

Good Trip Luck

福島

2020
The 3rd issue

会津: 広域/磐梯高原/喜多方/会津若松

中通り: 広域/福島広域/福島駅/郡山/白河

浜通り: 広域/いわき/小名浜

グルメ
Gourmet Foods

温泉
Hot Springs

MAP & AREA GUIDE

歓迎來訪
福島!

Welcome to Fukushima!

こらんしょ!
福島

体験
Experience

みやげ
Souvenirs





Fukushima extends a hearty welcome to visitors from overseas!

福島熱烈歡迎外國旅客光臨！



In 2011, Fukushima sustained great damage from the Great East Japan Earthquake and the resulting nuclear power plant accident.

福島因為 2011 年東日本大地震以及地震所導致的核電廠事故而蒙受莫大損害。



We have worked to secure food safety, and also proactively provided information about radiation levels and the decontamination status.

此後我們一直積極提供輻射量與去污狀況的相關資訊，致力於確保食品安全。



In Fukushima, there are many attractions we recommend visitors from overseas to experience from hot springs, great food, places with scenic beauty and historical interests, to warm smiles of the local people, along with other various things.



Be sure to come visit Fukushima with this magazine in hand.

福島有著溫泉、美食、名勝古蹟與縣民們的笑容等多項魅力等著外國旅客來體驗。不妨現在就帶著本書前往福島一遊吧！



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gltjp.com

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濱通地區 廣域 / 磐城 / 小名濱



Data Symbols
標誌涵義

Tel. No.	Address
Access	Hours
Closed	Fee / Price
Accepted credit cards	
A = American Express	
D = Diners	
J = JCB	
M = MasterCard	
V = Visa	
銀 = UnionPay	
URL	
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At-a-glance

Map of Fukushima

福島地圖一覽



喜多方市
Kitakata City

会津若松市
Aizu-Wakamatsu City

Lake Inawashiro
猪苗代湖

福島空港
Fukushima Airport

新白河駅
Shin-Shirakawa Sta.

東京駅
Tōkyō Sta.

Aizu Area

会津エリア

2-DAY Model Route P.14
MAP P.28

An area with many highlights including Aizu-Wakamatsu City, where Tsurugajo Castle is located, Kitakata, the city of ramen, and the Bandai Highlands, which is full of natural beauty. Many skiers visit in winter.

會津若松除了鶴城之外，還有「拉麵之都」喜多方、自然風景優美的磐梯高原等，觀光主題相當豐富。冬天也會吸引大批滑雪客造訪。

Major City
主要城市

Aizu-Wakamatsu City
会津若松市

Kitakata City
喜多方市

Includes large cities such as Fukushima, the prefectural capital, and Koriyama, the city with the largest population in the prefecture. Since the Shinkansen runs through this area, it is an important hub for sightseeing in Fukushima Prefecture.

這一區有縣政府所在地福島、全縣人口第一的郡山等大城市。因為有新幹線通過，因此也成為福島觀光的重要據點。



Hamadori Area

浜通りエリア

2-DAY Model Route P.18
MAP P.32

Facing the Pacific Ocean, it is a temperate region with little snowfall even in winter. Iwaki City is home to many of this area's popular sightseeing spots, including Spa Resort Hawaiians and Aquamarine Fukushima.

鄰近太平洋，冬季雪量不多，屬於較溫暖的區域。夏威夷 Spa 渡假村及水族館所在的磐城是人氣觀光區。

Major City
 主要城市

Iwaki City
 いわき市

Pacific Ocean
 太平洋

Nakadori Area

中通りエリア

2-DAY Model Route P.16
MAP P.30

Major City
 主要城市

Fukushima City
 福島市

Koriyama City
 郡山市

Shirakawa City
 白河市



Welcome
to
Fukushima!

こらん
しょ!
福島

歡迎來訪福島!

Hot spring bath of this hotel uses the water which is pumped directly from the source, and the pumped water flows continuously, not being recirculated in the bath.



A 会津東山温泉 向瀧
Aizu Higashiyama-onsen Mukaitaki

Each of Mukaitaki's guest rooms has been built in a different style. This magical building is a nationally-recognized Tangible Cultural Property. The onsen water leaves you feeling warm, and your skin looking great. The local dishes served here with seasonal ingredients are also fantastic.

每間房間構造皆不同的建築是國家登錄有形文化財。溫泉有優異的美膚功效，可以充分暖身身體。使用當季食材的鄉土料理也很美味。

Higashiyama Onsen
東山
温泉

13 min. by bus from Aizu-Wakamatsu Sta. This onsen town endowed with nature's bounty boasting a long history.

從會津若松站搭乘巴士13分鐘。是處風景優美、歷史悠久的溫泉鄉。



Guest room that transports you back in time

MAP | P.29

- ☎ 0242-27-7501
- 📍 200 Kawamukai, Yumoto, Higashiyamamachi, Aizuwakamatsu City
- 📄 Average rate: From ¥23,250/night incl. two meals (per person) | A,D,J,M,V
- 🌐 www.mukaitaki.com

会津
エリア
Aizu Area
會津地區

C Active Resorts 裏磐梯
Active Resorts Urabandai



Spacious, open-air stone bath.

Rooms are prepared in Western and Japanese-style

Urabandaigoshiki Onsen
裏磐梯
五色
温泉

25 min. by bus from Inawashiro Sta. Convenient for visits to the Goshiki-numa Ponds and nearby resorts.

從豬苗代站搭乘巴士25分鐘。前往五色沼及周邊渡假區的交通相當方便。



MAP | P.28

- ☎ 0241-32-3111
- 📍 1093-309 Kengamine, Hibara, Kitashiobara Village
- 📄 Average rate: ¥12,000/night incl. two meals (per person) | A,D,J,M,V
- 🌐 www.daiwaresort.jp/urabandai/

Conveniently located just 7 min. from the Goshiki-numa Ponds on foot. The open-air bath made out of piled-up, natural rocks boasts itself of its own water source. You can enjoy the beauty of Fukushima's four seasons to your heart's content.

前往五色沼只需步行約7分鐘。以岩石堆砌而成的露天風呂使用引以為豪的自家源泉，還可欣賞到福島四季美景。

温泉 Relaxing! Touring unique hot springs

探訪特色豐富的溫泉，得到療癒!

Fukushima Prefecture is home to many hot spring hotels. Whether it's the architecture, scenery, local foods, or water properties, each hot spring area has a completely different feel - there's so much to experience!

深受大自然眷顧的福島有許多溫泉住宿設施。每一家的建築、溫泉水質、景觀和鄉土料理都各具特色，一定要造訪看看!

45 min. by bus from Aizu-Wakamatsu Sta. An onsen town blessed with the beauty of the surrounding valley.

從會津若松站搭乘巴士45分鐘。有著優美溪谷景緻的溫泉鄉。



You can enjoy the spectacular view of the gorge and fresh verdure brilliant to the eyes

Ashinomaki Onsen
芦ノ牧
温泉

B 大川荘
Ookawaso

In the season of autumn colors, the scenery is also exceptional

Enjoy magnificent views from the open-air baths, which have been built into the side of the valley at 3 levels. Easy access to popular sightseeing spots such as Tsurugajo Castle and Ouchi-juku.

沿著溪谷山坡呈三段配置的露天風呂眺望出去的景觀動稱一絕。前往人氣觀光景點鶴城與大內宿也很方便。

MAP | P.29

- ☎ 0242-92-2111
- 📍 984 Shimodaira, Ashinomaki, Otomachi, Aizuwakamatsu City
- 📄 Average rate: ¥13,200/night incl. two meals (per person) *Separate bath tax (¥150)
- 📍 I/V
- 🌐 www.ookawaso.co.jp

D 星野リゾート
磐梯山温泉ホテル

Hoshino Resort Bandaisan Onsen Hotel

A hotel where you can experience the history and culture of Aizu. At night, events are held where you can experience Aizu's festivals. The hot spring is reputed to be good for beautiful skin.

可體驗到會津歷史與文化的酒店。晚上會舉辦會津當地祭典的體驗活動。酒店的溫泉則有美膚之湯的美譽。

MAP | P.28

- ☎ 050-3786-1144 (Hoshino Resort Reservation Center)
- 📍 6838-68 Shimizutaira, Sarashina, Bandai-machi
- 📄 From ¥17,000/night incl. two meals (per person) | A,D,J,M,V
- 🌐 www.bandaisan.co.jp

Bandai san Shimizutaira Onsen
清水平
磐梯山
温泉



Akane-no-Yu hot spring area, themed on lacquerware



Dance performers wearing akabeko-patterned festival jackets

15 min. by shuttle bus from Bandaimachi Sta. Situated at the foot of Mt. Bandai, making it convenient for visits to nearby resorts.

從磐梯町開車 15 分鐘。位於磐梯山麓，便於前往周邊渡假區。



Simple and modern Japanese-style room



Hot spring bath that commands a splendid panoramic view

かむろみの郷／穴原温泉 匠のこころ吉川屋

Well-established hotel that started its business in 1841. The onsen baths at Yoshikawayaya offer panoramic views, and are sourced from the hotel's own private mildly alkaline water source, making it gentle on the skin. Japanese-style kaiseki dining is also popular.

1841年創業の老店。自家源泉温泉坐擁遼闊自然景觀，弱鹼性的水質觸感溫和。善用食材的美味和風會席料理也很受歡迎。

- MAP | P.30
- ☎ 024-542-2226
 - 📍 6 Shinyu, Iizakamachi-yuno, Fukushima City
 - 💰 Average rate: ¥16,650/night incl. two meals (per person)
 - 🕒 J,M,V
 - 🌐 www.yosikawayaya.com

穴原温泉



5 min. by car from Iizakami Onsen Sta. along the Surikami River. Situated in a valley blessed with rich natural beauty.

從飯坂溫泉站到摺上川上游開車5分鐘。溪流沿岸風景十分優美。

中通り エリア Nakadori Area 中通地區



Medicinal herb bath containing a blend of 10 different kinds of herbs

岳温泉

30 min. by bus from Nihommatsu Sta. Onsen town that stands at the foot of Mt. Adatar.

從二本松站搭乘巴士30分鐘。位於安達太良山麓的溫泉鄉。



櫛平ホテル Kunugidaira Hotel

As well as indoor and open-air baths, the hotel has an outdoor medicinal herb bath. 70 guest rooms are available, with mainly Japanese-style rooms. Enjoy views of the lush scenery of Kagamigaikae Park from the hotel.

設有內湯、露天風呂和藥草露天風呂。共70間客房，以和室為主。眼前就是自然景色豐富的鏡池公園。

- MAP | P.31
- ☎ 0243-24-2626
 - 📍 2-8 Dakeonsen, Nihommatsu City
 - 💰 Average rate: ¥13,350/night incl. two meals (per person)
 - 🕒 A,D,M,V
 - 🌐 www.kunugidaira.com

浜通り エリア Hamadori Area 濱通地區

10 min. by car from Yumoto Sta. This hot spring has a long history dating back to the Heian era.

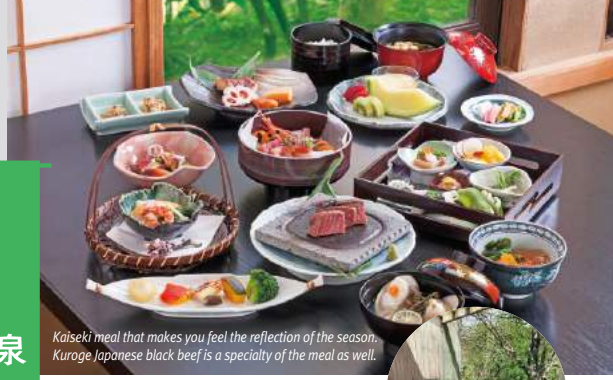
從湯本站開車10分鐘。自平安時代延續至今的古老溫泉。

いわき湯本温泉

The Monolith Tower is the Hawaiians' newest hotel



The largest class of open-air bath in the world, which just happens to be themed on the Edo era!



Kaiseki meal that makes you feel the reflection of the season. Kurage Japanese black beef is a specialty of the meal as well.

土湯温泉

40 min. by bus from Fukushima Sta. Hot spring resort located in the bosom of Mt. Azuma, in an area filled with rich culture.

從福島站搭乘巴士40分鐘。座落於吾妻山懷抱中，有著豐富風土文化的溫泉鄉。

土湯別邸 里の湯 Tsuchiyubettei Satonoyu

The large bath, open-air bath, and family bath can all be reserved for private use (advance booking necessary). Some rooms are equipped with their own cypress bath, as well as spaces to relax among nature.

大浴場和露天風呂、家庭風呂都採時段區隔的完全包廂制。也有附檜木風呂的客房，可以像在自己家裡一樣放鬆心情，享受自然美景。

- The air outside is refreshing
- MAP | P.30
- ☎ 024-595-2146
 - 📍 27-2 Akutojiri, Tsuchiyuonsenmachi, Fukushima City
 - 💰 Average rate: ¥36,000/night incl. two meals (per person)
 - 🕒 A,D,J,M,V
 - 🌐 www.satonoyu.com

磐梯熱海温泉

A short distance from Bandai-Atami Sta. As for the spring quality, there is a sulfur spring called *nuru-yu*, as well as a simple thermal spring.

鄰近磐梯熱海站。泉質除了單純泉之外，還有稱作「溫湯」的硫磺泉。



四季彩 一力 Shikisai Ichiriki

Long-established hot spring hotel that has an authentic Japanese garden that makes the most of its fantastic natural features which contrasts with the novel, modern Japanese-style building. The hot spring, called Bijin-no-Yu, is gentle on the skin. Reception services (including phone calls) are offered in Japanese only.

