An expansive garden that embodies Japan’s history and nature

Nikko National Park was established in 1934, an old national park. Most of the national park extends over the three prefectures of Fukushima, Tochigi, and Gunma and has a mountainous terrain belonging to the Nanto Volcanic Zone. Mountains include Mt. Nikko-Shirane, the highest mountain in the area north of North Kanto, Mt. Nantai, a famous place of worship since early times, and Mt. Chausu, which is volcanically active even today. The plateaus covering the foothills of these mountains take on a different form each season played out across lakes and marshes, waterfalls, and valleys formed through volcanic activity.

Another highlight of the national park is its many shrines and temples, including the World Heritage Site Toshogu Shrine, as well as numerous other historic buildings that tell the story of the area.

Nikko National Park welcomes visitors with its superb combination of magnificent cultural heritages that embody Japan’s history and diverse natural beauty, and is easily accessible from Tokyo. It has established a firm position as a popular tourist location but also one where you can quickly get off the beaten path and experience the natural beauty of Japan.

Access

Access routes are given as examples. Times indicated for each section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Information counter

Please contact the each provider directly.
Activity 01
Visit the British Embassy Villa Memorial Park in Okunimok that prospered as an international summer resort. You can enjoy tea and scones while admiring Lake Chuzenji and Mt. Nikko-Shirane, among other sightseeing spots.

British Embassy Villa Memorial Park

- Built by the British diplomat Ernest Satow in 1896 and subsequently used as an embassy villa, the building has been renovated as a museum. You can enjoy the same scenery that the diplomat did a century ago. In the Tea Room on the second floor, you can enjoy tea and scones prepared under the supervision of a British Embassy chef while admiring the beautiful view of Lake Chuzenji and the mountains (extra fee required). Descriptions in the museum are provided in Japanese, English, Simplified Chinese, and Korean.
- **Open:** April to November *Closed* on Mondays in April, May, and November. **Admission:** Adults: 1,300 yen, children (4 to 15 years old): 600 yen, children under 4 years old: free. **Tel:** 0286-55-0880 **Website:** http://nkkm.nic.go.jp

Activity 02
Visit the Italian Embassy Villa Memorial Park, the former summer villa of the Italian Embassy. You can enjoy a relaxing time in a traditional-style building located in a former international resort area.

Italian Embassy Villa Memorial Park

- The building is a renovation/reproduction of the building that was constructed as the Italian Embassy’s summer villa in 1936. It was designed by the architect Antonio Raymond. Both the inner and outer walls are covered with cedar banks, and the design features Italian-style patterns such as checkered patterns, bamboo baskets, and arrow feather shapes. You can enjoy a *colognettes* view of Lake Chuzenji’s lakelet just as diplomats did in the days when the area was a prosperous summer resort. Coffee and snacks are available, and you can take a break in your own familiar Italian culture. Descriptions in the museum are provided in Japanese and English.
- **Open:** April to November *Closed* on Mondays in April, May, and November. **Admission:** 30 min. **Admission:** Adults (16 years old and over): 200 yen, children (4 to 15 years old): 100 yen, children under 4 years old: free. **Tel:** 0286-55-0880 **Website:** www.nkkm.nic.go.jp

Activity 03
A beginner-friendly SUP experience at Lake Chuzenji
Admire the crystal-clear water, listen to the birds sing, enjoy the silence, and become one with nature.

SUP experience at Lake Chuzenji, Nikko

- Lake Chuzenji is a beautiful place where you can admire the crystal-clear water, listen to the birds singing, and enjoy the silent view. It has been registered in the Ramsar Convention of Wetlands. Anyone, even beginners, can enjoy SUP in this beautiful natural environment. This is an activity where you can immerse yourself in the beautiful scenery resembling that of England’s Lake District. Travel beyond tiers and hilly roads to experience excitement and relaxation at Lake Chuzenji, a true favorite summer resort of foreign tourists. When possible, the activity will be held in rainy conditions. On rainy days, you can experience the unique and magical phenomena of being surrounded by water droplets.
- **Open:** May 1 to October 15. **Duration:** 120 min. **Fee:** 1,500 yen. **Tel:** 0286-54-0115 **Website:** https://sup-lakechuzenji.com

Activity 04
Touring along the Kinugawa River on a traditional Japanese wooden boat rowed by a boatman
Fresh greenery in the summer, red leaves in the autumn—enjoy the seasonal scenery from a boat.

