Welcome to Gunma
Gunma Prefecture, in the Heart of Japan

Welcome to Gunma
One hour away from Tokyo!

From Narita Airport
Narita IC
Expressway (180 min)

Narita Airport Line (90 min)

From Haneda Airport
Kuko Chuo IC
Expressway (220 min)

Haneda Airport Line (190 min)

From Niigata Airport
Niigata Airport IC
Expressway (235 min)

Niigata IC (210 min)

From Ibaraki Airport
Ibaraki-kuko-kita IC
Expressway (110 min)

To Sightseeing Areas

Takasaki IC

Matsubara
Kiryu

Shiroishi

Misumi

Kaga

Kotani

Kawagoe

Kawagoe Expressway (24 km)

Ibaraki-kuko-kita IC

Niigata IC

Narita IC

Minakami Oze

Narita Airport

Please be advised that time schedule above may change depending on conditions such as weather, traffic and so on.
Minakami 18 Onsen Areas

Minakami 18 Onsen Area
Located in the midst of the great natural landscapes with 18 Onsen resorts, each resort has unique characteristics.

Minakami Gorge
This gorge is carved by Tone River. One of the highest parts of the gorge is 860m up, creating a fairy tale-like scene.

Takaragawa Onsen
Onsen in the midst of mountains. The most famous is Takaragawa Bath. The magazine reports speaking to cover its attraction.

Hoshi Onsen
This wooden bathhouse has over 100-year history. Hot spring water flows out from the beneath.

Saruagawa Onsen
This onsen resort commands beautiful vistas of the great Tange River and Lake Koyama.

Kamimuku Onsen
Located along Tone River with a long history as a medical hot spring.

Paragliding
Fly up the big way of Minakami, One-day experience course and tandem flying course with a veteran flyer are available.

Mt. Tanigawadake
It is one of the '100 Mountains of Japan'. The Tanigawadake Ropeway commands a magnificent view of Tenjindaira.

Ichinokura Valley
One of the three major rock faces of Japan. There are some routes to see the valley which are suitable for trekking.

Winter Activities
Enjoy various kinds of winter activities with powdery snow.

Takumi-no-Sato
Takumi-no-Sato is home to many establishments that make traditional handicrafts including woodwork, bamboo work, and Japanese paper. Come and try your hand at making something you'll enjoy while being taught by a craftsperson. Takumi-no-Sato is even featured in the Michelin Guidebook.

Minakami Fruit Land Mogitore
Enjoy fruit picking depending on the season such as strawberries in the winter, blueberries and peaches in the summer, and apples in the autumn. Cakes made from seasonal fruit are also popular.

Roadside Station Mizukikkan
Refresh your feet in foot bath while enjoying aquarium of freshwater fish beside the clear water of Tone River.

Suwakyo Gorge
Huge rocks, waterfalls and a swing bridge are popular. Outstanding rock face at Maple Park magnify the beauty of the gorge.

Dam curry rice
Minakami Town has 5 dams, and is known as the water reservoir of Kanto Region. This full-sized Dam-looking curry is served at inns and restaurants in the town.
Ikaho Onsen

Shibukawa City

Ikaho Onsen

Ikaho Onsen is famous for two types of hot waters: "Kogame-no-Yu (Golden water)") and "Shirakami-no-Yu (Silver water)"). The resort is surrounded by many attractions such as Lake Hanzawa.

Access

Ikaho Steps

The Ikaho steps are one of the symbols of Ikaho Onsen. There is a steep hillway up for tourists to rest.

Yumohana Manju

The brown bun was made to resemble the color of brown Ikaho's hot spring water.

Ikaho Green Bokujir

Have fun with animals. It is worth watching trained sheepdogs control sheep.

Ikaho Toy, Doll and Car Museum

Toys, dolls, and classic cars are exhibited. Anyone of any age can enjoy the attraction of this museum.

Hara Museum Arc

A modern art museum that exhibits superb pieces of art from Japan and overseas, as well as antique treasures of the museum.

Ikaho Hawaiian Festival

Hawaiian and Shibukan dance and songs. Every summer, the Onsen town becomes the Hula Dance capital.

