

# KAHOKU

Kahoku City, Ishikawa Prefecture 石川縣河北市

## Kahoku City 河北市

Kahoku City Hall Industry and Construction Department,  
Industrial Promotion Section  
河北市産業建設部 産業振興課  
Tel. (076) 283-7105  
<http://www.city.kahoku.ishikawa.jp/>



# The Town of Philosophy and Sunsets

## 歡迎造訪哲學與夕陽之都

This commuter town, just 30 minutes from Kanazawa, has been ranked Japan's 7th best place to live.

最適宜人居住的城市排行榜第7名，距離金澤30分鐘的衛星都市。

Feel the happiness, sipping on a drink as you watch the sun set over the Sea of Japan, accompanied by the laughter of the children in the park.

This town that raised a great philosopher, offers a unique and special *something* to nourish the mind as well as the heart.

Experience the life that Japan dreams of living, even just as a traveler, and you may come away changed yourself.

公園裡，孩童滿溢笑容，遠眺沒入海中的夕陽，沉浸品茶的箇中滋味，在這特別的時刻，實際體會幸福。向偉大的哲學家學習人生之事，也是這個城市的特別之處。接觸日本人所憧憬的城市面貌，也適合當作旅途的回憶。



- Area: 64.44 km<sup>2</sup>  
面積 / 64.44km<sup>2</sup>
- Population: 34,188 (18,070 women, 16,814 men)  
總人口 / 34,188人 (女: 18,070人、男: 16,814人)
- Population Density: 531 people/km<sup>2</sup>  
人口密度 / 531人/km<sup>2</sup>

# Ishikawa Nishida Kitaro Museum of Philosophy

石川縣西田幾多郎紀念哲學館

## Kitaro Nishida 西田幾多郎

One of Japan's preeminent philosophers, born in 1870 in what is now Kahoku City, and best known for his work *An Inquiry into the Good*. Nishida's philosophy attempted to combine Asian ideology with European philosophy. His study for contemplation, *Kotsumeikutsu*, was moved to this Museum of Philosophy, where it is now on display.

1870年誕生於現今河北省，是日本具代表性的哲學家。代表出版作有《善的研究》。西田幾多郎的哲學融合了東洋思想與西洋哲學，被稱為「西田哲學」。沉思的場所—「骨清窟」書房被移建至哲學館場地內展示。

## Tadao Ando 安藤忠雄

One of Japan's most renowned architects, known for the Row House in Sumiyoshi, Benesse House, the Church of the Light, and numerous other famous buildings worldwide. Ando was involved in the designs of two buildings in Kahoku City: the Nishida Kitaro Museum of Philosophy and Kanazu Elementary School, both of which prominently feature Ando's trademark polished, undressed concrete.

日本具代表性的建築師。帶給這世界住吉的長屋、直島當代美術館、光之教會等為數眾多的知名建築。在河北省則著手設計了石川縣西田幾多郎紀念哲學館和河北省立金津小學。每項都是象徵著安藤建築的清水混凝土所精煉出的設計。

