



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



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YAMANASHI-JAPAN

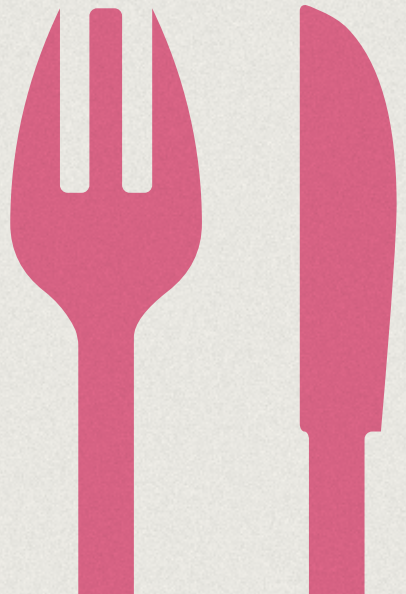
Food

Guide for
foods and shopping



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 Fruits



Taste Premium Wine and Sake



Yamanashi is known for growing juicy fruits year-round. Enjoy these fresh, delicious gifts from nature with a sweetness that melts in your mouth.

Fruits

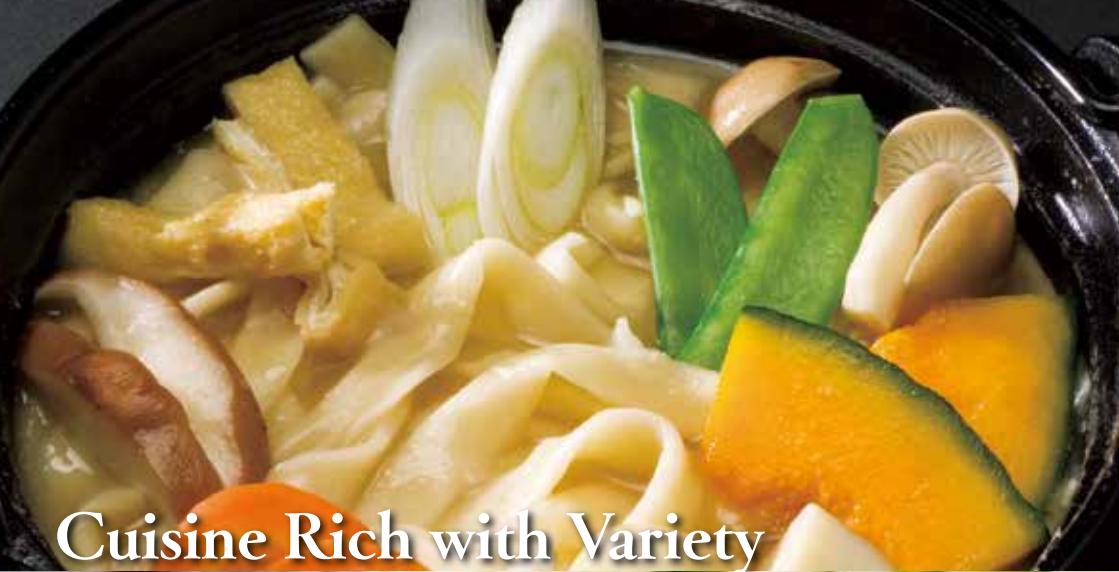


Concierge
Christine Haruka
A Japanese-Swiss TV personality who loves Yamanashi.

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.

Wine & Sake



Cuisine Rich with Variety



Traditional Products Crafted by Artisans



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

Local Cuisine



Concierge
Makita Sports
A musician and actor born in Yamanashi.

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

Shopping

Fruits



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.



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".

The "Kiyo" holds the Guinness World Record as the world's heaviest plum!



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!



Pink Spring

Peach blossoms start blooming everywhere in the beginning of April all at once, covering the land in a beautiful pink carpet.



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.



Landscape emblematic of Yamanashi

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



Persimmon

Persimmons being dried out in the open inspires poems about autumn.

