



Chūbu- Sangaku
National Park


 **Nakabusa
Onsen**

 **Hotaka**


Shin-Hotaka
Onsen

 Azumino

 Kamikōchi

Matsumoto-jō


Fukuji Onsen

 Naka-no-yu

 **Shin-
Shimashima**


Matsumoto

Hirayu Onsen

Shirahone Onsen 

 Norikura-kōgen

 Shiojiri  Okaya