

Oh my GUNMA!

GUNMA

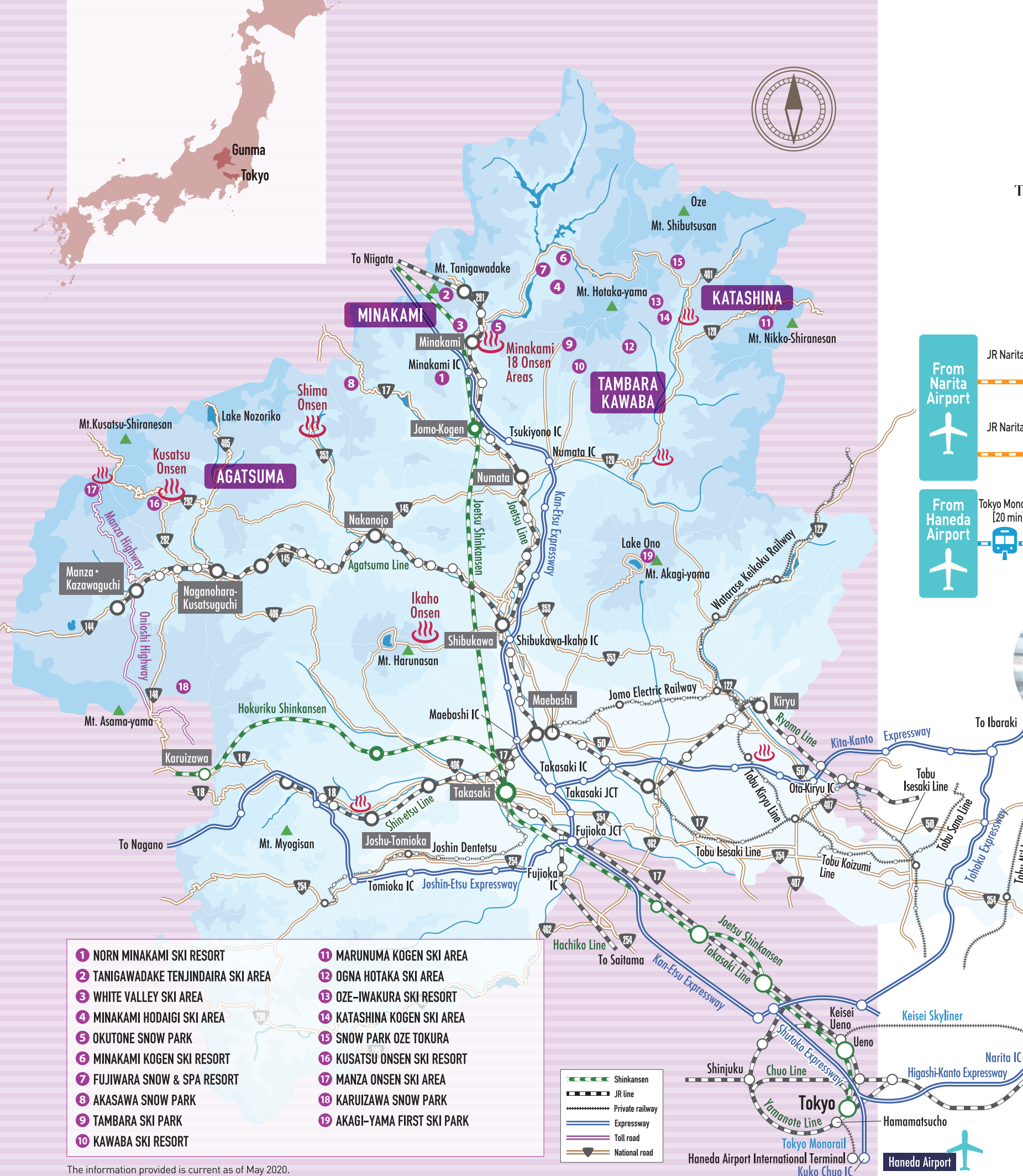
Snow Area Guide

Discover something you've never seen before
in this paradise of outdoor activities

Transportation is convenient and it takes as little as 2 hours to get to Gunma from Tokyo.

The diagram illustrates the following train routes:

- From Narita Airport:**
 - JR Narita Express [60 min] → **Tokyo Station** → JR Joetsu/Hokuriku Shinkansen [50 min] → **Takasaki Station** → JR Joetsu Shinkansen [15 min] → **Jomo-Kogen Station**
 - JR Narita Express [90 min] → **Shinjuku Station** → JR Shonan-Shinjuku Line [105 min] → **Takasaki Station** → JR Joetsu Line [65 min] → **Minakami Station**
- From Haneda Airport:**
 - Tokyo Monorail [20 min] → **Hamamatsucho Station** → JR Yamanote Line [5 min] → **Tokyo Station** → JR Joetsu/Hokuriku Shinkansen [50 min] → **Takasaki Station** → JR Joetsu Line [50 min] → **Numata Station**
 - Tokyo Monorail [20 min] → **Hamamatsucho Station** → JR Yamanote Line [5 min] → **Tokyo Station** → JR Joetsu/Hokuriku Shinkansen [50 min] → **Takasaki Station** → JR Ryomo Line [15 min] → **Maebashi Station**
 - Tokyo Monorail [20 min] → **Hamamatsucho Station** → JR Yamanote Line [5 min] → **Tokyo Station** → JR Joetsu/Hokuriku Shinkansen [50 min] → **Takasaki Station** → JR Agatsuma Line [80 min] / JR Limited Express Kusatsu [65 min] → **Naganohara-kusatsuguchi Station**



The information provided is current as of May 2020.
Published by Gunma Prefectural Government
All the images in this pamphlet are for reference only. Some pictures may be different from the actual sight.



