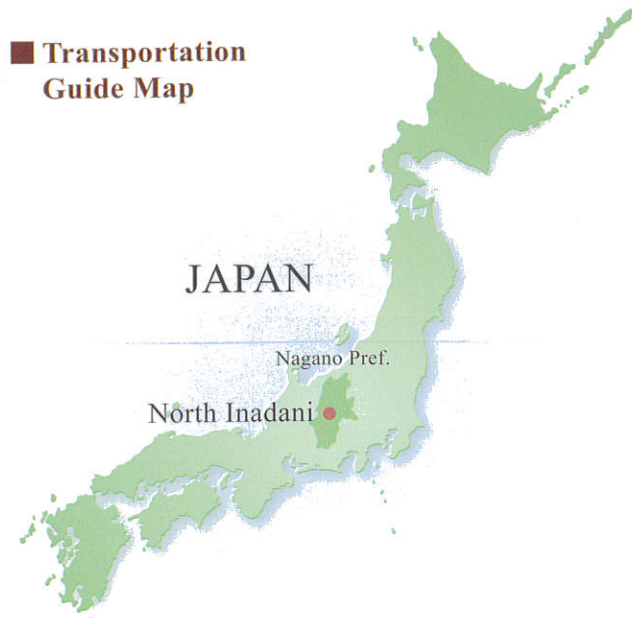


Transportation Guide Map



Access to North Inadani

- Tokyo** Car / Chuo Expressway Approx.3 hrs — Ina IC
Train / JR Chuo Main Line — Iida Line Approx.3 hrs
- Nagoya** Car / Chuo Expressway Approx.2.5 hrs — Ina IC
Train / JR Chuo Main Line — Iida Line Approx.3 hrs
- Osaka** Car / Chuo Expressway Approx.5 hrs — Ina IC
Train / JR Chuo Main Line — Iida Line Approx.4 hrs

Traffic Information

- Tatsuno Town**
 - Tatsuno Taxi ☎0266-41-1125
 - Tatsuno Station ☎0266-41-0204
 - Municipally-operated bus, Kawashima and Inuma lines ☎0266-41-1111 Commerce and Community Development Department, Tatsuno Town Office
- Minowa Town**
 - Minowa Taxi ☎0265-79-2455
 - Ina-Matsushima Station ☎0265-79-2024
 - Minochan Bus (7 routes in town); operates on weekdays only ☎0265-79-3111 Resident Environmental Department, Minowa Town Office
 - Hana Bus Taxi ☎0265-70-8655
- Minaminowa Village**
 - Makkun Bus (village circular route) Route operates four times/day from Monday-Friday ☎0265-72-2104 Planning Section, General Affairs Department, Minaminowa Town Office

INQUIRY

Tatsuno Town Tourism Association

1 Chuo, Tatsuno Town, Kamiina County, Nagano Pref. 〒399-0493 Japan
☎0266-41-1111 (代) FAX.0266-41-4651
Tatsuno Town / <http://www.town.tatsuno.nagano.jp>
Tatsuno Town Tourism Association / <http://kankou.town.tatsuno.nagano.jp>
E-mail : kankou@town.tatsuno.nagano.jp

Minowa Town Tourism Association

10298 Ooazanakaminowa, Minowa Town, Kamiina County, Nagano Pref. 〒399-4695 Japan
☎0265-79-3111 FAX.0265-79-0230
Minowa Town / <http://www.town.minowa.nagano.jp/>
Minowa Town Tourism Association / <http://www.minowa-town.jp/kankou/>
E-mail : kankou@town.minowa.nagano.jp

Minaminowa Village Tourism Association

4825-1 Minaminowa Village, Kamiina County, Nagano Pref. 〒399-4592 Japan
☎0265-72-2176 FAX.0265-73-9799
Minaminowa Village / <http://www.vill.minaminowa.nagano.jp/>
Minaminowa Village Tourism Association / <http://kankou-minaminowa.nagano.jp/>
E-mail : syoukou-c@vill.minaminowa.nagano.jp