Mizusawa Kannon

The main hall erected in 1787 is an Important Cultural Property. The sitting figure of Kamata Nyorai in the Shokado is a Kannon famous for granting blessings.

Mizusawa Udon

The udon is one of the four main udon noodles in Japan with over 400-year history.

Ikaho Open-Air Bath

A public bath in Ikaho Onsen. A soak in the hot springs is perfectly in spring.

Shakei toy-gun shooting

Load a toy gun with corn-bullets and aim at your favorite prize.

Shima Onsen

Japanese/Western “Sweets” trail in Shima Onsen

Shima Onsen offers Japanese and western confectioneries stores. They are very popular among female visitors.

Onsen goods

- Apple shop’s Body Soap
- Shiramo Onsen Moisturizing Mist
- Shiramo Onsen Soap

Shiramo Onsen is surrounded by the beauty of nature like mountains and hills from the hot spring and is a very popular destination for accommodations with historical values and nostalgic town.

Access

- From JR Kintetsu Uda Station: 15 min by Express Bus
- From Osaka Station: 1h 10min by Train, 1h 20min by Car

Ochiai Street

There are restaurants, souvenir shops, and small play centers.

Nakanojo Town

Chatsubomi Moss Park
Extensive growth of rare chatsubomi moss that only grows near acidic water can be found at this park. The bright green color looks even brighter in spring and summer.

Lake Nozoriko
Highland dam lake surrounded by 3,000 m mountains.

Nakanojo Biennale
This art festival is held every two years and many artists and paintings from around the world.

Lake Shimako
Enjoy lake cocktails and stand-up paddleboarding. It is surrounded by the beauty of nature. We recommend coming to see the beautiful blue waters of the lake in spring.

Hinatatmi Yakushido
Yakushido Buddha is said to have subdued demons by chanting and has been worshipped for constipation.

Public baths, spring water drinking and foot bath
**Spring in Gunma**

- **Tomioka Silk Mill**
  The first government-operated machine-reeling plant in Japan was founded in 1872 and is designated as a World Heritage Site in 1997. The site increases its beauty when lit up at night.

- **Silk products**
  Silk made from Tomioka cocoon is used in textile products. Scarves and cosmetic products have also been developed from silk.

- **Shikishima Park Kadozuka Techno Rose Garden**
  Shikishima Park has 7,000 roses blooming from mid-May through mid-June. Night time lighting is a must-see.

- **Kaneko Seeds Gunma Flower Park**
  200,000 tulip flowers fully bloom across the park. Cherry blossoms, daffodils, and roses are all impressive, a must-see.

- **Nakatsugawa Shrine Shimenta Town**
  At the shrine stands the largest Dassaku statue in Japan (20m tall, weighs 40 tons).

- **Byakue Daisho-Kannon Saku City**
  Go inside the statue of Goddess of Mercy with the height of 41.9m and see 20 smaller Buddha statues.

- **Akagi Namnen Senbonzakura**
  1.3 km-stretch of Somei-yoshino cherry blossoms, especially impressive at night when lit up.

- **Mt. Myogisan**
  The 1,104 m-high Mt. Myogisan is one of the Three Famous Mountains in Gunma. This rocky climb creates a perfect view when cherry blossoms or autumn leaves appear.

- **Kazanji Park**
  Somei-yoshino cherry blossoms and azaleas are beautiful in April and May. The dimpled-tennis wheel offers a spectacular view.

- **Shirojuku Chibukawa City**
  Shirojuku retains Edo Period (1603–1867) atmosphere. Shirojuku Cherry Festival is held in late April.

- **Fujin no Saku-oka**
  Enjoy 250 m-long wisteria trees and exhibition garden with 45 varieties of wisteria.

- **Gunma Safari Park Tomioka City**
  Some 1,000 animals with 100 different species roam in the park.
**Tobu Treasure Garden (Nakamura City)**
The park of 8 hectares holds beautiful flowers, including roses, in different themes.

