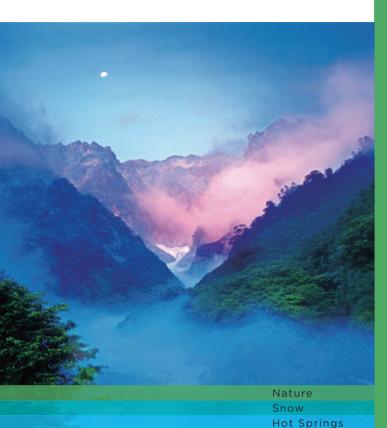


## MINAKAMI

Perfect Travel Guide & Map



## Find your oasis.



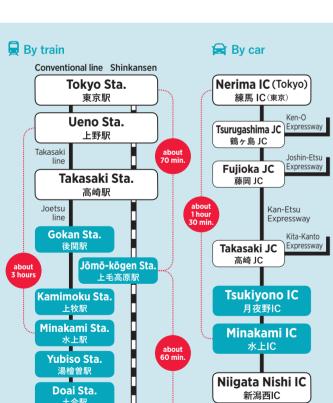
Culture

Cuisine

Events

Souvenirs

### Access to Minakami





This pass offers unlimited rides for three consecutive days on buses that run in Minakami It can be purchased at the Minakami Tourism Association, Jomo-Kogen Station Information Office,

Niigata Sta.

新潟駅

or at the Tourist Information Center at the Minakami Onser Ryokan Cooperative (in front o Minakami Station). Adult passes are ¥2,100 and child passes (6 to 12 years old) are ¥1,050. As of February 2020











By Kan-Etsu Expressway

Tokyo-Nerima IC - Tsukiyono IC

Tokyo-Nerima IC - Minakami IC

Niigata Nishi IC - Tsukiyono IC

By Kita-Kanto Expressway

Hitachinaka IC - Tsukiyono IC

Hitachinaka IC - Minakami IC

Utsunomiya-Kaminokawa IC

Tsukiyono IC (Approx. 2 hrs.)

Minakami IC (Approx. 2 hrs. 10 min.)

(Approx. 3 hrs. 10 min.)

(Approx. 1 hr. 30 min.)

(Approx. 1 hr. 40 min.)

(Approx. 1 hr. 50 min.)

(Approx. 2 hrs.)

(Approx. 3 hrs.)

Enjoy activities where you can experience the richness of nature. Even first-timers can feel at ease with rental equipment and experienced guides.





### I Love Outdoors Japan アイラブ アウトドアーズ ジャパン

谷川岳ロープウェイ

This 10-minute, 2.4-kilometer ropeway ric

offers panoramic views of the Tanigawa

Mountain Range across all four seasons.

CO278-72-3575 Yubukiyama-Kokuyurin.

Enjoy the great outdoors of Minakami to the full with popular rafting tours on the Tone River, canyoning fun on the river, and canoeing and kayaking on the lake. Each tour is run by qualified, skilled guides. The Combo Tour including lunch and two activities is a great way to spend an entire day in the area.



**Q**0278-72-1337



### Canyons Minakami キャニオンズ みなかみ

his canyoning experience is led by alified guides. There are 15 different urses to choose from (the largest number in Japan), including a beginner o find a cafe and lodging facilities.

В				
	MAP	A-1	Wi-Fi	
Á		€ 0278-72-2811		
	8:00-1	7:00 dated O	oen daily during the season	
70	canyor	ns.jp/en/		

Takaragawa Onsen Osenkaku

Its large open-air bath is famous, and

its four outdoor baths feature a total

otion ends at 16:00) 📟 No holiday

Nukumorinoyado Tatsumikan

nis Japanese-sytle inn, established in

927 has the oldest history in Kamimoku

derived from a traditional dish cooked

using leftovers from the food offered

sen area. Hearth-Grilled Kensan

the nobles) is a famous dish.

MAP B-3

Constant Co

温もりの宿 辰巳館

Wi-Fi

space of 470 tatami mats in size.

宝川温泉 汪泉閣

**Hot Springs** 

Minakami is replete with quality hot springs.

There are various ways to enjoy them, such as

at traditional Japanese-style inns and day-trip

Hoshi Onsen Chojukan

Hoshi no Yu is famous for its rare natura

springs. Established 145 years ago, it is

a tangible cultural asset designated by

ne Japanese government.