Boat tour along the Kinugawa River

- This is a 4 km tour along the Kinugawa River on a traditional Japanese wooden boat rowed by a boatman. The Kinugawa River is famous for its exceptionally beautiful valley featuring naturally formed huge and strange-shaped rocks. The fresh greenery brings a cool breeze in the summer and beautiful red leaves cover the area in the autumn. Enjoy the seasonal scenery from the boat. No need to row the boat or put on a vest—simply relax and enjoy the ride.
- **Open:** Mid-April to mid-November. **Duration:** 70 min. **Fee:** Adults 1,300 yen, children (4 to 12 years old): 1,100 yen, children (1 to 3 years old): 600 yen, groups of 15 or more people: adults 1,000 yen, children: 600 yen. **Tel:** 0286-82-6038 **Website:** http://kngwafu.co.jp

Activity 05
A guided canoe tour of Itamuro Dam Lake’s nature
Anyone can enjoy a safe, extraordinary experience on the water.

Canoe tour of Itamuro Dam Lake: Admire a colorful forest from the lake.

- The hardwood forest covering the area around the upper stream of Nakagawa River offers a colorful landscape featuring fresh greenery in the early summer and red leaves in the autumn. Canoeing gives you a unique chance to admire the forest patterns from the lake’s surface. In this guided tour, anyone can enjoy a safe, extraordinary experience on the calm waters of the dam lake. After the canoe tour, we do not have a relaxing time at the nearby Itamuro Onsen Hot Spring extra fee required?
- **Open:** Mid-April to mid-November. **Duration:** 20 min. **Fee:** Adults: 1,000 yen, children (8 to 12 years old): 600 yen, children (4 to 7 years old): 400 yen, children under 4 years old: free. Minimum number of participants: 2. **Tel:** 0288-78-1177 **Website:** http://www.natura-planetc.com

Activity 06
A guided walking tour of the blue-watered Sukkkan Swamp
Admire the beautiful valley created by fresh green, red leafed trees, and rocky surfaces.

Promenade walking tour of a secret waterfall along the blue-watered Sukkkan Swamp!

- Sukkkan Swamp flows out from an old cavern of Mt. Takarawa and as its water contains a high level of minerals and carbonic acid, some places appear bluish-white. The beautiful valley created by fresh green, red leafed trees, and rocky surfaces offers spectators a view of a small waterfall that flows down the rock surface in cataract channels, a giant larch tree, a peaceful spot where you can feel a lovely cool breeze from downstream, and more. The well-maintained promenade running along the valley enables anyone to enjoy a safe and pleasant walk.
- **Open:** April to May, October to November. **Duration:** 90 min. **Fee:** Adults: 1,300 yen, children (7 to 12 years old): 1,000 yen, groups of 20 or more people: adults 1,500 yen, children: 1,300 yen, groups 25 or more people: adults 3,000 yen, children: 2,000 yan. **Tel:** 0287-47-4567 **Website:** http://www.sukkkan.jp

Available languages: Japanese, English
Book online: http://www.sukkkan.jp

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Nikko National Park -Recommended Activities-
A guided snowshoeing tour of Nasu Heisei-no-mori Forest, a former villa of the imperial family. Visitors of all ages can enjoy interacting with nature and its diverse flora and fauna.

In Nasu Heisei-no-mori Forest, a place untouched for about 80 years after becoming an imperial villa, you can relax with well-grown trees and its diverse flora and fauna. Before becoming an imperial villa, the place was used to breed a kind of horse called Nasumon. Located in an alpine zone around 1,000 meters above sea level, Nasu Heisei-no-mori Forest is a special place where you can relax and enjoy nature. By jumping into the flower field in January and February, Nasu Heisei-no-mori Forest has many gentle slopes that are suitable for snowshoeing. Snowshoeing is a good way to enjoy the forest.

**Usage**
- Full snowshoeing tour: 10,000 yen (incl. tax)
- Short course: 1,200 yen (incl. tax)
- Snowshoe rental: for adults and children, 6,000 yen

**Minimum number of participants:** 2

**Reserve Experience Inc.**
Tel: 0287-69-8351
Email: info@reserve-experience.com

Cycling on a fat bike along a snowy forest road surrounded by beech trees in Mt. Nasu.

