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Come to search for your "Home". A journey to discover something forgotten.



# Nakanojo, the town with a special place in the pages of history

Nakanojo is located in the northwest part of Gunma on the borders between Niigata and Nagano. The southern part of Nakanojo is the town centre and Agatsuma county politics, economics, culture and transportation has been developed here for a long time. The northern part has the scenic beauty of Mt. Mikuniyama peak rising into the sky and has been declared as Joetsu highland national park. There are 9 onsen(Japanese hot spring) resorts including Shima, Sawatari and Shiriyaki, all healing many visitors. The beauty of nature is everywhere like the mystical Nozori lake and Yoshigadaira which is a mine of rare alpine plants. Precious cultural heritage lives everywhere in this town such as at Hinatami Yakushido, former Tomizawa-ke house, Shirokubo no Ochakou and the important preservation district of historic buildings Akaiwa village.



#### Isama Studio Film Festival

"Small but big film festival in the mountains" is the perfect description for this small bespoke film festival in a mountain village. They announce which film wins the best scenario prize following applications from all over Japan and screen works filmed in Nakanojo as well as emerging artist's work.

#### Nakanojo Biennale

Big art events take place all over the town, happening every other year. It started the theme "Nakanojo is turning into an art museum". Artists acclaimed both in Japan and internationally gather and exhibit contemporary art work everywhere in town including onsen resorts, old school buildings and the high street.



Shirokubo no Ochakou MAP.2 (designated as a significant, intangible folk/ cultural asset / designated 1990)

It is said that it relates deeply to "Tocha" from midcentury ( type of tea ceremony, also known as a "Tea Game" to guess the smell and taste of tea) and it has a record from the Edo era (1799). It is a very rare folk custom because it is recorded as the same method as Tocha. You can reserve to experience this valuable folk event.

Address: 3795-2 Gotanda, Nakanojo

Enquiry: Museum of history and culture of Nakanojo "Musee" Tel:0279-75-1922

#### TRADITIONAL FESTIVAL IN NAKANOJO



#### Torioi Matsuri

"Torioi" means driving off birds and it is said that Torioi Matsuri started with the wishes of driving away birds and animals that damage crops, to pray for a generous harvest, wishing to ward off evil from the town and the well-being of family.

Every year on 14th of January, there is a parade after the Shinto ritual at Isegu. People shout "Torioi da, torioi da, let's get rid of the birds" with taiko drumming. There is also Mikan Nage (throwing oranges) by people with a bad horoscope and shop owners praying for thriving business.



#### Nakanojo Gion Matsuri

This festival started in early Edo era and is to pray for dispersing illness and thriving business. The parade of 8 floats pulled around the town is led by a portable shrine, children participate in the festival procession and there is lively musical accompaniment. Under the hot sun or with a cool evening breeze you can enjoy the elegant tradition.

Date: First Saturday and Sunday in August Place: Nakanojo/National Route 353/town centre Traffic restriction will be placed.



#### Isemachi Gion Matsuri

Isemachi Gion Matsuri is known to be a festival for "healing tiredness from farming and to appreciate god for rich blessings" and "praying for Gozu Tenno which is the god to entrap plagues".

Date: First Saturday and Sunday in September Place: Isemachi Nakanojo, National Route 145, Town centre

Traffic restriction will be placed.

There will be Sennin Odori (thousand people dance, Yagibushi (traditional japanese dance) and other events.

# Feel at Home

#### Tomizawa-ke House MAP.3

(Imporatant Cultural Properties / designated 1970 by the national government)

Tomizawa-ke was a prominent family of the village. Side streets off Mikuni-kaido road are passing through Daido, once used for diplomatic travel and for public property transport in Edo. This house is estimated to be built in the late Edo era. It's roof is Irimoya-zukuri (half-hipped roof) and covered with thatch (frontage 24m, depth 13m). The front of roof is Kabuto-tsukuri (traditional war helmet shaped) and it's a typical shape for a silk-raising farm house.

