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JNTO Website : <http://www.jnto.go.jp>

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"YOKOSO" means "welcome"

SKIING IN JAPAN

Mountains and long seashores are Japan's most visible features. Mountains in the central highlands and northern regions are blanketed with deep snow, making Japan's skiing grounds among the world's best. There are hundreds of ski areas in Japan, with 34 of the best listed in this guide.

Avoid The Crowd

If weekends and holiday periods are avoided, i.e., end of Dec. and New Year's holidays, shorter lift lines and less tight lodging situations are available. Trains and buses are very often crowded during the ski season. Book your seats in advance.

Book In Advance

There are numerous accommodations at each ski resort. Rates per person per night range from ¥5,000 including two meals at Minshuku or skier's lodges to ¥20,000 and up at first class hotels without meals. Most of them is full occupancy during the ski season. To secure a room, call early. For reservations, please call the numbers in Column I (information).

A Tip For Those Who Wear Boots 28.5 CM And Above

Rental ski equipment is easy to obtain (See column E for the average charges). Skis and bindings of all sizes are available. However, in renting ski boots, large-size ski boots are hard to find. If you wear boots over 28.5 cm, call the numbers at column I to make sure that they are available.

Guide To The Abbreviations

Abbr.	Full Title	Remarks
C:	charge	In yen (¥).
A:	access	By train or bus. The train charge is that of an ordinary class reserved seat. Many kinds of discount can be applied for the round trip or certain ski trains. As to the bus transport, ¥100 to ¥300 as a baggage handling fee is charged per passenger on top of the ticket.
S:	season	The ski season depends on the snow and weather conditions. The charges are a weekday standard.
F:	facilities	Type of lift apparatuses at ski resorts.
E:	equipment	One day rental charge for a set of ski equipments (ski, boots & poles).
R:	remarks	Tips about a skiing ground, local attractions etc.
Sb:	snowboard	Available or Not Available.
I:	information	Call the numbers for information: The depth of snow, the availability of ski equipment and reservations, etc. Since many information offices do not speak English, it is advisable to have someone who is fluent in Japanese call for you.
Am:	Accommodations	The number and types of accommodations in each ski resort.

HOKKAIDO

① Furano (Furano-shi, Hokkaido)

A: From Sapporo to Furano. 2 hrs. 30 min. by Furano Ski Train on JR Hakodate & Nemuro Line. C: ¥4,170.

From Furano to the skiing ground. 10 min. by bus.

S: Late Nov. to early May.

F: 1 Gondola, 13 lifts. 1 ropeway.

Lift (gondola, ropeway included) ¥4,000 (one day), ¥1,500 (night ski).

E: ¥4,000.

R: Night skiing available. Powder snow.

Sb: Available.

I: The skiing ground office, Tel. (0167)22-1111

Furano Information Center, Tel. (0167)22-5777

Am: 5 hotels, 55 ryokan, minshuku & pensions.

② Niseko (Niseko-cho & Kutchan-cho, Hokkaido)

Niseko is a grand complex of three skiing grounds (Annupuri, Higashiyama, Hirafu). The grounds are connected by lifts, gondolas and buses. A one-day ticket for the whole area is available at every ground.

A: From Sapporo to Niseko. 2 hrs. 30 min. by JR Niseko

Liner on Hakodate-honsen Line.

C: ¥4,360 up./round trip ticket. 15-20 min. by bus from Niseko to the skiing grounds.

S: Late Nov. to early May.

F: 4 gondolas, 25 lifts. C: One day: ¥4,500, Night ski: ¥1,900 (Annupuri), ¥1,500 (Higashiyama), ¥2,700 (Hirafu).

E: Ski rental ¥4,500 (Annupuri), ¥4,000 (Higashiyama), ¥3,000 - ¥4,500 (Hirafu).

Snowboard rental ¥5,000~ (Annupuri), ¥4,500 (Higashiyama), ¥4,000 - ¥5,200 (Hirafu)

R: Night skiing available. Powder snow.

Sb: Available.

I: Niseko Moiwa Ski Resort Office, Tel. (0136)59-2511

Niseko Kokusai Hirafu Ski Resort Office, Tel. (0136)22-0109

Niseko Annupuri Ski Resort Office, Tel. (0136)58-2080

Am: 14 hotels, 8 ryokan, 15 lodges, 124 pensions.

③ Fukagawa Ski Resort (Otoe-machi, Fukagawa-shi, Hokkaido)

A: From Sapporo to Fukagawa. 1 hr. 5 min. by JR Express Super White Arrow. C: ¥3,850.

S: Dec. - Mar.

