



Comfortable Healthy City

SAKU

Fulfilling your hopes and
aiming to be a city of choice



City guide 2022



On publication

Our town of Saku City is a beautiful highland city located in the center of Sakudaira, one of the four flats in the lower part of Nagano Prefecture, The poetic Chikuma River flows through the center of the city, and surrounded by majestic mountains such as Mt. Asama, Mt.Yatsugatake, Mt. Tateshina, and Mt. Arafune.

The Hokuriku Shinkansen and Joshinetsu Expressway run east-west have excellent access to the Tokyo metropolitan area, and the Chubu Crossing Expressway has also been opened to the Yachiho Kogen interchange, and 6 ICs are maintained in the city.

With the expansion of the high-speed transportation network, Saku City, located almost in the center of Japan, is expected to develop dramatically as a hub for high-speed transportation and a base for exchange areas.

While taking advantage of the superiority and characteristics of Saku City, such as the blessed natural environment, the expanding high-speed transportation network, and health and medical care cultivated as one of the nation's leading cities of health and longevity, in order to promote urban development that only Saku City can do, we will further deepen our efforts so far and promote urban development that satisfies and convinces citizens or anyone visiting Saku City that it is "Saku-like."

We hope that you will understand Saku City through this city guide and give us your opinions or recommendations on the city administration.



Seiji Yanagida,
Mayor of Saku City

Saku City Council

Saku City Council is a decision-making body for municipal administration, consisting of 26 members representing citizens, In addition to regular meetings held four times a year, extraordinary meetings are held as necessary. It consists of four standing committees: General Affairs and Education, Economic Construction, Society, Budget, and a special committee that is established as necessary, as well as parliamentary steering committees.



Kiyoshi Yanagisawa
Chairman



Tomoko Yoshikawa
Vice Chair



Excellence of Saku City

●The town blessed with a natural environment

It is a highland city blessed with a natural environment where the Chikuma River flows north-south, surrounded by Mt. Tateshina, Mt. Futago, and Mt. Arafune, overlooking Mt. Asama to the north and the Yatsugatake Mountain Range to the south.

■The length of sunshine time in the top class in Japan

Saku City hours of sunshine	Average national hours of sunshine	National ranking
2214.5 hours	1761.9 hours	40th / 842 points

※From Statistics of the Japan Meteorological Agency in 2020

■No tropical nights for 42 years, cold but low snow in winter

	Saku City	Tokyo
Average	11.8°C	16.5°C
Maximum	36.7°C	37.3°C
Lowest	-11.6°C	-2.1°C
Annual rainfall	1,017.0 mm	1,590.0 mm

※From Statistics of the Japan Meteorological Agency in 2020

■No active faults have been confirmed in the city at present.

●The town with abundant health, longevity, medical care and welfare

We have achieved one of the nation's leading levels of health and longevity through community health activities led by citizens such as health assistants and dietary improvement promotion staff. Additionally, we have various community medical care initiatives led by medical institutions such as The Municipal Asama Hospital and JA Nagano Welfare Association Saku General Hospital.

■Average life expectancy

Male (age)	81.7
Female (age)	88.4 (11th in Japan)

※From the 2015 Ministry of Health, Labour and Welfare Life Table

■Full medical environment (headcount per 100,000 population)

	Saku City	National average
Doctor	381.88	250.83
Dentist	84.52	82.06
Pharmacist	185.34	110.68

※Data as of November 2021 (From the Japan Medical Association Regional Medical Information System)

●The town with a good high-speed transportation network

Saku city has the Hokuriku Shinkansen and Joshinetsu Expressway running east-west, providing excellent access to the Tokyo metropolitan area. In addition the Chubu crossing expressway running north-south has 6 Interchanges (ICs) within the city.



●The comfortable town to live in

Saku city has prominent features of the comfortable town to live in, such as rich natural environment, advanced medical facilities, and well developed means of high-speed transportation. By making use of these features to promote city marketing and migration, social dynamics of population has been increasing 11 years in a row in Saku city, while rural migration have been drawing increasing attention.