03

White Valley Ski Area



A beautiful, snowy silver world located in the Tanigawa mountain range. White Valley Ski Area is just 2 hours from Tokyo.

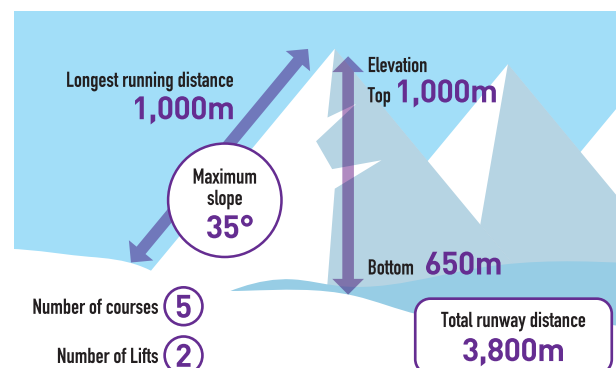
DATA



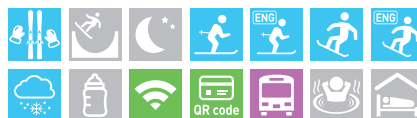
Tanigawa Onsen National Forest, Minakami-machi, Tone-gun, Gunma 379-1619



<https://www.whitevalley.jp/free/english>



Advanced 30%
Intermediate 40%
Beginner 30%



04

Minakami Hodaigi Ski Area



With a base elevation of 830 meters and a peak height of 1,400 meters, Minakami Hodaigi Ski Area has 16 courses over a number of slopes. Snow escalators are installed on all kids' slopes.

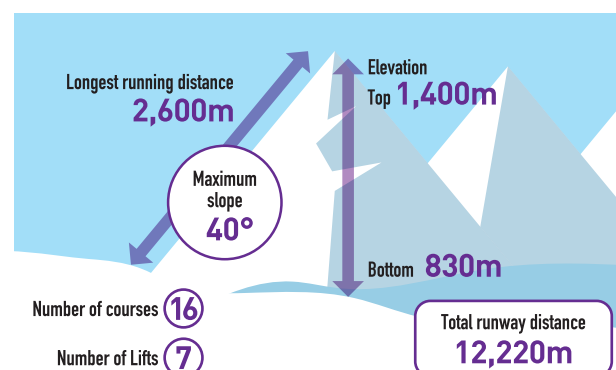
DATA



3839-1 Fujiwara, Minakami-machi, Tone-gun, Gunma 379-1721



<https://en.hodaigi.jp/>



Advanced 30%
Intermediate 40%
Beginner 30%



05

Okutone Snow Park



With long runs of up to 4 km, Okutone Snow Park offers various courses that will keep you entertained no matter how many times you go down the slopes. Night skiing is also available every evening so you have plenty of time to enjoy yourself.

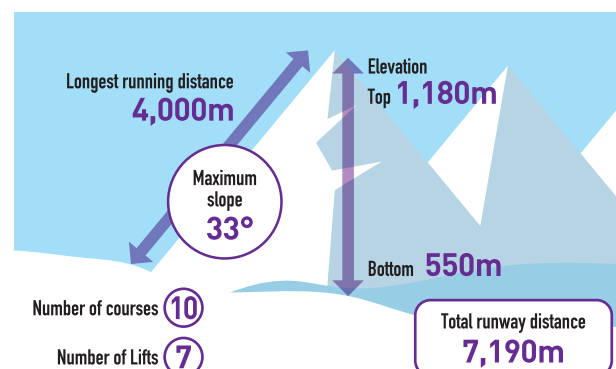
DATA



Mukoyama, Minakami-machi, Tone-gun, Gunma 379-1724



<https://okutone.jp/english/>



Advanced 30%
Intermediate 40%
Beginner 30%

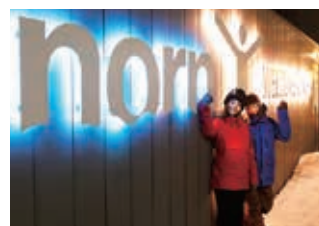


MINAKAMI AREA

Oh my GUNMA!

01

Norn Minakami Ski Resort



The natural-snowfall ski resort closest to Tokyo, Norn Minakami Ski Resort offers a rental ski service that has everything you need. Play in the snow, have fun sledding, and even experience night skiing. Everyone is welcome!

