Hello Kitty will be your tour guide for Yamanashi, Home of Mt. Fuji!

Yamanashi - Japan

Guide for foods and shopping

Food

Fruits, local cuisine, wine and sake, and more. This guidebook introduces you to the rich variety of wonderful food and shopping found in Yamanashi. So, let's take a look!

Takeda Hishimaru
Captain of the Tourist Caravan
Yamanashi, Home of Mt. Fuji
Yamanashi is known for growing juicy fruits year-round. Enjoy these fresh, delicious gifts from nature with a sweetness that melts in your mouth.

Yamanashi is not only the birthplace of Japan’s wine industry but offers many unique wineries. In addition, Yamanashi is a popular Japanese sake brewery region thanks to clean water springs.

Fruits

Concierge
Christine Haruka
A Japanese-Swiss TV personality who loves Yamanashi.

Wine & Sake
Cuisine Rich with Variety

Yamanashi’s local cuisine is very creative, offering both a "homemade" and "specialty" taste that is unique to the region.

Traditional Products Crafted by Artisans

Yamanashi’s traditional products feature beautiful designs and excellent craftsmanship. They are carefully crafted with Yamanashi pride.

Local Cuisine

Shopping
Strawberry

Strawberries are usually only available from the winter through the spring, but now a new type of strawberry is also available to enjoy during the summer.

Enjoy Yamanashi’s fruits that are in season.

Yamanashi offers fruits year-round for everyone to enjoy. Yamanashi is the number 1 producer of peaches and grapes in Japan!

Cherry

Cherries are ready for harvesting from around the middle of May. They are considered a delicacy in Japan.

Plum

Yamanashi grows various types of plums, including very large ones like the "Kiyo".

Peach

Freshly picked peaches can be enjoyed in the beginning of the summer.

Grapes

Grapes are in season from the summer until the fall. Many varieties are grown.

Choose from many varieties, including easy-to-eat seedless grapes and grapes with edible skin!

Blueberry

Blueberries can be enjoyed from the beginning of the summer. This sweet, bite-size fruit is very cute.

Yamanashi Fruits Calendar

<table>
<thead>
<tr>
<th>Fruit name</th>
<th>Apr</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
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<td>Blueberry</td>
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</tbody>
</table>

Landscape emblematic of Yamanashi

Vast grape vineyards are the first thing that stands out when entering the Kofu Basin.

Persimmon

This fruit is reminiscent of an autumn visit. Dried persimmons (Korogaki and Anpogaki) are also available.

Persimmons being dried out in the open inspires poems about autumn.
Enjoy Picking Fruits!
Visitors can go to Yamanashi farms and pick fruits with their own hands and eat. Come out and experience picking all kinds of fruits.

Strawberry Picking
Pick bright red strawberries. Eating them with condensed milk is also good!
Cost: about 1,500 yen
Areas: Kofu and Shosenkyo Gorge Area, Mt. Fuji and Lake Fujigoko Area

Cherry Picking
These red gems are ripened on the branch. Come out and pick these fruit delicacies!
Cost: about 2,000 yen
Areas: Kofu and Shosenkyo Gorge Area, Mt. Yatsugatake and Nirasaki Area, Minami Alps and Fuji River Basin Area, Mt. Fuji and Lake Fujigoko Area

Peach Picking
This fruit is reminiscent of a summer visit. Eat them while they are hard and fresh.
Cost: about 1,500 yen
Areas: Kofu and Shosenkyo Gorge Area, Mt. Yatsugatake and Nirasaki Area, Minami Alps and Fuji River Basin Area, Mt. Yatsugatake and Nirasaki Area

Grape Picking
Which grapes do you like? Many varieties are available to taste.
Cost: about 2,000 yen
Areas: Kofu and Shosenkyo Gorge Area, Mt. Yatsugatake and Nirasaki Area, Minami Alps and Fuji River Basin Area

Blueberry Picking
Visitors can enjoy a refreshing sweetness from the blueberries that are freshly picked.
Cost: about 1,000 yen
Areas: Kofu and Shosenkyo Gorge Area, Mt. Yatsugatake and Nirasaki Area, Minami Alps and Fuji River Basin Area

Fruit Map

Yamanashi Web page
"Yamanashi Umai Net" provides information about local cuisine as well as fruits, wines, Japanese sake and many other delicious Yamanashi foods. Feel free to look at it for more detailed information on fruit picking.

www.yamanashi-kankou.jp/umainet/

Look at Umai Net for further information!

*The fees listed may vary.*
Japanese Wine

Wine

Find Your Favorite Wine!
Yamanashi is the birthplace of Japan’s wine industry! Many wineries produce unique wine blends.

