

Temple-Town NAGANO CITY English Walking Tour

There's a saying in Japan that "One must visit Zenkoji Temple at least once in their lifetime." Even today, Nagano City's venerable landmark is one of Japan's most popular pilgrimage destinations. Although well-known internationally for the 1998 Nagano Winter Olympics, the city remains at its heart a temple town, one surrounded by majestic mountains and proud of its many local culinary specialties.

Take this half-day walking tour to get an insider's perspective of Nagano City and its fascinating temple heritage. The tour is especially tailored for foreign visitors and residents with expert guidance in English.



Tour Itinerary

09:30 Meet in front of Nagano Station

By the Princess Nyoze statue
in front of Nagano Station's Zenkoji Exit ⇒ see those photos ⇒

Walk along the main pilgrimage route towards
Zenkoji Temple, stopping at smaller temples
as well as several local specialty shops.

Try samples of some of the food items unique to
Nagano City at several of the stops.

12:30 Disband near the entrance to Zenkoji Temple.

Tour Price: 3000 yen per person.

(Cash only, please.) Food samples included.

Tour Dates: 1st Saturday of each month

OPTIONS

Two options are offered for at the end of the tour. Please inquire to our Facebook page 5 days in advance to confirm availability.

1. Zazen Meditation (Buddhist meditation with simple explanation, at a Zenkoji sub-temple, 12:30-13:10, +1000 yen per person)
2. Shojin Ryori Lunch (Buddhist vegetarian meal at a historical restaurant near the entrance to Zenkoji, +1500 yen per person)



Tour Special Features:

1. Visit locations especially selected by the guide based on the interests of the participants.
2. Interactive experiences in which participants can partake.
3. Intimate conversations with local shop owners and residents.



How to Join

www.facebook.com/NaganoCityEWalk

- Visit our Facebook page
- to check the tour dates
- to make a reservation for the tour
- to see the availability and make a reservation for the options
- to verify if the tour will operate or not



Professional licensed guide
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Haru Msuo

Produced by

NINJA Project (NPO)

Connecting Nagano with the World!

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