F: 5 different ski courses from beginner level to advanced level with 2 lifts. Ski lesson for beginners. One-day lift pass ¥2,500.
 E: Ski/Snowboard rental ¥4,000.
 Sb: Available.
 I: Fukagawa Ski Resort, Tel. (0164)25-1211

④ **Rusutsu Ski Resort (Rusutsu-mura, Abuta-gun, Hokkaido)**

A: From Sapporo to Kucchan. 2 hrs. by JR Niseko Liner, then 1 hr. by bus. or 2 hrs. by bus from Sapporo Sta.
 S: Late Nov. to mid Apr.
 F: 4 gondolas, 13 lifts. C: One-day lift pass ¥4,700.

E: Ski/Snowboard rental ¥4,500.
 Sb: Available.
 I: Rusutsu Ski Resort, Tel. (0136)46-3111

⑤ **Kiroro Ski Resort (Akaigawa-mura, Hokkaido)**

A: From Sapporo. 1 hr. 45 min. by bus.
 S: Late Nov. to mid Apr.
 F: 1 gondola, 8 lifts. C: ¥4,500 (one day), ¥3,500 (half a day).
 E: Ski/Snowboard rental ¥4,600.
 Sb: Available.
 I: Kiroro Ski Resort, Tel. (0135)34-7111

TOHOKU

⑥ **Tazawako (Obonai, Tazawako-machi, Akita Pref.)**

A: From Tokyo to Tazawako. 3 hrs.–3 hrs. 30 min. by Tohoku Akita Shinkansen. C: ¥15,240 (Tokyo – Tazawako). From Tazawako to the ski resort. 30 min. by bus.
 S: Early Dec. to early Apr.
 F: 9 lifts. C: ¥3,200, ¥1,600 (night ski).
 E: Ski/Snowboard rental ¥3,500.
 R: Powder snow. Hot springs in its precincts.
 Sb: Available.
 I: Tazawako ski resort office, Tel. (0187)46-2011
 Tazawako-machi Kanko Kyokai, Tel. (0187)43-2111 (Reservation)
 Am: 31 hotels, ryokan, 6 pensions, 3 lodges, 8 minshuku.

Am: 4 lodges, 5 pensions.

⑨ **Appi Kogen (Appi Kogen, Ashiro-machi, Iwate Pref.)**

A: From Tokyo to Morioka. 1 hr. 35 min. by Tohoku Shinkansen. C: ¥13,840 (Tokyo – Morioka). From Morioka to the ski resort. 1 hr. by bus. C: ¥1,070.
 S: Early Dec. to early May.
 F: 2 gondolas, 14 lifts. C: One day lift pass ¥4,000 up.
 E: Ski/Snowboard rental ¥3,500 (8 hrs.).
 R: Night skiing available.
 Sb: Available.
 I: Appi Kogen ski resort office, Tel. (0195)73-5111

⑦ **Zao (Zao Onsen, Yamagata-shi, Yamagata Pref.)**

A: From Tokyo to Yamagata. 2 hrs. 45 min. by Yamagata Shinkansen. C: ¥11,030 (Tokyo – Yamagata). From Yamagata to the skiing ground. 45 min. by bus. C: ¥840.
 S: Early Dec. to early May.
 F: 4 ropeways, 31 lifts. C: lifts ¥4,600 (one day), ¥2,000 (night ski).
 E: Ski rental ¥3,500, Snowboard rental ¥4,000~.
 R: Night skiing available. Hot springs in its precincts.
 Sb: Available.
 I: Zao ski resort office & Zao Onsen Tourist Information Center, Tel. (023)694-9328
 Am: 150 hotels, ryokan, minshuku, lodges, & pensions.

⑩ **ALTS Bandai Ski Resort (Bandai-machi, Yama-gun, Fukushima Pref.)**

A: From Tokyo to Koriyama. 1 hr. 20 min.–1 hr. 45 min. Tohoku Shinkansen. C: ¥7,970. From Koriyama to Inawashiro by JR Banetsu Saisen Line. From Inawashiro to ALTS Bandai Ski Resort by shuttle bus. (30 min. required).
 S: Mid-Dec. to late Mar.
 F: 1 gondola, 10 lifts. C: ¥3,800 (one day), ¥2,000 (night ski)
 E: Ski/Snowboard rental ¥4,000.
 R: Night skiing available.
 Sb: Available.
 I: ALTS Bandai Ski Resort, Tel. (0242)74-5025

