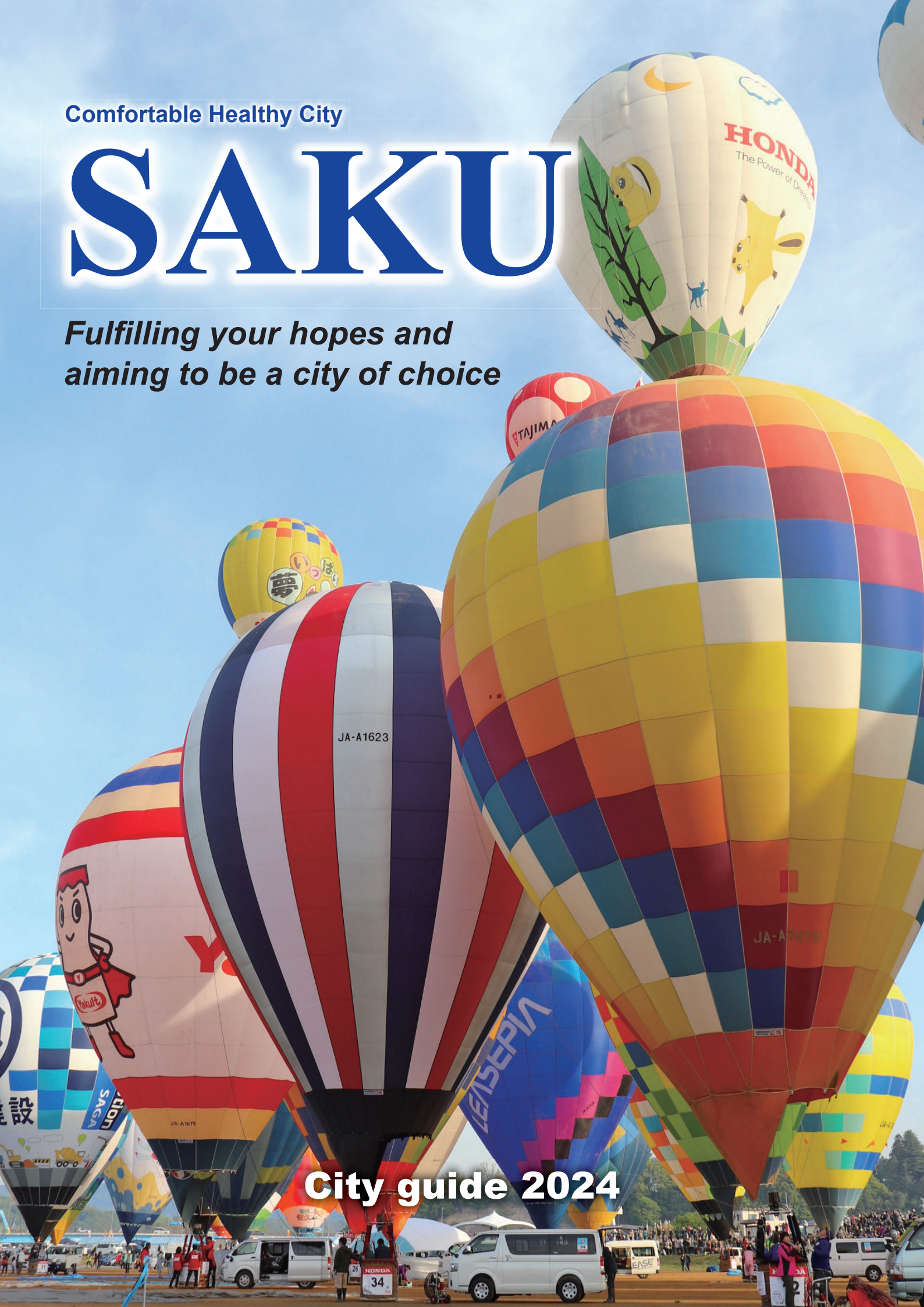


Comfortable Healthy City

SAKU

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



City guide 2024

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.

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

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.



Nobuhiko Emoto
Chairman



Yoshifumi Mitsuishi
Vice Chair

Excellence of Saku City

The town blessed with a natural environment

With an excellent living environment, including the longer sunshine duration throughout every year, and no record of "sultry nights" in the observation history, Saku City is a comfortable place to live in.

