





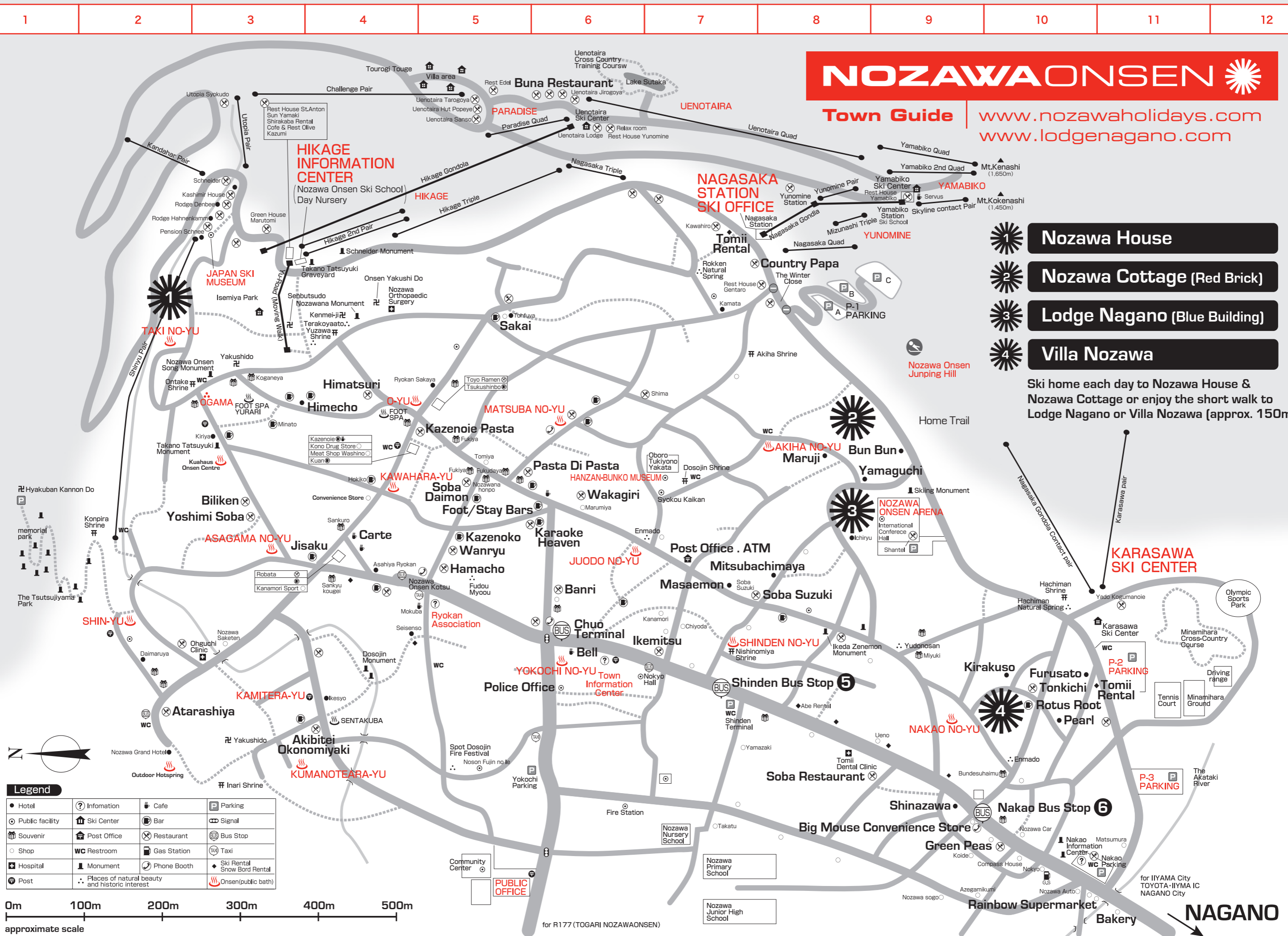
NOZAWA ONSEN

Town Guide

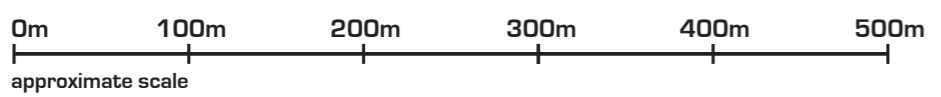
www.nozawaholidays.com
www.lodgenagano.com

-  **Nozawa House**
-  **Nozawa Cottage (Red Brick)**
-  **Lodge Nagano (Blue Building)**
-  **Villa Nozawa**

Ski home each day to Nozawa House & Nozawa Cottage or enjoy the short walk to Lodge Nagano or Villa Nozawa (approx. 150m)



Legend



NAGANO

for R177 (TOGARI NOZAWA ONSEN)

Nozawa Onsen Yokoso

Welcome to Nozawa Onsen we hope you will have an amazing and memorable stay in this beautiful mountain village. Nozawa has a lot of history and culture please enjoy and respect it during your stay. Here are a few handy tips that we hope will help along the way.

INTERNET

At our lodges Wifi Internet just 500 yen per person unlimited use during your stay on your computer. Our computer 100 Yen for 15 minutes.

Cool things to do

Do a loop – stroll thru the village along oyu dori and up to the temples follow the path to ogama the cooking hot spring, grab a bite and then past the old ryokans to the centre of town.

Eat – There are lots of amazing eating delights in town to explore with cool little restaurants and quaint bars. Check out our restaurant reviews online or in the foyer.

History Time - Wander through the Ski Museum, Village Museum and all the shrines and historic buildings around the town.

