

Access By CAR

東京 Tokyo	Nerima IC 練馬IC	Fujioka JCT 藤岡JCT	Sakaki IC 坂城IC	R18	Chikuma 千曲市	[2hrs 30min	
	Takaido IC 高井戸IC	Okaya JCT 岡谷JCT	Obasute Smart IC 姨捨スマートIC	※	Koshoku IC 更埴JCT	[3hrs	
新潟 Niigata	Niigata Nishi IC 新潟西IC	Nagaoka JCT 長岡JCT	Joetsu JCT 上越JCT	Koshoku JCT 更埴JCT	Koshoku IC 更埴IC	[3hrs	
	Komaki JCT 小牧JCT	Okaya JCT 岡谷JCT	Obasute Smart IC 姨捨スマートIC	※	Koshoku IC 更埴IC	[3hrs	
名古屋 Nagoya	Suita IC 吹田IC	Komaki JCT 小牧JCT	Okaya JCT 岡谷JCT	Obasute Smart IC 姨捨スマートIC	※	Koshoku IC 更埴IC	[5hrs 40min

※ETC Exclusive (For use to and from Matsumoto direction only)

Access By Train

Tokyo
東京駅

JR Nagano Shinkansen
JR長野新幹線

Ueda
上田駅

Shinano Railway
しなの鉄道

Togura
戸倉駅

Chikuma
千曲駅

Yashiro
屋代駅

Yashiro Koko Mae
屋代高校前駅

Hokuriku Niigata
北陸・新潟

Kanazawa
金沢駅

JR Hokuriku Line
JR北陸本線

Naoetsu
直江津駅

JR Shinetsu Line
JR信越本線

Nagano
長野駅

Shinano Railway
しなの鉄道

Yashiro Koko Mae
屋代高校前駅

Yashiro
屋代駅

Chikuma
千曲駅

Togura
戸倉駅

Nagoya/Osaka/Kyoto
名古屋・大阪・京都

Shin-Osaka
京新大阪駅

JR Tokaido Shinkansen
新幹線東海道

Nagoya
名古屋駅

JR cyuo-nishi Line
西JR中央線

Matsuyama
松本駅

JR Shinonoi Line
JR信濃線

Shinonoi
篠ノ井駅

Shinano Railway
しなの鉄道

Yashiro Koko Mae
屋代高校前駅

Yashiro
屋代駅

Chikuma
千曲駅

Togura
戸倉駅

Obasute
嬬捨駅

Taxi [15min]
タクシー

Togura Kamiyamada Onsen
戸倉上山田温泉

Obasute
姨捨駅

Taxi [15min]
タクシー

Togura
戸倉上山田温泉

Chikuma City Tourist Association

2-12-10 Kamiyamada Onsen, Chikuma City, Nagano Prefecture
TEL.026-275-1326 FAX.026-275-3678 <http://chikuma-kanko.com/>

Chikuma City Tourism Department

4-15-1 Kamiyamada Onsen, Chikuma City, Nagano Prefecture TEL.026-275-1753 FAX.026-261-4607
Chikuma City Tourism Website <http://chikuma-city.jp/>
Chikuma City Website <http://www.city.chikuma.nagano.jp/>

Sightseeing • Hotel Information Office Tel.026-276-2241

Highway BUS

Express shuttle bus services connect Chikuma City with major cities including Tokyo (Shinjuku and Ikebukuro), Nagoya, Kyoto, Osaka and Niigata. Please contact the Chikuma City Tourism Association for more details. Tel: 026-275-1326

千

曲

ちくま

Sightseeing Guide Book of Chikuma

Experience the four seasons of Japan in Chikuma City. Come and relax in the city that everyone thinks of as their hometown.



Welcome to NAGANO

What to see Where to go What to do

Surrounded by mountain ranges, Shinshu aka Nagano Prefecture is known for its picturesque natural beauty. Chikuma has, since ancient times, flourished as the regional center of Shinshu. Thanks to the abundant blessings of the Chikuma River, Chikuma is an unspoilt, quaint town where the traditional way of life remains evident.



Nagano Sights



Kamikochi

Japan's first alpine resort—refresh your body and mind.



Tateyama Kurobe Alpine Route

Japan's largest dam, built at an deviation of 1,500m, is a must see.



Hakuba

One of the best ski resorts in Japan. Enjoy skiing and snowboarding on the pristine slopes of Hakuba.



Matsumoto Castle

One of Japan's national treasures and known for its magnificently imposing castle tower.



Zenkoji Temple

A large temple where the old and young alike have sought spiritual enrichment since ancient times.



Jigokudani Onsen

See Japanese macaque, or snow monkeys, bathing at this famous hot spring.



Obuse

The bonds between Katsushika Hokusai, the most famous Japanese artist, and the quaint township of Obuse run deep. The town is also known for its chestnuts.



Karuizawa

One of Japan's finest summer retreat destinations. Shopping and gallery viewing are popular activities.



Chikuma City and Surrounds Visitor's Map

Visit Chikuma City, where Japan's largest river—Chikuma River—runs through traditional Japanese rice cultivation districts, to refresh your body and mind. Here you can visit the hot springs that have been enjoyed by the locals for more than 100 years, see pink apricot flowers or historic buildings with walls, known as "namako-kabe", that give you a glimpse back in time to the town in which travelers would spend a night while on their arduous journey.



Tour guide taxi

Your taxi driver will offer to become your tour guide and camera man for your sightseeing visit to Chikuma City. Have a taxi to yourself and your family or friends for 2 hours for 13,000 yen. Entrance fees to tourist sites and attractions and car parking fees are charged separately. To make bookings or enquires about these tours please contact Chikuma City Tourism Association. Tel: 026-275-1326 Website: <http://chikuma-kanko.com>



語り部タクシー

- | | | |
|-------------------|-----------------|--------------------------------|
| Parking 駐車場 | Toilet トイレ | Wheel Chair Accessible 障害者用トイレ |
| School 学校 | Post Office 郵便局 | Bank 銀行 |
| Hospital 病院 | Shrine 神社 | Police Station 警察 / 交番 |
| Flower Point 花の名所 | Hot Spring 温泉 | View Point ビューポイント |

History

It is believed that during the Kofun Period, the regional administrator for Shinano no Kuni, later to become known as Nagano, was appointed in present-day Chikuma City. During the Edo and Meiji periods the city flourished as a transportation hub centered on Inariyama-juku where major roads intersected.