老字號溫泉飯店，和風新摩登的嶄新建築和巧妙運用自然風景的正統日本庭園彼此相輝映。號稱美人湯的溫泉對肌膚很有助益。櫃檯、電話都僅會說日語。



Comfortable space is offered in guest rooms varying in styles

- MAP | P.31
- ☎ 024-984-2115
 - 📍 4-161 Atami, Atamimachi, Koriyama City
 - 💰 Average rate: ¥20,000/night incl. two meals (per person)
 - 🕒 A,D,J,M,V 銀
 - 🌐 www.ichiriki.com

スパリゾートハワイアンズ Spa Resort Hawaiians

Hot spring theme park that attracts 1.5 million visitors annually. Not to mention the baths, hot spring water is used in the pool of the theme park as well. A dance show twice a day (from 13:30 and 20:30).

每年吸引150萬人造訪的溫泉主題公園。不只浴場，就連主題公園的游泳池也是使用溫泉。每天會舉辦2場表演秀（13:30～、20:30～）。

- MAP | P.32
- ☎ 0246-43-3191
 - 📍 50 Warabidaira, Jobanfujiwaramachi, Iwaki City
 - 💰 From ¥21,110/night incl. two meals (per person) at the Monolith Tower + 2-day admission ticket
 - 🕒 A,D,J,M,V
 - 🌐 www.hawaiians.co.jp



Best local cuisine!

Gourmet catalog of the best of Fukushima's specialties!

這才是王道！福島美食目錄

グルメ Gourmet Foods

Here are some of must-eat foods if you visit Fukushima! Enjoy local cuisine that has long been loved by local residents from old times as well as tastes popular with tourists.

到了福島沒吃過不能回去的「必吃」美食精選！包括自古以來深受當地居民喜愛的鄉土料理和觀光客人氣美食，都值得細細品嚐。

ラーメン Ramen

The two main ramen battlegrounds in Fukushima Prefecture are Kitakata and Shirakawa. Long lines form outside the popular ramen shops so we recommend that you allow plenty of time when visiting.

「喜多方」和「白河」是福島縣內兩大拉麵一級戰區。人氣名店經常大排長龍，所以最好預留充裕時間前往。

喜多方ラーメン Kitakata Ramen

As many as 120 ramen shops are dotted around the city. There's a custom of eating ramen for breakfast, known as "asara-a". 市區內遍布著120家拉麵店。當地有一早就吃拉麵的習慣。

白河ラーメン Shirakawa Ramen

Characterized by light soy sauce-based soup and firm, handmade wavy noodles 特色為清爽的醬油口味湯頭和嚼勁十足的手工捲麵。



Chuka-Soba ¥700

Some of our customers come to dine here every day!

Specially made noodle a bit wavy

まこと食堂 Makoto Shokudo

Well-established ramen shop that has been in business for over 70 years. The pork bone and dried sardine broth is made to a soy sauce taste and goes perfectly with the springy noodles. Seating is at tables or in a tatami room where you take your shoes off.

- ☎ 0241-22-0232 MAP | P.28
- 📍 7116 Otazukimichishita, Kitakata City
- 🕒 7:30-15:00
- 📅 Mon. (if a public holiday, the following Tue. will be closed instead)
- 💳 Credit cards not accepted.

創業70餘年的老舖食堂。豬骨小魚乾高湯調配成醬油口味湯頭，和彈口的麵條形成絕配。座位分為餐桌席和必須脫鞋的榻榻米席。

とら食堂 Tora Shokudo

Very popular ramen shop for Shirakawa ramen. The noodles have a smooth texture, and their slightly wavy shape helps them capture the flavor of the broth. The shop is spacious and very clean.



Noodles are hand-made every morning

白河拉麵的超級名店。口感滑溜的手打麵因為有些捲曲，因此很能吸附湯汁。寬敞的店內整潔乾淨。

- ☎ 0248-22-3426 MAP | P.31
- 📍 1 Takinojiri, Kurabeishi, Shirakawa City
- 🕒 11:00-14:30, 16:00-18:00 (or until all sold out)
- 📅 Mon. (Closed on Tue. once a month, not scheduled)
- 💳 Credit cards not accepted.



Homemade Chuka-Soba ¥750



Our ramen gift pack (¥880), which contains 3 servings, is popular with customers

名物カツ丼の店 白孔雀食堂 Shirokujaku Shokudo

The rich, slightly sweet sauce on the huge pork loin cutlet that is so big that it hangs over the edge of the bowl will become an instant favorite. Lavish amounts of Aizu sake is used in the special sauce.



Specialty katsudon ¥1,300

Come and try a dish that has been the pride and joy of Aizu for 70 years!

幾乎從碗公滿出來的巨大腰背肉豬排上淋了偏甜的濃郁醬汁，讓人一吃就上癮。特製醬汁使用大量的會津酒。



- MAP | P.29
- ☎ 0242-27-2754
- 📍 10-37 Miyamachi, Aizuwakamatsu City
- 🕒 11:00-15:00 (Closed when all sold out)
- 📅 Mon. & Fri. (Open on Hol., may be closed on non-scheduled holidays)
- 💳 Credit cards not accepted.

ソースカツ丼 Sauce Katsudon

Dynamic dish which has shredded cabbage on top of rice and topped with deep-fried pork cutlet dipped in sauce. The flavor of the sauce varies from restaurant to restaurant.

米飯上先鋪一層高麗菜絲，上頭再豪爽地放上淋滿醬汁的豬排。醬汁口味每家店各有千秋。

会津そば

Aizu Soba

With its large temperature difference between day and night, Aizu is one of Japan's leading soba producing districts. That is why there are so many prestige soba shops.

會津晝夜溫差大，是日本數一數二的蕎麥產地，也因此有許多蕎麥麵名店。



Duck zarusoba ¥1,270

Healthy duck meat goes well with soba.

蕎房 かみしろや

Kyobo Kamishiroya

Handmade soba made with a blend of two types of buckwheat flour is popular and you can enjoy it with bonito-based soup. Located near Tsurugajo Castle, you can stop by while sightseeing.

綜合2種蕎麥的手工蕎麥麵很受歡迎。搭配柴魚湯頭的沾醬品嚐。位於鶴城附近，不妨在觀光途中前往一探。

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白河そば

Shirakawa Soba

Most shops have the style of serving the soba in round bowls called "warigo" and enjoy the soba with various spices and seasonings.

在稱為「割子」的圓形器具盛放蕎麥麵和各式佐料，是許多店家共同風格。

新駒本店

Shinkoma

Highly reputed for its fragrant handmade soba made solely with home-milled, stonemound Shirakawa buckwheat flour. The shop has a traditional earthen floor like in the old days, the same as a sumo ring when sprinkled with sand.

只使用以石臼磨粉的家製白河產蕎麥粉，香氣絕佳的手工蕎麥麵很受好評。店內的地板是傳統的土間（水泥等），鋪上沙子就如同大相撲的土俵（比賽場）。



Add your favorite spices and seasonings to the soba in the five warigo bowls stacked on top of each other.



MAP | P. 31

- ☎ 0248-23-2211
- 📍 88-1 Oikubo, Shirakawa City
- 🕒 11:00-15:00, 17:00-22:00 (closes when they run out of soba noodles)
- 📅 Mon. (if a public holiday, the following day will be closed instead)
- 💳 Credit cards not accepted.
- 🌐 www.shinkomahonten.com

そば Soba

Signature Japanese food. There are two main types, *zarusoba* where you eat the noodles dipping them in sauce, and *kakesoba* where noodles are served in a bowl of hot soup.

日本代表性食品。大致可分為邊沾醬邊吃的「筑蕎麥麵」和麵條放入熱湯中的「掛蕎麥麵」2種。

Warigo-Soba ¥1,300 comes with tempura



にんじんの山椒漬

Herring pickled with sansho pepper

Dish that consists of layers of dried filleted herring and Japanese pepper leaves pickled in a soy sauce-based sauce. It's a good match with sake too.

把「太平洋鮮魚塊」和山椒葉轟在一起，以醬油口味醬汁醃漬而成的食品。非常適合搭配日本酒。

Herring pickled with sansho pepper ¥880. The herring fillets are thick and filling.

Enjoy local cuisine in a traditional atmosphere!



元祖 輪箱飯 割烹・会津料理 田季野

Aizuryori Takino

You can enjoy local Aizu dishes in a restored, traditional Japanese building, originally built about 200 years ago. The specialty is Wappa Meshi, a dish crammed full of Aizu tastes.

將約200年前建造的老房子修復並移建而成，建築氣氛穩重，可以在屋內品嚐會津地方的鄉土料理。招牌料理是齊聚了會津美食的輪箱飯。

- ☎ 0242-25-0808
- 📍 5-31 Sakaemachi, Aizuwakamatsu City
- 🕒 11:00-L.O. 20:00
- 📅 Open 365 days
- 💳 A, D, J, M, V, 銀
- 🌐 www.takino.jp/frame.html

One serving of gyoza dumplings (8 pieces) ¥550



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Customers can order enban gyoza to go

餃子 Enban Gyoza

While pan-fried gyoza dumplings are found across Japan, Fukushima City's Enban Gyoza are famous for being presented in a disk shape.

一般多為煎餃。福島市內則是以將餃子排成圓形的「圓盤餃子」最有名。



鳥政

Torimasa

Izakaya Japanese-style pub that has been popular with local residents since it was founded 60 years ago. Their specialty gyoza, which have a strong garlic flavor, go well with sake. We also recommend the great value lunch menu.

創業至今約60年，深受當地居民喜愛的店。招牌餃子蒜味十足，非常下酒。超值午餐料理也很值得推薦。

こづゆ Kozuyu

This is a local dish where stock is made from scallop, and has 7 kinds of ingredients, such as taro, added to it. The dish is traditionally eaten from Aizu lacquerware bowls.

鄉土料理的一種，以扇貝的干貝熬煮湯頭，加入里芋等7種食材，並使用會津塗的湯碗品嚐。

Welcome to Fukushima!

こらんしょ! 福島 歡迎來訪福島!

Let's try!

Fukushima offers lots of fun hands-on experiences

快來挑戰！福島有許多趣味體驗活動

Experience

体験

Fukushima is crammed with various hands-on experiences that teach you about local history and culture. Suitable for families and couples.

福島有許多接觸當地歷史和名產的體驗活動。不妨帶著輕鬆的心情和家人、伴侶一同嘗試看看。

Come and have some delicious fruit!



Picking season for peaches is from late Jun. till Sep.

フルーツ狩り

Fruit picking

Fukushima Prefecture is one of Japan's leading fruit producing areas. Pick your own fruit in this area blessed with the perfect climate provided by its location surrounded by mountains.

福島縣是全國著名的水果產地。可以親手採收盆地特有氣候風土所孕育出的水果。



- MAP | P.30
- ☎ 024-542-0679
 - 📍 50-1 Mori, Hirano, Iizakamachi, Fukushima City
 - 🕒 From 8:00 (Vary by day)
 - 📅 Beginning of Dec. - mid Jun.
 - 💰 Fruit picking: ¥540-¥1,404 depending on the kinds of fruits
 - 💳 Credit cards not accepted.
 - 🌐 www.maruseifukushima.com

まるせい果樹園

Marusei Orchard

Orchard that grows cherries, peaches, pears, and other fruit from around June every year. The bright and cheerful staff will give explanations about their different produce

這間果園中，每年6月左右開始陸續會有櫻桃、桃子、梨子等水果收成。由活潑開朗的員工介紹品種，並教導挑選優質水果的方法。

I've picked lots and lots >



Located along National Route 13

絵付け体験

Hands-on painting experience

You can try painting traditional local toys or Japanese candles that are representative of the Aizu area. Sample designs are available so there's no need to worry even if you're a beginner.

可以體驗會津地方代表性鄉土玩具以及日式蠟燭彩繪技法。現場有圖案樣本，即使是初學者也不用擔心。

赤ベコ Akabeko



The akabeko is said to bring good luck

Finished!

The most difficult part is the eyes.

鶴ヶ城会館

Tsurugajo Kaikan

Tourist facility located at Tsurugajo Castle's north entrance. It sells famous confections, sake, and handicrafts of the Aizu area. Okiagari Koboshi Doll painting program is also popular.

位於會津地標鶴城入口的觀光設施。販售會津地方的銘菓、銘酒以及民俗藝品。不倒翁小法師的繪圖體驗很受歡迎。

- MAP | P.29
- ☎ 0242-28-2288
 - 📍 4-47 Otemachi, Aizuwakamatsu City
 - 🕒 9:00-15:00
 - 📅 Open 365 days
 - 💰 Akabeko painting program ¥1,100 (Reservation required for Sat., Sun., Hol.)
 - 💳 A,D,J,M,V,銀
 - 🌐 <http://tsurukan.com>

There are lots of souvenirs too



絵ろうそく

Decorated candles



Choose a design from the samples of prefectural flowers

Decorate the candle with many colors



Fee for painting program is ¥980 and required time is approx. 1 hour

Why not make one as a souvenir?

小澤ろうそく店

Ozawa Rosokuten

Long-established decorated candle shop that has preserved the traditional way of painting designs by hand. A veteran craftsman shows you carefully how to paint detailed designs.

延續傳統手繪圖案製法的彩繪蠟燭老店。由熟練的職人細心教導精細的上色方法。

Well-established shop that has been in business since the Edo period



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そば打ち

Soba making

Try soba making in Aizu, famous for soba! Prepare your own soba noodles, from sieving the buckwheat flour, kneading the dough, rolling it out, chopping it, and (of course) eating it!

來到會津就要挑戰製作當地知名手工蕎麥麵！體驗活動包含篩蕎麥粉、揉麵、以桿麵棍桿平麵團、切麵條等步驟。

Soba making is a Japanese tradition!



Roll out the soba dough



Beginners welcome!

You can order dishes from the menu to enjoy together with your hand-made soba.

磐梯更科そば そばさだ

Bandai Sarashinasoba Sobasada

You can savor juwari soba (soba noodles made from 100% buckwheat flour) made with fragrant Aizu-no-Kaori buckwheat and spring water from Mt. Bandai. The restaurant owner will patiently show you how to make soba noodles.