The length of sunshine time is top class in Japan

Sunshine hours of Saku City	National average of sunshine	National ranking
2,543.1 hours	1,984.4 hours	8th/843points

※ From Statistics of the Japan Meteorological Agency in 2023

No tropical nights for 43 years, cold but low snow in winter

	Saku City	Tokyo
Average	12.7°C	17.6°C
Maximum	36.2°C	37.7°C
Lowest	-15.8°C	-3.4°C
Annual rainfall	778.0mm	1396.5mm

※ From Statistics of the Japan Meteorological Agency in 2023

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

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

We have achieved the nation's leading level of health and longevity through community health activities led by citizens such as health assistants and dietary improvement promotion staff, along with various community medical initiatives by medical institutions, including Saku-City Asama Hospital and Saku Central Hospital.

Average life expectancy

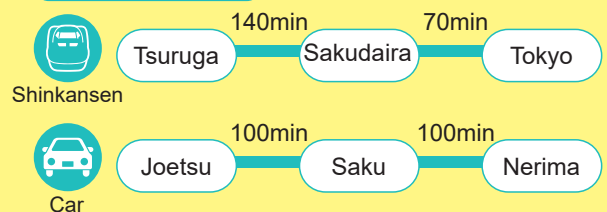
Male (Age)	82.6
Female (Age)	88.8

*Source: The Life Tables, 2020, Ministry of Health, Labour, and Welfare

The town with a good high-speed transportation network

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

Access to SAKU city



The town comfortable to live in

While rural migration has been drawing more attention, Saku City's net population inflow has been increasing for 13 years in a row. This trend attributes to the city's prominent features of "the comfortable town to live in", such as rich natural environment, advanced medical facilities, and well-developed high-speed transportation networks, which led to promoting the city's marketing and migration policies.

Net population inflow

2021	2022	2023
289 people	410 people	271 people

* As of January, 2024 (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 and many supports for health of citizen by integrating local government, related organizations and groups.

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

2

City Infrastructure

Town planning for having connection utilizing regional features

7

Collaboration and Exchange

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

Future vision for Comfortable Healthy Saku

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

3

Economy and Industry

Town planning for vitality and attraction of strong industry

6

Disaster Prevention and Safety

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

5

Natural Living Environment

Town planning for environmentally richness establishing a comfortable life

4

Health and Welfare

Town planning for health and longevity nurturing a good life



Education and Culture

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



Saku City Children's Festival



Sakudaira Womens' University

Main projects to be tackled in fiscal 2024

- ◆ **Air-Conditioning Facilities Installation Project for Elementary and Junior-High Schools**
We are scheduled to install air-conditioning facilities in special rooms, such as science classrooms, music classrooms, and libraries, as well as teachers' rooms, school offices, and principal's offices, for all twenty-one elementary and junior-high schools run by Saku City. This project will lead to making learning and teaching environments better during summer.
- ◆ **The Fourth Project of Selecting & Honoring the Great Predecessors in Saku**
We are selecting the fourth "Great Predecessors in Saku" as part of "Commemorative Project of New Saku City 20th Anniversary." The selected Great Predecessors will be honored so that the local citizens can take pride in their hometown, Saku. Through honoring the Great Predecessors, we aim at fostering attachment to the native place of the local people.
- ◆ **Public Facilities Reservation System Project**
Introducing a reservation system for public facilities, we focus on making a series of reservation procedures a one-stop solution. The service will allow users to check availability of rooms anytime they want, and to reserve a room at home. Introducing a highly convenient system is expected to increase users.

Town planning for lifelong learning and nurturing a zest for living

2 City Infrastructure

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"



Nozawa and Nakagomi Districts

Main projects to be tackled in fiscal 2024

- ◆ **Urban-Structure Restructuring Intensive Support Project (Nozawa and Nakagomi Districts)**
With the aim of uniquely developing our districts, we are working to make the core of each 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 by providing services, which are both tangible and intangible.
- ◆ **Road Improvement Project Supported by Comprehensive Grant for Social Infrastructure Development (Nenei-Tsukabara, City Road 11-5)**
We are widening and improving narrow roads with poor visibility, which connects the Saku-Nakasato Interchange and Nakasato communities to make sure of road safety and improve the access to the interchange. This project will make pavements better, especially for children walking to school. Along with the improvement of Prefectural Route Komoro-Nakagomi, synergetic effects can also be expected from the project.
- ◆ **Operation Project of Local Public Transportation System**
With changes in social conditions and needs, such as an increase in the elderly population, we had carried out a thorough review of the public transportation system to optimize, and fully started the operation of Demand Traffic "Sakutto" in April, 2023. We are working toward the achievement of a more user-friendly and smarter public transportation system by reviewing bus operations, including changing bus routes and timetables according to local demand.

