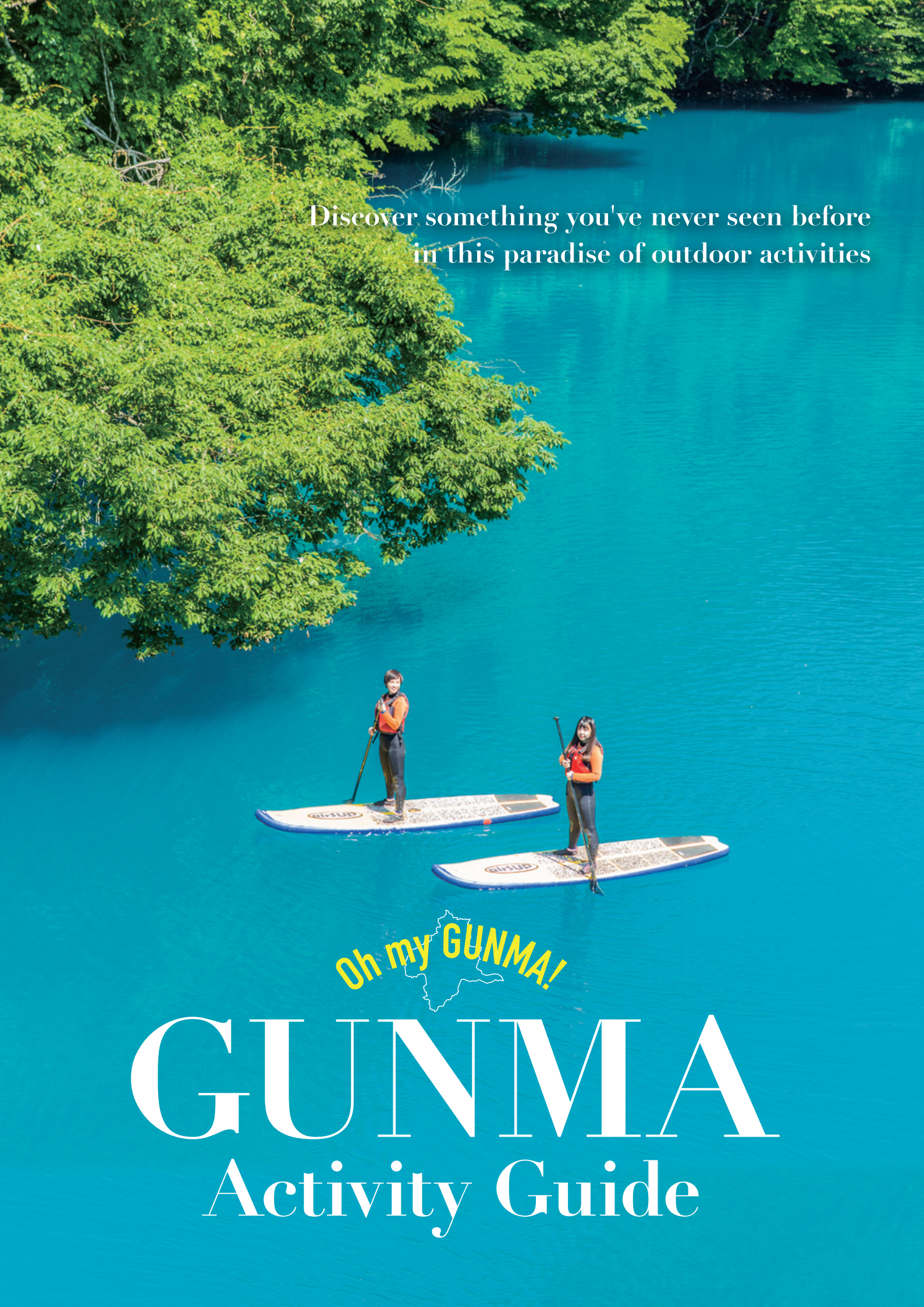




Discover something you've never seen before
in this paradise of outdoor activities

Oh my GUNMA!

