



**Comfortable Healthy City**

# SAKU

**Fulfilling your hopes and  
aiming to be a city of choice**



**City guide 2023**

# 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 6ICs 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.

Based upon the Second Saku City General Plan, Saku City has been promoting urban development, taking advantage of it being "a city comfortable to live in," which is one of the excellencies of the city.

We continue to achieve our planning goals to make our town an even more attractive place. Seeking measures to become "a city comfortable to live in" into the future ahead includes improving city center area to the south of Sakudaira Station, supporting new citizens who move to the city for distinctive education or employment opportunities, developing a key one-stop facility for child care support, growing and employing digital talent, and implementing on-demand-transport wagons we are calling "Sakutto."



**Seiji Yanagida,**  
Mayor of Saku City

# 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
2343.2 hours	1882.4 hours	6th/842 points

※ From Statistics of the Japan Meteorological Agency in 2021

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

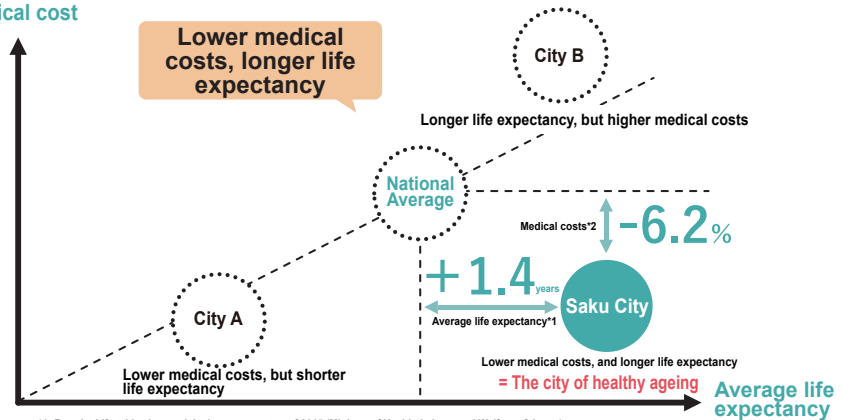
	Saku City	Tokyo
Average	11.5°C	16.4°C
Maximum	37.1°C	37.0°C
Lowest	-13.0°C	-3.5°C
Annual rainfall	941.5mm	1615.5mm

※ From Statistics of the Japan Meteorological Agency in 2022

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

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

Medical cost

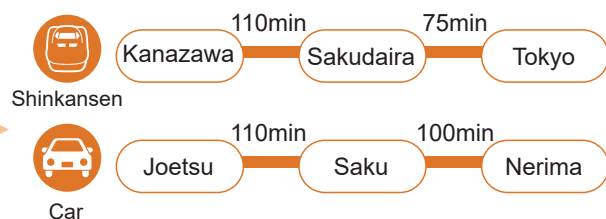


\*1: Female: Life tables by municipal government as of 2015 (Ministry of Health, Labour and Welfare of Japan)  
\*2: National Health Insurance System (cooperatively operated by municipal governments) and Medical Care System for Elderly in the Latter Stage of Life: Actual medical cost per person by municipal government as of 2020 (Ministry of Health, Labour and Welfare of Japan)

## 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.

Access to SAKU city



## The town comfortable to live in

With growing interest in moving to rural areas, Saku City posted a net population inflow for 12 consecutive years in terms of population-specific social dynamics. This can be attributed to features of 'the town comfortable to live in', including a rich natural environment, sufficient medical welfare, access to excellent high-speed transportation networks, among others. We promote population migration policies along with the City Promotion project exploiting the comfort of life in Saku.

Net population inflow

2020	2021	2022
210 people	289 people	410 people

\* As of January, 2023 (According to the "Monthly Population Migration Survey" of Nagano Prefecture)

# The “Town” Saku aims to be

Saku City has some strengths and appeals 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.