使用香氣極佳的「會津之香」作為蕎麥粉，再以磐梯山湧泉製作100%純蕎麥麵。店主會仔細指導蕎麥麵的做法。

MAP | P.28

- ☎ 0242-73-2089
- 📍 6659-456 Bandai Myohohara, Bandai-machi
- 🕒 11:00-15:00 (Soba making program from 15:00, reservation required)
- 📅 Open 365 days (reservation required)
- 👉 Program is free (Ingredients fee ¥1,000 is required)
- 💳 Credit cards not accepted.

Located in the mountains



Sake from Aizu Miyazumi Brewery

利き酒 Sake tasting

Fukushima Prefecture is blessed with clean water and the right climate and features for producing rice so the taste of Japanese sake from Fukushima is exceptionally good!

清淨水質加上適合稻米生長的氣候風土，使得福島縣的日本酒美味無比！

You can sample a variety of sake depending on the season



會津 宮泉酒造

Aizu Miyazumi Brewery

Brews Aizu Miyazumi Japanese sake and Genbu shochu. You can sample refined Aizu sake and authentic shochu. There's also shop.

日本酒「會津宮泉」和燒酒「玄武」的釀造廠。可試飲會津清酒和正宗燒酒。並設有販售店。

MAP | P.29

- ☎ 0242-26-0031
- 📍 8-7 Higashisakaemachi, Aizuwakamatsu City
- 🕒 9:00-16:30
- 📅 Open 365 days
- 👉 Sampling is free of charge (Depending on the type of sake, there may be a charge)
- 📍 J,M,V | www.miyazumi.co.jp

せんべい炭火焼体験

Charcoal-grilled senbei making program

You can try grilling mochikusa senbei dough with mugwort and salt kneaded over a charcoal stove. Required time is approx. 15 minutes. ¥600

餅皮揉入艾草和鹽巴，以七輪炭火烤成艾草仙貝。時間約需15分鐘。600日圓

Keep turning the senbei over to prevent it from burning and grill both sides



山中煎餅本舗

Yamanaka Senbei Honpo

Founded in 1900, the store sells charcoal-grilled senbei made by craftsmen. You can eat the senbei you grilled yourself there and then.

1900年創業，販售職人以炭火烤出的仙貝。體驗活動中烤好的仙貝可以當場品嚐。

MAP | P.28

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As you improve, you'll be able to make bigger senbei

Don't miss the winter sports either!

冬季運動也不錯過！

You can enjoy a view of Mt. Bandai

リストル・スキーファンタジア

Listel Ski Fantasia

Total of 6 courses are available ranging from a course for beginners to a course for advanced skiers that served as the venue for the Moguls World Cup.

包含初學者滑道以及 Mogul 滑雪世界盃會場的高手專用滑道共 6 條滑道。

☎ 0242-66-4111

MAP | P.28

- 📍 Listel Park, Kawageta, Inawashiro-machi
- 🕒 8:30-16:30 | 📅 Apr.-late Dec.
- 👉 1-day ticket ¥3,600 (Adult)*Subject to change depending on the weather
- 💳 A,D,J,M,V,銀
- 🌐 www.listel-inawashiro.jp/ski/top/



From the top of the ski slope you can see Lake Inawashiro and Mt. Bandai



Spacious slopes perfect for beginners

グランデコロリゾート

Grandeco Resort

Sure to satisfy everyone from beginners to advanced skiers with Japan's top-class powder snow. The onsite restaurant has a broad selection of food items.

是日本國內頂級的粉雪滑雪場，從初學者到滑雪老手都能玩的盡興。餐廳提供的餐點也非常豐富。

☎ 0241-32-2530

MAP | P.28

- 📍 Arasunasawayama, Hibara, Kitashiobara Village
- 🕒 8:30-16:00 (May change depending on the period)
- 📅 Open daily during the period
- 👉 1-day lift ticket: ¥4,800 (Adults)*Subject to change
- 💳 A,D,J,M,V | www.grandeco.com



Ski lifts make moving around the slope easy



Grand line-up of Fukushima souvenirs

就買這個準沒錯！福島伴手禮大公開

みやげ Souvenirs

Introducing some of the most popular souvenirs, from confections and sweet treats from Japan's own Fruit Kingdom, to traditional crafts, lucky charms, and more.

介紹水菓王國最自豪的各式水果、點心、傳統工藝品、吉祥物玩具等回購率極高的人氣商品。

起き上がり小法師
Okiagari Koboshi Dolls

Happy papier-mache dolls, shaped like daruma, thought to bring good luck. There is a custom rooted in Fukushima of buying one more than the number of people in your family praying for good health or perpetuation of your descendants, and placing them on the *kamidana* (household Shinto altar).

不倒翁模樣的紙漿人偶畫上福氣笑臉的吉祥物。根據傳統風俗，會購買比家中人數多1尊的人偶供奉在神壇，祈求健康與多子多孫。



Completely handmade Okiagari Koboshi Dolls with all different facial expressions ¥250 each

God of Fire Prevention dharma dolls ¥250 each

山田民芸工房 Yamadamingeikobo

Sells traditional crafts from Aizu region, including Okiagari Koboshi Dolls which are individually made by hand by the family's 5th generation craftsmen. Each Okiagari Koboshi Doll has a slightly different expression.

販售第5代家人手工一個個製作的不倒翁小法師等會津地方民俗藝品。小法師的表情各不相同，有著微妙的差異。



- MAP | P.29
- 0242-23-1465
 - 12-35 Nanokamachi, Aizuwakamatsu City
 - 8:00-18:00
 - Open 365 days
 - Credit cards not accepted.

Full of local Aizu souvenirs are here

笑美 Warabi

Souvenir store that sells a wide range of Akabeko, Okiagari Koboshi Dolls, and other Aizu folk crafts. Hands-on program to paint your own akabeko is available too (reservation required).

販售赤牛、不倒翁小法師、面具等會津民俗藝品和古布的伴手禮品。也可體驗赤牛彩繪（需預約）。



There're also plenty of small items such as key chains

- MAP | P.29
- 0242-24-0020
 - 1-5-13 Chuo, Aizuwakamatsu City
 - 10:00-17:00
 - Wed.
 - A, J, M, V
 - www.warabi-aizu.com



Akabeko tenugui towel ¥880

Akabeko ¥1,320, cute in nodding its head

赤べこ Akabeko

Traditional toy given to celebrate a child's birth in the hope that the child will grow up healthy and be strong, like a beko (cow). The red color signifies meaning such as energy and protection from harm.

祝賀小孩誕生時贈送的鄉土玩具，祈求能像 beko (牛) 一樣承擔重任並健康成長。紅色也具有驅魔和活力的意義。

Kakishibu-beko, winner of the Fukushima Specialty Contest Grand Prize, ¥1,320 (medium size) is an original item only available at this shop

絵ろうそく Decorated candles

As wax is taken from the fruit of the lacquer tree, candles have become one of Fukushima's leading handicrafts along with lacquerware. Candles decorated with elegant designs that are used at weddings and other celebratory occasions.

由於原料的蠟是從漆木的果實中採集，因此和漆器同為福島代表性工藝品。圖案高雅華麗的繪蠟燭也使用在結婚典禮等場合。



Choose your favorite combination of designs for a gift

Known for their bright, striking floral designs



小澤ろうそく店 Ozawa Rosokuten

Long-established store that has stood in its present location since the Meiji era. Candles beautifully painted with floral designs featuring peonies and camellias, among others, make perfect gifts.

從明治時代起就在此處開店營業至今的老舖。繪有牡丹和山茶花等美麗日本花卉圖案的繪蠟燭很適合作為伴手禮。

Look for this sign



- MAP | P.29
- 0242-27-0652
 - 6-27 Nishisakaemachi, Aizuwakamatsu City
 - 9:30-19:00, hands-on session: 10:00-15:00 (reservation required)
 - None scheduled
 - Credit cards not accepted.

会津漆器

Aizu lacquerware

Aizu lacquerware is a traditional handicraft dating back about 400 years. It has a longer history than Tsuruga lacquerware or Wajima lacquerware, renowned lacquerware producing districts.

從約 400 年前流傳至今的傳統工藝品。比漆料產地的津輕塗和輪島塗等歷史都更為悠久。



Glasses with a circle motif design from the "Color Glass Series," from ¥2,800 (plus tax)

会津のうつわ 工房鈴蘭

Aizunoutuwa Kobo Suzuran

A father and daughter produce an array of lacquerware including glasses, mugs, and chopsticks, with varying designs.

販售由漆器職人的父親和女兒共同創作的玻璃杯、馬克杯、筷子等各種設計的漆器。



MAP | P.29
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Located on Nanokamachidori Street



Otsukimi Glass with round window, ¥2,400 each (plus tax), is the most popular

果物 Fruit

You can enjoy peaches, cherries, grapes, and other fruit in Fukushima, a prefecture blessed with the perfect growing conditions (climate, soil, etc.)

福島的氣候、土壤等很適合種植水果，當地盛產桃子、櫻桃、葡萄等。



Sweet, fresh and juicy Fukushima peaches

こころ矢野目店

Kokora Yanome

Store selling local produce, popular among locals. Get your hands on fresh, seasonal fruit and vegetables for a reasonable price.

當地居民經常造訪的農產品直銷所。可以用低廉價格買到當季新鮮蔬果。

MAP | P.30

024-552-5881

1-1 Haradahigashi, Kitayanome, Fukushima

City

9:00-17:00

End-of-year and New Year holidays

J, M, V



Various fruits are sold according to season

ラーメン

Ramen

The noodles and soup come as a set so you can easily enjoy the tastes of popular restaurants at home. The prices are reasonable too.

包含麵和湯的組合，可以在自家輕鬆品嚐人氣名店的味道。價格同樣平易近人。

Kitakata Ramen yellow box (5 servings) ¥1,080



会津喜多方ラーメン館 本館

Aizu Kitakata Ramenkan Honkan

The shop sells 40 or more different kinds of packed ramen and an array of goods that make great souvenirs. Ramen tasting for free is available as well.

販售 40 種以上的拉麵和適合當作伴手禮的商品。也可免費試吃拉麵。



Drop in while sightseeing round the town

MAP | P.28

0241-21-1414

1 Umetsake, Kitakata City

10:00-17:00 (winter season: until 17:30)

Open 365 days

A,D,J,M,V www.ramenkan.com

柏屋本店

Kashiwaya

Usukawa-manju, the Japanese confectionary store's speciality, is made to the same recipe as when the shop was established in 1852. Filled with homemade red bean paste.

以「薄皮饅頭」作為店裡招牌商品的日式點心店，製作技法自 1852 年創業以來一直維持不變，裡頭包了滿滿的自家製內餡。



MAP | P.31

024-932-5580

11-8 Nakamachi, Koriyama

City 10:00-19:00

None scheduled

A,D,J,M,V 銀

www.usukawa.co.jp



Kaden Yubeshi in a box ¥1,188 (10 pieces)

日本酒

Japanese sake

Great variety of sake brewing styles are available in various regions of Fukushima. Here is an array of the prime quality sake produced with the exquisite rice, water, and brewing skills.

福島各地都有各式各樣的釀酒廠，提供講究米、水以及釀酒技術的最高級酒。

From left: Junmai Kasumochi Genshu "Yauemon" (1,800 ml) ¥3,300; Inochi, prime grade brand (1,800 ml) ¥16,060; Shuseigankai Junmai Daiginjo-shu (1,800 ml) ¥5,500



Rows of sample bottles of Japanese sake in the former storehouse

大和川酒蔵 北方風土館

Yamatogawa Brewery (Hoppofudokan)

Former sake brewery of Yamatogawa Sake Brewery founded in 1790. See the tools that were used in sake brewing in those days, as well as the interior of warehouses from the different generations.

1790 年創業的大和川酒造店善酒蔵，可參觀到當時的造酒道具，以及不同年代的酒蔵的內部。

MAP | P.28

0241-22-2233

4761 Teramachi, Kitakata City

9:00-16:30

Jan. 1

A,D,J,M,V

www.yauemon.co.jp



At the sampling corner in the shop, you can try some ten different varieties of Japanese sake.

The shop has branches in the main cities in the prefecture

お菓子

Confections

Famous confections such as usukawa-manju cakes from a long-established store and the very popular yubeshi sweet rice cake, are made with carefully-selected, good-quality ingredients.

老舖「薄皮饅頭」和高人氣的「柚餅子」等使用精選優質素材的點心，吃得安心又安全。

かんのや 本店文助

Kannoya Hontenbunsuke

In 1860, this long-established Japanese sweets store was founded in the castle town of Miharu. Kaden Yubeshi, a sweet triangular confection filled with red bean paste, is their most popular product, enjoying great popularity since the founding of the store.

1860 年在城下町三町開業的老字號和洋菓子店。豆沙餡的「家傳柚餅子」是自開業起就極受歡迎的人氣商品。



Kannoya sells a range of traditional Fukushima sweets

MAP | P.31

0247-62-2016

39 Miyakida, Nishitamachi-ota,

Koriyama City 9:00-18:00

Open 365 days J,M,V

www.yubeshi.co.jp

Recommended

2-DAY Model Route

Here is an authentic plan that takes you round the highlights of Fukushima!

網羅福島主要景點的王道方案!

Explore historical streets and natural landscapes

会津エリア Aizu Area

2-DAY Model Route

Here is a route that takes you round the most popular sightseeing areas in Fukushima Prefecture. On Day 1, visit a historical castle town, and on Day 2, enjoy an inspiring drive through nature.

在此介紹福島縣內最有人氣的觀光地區遊訪行程。第一天參觀歷史悠久的街景和城堡，第二天則開車暢遊於大自然中。

Day 1 Start!

JR Kitakata Sta.