GUNMA

Activity Guide

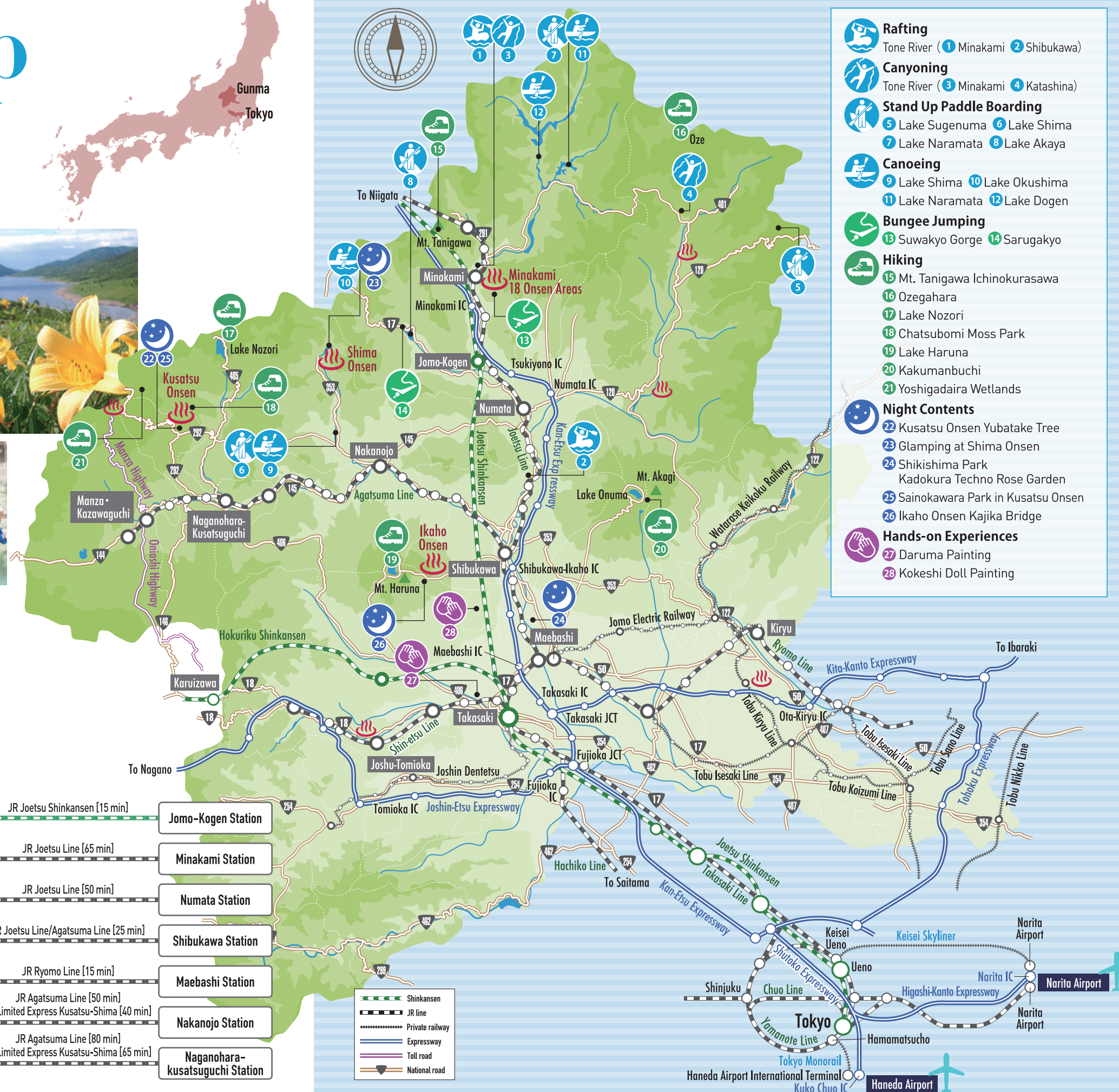
Located in the center of Japan, Gunma has a bounty of nature.
Enjoy all kinds of fun activities just 2 hours away from Tokyo.