⑧ **Tengendai (Yonezawa-shi, Yamagata Pref.)**

A: From Tokyo to Yonezawa. 2 hrs. 15 min. by Yamagata Shinkansen. C: ¥10,200 (Tokyo – Yonezawa). From Yonezawa to the ski resort. 50 min. by bus. C: ¥790.
 S: Mid Nov. to early May.
 F: 1 ropeway, 3 lifts. C: Lift ¥3,900 (one day), ¥3,400 (5 hours).
 E: Ski rental ¥3,900, Snowboard rental ¥4,000.
 R: Powder snow. Hot springs in its precincts.
 Sb: Available.
 I: Tengendai ski resort office, Tel. (0238)55-2236

⑪ **Grandeco Ski Resort (Kita-Shiobara-mura, Yama-gun, Fukushima Pref.)**

A: From Tokyo to Koriyama 1 hr. 45 min. by Tohoku Shinkansen. C: ¥7,970. From Koriyama to Inawashiro by JR Banetsu Saisen Line. From Inawashiro to Grandeco Ski Resort by shuttle bus (30 min. required).
 S: Late Nov. to early May.
 F: 1 gondola, 4 lifts. C: ¥4,500 (one day), ¥3,200 (half a day).
 E: Ski/Snowboard rental ¥3,500.
 Sb: Available.
 I: Grandeco Ski Resort, Tel. (0241)32-2530

CENTRAL HONSHU

⑫ **Ishiuchi Maruyama, GALA & Yuzawa Kogen (Shiozawa-machi & Yuzawa-machi, Niigata Pref.)**

A lift ticket good for all three resorts is ¥4,900 for one day. ¥7,900 for 2 days. This area is also famous for the hot spring.

–Ishiuchi Maruyama–

A: From Tokyo to Echigo Yuzawa. 1 hr. 40 min. by Joetsu Shinkansen. C: ¥6,490.
 From Echigo Yuzawa to the ski resort. 10 min. by bus.

C: ¥270.
 S: Mid Dec. to early Apr.
 F: 28 lifts. C: ¥4,200 (one day), ¥7,300 (2 days), ¥3,200 (half a day), ¥2,500 (night ski).
 E: Ski/Snowboard rental ¥2,500~.
 R: Night skiing available.
 Sb: Available.
 I: Ishiuchi Maruyama Kanko Kyokai, Tel. (025)783-2523
 Am: 10 hotels, 80 ryokan, 40 minshuku, 100 lodges, 10 pensions.

-GALA-

A: From Tokyo to GALA Yuzawa. 1 hr. 20 min. by Joetsu Shinkansen. C: ¥6,900. Only ski season runs.
 S: Mid Dec. to early May.
 F: 1 gondola, 1 ropeway. 9 lifts. C: ¥4,500 (one day), ¥2,000 (2 hrs., 15:00 – 17:00).
 E: Ski/Snowboard rental ¥4,500 (one day), ¥3,000 and up (half a day). ¥6,000 (2 days).
 R: Ski resort is connected to the GALA Yuzawa Station. Night skiing available. (Sat., Sun. and national holidays only)
 Sb: Available.
 I: GALA Yuzawa Ski Resort, Tel. (025)785-6543
 Am: See Accommodations for Ishiuchi Maruyama or Yuzawa Kogen.

-Yuzawa Kogen, Nunoba-

A: From Tokyo to Echigo Yuzawa. 1 hr. 40 min. by Joetsu Shinkansen. C: ¥6,490.
 From Echigo Yuzawa to the skiing ground. 5 min. by shuttle bus.
 S: Mid Dec. to early Apr.
 F: 1 ropeway, 9 lifts. C: ¥4,200 (one day), ¥3,000 (half a day), ¥1,500 (night ski only at Nunoba).
 E: Ski/Snowboard rental ¥2,500.
 R: Night skiing available. Hot springs in its precincts.
 Sb: Available.
 I: Yuzawa Kogen ski resort office, Tel. (025)784-3326
 Yuzawamachi Kanko Kyokai, Tel. (025)785-5505
 Am: 16 hotels & ryokan, 52 minshuku & pensions.

⑬ Naeba (Mikuni, Yuzawa-machi, Niigata Pref.)

A: From Tokyo to Echigo Yuzawa. 1 hr. 40 min. by Joetsu Shinkansen. C: ¥6,490.
 From Echigo Yuzawa to the ski resort. 50 min. by bus.
 C: ¥650.
 S: Early Dec. to early May.
 F: 3 gondolas, 26 lifts. C: Lifts ¥5,000 (one day including gondola and ropeway), ¥3,500 (half a day), ¥2,200 (night ski).
 E: Ski/Snowboard rental ¥4,000.
 R: Night skiing available.
 Sb: Available.
 I: Naeba ski resort office, Tel. (025)789-2211
 Naeba Ryokan Association Information Office, Tel. (0257)89-2706
 Am: 90 hotels & others including ryokan, lodges, pensions.

⑭ Myoko Sugino-hara/Kokusai (Myoko Kogen-cho, Niigata Pref.)