Address: 1274 Daido, Nakanojo / free Hours: 9:00-17:00

#### Isama Studio Park MAP.1

The abandoned former fourth town primary school was used as a location for "Nemuru Otoko" which is the anniversary film for the population of Gunma reaching 2 million in 1993. The old wooden building was named "Isama Studio" and it came back in use as a lodge for film crews. The film set is being moved into the school building to exhibit along with other documents and photographs from the film. Address: 3527-5 Gotanda, Nakanojo/ Free

Closed: Jan 1- 3, weekday Jan-March ( Open everyday April~December) Hours: 9:00-16:00 Enquiry: 0279-75-7220



Former Gotanda School MAP.4 (Important Cultural Properties/ Designated in 1988 by town)

A Single story wooden building with a half-hipped roof and zinc-coated steel sheets. Frontage 50.96m depth 9m. It was built in 1909 and there is a record which shows the style of architecture and costs as well.

Address: 1648 Gotanda, Nakanojo



Former Tochikubo School MAP.5 Tetsuo Shinohara directed "Tsuki to Cabbage" filmed at Isama studio and the former Tochikubo school was used to house the main character in the film. Even now many fans of this film visit here.



#### Otsuka Onsen MAP.6

Lukewarm onsen. There is an old tale that remains here "The onsen was too popular so the employees put horse bones in the water. It made spirit of Onsen angry and he made the water luke-warm." Efficacy: Chronic dermatitis, Wounds, Rheumatism, Neuralgia, Neuritis



Weeping cherry at Rinshoji MAP.7 (designated a Natural treasure in 1988 by the town)

The old weeping cherry tree in between Kannon-do and the bell tower, in the precincts of this temple blossoms in early April. (Tree height 16 meters) Address: 1002 Isemachi, Nakanojo

#### Flower Station MINOHARA MAP.8

A few hundred kinds of plants inhabit this 120,000 square meter park. When you take a walk in the rich nature, flowers and trees give you peace of mind. Aiming at building the Japan's best flower road, maintenance work is continuing in order to make a perfect community space for everyone as the base of "town planning with flowers'

Inside Fukujukan ,Yakuoen herbal medicine pharmacy 10:00 -15:00 Closed every Wednesday and Thursday

Herb-Kan(Herb house) 9:00 - 16:30 Closed on every Thursday Enquiry: Yakuoen herbal medicine pharmacy 080-3176-711 Herb-Kan(Herb house) 0279-75-8783

#### Road Side Station REIZAN-TAKEYAMA MAR9

Roadside station Reizan Takeyama is located at the foot of Nakanojo's symbolic Takeyama. There is a facility where you can experience making soba noodles and eat them straight away. There is also a farmer's store and playground so everyone, from adults to children, can enjoy this roadside station. Takeyama kan 9:00-17:00

Soba Keyaki 11:00-16:30 (Between november to march open till 15:30) Enquiry TEL 0279-75-7280 Open everyday

#### Fee for soba making class

It takes 1h to 1h 30mins to experience making soba and a maximum of 20 tables at once.

Please enjoy experiencing genuine soba making using only buckwheat flour. Reservation required TEL 0279-75-7280

Soba making class 11:00-15:00 3000 yen for 1 table (4 people)



#### Creative Communication Center Tsumuji MAP.10

This place is full of amusements; a cafe using local ingredients, a shop stocking traditional crafts and artist's oneoff items, and a foot-bath using water from Shima. A stage for events "Omatsuri-Hiroba" is surrounded by 7 tasty and fun shops. To have lunch outside on the wooden-deck is what we recommend! Holding workshops and art exhibitions makes it easy to access to art and culture.

Closed on every Thursday

Opening time: 10:00-19:00 (tenant's have their own opening times) TEL/FAX 0279-26-3751



Nakanojo Creative Communication Center A Platform For People And Cultural Exchange http://www.tsu-mu-ji.com/



#### Nakanojo Museum of Folk and History Musée MAP.11 (important cultural property designated by Gunma prefecture in 1978)

Museum of Folk and History [Musée] used to be Agatsuma Daisan School which was built in 1885 and it has been designated as an important cultural property in Gunma.