Approx. 15 min. walk

Our ramen has a distinctive clear pork bone broth



Stay



Higashiyama Onsen

東山温泉 MAP | P.29

☎ 0242-27-7051 (Aizu-Higashiyama Hot Springs Tourism Association)
🌐 www.aizu-higashiyama.com

A hot spring resort that stands amid lush nature, said to have been founded 1,300 years ago

From JR Aizu-Wakamatsu Sta., get off at Higashiyama Onsen bus stop

Approx. 13 min. by bus

The variety of serving dishes and utensils make you want to use them every day!

Aizunoutuwa Kobo Suzuran

MAP | P.29

5 会津のうつわ 工房鈴蘭

Aizu lacquerware shop. New techniques such as applying lacquer to glass and more have been incorporated into lacquerware and the shop offers many contemporary designs.

會津漆器店。採用於玻璃表面塗漆等新技法，有許多可愛的設計。

☎ 0242-85-6654
📍 3-29 Nanokamachi, Aizuwakamatsu City
🕒 12:30-17:00 (Sat., Sun., Hol.: from 11:00)
*May be changed during winter
📅 Mon. (If a public holiday, the following day will be closed instead)
📞 A,D,J,M,V 🌐 http://suzuran-aizu.com

15:30

Our recommended item available only at Kobo Suzuran's direct-managed store, one for ¥2,800 (plus tax)

Approx. 25 min. walk

Duck Zarusoba ¥1,270

14:00

Approx. 1 min. walk

Kyobo Kamishiroya

4 蕎房 かみしろや MAP | P.29

One-minute walk from the entrance of the Tsurugajo Castle. Enjoy handmade and homemade soba noodles in a restaurant that has a welcoming atmosphere.

從鶴城入口步行1分鐘。店內氣氛明亮，可以品嚐到手工自家製蕎麥麵。

☎ 0242-26-8648
📍 1-50 Jotomachi, Aizuwakamatsu City
🕒 11:00-15:00, 17:30-19:00
📅 Mon. (If a public holiday, the following day will be closed instead) 📞 Credit cards not accepted.
🌐 www.kamishiroya.com

Bannaishokudo

9:00

1 坂内食堂 MAP | P.28

For breakfast enjoy ramen at a popular restaurant in Kitakata where people form a long line for as long as 3 hours at busy times.

早餐先到尖峰時段得排隊3小時的喜多方人氣店吃拉麵。

☎ 0241-22-0351
📍 7230 Hosoda, Kitakata City
🕒 7:00-18:00 📞 Thu.
📞 Credit cards not accepted.

You can buy senbei from one piece

10:00 Yamanaka Senbei Honpo

2 山中煎餅本舗 MAP | P.28

A shop that specializes in hand-baked senbei rice crackers. Senbei is baked over a charcoal fire in a brick oven, giving it an incredibly moreish flavor.

☎ 0241-22-0004 ☎ 407-1
📍 Kamitakahitakitamachi, Sekishiba-machi, Kitakata City
🕒 10:00-16:30 (Hands-on program: from 10:30-16:30)
📅 End-of-year and New Year holidays
👉 Hands-on program to bake your own senbei ¥600 (3 senbei pieces+ gift)
📞 Credit cards not accepted.
🌐 www.yamanaka-senbei.com

手工烤仙貝專賣店。磚窯炭火烤出的仙貝散發著米香味，讓人無法抗拒。

JR Ban-etsu-West Line from Kitakata Sta. to Aizu-Wakamatsu Sta.

Get off at Tsurugajo inguchi bus stop

12:30 Tsurugajo Castle

3 鶴ヶ城 MAP | P.29

Admired as a famous, impregnable castle, Tsurugajo Castle is one of Fukushima's most well-known sightseeing spots. The inside of the castle tower has been turned into a museum depicting the history and culture of Aizu.

號稱難攻不破的名城，是福島縣的代表性名勝。天守閣內部正是一座介紹會津歷史文化的博物館。

☎ 0242-27-4005 (Tsurugajo Castle management office)
📍 1-1 Otemachi, Aizuwakamatsu City
🕒 Admission to the castle keep: 8:30-17:00 (Last admission: 16:30)
📅 Open 365 days 📞 Castle keep: ¥410 (Adult)
📞 J,M,V*Not accepted during peak season
🌐 www.tsurugajo.com/language/eng/



You can enjoy views of the castle town from the top story

Day
2

Higashiyama Onsen
東山温泉

8:00

Approx.
13 min.
by bus



8:15

Aizu-Wakamatsu Sta.

Rent a car at
JR Aizu-Wakamatsu Sta.

在JR會津若松站租車

Approx.
20 min.
by car



11:00

Koshi-no-arai
Mori Soba,
¥700

Bandai
Sarashinasoba
Sobasada

MAP | P.28

7 磐梯更科そば そばさだ

This store offers 100% buckwheat soba with a smooth mouthfeel, made from locally-produced buckwheat flour and spring water from Mt. Bandai. The soba-making experience program, during which the storekeeper carefully guides and instructs participants, is also popular.

提供100%蕎麥麵，使用本地產的蕎麥粉加入磐梯山的泉水製成，口感順滑。蕎麥麵製作體驗由店主細心指導，非常受歡迎。

DATA | P. 11

Approx.
16 min.
by car



Zazen (Zen meditation) experience is available for groups of 10 or more people. Time required: 40 min. (Reservation required)

Aizuhanko Nisshinkan

6 會津藩校日新館 MAP | P.28

School for young samurai in the 19th century. Today you can see displays that recreate the scenes of lessons of the time.

19世紀時，少年武士就讀的學校。現在館內設有重現當時授課風景的展示。

- ☎ 0242-75-2525
- 📍 10 Takatsukayama, Minamikoya, Kawahigashimachi, Aizuwakamatsu City
- 🕒 9:00-16:00
- 📅 Open 365 days (reservation required)
- 🎫 Admission: ¥620 (Adult), Zazen ¥500, Akabeko painting ¥920, etc.
- 💳 Credit cards not accepted.
- 🌐 www.nisshinkan.jp

Goshiki-numa

14:00

9 五色沼湖沼群 MAP | P.28

The name Goshiki-numa refers to 30 or so lakes and ponds of varying sizes, which can be explored via a number of hiking trails. There is also a kiosk selling refreshments.

大大小小約30座湖沼的總稱，周邊設有步道。也有販售輕食的店舖。

- ☎ 0241-32-2349 (Urabandai Tourism Association)
- 📍 Kengamine, Hibara, Kitashiobara Village
- 👣 Visitors can hike the area freely
- 🌐 www.urabandai-inf.com

Lake Bishamon is the largest of the Goshiki-numa lakes and ponds. You can enjoy sweeping views of Mt. Bandai beyond the lakes.

Approx.
16 min.
by car



The elevation of the trail doesn't fluctuate much, making it easy to walk



13:00



The scenery unfolds before your eyes like a beautiful painting.

Bandaisan Gold Line

8 磐梯山ゴールドライン MAP | P.28

6.6 km long road that connects the Aizu area and Bandai Highlands. It has many highlights such as a location that offers close-up views of the crater.

連結會津地區和磐梯高原、全長16.6公里的道路。有可以近距離觀賞噴火口的地點等眾多景點。

- ☎ 0241-32-2349 (Urabandai Tourism)
- 📅 Road is closed from mid-Nov. to mid-Apr. of following year

15:00



Many people visit here during season of fresh greenery and foliage

Approx.
40 min.
by car



Bandai Azuma Lake Line

MAP | P.28

10 磐梯吾妻レークライン

The road runs alongside Lake Onogawa and Lake Akimoto. There are many scenic spots where photographers from around Fukushima and beyond come to visit.

沿著小野川湖和秋元湖蜿蜒伸展的道路。有許多吸引縣內外攝影師造訪的景點。

- ☎ 0241-32-2349 (Urabandai Tourism)
- 📅 Road is closed from mid-Nov. to mid-Apr. of following year



Approx.
7 min.
by car



17:00

Tsuchiyo Onsen

11 土湯温泉 MAP | P.30

- ☎ 024-595-2217 (Tsuchiyo Onsen Tourism Association)
- 🌐 www.tcyj.jp

荒川沿岸の温泉郷。設有可當日來回泡湯的共同浴場與旅館、飯店。在此推薦土湯溫泉山水莊飯店 (☎ 024-595-2141 10:00-15:00 成人800日圓) 等。

Approx.
30 min.
by car

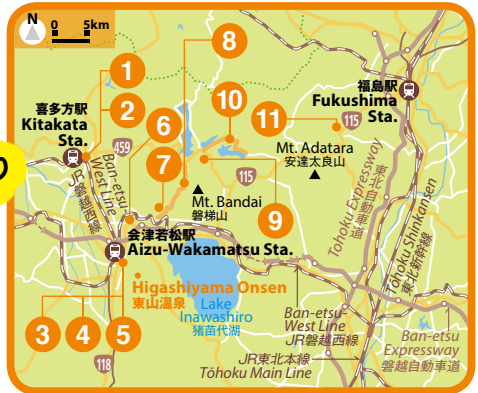


Goal!

JR Fukushima Sta.
Return the rented car at JR Fukushima Sta.

在JR福島站歸還租車

19:00



Recommended

2-DAY Model Route

See, try & buy traditional crafts

中通りエリア Nakadori Area

2-DAY Model Route

Go on a trip in search of handicrafts made using traditional techniques, such as glassblowing. See the manufacturing process, and try it yourself, or buy one as a souvenir.

踏上尋找吹玻璃等傳統工藝品的旅程。可以參觀製造過程或嘗試親自製作，也可以選購伴手禮等。

Day 1 Start!

10:00

JR Fukushima Sta.

Approx. 10 min. by taxi

The Fruits Line

1 フルーツライン MAP | P.30

The Fruits Line is the nickname for National Route 5 which runs across the western part of Fukushima City. The road is lined with orchards, where visitors can pick seasonal fruit.

通過福島市西部的縣道5號囉稱。路旁有果田與販賣店，有些季節還能參加採果活動。

☎ 024-531-6428 (Fukushima City Tourism and Convention Association)
🌐 <https://fukushima-guide.jp>

The road is famous for its peaches, cherries, and its spring peach blossom



10:10

Approx. 10 min. by taxi



Orchards for tourists are also dotted along the Peach Line (Route 13), where Marusei Orchard (→P.12) is located

12:00

Torimasa

2 鳥政 MAP | P.30

zakaya Japanese style pub that has been in business for about 60 years. Its specialties are gyoza dumplings and horumonyaki made of pork offal marinated in homemade miso sauce.

創業約60年の居酒屋。招牌料理是自家製味噌醬醃豬腸的醬燒豬腸和餃子。

☎ 024-522-5554
📍 1-17 Shinmachi, Fukushima City
🕒 11:30-13:30, 17:30-Varies by day
🗓 Sun., Hol.
💳 Credit cards not accepted.



Sunken katatsu and counter seating is available

Fukushima Prefecture Souvenir Shop

3 福島県観光物産館 MAP | P.30

Located very close to Fukushima Station's west exit, it's the best place to buy souvenirs. It stocks an array of Fukushima specialties.

位於JR福島站前方，最適合來此尋找伴手禮。館內有許多縣內名產。

☎ 024-525-4031
📍 1F CORASSE Fukushima, 1-20 Mikawaminamimachi, Fukushima City
🕒 9:30-19:00 🗓 Open 365 days
💳 A, D, J, M, V, 銀

Rows of top-quality local Fukushima sake



Stay

18:00

Dake Onsen

岳温泉 MAP | P.31

☎ 0243-24-2310 (Dake Hot Springs Tourist Association)
🌐 www.dakeonsen.or.jp/en/



Hot spring resort stretching at the foot of Mt. Adataro. The spring quality is acid springs, which is rare nationally

Shikinosato

4 四季の里 MAP | P.30

A spacious park filled with flowers that bloom throughout the 4 seasons. There's a restaurant where you can try Jingsjukan (Japanese grilled mutton) and handmade soba noodles. Have a relaxing time at Shiki no Sato.

公園內草坪開闊，四季鮮花盛開，是休憩的好去處。園內的餐廳提供成吉思汗燒肉與手打蕎麥麵，您可以在這裡度過休閒愜意的時光。

☎ 024-593-0101
📍 1-1 Kamisagi-nishi, Arai, Fukushima City
🕒 9:00-21:00
🗓 Dec. 29-Jan. 3
🆓 Free admission
🌐 www.f-shikinosato.com



Seasonal ice cream is sold at Aisu-ya ice cream shop

From JR Fukushima Sta., get off at Shikinosato-iriguchi bus stop

Approx. 30 min. by bus



Get off at Dake Onsen bus stop



Approx. 22 min. by train

15:00



Approx. 6 min. walk



Conveniently located, just 3 min. on foot from Fukushima Station



13:30

Horumonyaki ¥550 is pork offal fried with lots of cabbage, Chinese chives, and bean sprouts



Large-sized gyoza dumplings ¥550 per serving (8 pieces)

Approx. 15 min. walk



Day 2 8:00

Dake Onsen

岳温泉

Approx. 25 min. by bus

Approx. 26 min. by train

Approx. 45 min. by train

Approx. 10 min. by taxi

From Dake Onsen
JR Tōhoku Main Line from Nihommatsu Sta.
Change to JR Ban-etsu-East Line at Kōriyama Sta. and get off at Kammata Sta.



The temperature inside the cave remains at around 15°C throughout the year so prepare long sleeves even in summer

- ☎ 0247-78-2125
- 📍 1 Higashikamayama, Takinemachi-sugaya, Tamura City
- 🕒 8:30-17:00 (until 16:30 during late Nov. - early Mar.) 🕒 Open 365 days
- 🎫 Admission fee: ¥1,200 (Adult)
- 💳 Credit cards not accepted.
- 🌐 <https://abukumado.com>

Abukuma Cave

5 あぶくま洞 MAP | P.31

Stretching for around 600 m, the cave is one of the largest in Asia in terms of variety and number of stalactites and stalagmites. Exploration course (separate fee ¥200) is recommended too.

