

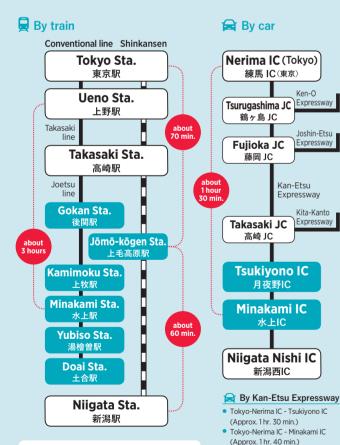


MINAKAMI Perfect Travel Guide & Map

Nature Snow Hot Springs Culture Cuisine Events Souvenirs

Find your oasis.

Access to Minakami



MINAKAMI AREA 3-DAY BUS PASS

This pass offers unlimited rides for three consecutive days on buses that run in Minakami It can be purchased at the Minakami Tourism Association, Jomo-Kogen Station Information Office, or at the Tourist Information Center at the Minakami Onser PASS

3 Rvokan Cooperative (in front o Minakami Station). Adult passes BUS are ¥2,100 and child passes (6 to 12 years old) are ¥1,050. As of February 2020







Niigata Nishi IC - Tsukiyono IC

• Niigata Nishi IC - Minakami IC

Hitachinaka IC - Tsukiyono IC

Hitachinaka IC - Minakami IC

Utsunomiya-Kaminokawa IC

Tsukiyono IC (Approx. 2 hrs.)

Utsunomiya-Kaminokawa IC -

Minakami IC (Approx, 2 hrs, 10 min.)

(Approx, 3 hrs, 10 min.)

🚘 By Kita-Kanto Expressway

(Approx, 1 hr, 50 min.)

(Approx, 2 hrs.)

(Approx. 3 hrs.)



Enjoy activities where you can experience the richness of nature. Even first-timers can feel at ease with rental equipment and experienced guides.



I Love Outdoors Japan アイラブ アウトドアーズ ジャパン

Enjoy the great outdoors of Minakami to the full with popular rafting tours on the Tone River, canyoning fun on the river, and canoeing and kayaking on the lake. Each tour is run by qualified, skilled guides. The Combo Tour including lunch and two activities is a great way to spend an entire day in the area.

Tanigawadake Ropeway 谷川岳ロープウェイ

This 10-minute, 2.4-kilometer ropeway ric offers panoramic views of the Tanigawa Mountain Range across all four seasons. The view of Mount Tanigawa is amazing Wi-Fi 🛜 MAP **A-2** € 0278-72-3575 ♀ Yubukiyama-Kokuyurin. nachi 🌑 April to Novemb B:00-17:00 (from 7:0) cember to March: 8:30-16:30 (t arch) durad During

1000

scheduled inspections Renjo

N3



MAP A-1

\$0278-72-1337

9 169-1 Kanosawa

S:00-18:00

Liloveoutdoors.jp/en

the season

Canyons Minakami キャニオンズ みなかみ his canvoning experience is led by alified guides. There are 15 different urses to choose from (the largest umber in Japan), including a beginner rse and a secret course. You can lso find a cafe and lodging facilities.

Wi-Fi 🛜 MAP A-1 0278-72-2811 9 45 Yubiso, Minakami-

/Relax/ **Hot Springs**

Minakami is replete with quality hot springs. There are various ways to enjoy them, such as at traditional Japanese-style inns and day-trip facilities.

Hoshi Onsen Chojukan

法師温泉 長寿館 loshi no Yu is famous for its rare natura springs. Established 145 years ago, it is a tangible cultural asset designated by ne Japanese government.

MAP A-3 Wi-Fi 🛜 **€**0278-66-0005 **♀**650 Nagai, Minakami-machi **肇**Day-trip bathing 0:30-14:00 (Reception ends at 13:30) deset Wednesdays, other irregular ho



Ryokan Tanigawa 旅館 たにがわ

This long-established Japanese inn in a qui environment has its own hot spring that is colorless and transparent, and has been used since the Edo period. Meals can be enjoyed in a private room for day-trip plans. MAP A-1 Wi-Fi 🛜

♦ 0278-72-2468 **♀** 524-1 Tanigawa inakami-machi 🗳 Day-trip bathing 13:00-17:00 Integular holidays





Its large open-air bath is famous, and

its four outdoor baths feature a total

space of 470 tatami mats in size.