Festival & event

- **Kojinyama Park Sakura Festival** Early April-early May
☎0266-41-1111 (Tatsuno Town Tourism Association)
- **Kyogatake Vertical Limit** Mid-May
☎0265-72-2176 (Minaminowa Village Tourism Association)
- **Tabata Hanzawa Firefly Festival** Mid-June
☎0265-72-2176 (Commerce, Industry, and Tourism Unit, Minaminowa Village Office Industrial Section)
- **Tatsuno Firefly Festival** Mid-June
☎0266-41-0258
(Secretariat for the Firefly Festival Executive Committee and the Tatsuno Town Chamber of Commerce and Industry)
- **Doronta Volleyball Japan Competition** Mid-July
☎0266-47-5076 (Doronta Volleyball Japan Competition Headquarters)
- **Minowa Festival** Late July
☎0265-79-3111 (Minowa Festival executive committee)
- **Oshiba Highlands Festival** Late August
☎0265-72-2176 (Commerce, Industry, and Tourism Unit, Minaminowa Village Office Industrial Section)
- **Akasoba Hana Festival in Kamifuruta** Late September-beginning of October, Saturdays and Sundays only
☎0265-79-3111 (Minowa Town Tourism Association)
- **Shinshu Oshiba Highlands Illumination Festival** Early to late October
☎0265-72-6265
(Minaminowa Village Chamber of Commerce and Industry)
- **Tatsuno Town Illumination Event: "Fuyu no Hotaru" (Winter Fireflies)** Early November-late December
☎0266-41-1111 (Tatsuno Town Tourism Association)
- **Illumination Festival ☆ Minowa** Late July-mid-September
☎0265-79-2117 (Minowa Town Chamber of Commerce and Industry and the Minowa TMO network)



Kojinyama Park Sakura Festival



Tatsuno Firefly Festival



Oshiba Highlands Festival



Doronta Volleyball Japan Competition



Illumination Festival ☆ Minowa

Campsite



Shidareguri Forest Park

- **Shidareguri Forest Park** しだれ栗森林公園
April-November (reservations accepted year-round)
☎0266-46-3774 (Operated by the Shidareguri Forest Park Information Center)
[December-March; ☎0266-41-1111 (main number) Forestry Unit at the Town Office]
Many outdoor facilities to enjoy along with nature are available. This campsite has something for everyone.
户外设施齐全, 可以尽情与自然同乐。全能型露营地。
자연 속에서 즐기는 아웃도어 시설 만능 캠프장.
- **Nagata Nature Park** なかた自然公園
April-November
☎0265-79-0600 (Minowa Promotion Agency)
[December-March ☎0265-79-0328]
In addition to various campsites, this resort zone features mallet golf courses and indoor athletic grounds (with artificial turf) where visitors can enjoy sports.
除了各种露营地外, 这里还是一处能够尽享木槌高尔夫 (Mallet Golf)、室内运动场 (人工草坪) 等体育项目的休闲度假区。
각종 캠프장 및 맬릿 골프, 야외 운동장 (인공잔디) 등 스포츠도 가능한 리조트 존.
- **Oshiba Highlands Camping Grounds** 大芝高原キャンプ場
Early April-late October
☎0265-78-5835 (Operated by the Oshiba Park Administrative Office)
These grounds offer various campsites in a forest setting, and are popular with people who enjoy the outdoors.
森林中有各种露营地, 很受户外爱好者欢迎。
삼림 속에 각종 캠프장이 있어 아웃도어를 좋아하는 분들께 인기.



Other Attractions



Yahiko Shrine B-1

[Tatsuno Town] 矢彦神社 [辰野町]

Known as "Shinanokuni-ninomiya," the forest surrounding the shrine area is a natural monument of Nagano prefecture. The five buildings located in the shrine grounds have been registered as a prefectural treasure. Every October, the yatai floats from the three districts of Ono come together and are dedicated to the Yahiko shrine.

作为信浓国二之宫而闻名, 其神社森林被指定为长野县天然纪念物, 境内的5栋建筑物均被指定为县宝。每年10月定期祭祀之际, 来自小野3个地区的屋台便会展聚于此, 供奉矢彦神社。

시나노쿠니 니노미야 신사를 둘러싼 숲은 현의 천연기념물로, 경내 5개의 건조물은 현의 보물로 지정되어 있습니다. 매년 10월에 있는 예제 때는 오노 3 지구의 장식 수레를 모아 야히코 신사에 봉납됩니다.



Minowa Town Local Museum B-3

[Minowa Town] 箕輪町郷土博物館 [箕輪町]

Documents and materials that convey the history and culture of the Minowa region spanning the four areas of folklore, nature, archeology/history, and art are featured. The folklore exhibit room features a living space that has been moved and restored from the local town, which recreates the Showa 30 era (1955-1964). (Contact) ☎0265-79-4860

分民俗、自然、考古和历史、美术4大部分展示传承地区历史和文化的资料。民俗展览室内有自町民民房迁建和复原的客厅, 重现了昭和30年代的面貌。

지역 역사 및 문화를 보여주는 자료를 민속, 자연, 고고·역사, 미술 4개로 구성하여 전시. 민속 전시실에는 마을 민가에서 가져와 복원시킨 일본식 거실이 있으며 1950년대 모습이 재현되어 있습니다.