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

Yamanashi Fruits Calendar

Fruit name	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Strawberry	●	●			●	●			●	●	●	●
Cherry		●	●	●								
Peach			●	●	●	●						
Plum			●	●	●	●						
Grapes				●	●	●	●					
Blueberry				●	●	●						
Persimmon								●	●	●	●	



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.

Check!
"Grape picking"



Strawberry Picking

Pick bright red strawberries. Eating them with condensed milk is also good!

[Fee] about 1,500 yen

Fuefuki, Koshu and Yamanashi Area
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!

[Fee] about 2,000 yen

Fuefuki, Koshu and Yamanashi 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.

[Fee] about 1,500 yen

Fuefuki, Koshu and Yamanashi 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.

[Fee] about 2,000 yen

Fuefuki, Koshu and Yamanashi Area
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.

[Fee] about 1,000 yen

Mt. Yatsugatake and Nirasaki Area
Mt. Fuji and Lake Fujigoko Area

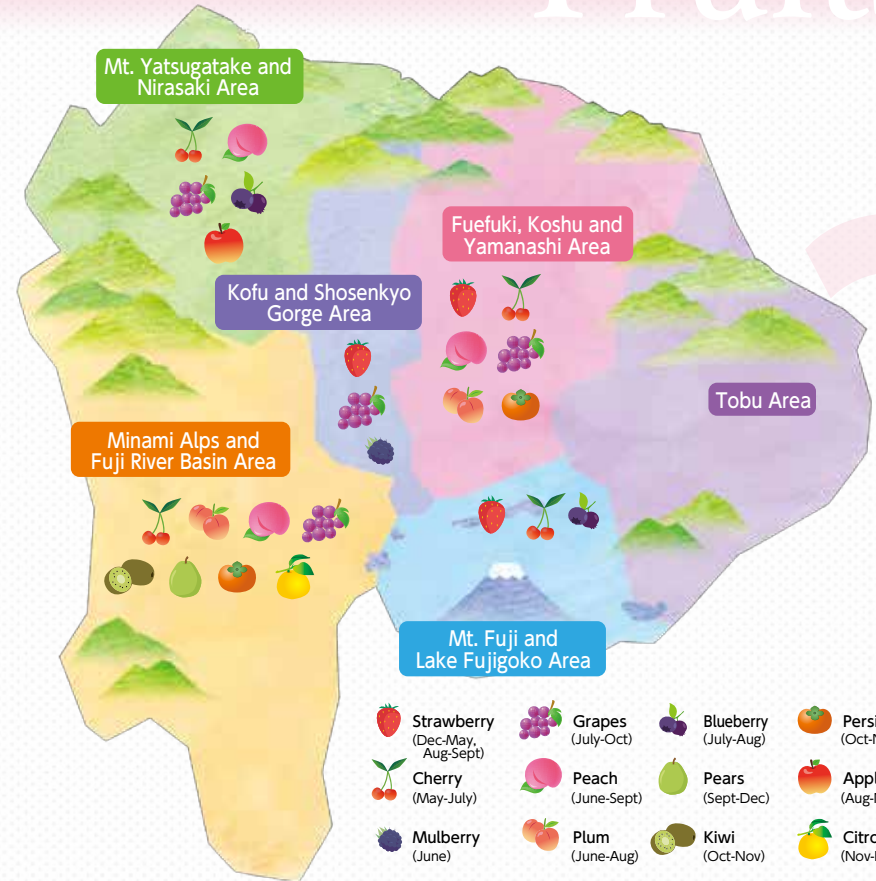
Visitors can enjoy fruit picking at various areas!



※The fees listed may vary.

Fruit Map

Fruits



Yamanashi Web page

"Yamanashi Umair 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/umairnet/

Look at Umair Net for further information!



Japanese Wine

Wine

Find Your Favorite Wine!

