

◆NAGANO Pref. INA city◆

INA city

Discovery Guide



Made for you with love
by the local country bumpkins of Ina

Ina City Tourism Association



"The World's Greatest Cherry Blossoms!"

Takato Castle Ruins Park

MAP
E-3



It all started when Takato Castle was demolished by order of the government about 150 years ago during the Meiji period (1868-1912). To commemorate the great castle, around 1,500 of the endemic Takato-Kohigan-Sakura trees were planted on the former castle grounds. The flowers of this variety of cherry blossom are small and bloom a deep tone of pink. The park is known as one of the top three cherry blossom viewing points in all of Japan and has been designated as a monument of great natural importance by Nagano Prefecture. While the flowers bloom, a cherry blossom festival is held every April. At the peak of the festival, the entire park is covered in pink clouds of cherry blossoms.



The cherry blossoms lit up at night are recommended.

Come and Visit Ina City!

A Valley Town Nestled Between Two Alpine Mount Ranges

Ina is sometimes known as the "gateway to the alps" and is surrounded by alpine peaks. With the Southern Alps to the east and the Central Alps to the west, the views are simply spectacular. In the Southern Alps, trailheads to the peaks of Mt. Senjogatake (3,033m) and Mt. Kaikomagatake (2,967m), known as the Queen of the Southern Alps, are accessible on the Minami Alps Forest Bus (Minami-Alps-Rindo-Bus). Enjoy the magnificent scenery of the changing seasons from the bus window as you make your way. The Central Alps were designated a Quasi-National Park in 2020. The main peaks of Mt. Kisokomagatake (2,956m) and Mt. Shogikashira (2,730m) can be climbed from Ina.

Minami Alps Forest Bus Office
Telephone: 0265-98-2821



When going to Kiba, please use the bus and not a private vehicle.

A Therapeutic Rose Garden and a Street Lined with Roses.

With the magnificent ridgeline of the Japanese Central Alps in the distance, at Takato's Shinwa no Oka Rose Garden, around 3,000 rose plants and 270 varieties of rose bloom in flurry of color and joy. Festivals are held in June and October. On Tori-Cho Street in the downtown area of Ina, red, white and pink roses adorn the sides of the roads so you can enjoy the roses even in the center of town.



Best time: June to the end of October

MAP
B-2
MAP
E-2



See roses all over the town.

Nostalgic Tori-Cho Street

MAP
B-2

In the arcade area, in the center of downtown Ina, the buildings of Tori-Cho Street, built in 1949, still display the old Showa era (1926-1989) signs, decorations, and architecture of decades gone by. The town now feels nostalgic. Its beauty wrapped in a cloak of Showa era charm.



A modern/retro feel.

The Famous Stonemasons of Takato



Incredible stonemasonry from ancient times can be seen throughout Japan. During the Edo period, Takato was known around the country as a village of incredibly skilled stonemasons. The craftsmen of Takato were highly sought after and were hired to ply their trade all over Japan. From Buddhist statues to stone bridges, torii gates and more. At Kenpukuji Temple in Takato, you can see around 40 Buddhist statues of Sadaji Moriya (1765-1832), the most famous and celebrated stonemason of Takato.



Located in southern Nagano Prefecture, Ina is full of exciting things to do and delicious things to eat! In this guide we have selected our 10 must-do items in Ina. From the quaint city streets where time slows down, to the beloved traditional soba noodles eaten here since ancient times. The more you see and do in Ina, the more your heart feels a sense of belonging.

The "Hot Spot" Bunkui Pass

MAP
E-5

Located 1,424m above sea level and directly above the Median Tectonic Line, one of the largest fault lines in Japan, the Bunkui Pass sits on the border of Ina and Oshika Village. Here, a popular point called Kiba is known for its rare and mysterious "zero" magnetic field. Spend time relaxing in nature and you may just feel a seismic shift within yourself.

Closed: Winter (mid-November to early April)
bus is available with last upward bound bus at 14:00
Minami Alps Forest Bus Office
Telephone: 0265-98-2821



When going to Kiba, please use the bus and not a private vehicle.

Come and Eat in Ina City!