Entrance fee: Adults 200yen, Elementary to middle school pupils 100yen

Address: 947-1, Nakanojo Enquiry: 0279-75-1922

Closed: Every Thursday, Public holidays, New Year's holiday Hours: 9:00-17:00



#### Togeikan / Mokkoukan(Kusakizome) MAP.13

It's a facility for manufacturing and is located inside flower station Minohara. You can make a mug or a plate at Togeikan. Your work will be baked and posted within a week. Kusakizome uses natural plants and flowers as a dye for scarfs with natural materials or handkerchiefs. You can learn the working of nature by manufacturing both at Togeikan and Mokkoukan.

Togeikan Closed: Wednesday,New Year's holiday Hours: 9:00-17:00 Enquiry:0279-75-6922 Mokkoukan Closed on: Wednesday & Thursday (open with reservation) Hours: 9:00-16:00 Closed in winter between December 20th to the end of February / Enquiry: 0279-75-6911



#### Torioidaiko Gallery MAP.12

The storage cellar of the former Hirozakari brewery has been renovated into a gallery to exhibit Nakanojo's eleven symbolic taiko drums which were used for Torioi Matsuri. Open to public at all times.

Torioi Daiko number one has a diameter of one meter and was made in 1867. Number two was made in 1861, three was made in 1867. Other taiko were made between 1763 to 1858.

(important tangible folk-cultural property designated in 1983 by Gunma prefecture)

# KUNI ARE

"Akaiwa Silk-raising farmers house" is designated as an important preservation district of historic buildings for the first time in Gunma. Gunma used to be known as the "county of silk" and these farmers supported that. The farmers houses that remain tell us stories now. There are farmlands prepared with stone walls around houses. Shrines and temples, barns and rich nature remains and makes a fantastic landscape along with these houses. There is also an Onsen "hidden place of Choei" to relax after a walk around the area.



#### Road Side Station KUNI MAP.14

% Opening hours vary. Road-side station that has an onsen. There is accommodation, day trip bath facility, a foot bath and shop where you can buy speciality products of Kuni such as beans, japanese sandals and local vegetables. It is a base of Kuni tourism as it has places to eat and an information centre.

Oyasumidokoro Kuni 090-2226-0467 Closed on Thursday Kuninosato Shirasun 0279-95-3342 Open throughout the year Kuni farmer's store 0279-95-3219 (January-March : Closed on Thursday) Oudoku Onsen Kutsuroginoyu 0279-95-3241 Open throughout the year Oyado Hanamame 0279-95-3650 Open throughout the year



#### Flower Station Karaku no Sato MAP.15

It's an interactive facility where you can play in nature and enjoy flowers. Many flowers blossom such as the Christmas Rose, Dicentra and Sedum. You can also experience flower arrangement here.

Hours:9:00-17:00 (winter holiday from end of December to end of March) Enquiry:0279-80-7123

#### MAP.16

#### Fuyusumi no Sato Museum

In the Edo era, there used to be a custom in which people who run onsen business' in Kusatsu move into Kuni area to avoid the severe cold in winter. Documents which record their lifestyle and tools remain at this museum. Hours:9:00-16:00 (irregular holidays) Enquiry:0279-95-3563





#### Okaikosan no Sato MAP.17

Akaiwa is the village where many silk-raising farmers remain and is designated as an important preservation district of historic buildings. Why don't you take a break at "Fureainchi" to feel the taste of late Edo period to Meiji period. Closed: Thursday, New year's holiday Hours:9:00 ~ 16:00 Enquiry:0279-95-3008



#### Yotteganekan MAP.18

It's located on a hill with a view of Asama mountain. You can experience the handicrafts of Kuni: Kone Bachi (mixing bowl), Menpa(lunchbox) and Konkon Zori (sandals). You can reserve to eat homemade Udon noodles.

Closed: Tuesday & Wednesday & Thursday Winter holidays between November to April Hours:10:00-15:00 Enquiry:0279-95-5383

#### Nedofumi no Sato MAP.19

"Nedofumi" is the work of soaking sedges in onsen water, then making them soft by stepping on them. Zori or Mushiro (sedge mat) is tough and breathes well so it was useful for farming and housework. You can reserve to experience life in the village and also to buy handicrafts. There also is Minwa no Sato (folklore house) nearby where you can immerse yourself in a folklore world.

