







## Welcome to Minakami

Situated in the northernmost part of the Kanto region, Minakami lies to the south of the foothills of the Tanigawa Mountain Range taken from Mount Tanigawa. Minakami is the largest town in the Kanto region, and has been designated as a UNESCO biosphere reserve. It is home to the headwaters of the Tone River, the most important source of water in the Kanto region, and is also known as the "Water Reservoir for Kanto".

Minakami is split into three areas.

### ●Minakami/Fujiwara area

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

### ●Sarugakyo/Mikuni area

猿ヶ京・三国エリア  
This area along the Mikuni Kaido road offers rural scenery and the historical atmosphere of the old road. Here you can enjoy pottery making in a laid-back atmosphere.

### ●Tsukiyono/Kamimoku area

月夜野・上牧エリア  
Situating at the entrance to Minakami, this area lives and breathes with the daily lives of its residents. Just its name implies (Tsukiyono means "moonlit field"), the culture of the area is in harmony with nature, and filled with love for moonlit nights.

#### Profile of Town

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

#### Monthly average temperature

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sep.	Oct.	Nov.	Dec.	Year
Average high temperature	2.6	3.2	6.9	14.5	20	23.3	26.9	28.4	23.6	17.6	12	6.1	15.4
Average low temperature	-4.6	-4.6	-1.7	3.1	8.3	13.4	17.7	18.9	15.1	8.5	2.6	-1.8	6.2

## Minakami's 18 Hot Springs

Minakami's claim to fame is its richly varied hot springs, of which there are 18 in total. There are various types to choose from, such as open-air baths along a valley with beautiful views year-round, hot spring inns at traditional Japanese houses over 100 years old, and hot springs facilities nestled deep in the mountains. The mountains and rivers of Okutone can be viewed from each and every hot spring.

- |                                       |   |
|---------------------------------------|---|
| 1 Minakami Onsen<br>水上温泉<br>MAP A-1   | 10 Hoshi Onsen<br>法師温泉<br>MAP A-3               |
| 2 Tanigawa Onsen<br>谷川温泉<br>MAP A-1   | 11 Kawafuru Onsen<br>川古温泉<br>MAP A-3            |
| 3 Unose Onsen<br>うのせ温泉<br>MAP A-1     | 12 Namesawa Onsen<br>奈々沢温泉<br>MAP B-3           |
| 4 Sarugakyo Onsen<br>猿ヶ京温泉<br>MAP A-2 | 13 Sanazawa Onsen<br>山沢温泉<br>MAP A-3            |
| 5 Kamimoku Onsen<br>上牧温泉<br>MAP B-3   | 14 Yujuku Onsen<br>湯宿温泉<br>MAP A-2              |
| 6 Takaragawa Onsen<br>宝川温泉<br>MAP B-2 | 15 Akaiwa Onsen*<br>赤岩温泉<br>MAP A-2             |
| 7 Yunokoya Onsen<br>湯小屋温泉<br>MAP B-2  | 16 Yubiso Onsen<br>湯比呂温泉<br>MAP A-1             |
| 8 Uenohara Onsen<br>上の原温泉<br>MAP B-2  | 17 Tsukiyono Onsen<br>月夜野温泉<br>MAP B-3          |
| 9 Mukouyama Onsen<br>向山温泉<br>MAP B-1  | 18 Kogen Chibamura Onsen*<br>高根千葉村温泉<br>MAP A-3 |

\*Not available at present.

## /Enjoy/ Cuisine

Enjoy a wide variety of food selection from Japanese to Western cuisine, made mainly from locally-produced ingredients.



### OCTONE Brewing

オクトワンブルーイング  
Savor the taste of rare craft beer made from the clear water of Okutone and other local ingredients. Sampler sets and bottled beer are also available.

MAP A-1 Wi-Fi  
0278-25-4520  
102-2 Yubara, Minakami-machi  
16:00-20:00 (from 14:00 on weekends and holidays)  
Tuesdays and Wednesdays  
enjoy-minakami.com/en/



### G2

La Biere  
蒸焼きビザの店 ラ・ビエール  
Made from dough kneaded with Minakami's pure water, the pizza with local ingredients served at this restaurant is very popular. Terrace seats are also available.

