



Comfortable Healthy City

SAKU

Fulfilling your hopes and
aiming to be a city of choice

City guide 2025

Geography of Saku City

Saku City is located on the eastern edge of Nagano Prefecture, and is a highland city blessed with greenery and clear streams, located in the center of Saku Plain, one of the four plains that is sung about in the prefectural song, “Shinano no kuni”

The Chikuma River runs through the center of the city, with tributaries from the Namezu River, Katakai River, and Yukawa River flowing into it, and Saku carp, which grow in this abundant, clear water, is one of the city's most famous products. The vast fertile land that spreads across the city is said to be the breadbasket of Saku, and is used to cultivate rice, apples, peaches, prunes, highland vegetables, flowers, and more. Looking out in all directions, you can see Joshin'etsu Kogen National Park, centered around Mt. Asama, to the north, Yatsugatake Chushin Kogen Quasi-National Park to the south, and Myogi Arafune Saku Kogen Quasi-National Park to the east, with magnificent views. In autumn, cosmos flowers bloom beautifully in the refreshing natural surroundings, attracting many tourists.

Basic information about Saku City (as of March 1, 2025)

- Total population: 97,295
- Number of households: 43,774
- Population density 230 people/ km²
- Total area 423.51 km²
- Altitude 692m (Saku City Hall)
- Highest point: 2,224.1m (Futagoyama)
- Maximum temperature 37.5° (July)
- Minimum temperature -10.9° (January)

※Temperatures are from the Japan Meteorological Agency statistics for 2024

20th anniversary of the founding of Saku City

New Saku City, which was established on April 1, 2005 through the merger of Saku City, Usuda Town, Asashina Village, and Mochizuki Town, marked its 20th anniversary on April 1, 2025.

Over the past 20 years, we have promoted urban development that allows people to feel at ease in living through both "balanced development" throughout the city, such as the development of social and lifestyle infrastructure, and "distinctive development" through business development that takes advantage of the geography and strengths of each region.

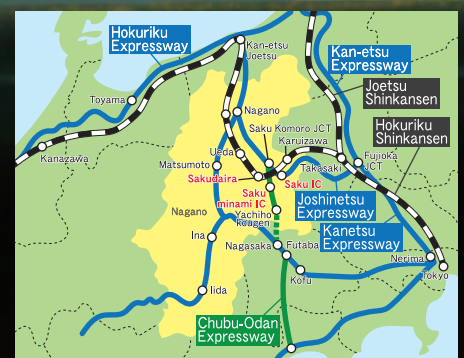
Going forward, we will continue to build on our strengths, such as a comfortable living environment that harmonizes the rich nature and culture we have cultivated with urban functions, and the health promotion of our citizens supported by the whole community, and will continue to move forward with the aim of becoming a "comfortable and healthy city" where people can live healthy lives both physically and mentally.

Access to Saku City

Hokuriku Shinkansen Tokyo Station ⇄

Sakudaira Station about 70 minutes

Expressway Nerima IC ⇄ Saku IC about 1 hour 40 minutes



Excellence of Saku City

A town blessed with a natural environment



■Top class sunshine hours in the country

The average annual hours of sunshine over the past five years was 11th in the nation (out of 843 locations).

Location	Sunshine hours
Saku	2326.9 hours
Tokyo	2073.5 hours

Source: Statistical data from the Japan Meteorological Agency

■Key weather data for 2024

Location	Maximum temperature	Minimum temperature	August daily average	January daily average
Saku	37.5°C	-10.9°C	25.8°C	0.4°C
Tokyo	37.3°C	-1.1°C	29.0°C	7.1°C

The maximum daytime temperature in summer (August) can reach as high as 37.5°C on some hot days, but the daily average temperature is 25.8°C, and mornings and evenings are cool, making it a comfortable place to stay.

The central Saku City is located at an altitude of about 700 meters, and overlooking the Asama mountain range to the north, the Yatsugatake mountain range to the southwest, and Mount Arafune to the east. On clear, sunny days, you can even see the Northern Alps in the distance.

Saku City has little precipitation throughout the year, including snowfall in winter, and boasts one of the highest rates of sunny days in the country. Although the winters are harsh, with minimum temperatures sometimes dropping below -10°C, summer mornings and evenings are cool, and no tropical nights have been recorded since meteorological observations began.

