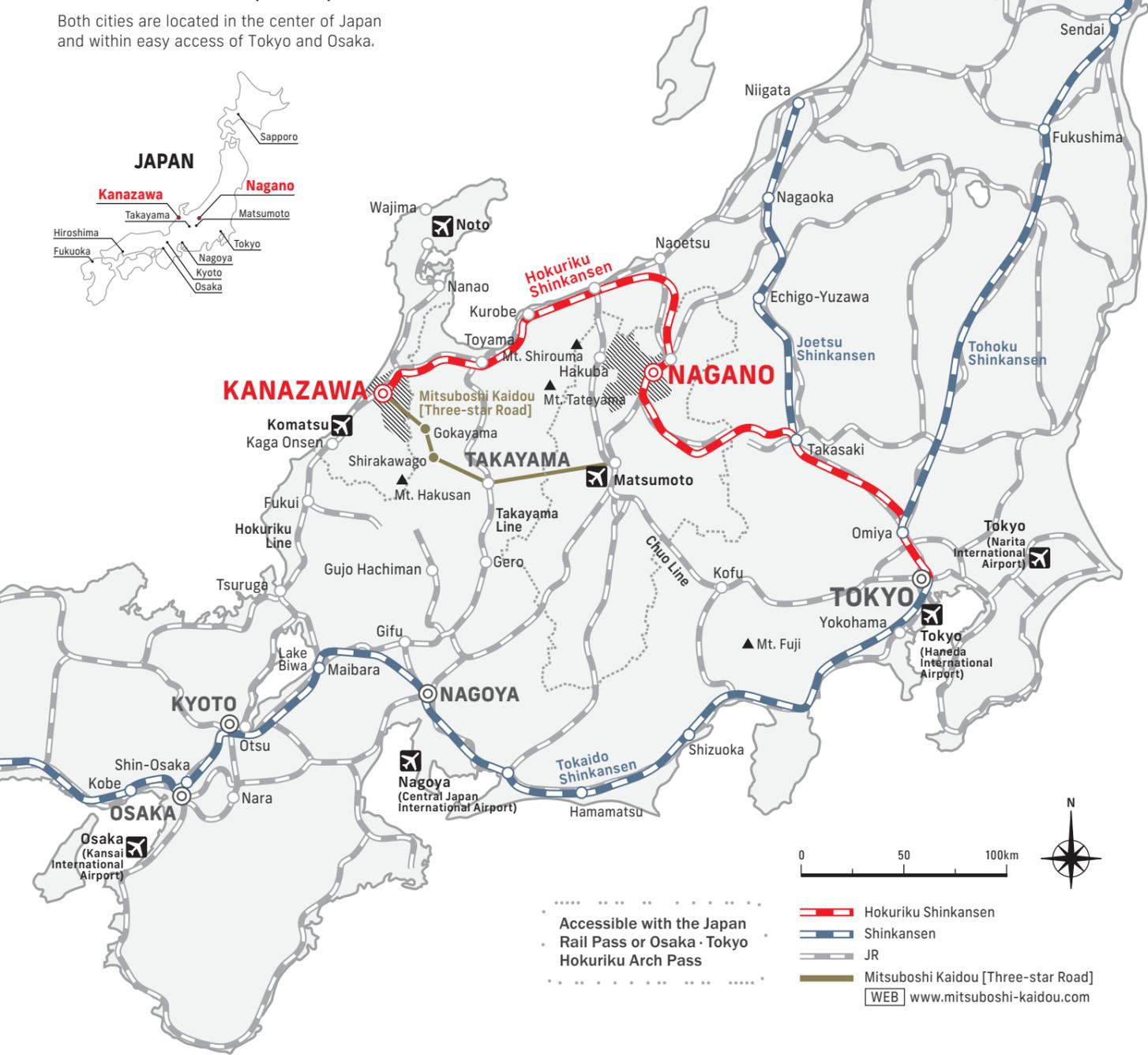


KANAZAWA X NAGANO

Both cities are located in the center of Japan and within easy access of Tokyo and Osaka.



