



English

# MINAKAMI

Perfect Travel Guide & Map

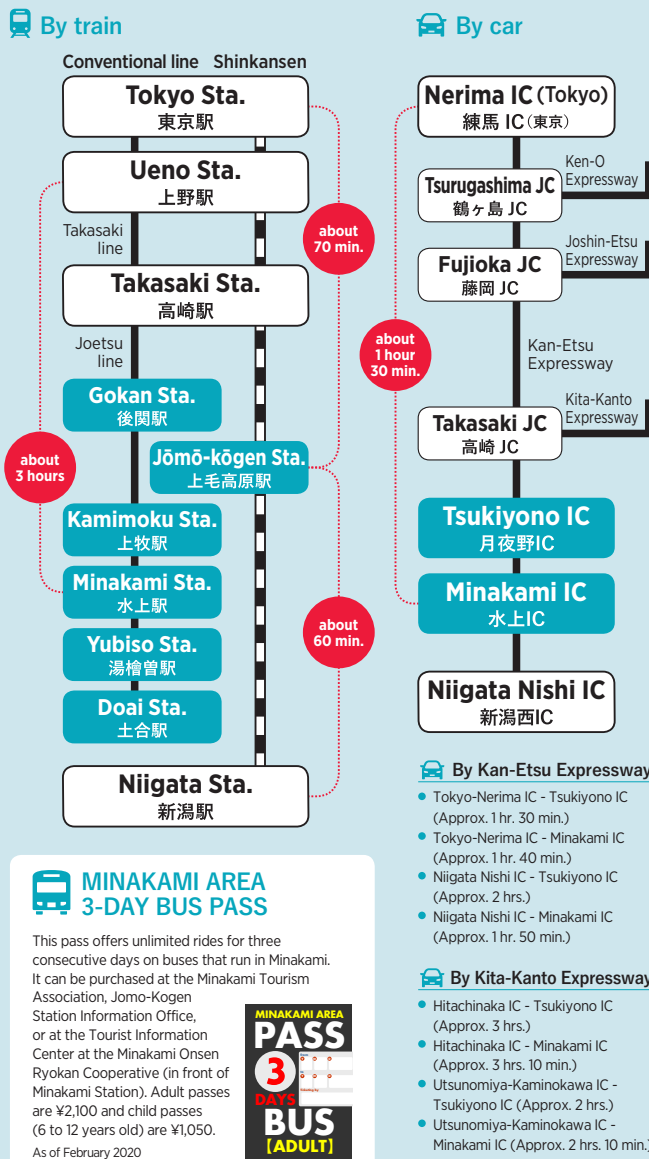


Nature  
Snow  
Hot Springs  
Culture  
Cuisine  
Events  
Souvenirs

Find your oasis.



## Access to Minakami



Find your oasis.

みなかみ町観光協会

0278-62-0401

Minakami Tourism Association

http://enjoy-minakami.com/

Minakami Tourism Association



/Enjoy/

## Nature

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

アライブ アウトドアズ ジャパン

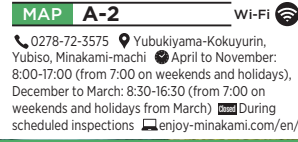
Enjoy the great outdoors of Minakami to the full with popular rafting tours on the Tone River, canyoning fun on the river, and canoeing and kayaking on the lake. Each tour is run by qualified, skilled guides. The Combo Tour including lunch and two activities is a great way to spend an entire day in the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



### Tanigawadake Ropeway

谷川岳ロープウェイ

This 10-minute, 2.4-kilometer ropeway ride offers panoramic views of the Tanigawa Mountain Range across all four seasons. The view of Mount Tanigawa is amazing.



### Canyons Minakami

キャニオンズ みなかみ

This canyoning experience is led by qualified guides. There are 15 different courses to choose from (the largest number in Japan), including a beginner course and a secret course. You can also find a cafe and lodging facilities.



### Minakami Bungy

みなかみバンジー

Try bungee jumping from the 42-meter-high Suwayko Ohashi Bridge over the Tone River.



### Bouken Goya

冒険小屋

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



### Minakamikan

水上館

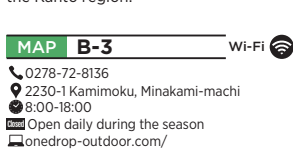
This traditional Japanese inn features a variety of eight different hot spring baths alongside the Tone River.



### One Drop Outdoor Guide Service

ワンドロップ アウトドアガイドサービス

This popular tour uses inflatable rafts for canoeing around Lake Shima, which is one of the most transparent lakes in the Kanto region.