"Ai no Kane" (Love Bell) B-4

[Minaminowa Village] 愛の鐘 [南箕輪村]

Standing at the Oshiba lakeside in Oshiba Highlands, the Ai no Kane is the counterpart to the love bell found in the Toi area of Izu city, Shizuoka prefecture. It is said that if you ring the bell three times with someone you love, your love will flourish.

矗立于大芝高原内大芝湖畔的爱之钟, 与位于静冈县伊豆市土肥恋人岬的爱之钟是姐妹钟。据说与心上人鸣钟3次, 恋情便能修得正果。

오시바 고원 안 오시바 호수에 있는 종은, 시즈오카 현 이즈시 도이의 고이비토마사키 (연인의 곳) 에 있는 사랑의 종과 자매의 종으로 사랑하는 사람과 3 번 울리면 그 사랑이 이루어진다고 합니다.

Tatsuno Town / Minowa Town / Minaminowa Village

[辰野町・箕輪町・南箕輪村]

A Guide to a Relaxing Trip to North Ina Valley of Shinshu



AREAMAP

Inadani in the Shinshu region is a basin located nearly in the center of Japan. It is a region that features outstandingly beautiful scenery abundant in nature, surrounded by the Central and South Japan Alps and the Tenryu River that flows through the middle.

信州伊那谷是位于日本正中央的盆地，中央阿尔卑斯（木曾山脉别称）、南阿尔卑斯环绕四周，天龙川自其中部流过，是一处自然资源丰富的风景名胜。

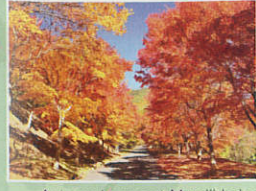
신슈 이나다니는 일본의 거의 정중앙에 위치하는 분지로 중앙 알프스, 남알프스에 둘러싸여 있으며 가운데로 덴류가와 강이 흐르는 풍부한 자연 속 경승지입니다.



Fukuyo Castle Ruins



Suwa Lake Hill Golf Course



Autumn leaves at Momiji Lake



Kayano Highlands (The North, South, and Central Japan Alps can be viewed) Elevation 1,200 m



Fukujiyo (pheasant's eye) flowers

Experience



Kayabuki no yakata [Tatsuno Town] C-2 ☎0266-44-8888

This is the largest thatched roof structure in Japan, measuring 13 meters high and 43 meters wide with an area of approximately 1,320 square meters. Here visitors can stay overnight or enjoy the hot baths on a day trip, and taste handmade soba (buckwheat) noodles. Locally-produced foods such as matsutake mushrooms are also available for purchase in the autumn. The soba noodle and oyaki (flat baked bun) making, as well as vegetable dyeing activities are also quite popular.

日本最大の茅草屋頂旅館、高13m、寛43m、占地面积约400坪。除了住宿，还能享受当日往返浴池和手工制作荞麦面的乐趣。秋季还能购买到松茸等当地特产。荞麦面制作、御烧制作、草木染等乡土体验活动亦大获好评。

높이 13m, 너비 43m, 약 400평의 일본에서 가장 큰 역사 지붕 건물입니다. 숙박 외에도 온천 및 수타 소바를 맛볼 수 있으며, 가을에는 송이버섯 등 지역 특산물도 구매할 수 있습니다. 소바와 오야키 만들기, 초목 염색 등 고향 체험도 큰 인기를 끌고 있습니다.