These favorable weather conditions allow for the harvest of high-quality agricultural products such as rice and highland vegetables. Saku carp is made using the clear waters of the Chikuma River, and local sake and beer are brewed, providing delicious food for the dinner as a normal.

Additionally, no active faults have been confirmed in Saku City at present. The risk of earthquake disasters is low, making it a safe and secure place to live.



A city with a well-developed high-speed transportation network



■Number of Shinkansen trains stopping at Sakudaira Station / day

There are one or two trains per hour heading towards Tokyo and Nagano.

Hokuriku Shinkansen	Number of stops
Tokyo direction	25
Nagano direction	26

■Major express bus routes departing from and arriving in Saku City /day

- Saku⇄Tokyo (Ikebukuro, Shinjuku)
※about 3 hours and 30 minutes to Shinjuku
- Saku⇄Kansai (Kyoto, Osaka)
※about 10 hours to Osaka (overnight)

With the opening of Sakudaira Station on the Hokuriku Shinkansen in 1997, Saku City is now connected to Tokyo Station and Sakudaira Station in about 70 minutes. Improved access to the metropolitan area and urbanization due to development around Sakudaira Station have led to an increase in people commuting to work or school by Shinkansen and relocating to the area. Currently, the Hokuriku Shinkansen has been opened up to Tsuruga Station in Fukui Prefecture, and future extensions are expected to improve access to the Kinki region, including Osaka.

On the expressway, it takes about 100 minutes to get from Saku IC to Nerima IC. There are also express buses available.

Furthermore, it is easy to access the Sea of Japan side (Joetsu City) via the Joshinetsu Expressway, and the Pacific side (Shizuoka City) via the Chubu-Odan Expressway. As the Chubu-Odan Expressway has an undeveloped section from the Yachiho-Kogen IC to the (tentative name) Nagasaka JCT on the Chuo Expressway, we are working to open the entire route as soon as possible.



■Travel time from Saku City to major cities (by car)

- Joetsu City, Niigata
about 2 hours (using the Joshinetsu Expressway)
- Shizuoka City, Shizuoka
about 3 hours (using the Chubu-Odan Expressway)
- Nagoya City, Aichi
about 4 hours (using the Chuo Expressway)

Ease of living

A city with excellent medical and welfare services



■The average life expectancy of women is among the highest in the country

The average life expectancy in Saku City in 2020 was about one year higher than the national average for both men and women. In particular, the average life expectancy for women was 12th in the nation, making it a city of healthy longevity.

Average life expectancy	Male	Female
Saku City	82.6years old	88.8years old
Nationwide	81.5years old	87.6years old

Source: Ministry of Health, Labor and Welfare 2020 Life Table by City, Ward, Town and Village Overview

■Comprehensive medical system

Per 1,000 people	Number of hospitals	Number of clinics	Number of beds	Number of doctors
Saku City	0.4	4.7	70.2	20.2
Nationwide	0.3	4.4	63.5	14.4

Source: National Health Insurance Database (KDB) System "Understanding the Overall Picture of the Region in 2023"

Saku City has been a pioneer in preventive medicine and community medicine. It has close ties with citizens' "family doctors" close to home, specialized hospitals, and medical institutions with advanced medical treatment capabilities.

For primary emergency medical care, there are 84 clinics and 57 dental clinics located throughout the city, for secondary emergency medical care there are six specialized hospitals, including Asama General Hospital and Saku General Hospital, and for tertiary emergency medical care, the Saku Medical Center is responsible for specialized medical care and advanced medical care that specializes in emergency and acute care.

In cooperation with these medical institutions, the activities of public health nurses and health guidance officers who support local medical and welfare services help create a city where people can live long and healthy lives.

The number of doctors, nurses and public health nurses per 1,000 people is significantly higher than the national average. With a well-established medical system in place in case of emergency, it is a city where you can live with peace of mind.



A city chosen by people moving to rural areas

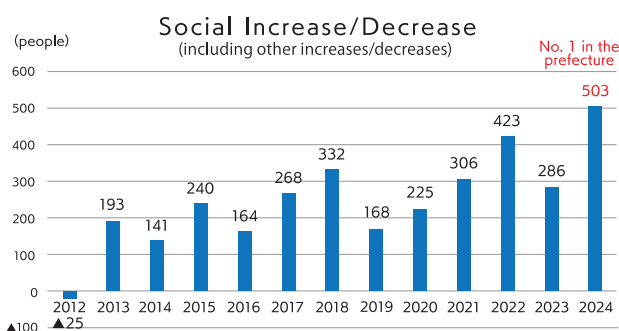


Saku City is a city blessed with a rich natural environment, good access to the metropolitan area, and a well-developed medical system. In addition, the city is seeing an increase in "educational migration" due to the spread of remote work and the continued opening of new, unique schools.