### Lakewalk

レイクウォーク

Tours 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 rental equipment is also available.



### Grand Volee

グランヴォレ バラクライズスクール

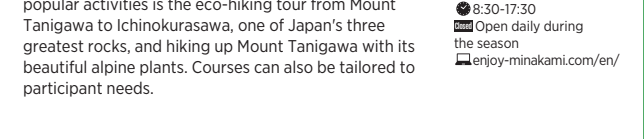
With the Tandem Course for Beginners, you can soar up high under the control of a professional pilot. Gliding offers panoramic views of Mount Tanigawa and the Tone River. This school has the largest flying area in the Kanto region.



### 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 Tanigawa 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 participant needs.



### Max Outdoor Tours

マックス アウトドアーズ

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



### Top Minakami Company

トップみなかみカンパニー

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



## Snow

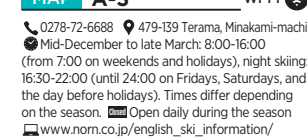
Enjoy natural snow close to the Tokyo metropolitan area. In addition to eight ski resorts, there is also a variety of other activities.



### Norn Minakami Ski Resort

ノルン水上スキー場

This ski resort offers novice to expert level trails and Snow Land, an area which offers fun in the snow for everyone.



### Hodaigi Ski Resort

宝台樹スキー場

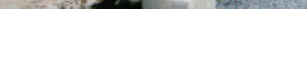
The quality and volume of snow at this resort is excellent. Enjoy 16 trails available in a wide variety of skill levels. A free shuttle bus runs from Jomo-Kogen Station and Minakami Station.



### Okutone Snow Park

奥利根スノーパーク

Enjoy a 900-meter-long course and the summit. The slopes are open from early morning until midnight on weekends.



### White Valley Ski Resort

ホワイトバレースキー場

The day after it snows, 90% of the upper slope is a non-compacted snow area, offering powder snow skiing enjoyment only available on fresh snow.



### Minakami Choei Akasawa Ski Resort

みなかみ町営赤沢スキー場

The Akasawa no Kabe trail at Sarugakyo Onsen Village is an expert level trail that features powder skiing. There are also gentle slopes for families.



### Maruhiro Noen

まるひろ農園

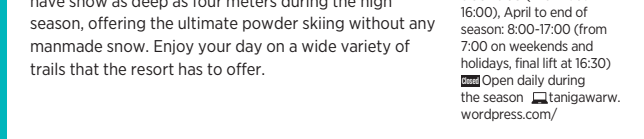
Around 20 varieties of apples mainly developed in Gunma are cultivated in a large orchard. You can try apples while picking them or take them home afterward.



### Tanigawadake Tenjindaira Ski Resort

谷川岳天神平スキー場

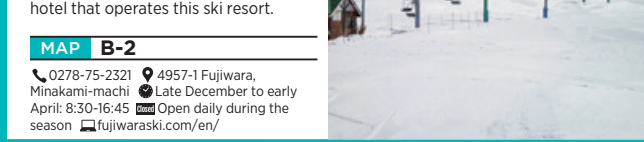
This ski resort offers gorgeous views of the Tanigawa mountain range. It is known for its long ski season, lasting from early December to early May. Some areas have snow as deep as four meters during the high season, offering the ultimate powder skiing without any manmade snow. Enjoy your day on a wide variety of trails that the resort has to offer.



### Minakami Choei Akasawa Ski Resort

みなかみ町営赤沢スキー場

The Akasawa no Kabe trail at Sarugakyo Onsen Village is an expert level trail that features powder skiing. There are also gentle slopes for families.



### Jack The Tart Fantasy

ジャック・ザ・タルトファンタジー

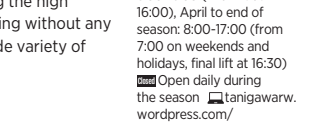
This shop is located in Minakami Onsen Town. Their Baked Minakami Cheese Tart, made of carefully-selected ingredients such as quality Gunma flour and Mount Akagi eggs is very popular. Try the coffee and natural soda made with Mount Tanigawa water at the cafe.



### Marusu Seika

丸須製菓

This steamed sweet bun shop was established in 1964. Their flagship product is the Senomura Mantaro, a black sugar sweet bun that harmonizes the bun coating made of black sugar and agar with a special bean jam filling.



### Maruhiro Noen

まるひろ農園

Around 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 afterward.