A: From Tokyo to Nagano. 1 hr. 50 min. by Nagano Shinkansen. C: ¥7,970.
 From Nagano to Myoko Kogen on Shinetsu Line. 45 min.

C: ¥8,390 (Tokyo – Myoko Kogen).
 From Myoko Kogen to the ski resort. 20 min. by bus depending on the distance to the ski resort. C: ¥200.
 S: Mid Dec. to early Apr.
 F: 1 gondola, 11 lifts. C: ¥4,000 (one day), ¥3,000 (half a day), ¥1,500 (night ski).
 E: Ski rental ¥3,500~, Snowboard rental ¥4,000.
 R: 12 various ski resorts. Night skiing available. Cross-country ski is available at Ikenodaira.
 Sb: Available.
 I: Myoko Kogen Kanko Kyokai, Tel. (0255)86-6000
 Myoko Sugino-hara/Kokusai ski resort office, Tel. (0255)86-6211
 Am: 100 ryokan, lodges, pensions & minshuku.

⑮ Shiga Kogen (Yamanouchi-machi, Nagano Pref.)

A: From Tokyo to Nagano. 1 hr. 50 min. by Nagano Shinkansen. C: ¥7,970.
 From Nagano to the ski resort. 70 min. by bus depending on the distance to the resort. C: ¥1,800.
 S: Mid Nov. to early May.
 F: 5 gondolas. 1 ropeway. 65 lifts. C: ¥4,500 (good for all facilities for one day). ¥2,000 up (night ski).
 E: Ski rental ¥3,000~, Snowboard rental ¥4,500.
 R: The biggest ski area in Japan, comprised of 21 individual ski resorts. Night skiing available.
 Sb: Available.
 I: Shiga Kogen Kanko Kyokai, Tel. (0269)34-2404
 Am: About 104 hotels, ryokan & lodges.

⑯ Kusatsu Kokusai (Kusatsu-machi, Gumma Pref.)

A: From Ueno to Naganohara Kusatsuguchi. 3 hrs. 5 min. by limited express on Takasaki, Joetsu and Agatsuma Lines. C: ¥5,650.
 From Naganohara to the ski resort. 30 min. by bus. C: ¥670.
 S: Late Nov. to early May.
 F: 1 ropeway, 12 lifts. C: Ropeway ¥900 (one ride). ¥4,000 – ¥4,700 (one day). ¥3,000 – ¥3,500 (half a day). ¥1,500 – ¥1,800 (night ski).
 E: Ski rental ¥3,500~.
 R: Night skiing available. Hot springs.
 Sb: Available.
 I: Kusatsu skiing ground office, Tel. (0279)88-8111
 (Reservation) Kusatsu Onsen Ryokan Association, Tel. (0279)88-3722
 Am: 20 hotels, 80 ryokan, 12 pensions.

⑰ Oze-Iwakura Ski Resort (Katashina-mura, Gumma Pref.)

A: From Ueno to Numata. 2 hrs. by limited express on Takasaki, Joetsu and Agatsuma Lines C: ¥2,520. 1 hr. from Numata to the ski resort by bus. C: ¥1,800. (Note: Reservation required.)
 S: Mid Dec. to mid Apr.
 F: 1 gondola, 14 lifts. C: ¥4,500 (one day), ¥4,700 (One day/holiday).
 E: Ski rental ¥3,000~.
 Sb: Available from Mar. to Apr.
 I: Oze-Iwakura Ski Resort, Tel. (0278)58-7131
 Am: 60 hotels, lodges and pensions
 For Bus reservation, (0278)58-7776.

⑱ Togari Onsen (Iiyama-shi, Nagano Pref.)

A: From Tokyo to Nagano. 1 hr. 20 min. by Nagano Shinkansen. C: ¥7,970. From Nagano to Togari Nozawa Onsen. 1 hr. 30 min. on Iiyama Line. C: ¥8,700. (Tokyo – Togari Nozawa Onsen)
From Togari to the ski resort. 5 min. by bus or taxi.
S: Mid Dec. to early Apr.
F: 9 lifts. C: ¥3,900 (one day), ¥2,500 (half a day), ¥2,000 (night ski).
E: Ski rental ¥2,000~, Snowboard rental ¥2,500~.
R: Night skiing available.
Sb: Available.
I: Togari Onsen ski resort office, (0269)65-2359
Togari Kanko Kyokai, Tel. (0269)65-3161
Am: About 135 lodges, minshuku & pensions.

⑲ Nozawa Onsen (Nozawa Onsen-mura, Nagano Pref.)

