

MOVE | JAPAN

— 日本任我行 —

自由探索  随心出发

MJH-03

中央高原之旅

CENTRAL HIGHLAND JOURNEY

東京 | 輕井澤 | 長野 | 戶隱 | 奈良井宿 | 松本 | 名古屋

TOKYO → KARUIZAWA → NAGANO → TOGAKUSHI →
NARAI-JUKU → MATSUMOTO → NAGOYA





行程特色

ROUTE HIGHLIGHTS



輕井澤高原
KARUIZAWA



善光寺
ZENKO-JI TEMPLE



戶隱高原
TOGAKUSHI HIGHLANDS



奈良井宿
NARAI-JUKU



松本城
MATSUMOTO CASTLE



輕井澤
Karuizawa

日本最具代表性的高原度假區之一。
高原森林、購物街、自然景觀與悠閒氣氛，完美結合。
One of Japan's most famous highland resorts, known for its forests, shopping streets and relaxed atmosphere.



善光寺
Zenko-ji Temple

擁有超過 1,400 年歷史的重要佛教寺院。
A historic Buddhist temple with over 1,400 years of history.



戶隱高原
Togakushi Highlands

著名神社森林與杉木參道，體驗日本高原森林文化。
Sacred forests, cedar-lined paths and traditional shrine culture.



奈良井宿
Narai-juku

中山道保存最完整的宿場町之一，
保留濃厚江戶時代風貌。
One of the best-preserved post towns along the historic Nakasendo route.



松本城
Matsumoto Castle

日本國寶級古城，被譽為「烏城」。
One of Japan's most famous original castles and a National Treasure.

為何選擇這趟旅程？

WHY CHOOSE THIS JOURNEY?



高原度假體驗
Highland Resort
Experience



神聖森林探索
Sacred Forest
Exploration



歷史宿場町文化
Historic Post Town
Culture



國寶級古城
National Treasure
Castle



中央高原絕景之旅
Scenic Central
Highlands Journey

行程
ITINERARY

Day 1

Tokyo → Karuizawa → Nagano Highlands

東京 → 輕井澤 → 長野高原



白絲瀑布
Shiraito Falls

輕井澤必訪亮點

KARUIZAWA HIGHLIGHTS



08:00

東京出發

Departure from Tokyo

展開中央高原之旅。

Begin your relaxing journey through the Central Highlands of Japan.



10:00 - 14:00

輕井澤自由探索

Karuizawa Free Exploration

探索：Explore:

- 舊輕井澤銀座通
Old Karuizawa Ginza Street
- Prince Shopping Plaza
Prince Shopping Plaza
- 高原度假氛圍
Highland Resort Atmosphere
- 季節自然景觀
Seasonal Nature Scenery

自由午餐時間

Free time for lunch at your own pace.



14:00 - 16:00

前往長野

Transfer to Nagano

欣賞高原及山區景觀。

Enjoy scenic mountain views and countryside landscapes.



16:00 - 18:30

長野市自由活動

Free Time in Nagano City

探索：Explore:

- 長野站周邊 Nagano Station Area
- Café Café
- 在地餐廳 Local Restaurants
- 市區散步 City Walk



18:30

長野住宿

Hotel Check-in in Nagano

Toyoko Inn 或同級酒店
Toyoko Inn or Similar Hotel

享受輕鬆愉快的晚間時光。

Guests may enjoy a relaxing evening in Nagano.