	2020	2021
Increase in social dynamics of the population (number of people)	210	289

From "Monthly Population Migration Survey" of Nagano Prefecture

The “Town” Saku aims to be

Saku City has some of the strengths and appeal include its rich nature and culture combined harmoniously with its urban facilities allowing for a comfortable living environment. These are supported by the joint effort of local government, related organizations and groups in promoting citizens' health.

We have developed the vision of a “Comfortable Healthy Saku” for the future that builds on the above points, and ensures Saku will be thought of as a “Liveable” and a “Glad I live here” city by all residents. The future direction of our urban planning is set out below.





1 Education and Culture

Town planning for lifelong learning and nurturing a zest for living

Main Measures

- Development of people who will lead the next generation
Early Childhood Education, School Education, High School Education and Higher Education, Healthy Youth Development
- Independent and creative learning, and development of culture
Culture and Art, Lifelong Learning, Sport
- Formation of a respectful and supportive society
Society with a respect for Human Rights, Society with Gender Equality



Tour of the Children's Festival



Archaeological Exhibition Room (Stone Blade Excavated at Kosakayama site)

Main projects to be tackled in fiscal year 2022

■ ICT education leadership improvement project, municipal elementary and junior high school ICT equipment (GIGA school concept) maintenance Project

Municipal elementary and junior high schools have introduced tablets, to each student, and are promoting the use of ICT equipment in various educational activities.

At the same time, we will assign a supervisor in charge of ICT education to further strengthen the ICT education guidance system of municipal elementary and junior high schools, and improve the leadership skills of faculty and staff in ICT education for improving the academic ability of students.

■ Usuda District New Elementary School Development Project

The four elementary schools in the Usuda district (Taguchi, Aonuma, Kirihara, and Usuda) will be integrated to open as a new elementary school. Construction of the school building, indoor playground, outdoor pool, etc. will be promoted for the opening of the school in April 2023.

■ Sakudaira Women's University Opening Project

In order to support women's active participation in all fields and realize a gender-equal society that shines in their own way, we will open "Sakudaira Women's University" and hold unique liberal arts and practical courses so that students can make use of their university studies in the workplace and in the community.

■ Application for designation of National Historic Sites of Kosakayama Ruins Project

It was found that the stone blade stone implement of the late Paleolithic period discovered in the Kosakayama ruins in 2020 is about 36,800 years old, which is the oldest in Japan now. In order to clarify the historical value of this valuable ruins and to advance the elucidation of the actual situation, we will conduct a range confirmation survey toward the designation of a Japanese historic site.

2 City Infrastructure



Town planning for having connection utilizing regional features

Main Measures

- **Town planning utilizing regional features**
Land use, Downtown area, Public Facilities, Housing
- **Forming a connected transportation network**
High Speed Transportation Network,
Regional Transportation Network



Demand traffic " Sakutto "



Social Experiment in Nakagomi Shopping Street

Main projects to be tackled in fiscal year 2022

■ Local Public Transportation System Operation Project

With changes in social conditions and needs, such as an increase in the elderly population, it is necessary to optimize the public transportation system. We aim to build sustainable, effective and efficient local public transportation in the future by demonstrating operations such as getting home-front rides in demand transportation and introducing AI ride-hailing systems, and setting routes according to the demand by reviewing bus operations.

■ Sakudaira Station South Land Adjustment Project

As a project of the union enforcement mainly on the landowner, the conversion from the farmland to the urban land use such as the housing lot is aimed at about the district on the south side of Sakudaira Station. It is expected that the city will lead the revitalization of the entire Saku City, such as the creation of an exchange population, by taking advantage of the high potential at one of the prefecture's leading high-speed transportation hubs.

■ Urban Structural Restructuring Intensive Support Project (Nozawa district and Nakagomi district)

We are working to improve the quality of the core bases in each region with the aim of developing each region. In the Nozawa and Nakagomi districts, we examined the direction of community development through public-private collaboration, and formulated "Town Plan to Live in the Nozawa District", and "Town Plan Around the Nakagomi District", respectively. In the future, we will promote concrete community development initiatives from both hardware and software in line with the concept.