The diagram illustrates the following routes and transfer points:

- From Narita Airport:**
 - Top Route:** JR Narita Express (60 min) → Tokyo Station → JR Joetsu/Hokuriku Shinkansen (50 min) → Takasaki Station.
 - Bottom Route:** JR Narita Express (90 min) → Shinjuku Station → JR Shonan-Shinjuku Line (105 min) → Takasaki 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.
- From Takasaki Station to Naganohara-Kusatsuguchi Station:**
 - JR Joetsu Shinkansen (15 min) → Jomo-Kogen Station
 - JR Joetsu Line (65 min) → Minakami Station
 - JR Joetsu Line (50 min) → Numata Station
 - JR Joetsu Line/Agatsuma Line (25 min) → Shibukawa Station
 - JR Ryomo Line (15 min) → Maebashi Station
 - JR Agatsuma Line (50 min) / JR Limited Express Kusatsu-Shima (40 min) → Nakanoyo Station
 - JR Agatsuma Line (80 min) / JR Limited Express Kusatsu-Shima (65 min) → Naganohara-Kusatsuguchi Station

The information provided is current as of February 2025.
Published by Gunma Prefectural Government
All the images in this pamphlet are for reference only. Some pictures may be different from the actual sight.



Water Activities

Gunma Prefecture is home to the Tone River which has the largest watershed in all of Japan. Take advantage of the clean and bountiful water of Gunma Prefecture to enjoy the many activities the area has to offer.



Canoeing in Lake Shima

Let's go canoeing in Lake Shima with its brilliant, clear blue water called "Shima Blue".

Best seasons: April through May, early November

NAKANOJO

OTHER SPOTS: ⑩ LAKE OKUSHIMA # NAKANOJO, ⑪ LAKE NARAMATA # MINAKAMI, ⑫ LAKE DOGEN # MINAKAMI

9



Best season: May through June



1



Best season: April through June

3

Rafting and Canyoning on Tone River

Navigate river rapids in a large, inflatable rubber raft. Feel the power of the rapids as you make your way downstream. Enjoy the beauty of the Tone River right at its source.

MINAKAMI

OTHER SPOT: ② SHIBUKAWA

MINAKAMI

OTHER SPOT: ④ KATASHINA

Canyoning is an exciting river sport conducted in the Mt. Tanigawa area. Experience the exhilaration of throwing your entire body straight down into a waterfall basin while enjoying the natural beauty of the canyon.



Best season: July through October

5

Stand Up Paddle Boarding in Lake Sugenuma

What is stand up paddle boarding (SUP)? Just what it says! The rider stands on a flat board and paddles it to the left and right to move forward. Lake Sugenuma has beautiful clear water surrounded by untouched forests. Even beginners can enjoy this sport.

KATASHINA

OTHER SPOTS: ⑥ LAKE SHIMA # NAKANOJO, ⑦ LAKE NARAMATA # MINAKAMI, ⑧ LAKE AKAYA # MINAKAMI



Best season: Throughout the year

13

Bungee Jumping at Suwakyo Gorge

Bungee jump from 42-meter high Suwakyo Bridge. Experience the full thrill of bungee jumping while diving into the beauty of this gorge.

MINAKAMI

OTHER SPOT: ⑭ SARUGAKYO # MINAKAMI

Hiking

Almost two thirds of Gunma Prefecture are covered by mountains, many that are popular among hikers of all levels, from beginner to advanced.



Mt. Tanigawa Ichinokurasawa

This scenic view is a one-hour walk from the Tanigawadake Joch Doaiguchi Station.

MINAKAMI

Best season: June

15



Mt. Tanigawa Ichinokurasawa

Best season: October through November

15

Ozegahara

A rich wetland area full of mountain plants and flowers, including mizubasho, that bloom from mid-May to mid-October. Stay overnight in Oze or take a day-trip.