Train

Running through the center of Chikuma City is Shinano Railway with two to three services each hour. Take the Nagano Shinkansen train from Tokyo Station to Ueda Station or catch the Shinano train from Nagano station to Chikuma City.

Bus

Take advantage of the public buses that drive around Chikuma City. For more information, including fares, timetables and a route map, please refer to the bus brochure. Inquiries: Chikuma City Tourism Association Tel: 026-275-1326

Taxi

Taxis can be arranged from any point in Chikuma City, and are very handy when used in conjunction with the train services. Fares up to 1,500m start from: 640 – 710 yen Additional fares: 100 yen every 300m

Rental Bicycle

Bicycles for hire are available from five locations within the Togura Kamiyamada hot springs district. Please refer to page 11 for their locations.



姨捨

Obasute
おばすて

OBASUTE

Encounter beautiful Japanese landscapes that calm your soul.

The mystical sceneries of the terraced rice paddies of Obasute continue to amaze visitors. Poetry found in Kokin Wakashu, an anthology of Japanese poetry composed long ago during the Heian period, depicts the landscape and moon overlooking Obasute. This is evidence that the landscape has been much loved and valued over many centuries. The terraced rice paddies have been selected as one of the cultural landscapes of Japan for their inherent beauty. The landscape changes in appearance with the time of day and the change of season promising to warm your heart.

Unspoilt Scenery : Obasute

Obasute is a picturesque area, much loved by many poets and literati such as Matsuo Basho and Kobayashi Issa. Take a stroll and enjoy a traditional Japanese township overlooking magnificent views of Japan's longest river, the Chikuma River, and the Zenkouji plain.



Terraced Rice Paddies [棚田]

Obasute is home to one of the most scenic terraced rice paddy landscapes in Japan and has been selected as one of Japan's cultural landscapes. It is one of the top 100 terraced rice paddy landscapes in Japan. More than 1,800 small rice paddies carved like stairs into the side of a hill side create a nostalgic scene. The moonlit night view of Zenkouji Plain from the top of the terraced rice paddies together with the pristine air make this a place somewhere you can't miss visiting. Obasute Station with its retro station building and the Nagano Expressway Obasute Service Area are great viewing locations both day and night. (Obasute night view tour: please refer to page 17)

The Legend of Mt. Obasute

A long time ago there was a feudal lord who despised the elderly and issued a decree that "all over the age of 60 are to be left in the mountains". Following this decree, one young man took his aunt to Mt. Obasute but could not leave her there. The young man instead decided to take his aunt back home and hid her there. At around the same time, the lord was presented with a riddle from a neighboring region. "How do you make a rope out of ash?" The lord told the people of his village that those who know the answer will receive a reward. The young man then spoke with his aunt; she told him that if he soaked the rope in salt water and then burned it, he would end up with an ash rope. Her knowledge very much impressed the lord and the young man pleaded with the lord to allow him to spare his aunt. The young man's request was granted and the lord learnt to respect the wisdom of the elderly and value elderly citizens.



Chorakuji Temple [長楽寺]

The temple building and the fire-red autumnal leaves contrast splendidly. Within the temple grounds, there are a number of stone tablets inscribed with haiku poems and songs, and each year, during mid-autumn, the Shinshu Obasute Moon Festival and national haiku competition are held.



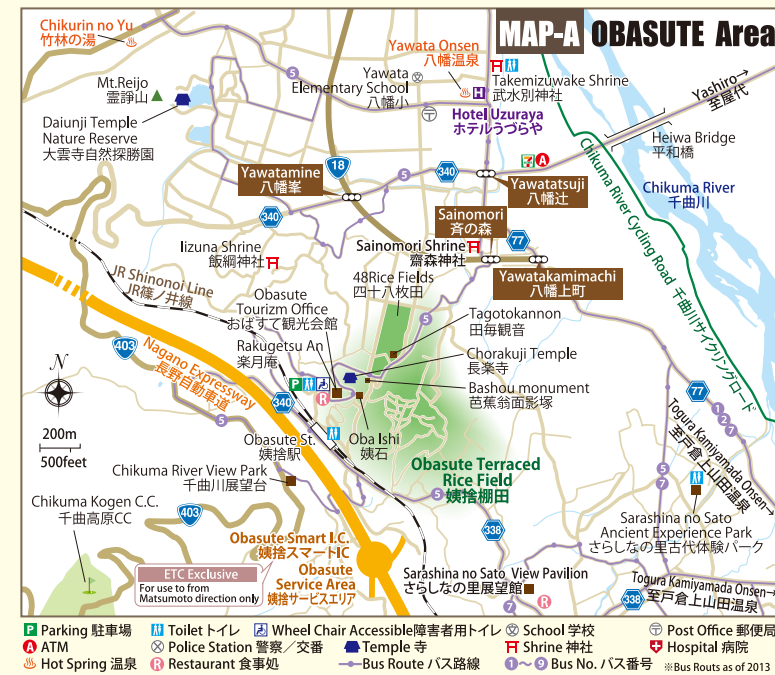
Sarashina no Sato Ancient Experience Park [さらしなの里古代体験パーク]

The park is an open air museum that recreates a village from the prehistoric Jomon Period. It also has a museum where various exhibits from the Jomon Period can be viewed, and where you can make your own stone implements. (Sarashina no Sato Jomon Matsuri: please refer to page 13)



"Tagoto no Tsuki" Amazing Reflection of the Moon in the Waters of Terraced Rice Paddies

Since the Heian Period, Obasute has been known as a prime location from which to enjoy viewing the moon, but in recent years the beauty of the moon reflected in each and every rice paddy has come to prominence. The view of the moon reflected in the irregularly shaped rice paddies is known as "Tagoto no Tsuki" and is one of the most scenic landscapes in Japan. This rare beauty can only be seen in spring, just before the rice seedlings are planted into the shallow waters of the rice paddies.



あんずの里

Apricot Village

さと

Walk through the orchards that paint the hills pastel pink.

As spring arrives each year, a sea of one hundred thousand apricot trees comes in full bloom in Anzu no Sato (Apricot Village) in Chikuma City just before the cherry blossoms bloom. The region is known as the best apricot viewing location in Japan with apricot blossoms stretching as far as the eye can see as if the landscape is painted a pastel pink. Visitors can also enjoy cherry blossoms, German iris, lotus and other seasonal flowers.