You can admire a spectacular view of the Nasu Mountain Range and the Kanto Plain and play in the snow.

**Activity 08**

Want to get on a bike and enjoy the scenery of a snowy forest road surrounded by giant beech trees? Simply take a cable car to the cycling field and enjoy. Fat bikes offer great stability on snowy roads, and anyone who can ride a bicycle can easily ride one. You can drink a cup of coffee on the snow, play in the snow, and enjoy a saltimbanca game, all the while admiring a spectacular view of the Nasu Mountain Range and the Kanto Plain.

**January to March:**
- 150 min
- Adults and children, 6,500 yen
- Minimum number of participants: 2

**Reserve Experience Inc.**
Tel: 0287-69-8351
Email: info@reserve-experience.com

Sutra copying in the nature-rich mountain temple Nikko Onsenji. Wouldn’t you like to enjoy a peaceful and relaxing time copying a sutra?

Copying 16 characters from the Yakushi Nyorai-sutra in Nikko Onsenji Temple

**Activity 10**

Shibarai Onsen Hot Spring Village is a spa with a long history, featuring a variety of hot spring baths with six different qualities and seven different colors along the valley. The place has been frequented by many writers and artists, including poets Oda and Akira Tosa, many waterfalls and suspension bridges are located along the approach, and long promenades extending along the valley, and you can enjoy wild plants, flowers, and birds in the guided tour. Fresh greenery in the spring, a beautiful valley in the summer, red leaves in the autumn, and a peaceful winter in the winter—this is all of natural heritage.

**February 15th to March 31st:**
- 120 min
- Adults: 300 yen, children (7 to 12 years old): 150 yen, groups (10 or more people) *Note: Children (7 years old or under) are free*

**Nikko Onsenji Temple**
Tel: 0287-33-2050
Email: suzukitomo@energy.ocn.ne.jp
Website: http://www.nikko.or.jp/en

Enjoy Nikko’s nature in this guided hiking tour of Senjogahara Marsh. You can enjoy the seasonal scenery and learn about Senjogahara Marsh’s legends and natural phenomena.

Hiking tour of Nikko’s symbol Senjogahara Marsh—enjoy nature at its best!

**Activity 09**

Senjogahara Marsh is a special wetland that has been listed as a Ramsar Site. The marsh offers a first-hand experience of nature with its sea of cotton grass and various flowers that appear each season. Furthermore, in the walking tour, you can observe and learn about Senjogahara Marsh’s legends, how its terrain was formed, its natural features, and the ecology of its migratory birds, deer, monkeys, bears, and other plants and animals and their habitats. The guide will answer any questions that arise and explain the mechanisms behind natural phenomena observed during the tour. The tour also offers a chance to experience the famous region of Nikko, a home not only to great scenery but also legends about battles between the gods.

**February to November:**
- 150 min
- Guide: one person
- Cost: 2,000 yen per person (for adults and children)

**Reserve Experience Inc.**
Tel: 0287-69-8351
Email: info@reserve-experience.com

A guided promenade walking tour along the valley in Shibarai Onsen Village, a spot frequented by writers and artists. Fresh greenery in the spring, a beautiful valley in the summer, red leaves in the autumn, and a peaceful winter in the winter—enjoy nature in each season.

**Activity 11**

As Sukkun Swamp’s waters contain a high level of volcanic minerals and carbonic acid, some places appear blueish-white; the creek is otherwise known as the Sukkun Blue. In this family canyoning activity, you can safely enjoy sliding down natural slides, standing under a waterfall flowing from a dam, and much more in an environment ripe to beautiful greenery and blue streams. This tour is mainly aimed at children.

**Sukkun Swamp is a favorite travel destination for spring and summer travelers.**

**Activity 12**

Shibarai Onsen Hot Spring Village is a spa with a long history, featuring a variety of hot spring baths with six different qualities and seven different colors along the valley. The place has been frequented by many writers and artists, including poets Oda and Akira Tosa, many waterfalls and suspension bridges are located along the approach, and long promenades extending along the valley, and you can enjoy wild plants, flowers, and birds in the guided tour. Fresh greenery in the spring, a beautiful valley in the summer, red leaves in the autumn, and a peaceful winter in the winter—this is all of natural heritage.