A: From Tokyo to Nagano. 1 hr. 20 min. by Nagano Shinkansen. C: ¥7,970. From Nagano to Togari Nozawa Onsen. 1 hr. 30 min. on Iiyama Line. C: ¥8,700 (Tokyo – Togari-Nozawa Onsen).
From Togari to the ski resort. 20 min. by bus. C: ¥400.
S: Late Nov. to early May.
F: 2 gondolas, 22 lifts. C: gondola & lift ¥4,300 (one day), ¥3,000 (half a day), ¥1,500 (night ski).
E: Ski rental ¥2,300~, Snowboard rental ¥2,800~.
R: Hot springs in its precincts. Night skiing available.
Sb: Available.
I: Nozawa Onsen ski resort office, Tel. (0269)85-3166
(Reservation) Nozawa Onsen Ryokan Association, Tel. (0269)85-2056
or Minshuku Association, Tel. (0269)85-2068
Am: 4 hotels, 24 ryokan, 370 lodges, minshuku & pensions.

⑳ Iizuna Resort (Mure-mura, Nagano Pref.)

A: From Tokyo to Nagano. 1 hr. 20 min. by Nagano Shinkansen. C: ¥7,970.
From Nagano to the ski resort. 40 min. by bus. C: ¥760.
S: Late Dec. to late Mar.
F: 7 lifts. C: ¥3,000 (one day), ¥2,000 (half a day/holiday), ¥1,500 (night ski).
E: Ski rental ¥3,000~, Snowboard rental ¥4,500~.
Sb: Available.
I: Iizuna ski resort office, Tel. (026) 253-3911
Tokyo office, Tel. (03)3214-5651
Am: 34 pensions.

㉑ Togakushi Ski Resort (Oaza-Togakushi, Togakushi-mura, Nagano Pref.)

A: From Tokyo to Nagano 1 hr. 20 min. by Nagano Shinkansen. C: ¥7,970.
From Nagano to the ski resort 1 hr. by bus. C: ¥1,310.
S: Mid Dec. to early Apr.
F: 10 lifts. C: ¥4,000 (one day), ¥3,000 (half a day).
E: Ski rental ¥2,000~, Snowboard rental ¥3,000~.
R: Night skiing not available.
Sb: Available.
I: Togakushi Ski Resort, Tel. (026)254-2106
Am: About 130 hotels, lodges, ryokan & pensions.

㉒ Tsugaike Kogen (Otari-mura, Nagano Pref.)

A: From Tokyo (Shinjuku) to Hakuba. 3 hrs. 40 min. by limited express on Chuo & Oito Lines. C: ¥8,070.
From Osaka to Matsumoto. 3 hrs. 30 min. by limited express on Tokaido & Chuo Line.
From Matsumoto to Hakuba. 2 hr. 10 min. on Oito Line. C: ¥10,660 (Osaka – Hakuba).
From Hakuba to the ski ground. 10 min. by bus. C: ¥380.
S: Late Nov. to early May.
F: 1 gondola, 27 lifts. C: Gondola & Lift ¥4,500 (one day), ¥3,500 (half a day), ¥2,000 (night ski).
E: Ski rental ¥2,500, Snowboard rental ¥2,500~.
R: Night skiing available. Helicopter service to the summit (Late Mar., Golden Week Season, late Apr. to early May. C: ¥9,500).
Sb: Available.
I: Tsugaike Kogen Kanko Sogo Center, Tel. (0261)83-2515
Am: 30 hotels, 31 minshuku, 56 lodges, 27 pensions.

㉓ Sun Alpina-Kashimayari, Keikyu-Aokiko, Hakuba-Sanosaka (Omachi-shi & Hakuba-mura, Nagano Pref.)

S: Mid Dec. to early Apr.
F: One day Pass is good for all ski resort. C: ¥3,900.
R: 3 separate skiing grounds within easy reach.
Sb: Available.

–Kashimayari–

A: From Tokyo (Shinjuku) to Shinano Omachi. 3 hrs. by limited express on Chuo & Oito Lines. C: ¥7,440.
From Osaka to Matsumoto. 4 hrs. by limited express on Tokaido & Chuo Lines. From Matsumoto to Shinano Omachi. 50 min. by limited express on Oito Line. C: ¥9,770 (Osaka – Shinano Omachi).
From Shinano Omachi to the skiing ground by shuttle bus.
F: 8 lifts. C: ¥3,500 (one day), ¥2,800 (half a day), ¥2,000up (night ski).
E: Ski/Snowboard rental ¥3,000.
R: Night skiing available.
I: Sun Alpina-Kashimayari, Tel. (0261)23-1231
Am: 9 hotels, 23 minshuku, 2 pensions.

