



◀Selection of courses from beginners to advanced skiers. A snowboarding area is also available.  
從初學者到精通者都能享樂的豐富的路線。允許單板滑雪。

# TOMI

## 東 御

## Post-town with natural environment, wine and history

Yunomaru highland is a place that can be enjoyed throughout the year. A large field of Rhododendron molle in spring, the deep green leaves of trees in summer, autumn colours, and Yunomaru ski slope in winter are all attractive features. There is Ikeno Taira marshland in Sanpou-gamine crater basin, which is a treasure-trove of alpine plants and hygrophites, namely wetland plants. Meanwhile in Unnojuku on the old Hokkoku road, traditional architectural houses in the style of Edo period inns and sericulture houses of the Meiji period, when sericulture was a flourishing industry, coexist in harmony. The doll festival is held from Saturday 24 February to Sunday 25 March in Unnojuku, and doll festival dolls are displayed in the houses along the street. During this period, street lamps are lit creating a mystic atmosphere. There are also a selection of onsen facilities in the town such as Yurari-kan which commands a good view, Myojinkan with a view of Mt. Asama, and Yuufuru Tanaka by Tanaka station, Shinano Railway. Moreover, in the recent years, a unique winery was created, and as one of their wines won a prize at the Japan Wine Competition, it is gathering the attention of wine connoisseurs as a centre of good wine production.

## 自然，葡萄酒， 歷史和文化的宿驛城鎮

一年四季都能享樂的湯之丸高原，春天紫雲英杜鵑的大群落，夏天深綠，還有秋天的紅葉，冬天的湯之丸滑雪場都極富魅力。在三方峰的火山口底，池之平濕地漫延開來，成為高山植物、濕地性植物的寶地。還有，北國街道海野宿至今仍保存著江戶時代的客棧構造的建築和明治時代以後養蠶盛期建造的，適于養蠶的房屋結構與傳統相協調的房屋排。在2月24日（星期六）～3月25日（星期日）時，將舉辦海野宿驛女孩節，街道兩邊的每家每戶都裝飾著女兒節木偶。另外，這期間每星期六，街道兩旁都點亮燈籠，營造被幻想包裹著的氣氛。還有，一日遊溫泉有遠眺拔群的「湯樂里館」，眺望淺間山的「明神館」，在信濃鐵道田中站的「Yuufuru Tanaka（澡堂田中）」，最近，也有富於個性的釀酒所的誕生，也有在日本葡萄酒競賽會上獲獎，在通曉葡萄酒的人士之間作為優秀的葡萄酒產地而倍受矚目。



↑The post-town image of Edo period still remains.  
江戶時代的宿驛城的街道至今保留完好。



↑Unique winery is drawing attention.  
充滿個性十分講究的釀酒所引人注目。

## Tomi City Tourist Association

一般社団法人 信州とうみ観光協会



Shigeno



滋野

Tanaka



田中

### Tomi city tourist information Station

東御市観光情報ステーション

Tourist information in Tanaka Station, Shinano Railway. You can ask any question about Tomi city. Also available are luggage storage service and free rent-a-cycle.

是在信濃鐵道田中站的旅遊指南所。東御市的任何事都可向其諮詢。有租賃自行車（免費）、寄存隨身行李的服務。

☎0268-62-7701

☎ 279, Tanaka, Tomi-shi, Nagano-ken ☎ At Tanaka Station ☎ OPEN 09:00-17:00 ☎ Over the year-end and New Year period

Detail of service  
服務內容

A free cup of coffee

\*BANZAI 2-DAY PASS holder only

贈送1杯咖啡 ※僅限於出示車票者

コーヒー1杯サービス ※チケット提示者のみ

### Yurari-kan local products shop

湯樂里館物産センター

Local products of Tomi city and souvenirs are sold, as well as craft beer OH! LA! HO. Look for products unique to this place.

本店銷售東御市的特產品和土特產。也能買到我們本地的OH! LA! HO啤酒。請尋找惟此地方才買得到的商品吧。

☎0268-64-0113

☎ 3875, Kano, Tomi-shi, Nagano-ken ☎ A 20-min. taxi ride from Tanaka Station ☎ OPEN 10:00-22:00 ☎ The 3rd Wednesday of the month

Detail of service  
服務內容

Discount of 5% from total purchase amount

\*BANZAI 2-DAY PASS holder only

購物金額優惠5% ※僅限於出示車票者

お買い物金額より5%OFF ※チケット提示者のみ

### Restaurant Oh! La! Ho

レストランオラホ

Wonderful view of Northern Alps in the distance. As the beer brewery is adjacent, fresh local beer from the barrel can be enjoyed. Dishes made using locally grown ingredients are also popular.

是遠眺北阿爾卑斯絕景之最佳處。因為鄰接啤酒工廠，所以能品嚐到剛出桶的新鮮的當地產啤酒。使用本地產的應時食材烹飪的料理也大受歡迎。

☎0268-64-0003

☎ 3875, Kano, Tomi-shi, Nagano-ken ☎ A 20-min. taxi ride from Tanaka Station ☎ OPEN Lunch: 11:00-15:00, Dinner: 17:00-21:00(20:30LO) ☎ Wednesday

Detail of service  
服務內容

Discount of 5% from restaurant bill

\*BANZAI 2-DAY PASS holder only

用餐費優惠5% ※僅限於出示車票者

お食事金額より5%OFF ※チケット提示者のみ

### Villa d'Est Gardenfarm and Winery

ヴィラデスト ガーデンファーム&ワイナリー

The winery and restaurant command a grand view of the Northern Alps in the distance. Prize winning wine and French cuisine made using fresh local vegetables are served.