Yamanashi is the birthplace of Japan's wine industry! Many wineries produce unique wine blends.



Koshu Wine also has an amazing fragrance!



World-class "Koshu Wine"

"Koshu Wine", which is made from the old vines of the Koshu 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.



Visitors can also enjoy the history behind wine making

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!



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-Budokyo 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-Budokyo Sta.

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 Koshu Wine.

- Katsunuma Budo-no-Oka Grape Hill TEL.0553-44-2111
- 5 min. by taxi from JR Katsunuma-Budokyo Sta.



Too many to choose!

Check! "Budo-no-Oka"



Winery Map



Come Visit the Yamanashi Wineries

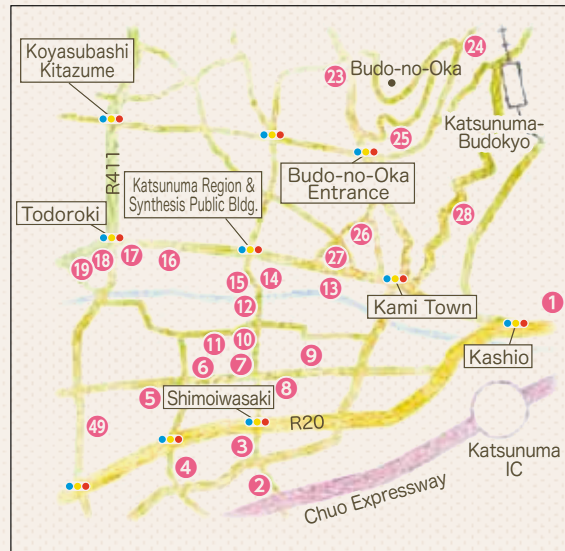
Yamanashi offers a number of wineries, which produce unique wine blends.

Tasting
 Tour
 Tour (reservation required)