99 Fujiwara, Minakami-machi

otion ends at 16:00) 🔤 No holiday

B-2

Day-trip bathing: 9:00

\$0278-75-261

Nukumorinoyado Tatsumikan 温もりの宿 辰已館 nis Japanese-sytle inn, established in 927 has the oldest history in Kamimoku

sen area. Hearth-Grilled Kensan derived from a traditional dish cooked using leftovers from the food offered the nobles) is a famous dish.

AP B-3 Wi-Fi 🛜 € 0278-72-3055 € 2052 Kamimoku, Minakami-machi € Day-trip bathing: 14:00-20:00 Irregular holidays



Minakami Bungy みなかみバンジー Try bungee jumping from the 12-meter-high Suwakyo Ohashi Bridge over the Tone River.

MAP B-1 0278-72-8133 (Bungy Japan) • 143 Obinata, Minakami-mach ception ends at 16:30)



Bouken Goya 冒険小屋 After the snow melts, trekking from Oz Marsh to Mount Tanigawa is a popular activity. There is also a guest house available for lodging only (no meals).

MAP B-1 0278-72-3744 egular holidays



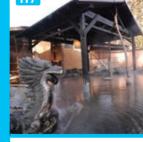




Tofukaiseki Sarugakyo Hotel 豆富懐石 猿ヶ京ホテル This Japanese-style inn features a uperb view of Lake Akaya. The large bath with hot water constantly flowi

directly from the hot spring source ha an atmosphere of an old-fashioned spa. Their traditional tofu course mea featuring homemade tofu is popular. MAP A-2 Wi-Fi 🛜 Correction Correction

the irregular ho



Kawafuru Onsen Hamaya Ryokan 🔢 🔜 川古温泉 浜屋旅館 This famous hot spring is located alongside the upper Akaya River. It is ukewarm at about 40℃, so bathers can spend a long time soaking.







One Drop Outdoor Guide Service ワンドロップ アウトドアガイドサービス his popular tour uses inflatable rafts or canoeing around Lake Shima, which s one of the most transparent lakes in e Kanto region

MAP B-3 Wi-Fi 🙈 **\$**0278-72-8136 0-18:00 Open daily during the seasor





ramata are offered in small groups and with a small number of boats, and are fun for all ages. A full selection of ntal equipment is also available. 278-72-2870

42-1 Oana, Minakami-machi 🔗 8:00-18:00

グランボレ パラグライダースクール With the Tandem Course for Beginners ou can soar up high under the control f a professional pilot. Gliding offers anoramic views of Mount Tanigawa rgest flying area in the Kanto region.

0278-62-1274 9 2151 Moro, Minaka :00-18:00 Geed No

Minakamikan 水上館

This traditional Japanese inn features a variety of eight different hot spring ths alongside the Tone River.

Wi-Fi 🛜

源泉かけ流しの湯めぐり テーマパーク 龍洞

This natural hot spring features 18 kinds

of open-air baths. Day-trip bathers can

ption ends at 18:00) fixed No holiday

11

he three large baths are known for

lishes made of seasonal ingredients.

spend up to four hours in the baths

after checking in at reception.

Correspondence of the second s

B-2

100

Theme Park Ryudo

Wi-Fi 🛜



農産物加工の家







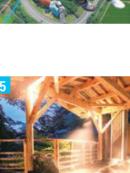






MAP B-3













accessories here. 0278-64-2064 822 Sukawa, Minakami-mach 9:00-17:00 (Reception ends at 15:00). Winter season: 9:00-16:00 (Reception ends at 14:30) Im Mondays Renjoy-minakami.com/en/



experience here.









Wi-Fi 🛜





Minakami Mountain Guide Association みなかみ山岳ガイド協会

Hiking and trekking on Mount Tanigawa, Oze, nd Mount Hotaka are offered here. One of the most popular activities is the eco-hiking tour from Mount anigawa to Ichinokurasawa, one of Japan's three greatest rocks, and hiking up Mount Tanigawa with its beautiful alpine plants. Courses can also be tailored to participant needs.





focus on rafting and canyoning. MAP B-3 ♦ 0278-72-6117 ♥ 84 Konita, Minakami-machi Morning tour: from 9:00, afternoon tour: 13:00 (from 13:30 in August)

