

Enjoy our attractive first-rate snow slope and a variety of courses!

Refresh your body and mind in the open atmosphere of Lake Nojiri and Mt. Myoko.



**ALPEN BLICK** Snow Resort

池の平温泉 アルペンブリックスキー場



A 4km-long cruise from speedy mid-slope to gentle woodland slopes, Snow Park and Kids Area are available too. Our ski resort is opened for everyone to enjoy.

A day spa (in-door hot spring) can be enjoyed at any time conveniently.



Relaxing black mud(kurodoro) open-air bath with a spectacular view of Mt. Myoko.

**ALPEN BLICK** Spa

アルペンブリック スパ 日帰り温泉



Open-air bath with black mud springs from Minami-jigokudani valley, a spacious large bath, and a sauna are available. We also have the variety shop "Sancho Panther" and the Izakaya/ Japanese bar restaurant "TSUGUMI Nihon-tei" on the 1st floor for you to enjoy all day.

※ "Sancho Panther" and "TSUGUMI Nihon-tei" are available without entering the Spa areas and accessible to everyone.

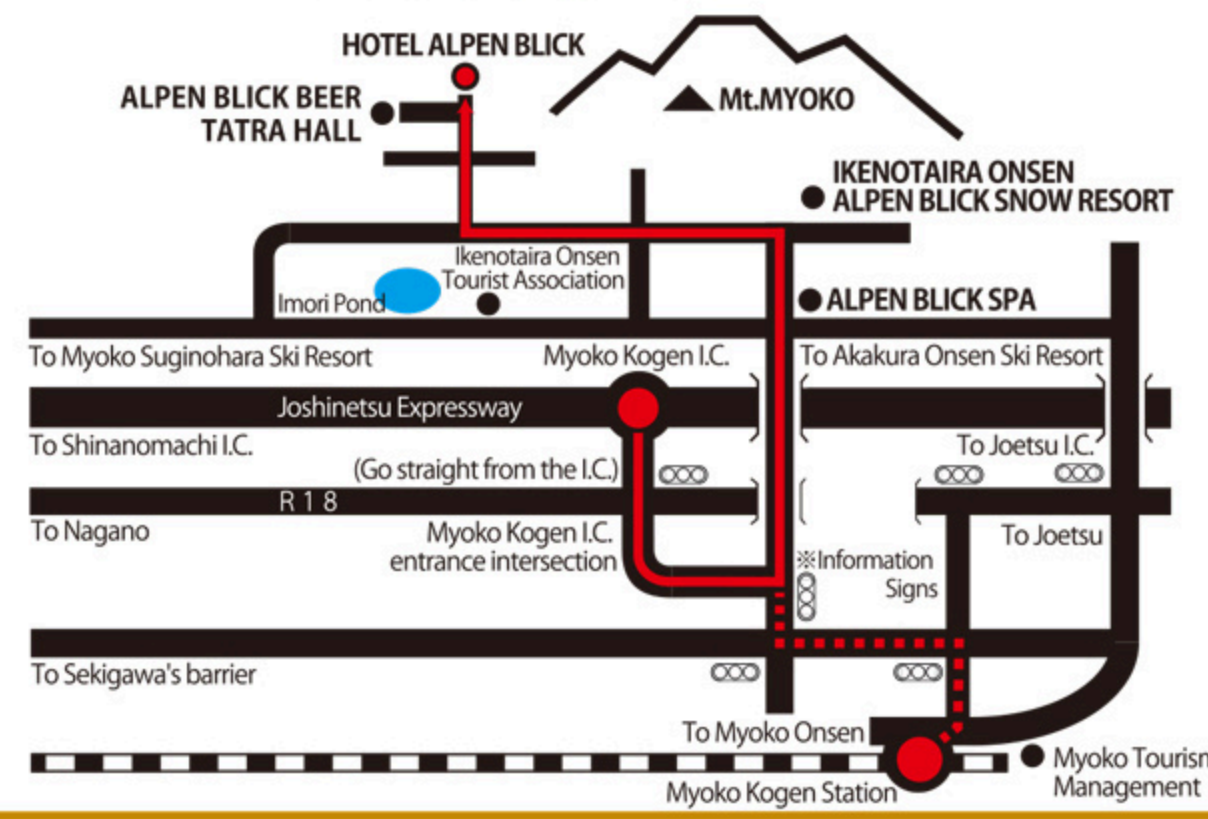
**ACCESS**

**By Trains**

- From Tokyo: Board Hokuriku Shinkansen bullet train "Kagayaki/ Hakutaka/ Asama" at Tokyo Sta. → Transfer to "Kita Shinano line" at Nagano Sta. → Arrival at Myoko Kogen Sta. <approx. 2 hrs & 20 mins>
- From Nagoya: Board Chuo-honsen limited express "Shinano" at Nagoya Sta. → Transfer to "Kita Shinano line" at Nagano Sta. → Arrival at Myoko Kogen Sta. <approx. 3 hrs & 30 mins>
- From Kanazawa: Board Hokuriku Shinkansen bullet train "Kagayaki/Hakutaka" at Kanazawa Sta. → Transfer to "Myoko Haneuma line" at Joetsu Myoko Sta. → Arrival at Myoko Kogen Sta. <approx. 1 hr & 40 mins>

**By Car**

- From Tokyo: Nerima I.C. on Kan'etsu Expwy → Exit at Myoko Kogen I.C. on Joshin'etsu Expwy <approx. 2 hrs & 40 mins>
- From Nagoya: 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 hrs 30 mins>
- From Kanazawa: Kanazawa-higashi I.C. on Hokuriku Expwy → Exit at Myoko Kogen I.C. on Joshin'etsu Expwy <approx. 3 hrs>



Resort hotel at 800M elevation on the mountain

**Hotel ALPEN BLICK**

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2452, Ikenotaira, Myoko City, Niigata Prefecture 949-2112  