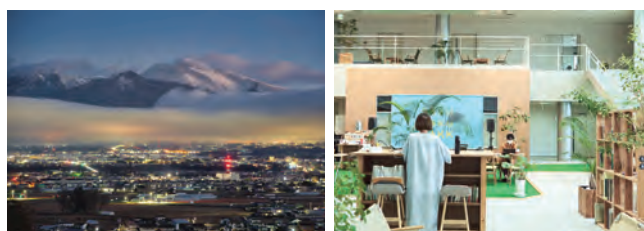
In response to the growing need for relocation, we have established subsidies for staying expenses for those considering relocating, subsidies for Shinkansen commuting for remote workers, and subsidies to support U-turn/I-turn/J-turn employment and start-up relocation projects.

We are also working to increase the population through migration and revitalize the local area with migrants by developing co-working spaces to support remote work environments and carrying out projects that connect migrants with local companies through side jobs.

As a result of promoting these immigration policies, Saku City has seen more people moving out for 12 consecutive years, resulting in a consistent net migration gain. In 2024, it recorded the highest net migration increase in the prefecture.



* Social increase/decrease: The difference between the number of residents moving in and the number of residents moving out



Saku City aims to be

Saku City has many attractions and strengths, including a comfortable living environment that harmonizes the rich nature and culture it has cultivated with urban functions, and the health of its citizens, supported by related institutions, organizations, and the local government.

By further improving these aspects, we aim to make Saku City where everyone who lives there can feel that it is easy to live there and that they are glad to live in, and where they can live healthy lives both physically and mentally. We have set our future vision for the city as "Saku, a Comfortable and Healthy City," and have defined the direction of urban development for each policy area.

Future City Vision

"Comfortable and Healthy City, Saku"
- Fulfilling hopes and aiming to be a city of choice -