**Koinobori Festival (Tobu City)**
Enjoy an outstanding view of thousands of carp streamers (Koinobori).

**Takoujigaoka Park (Tobu City)**
There are over 300 years old chestnut trees, rare old Edohikishima variety azaleas and many other types of azaleas.

**Numata City**
This hot spring resort is close to Funikuranso-Taki Falls and Kajishima Gorge. Its spring is known as the Spring of Beauty and Healing.

**Ogami Onsen (Numata City)**
At the festival, people can experience the world's longest masuoki (108 m) of serpent God around Ogami Onsen.

**Ogami Onsen "Dalai" Festival (Numata City)**

**Hachiojiyama Park (Otai City)**
300 cherry trees and moss phlox flowers bloom in every spring. 30,000 square of azalea bloom subsequently.

**Agediura boat at Yata River (Takasuki City)**
Agediura is a boat used to escape in flood in old days, now used for sightseeing in Yata River.

**Takasuki Pasta (Takasuki City)**
Takasuki is known as The Town of Pasta. Many restaurants offer a wide range of menu at reasonable prices.

**Misato Moss Phlox Park (Takasuki City)**
Its 2.9 hectare site becomes a carpet of shibazakura or moss phlox flowers.

**Gunma Things to do Spring**

**Rakusan-en (Kanai Town)**
It is the only garden with water-feature design in Gunma that is feudal lord in Edo Period (1603-1867) established.

**Trolley trains on Watarase Keikoku Railway (Takatsudo Gorge, Gunma City)**
No-window train travels above the beautiful green gorge of Watarase River. 300 hinamomo peach trees bloom in early April.
Isobeysana

Enjoy fresh trout dishes while enjoying the river scenery.

Jusugoe Tetsudo Bunka Mura

This is a railroad theme park that tells the history of the local railroad and locomotives.

Megane Bash Bridge and Apt road

This 31-meter high brick railroad bridge is the largest in Japan and also called Mango Bridge. It is famous for its shape. The bridge is now a walking trail called the "Apt road".

Sky Bridge

Numerous large stone pillars in the limestone caverns fill up creating a mystical atmosphere. And the 60-meter high suspension bridge affords a magnificent view.

Alai-no-Oka

Men should love at women on their mind on Alai-no-Oka or "The Hill of Devoted Husband" in the middle of a vast cabbage field.

Tatebayashi Tazutsu

The impressive fireworks are shot from hand-held huge cylinders and can be seen in only Tatebayashi during Kanto area.

Haruna Fruits Road

Haruna area is famous for fruits such as blueberries, peaches and Japanese pears.

Ojima Neputa Festival

"Ojima neputa" is a traditional float, with the festival Japanese dance, and Chinese lanterns make a spectacle in a festive night.
Autumn

Manza Onsen
This milky white hot spring is particularly popular among women for its skin softening qualities.

Mt. Asama Magma Stone Park
The lava from Mt. Asama formed a unique landscape. The scenery shows the harshness of the eruptions in the past.

Agatsumakyō Gorge
Asagiri Town
Agatsumakyō Gorge is a steep gorge with a river flowing beneath it, and it is known as the National Natural Monument. There are a lot of amazing natural formations such as stone steps, waterfalls, and trees that stand out beautifully decorated with autumn leaves.

Kawaba Denen Plaza
Kawaba Village
Taste the local delicacies at restaurants and have fun with food workshops on its vast premises at the foot of Mt. Hotaka-yama.

TOGOKU BUNKA
The Culture in the Edo Period of Ancient Japan
TOGOKU BUNKA tells a story of a thriving civilization that developed from the Kofun Period to Heian Period in the region that is now called Tohoku.

Ginhikari
Throughout the Prefecture
Try Gunma’s select salted rainbow trout. Recommended to eat as SASHIMA.

Usaburo Kokeshi
Throughout the Prefecture
A kokeshi doll is a wooden carved doll, which is made in Koma-cho, Gunma Prefecture.

Okkiri
Throughout the Prefecture
Okkiri is a local dish, which is cooked in a way the noodles are cooked with seasonal vegetables and mushrooms.

Apple Picking
Throughout the Prefecture
Enjoy picking a wide variety of apples like Gunma Megatsu and Akagi across Gunma.