Closed from October to mid-April. Oper

-guides.ip/?page_id=1722

ly during the seasor

Max Outdoor Tours

マックス アウトドアツアーズ Rafting and canyoning tours are conducted by guides with extensive overseas experiences. Even beginners can feel at ease. Snowshoeing and airboarding are available during the winter season. MAP **A-1**

0278-72-4844 🕈 54-2 Oana, Minakami-

20:00 com Open daily during the seas



Top Minakami Company トップ水上カンパニー Various activities are available here ncluding rafting, canyoning, and SUP

MAP **A-1 €** 0278-72-5086 **♀** 170-1 Tsunago, Minakami-machi **♀** 8:00-19:00 Closed

/Discover/ Culture

Have a great day where you can feel local culture and enjoy the bounty of land.

Takumi no Sato たくみの里

Takuminosato offers visitors the chance to experience the traditional handicrafts. Over twenty different studios can be found in the houses across Takuminosato where you car create your own souvenir to take home!



Kaiko Mavu Kinu no le Kobo

This studio handles the entire silk thread making

process from silkworm cultivation to cocoon

dyed threads to make a keepsake here.

♥ 0278-25-4517 ♥ 774-1 Sukawa, Minakami-machi ♥ 10:00-17:00 Tuesdays, Thursdays, Fridays, winter

season Renjoy-minakami.com/en/

processing, so you can spool threads, and use

蚕・繭・絹の家工房

Wi-Fi 🛜

Washi no le

Try making traditional Japanese

paper by hand with the guidance of

nakami-machi 9:00-17:00 (9:30-16:00

during winter season) and Tuesdays (Tuesday

和紙の家

paper craftsmen. € 0278-64-1047 9 786 Sukawa,

Shippouvaki no le

Omen no le おめんの家 Paint traditional and modern Make your own cloisonné ware Japanese masks and dolls here.

> **\$**0278-64-1827 35 Higashimine, Minakami-machi
> 9:00-17:00 (until 16:00 during winter
> season) ■ Mondays
> enjoy-minakami.com/en/

C5



Nousanbutsu Kako no le

Home-grown buckwheat and homemade flour are used in the handmade soba and udon crafting

0278-64-0010 834 Sukawa, Minakami-machi
 9:00-17:00 (until 16:00 during winter season) Thursdays ,enjoy-minakami.com/en/



Enjoy natural snow close to the Tokyo metropolitan area. In addition to eight ski resorts, there is also a variety of other activities.

Hodaigi Ski Resort

esort is excellent. Enjoy 16 trails

A free shuttle bus runs from Jomo-Kogen

Wi-Fi 🛜

available in a wide variety of skill levels

8:30-16:30 Den daily during the seaso

The quality and volume of snow at

Station and Minakami Station.

3839-1 Fujiwara, Minakami-machi

宝台樹スキー場

AP B-2

C0278-75-2557

Norn Minakami Ski Resort S1 ノルン水上スキー場

This ski resort offers novice to expe level trails and Snow Land, an area which

offers fun in the snow for everyone. MAP A-3 Wi-Fi 🛜 ◆ 0278-72-6688 ◆ 479-139 Terama, Minakami-mack Mid-December to late March: 8:00-16:00 om 7:00 on weekends and holidays), night skiing 16:30-22:00 (until 24:00 on Eridays Saturdays and Times differ de the season. I of Open daily during the seas



OKUTONE Snow Park 奥利根スノーパーク

Enjoy a 900-meter-long course and new lift No.4, which runs to the summi The slopes are open from early mornin until midnight on weekends. MAP B-1 Wi-Fi 🛜 € 0278-72-8101 ♥ Mukoyama, Minakami-ma ♥ Mid-December to early April: 8:00-22:00 (until 24:00 on Fridays and the day before holidays), Saturdays: 6:00-24:00 (until 22:00



White Valley Ski Resort ホワイトバレースキー場 The day after it snows 90% of the upper slope is a non-compacted snow area, offering powder snow skiing

MAP A-1 Wi-Fi 🛜 € 0278-72-5094 ♥ Tanigawa-Kokuyurinnai, Minakami-machi ♥ Mid-December to late March: 8:30-16:30 (from 8:00 on weekends and holiday from December to February). May change due to weather conditions. Im Open daily during the season www.whitevalley.jp/free/english

Tsukiyono Vidro Park 月夜野びーどろパーク

reate your own original blown glass piece, such as a single-flower vase or glass sculpture, while learning from a veteran craftsman.