**February 15th to March 31st:**
- 120 min
- Adults: 300 yen, children (7 to 12 years old): 150 yen, groups (10 or more people) *Note: Children (7 years old or under) are free*

**Nikko Onsenji Temple**
Tel: 0287-33-2050
Email: suzukitomo@energy.ocn.ne.jp
Website: http://www.nikko.or.jp/en

A family canyoning activity which children can enjoy.

Enjoy playing in the blue waters of Sukkun Swamp.

**Activity 13**
Activity 13: Shugendo (mountain asceticism) experience in Kirifuri Highland, home to beautiful nature and waterfalls.

You can cleanse your body and soul through Zen and waterfall meditation.

Shugendo experience

This experience takes place in the Kirifuri Highland of Nikko National Park, a place home to beautiful nature decorated with waterfalls embodying natural figurative beauty. The experience involves walking to various waterfalls in the mountains, relaxing your mind through Zen meditation, and cleansing your body through waterfall meditation. This shugendo experience will let you forget your daily cares and experience blissful calm, offering you the perfect chance to discover your new self and reflect on your old self.

Date: May to October
Duration: 240 min
Price: Adults (junior high school students and older): 14,000 yen **We can accommodate 4 to 10 people**
Nikon: 0288-70-1181
Email: info@naoc-jp.com
Website: https://www.naoc-jp.com

Activity 14: Ride a mountain bike along a gentle, approx. 14 km long course including the World Heritage Site area.

Traveling by mountain bike will give you a unique glimpse into Nikko’s nature, culture, and lifestyle.

Discover Nikko Mountain Bike Tour

The cycling tour starts at a place where you can feel the history of Nikko of old at Manzen-ya and then admire the Okuni River. In the 14 km course, you can cycle through the World Heritage Site area, along the same River, through central Nikko City, through an off-road course in the river area, and along the Cedar Avenue of Nikko and sub-tropical landscape. Gentle downhill slopes make up 95% of the course, making it an easy route for all.

Date: April to November
Duration: 210 min
Price: Adults: 9,000 yen, children: 7,000 yen **We can accommodate up to 10 people**
Nikon: 0288-70-1181
Email: info@naoc-jp.com
Website: https://www.naoc-jp.com

Activity 15: An easy-going canyoning tour where you can slide down waterfalls of all sizes.

Follow in the footsteps of poet Matsuo Basho and admire the Urami Falls from below to experience mother nature!

Canyoning in Nikko National Park

This is an adventure tour for beginners. It’s only a 10-minute walk to the valley, so anyone can easily join the tour. Have a relaxing stroll through a magical world while listening to the birds sing. Water trickling from rocks, green tunnels surrounded by woodland, blue waterfalls—discover your new self in this natural wonderland.

Date: Late April to mid-October
Duration: Approx. 180 min
Price: Adults: 8,500 yen **Students must be at least a junior high schooler and fit** **We can accommodate up to 6 people**
Nikon: 0288-95-0248
Email: info@nikko-jumbo.com
Website: https://www.nikko-jumbo.com

Activity 16: An activity only available in the midwinter in which you can climb an approx. 25-meter-high wall of ice next to Chojii Waterfall.

Only those who climb up the wall can experience the spectacular view of the white and blue world of ice from above.

Midwinter-only ice climbing tour in Nikko: get to the top of the wall!

Chojii Waterfall, located among one of the three hidden waterfalls of Kirifuri, lies quietly in the untouched nature of Nikko Kirifuri Highland. Using special equipment, climb up an approx. 25-meter-high wall of ice next to the clear waterfall. Climb to the top of the wall to experience the spectacular view of the world of ice from above.

Date: Mid-January to early March
Duration: Approx. 360 min (including lunch)
Price: Adults (15 years old and over): 13,000 yen
*Children under 15 years old cannot participate **We can accommodate up to 5 people
Nikon: 0288-53-3379
Email: info@oneplayit.com
Website: http://www.oneplayit.com/

Activity 17: An all-year-round trekking tour led by a nature guide with extensive knowledge of Okuniko.

In addition to the summer walking tour, there is a popular snowshoe tour in the winter.

A private tour with a nature guide with extensive knowledge of Okuniko

Okuniko is a paradise of natural beauty consisting of 10,000 lakes and ponds on the flanks of Mount Okunoname. The trees are said to be 1,000 years old and the sea of clouds is one of the three finest in Japan. This is a private guided tour where you will walk along the lake, forest, and peak in 600 hectares of forests and mountains. The tour guide will introduce you to the interesting sites of Okuniko.