1 Education and Culture

Creating a city that fosters lifelong learning and life skills

2 Urban Infrastructure Sector

Connected urban development that makes the most of local characteristics

3 Economic and Industrial Sector

Creating a vibrant and attractive city that operates strong industries

4 Health and Welfare Sector

Creating a town that fosters healthy longevity and affluent lifestyles

5 Natural and Living Environment Sector

Creating an environmentally rich city for comfortable living

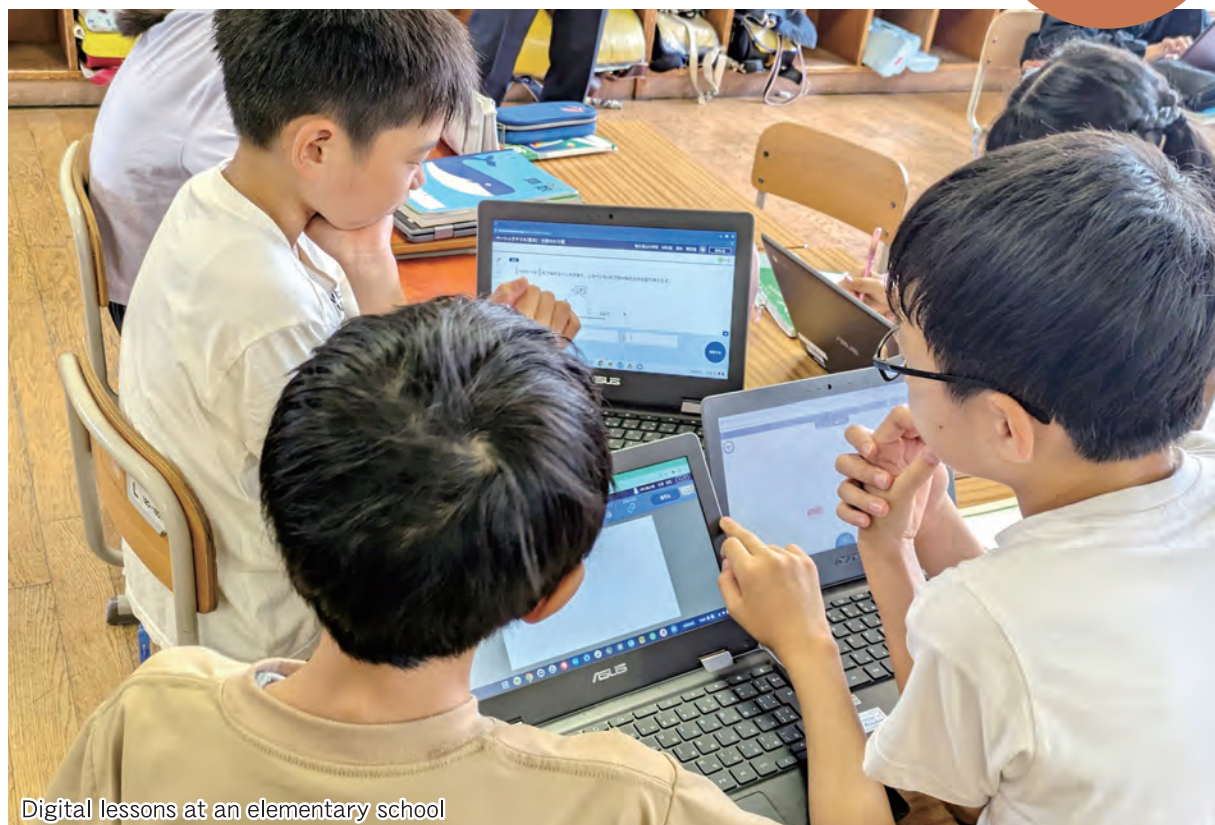
6 Disaster Prevention and Safety Sector

Creating safe and secure towns to protect

7 Collaboration and Exchange Sector

Urban development based on collaboration and exchange that harnesses the power of people and communities

Creating a city that
fosters lifelong learning
and life skills



Digital lessons at an elementary school

Main measures

◆ Developing people who will lead the future

Early childhood education, School education, High school education, Higher education, Healthy development of youth

◆ Independent, creative learning and cultural maturation

Culture and the arts, Lifelong learning, Sports

◆ Creating a society where people respect and support each other

A society that respects human rights and where men and women participate equally



Sakudaira Women's University

Comprehensive athletic park



Main projects to be undertaken in FY2025

■ Children's SOS consultation form "TOUCH" operation project

This project utilizes the tablet devices provided to each elementary and junior high school student under the GIGA School Initiative to connect students to people they want to talk to about their problems. It helps students realize the benefits of connecting with the people around them and develops their ability to send out SOS messages themselves.

■ Asama Junior High School Expansion Project

The number of students at Asama Junior High School is on the rise, and there are concerns about a shortage of classrooms in the future. In light of this, we have been systematically renovating special classrooms and expanding regular classrooms, and we will continue to expand regular classrooms from last year, aiming to open them in 2026.

■ Sports training camp promotion project

By providing subsidies to sports groups from outside Saku City that hold sports training camps in Saku City, we aim to promote sports training camps, increase the utilization rate of facilities, increase the number of people from Saku City who come to Saku City through sports, and revitalize the local economy.

2

Urban Infrastructure

Connected urban development that makes the most of local characteristics



Sakudaira Station South Area



Nozawa District Urban Restructuring Support Project

Demand Wagon Sakutto



Main measures

- ◆ Urban development that makes use of the characteristics of the region
Land use, Urban areas, public facilities, Housing
- ◆ Formation of a transportation network connecting regions
Rapid transit network, Regional Transportation Network

Main projects to be undertaken in FY2025

■ Basic plan for redevelopment around Sakudaira Station

A quarter century has passed since the opening of Sakudaira Station, and the station square and Plaza Saku have issues such as aging facilities and lack of functionality compared to other Shinkansen stations. We will compile a basic plan for redevelopment to create a comfortable and convenient space as the gateway to Saku City for the next quarter century.

■ Social Capital Development Comprehensive Grant Road Project Shimohirao City Road 7-103 and Others

A new sidewalk will be constructed and improved on the section of Prefectural Route Kusagoe-Hosho Saku Line from Ipponmatsu intersection towards Hiraoyama Park to Shibamiya Shrine intersection.

Due to the increase in vehicle traffic due to the opening of Hirao Mountain Hot Springs Miharashi no Yu, this route will connect with existing sidewalks and school routes to ensure the safety of pedestrians and others.