–Keikyu-Aokiko–

A: From Tokyo (Shinjuku) to Shinano Omachi. 3 hrs. by limited express. From Shinano Omachi to Yanaba on Oito Line. 25 min. C: ¥7,760 (Shinjuku to Yanaba).
From Osaka to Matsumoto. 4 hrs. by limited express on Chuo Line. From Matsumoto to Yanaba. 1 hr. 10 min. on Oito Line. C: ¥10,290 (Osaka – Yanaba).
From Yanaba to the skiing ground. 5 min. by bus.
F: 5 lifts. C: ¥3,000–3,300 (one day), ¥2,600 (half a day).
E: Ski rental ¥3,500, Snowboard rental ¥4,000
I: Aokiko ski resort office, Tel. (0261)23-2391
Omachi City Tourist Office, Tel. (0261)22-0190
Am: 1 hotel, 2 lodges, 8 minshuku, 3 pensions including Hotel Blue Lake, Tel. (0261)23-1111

–Hakuba-Sanosaka–

A: From Tokyo (Shinjuku) to Shinano Omachi. 3 hrs. by limited express. From Shinano Omachi to Minami-Kamishiro on Oito Line. 20 min. C: ¥7,760.
From Osaka to Matsumoto. 4 hrs. by limited express on

Tokaido & Chuo Lines.

From Matsumoto to Minami-Kamishiro. 1 hr. 15 min. by express on Oito Line. C: ¥10,290 (Osaka – Kamishiro).

From Minami Kamishiro to the ski resort. 15 min. walk or 5 min. by shuttle bus.

F: 7 lifts. C: ¥3,900 (one day), ¥3,000 (half a day), ¥1,500 (night ski).

E: Ski/Snowboard rental ¥3,500.

I: Sanosaka Kanko Kyokai, Tel. (0261)75-2811

Sanosaka ski resort office, Tel. (0261)75-2452

Am: 10 lodges & pensions, 32 ryokan & minshuku.

②4 Hakuba Happo One (Hokujo, Hakuba-mura, Nagano Pref.)

A: From Tokyo (Shinjuku) to Hakuba. 3 hrs. 40 min. by limited express on Chuo & Oito Lines. C: ¥8,070.

From Osaka to Matsumoto. 4 hrs. by limited express on Tokaido & Chuo Lines.

From Matsumoto to Hakuba. 1 hr. 40 min. on Oito Line. C: ¥10,660 (Osaka – Hakuba).

From Hakuba to the skiing ground. 5 min. by bus. C: ¥180.

S: Early Dec. to early May.

F: 1 gondola, 30 lifts. C: ¥4,600 (one day), ¥3,300 (half a day), ¥2,000 (night ski).

E: Ski rental ¥2,500, Snowboard rental ¥3,000~.

R: Night skiing available.

Sb: Available.

I: Happo One Kanko Kyokai, Tel. (0261)72-3066

Am: 800 hotels, ryokan, lodges, pensions & minshuku.

②5 Kurumayama Kogen (Kitayama, Chino-shi, Nagano Pref.)

A: From Tokyo (Shinjuku) to Chino. 2 hrs. 11 min. by limited express on Chuo Line. C: ¥5,870.

From Osaka to Matsumoto 3 hrs. 30 min. by limited express on Chuo Line.

From Matsumoto to Chino 50 min. on Chuo Line. C:

¥10,290. (Osaka – Chino).

From Chino to the ski resort. 1 hr. by bus. C: ¥1,350.

S: Early Dec. to mid Apr.

F: 11 lifts. C: ¥4,000 (one day), ¥2,000 (night ski).

E: Ski/Snowboard rental ¥3,500~.

R: Night skiing available.

Sb: Available.

I: The ski resort office, Tel. (0266)68-2626

Am: 64 hotels, lodges & pensions.

②6 Yumoto (Nikko-shi, Tochigi Pref.)

A: From Ueno to Tobu Nikko Sta. 2 hrs. 20 min. by limited express on Tobu Line. C: ¥2,780. 1 hr. 10 min. by bus from Tobu Nikko. C: ¥1,650.

S: Mid Dec. to Mar.

F: 4 lifts. C: ¥3,500 (one day), ¥2,800 (half a day).

E: Ski/Snowboard rental ¥3,500.

R: Hot springs, lakes and waterfalls in its precincts. A 10-min. walk away, "Kotoku Skiing Ground" only for cross-country skiing, Tel: 0288-55-0585.

Sb: Not available.

I: Yumoto skiing information, Tel. 0288-62-2532.

②7 Arai Mountain & Snow Park (Arai-shi, Niigata Pref.)