Date: Year-round
Duration: Approx. 3 hours
Price: Adult (15 years old and over): 25,000 yen Child (under 15 years old): 8,000 yen
Nikon: 0949-22-8516
Email: info@okunikotours.com
Website: http://www.okunikotours.com

Activity 18: Join Yunishigawa Onsen’s Kamakura Festival and enter a winter wonderland.

Enjoy a snow hut barbecue, night illuminations, sledding, and much more besides!

Kamakura Festival at Yunishigawa Onsen

At the Heli-no-sato Venue, you can enjoy 5 giant snow huts, 10 miniature snow huts, a snow slide, and sledding, as well as illuminations at night. The new display offers many exciting features, including 7 huge snow huts and a snow slide barbecue. This is a venue that is listed as a Night View Heritage of Japan. You can sled down a snow slide and play in the snow in Nikko National Park.

Date: Late January to early March
Duration: Approx. 150 minutes
Price: Adult (15 years old and over): 500 yen Child (under 15 years old): free
Nikon: 0288-96-0430
Email: info@helino-sato.com
Website: http://www.helino-sato.com

Available languages: English, Chinese, Korean, Japanese

Spring only
Summer only
Autumn only
Winter only

For individual travelers
For groups
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Sample course using the recommended activities

Season: “Green Season” (May - October)
Duration of stay: 3 nights, 4 days

Nikko/Kinugawa NIKKO IS NIPPON Summer Premium Resort Course

- Get up close and personal with the region’s history, culture and nature, with visits to various locations including a World Heritage Site and the Oku-Nikko Shitsugen Wetland, a designated Ramsar site.
- Discover relics of summers gone by at resorts beloved by the Imperial Family and former Western diplomats.
- Enjoy great value using the Free Pass, which covers nearly all buses and trains.

Activity 03: Shugendo Experience (240 min.)
(Activity to Shugendo Experience: 10:30 a.m., Shugendo Experience: 11:00 a.m.)
(Duration: 120 min.)

Day 1
9:00 a.m. Accommodation on the shore of Lake Chuzenji
(Price: 3,000 yen) (Accommodation on the shore of Lake Chuzenji) (Price: 3,000 yen)
9:30 a.m. Nikko National Science Museum
9:30 a.m. Nikko National Science Museum
(Tobu Nikko Station, a 30-minute walk from the museum) (Tobu Nikko Station, a 30-minute walk from the museum)
10:00 a.m. Shugendo Experience
10:00 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)
10:30 a.m. Shugendo Experience
10:30 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)

Day 2
8:30 a.m. Accommodation on the shore of Lake Chuzenji
8:30 a.m. Accommodation on the shore of Lake Chuzenji
(Price: 3,000 yen) (Price: 3,000 yen)
9:00 a.m. Photographing the Sacred Sites of Nikko
9:00 a.m. Photographing the Sacred Sites of Nikko
(Tobu Nikko Station, a 30-minute walk from the museum) (Tobu Nikko Station, a 30-minute walk from the museum)
9:30 a.m. Chuzenji Onsen
9:30 a.m. Chuzenji Onsen
(Price: 3,000 yen) (Price: 3,000 yen)
10:00 a.m. Shugendo Experience
10:00 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)
10:30 a.m. Shugendo Experience
10:30 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)

Day 3
9:00 a.m. Kinugawa-Onsen Station
9:00 a.m. Kinugawa-Onsen Station
(Price: 3,000 yen) (Price: 3,000 yen)
9:30 a.m. Kinugawa Onsen
9:30 a.m. Kinugawa Onsen
(Price: 3,000 yen) (Price: 3,000 yen)
10:00 a.m. Shugendo Experience
10:00 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)
10:30 a.m. Shugendo Experience
10:30 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)

Day 4
9:00 a.m. Kinugawa-Onsen Station
9:00 a.m. Kinugawa-Onsen Station
(Price: 3,000 yen) (Price: 3,000 yen)
9:30 a.m. Shugendo Experience
9:30 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)
10:00 a.m. Shugendo Experience
10:00 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)
10:30 a.m. Shugendo Experience
10:30 a.m. Shugendo Experience
(Price: 3,000 yen) (Price: 3,000 yen)