Closed: Week day, Winter holiday between December to Mid April

Hours:9:00-16:00 Enquiry:0279-95-5324

# SHIMA ONSEN

Shima onsen is located on the upper stream of the Shima river and is surrounded by mountains. It's counted as one of the best three Onsen in the Jomo area along with Kusatu and Ikaho. It has been famous for the legend of healing forty thousand (yon man=shima) illness' since the Kamakura period. It is located at Joshinetsu-kogen National park 700 meters above sea level, many people visit for its beautiful nature. In 1954, it was designated as the first People's Recreation Spa. Streets in this area are lined with Japanese style inns with a relaxed traditional atmosphere as well as contemporary hotels. It has a rich quantity of water containing sodium, calcium, chloride and sulfate springs. The temperature is between 25 to 80 degrees celsius. It's suitable for drinking too!

#### Sekizenkan MAP.20

#### (registered tangible cultural property in 1997)

Under the system of registering cultural property, Maeshin of Sekizen-kan and the Roka bashi (hallway bridge) which connects Sanso (villa), Maeshin and Mukoshin are designated to be registered tangible cultural properties. The main building is also designated as an important cultural property by Gunma prefecture. Maeshin is a three story building built in 1930, a bathhouse (Genroku no yu) is on the first

floor constructed with reinforced concrete and has arched windows with Taisho Romanesque architecture. The Sanso is a wooden two story building in Japanese style architecture using the Momoyama technique. Roka bashi is the roofed bridge connecting "Maechin" and "Mukoshin" across the Shinyugawa river. It's simple wooden architecture but the gabled roof was put on the trussed columns and the wainscoting is boarded. Address: 4236-1 Shima, Nakanojo





#### Shima Seiryu no yu MAP.21

Inside this traditional Japanese building, there is an open-air bath "Hyoutan no Yu" and "Oborozuki no Yu", a large public bath "Ogi no Yu" and "Yaba no Yu", a spot for drinking onsen water, a common room and an open space by the river.

Efficacy: rheumatism, women's diseases, chronic dermatitis, gastrointestinal disorder. Hours:10:00-21:00 Closed: Every fourth Wednesday (New year's eve unconfirmed.) Fee:Adult 500yen/Children 300yen Enquiry:0279-64-2610

#### Hinatami Yakushido MAP.22

(National important cultural properties / Designated 1912) Yakushisama's full name is Yakushi Ruriko Nyorai and it's known as the Buddha able to cure all illnesses and save people from pains. It was built for continued luck and fortune in battle for Sanada Izu no kami Nobuyuki (Governor of Izu province) in 1598 and remains a style of architecture from the Muromachi period. Address: 4371 Shima Nakanojo



#### Koshiki no yu MAP.23

"Koshiki no Yu" is established together with Shima Seseragi Museum (The first prefectural dam museum in Gunma)

Efficacy: neuralgia, muscle pain, arthralgia, frozen shoulder, motor paralysis. Hours:10:00  $\sim$  17:00 Closed on: Every second wednesday, December 1st to March 31st

Adult:400yen Children 200yen Enquiry:0279-64-2810



### ll public bath house



#### **Gomuso no Yu** MAP.24 It is said that a miraculous fountain to heal 40,000 illnesses, Gomuso no Yu, is found by revelation. It's located in the Hinatami area. 9:00-15:00



Kawara no Yu MAP.25 A bath house built of stone, Kawara no Yu, is located by the river in Arayu area. Once It sank into the river because of a typhoon. 9:00-15:00



Kami no Yu MAP.26 Located Yamaguchi area. Very relaxed Japanese style Onsen. 9:00-15:00



Yuzuriha Insenjo MAP.27 Inside an octagonal building in front of the people's hotel Yuzuriha So. You can also enjoy a footbath.

# CLEAR STREAM IN SHIMA

There is an onsen I want to keep secret. A rustic onsen located in a quiet valley, delicate water warms my body and heart up. I finally discovered my own place. There are many places of Scenic beauty such as a valley that nature formed and waterfalls. There is Ouketsu (pothole) by Route 353 and the famous spot of Kamagabuchi over the Watado-bridge. Huge and rare rocks are common around here. You can see Momotaro Falls at the meeting point of the Shima river and a stream which comes from Karakurihara. There are the Husenkyo and Koizumi falls between Arayu and Hinatami. There is a viewing spot to see the famous tinted autumn leaves.

