

7 Days EXPLORE WONDERFUL NAGANO



Winter Activities*



Bear Museum



Jikokudani Snow Monkey



Matsumoto Castle

Highlights

SHIRAKABAGO

- Lake Shirakaba
- "Symphony of Light and Shadow" Museum

JIKOKUDANI

- Jikokudani Monkey Park

NAGANO

- Nagano Zenjoki Buddhist Temple
- Zenjoki Nakamise-dori street

MATSUMOTO / LAKE KAWAGUCHI

- Matsumoto Castle
- Nawate Dori
- Yohashira shrine
- Daio Wasabi Farm
- Lake Suwa
- Yatsugatake Outlet

TOKYO

- Asakusa Kannon Temple / Nakamise Shopping Street
- The Daiso
- Ueno
- Drive pass Tokyo Sky Tree

Meals

- Japanese Set Lunch / Dinner
- Buffet Dinner



DAY 1 : SINGAPORE ✈️ NARITA NH 802 0550/1400
SINGAPORE ✈️ HANEDA NH 842 1150/2000
SINGAPORE ✈️ HANEDA NH 844 2215/0630
SINGAPORE ✈️ HANEDA NH 804 0035/0845

Assemble at Singapore Changi International Airport Terminal 2 for your flight to Tokyo.

NH 802 / NH 842 (One night stay in Tokyo)

(Lunch on board / Dinner)

Upon arrival Tokyo, we will check in hotel for a well-deserved rest.

Accommodation: Hotel in Tokyo

NH 844 / NH 804 ✈️ Tokyo

(Breakfast on Board)

Upon arrival at Haneda / Narita Airport, we shall commence with Day 2 itineraries

DAY 2 : TOKYO / NAGANO SHIRAKABA

(Breakfast / Lunch / Dinner)

Upon arrival, we head towards Lake Shirakaba, a magnificent artificial lake located at the western foot of Mt. Tateshina-yama. First, we will visit the "Symphony of Light and Shadow" Museum* to view the magnificent kage-e (paper-cut pictures by the world renowned artist Seiji Fujishiro. This is one visit that you will never forget. After that, we shall visit the Teddy Bear Museum where you can view more than 5,000 teddy bears collection from around the world. Enjoy the rest of fun-filled day outdoor cycling around the Lake Shirakaba, cruise the lake between Mt. Kuruma-yama and Mt. Tateshina-yama by tour boats or pedal boats, or head on down to the indoor pool and water slides. This evening give your body a treat and relax in the "cave" or "open-air" onsen (hot spring bath) within the hotel.

Accommodation: Hotel in Shirakaba 🍷

* Ski and winter activities are available from January to mid March (Rental of ski equipment at own expenses).



Silhouette "Symphony of Light and Shadow" Museum

DAY 3 : SHIRAKABAGO / JIKOKUDANI "SNOW MONKEY" / ZENKOJI TEMPLE / NAGANO CITY

(Breakfast / Lunch / Dinner)

After breakfast, next, we proceed to Jikokudani Monkey Park*, home of the famous "snow monkey". More than 200 Japanese Macaque monkeys inhabit this area despite the harsh conditions (snow-covered for one-third of the year) with rough cliffs and hot spring bursting from the ground hence the Jikokudani "Hell's Valley" name). Watch the Macaque up close and observe their fascinating behaviour. Later, we tour the beautiful Nagano Zenkoji Buddhist Temple, built some 1400 years ago, this temple is famous for its way of worshipping called "O-kaidanmeguri" where people walk blindly through a completely dark underground corridor to touch the "Lord of Paradise". We will stroll along Nakamise street with many shop-houses that sell light snacks and souvenirs on our way out.

Accommodation: Hotel in Nagano

* The park is only accessible by foot

DAY 4: NAGANO CITY / MATSUMOTO / NAWATE DORI / DAIO WASABI FARM

(Breakfast / Lunch / Dinner)

This morning, we visit the striking and impressive Matsumoto Castle*. Nickname the "Crow Castle" due to the contrasting hues of black and white exterior. This 6-storey castle was designated as a national treasure. A short distance away from the castle is Nawate Dori. There are a row of small shops along this street selling specialized local products. Along this street, you can also visit Yohashira Shrine. Look out for the famous large fiberglass frog sculpture. Our next stop is the Daio Wasabi Farm, Japan's largest wasabi farm that covered 15 hectares. Established in 1915, this is a popular tourist spots due to its beautiful watermills and for the magnificent view of the Alps. Do not forget to try the wasabi - flavoured ice-cream and other wasabi - themed products.

Accommodation: Hotel in Nagano or Matsumoto

* Entrance to main castle is optional at own expense



Sanmon Gate, Zenkoji Temple

DAY 5 : MATSUMOTO / LAKE SUWA / YATSUGATAKE OUTLET / LAKE KAWAGUCHI

(Breakfast / Lunch / Dinner)

After breakfast, we visit Lake Suwa the largest lake in the prefecture which is situated in the center of Nagano. View the beautiful Mt.Yatsugatake, known as one of the "Three Great Storehouses of Mountain vegetables" from the lake. Later we head towards Yatsugatake Outlet for shopping. Here, you can find clothing and souvenir shops with reasonable prices. Tonight, dressed in "Yukata" and enjoy a traditional Japanese "Nabe" (steamboat) dinner and not forgetting to relax yourself in one of the "onsen" (hot spring bath) within the hotel.