全長約600公尺的鐘乳石洞・鐘乳石種類與數量之多為亞洲數一數二。推薦參加「探險行程(另付200日圓)」。



The huge formations created by underground water are just spectacular

11:00

Approx. 5 min. by taxi

Approx. 30 min. by train

JR Ban-etsu-East Line from Kammata Sta. to Miharu Sta.



Stop by at the studios and watch the dolls being made

Takashiba Deko Yashiki

6 高柴デコ屋敷

MAP | P.31

Group of traditional residences which include 4 craft-making workshops that preserve a tradition going back hundreds of years. You can make your own traditional crafts as part of the painting experiences offered.

謹守數百年傳統的4家人偶製作工房所在的聚落。可參加上色體驗・製作只屬於自己的人偶。

- ☎ 024-971-3907 (Takashiba Deko Yashiki Tourism Association)
- 📍 169 Tateno, Nishitamachi-takashiba, Koriyama City
- 🕒 9:00-17:00 (Vary by studio)
- 🎨 Vary by studio
- 🏠 Vary by studio

13:30

"Deko" means "doll"



Koriyama City Fureai Science Center Space Park

MAP | P.31

7 郡山市ふれあい科学館スペースパーク

Space-themed science museum. Don't miss the planetarium, holder of the Guinness record for the world's highest planetarium above ground.

以宇宙為主題的科學館。獲得金氏世界紀錄認定為距離地面最高的天象館，絕對不可錯過。

- ☎ 024-936-0201
- 📍 20 - 24F Big-i, 2-11-1 Ekimae, Koriyama City
- 🕒 Exhibit Zone: 10:00-17:45 (Observation lobby: until 20:00), Space Theater: 10:00-16:15 (Fri.: until 19:45, Sat., Sun., Hol.: until 17:45)
- 📅 Mon. (If a public holiday, the following day will be closed instead) 🎫 Exhibit Zone: ¥400 (Adult) / Space Theater: ¥400 (Adult)
- 💳 Credit cards not accepted. 🌐 www.space-park.jp

15:30



The Space Theater provides explanations of the star-filled sky

Approx. 12 min. by train



Approx. 1 min. walk



Approx. 1 min. walk



You can experience space first-hand through the various exhibits in the Exhibit Zone



Goal! 17:00

The square in front of the station is lit up during winter season (from late Nov. to mid-Feb.)



You can find classic local specialties such as yubeshi (pictured to the left) as well as a range of other souvenirs

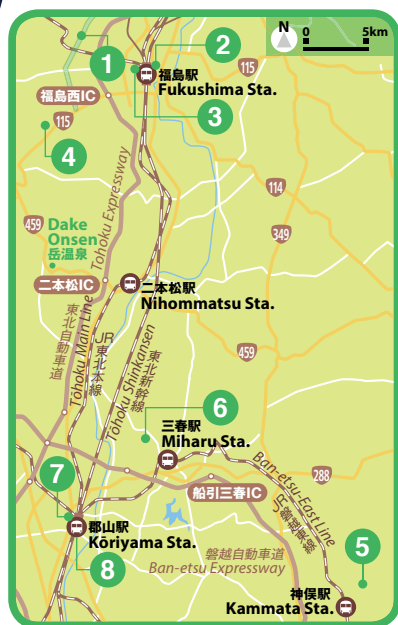
Kōriyama Station

8 郡山駅 MAP | P.31

Not only can you buy sweet delicacies famous in Koriyama like yubeshi and usukawa-manju (P.13), but you can find a whole range of Fukushima Prefecture's local specialties in the station compound.

車站內可以買到「YUBESHI」、「薄皮饅頭」(→P.13)等郡山銘菓及各種福島縣特產。

- 📍 Inside Kōriyama Sta., 197-1 Hiuchita, Koriyama City
- 🕒 Vary by shop 🕒 Open 365 days
- 🛒 Vary by shop



Recommended

2-DAY Model Route

Covers all the popular facilities along the coast ☆

浜通りエリア Hamadori Area

2-DAY Model Route

This route takes you around many of the coast's most popular sightseeing spots. These include Spa Resort Hawaiians, a water park and accommodation facility which attracts as many as 1.5 million visitors per year, and Aquamarine Fukushima, where you'll find impressive tank displays.

每年多達 150 萬人造訪的夏威夷 SPA 渡假設施、提供各種體驗活動的 Aqua Marine 福島等，一次玩遍連外地遊客都喜愛的人氣設施路線。

Day 1

Start!
JR Izumi Sta.

8:50

Approx. 20 min. by bus

Get on at JR Izumi Sta., get off at Kajiro bus stop

Approx. 17 min. walk

9:30

Iwaki Marine Tower

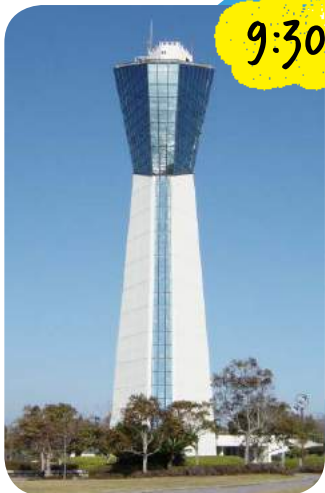
MAP | P.32

1 いわきマリンタワー

Approx. 60 m-high observation tower. From the rooftop Sky Deck you can enjoy grand panoramic views of the Pacific Ocean and Iwaki City.

高約60公尺的觀景塔。從屋頂的空中觀景台可以一覽太平洋與磐城街景。

- ☎ 0246-53-2448 (Misaki Park Management Office)
- 📍 93 Daisaku, Onahama-shimokajiro, Iwaki City
- 🕒 9:00-17:00 (Last admission: 16:30)
- 🗓 3rd Tue. (Open every day in Aug.), Jan. 1
- 💰 ¥330 (Adult) ❌ Credit cards not accepted.
- 🌐 www.iwakicity-park.or.jp/misaki/



Sushi & Kaisendon Sushimasa

MAP | P.32

2 寿司と海鮮丼 寿司正

Enjoy seafood to your heart's content with *kaisendon* (fresh seafood) rice bowl topped with 12 different kinds of ingredients, *nigirizushi*, *sashimi* set meal, and other seafood dishes. All dishes are served with crab miso soup.

可以吃到盛滿12種食材的海鮮丼、握壽司、生魚片定食等海鮮料理。所有料理都會附上螃蟹味噌湯。

- ☎ 0246-52-1630
- 📍 c/o Iwaki Lalamew, 43-1 Onahamatsumi-cho, Iwaki City
- 🕒 9:00-18:00 (L.O.17:30)
- 🗓 Please refer to Iwaki Lalamew's business calendar ❌ Credit cards not accepted.



Very filling
kaisendon
¥2,200

Short walk



Sushimasa is located inside the Iwaki Lalamew complex, along with other restaurants and souvenir shops.

Approx. 40 min. by bus

From Onahama Annajo bus stop to JR Yumoto Sta.

Approx. 15 min. by bus

Free shuttle bus service

Stay

13:30



The water park with hot springs pool is equipped with an all-weather dome so you can have fun regardless of the weather



Feel like you're swimming under water at the Fish-Go-Round

Spa Resort Hawaiians

MAP | P.32

3 スパリゾートハワイアンズ

This water park is kept at an average indoor temperature of 28°C throughout the year. Get refreshed at the swimming pool, or chill out at the open-air baths and other hot spring baths.

全年平均氣溫維持在28°C的主題公園。到溫泉游泳池和露天風呂中紓解一下疲勞吧。

- ☎ 0246-43-3191
- 📍 50 Warabidaira, Jobanfujiwara-machi, Iwaki City
- 🕒 10:00-22:15 (Sat., Sun., Hol.: from 9:00)
- 🗓 When maintenance takes place ❌ Admission: ¥3,570 (Adult)
- 🌐 A,D,J,M,V 🌐 www.hawaiians.co.jp



The twice-a-day performance by the Hula Girls is very popular

Day
2

9:30

Spa Resort Hawaiians

夏威夷Spa度假設施

Approx.
30 min.
by taxi



Aquamarine Fukushima

10:00

4 アクアマリンふくしま MAP | P.32

Aquarium noted for displays that recreate the environment of Fukushima's ocean and rivers. You can watch the impressive sight of fish swimming around.

以重現福島海洋、河川等環境的展示為特色的水族館。可以觀賞魚類迫力十足的泳姿。

- ☎ 0246-73-2525
- 📍 50 Onahamatsumi-cho, Iwaki City
- 🕒 9:00-17:30 (From Dec. to Mar. 20: until 17:00, last admission is 1 hr. before the closing time)
- 🗓 Open 365 days
- 💰 ¥1,850 (Adult) A,D,J,M,V
- 🌐 www.aquamarine.or.jp



Large fish tank where you can see impressive schools of bonito, sardines, and other underwater creatures

Watch the sea lions swimming around from close-up



Iwaki Local Products Plaza

13:30

6 いわきの物産 銘品プラザ MAP | P.32

This is the place to get Iwaki souvenirs! Stocks a large selection of traditional handicrafts, local sake, confections, original products, and other items.

要買磐城伴手禮就到這裡！販售傳統工藝品、地酒、點心、獨創商品等。

- ☎ 0246-92-1180
- 📍 c/o Iwaki Lalamew, 43-1 Onahamatsumi-cho, Iwaki City
- 🕒 9:00-18:00
- 📅 Conform to the business calendar of Iwaki Lalamew
- 💳 A,J,M,V 銀

Approx.
30 min.
by taxi



6 Jangura biscuits, filled with a generous amount of red bean paste (¥1,285)



Approx.
8 min.
walk

Mehikari salt chocolates (10 pieces) ¥1,296. The secret of its tastiness is the salt on the outside and the caramel inside.



12:00

Onahama Bishoku Hotel

5 小名浜美食ホテル MAP | P.32

A complex made up of 8 stores and restaurants. Visit souvenir shops and a food court on the first floor, and dine at restaurants on the second floor.

由8間店聚集構成的綜合設施。1樓是伴手禮店及美食街，2樓則為餐廳。

- ☎ 0246-54-3409
- 📍 43-9 Onahamatsumi-cho, Iwaki City
- 🕒 10:00-19:00, restaurant: 11:00-14:00
- 🗓 None scheduled (Open daily during Jul. and Aug.)
- 💳 A,D,J,M,V
- 🌐 www.bishokuhotel.com

Approx.
5 min.
walk



It's big but so delicious that you will eat it all up!



Diameter
15 cm

Large fried cake made of swordfish minced meat ¥432 is really filling!



15:00

Futabasaurus Suzukii fossil discovered in Iwaki City

Iwakishi Sekitan Kasekikan Horuru

7 いわき市 石炭・化石館ほるる MAP | P.32

Includes displays of many precious fossils, including replicas of dinosaur bones discovered in Iwaki City. Hand-on workshops are held at weekends.

展示許多在磐城市內出土的恐龍等珍貴化石。週末會舉辦工作坊。

- ☎ 0246-42-3155
- 📍 3-1 Mukaida, Jobanyumoto-machi, Iwaki City
- 🕒 9:00-17:00 (Last admission: 16:30)
- 🗓 3rd Tue. ¥660 (Adult)
- 💳 Credit cards not accepted.
- 🌐 www.sekitankasekikan.or.jp

Approx.
10 min.
by train



JR Jōban Line from Yumoto Sta. to Iwaki Sta.

Approx.
30 min.
walk



You can even order cakes to go!

Approx.
30 min.
walk

19:00

Goal!
JR Iwaki Sta.

8 café & tartes CONNEXION MAP | P.32

MAP | P.32

Offers 12-14 different kinds of cakes at any one time. Savor fine quality coffee with your cake in the café space.

隨時提供12~14種蛋糕。可以在咖啡廳區品嚐蛋糕與香醇咖啡。

- ☎ 0246-38-5277
- 📍 4-26-5 Uchigomimaya-machi, Iwaki City
- 🕒 11:00-19:00 (L.O. 17:00)
- 🗓 None scheduled
- 💳 A,D,J,M,V

Most popular is the fruit tart ¥735 and iced coffee ¥649 *Eat-in price



Efforts toward Restoring the Environment Safely and Securely

以安全、安心為目標，投入環境再生的工作

Since the nuclear disaster of 2011, Fukushima Prefecture has ensured thorough disclosure regarding radiation levels, the progress of decontamination efforts, the implementation of food inspections, and other efforts. The prefecture is also working to make sure accurate information about the situation in Fukushima is available to all.

核災發生後，福島便致力於公布輻射量與去污狀況、進行食品檢查等，並宣傳正確的輻射知識，以解除居民與訪客的不安。

1 Providing information

資訊提供



Fukushima Prefecture publishes information about radiation levels within and outside of the prefecture on its website. The Environmental Regeneration Plaza, which is jointly run by the Ministry of the Environment and Fukushima Prefectural Government, provides information about decontamination efforts to date and environmental regeneration.

福島縣在網站上公佈各地區輻射限量。在環境省與縣府共同營運的「環境再生廣場」（請參考下方）也可查詢去污狀況與環境再生的相關資訊。

3 Informing the public about the current situation in Fukushima

努力讓大家瞭解現況

The Environmental Regeneration Plaza also dispatches out-reach exhibitions and experts.

「環境再生廣場」也進行巡迴展示及派遣專家等活動。

2 Answering questions

回答疑問

Visitors can ask advisors questions at the Environmental Regeneration Plaza. There are also displays which provide easy-to-understand information about radiation and its impact on the human body.

「環境再生廣場」有常駐工作人員回答疑問。也會以展示的方式，淺顯易懂地介紹關於輻射線的知識以及對於人體的影響。

Question and Answer

常見Q & A

Q Is it alright to go to Fukushima?

現在去福島安全嗎？

A Radioactive substances are decreasing due to decontamination efforts and natural decay. Both food and water are tested to confirm their safety.