## Future vision for Comfortable Healthy Saku

~ Realizing hopes,  
Aiming to be the city  
of choice ~

### 1 Education and Culture

Town planning for  
lifelong learning and  
nurturing a zest for  
living

### 2 City Infrastructure

Town planning for  
having connection  
utilizing regional  
features

### 3 Economy and Industry

Town planning  
for vitality and  
attraction of  
strong industry

### 4 Health and Welfare

Town planning for  
health and longevity  
nurturing a good life

### 5 Natural Living Environment

Town planning for  
environmentally  
richness establishing  
a comfortable life

### 6 Disaster Prevention and Safety

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

### 7 Collaboration and Exchange

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

# Education and Culture



School "Challenge for future"  
A lesson, trying wheelchair basket



Sakudaira Womens' University

## 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

## Main projects to be tackled in fiscal 2023

### ◆ Sakudaira Half Marathon Project

A new half-marathon event will be held in October of 2023, with the start and finish lines located near Sakudaira Station. 1.5km and 5.0km programs will also be available for beginners and families so that anyone can take part in the event. In harmony with "nature, the town, and the people," the new courses featuring Saku City's charms are waiting for runners to experience them.

### ◆ Saku City Support Project for Victims of Crime and Those Involved

There is always a chance we may be affected by a crime suddenly. So, we provide genuine support to victims and their families to help them recover, to limit trauma and to rebuild their safe, secure lives.

### ◆ Saku City "Sakudaira Women's University" Project

Saku City promotes a community learning program named "Sakudaira Women's University" to support women and their participation in all fields to realize a gender-equal society. Our practical curriculum provides every one of our students with encouraging education so that they can walk their own road and acquire a lifelong learning mind-set as well as lifelong employability.



Students using their tablets in the classroom (Special class for the 150th anniversary of the Japanese school system)

# City Infrastructure



Demand traffic "Sakutto"



Chubu Crossing Expressway,  
SakuUsuda I.C.

## 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

## Main projects to be tackled in fiscal 2023

- ◆ **Urban-Structure Restructuring Intensive Support Project (Nozawa and Nakagomi Districts)**  
With the aim of developing each of our districts uniquely, we are working to make the core district more attractive. For example, in the Nozawa and Nakagomi districts, we have examined the direction of community development through public-private collaborations as "Town Plan to Live in the Nozawa District" and "Town Plan around the Nakagomi District" respectively. We continue to promote concrete community development initiatives both by providing facilities and in the everyday lives of our residents.
- ◆ **Support Project to Remove Vacant Properties on Sites without Direct Access to a Public Street**  
We continue to make an effort to prevent specific dwellings from remaining unoccupied by providing financial support, and to improve the residential environment for our citizens. This financial support helps cover part of the demolition cost to remove such houses and is available to owners of land adjacent to side house. These dwellings wouldn't otherwise be permitted to be rebuilt due to the land having no direct access to a public street, therefore we allow neighbors to acquire the property and remove the house.
- ◆ **[Local Public Transportation System Renovation] Demand Responsive Transport Fully Starting in April, 2023!**  
With changes in social conditions and needs, such as an increase in the elderly population, it is necessary to optimize the public transportation system. With full commencement of DRT operations after a thorough revision, we aim to make the system more user-friendly and smarter through a variety of measures, including checking and revising bus routes according to demand.



Around Sakudaira Station

# Economy and Industry



Work Terrace Saku



Crucian Carp

## 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

## Main projects to be tackled in fiscal 2023

### ◆ Special Project for the Fist of the North Star 40th Anniversary

To commemorate the Fist of the North Star, which was written by Mr. Buronson from Saku City, we develop and collaborate products and events, creating a buzz in Saku City, revitalizing the local industry, and promoting tourism.

### ◆ Pelletized Compost Promotion Project

Based upon Nagano Prefecture "Green Food System Strategy" Promotion Plan developed by the prefecture and 77 municipal governments, we will promote the use of pelletized compost newly manufactured in Mochizuki Tsuchizukuri Center, the compost plant in Mochizuki. This gives farmers the opportunity to expand their efforts to reduce the impact on the environment.

### ◆ Digital Workers SAKU Creation Project

In the collaboration with the private sector, we support the education and security of digital talent locally working in the region so that diverse working styles can become established, and stimulate local economy. Our aim is to give mainly women opportunities, from recruitment to education to employment.

