

The beautiful forest registered into UNESCO Eco-Park

# Walking guide in Shiga Kogen

~Experience the whole Shiga Kogen! Courses and events ~

The Joshinetsu park in Shiga Kogen has been certified by the national park and the UNESCO Eco Park ! Professional guide will show you all the secrets of Shiga Kogen.

**Difficulty**  
 ☆ Hiking for beginners  
 ☆☆☆ Hiking for beginners  
 ☆☆☆ Intermediate climbing

**Meeting place : in front of the Shiga Palace Hotel at 10:30 (A-3course at 9:00)**

## Hiking plans (1 to 20 people)

☆☆ **Climb Yokoteyama and come back In the sky lift!** A-1



Want to try climbing in Teyama? After climbing, enjoy the superb view and relax in Crumpet Café. The way back is done in the sky lift.  
 7/17,8/11,18,27,9/4,9,30,10/1,10,15

Shiga Palace Hotel - shuttle - view -climb  
 -Yokoteyama summit-crumpets Cafe (lunch)-( Sky aerator & Lift )-view  
 -Shuttle-Shiga Palace Hotel 14:00

**¥4000**

Sky aerator charges, drinks included

☆ **Adults as well as children will learn about the forest.** A-2



You will experience the nature by looking and touching the forest. Shinshu University Nature Study if a magnificent area made of a virgin forest. Welcomes adults and children!  
 7/16,8/6,12,14,21,9/19, 10/16

Shiga Palace Hotel-shuttle-lunch in Shinshu university Nature Study-Park-shuttle-Shiga Palace Hotel 14:00

**¥3000**

Map, pamphlet and lunch included

☆☆☆ **For good walker! Akaishiyama Climbing - 1 day course** A-3



Akaishiyama is a famous mountain in Shiga Kogen. You have an incredible view from its summit, the vegetation is abundant, and the course passes by the forty Hachiike 8/28,9/25  
 Shiga Palace Hotel-forty Hachiike - Akaishiyama - Onumaikae - Shimizukoen shuttle - Shiga Palace Hotel 15:00

**¥4500**

Map, compass rental and lunch included

**Private guide (Limited)** A-4

Limited for the first-come  
 According to your wish, we will guide you through Shiga Kogen in a trekking. The short courses (about 2 hours) are also possible.

< 1~10 > **¥13000**

< 11~20 > **¥18000**

Lift cost included, pick up only in Shiga Kogen

## Nordic walking plan (1 to 15 persons) ※B-3 is up to 70 persons

The Nordic walking is a new walking style with walking sticks coming from Finland. It allows less burden on the body and can be considered as an efficient aerobic exercise.

☆ **Stroll through forty Hachiike** B-1



Try the Nordic walking and exercise efficiently while putting less burden on your knees. We will learn you how to walk, then go to the core of the Shiga Kogen UNESCO Eco Park: forty hachiike.  
 8/5,9/22,10/22

Shiga Palace Hotel - ( Maeyama lift ) - Maeyama walking course at the summit → forty Hachiike → Maeyama summit - ( Maeyama lift ) - Shiga Palace Hotel 14:00

**¥3000**

Lift, walking stick and lunch included

☆☆ **Pound tour** B-2



The mosy poplar course in Shiga Kogen, that goes around 2 ponds and 2 wetlands ! Thanks to the walking stick, you will easily walk. We will teach you how to walk.  
 8/20,9/2,18,24,10/9,23

Shiga Palace Hotel - ( Maeyama lift ) - forty Hachiike → Onumaikae (lunch) → Shimizukoen - shuttle - Shiga Palace Hotel 15:30

**¥4000**

Lift, walking stick and lunch included

☆☆ **First Nordic walking trip in Shiga Kogen (9/10~11, 1 night & 2 days)** B-3



Professional teacher of Nordic Walking will come to Shiga Kogen. The trip includes walking training, Night Walking tour around a pond. You will get special prices for the accommodation.

**Adult ¥15000, Child ¥9500**  
 Accomodation, lunch, walking sticks and event T-shirt included

For more information, please consult the event page: <http://www.shigapalace.co.jp/trailwaking/>

## Tourism plan

If the Nordic Walking Plan was cancelled, this is an alternative plan.

