



Nagano Shinkansen		
Asama	Tokyo st. Dep.	Nagano st. Arr.
501	6:24	8:05
503	6:52	8:44
505	7:24	8:49
507	7:52	9:45
509	8:36	10:18
511	9:20	11:05
513	9:52	11:28
515	10:24	11:51
517	10:44	12:33
519	11:24	12:51
521	11:44	13:24
523	12:24	14:09
525	13:04	14:44
527	14:04	15:48
529	15:04	16:49
531	15:44	17:24
533	16:24	18:00
535	16:44	18:29
537	17:24	19:00
539	17:44	19:29
541	18:24	20:13
543	19:04	20:44
545	19:24	21:04
547	19:44	21:33
549	20:40	22:19
551	21:04	22:49*
553	21:28	23:08
555	22:04	23:53

Nagoya Express		
Shinano	Nagoya st. Dep	Nagano st. Arr.
1	7:00	10:01
3	8:00	10:54
5	9:00	11:52
7	10:00	12:54
9	11:00	13:53
11	12:00	14:54
13	13:00	15:55
15	14:00	16:55
17	15:00	17:53
19	16:00	18:58
21	17:40	20:39
23	18:40	21:33
25	19:40	22:39

JR Iiyama Line	
Nagano st. Dep.	Togari nozawa onsen. st. Arr.
5:14	6:09
5:53	6:51
6:58	8:06
8:34	9:36
10:15	11:13
11:35	12:32
12:32	13:35
14:03	15:02
15:04	16:04
16:31	17:29
18:00	18:58
19:04	20:02
19:52	20:52
20:58	21:56
21:44	22:41
22:44	23:44

BUS ¥300	
Togari Nozawa onsen st. Dep.	Chuo Terminal Arr.
7:35	7:50
8:25	8:40
9:45	10:00
11:25	11:40
13:40	13:55
15:10	15:25
16:10	16:25
17:35	17:50
19:05	19:20

DIRECT BUS ¥1,400		
NAGANO st. Dep.	Chuo Terminal Arr.	NOZAWA GHL Arr.
9:10	10:30	10:35
10:30	11:50	11:55
11:15	12:35	12:40
13:35	14:55	15:00
15:05	16:25	16:30
16:10	17:30	17:35