APRICOT ORCHARDS

Japan's Best Apricot Orchards

Gaze upon the pastel pink apricot flowers that densely cover the branches of the trees and together create magnificent views. Take a stroll through the sweetly fragrant apricot trees and experience for yourself the arrival of spring.



Anzu no Sato Sketch Park
[あんずの里スケッチパーク]

Precious old apricot trees have been relocated to the park and historical houses have been restored to recreate a traditional village. Home to magnificent spring flowers, first the apricot flowers bloom, and then the cherry blossoms.



Anzu no Sato Woodblock Print Museum
[杏の里板画館]

Located within a historic house from the Edo Period, the museum's exhibits include folklore artifacts from the Shinshu region and works by Munakata Shiko, an internationally recognized 20th century woodblock print artist.



Mori Shougunkzuka Old Tomb
[森將軍塚古墳]

The tomb was built for an aristocratic family who ruled the Shinano region in the 4th century. The tomb has a 100m long shaft that connects to a stone chamber. It is the longest of its kind in Japan and is designated a national historic site. Within the site is the Mori Shogunzuka Museum, where visitors can view a life-size replica of the shaft, actual and replica burial goods, and clay figures.



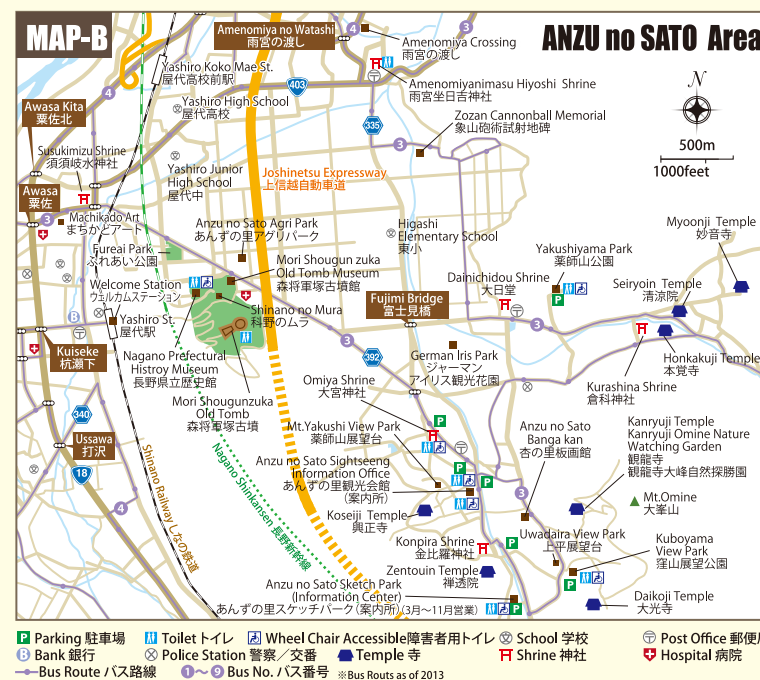
Shinano no Mura
[科野のムラ]

Experience the ancient village life of the Shinano region by walking among the excavated houses, storehouses and ceremonial grounds of the Kofun Period.



Nagano Prefectural Museum of History
[長野県立歴史博物館]

Visit the museum to see, touch and experience the history of Nagano Prefecture. Buildings from each period have been faithfully recreated and put on display.



History of Anzu no Sato (Apricot Village)

It is believed that apricot trees were first introduced to the area when the daughter of the feudal lord of Uwajima Domain in Iyo Province, Toyohime, married Sanada Yukimichi, the feudal lord of Matsushiro Domain during the Genroku Era. Toyohime brought with her apricot tree seedling so as not to forget her hometown. The magnificent view of the apricot flowers painting the mountain pastel pink makes it seem as if the spirit of Toyohime still longs for her hometown, even after the passing of so many centuries.



稲荷山

いなりやま

Inariyama was a bustling center of commerce that flourished as the largest traveler's stopover town on the Hokkoku Nishi-Kaido road. Still standing along the streets of Inariyama are traditional residential houses and storehouses in the architectural style known as oo-kabe zukuri. You will also observe large black roofs or walls known as namako-kabe, which are also traditional styles of Japanese architecture. The construction methods and appearance of the buildings in the area vary significantly, and here you can gain first-hand experience of the techniques, tradition and history of Japan.

Located on the Hokkoku Nishi-Kaido road to that leads to Zenkoji Temple near the beginning of the Hokkoku-Kaido road, Inariyama was a center of commerce that flourished in the Edo Period. Even today that atmosphere of a bustling center of trade remains strong. The streets lined with white-walled storehouses are history and tradition preserved in time. Architects and builders of the time competed with each other to display their skill and craftsmanship and built all kinds of marvelous buildings. Today it is as if one can still feel the vibrancy of town in the Edo period.



A typical storehouse building with white clay walls in which you will find a number of folk artifacts that give insight into the lives and business of Inariyama residents in the past. Precious artifacts known as Shijin—or four gods (green dragon, white tiger, phoenix, black tortoise)—crafted in the first year of the Keio Era are stored and displayed within the museum, the only place you are able to see such examples within the prefecture.

The storehouses prevent and resist fire and are either fully coated with plaster or boards. Some storehouse walls are built with flat tiles and are joined with white clay that is rounded on top. This is known as namako-kabe.



The park is a prime location for cherry blossom viewing where weeping cherry trees and Yoshino cherry trees are in full bloom in Spring. You will also discover a shrine nestled between two ponds within the park.



A famous temple built in the Kamakura Period that houses the Aizen-Myoo seated statue, one of Japan's important cultural properties.



The temple is known as a great place to see autumnal foliage, as well as its beautiful Japanese garden. Tea ceremonies are held at this old Soto Buddhist temple.



とぐらかみやまだおんせん

戸倉上山田温泉

Rejuvenate yourself at this 100 year-old hot spring.

Togura Kamiyamada Hot Springs is one of the best hot springs in Nagano Prefecture. The hot spring water comes from many sources and is known for being beneficial for your skin due to its high quality and has been enjoyed by the locals for many years. The area offers a number of different activities to do throughout the year: In spring you can enjoy tsukeba or minnow dishes; in summer view the fireworks and enjoy the festival; delight in fruit picking in autumn; and in winter savor a hot bath surrounded by snow.