**♦** 0278-66-0005 **♦** 650 Nagai,

Wednesdays, other irregular ho

nakami-machi 🌑 Day-trip bathing

0:30-14:00 (Reception ends at 13:30)

Ryokan Tanigawa

This long-established Japanese inn in a qui

environment has its own hot spring that is

colorless and transparent, and has been used

since the Edo period. Meals can be enjoyed

in a private room for day-trip plans.

**♦** 0278-72-2468 **♀** 524-1 Tanigawa

13:00-17:00 deset Irregular holidays

inakami-machi Day-trip bathing

旅館 たにがわ

法師温泉 長寿館

### One Drop Outdoor Guide Service ワンドロップ アウトドアガイドサービス

his popular tour uses inflatable rafts or canoeing around Lake Shima, which one of the most transparent lakes in

MAP B-3 0278-72-8136



## Lakewalk

ours of Lake Okutone and Lake Naramata are offered in small groups and with a small number of boats, and are fun for all ages. A full selection of ntal equipment is also available.

### 278-72-2870 42-1 Oana, Minakami-machi 🔷 8:00-18:00

## **Bouken Goya**

After the snow melts, trekking from Oz Marsh to Mount Tanigawa is a popular activity. There is also a guest house available for lodging only (no meals).

PIAF	וּם
<b>Q</b> 0278-7	2-3744
♥ 57 Tsui	nako, Minakami-machi
8:00-2	0:00 (Reception hours)
	ar holidays

MAD D 1



With the Tandem Course for Beginners ou can soar up high under the control f a professional pilot. Gliding offers anoramic views of Mount Tanigawa rgest flying area in the Kanto region.

MAP	B-3		Wi-Fi
		2151 Moro, M	inakami-ma
9:00-1	8:00	No holiday	
□ oniov-	minakan	ni com/on/	



## 水上館

a variety of eight different hot spring

H			
٧	MAP	A-1	Wi-Fi
	<b>4</b> 0278-7	2-3221	
200		hinata, Minakami-machi	
-		p bathing: 13:00-18:50	
	(Receptio	n ends at 17:50)	
4	Ro ho	iday	

### Tofukaiseki Sarugakyo Hotel 豆富懐石 猿ヶ京ホテル

uperb view of Lake Akaya. The large bath with hot water constantly flowi directly from the hot spring source ha an atmosphere of an old-fashioned spa. Their traditional tofu course mea featuring homemade tofu is popular.

Consider the control of the control



## spend up to four hours in the baths

B-2 \_\_Wi-Fi 🛜 C 0278-75-2086

O 6192 Fujiwara, Minakami-machi
O Day-trip bathing: 10:00-19:30 ption ends at 18:00) III No holiday

### 川古温泉 浜屋旅館 This famous hot spring is located alongside the upper Akaya River. It is

**\**0278-66-0888 2577 Aimata, Minakami-machi Day-trip bathing: 10:00-16:00



he three large baths are known for their skin beautifying effects. The

MAP A-1	Wi-Fi
0278-72-2521 ♥ 665 Yubara, Day-trip bathing: 15:00-20:00 (Reception ends at 18:00) ■ No Iminakamihoteljuraku.book.dir	holiday



### **Minakami Mountain Guide Association** みなかみ山岳ガイド協会

Hiking and trekking on Mount Tanigawa, Oze, and Mount Hotaka are offered here. One of the most popular activities is the eco-hiking tour from Mount anigawa to Ichinokurasawa, one of Japan's three greatest rocks, and hiking up Mount Tanigawa with its beautiful alpine plants. Courses can also be tailored to



small group tours with a maximum of 14 participants are available, with a focus on rafting and canyoning.

CO278-72-6117 ♥ 84 Konita, Minakami-machi
Morning tour: from 9:00, afternoon tour: 13:00 (from 13:30 in August) Closed from October to mid-April. Oper

### **Max Outdoor Tours** マックス アウトドアツアーズ

conducted by guides with extensive overseas experiences. Even beginners can feel at ease. Snowshoeing and airboarding are available during the winter season.

MAP A-1 0:00 open daily during the seas



Various activities are available here ncluding rafting, canyoning, and SUP tours. Barbecue facilities and cottages with hot spring baths are also available.

MAP A-1

Have a great day where you can feel local culture and enjoy the bounty of land.

/Discover/



Washi no le

paper craftsmen.

Try making traditional Japanese

paper by hand with the guidance of

**Q** 0278-64-1047 **Q** 786 Sukawa, Minakami-machi **Q** 9:00-17:00 (9:30-16:00

200

Paint traditional and modern

Japanese masks and dolls here.