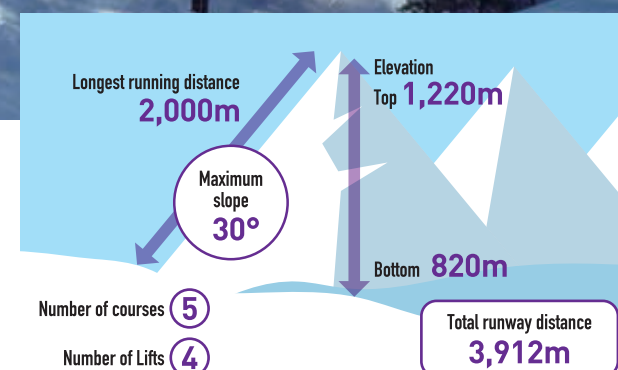
DATA



479-139 Terama, Minakami-machi, Tone-gun, Gunma 379-1614



http://www.norn.co.jp/english_ski_information/

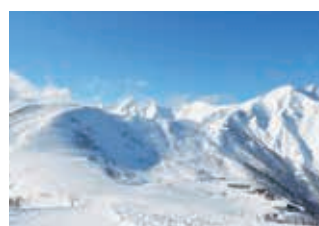


Advanced 20%
Intermediate 50%
Beginner 30%



02

Tanigawadake Tenjindaira Ski Area



The heavy snowfall and steep terrain of the Tanigawa mountain range create the best conditions for powder snow here at Tenjindaira. From beginners to super-advanced experts, the quality of snow and long season offer an amazing experience you can't find anywhere else!

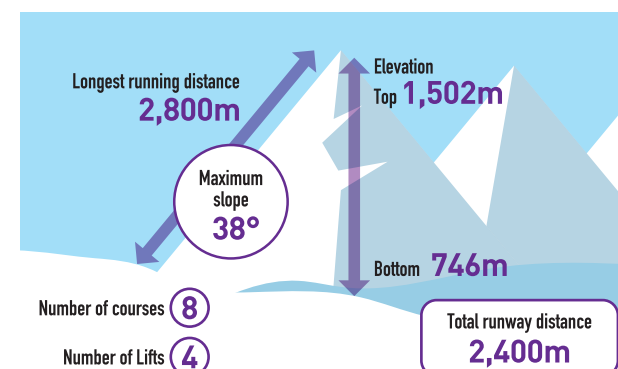
DATA



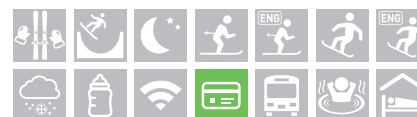
Yubiso Yubukiyama National Forest, Minakami-machi, Tone-gun, Gunma 379-1728



<https://tanigawarw.wordpress.com/>



Advanced 30%
Intermediate 40%
Beginner 30%



TAMBARA, KAWABA AREA

Snow
Guide
icons



Kids' Slope
Artificial Snow Machine



Snow Park
Nursery



Open at Night
Wifi



Ski Lesson
(Available in Japanese)
Credit Card
QR code payment acceptable



Ski Lesson
(Available in English)
Shuttle Bus



Snowboard Lesson
(Available in Japanese)
Hot Spring



Snowboard Lesson
(Available in English)
Accommodation

09

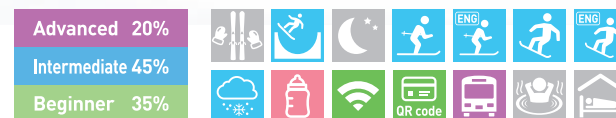
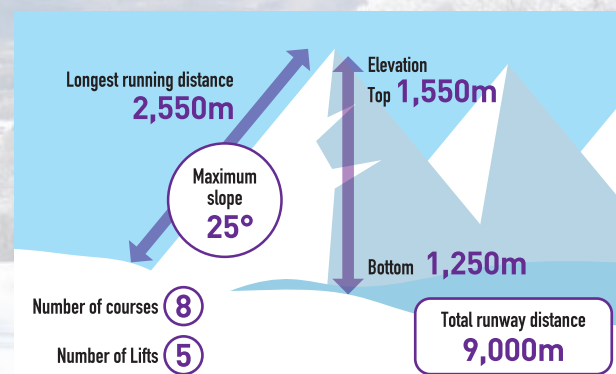
Tambara Ski Park



This ski resort is an easy 2-hour trip from the Tokyo metropolitan area. There are a total of 8 courses (4 beginner, 3 intermediate, and 1 advanced).

DATA

Tambara Kogen, Numata-shi, Gunma 378-0071
 <https://snow.gurunavi.com/guide/htm/r0170ens.htm>



10

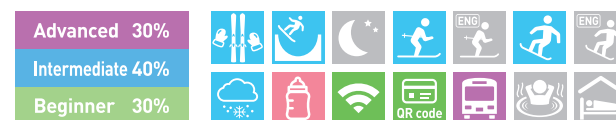
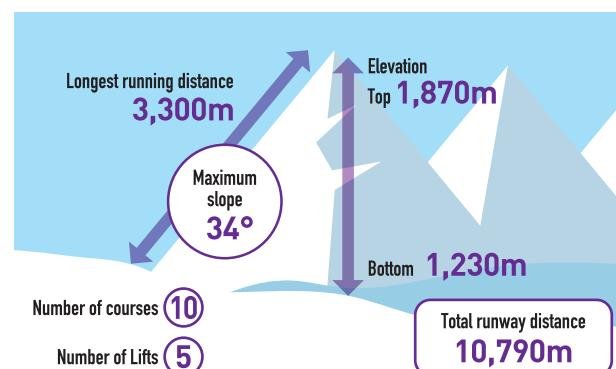
Kawaba Ski Resort



3 parks for everyone from beginner to advanced and 10 courses that spread over great geographical features allow you to fully enjoy. Located at the foot of the slopes is "Kawaba City", a rest area complete with restaurants and a pro gear shop.