### Michinoeki Mizukikokan

道の駅 水紀行館

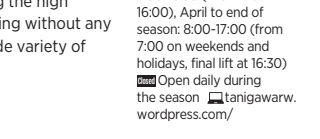
Observe freshwater creatures that live in the Tone River. Fishing and catching trout by hand are popular summertime activities.



### Minakami Choei Akasawa Ski Resort

みなかみ町営赤沢スキー場

The Akasawa no Kabe trail at Sarugakyo Onsen Village is an expert level trail that features powder skiing. There are also gentle slopes for families.



### Minakami Kogen Ski Resort

水上高原スキー場

This area features mainly gentle slopes for beginners to intermediate skiers and families with small children. Enjoy staying and bathing at the adjacent hotel that operates this ski resort.



### Minakami Kogen Ski Resort

水上高原スキーリゾート

This ski resort and hotel offers a large number of trails. Enjoy dog sledding and a variety of other snow activities.







## Welcome to Minakami

Situated in the northernmost part of the Kanto region, Minakami lies to the south of the foothills of the Tanigawa Mountain Range taken from Mount Tanigawa. Minakami is the largest town in the Kanto region, and has been designated as a UNESCO biosphere reserve. It is home to the headwaters 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.

### ●Minakami/Fujiwara area



This area lies along the valley at the head of the Tone River, offering various activities year-round in the mountains, rivers, and lakes.

### ●Sarugakyo/Mikuni area



This area along the Mikuni Kaido road offers rural scenery and the historical atmosphere of the old road. Here you can enjoy pottery making in a laid-back atmosphere.

### ●Tsukiyono/Kamimoku area



Situated at the entrance to Minakami, this area lives and breathes with the daily lives of its residents. Just as its name implies (Tsukiyono means "moonlit field"), the culture of the area is in harmony with nature, and filled with love for moonlit nights.

#### Profile of Town

Area	781 km <sup>2</sup>	Town tree	Beech
Population	17,892 (As of October 1, 2019)	Town flower	Japanese rose
		Town bird	Nightingale

#### Monthly average temperature

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sep.	Oct.	Nov.	Dec.	Year
Average high 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
Average low temperature	-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

Minakami's claim to fame is its richly varied hot springs, of which there are 18 in total. There are various types to choose from, such as open-air baths along a valley with beautiful views year-round, hot spring inns at traditional 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.

- 1

Minakami Onsen  
水上温泉  
MAP A-1
- 2

Tanigawa Onsen  
谷川温泉  
MAP A-1
- 3

Unose Onsen  
うのせ温泉  
MAP A-1
- 4

Sarugakyo Onsen  
猿ヶ京温泉  
MAP A-2
- 5

Kamimoku Onsen  
上牧温泉  
MAP B-3
- 6

Takaragawa Onsen  
宝川温泉  
MAP B-2
- 7

Yunokoya Onsen  
湯ノ小屋温泉  
MAP B-2
- 8

Uenohara Onsen  
上の原温泉  
MAP B-2
- 9

Mukouyama Onsen  
向山温泉  
MAP B-1
- 10

Hoshi Onsen  
法師温泉  
MAP A-3
- 11

Kawafuru Onsen  
川古温泉  
MAP A-3
- 12

Namesawa Onsen  
奈々沢温泉  
MAP B-3
- 13

Sanazawa Onsen  
真沢温泉  
MAP A-3
- 14

Yujuku Onsen  
湯宿温泉  
MAP A-2
- 15

Akaiwa Onsen \*  
赤岩温泉  
MAP A-2
- 16

Yubiso Onsen  
湯檢曾温泉  
MAP A-1
- 17

Tsukiyono Onsen  
月夜野温泉  
MAP B-3
- 18

Kogen Chibamura Onsen \*  
高原千葉村温泉  
MAP A-3

\*Not available at present.

## /Enjoy/ Cuisine

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 from the clear water of Okutone and other local ingredients. Sampler sets and bottled beer are also available.