Omen no le

おめんの家

**\**0278-64-1827

during winter season) Tuesdays (Tuesday

### **Takumi no Sato** たくみの里

Takuminosato offers visitors the chance to experience the traditional handicrafts. Over twenty different studios can be found in the houses across Takuminosato where you car create your own souvenir to take home!



# after checking in at reception.

### **Theme Park Ryudo** 源泉かけ流しの湯めぐり テーマパーク 龍洞 This natural hot spring features 18 kinds of open-air baths. Day-trip bathers can

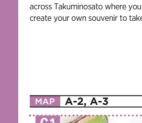
## ukewarm at about 40°C, so bathers can spend a long time soaking.

Saturdays, day before a holiday, other



## みなかみホテル ジュラク







## 七宝焼きの家

**\**0278-64-2064 822 Sukawa, Minakami-mach 9:00-17:00 (Reception ends at 15:00) Winter season: 9:00-16:00 (Reception ends at 14:30) Mondays

Lenjoy-minakami.com/en/

accessories here.



### Nousanbutsu Kako no le 蚕・繭・絹の家工房 農産物加工の家

process from silkworm cultivation to cocoon processing, so you can spool threads, and use dyed threads to make a keepsake here. © 0278-25-4517 ♥ 774-1 Sukawa, Minakami-machi № 10:00-17:00 Ima Tuesdays, Thursdays, Fridays, winter

### /Enjoy/

## **Snow**

Enjoy natural snow close to the Tokyo metropolitan area. In addition to eight ski resorts, there is also a variety of other activities.



## Norn Minakami Ski Resort S1

ノルン水上スキー場 This ski resort offers novice to expe level trails and Snow Land, an area which offers fun in the snow for everyone.

**Q** 0278-72-6688 **Q** 479-139 Terama, Minakami-mad **Mid-December to late March: 8:00-16:00** om 7:00 on weekends and holidays), night skiing 16:30-22:00 (until 24:00 on Fridays Saturdays and



## Hodaigi Ski Resort The quality and volume of snow at

available in a wide variety of skill levels A free shuttle bus runs from Jomo-Kogen Station and Minakami Station.



### OKUTONE Snow Park 奥利根スノーパーク

Enjoy a 900-meter-long course and new lift No.4, which runs to the summi The slopes are open from early morning until midnight on weekends.

n Sundays and holidays) 🔤 Open daily during the season \_\_okutone.jp/engl



upper slope is a non-compacted snow area, offering powder snow skiing enjoyment only available on fresh snow

MAP **A-1** 8:30-16:30 (from 8:00 on weekends and holiday

### 月夜野びーどろパーク reate your own original blown glass

glass sculpture, while learning from a

MAP B-3 **Q** 0278-62-2211 **Q** 737-1 Gokan, Mi 37-1 Gokan, Minakami-machi 9:00-17:00 (Reception ends at 16:00) Irregular holidays

## Minakami Fruits Land Mogitore

みなかみフルーツランド モギトーレ Enjoy fruit picking year-round. Homemade sweets using fresh fruit from the garden are popular at the

MAP A-3 0278-64-2800 5-10 Aramaki, Minakami \$10:00-16:00 (until 17:00 from June



### Maruhiro Noen まるひろ農園

MAP B-3

ound 20 varieties of apples mainly developed in Gunma are cultivated in a large orchard. You can try apples while picking them or take them home

Built in 1505, this temple is designated as one of the 100 best places to view the moon in Japan.



the Tone River. Fishing and catching trout by hand are popular summertime activities.

## Michinoeki Mizukikokan Observe freshwater creatures that live in



### Tanigawadake Tenjindaira Ski Resort 谷川岳天神平スキー場

This ski resort offers gorgeous views of the Tanigawa mountain range. It is known for its long ski season, lasting from early December to early May. Some areas nave snow as deep as four meters during the high



## みなかみ町営赤沢スキー場

Sarugakyo Onsen Village is an exper level trail that features powder skiing. There are also gentle slopes for

水上高原藤原スキー場 This area features mainly gentle slope



## U2/8-/5-2321 ♥ 4957-1 Fujiwara, Minakami-machi ♠ Late December to ear April: 8:30-16:45 ➡ Open daily during the



## This ski resort and hotel offers a large

number of trails. Enjoy dog sledding and a variety of other snow activities

**\** 0278-75-2222 6152-1 Fujiwara, Minakami-machi Late December to early April: 8:30-16:30 aturdays 8:00-17:00 (until 16:30 on Sunday Open daily during the season enjoy-minakami.com/en/

Japanese sweets, as well as traditional pottery with unique texture, make great souvenirs of your

trip to Minakami.