Accessible with the Japan Rail Pass or Osaka · Tokyo Hokuriku Arch Pass

- Hokuriku Shinkansen
- Shinkansen
- JR
- Mitsubishi Kaidou [Three-star Road]

WEB www.mitsubishi-kaidou.com

Getting to Kanazawa

By plane	Tokyo	----- 1h -----	Komatsu	----- 40min -----	Kanazawa
By train	Tokyo	----- 2h30 -----			Kanazawa
By bus	Tokyo	----- 7h30 -----			Kanazawa
By train	Osaka	----- 2h30 -----			Kanazawa
By bus	Osaka	----- 1h -----	Kyoto	----- 4h -----	Kanazawa
By train	Nagano	----- 1h05 -----			Kanazawa
By bus	Nagano	----- 4h -----			Kanazawa

Getting to Nagano

By train	Tokyo	----- 1h25 -----			Nagano
By bus	Tokyo	----- 4h -----			Nagano
By plane	Osaka	----- 1h -----	Matsumoto	----- 1h30 -----	Nagano
By train	Osaka	----- 1h -----	Nagoya	----- 3h -----	Nagano
By bus	Osaka	----- 5h -----			Nagano
By train	Kanazawa	----- 1h05 -----			Nagano
By bus	Kanazawa	----- 3h -----			Nagano

Kanazawa City Tourism Association

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920-0858 Japan
tel + 81-76-232-5555
fax + 81-76-232-1170

www.visitkanazawa.jp

Nagano Convention & Visitors Bureau

Nagano-shi Monzen Plaza 4F,
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City, Nagano, 380-0835 Japan
tel +81-26-223-6050
fax +81-26-223-5520

en.nagano-cvb.or.jp

KANAZAWA X NAGANO

The two cities that are linked by history and a bullet train.



金沢

長野

Go on a 60-minute journey by bullet train between the two cities with different attractions.

During the Edo period (1603 - 1868), when samurais ruled Japan, daimyos (feudal lords) in different provinces of Japan made an annual visit to Edo (present day Tokyo). The Kaga domain with its capital, Kanazawa, would take the route to Edo through present day Toyama,

Joetsu, and Nagao. A minimum of 2,000 and a maximum of 4,000 people in a procession travelled 480 km between Kanazawa and Edo for around two weeks. Its halfway point is Zenkoji Temple in Nagano, and the neighborhood was thriving both as a temple and post-station town.

Opened in 2015, the Hokuriku Shinkansen largely runs along the route taken by the daimyo procession of the Kaga domain. It takes 2 hours and 28 minutes for the fastest "Kagayaki" train to travel the distance, for which people would walk for two weeks. Kanazawa can

now be reached in just one hour from Nagano. Kanazawa and Nagano - the two cities that were connected by historic highways - are now linked by a new Shinkansen route, and are expanding the enjoyment of sightseeing.



"Shojin Ryori," made mostly with cereals and seasonal vegetables, is traditional Buddhist cuisine. The simple dishes bring out the best of the ingredients. They are offered at inns and eateries as a speciality of the Zenkoji temple town.

KANAZAWA

Kanazawa-Nagano 1H05 



Castle Town Kanazawa

In Japan, many castle towns were built together throughout the country from the late 16th to the early 17th centuries. A characteristic of Japanese castle towns is a systematic arrangement of samurai houses, temple districts, watercourses, and green spaces surrounding the daimyo's castle residence. Having been formed with two rivers as natural outer moats, Kanazawa prospered for 290 years under the Maeda family of the Kaga domain as one of Japan's main castle towns. During the Edo period, the extent of the land owned by a domain throughout the country was indicated by the "Kokudaka." This was a measure of the productivity of the land as expressed by its rice yield. The Kaga domain had a kokudaka of one million, which was the second highest in Japan after that of the Tokugawa shogunate of Edo. It is said that at that time, the population of the Kaga domain ranked fourth, following Edo (Tokyo), Osaka, and Kyoto. With a kokudaka of one million, the Maeda family used their strong financial power for civilian policy, and established the foundation of the present Kanazawa, where arts and crafts thrive. Kanazawa escaped any damage caused by war or major disasters, and retains a number of relics as well as the atmosphere and culture of the castle town.

Kanazawa Castle, in which the Maeda family used to reside, is now maintained as a park.



The Nagamachi Buke Yashiki District in which samurais used to live during the Edo period. The cobbled streets with earthen walls create a traditional atmosphere.



Kenrokuen Garden, developed by the Maeda family, is a chisen-kaiyu style garden (a traditional Japanese garden design featuring springs and a pathway around a central pond) that represents the Edo period and is one of Japan's three greatest gardens.