- Tourist Spot
- Accommodation
- Camping Grounds
- Spa
- Restaurant
- Shopping
- Gallery
- Police box
- Hospital
- Railway station
- Signal
- Mountain



Akasoba no Sato



The Edohiganzakura of Nakazone



Sankyu-no-Taki Waterfall

Stay information

Tatsuno Park Hotel ☎ 0266-41-2001	Business Ryokan Fukihara ☎ 0265-79-2426	Ryokan Kotobuki ☎ 0265-79-2214
Elbon Tatsuno ☎ 0266-44-1100	Masuya Ryokan ☎ 0265-79-2043	Ina Prince Hotel ☎ 0265-79-0088
Dining Ryokan Minowa-ya ☎ 0266-41-0032	Ina Prince Hotel ☎ 0265-79-0088	Sports and Resort Hotel Oshiba-so ☎ 0265-76-0048
Yanagi-ya (Guesthouse) ☎ 0266-43-0353	Tsuki-no-mori (Guesthouse) ☎ 0266-44-8558	Hotel Route Inn at Ina Interchange ☎ 0265-71-4411
Yabuta Green Farm (Vacation rentals) ☎ 0266-41-0686	Minowa Hot Springs, Nagata-so ☎ 0265-79-2682	Hotel Takano ☎ 0265-78-8784

Nature

Go on and take a deep breath !

Seen

Experience the wonder once again !



Yokokawa Valley [Tatsuno Town] C-2
横川渓谷 [辰野町]

A picturesque canyon that brings together the clear streams flowing from Mt. Kyogatake in the Central Japan Alps and a primeval forest. In addition to the vivid colors of green and autumn leaves with the change in seasons, this canyon features superb and unusual scenery such as rock formations that lay flat along the riverbed as if they were crawling, the nationally-designated "Jaishi" natural monument, and a 50-meter-high, grade 3 waterfall.

发源于中央阿尔卑斯经岳的清溪与原始森林交织出一条绝美的溪谷。两岸绿意盎然，红叶似火的季节色彩自不必说，横亘于河底的奇岩、国家指定天然纪念物“蛇石”、高达50m的三段式瀑布等绝景奇观均不容错过。

중앙 알프스 고가타케 산 수원지의 맑은 물과 원시림이 만드는 아름다운 계곡, 신록과 단풍 등 계절별 아름다운 물문 갈바닥에 있는 기암, 국가 지정 천연기념물인 '자이시 (뱀 모양 바위)' 와 높이 50m의 산규 폭포 등 절경을 감상.



Akasoba no Sato [Minowa Town] B-3
赤そばの里 [箕輪町]

This is a vast area of the size of Tokyo Dome, which comes alive with the color of red buckwheat flowers from September to October. Red buckwheat flowers are quite rare, and offer the charms of both being beautiful to look at and delicious to eat.

9월부터 10월에 걸쳐 빨간 메밀꽃이 도쿄돔 넓이의 광대한 밭을 수놓습니다. 빨간 메밀꽃은 매우 희귀한 꽃입니다. 보기에도 예쁘고 맛도 좋아 매력적입니다.

9월부터 10월에 걸쳐 빨간 메밀꽃이 도쿄돔 넓이의 광대한 밭을 수놓습니다. 빨간 메밀꽃은 매우 희귀한 꽃입니다. 보기에도 예쁘고 맛도 좋아 매력적입니다.



Shinshu Oshiba Highlands [Minamininowa Village] B-4
信州大芝高原 [南箕輪村]

This area offers leisure facilities like hot springs, camping grounds, tennis courts, mallet golf courses, as well as accommodations. The park area features a promenade that has been recognized as a "forest therapy" road, perfect for walking and getting out in nature.

在温泉、露营地、网球场和木桩高尔夫球场上，住宿设施和休闲娱乐设施一应俱全。园内局部修建的散步道，被认定为森林疗法之路，是步行锻炼和自然漫步的好去处。

온천, 캠프장, 테니스코트 및 맷질 골프장에 숙박 시설과 레저 시설까지 구비. 시설 내에는 산책길이 정비되어 있으며 산림 테라피 로드로 인정을 워킹 자면 산책에 최적의 장소.



Nagata Nature Park Camping Grounds Oshiba Highlands Camping Grounds

Camping Grounds

[Tatsuno Town, Minowa Town, Minamininowa Village] 캠프장 [辰野町·箕輪町·南箕輪村]

Abundant in nature, Inadani features numerous camping grounds where family and friends can unwind and relax for a getaway. From shady tree-lined spots to wide-open, grassy spaces... to places next to clear running streams, or even places under a star-filled sky... there are camping grounds to meet a wide range of needs, from regular camping to car camping to bungalows and more.

在自然资源丰富的伊那谷中，分布着众多露营地。您可以与亲朋好友度过悠闲惬意的时光。在阴凉的树荫之下、宽阔的草地之上、清澈的河流之畔、满天的星空之下，露营、自驾露营、山间小屋等各种各式喜爱的露营生活等您来体验。

자연이 풍부한 이나다니에는 가족들, 친구들과 즐거운 한때를 보낼 수 있는 캠프장이 많습니다. 시원한 나무 그늘 아래에서, 넓은 잔디 위에서, 맑은 물가에서, 별들이 가득한 밤하늘 아래에서... 캠핑, 오토캠핑, 방갈로 등 갖가지 캠핑 라이프가 기다리고 있습니다.