Enjoy Local Cuisine and Wine Together!
At the winery, visitors can not only try various wines but eat at the restaurants there as well. Pairing locally produced wine and locally sourced ingredients is absolutely fantastic!

World-class "Kosho Wine"
"Kosho Wine," which is made from the old vines of the Kosho grape in Yamanashi, has been praised at international wine competitions and is exported throughout the world. Its refreshing taste is best when paired with Japanese cuisine.

Budo-no-Oka
"Budo-no-Oka" offers an expansive vineyard on a small nearby hill. The underground wine caves store approximately 200 brand name wines available for tasting and purchase. The affiliated restaurant offers great meals paired with Kosho Wine.

Visitors can also enjoy the history behind wine making

Miyakoen
Japan’s first wineries that still exist today. This archives museum offers historical records related to the wines currently being made.
TEL:0553-44-0444
10 min. by taxi from JR Katsunuma-Budoko Sta.

Katsunuma Tunnel Wine Caves
An abandoned railroad tunnel was converted into wine caves offering visitors a very unique experience!
TEL:0553-20-4610
10 min. by taxi from JR Katsunuma-Budoko Sta.

Too many to choose!
Come Visit the Yamanashi Wineries

Yamanashi offers a number of wineries, which produce unique wine blends.

- **Tasting**
- **Tour**
- **Tour (reservation required)**
- **Restaurant**

## Katsunuma Area

1. Kashiwa Wine
   - TEL: 0553-44-0027

2. Fujiclar Winery
   - TEL: 0553-44-3181

3. Marquis Wine
   - TEL: 0553-44-1005

4. Marufuji Winery
   - TEL: 0553-44-0843

5. Katsunuma Winery
   - TEL: 0553-44-0063

6. Ikeda Winery
   - TEL: 0553-44-2190

7. Iwasaki Winery
   - TEL: 0553-44-0020

8. Kurambon Wine
   - TEL: 0553-44-0111

9. Diamond Winery
   - TEL: 0553-44-0129

10. Soryu Winery
    - TEL: 0553-44-0024

11. Ohizumi Winery of Katsunuma
    - TEL: 0553-44-0772

12. Mercian - Chateau Mercian
    - TEL: 0553-44-1011

13. Tomu Winery
    - TEL: 0553-44-0535

14. Chatraoise Belle Foret Winery - Katsunuma Winery
    - TEL: 0553-28-0700

15. Morita Kosho Winery
    - TEL: 0553-44-0102

16. Katsunuma Dainichi Winery
    - TEL: 0553-44-0162

17. Asaya Winery
    - TEL: 0553-44-0100

18. Chuo Budo-sho - Grace Winery
    - TEL: 0553-44-1230

### Winery Map

**Enzan, Yamanashi and Fuefuki Areas**

- **Ushioku Wine**
  - TEL: 0553-33-8080

- **Okunota Winery**
  - TEL: 0553-33-9988

- **Kai Winery**
  - TEL: 0553-32-2032

- **Kizan Winery**
  - TEL: 0553-33-3024

- **Gomi Winery**
  - TEL: 0553-33-3058

- **Enzan Winery**
  - TEL: 0553-33-2228

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**As of September 1, 2015**
Winery Map

Kofu and Shosenkyo Gorge Areas

- Sadoya
  - TEL: 051-35-25010
- Shingen Wine
  - TEL: 0561-233-2570
- Chateau Sakaori
  - TEL: 0561-227-0511
- Kofu Wine Port Domaine Q
  - TEL: 0561-233-4427
- Chateraise Belle Foret Winery
  - TEL: 0561-28-4451
- Suntory Tomi No Oka Winery
  - TEL: 0561-28-7311
- Mount Wine (Shikishima Winery)
  - TEL: 0561-277-2805

Kiyosato, Kobuchisawa and Nirasaki Areas

- Charmant Wine (Elgashima Shuzo)
  - TEL: 0551-35-2603
- Vintage Farm
  - TEL: 0551-42-5085
- Chuo Budoshu - Misawa Winery
  - TEL: 0551-25-4485
- Nohken-En Kasai Winery
  - TEL: 0551-25-5107
- Sun Foods Nirasaki Factory
  - TEL: 0551-22-6654

Otsuki and Tsuru Areas

- Sasaichi Sake Brewery - Shuyukan
  - TEL: 0554-25-2006

Fuji River Basin and Minami Alps Areas

- Rakuen Winery
  - TEL: 0551-273-0026

As of September 1, 2015
Japanese Sake

Sake

This sake is made from rice and crystal clean spring water.

Yamanashi is blessed with an abundance of clean water springs and as a result is a popular sake brewery region. It is great to be able to taste and compare sake from so many sake breweries!