經過去污以及輻射物質的自然衰減，輻射性物質正不斷減少。食物與水都經過了檢測，確保了安全性。

4 Ensuring food safety

確保食品安全

At present, shipment of food from Fukushima is controlled under extremely strict inspection standards. Inspections are conducted over 3 stages and no item that exceeds the standard limit goes on the market. Tap water is also checked frequently. The results of the inspections are published on prefectural and municipal websites.

目前福島縣以極嚴格的檢查基準管理出貨食品。檢查分為3階段，超過基準值的食品絕不會流入市場。飲用的自來水也頻繁進行檢查。檢查結果會發表在縣及市町村的網頁，任何人都可以瀏覽。

Related facilities that provide information

提供資訊的相關設施

Environmental Regeneration Plaza

MAP | P.30

環境再生プラザ

This center provides information on radiation, interim storage of radioactive waste, Fukushima's progress regarding environmental regeneration, and more. Information is presented through easy-to-understand videos and interactive displays.

介紹福島的環境恢復狀況，以及輻射線、過渡性儲存設施等環境再生的相關資訊的設施。使用影像與體驗式展示，簡單易懂。

☎ 024-529-5668
 📍 1F 1-31 Sakaemachi, Fukushima City
 🕒 10:00-17:00
 🗓 Mon. (If a public holiday, the following day will be closed instead)
 🌐 <http://josen-plaza.env.go.jp/>



Fukushima International Association

MAP | P.30

公益財団法人福島県国際交流協会

This office is the base for international exchange activities in Fukushima Prefecture. It also provides information aimed at foreign residents in many languages, such as the multilingual newsletter "FukushimaNOW".

福島國際交流活動的據點。發行多國語言版「FukushimaNOW」等，提供福島的最新資訊。

☎ 024-524-1315
 📍 2-1 Funaba-cho, Fukushima City
 🕒 8:30-17:15
 🗓 Sun., Mon., Hol.
 🌐 www.worldvillage.org/life/



*Some information is available in English and English-speaking staff are available

The "Living Guide for foreigners" website is available in English, Chinese, Vietnamese, Tagalog, Portuguese, and Korean.

FUKUSHIMA GUIDE & MAPS

福島指南 / 地圖

INFORMATION

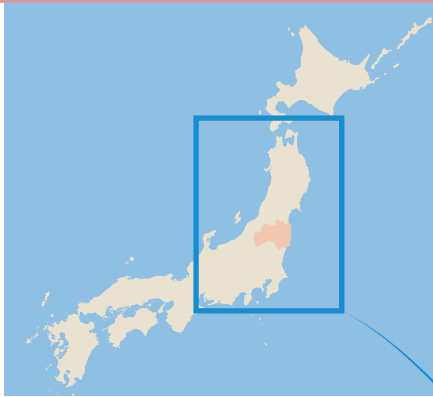
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會津地區 廣域 / 磐梯高原 / 喜多方
- 29 **Aizu Area** Aizu-Wakamatsu Wide Area/Aizu-Wakamatsu
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- 30 **Nakadori Area** Wide Area/Fukushima Wide Area/Fukushima Station
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- 31 **Nakadori Area** Shirakawa-Koriyama Wide Area/Koriyama/Shirakawa
中通地區 白河 - 郡山廣域 / 郡山 / 白河
- 32 **Hamadori Area** Wide Area/Iwaki/Onahama
濱通地區 廣域 / 磐城 / 小名濱

Fukushima Access Map

福島縣路線圖



By Air 空運
By Shinkansen 新幹線

* Travel times are estimated and may vary based on itinerary arranged by transportation providers or due to season and weather conditions. (P.22-23)

※ 所需時間僅供參考，視各公司行程安排，以及時期與天候等因素，可能略有變動。(P.22-23)

北京 Beijing
To Narita 3 hr. 30 min.
To Haneda 3 hr. 10 min.

ソウル Seoul
To Narita 2 hr. 25 min.
To Haneda 2 hr.
To Sendai 2 hr. 10 min.

上海 Shanghai
To Narita 2 hr. 45 min.
To Haneda 2 hr. 40 min.
To Sendai 2 hr. 45 min. (Sun., Wed.)

新潟 Niigata
To Sendai 2 hr. 10 min.

香港 Hong Kong
To Narita 3 hr. 55 min.
To Haneda 3 hr. 50 min.

台北 Taipei
To Narita 3 hr.
To Haneda 2 hr. 40 min.
To Sendai 3 hr. 10 min.

バンコク Bangkok
To Narita 5 hr. 50 min.
To Haneda 5 hr. 35 min.
To Sendai 5 hr. 41 min. (Sun., Wed., Fri.)

仙台駅 Sendai Sta.
✈️ 仙台空港
From Sendai International Airport

Sendai Airport Access Line
仙台空港アクセス線

🚆 24 min.
👤 ¥660

福島 Fukushima

1 hr. 22 min. from Tōkyō (Tōhoku Shinkansen "Yamabiko")
21 min. from Sendai (Tōhoku Shinkansen "Yamabiko")

郡山 Kōriyama

1 hr. 17 min. from Tōkyō (Tōhoku Shinkansen "Yamabiko")
35 min. from Sendai (Tōhoku Shinkansen "Yamabiko")

東京駅 Tōkyō Sta.

✈️ 羽田空港 From Haneda Airport (Terminal 3)

Keikyu Line 京急線	🚆 27 min. 👤 ¥470
Transfer at Shinagawa (JR Yokosuka Line etc.)	
Tokyo Monorail 東京モノレール	🚆 23 min. 👤 ¥660
Transfer at Hamamatsuchō (JR Keihin-Tōhoku Line etc.)	
Airport Limousine Bus エアポートリムジン	🚌 50 min. 👤 ¥950

✈️ 成田空港 From Narita Airport (Terminal 2)

Narita Express 成田エクスプレス	🚆 51 min. 👤 ¥3,070
Skyliner スカイライナー	🚆 52 min. 👤 ¥2,680
Transfer at Nippori (JR Yamanote Line etc.)	
Airport Limousine Bus エアポートリムジン	🚌 1 hr. 20 min. 👤 ¥2,800

* Fastest required time except time needed for transferring (As of Jan., 2020)

* Listed prices are ticket fares.

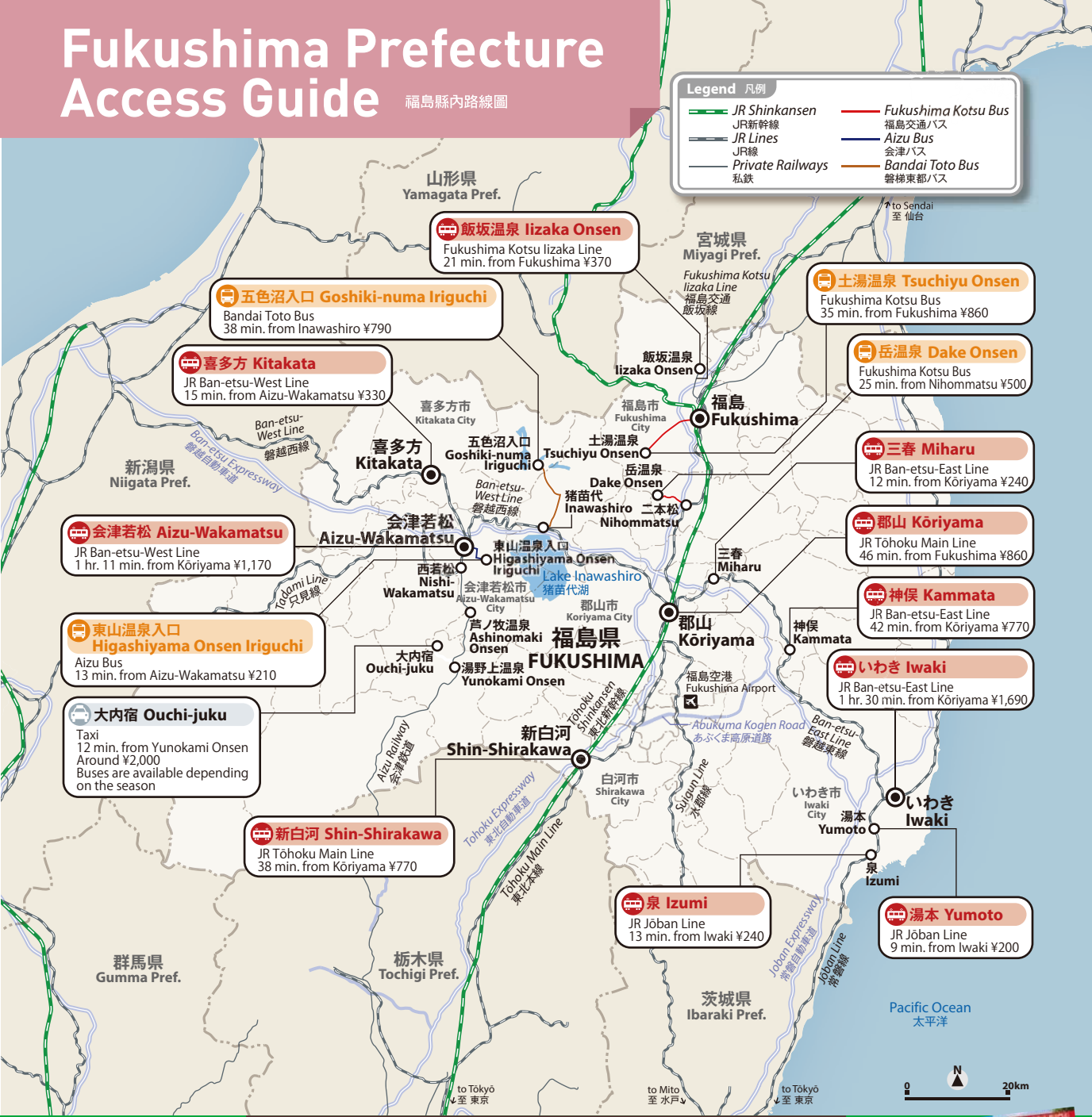
※ 不包含換乘時間的最快所需時間 (截至2020年1月)

※ 所列費用為票價。



Fukushima Prefecture Access Guide

福島縣內路線圖



Money-saving Tickets 超值優惠票券

JR EAST PASS (Tohoku area)

The JR EAST PASS (Tohoku area) is a convenient and economical railway pass that offers unlimited travel on JR lines from Tokyo to Tohoku area including the Shinkansen. The pass is valid for five days of your choice within a 14-day period from the date when the pass is issued.

超值優惠票券JR東日本鐵路周遊券(東北地區)可以自由無限次搭乘從東京前往東北地區包括新幹線在內的JR線。自購票日起14天內有效,可任選5天搭乘。

Adult (age 12 and above): ¥20,360 (Sale price when sold in Japan)
www.jreast.co.jp/multi/pass/eastpass_t.html



会津ぐるっとカード Aizu Gurutto Card

This card offers unlimited travel within the covered Aizu area for 2 days on the JR, Aizu Railway, Aizu Bus, Bandai Toto Bus lines, and more. It also comes with various discounts for sightseeing attractions, lodging facilities and restaurants.

在會津地區的對象區域內可以無限次搭乘JR線、會津鐵路、會津巴士、磐梯東都巴士等的2日自由乘車卡。還附帶觀光設施、餐飲店等折扣優惠。

0242-23-8000 Adult: ¥2,720 www.aizukanko.com/kk/aizucard/



Transportation

交通方式

Train 電車

In addition to the JR Tōhoku Main Line that runs in the north-south direction, the JR Ban-etsu-East Line that runs to the east from Kōriyama Sta., and the JR Ban-etsu-West Line that runs to the west, also other JR and privately-owned railways lines are operated.

有南北向的 JR 東北本線、從郡山東行的 JR 磐越東線、西行的 JR 磐越西線以及 JR 與私鐵運行。



Check the price of the fare to your destination 確認到目的地的票價

Check the fare for your destination (Displayed on a panel close to ticket machines).

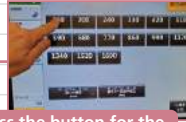
查詢售票機上方的費用表，確認前往目的地的所需費用。



Insert money into the machine 將現金投入售票機

Insert the amount for the fare. Any change will be returned after the ticket is issued and will automatically be dispensed into the tray.

投入所需費用的金額，在出票後會自動找零。



Press the button for the fare you want 按下所需費用鍵

After you put your money into the machine, a screen will appear displaying fare prices. Press the button for the one you want, and you will be issued a ticket for that fare.

投入現金後，出現顯示金額的畫面，並按下正確的金額。



Pass through the ticket gate 從自動開門進入

Insert your ticket into one of the ticket gates and walk through the gate. Don't forget to take your ticket after you walk through.

將車票插入開門後通行，並注意別忘了取回車票。

Bus 公車

Buses are convenient for short-distance travel and perfect for getting the general feel of an area. Be sure to give yourself plenty of time to reach your destination as there may be traffic jams and other delays, however.

想要熟悉街道時，搭乘近距離移動時相當便利的公車是最佳選擇。有時會發生道路堵塞，請留出充分時間。



Wait at the bus stop 在公車站等車

Wait for the bus at the appropriate bus stop.

在有站牌的公車站候車。



Check the destination, and get on the bus 確認目的地後乘車

The service route number will depend on the destination, so check it before you get onto the bus. Some buses have numbered tickets you take upon stepping onto the bus.

根據目的地不同，系統編號也不同，請事先確認。抽取整理券後搭車。



Press the button to get off 按下停車鈴

When you get close to the bus stop you want to get off at, press the button to indicate that you wish to get off.

在接近目的地的車站時，請按下停車鈴以告知司機。



Insert money for the fare, and get off the bus 將車費投入車費箱後下車

Insert the fare into the fare collection box located at the front of the bus. Buses often request the exact amount.

