

# 10-11 Myoko Suginozara Ski Area Myoko Suginozara Ski Resort

Mt. Yake 2,400m

Mt. Mitahara 2,347m

Mt. Myoko 2,454m

## Kids Ski Free All Season Long!



At Myoko Suginozara, 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

Giant Trail

Mitahara Connection Trail

Downhill Trail

Enjoy great views of Lake Nojiri!

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

Dynamic Trail

Suginohara Gondola  
3,074m / 10 minutes

Panorama Trail

Private Night Ski Area

Shirakaba Trail

Cross Course

Cedar Trail

Mitahara Zone

Suginohara Pair Lift No.2  
856m / 7 minutes

Starlight Trail

Big Up Park

Forest Line

Family Trail

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

Pair Lift Connection Trail  
731m

Ski Centre

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

Day Trip Bus Centre

To Kurohime and Shinano-machi Interchange

Suginosawa Accommodation Area

Suginosawa Onsen Centre "Naena no Yu"

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.

- 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