The Edohiganzakura of Nakazone [Minowa Town] B-3
中曾根のエドヒガン桜 [箕輪町]

Edohigan is a variety of sakura tree. This one has been designated as a prefectural natural monument, and it's said to be over 1000 year-old. The bloom is small, but in abundance. Viewers can enjoy seeing a slight variation in the color of the bloom where the tree splits into east and west branches.

一种名为江户彼岸的樱花，被指定为县天然纪念物。据闻树龄已逾1000年。其特点是略小的花朵开满枝头，东西枝头的花色略有不同，给赏花人以别致的视觉享受。

현의 천연기념물로 지정된 에도히간 벚나무로 수령 1000년이 넘었다고 합니다. 작은 꽃들이 한가득 피며 동쪽 가지와 서쪽 가지의 꽃 색깔이 약간씩 달라 감상의 재미를 더해줍니다.



Ono-juku [Tatsuno Town] B-1
[Tatsuno Town] 小野宿 [辰野町]

A post-town that flourished in the early days of the Ina (Sanshu)-Kaido and Nakasendo roads. Many buildings alongside the highway that evoke a feeling of history are still preserved, bringing back the memories of the glories and prosperity of this area from long ago.

作为伊那 (三州) 街道、初期中山道の宿场町，曾经繁华一时。如今街道两旁还保存着充满历史气息的建筑物，诉说着往昔的兴盛与繁荣。

이나 (산슈) 지역을 이어주는 가도로, 초기 나카센도의 역참마을로 번성하였습니다. 아직도 역사를 느낄 수 있는 건물들이 길가에 보존되어 있어 당시의 영화와 번영을 그려볼 수 있습니다.



Furuta Puppet Show

[Minowa Town] 古田人形芝居 [箕輪町] Minowa Town Local Museum ☎0265-79-4860

Held mainly in the Kamifuruta region from the middle-Edo period, this is a puppet show that is said to have been dedicated to the gods as a prayer for shelter from the wind and for plentiful crops.

传说自江户时代中期起流传下来，以上古田地区为中心，为供奉神灵、祈祷避风和丰收而举办的木偶戏。

에도시대 중기부터 가미후루타 지구를 중심으로 바람막이와 풍년을 기원하며 신에게 봉납하기 위해 행했다는 전해지는 인형을 사용한 연극입니다.



Shin-Shikoku Sacred Ground [Minamininowa Village] B-4
[Minamininowa Village] 新四国霊场 [南箕輪村]

A collection of stone Buddhas that was built in 1848 (the Edo period), for those who were not able to make the pilgrimage to Shikoku. Soil gathered from the eighty-eight temples along the pilgrimage road is used at the base of the pedestal of each Buddha statue.

江户时代 (1848年)，为无法前往四国朝圣的人们制作的石佛像群。石佛像的底座下埋藏着来自八十八座寺庙的土。

에도시대 (1848년), 시코쿠 오렌도 (88곳 순례) 를 가지 못하는 사람들을 위해 만든 석불들, 석불 안치대 밑에는 88개 절의 흙이 각각 묻혀있다.



Shinshu Ina Plum Tree Garden [Minowa Town] B-4
[Minowa Town] 信州伊那梅苑 [箕輪町]

Overlooking two of the Japan Alps mountain ranges, this 75,900-square meter garden is a banquet of the beauty and scent of vivid trees that flower one after the other during the months of April and May, such as the red-blossomed Japanese apricot, the white-blossomed plum, the Japanese golden bell-tree, the weeping peach and the green sakura.

在与2座阿尔卑斯山遥遥相望、占地2万3000坪的苑内，每年4月~5月，红梅、白梅、连翘、垂枝桃、绿樱等各种鲜花竞相绽放，请您尽情享受夺目的美景和沁人心脾的花香盛宴。2개의 알프스가 바라다보이는 2만 3000평의 부지 안에는 4월~5월에 걸쳐 철쭉매화, 백매화, 개나리, 복숭아꽃, 어의황이 잇달아 피어 형형색색의 아름다움과 향기의 향연을 즐길 수 있습니다.