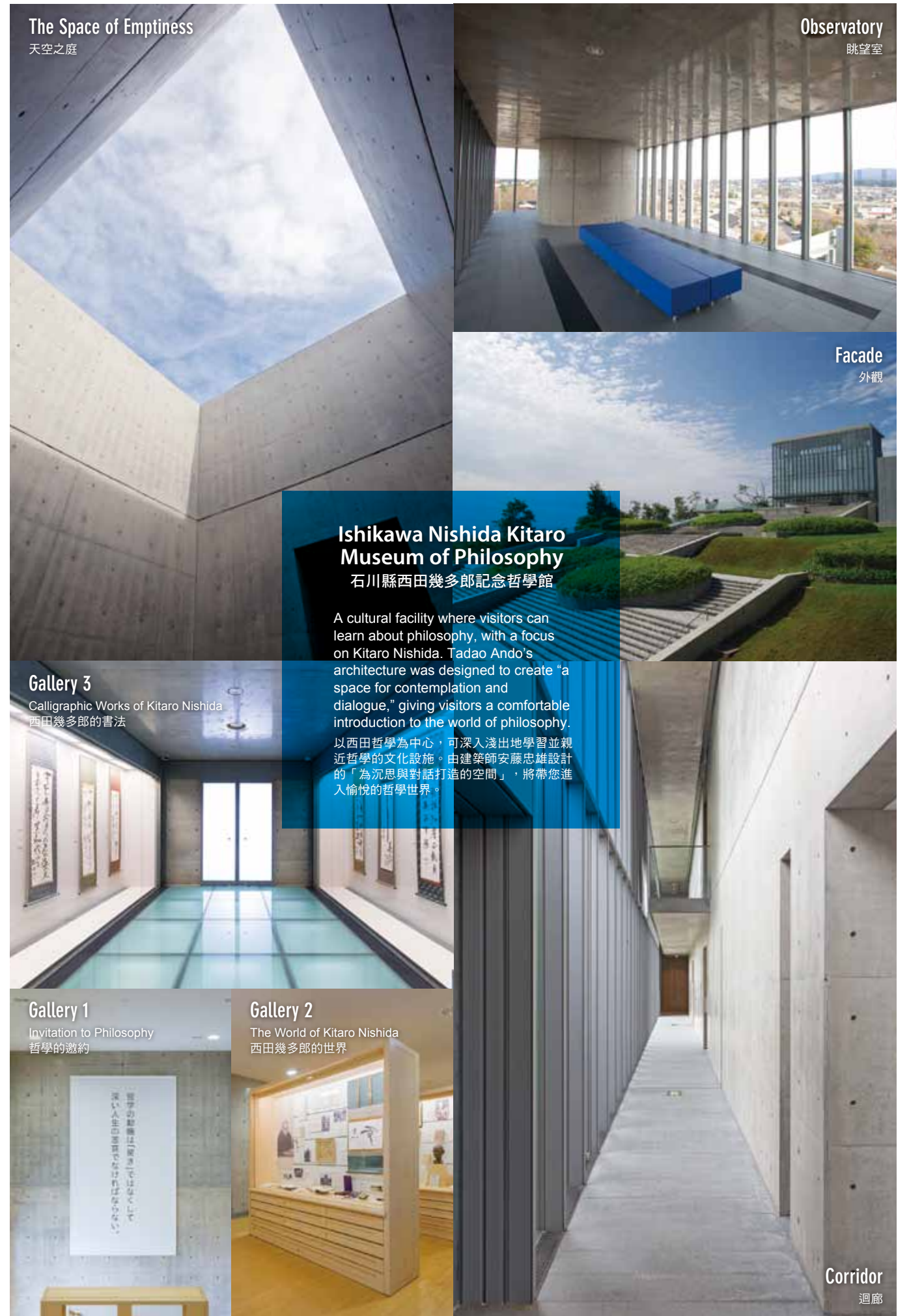
*Kitaro Nishida meets Tadao Ando*

A Comfortable Place to Confront Philosophy.  
擁有和哲學家相對而視的安閒時光

The good is happiness.  
The satisfaction of the demands of the self or the realization of ideals always constitutes happiness.  
—Kitaro Nishida, *An Inquiry into the Good*

善即幸福，這是可以成立的事。我們滿足自己的要求，抑或實現理想，那就是幸福，亙古不變。  
出自西田幾多郎《善的研究》

Foyer: a space for contemplation 冥想的空間「Foyer」



The Space of Emptiness  
天空之庭

Observatory  
眺望室

Facade  
外觀

## Ishikawa Nishida Kitaro Museum of Philosophy 石川縣西田幾多郎紀念哲學館

A cultural facility where visitors can learn about philosophy, with a focus on Kitaro Nishida. Tadao Ando's architecture was designed to create "a space for contemplation and dialogue," giving visitors a comfortable introduction to the world of philosophy. 以西田哲學為中心，可深入淺出地學習並親近哲學的文化設施。由建築師安藤忠雄設計的「為沉思與對話打造的空間」，將帶您進入愉悅的哲學世界。

Gallery 3  
Calligraphic Works of Kitaro Nishida  
西田幾多郎的書法

Gallery 1  
Invitation to Philosophy  
哲學的邀約

Gallery 2  
The World of Kitaro Nishida  
西田幾多郎的世界

Corridor  
迴廊

# Michi no Eki Takamatsu Sunset Café

道之驛站高松（夕陽咖啡館）

## Michi no Eki Takamatsu 道之驛站高松

Michi no Eki roadside station, which also serves as a highway service area, connects the city of Kanazawa with the Noto Peninsula with its beautiful mountain and ocean views. Relax in the foot bath, dog park, café, and local produce shop, or try local sweets and foods made with local ingredients like Kahoku's Kahokkuri sweet potatoes.

