

JR Time Schedule Bound for Nakatsugawa/ Nagoya

2026.3.14

First Train	...	Nojiri	Junikane	Nagiso	Tadachi	Sakashita	Ochiaigawa	Nakatsugawa	...	Ena	...	Nagoya
Nagiso 5:47		from Nagiso		5:47	5:53	5:56	6:02	arrive 6:07 leave 6:15		6:25 (weekdays) 6:26 (holidays)		7:40
Nagiso 6:18		from Nagiso		6:18	6:24	6:27	6:33	arrive 6:38 leave 6:48 (weekdays) leave 6:49 (holidays)		7:00		8:11 (weekdays) 8:07 (holidays)
Nagiso 6:33		from Nagiso		6:33	6:39	6:42	6:48	arrive 6:53 leave 7:02 (weekdays) leave 7:05 (holidays)		7:13 (weekdays) 7:16 (holidays)		8:25 (weekdays) 8:27 (holidays)
Kisofukushima 6:21		6:52	6:57	7:02	7:08	7:11	7:17	arrive 7:22 leave 7:31 (weekdays) leave 7:32 (holidays)		7:43		8:56
Nagiso 7:25		from Nagiso		7:25	7:31	7:34	7:40	arrive 7:45 leave 7:52 (weekdays) leave 7:50 (holidays)		8:03 (weekdays) 8:01 (holidays)		9:08
Nagano 6:09		Shinano Express No.2		8:09	→	→	→	8:21		8:30		9:18
Matsumoto 6:32		8:16	8:21	8:26	8:32	8:35	8:41	arrive 8:46 leave 8:59		9:10		10:13
Nagiso 8:48		from Nagiso		8:48	8:54	8:57	9:03	arrive 9:08 leave 9:19		9:30		10:37
Matsumoto 7:42		9:52	9:57	10:07	10:13	10:16	10:22	arrive 10:28 leave 10:50		11:01		12:17
Matsumoto 10:20		12:21	12:25	12:33	12:39	12:42	12:48	arrive 12:54 leave 13:19		13:30		14:37
Nagiso 13:26		from Nagiso		13:26	13:32	13:35	13:41	arrive 13:46 leave 13:50		14:01		15:16
Matsumoto 12:13		14:14	14:19	14:25	14:31	14:34	14:40	arrive 14:45 leave 14:49		15:00		16:12
Shiojiri 14:18		Rapid Service "Nice Holiday"		15:33	→	→	→	arrive 15:48 leave 15:52		→		17:16
Nagano 14:00		Shinano Express No.16		15:55	→	→	→	16:08		→		17:07
Nagiso 16:26		from Nagiso		16:26	16:31	16:34	16:40	arrive 16:45 leave 16:48		17:00		18:18
Nagano 15:00		Shinano Express No.18		16:55	→	→	→	17:08		→		18:10
Matsumoto 14:28		16:34	16:39	16:58	17:04	17:07	17:13	arrive 17:18 leave 17:37		17:48		18:57
Nagano 16:00		Shinano Express No.20		17:55	→	→	→	18:08		→		19:07
Matsumoto 15:33		17:38	17:43	18:04	18:10	18:13	18:19	arrive 18:25 leave 18:39		18:50		19:57
Matsumoto 16:17		18:21	18:26	18:31	18:36	18:39	18:45	arrive 18:51 leave 18:55		19:06		20:19
Nagiso 19:30		from Nagiso		19:30	19:36	19:39	19:45	arrive 19:51 leave 20:00		20:11		21:17
Matsumoto 18:25		20:20	20:24	20:30	20:36	20:39	20:45	arrive 20:50 leave 20:58		21:09		22:20
Matsumoto 21:30		23:06	23:10	23:16	23:21	23:24	23:30	23:35 (until Nakatsugawa)				

JR Time Schedule Bound for Matsumoto/ Nagano

2026.3.14

First Train	Sakashita	Tadachi	Nagiso	Junikane	Nojiri	Ōkuwa	...	Kiso Fukushima	...	Yabuhara	Narai	...	Shiojiri	...	Matsumoto	
Nakatsugawa 6:03	6:13	6:16	6:22	6:29	6:33	6:37		7:04		7:20	7:27		7:53		8:15	
Nakatsugawa 6:43	6:53	6:56	7:02	7:09	7:13	7:17		7:42		7:59	8:05		8:30		8:54	
Nakatsugawa 6:58	7:08	7:11	7:18	until Nagiso												
Nagoya 7:00	→	→	8:00	Shinano Express No.1				8:28		→	→		8:57		9:08	Nagano 10:03
Nakatsugawa 7:41	7:59	8:02	8:11	8:21	8:26	8:30		8:54		9:11	9:17		9:42		10:48	
Nakatsugawa 8:14	8:24	8:27	8:34	until Nagiso												
Nakatsugawa 9:35	→	→	9:49	Rapid Service "Nice Holiday"				10:30		10:43	10:50		11:11			
Nakatsugawa 10:00	10:10	10:13	10:19	10:26	10:30	10:34		11:03		11:19	11:25		11:51		12:23	
Nagoya 10:00	→	→	11:00	Shinano Express No.7				11:24		→	→		11:54		12:04	Nagano 12:59
Nakatsugawa 12:00	12:10	12:13	12:19	12:26	12:30	12:34		13:03		13:18	13:24		13:50		14:14	
Nakatsugawa 13:00	13:10	12:21	13:19	until Nagiso												
Nakatsugawa 14:14	14:25	14:28	14:34	14:40	14:52	14:56		15:30		15:46	15:52		16:17		16:48	
Nagoya 15:00	→	→	16:00	Shinano Express No.17				16:25		→	→		16:54		17:04	Nagano 18:00
Nakatsugawa 15:59	16:10	16:12	16:18	until Nagiso												
Nagiso 16:56	17:07	17:10	17:16	17:22	17:26	17:34		18:04		18:19	18:25		18:51		19:11	
Nakatsugawa 17:56	18:07	18:10	18:16	18:26	18:30	18:34		19:13		19:29	19:35		20:00		20:24	
Nakatsugawa 18:56	19:07	19:10	19:16	until Nagiso												
Nakatsugawa 20:00	20:10	20:13	20:19	20:26	20:30	20:34		20:58		21:17	21:29		21:54 (until Shiojiri)			
Nagoya 19:40	→	→	20:43	Shinano Express No.25				21:09		→	→		21:37		21:49	Nagano 22:39
Nakatsugawa 21:30	21:40	21:43	21:49	21:55	22:00	22:04		22:28		22:44	22:50		23:16		23:34	
Nakatsugawa 23:10	23:20	23:23	23:29	until Nagiso												