

Hotel Alpen Blick

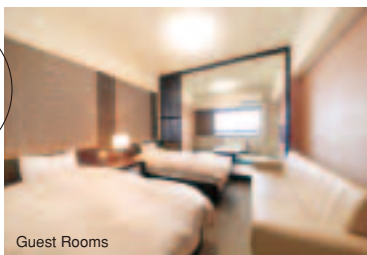
Enjoy ultimate comfort in our “Kuro-doro” onsen bath with its water constantly flowing from the hot-spring source – all in a setting surrounded by unparalleled scenery.

SPA

Our open-air onsen bath uses unfiltered hot water straight from the “Kuro-doro” (the so-called black mineral) hot-spring source at Mt. Myoko’s Minami Jigoku-dani Valley – the most effective way to take advantage of its medicinal efficacies. Characterized by its impressive black mineral deposits, the hot-spring water enjoys a high reputation as being effective for neuralgia, female disorders, chronic skin diseases and motor impairment. Without doubt, it’s also good for refreshing yourself from the day’s fatigue after trekking, skiing or snowboarding.



The hotel's superb location allows you to enjoy the magnificent view of Mt. Myoko before your very eyes. Even from your guest room, you can also command a picturesque view of Mt. Myoko and Lake Nojiri. In winter, the area in front of the hotel becomes a marvelous ski slope.



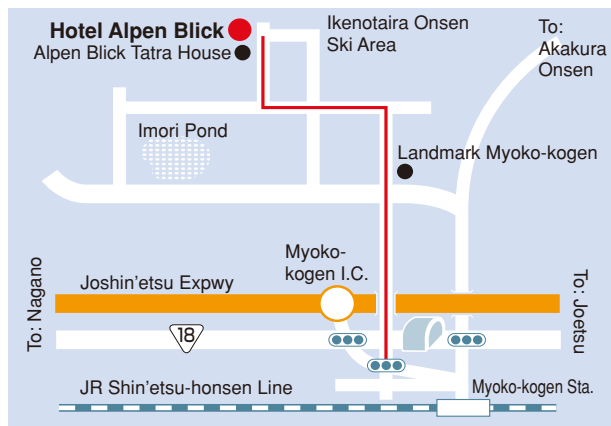
Guest Rooms

The hotel offers three types of spacious guest rooms: purely Japanese rooms (6), Japanese/Western-style combination rooms (70) and special suites (2) – 78 in total, each assuring you a relaxing stay.



Restaurant

This spacious restaurant, surrounded by natural light, is a perfect setting for enjoying breakfast. A bonus here is nature's magnificent scenery, which is sure to enhance your appetite.



By JR Lines

- From Tokyo (region) — Board Nagano-bound Shinkansen bullet train “Asama” at Tokyo Sta. → At Nagano Sta., transfer to “Myoko” rapid train → Arrival at Myoko-kogen Sta. <approx. 2 hr. 15 min.>
- From Nagoya (region) — At Nagoya Sta., board Chuo-honsen Line limited express “Shinano” → Arrival at Myoko-kogen Sta. <approx. 4 hr.>
- From Kanazawa (region) — At Kanazawa Sta., board Hokuriku-honsen Line limited express → Naoetsu Sta. (transfer to Shin'etsu-honsen Line) → Arrival at Myoko-kogen Sta. <approx. 3 hr.>

*To use the local route bus from Myoko-kogen Sta., board an Ikenotaira Onsen-bound bus at the station front and get off at Ebisuya-mae bus stop, then approx. 15 min. walk.

By Car

- From Tokyo (region) — Nerima I.C. on Kan'etsu Expwy → Myoko-kogen I.C. on Joshin'etsu Expwy <approx. 2 hr. 40 min.>
- From Nagoya (region) — Komaki I.C. on Meishin Expwy → via Chuo Expwy and Nagano Expwy, enter Joshin'etsu Expwy and exit at Myoko-kogen I.C. <approx. 3 hr. 30 min.>
- From Kanazawa (region) — Kanazawa-higashi I.C. on Hokuriku Expwy → Myoko-kogen I.C. on Joshin'etsu Expwy <approx. 3 hr.>

Via International Airports

- **From Narita International Airport**
By JR train: Narita Airport Sta. → Tokyo Sta. (approx. 65 min.)
By Keisei Ry. train: Narita Airport Sta. → Ueno Sta. in Tokyo (approx. 50 min.)
- **From Niigata Airport**
By bus: Niigata Airport → Niigata Sta. (approx. 30 min.), then board JR train: Niigata Sta. → Naoetsu Sta. → Myoko-kogen Sta. (approx. 2 hr. 30 min.)
- **From Toyama Airport**
By bus: Toyama Airport → Toyama Sta. (approx. 25 min.), then board JR train: Toyama Sta. → Naoetsu Sta. → Myoko-kogen Sta. (approx. 3 hr. 15 min.)