Kaga cuisine, the traditional kaiseki dishes which are made with seasonal ingredients and reflect the food culture of the castle town Kanazawa. They are offered at ryotei restaurants in the city.

金沢

NAGANO

長野

Temple Town Nagano

Central Nagano developed historically as a temple town surrounding the Zenkoji Temple. The Zenkoji Temple is believed to have been built about 1,400 years ago, and people with power in the olden days had great faith in it. The Edo period saw a rapid increase in the number of ordinary people who made a pilgrimage to the temple from all over the country. The daimyo procession of the Kaga domain travelled between Kanazawa and Edo on routes maintained for a pilgrimage to the temple. Amida Nyorai, the main devotional object at the Zenkoji Temple, was brought from the continents along with the arrival of Buddhism and is said to be the oldest Buddhist statue in Japan. However, no one actually has seen the figure of the "absolute secret Buddha." People have felt Nyorai, who is invisible to the human eye, and deeply offered a prayer. The Zenkoji Temple, which conveys the history and the mind of a prayer, attracts some six million visitors each year. If you extend your trip to outside the central city, you will have access to a variety of Nagano's appealing sightseeing resources, including rich nature, historical sites, hot springs, and ski resorts.

Togakushi Shrine which sits at the foot of Mt. Togakushi. The shrine approach with an array of cedar trees is wrapped in a tranquil air.



The people's temple, which accepts everyone regardless of religious sect, has been visited by a large number of pilgrims since the olden days.



The Kagami-ike pond at Togakushi Kogen, which is a popular sight for autumn leaves.



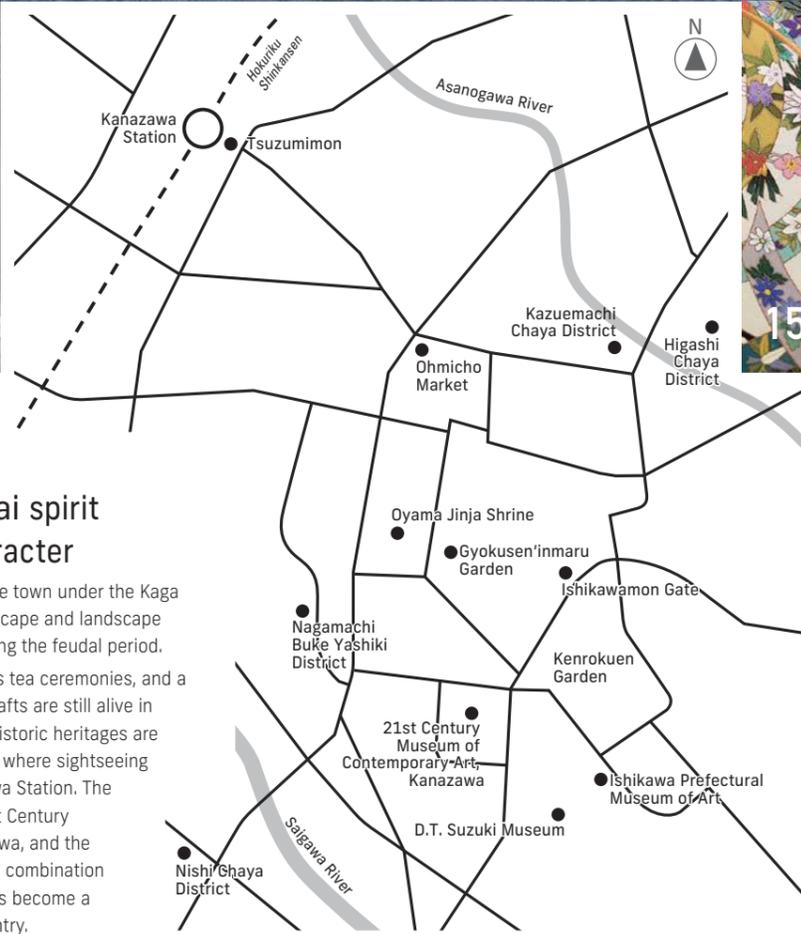
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Nagano-Tokyo 1H25 