### G2

Ikufudo Seinikuten  
育風堂精肉店  
Come here for the ultimate quality in steaks, and thick cutlet rice bowls only a butcher's shop can provide.

### G4

Sobadokoro Kadoya  
そば処 角野  
Established 250 years ago, this restaurant serves handmade soba and udon noodles. Hegi Soba, their specialty, is wonderfully chewy, full of flavor and served with excellent dipping sauce. Tempura made with seasonal ingredients is also recommended.

MAP A-1  
0278-72-2599 688-3 Yubara, Minakami-machi  
10:00-15:00 (L.O. 14:30), 17:00-21:00 (L.O. 20:30)  
Tuesdays (Open when Tuesday falls on a holiday and closed on the following day.)  
holidays and closed on the following day.)  
enjoy-minakami.com/en/

MAP A-1  
0278-72-3574  
114-1 Oana, Minakami-machi  
10:00-15:00 until 17:00 on weekends, holidays and during August, shop hours: 10:00-18:00  
Wednesdays  
enjoy-minakami.com/en/

MAP A-1  
0278-72-2477 189-1 Kochi, Minakami-machi  
11:00 until dishes are sold out Thursdays  
enjoy-minakami.com/en/



### Wafu Restaurant Shinrin

和風レストラン しんりん  
This Japanese restaurant serves Joshu Barley Pork meat dishes as well as meals made with plenty of vegetables and rice produced in Minakami. Their popular Waraji Sauce Cutlet Rice Bowl features cutlets fried to perfection with homemade sauce.

MAP B-3  
0278-62-1122 3375-5 Shimizu, Minakami-machi 11:00-21:00  
No holiday enjoy-minakami.com/en/

### Amenimo Makezu

雨ニモマケズ  
This shabu-shabu specialty restaurant serves Gunma brand pork such as Gunma Barley Pork served with soba soup. There are also an assortment of reasonably-priced lunch options and an a la carte menu.

MAP A-1 Wi-Fi  
0278-25-3688  
759-1 Yubara, Minakami-machi  
11:00-19:00 Thursdays  
enjoy-minakami.com/en/



### G7

Garba Cafe  
バームクーヘン菓子工房 ガルバカフェ  
This baumkuchen specialty shop bakes their cakes using domestic flour and fresh local eggs. BUNA is a popular menu item. The cafe serves sets of coffee and cake.

### G7

Amaimonoya Umenomitsu  
甘いものや 梅の蜜  
This restaurant is located inside Yunoyado Joetsukan. All of the food is handmade, and the healthy buffet lunch is popular. They also have a wide assortment of sweets.

### G9

Nobotokesoba Yamaichiya  
野仏そば やまいち屋  
Every day, buckwheat grains are ground in a stone mill, then kneaded by hand and served fresh. There are also plenty of dishes with their secret miso sauce, such as Miso Katsu Meal.

MAP A-1 Wi-Fi  
0278-72-2599 688-3 Yubara, Minakami-machi  
10:00-15:00 (L.O. 14:30), 17:00-21:00 (L.O. 20:30)  
Tuesdays (Open when Tuesday falls on a holiday and closed on the following day.)  
holidays and closed on the following day.)  
enjoy-minakami.com/en/

MAP A-1  
0278-72-2599 688-3 Yubara, Minakami-machi  
10:00-15:00 (L.O. 14:30), 17:00-21:00 (L.O. 20:30)  
Tuesdays (Open when Tuesday falls on a holiday and closed on the following day.)  
holidays and closed on the following day.)  
enjoy-minakami.com/en/

MAP A-2 Wi-Fi  
0278-64-1321 596 Yuyado-onen, Minakami-machi 11:00-20:00 (L.O. 19:50)  
Thursdays (Open when Thursday falls on a holiday)  
www.asina.jp/top-english.html



### Otowaya Cafe

オトワヤ カフェ  
This cafe adjoins Takuminosato Horakukan. Their dishes made with local ingredients and sweets made using ripe Minakami fruits are popular.

MAP A-2 Wi-Fi  
0278-64-0322  
652-4 Sukawa, Minakami-machi  
11:00-16:00 (Reservation required for dinner)  
No holiday enjoy-minakami.com/en/

### Kimamaya

気まま屋  
Come taste handmade bread baked with local ingredients in Minakami Onsen Town. Minakami Apple Pie, available only from September to April, is made of flaky pie crust filled with mildly sweet stewed apples.

