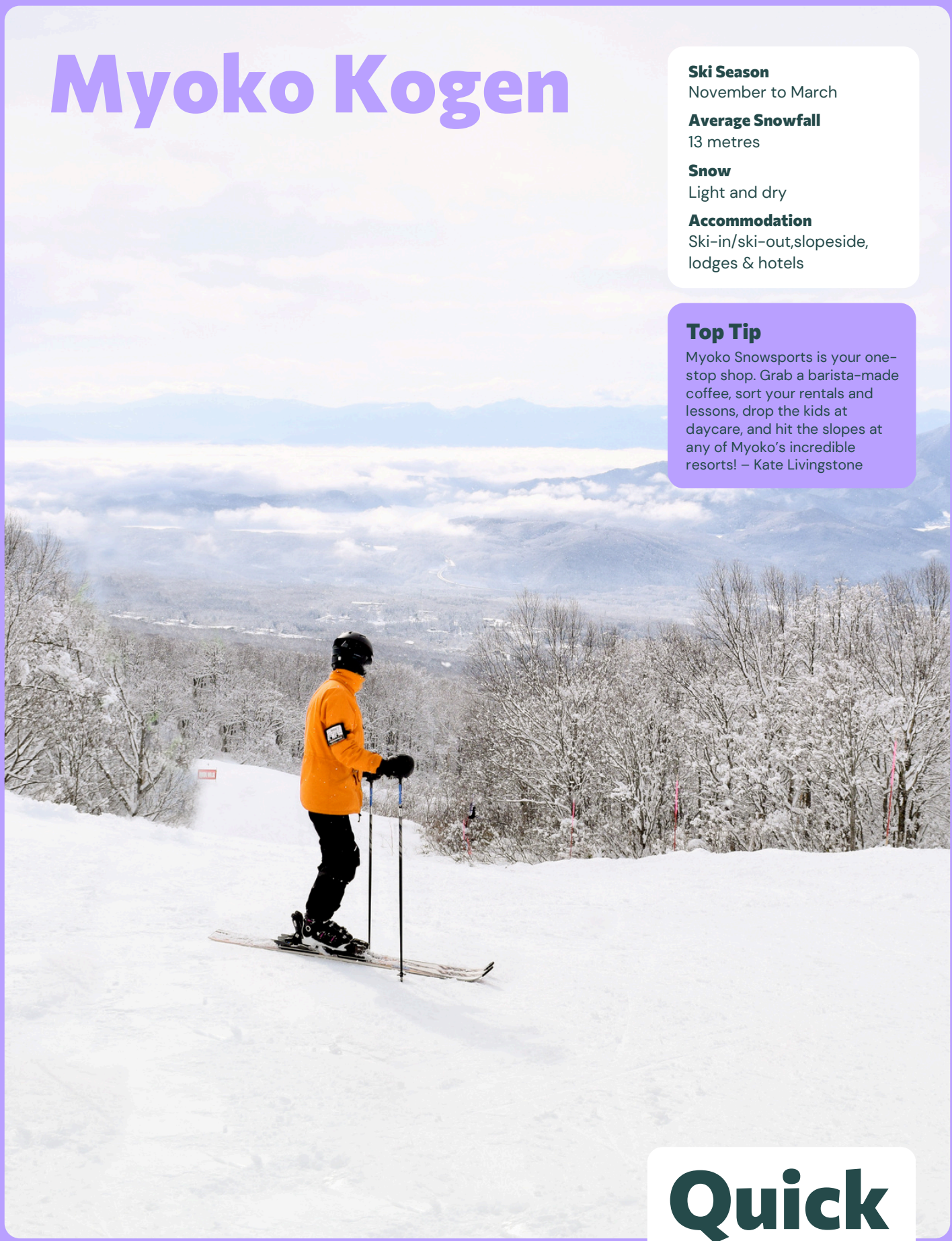
Myoko Kogen



Ski Season
November to March

Average Snowfall
13 metres

Snow
Light and dry

Accommodation
Ski-in/ski-out,slopeside, lodges & hotels

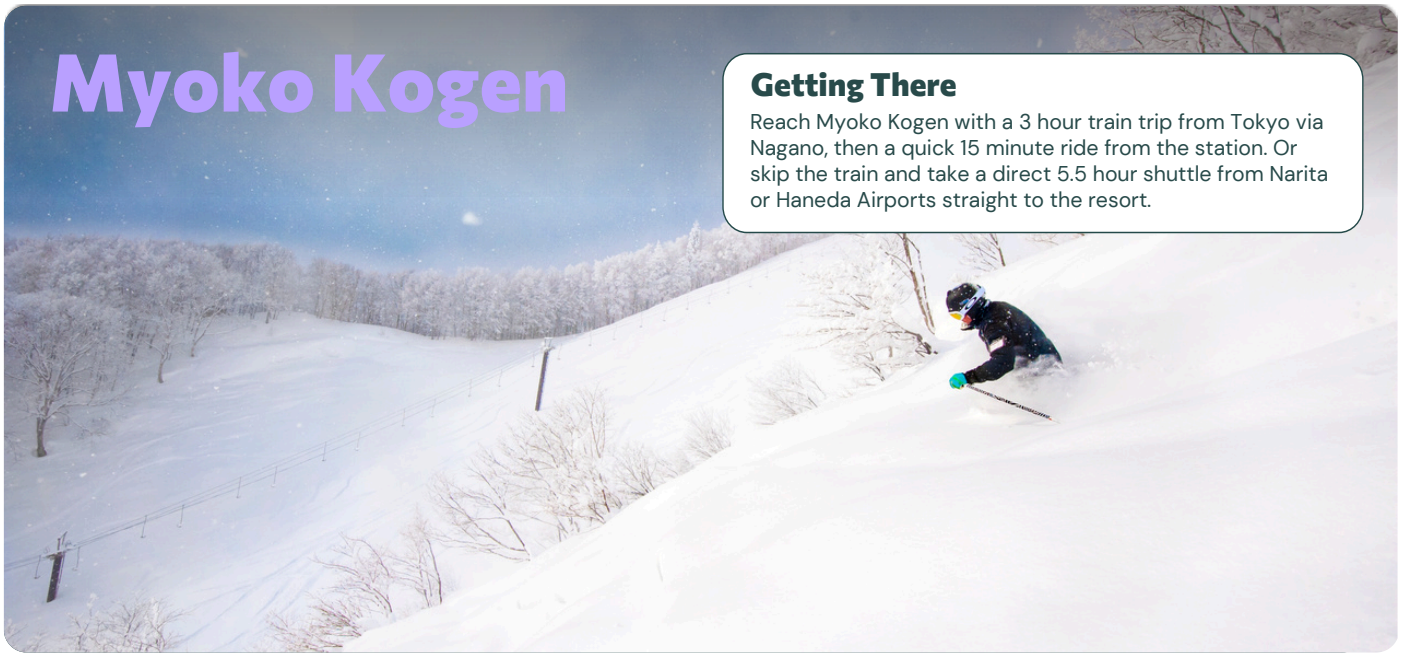
Top Tip

Myoko Snowsports is your one-stop shop. Grab a barista-made coffee, sort your rentals and lessons, drop the kids at daycare, and hit the slopes at any of Myoko's incredible resorts! – Kate Livingstone

Quick Guide

Travel & Co

Myoko Kogen



Getting There

Reach Myoko Kogen with a 3 hour train trip from Tokyo via Nagano, then a quick 15 minute ride from the station. Or skip the train and take a direct 5.5 hour shuttle from Narita or Haneda Airports straight to the resort.

Renowned for Some of Japan's Best Powder

Myoko Kogen is Japan's hidden gem, known for deep powder, authentic charm, and a relaxed vibe that stands apart from the big-name resorts. Nestled in Niigata Prefecture, it sees up to 15 metres of snow each season and offers five distinct resorts, including family-friendly Akakura and the legendary freeride terrain of Seki Onsen.

From Japan's longest run at Suginohara (8.5 km) to quiet tree runs and steep powder stashes, Myoko delivers variety and soul. Off the slopes, unwind in traditional ryokan, soak in natural onsens, and take in views of Mt. Myoko. Steeped in history and blessed with serious snow, Myoko Kogen is perfect for those seeking an authentic, off-the-beaten-path ski experience.

Mountain Stats

Annual Snowfall 13 metres
Skiable Terrain 490+ acres
Ability Level Beg: 30% | Int: 50% | Adv: 20%
Vertical Drop 1,124 metres
Ski Runs 50+
Lifts/Gondolas 40
Max Altitude 1,855 metres (6,086 feet)
Terrain Park Yes

Top Tip

On weekends, Akakura Kanko gets a little busy with day-trippers from Nagano. Weekdays reward you with empty groomers and shorter lift queues. - Claire Martin.