Saku Balloon Festival

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# Health and Welfare



Thick Bones Health Club



Special dietary lesson

## 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

## Main projects to be tackled in fiscal 2023

### ◆ Osteoporosis Checkup Project

The number, or ratio, of osteoporosis bone disorder and fracture cases, as well as medical cost, of Saku City is comparatively high to some other cities in Nagano Prefecture. The development of the disease greatly impacts the quality of life of patients. Based upon the guidelines by the central government, regular osteoporosis checkups are held for women aged 40 to 70 every five years, which helps the city's medical cost to be optimized by allowing for early detection and treatment.

### ◆ Nozawa Children's Hall and Child Care Support Base Facility Development Project

In addition to moving the aging and distant Nozawa Children's Hall to a location adjacent to Nozawa Elementary School, we have been promoting the development of child-rearing support base facilities that provides all consultations on child-rearing at one place, with assigned specialists such as midwives and public health nurses.

### ◆ Nakagomi-District New Childcare Facility Construction Project

The Nakagomi Dai-ichi and Nakagomi Dai-ni Nursery Schools buildings have deteriorated so significantly that we have been promoting the construction of a new nursery school which will have both schools integrated, at the north end of the Nakagomi Kaikan hall, to provide a better child-rearing environment.



Nursery school exercise Play



# Natural Environment and Living Environment

Town planning for environmentally richness establishing a comfortable life



Zero Carbon Project



Green Curtain Workshop

## 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

## Main projects to be tackled in fiscal 2023

### ◆ Sakudaira-Station-Area Roadside Tree Maintenance Project

The new city center around Sakudaira Station is well designed with plenty of space and trees forming a gateway to Saku City. The well-maintained grove along the roads adds a pleasant and attractive urban atmosphere to the city. Additionally, it presents a harmonic streetscape and allows for the hustle and bustle, as well as relaxation and peace.

### ◆ Global-Warming-Measure Related Subsidiary Project (Renewable Energy & Energy Saving)

In fiscal 2020, we proclaimed the “Saku City Climate Emergency Declaration” and began efforts to achieve net zero emissions by 2050. One of these policies is to provide subsidies to those who have installed solar power systems, storage batteries, or pellet stoves, replaced energy-saving home appliances (refrigerators and LED lighting), purchased electric vehicles, or had their homes reformed to improve home insulation, meaning all citizens promote global warming measures.

### ◆ Project to Verify Biodiversity Conservation Activities

The local forests and mountains have been extensively surveyed on their soil condition, and it has been found that there are landside risks and other erosion concerns due to the deterioration of land conservation function. With newfound understanding of the issue, we will make efforts to restore and maintain biodiversity. This will be done through experiments and verification of activities to conserve biodiversity so that we can maintain and restore our forest ecosystems.