KATASHINA

Best season: Late May through Mid-June



16



Best season: June through August

17

Lake Nozori

At an altitude of 1,513 meters, Lake Nozori is filled with over 300 different varieties of mountain plants and has the nickname "lake in the sky." Enjoy hiking and camping.

NAKANOJO

Chatsubomi Moss Park

One of the largest areas in East Asia covered by Chatsubomi Moss Park. The soft, verdant green of the moss looks like a velvet carpet covering the ground. Waterfalls add to the mysterious, inviting scene.

NAKANOJO



Best season: Early through mid-June

18



Best season: Late October through Mid-November

19

Lake Haruna

A crater lake at the top of Mt. Haruna. Follow a path around the lake for some light hiking, and enjoy boating, auto-camping, and mountain trekking.

TAKASAKI

Kakumanbuchi

A wooden walking path circles the marshland for an easy hike. Enjoy the beautiful autumn colors beginning in mid-October.

MAEBASHI

Best season: Mid-October through early November



20



Best season: Mid-September through early October

21

Yoshigadaira Wetlands

This cluster of wetlands is home to a wide variety of plants and animals, and was registered as Wetlands of International Importance (Ramsar sites) in 2015. Walkways are carefully maintained for easy hiking.

NAKANOJO

In the clear mountain air of highlands, you can gaze at the stars in the night sky.
Illuminations at famous onsen resorts and flower gardens create fantastic scenery.

Enjoy the festive atmosphere around this onsen town as a huge Christmas tree takes center stage during the extended Kusatsu Onsen winter illumination.

Best season: November through February



Kusatsu Onsen

Experience the starry midnight sky while enjoying the comforts of the nearby onsen and glamping tents.

Best season: May through August



NAKANOJO

Over 7,000 roses bloom in spring and autumn. After the sun sets enjoy the flowers lit up for night-time viewing.

MAEBASHI



Best seasons:
Spring: Mid-May through early June
Autumn: Mid-October through early November

KUSATSU



Best season: May through October

Walk around the park and enjoy the abundance of natural hot springs where you can relax and soak your feet. At night the walkways are lit up to create a dreamlike effect.

KUSATSU

Kajika Bridge in Ikaho Onsen is lit up in autumn to display the surrounding autumn colors.

SHIBUKAWA



Best season: October through November

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.



	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	
Strawberries													
Cherries													
Blueberries													
Peaches													
Grapes													
Japanese Pears													
Persimmons													
Apples													
Mandarin Oranges													

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

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

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



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



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

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/top.php>



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
<https://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/>