MAP B-3 Wi-Fi 🛜 € 0278-62-2211
 Ø 737-1 Gokan, Mi 37-1 Gokan, Minakami-machi 9:00-17:00 (Reception ends at 16:00) Coul Irregular holidays vidro-park.ip/en



4.6

100.00



Gakurinji

Built in 1505, this temple is designated as one of the 100 best places to view the moon in Japan. Come experience the culture of Zen here.

MAP B-3 may be closed due to temple events



round 20 varieties of apples mainly

in a large orchard. You can try apples

while picking them or take them home

€ 0278-25-3461 ♥ 989-2 Kamizu, Minakami-machi ♥ 9:00-17:00 Thursdays

cember eniov-minakami.com/er

terward.

MAP B-3

une to August), ope

developed in Gunma are cultivated

Michinoeki Mizukikokan 道の駅 水紀行館 Observe freshwater creatures that live in

the Tone River. Fishing and catching trout by hand are popular summertime activities. MAP **A-2**

C0278-72-1425 ♀1681-1 Yubara, Minakami-machi ♀9:00-17:00 (Fisheries Museum is open until 16:30) ➡No holiday (Fisheries Museum is closed on the 4th Tuseday of the month from July to October and the 2nd and 4th Tuesday of the month from November to June) 💻 enjoy-minakami.com/en/



Tanigawadake Tenjindaira Ski Resort 谷川岳天神平スキー場

This ski resort offers gorgeous views of the Tanigawa mountain range. It is known for its long ski season, lasting from early December to early May. Some areas nave snow as deep as four meters during the high season, offering the ultimate powder skiing without any manmade snow. Enjoy your day on a wide variety of trails that the resort has to offer.



Minakami Choei Akasawa Ski Resort みなかみ町営赤沢スキー場

wordpre

ne Akasawa no Kabe trail at Sarugakyo Onsen Village is an exper level trail that features powder skiing. There are also gentle slopes for

MAP A-3 € 0278-66-1254 ♀ 620-1 Nagai, Minakami-mach -December to early March: 8:30-16:30

Open daily during the season

S7

Minakami Kogen Fujiwara Ski Resort 水上高原藤原スキー場 This area features mainly gentle slope for beginners to intermediate skiers and families with small children. Enjoy staying and bathing at the adjacent hotel that operates this ski resort.

S6

S8

MAP B-2 **€** 0278-75-2321 ♀ 4957-1 Fujiw Minakami-machi ♥Late Deceml ♦ 0278-75-2321 ♥ 4957-1 Fujiwara, Minakami-machi ♥ Late December to earl April: 8:30-16:45 Open daily during the eason 💻 fujiwarask



Minakami Kogen Ski Resort 水上高原スキーリゾート This ski resort and hotel offers a large number of trails. Enjoy dog sledding



and a variety of other snow activities Wi-Fi 🛜 MAP B-2 0278-75-2222

6152-1 Fujiwara, Minakami-machi Late December to early April: 8:30-16:30 aturdays 8:00-17:00 (until 16:30 on Sunday Open daily during the seasor

/Enjoy/ Souvenirs

Japanese sweets, as well as traditional pottery with unique texture, make great souvenirs of your trip to Minakami.





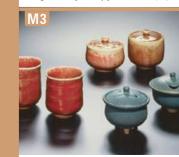
Jack The Tart Fantasy ジャック・ザ・タルトファンタジー This shop is located in Minakami Onsen Town Their Baked Minakami Cheese Tart, made of carefully-selected ingredients such as quality Gunma flour and Mount Akagi eggs is very popular. Try the coffee and natural soda made with Mount Tanigawa water at the cafe.

MAP **A-2** 278-72-8181 124-1 Kawakami, i-machi 📽 10:00-17:30 (until 19:00 on weekends and holida It closes once items are sold out Closed TU

Marusu Seika

丸須製菓 This steamed sweet bun shop was established in 1964. Their flagship product is the Sennokura Mantaro, a black sugar sweet bun that harmonizes the bun coating made of black sugar and agar with a special bean jam filling.

MAP **A-1** Wi-Fi 🛜





english.htm

Tsukivonoyaki Yutaro Gama 月夜野焼 祐太郎窯

his gallery offers an authentic way o experience pottery, using the workshop's own original glaze on the vieces on display and sold directly from the workshop.