Town planning for vitality and attraction of strong industry

Main Measures

- **Promotion of Agriculture, Forestry and Fishery utilizing the abundant nature**
Agriculture, Forestry, Fishery
- **Promotion of attractive and dynamic commerce**
Business, Service Industry
- **Promotion of utilizing local charm tourism**
Sightseeing
- **Promotion of a strong manufacturing industry**
Manufacturing Industry
- **Ensuring stable employment to support the local region**
Work and employment



Work Terrace Saku



Crucian Carp

Main projects to be tackled in fiscal year 2022

■ Establishment support and Marutto telework promotion Project

- By creating an environment that makes it easier to work at Work Terrace Saku, which is a base for teleworking and satellite offices, we aim to create a teleworking field for the entire city, increase the number of related populations and migrants, and create a bustle.
- By creating side jobs for migrants with diverse skills and providing opportunities to think about how to work for women in the child-rearing period, we will work to solve the regional issues of decreasing the number of workers and promote the active participation of women.

■ Paddy field crucian carp aquaculture IoT utilization Project

In cooperation with Saku City, the Saku Branch of the Nagano Prefectural Fisheries Experiment Station, and NTT EAST, we aim to pass on the culture of crucian carp culture, improve productivity, and save labor by accumulating field environmental data using IoT and creating new production manuals.

■ Ojika-no-Sato "Mochizuki/ Kasuga" Regional Resource Branding Project

In the Mochizuki and Kasuga districts, we will work with local communities to create an environment that aims to brand local content and create regional vitality by providing a stay space that makes people live.

4

Health and Welfare



Town planning for health and longevity nurturing a good life

Main Measures

- Promotion of striving for lifelong health**
 Promotion of good health, Health-related activities, Medical care, Medical Insurance and National Pension
- Improvement of Social Welfare through community support**
 Community Welfare, Nursing Care and Aged Care, Welfare for the Disabled, Single-parent family support, Low-income Welfare
- Provision for safe childbirth and child care environment**
 Countermeasures against declining birthrate, Maternal and Child Health, Child Support, Child Welfare



Thick bones Health Club



Parenting Salon

Main projects to be tackled in fiscal year 2022

- Creation of individual evacuation plans**
 In order to ensure smooth and prompt evacuation of elderly people, people with disabilities, and others who need assistance in the event of a disaster, we will work to create individual evacuation plans with the cooperation of local residents and welfare personnel.
- Nozawa Children's Hall and Child care Support Base Facility Development Project**
 In addition to relocating the Nozawa Children's Hall to a location adjacent to Nozawa Elementary School, where aging and distance from schools were problems, we will assign specialists such as midwives and public health nurses, and promote the development of child-rearing support base facilities that respond to all consultations on child-rearing at one place.
- Nakagomi district childcare facility improvement Project**
 With the aging of Nakagomi Dai-ichi and Nakagomi Dai-ni Nursery Schools, we will promote the development of a new childcare facility that integrates both kindergartens on the north side of the Nakagomi Kaikan in order to provide a better childcare environment by improving the school building.
- Support for collecting household garbage, etc. Project (expansion)**
 As for the household garbage collection support project implemented to support households that have difficulty carrying out garbage due to a decrease in physical function, we will add support for "removal and collection of bulky garbage" to the household only consists of persons with disability and expand further support.

Natural Environment and Living Environment



Town planning for environmental richness establishing a comfortable life

Main Measures

■ **Live in harmony with the rich natural environment**

Environmental Conservation, City greening, Parks, City landscaping

■ **Global Environment protection**

Global Warming Countermeasures

■ **Creation of a comfortable living environment**

Environmental Hygiene (Sanitation), Water Supply, Sewerage



Waterproof plate in Saku City Sewage Management Center



Uchimizu Saku

Main projects to be tackled in fiscal year 2022

■ **The Second Saku City Environmental Basic Plan Revision Project**

We are required to respond to various environmental issues in response to rapidly changing social conditions, such as virtually zero CO2 emissions by 2050 and the maintenance of a sound water cycle. The current Second Saku City Basic Environmental Plan, which is in the planning period, will be evaluated and analyzed again and revised to a plan that is in line with the actual situation.