A: From Tokyo to Nagano. 2 hrs. 10 min. by JR Shinkansen Asama. C: ¥8,170. From Nagano to Arai. 1 hr. 40 min. by local train on JR Myoko Line. C: ¥1,460. From Myoko to the skiing ground. 15 min. by shuttle bus. C: Free of charge.

S: Mid Dec. to mid May.

F: 1 gondola, 2 lifts. C: ¥4,300 (one day), ¥3,600 (half a day), ¥2,000 (night ski/Fri.-Sun.)

E: Ski rental ¥3,500, Snowboard rental ¥4,000, Short ski (Snow blade) rental ¥2,500.

R: For more information, <http://www.araimntspa.com/>

Sb: Available.

I: Arai Resort, Tel: (0255)70-1111

Am: 3 hotels with pool, spa, esthetics.

WESTERN HONSHU

②8 Makino Kogen Makino Skiing Ground (Takashimagun, Shiga Pref.)

A: From Kyoto to Makino. 1 hr. 20 min. by local train on JR Kosei Line. C: ¥1,100. From Makino to the skiing ground (Makino Kogen Onsen Sagasa Bus Stop.). 10 min. by bus. C: ¥310.

S: Mid Jan. to mid Feb.

F: 1 lift. C: ¥3,500 (one day)

E: Ski rental ¥1,500 - 3,500, Snowboard rental ¥4,000 - 5,000.

R: 17 hotels & minshuku. It has 300,000 m² ski area, and 60-year history. It is ideal for beginners, intermediate skiers and families.

Sb: Available.

I: Tel. (0740)27-0936

②9 Mamba Ski & Snowboard Paradise (Kinosaki-cho, Hyogo Pref.)

A: From Kyoto to Kinosaki. 2 hrs. by limited express on JR Kinosaki Line. C: ¥4,910. From Kinosaki to Ebara. 1 hr. by limited express on JR Kita-Kinki Line. C: ¥1,660. From Ebara to the skiing ground. 25 min. by bus (2 runs per day: 9:40 & 15:30). C: ¥600.

S: Mid Dec. to mid Mar.

F: 5 lifts. C: ¥4,000 (one day).

E: Ski / Snowboard rental ¥3,000.

R: You can enjoy famous Tajima-gyu (Tajima beef) & Matsuba-gani (Queen-crab) in restaurants and accommodations nearby.

Sb: Available.

I: Skiing ground, Tel. (0796)45-0191

Tourist information, Tel. (0796)45-0800

Am: 18 hotels & minshuku.

③0 Daisen Kokusai (Daisen-cho, Tottori Pref.)

A: From Osaka (Shin-Osaka) to Okayama. 50 min. by Sanyo Shinkansen.

From Okayama to Yonago. 2 hrs. by limited express on Sanyo & Hakubi Lines. C: ¥9,680 (Osaka – Yonago).

From Yonago to the skiing ground. 50 min. by bus. C: ¥800.

S: Mid Dec. to late Mar.

F: 8 lifts. C: ¥4,800 (one day).

E: Ski rental ¥2,700~. Snowboard rental ¥3,500.

R: 4 different ski resorts nearby.

Sb: Available.

I: Daisen Tourist Information Center, Tel. (0859)52-2502

Daisen Skiing ground office, Tel. (0859)52-2321

Daisen Hotel, Tel. (0859)52-2111

Am: 45 ryokan and minshuku.

31) Hachikita Kogen Ski Resort (Muraoka-cho, Osasa, Mikata-gun, Hyogo Pref.)

A: From Osaka to Yoka. 2hrs. 50 min. by limited express on JR Kita-kinki Line. C: ¥2,520. From Yoka to Hachikita-guchi. 40 min. by bus. C: ¥840. From Hachikita-guchi to the skiing ground. 20 min. by bus / 10 min. by taxi. C: ¥400 / ¥1,200.

S: Early Dec. to early Apr.

F: 12 lifts. C: One-day lift pass ¥4,500.

E: Ski rental ¥3,000~. Snowboard rental ¥3,500~.

Sb: Available.

I: Hachikita Kogen Ski Resort, Tel. (0796)96-0201

33) Meiho Ski Resort (Meiho-mura, Gifu Pref)

A: 45 min. by direct bus from Shin-Gifu Sta. (booking required Tel. (058)266-8822)

S: Late Dec. to Late Mar.

F: 6 lifts. C: ¥4,000 (one day).

E: Ski rental ¥3,500, Snowboard rental ¥4,000.

Sb: Available.

I: Meiho Ski Resort, Tel. (0575)87-2811

24 hrs. open at the ski center & parking area.

34) Geihoku Kokusai Ski Resort (Nakaso, Geihoku-machi, Yamagata-gun, Hiroshima Pref.)

A: 2 hrs. by bus from Hiroshima Sta. The ski bus tour is available at (082)249-6500 for reservation.