A resort hotel at 800m altitude

Hotel Alpen Blick

2452, Ikenotaira, Myoko City, Niigata Prefecture 949-2112
TEL: +81-255-86-3180 (main line) FAX: +81-255-86-4235
<http://alpen-blick.com>

(Myoko-kogen) Ikenotaira Ski Area

2452, Ikenotaira, Myoko City, Niigata Prefecture 949-2112
TEL: +81-255-86-3180 (main line) FAX: +81-255-86-4235
<http://www.ikenotaira.net/>

Myoko-kogen brewery restaurant

Alpen Blick Tatra House

2457-2, Ikenotaira, Myoko City, Niigata Prefecture 949-2112
TEL: +81-255-86-2600 (main line) FAX: +81-255-86-5458

Arai & Associates Co., Ltd.

4-1, Kioicho, Chiyoda-ku, Tokyo 102-0094
TEL: +81-3-5210-3000 (main line) FAX: +81-3-5210-3235



Alpen Blick Resort

Alpen Blick Resort

<http://alpen-blick.com/>

Welcome to the hot-spring waters and taste treats nurtured by Mother Nature's superb natural environment at the foot of Mt. Myoko.

Since time immemorial, awe-inspiringly magnificent Mt. Myoko has been compared to "Mt. Shumisen," the heavenly soaring peak believed to be the focal point of the Buddhist world.

The Myoko-kogen Highland extending from the foot of Mt. Myoko is a relaxing resort area, where you can find a unique harmony between the seasonally changing beauty and the generosity of Mother Nature to be shared with the genuine hospitality of the local population.

Come to Myoko-kogen and be completely refreshed by majestic Mt. Myoko and the gentle breezes that waft through the highland.



Alpen Blick Tatra House

The crystal-clear water bubbling up from Myoko's mountainside enhances and refines our local brew.

Alpen Blick Tatra House is where one can appreciate the freshly brewed taste of our one-and-only Myoko-kogen Beer.

This restaurant is styled after so many in Europe, the birthplace of beer and is spaciouly designed offering some 400 seats. Here, guests can enjoy a wide variety of homemade original dishes, each prepared to deliver the natural flavors of the ingredients, while viewing the beer-brewing process.



Myoko-kogen Beer

Our beer is our pride and joy which we make by using the choicest ingredients enhanced by the clear highland waters of Myoko-kogen. Three different brews – Pilsner, Weizen and Dark Lager – are available to choose from according to your individual taste.



Tatra House: The Brewery-attached restaurant

This restaurant's design encompasses the image of a typical European town. Please enjoy the "one-of-a-kind" taste of our local beer together with the select dishes of our all-you-can-eat "Viking style" hospitality.



All-you-can-eat "Viking-style" buffet

The restaurant features a grand buffet menu offering up to 40 different dishes – ranging from Japanese and Western to Chinese – all in the stimulating "Viking" style harmonizing with your favorite on-site brew.

Landmark Myoko-kogen

Onsen café



•For inquiries:
TEL: +81-255-86-5130 (main line)



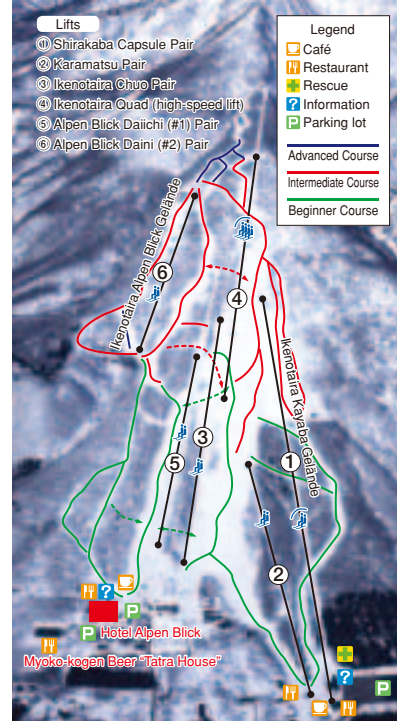
Ikenotaira Ski Area is not only beginner-friendly but its highly varied terrain with challenging slopes is also ideal for both intermediate and advanced skiers. All slopes are open to snowboarding.



Satisfaction is guaranteed for both free-style snowboarders and all who opt to enjoy time at the adjacent snow-park. Well designed activity options may be of particular interest.



The slopes here welcome school excursions as well as participants in our day ski school program, thus catering to the very beginners through experts. Even beginners can be totally worry-free because the expertise of our experienced instructors is top-notch.



It's so spacious!
Come and check it with your very own eyes.

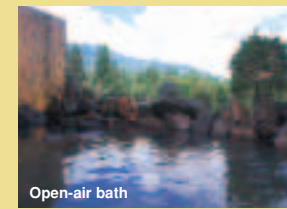
We are proud of our super-wide and expansive ski slope area plus our snow-park offering an exciting variety of on-snow activities.

A three-kilometer-long downhill course is also available, completing the overall popularity of this ski resort complex.



Ikenotaira Onsen Ski Area

An onsen (hot-spring) facility that is the epitome of casual enjoyment.



Open-air bath

The highlight of Landmark Myoko-kogen is the open-air bath with health-enhancing "Kuro-doro" (the so-called black mineral) water, where one can enjoy breathtaking scenery right from the bath. Facilities also include large indoor baths, saunas, a charcoal slab sauna for ladies, a billiard room, karaoke, a manga library and an Internet room, together making it an all-around onsen recreational facility. Needless to say, here the guest can enjoy our Myoko-kogen Beer and excellent cuisine.