■ **Promotion of energy-saving home appliances and promotion of electric vehicle purchase Project**

In fiscal 2020, "Saku City Climate Emergency Declaration" was proclaimed and we started efforts to achieve virtually zero CO2 emissions by 2050. As one of them, we will provide subsidies to those who replace energy-saving refrigerators and LED lighting, and those who purchase electric vehicles that can be expected to be used as a regular power source in the event of a disaster.

■ **Sewerage facility disaster prevention measures Project**

In order to promote the development of a system that can secure sewerage functions in the event of a disaster, we will take disaster prevention measures for sewerage facilities and promote the creation of more resilient communities.

6

Disaster Prevention and Safety



Town planning for ensuring the safety and security of residents and their life

Main Measures

- Disaster prevention, firefighting and emergency services, traffic safety, crime prevention, consumer affairs

Saku City Fire Brigade Fire Pump Photo (left)
Saku City Disaster Prevention Drill Photo(right)



Main projects to be tackled in fiscal year 2022

BBB (Build Back Better) Efforts for Saku City Resistant to Disasters

Typhoon Eastern Japan in 2019, which made landfall in Honshu on October 12, 2019, caused tremendous damage to the city. It was an opportunity for the city, which has advocated a city with few disasters, to be questioned for the direction of future urban development. Currently, we are promoting BBB (Build Back Better) initiatives aimed at “disaster-resistant city” by improving and restoring and functioning functions that do not repeat damage, not just restoring to the state before the disaster.

■ “Saku City that is resistant to disasters” Promotion of disaster mitigation Projects

- 〈Land Pestication〉 We will promote the flood control to prevent damage to houses, such as the collapse of forest land due to natural disasters.
- 〈Farmland〉 In order to prevent damage to farmland such as flooding due to natural disasters, we will improve and renovate agricultural facilities and promote the flooding of reservoirs.
- 〈River〉 We will promote the improvement of river revetment and linear improvement to prevent flooding of rivers and flood damage to houses, etc.
- 〈Roads〉 We will promote the establishment and renovation of road drainage facilities to prevent flood damage, etc.

■ River flood hazard map creation Project

We will promote the creation of the city's first-class river “flood hazard map” so that we can make awareness of the risk of river disasters and lead to early evacuation actions.

■ Lands and sand support participation development project for rivers, etc

In order to further promote disaster prevention projects that build up sediment in rivers in the city, we will promote the development of destinations for accepting soil and sand generated in large quantities in the shunting project.

■ Comprehensive grants for Social infrastructure development Road improvement Project

Based on Saku City National Resilience Regional Plan, the School Road Traffic Safety Program, and the Pavement Life Extension Repair Plan, we will promote the construction and improvement of roads and bridges on major city roads, as well as road maintenance such as sidewalk maintenance, safety measures, and pavement repairs.

Collaboration and Exchange



Town planning for collaboration and exchange promoting the strengths of residents and the region

Main Measures

- **Realization of a local community where the strengths of residents are promoted**
 Resident collaboration and participation, local community, administrative and financial management, advanced information and communications network
- **Promotion of exchange and collaboration utilizing regional strengths**
 Inter-regional and international exchange, regional collaboration