TOKYO



KANAZAWA



The city with samurai spirit and castle town's character

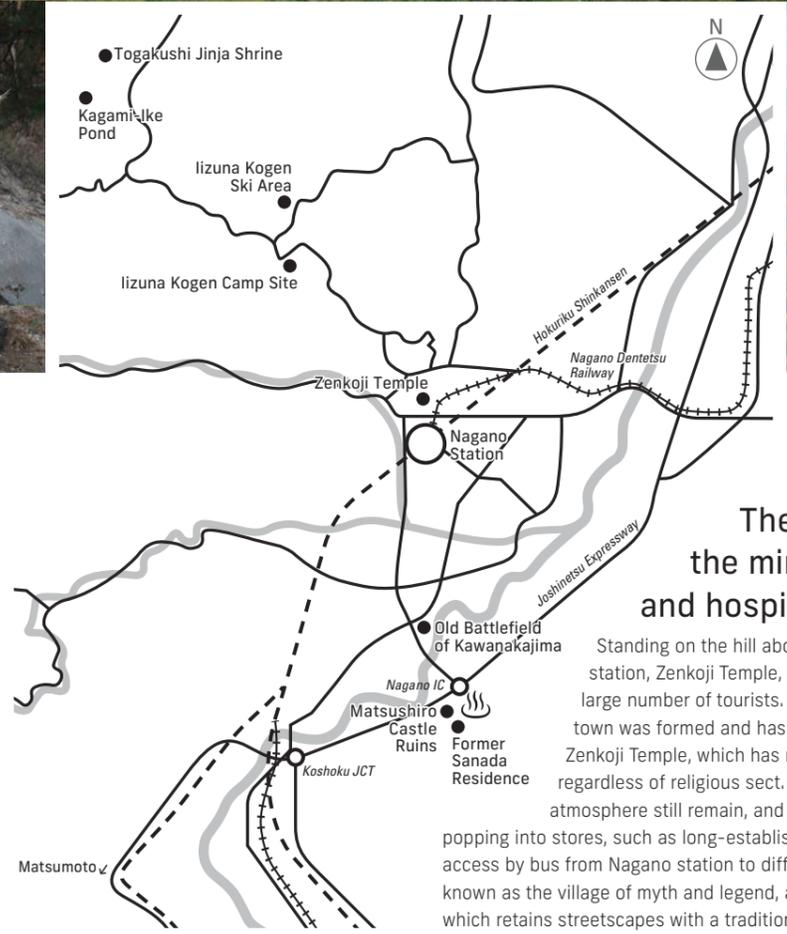
Kanazawa, which flourished as a castle town under the Kaga domain, still retains the historic townscape and landscape that was systematically designed during the feudal period. A culture of accomplishments, such as tea ceremonies, and a number of sophisticated traditional crafts are still alive in people's everyday lives. Kanazawa's historic heritages are gathered compactly in the city center, where sightseeing may be enjoyed on foot from Kanazawa Station. The city's new attractions include the 21st Century Museum of Contemporary Art, Kanazawa, and the redeveloped Kanazawa station. With a combination of new and old cultures, Kanazawa has become a popular tourist destination in the country.

- 1 | 21st Century Museum of Contemporary Art, Kanazawa**
Housing a collection of contemporary art, the new top attraction in the art and craft city, Kanazawa, attracts attention from both home and abroad.
- 2 | Kanazawa Castle/Ishikawa-mon Gate**
These buildings have survived since the Edo period and are designated as Important Cultural Properties.
- 3 | Sushi**
In Kanazawa, facing the Sea of Japan, you can enjoy delicious sushi.
- 4 | Kanazawa Hyakumangoku Festival**
This grand festival features a daimyo procession led by Maeda Toshiie, the first lord of the Kaga domain.
- 5 | D.T. Suzuki Museum**
This museum disseminates the ideas and achievements of Daisetz Suzuki, a world-class Buddhist philosopher from Kanazawa.
- 6 | Nohgaku**
Nohgaku has gained popularity in Kanazawa since the Edo period, and there are cultural facilities and art museums with a focus on Nohgaku.
- 7 | Kanazawa Station**
The proudly standing gate is modelled on a Nohgaku drum.