MAP B-3 Wi-Fi 🛜 **€** 0278-72-5307 **♀** 2331 Kamimoku, Minakami-machi **♀** 9:00-17:00 Wednesdays (Open when a holiday falls on sday) Renjoy-minakami.com/en,



Maruhiro Noen まるひろ農園



嶽林寺

€ 0278-62-6455 € 1697 Tukiyono, Minakami-machi € Zazen meditation session are held on the 2nd and 4th Monday of each month from 6:00-8:00 The treasure hall

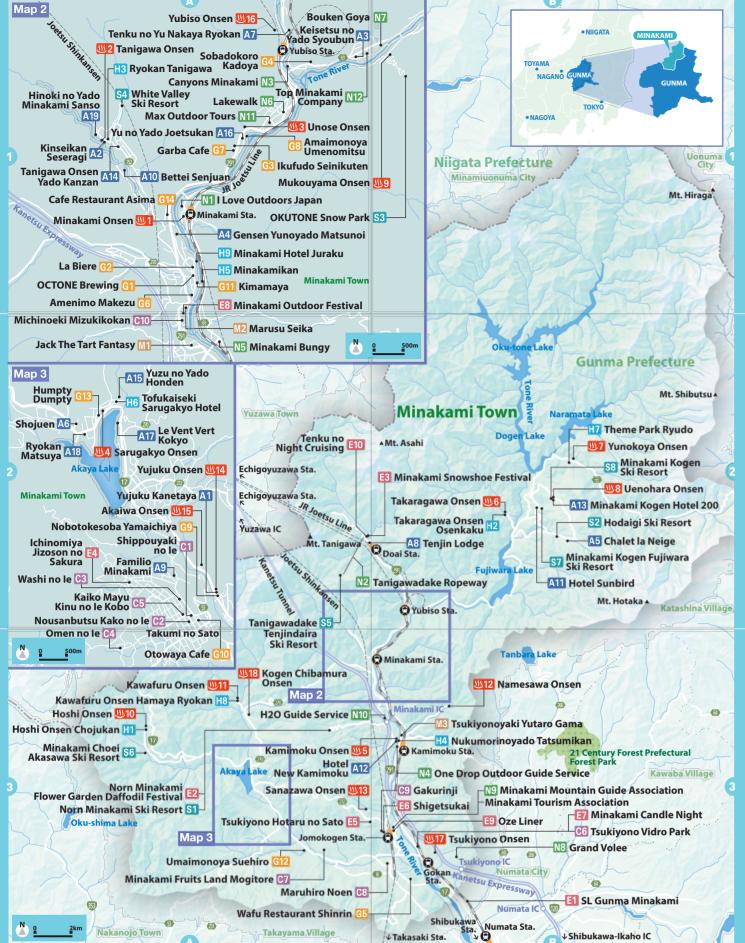






C6

S4



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・三国エリフ 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 Situated at the entrance to Minakami, this area lives and breathes with the daily lives of its residents. Just as 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 km²	Town tree	Beech						
	Population	17,892 (As of October 1, 2019)	Town flower	Japanese rose						
			Town bird	Nightingale						

Monthly average temperature

		-		- C									
	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sep.	Oct.	Nov.	Dec.	Yea
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	-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. Hoshi Onsen Minakami Onsen ● 法師温泉 水上温泉 MAP A-1 2 Tanigawa Onsen ^{谷川温泉} MAP A-1 Kawafuru Onsen 川古温泉 3 Unose Onsen うのせ温泉 MAP A-1 4 Sarugakyo Onsen _{猿ヶ京温泉} MAP A-2 Sanazawa Onsen ▶ 真沢温泉 MAP A-3 Kamimoku Onsen **A** Yujuku Onsen **し**上牧温泉 MAP B-3 4 湯宿温泉 MAP A-2 **C** Takaragawa Onsen 🗲 Akaiwa Onsen * 0 宝川温泉 MAP B-2 **〕**赤岩温泉 MAP A-2 7 Yunokoya Onsen Yubiso Onsen 湯/小屋温泉 MAP B-2 ■ 湯桧曽温泉 MAP A-1 8 Uenohara Onsen 上の原温泉 MAP B-2 **7** Tsukiyono Onsen 月夜野温泉 MAP B-3 9 Mukouyama Onsen _{向山温泉} MAP B-1 10 Kogen Chibamura Onsen ' ● 高原千葉村温泉 MAP A-3 *Not available at pre 111





ACCOMMODATION In MINAKAMI

Various accommodations are available, including Japanese-style traditional inns and Western-style lodges, all surrounded by abundant nature.

