

EXCURSION

Tuesday, October 28, 2025

Main Entrance



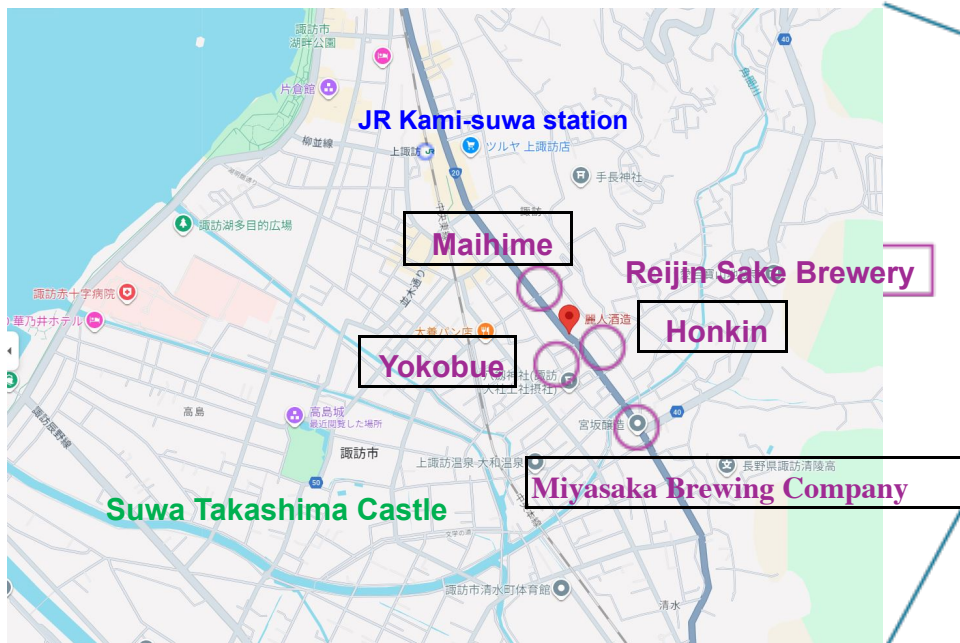
Meet at the main entrance at 12:15.

12:30	Depart the hotel	12:30	Depart the hotel
13:15-14:00	Suwataisya Shrine Upper Main (Honmiya)	13:15-14:00	Togariishi Jomon Archeology Museum
14:15-15:45	Free time for a walk around Kamisuwa area, visit one of five nearby Japanese sake breweries or Suwa Takashima Castle	14:30-15:15	Suwataisya Shrine Upper Main (Honmiya)
16:15-17:00	Togariishi Jomon Archeology Museum	15:30-17:00	Free time for a walk around Kamisuwa area, visit one of five nearby Japanese sake breweries or Suwa Takashima Castle
17:20	JR Chino station		
18:00	Return to the hotel	18:00	Return to the hotel

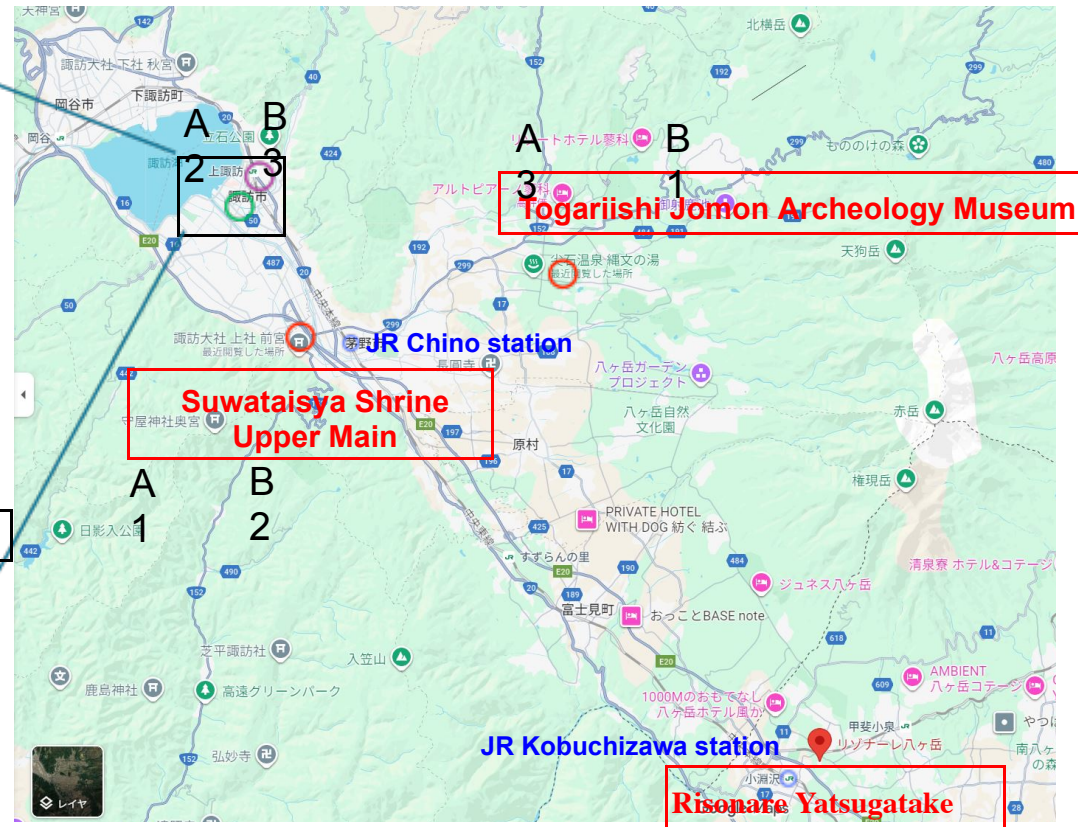
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Kamisuwa area



1 km



2 km

Suwataisha Shrine Upper Main (Honmiya)

Suwataisha Shrine is one of the oldest Shinto shrines in Japan, located in the Suwa region of Nagano Prefecture. It consists of four main shrines: the Upper Shrine (Honmiya and Maemiya) and the Lower Shrine (Aki-miya and Haru-miya). It enshrines the Suwa deity, who governs wind, water, agriculture, and military fortune, and serves as the head shrine of numerous Suwa shrines found across Japan.

The Onbashira Festival is a grand traditional event held once every seven years in the Suwa region of Nagano Prefecture, with a history of over 1,200 years. In this festival, massive fir trees are felled from the mountains and hauled by hand to be erected at the four corners of each shrine of the Suwataisha Shrine. Among them, the most important pillar built at the Upper Main Shrine (Honmiya) is called the “First Sacred Pillar (Ichino Onbashira).” It is revered as a sacred symbol and serves as a divine vessel.

Togariishi Jomon Archaeological Museum

The Togariishi Jomon Archaeological Museum, located in Chino City, Nagano Prefecture, is dedicated to the Jomon period of prehistoric Japan, which spans approximately from **13,000 years ago to around 300 B.C.**

The museum exhibits numerous valuable artifacts excavated from the Yatsugatake foothills, including two National Treasures — the “Jomon Venus” and the “Masked Goddess” — offering deep insight into the rich spiritual and cultural life of the Jomon people.