- 8 | Kenrokuen Garden**
Developed by successive lords of the Kaga domain over a long period of time, the garden features beautiful scenery every season.
- 9 | Asanogawa River**
The river flowing against the backdrop of the old cityscape provides a great photo spot.
- 10 | Tea Ceremony**
Tea ceremonies thrived in Kanazawa, thanks to the interaction between the Maeda family and renowned tea experts. There are many facilities for a tea ceremony experience.
- 11 | Nagamachi Buke Yashiki District**
Samurais of the Kaga domain used to live in this district, with the atmosphere making you feel as though you've travelled back in time.
- 12 | Chaya District**
Kanazawa has three hospitable Chaya (teahouse) districts, where geigi(geisha) perform dance and music in a teahouse drawing room.
- 13 | Ohmicho Market**
Boasting about 180 vendors selling a wide variety of products including fresh seafood and local vegetables, this "Kanazawa's kitchen" has been supporting the gastronomic culture of the city for nearly 300 years.
- 14 | Kaga Firefighters Ladder Acrobatics**
Having inherited the tradition from firefighters of the Kaga domain, the group demonstrates exquisite ladder climbing skills.
- 15 | Kaga Yuzen Dyeing**
This is one of Kanazawa's traditional arts – a kimono dyed with patterns featuring the beauties of nature.
- 16 | Wagashi**
Kanazawa, with its prevalent tea ceremony culture, is also one of Japan's top places for confectionery.



NAGANO



The city where the mind of a prayer and hospitality meet.

Standing on the hill about 2 km away from Nagano station, Zenkoji Temple, a symbol of Nagano, attracts a large number of tourists. In its long history, the temple town was formed and has been welcoming pilgrims around Zenkoji Temple, which has received many people's prayers, regardless of religious sect. Townscapes with a traditional atmosphere still remain, and you can enjoy a stroll while popping into stores, such as long-established souvenir shops. There is easy access by bus from Nagano station to different areas, including "Togakushi," known as the village of myth and legend, and castle town "Matsushiro," which retains streetscapes with a traditional atmosphere.

- 1 | Matsushiro Castle Ruins**
Matsushiro is a castle town that developed around the Sanada family castle. The central Matsushiro castle was designated as a National Historic Site in 1981.
- 2 | Old Battlefield of Kawanakajima**
Takeda Shingen and Uesugi Kenshin, famous armored generals of the Sengoku period, fought in Kawanakajima. This place is now maintained as a park.
- 3 | Zenkoji Gokaicho Event**
Held once every seven years by the traditional year-counting method, this event reveals a replica of the temple's principal Buddhist image.
- 4 | Zenkoji Nakamise-dori Street**
A number of inns, restaurants, and souvenir shops stand next to each other along both sides of the approach to Zenkoji Temple, between the Niomon and Sanmon Gates.
- 5 | Hot Spring**
Nagano boasts a number of hot spring resorts, including day hot spring facilities.
- 6 | Togakushi Highland**
The highland is rich in nature, with the fantastic scenery of the Togakushi mountain range reflecting on the surface of Kagami-ike (Mirror Pond).
- 7 | Nagano Tomyo Festival**
This event is held in midwinter, mainly at Zenkoji Temple and Omotesando Street. The illuminated Zenkoji is magnificent.
- 8 | Dosojin Festival**
This traditional event is held every year on January 7, with the locals bringing shimenawa ropes to make strange-looking Dosojin gods.

- 9 | Togakushi Shrine/ Avenue of Cedar Woods**
Built at the foot of the holy Mt. Togakushi, this shrine has a history of more than 2,000 years. The 2-km approach to the Oku-sha (Back Shrine) features rows of 400-year-old cedar trees.
- 10 | Former Sanada Residence**
Built in the Edo period and closely related to the Sanada family of the Matsushiro domain, the building contains the remnants of a daimyo mansion.
- 11 | Ski Area Togakushi**
This area boasts a spectacular panoramic view of the Togakushi mountain range and natural powder snow that is often dubbed "magical powder snow."
- 12 | Soba Noodle**
In Nagano, good quality soba (buckwheat) is produced thanks to the right conditions for its cultivation. There are many soba restaurants in Togakushi and around Zenkoji Temple.
- 13 | Zenkoji Temple Main Hall**
Having been rebuilt in 1707, this is Japan's forth-largest wooden building, with the main hall designated as a National Treasure.
- 14 | Daibo Mountain Path**
The Northern Alps can be seen in the distance, with a stunning view during the period of autumn leaves.
- 15 | Campsite**
Enjoy camping in the highland, an hour's drive from the city center.