Genji Fireflies [Tatuno Town] A-2
겐지보タル [辰野町]

Said to be the greatest in eastern Japan, the Matsuo Gorge is host to the Genji fireflies. The Genji fireflies are also the town symbol. Their joyous dancing brings enjoyment of a world of fantasy, as the light of the fireflies colors the blackness of early summer nights. During the peak season around mid-June, the entire town holds a magnificent "Firefly Festival" that draws a lively crowd of visitors.

号称东日本第一的松尾峡源氏萤火虫，也是当地的象征物。初夏时节，点缀黑夜的光之乱舞，让游客畅游在神秘梦幻的世界里。萤火虫出动的高峰期为6月中旬左右，届时全町将举办盛大的“萤火虫祭”，人群熙熙攘攘，好不热闹。

동일본 최고로 일컬어지는 마쓰오교의 겐지 반딧불이, 마을의 상징이기도 하며 초여름에는 깜깜한 밤을 밝히는 춤추는 빛들이 환상적인 세상을 보여줍니다. 성수기인 6월 중순경에는 온 마을에 반딧불이 축제 가 성대하게 열려 많은 사람들이 북적입니다.好不热闹.



Illumination [Tatsuno Town, Minowa Town, Minamininowa Village] A-2
イルミネーション [辰野町·箕輪町·南箕輪村]

The towns and villages in the region display their works of illuminated art in many places, from the late July to late December. The area is covered with lights that reflect a variety of inspired themes such as memories, feelings, connections, healing, stories and so on, where visitors experience the moment as if they were in a dream.

7月下旬~12月下旬，町及村的各处将上演灯光艺术。美轮美奂的灯光凝聚了回忆、感动、牵绊、 추억과 감동, 인연, 힐링, 스토리 등 다양한 테마로 개성을 표출한 형형색색의 일루미네이션에 둘러싸여 꿈같은 시간을 보낼 수 있습니다.

Traveler's Guardian Deity of Sawasoko [Tatsuno Town] A-2 [Tatsuno Town] 沢底の道祖神 [辰野町]

Inscribed with the year 1505 (Eisho 2), this is Japan's 45th oldest guardian deity statue, which is still enshrined as a god that watches over those who pass to this day.

这是日本最古老的守路神，上面刻着永正2年 (1505年) 的年月，如今仍然作为来往行人的守护神供奉于此。1505년 (에이쇼 2년) 의 연호가 새겨져 있으며 아직도 이곳을 왕래하는 사람들의 수호신으로 자리하고 있는 일본에서 가장 오래된 도소진 석상.



Spa

Warm up and indulge with a silky-smooth water



Oshiba no Yu [Minamiminowa Village] B-4

大芝の湯【南箕輪村】 ☎ 0265-76-2614
Have a laid-back soak in the hot springs while enjoying the therapeutic feeling of being in the forest. The spring waters are effective for helping to beautify and make the skin smoother.

可以一边享受森林浴, 一边休闲放松的温泉。 삼림욕을 하면서 느긋하게 편히 쉬 수 있는 온천。 温泉的水质具有塑造光滑肌肤的效果。 피부를 생기를 주는 깨끗한 피부 효과 있음。



Food

Take a big bite of nature's blessings!



Gourmet

Be sure to taste the exquisite foods only found here in Ina!

请务必享受只有在此地才能品尝到的绝品美味!
이곳에서 밖에 맛볼 수 없는 끝내주는 맛을 경험해보세요!



Nikoriko Kitchen Taberiko B-3

にこりこキッチンたべりこ ☎ 0265-98-9101
A buffet restaurant that uses local produce in the dishes served. Enjoy the handmade red buckwheat (akasoba) here. 甄选当地新鲜蔬菜烹制料理的自助餐厅。可以品尝到手工制作的红荞麦面。

이 지역에서 재배한 신선한 채소를 사용한 뷔페 레스토랑. 수제 빨간 소바 맛보실 수 있습니다.



Shinshu Soba

信州そば
The soba (buckwheat) grown in the Shinshu region, where the climate is cool, the air is crisp and the water is pure, is something special indeed. Enjoy the characteristically delicious flavors and tastes as you savor these soba noodles, as well as the sauce dips that are different in each restaurant in the villages and towns of this region.
清凉的风土气候、清新的空气和清澈的水源培育出的信州荞麦面，味道独具一格。在各町村，都能享受到因店而异的独特风味、口感和汤汁等特色十足的美味。

使用大量本地自产的新鲜蔬菜和食材手工制作的面包、御烧、味噌、意式冰淇淋等均有销售。尽情游玩之后休憩时，建议体验一下并设的足浴。
이 고장에서 재배한 신선한 채소와 식재료를 아낌없이 사용한 수제 빵, 오야키, 미소된장, 젤라토 등을 판매. 즐거운 시간을 보내신 후에는 옆에 있는 족욕탕에서 휴식을 취해보세요.