You will find the twenty meter high Maya falls after a walk on a promenade along the Hinatami river. Furthermore, when you go towards the Ogura Mountain system, you will see Ogura falls which is known to have the best view.



#### Shima no Ouketsu MAP.28

Okushima Lake MAP.30

(designated as natural monument by Gunma prefecture in 1971) Ouketsu is a circular hole bored deep in a riverbed by stones rotating in an eddy. The diameter of the large hole is 3 meters and the depth is 3.2 meters. A product of nature after tens of thousands years.

## SHIMA ONSEN MAP



#### Shima Lake MAP.29

The color of this 5km circumference lake is mystical and changes all the time. Admired together with Goshoku marsh in Urabandai.



Maya Falls MAP.31 Waterfall with a legend of princess Maya. Ogura Falls MAP.32 Scenic beauty with Azalea blossom.



A man-made lake of Shima Dam, the whole circuit of 4 km

lakeside is famous for fresh verdure in spring and tinted leaves in autumn. The way water changes color is so

Koizumi Falls MAP.33 A waterfall especially beautiful with autumn leaf.

#### Momotaro Falls MAP.34

It can be viewed from Shima Ohashi.



SAWATARI ONSEN Sawatari, a place where springs have been abundant since the Jomon period. The land surrounded by rich nature is a great place to live. It has been said that historic personage Yoshinaka Kiso of Genji and Yoritomo Minamoto refreshed themselves in this onsen. Later, it was loved by not only samurai warriors but also by writers and artists such as Choei Takano (Western-science scholar), Sotei Fukuda (doctor) and Bokusui Wakayama (writer and poet). However, in 1945 at its peak period, the onsen town was devastated due to a great fire. In 1959, the onsen of Sawatari was revived as "the onsen that makes your skin beautiful" and even now it continues protecting tender onsens and rich nature. The root of Sawatari's very tender quality of onsen comes from its long history.



#### Sawatari Onsen MAP.35

An onsen town with beautiful scenery at an elevation of 600 meters. It's known as "Kusatsu no Shiageyu" and many well-known figures come to visit including Bokusui Wakayama and Choei Takano. It's an onsen of beauty and also known as "Ichiyokugyoku no yu".

Efficacy: rheumatism, hemorrhoid, skin disease, woman's diseases.



#### Historical Ooiwa School MAP.36

(Important cultural properties/ Designated in 1988 by town: Currently called Bokusui Kaikan)

A single-story wooden building with a thatched hipped roof built in 1879. It was used as a school till 1954. This is the oldest in Gunma prefecture as a school with thatched roof from the Meiji period and there is a tanka inscription of Bokusui Wakayama too. Address: 3404-1 Kami Sawatari, Nakanojo



#### Ooiwa Fudouson MAP.37

A torii gateway is built at the front of the temple leaving a trace of the syncretism between Shinto and Buddhism at the time. It has a sublime atmosphere and the approach is as long as 30 mins walk, there is an 800 year old Japanese cedar tree that, according to legend, saved a Buddha statue during a fire in the 19th century.

#### Public Bath House MAP.38

There are hot and luke warm baths in this public bath halfway up the hill in this Onsen town. Onsen water with flowers of sulphur touches the skin softly. There are cups by the spout for drinking. Fee: Adult 300yen Children 200yen Hours: 9:00-20:30

Enquiry:0279-66-2841

#### Tange Onsen MAP.40

When you go upstream of the Tange river, there is a single onsen hotel by the stream. Char and yammer (a kind of trout) inhabit the stream nearby and you can enjoy the surrounding nature by mountain stream fishing, collecting wild plants or forest bathing.

Efficacy: chronic dermatitis, gout, diabetes, frozen shoulder, poor circulation, neuralgia.





#### Bantsuri Seseragi Park MAP.39

A park by Bantsuri bridge (night fishing bridge) named after a Western-science scholar Choei Takano who enjoyed incognito fishing at night. Just like its name Seseragi park (little steam park) this park is located alongside the Sawatari river and the sound of streams leave your mind at peace.