Street near Sakudaira Station



# Disaster Prevention and Safety



Saku City Disaster Prevention Drill



Saku City Volunteer Fire Corps Fire Drills

## Main Measures

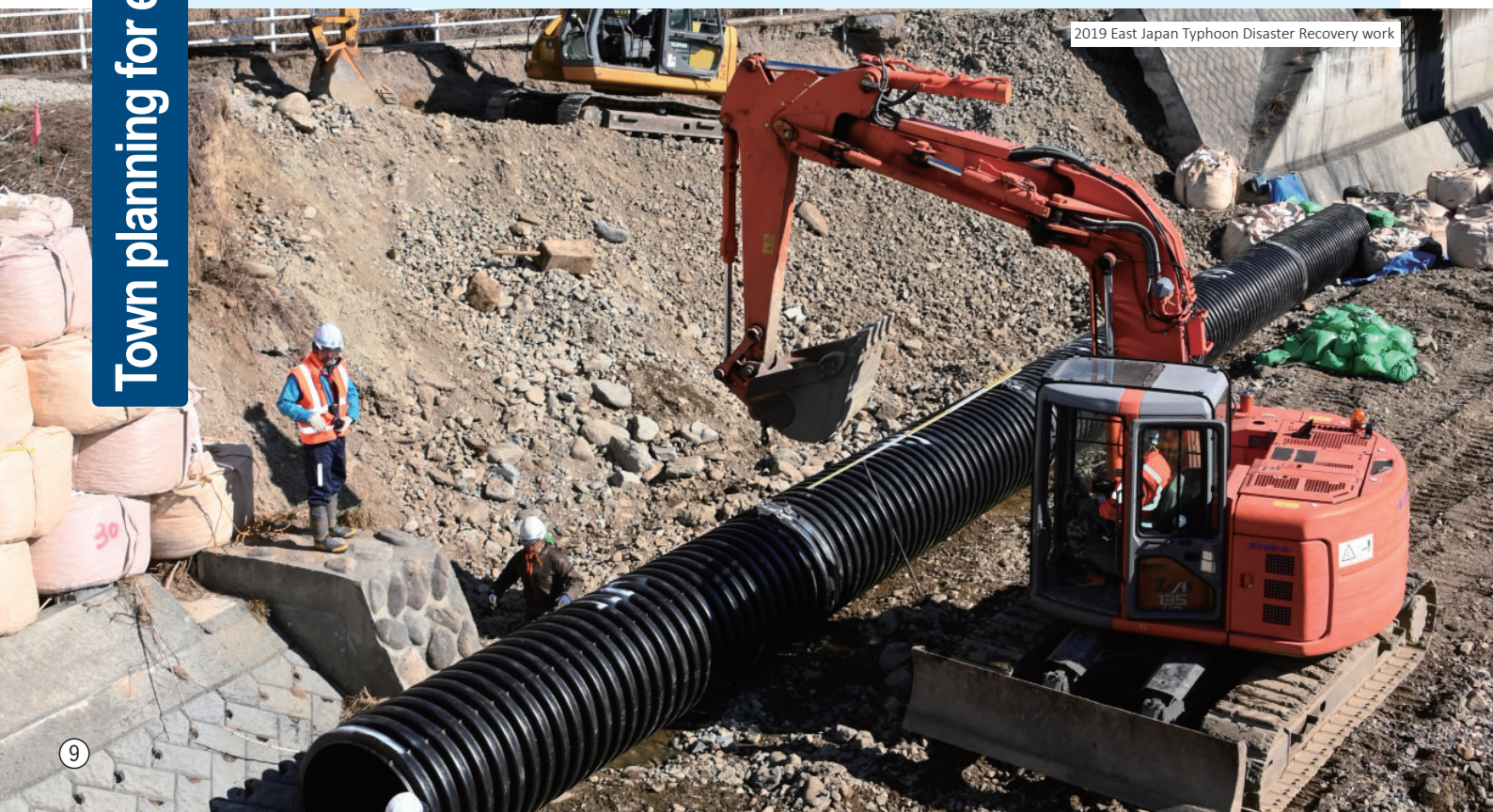
- ◆ Disaster prevention, firefighting and emergency services, traffic safety, crime prevention, consumer affairs

## Main projects to be tackled in fiscal 2023

- ◆ **“Saku City that is resistant to disasters” Promotion of disaster mitigation Projects**
  - <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 reventment 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.
- ◆ **Lands and sand support participation development project for rivers, etc**

Together with the prefectural government, we will develop land for dredged soil and sand from local rivers to deepen them.
- ◆ **Fire-Corps-Volunteer Working Condition Improvement Project**

According to payment review instructed by the central government, we will improve the working conditions for volunteers fire corps to improve their morale during their regular operations such as disaster relief assistance.



2019 East Japan Typhoon Disaster Recovery work

# Collaboration and Exchange

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



City Promotion  
Receiving an Award  
for Effort of the Japan  
Marketing Awards



Youth cultural exchange program  
between Saku and Sükhbaatar  
Düüreg in Mongolian State

## Main Measures

- ◆ **Realization of a local community where the strengths of residents are promoted**  
President 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

## Main projects to be tackled in fiscal 2023

### ◆ Government Digital Transformation Promotion Project

In addition to bringing various administrative procedures online, and bridging the digital divide, we will look into measures which improve the quality of public services and the efficiency of operation, and increase the use of digital tools, based upon results of a workload survey. Furthermore, we intend on digitalizing our community by utilizing external human resources.