Visit Sake Breweries

Sake is a fermented wine made from rice, water and rice-malt. The process of brewing is extremely particular and complex. Most of the preparations are carried out in the winter. When visiting breweries during this time, visitors can see how Japanese sake is made.

Yamanashi Breweries and Local Sake Labels

Yamanashi breweries and their respective local sake labels are listed below. Each offers a different charming taste. Feel free to taste and compare them!

Characteristics of Sake

Sake is made from rice but some can be made by changing the purity of the ingredients and the procedures. If the term “Junmai” or “Ginjo” is shown on the label, it refers to a specific manufacturing process.

Enjoy Warm Sake

Sake can be enjoyed as a heated or chilled drink. “Okan” refers to warm sake and is a popular drink during the winter.

A ball made from Japanese cedar sprigs is placed on the eaves of the brewery to indicate that the new sake is ready!
Local Cuisines

Old "traditional flavors" are still a favorite
Local Yamanashi cuisine is creative and flavorful, showing Yamanashi’s passion for delicious food!

Yoshida’s Udon
Visitors can enjoy eating soy sauce and miso-based udon, which is made from Mt. Fuji spring water. The lightly salted thick noodles cooked al dente offer a filling meal. There are close to 60 eateries available around the Fujiyoshida area, and many of them offer an eat-in space in the living room of their homes.

Kofu Torimotsu-ni
Torimotsu-ni is a local cuisine that involves giblets stewed with sugar and soy sauce. The stewed giblets offer a salty-sweet sauce that is addictive.

Hoto
Hoto offers a flat noodle served together in a pot with lots of stewed vegetables. Visitors can eat directly from the pot.

Yamanashi B-grade Gourmet
Torimotsu-ni (stewing with chicken giblets) was first served at soba noodle restaurants in Kofu City around 1955. It won the B-1 Grand Prix (B-grade gourmet food competition) in 2010.

Stewed Awabi
Awabi (abalone) is cooked slowly in a soy sauce-based stew. It is then sliced into thin pieces and eaten.

Seafood from a Non-coastal Prefecture
During the Edo Period, abalone was fished from the sea and put in a soy sauce marinade. The abalone was then transported by horse. By the time that it arrived to Kofu it was just ready to be served and eaten.

Yuba
Yuba is made from soy milk. “Minobu Yuba” was first made more than 700 years ago out of concern for the health of Nichiren Shonin.

Mimi
“Mimi” is a traditional dish in Jukkoku, Fujikawaguchiko Town that is made by stewing seasonal vegetables with kneaded flour.

Koshu Wine Beef
Grape pomace, the solid remains of grapes from the wine making process, is used as fodder. This produces a beef with a slight sweetness that is smooth and soft.

Koshu Chicken
Koshu chicken is free range chicken raised in the Koshu’s rich natural environment. This chicken offers sophisticated flavors.

Koshu Fujiyazakura Pork
This pork was produced using a pig breed from Iowa, U.S.A. The pigs are raised in the natural environment that has blessed this area.
Traditional Crafts

Traditional designs that showcase master craftsmanship
The traditional crafts in Yamanashi are all stylish. These cute designs are great for everyday use!

Koshu Inden
Yamanashi’s traditional deerskin leather goods are finished with lacquer and available in various patterns. They were used as a decorative helmet for armor during the Sengoku Period, an era that is marked by near-constant military conflict.

Find Your Favorite Traditional Pattern!
The inden patterns have various meanings. For example, the dragonfly is literally known as the “victory insect” because it can only go or fly in a forward direction. It is said that this pattern was a favorite of warriors.

Kaiki
Kaiki are beautiful silk goods that come from the Gunma region, a textile producing area. The unique woven technique offers a distinct texture.

Jewelry
Yamanashi used to be a region known for producing quartz. Special jewelry making techniques were developed, making this region in Japan one of the most prominent for jewelry production.

Koo-fu
The Koo-fu brand offers well-designed jewelry that integrates both the new and the old. The jewelry shown in the picture is also made by Koo-fu.

Now enjoy Yamanashi in Tokyo too!
Yamanashi shop guide
"Fujinokuni Yamanashi-kan" is a satellite shop and information center that highlights the charm and characteristics unique to Yamanashi. Local Yamanashi specialty goods are available. There is also a wine shop produced by world renowned sommelier Shirya Tasaki and the restaurant Y-wine, so visitors can enjoy Yamanashi wine and food.
Local Sweets

**Enjoy Yamanashi sweets!**

Sweets made in Yamanashi are quite unique. Even the standard Japanese sweets available here are particularly beautiful and delicious.