舊輕井澤銀座通
Old Karuizawa Ginza Street



輕井澤王子購物廣場
Karuizawa Prince Shopping Plaza



高原度假氛圍
Highland Resort Atmosphere



長野市區
Nagano City



高原美景
Scenic Highlands



文化探索
Cultural Discovery



購物休閒
Shopping & Leisure



舒適住宿
Comfortable Stay



舒適旅程
Comfortable Journey

行程 ITINERARY

Day 2

Nagano → Zenko-ji →
Togakushi Highlands → Nagano
長野 → 善光寺 → 戶隱高原 → 長野



善光寺 Zenko-ji Temple



09:00 - 10:30

善光寺
Zenko-ji Temple

日本最重要的佛教寺院之一，
擁有超過1,400年歷史。

- Main Temple Hall
- Nakamise Shopping Street
- Traditional Temple District
- Free Exploration



10:30 - 11:30

前往戶隱高原
Transfer to Togakushi Highlands

欣賞長野高原與山區景觀。
Enjoy scenic mountain views
along the way.



11:30 - 13:00

戶隱蕎麥麵 (午餐自理)
Togakushi Soba (Lunch at Leisure)

戶隱最具代表性的在地美食。
Famous for traditional handmade
Togakushi Soba.



13:00 - 16:00

戶隱神社自由探索
Togakushi Shrine
Free Exploration

- Togakushi Shrine
- Ancient Cedar Avenue
- Forest Walking Trails
- Kagamiike Pond
- Highland Scenery

自由探索神聖的森林與神社區域。
Explore the sacred forest and
shrine area at your own pace.



16:00 - 17:00

返回長野市區
Return to Nagano City
返回長野市區。
Return to Nagano City.



17:00 - 18:30

長野自由活動
Evening Free Time

- Nagano Station Area
- Local Restaurants & Izakaya
- Shopping & Cafés



18:30 以後

長野住宿
Hotel Check-in in Nagano
Toyoko Inn 或同級酒店
Toyoko Inn or Similar Hotel

享受長野的夜晚時光。
Enjoy a relaxing evening in Nagano.



戶隱神社杉木參道
Togakushi Shrine Cedar Avenue



戶隱神社
Togakushi Shrine

擁有悠久歷史的
神聖神社。
A sacred shrine with a
long history.



杉木參道
Ancient Cedar Avenue

漫步於數百年歷史的
杉木林道。
Walk through centuries-old
cedar trees.



鏡池
Kagamiike Pond

被森林環繞的寧靜池塘，
景色如畫。
A serene pond surrounded
by forest beauty.



鏡池 Kagamiike Pond



戶隱蕎麥麵 Togakushi Soba



長野站周邊 Nagano Station Area



文化探索
Cultural Discovery



自然景觀
Nature Scenery



在地美食
Local Cuisine



自由時間
Free Time



舒適住宿
Comfortable Stay



奈良井宿 Narai-juku

行程

ITINERARY

Day 3

Nagano → Narai-juku →
Matsumoto → Nagoya

長野 → 奈良井宿 → 松本 → 名古屋



早餐

Breakfast at Hotel

享用早餐，開始旅程的最後一天。
After breakfast, begin the final day of the Japan Forest Highland Traverse Journey.



09:00

酒店退房

Hotel Check-out



09:00 - 10:30

前往奈良井宿

Transfer to Narai-juku

欣賞沿途高原與山景風光。
Enjoy scenic highland and mountain views.



10:30 - 13:00

奈良井宿・中山道古驛町

Historic Nakasendo Post Town

- 傳統江戸街道
- 自由探索
- 奈良井宿自由午餐
- Traditional Edo Streets
- Free Exploration
- Lunch at Narai-juku



13:00 - 14:00

前往松本城

Transfer to Matsumoto Castle



14:00 - 16:00

松本城・城下町散策

Matsumoto Castle & Castle Town Walk

- 松本城天守
- 中町通り Nakamachi Street
- 繩手通り Nawate Street
- 城下町散策
- Matsumoto Castle
- Nakamachi Street
- Nawate Street
- Castle Town Walk



16:00 - 18:00

前往名古屋

Transfer to Nagoya

返回名古屋，結束愉快的旅程。
Return to Nagoya and conclude the wonderful journey.