Visit of the President of the Republic of Estonia

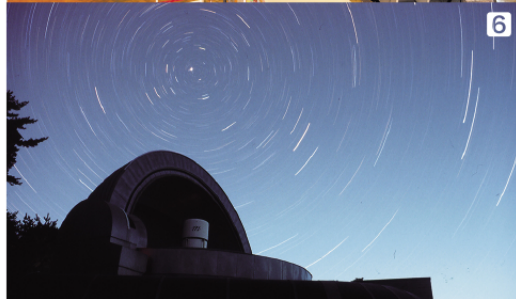


International Exchange Festival

Main projects to be tackled in fiscal year 2022

- **DX (Digital Transformation) Promotion Project**
 In addition to bringing various administrative procedures online, measures against digital divide, and promoting the spread of My Number cards, we will visualize and inventory operations within the agency, formulate DX strategies, introduce various digital tools, etc., and promote local government DX by utilizing external human resources.
- **Information and communication network restructuring Project**
 We will provide services such as high-speed, high-capacity communication by converting existing information and communication networks to FTTH (communication services for households using optical fibers) and improving transmission and reception facilities.
- **Support for persons interested in migration Project, remote work practitioner startup support Project**
 We support migrants before and after to increase the migration and settlement population by financial support such as the subsidy for persons interested in migration to Saku or the subsidy for migrants working remotely.
- **Sakudaira Marugoto Campus Stage Project**
 We will promote the development of attachment to the local community in young age by providing opportunities for high school students and university students who can be future leaders of the community to participate in community activities, learn issues, think with local people, and act on their own.

Dining (Food)



Sightseeing

1 Pinkoro Jizo

A jizo (Buddhist statue) that was erected to symbolize Saku being noteworthy as a 'City of Health and Longevity'.

2 Tatsuoka Castle Goryokaku

One of only two examples in Japan of a 'goryokaku', a Western-style, star-shaped Fortress. The only other being in Hakodate, Hokkaido.

3 Historic Nakagomi School

Build in the 8th year of the Meiji era (1875 A.D.), this school building is one of the oldest examples of Gi-yofu architecture (imitation of Western-style architecture) in Japan. It has been designated as a Nationally Important Cultural Property.

4 Ground station for deep space Exploration And Telecommunication of Misasa (GREAT)

A successor to the 64m diameter parabolic antenna at the Usuda Space Observatory tracking a spacecraft that orbits in deep space more than 2 million km from Earth.

5 KODOMO Miraikan

You can enjoy scientific experiences and state-of-the-art planetariums at a facility with the theme of creation for the future - evolving space, earth, and life.

6 Usuda Star Dome

Under the beautiful starry sky of Saku, you can enjoy the view of the starry sky with a large telescope with a diameter of 60cm.

7 Healthy Terrace Sakuminami Roadside Station

Located by the Saku-Minami IC of the Chubu Odan Expressway, this roadside station has the theme of 'Health and Longevity'.

8 Hot Park Asashina Roadside Station

Found along National Route 142, this roadside station offers a variety of local produce including Gorobeimai Rice.

Saku Carp Cuisine

Raised in the clear stream of the Chikuma River, the flesh of this carp is firm-textured and odorless.



11 Sake Breweries

One of the best granaries in Shinshu. Good rice and a cold climate, coupled with the clear stream of the Chikuma River make for excellent brewing conditions, and the resulting sake has a flavor that has been refined over many years.

Anyoji Ramen

Birthplace of Shinshu Miso, this local ramen uses Anyoji Miso.



One of the top three cities for cake

Along with Kobe and Jiyugaoka, Saku is known as one of the three best cities in Japan for cake.

Komazuki Miso Katsudon

This dish contains soybeans with a connection to Mochizuki Inns along Nakasendo.



Gorobei Rice

Gorobei rice, which is made on limited land near Gorobei water, is characterized by its strong tenacity and sweetness, with clear stream brought from Mt. Tateshina and rice grown in the strong clay soil of Asashina.

Prunes

As the birthplace of the "Sun Prune", the Saku area produces one fifth of Japan's prunes of this particular variety.



Saku Kodai Cucumber

Cucumbers grown in the Saku area since ancient times and selected as "Traditional Vegetables of Shinshu" in Nagano Prefecture.

Mushiri (Chicken Dishes)

A simple but rich flavoured gem that brings out the original taste of young chicken that can only be eaten in the Usuda area where poultry was thriving.