### **Jack The Tart Fantasy** ジャック・ザ・タルトファンタジー

This shop is located in Minakami Onsen Town Their Baked Minakami Cheese Tart, made of carefully-selected ingredients such as quality Gunma flour and Mount Akagi eggs is very popular. Try the coffee and natural soda made with Mount Tanigawa water at the cafe.

It closes once items are

### Marusu Seika This steamed sweet bun shop was established

Mantaro, a black sugar sweet bun that harmonizes the bun coating made of black sugar and agar with a special bean jam filling.

丸須製菓





### Tsukivonovaki Yutaro Gama 月夜野焼 祐太郎窯 his gallery offers an authentic way

the workshop. MAP **B-3** 

**Q** 0278-72-5307 **Q** 2331 Kamimoku, Minakami-machi **Q** 9:00-17:00



## /Enjoy/ **Nature**



### **Minakami Bungy** みなかみバンジー Try bungee jumping from the 2-meter-high Suwakyo Ohashi Bridge

MAP B-1

over the Tone River. 4 0278-72-8133 (Bungy Japan) • 143 Obinata, Minakami-mach eption ends at 16:30)

## レイクウォーク



## グランボレ パラグライダースクール







## Kawafuru Onsen Hamaya Ryokan













## MAP B-3



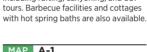
### **H2O Guide Service** エイチツーオー ガイド サービス







### Top Minakami Company トップ水上カンパニー





## **Tsukiyono Vidro Park**

piece, such as a single-flower vase or veteran craftsman.



### Gakurinji 嶽林寺

Come experience the culture of Zen here.



## 道の駅 水紀行館

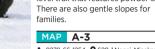
to June) 💂 enjoy-minakami.com/en/

© 0278-72-1425 ♥ 1681-1 Yubara, Minakami-machi ● 9:00-17:00 (Fisheries Museum is open until 16:30) ■ 10 No holiday (Fisheries Museum is closed on the 4th Tuesday of the month from July to October and the 2nd and 4th Tuesday of the month from November



## Minakami Choei Akasawa Ski Resort











Souvenirs



10:00-17:30 (until 19:00









## /Enjoy/

Enjoy a wide variety of food selection from Japanese to Western cuisine, made mainly from locally-produced ingredients.



### **OCTONE Brewing** オクトワン ブルーイング

Savor the taste of rare craft beer made rom the clear water of Okutone and other local ingredients. Sampler sets and bottled beer are also available.





### Ikufudo Seinikuten 育風堂精肉店

steaks, and thick cutlet rice bowls only a butcher's shop can provide

**\**0278-72-3574



**ACCOMMODATION** 

In

MINAKAMI

Various accommodations are available, including

Japanese-style traditional inns and Western-style lodges, all surrounded by abundant nature.

restaurant serves handmade soba and udon noodles. Hegi Soba, their ngredients is also recommended.

278-72-2477 • 189-1 Kochi, Minakam



### Wafu Restaurant Shinrin 口風レストラン しんりん

iese restaurant serves Joshi ey Pork meat dishes as well as als made with plenty of vegetable nd rice produced in Minakami. Their oopular Waraji Sauce Cutlet Rice Bowl eatures cutlets fried to perfection with emade sauce.

### Amenimo Makezu 雨ニモマケズ

This shabu-shabu specialty restaurant serves Gunma brand pork such as Gunma Barley Pork served with soba soup. There are also an assortment of reasonably-priced

Wi-Fi 🧟 MAP A-1 **\**0278-25-3688 ▼ 759-1 Yubara, Minakami-machi ● 11:00-14:00, 17:00-22:00 (L.O. 21:30) ■ Thursdays □ enjoy-minakami.com/



### **Garba Cafe**

バームクーヘン菓子工房 ガルバカフェ This baumkuchen specialty shop bakes their cakes using domestic flour and fresh local eggs. BUNA is a popular menu item. The cafe serves sets of coffee and cake

**\**0278-25-3887 9:00-19:00 Thursday

### Amaimonoya Umenomitsu 甘いものや 梅の蜜

This restaurant is located inside Yunoyado Joetsukan. All of the food is handmade, and the healthy buffet lunch is popular. They also have a wide assortment of sweets.