■ Regional public transportation system operation business

In order to realize optimal public transportation that reflects changes in social conditions and needs, such as the increase in the elderly population, we have begun full-scale operation of the "Demand Wagon Sakutto" from April 2023. We will continue to aim to realize smart public transportation that is easy to understand and use by reviewing bus stops and other measures to meet the needs of users.

Creating a vibrant and attractive city that operates strong industries



Main measures

- ◆ Promoting agriculture, forestry and fisheries that make use of our rich natural environment
Agriculture, Forestry, Fisheries
- ◆ Promoting vibrant and attractive commerce
Commercial, Service Industries
- ◆ Promoting tourism by taking advantage of the region's attractions
Sightseeing
- ◆ Promoting a strong manufacturing industry
Industry
- ◆ Ensuring stable employment to support the local community
Work and employment



Specialty product cultivation

Work Terrace Saku



Main projects to be undertaken in FY2025

■ Promotion of the Yuki Production Area Development Initiative

In order to promote the creation of production areas using organic farming and environmentally friendly agriculture, we will cooperate with organic farming practitioners, markets, and related organizations to promote the area as a production area and provide support and set up a system to increase the number of farmers, with the aim of becoming an organic village.

■ Corporate DX promotion business

Through the use of digital technology, we aim to support productivity improvement and transformation of local industries, thereby dramatically increasing the resolution of social issues and productivity of local communities, as well as greatly improving the quality of industry and life, and creating vibrant towns and cities.

■ Digital talent development and employment support project "Cosmosta+"

As digitalization of social life progresses rapidly, we aim to develop digital talent that will lead the way in solving local issues, as well as address social issues such as women's advancement in society and economic independence, thereby creating regional vitality and eliminating the gender gap.

Creating a town that fosters
healthy longevity and
affluent lifestyles



Infant Health Check



Nozawa Children's Center/
Childcare Support Center
Facility Perspective

Community Comprehensive
Support Center



Main measures

- ◆ **Promoting lifelong health**
Health promotion, Health activities, Medical care, Medical insurance, National pension
- ◆ **Enhancing social welfare through mutual support in the community**
Community welfare, Nursing care/elderly welfare, Welfare for the disabled, Support for single-parent families/welfare for low-income earners
- ◆ **Creating a safe environment for childbirth and child rearing**
Measures to combat declining birthrates, Maternal and child health, Childcare support, Child welfare

Main projects to be undertaken in FY2025

■ Multi-layered support system development project

In order to respond to the increasingly complex and multifaceted challenges facing our citizens, we will continue to build a comprehensive support system through multi-agency collaboration, while making use of existing consultation and support initiatives in areas such as nursing care, disabilities, children and child-rearing, and poverty.