TEL:+81-255-86-3180(Main line) Facsimile:+81-255-86-4235

**ALPEN BLICK Tatra Hall**  
アルペンブリック ビール工場レストラン タトラホール  
2457-2, Ikenotaira, Myoko City, Niigata Prefecture 949-2112  
TEL:+81-255-86-2600(Main line)

**ALPEN BLICK Beer**  
妙高高原 アルペンブリックビール  
2457-2, Ikenotaira, Myoko City, Niigata Prefecture 949-2112  
TEL:+81-255-86-5008

**ALPEN BLICK Spa**  
アルペンブリック スパ 日帰り温泉  
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**ALPEN BLICK Snow Resort**  
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**Arai & Associates Co., Ltd.**

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*Hotel* **ALPEN BLICK**

ホテル アルペンブリック

English

*Hotel* **ALPEN BLICK**

ホテル アルペンブリック

We welcome you with Mt. Myoko's hot spring, gourmet and the nature's wind.

Our hotel offers a magnificent view of Mt. Myoko and Lake Nojiri even from the guest rooms. In winter season, the ski slopes are right in front of the hotel.



Enjoy the ultimate healing experience with the black mud hot spring in an open-air with a spectacular view.



※In winter, the view is unavailable due to anti-freeze operation.

The open-air baths are made from pure black hot spring water which comes from Minami-jigokudani Valley, the foot of Mt. Myoko. The impressive black hot-spring yunohana made of mineral deposits, is reputed to be effective for neuralgia, female health, chronic skin diseases, and motility disturbance. Refresh your body with onsen after trekking, skiing or snowboarding.



The large hot spring on the 1st floor is filtered and clear.

We welcome you in a spacious restaurant filled with natural light and magnificent view for breakfast.

**ALPEN BLICK Tatra Hall**

アルペンブリック ビール工場レストラン タトラホール

The restaurant inspired by Europe, the home of beer, is spacious enough to accommodate 400 people. You can enjoy the freshly brewed beer and wide variety of dishes with full flavors of the ingredients while looking at the beer brewing facility inside of the restaurant.



Our beer is created from natural water in Myoko.

Enjoy the buffet of Japanese, Western, Chinese, and delicacies from the nature, along with freshly brewed local beer.

