

Although Myoko is best known for its amazing skiing during the winter season, the area is an ideal place to visit year-round thanks to a wealth of exciting outdoor activities and events scheduled throughout the year.

Ziplining, tennis and mountain biking are all popular during the warmer months, and summer is also a great time for outdoor camping at one of the area's many grounds. Autumn sees a marathon pass through from Nagano to Myoko, and you'll see a lot of training taking place in the lead-up to the event. Runners consider the region the ideal place for training because the weather is less humid than in other parts of the country, and the high altitude means that athletes create more red blood cells, which help enhance performance when running at a lower altitude. The spacious terrain is well suited to golf courses, so the area has become a popular spot for players year-round.