 Restaurant

Katsunuma Area

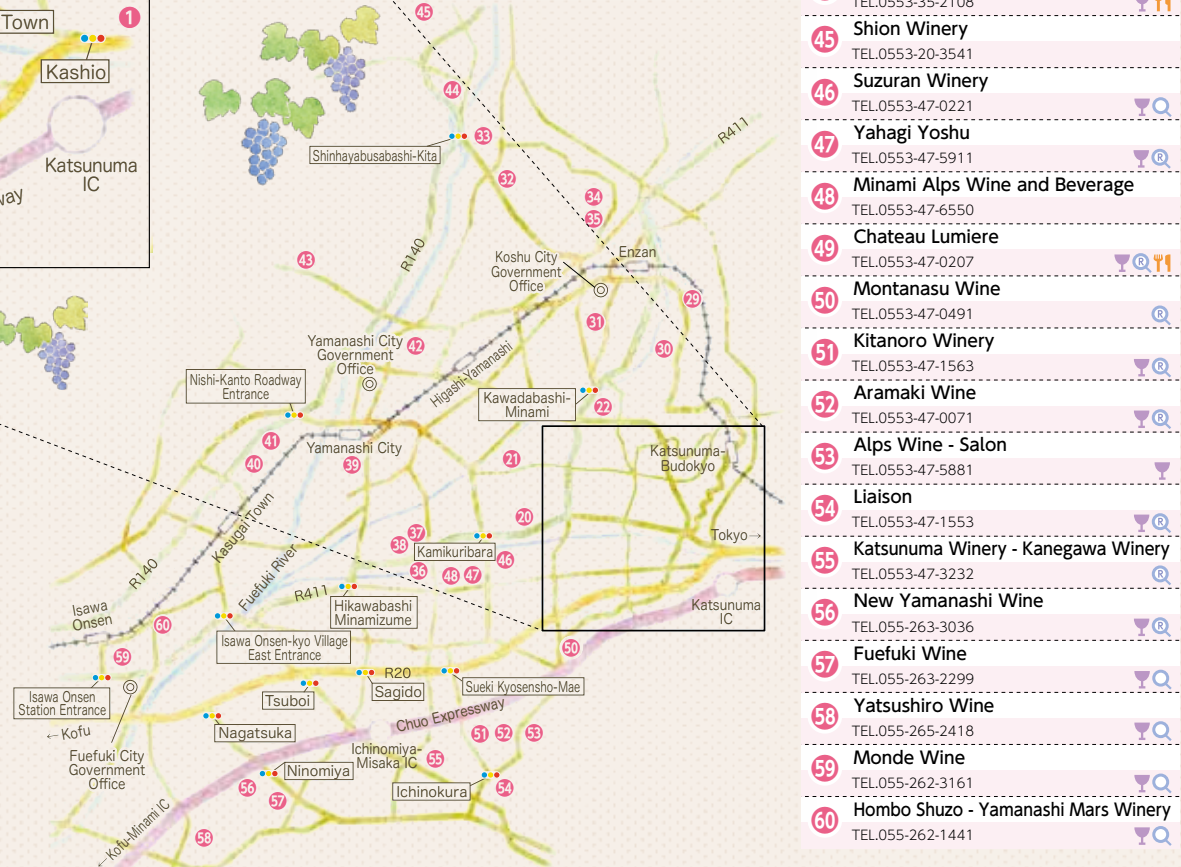
- 1 Kashiwa Wine
TEL.0553-44-0027
- 2 Fujiclair Winery
TEL.0553-44-3181
- 3 Marquis Wine
TEL.0553-44-1005
- 4 Marufuji Winery
TEL.0553-44-0043
- 5 Katsunuma Winery
TEL.0553-44-0069
- 6 Ikeda Winery
TEL.0553-44-2190
- 7 Iwasaki Winery
TEL.0553-44-0020
- 8 Kurambon Wine
TEL.0553-44-0111
- 9 Diamond Winery
TEL.0553-44-0129
- 10 Soryu Winery
TEL.0553-44-0026
- 11 Ohizumi Winery of Katsunuma
TEL.0553-44-2872
- 12 Mercian - Chateau Mercian
TEL.0553-44-1011
- 13 Toumu Winery
TEL.0553-44-5535
- 14 Chateraise Belle Foret Winery - Katsunuma Winery
TEL.0553-20-4700
- 15 Morita Koshu Winery
TEL.0553-44-2003
- 16 Katsunuma Daihachi Winery
TEL.0553-44-0162
- 17 Asaya Winery
TEL.0553-44-1022
- 18 Chuo Budoshu - Grace Winery
TEL.0553-44-1230



- 19 Huggy Wine
TEL.0553-44-0433
- 20 L'Orient Wine - Shirayuri Winery
TEL.0553-44-3131
- 21 Sapporo Wines - Grande Polaire Katsunuma Winery
TEL.0553-44-2345
- 22 Manns Wines - Katsunuma Winery
TEL.0553-44-2285
- 23 Kinjyo Wine
TEL.0553-44-1567
- 24 Budoubatake
TEL.0553-44-0356
- 25 Chateau Jun
TEL.0553-44-2501
- 26 Haramo Wine
TEL.0553-44-0121
- 27 Marusan Winery
TEL.0553-44-0160
- 28 Chateau Katsunuma
TEL.0553-44-0073

Enzan, Yamanashi and Fuefuki Areas

- 29 Ushioku Wine
TEL.0553-33-8080
- 30 Okunota Winery
TEL.0553-33-9988
- 31 Kai Winery
TEL.0553-32-2032
- 32 Kizan Winery
TEL.0553-33-3024
- 33 Gomi Winery
TEL.0553-33-3058
- 34 Enzan Wine
TEL.0553-33-2228



