



# Hiking, Walking and Biking Nagano: 20 Nature, History and Culture Tours in Chikuma City

*Peter Ninnes*

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Seen the big cities and tourist havens of Japan? This detailed and very handy guidebook provides you with a new and enchanting way to experience this fascinating country. Chikuma City is in beautiful Nagano Prefecture, and just two hours from Tokyo by train. It straddles the Chikuma River, Japan's longest, and is surrounded by forested mountains. With this book readers can easily experience the breathtaking vistas from the top of Mt Kamuriki or Mt Gorigamine; take in the diverse mountain shrines and temples around Togura-Kamiyamada Onsen; or soak up the blossoms in Mori Apricot Village. The 20 tours in the book comprise 8 town tours (which can be done on foot or bike) and 12 easy to medium level difficulty mountain hikes, all of which can be done in one day or less. Each chapter has an easy-to-read map and full-color photographs. Most importantly, the detailed English descriptions make the routes easy to follow, and the information about natural, historical and cultural features found along the way ensure a richer understanding of the area than would otherwise be possible. The user is also provided with the kanji for key points on the route, advice about when to do the tour, instructions on how to get to the beginning of the tour, as well as GPS coordinates for the starting points. All that information in English makes life easier for visitors and helps them get a lot more out of their trip.

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