Useful Information

Outdoor Companies List

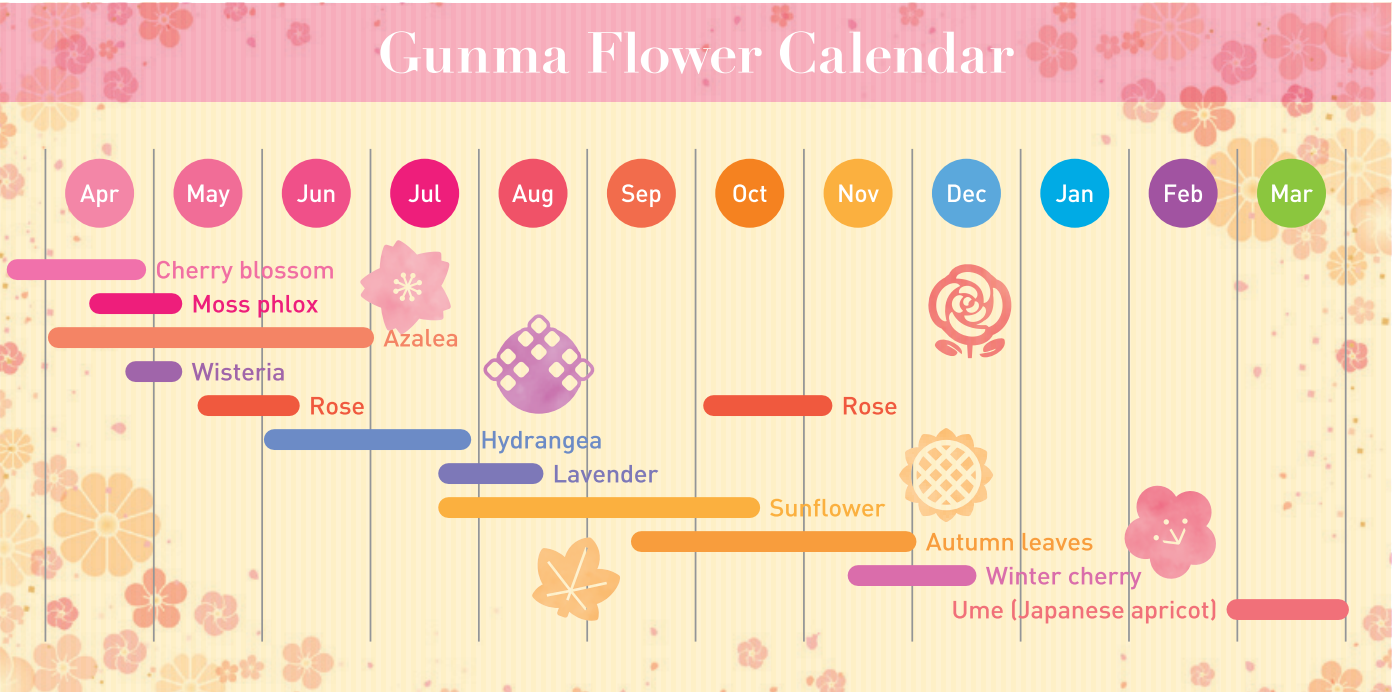
MINAKAMI	RAFTING		CANOEING		CANYONING		SUP		BUNGEE JUMPING	
	Regular schedule	Available in english	Regular schedule	Available in english	Regular schedule	Available in english	Regular schedule	Available in english	Regular schedule	Available in english
CANYONS https://canyons.jp/en/	●	●			●	●				
I LOVE OUTDOORS JAPAN https://iloveoutdoors.jp/en/	●	●	●	●	●	●				
H2O GUIDE SERVICE https://h2o-guides.jp/english-minakami-rafting/	●	●			●	●				
Lakewalk http://www.lakewalk.jp/			●							
MAX http://www.max-raft.com/	●	●			●	●	●	●		
Top MINAKAMI Company https://www.topminakami.com/	●	●	●	●	●	●	●	●		
IRIEON SUP http://irieon.com/sup/							●	●		
BUNGY JAPAN http://www.bungyjapan.com/?lang=en									●	●
FIELD EARTH https://fieldearth.com/	●	●			●	●	●	●		

KATASHINA										
HIGH FIVE Mountain Works http://highfive-mountainworks.com/sup/			●	●			●	●		
Bluebird Canoe http://kuwaphoto.com/bluebird_canoe/index.html			●							
FIELD EARTH https://fieldearth.com/					●	●				

NAKANOJO, SHIMA										
GREEN DISCOVERY https://www.greendiscoveryjapan.com/			●	●	●	●	●	●		
IRIEON SUP http://irieon.com/sup/							●	●		

SHIBUKAWA										
GREEN DISCOVERY https://www.greendiscoveryjapan.com/	●	●								

※ Please inquire about reservations to each company ahead of time.



Get Your Information on Gunma Here

<https://www.visit-gunma.jp/en/>
Head to Gunma Prefecture, just a short trip from Tokyo, to relax in abundant natural onsen and enjoy thrilling outdoor activities among beautiful scenery.

<https://www.visit-gunma.jp/en/>

<https://g3m.jp/>
You can ride the buses to Gunma's onsen destinations using a simple online platform. The GunMaaS website lets you purchase a range of bus tickets, which are displayed digitally on your smartphone. Simply show your screen to board! You can also use the platform to search transport information in Gunma.

<https://g3m.jp/>

Bathed in Beauty

Bathed in Beauty

Transportation e-tickets to make your trip to Gunma so much smoother!

Hot Springs | Stunning Vistas | Local Delicacies