DATA

2755-2 Yachi, Kawaba-mura, Tone-gun, Gunma 378-0101
 <https://snow.gurunavi.com/guide/htm/r0210ens.htm>



Snow Canyoning

MINAKAMI

Enjoy snow canyoning in Minakami where this sport originated. Dive into the powder snow and experience "professional snow play" with your friends.



Dog Sledding

MINAKAMI

The only full-fledged "dog sledding experience" in all of Honshu can be found at Minakami Kogen Ski Resort. Enjoy the silver white winter wonderland with a dog sled team!



06

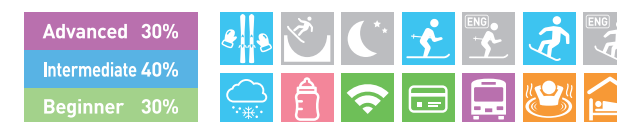
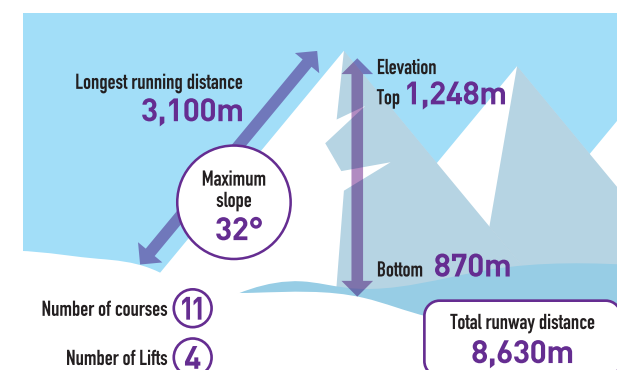
Minakami Kogen Ski Resort



Enjoy a variety of attractions such as snowmobiles and dog sledding. Or go sledding at the kids' parks. Minakami Kogen Hotel 200 is in front of the slopes and features bihada-no-yu, or hot spring waters that promote healthy skin.

DATA

6152-1 Fujiwara, Minakami-machi, Tone-gun, Gunma 379-1721
 <https://www.minakami-ski.jp/index.php>



07

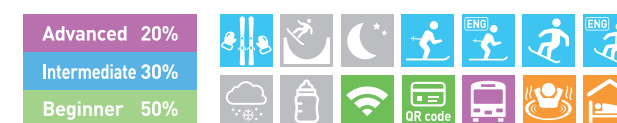
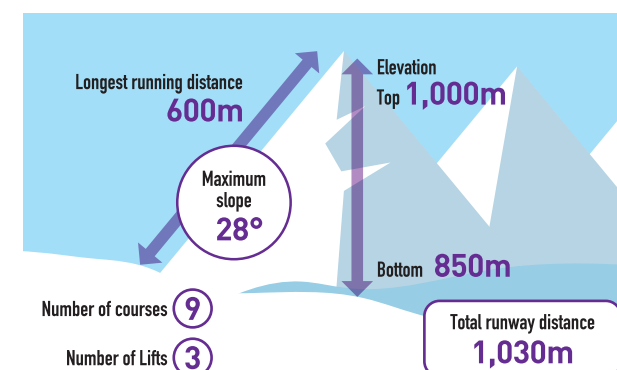
Fujiwara Snow & Spa Resort



Gentle slopes here are easy for families and beginners. There are even snow activity areas such as kid's land. In front of the ski area is the Hotel Sunbird, popular for its 11 types of open-air baths that can be rented for private use. Enjoy both powder snow and relaxing onsen.

DATA

4957 Fujiwara, Minakami-machi, Tone-gun, Gunma 379-1721
 <https://fujiwaraski.com/en/>



08

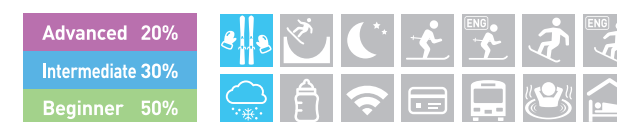
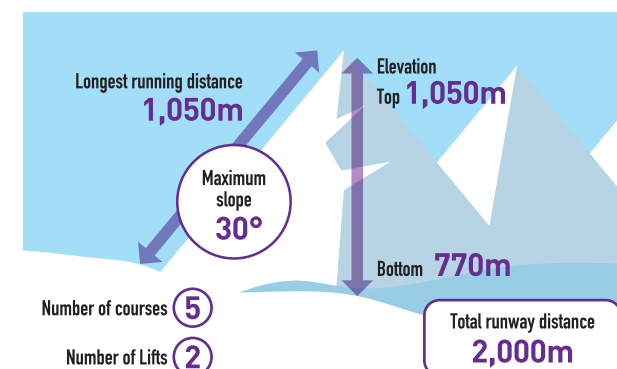
Akasawa Snow Park



Akasawa is a compact, reasonable snow park that is convenient for families. A parking lot is available right next to the slopes.