Takato Manju



Sauce Katsudon



Insect Cuisine

Local Booze



MAP
E-5

Nakao Kabuki – Kabuki of the Japanese Countryside

Nakao Kabuki is from a small village called Nakao in Hase, a mountainous region of Ina. With its origins going back to the mid Edo period (1603-1868), a travelling entertainer from Shikoku came to this area and taught the locals the art of kabuki. After World War 2, the tradition disappeared, but in 1986, local young people revived it back from extinction and still hold regular

Showings: Fixed performances only
Telephone: 0265-98-2009

Get Hands and Learn Rural Skills at Miharashi Farm

MAP
A-1



Miharashi Farm is an agricultural park. There you can enjoy fruit picking including strawberries, blueberries, grapes, apples, and more. In addition to this, you can also try your hand at learning some of the traditional skills of the Japanese countryside. From making your own soba noodles and tofu, to weaving on a traditional loom. You can enjoy a whole day eating, learning and enjoying the views of the Southern Alps. There is a buffet restaurant, a natural hot spring, a mountain bike trail, and more.

Address: 3416-1 Nishiminowa, Ina City
Opening hours/days: Varies depending on the particular facility
Inquiries: 0265-74-1807
Website: <https://miharashi-farm.com/>

An easy and fun experience!



You can add sauce, sesame oil, garlic, etc. and change the flavor to your liking.



Takato Soba – Food Fit for a Lord

At the beginning of the Edo period, the feudal lord of Takato domain, Masayuki Hoshina was a close confidant of the shogun and one of the most powerful men in the country. He also had an insatiable love for soba! He is said to have enjoyed spicier flavors with grated spicy radish and grilled miso. Masayuki was later relocated to rule other domains of Japan in Mogami of Yamagata Prefecture and Aizu of Fukushima Prefecture and always brought his band of soba craftsmen with him, spreading the culture of Shinshu soba throughout the land. Over his 27 years in Edo (modern day Tokyo), Masayuki is said to have greatly influenced Edo's soba eating culture.



Romen – The Soul Food of Ina

Romen is a local soul food dish that can be found almost exclusively only here in Ina. It was invented in the 1950s by the owner of a local Chinese restaurant. It combines steamed noodles with mutton and cabbage and is seasoned with garlic. You can enjoy many different forms and flavors of romen at various stores in Ina. From dry "yakisoba style", to "soup style" romen served in a broth, romen is a great companion to sake.



More Ways to Enjoy Ina City!



Farm Stay

Enjoy regular life in the Japanese countryside with an agricultural farm stay in Ina. Stay with a regular local farming family and enjoy their nature filled way of life while interacting and getting to know your host family. Living with locals is a truly authentic and moving experience which is popular with both Japanese and overseas visitors.



Day Trip Hot Springs

"Habiro Onsen Miharashi-no-yu" is an onsen with an incredible view of the Southern Alps and "Shinshu Takato Onsen Sakura-no-yu" is known for its beautifying effects on the skin. "Takato Sakura Hotel" also welcomes day trippers.



Takato Castle Ruins Park Maple Tree Festival

Takato Castle Ruins Park is famous for its cherry blossom festival in spring. However, in autumn about 250 Japanese momiji maple trees turn vibrant reds, oranges and yellows. Early to mid-November is the best time to see them and a Momiji Festival is held in early November where fresh soba can be enjoyed inside the park.



Make Your Own Miso

At the Hanamaruki Ina Factory, you can experience making your own miso with the professionals, all while admiring spectacular views of the Southern Alps (reservations are required).



Freshly Baked Croissants

On National Route 152, the roadside station "Southern Alps Village Hase" in the mountainous region of Hase has become famous for its freshly baked croissants (reservations recommended).



Go Camping

Ogurogawa Campsite is located deep in the mountains. Karei Kogen Campsite is popular for its 360-degree panoramic views and starry night skies. Chiyoda Lake Campsite is surrounded by verdant greenery.



MAP A-3 MAP F-4 MAP F-1

Outdoor Activities

Breath the clean air at the feet of the Japanese Alps as you enjoy outdoor activities in Ina. From beginners to experts, there is plenty to choose from including mountain biking and paragliding.