Accommodation: Hotel in Lake Kawaguchi 🍷

DAY 6 : TOKYO CITY TOUR

(Breakfast / Lunch / Dinner)

After breakfast, we proceed to Tokyo for a city tour. First, we visit the famous Asakusa Kannon Temple, one of the famous tourist attractions in Japan. Along the colourful and crowded Nakamise Shopping Street, you will find a very wide selection of souvenirs and traditional Japanese snacks. Thereafter proceed to Ueno, where you can purchase everything from food products, upscale fashions and other miscellaneous goods at reasonable prices. Along the way, we will drive past Tokyo Sky Tree.

Accommodation: Hotel in Tokyo

DAY 7 : TOKYO ✈️ SINGAPORE

(Breakfast)

This morning, have a last minute shopping in Tokyo until your transfer to Narita/Haneda International Airport for your flight back to Singapore with sweet memories of ANA First Choice Holiday.



Remarks

- Surcharges are applicable to Japan Eve & National Holidays, Chinese New Year and Festive Events.
- Sequence of itinerary and flight schedules are subject to change without prior notice.
- Tour will be conducted in Mandarin. A bilingual (Mandarin/English) guide will be provided upon request and is subject to availability.

7 天 探索长野的精彩 (7D EXPLORE WONDERFUL NAGANO)



第一天：新加坡 → 成田 NH802 0550/1400 // 新加坡 → 羽田 NH842 1050/1900
新加坡 → 羽田 NH844 2215/0630 // 新加坡 → 成田 NH804 0035/0845

在新加坡樟宜国际机场第二搭客大厦集合以办理登机手续飞往成田或羽田。

NH802 / NH842 <一晚住宿在东京> (在飞机上用早或午餐、晚餐)

抵达成田机场后，我们将前往享用晚餐。之后再登记住入酒店休息。

住宿：东京区酒店

NH844 / NH804 → 东京 (在飞机上用早餐)

抵达东京机场后，我们将开始第二天的行程。

第二天：东京 / 长野白桦湖 (早餐、午餐、晚餐)

早餐后，我们将前往白桦湖，它是位于蓼科山西部的人工湖。接着往白桦滑雪度假村。首先，我们将参观“光影交响乐”博物馆* 视觉华丽的卡格-E 图片剪纸，是来自世界闻名的艺术家 Seiji Fujishiro，您将永远不会忘记这个地方。随后，我们将参观泰迪熊博物馆，这里您可以观赏到从世界各地收集多于五千只泰迪熊。之后，您将和家人一起享受几项户外活动。沿着白桦湖骑自行车、在鞍马山和蓼科山之间游船，您可选择观光游艇或是脚踏游艇、又或者到室内游泳池。晚上您可以在酒店享受泡日式“山洞”或“户外”温泉浴松懈身心。

住宿：白桦茅野市温泉酒店

第三天：白桦湖 / 地狱谷‘野猿’ / 善光寺 / 长野市 (早、午、晚餐)

早餐后，接着往地狱谷野猿公园，是闻名的“野猿”之家。这里有将近 200 日本猕猴居住于此地，尽管苛刻的条件 (白雪覆盖每年的三分之一) 与粗糙的悬崖和地面温泉热气。近距离的观看猕猴和观察它们迷人的活动。之后，我们继程漂亮的善光寺，建于 1400 年前，沿着善光寺仲见世通街您可步行和购物。

住宿：松代长野区温泉酒店

第四天：长野市 / 松本市 / Nawate 购物街 / 大王山葵农场 (早、午、晚餐)

今早，我们前往引人注目与有声有色的松本城* 由于外观的对比色调以黑白为主。这 6 层楼高的城堡被指定为国宝。在离城堡的一段短距离就是 Nawate 购物街。沿着这条街，有一排小商店销售当地专用产品。那里也可以参观四柱神社，寻找出著名玻纤大青蛙雕塑。我们下一站是大王山葵农场，是日本最大大王山葵农场盖于 15 公顷。既定在 1915 年，这里是著名的旅游景点由于其漂亮水车和阿尔卑斯山的壮丽景色。不要忘了试试芥末雪糕和其他芥末主题产品。

***不包含松本城入门票**

住宿：松代长野区温泉酒店

第五天：松本市 / 諏访湖 / Yatsugatake 商场 / 河口湖 (早、午、晚餐)

早餐后，前往在县内最大的湖泊諏访湖，位于长野中部。在那可以观赏漂亮的八岳山，被称为一个“高山蔬菜的三个大仓库”湖。当湖被冻结，“神仙过湖”或“神路经”的出现。接着我们前往 Yatsugatake 商场，让您尽情享受购物乐。晚上，您将穿上日本夏日和服享用具有日本文化特色的火锅。也别忘了在酒店内享受泡日式温泉浴松懈身心。

住宿：河口湖区温泉酒店

第六天：东京市区游 (早、午、晚餐)

抵达东京，我们将前往参观东京闻名的浅草观音寺。引向寺庙的仲见世街道您肯定不容错过，街道两旁摆满了各种传统日本小吃摊位，您还可以在这里买到精致漂亮的纪念品。接着您可在大创 100 日元店购买许物百元货品。之后前往上野市场，您可以在这里买到价钱大众化的各式当地食品及时尚等等。接着我们会路经东京晴空塔。

住宿：东京区酒店。

第七天：东京 → 新加坡 (早餐)

今早是自由活动时间，直到送您前往成田或羽田国际机场搭乘航班回返新加坡，愿 ANA 首选假日游给您留下美好的回忆。

备注：

行程顺序、航班时间和酒店住宿如有更改，恕不预先告知。