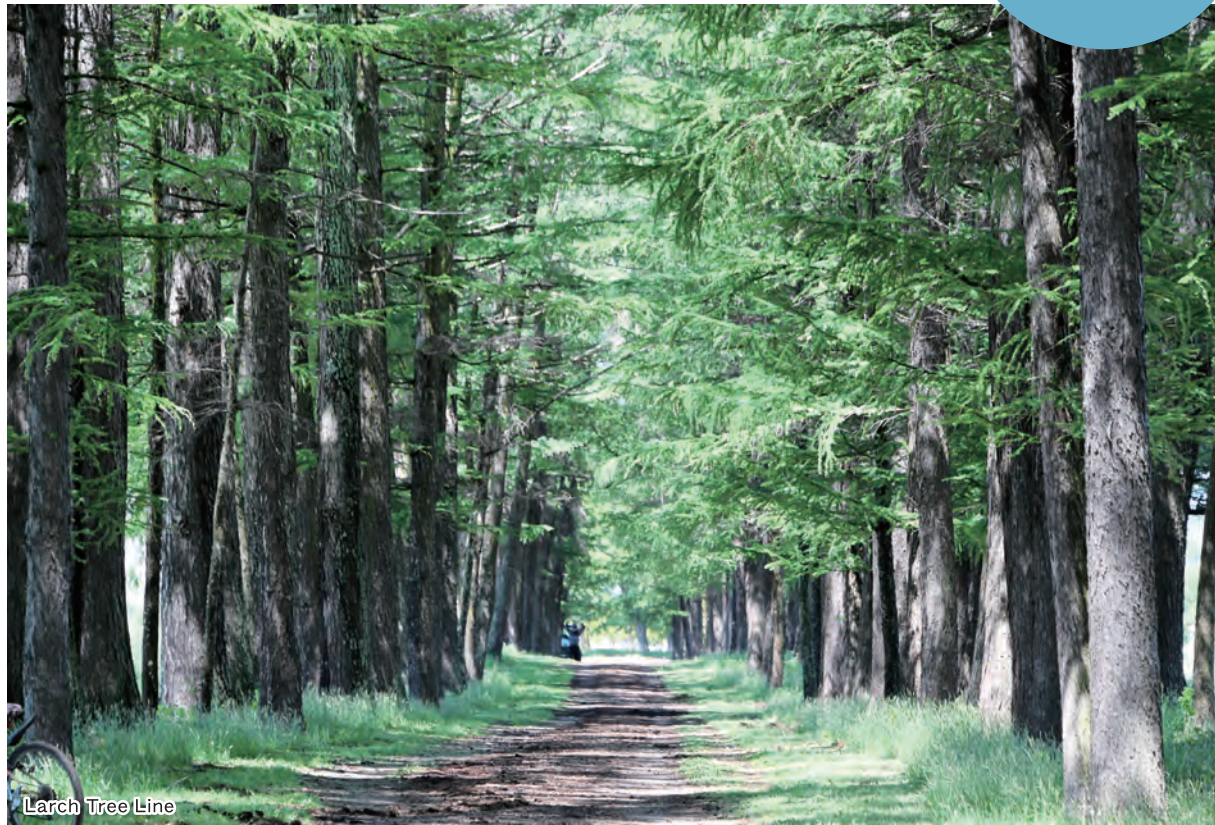
■ Third Saku City Health Promotion 21 Plan

Aiming to realize a society where every citizen can live a healthy and vibrant life, we have formulated a plan that takes into account changes in social life and the results and challenges of past efforts. From fiscal 2025 onwards, we will promote health promotion measures in line with this plan.

■ Nozawa Children's Center/Childcare Support Center Facility Development Project

In addition to relocating and upgrading Nozawa Children's Center, which has been plagued by issues of deterioration and distance from the school, to a site adjacent to Nozawa Elementary School, we will also be developing a "children and child-rearing support center facility" that will provide specialized staff such as midwives and public health nurses to provide one-stop service for a variety of child-rearing inquiries and to provide a play area that will help develop children's various abilities.

Creating an
environmentally rich
city for comfortable living



Larch Tree Line

Main measures

- ◆ **Coexistence with a rich natural environment**
Environmental conservation, Greening of streets, Parks and landscape formation
- ◆ **Ensuring a healthy global environment**
Global warming countermeasures
- ◆ **Creating a comfortable living environment**
Environmental sanitation, Water supply, Sewerage

Citizen Exchange Park



Saku Water

Main projects to be undertaken in FY2025

■ **Saku City Regional Decarbonization Transition and Renewable Energy Promotion Grant Project**
In order to achieve carbon neutrality by 2050, we will work to reduce CO2 emissions by introducing self-consumption solar power generation equipment and LED lighting in public facilities and by providing subsidies to private businesses for the installation of solar power generation equipment.

■ **City Park Safety Renewal Project**
Based on the Saku City Park Facility Longevity Plan, we are renovating and updating aging playground equipment in 55 urban parks in the city. In fiscal year 2025, we plan to renovate and update playground equipment in six parks, including the Citizen Exchange Park.

■ **Public-Private Partnership Foundation Strengthening Promotion Project (Water PPP)**
※PPP…Public Private Partnership
By working with private businesses to manage and renew sewerage facilities, and by making use of their technical and management know-how and ingenuity as an integrated business, we aim to improve public services, reduce expenses, and curb renewal costs, thereby creating a sustainable sewerage business for the future.

6

Disaster Prevention Safety

Creating safe and
secure towns to protect



Saku City Disaster Prevention Training



Saku City
Disaster Prevention Training

2019 East Japan Typhoon
Disaster Recovery Works



Main measures

- ◆ Disaster prevention,
Firefighting・Emergency,
Traffic safety,
Crime prevention,
Consumer life

Main projects to be undertaken in FY2025

■ Promoting disaster prevention and mitigation projects to "build a disaster-resistant Saku City "

[Agricultural facilities] In order to prevent damage to farmland and other areas caused by natural disasters, we will renovate agricultural facilities, etc., and work to prevent disasters from occurring and spreading.