行程結束（名古屋）

Tour Ends in Nagoya



傳統江戸街道
Traditional Edo Streets



自由探索
Free Exploration



在奈良井宿自由午餐
Lunch at Narai-juku



松本城 Matsumoto Castle



中町通り
Nakamachi Street



繩手通り
Nawate Street



城下町散策
Castle Town Walk



名古屋 Nagoya

旅程結束後・自由安排

After the tour officially ends, guests may freely arrange their onward travel plans.



前往機場搭機離境

Proceed to the airport for departure



返回東京、大阪或其他城市

Return to Tokyo, Osaka or other cities



繼續日本自由行程

Continue independent travel in Japan



連接其他 MOVE JAPAN 延伸路線

Connect with other MOVE JAPAN extension routes



貼心提醒（行程調整說明）

行程中所列的景點順序、餐食安排及停留時間僅供參考，實際安排可能會因交通狀況、天氣因素、景點限制或其他不可抗力因素，由導遊或司機視情況調整，以確保旅途安全順暢，敬請理解與配合。謝謝！

The schedule, attraction sequence, and meal arrangements listed in this itinerary are for reference only. Actual arrangements may be adjusted by the tour coordinator or driver-guide based on traffic conditions, weather, attraction restrictions, or other unforeseen circumstances to ensure a safe and smooth travel experience. Your understanding is greatly appreciated.



MJG-01

在地體驗

Local Experiences

探索飛驒高山與白川鄉的在地魅力

Discover the local charm of Hida Takayama and Shirakawa-go.



飛驒牛美食

Hida Beef Delicacies

飛驒高山以優質和牛聞名。旅客可於自由午餐時間品嚐：

- 飛驒牛壽司
- 飛驒牛串燒
- 飛驒牛定食

Hida Takayama is famous for its premium Wagyu beef.

Guests may enjoy:

- Hida Beef Sushi
- Hida Beef Skewers
- Hida Beef Set Meals



日式 Café

Japanese Style Cafés

高山老街內有多間特色 Café，提供咖啡、甜點及輕食。

感受悠閒的山城氣氛，享受慢活時光。

Discover charming cafés throughout the historic town.

Enjoy coffee, desserts and light meals while soaking in the relaxed mountain-town atmosphere.



在地工藝品

Local Crafts & Souvenirs

高山地區以木工藝品及傳統手工藝聞名。

適合選購作為伴手禮，留作美好回憶。

Hida region is known for its fine wooden crafts and traditional handmade goods.

Perfect souvenirs to take home and treasure.



攝影景點

Photography Opportunities

旅程中有多個人氣拍攝景點：

- 飛驒高山老街
- 白川鄉合掌村
- 飛驒山區景觀公路

Capture unforgettable moments at:

- Hida Takayama Old Town
- Shirakawa-go Gassho Village
- Hida Mountain Scenic Route

Perfect locations for photography and memorable travel moments.

旅遊資訊

Travel Notes



最少成團人數

Minimum Participants

最少 4 人成團

Minimum 4 participants required.



步行程度

Walking Level

行程涉及適量步行，建議穿著舒適鞋履。

Moderate walking involved. Comfortable shoes recommended.



山區天氣

Weather Conditions

山區天氣多變，請留意天氣預報，並適當攜帶衣物。

Mountain weather can change quickly. Please check the forecast and dress appropriately.



輕便出行

Travel Light

建議攜帶隨身物品，輕便出行更舒適。

Travel light is recommended for a more comfortable journey.



行程調整

Schedule Adjustment

行程及景點順序可能因天氣或交通狀況而調整，敬請理解。

Schedule and attraction sequence may be adjusted subject to weather and traffic conditions.

感謝您參加 MOVE JAPAN 的旅程，期待與您再次出發！

Thank you for joining the MOVE JAPAN journey. We look forward to traveling with you again!