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**Shingen Mochi**

Soft mochi covered in brown sugar syrup and kinako is a typical sweet available in Yamanashi. Try and eat it without getting your face dirty with kinako!

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**Kurodama**

The jet black balls have a striking appearance. This delicious Japanese sweet is a dark brown sugar coated yoka filled with a sweet green pea paste.

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**Tsuki No Shizuku**

This Yamanashi sweet has a romantic name, “drop of moon”. An entire Kusshu grape is rolled in sugar. Only available in the fall.

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**Michi-no-Eki**

“Michi-no-Eki” is a rest stop where visitors can take a break from driving. It is convenient because visitors can purchase a variety of local specialty goods, including fruits and vegetables. Here is a list:

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<tr>
<th>No.</th>
<th>Location</th>
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<td>1</td>
<td>Tomizawa</td>
<td>28557-1 Fukushi, Nanto-cho</td>
<td>0556-66-2260</td>
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<td>2</td>
<td>Kai-Yamato</td>
<td>2248 Hatazawa, Yamato-cho, Kashi City</td>
<td>0553-48-2571</td>
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<td>3</td>
<td>Narusawa</td>
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<td>0555-85-3930</td>
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<td>4</td>
<td>Mitomi</td>
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<td>0553-39-2580</td>
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<td>5</td>
<td>Shimobe</td>
<td>4121 Furusaki, Minobu-cho</td>
<td>0556-20-4141</td>
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<td>Toyotomi</td>
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<td>0554-52-1811</td>
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<td>Hanakage No Sato Makiona</td>
<td>2120 Mutsushi, Makiona-cho, Yamanashi City</td>
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**Shopping Information**

See locations below for purchasing local Yamanashi specialty goods!

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**Yamanashi Prefectural Local Industry Center**

**Kaiterasu**

There is a wide variety of Yamanashi specialty items available, such as jewelry, inden and other traditional crafts as well as wine and local gourmet food.

**Train Station Stores**

JR Kofu Station (CELEO 2F) | 1-1-8 Marunouchi, Kofu City | 0555-224-2611

Mt. Fuji Station, Fujyukyu Line (Q-STA) | 2-5-1 Kamishima, Fujyukyu City | 0555-23-1111
About Yamanashi Prefecture

Yamanashi Prefecture is situated in the center of Japan. Located next to Tokyo, almost 80% of the prefecture consists of mountains and forests, and it is famous for its rich natural scenery.

The local topography is known as the “Kofu basin,” being completely encircled by mountains. Mt. Fuji, which towers over the land to the south, is Japan’s highest peak, a distinctive symbol of Japan, and listed as a world heritage site. To the north is the Yatsugatake mountain range with the Kiyosato Highlands at its foot. To the west is the Southern Alps, a mountain range listed as a UNESCO Biosphere Reserve (also known as a UNESCO Eco Park in Japan), with some of Japan’s greatest mountains, including Mt. Kai-Komagatake and Mt. Kitadake, its second-highest peak.

The climate of Yamanashi includes large temperature swings between summer and winter; thus, the prefecture undergoes distinctively visible changes between the four seasons. Fruit cultivation thrives by making use of the climate’s temperature range.

Yamanashi has also been famous since ancient times as a source of rock crystals, and it produces more jewelry than anywhere else in Japan thanks to its superior grinding techniques.

No. 1 in Japan

Tallest mountain: Mt. Fuji

No. 1 producer of jewelry

No. 1 producer of mineral water

No. 1 producer of peaches, grapes, and plums
Directions to Yamanashi

Yamanashi-Bound Train and Bus Travel Times

From TOKYO

- From Narita International Airport or Haneda Airport
  - Narita International Airport
    - JR Chuo Line Limited Express: 1 hour and 20 minutes
  - Haneda Airport
    - Expressway bus: 30 minutes

From OSAKA

- From Kansai International Airport
  - By train
    - Shin-Osaka: 2 hours
  - By bus
    - Osaka Bus Terminal: 3 hours and 30 minutes

From KYOTO

- From Kansai International Airport
  - By train
    - Kansai International Airport: 2 hours
  - By bus
    - Kyoto Bus Terminal: 9 hours and 30 minutes

From SHIZUKA

- From Mt Fuji Shizuoka Airport
  - Bus: 55 minutes

From NAGOYA

- From Central Japan International Airport
  - By train
    - Nagoya: 1 hour
  - By bus
    - Nagoya Bus Terminal: 4 hours

Fujisan Activities

Official FUJISAN experience guide provided by Yamanashi Prefecture

Access to Yamanashi is very good. Please come and visit!
Tunnel of Autumn Leaves (Fujikawaguchiko Town)