Hotaru-Don

ほたる丼
Tatsuno Town Tourism Association ☎ 0266-41-1111
The teriyaki made with locally-raised chicken grilled to a sweet-smelling perfection, covered with specially-prepared sauce and topped with an egg resembles the light of a firefly.

将得芳香四溢的土鸡淋上特制酱汁制成的照烧土鸡，将鸡蛋打制出萤火虫之光的视觉效果。

맛있게 구운 토종닭에 특제 소스를 바른 토종닭 데리야키, 계란알을 반딧불을 표현했습니다.

A farmers' market where fresh produce can be purchased, such as locally-grown vegetables. Enjoy a gelato with seasonal flavors in the shop's café space.
可以买到采摘自当地的蔬菜等新鲜农产品的直销处。在店内的饮茶处，还能品尝到应季的意式冰淇淋。

이 지역에서 갖 따온 채소 등 신선한 농산물을 구입할 수 있는 직판장. 매장 안 찻집에서는 계절별 젤라토 아이스크림도 맛볼 수 있습니다.



Nikoriko Farmers' Market B-3

[Minowa Town] 農産物直売所 にこりこ【箕輪町】
☎ 0265-70-6858
Closed on Tuesdays (January-April) and during the year-end and New Year's holidays; open all other days from May-December



Yoake-Mae (Sake) B-1

[Tatsuno Town] 夜明け前(酒)【辰野町】
Ono Brewing Company ☎ 0266-46-2505
"Yoake-Mae" is a type of sake produced from a brewing company that has firmly carried on the tradition of handmade brewing since its founding in 1864 (Genji 1). With an elegant rice flavor and a robust aroma, along with a sharply clear aftertaste, the sake produced here is popular throughout Japan.

元治元年(1864年)創業以来严格遵守手工制作传统的小野酒造の名酒。上等大米的美味、浓郁的香气、清爽的口感，在全国颇具人气。
1864년(겐지 원년)에 창업한 이후로 계속해서 수제 양조 전통을 지켜온 오노 주조의 명주. 기품이 느껴지는 쌀 맛과 깊은 향, 깔끔한 맛으로 일본 전국에서 인기.

Farmers' Ajiina B-4

[Minamiminowa Village] ファーマーズ あじいな【南箕輪村】
☎ 0265-78-0701
The region's largest farmers' market for producers. The market is lined with fresh foods, such as vegetables and fruits brought in direct from the farm.

地区最大の生産者直売所。店内は摆满了自农家运来的蔬菜和水果等各种新鲜食材，十分热闹。
지역 최대 생산자 직판장. 농가에서 직송된 채소와 과일 등 신선한 식재료들로 활기가 넘치는 매장.



Ina Happo (shochu)

[Tatsuno Town, Minowa Town, Minamiminowa Village] 伊那八峰(焼酎)【辰野町・箕輪町・南箕輪村】
Minowa Town Office Industry Promotional Department ☎ 0265-79-3111
Labeled "Ina Happo" by eight cities and villages in the Ina-gun, Nagano prefecture region, these are authentic Japanese liquors distilled from potatoes. Each liquor is brewed with its own unique character and taste.

长野县上伊那郡8个市町村命名为“伊那八峰”的正宗白薯烧酒。分别打造出了各自独特的口感。

나가노 현 이나군 8개 시정촌이 '이나합포'라고 이름 붙인 정통 고구마 술. 각각의 특징이 잘 살아있는 맛입니다.

Momijiko Yume Wine

[Minowa Town] もみじ湖夢ワイン【箕輪町】
Minowa Town Office Industry Promotional Department ☎ 0265-79-3111
An original wine brewed from grapes that are cultivated in the Minowa Town area.

采用箕轮町栽培的葡萄釀造的原创葡萄酒。
み노와み에서 재배된 포도로 양조한 오리지널 와인입니다.



Tatsuno Park Hotel [Tatsuno Town] B-2

たつのパークホテル【辰野町】 ☎ 0266-41-2001
Built on Mt. Kojinyama, this is an impressionistic hotel with an exterior design reminiscent of ancient European castles. This hotel proudly offers free-flowing hot springs and cuisine that makes full use of the delights found in the Shinshu region. The hot springs have an excellent reputation as "waters of beauty."