### ◆ City Promotion Project

As outlined in the Saku City Promotion Basic Plan, we will strategically share our attractions with the public in and around the city. In addition, we will create an environment cohesive to hosting visitors, increase migrant and settlement populations, and foster Civic Pride.

### ◆ Subsidiary Project for Those Who Consider Migration to Saku

This project is to financially support those who consider migrating to Saku City by paying some expenses, such as their travel expenses for their initial visit, so that we can increase our migrant and settlement populations.

Youth cultural exchange program between Saku and Estonia





# Sightsee

## 1 Saku Carp Cuisine

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

## 2 11 Sake Breweries

Saku is 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.

## 3 Anyoji Ramen

Saku is the birthplace of Shinshu Miso, and this local ramen uses Anyoji Miso made in Saku.

## 4 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.

## 5 Komazuki Miso Katsudon

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

## 6 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.

## 7 Prunes

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

## 8 Saku Kodai Cucumber

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

## 9 Mushiri (Chicken Dishes)

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



# Dining (Food)



**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 (1875A.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.

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4 M

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

5 M

**Saku Balloon Festival** (Chikumagawa Sports Park) ①  
**Saku Carp Festival** (Chikumawaga 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) ②  
**Asashina Dondon Festival and Noryo Fireworks Festival** (Asashina Sports Ground)  
**Sakaki Festival** (Mochizuki) ③  
**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-juku Post Station Festival** (Shionada)  
**Hiraoyama Momiji Festival** (Mt.Hirao)

11 M

**Mochizuki-Komanosato Grass Horse Racing Competition** (Mochizuki general ground) ④  
**Tokanya** (Tsukabara)  
**Ebisukou** (Nishinomiyajinja Shrine)

12 M

**Ninenmairi** (Naritasan, Bigan Inari-jinja Shrine)

1 M

**Dosojin Festival** (all areas)  
**Kamihara Tori Oi Festival** (Kamihara) ⑤  
**Kasuga Hongo District Dosojin Festival** (Kasuga)  
**Otaue Festival** (Shinkai Sansya Shurine) ⑥  
**Dondoyaki** (all areas)

