

For Visitors to Togakushi Shrine in Winter 致冬季前往户隐神社的各位来访者

Restricted Access to the Okusha Approach from January 7.
自1月7日起，奥社参道将实施通行限制。

Entry beyond the Zuishinmon Gate is strictly prohibited.
随神门以内区域禁止进入。

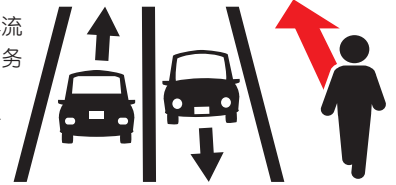
This rule is in place to protect your safety due to the risk of avalanches and must be strictly followed.
These restrictions will remain in effect until late April.
此规定是为防范雪崩风险、保障您的生命安全而设，请务必严格遵守。
通行管制预计持续至4月下旬。



Walk on the Right Side of the Road 请靠道路右侧行走

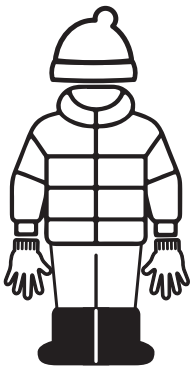
Main roads in Togakushi are narrow and have heavy traffic. Pedestrians must follow the traffic rules and walk on the right side of the road.
Please take extra care when walking between Chusha and Okusha.

户隐地区的主干道路狭窄，车流量大。行人请遵守交通规则，务必靠右侧行走。
尤其是在中社至奥社之间步行时，请格外注意安全。



Protect Yourself with Warm Clothing. 穿着保暖，保护自身安全。

Togakushi is a mountainous tourist area at an elevation of over 1,000 meters.
Winter temperatures are generally below freezing and may drop to -10°C to -20°C .
户隐是海拔超过1,000米的山岳观光地。
冬季气温通常在零度以下，部分情况下可降至 -10°C ~ -20°C 。



Be Mindful of Activity Time 请注意行动时间

The Okusha approach is surrounded by tall trees and becomes dark quickly. Low temperatures and darkness can pose serious risks to your safety.
Please refrain from starting activities after 3:00 PM.

奥社参道被高大的树林环绕，天色会迅速变暗，可能导致体温下降并危及生命。请避免在下午3点以后开始行动。



Do Not Litter 禁止乱丢垃圾

Half-finished drinks, food containers, used crampons, etc.—the ground and restroom sanitary boxes are not trash cans.
喝剩的杯子、食物包装、用过的简易冰爪等——地面及厕所内的卫生箱并非垃圾桶。



Please Use Restrooms Only 请勿在非厕所区域如厕

When the snow melts in spring, who will be responsible for cleaning up human waste and used toilet paper?
当春天来临、积雪融化之后，谁来清理您留下的排泄物和使用过的卫生纸呢？



Please Secure Your Transportation 请事先确认交通方式

Transportation to Togakushi is limited.
Even the only public transportation, the bus, does not run frequently.
We recommend the "Togakushi Tourist Express Bus," which can be reserved in advance.
前往户隐的交通方式有限。唯一的公共交通工具——巴士，班次也不频繁，请多加留意。推荐使用可提前预约的「户隐观光特急」。

Bus 巴士 Car 车



1 hour (one way)
单程1小时

Nagano
长野站

Togakushi Shrine
户隐神社

For Togakushi Shrine:
Togakushi Tourist
Express Bus
前往户隐神社：
户隐观光特急



For Togakushi Ski
Resort:
Route Bus No. 70
前往户隐滑雪场：
70路公交巴士



Alpico Transportation
Nagano Station
Information Center
Alpico 交通 长野站前服务窗口

026-227-0404

For details.
Togakushi Tourism
Association website.
户隐观光协会QR



About Snow Trekking

For inquiries regarding snow trekking areas such as Kagami-ike and the Forest Botanical Garden, please contact the Togakushi Tourism Association.
Guide services are available year-round.
Snowshoe rentals are also available at the Togakushi Tourist Information Center.

※Please contact us at least one week before your visit.
※Email inquiries are recommended.
MAIL: info@togakushi-21.jp