**MAP A-1** Wi-Fi  
☎ 0278-25-4520  
📍 702-2 Yubara, Minakami-machi  
🕒 16:00-20:00 (from 14:00 on weekends and holidays)  
📅 Tuesdays and Wednesdays  
📄 enjoy-minakami.com/en/



### G2

**La Biere**  
蒸焼きビザの店 ラ・ビエール  
Made from dough kneaded with Minakami's pure water, the pizza with local ingredients served at this restaurant is very popular. Terrace seats are also available.  
**MAP A-1**  
☎ 0278-72-2959 📍 681-3 Yubara, Minakami-machi  
🕒 10:00-15:00 (L.O. 14:30), 17:00-21:00 (L.O. 20:30)  
📅 Tuesdays (Open when Tuesday falls on a holiday and closed on the following day.)  
📄 enjoy-minakami.com/en/

### G3

**Ikufudo Seinikuten**  
育風堂精肉店  
Come here for the ultimate quality in steaks, and thick cutlet rice bowls only a butcher's shop can provide.  
**MAP A-1**  
☎ 0278-72-3574  
📍 614-1 Oana, Minakami-machi  
🕒 10:00-15:00 until 17:00 on weekends, holidays and during August, shop hours: 10:00-18:00  
📅 Wednesdays  
📄 enjoy-minakami.com/en/

### G4

**Sobadokoro Kadoya**  
そば処 角野  
Established 250 years ago, this restaurant serves handmade soba and udon noodles. Hegi Soba, their specialty, is wonderfully chewy, full of flavor and served with excellent dipping sauce. Tempura made with seasonal ingredients is also recommended.  
**MAP A-1**  
☎ 0278-72-2477 📍 189-1 Kochi, Minakami-machi  
🕒 11:00 until dishes are sold out ☎ Thursdays  
📄 enjoy-minakami.com/en/

**La Biere**  
蒸焼きビザの店 ラ・ビエール  
Made from dough kneaded with Minakami's pure water, the pizza with local ingredients served at this restaurant is very popular. Terrace seats are also available.  
**MAP A-1**  
☎ 0278-72-2959 📍 681-3 Yubara, Minakami-machi  
🕒 10:00-15:00 (L.O. 14:30), 17:00-21:00 (L.O. 20:30)  
📅 Tuesdays (Open when Tuesday falls on a holiday and closed on the following day.)  
📄 enjoy-minakami.com/en/

### G5

**Wafu Restaurant Shinrin**  
和風レストラン しんりん  
This Japanese restaurant serves Joshu Barley Pork meat dishes as well as meals made with plenty of vegetables and rice produced in Minakami. Their popular Waraji Sauce Cutlet Rice Bowl features cutlets fried to perfection with homemade sauce.  
**MAP B-3**  
☎ 0278-62-1122 📍 3375-5 Shimozu, Minakami-machi  
🕒 11:00-21:00  
📄 No holiday 📄 enjoy-minakami.com/en/

### 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 lunch options and an a la carte menu.

**MAP A-1** Wi-Fi  
☎ 0278-25-3688  
📍 759-1 Yubara, Minakami-machi  
🕒 11:00-14:00, 17:00-22:00 (L.O. 21:30)  
📅 Thursdays  
📄 enjoy-minakami.com/en/



### G7

**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.  
**MAP A-1** Wi-Fi  
☎ 0278-72-3887  
📍 615-3 Oana, Minakami-machi  
🕒 10:00-19:00  
📅 Thursdays  
📄 enjoy-minakami.com/en/

### 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, Minakami-machi  
🕒 10:30-17:00  
📅 3rd Wednesday and Thursday of the month  
📄 enjoy-minakami.com/en/

### G9

**Nobotokesoba Yamaichiya**  
野仏そば やまいち屋  
Every day, buckwheat grains are ground in a stone mill, then kneaded by hand and served fresh. There are also plenty of dishes with their secret miso sauce, such as Miso Katsu Meal.  
**MAP A-2** Wi-Fi  
☎ 0278-64-1321 📍 596 Yuyado-on-ori, Minakami-machi  
🕒 11:00-20:00 (L.O. 19:50)  
📅 Thursdays (Open when Thursday falls on a holiday)  
📄 www.asina.jp/top-english.html

### G10

**Otowaya Cafe**  
オトワヤ カフェ  
This cafe adjoins Takuminosato Horakutan. Their dishes made with local ingredients and sweets made using ripe Minakami fruits are popular.  
**MAP A-2** Wi-Fi  
☎ 0278-64-0322  
📍 652-4 Sukawa, Minakami-machi  
🕒 11:00-16:00 (Reservation required for dinner)  
📄 Irregular holidays  
📄 enjoy-minakami.com/en/

### Kimamaya

気まま屋

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**  
☎ 0278-72-1700 📍 713 Yubara, Minakami-machi  
🕒 9:00-17:00  
📅 Tuesdays and Sundays  
📄 enjoy-minakami.com/en/



### G12

**Humpty Dumpty**  
ハンパティダンブディ  
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  
☎ 0278-25-3733 📍 1137-10 Sarugakyo-on-ori, Minakami-machi  
🕒 11:00-15:00, 16:00-22:00  
📅 Mondays and Tuesdays  
📄 enjoy-minakami.com/en/