Onsen – After a day getting knee deep in powder there is no better way to recover and relax than getting neck deep in a hot spring. There are 13 free Onsens in town and many great private ones too.

Karaoke – There is a bit of rock star in all of us so grab some of your old and new friends and belt out a few tunes there are boxes where you can just amaze your friends or can do in public and impress the crowd too.

Climb a mountain – If you are a skier or boarder it is a given you will be going up the Mountains but even if you are not, be sure to get on the Gondola and head up to Yamabiko which means ‘Mountain Echo’ great views and a nice new restaurant await.

Other fun things to do – Snow Monkey Tour, Snow Shoe or Cross Country, Take a hike, Ride in a snow cat, Back Country Tour, Take a ski lesson, Head out to Nagano and the Zenkoji Temple, Matumoto, Iiyama or another near by ski resort.

So lots to see and do, please just ask the staff for any information or hints they know the place well and are happy to share their passion for Nozawa.

Japanese Lesson

Many locals in Nozawa still don't speak a lot of English but are very happy to welcome you, so if you make a little effort to speak some Japanese they will be very impressed.

Hello - **Konnichiwa**

Good Morning - **Ohayou**

Thank you - **Arigatou**

Please - **Kudasai**

One - **Hitotsu**

Two - **Futatsu**

Three - **Mitsu....**

after that your on your own. You should not be drinking so many beers anyway!

Where - **Doko**

When - **Itsu**

What is this - **Kore wa nan desuka**

Bon appetit - **Itadakimasu**

Thanks for the meal - **Gochisosama**

Delicious - **Oishi**

Cheers - **Kumpai**

That's probably enough to get you started and out of too much trouble

How to Onsen

Basically if you follow the locals you will be fine but just incase here are some guidelines to help you make the most of this unique experience.

- **Bring;** a Towel - small is best, soap and shampoo, we supply this at the Lodges.
- Pick the right door Mens and Ladies are well marked.
- Take shoes off before you step on the raised wooden area after entering and put in the bottom of the lockers, put all clothes in the top.
- Before getting into the pool totally wash your body with soap.

- Rinse off using a combination of the hot water from the spring and if need be the cold water from the taps on the walls before entering. You can use the buckets supplied.
- Can be bit hot at first so ease yourself in and relax.
- Use a small towel dry yourself before stepping on the wood, also handy if you are a little modest.
- Take your shoes and put on as stepping from the wood to the concrete area.
- No drinking or eating allowed in the Onsens, try and keep splashing and noise to a minimum
- Remember to smile and enjoy, you will have a warm buzz for hours.

Any questions please ask. We will provide you with an Onsen Kit if you like and can show you were all the onsens are located you may want to try a different one every night.

Times (Refer to time tables)

Check in from: 2:00pm - Check out: 10:00am

Your welcome to leave your bags in the Lounge as long as you like go for a ski and keep your towels if you want an Onsen after.

Office Hours: 8am - 10am & 4pm - 7pm

But there is someone around all day so please just ask if you need anything. Get your lift tickets, book lessons or tours anything you need.

Breakfast: 7:30 - 9:00am

Last orders for hot breakfast **8:30am**

Lodge Rental shop: 5pm - 7pm

But please ask if you need gear anytime.

Tomii Rental: 8am - 5pm

Restaurants in town: 12 - 2pm then 6pm - 10pm

Bars: 6pm - Midnight and beyond to about 2am
Most places take one day off a week, which varies. Some places may appear closed, but take a good look as they are generally are open - it's cold outside!

Restaurants on the Mountain: 10am – 3pm

Lifts: Open at 8:30am and Close at 4:40pm
(varies slightly)

Shuttle Bus: slightly before and after the Lift times.

Ski School Lodge: Start times **9am, 10:30am and 1:30pm**. Meet at Servus Café at the top of Nagasaka Gondola except beginner snowboarders meet at Tomii Rental below Nagasaka Gondola.

Book at least 1 day before.

Ski School Mountain: Start **10am and 1pm** register at least 30 minutes prior at the Ski School Office.

Bus to Togari Station: First Bus **6:40am or 7:15am** on weekends and holidays. Then almost every hour until **5:15pm** please refer to timetables.

Bus to Nagano Station: First Bus **9:15am** then every Hour and a half until **4:10pm**

Child Care: At Hikage Ski Center on the slopes from Hours: **9:00am - 12:00noon / 1:00pm - 4:00pm** or you can arrange private care thru the Lodge at most times.

Snow Monkey Tour: Every Wednesday and Saturday if enough people. Departs the Lodge at **1:15pm** and returns around **5:30pm**.

Nozawa Onsen is a quiet farming village for most of the year please don't forget you are guests here, drunken or unruly behaviour is neither appreciated or accepted and anyone not doing the right thing will be asked to leave. **Enough said so behave!**

Nozawa is one of those special places that you too will hopefully fall in love with. The snow, food, and culture are amazing but it is the people that will always keep you coming back. Nozawa is easy to love and hard to leave.

Have a great stay and please do not hesitate to ask us if you need anything at all. Arigatou gozaimasu

DON'T FORGET TO RETURN YOUR KEY WHEN YOU LEAVE PLEASE

Reduce
Reuse
Recycle



Please do your bit to help Conserve Energy Turn off lights and heaters when you're the last to leave a room or head out for the day or night and help us to cool the globe for even deeper powder days (bathroom lights are on timers so no need to switch off).

ANY EMERGENCIES OR NEED HELP CAN CALL US ON
Mobile: **090 9669 6026** Office: **050 5532 6026**