A1 Yujuku Kanetaya ゆじゅく金田屋 This long-established Japanese inn was founded in 1868. It has a warehouse where aisho era poet Bokusui Wakayama stayed.

MAP A-2 Area Niiharu 0278-64-0606 🛛 608 Yujuku A2 Kinseikan Seseragi

金盛館 せせらき With four hot spring sources, all of the bathtubs at this hot spring inn feature spring water MAP A-1 Area Minakami 0278-72-3260 🕈 544 Tanigawa, Min

A3 Keisetsu no Yado Syoubun 蛍雪の宿 尚文 This countryside inn offers local cuisine made from local ingredients and a variety of guest rooms. MAP A-1 Area Minakami

0278-72-2466 9277 Tsunako, Minaka

A4 Gensen Yunoyado Matsunoi 源泉湯の宿 松乃井 This hot spring inn features four good-qualit hot spring sources, with an open-air bath decorated with firefly-like lights. MAP A-1 Area Minakami 0278-72-3200 9 551 Yuhara, Minakan

A5 Chalet la Neige シャレー・ラ・ネージュ This resort inn, adjacent to Hodaigi Ski Resort, offers outdoor activities and authentic cuisine. MAP B-2 Area Minakam ♦ 0278-75-2828 Minakami-machi □ la-neige.com/









雨ニモマケズ lunch options and an a la carte menu. MAP A-1 0278-25-3688



MAP A-1 € 0278-72-4573
 € 780 Oana, Minakan

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 ngredients is also recommended.

A6 Shojuen 生寿苑

A7 Tenku no Yu Nakaya Ryokan

天神ロッジ Tenjin Lodge is a family-owned and run

ファミリーオみなかみ Enjoy views of the Tanigawa mountain range from the quest rooms at this hotel located in untryside field nearby Tak MAP A-2 Area Niiharu 0278-20-6060 🛛 🖗 623 Sugawa, M

別邸仙寿庵

flowing open-air bath. This hotel has real architectural beauty in harmony with nature. MAP A-1 Area Minakami € 0278-20-4141 € 614 Tanigawa, M

A11 Hotel Sunbird ホテルサンバード This hot spring hotel located next to Fujiwar Ski Resort is popular for its 11 private baths and a detached hot spring bath. MAP B-2 Area Minakami 🕻 0278-75-2321 🛛 🖗 4957 Fujiwara, M

A12 Hotel New Kamimoku ホテルニュー上牧 From the Hotaru-no-Yu private open-air bath at this resort hotel, guests can view the gorgeous scenery of Kamimoku Hot Spring town.



MAP A-3 MAP A-3 12 Namesawa Onsen _{奈女沢温泉} MAP B-3

Sobadokoro Kadoya

Wafu Restaurant Shinrin

口風レストラン しんりん iese restaurant serves Joshi ey Pork meat dishes as well as als made with plenty of vegetable nd rice produced in Minakami. Their oopular Waraji Sauce Cutlet Rice Bowl eatures cutlets fried to perfection with nemade sauce. B-3 0278-62-1122 93375 akami-machi 911:00

oliday 💻 enjo

Amenimo Makezu

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

Wi-Fi 🛜 759-1 Yubara, Minakami-machi
 11:00-14:00, 17:00-22:00 (L.O. 21:30)
 Thursdays Qenjoy-minakami.com/



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. A-1 Wi-Fi 🛜

\$0278-25-3887 9 815-3 Oana, Mina 9:00-19:00 Intursday

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.

achi 🔮 10:30-17:0 and The Wednesday and Th



Nobotokesoba Yamaichiya 野仏そば やまいち屋 very day, buckwheat grains are ound in a stone mill, then kneaded by and and served fresh. There are also lenty of dishes with their secret misc uce, such as Miso Katsu Meal.