### Shiga Kogen Tourism & Hands-On activities



Shiga Kogen is beautiful, even on rainy days! You will craft some objects using pine and cypress, and have a tour of the historic Shiga Kogen, as well as nature.

Shiga Palace Hotel- shuttle - History Memorial - shuttle - Hasuikae → Olympic Memorial → Visitor Center ( tour - craft experience ) → mountain station ( lunch ) - shuttle - Shiga Palace Hotel

**¥3000**

Craft fee & lunch included

Kids under 6 years old can't participate.  
 Kids under 12 years old accompanied by an adult pay half price.  
 Kids alone (more than 10 years old), kids more than 12 years old and adult pay the same price. No group price.

※Guide charge included  
 ※Please pay before departure  
 ※The reservation must be made before 17pm the day before.  
 ※Reservations will be closed once the max capacity is reached  
 ※The courses might be cancelled due to the weather. When a course is cancelled due to rain, the Tourism plan can be done.  
 ※The arrival time at Shiga Palace hotel may vary

You have a question?

TEL: 0269-34-2221

mail:info@shigapalace.co.jp

Contact: Kabai Mio

政府登録国際旅館

**志賀パレスホテル**  
 SHIGAPALACE HOTEL

## <Calendar>

※There may be a change in the course due to changes in the mountain trail. If it happens, we will contact you.

7月

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
			x	x	x	
3	4	5	6	7	8	9
			x			A-2
10	11	12	13	14	15	16
A-1					x	x
17	18	19	20	21	22	23
x	x	x	x	x	x	x
24	25	26	27	28	29	30
x						
31						

8月

SUN	MON	TUE	WED	THU	FRI	SAT
	1	x	2	3	B-1	A-2
				4	5	6
				A-1	A-2	
7	8	9	10	11	12	13
A-2				A-1		B-2
14	15	16	17	18	19	20
A-2						A-1
21	22	23	24	25	26	27
A-3						
28	29	30	31			



9月

SUN	MON	TUE	WED	THU	FRI	SAT
				1	B-2	2
					3	
A-1					A-1	B-3
4	5	6	7	8	9	10
B-3						
11	12	13	14	15	16	17
B-2	A-2			B-1		B-2
18	19	20	21	22	23	24
A-3					A-1	
25	26	27	28	29	30	

10月

SUN	MON	TUE	WED	THU	FRI	SAT
						A-1
						1
2	3	4	5	6	7	8
B-2	A-1					A-1
9	10	11	12	13	14	15
A-2						B-1
16	17	18	19	20	21	22
B-2						
23	24	25	26	27	28	29
30	31					



## <How to book>

### ① On internet

From **Shiga Palace Homepage**, click on Reservation tab (宿泊予約), then Online Reservation.

※If you want a private guide, please use the second way to book

- ② Email ...Please send us a mail to [info@shigapalace.co.jp](mailto:info@shigapalace.co.jp) and indicate the date, the program name, the number of participants, the participants' names/age/address/phone number for each. We will send you a confirmation by mail.
- ③ F A X ...Send us by fax the date, the program name, the number of participants, the participants' names/address/age/phone number for each. Our fax is 0 2 6 9 - 3 4 - 2 3 3 1 . We will contact you by phone or fax in a few days.
- ④ Phone ... TEL 0 2 6 9 - 3 4 - 2 2 2 1 Please call and ask for Kabai-san.

## <Clothing>

Please note that you can be refused if you don't have the right clothes

- Shoes: no heels or sandals. Comfortable sneakers are good.
- Clothes: Comfortable clothes for walking. Please avoid the clothes that are exposing you to much to the sun. Long pants are recommended. Quick-drying clothes is recommended too.
- Belonging: no handbag. Backpack is recommended. Hat, towel, protection against cold and rain wear are highly recommended. You must have drink (at least 500ml) and food.

## <Rental>

You can rent the following items

- Walking sticks 700 円
- Backpack 300 円

## <Responsible guide>

Kabai Mio

Born 05/24/1984

Works at Shiga Palace Hotel

Japan Mountain Guide Association Climbing guide stage II

Japan Nordic walking association instructor

※You may have another guide

## <For tours' organizers>

### Shiga Palace Hotel

Yubinbango381-0401 Nagano Prefecture

Yamanouchi-machi, Shimotakai-gun 〒 7148

Shiga Palace Event Page