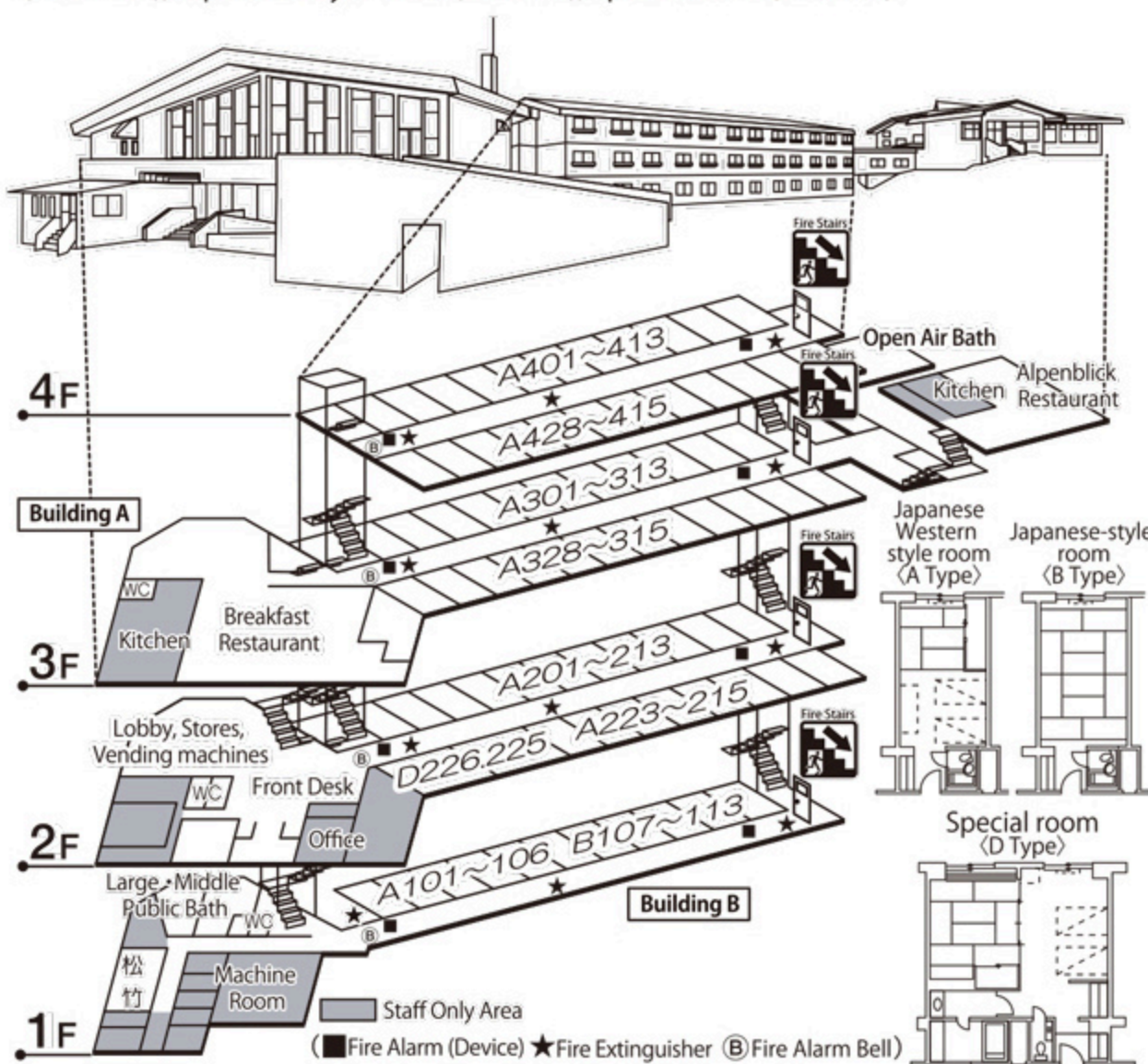
**ALPEN BLICK Beer**  
妙高高原 アルペンブリックビール  
Please taste our great fresh beer brewed with natural water.



Comic library, Billiards, Karaoke and Ping-pong (summer only), are available for you, your family members and friends to play together after taking a bath.



Three types of rooms are available for your relaxing stay: Japanese-Western style room (70 rooms), Japanese-style room (6 rooms), Special room (2 rooms).



Mt. Myoko is a majestic and beautiful mountain compared as "Mt. Sumeru/須弥山[Shumisen]" which has been the center of the Buddhist world since ancient times. Myoko Kogen/Myoko Plateau is a healing resort area with rich nature of four seasons and down-to-earth people. The gentle breezes flowing at the magnificent Mt. Myoko will surely make your day.