TOGURA KAMIYAMADA HOT SPRINGS

chikuma 09

Stroll through this Old Hot Spring District

Togura Kamiyamada Hot Springs is a hot spring district found in an unique location along the Chikuma River and surrounded by a number of mountains, including Mt. Obasute. From ancient times the district flourished as a "shojin-otoshi" hot springs town, that is, a place where pilgrims could go to relax before returning to normal life. With an abundance of water from the 54 sources, the district boasts one of the largest volumes of discharged spring water in Japan. The area's hot springs are simple sulfur springs, with a slight sulfur scent and are clear in color. The water is very gentle to the skin and popular for its beneficial qualities. A number of legends also originate from the area, including the Koishino Yu legend which says that a young woman collected 100 red stones in her effort to find her missing lover. (see page 16)



Hot Spring District [温泉街]

The clatter of Japanese wooden clogs walking down a street lit by old orange tinted lights gives one the feel of an old fashioned hot spring district. Take a stroll in your wooden clogs down the bustling streets filled with restaurants, theaters, museums and street stalls. The district also has hot springs for your feet, which are perfect when having a quick break during your walk. Feel free to walk around the hot spring district in your yukata and clogs.



Geisha [芸妓]

Geisha performers are in high demand for their dancing, shamisen (stringed instrument) and singing entertainment. These performers give visitors a true sense of a traditional Japanese hot spring district. Visitors can enjoy entertainment sessions with Geisha performers, tour the area with them or try kimono on yourself (kimono are available for hire). Immerse yourself in traditional Japanese culture. (Please refer page 17 for details on Geisha Show and kimono hire)



Aratojo Mountain Castle

[荒砥城]

Found within the park is a faithful replica of Arato Castle, a castle built during the Sengoku period. The castle platform and the main grounds overlook the Togura Kamiyamada hot springs district, Chikuma River with the Northern Alps standing tall in the distance.

Public Hot Springs

Immerse yourself in Japanese culture and take a stroll down the streets of the hot spring district in a yukata and wooden clogs while stopping by at any of the seven public hot springs.

Yunohana sento Zuishou

[湯の華銭湯 瑞祥]

Opening hours:
9:00 am - 1:00 am
(Opens at 6 am on
Saturdays, Sundays and
public holidays)
Closed: 3rd Tuesday of
each month
Fee: 650 yen
Tel: 026-275-4321



Manyo Super Sonic Onsen

[万葉超音波温泉]

Opening hours:
4:00 am - 11:00 pm
Closed: 2nd and 4th
Mondays of each month
*Free footbath available
Fee: 300 yen
Tel: 026-275-2228



Koshu Yokujou Togura Kokumin Onsen

[公衆浴場戸倉国民温泉]

Opening hours:
8:30 am - 10:00 pm
Closed: One day at the
beginning of each
month
Fee: 300 yen
Tel: 026-275-0457



Tasedai kenkou koryu plaza Tsuruno Yu

[多世代健康交流プラザつるの湯]

Opening hours:
10:00 am - 10:00 pm
Closed: 1st and 3rd
Wednesdays of each
month
Fee: 250 yen
Tel: 026-261-0770



Kameno Yu

[かめ乃湯]

Opening hours:
10:00 am - 11:00 pm
Closed: 16th and last
day of each month
Fee: 350 yen
Tel: 026-276-4664



Koshuyokujou Togura Kanze Onsen

[公衆浴場戸倉観世温泉]

Opening hours:
5:00 am - 11:00 pm
Closed: 1st and 3rd
Mondays of each month
Fee: 300 yen
Tel: 026-275-0350



Togura Merryland Hakuchoen

[戸倉メリーランド白鳥園]

Opening hours:
9:30 am - 8:00 pm
Closed: 2nd and 4th
Tuesdays of each month
and the end of year
Fee: 500 yen
Tel: 026-275-0400





International Tourist Friendly Accommodation Numbers on the map correspond to the below hot spring inns and hotels.

Name	Telephone	HomePageAddress	Credit Card Accepted
上山田温泉 Kamiyamada Onsen			
1 有田屋旅館 Aritaya Ryokan	026-275-1006	http://aritaya.net/	○
2 梅むら旅館 うぐいす亭 Umemura Ryokan Uguisutei	026-275-3036	http://uguisutei.com/	○
3 荻原館 Ogiwarakan	026-275-1018	http://www.ogiwarakan.com/	○
4 湯元 上山田ホテル Kamiyamada Hotel	026-275-1005	http://www.kamiyamada.com/	○
5 亀清旅館 Kamesei Ryokan	026-275-1032	http://kamesei.jp/	○
6 小石の湯 Koishinoyu	026-275-2354	http://www.koishinoyu.co.jp/	○
7 更級館 Sarashinakan	026-275-1036		○
8 旅の宿 滝の湯 Tabinoyado Takinoyu	026-275-2120	http://takinoyu.net/	○
9 ホテル圓山荘 西乃館 Hotel Marusanso Nishinoyakata	026-275-1119	http://www.marusansou.com/	○
10 遊子 千曲館 Yushi Chikumakan	026-275-1111	http://www.chikumakan.co.jp	○
11 中央ホテル Chuo Hotel	026-275-3322	http://www.chuo-hotel.com/	○
12 ホテル亀屋本店 Hotel Kameya Honten	026-275-1002	http://www.kameya-ho.co.jp/	○
13 ホテル清風園 Hotel Seifuen	026-275-1016	http://www.seifuen.co.jp/	○
14 ホテル晴山 Hotel Seizan	026-275-1201	http://e-seizan.com/	○
15 ホテル圓山荘 Hotel Marusanso	026-275-1119	http://www.marusansou.com/	○
16 ホテル雄山 Hotel Yuuzan	026-275-2333	http://www.yuuzan-g.com/	○
17 山風荘 Sanpuso	026-275-1262	http://www.sanpusou.com/	○
18 湯本柏屋 Yumoto Kashiwaya	026-275-2211	http://www3.ocn.ne.jp/~kashiwaya/	○