下車時將車費投入巴士前面的車費箱。請事先準備好剛好的車費。

Taxi 計程車

Up to four passengers are accepted per taxi, so taking a taxi is sometimes cheaper than a bus or train for short distances. Fares go up during the hours of 23:00-5:00.

最多可乘坐 4 人，近距離時可能會比電車或公車便宜。23:00 到早晨 5:00 之間會增收費用。



Hail a taxi 招攬計程車

Raise your hand to signal a taxi driving down the street to stop. There are also taxi stands in front of train stations and at other locations.

揮手招攬行走在路上計程車。車站附近有計程車等候處。



Get into the taxi 上車

The door will open automatically, so get in after it does. If you have large pieces of baggage, ask the taxi driver for assistance.

車門自動打開後，上車。司機會幫助搬運大行李。



Tell the taxi driver your destination 告知司機目的地

Tell the driver where you want to go. Showing your driver the name of your destination on paper can speed up communication.

告知司機目的地。可將寫有目的地名的紙或書指給司機看。



Pay the fare 付費

Pay the amount shown on the fare meter. Most taxis do accept major credit cards.

依照計費表上的價格付費。幾乎所有計程車可使用信用卡。

Rental Car 租車

Trains and buses can be infrequent in areas across Fukushima Prefecture. Renting a car will make it easier to travel in Fukushima.

福島縣電車和巴士班次不多，不妨利用租車服務，擴大行動範圍。



Reservations & contract 預約 & 契約

Sign the contract and pay the required fees. If you wish to specify the car type, we recommend making reservations in advance.

簽署合約並支付費用。如欲指定車種，最好事先預約。



Before leaving with the car 出發手續

Along with the staff, check the car for any dents or scratches. Don't forget to check how to operate the controls inside the car.

出發前和工作人員一起檢查車身有無傷痕。別忘了也要確認車內儀器操作。



Gas 汽油

You should fill up the gas tank before returning the car. If you forget to do so, you will have to pay an extra charge for gas.

請注意，歸還前必須把汽油加滿。如果忘記，會被要求支付燃料費。



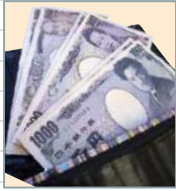
Return the car 歸還手續

Go to the counter after you've made sure you haven't left anything behind. The staff will check the car for any dents or scratches and will charge you additional charges, if necessary.

確認車上沒有遺留物品之後再前往櫃檯。檢查車身有無傷痕，若有追加費用則當場結算。

Essential Information

基本資訊



Money 錢款

You can withdraw money in Japanese yen using foreign-issued credit cards and cash cards at Seven Bank ATMs in 7-Eleven convenience stores and at Japan Post Bank ATMs. Major credit cards are accepted at many chain stores and shops. Currency can be exchanged and traveler's checks are accepted at hotels and banks.

在便利商店 7-11 內的 seven 銀行和郵貯 ATM，可使用國外信用卡或現金卡提取日幣。另外也有許多連鎖店等商家可使用各大信用卡。外幣或旅行支票可在飯店或銀行兌換。



Japan Post Bank
郵貯銀行
www.jp-bank.japanpost.jp/en/ias/en_ias_index.html



SEVEN BANK
Seven 銀行
www.sevenbank.co.jp/intlcard/service2.html



Wi-Fi

In Japan, Wi-Fi access is often available in airports, convenience stores, and trains, as well as near vending machines. This helps visitors have a comfortable experience while traveling. GOOD LUCK TRIP has made a video on how to use Wi-Fi in Japan, so be sure to check it out and make the most of Wi-Fi access.

在日本，除了機場之外，便利商店、自動販賣機、電車等市區內各種地方都可以使用 Wi-Fi，讓旅遊更為方便。GOOD LUCK TRIP 以動畫解說 Wi-Fi 的使用方式，歡迎多加參考利用。



Free Wi-Fi Spot
Free Wi-Fi 熱點



GOOD LUCK TRIP
www.gltrip.com

Manners 禮儀

In a restaurant

餐廳

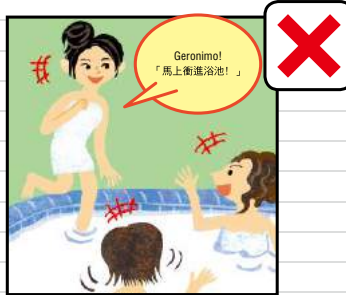


It is customary for each person to order at least one dish at restaurants in Japan, such as ramen shops and sushi restaurants.

到拉麵店、壽司店等日本餐廳時，每人需點一道以上料理才符合禮儀。

At a public bath

公共澡堂



It is customary to wash your body before getting into the bath at public baths. Be sure not to let your towel come in contact with the water in the bathtub.

在公共澡堂時，泡湯前必須先洗淨身體。毛巾不可泡入浴池裡。

Wait your turn

排隊等候



When it's crowded and there's a line, don't cut in. Line up at the end and wait your turn.

當人潮較多、前方有人排隊時，千萬不可插隊。請排在隊伍後方等候輪到自己。

EMERGENCY 緊急聯絡



If you lose your credit card
遺失信用卡

Credit card companies

American Express ☎ 0120-020-120
Diners Club ☎ 0120-074-024
JCB ☎ 0120-794-082
MasterCard ☎ 00531-11-3886
Visa Card ☎ 00531-11-1555
UnionPay ☎ 0034-800-800-287



If you lose your airline ticket
遺失機票

Airline companies

Air China ☎ 03-5251-0711
All Nippon Airways ☎ 0570-029-709
Asiana Airline ☎ 03-5812-6600
Cathay Pacific Airways ☎ 03-6746-1000
China Airlines ☎ 03-6378-8855
Japan Airlines ☎ 0570-025-031
Korean Air ☎ 0088-21-2001



If injured or being sick
受傷或生病時

Holiday Emergency Clinics

Fukushima City Nighttime
Emergency Clinic
☎ 024-525-7672
Koriyama City Holiday & Nighttime
Emergency Medical Center
☎ 024-934-5656
Aizuwakamatsu-city Night
Emergency Clinic
☎ 0242-28-1199



Emergency contacts
各種緊急聯絡處

Emergency contacts

Police ☎ 110
Fire fighting and emergency ☎ 119
Japan Helpline ☎ 0570-000-911

Embassies

中國大使館
☎ 03-3403-3388
☎ 3-4-33 Motoazabu, Minato-ku
台北經濟文化辦事處
☎ 03-3280-7811
☎ 5-20-2 Shirokanedai, Minato-ku

If you encounter any problems
遇到麻煩時

How to use the maps

地圖的使用方式

Use the maps starting from the next page and have even more fun in Fukushima!

利用下一頁開始的地圖，充分享受福島觀光樂趣！

How to use the maps

地圖的使用方式

- The name of the area the map covers is indicated here.
此處標有地圖的區域名。
- Displays the map scale. Please be aware that the scale may change slightly from map to map.
標示地圖比例尺。各區域比例尺稍有不同，敬請注意。
- Icons are used to indicate the categories of spots they mark. Refer to the description given below for more on icons.
地點類別以符號表示，請參照下面的符號說明。



How to use the icons

符號的使用方式

GOOD LUCK TRIP FUKUSHIMA mainly uses 3 categories of symbols to provide information on places to visit in the prefecture: 1) Landmarks, 2) Amusement, and 3) Basic Icons. Read the descriptions provided to discover new places to visit!

「GOOD LUCK TRIP 福島」將基本符號分為地標、娛樂設施與交通等三大類，可閱讀詳細說明，找到想去的地方！

1 Landmark icons

作為指標的符號

Convenience Store, Café | 便利商店、咖啡廳

Find your way around using cafés and convenience stores.

逛街時以咖啡廳和便利商店為指標！



Open 24 hours so you can buy batteries, a toothbrush or whatever else you might need during your trip. The icon on the right indicates a convenience store with an ATM.

24小時皆可購買電池、牙刷等旅途必備品。右側符號為附有ATM的便利商店之標誌。



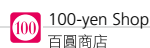
Stop at a café when you get tired. You can open your map and check your route.

逛街逛累了，可以到咖啡廳休息。展開地圖確認前往目的地的路徑。

2 Amusement icons

娛樂設施相關符號

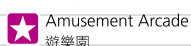
【Shopping | 購物】



【Eating | 飲食】



【Entertainment | 觀賞】

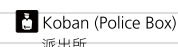
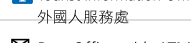


【Others | 其它】



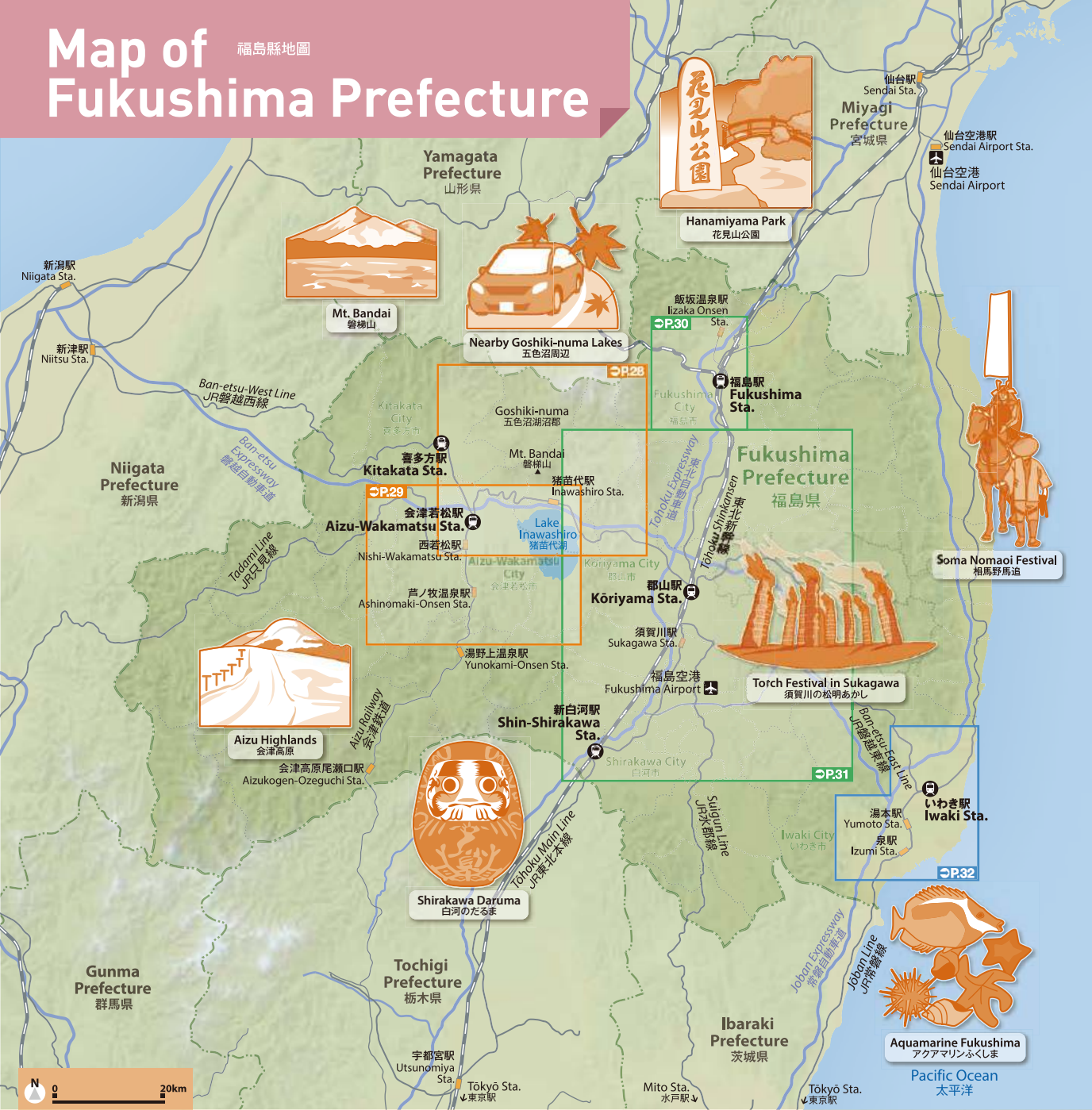
3 Basic icons

基本符號



Map of Fukushima Prefecture

福島縣地圖



Fukushima Prefecture Event Calendar

福島縣活動行事曆

<p>Early to mid-February</p>	<p>Ouchi-juku Snow Festival (Shimogo Town) 大内宿雪まつり (下郷町)</p> <p>Tadami Furusato Snow Festival (Tadami Town) 只見ふるさとの雪まつり (只見町)</p> <p>Shirakawa Daruma Market (Shirakawa City) 白河だるま市 (白河市)</p>	<p>Early August</p>	<p>Iwaki Odori Festival (Iwaki City) いわきおどり (いわき市)</p>
<p>End of July</p>	<p>Soma Nomaoi Festival (Minamisoma City) 相馬野馬追 (南相馬市)</p>	<p>Early October</p>	<p>Izaka Kenka Festival (Fukushima City) 飯坂けんか祭り (福島市)</p>
<p>Early August</p>	<p>Fukushima Waraji Festival (Fukushima City) 福島わらじまつり (福島市)</p>	<p>Early October-end of November</p>	<p>Nihonmatsu Lantern Festival (Nihonmatsu City) 二本松の提灯祭り (二本松市)</p>
		<p>Early October-end of November</p>	<p>Nihonmatsu Chrysanthemum Doll Festival (Nihonmatsu City) 二本松の菊人形 (二本松市)</p>
		<p>Mid-November</p>	<p>Sukagawa Taimatsu Akashi Festival (Sukagawa City) 松明あかし (須賀川市)</p>

Click here for information on other events taking place in Fukushima! <http://fukushima.travel>

Aizu Area

会津エリア

會津地區



Bandai Highlands 磐梯高原



Kitakata 喜多方



Aizu-Wakamatsu
会津若松

Aizu-Wakamatsu Wide Area
会津若松広域



Nakadori Area

中通りエリア

中通地区



Fukushima Wide Area 福島広域



Hamadori Area

浜通りエリア

濱通地区

Iwaki
いわき



Top Photo Spots!