#### Kuresakatouge / MAP.41 Kuresaka Bokusui Chaya

Kuresaka touge links Sawatari and Kuni, and many people used it from a long time ago. It changes faces with each season and the landscape of tinted autumn leaves from the time when Bokusui Wakayama travelled shows vivid colors. Why don't you try to make a haiku poem at this chaya (tea house) with the view Bokusai loved.



There are five onsen by Shirasugawa river and along the valley of the Nagasasazawagawa river and each one has a long history full of legends. In the Kuni area the main purpose of an onsen wasn't just for bathing but used to be for "Nedofumi" which is the work technique to put sedges or thatch into the onsen water to make them soft for making woven mats or japanese sandals. In the Edo period, it was known to be "Kusatsu no Shiageyu" as it healed people staying at Kusatsu onsen to cure disease.

# KUNI ONSEN



#### Shiriyaki Onsen MAP.42

Onsen gush out from the bottom of the Nagasasazawagawa river and the river itself is a huge outside bath. It's known to be good for healing hemorrhoids and people sit on the stone at the river's bottom. Therefore it is called "Shiri Yaki" (cook your bottom)!

Efficacy: hemorrhoid, rheumatism, dermatitis, women's diseases, hypertension, wounds.



#### Hanashiki Onsen MAP.43

It is said that Yoritomo Minamoto found it when he was hunting in the Kamakura period. It was named Hanashiki Onsen as cherry flower petals covered the surface when he found it.

Efficacy: rheumatism, beautiful skin, women's diseases, diabetes, eczema.



#### Oudoku Onsen MAP.44

Located inside road-side station Kuni, a very gentle slightly alkaline onsen with black sinter was discovered by a traveler a long time ago. Efficacy: Neuralgia, arthralgia, frozen shoulder, chronic digestive diseases, poor circulation, woman's diseases.



Kuni Akaiwa Onsen Chouei no Kakureyu MAP.45 A day trip onsens in Akaiwa area. It's an onsen facility with

the full of smell of woods and sunlight. Efficacy: neuralgia, muscle pain, arthralgia, frozen shoulder, chronic digestive diseases.

Hours: 10:00-20:00 / Closed on Thursday Fee:400yen / Enguiry:0279-95-3335



Kyouzuka Onsen MAP.46 Shakunage Rotenburo An onsen locals use, it's full of rustic beauty because of its rich quantity of water and the view of Shirasugawa

river along with Kuni's nature. Efficacy: Hypertension, arteriosclerosis, wound, rheumatism

Adult 500yen children 300yen / Enquiry:0279-95-3768



Michinoeki Kuni MAP.47 Oudoku Onsen Ashiyu Footbath at roadside station Kuni. It's free and you can enjoy anytime in during the day. Why don't you heal your exhausted feet after hiking or driving?

# VISITING OLD, LEARN NEW

Please pay attention to the histories which were never visible. Inside the quiet history there are many legacies which pass through people's lives. Famous public figures visiting this town include Choei Takano who is famous from Bansha no goku (the prohibition of heterodoxy in the Kansei era) and poet Bokusui Wakayama. Tracing their footsteps in history remains in the town and is the other way to enjoy the area.



#### Yumoto-ke MAP.48

There is a room where western-science scholar Choei Takano was hidden at Yumoto-ke house in Akaiwa area. Choei visited this area during the Great Tempo Famine and was treated to Soba and potatoes. From this experience he learnt Soba and potatoes don't suffer from famine and it is believed to be the original idea of "Kyukounibutsukou". You can still feel the young pupils passion for learning the study of western-science from <u>Choei even in</u> this remote mountain village.

#### Bokusui Shihi Kareno no Tabi MAP.51

In 1922 October 20th Bokusui Wakayama was moved by the magnificent landscape on the way from Kusatsu onsen to Sawatari onsen and left about 50 poems. Bokusui Matsuri (festival) is held on October 20th every year.



Soutaidousojingun

There are many Dousojin (travelers' guardian deity) in Nakanojo. Every single statue has an adorable and primitive face. They are friendly gods who look after rich harvests in the village and keep travelers safe.