Activity 01: Italian Embassy Villa Memorial Park
Activity 02: Senjogahara Guided Hiking Tour
Activity 04: Kinugawa River-rafting

Legend for free passes:
- Train: Free Pass
- Bus: Free Pass
- Bicycle-rental: Free Pass
- Walk: Free Pass
- Photos spot

Map of Nikko/Kinugawa summer premium resort course.
Sample course using the recommended activities

Season | Duration of stay | Nikko/Kinugawa/Yunishigawa NIKKOH IS NIPPON Winter Premium Resort Course for Photography
---|---|---
Winter (End of January - Early March) | 2 nights, 3 days (3 nights, 4 days for the Active Course) |

- Get up close and personal with the region's history and culture through visits to World Heritage Sites and Temples of Nikko, and the Imperial Family’s former Imperial Villa.
- Take memorable photos as you explore the area, like photos of the Yunishigawa Kamakura Museum and of strolling in kimono.
- Enjoy great value using the Free Pass, which covers nearly all buses and trains.

**Day 1**

- **Activity 16**: Ice Climbing Tour, 900m

**Day 2**

- **Activity 18**: Yunishigawa Onsen Kamakura Festival

**Day 3**

- **Activity 18**: Yunishigawa Onsen Kamakura Festival

**Day 4**

- **Activity 18**: Yunishigawa Onsen Kamakura Festival

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**Active Course Day 1**

- **Accommodation in Yunishigawa Onsen Hot Spring**

**Active Course Day 2**

- **Accommodation around the World Heritage Site**

**Active Course Day 3**

- **Accommodation in Yunishigawa Onsen Hot Spring**

**Active Course Day 4**

- **Accommodation in Yunishigawa Onsen Hot Spring**
Shiobara and Yaita NIKKO is NIPPON
“The Gifts of Water” Course

- Enjoy activities that put you in touch with the region’s celebrated waters.
- Tour hot springs in a venerable onsen area replete with unique characteristics, including Shiobara Onsen Hot Springs Village and its seven varieties of springs, and Itamuro Onsen Hot Springs and its medicinal baths known as Shimotsuke no Kusuriyu.
- This course can be enjoyed by anyone, regardless of age.

Activity 05
Start
Nasushiobara Station

Activity 11
Nasushiobara Station
Shiobara Onsen Hot Springs Village Day
Shiobara Monogatari-kan

Day 1
9:15a.m. Accommodation in Itamuro Onsen Hot Springs Village [Accommodation]
10:00a.m. Activity of Shiobara Valley Nature Walk (113 min)
12:10p.m. Lunch at Shiobara Monogatari-kan
1:15p.m. Activity of Shiobara Onsen Hot Springs Village (Hot Spring bathing [onsen tour] and food sampling at various restaurants.)
6:00p.m. Accommodation in Itamuro Onsen Hot Springs Village [Accommodation]

Day 2
9:30a.m. Facilities at Shiobara Onsen Hot Springs Village
9:30a.m. Promenade Walking Tour of Sukkanzawa’s Waterfalls (270 min)

Day 3
2:40p.m. Lunch at Mountain Plateau Station
6:00p.m. JR Nasushiobara Station to Tokyo Station
Nasu NIKKO is NIPPON
Winter Activities Course Near Tokyo

- Get up close with nature and frolic in the snow without straying too far from Tokyo.
- Enjoy various snow sports, including skiing and snowboarding.
- Savor the strawberries of Tochigi Prefecture, the "Strawberry Kingdom," which has boasted Japan’s highest strawberry yield for over 50 years.

Sample course using the recommended activities

**Season**
Winter (end of January – early March)

**Duration of stay**
1 night, 2 days

**Notes**

Trail map

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**Day 1**

- 9:00 a.m. Accommodation in Nasu Kogen
- 9:45 a.m. Breakfast
- Guided Snowshoe Walk (180mm)

**Day 2**

- 1:15 p.m. Lunch
- Okashi no Shiro ("Sweets Castle") - Nasu Heartland (Nasu Kogen Farm Strawberry Forest)
- 3:08 p.m. Mount Nasu Snow Cycling (120mm)

Legend for itinerary

- Airplane
- Train
- Car (private)
- Taxi
- Service taxi
- Shuttle bus
- Boat
- Bicycle
- Walking
- Photo spot