Name	Telephone	HomePageAddress	Credit Card Accepted
19 旅館 菊水 Ryokan Kikusui	026-276-5858	http://kikusui-web.com/	○
20 旅亭たかの Ryotei Takano	026-276-3001	http://www.ryotei-takano.jp/	○
21 享の湯 Wakanoyu	026-275-1560	http://www.wakanoyu.com/	○
戸倉温泉 Togura Onsen			
22 上田館 Uedakan	026-275-1881	http://www.itoenhotel.com/hotel/uedakan/	○
23 国楽館戸倉ホテル Kokurakukan Togura Hotel	026-275-2019		○
24 笹屋ホテル Sasaya Hotel	026-275-0338	http://www.sasaya.co.jp/	○
25 千曲乃湯 しげの家Chikumanoyu Shigenoya	026-275-1713	http://www.shigenoya.co.jp/	○
新戸倉温泉 New Togura Onsen			
26 一扇荘 Ichuougiso	026-275-0602		○
27 ホテルやすな Hotel Yasuna	026-275-0306		○
28 村田屋旅館 Murataya Ryokan	026-275-0226		○
29 湯の宿 福寿草 Yunoyado Fukujuso	026-275-0171	http://tokura-fukujusou.com/	○
30 名月荘 Meigetsuso	026-275-1309	http://www.meigetsusou.com/	○
民宿・ビジネスホテル Business Hotel			
31 ビジネスホテルグリーンプラザ Business Hotel Green Plaza	026-276-7111	http://www.yuuzan-g.com/plaza/	○
32 ホテルプラトン Hotel Platon	026-275-5111	http://www.yuuzan-g.com/platon/	○
33 ホテルルートイン上山田 Hotel Route-inn Court Kamiyamada	026-276-0006	http://www.route-inn.co.jp/	○

JNTO Visit Japan Information Nagano Kamesei Ryokan
2-15-1 Kamiyamada Onsen Chikuma-shi Nagano 〒389-0821 TEL.026-275-1032

MAP

Togura-Kamiyamada ONSEN Area

A number of purpose-specific maps are available from the hot spring district. All maps are available at the Chikuma City Tourism Association office.

Gourmet Guide

This guide is perfect for those seeking a good restaurant in the Togura Kamiyamada Hot Springs district.

Hiking Map

Take this map with you when walking around Chikuma City.

Cycling Map

Those who want to get around Chikuma City on bicycle will find this map indispensable.

Things to Eat in Chikuma 10 Best

Enjoy the amazing produce and delicacies of Nagano Prefecture and Chikuma City. From the most popular through to some unusual local treats, below is some of the food that you must try. Don't miss out on sampling any of these top 10 local delicacies.



Sarashina Soba

These noodles are known for their pure white color. Sarashina soba is made only using the white core of grains of buckwheat from Mogami and is prepared in the traditional method unique to Sarashina. The dish has a long history and was long ago granted the right to be named after the region by the feudal lord.



Oshibori Udon

Oshibori Udon is a local dish of neighboring town Sakaki. The udon noodles are eaten with a special dipping sauce made of grated tangy radish known as nezumi daikon, which is strained through a cloth and mixed with Shinshu miso paste. The dipping sauce is so spicy is that it will make your eyes water but the more you eat the more you will taste the subtle sweetness.



Shinshu Gyu [Wagyu Beef]

Shinshu beef is known for its rich flavor and quality marbling. The secret behind the beef is specially developed and supplied fodder. Shinshu cattle are raised on apples, which leads to high levels of amino acids and is responsible for the beef's rich flavor. This feed also contributes to the pleasant scent of the beef and produces a vivid color contrast between the white fat and the red meat.



Tanada Rice

Rice paddies made from cutting into the side of steep hills are known as tanada. Tanada Mai is rice cultivated on those terraced rice paddies and is irrigated with snowmelt and rainwater resulting in rice of which you can really savor the flavor of the rice itself. Tanada Mai is cultivated as a part of conservation initiatives to conserve terraced rice paddies and is dried in natural sunlight using traditional methods known as haze-kake.



Apples

Apples produced in Nagano are the best found in Japan with their rich taste and juicy yet crisp texture. Nagano is responsible for approximately 20% of Japan's apple production and is the country's second largest producer. The apples are great to eat fresh but are also popular when processed into juice, alcoholic beverages or sweets. In the fall, you can pick apples at one of the many orchards in kamiyamada.



Tsukeba River Snacks

Minnows, or Haya as they are known locally, that return to the river to lay eggs are caught and prepared in a number of ways, including grilling, serving with miso or deep frying. These are known as tsukeba dishes and are seasonal traditions in spring and summer along the Chikuma River. Nothing beats freshly caught river fish prepared in the tsukeba way.



Kanroni

Fresh water fish such as Ayu is simmered in soy sauce, mirin and generous amounts of sugar or starch syrup for a glossy appearance either soon after being caught or after they are grilled. Smaller fish are best suited for this dish and kanroni using sweetfish from Chikuma River is something you must try. The fish can be eaten whole from head to tail and is rich in calcium.



Oyaki Dumplings

Oyaki is made by mixing wheat flour and buckwheat flour with water, which is then rolled out thinly before being used to wrap a filling and pan fried. In addition to apple and nozawana, a local specialty, fillings can vary from vegetables such as eggplant and pumpkin through to sweet red soy bean paste.



Onsen Manju Pastries

Whenever you are in a hot spring district, you must try the onsen manju. Eating onsen manju while wandering around the area will be one of the highlights of your trip. Onsen manju can be purchased individually and makes a perfect snack for your stroll down the street in your yukata and wooden clogs. They also make a great gift from your trip.

My Recommendations

My name is Tyler Lynch. I am the innkeeper of Kamesei Ryokan in the onsen town of Togura Kamiyamada Hot Spring. There are so many interesting products and many delicacies from Chikuma City that I would like to introduce to you. I hope this will help you discover some of the treats from the area.



Events and Festivals in Chikuma

10 Best

Japan has many seasonal festivals and events throughout the year and Chikuma City is no exception. Visit Chikuma City to enjoy the best of each season's energetic and interesting events. These are the area's top 10 events.



Obasute Kangetsu Festival

When: During the mid-autumn moon festival season
Where: General Obasute area

Delight in viewing the moon at Obasute Kangetsu Sai under the clear skies of Obasute. A haiku competition is also held during the festival. Obasute since ancient times has attracted travelers from throughout Japan as a place from which to view the moon. Join us at one of the top three viewing locations in Japan to appreciate the beauty of the moon.



Ushinihikarete Zenkoji Mairi Walk

When: Early May
Where: From Togura Kamiyamada hot springs district to Zenkoji Temple

Folklore says that a ox living next to a spiritually poor elderly woman snatched her cloth with its horn and started running away. The woman ran after the ox and eventually made it all the way to Zenkoji Temple. This triggered her to make frequent trips to the temple, and she ultimately becoming devoted to its god. During this event, participants follow the route taken by the elderly woman of the story.



