

10-11 Myoko Suginojara Ski Area Myoko Suginojara Ski Resort

Mt. Yake 2,400m

Mt. Mitahara 2,347m

Mt. Myoko 2,454m

**Kids Ski Free
All Season Long!**



At Myoko Suginojara, children under the age of 13 ski free all season long.

Views of Mt. Fuji!

Shakunage Trail

1,855m

Super Giant Trail

Super Mogul Trail

Mogul Trail

Mitahara High-Speed Lift No.3
1,726m / 7 minutes

Panorama Connection Trail

Suginohara Connection Trail

1,489m

Views of Shiga Kogen and Sugadaira ski resorts

**Columbia
New Side
Area**



Various features for freestyle skiers and boarders

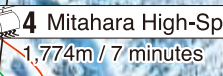
Mitahara Connection Trail

Downhill Trail

Giant Trail

Suginohara Zone

Enjoy great views of Lake Nojiri!



Mitahara High-Speed Lift No.2
1,774m / 7 minutes

Dynamic Trail

Suginohara Gondola
3,074m / 10 minutes

Private Night Ski Area

Shirakaba Trail

**Cross
Course**



Big Up Park

Cedar Trail



Mitahara Zone

Suginohara Pair Lift No.2
856m / 7 minutes

Forest Line

Starlight Trail

4

5

Family Trail

Suginohara Pair Lift No.1
1,048m / 9 minutes

6

Pair Lift Connection Trail
731m

Ski Centre



7

Day Trip Bus Centre



Suginosawa Onsen Centre "Naena no Yu"

To Kurohime and Shinano-machi Interchange

Suginosawa Accommodation Area

To Ikenotaira and Akakura

To Route 18 and Myoko Kogen Interchange

To buy a lift ticket, please ride the Suginohara Pair Lift No.1 (first ride is free) to Restaurant Alyeska where the lift ticket counter is located.

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|-----------------------------|-------------------------------------|
| Beginner Trails | Intermediate Trails |
| Advanced Trails | Do not enter |
| 2 Pair Lift | 4 Hooded 4 Person Lift |
| 8 Person Gondola | Lift Ticket Counter |
| Rental Ski & Snowboard Shop | Ski & Snowboard School |
| Children's Slope | Restaurant |
| Convenience Store | Change Room |
| Coin Locker | Pay Parking |
| Toilets | Free Parking (Pay Parking at Night) |
| View Point | |

Restaurants

- 1 Curry Shop
- 2 Restaurant Downhill
- 3 Mitahara Cafeteria Alley
(Restaurant Toroika, Yasuragi Cafeteria, Cafeteria Myoko, Restaurant St. Anton, Petite Restaurant Mikasa, L&C Yukitsubaki)
- 4 Restaurant Yamanaka, Woodpecker Cafeteria
- 5 Restaurant Azalea
- 6 Restaurant Yumeboken
- 7 Ski Centre Restaurant
- 8 Ramen Noodle Corner
Restaurant Alyeska