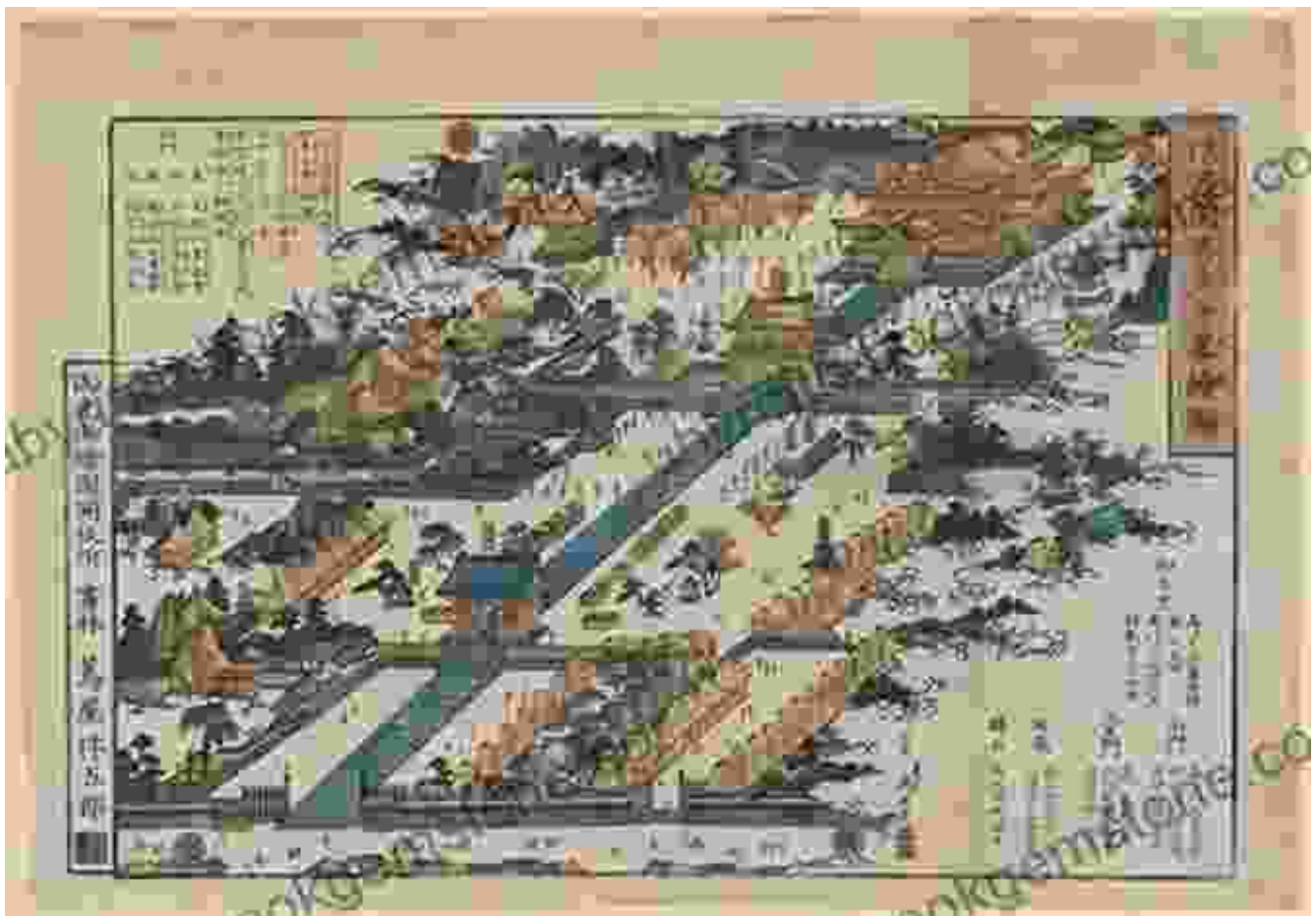
Zenko-ji Temple Trail

Easy

2 km (1.2 miles)

50 m (164 feet)

1-2 hours



This historic trail leads to the renowned Zenko-ji Temple, one of the most sacred Buddhist temples in Japan. Stroll along the charming Nakamise-

dori, lined with traditional shops and restaurants, and witness the impressive main gate of the temple.

- Visit to the historic Zenko-ji Temple
- Shopping for local souvenirs and delicacies
- Exploration of the vibrant Nakamise-dori

Jigokudani Monkey Park Trail

Easy

1.6 km (1 mile)

100 m (328 feet)

1-2 hours



This unique trail takes you to Jigokudani Monkey Park, where you can witness Japanese macaques bathing in natural hot springs. Surrounded by stunning forest scenery, the trail offers a chance to observe these fascinating animals in their natural habitat.

- Wildlife encounter with Japanese macaques
- Immersion in a serene forest environment
- Observation of the unique bathing behavior of macaques

Matsumoto Castle Loop Trail

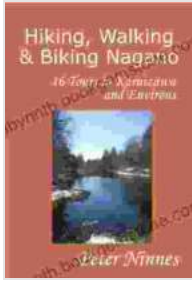
Easy

3 km (1.8 miles)

50 m (164 feet)

1-2 hours

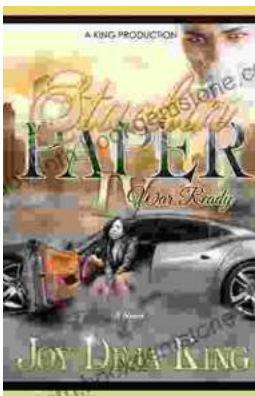




Hiking, Walking and Biking Nagano: 16 Tours in Karuizawa and Environs by Peter Ninnés

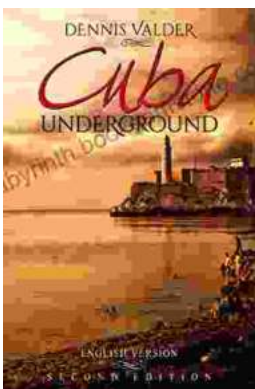
★★★★★ 5 out of 5

Language : English
File size : 3363 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 51 pages
Lending : Enabled



Stackin' Paper Part War Ready: A Comprehensive Guide to the Ultimate Money-Making Machine

In today's competitive financial landscape, finding reliable and effective ways to generate income is crucial. Enter Stackin' Paper Part War Ready, an innovative platform...



Dennis Valder: Unveiling the Enchanting World of Cuba's Underground Music Scene

In the heart of Havana's bustling streets, where the rhythms of salsa and son fill the air, there exists a vibrant and enigmatic underground...