MAP A-1,2 MAP E-3

Kanten Papa Garden and Shopping

Kanten Papa is a famous Japanese agar producer. Agar is a jelling ingredient made with seaweed and common in Japanese cuisine. Though far from the sea, Ina has the ideal cold and dry winters necessary to produce agar. Kanten Papa's facility is almost 100,000 square meters and has seasonal flowers as well as shops and restaurants.



MAP B-3,4

Ina Ski Resort

A small ski resort great for beginners and families with easy access and no need to drive on dangerous mountain roads.



MAP A-3

Green Farm –A Shop Like a Theme Park

Popular with both locals and tourists, Green Farm is a farm shop with a difference. There is a petting zoo with goats, donkeys, and rabbits, as well as a large antique store. There are of course all kinds of local produce available including foraged foods, local veg, cereals and grains, sweets, seedlings, locally beloved edible insects, and more.



MAP A-2

Feel the breeze and enjoy the views of Ina City!

Come and Visit Ina City!

Karei Kogen Campsite



Weeping cherry blossom trees at Takato Katsuma Yakushido

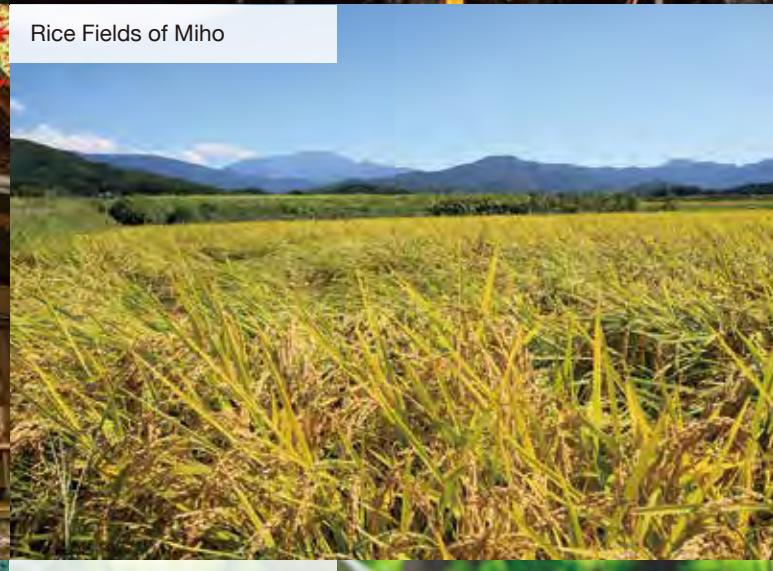
Kempukuji Temple



Chusenji Temple



Rice Fields of Miho



Lake Miwa

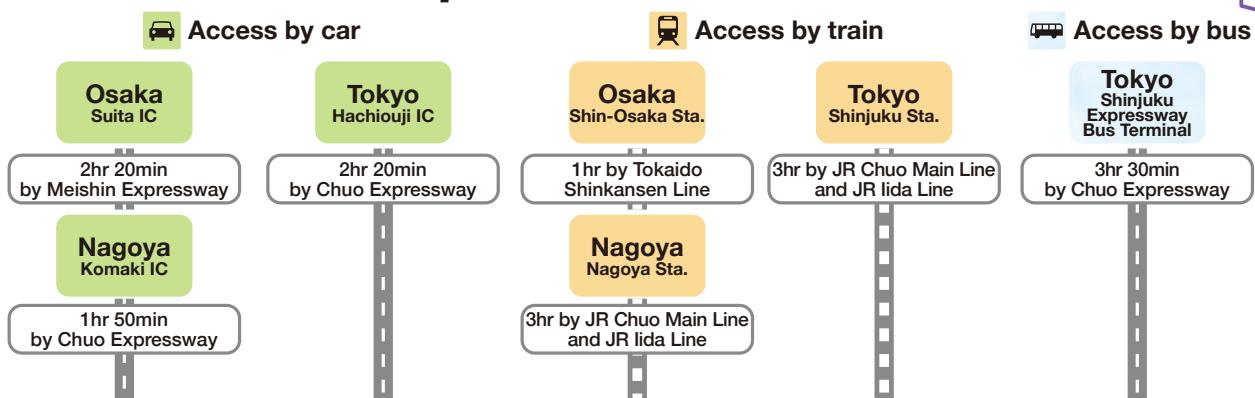


Jinmyoji Temple





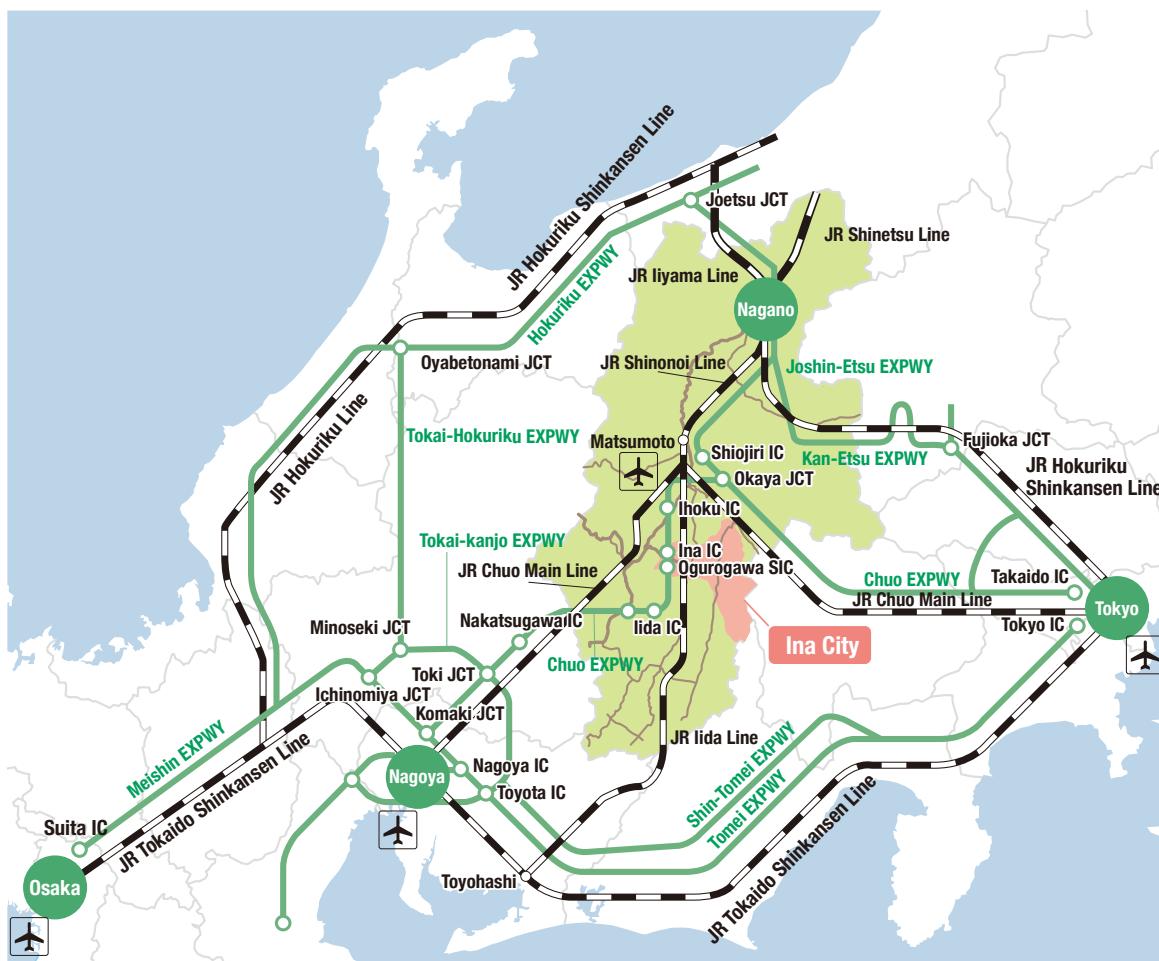
Transportation Information



Ina City

Access from Nearby Attractions

-  From **Matsumoto Castle**: About 1 hr by expressway (59 km)
-  From **Takayama**: About 2 hr 30 min by local roads (112 km)
-  From **Kiso**: About 45 min by local roads (35 km)  From **Mt. Fuji**: About 3 hr by expressway (185 km)
-  From **Hakuba**: About 2 hr by expressway (113 km)  From **Kyoto**: About 3 hr 45 min by expressway (285 km)



CONTACT

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