Town planning for having connection utilizing regional features

Economy and 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



Sake brewing

Main projects to be tackled in fiscal 2024

- ◆ **Project to Establish Stable Production of Sake Rice Made in Saku**
We strive for branding sake made in Saku through promotion activities for sake brewing with sake rice uniquely produced in Saku. To achieve the goal, we are establishing a better system to produce better rice and meet demand in collaboration with rice farmers, sake breweries, agencies concerned, and governments.
- ◆ **Energy Cost Reduction Project for Small Businesses**
We provide subsidies to support companies who plan to introduce energy-saving facilities. This is not only because we need to help small businesses to continue their operations even under severe conditions due to cost increase by soaring prices of oil and other factors, but also because we focus on investing in the future, including contributions to SDGs through introduction of energy-saving facilities.
- ◆ **Digital Talent Education and Employment Support Project "Cosmosta+"**
With the rapid growth of digitalization in our social life, we educate digital talent who can provide leadership when solving local issues. At the same time, we aim at creating regional vitality and closing the gender gap, while facing various social issues, including women's participation in society and financial independence.

Town planning for vitality and attraction of strong industry



4 Health and Welfare

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



Exercise program for elderly



Nursery school kids enjoy digging sweet potatoes

Main projects to be tackled in fiscal 2024

- ◆ **Labor Conditions Improvement Project for Childcare Workers**
With the introduction of work incentives for non-regular childcare workers and of childcare worker assistants, we focus on improving labor conditions of childcare workers working at child-rearing facilities in Saku City to ensure the workforce, which allows us to meet various childcare demands.
- ◆ **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 provide 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 this project to construct at the north end of the Nakagomi civic hall a public "certified children center", the first of that kind in Saku City, which will have both nursery schools integrated to provide a better child-rearing environment.

Town planning for health and longevity nurturing a good life

Natural Environment and Living Environment

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

Intermediate waste management facility
for plastic packages (by contractor)



Greening activity at an elementary school

Main projects to be tackled in fiscal 2024

- ◆ **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 creates a special place for relaxation and peace.
- ◆ **Various Subsidiary Project Related to Global Warming Measures (Renewable Energy & Energy Saving)**
In fiscal 2020, we proclaimed the “Saku City Climate Emergency Declaration” and began various efforts to achieve net zero emissions by 2050. Providing subsidies for measures for renewable energy and/or energy saving initiatives allows the city to promote global warming measures.
 - Regional decarbonization transition and renewable energy promotion grant projects (e.g. Support for introducing LED lighting systems to public facilities, and installing solar systems for private businesses)
 - Support for installing solar power systems and for introducing storage battery systems
 - Support for purchasing electric vehicles
 - Support for purchasing and replacing energy-saving home appliances (LED lighting systems, refrigerators, and air-conditioners)
- ◆ **Project to Verify Biodiversity Conservation Activities**
The forests in the city have shown decline in plant variety and deterioration of lower vegetation, such as bushes and herbage. Our extensive surveys to restore lower vegetation in the forests make it possible to verify effectiveness of vegetation restoration measures and conserve our forest ecosystems and biodiversity.

Town planning for environmental richness establishing a comfortable life



Disaster Prevention and Safety

Main Measures

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



Saku City Disaster Prevention Drill



2019 East Japan Typhoon Disaster Recovery work

Main projects to be tackled in fiscal 2024

- ◆ Promotion of Disaster Prevention/Mitigation Project, "Creating Saku City Resistant to Disasters"
 - <Agricultural Facilities> In order to prevent damage to farmland, etc. due to natural disasters and other incidents, we will improve and renovate agricultural facilities, and promote reservoir dredges.
 - <Rivers> In order to prevent flooding of rivers and flood damage to houses, etc., we will promote the protection of river banks, the improvement of river alignment, and other maintenance works.
 - <Roads> In order to prevent flood damage, we will promote road constructions, including the renovation of road pavement, the enhancement of road drainage capability.
- ◆ Renewal Project of Broadcasting Facilities for Administrative Disaster Radio System

We will update administrative disaster radio system facilities, introducing new equipment with advanced technologies which allow us to automatically broadcast information with better sound quality, according to seasons and weather conditions, so that in case of an emergency including any disaster, information can be communicated as soon as possible.
- ◆ Fire-Corps Equipment Enhancement Project

We will increase our fire-corps volunteer commitment and engagement to their activities, with improving the equipment as prescribed in "Standard of Volunteer Fire-corps Equipment" in order to make sure of their safety during fire-distinguishing activities, which leads to enhancing our regional capability of preventing disasters.

