



ALL IN ONE



MIHARASHI FARM HP



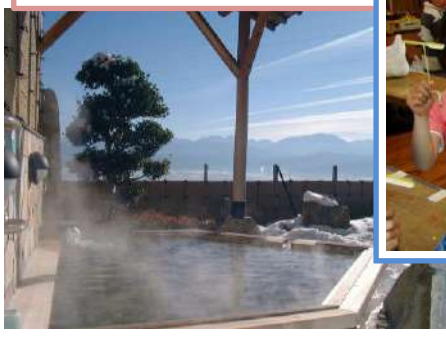
MIHARASHI FARM-English



<http://miharashi-farm.com/pdf/english.pdf>

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Fruits & Vege Picking

Strawberry(Jan - Jun)
Asparagus(Apr - Jun)
Blueberry(Jul - Aug)
Sweetcorn(Jul - Aug)
Apple(Sep - Nov)
Grapes(Sep - Oct)

Restaurants

Tomato no ki(Buffer)
Meijin - tei (Soba Noodles)



HOT SPRING

MIHARASHI-NO-YU

Making Food Experience

Making SOBA Noodle
Making Japanese Bread
Making TOFU
Making OYAKI
Making Seasonal Jam

**You can do
all experiences
in here**

Hand Made Craft

Weaving
Dyeing with natural dyes
Hand Made Wood Crafts

Activities

Trekking
Mountain Bike Trail
Putting Golf

5min by car

Ina
Inter Change

Chuodou Highway

Chuodou Highway

Shinkansen

Shin Osaka

Nagoya stn

Shinjuku

Kansai
Airport

Centrair
Airport

Narita
Airport

Fruits & Vege Picking

**You will enjoy the fresh taste of seasonal fruits and
vegetables**

Strawberry

(2nd.Jan – End of May 9:00-15:00)

Free to pick & eat 3 different kinds of strawberries as many as you like!

1 4 0 0 ~ 2 1 0 0 yen(over 6 years old)

1 2 0 0 ~ 1 4 0 0 yen (3-5 years old)

(Price vary depending on the month)

Asparagus

(Mid Apr - Jun)

Picking fresh asparaguses directly from farm field !

10 : 00am and 1:30pm

Green house one **8 5 0 yen**

Blueberry

(Early Jul – Mid Aug 9:00-15:00)

Free to pick & eat beautiful blueberries as much as you like for 1 hour

1 1 0 0 yen(Over 13years old)

6 0 0 yen(6-12 years old)

Sweetcorn

(Mid Jul – Mid Aug)

Picking fresh and sweet corn directly from corn field!

10:00am and 1:30pm

5 corns **7 5 0 yen**

Apple

(Late Aug – Late Nov 9:00-15:00)

Picking the famous Nagano apple off the tree and purchase as per kg

Entrance Fee **2 0 0 yen** (Over 4 years old)

Grapes

(Mid Sep – Late Oct 9:00-15:00)

Free to pick & eat different kind of grapes as many as you like for 1 hour!

1 5 0 0 yen (Over 6years old)

1 0 0 0 yen (3-5 years old)

☆Booking is essential☆

Making Food Experiences

Try and enjoy making traditional Japanese food!

Taste your own produce !

Making Soba Noodle

You will be instructed how to make Soba Noodle by professional Soba Master and eat your own Soba Noodle

Starting Time: 10:00 or 13:00 Duration: about 2 hours (including eating session)
5 sets of Soba Noodle **5 5 0 0 yen** (price vary depending on the number of people)

Japanese Bread

Japanese Bread is getting very popular in the world

Why don't you make and eat it?

Starting Time: 10:00 or 12:00 or 14:00 Duration: About 2 hours
4 pieces per person **1 2 5 0 yen**

Making Tofu

It's going to be great experience for you to make Japanese Traditional Tofu known as the Most Healthy Food

Starting Time: 12:00 or 14:00 Duration: About 2 hours
2 cups of Daizu Beans **2 3 0 0 yen**

Making OYAKI

"OYAKI" is typical snack of Nagano prefecture

Please make one and enjoy the local taste

Duration: About 1 hour
2 pieces per person **1 0 0 0 yen**

Making Seasonal Fruits Jam

Strawberry, Blueberry, Apple Jam

It is good for souvenir as your original

Duration: 30min
8 5 0 yen ~ 1 2 0 0 yen

☆Booking is essential☆

Hot Spring

MIHARASHI NO YU

The view of Southern Alps from outside bath is spectacular!

Natural Hot Spring

Opening Hour : 1 0 : 0 0 ~ 2 1 : 3 0

Over 13 years old: 6 0 0 yen / 6-12 years old: 4 0 0 yen / under 6 years old: Free

Restaurants

There are 2 restaurants in this property which are specialized in different way of cooking. Please choose for your like.

TOMATO NO KI (Buffet)

More than 30 different foods here. You can enjoy as much as you like

Opening hour: 11:00 till 15:00

Lunch : 1 8 0 0 yen (Sat, Sun and Public Holiday 2 1 0 0 yen)

MEIJIN - TEI (Soba Noodle)

Using 100% local buckwheat. Please taste real Soba noodle in different way

Opening hour: 11:00 till 16:00 Close every thursday

9 5 0 yen ~ 1 7 5 0 yen

Activities

Bush Walking (HABIRO natural trekking course)

This area is called "Bird Paradise" where around 100 kinds of birds are nesting.

You will be amazed by the view of Southern Alps from the look out.

Also you will enjoy seasonal flowers and color of natural forest.

Botanical garden course (2.5 km) 60 min

CHUSEN-JI temple course (2 km) 50 min

Full course (5 km) 2.5 hours

Mountain Bike Trail

Course Fee 1 hour - 1200yen(over12y/o), 600yen(under12y/o)

All day - 2800yen(as above), 1400yen(as above)

Bike Hire 1 hour - 2700yen(as above), 1600yen(as above)

All day - 6400yen(as above), 3800yen(as above)

Putting Golf

Relax & Enjoy through natural forest Total of 36 holes

TENRYU Course 18 holes / Par 72

SENJO Course 18 Holes / Par 72

Play Fee : FOC

Equipment hire 100yen p/p



Distance from major tourist site to Miharashi Farm

Hakuba Snow Resort	1.75 hour
Snow Monky	2.5 hours
Matsumoto castle	1.0 hour
Suwa Shrine	0.5 hour
Shirakaba Lake	
(Venus Line Drive Course)	1.5 hour
Takayama	2.5 hours
Shirakawagou	3.5 hours
Kiso	0.5 hour

**We are looking forward to
seeing you soon.**

Thank you