DATA

620-1 Nagai, Minakami-machi, Tone-gun, Gunma 379-1401
 <https://akasawa.biz/>





13

Oze-Iwakura Ski Resort

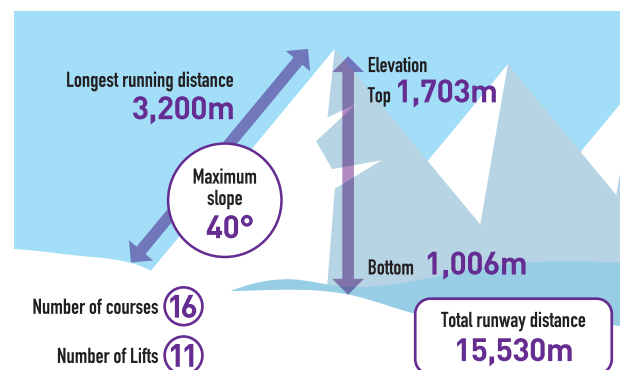


Located only 2.5 hours from Tokyo, Oze-Iwakura Ski Resort has wide slopes where you can enjoy fresh powder snow as you ski or snowboard. Two hotels are right on the slopes: Iwakura Resort Hotel, with hot spring baths, and reasonably priced accommodations at Iwakura House.

DATA



2609 Tsuchiide, Katashina-mura, Tone-gun, Gunma 378-0412

<http://www.oze-iwakura.co.jp/ski/language/en/>

Advanced 30%
Intermediate 40%
Beginner 30%



*Advanced reservations are required to assign instructors for the lessons. We may not be able to accommodate some requests depending on the situation.

14

Katashina Kogen Ski Area

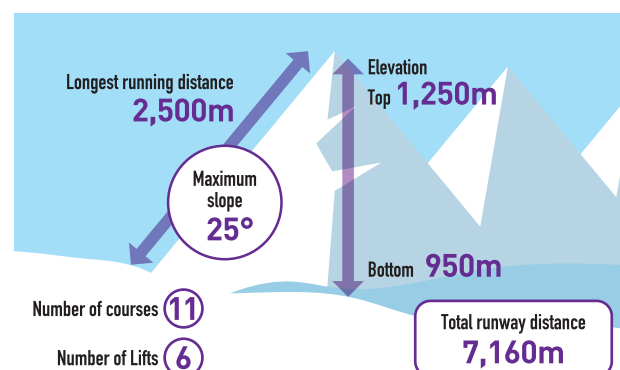


Katashina Kogen is the sole skiers-only resort in the Kanto region as well as the official ski resort of popular character, Miffy. Located in an area that is rarely hit by heavy snow storms, Katashina Kogen is well known for its wide and easy-to-access slopes as well as its relaxed atmosphere.

DATA



2990 Koshimoto, Katashina-mura, Tone-gun, Gunma 378-0413

<https://katashinakogen.co.jp/winter/>

Advanced 20%
Intermediate 50%
Beginner 30%



15

Snow Park Oze Tokura

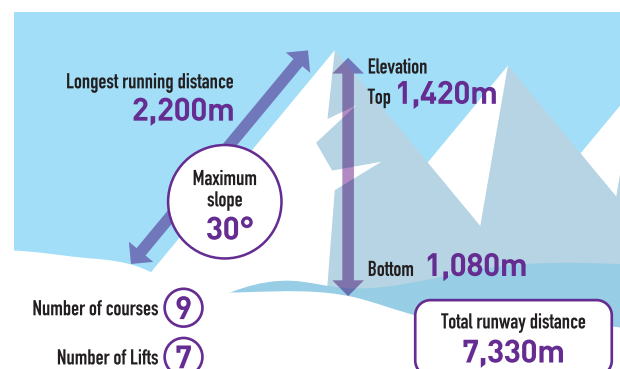


This park is a great place for all kinds of fun in the snow with a snow park that's about 2 km long and an official Ski Association of Japan race course. There is also a hotel on-site, allowing you to fully enjoy your snow leisure lifestyle.

DATA



329 Tokura, Katashina-mura, Tone-gun, Gunma 378-0411

<http://www.ozetokura.co.jp/snowpark/>

Advanced 30%
Intermediate 40%
Beginner 30%



QR code payment acceptable

KATASHINA AREA

Oh my GUNMA!

Access to
Katashina

11

Marunuma Kogen Ski Area

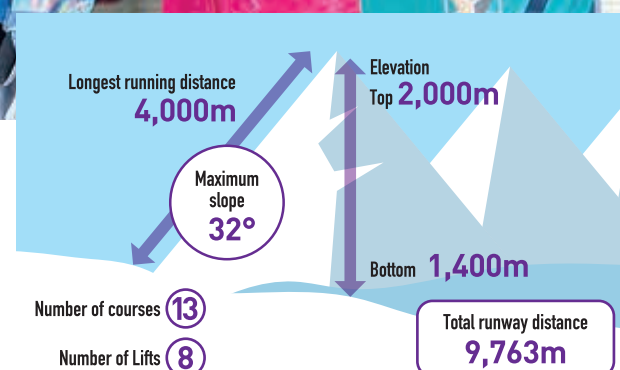


Marunuma Kogen Ski Area offers a variety of courses for skiers and snowboarders of any level, from beginner to advanced. Facilities include rentals, changing rooms, a shop, onsen bathing at Zazen Onsen, and a free rest area.