Apricot blossoms Festival

When: Early to mid-April
Where: Mori Apricot Village

Enjoy viewing apricot flowers in full bloom at Japan's best apricot orchards. During this season, shuttle busses run from the nearby station with approximately 20,000 people visiting the area each year. Lose yourself in the sea of tiny pastel pink apricot flowers and the sweet scented atmosphere.



Togura Kamiyamada Onsen Festival

When: Mid-July
Where: Togura Kamiyamada hot springs district

This traditional festival marks the arrival of summer each year. The festival features a float parade and traditional performances including kiyari, folk dancing and lion dancing. The streets are filled with street stalls adding excitement to the event. Come and join us at this hot event on a hot summer's day.



Mori Shougun zuka Festival

When: Early November
Where: Mori Shogunzuka Museum

Come and see the lively harvest festival and procession of people dressed in traditional Kofun period clothing, which is held annually at Mori Shougun zuka Old Tomb. The day starts with a parade and you will discover an outdoor market and performances as well as an opportunity to experience live in ancient times, such as starting a fire. You will also have the chance to try some food from the period, such as Shougun zuka's hot pot and millet cakes.



Sarashina no Sato Joumon Festival

When: Late October
Where: Sarashina no Sato Ancient Experience Park

Travel back in time to the Jomon period. This festival offers a chance to try rare food from the period, including BBQ wild boar, kibi-dango, steamed salmon and Jomon meatballs. You will also get an insight into the lives of the people of the time by making spears, fishing, knitting and dressing in clothing from ancient times.



Inariyama Gion Festival

When: Mid-July
Where: Inariyama

Inariyama Gion Sai is a summer festival originating from Haruta Shrine where people pray for agricultural fertility.



Daitou Festival

When: Mid-December
Where: Takemizuwake Shrine

With more than 400 years of history, the festival is held to give thanks for agricultural fertility. This event is one of Japan's intangible folklore cultural assets.



Winter Illumination

When: November to February
Where: Kamiyamada Onsen's Chuo-dori

The Togura Kamiyamada hot springs district is lit up during this period. Snow falling onto the lit up town creates a mystical atmosphere.

Cultural Events and Experiences in Chikuma

10 Best

Chikuma City offers a variety of activities where you can experience Japanese culture. Below are just a few of those events and we highly recommend that you take the chance to do them while you stay in Chikuma. These are the top 10 culture and experience activities in Chikuma City.



Apricot Jam Making

When: around June 25 – July 15
Where: Mori Apricot Village
Fee: From 800 yen
Bookings: Tel 026-275-1326



Brewing Lesson Green Tea

When: Monday – Saturday (October – May)
Where: Kimijima-en
Fee: 1,000 yen per person
Time: (1) 10 am (2) 3 pm (30 minutes)
Bookings: To be made by 5 pm the previous day
Booking Contact Details: Tel 026-275-2134



Rice Planting

When: Late May
Where: Obasute, Tanada district and Shinano no Sato
Inquiries: Agriculture and Forestry Division, Business Department, Chikuma City
Tel: 026-275-1050 (switchboard)



Experience Life in Ancient Times

When: Year-round (closed on Mondays)
Where: Sarashina no Sato Ancient Experience Park
Fee: Activity dependent
Time: 9 am to 5 pm
Number of participants: 2-20
Bookings: required two weeks in advance for groups of more than 10
Booking Contact Details: Tel 026-276-7511



Pottery Making

When: Everyday
Where: Shuzo Collection
Fee: Activity dependent
Time: 9 am to 5 pm (approx. 30 to 120 minutes)
Number of participants: 1-15
Bookings: Tel 026-275-2923



Stained Glass making

When: Everyday
Where: Sarashina building, Shuzo Collection
Fee: Activity dependent
Time: 9 am to 8 pm (approx. 30 to 120 minutes)
Number of participants: 1-15
Bookings: Tel 026-275-1123



Fruit Picking

Chikuma City is home to a variety of fruits. In autumn visitors can enjoy picking apples that are in high demand from both domestic and international markets, and in winter mandarins and strawberries. In late spring pick your own apricots, the local specialties, and in early autumn you can pick grapes. Chikuma is the perfect place to enjoy fresh fruit all year round.

Strawberries

When: Mid-December to mid-June
Where: Anzu no Sato Agri Park, Mori
Fee: 1,500 yen for primary school students and older (season dependent) *Free for children under three
Fees include 30 minutes of all you can eat strawberries
Time: 9 am to 4 pm
Bookings: Tel 026-273-4346

Apricots

When: around June 25 – July 15
Where: Mori Apricot Village
Fee: From 800 yen
Time: 9 am to 4 pm
Bookings: Chikuma City Tourism Association Tel: 026-275-1326
<http://chikuma-kanko.com/>

Grapes

When: Early September – Early October
Where: Vineyards open for grape picking located throughout Chikuma City
Fee: 1,000 yen adults, 700 yen primary school students
Time: 9 am to 4 pm
Bookings: Chikuma City Tourism Association
Tel: 026-275-1326
<http://chikuma-kanko.com/>

Fruit Picking Calendar

	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Strawberry												
Apricot												
Grape												
Apple												



Fishing

Sections of Chikuma River through Chikuma City are relatively wide and shallow, making the river a perfect location for fishing for fresh water fish such as "ayu" sweetfish. In summer you can typically see many fishing enthusiasts enjoying their sport along this beautiful river. The best season for fishing is between June and September.



Kamiyamada Lion Dance

When: Everyday
Where: At a location of your choosing
Fee: 10,000 yen for groups of 10 to 19, 15,000 yen for groups of more than 20
Time: 9 am to 9 pm (approx. 30 – 60 minutes)
Bookings: At least two weeks in advance
Booking Contact Details: Tel 026-275-1032



Target Shooting

The old shateki, or shooting gallery, stands in a hot spring district with a traditional Japanese atmosphere. You are guaranteed to experience old Japan. There are three galleries within the Togura-Kamiyamada hot spring district so feel free to stop by when you are out for a walk.

Restaurants in Chikuma 10 Best



Hi, it's Tyler again.
How are you liking my
Chikuma City Top 10
Recommendations so
far? Here are 10 great
local eateries that you
are sure to enjoy. Each
one offers a unique
Chikuma city
experience.



Best of the Best

Chikuma City has so many unique and interesting restaurants; so many that it's hard to choose. We can confidently recommend all restaurants because they are all located in Chikuma City, the home of so many wonderful ingredients. These are the top 10 restaurants in Chikuma City.