Events

4
M

- Atobe Odori Nenbutsu (Saiho-ji Temple)
- Arafune Shussefudosen Festival (Uchiyama)
- Shikisanbansou (Ne-jinja Shrine)

5
M

- Saku Balloon Festival (Chikumagawa Sports Park)
- Saku Carp Festival (Chikumagawa Sports Park)
- Usuda Komansai Festival (Usuda)

7
M

- Tanabata Star Festival (Nakagomi)
- Gion Festival (Iwamura and Nozawa)

8
M

- Kids Circuit in Saku (all areas)
- Usuda Yoiyasa Summer Festival (Usuda)
- Asashina Dondon Festival and Noryo Fireworks Festival (Asashina Sports Ground)
- Sakaki Festival (Mochizuki)
- Saku Chikumagawa Fireworks Festival (Nakagomi-Nozawa)
- Hyakuhatto (Uchiyama and Shiga)

9
M

- Saku Kogen Cosmos Festival (Uchiyama)
- Boat Festival (Eta Shrine)
- Fuse Onsen Festival (Fuse)
- Shikisanban (Yuhara-jinja Shrine)

10
M

- Nakasendo Shionada-jyuku Post Station Festival (Shionada)
- Hiraoyama Momiji Festival (Mt. Hirao)

11
M

- Mochizuki-Komanosato Grass Horse Racing Competition (Mochizuki general ground)
- Tokanya (Tsukabara)
- Ebisukou (Nishinomiya-jinja Shrine)

12
M

- Ninenmairi (Naritsan, Bigan Inari-jinja Shrine)

1
M

- Dosojin Festival (all areas)
- Uehara Tori Oi Festival (Uehara)
- Kasuga Hongo District Dosojin Festival (Kasuga)
- Ontaue Festival (Shinkai Sansha Shrine)
- Dondoyaki (all areas)

2
M

- Setsubun Mamemaki (all areas)
- Hatsuuma Festival (Hanazura Inari Shrine)

Photos : Saku Balloon Festival、Usuda Yoiyasa Summer Festival、Sakaki Festival、Mochizuki-Komanosato Grass Horse Racing Competition、Uehara Tori Oi Festival、Otaue Festival (from the top)

Saku City Guide Map



Kasuga Hot Spring

Deep in the mountains full of rich nature and seasonal charm is Kasuga Hot Spring. It is famous as a beauty hot spring, which means it is good for your skin, and is widely acknowledged as one of the best hot springs in Nagano.

Hokutono-Ken × Saku City Collaboration

The popular manga "Hokutono-Ken" Original author Buronson is from Saku City, and with the cooperation of Tetsuo Hara of drawing and related companies, Hokuto no Ken and Saku City collaborate Saku City.



Hokutono-Ken Balloon



Hokutono-Ken Wrapping Bus



Hokutono-Ken Design Manhole



Hokutono-Ken Drops

Buronson / Tetsuo Hara / Core Mix 1983



Sakudaira Highway Oasis (Parada)

Directly connected to the Sakudaira Smart IC of the Joshinetsu Expressway, Parada has a large outdoor playground and an Insect Zoo. In winter you can also enjoy skiing here. Located on the same premises is Miharashinoyu Hirao Hot Spring, where visitors can enjoy a relaxing dip in the hot spring after a day of fun.



Prefectural Budokan

Facilities equipped with a main dojo as well as six judo and kendo halls.



Saku General Sports Park

A Sports Park with facilities such as an athletic field, cross-country course, mallet golf course, etc.



Arafune Panorama Campfield

The Rv campground located in "Myogi Arafune Saku Kogen National Park", Showers, flush toilets and a kitchen are provided, so you can enjoy camping during the season.

City Emblem



The official emblem of Saku City is the hiragana symbol 「Sa」 stylized as a bird spreading its wings and ready to take flight. This design expresses the great strides being made to create a prosperous future for Saku City. It embodies the hope for a strong and engaging town planning initiative where each resident can shine.



Official City Tree
Japanese Larch



Official City Flower
Cosmos



Official City Fish
Saku Carp

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