DATA



4658-58 Higashi Ogawa, Katashina-mura, Tone-gun, Gunma 378-0414

<https://www.marunuma.jp/winter/>

Advanced 20%
Intermediate 50%
Beginner 30%



*Advanced reservations required
QR code payment acceptable(Part of the facility)

12

Ogna Hotaka Ski Area

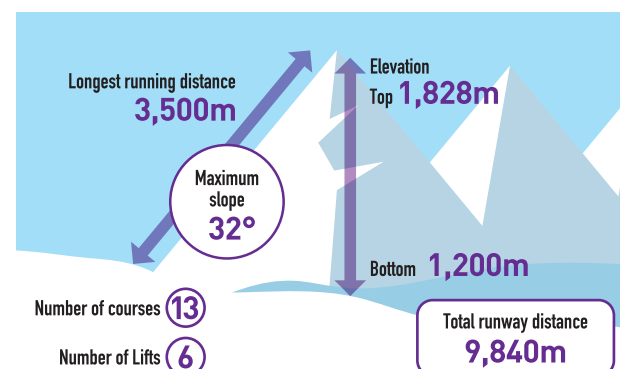


At Ogna Hotaka Ski Area you can enjoy quality powder snow as you cruise down the 3,500 meters course. The area also has a variety of fun terrain and snow parks with rails and jumps!

DATA



Hotakayama, Hanasaku, Katashina-mura, Tone-gun, Gunma 378-0408

<https://www.snowjapan.com/japan-ski-resorts/gunma/katashina/snowpal-oguna-hotaka>

Advanced 30%
Intermediate 40%
Beginner 30%





AGATSUMA AREA

17

Manza Onsen Ski Area

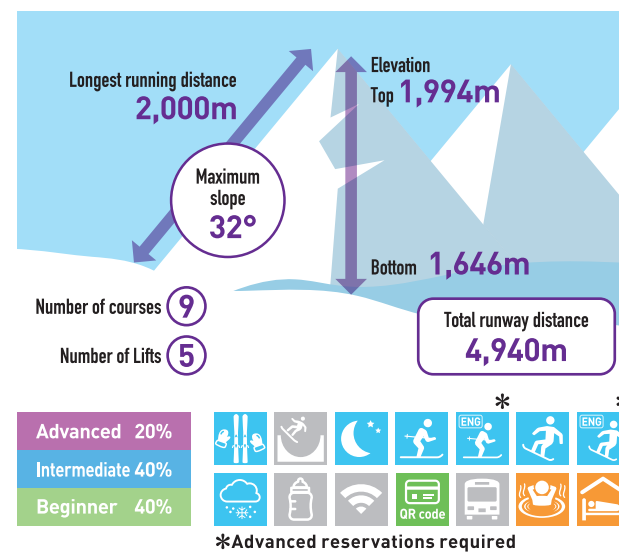


Proud of its powder snow and hot springs, Manza Onsen offers a great ski and snowboarding experience with majestic views of the area's surrounding mountains. There's also more to enjoy than just skiing! Relax your tired body in the sulfurous waters of one of Japan's top natural hot springs.

DATA



2401 Manza Onsen, Tsumagoi-mura, Agatsuma-gun, Gunma 377-1595

http://www.princehotels.com/en/ski/manza_onsen/

18

Karuizawa Snow Park

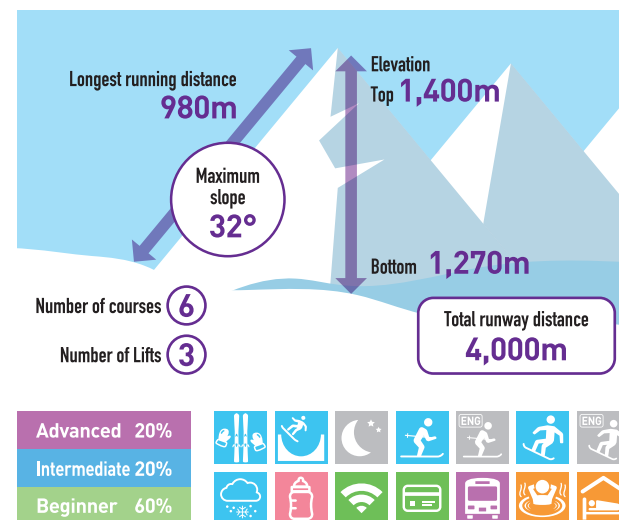


Karuizawa Snow Park has been certified as a ski resort safe for families with young children. It also has the largest snow tubing course in Japan - a fun attraction for children and adults of all ages.