- 35 Kisvin Winery
TEL.0553-32-0003
- 36 Tsuruya Winery
TEL.0553-20-1772
- 37 Hikawa Winery
TEL.0553-22-1722
- 38 Toshin Yoshu
TEL.0553-22-5681
- 39 Ste. Neige Wine
TEL.0553-22-1511
- 40 Tekisen Wine
TEL.0553-23-2462
- 41 Caney Wine
TEL.0553-22-0148
- 42 Soleil Wine
TEL.0553-22-2236
- 43 Yawata Wine
TEL.0553-23-2082
- 44 Sanyo Wine
TEL.0553-35-2108
- 45 Shion Winery
TEL.0553-20-3541
- 46 Suzuran Winery
TEL.0553-47-0221
- 47 Yahagi Yoshu
TEL.0553-47-5911
- 48 Minami Alps Wine and Beverage
TEL.0553-47-6550
- 49 Chateau Lumiere
TEL.0553-47-0207
- 50 Montanasu Wine
TEL.0553-47-0491
- 51 Kitanoro Winery
TEL.0553-47-1563
- 52 Aramaki Winery
TEL.0553-47-0071
- 53 Alps Wine - Salon
TEL.0553-47-5881
- 54 Liaison
TEL.0553-47-1553
- 55 Katsunuma Winery - Kanegawa Winery
TEL.0553-47-3232
- 56 New Yamanashi Wine
TEL.055-263-3036
- 57 Fuefuki Wine
TEL.055-263-2299
- 58 Yatsushiro Wine
TEL.055-265-2418
- 59 Monde Wine
TEL.055-262-3161
- 60 Hombo Shuzo - Yamanashi Mars Winery
TEL.055-262-1441

Winery Map

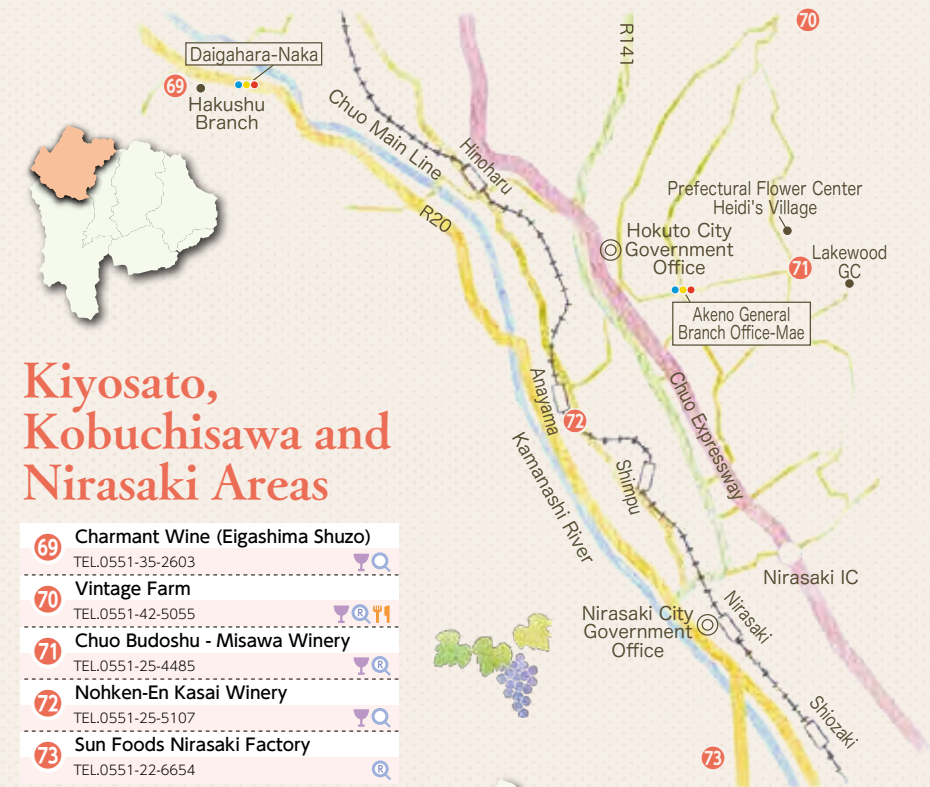
Tasting
 Tour
 Tour (reservation required)

Kofu and Shosenkyo Gorge Areas



Otsuki and Tsuru Areas

68 **Sasaichi Sake Brewery - Shuyukan**
 TEL.0554-25-2008



Fuji River Basin and Minami Alps Areas

74 **Rakuen Winery**
 TEL.055-272-0026

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!