MAP A-1 **♦** 0278-72-4573 **♦** 780 Oana, Minakan

### Nobotokesoba Yamaichiya 野仏そば やまいち屋 very day, buckwheat grains are

ound in a stone mill, then kneaded by and and served fresh. There are also lenty of dishes with their secret misc uce, such as Miso Katsu Meal.

A-2



### **Otowaya Cafe** オトワヤ カフェ

his cafe adjoins Takuminosate Horakukan. Their dishes made with local ingredients and sweets made

A-2

0278-64-0322

### Kimamaya 気ママ屋

Come taste handmade bread baked with local ingredients in Minakami Onsen Town, Minakami Apple Pie, available only from September to April is made of flaky pie crust filled with mildly sweet stewed apples.

MAP A-1 



### Umaimonoya Suehiro うまいもの屋 すえひろ

This Japanese restaurant was tablished in 1965. Their famous Stacked Tonkatsu, made with Joshu Barley Pork, is a soft, juicy cutlet sisting of very thinly sliced meat.

278-64-0831

00-20:00 lrregular holi

### **Humpty Dumpty** ハンプティダンプティ

This restaurant opened in 2013. Enjoy authentic Indian curry while listening to good music, and try their healthy tasty, creative dishes made with local vegetables.

MAP A-2 Wi-Fi 🥱 

### Cafe Restaurant Asima カフェレストラン 亜詩麻 Their famous Baked Curry cooked with

homemade spices is a popular menu representative of local dishes.

278-72-3326

11:00- L.O. 16:00 (until last order at 19:00 or



his resort hotel stands on vast grounds totaling 6.6 million square meters, and is known for its hot spring with skin beautifying effects.

MAP B-2 Area Minakami **Q** 0278-75-2222 **Q** 61

## A16 Yu no Yado Joetsukan

handmade sweets made by the owner.

area with constantly running hot spring and its creative raditional course meals made with local ingredients.

## This homey guest house where the atmosphe

that stay without ordering meals. MAP A-2 Area Niiharu

檜の宿 水上山荘

MAP A-1 Area Minakami





**Norn Minakami** 

Flower Garden

すいせん祭り

across the ski slopes.

Tsukiyono

月夜野蛍の里

in the area.

**Hotaru no Sato** 

In June, visitors to this promenade

can enjoy a stroll while watching the wild dance of fireflies that live

Mid-June to mid-July MAP A-3

**Daffodil Festival** 

ノルンみなかみフラワーガーデン

This flower festival is held each sprin

One million daffodil flowers blossom

SL Gunma Minakami

locomotives puff their way along the

and Minakami Station, mainly on the

Late March to early December B-3

www.jreast.co.jp/e/joyful/slgunma.htn

SLぐんま みなかみ

The rare D51 and D61 steam

### Minakami **Outdoor Festival**

/Calendar/

Note that event schedules are subject to weather conditions.

Check each website for details.

**Snowshoe Festival** 

kilometer round-trip snowshoe trek

across the foothills of Mount Tanigawa

Late January MAP A-2

Ichinomiya jizoson

his is an early-flowering cherry

Takuminosato and can be enjoyed

Mid-April to early May MAP A-2

- - -Tenku no Night Cruising 天空のナイトクルージング

m mid-April to early May

no Sakura

E10

一之宮地蔵尊の桜

This half-day tour covers a two-

みなかみスノーシューフェスティバル

**Events** 

Read on for information about festivals where

that make you feel the richness of nature.

you can experience Japanese culture, and events

みなかみアウトドアフェスティバル Come and see demonstrations by top activities yourself. This two-day outdoor festival offers the best of Minakami's natur

May and early June mofest.jp/en/



## **Oze Liner**

trips between Jomo Kogen Station. by way of Minakami Station. Late May to mid-October MAP B-3

10



## 12

Situated in the northernmost part of the Kanto region, Minakami lies to the Minakami's claim to fame is its richly varied hot springs, south of the foothills of the Tanigawa Mountain Range taken from Mount of which there are 18 in total. There are various types to Tanigawa. Minakami is the largest town in the Kanto region, and has been choose from, such as open-air baths along a valley with designated as a UNESCO biosphere reserve. It is home to the headwaters beautiful views year-round, hot spring inns at traditional of the Tone River, the most important source of water in the Kanto region, and is also known as the "Water Reservoir for Kanto". Minakami is split into three areas.