DATA



2032-16 Kita Karuizawa, Naganohara-machi, Agatsuma-gun, Gunma 377-1412

<https://snow.gurunavi.com/guide/htm/r0166ens.htm>

16

Kusatsu Onsen Ski Resort

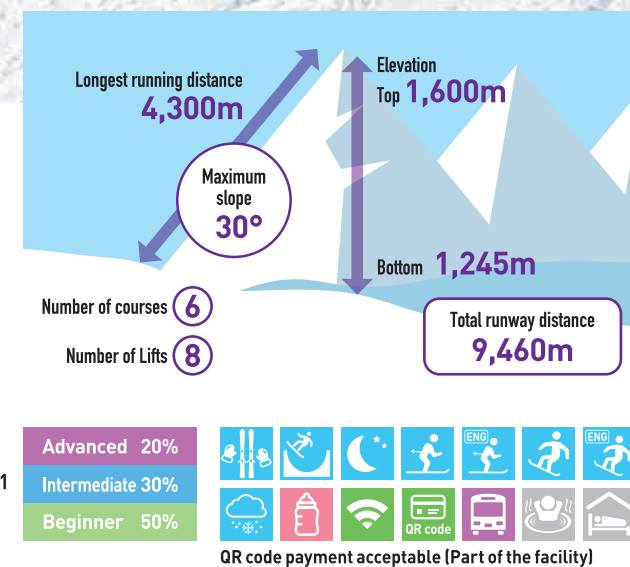


At an altitude of 1,200 meters, Kusatsu Onsen Ski Resort has high-quality powder snow. There's also a children's area with soft playground equipment and sleds. The whole family can enjoy playing in the snow.

DATA



158 Shirane National Forest, Kusatsu, Kusatsu-machi, Agatsuma-gun, Gunma 377-1711

<https://www.932-onsen.com/winter/index>

MAEBASHI AREA

19

Akagi-yama First Ski Park

Nicknamed "Japan's Smallest Ski Resort", Akagi-yama First Ski Park is geared to families. A great place to enjoy the powder snow.

DATA



Daido, Akagisan, Fujimi-machi, Maebashi-shi, Gunma 371-0101

<http://akagi-yama.jp/archives/8650>

Smelt Fishing

MAEBASHI

In winter, you can enjoy ice fishing for smelt on frozen Lake Ono. Onboard fishing is a staple of the autumn season. Rental gear is provided, so by all means come try for a catch.



Snowshoeing

MINAKAMI

Enjoy the snow-covered winter landscape. A night tour is available to add to your enjoyment of nature here.



Local Foods

Enjoy delicious sake brewed with Gunma's pure water and savor traditional foods made from a food culture of wheat flour. Be sure to try sukiyaki made with Gunma's famous Joshu Wagyu beef.

Sake

Pure, natural water and the cool climate make Gunma's sake a must for anyone interested in Japanese rice wine. Please come and try it for yourself.

Sake Brewery Tour

You can visit local sake breweries and observe the brewing process. After the tour enjoy sake tasting to sample different varieties.



Sukiyaki

Enjoy sukiyaki made with local Gunma products such as Joshu Wagyu beef, konjac, Shimonita leeks, shiitake mushrooms, hakusai cabbage, and garland chrysanthemum.



Okkirikomi Noodles

Okkirikomi is a local Gunma dish. Wide, flat noodles are simmered with seasonal vegetables and mushrooms in either a soy sauce or miso based soup.



Yakimanju

Yakimanju is a hearty, traditional snack. The manju (soft wheat buns) are coated in a sweet and salty miso sauce and grilled over an open flame. It's the soul food of Gunma.



Mizusawa Udon

A local specialty of Ikaho Onsen, Mizusawa Udon is one of Japan's three famous types of udon noodles, characterized by a firm texture and glossy appearance.



SHIBUKAWA

<https://www.visitgunma.jp/en/food/>

Onsen

Gunma Prefecture has more than 400 hot spring sources and 100 onsen towns in which you can stay. Enjoy the quality and quantity of Gunma's many onsen as you relax in the Kanto region's top hot-spring area.

Kusatsu Onsen

Consistently ranked as one of the top three best onsen in Japan, Kusatsu Onsen has the highest natural flow of hot spring water in all of Japan. It's sulfurous, highly acidic waters are so famous for their healing effects that they've often been praised as "capable of curing any sickness except that of love".



Kusatsu Onsen Tourism Association
<https://www.kusatsu-onsen.ne.jp/guide/en/>



Minakami 18 Onsen Areas

The Minakami area is home to 18 separate hot springs. Here you can enjoy the beautiful views of gorges alongside the calm atmosphere of the onsen town. We also recommend rafting so you can experience the rushing torrent of the Tone River.

Minakami Tourism Association
<http://enjoy-minakami.com/en/>



Ikaho Onsen

This onsen town has a history of over 400 years. Walk up the famous stone-paved steps of the main street to see the many shops, hotels, and restaurants that line it.

Shibukawa Ikaho Onsen Tourism Association
<https://www.ikaho-kankou.com/en/>



Shima Onsen

This onsen town lies along the winding waters of the Shima River. Many old, traditional hotels can be found in the different onsen areas around Shima (Hinatasi, Yuzuriha, Arayu, Yamaguchi and Onseuguchi).

Shima Onsen Association
<https://nakanojo-kanko.jp/shima/en-top/>

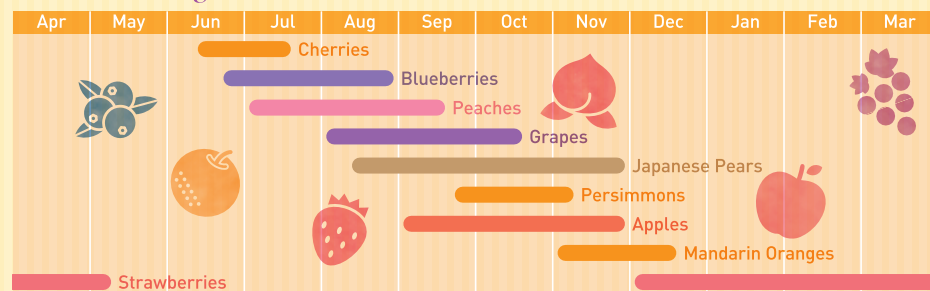
Fruits

Gunma is blessed with a rich, fertile soil and climate that produces a variety of delicious fruits. Enjoy fruit picking in Gunma all year round.