Scan Me

trail map

Top Reasons to Visit

Legendary Powder

Myoko Kogen sits in one of Japan's heaviest snowfall belts, with resorts like Akakura Kanko averaging over 13 metres a season. Add minimal grooming at cult spots like Seki Onsen, and you get some of the deepest, most consistent powder anywhere in the country, season after season.



Authentic Onsen Town

Akakura Onsen began life as a traditional hot spring retreat long before ski lifts arrived, and that history still shapes the place. It's a genuinely local, low-key atmosphere, closer to a real Japanese mountain village than a purpose-built international ski town.



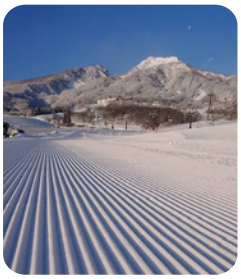
Five Resorts, Five Personalities

One lift pass covers five genuinely different resorts, from Suginohara's cruisy groomers and Japan's longest run to Seki Onsen's wild, ungroomed backcountry. Rather than one big mountain, Myoko feels like a proper choose-your-own-adventure, with a completely different experience depending on where you point your skis each day.



Japan's Longest Run

Suginohara is home to Japan's longest ski trail, an 8.5km descent from 1,124m of vertical. On a clear day, riders can see all the way to Mount Fuji from the upper slopes, a genuinely rare pairing of endurance skiing and iconic scenery in one run.



Main Resorts of Myoko Kogen

Akakura Onsen

Once a traditional hot spring retreat, Akakura Onsen now blends onsen charm with genuinely varied skiing across three areas: Yodel, Kumado and Ginrei. With 80% groomed runs and 14 lifts, it's ideal for beginner-intermediates, plus it's the only Myoko resort offering night skiing, terrain parks and dedicated child-friendly zones.



Akakura Kanko

Established in 1937, Akakura Kanko was one of Japan's first ski resorts, and it still delivers. Connected to Akakura Onsen, it offers true ski-in/ski-out access via a mid-mountain hotel, a gondola and Akakura Champion, a 3km run from 1,200m for confident intermediates and above.



Myoko Suginohara

Home to Japan's longest run at 8.5km, Suginohara delivers long cruisy groomers, off-piste tree runs and 1,124m of vertical across two zones. Ungroomed sections hold excellent powder, snowmobile touring starts right at the base, and on clear days the view stretches all the way to Mount Fuji.



Ikenotaira Alpenblick

Split across two distinct areas, Alpenblick pairs wide, gentle slopes for building confidence with shorter, wooded runs holding untouched powder. Surrounded by white birch forest, it's especially popular with tree skiers and park riders, and its board and ski parks rank among the best of their kind in Japan.



Seki Onsen

A small, two-lift resort with a cult following worldwide, Seki Onsen is all about deep, ungroomed powder and wild, minimally maintained terrain. Best suited to advanced skiers and riders, it offers spectacular off-piste access through forest trails, with little to no grooming done across the mountain at all.





Winter Experiences

Snow Monkey Tours

The Jigokudani Snow Monkey Park and its world-famous hot spring-bathing monkeys are located around 1.5 hours from Myoko Kogen, why not make it a full day tour with Temple and Sake breaks.

Matsumoto Castle

Japan's oldest surviving wooden castle, its striking black facade earns it the nickname "Crow Castle," a scenic day trip from Myoko Kogen.

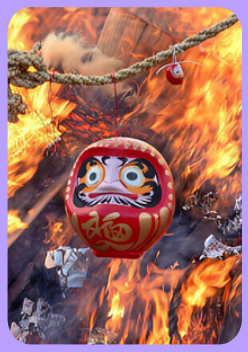


Winter Festivals

Experience Myoko Kogen's annual winter festivals like the Dondoyaki Snow & Fire Festival with bonfires and mochi roasting, and the Dynamite Carnival featuring local food, Dondoyaki rituals, and a lively fireworks finale.

Other Activities

Snowshoeing, fat biking, ice fishing, snow drifting, cooking and pottery experiences and more



Chat to a snow holiday expert

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