4 Sarugakyo Onsen 猿ヶ京温泉 MAP A-2

Kamimoku Onsen

9 Mukouyama Onsen 向山温泉 MAP B-1

3 Unose Onsen うのせ温泉 MAP A-1

Sarugakyo/Mikuni area 猿ヶ京・三国エリフ This area along the Mikuni Kaido road offers rural

Welcome to Minakami

水上・藤原エリア

scenery and the historical atmosphere of the old road. Here you can enjoy pottery making in a laid-back

Minakami/Fujiwara area

This area lies along the valley at the head of the Tone

River, offering various activities year-round in the

Tsukiyono/Kamimoku area 月夜野・上牧エリア Situated at the entrance to Minakami, this area lives and breathes with the daily lives of its residents. Just as its name



Profile of Town Area

Beech 17,892 Japanese rose (As of October 1, 2019) Town bird Nightingale Monthly average temperature

2.6 3.2 6.9 14.5 20 23.3 26.9 28.4 23.6 17.6 12 6.1 15.4 4.6 -4.6 -1.7 3.1 8.3 13.4 17.7 18.9 15.1 8.5 2.6 -1.8 6.2

## Minakami's 18 Hot Springs W

Japanese houses over 100 years old, and hot springs facilities nestled deep in the mountains. The mountains and rivers of Okutone can be viewed from each and every hot spring.



法師温泉 2 Tanigawa Onsen 谷川温泉 MAP A-1 Kawafuru Onsen

bathtubs at this hot spring inn feature 12 Namesawa Onsen 奈女沢温泉 MAP B-3

> 蛍雪の宿 尚文 This countryside inn offers local cuisine made from local ingredients and a variety of

A1 Yujuku Kanetaya

MAP A-2 Area Niiharu

A2 Kinseikan Seseragi

founded in 1868. It has a warehouse where

aisho era poet Bokusui Wakayama stayed.



A3 Keisetsu no Yado Syoubun

This hot spring inn features four good-qualit hot spring sources, with an open-air bath decorated with firefly-like lights.

シャレー・ラ・ネージュ

**Q** 0278-75-2828 **Q** 3831-7 Fujiwara Minakami-machi □ la-neige.com/



This resort inn, adjacent to Hodaigi Ski Resort, offers outdoor activities and MAP B-2 Area Minakam



天空の湯 なかや旅館

starry sky from the Tenku Rotenburo open-a bath and a relaxing dinner in the guest rooms

Tenjin Lodge is a family-owned and run mountain lodge, located deep in the Joetsu National Park and about 2 hours from Tokyo MAP A-2 Area Minakami

A9 Familio Minakami

from the guest rooms at this hotel located in

A10 Bettei Senjuan 別邸仙寿庵

architectural beauty in harmony with nature. MAP A-1 Area Minakami 



MAP B-2 Area Minakami

and a detached hot spring bath.

From the Hotaru-no-Yu private open-air bath at scenery of Kamimoku Hot Spring town.



The country cooking made by the proprietres is popular at this modern Japanese inn standing in the Tanigawa Hot Spring highlands.

## A15 Yuzu no Yado Honden

for its Honden Miso Bean Course meal made MAP A-2 Area Niiharu

This hot spring inn on the bank of the Tone River is known for its creative cuisine and

### A17 Le Vent Vert Kokyo This charming hot spring inn is known for its large bathing

MAP A-2 Area Niiharu



A19 Hinoki no Yado Minakami Sanso This hot spring inn features gorgeous views of Mount Tanigawa and cypress baths made









at night.

isitors can also tour the glass factory

Late December MAP B-3



Tenku no

**Night Cruising** 



月夜野温泉 MAP B-3

👥 Kogen Chibamura Onsen \*

高原千葉村温泉 MAP A-3

Yujuku Onsen

Sanazawa Onsen

真沢温泉

## La Biere









### Sobadokoro Kadoya そば処 角弥

Established 250 years ago, this flavor and served with excellent dipping



A6 Shojuen 生寿苑





## A7 Tenku no Yu Nakaya Ryokan



Enjoy views of the Tanigawa mountain range

## Each guest room features its own constantly flowing open-air bath. This hotel has real





this resort hotel, guests can view the gorgeous MAP B-3 Area Tsukiyono 





This hot spring inn by Laka Akaya is famous