Sushi-Hei

鯨平

An eatery where you can enjoy traditional sushi. All the fish are so fresh and tender, and almost melt in your mouth. You can also see the sushi chef prepare your meal.

2-16-21 Kamiyamada Onsen, Chikuma City, Nagano Prefecture
Tel: 026-275-2234
Hours: 5 pm – 12 am
Closed: Mondays



Yumi

裕味

Try yakitori, a traditional skewered chicken dish, at this restaurant. Do as the locals do and enjoy a variety of yakitori, such as tsukune, with ice-cold beer and chat with the owner at the counter.

2-18-10 Kamiyamada Onsen, Chikuma City, Nagano Prefecture
Tel: 026-276-1258
Hours: 5 pm – 11 pm
Closed: Thursdays



Googie's

ゲーギーズカフェ

If you are after American food, you must try the hamburgers or steaks made with carefully selected ingredients at this cozy log building.

237-2 Kamitokuma, Chikuma City, Nagano Prefecture
Tel: 026-276-7188
Hours: 11 am – 10:30 pm
Closed: Occasionally



Kaya

萱

Tuck into the local specialties of sarashina soba noodles and udon noodles at this restaurant found in a thatched roof, 250 year old building that is recognized as a tangible cultural asset.

1855-1 Togura, Chikuma City, Nagano Prefecture
Tel: 026-276-7205
Hours: Monday – Saturday: 11 am – 8 pm / Sundays and public holidays: 11 am – 7 pm
Closed: 1st and 3rd Mondays of each month



Kohaku

古波久

You can't miss the Oshibori udon, a local delicacy, served at this restaurant. The combination of a spicy radish known as nezumi daikon, a local Nagano specialty, and shinshu miso paste is a perfect match.

1-44-4 Kamiyamada Onsen, Chikuma City, Nagano Prefecture
Tel: 026-276-2787
Hours: 6 pm – 11:30 pm / Sundays: 6 pm – 10:30 pm
Closed: 1st and 3rd Wednesdays of each month



Silky

しるきー

Feast on okonomiyaki at this okonomiyaki café in a refurbished historical storehouse. The batter contains the unusual ingredients of tofu and soba noodles but they make for the best okonomiyaki going around.

928 Aramachi Inariyama, Chikuma City, Nagano Prefecture
Tel: 026-273-0915
Hours: 11 am – 7 pm
Closed: Mondays and 3rd Sunday of each month



La Foret

La Foret

This Italian pizzeria allows you to choose whatever toppings your heart desires on your pizza. The restaurant is also a great place to have a cup of coffee.

3121-1 Chikuma City, Nagano Prefecture
Tel: 026-272-2067
Hours: 11 am – 10 pm
Closed: Wednesdays



Daikokuya

大黒屋

Grab a good quick traditional Japanese meal from this great lunch spot. The deep-fried pork served with a sauce accented with garlic and chives is so great, it's uplifting. The rich flavored Chinese style noodles are another must.

2-24-1 Kamiyamada Onsen, Chikuma City, Nagano Prefecture
Tel: 026-275-0768
Hours: 11:30 am – 4:30 pm
Closed: Occasionally



Shichifuku

七福

Shichifuku specializes in oyaki dumplings a Nagano delicacy. These oyaki are filled with vegetables flavored with Shinshu miso and nozawana.

1-56-3 Kamiyamada Onsen, Chikuma City, Nagano Prefecture
Tel: 026-275-1559
Hours: 6:30 pm – 11 pm
Closed: Sundays



Maizuru

まいづる

Udon noodles from Maizuru are incredible. Two of the best options on the menu are "Nanma yasai udon", which comes with seven summer vegetables served with miso, and "Otoji", which is complemented by ten simmered winter vegetables. The katsu-don (deep-fried pork served on rice), which is only available for lunch, is also highly recommended.

1-70-8 Kamiyamada Onsen, Chikuma City, Nagano Prefecture
Tel: 026-275-1012
Hours: 11:30 am – 2 pm / 9 pm – 1:30 am
Closed: Occasionally

Shopping and Souvenir Stores in Chikuma 10 Best

Everybody loves shopping right? Here's a list of the recommended products and shops in Chikuma City. Why not pick up a few great Japanese souvenirs or gifts? These are the top 10 shops and products of Chikuma City.



Obasute Masamune

This sake is made from Miyama-nishiki that is rice irrigated with snowmelt from the mountains. The sake is brewed using Shichito spring water, which helps give it an elegant scent and rich flavor. Sake brewed with the same water in which it was grown is called "Tokubetsu Junmai Tanada". Using rice from the moon-reflecting Obasute rice paddies.



Mountain Vegetables and Mushrooms

Large amounts of mushrooms are cultivated in Nagano and the region is in fact the largest producer of enoki mushrooms, buna-shimeji mushrooms and nameko mushrooms in Japan. Recently, frozen enoki mushrooms have become popular for their health benefits. Yamabiko-shimeji mushrooms are a type of buna-shimeji mushroom and are unique to the Nagano region and known for their thick flesh and good texture.



Pickled Vegetables

Nozawana is strongly associated with Nagano Prefecture, and as the common saying goes, Nagano is known for snow, kotatsu and picked leaf vegetables. The cooler the water temperature gets the more tender and delicious the pickled vegetables become. It is an excellent way of preserving vegetables; life preserving wisdom.



Clothing Store Beniya

Check out and buy traditional Japanese style clothing at Beniya. Foreign tourists are always drawn to this popular store. Why not immerse yourself in Japanese clothing and try on some Japanese style clothing.



Legend of Koishino Yu

The legend of Koishino Yu Densetsu says that after having collected 100 red stones the woman's fiancé returned. This store sells products related to this legend.

■Where: Atelier Bamboo



Drugstore

Selling a variety of daily necessities, there are a number of stores throughout Chikuma City. Visit the one of the stores where the locals do their everyday shopping and experience real Japanese culture. Japanese made tissue paper and other sanitary products are known for their high quality.



Shiseido

Shiseido is one of the largest cosmetic brands in Japan. The store in the Togura Kamiyamada hot springs district is not large but still has a vast product lineup. The store is in an easily accessible location within the district and is very popular with female international tourists.



Anzu no Sato Bussan-kan Market

Fresh produce, apricot products, other processed produce and even a restaurant where you can enjoy fresh local produce can be found here.