2 M

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

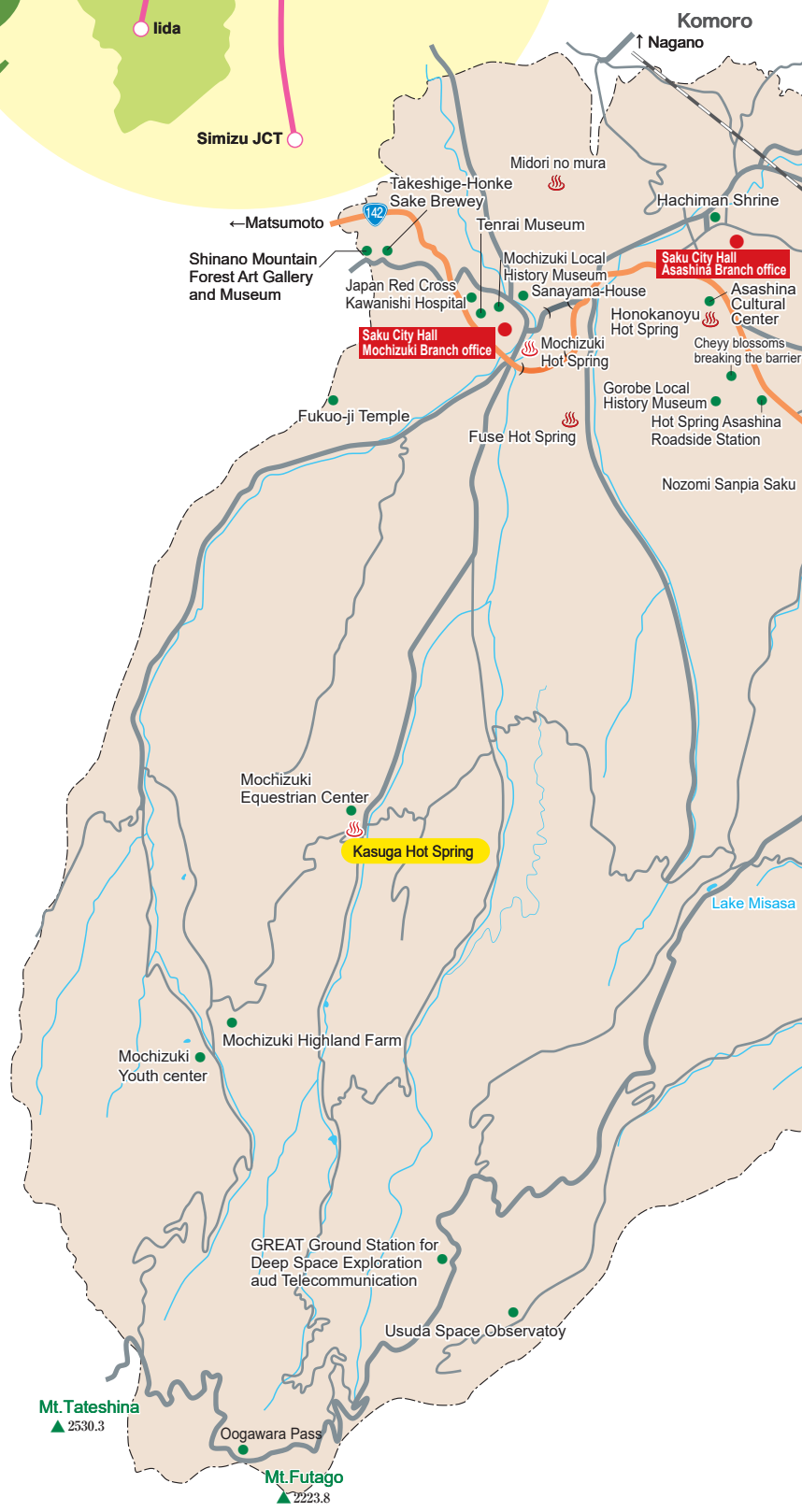
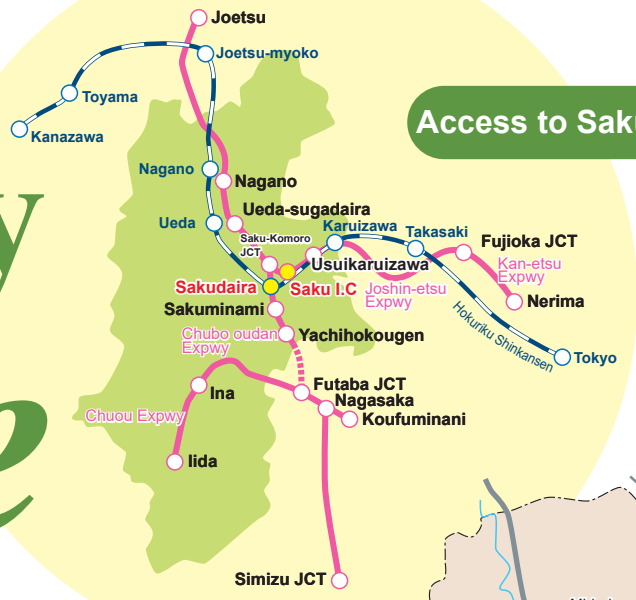
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**The Day for residents in Saku City**