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.

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.



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




















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!

	5 Tanizakura-shuzo TEL.0551-38-2008 🏠🔍		3 Takenoi Shuzo TEL.0551-47-2277 🏠		4 Yamaki Shuzoten TEL.0551-47-3130 🏠🔍		7 Fukutokuchou-Nirasaki Factory TEL.0551-23-5843 🏠		
	6 Yamanashi meijo TEL.0551-35-2236 🏠🔍🍴				9 Yoro Shuzo TEL.0553-22-0047 🏠🔍🍴		13 Sasaichi Sake Brewery TEL.0554-25-2111 🏠🔍🍴		
	1 Taikan Shuzo TEL.055-282-1116 🏠🔍				15 Ichinomiya-Misaka TEL.0553-32-3343 🏠		14 Ide Jyozoten TEL.0555-72-0006 🏠🔍		8 Udezumou Shuzo TEL.055-262-3010 🏠
	2 Yokouchi Shuzoten TEL.055-282-0038 🏠				11 Okubo Shuzoten TEL.0556-22-0227 🏠		15 Sun Foods TEL.0553-32-3343 🏠		10 Yorozuya Jyozoten TEL.0556-22-2103 🏠🔍
	12 Yokoyama Shuzoten TEL.0556-64-3211 🏠								
<p>🏠 Shop 🔍 Tour 📞 Tour (reservation required) 🍴 Restaurant</p>									



Local Cuisine



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.

●Fujiyoshida Tourism Promotion Service TEL.0555-21-1000



Old "traditional flavors" are still a favorite

Local Yamanashi cuisine is creative and flavorful, showing Yamanashi's passion for delicious food!



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.

●Kofu City Tourism Department TEL.055-237-5702

Check!
"Torimotsu-ni"



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 1950. 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.



Outstanding when paired with wine or sake.



Mimi

"Mimi" is a traditional dish in Jukkoku, Fujikawa Town that is made by stewing seasonal vegetables with kneaded flour.

●Fujikawa Town Commerce, Industry and Tourism Department TEL.0556-22-7202



Koshu Chicken

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

●Koshu Chicken Producers Association TEL.055-222-0032



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.

●Minobu Town Tourism Department TEL.0556-62-1116



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 Wine Beef Producers Association TEL.055-262-2288

Koshu Fujizakura 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!



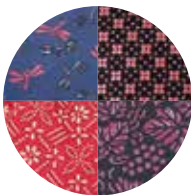
Koshu Inden

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.

The natural wear from the leather that occurs also adds to their charm!

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.



The smooth texture feels really nice!



Kaiki

Kaiki are beautiful silk goods that come from the Gannai 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 Shinya Tasaki and the restaurant Y-wine, so visitors can enjoy Yamanashi wine and food.

Fujinokuni Yamanashi-kan: 1F

- Open year-round
- Tel 03-3241-3776

Restaurant Y-wine: 2F

- Closed Sunday and holidays
- Contact: Tel 03-3527-9185
- Address:
Nihonbashi Plaza Building,
2-3-4, Nihonbashi, Chuo-ku,
Tokyo, 103-0027

Local Sweets



Enjoy Yamanashi sweets!

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



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!



Kurodama

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



Tsuki No Shizuku

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



Shopping Information

See locations below for purchasing local Yamanashi specialty goods!