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



Children International Exchange Program
with children from the Republic of Estonia

Collaboration and Exchange

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



Minori Kitchen
from Marugoto Campus Project



International Exchange Festival

Main projects to be tackled in fiscal 2024

- ◆ **Commemorative Project to Celebrate 20th Anniversary of New "Saku City"**
With the merger of one city, two towns and one village, the new "Saku City" was established on April 1, 2005, which marks the 20th anniversary of the new city. We set the commemorative project period, which are six months before and after April 1, 2025, from October 1, 2024 to September 30, 2025. We are planning to hold commemorative events including the ceremony so that the local citizens can recognize our tangible and intangible assets, which the city has been building up for 20 years. The project will allow us to make the excellency of Saku City known to the public, and to foster civic pride among the local people.
- ◆ **Saku City DX (Digital Transformation) Promotion Project**
With the improvement of convenience for citizens' lives in the first place, we continue to bring various administrative procedures online, and bridge the digital divide. In addition, we will improve the efficiency of public services based upon results of government workload surveys and other information, and steadily promote DX of citizens, businesses, and the local government in the digital society.
- ◆ **Project to Support Shinkansen Commuting for Remote Workers etc.**
We will make publicity campaigns to show the benefit of Saku City's excellent access to Tokyo Station, just approximately 70 minutes, to the public, especially remote workers. In addition, the special subsidy scheme for shinkansen tickets and other transportations will be established, targeting people under 40 years of age who commute from Sakudaira Station of Hokuriku Shinkansen to the Tokyo Metropolitan Area so that more people can be expected to live in the city.

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



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 An-yoji Ramen

Saku is the birthplace of Shinshu Miso, and this local ramen uses An-yoji 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 Gorobei Rice.

ing



Apr.

Atobe Odori Nenbutsu (Saiho-ji Temple)

Arafune Shussefudosen Festival (Uchiyama)

Shikisanbasou (Negamisha Shrine)

May.

Saku Balloon Festival (Chikumagawa Sports Park)

Saku Carp Festival (Chikumagawa Sports Park)

Usuda Komansai Festival (Usuda)

Jul.

Tanabata Star Festival (Nakagomi)

Gion Festival (Iwamura and Nozawa)

Aug.

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)

Sep.

Saku Kogen Cosmos Festival (Uchiyama)

Boat Festival (Eta shrine)

Fuse Onsen Festival (Fuse)

Shikisanba (Yuhara-jinja Shrine)

Oct.

Nakasendo Shionada-juku Post Station Festival (Shionada)

Sakudaira Half Marathon

Hiraoyama Momiji Festival (Mt.Hirao)

Nov.

Mochizuki-Komanosato Grass Horse Racing Competition

(Mochizuki general ground)

Tokan-ya (Tsukabara)

Ebisukou (Nishinomiya-jinja Shrine)

Dec.

Ninenmairi

(Naritasan, Hanazura Inari-jinja Shrine)

Jan.

Dosojin Festival (all areas)

Kamihara Tori Oi Festival

(Kamihara)

Kasuga Hongo District Dosojin Festival (Kasuga)

Otaue Festival

(Shinkai Sansya Shrine)

Dondoyaki (all areas)

Feb.

Setsubun Mamemaki

(all areas)

Hatsuuma Festival

(Hanazura Inari-jinja Shrine)

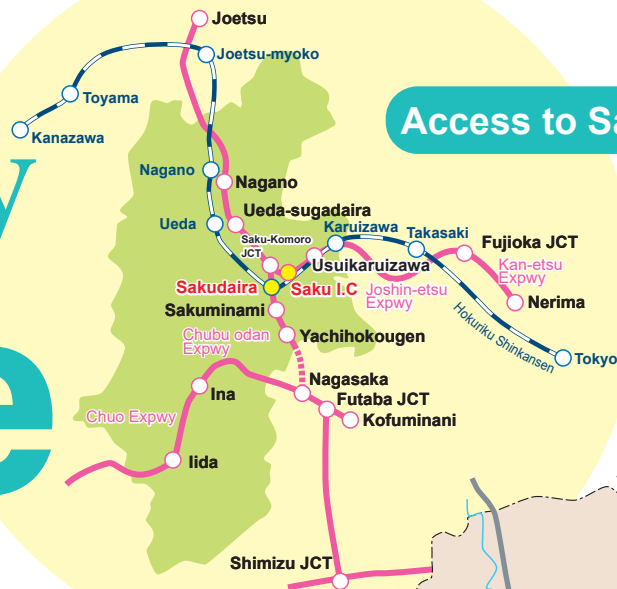
Mar.