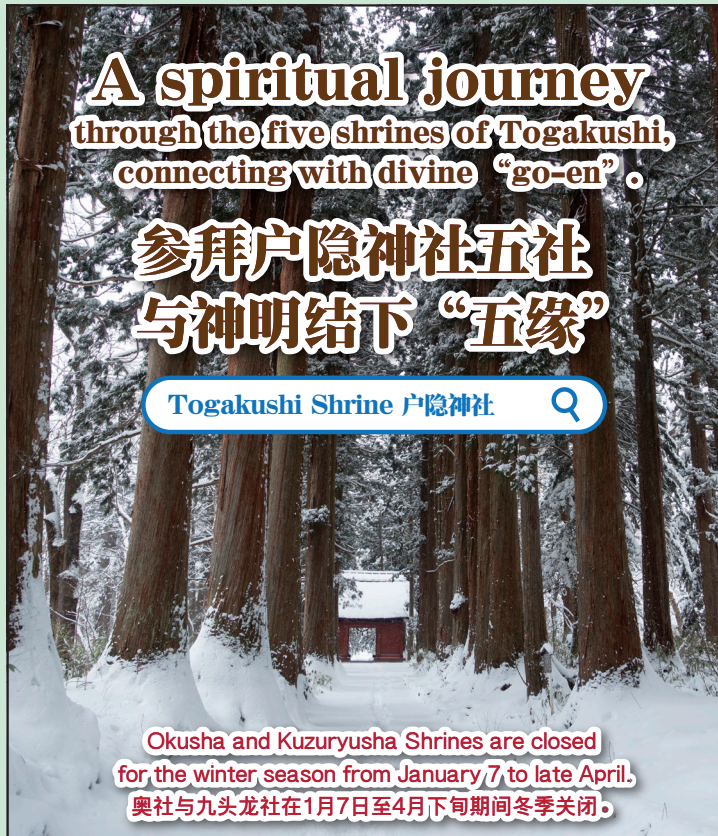
关于雪地徒步

有关镜池、森林植物园等雪地徒步区域的咨询，请联系户隐观光协会。
向导服务全年受理。户隐观光信息中心亦提供雪鞋等装备租赁服务。

※请提前咨询（建议在来访前一周）
※建议通过电子邮件联系
邮箱: info@togakushi-21.jp



Togakushi Tourism Association website.
户隐观光协会QR



A spiritual journey
through the five shrines of Togakushi,
connecting with divine "go-en".

**参拜户隐神社五社
与神明结下“五缘”**

Togakushi Shrine 户隐神社

Okusha and Kuzuryusha Shrines are closed
for the winter season from January 7 to late April.
奥社与九头龙社在1月7日至4月下旬期间冬季关闭。



Winter Soba-Making Experience — Now Open!
冬季荞麦面制作体验 进行中!

2026 Until March 31
截至 3月31日

※ Summer plans begin in mid-April
with different prices and venues.
※ 4月中旬起将改为夏季方案，费用与会场将有所不同。

Location 地点 Togakushi Tourist Information Center 户隐观光信息中心

Fee 费用 JPY 4,800 per person (tax included) 每人 4,800 日元 (含税)
※ Reservation required ※ 完全预约制

Duration 体验时间 approx. 2 hours 约2小时

Reservations & Inquiries 预约 · 咨询
For overseas inquiries, please contact us by email 海外咨询请通过电子邮件联系:
englishinfo@togakushi-21.jp (TEL. 026-254-3773)

Organizer 主办单位 Togakushi Soba Museum Tonkururin
(Togakushi Tourism Association)
户隐荞麦博物馆 Tonkururin (户隐观光协会)

Website 官方网站 **www.togakushi-tq.jp**

Rental services for light crampons and snow boots are available at the
Togakushi Tourist Information Center.
在户隐观光信息中心提供轻型冰爪和雪地靴租赁服务。



Reservation Only 预约制

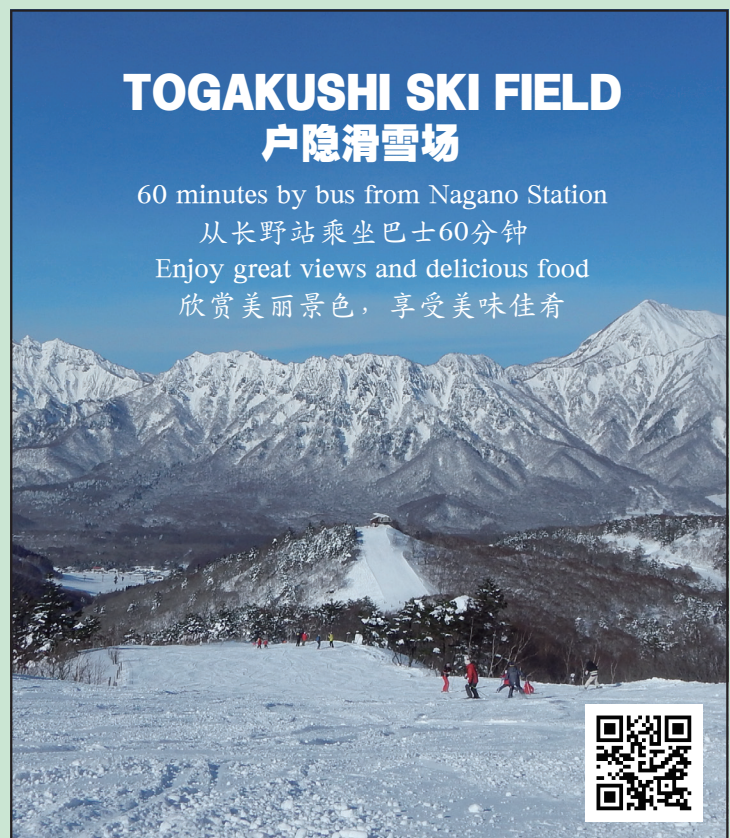
Alpico 交通
Alpico Transportation
Togakushi Touriest Express Bus
户隐线观光特急巴士

Nagano Station
Departs/ arrives
长野站往返

Reservations and schedule changes
can be made online.
巴士预约及时间变更可通过官网办理。

Check the website
for timetables and detailed information.
时刻表及详细信息亦请参阅官方网站。

ALPICO GROUP アルピコ交通株式会社



TOGAKUSHI SKI FIELD
户隐滑雪场

60 minutes by bus from Nagano Station
从长野站乘坐巴士60分钟
Enjoy great views and delicious food
欣赏美丽景色，享受美味佳肴

QR code