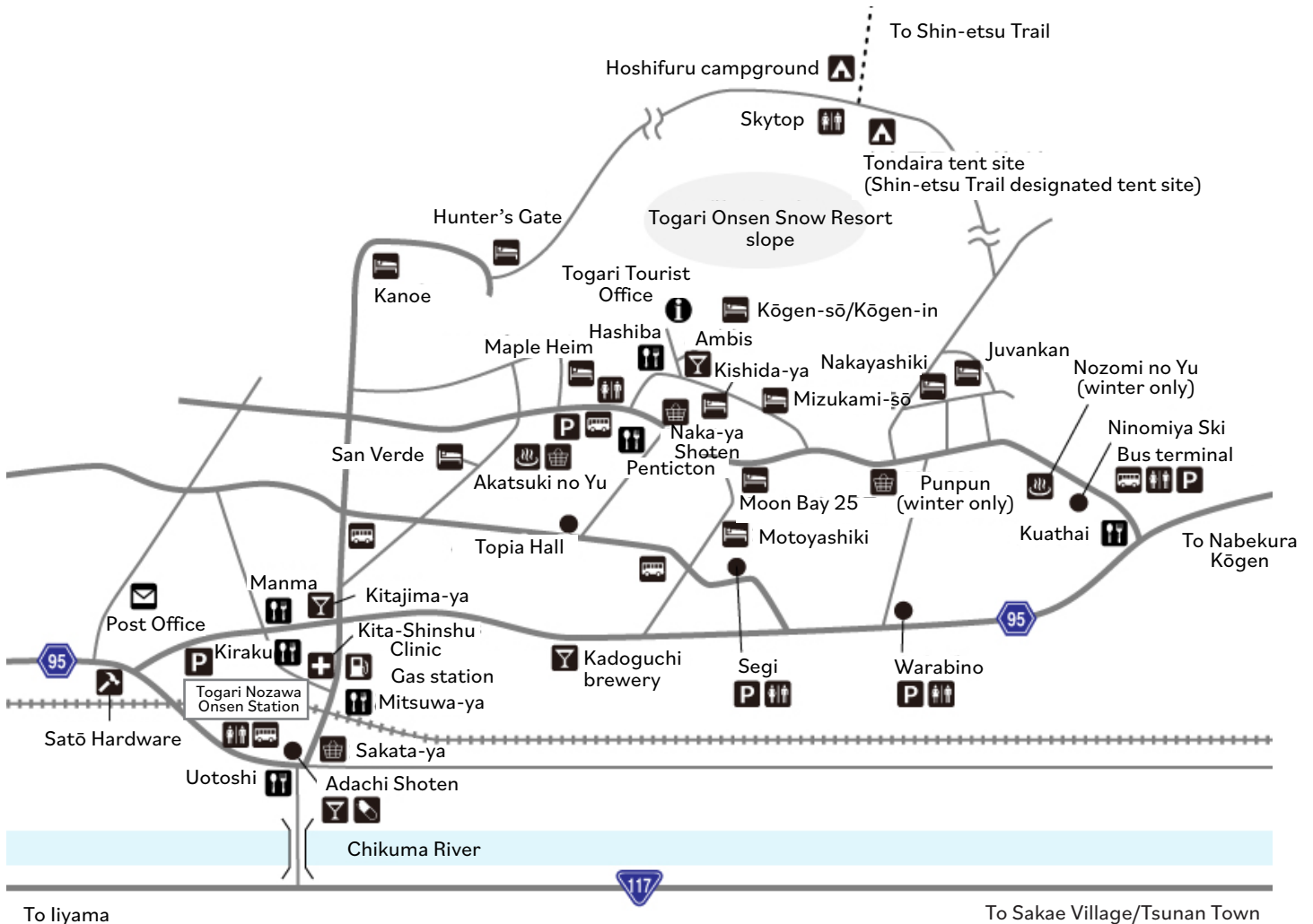


Area Map

Togari Onsen



Overview

Togari Onsen is a hot-spring own located in the center of the Sekida Mountains. It is the starting point for hiking Sections 3 to 5. Through-hikers will also want to stop here and take a rest.

The area can be roughly divided into the section around the Togari Onsen Ski Area and the section around Togari Nozawa Onsen Station. Hikers can resupply in both sections. There are a variety of accommodations around the ski area. Tondaira, the local entry and exit point for the Shin-etsu Trail, is located within Togari Ski Area.