📍 戶隱蕎麥麵 Togakushi Soba



📍 杉木參道 Ancient Cedar Avenue



📍 奈良井宿 Narai-juku



📍 日本阿爾卑斯山景
Japanese Alps Scenery



01

戶隱蕎麥麵

TOGAKUSHI SOBA

戶隱地區最具代表性的傳統美食。以山泉水及手工製作聞名。

One of Nagano's most famous local specialties. Handmade with pure mountain water and traditional techniques.



02

杉木參道

ANCIENT CEDAR AVENUE

數百年歷史的杉木森林步道。被譽為日本最具神秘感的森林景觀之一。

Walk through centuries-old cedar forests along one of Japan's most mystical and spiritually significant forest paths.



03

神社文化

SHRINE CULTURE

探索戶隱神社與高原信仰文化，感受自然與信仰融合的力量。

Experience the spiritual traditions of Togakushi Shrine and the deep connection between nature and faith.



04

宿場町文化

NAKASENDO POST TOWN CULTURE

奈良井宿保存完整的江戶時代街道風貌，彷彿穿越時光。

Step back in time in Narai-juku, one of Japan's best-preserved post towns along the historic Nakasendo.



05

日本阿爾卑斯山景

JAPANESE ALPS SCENERY

欣賞中央高原壯麗的山岳景觀，感受日本大自然的雄偉之美。

Enjoy breathtaking mountain landscapes across the Central Highlands and the Japanese Alps.

深度體驗 · 感受在地魅力

IMMERSIVE EXPERIENCES, AUTHENTIC JAPAN



自然景觀
Beautiful Nature



文化體驗
Cultural Discovery



在地美食
Local Cuisine



輕鬆遊覽
Leisurely Exploration



深度交流
Meaningful Connections



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— 日本任我行 —

自由探索 随心出發

MOVE JAPAN ROUTE NETWORK

Discover Japan. Move with Purpose.

串聯日本的自然美景、文化遺產與在地風情，打造深度而難忘的旅程體驗。



GATEWAY CITIES



TOKYO Gateway



NAGOYA Gateway



OSAKA Gateway



KAWAGOE Gateway

ROUTE FAMILIES



亞爾卑斯系列
ALPINE SERIES



森林之旅系列
FOREST & HIGHLANDS SERIES



核心特色路線
CORE ROUTES



Northern Alps & Toyama Bay Journey

Tokyo → Hakuba → Himi → Toyama → Shirakawa-go → Nagoya



Central Highland Journey

Tokyo → Karuizawa → Nagano → Togakushi → Narai-juku → Matsumoto → Nagoya



Alpine Heritage Journey

Nagoya → Shirakawa-go → Toyama → Hakuba → Nagano → Tokyo



Forest & Post-Town Journey

Nagoya → Narai-juku → Matsumoto → Nagano → Kawagoe



Japan Golden Route (東行 / 西行)



Izu Coastal Journey 伊豆海岸之旅



Little Edo & Chichibu Series
小江戸・秩父系列



Wakayama Cat Station Master Journey
和歌山貓站長之旅



Kansai Sand Dunes Journey
關西砂丘之旅



Hiroshima Setouchi Journey
廣島瀨戶內之旅



Hida Mountain Series 飛驒山岳系列

ROUTE HIGHLIGHTS



Japan Golden Route
東西黃金路線



Izu Coastal Journey
伊豆海岸之旅



Little Edo & Chichibu Series
小江戸・秩父系列



Wakayama Cat Station Master Journey
和歌山貓站長之旅



Kansai Sand Dunes Journey
關西砂丘之旅



Hiroshima Setouchi Journey
廣島瀨戶內之旅



Hida Mountain Series
飛驒山岳系列



壯麗自然景觀
Alpine Scenery



世界遺產巡禮
UNESCO Heritage



在地文化體驗
Local Culture



深度旅遊體驗
Authentic Experiences

MJH-03

中央高原之旅

CENTRAL HIGHLAND JOURNEY

Tokyo → Karuizawa → Nagano → Togakushi →
Narai-juku → Matsumoto → Nagoya



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