連接金澤市到奧能登的公路，也兼備里山海道服務區的道之驛站。內有足湯、遛狗區、咖啡館、特產品賣場等完善設施，可以悠閒放鬆。商店裡陳列著河北的蕃薯「Kahokkuri」等、使用河北特產品製成的原創餐點和日式甜點、當地蔬菜，極具魅力。

*Michi no Eki  
Takamatsu  
meets  
Sunsets over  
the Sea of Japan*

## Sunsets 夕陽

The stunning sunset over the Sea of Japan is an experience visitors of Kahoku should treat themselves to, and Michi no Eki Takamatsu makes the perfect place to enjoy it. With a sandy beach, an open lawn, a foot bath, and window seats at the café, you're bound to find a great place to watch the sun sink into the sea. If you're particularly lucky, you might just catch a mirage or a green flash during the sunset.

沒入美麗日本海的夕陽，是來到河北市絕對想親眼目睹的感動風景。在那之中，道之驛站高松是欣賞夕陽的最佳地點。您可以在沙灘、草地、足湯、窗邊座位等喜愛的地方和夕陽共度美好時光。運氣好的話，還能看見夕陽蜃景或綠閃光等特別的夕陽。

It Never Hurts to Enjoy a Beautiful Sunset Every Now and Then.  
有時讓美麗夕陽療癒身心也不賴。

Just as flowers are most beautiful when they manifest their original nature,  
humans attain the pinnacle of beauty when they express their original nature.  
In this regard the good is beauty.  
—Kitaro Nishida, *An Inquiry into the Good*

正如同花朵顯現花朵本性時最美，人類顯現人類本性時會達到極致之美。善即是美。  
出自西田幾多郎《善的研究》

Sunset Café  
夕陽咖啡館



Foot Bath  
足湯



Local Sweets  
原創甜點



## Michi no Eki Takamatsu Sunset Café 道之驛站 高松夕陽咖啡館

Michi no Eki Takamatsu is located midway along the route between Noto and Kanazawa, and is the perfect place to enjoy a sunset over the Sea of Japan. A fresh cup of coffee and some sweets are a great way to make the sunset extra special.

坐落於通往能登與金澤之道路中間地點的道之驛站高松。這裡是能遠望日本海美麗夕陽的絕佳景點。邀您在此搭配獨家精選咖啡和甜點，度過特別的時光。

Local Sweets  
原創甜點



Satoumi-kan  
里海館外觀



Local Sweets  
原創甜點



History  
歷史



Shiroo Lighthouse 【白尾燈塔】

This lighthouse was built for the safety of shippers and fishers on the Sea of Japan, as well as for rescues from shipwrecks. The lighthouse itself was built along the coastline, and the area surrounding it is maintained as a park. It also makes a great place to watch the sun set over the Sea of Japan.

為了保護航行於日本海的船舶、漁船，以及發生海難時提供救助，而建立了燈塔。沿著海岸線而建，周邊則修整為公園。能看見沉入日本海的夕陽，成為絕景之地。



Kamo Shrine 【賀茂神社】

This shrine was once revered by the imperial family. Even today, the shrine grounds have a noble air.

過去是平城天皇的勅願所，受到皇室的尊崇，是大有來頭的神社。神社境內至今仍飄散著高貴的氣息。



Townscape along the Noto Kaido Road

【能登街道的街景】

The Noto Kaido road runs to Ushitsu, splitting from the Hokuriku Kaido road at Tsubata Inn where messengers used to stop by and runs to Ushitsu. The Takamatsu area of Kahoku once flourished as a post town, and even today enjoys an atmosphere that draws on those days.

能登街道是北陸街道在津幡宿所分支出去的街道，延伸至宇出津。曾因為宿場町而繁榮，現在也還能感受到往日的氣氛。

Local Charms

資訊



Light-up at the Ishikawa Nishida Kitaro Museum of Philosophy

【石川縣西田幾多郎紀念哲學館夜間點燈】

Enjoy this light-up headed by Hirohito Totsune, one of Japan's top lighting designers, illuminating the Ishikawa Nishida Kitaro Museum of Philosophy, designed by world-class architect Tadao Ando. The museum's LED lighting is beautiful all throughout the year.

由世界建築家安藤忠雄所設計的作品石川縣西田幾多郎紀念哲學館「哲學之鄉」等，是夜晚舉行國內屈指可數的照明設計師戶垣浩人先生設計的夜間點燈的著名景點。全年都能欣賞到採用LED照明的燈飾照亮整個建築，營造出絢麗的迷人光彩。

Leisure  
遊玩



Umikko Land Nanatsuka Campground 【Umikko Land七塚露營場】

This campground is located near Shiroo IC on the Noto Satoyama Kaido expressway. Fun for everyone from beginners to experienced campers.