Wi-Fi 🛜 A-2 € 0278-64-1321 ♀ 596 Yuyado-onsen, Minakami-machi ♀ 11:00-20:00 (L.O. 19:50)

This lodging like a haven, situated in vast grounds, offers 13 single-story guest rooms furnished in a wooden tea-house style. MAP A-2 Area Niiharu

€ 0278-66-1175 **9** 1048 Sarugakyo-

天空の湯 なかや旅館 Enjoy excellent views of the mountains and starry sky from the Tenku Rotenburo open-a bath and a relaxing dinner in the guest rooms MAP A-1 Area Minakami 0278-72-3516 93 Yu

A8 Tenjin Lodge

mountain lodge, located deep in the Joetsu National Park and about 2 hours from Tokyo MAP A-2 Area Minakami 0278-25-3540 Q 220-4 Yub

A9 Familio Minakami

A10 Bettei Senjuan Each guest room features its own constantly

MAP B-3 Area Tsukiyono Colored Colored



Kimamaya 気ママ屋

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-ma ♥ 9:00-17:00 Tuesdays and Sundays



tasty, creative dishes made with local MAP A-2



his resort hotel stands on vast grounds totaling 6.6 million square meters, and is known for its hot spring with skin beautifying effects. MAP B-2 Area Minakami



The country cooking made by the proprietres is popular at this modern Japanese inn standing in the Tanigawa Hot Spring highlands. MAP A-1 Area Minakan 0278-72-3041 9 430 Tanigawa, N



This hot spring inn by Laka Akaya is famous for its Honden Miso Bean Course meal made with homemade miso. MAP A-2 Area Niiharu

A16 Yu no Yado Joetsukan ゆの宿 上越館





檜の宿 水上山荘 Vortea Minakan
 Vortea



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 sprin One million daffodil flowers blossom across the ski slopes. Mid-April to mid-May MAP A-3 orn.co.jp/gree



Tsukiyono Hotaru no Sato 月夜野蛍の里 In June, visitors to this promenade an enjoy a stroll while watching the wild dance of fireflies that live in the area. Mid-June to mid-July MAP A-3



指月会 This moon-viewing event is held at Gakurinji Temple during the harvest moon of mid-autumn. Mid-September MAP B-3 enjoy-minakami.com/er



Minakami Candle Night みなかみキャンドルナイト At this eco-friendly candle worksho edible oil is reused to make candles Visitors can also tour the glass factory at night. Late December MAP B-3

IAP A-2

mid-September to late November

enjoy-minakami.com/er

/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.





A17 Le Vent Vert Kokyo ル・ヴァンベール湖郷 This charming hot spring inn is known for its large bathing area with constantly running hot spring and its creative raditional course meals made with local ingredients.

MAP A-2 Area Niiharu € 0278-66-0880 € 1731 Aimat



A15 Yuzu no Yado Honden 湯豆のやど 本伝

This hot spring inn on the bank of the Tone River is known for its creative cuisine and handmade sweets made by the owner. MAP A-1 Area Minakam

A18 Ryokan Matsuya 旅館 松屋 This homey guest house where the atmosphe

of the Showa era remains welcomes lodgers that stay without ordering meals. MAP A-2 Area Niiharu ▲ 0278-66-0188 ♀ 175 Saru

A19 Hinoki no Yado Minakami Sanso This hot spring inn features gorgeous views of Mount Tanigawa and cypress baths made of 2000 year-old cypress wood. MAP A-1 Area Minakami



\$ 0278-75-2222 **\$** 61

A14 Tanigawa Onsen Yado Kanzan 谷川温泉 やど莞山

A13 Minakami Kogen Hotel 200 水上高原ホテル200

Wi-Fi 🛜 € 0278-25-3733 ♥ 1137-10 Sarugakyo-onse Minakami-machi ♥ 11:00-15:00, 16:00-22:00





うまいもの屋 すえひろ

This Japanese restaurant was

tablished in 1965. Their famous

Barley Pork, is a soft, juicy cutlet

Otowaya Cafe

his cafe adjoins Takuminosat

52-4 Sukawa Minakami-mach

Horakukan. Their dishes made with

local ingredients and sweets made

using ripe Minakami fruits are popular

Wi-Fi 🙈

オトワヤカフェ

A-2

0278-64-0322

Cafe Restaurant Asima カフェレストラン 亜詩麻 Their famous Baked Curry cooked with homemade spices is a popular menu representative of local dishes. P A-1 278-72-3326 146 Yubara, Minakami-machi 11:00- L.O. 16:00 (until last order at 19:00 or

Thursdays (Open when Thursday falls on