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:

1	Tomizawa 28507-1 Fukushi, Nanbu-cho ☎0556-66-2260
2	Kai-Yamato 2248 Hajikano, Yamato-cho, Koshu City ☎0553-48-2571
3	Narusawa 8532-63 Jiragonno, Narusawa-mura ☎0555-85-3900
4	Mitomi 1822-1 Mitomi-Kawaura, Yamanashi City ☎0553-39-2580
5	Shimobe 4321 Furuseki, Minobu-cho ☎0556-20-4141
6	Toyotomi 1010-1 Asari, Chuo City ☎055-269-3424
7	Nirasaki 1795 Nakajo, Nakada-machi, Nirasaki City ☎0551-25-5021
8	Doshi 9745 Doshi-mura ☎0554-52-1811
9	Katsuyama 3758-1 Katsuyama, Fujikawaguchiko-machi ☎0555-72-5633
10	Hanakage No Sato Makioka 2120 Murofushi, Makioka-cho, Yamanashi City ☎0553-35-4780

11	Hakushu 1308 Shirasu, Hakushu-cho Hokuto City ☎0551-20-4711
12	Fujiyoshida 1936-6 Araya, Fujiyoshida City ☎0555-21-1225
13	Minamikiyosato 760 Nagasawa, Takane-cho, Hokuto City ☎0551-20-7224
14	Shirane 595-1 Zaikezuka, Minami Alps City ☎055-282-6478
15	Kobuchisawa 2968-1 Kobuchisawa-cho, Hokuto City ☎0551-36-3280
16	Minobu Fujikawa Visitors Center 1597 Shimoyama, Minobu-cho, (Located in Yamanashi Fujikawa Craft Park) ☎0556-62-5600
17	Tabayama 2901 Tabayama-mura ☎0428-88-0411
18	Fujikawa 1655-3 Aoyagi-machi, Fujikawa-cho ☎0556-48-8700
19	Kosuge 3445 Kosuge-mura ☎0428-87-0020

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.

Yamanashi Prefectural Local Industry Center: Kaiterasu

3-13-25 Toko-ji Temple, Kofu City ☎055-237-1641



Train Station Stores

Visitors can purchase goods such as wine and sweets at stores located at all the JR and Fujikyuko Line stations.

JR Kofu Station (CELEO 2F)

1-1-8 Marunouchi, Kofu City ☎055-224-2611

Mt. Fuji Station, Fujikyuko Line (Q-STA)

2-5-1 Kamiyoshida, Fujiyoshida 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 peaches, grapes, and plums