Trains

Togari Nozawa Onsen Station, Iiyama Line:
West of Iiyama Station. To the east is Tokamachi Station, and on from there to Mori-Miyahara Station.

Buses

Nagaden Bus, Iiyama Office: 0269-62-4131

Buses running toward Togari are on the Nukui and Kosakai lines, and begin at Iiyama Station. The bus stop for the Togari Ski Area is Togari Onsen Ski Area; the stop for Togari Nozawa Onsen Station is Togari Nozawa Onsen. More information at <https://www.nagadenbus.co.jp/>

Taxis

Nagano Kōtsū: 0269-62-2013
Iiyama Kankō Hire: 0269-63-3232
Togari Hire: 0269-65-2129

Supplies

- Around Togari Onsen Ski Area
Nakaya Shoten: 0269-65-2029 / 8:30-19:30; irregular holidays
Small supermarket, providing most daily supplies. Also sells Tokarintō, a local snack specialty.
- Around Togari Nozawa Onsen Station
Sakata-ya: 0269-65-2016
Small supermarket, providing groceries.

Kitajima-ya Shoten: 0269-65-2022 / 9:00-20:00; closed Wednesdays
Liquor store, yellow building with advertising "Sake metcha yasu (really reasonable)"

Kakuguchi Brewery: 0269-65-2006 / Daily year-round 9:00-18:00
Saké brewery founded in 1869. Famous for its brand, Hokumitsu Masamune. Also has its own store.

Satō Hardware: 0269-65-2054
Hardware, tools, building materials, etc.

Adachi Shoten: 0269-65-2030 / 8:30-18:00;
Saturdays 8:30-13:00; closed Sundays
Sales of pharmaceuticals and alcohol.

Restaurants

- Around Togari Onsen Ski Area
Yakitori Hashiba: 0269-65-2666 / irregular holidays
Located near the entrance to Togari Ski Area. Many menu items other than yakitori also available.

Café Penticton: 0269-65-4611 / 11:30-22:00; closed weekdays 14:30-17:30; irregular holidays
Its specialty is Yaki Karē, an original curry topped with melted cheese and baked in an oven. More information at <https://www.penti.jp/>

Ambis: 050-1492-2910 / Lunch 11:30-15:00;
bar 19:00-midnight; irregular holidays
Café and bar at the entrance of Togari Ski Area. Also holds music events. More information at <https://www.togari-ambis.com>, <http://ambis.naganoblog.jp/>

Kuathai: 080-4944-4333 / Lunch 11:30-14:30;
dinner 17:30-20:00; closed Tuesdays
Authentic Thai restaurant. More information at <https://kuatai.wixsite.com/home>
- Around Togari Nozawa Onsen Station
Manma: 0269-65-4181 / Lunch 11:30-14:00;
bar 19:00-midnight; irregular holidays
Varied menu, including ramen, udon, rice bowls, set meals and curry.

Mitsuwa-ya: 0269-65-2027 / 10:00-20:00; irregular holidays
Café items and set meals. Along with the regular menu are dishes using seasonal ingredients. More information at <http://mitsuwaya.x0.com/>

Uotoshi: 0269-65-2038
An izakaya-style pub with karaoke. Close to Togari Nozawa Onsen Station.

Yakiniku KIraku: 0269-65-2053 / 17:00-20:30
Jingisukan (Genghis Khan, mutton grilled on a rounded metal skillet).

Accommodations

Tondaira tent site:
Designated Shin-etsu Trail tent site.

Togari Hoshifuru Campground:
In the same location as the Tonpei tent site, but operated by the Togari Onsen Ski Area, with different fees and registration. More information at <https://togari.jp/summer/camp/>

Note: when staying in Togari Onsen, be sure to make use of Shin-etsu Trail member accommodations.

Tourist Information Centers

Togari Tourism Association: 0269-65-3161 / Closed Saturdays and Sundays
Located in the Hoshifuru restaurant at the Togari Onsen Ski Area. Contact them for complete information on the Togari area. More information at <http://www.togarionsen.jp/>

Laundry

Not available.

Fuel

- Gas stations: Togari Kōsan: 0269-65-2040 / 5:30 to 19:00; closed Sundays
- Butane cartridges: Not available.
- Alcohol fuel: Not available.

Hospital

Kita-Shinshu Clinic: 0269-65-1200 / 9:00-17:00; closed Sundays

Wi-fi

Not available