S: Late Nov. to late Mar.

F: 6 lifts. C: ¥4,800 (one day), ¥3,600 (4hrs. /weekday).

E: Ski rental ¥3,500, Snowboard rental ¥5,000.

Sb: Available.

I: Geihoku Kokusai Ski Resort, Tel. (082)635-0250

32) Dyna Land (Takatobi-mura, Gujo-gun, Gifu Pref.)

A: Direct bus service from Nagoya Sta. (booking required, Tel: (052)571-0066)

S: Early Dec. to early Apr.

F: 7 lifts. C: One day lift pass ¥4,300~.

E: Ski/Snowboard rental ¥4,600~.

R: 4 different ski resorts nearby.

Sb: Available.

I: Dyna Land Telephone Service, Tel. (0575)72-6636

If you plan to go skiing privately, it's fairly expensive, but there are many cheaper package tours available at major stations, travel agencies & websites.

Some travel agencies are ready to contact you in English.

Nippon Travel Agency Co., Ltd. (株式会社日本旅行):

Tel. (03)3572-8744

URL: <http://www.nta.co.jp/english/>

JTB (株式会社ジェイティービー):

Tel: 03-5796-5460

URL: <http://www.jtb.co.jp/sunrisetour/>

or <http://www.jtb.co.jp/eng/index.html>

SKI Japan Holidays (有限会社スキージャパンホリデイズ):

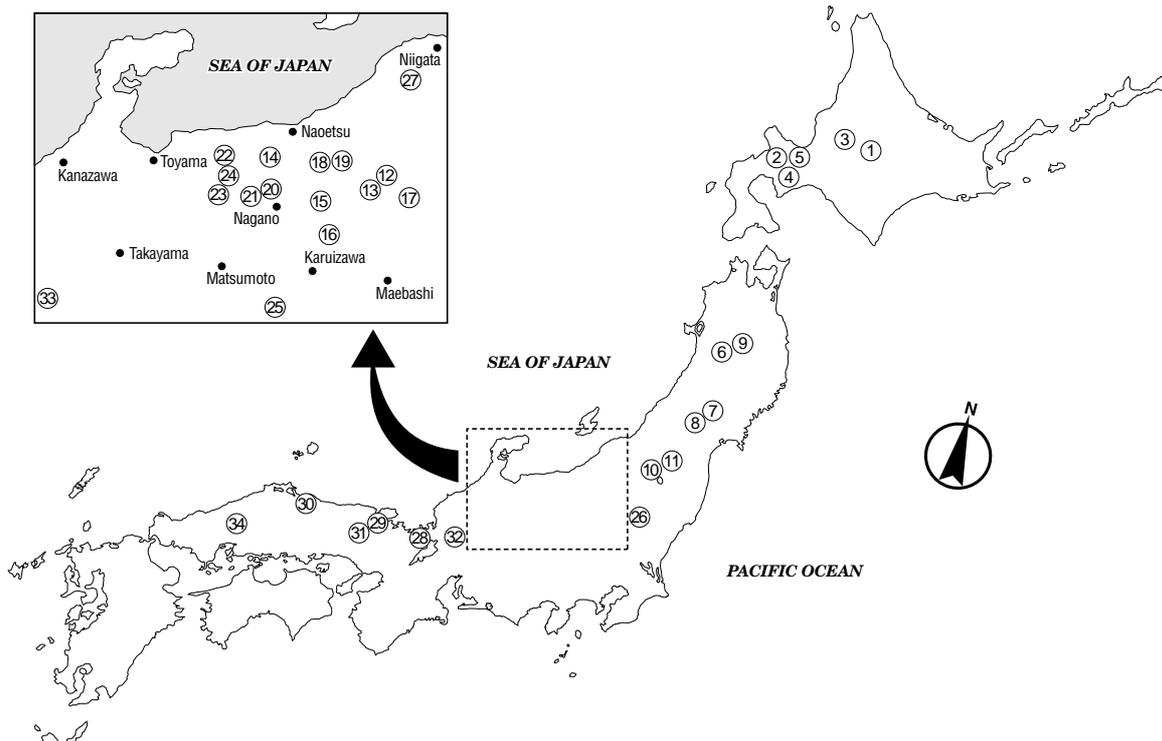
*handles only ski tours around Nagano & Hokkaido

Tel. (0261)72-6663

URL: <http://www.japanspecialists.com>

The Location of 34 Ski Resorts in Japan

The numbers on the map correspond to the ones in the list.



All information contained in this leaflet is based on data as of December 2003. Partly revised in January 2005. Transportation schedules, fares, rental charges, etc. are subject to change. Check with organizations concerned for updated information.

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