MAP A-1  
0278-72-1700 713 Yubara, Minakami-machi  
9:00-17:00 Tuesdays and Sundays  
enjoy-minakami.com/en/



### G12

Umaimonoya Suehiro  
うまいもの屋 すえひろ  
This Japanese restaurant was established in 1965. Their famous Stacked Tonkatsu, made with Joshu Barley Pork, is a soft, juicy cutlet consisting of very thinly sliced meat.

### G12

Humpty Dumpty  
ハンパティダンパティ  
This restaurant opened in 2013. Enjoy authentic Indian curry while listening to good music, and try their healthy, tasty, creative dishes made with local vegetables.

### G14

Cafe Restaurant Asima  
カフェレストラン アシマ  
Their famous Baked Curry cooked with homemade spices is a popular menu representative of local dishes.

MAP A-3  
0278-64-0831  
64-1 Fuse, Minakami-machi  
9:00-20:00 regular holidays  
http://www.suehiro.work/

MAP A-2 Wi-Fi  
0278-25-3733 1137-10 Sarugakyo-onen, Minakami-machi 11:00-15:00, 16:00-22:00  
Mondays and Tuesdays  
enjoy-minakami.com/en/

MAP A-1  
0278-72-3326  
146 Yubara, Minakami-machi  
11:00- L.O. 16:00 (until last order at 19:00 on weekends)  
Thursdays (Open when Thursday falls on a holiday)  
www.asima.jp/top-english.html

## /Calendar/ Events

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



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

1 Jan.	E3 Minakami Snowshoe Festival みなかみスノーシューフェスティバル This half-day tour covers a two kilometer round-trip snowshoe trek across the foothills of Mount Tanigawa and along the Yubiso River. Late January MAP A-2 enjoy-minakami.com/en/
2 Feb.	E1 SL Gunma Minakami SLぐんま みなかみ The rare D51 and D61 steam locomotives puff their way along the Joetsu Line between Takasaki Station and Minakami Station, mainly on the weekends. Late March to early December MAP B-3 www.jreast.co.jp/joyful/slgunma.html
3 Mar.	E4 Ichinomiya jizoson no Sakura いちのみやじぞうの桜 This is an early-flowering cherry blossom tree that can be found in Takuminosato and can be enjoyed from mid-April to early May. Mid-April to early May MAP A-2 enjoy-minakami.com/en/
4 Apr.	E2 Norn Minakami Flower Garden Daffodil Festival ノルンみなかみフラワーガーデン すいせん祭り This flower festival is held each spring. One million daffodil flowers blossom across the ski slopes. Mid-April to mid-May MAP A-3 www.norn.co.jp/green/facility/
5 May	E10 Tenku no Night Cruising 天空のナイトクルージング
6 June	E8 Minakami Outdoor Festival みなかみアウトドアフェスティバル Come and see demonstrations by top competitors and participate in a variety of activities yourself. This two-day outdoor festival offers the best of Minakami's nature. Two days between late May and early June MAP A-1 minofest.jp/en/
7 July	E5 Tsukiyono Hotaru no Sato 月夜野蛍の里 In June, visitors to this promenade can enjoy a stroll while watching the wild dance of fireflies that live in the area. Mid-June to mid-July MAP A-3 enjoy-minakami.com/en/
8 Aug.	E9 Oze Liner 尾瀬ライナー This reserved-seat bus makes round trips between Jomo Kogen Station, where the Shinkansen stops, and Oze by way of Minakami Station. Late May to mid-October MAP B-3 minakami-onsen.com/oze/
9 Sep.	E6 Shigetsukai 指月会 This moon-viewing event is held at Gakuriji Temple during the harvest moon of mid-autumn. Mid-September MAP B-3 enjoy-minakami.com/en/
10 Oct.	E10 Tenku no Night Cruising 天空のナイトクルージング Enjoy star viewing on a special nighttime Tanigawadake Ropeway tour. Late April to May and mid-September to late November MAP A-2 enjoy-minakami.com/en/
11 Nov.	E7 Minakami Candle Night みなかみキャンドルナイト At this eco-friendly candle workshop, edible oil is reused to make candles. Visitors can also tour the glass factory at night. Late December MAP B-3 enjoy-minakami.com/en/
12 Dec.	