相當鄰近能登里山海道白尾交流道的露營場。露營新手也能輕鬆享受。



Nanatsuka Central Park 【河北市七塚中央公園】

This 5.6-hectare city park features an observation point with a great view of the Sea of Japan. The playground was designed around the theme of "a city at the bottom of the ocean," and the 83-meter roller slide is the longest in Ishikawa.

坐落於眺望日本海的高台，是占地面積5.6公頃的都市公園。「海底都市」造型的大型遊樂設施和縣內最長83m的溜滑梯相當熱門。

Sea and Coastal Museum 【海與渚的博物館】

Located next to the Sea of Japan, this museum features displays of many traditional fishing items and hands-on learning experiences. Grilling area and campground also available.

位於日本海旁，是能接觸、體驗、學習古早討海人的生活用具和漁具的設施。也設有烤肉場和露營場。

Watermelon 【西瓜】



These crisp, sweet watermelons are in season from late June through August.

口感和甜度高低方面的評價極好。出貨時期為6月下旬到8月。

Kahokuri Sweet Potato 【Kahokuri】

Wonderfully sweet and fluffy sweet potatoes, named for the city of Kahoku. In season from late October through February.

此番薯特色在於高甜度和熱呼呼的口感。其名稱來自產地「河北（Kahoku）市」和所擁有的「熱呼呼（Hokuhoku）」口感。出貨時期為10月下旬到2月。



Matsuya Toriyasaimiso 【Matsuya的雞肉蔬菜味噌】

Enjoy a hotpot made with this Ishikawa favorite miso blend at a restaurant operated by its maker, Matsuya, here in Kahoku.

在直營店能品嚐到的味噌鍋使用了代表石川縣的調味料（株）Matsuya所製造的「雞肉蔬菜味噌」。

Monbei Persimmon 【紋平柿】

These large and sweet persimmons feature a beautiful color and smooth flesh. In season from late October through December.

又大又圓、口味高雅的脫澀柿子。色澤優良、肉質滑嫩。出貨時期為10月下旬到12月。



Nagaimo Yam 【山藥】

Enjoy their deliciously crunchy texture.

In season from late October through December.

鬆脆的口感為其特色。出貨時期為10月下旬到12月。



Daikon Radish 【白蘿蔔】

Featuring a distinctively fine luster, and in season from late September through November.

其特色在於具有光澤且平坦光滑。

出貨時期為9月下旬到11月。

Event  
慶典活動

Specialty  
特產品



Elastic Fabrics & Embroidery Lace

【橡膠織品／刺繡蕾絲】

Kahoku is one of Japan's top producers of elastic fabrics, which are used in sportswear, health products, innerwear, outerwear, industrial materials, and more. Kahoku also produces embroidery lace, popular for use in both innerwear and clothing, as well as curtains.

河北市是日本全國少數的橡膠織品產地。橡膠織品使用於運動與健康用品、內衣、外衣、產業資材等各式各樣的領域。活用於西服和內衣、窗簾的刺繡蕾絲也相當興盛。



Grapes 【葡萄】

Kahoku boasts nearly a century of grape cultivation, with sweet and delicious varieties like Delaware and Kyoho grapes well known as "Takamatsu grapes." In season from late June through August.

栽種葡萄的歷史長達約90年，香甜美味的珍珠紅葡萄和巨峰品種的「高松葡萄」相當受歡迎。出貨時期為6月下旬到8月。

# Kahoku Area Map 河北市與其周邊地圖

Just 30 minutes from Kanazawa, and right next to the Chirihama Beach Driveway along the coast. While you're here, try some of the area's famous miso soup and premium grapes. Aeon Mall Kahoku offers an easy and convenient destination for shopping.

離金澤30分鐘，海岸線鄰接千里濱海濱公路。歡迎造訪這座城市，這裡有畢生想品嚐一次的傳說級味噌湯和超高級葡萄。購物則到舒適方便的河北AEON。

Located in the center of Ishikawa Prefecture, Kahoku City serves as the "gateway to the Noto Peninsula." 幾乎位於石川縣中央，是登半島的玄關入口。



## Onigayama Park & Shiroo Lighthouse 鬼山公園與白尾燈塔

Enjoy the view of the Sea of Japan behind a torii gate from this lighthouse. 越過神社的鳥居，能看見日本海遼闊絕景的燈塔。



## Umikko Land Nanatsuka & Sea and Costal Museum 海與渚的博物館

Learn about nature next to Shiroo Beach, or enjoy camping. The Sea and Beach museum features reproduction fishing villages from the 1920s through the 1950s, and a collection of over 5,000 items. 是鄰近白尾海水浴場的自然體驗設施，設有自助露營場。海與渚的博物館重現了昭和初期至昭和30年代的能登漁村，擁有超過5,000件收藏品。