建在荒神山的酒店，欧洲古堡式的外观令人印象深刻。该酒店引以为豪的是，引源自源泉的温泉和信州山珍分量十足的料理，其温泉以美人汤而闻名。

고진야마에 있는 유럽 고성과 같은 느낌의 외관이 인상적인 호텔. 원천수를 그대로 흘러보내는 방식의 온천과 신수의 식재료를 아낌없이 사용한 요리가 일품이며, 온천은 미인탕으로도 유명합니다.



Sports and Resort Hotel Oshiba-so B-4

[Minamiminowa Village] スポーツ&リゾートホテル 大芝荘【南箕輪村】
☎ 0265-76-0048
A hotel in Shinshu Oshiba Highlands surrounded by forest land. Enjoy the seasons from both the spacious guest rooms and baths. A training center and cottages are also available, which are perfect for training camps.

森林环绕的信州大芝高原的酒店。宽敞舒适的客房、浴场，随处都可饱享四季之美。还有最适合集训的研修中心和小别墅。

심림이 둘러싸인 신슈 오시바 고원 호텔. 넓은 객실과 욕탕, 어느 장소에서도 사계절을 만끽할 수 있습니다. 합숙시설로도 좋은 연수 센터 및 신장도 있습니다.



Minowa Hot Springs, Nagata no Yu [Minowa Town] B-3

みのわ温泉 ながたの湯【箕輪町】 ☎ 0265-70-1234 Closed on Tuesdays
Minowa Town's day-trip hot spring facilities. This popular all-natural hot spring offers a wide window view of the Southern Japan Alps, and visitors can enjoy the sauna, a large bathhouse, open-air baths and more. Their spring also has an outstanding reputation for making the skin feel smooth.

箕轮町的当日往返温泉设施。透过巨大的窗户可以眺望南阿尔卑斯山，是一处能享受桑拿、大浴场、露天浴池等设施的人气天然温泉。令肌肤柔滑细腻的美人美肌温泉亦颇受好评。

み노와마치의 당일치기 온천 시설. 커다란 창문 너머로 남알프스를 바라보며 사우나, 대욕장, 노천온천 등을 즐기는 천연 온천입니다. 반들반들 피부 미인으로 거듭나는 온천물이 인기몰이를 하고 있습니다.



Minowa Hot Springs, Nagata-so B-3

[Minowa Town] みのわ温泉 ながた荘【箕輪町】
☎ 0265-79-2682
Closed on the 2nd and 4th Tuesday of each month
This is a Japanese-style hotel built in a nostalgic old style, which also has a sense of refinement. The rooms offer an excellent view, and guests can select a room that caters to good-old traditional tastes. The large bathhouses (which alternate between men-only and women-only in the morning) are recommended for visitors who wish to enjoy the different moods.

充满怀旧气息的古民居风格的民宿，却给人一种精致感。还有眺望视野绝佳和怀旧风情的房间可供选择。清晨，大浴场会进行男女浴场的调换，您可以试着享受一番别样风情。

옛 분위기가 물씬 풍기는 일본의 오래된 민가 스타일로 만들어 세련된 느낌의 료단입니다. 전망이 매우 멋진 객실, 고품스러운 느낌의 객실 등을 선택하실 수 있습니다. 대욕장은 매일 아침 남·여탕이 교체되기 때문에 색다른 분위기를 만끽하실 수 있습니다.



Yu-ni-iku Center B-2

[Tatuno Town] 湯にいくセンター【辰野町】
☎ 0266-41-5555
Closed on the 2nd, 4th, and 5th Tuesday of each month
Day-trip hot spring facilities located on the south side of Mt. Kojinyama. These hot springs are effective for muscle pains, bruises and sprains, and will help relieve sports-related strains and everyday fatigue. Japanese-style rooms are available for leisurely relaxation.

位于荒神山南侧的当日往返温泉设施。对缓解肌肉痛、瘀伤、挫伤等极具疗效，可以缓解体育运动和日常的疲劳。还备有能充分休憩的日式房间。

고진야마 산 남쪽에 위치한 당일치기 온천 시설. 근육통과 타박상, 점질 등에도 효과가 높으며 운동 및 일상의 피로를 풀어줍니다. 느긋하게 쉬 수 있는 일본식 방도 준비되어 있습니다.

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