Azuma Bridge MAP.49 Oldest railway bridge still in use in Gunma prefecture.



Historical Oshi Station MAP.50 Old Oshi line site which carried iron ore.



## Cultural Activities of Nakanojo



# Union member of "The most beautiful villages in Japan", Nakanojo

"The most beautiful village in Japan" Union takes measures to save the scenery of Japanese agricultural villages and their culture. Using a French programme as a model, we support little villages to shine with pride and to be independent. Two villages from the Isama and Kuni areas have also joined the union and serve to maintain beautiful villages and to pass on the culture.

## Prize of the Agency for Cultural Affairs Director, Culture and Art Creative Cities Category Award won in 2010

Agency for Cultural Affairs supports local government to engage in industrial development and regional vitalization by utilizing creativities of culture and art as "culture and art creative cities". Nakanojo is rated high for it's unique activities using art and culture and given the prize.



#### Nozori Lake MAP.52

#### Nozori lake, 1,513m above sea level.

After a long winter it becomes a paradise of 300 kinds of alpine plants blossoming including; Glaucidium palmatum, Japanese Azalea and Nozori Kisuge during early summer to early autumn. It bustles with people hiking,camping or fishing.

#### Chatsubomigoke MAP.54

(designated as a national natural treasure in 2017) Chatsubomi Goke (moss) grows wild where the mineral springs gush out. This is the only place where they grow wild on a large scale on the mainland of Japan. Their extraordinary beauty looks like a velvety carpet.

## Nozori Lake Campsite MAP.53

It was chosen to be the best of "Hontoni Kimochii camp sight 100"(magazine "BE-PAL"). It's wrapped in vast nature and you can enjoy fishing and mountain climbing.

#### Yoshigadaira Wetlands MAP.55

You can fully enjoy magnificent nature at marshes located 1,830m above sea level covered with Japanese rowan autumn leaves, yellow Russian rock birch and Wollgras. There are still rare species that exist here and it's been registered with the Ramsar Convention in May 2015.

#### Shiraneaoi in Nozori Lake MAP.52

In order to revive this habitat of endangered species of alpine flora Shirane-aoi, local volunteers planted seedlings and now the area is covered in flowers. May to early June is the best time to visit.

Watasuge in Yoshigadaira MAP.55

TAL SAN

Summer in Yoshigadaira, Wollgras blossoming covers the ground and makes a magical scene.

#### Oozen Falls MAP.56

One of yodate hattaki (eight waterfalls in Kuni) has mystical beauty in winter.







## Access to Nakanojo

### By JR







#### By Express Bus

Express Bus route (From Shinjuku to Kusatsu Onsen) [Joshu Yumegurigo]

Shinjuku Shin-Minami Exit/Shibukawa station/Ikaho Onsen/Nakanojo station/ Naganohara Kusatsuguchi station/Kusatsu Onsen

\*Reservation necessary. Please check with JR Bus Kanto or JR ticket office JR Bus Kanto Naganohara Branch TEL:0279-82-0489(10:00~17:00)

Express Bus route (From Tokyo station to Shima Onsen) [Shima Onsengo]

Shinonomeshako/Tokyo station Yaesu St./Nakanojo Station/Sawatari Onsen/ Onsen guchi/Yamaguchi/Tukimibashi/Shima Onsen

\*Reservation necessary. Please check with Kan-Etsu Kotsu Agatsuma office TEL: 0120-12-8805(9:00~18:00)

### General Information

Nakanojo Townhall Tourism, Commerce and Industry Department TEL : 0279-26-7727 Institute of Nakanojo Tourism Association TEL : 0279-75-8814 938 Nakanojo, Nakanojo, Agatsuma, Gunma 377-0424 Nakanojo Town Website http://www.town.nakanojo.gunma.jp/ Nakanojo Tourism Association Website http://www.nakanojo-kanko.jp/

## Enquiry about Shima Onsen

Institute of Shima Onsen Association 4379 Shima, Nakanojo, Agatsuma, Gunma 377-0601 TEL : 0279-64-2321 URL : http://www.shimaonsen.com/