Kichijoji Temple
Kawaba Village
Kichijoji Temple is a Zen temple which was built in 1336. It is renowned for its seasonal flowers. You can leisurely stroll in the garden which is beautifully colored with autumn leaves.

Illumination at Kajika-bashi Bridge
Shibukawa City
Enjoy one of the best red leaves spot in Kajika Onsen especially in late October. The leaves are lit up at night offering beautiful scenery.

Konaka Otaki Falls
Arita Town
Take a spectacular view from Kawasakikawa Otaki bridge, a thrilling suspended bridge with stairs.

Gunma Things to do
Autumn
**Tsukyono Vidro Park**
Mitsukaido Town

Factory Tours are offered as well as classes of glass blowing and music box making.

**Grape Picking**
Throughout the Prefecture

Various types of grapes are grown, including Delaware and Kyoho.

**Shinto Winery**
Shinto Village

See the whole process of Shinto Village's specialty grown grapes turn into exquisite wine, and taste the wines at the adjacent shop.

**Mt. Harunasan**
Takasaki City

One of the Three Famous Mountains of Gunma. Drapes of red leaves appear in mid-October through early November.

**Haruna-jinja Shrine**
Takasaki City

This section of the 1,400-year-old shrine is listed as the national cultural asset.

**Sakurayama Garden**
Fujoka City

About 7,000 winter cherry trees are in bloom during November to December.

**Japanese Pears of Mewa**
Mewa Town

Mewa-machi is known for its productive Japanese pears and the most notable. There are a lot of pear farms in the town, where local fruits are quite famous. Also, you can find many roadside produce stands by migrating.

**Kiryu Tenmangu Shrine and Kiryu Fashion Week**
Kiryu City

Kiryu Tenmangu is selected as an important traditional establishment. Every second year, Kiryu traditions are a week long, a real glimpse of the city.

**Isesaki Tokan**
Isesaki City

The area around Isesaki Mimasu and Kyushisho, an old-fashioned festival, will be set with 3,000 candles, creating a magical atmosphere.

**Haruna-jinja Shrine**
Takasaki City

This section of the 1,400-year-old shrine is listed as the national cultural asset.

**Akabori Kogiku-no-Sato**
Soma City

Nearly 20,000 kogiku, or small chrysanthemums are bathed in vibrant red and beautifully bloom in mid-October.

**Himokawa Udon**
Kiryu City

Himokawa is a kind of udon noodle popular in Kiryu. Its taste is characterized by thin and wide udon noodle. Its width is 1.5 centimeters - over 10 centimeters, depending on each restaurant.

**Irajuku Museum**
Matsuo City

Ancient stone artifacts and specimens unearthed from the ruins are exhibited in the museum. You can taste delicious food here.

**Annual Kanto Chrysanthemum Display**
Matsuo City

This is the largest festival of chrysanthemum flowers in northern Kanto.
Gunma is surrounded by mountains, blessed with rich snowfall. It enables tourists to enjoy various kinds of winter activities.

**Winter Activities Throughout the Prefecture**

Snowshoeing

Located in the remotest part of the Asama-Yakushi Onsen Area, the mountain ryokan offers the atmosphere of a secret onsen.

Snow Tubing

Snow Rafting

Roadside Station Nakayamabonchi Takayama Village

It is a shy top green facility where visitors can enjoy two types of hot springs.

Lockheart Castle Takayama Village

The building was originally built in Scotland. Then it was removed and rebuilt before renamed as Lockheart Castle in Gunma.

**Gunma Astronomical Observatory**

The observatory has one of the world’s fastest telescopes, with a diameter of 150cm.

Yukake Festival at Kawarayu Onsen Nagano Town

In this unique festival, you’ll enjoy drinks each other with hot water in clay heating ovens.

Yakushi Onsen Shiga-kogen Town

Joshu Wagyu beef, Shimotsu kiwami and kuroku shi are Gunma specialties. Enjoy all of these in a delicious sukiyaki pot.

Sukiyaki Throughout the Prefecture

Local sake Throughout the Prefecture

Makozo is local sake made from Gunma’s pure natural water, rice and yam developed in Gunma.