Events

# Saku City Guide Map



## 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, "Hokutono-Ken" collaborate with Saku City.

Hokutono-Ken X Saku City



Hokutono-Ken Balloon



Kenshiro



Raou

Hokutono-Ken Design Manhole



Toki



Yuria

at Sakudaira Station



Hokutono-Ken Drops



Lei



Hokutono-Ken Wrapping Car



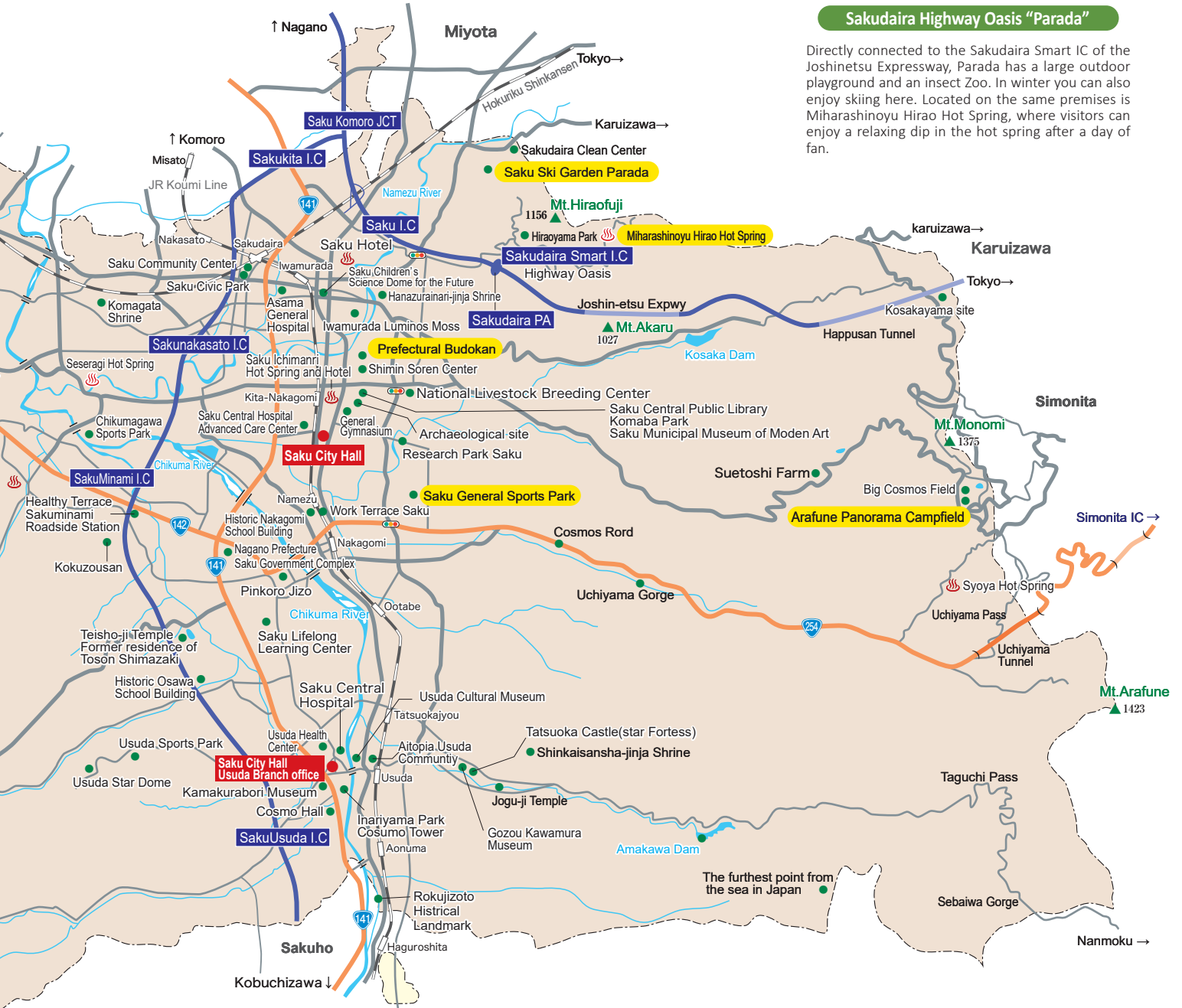
### Prefectural Budokan

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



### 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 fan.



### 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.



### 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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### Saku City guide 2023

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3056 Nakagomi, Saku-shi, Nagano-ken 〒385-8501  
[TEL] 0267-62-2111  
[FAX] 0267-63-1680  
[URL] <https://www.city.saku.nagano.jp/>

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