[Roads] We will take measures to prevent disasters and maintain roads by strengthening road drainage functions and repairing pavements to prevent flooding.

[Rivers] We will work to prevent river flooding caused by heavy rain or flooding and flooding of houses, etc. by improving the river banks and line shapes of quasi-river and ordinary rivers.

■ Disaster prevention administrative radio broadcast system equipment renewal project

In order to improve the functionality of disaster prevention administrative radio equipment, which transmits information quickly during emergencies such as disasters, we will be updating the equipment to one that can broadcast in easy-to-recognize voices according to the season, weather, etc.

■ Fire brigade facility equipment development project

In light of the increasing severity and frequency of various disasters in recent years, we will upgrade and deploy light-duty vehicles with small power pumps that can be deployed with a small number of people, in order to improve our response capabilities in the event of a disaster and our firefighting capabilities.



Children's Exchange Program with children from the Republic of Estonia

Main measures

- ◆ **Realizing a local community where citizens' power thrives**
Citizen collaboration and participation, Local community, Administrative and financial management, Advanced information and communication networks
- ◆ **Promoting exchanges and collaboration that harness the power of the local community**
Regional and international exchange, Wide-area collaboration

Saku City Town Development Activity Support Fund Project ("Let's Make It!" Performing Arts Day" Children's Executive Committee Project)



Sister City Agreement Signing Ceremony between Sukhbaatar District, Mongolia

Main projects to be undertaken in FY2025

■ Saku City 20th Anniversary Project

New Saku City, which was formed on April 1, 2005 through the merger of one city, two towns and one village, will celebrate its 20th anniversary on April 1, 2025. Commemorative events will be held from October 1, 2024 to September 30, 2025, six months before and after April 1, 2025. Through these commemorative events, we will reaffirm the tangible and intangible assets that we have built together with our citizens, as well as promote the excellence of Saku City and foster civic pride.

■ Saku City Urban Development Activity Support Fund Project

We aim to realize citizen-participation city administration by providing subsidies to public-interest projects that citizens undertake independently and proactively to address various issues facing the community, and by supporting citizens who will become the driving forces behind collaborative city development.

■ Shinkansen Commuting Support Project for Remote Workers, etc.

By subsidizing part of the cost of purchasing Shinkansen tickets, etc., we will support remote workers who have relocated to our city to commute to the Tokyo area using the Hokuriku Shinkansen departing from Sakudaira Station. We will further promote relocation by raising the age requirement for subsidy recipients to under 50 years old from fiscal year 2025.

Jan Snowy Mount Asama



The cold, sunny days continue. Taking advantage of the climate, local sake brewing and frozen tofu are produced.

Feb Hatsuuma Festival at Hanazura Inari Shrine



It's bitterly cold, with temperatures dropping below freezing even during the day. This is the season when fatty Saku carp are delicious.

Mar Adonis flowers on Kokuzosan



Even in the cold, I can feel the spring coming.

Apr Cherry Blossoms of Breaking the Barrier



The cherry blossoms usually bloom in late April, signaling the start of agricultural work.

May Balloon Festival



During the May holidays, tourists from all over the country visit Saku City. Rice planting is over, and frogs sing in the evenings.

Jun Amekawa Dam in early summer



During the rainy season, the rain that falls on the mountains becomes groundwater and creates abundant water resources.

A Year in Saku City

Jul Mt. Arafune and campsite



You can enjoy an extraordinary experience in the midst of nature, gazing at the starry sky at night and the sea of clouds in the morning.

Aug Shinshu's unique festival, Sakaki Festival



While it is hot and dry during the day, it is cool in the mornings and evenings, and there are no tropical nights.

Sep Uchiyama's Great Cosmos Garden



At night, the sounds of insects can be heard all around, and the cosmos flowers announce the end of summer.

Oct Sakudaira Half Marathon



It's a pleasant to run through the refreshing early autumn weather. Apples in season will also be served.

Nov Autumn leaves at Teishoji Temple



The nights are cold and frost begins to form. The temperature difference between day and night makes the leaves turn beautiful colors.

Dec Stars and Parabolic Antenna



The high rate of clear skies and dry air makes for an overwhelming starry sky.