**Maebashi Hatsuichi Festival**

Stalls are lined up on the street and crowded with people who come to buy lucky charms and taste at night. During the festival burning, old Gunma dolls and the parade of portable shrines are also held.
Winter

- **Daruma Doll Painting**
  - Take a look at Daruma dolls being made at workshops or try painting their faces.

- **Illuminations at Lake Haruna**
  - The lake is beautifully illuminated. The ropeway runs at night offering a romantic night view.

- **Isobe Onsen**
  - The onsen mark originated here and is now commonly used in Japan.

- **Shoninji Daruma Temple**
  - A bustling winter festival, Shoninji Nankakusa Taisha Daruma-ishi (Daruma Fair), is held every year in January.

- **Robai-no-Sato**
  - These sweetie contain carbonated water of isobe Onsen.

- **Tsuchi-to-Hino-Sato Park**
  - This park is surrounded by mountains and Ayu River. Try a variety of crafts.

- **Isobe Senbei**
  - These sweetie contain carbonated water of isobe Onsen.

- **Yakimanju**
  - Yakimanju is Gunma’s specialty snack made by putting sweet and savory miso sauce on wheat balls and grilling them.

- **Joshu Yakimanju Festival**
  - This Yakimanju is 300 times bigger than normal size and served to visitors.

- **Kiryu the City of Textiles**
  - Textile factories with saw-toothed roofs still remain in Kiryu. These markets where visitors can get antique kimono are held every month.

- **Kiryu Textile**
  - The old saying “Nanjin in the West, and Kiryu in the East” proves the high-quality textile technology in Kiryu.

- **Ota Illumination**
  - Enjoy otherworldly scenery as you walk around a specially lit slope set aside in the park.

- **Illuminations in Gunma Flower Park**
  - Over 1,000,000 lights of illumination decorates the park fantastically.

- **Kirei Illuminations**
  - Enjoy the special lighting within the park while riding the Ferris wheel.
Recommended Routes in Gunma

Kusatsu Onsen Area
- Kusatsu Onsen Bus Terminal
  - Yutaka: 5 min walk
  - Kusatsu Udon: 15 min walk
  - Yunori: 15 min walk
  - Stay at Kusatsu Onsen

Minakami 18 Onsen Areas
- Minakami Station
  - 20 min walk
  - Minakami Onsen

Ikaho Onsen Area
- Shibukawa Station
  - 15 min by bus
  - Ikaho Onsen

Shima Onsen Area
- Nakanojo Station
  - 15 min by bus
  - Lake Shikotsu
  - Otaki: 30 min by bus
  - Shima Onsen

Kiryu and Midori Area
- Kiryu Station
  - 10 min by bus
  - Kiryu Takemine
  - 10 min by train
  - Textile Museum "Yukita"
  - Nakano Station

Tomioka and Takasaki Area
- Joshu-Tomioka Station
  - 10 min walk
  - Joshu-Tomioka Station
  - Tomioka SKI M1
  - Takasaki Station

Contact
Gunma Prefectural Government
Tourism and Local Products Division
1-1-1 Ote-machi, Maebashi-shi, Gunma
371-8570
https://visitgunma.jp/en/
hits://www.facebook.com/visitgunma.En
https://instagram.com/visitgunma

Gunma Association of Tourism, Local Products & International Exchange
Gunma Kaikan 3rd Floor
2-1-1 Ote-machi, Maebashi-shi, Gunma
371-0026

Takasaki Tourist Information Center (JR Takasaki Station)
222 Yashima-cho, Takasaki-shi, Gunma
370-0849

Safety Tips
Disaster information app (free)

Published by Gunma Prefectural Government
JR TOKYO Wide Pass
Consecutive 3-Day Pass

Step out to the unknown!

Kusatsu Onsen
Takaragawa Onsen
Akagi Nanmen Senbonzakura (Akagi Cherry Blossoms)
Tomioka Silk Mill
Shima Onsen

https://www.jreast.co.jp/e/tokyowidepass/

The information provided is current as of September 2019.