攝影景點精選!



The mountain is full of flowers in various colors!

FUKUSHIMA Flora Calendar

FUKUSHIMA MAP



* 福島花曆 *

Use this calendar to plan your trip to see some seasonal colors!

確認好花季後，就出發欣賞盛開的花朵吧！

桜など 1 花見山公園

Lovely little flowers create a magnificent view

Cherry Blossoms and more Hanamiyama Park MAP | P.30

Famous flower viewing spot representative of Fukushima Prefecture. Every year, approx. 200,000 people visit from within and outside the Prefecture. Enjoy viewing cherry blossoms in spring, and other flowers throughout the four seasons.

福島縣著名的賞花景點，每年吸引來自縣內外約20萬名遊客造訪。除了春天的櫻花，四季都可以欣賞到美麗花朵。

- 📍 Watari, Fukushima City
- 🕒 Open to public
- 🕒 Open 365 days
- 💰 Free of charge



Best Time to Visit
Early Apr. - early May
(for cherry blossoms)

ニッコウキスゲ 2 雄国沼湿原

The trumpet-shaped flower blooms to around 50 cm in diameter.

Nikko-Kisuge Daylilies Oguninuma Wetlands MAP | P.28

Stretches to the south of Lake Oguni-numa, a caldera lake. The daylilies that bloom in early summer create a view that looks as if there's a carpet of bright golden yellow.

位於破火山口湖「雄國沼」南方。初夏盛開的北萱草，看起來就好像替大地鋪上淺橘色地毯。

📍 Within the nationally owned forest land, Nekomayama, Hibara, Kitashiobara Village

- 🕒 Open to public
- 🕒 Open 365 days
- 💰 Free of charge

Take a picture with the surrounding mountains



Best Time to Visit
End of Jun. - early Jul.

紅葉 3 裏磐梯高原

Goshiki-numa Ponds pictured with a Japanese maple tree

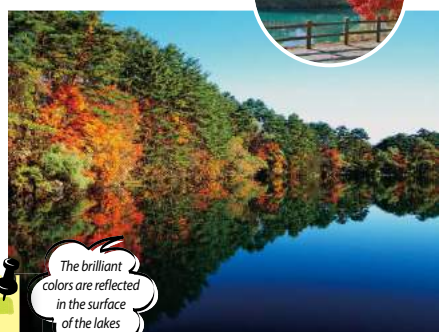
Autumn Leaves Urabandai Plateau MAP | P.28

In autumn, trees painted in red and yellow delight those who visit the Goshiki-numa lakes and the cluster of other lakes and ponds.

到了秋天，樹葉染成紅色與黃色，襯托著五色沼等湖沼群風景，在訪客眼前交織出賞心悅目的景致。

- 📍 Kitashiobara Village
- 🕒 Open to public
- 🕒 Open 365 days
- 💰 Free of charge

Best Time to Visit
Mid Oct. - early Nov.



The brilliant colors are reflected in the surface of the lakes

The height of the tree is an incredible 13.5m!



桜 Cherry Blossom Tree

4 三春滝桜

Miharu Takizakura (Waterfall Cherry Blossoms) MAP | P.31

- 📍 Sakurakubo, Taki, Miharu Town
- 🕒 6:00-18:00 (until 20:30 during the period when the tree is lit up)
- 🕒 Open 365 days
- 💰 ¥300 (only when the cherry blossoms are in bloom)

Best Time to Visit
Mid Apr. - late Apr.



Miharu Takizakura, recognized as a Natural Monument of Japan, is estimated to be over 1,000 years old. Its name "Takizakura" (waterfall cherry blossoms) comes from its appearance during spring.

推估樹齡1000年以上的櫻花，獲指定為國家天然紀念物。由於盛開的櫻花宛若瀑布（瀧），故稱作「瀧櫻」。

Useful Japanese Expression

實用日語會話

Everyday conversation / greetings 日常會話

hai / iie はい いいえ	Yes / No 是 / 不是	sumimasen すみません	Excuse me. 不好意思
konnichiwa こんにちは	Hello. 您好 (午安)	gomennasai ごめんなさい	I'm sorry. 對不起
sayōnara さようなら	Good-bye. 再見	oishidesu おいしいです	It's delicious. 好吃
arigatō gozaimasu ありがとう ございます	Thank you. 謝謝		

Useful expression 實用會話

~ni ikitai desu ~に 行きたい です	I would like to go to ---. 我想去……。
~wa arimasuka? ~は ありますか	Do you have ---? 有……嗎?
~o kudasai ~を ください	Please give me ---. 請給我 -
~wa dokode kaemasuka? ~は どこで 買えますか	Where can I buy ---? 在哪裡可以買得到……?
ikura desuka? いくら ですか	How much is it? 多少錢?
dorega osusume desuka? どれが おすすめ ですか	Which do you recommend? 您推薦哪一個?
kore wa nandesuka? これ は 何ですか	What is this? 這是什麼?
itsu shuppatsu desuka? いつ 出発 ですか	When is the departure? 什麼時候出發?
itsu touchaku shimasuka? いつ 到着 しますか	When is the arrival? 什麼時候到達?
~wa dokodesuka? ~は どこですか	Where is ---? - 在哪裡?
jikan wa donokurai kakarimasuka? 時間 は どのくらい かかりますか	How long does it take? 需要多少時間?
shashin o totte kudasai 写真 を 撮って ください	Please take a photograph. 請幫我拍照。
toire o kashite kudasai トイレ を 貸して ください	May I use your restroom? 我想借用洗手間。

Useful words

實用單字

kūkō 空港	airport 機場
ATM ATM	ATM (automatic teller machine) ATM
basu noriba バス乗り場	bus stop 公車站
chikatetsu 地下鉄	subway 地下鐵
kippu uriba 切符売り場	ticket counter 售票處
konbini コンビニ	convenience store 便利商店
toire トイレ	restroom 洗手間
byōin 病院	hospital 醫院
kōban 交番	police box 警察局
kankō annaijo 観光案内所	tourist information desk 旅遊諮詢服務中心
eki 駅	station 車站
kyō 今日	today 今天
ashita 明日	tomorrow 明天

Troubles 發生問題

guai ga warui desu 具合 が 悪い です	I don't feel well. 我覺得很不舒服。	~o nakushi mashita ~を なくし ました	I lost my ---. 我的……不見了。
keisatsu(kyūkyūsha) o yonde kudasai 警察 (救急車) を 呼んで ください	Call the police/an ambulance. 請叫警察 (救護車)。	nihongo ga wakarimasen 日本語 が 分かりません	I don't understand Japanese. 我不會日語。

Shopping & Restaurant 購物&餐廳

motto ōkii (chiisai) saizu wa arimasuka? もっと 大きい (小さい) サイズ は ありますか	Do you have a larger/smaller size? 有再大一點 (小一點) 的尺吋嗎?	shichaku shitemo iidesuka? 試着 しても いいですか	May I try this on? 可以試穿嗎?
chigau iro (dezain) wa arimasuka? 違う 色 (デザイン) は ありますか	Do you have a different color/design for this? 有其他的顏色 (款式) 嗎?	kādo de shiharai dekimasuka? カード で 支払い できますか	May I pay with a credit card? 可以使用信用卡嗎?
betsubetsu ni tsutsunde kudasai 別々 に 包んで ください	Please wrap them separately. 請幫我分開包裝。	tabekata o oshiete kudasai 食べ方 を 教えて ください	Please tell me how to eat it. 請教我吃法。
chugokugo (eigo) wa hanasemasuka? 中国語 (英語) は 話せますか	Do you speak Chinese/English? 會說中文 (英文) 嗎?		

Tourist Information

觀光介紹

JR Fukushima Station JR福島站

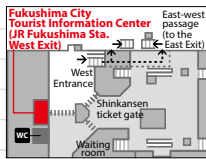
Fukushima City Tourist Information Center (JR Fukushima Sta. West Exit)

福島市觀光諮詢處 (JR福島站西口)

Located in front of the Shinkansen ticket gate.
Momorin the rabbit makes the office easy to find.
English-speaking staff are available.

位於新幹線驗票口前，門口的兔子「MOMORIN」
玩偶相當顯目。有會說英文的服務人員。

- ☎ 024-531-6428
- 📍 1-1 Sakaemachi, Fukushima City
- 🕒 9:00-18:00
- 🕒 Open 365 days



Fukushima City Tourist Information Center (JR Fukushima Sta. East Exit)

福島市觀光諮詢處 (JR福島站東口)

Located to the side of the front entrance of the
east exit ticket gate. You'll find information and
materials written in English and Chinese.

位於東口驗票口正面玄關旁邊。提供英文、中
文資料。

- ☎ 024-522-3265
- 📍 1-1 Sakaemachi, Fukushima City
- 🕒 9:00-18:00
- 🕒 Dec. 29-Jan. 3



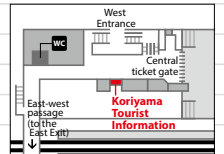
JR Kōriyama Station JR郡山站

Koriyama Tourist Information

郡山市觀光諮詢處

Located on the 2nd floor of Kōriyama Sta., about 50 m from the
central Shinkansen ticket gate. English-speaking staff are always
available.

位於郡山站二樓，距離新幹線中央驗票口約50公尺。有會說英
語的工作人員常駐。



- ☎ 024-924-0012
- 📍 JR Koriyama Station 2F, 195
Hiuchida, Koriyama City
- 🕒 9:00-17:30
- 🕒 Open 365 days

Aizu-Wakamatsu Area 會津若松地區

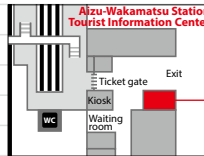
Aizu-Wakamatsu Station Tourist Information Center

會津若松站觀光諮詢處



Located in front of the ticket gate.
Sightseeing pamphlets on the Aizu
area available in English, Chinese,
and Korean.

一走出驗票口的正右方。提供英
文、中文、韓文版會津地區觀光
資料。



- ☎ 0242-32-0688
- 📍 1-1 Ekimaemachi,
Aizuwakamatsu City
- 🕒 9:00-17:30
- 🕒 Open 365 days

Tsurugajo Castle Tourist Information

鶴城觀光諮詢處

Located at the sightseeing spot, Tsuruga-
jo Castle. You can rent a bicycle for ¥500
a day. (Apr.-Nov.)

位於觀光景點鶴城。提供自行車出租
服務，1天500日圓。(4~11月)

- ☎ 0242-29-1151
- 📍 1-1 Otemachi, Aizuwakamatsu City
- 🕒 8:30-17:00
- 🕒 Open 365 days

JR Shirakawa Station

JR白河站

Shirakawa Tourism and Local Produce Association

白河觀光物產協會

Located inside JR Shirakawa Station, this information desk provides
sightseeing pamphlets.

位於JR白河站內，可來此索取觀光資料。也有出租自行車。

- ☎ 0248-22-1147 📍 1-2 Kakunai, Shirakawa City
- 🕒 9:00-18:00 (Closes at 17:00 during winter)
- 🕒 End-of-year and New Year holidays

JR Iwaki Station

JR磐城站

Iwaki Tourist Information

磐城市綜合觀光諮詢處

Opened in December 2019 after expansion. Now even more convenient with
Wi-Fi service.

2019年12月擴大規模後對外開業。現在設置有Wi-Fi，更加便捷。

- ☎ 0246-23-0122 📍 38-6 Tamachi, Taira, Iwaki City
- 🕒 10:00-18:00 🕒 Jan. 1

Please tell us your opinions and impressions so that we can make an even better magazine. We will select five winners from questionnaire respondents to receive a gift. Winners will receive the prize by mail.

***Entry deadline: February 28, 2021**

為了製作更優良的出版品，請將您的寶貴意見與感想告訴我們。
只要回答問卷即可參加抽獎。獎品贈送 5 位幸福中獎者。
獎品將寄送給中獎者，不另行公佈中獎者名單。

※ 活動截止日期為 2021 年 2 月 28 日。



"Akabeko" the Amulet Folk Toy

In Fukushima prefecture, as well as the Tohoku region in general, cows and bulls are called "beko" (they are normally called "ushi"). Akabeko is folk craft made from papier-mâché. It is said that if you keep one nearby, it will ward off disease and disaster. It is well-loved by locals but is also popular as a souvenir.



Complete the questionnaire online:
www.goodlucktrip.jp/fukushima2003

至網站 [www.goodlucktrip.jp/fukushima2003]
在線上作答。



Thank you for your cooperation. | 敬請多加協助。
The GOOD LUCK TRIP editorial team | GOOD LUCK TRIP 編輯部敬上

Q1 Have you ever visited Fukushima prefecture?

您以前來過福島縣嗎？

- 1) Yes 2) No

Q2 Do you plan to visit Fukushima prefecture in the future?

是否有今後來福島縣旅遊的計劃？

- 1) Yes 2) Thinking about it 3) No

Q3 Where did you get this issue of Good Luck Trip Fukushima?

您是在何處取得這本「Good Luck Trip Fukushima」？

- 1) Travel Agency 2) Travel Fair 3) Airport 4) Train Station 5) Tourist Information Center
6) Hotel 7) E-book 8) Other (Please specify: _____)

Q4 Which articles did you find interesting?

您覺得哪些內容比較有用？

- 1) Hot Springs 2) Gourmet 3) Experiences 4) Souvenirs 5) Area Information
6) Maps

Q5 Please let us know if you have any other suggestions or comments:

其他意見和感想

(_____)

WEBSITE

www.goodlucktrip.jp/fukushima2003

Diamond-Big Co., Ltd. 2-9-1 Hatchobori, Chuo-ku, Tokyo, 104-0032, Japan

Thank you for your cooperation | 感謝您的合作