## Ishikawa Nishida Kitaro Museum of Philosophy 石川縣西田幾多郎紀念哲學館

This cultural facility introduces visitors to the achievements of Kitaro Nishida and items related to him, to help visitors feel a closer connection to philosophy. 介紹西田幾多郎博士的功業和相關物品，同時淺顯易懂地解說與鄰近哲學的文化設施。



## Aeon Mall Kahoku AEON MALL河北

In addition to its anchor store Aeon Kahoku, this mall features a variety of shops offering food, fashions, and services. 以「AEON河北店」為核心店舖，並由流行服飾、餐飲、服務等專門商店所組成的購物商場。



## Michi no Eki Takamatsu (Sunset Café) 道之驛站高松(夕陽咖啡館)

Located between Takamatsu and Komedashi interchanges on the Noto Satoyama Kaido expressway, this Michi no Eki consists of Satoumi-kan on the northbound side and Satoyama-kan on the southbound side. The perfect place to enjoy a magnificent sunset, relaxing with a foot bath or at the Sunset Café. 位於能登里山海道的高松交流道和米出交流道中間，是往南為里山館、往北為里海館的道之驛站。光是因為能一覽夕陽景色就已廣受好評，隨著新設置能遠望海景的足湯，夕陽咖啡館也在限定時間中開幕。

## Nakamachi-dori Street 中町通路

A cherry blossom-lined street along the old Noto Kaido road. A cherry blossom festival is held here every April. 沿著舊能登街道種植的櫻花大道。4月會舉辦「櫻花祭典」。



## Matsuya Restaurant Matsuya餐廳

Enjoy dishes made with Toriyasaimiso, a local miso blend famous nationwide, at this restaurant run by its maker. 製作日本全國知名在地美食「雞肉蔬菜味噌」的食品公司直營店。



## Nanatsuka Central Park 河北市七塚中央公園

Enjoy an 83-meter roller slide with a view of the Sea of Japan and plenty more at this beloved playground and park. 除了能遠望日本海的長達83公尺大型溜滑梯，還匯集了許多遊樂設施，是廣受歡迎的公園。

## Noto Satoyama Kaido 能登里山海道

scenic route along the coast.

20 min. drive from Kanazawa-higashi IC 距金澤東交流道 車程約20分鐘

80 min. drive from Noto Airport 距能登機場 車程約80分鐘

45 min. drive from Komatsu Airport 距小松機場 車程約45分鐘



## Kochidani Forest Road of Cherry Trees 高地谷林道的櫻花道

A breathtaking drive along a road lined with 1,000 cherry blossom trees, with panoramic views of the Sea of Japan. 種植了約1,000棵八重櫻等櫻花樹，可一邊眺望日本海，一邊通過櫻花隧道。



## Across Takamatsu ACROSS高松

This sports center features artificial turf sports fields, a running course, a handicrafts workshop, a sumo ring, and more, for plenty to do in all types of weather. 人工草皮運動場、跑步區、工藝室、相撲場等場地齊全的全天候型運動中心。



## Kanazu Manor & Kamo Shrine 金津莊與賀茂神社

The historic Kamo Shrine was used as a manor for Kamigamo Shrine during medieval times. 日本中世時期為上賀茂神社的莊園，是帶有此般歷史的神社。日本中世時期為上賀茂神社的莊園，是帶有此般歷史的神社。



## Kamiyamada Kaizuka Shell Mound 上山田貝塚

One of the Hokuriku region's best known Jomon-era remains, from thousands of years ago. 代表北陸地區的繩文時代遺址。



## Kita Family Weeping Cherry Tree 喜多家的枝垂櫻

This cherry tree was planted over a century ago, and towers 13 meters high, with a trunk 1.6 meters around and branches spreading 11 meters across. A special nighttime light-up is held when it blossoms in early to mid April. 樹齡超過100年，以高度13m、樹幹周長1.6m、樹枝展開寬度11m為傲的枝垂櫻。每年4月上旬至中旬為最佳觀賞時期，還會進行夜間點燈。



## Kahokugata Lagoon 河北潟

The beautiful flowers and scenery at Kahokugata Lagoon change with the seasons. Geese, ducks, and plovers visit in late fall and early winter during their migrations, making this a great destination for birdwatchers. 可以欣賞四季不同的花卉和景觀的河北潟。是降秋至初冬時期招來雁鳥和雁鴨、千鳥等候鳥的賞鳥勝地。