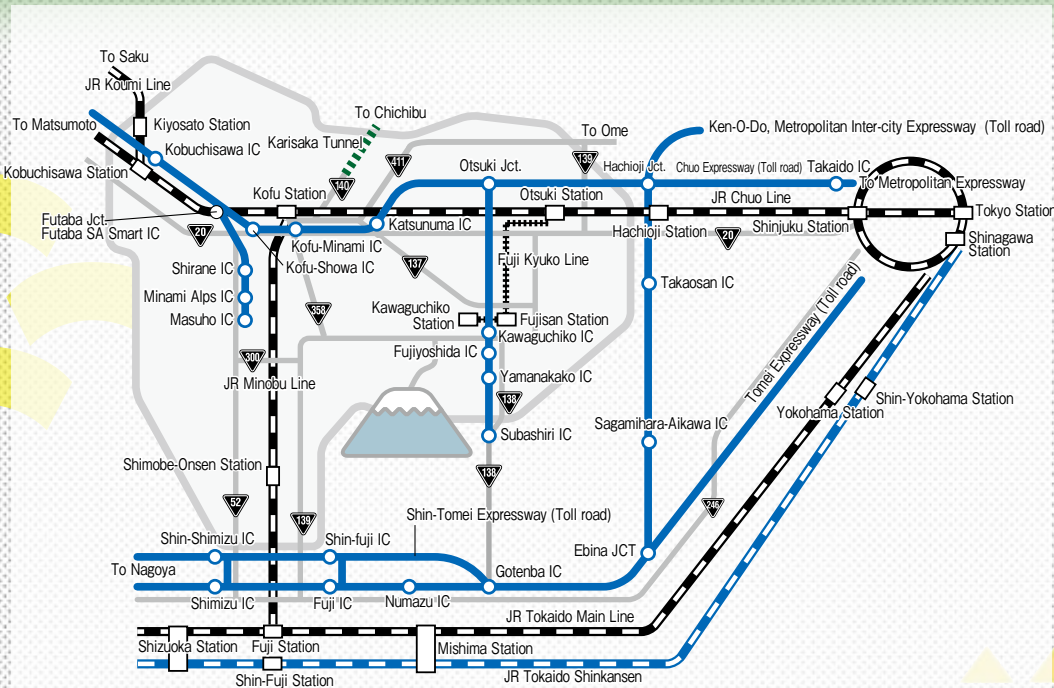
No. 1 producer of jewelry



No. 1 producer of mineral water



Directions to Yamanashi



JR Chuo Line:
Azusa Limited Express
Kaiji Limited Express

Fuji Kyuko Line

Chuo Expressway
Yamanashi Kotsu

Chuo Expressway
Fuji Kyuko



Fujisan Activities

Official FUJISAN experience guide provided by Yamanashi Prefecture



New App
2016
Release



Free Wi-Fi Spots in Yamanashi Available for Any User

Yamanashi Prefecture has promoted prefecture-wide installation of free Wi-Fi access points. 2,000 free Wi-Fi spots should be set up by the end of 2015. Feel free to use this service while sightseeing. www.yamanashi-kankou.jp/wi-fi/

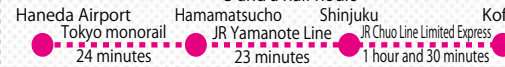
Yamanashi-Bound Train and Bus Travel Times

From TOKYO

From Narita International Airport or Haneda Airport

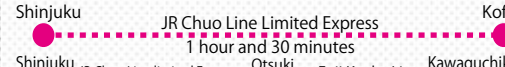


Expressway bus: 3 and a half hours



Expressway bus: 3 hours and 15 minutes

By train

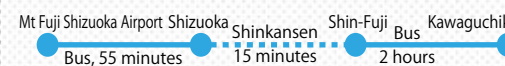


By bus



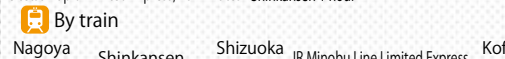
From SHIZUOKA

From Mt Fuji Shizuoka Airport

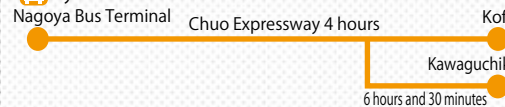


From NAGOYA

From Central Japan International Airport Centrair



By bus

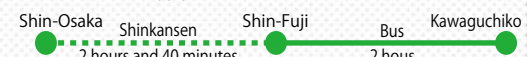


From OSAKA

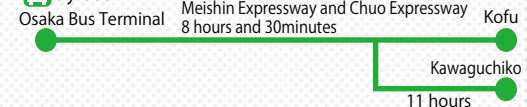
From Kansai International Airport



By train



By bus

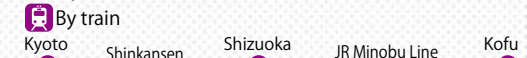


From KYOTO

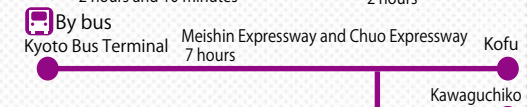
From Kansai International Airport



By train



By bus





Tunnel of Autumn Leaves (Fujikawaguchiko Town)



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※As of September 1, 2015