The Day for residents in Saku City



Events

Saku City Guide Map



Access to 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, "Hokutono-Ken" collaborate with Saku City.



Bust of Jagi

Location: Sakudaira Station



Hokutono-Ken Balloon

Hokutono-Ken Design Manhole



Kenshiro



Raou & Kokuou



Jagi



Toki



Yuha



Raou



Sauza

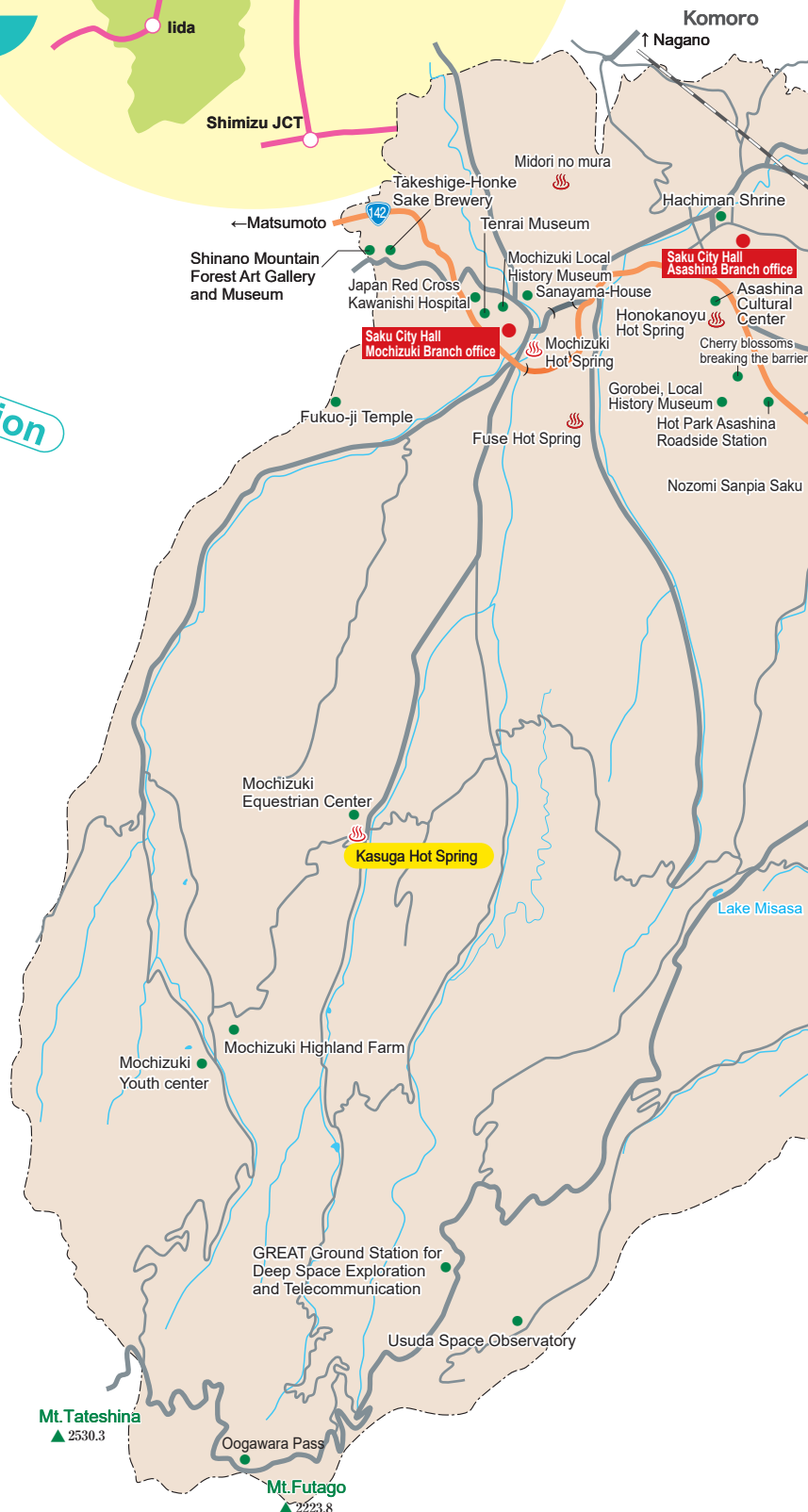