Oh my GUNMA!



Fruit Picking Calendar



Fruit Picking

In the orchards located throughout the Prefecture, various kinds of fruits can be enjoyed all year round.

<https://www.visitgunma.jp/en/fruits/>

Hands-on Experiences

With strong ties to its local climate and natural resources, Gunma has long fostered a unique culture of traditional crafts.

Daruma Painting

Takasaki Daruma is one of Japan's most famous lucky charms. The Daruma's black eyebrows and mustache symbolize the longevity of the cranes and turtles. Try your hand at painting them on your own Daruma doll.



TAKASAKI

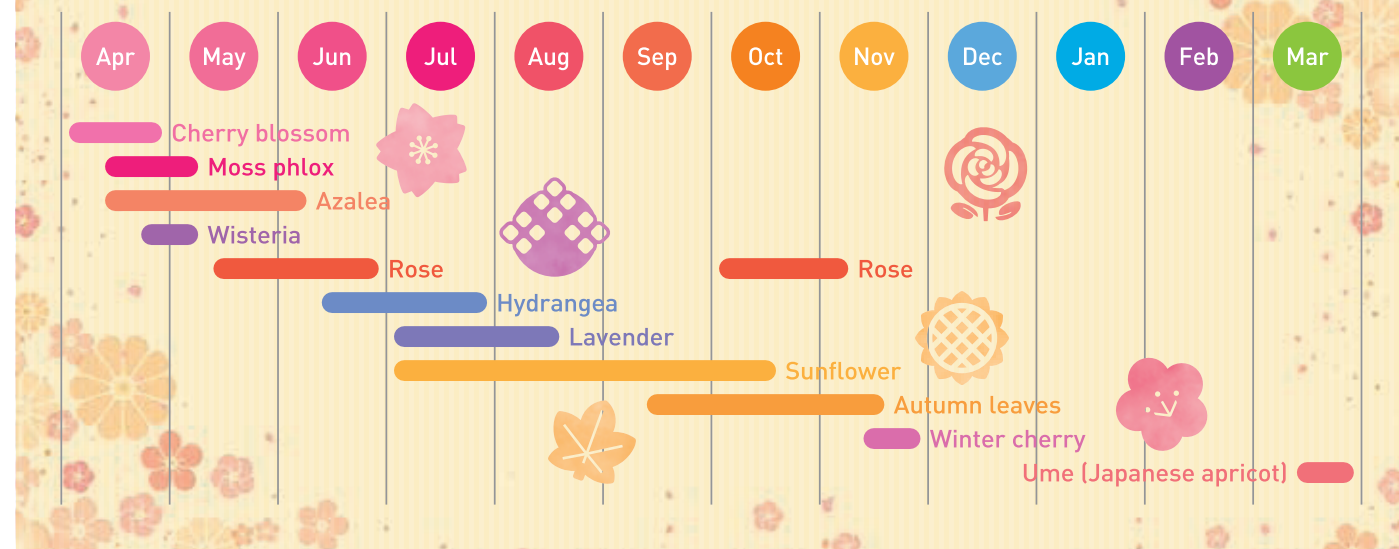
Kokeshi Doll Painting

Gunma produces the largest number of Modern Kokeshi dolls in all of Japan. Here you can experience making your very own original Kokeshi doll.



SHINTO

Gunma Flower Calendar



Get your information on Gunma here

[Tourist Guide of Gunma Prefecture]
<https://www.visitgunma.jp/en/>

Official tourism information website for Gunma Prefecture. Loads of information on everything from Gunma's bountiful natural environment, the best onsen hot springs in Japan, fresh local specialties and cuisine, historical culture, events, campaigns and restaurants to tourist spot maps and access maps!!



[Gunma Travel Guide]
<https://www.facebook.com/visitgunma.En>

This is the Official Tourism Facebook page of the Gunma Prefecture! Check it out for the latest info on Gunma tourism!



[Instagram Visit Gunma]
<https://www.instagram.com/visitgunma/>

See our Instagram account for seasonal landscapes.



[Safety Tips]

The push-enabled information alert app for foreign tourist (free)



iPhone



Android

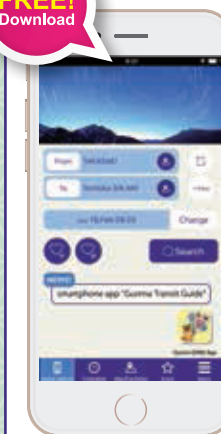
Tourist Guide of Gunma Prefecture



Gunma Travel Guide



FREE! Download



Gunma Transit Guide

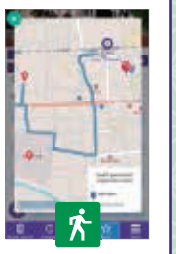
-- Public Transport, Sightseeing, Health Information App --



Route Search



Tourist Information Recommended Model Sightseeing Course



Walking Course Guide

Download Now

Gunma Transit Guide



iPhone



Android