### G13

**Umaimonoya Suehiro**  
うまいもの屋 すえひろ  
This Japanese restaurant was established in 1965. Their famous Stacked Tonkatsu, made with Joshu Barley Pork, is a soft, juicy cutlet consisting of very thinly sliced meat.  
**MAP A-3**  
☎ 0278-64-0831  
📍 64-1 Fuse, Minakami-machi  
🕒 10:00-20:00  
📄 Regular holidays  
📄 http://www.suehiro.work/

### G14

**Cafe Restaurant Asima**  
カフェレストラン アシマ  
This is an early-flowering cherry blossom tree that can be found in Takuminosato and can be enjoyed from mid-April to early May.  
**MAP A-1**  
☎ 0278-72-3326  
📍 646 Yubara, Minakami-machi  
🕒 11:00 - L.O. 16:00 (until last order at 19:00 on weekends)  
📅 Thursdays (Open when Thursday falls on a holiday)  
📄 www.asima.jp/top-english.html

## /Calendar/ Events

Read on for information about festivals where you can experience Japanese culture, and events that make you feel the richness of nature.



Note that event schedules are subject to weather conditions. Check each website for details.

1 Jan.

**E3**  
**Minakami Snowshoe Festival**  
みなかみスノーシューフェスティバル  
This half-day tour covers a two kilometer round-trip snowshoe trek across the foothills of Mount Tanigawa and along the Yubiso River.  
**Late January** **MAP A-2**  
📄 enjoy-minakami.com/en/

2 Feb.

**E1**  
**SL Gunma Minakami**  
SLぐま みなかみ  
The rare D51 and D61 steam locomotives puff their way along the Joetsu Line between Takasaki Station and Minakami Station, mainly on the weekends.  
**Late March to early December** **MAP B-3**  
📄 www.jreast.co.jp/joyful/slgurma.html

3 Mar.

**E4**  
**Ichinomiya jizoson no Sakura**  
一宮地蔵尊の桜  
This is an early-flowering cherry blossom tree that can be found in Takuminosato and can be enjoyed from mid-April to early May.  
**Mid-April to early May** **MAP A-2**  
📄 enjoy-minakami.com/en/

4 Apr.

**E2**  
**Norn Minakami Flower Garden Daffodil Festival**  
ノルンみなかみフラワーガーデン すいせい祭り  
This flower festival is held each spring. One million daffodil flowers blossom across the ski slopes.  
**Mid-April to mid-May** **MAP A-3**  
📄 www.norn.co.jp/green/facility/

5 May

**E10**  
**Tenku no Night Cruising**  
天空のナイトクルージング

6 June

**E8**  
**Minakami Outdoor Festival**  
みなかみアウトドアフェスティバル  
Come and see demonstrations by top competitors and participate in a variety of activities yourself. This two-day outdoor festival offers the best of Minakami's nature.  
**Two days between late May and early June** **MAP A-1**  
📄 mofest.jp/en/

7 July

**E5**  
**Tsukiyono Hotaru no Sato**  
月夜野螢の里  
In June, visitors to this promenade can enjoy a stroll while watching the wild dance of fireflies that live in the area.  
**Mid-June to mid-July** **MAP A-3**  
📄 enjoy-minakami.com/en/

8 Aug.

**E9**  
**Oze Liner**  
尾瀬ライナー  
This reserved-seat bus makes round trips between Jomo Kogen Station, where the Shinkansen stops, and Oze by way of Minakami Station.  
**Late May to mid-October** **MAP B-3**  
📄 minakami-osen.com/oze/

9 Sep.

**E6**  
**Shigetsukai**  
指月会  
This moon-viewing event is held at Gakurini Temple during the harvest moon of mid-autumn.  
**Mid-September** **MAP B-3**  
📄 enjoy-minakami.com/en/

10 Oct.

**E10**

11 Nov.

**E7**  
**Tenku no Night Cruising**  
天空のナイトクルージング  
Enjoy star viewing on a special nighttime Tanigawadake Ropeway tour.  
**Late April to May and mid-September to late November** **MAP A-2**  
📄 enjoy-minakami.com/en/

12 Dec.

**E11**  
**Minakami Candle Night**  
みなかみキャンドルナイト  
At this eco-friendly candle workshop, edible oil is reused to make candles. Visitors can also tour the glass factory at night.  
**Late December** **MAP B-3**  
📄 enjoy-minakami.com/en/