Lin & Batto



Hokutono-Ken Drops

Hokutono-Ken X Saku City





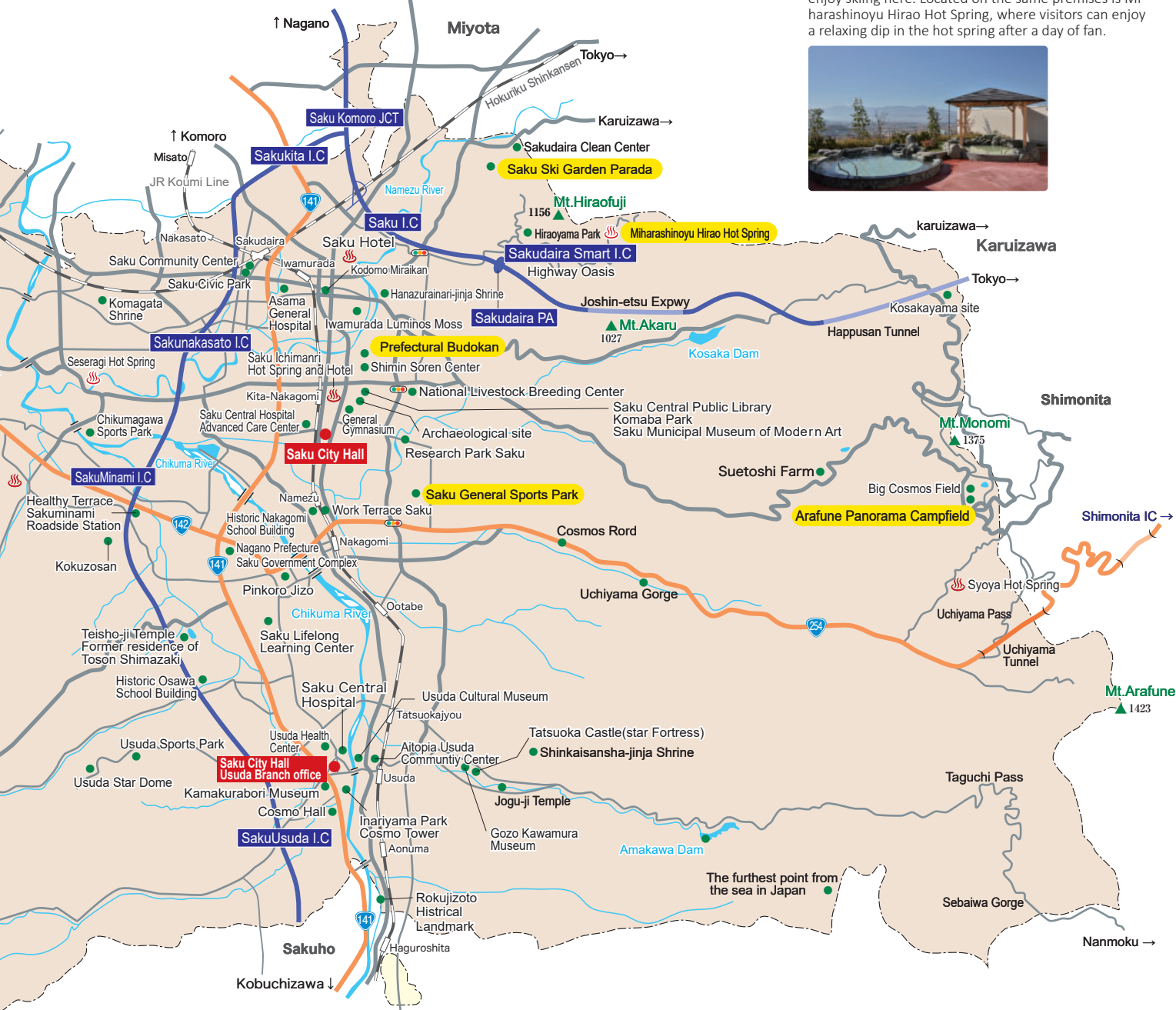
Prefectural Budokan

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 Joshin-etsu 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.



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

Saku City guide 2024

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