Chikuma Brand

The Chikuma brand is licensed for use on 120 products that are produced in Chikuma City or made using ingredients produced in Chikuma City. All these products are made with passion and dedication and are highly recommended. Available from: Welcome Station (Map: page 6) / Juiya (Map: page 11)/ Sanchoku-Ichiba Yamasan (Map: page 2) etc.



Apricot Products

Chikuma has the largest apricot orchard in Japan and Anzu no Sato offers a variety of processed apricot products. Available products include alcohol made entirely from apricot, apricot syrup, jam and cookies, all of which are reasonably priced.



Indoor and Outdoor Activities in Chikuma

9 Best

We have put together a list of both indoor and outdoor activities that you can do in Chikuma City. Chikuma's abundant natural environment means that just going for a walk will be a great experience. These are the top 9 indoor and outdoor activities in Chikuma City.



Cycling along Chikuma River

Along the Chikuma River, you will find a good, long cycling track. Cycling along the wide river on the spacious track and going through the country town is a great feeling.



Geisha Show and Kimono for Hire

Geisha Show:
 ■Fee: 20,000 yen (two geisha performers)
 ■Duration: 30 minutes
Kimono for Hire by geisha performers
 ■Fee: from 2,000 yen (fees may vary)
 ■Duration: minimum 30 minutes
 ■Inquiries: Kamiyamada Togura Onsen Geiryo Kyodo Kumiai / Tel 026-276-1351 or 026-275-1419 (Uehara)



Wander Through the Hot Spring District

Foot baths and public baths are not the only things you will find on your walks through the hot spring district. You will also find a park featuring a fountain, a hot spring museum and streets filled with restaurants. Take a stroll down the street in clogs and you are guaranteed to discover something new.



Shuzo Collection

Shuzo Collection is a museum operated by the prestigious Sakai Meijo, a sake brewery with a more than 400 year history. The museum also provides an opportunity to practice pottery and stained glass making. An art gallery is also located adjacent to the museum.



Professional Basketball

Last year we saw the forming of Nagano Prefecture's first professional basketball team, the Shinshu Brave Warriors. It's still a very young team but come and watch a game while staying in the Togura Kamiyamada hot springs district.



Togura Kamiyamada Onsen Morning Market

This market is held every Sunday from May through to November at Mizu to Midori to Uruoi no Aru Park. Purchase fresh local produce and craft at the market.
 ■Hours: 6 am – 8 am
 ■Inquiries: Tel 026-275-1326



Hiking in Mt. Kamuriki and Bojodaira

Trekking and bushwalking are becoming increasingly popular in Japan. Experience fantastic views from Mt. Kamuriki (Mt. Obasute), Chikuma City. The mountain has long been loved by locals as a place from which to enjoy the moon and where authors composed their works.



Shopping

Take this opportunity to purchase a unique or unusual Japanese item or something that you can only get in Japan. The shops offer an excellent variety of local specialties.



Obasute Night View Tour

The night view from Obasute is sublime and is a great location that overlooks the lights of Zenkouji plain. The sky, stars, moon and city light create magnificent contrasts.
 ■When: Fridays and Saturdays (Saturdays only from December to March)
 ■Duration: 90 minutes
 ■Fee: 1,000 yen
 ■Departs from: Togura Kamiyamada hot springs district to Obasute
 ■Minimum of four people to run tour
 ■When: around 8 pm
 ■Bookings: Chikuma City Tourism Association
 Tel: 026-275-1326

Get the Most out of Your Visit to Chikuma

We want you to know more about Chikuma City. We want you to enjoy Japan more. Below is some helpful information for an enjoyable time in Chikuma City. Mastery of this information will make you a Chikuma expert.

Japanese Signs in Chikuma



蕎麦/そば SOBA

Soba noodles are one of the most common Japanese foods along with udon noodles and tempura. The region is known for sarashina soba noodles, so make sure you try them while you're in town.



らーめん/うどん RAMEN/UDON

Ramen noodles are one of the most popular dishes in Japan, and even known as a national food, together with curry rice. Different restaurants have their own take on noodles such as ramen and udon, so why not try a few?



鮎 AYU

Ayu, or sweetfish, is known as the food of early to mid-summer and brings a refreshing feel to the dining table. Young ayu of early summer is said to be the best, while grilled and deep fried ayu are favorites.



やきとり YAKITORI

Yakitori is chicken cut into bite-sized pieces that are skewered and grilled after being flavored. Yakitori is a very popular food throughout Japan and you will often find it at bars and at people's homes. Something that makes Yakitori distinctive is the fact that it uses many parts of the chicken.



六紋銭 ROKUMONSEN

The rokumonsen symbol, formally called mutsurensen, became associated with the Sanada family in the Edo Period due to the influence of storytelling performers. It is now recognized as the family insignia of the Sanada family.



射的 SHATEKI

Shateki, or shooting, uses air guns loaded with cork bullets that are fired at figurines, toys, cigarettes and other targets. Shateki is a common form of entertainment at festivals, so why not have a go at one of the places in the hot spring district?

Viewing the Chikuma River

The Chikuma River runs through the middle of Chikuma city and is the longest river in Japan. At a total length of 367km, its name changes to the Shinano River as it enters Niigata Prefecture on the way to the Sea of Japan. "Chikuma" means "A thousand bends", and if you take in the view of the river from above, as from the Arato-jo castle lookout, you will see why it got that name.



ONSEN Symbol

The onsen symbol came to be used on maps to mark the location of hot springs. The symbol represents steam rising from a pool of water, with the two strokes and one short stroke. These represent the three stages of bathing: first a quick bath, before a longer bath followed by a short bath to finish off.



Hokkoku Nishi-Kaido Road The Road to Edo

The Hokkoku Nishi-Kaido road, also known as the Hokkoku Nishi Okan trail, splits to Nakasendo at Seba-juku and leads to Zenkoji Temple via Matsumoto. The road has been known as a pilgrimage route to Zenkoji Temple since the Edo Period. Kuwabara and Inariyama are rest spots for travelers and are located side by side. However, due the location of Inariyama, which is across the river that runs next to the Hokkokou Kaido road, it became a hub for goods transportation and consequently became the largest rest town along the road. Although Inariyama was larger, Kuwabara remained the official rest town of Matsushiro Domain while Inariyama was the official rest town of Ueda Domain resulting in Kuwabara becoming responsible for organizing transportation for Matsushiro Domain. Still remaining along the road are historical landmarks and stone Buddhist statues from the era.