Local sake

Eleven sake breweries brew delicious local sake using high-quality rice, the cold climate, and underground water from the Chikuma River.



Saku carp

The cold, clear waters of the Chikuma River help raise carp that have no odor and firm flesh.



Plucking

This is a delicacy from the Usuda area, where chicken farming was popular. The skin is crispy and the inside is juicy.



Apple

The climate here allows apples with good color and sugar content to be cultivated, with over 30 varieties cultivated.



prune

Sanprune is a variety that originated in Saku City. It is a fruit rich in dietary fiber, vitamins, and minerals.



Komazuki miso pork cutlet bowl

This local delicacy uses a miso sauce made from gankui beans grown in the Mochizuki region.



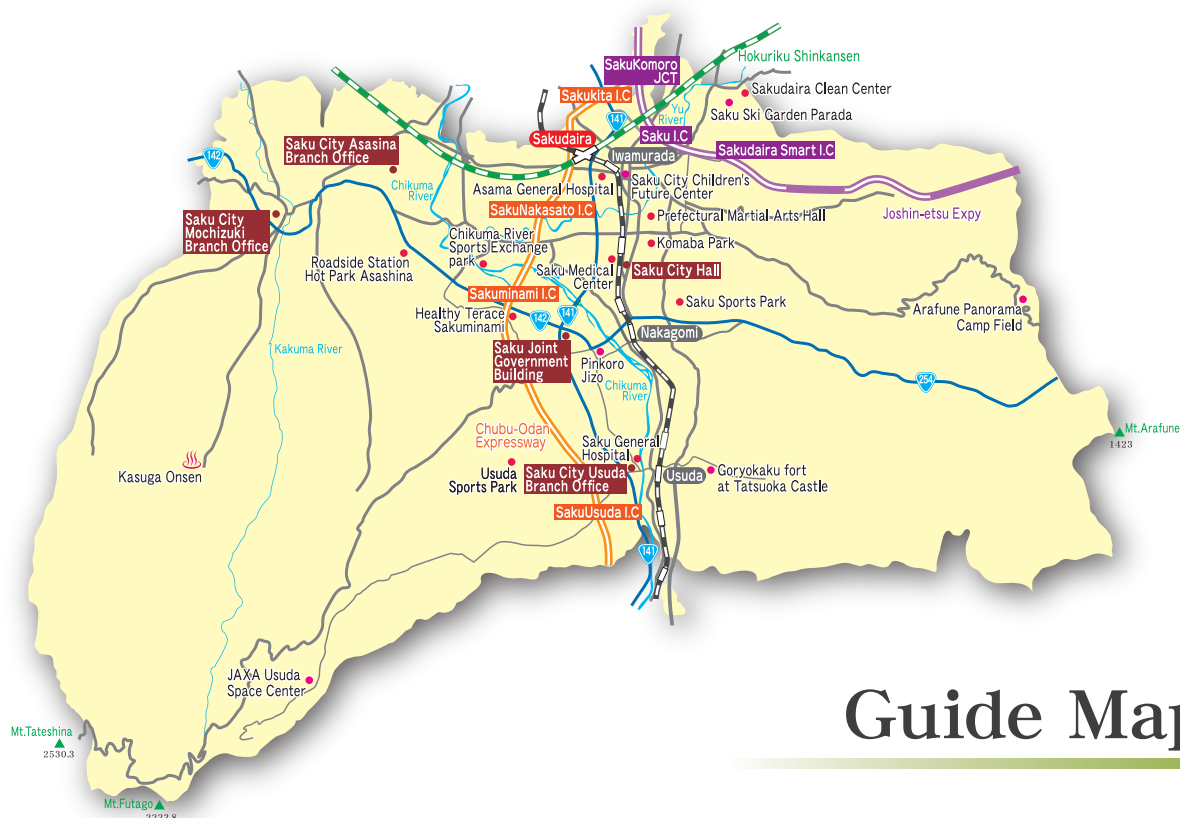
An-yoji Ramen

An-yoji Ramen is a local delicacy made with “An-yoji miso” ,the origin of Shinshu miso. Each restaurant presents a unique An-yoji Ramen.



Sweets

As the area is a producer of high-quality fruits, dairy products, eggs, and other sweet ingredients, there are many delicious sweets shops.



Guide Map

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 2025

Published by Saku City

Edited by the Planning Department, Information
and Public Relations Division

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