能欣賞遠處的北阿爾卑斯雄偉壯麗的景色的釀酒所&餐廳。可以品嚐在眾多競賽會中獲獎的葡萄酒和使用新鮮的本地食材烹飪的法國菜。

☎0268-63-7373

☎ 6027, Kano, Tomi-shi, Nagano-ken ☎ A 20-min. taxi ride from Tanaka Station ☎ OPEN From 10:00 until sunset ☎ End of December to End of February

Detail of service  
服務內容

A glass of cider or soft drink to those ordering lunch

course (¥3,600) \*BANZAI 2-DAY PASS holder only

贈送使用午餐套餐組(3,600日圓)的蘋果酒或清涼飲料 ※僅限於出示車票者

ランチセット(3,600円)ご利用の方でソフトドリンク1杯サービス ※チケット提示者のみ

### Raiden-kurumi no sato

道の駅雷くるみの里

Fresh vegetables and fruits are sold, as well as a wide selection of souvenirs. In the restaurant, dishes using locally grown vegetables and soft cream are popular.

販賣新鮮的蔬菜和水果。土特產品也很豐富。食堂使用本地產的食材的料理菜單和核桃冰激凌很受歡迎。

☎0268-63-0963

☎ 4524-1, Shigeno-otsu, Tomi-shi, Nagano-ken ☎ A 5-min. taxi ride from Shigeno Station ☎ OPEN 07:00-19:00 ☎ No closing day

Detail of service  
服務內容

Discount of ¥50 on Raiden yaki

\*BANZAI 2-DAY PASS holder only

雷電燒優惠50日圓 ※僅限於出示車票者

雷電焼き50円引き ※チケット提示者のみ

### Yurari-kan

湯樂里館

Onsen on the hill. The view of the Northern Alps and Yatsugatake mountain from open air bath is outstanding. You can relax in the large resting room or Japanese room. Dishes made using locally grown vegetables are also good.

在高山上的可供一日遊的溫泉。自露天浴池遠眺的北阿爾卑斯山脈、八岳群峰的景色是最佳的。有寬敞的大房間也有日式房間。都能讓您舒適地休息。使用本地產的食材烹飪的料理也是本館引以為豪的。

☎0268-63-4126

☎ 3875, Kano, Tomi-shi, Nagano-ken ☎ A 20-min. taxi ride from Tanaka Station ☎ OPEN 10:00-22:00 ☎ The 3rd Wednesday of the month

Detail of service  
服務內容

Free rental of bath towel and hand towel

\*BANZAI 2-DAY PASS holder only

免費出租浴巾・毛巾 ※僅限於出示車票者

バスタオル・タオル レンタル無料 ※チケット提示者のみ

### Rue de Vin

リュードヴァン

The winery opened in 2014. In the café/restaurant, dishes to complement wine are served from an a la carte menu. Course menu served with reservation.

2014年開設的葡萄酒釀酒所。在併設的咖啡廳式餐館里可以按菜單點與葡萄酒相匹配的菜肴。同時也可預約套餐餐單。

☎0268-71-5973

☎ 405, Netsu, Tomi-shi, Nagano-ken ☎ A 10-min. taxi ride from Tanaka Station ☎ OPEN 10:00-17:00 ☎ Mon. ~ Fri. (open if public holiday)

Detail of service  
服務內容

A glass of wine to those who reserved lunch set, or 10% discount

on bottle of wine purchased \*BANZAI 2-DAY PASS holder only

贈送預約午餐套餐的葡萄酒1杯葡萄酒、買瓶裝葡萄酒的顧客優惠10% ※僅限於出示車票者

ランチセットご予約の方グラスワイン1杯サービス、ボトルワインお買い上げの方10%OFF ※チケット提示者のみ

### Art village Myojinkan

アートヴィレッジ明神館

Onsen inn with grand view of Mt. Asama and relaxing countryside scenery. The hot spring is effective to cure fatigue and retain body warmth.

是遠眺雄偉的淺間山麓和開闊的田園風光之最佳溫泉住宿設施。從源泉湧出的溫泉，有消除疲勞、不易冷卻的特徵。

☎0268-67-0001

☎ 1806-1, Yashara, Tomi-shi, Nagano-ken ☎ A 20-min. taxi ride from Tanaka Station ☎ OPEN 10:00-21:00 ☎ The 4th Wednesday of the month

Detail of service  
服務內容

A free cup of coffee to those who have lunch in "Ikoi"

dining room \*BANZAI 2-DAY PASS holder only

在餐廳「憩」用餐的顧客午餐時間免費贈送咖啡 ※僅限於出示車票者

ダイニング「憩」でお食事された方ランチタイムコーヒーサービス ※チケット提示者のみ

### Yuufuru Tanaka

ゆうふるtanaka

Onsen right in front of Tanaka Station, Shinano Railway. Granite bath and cypress bath with scent of cypress producing a calming atmosphere, help mind and body to relax.

是在信濃鐵道田中站前的供一日遊的溫泉。日本扁柏的香味營造著舒適而令人安寧的氛圍的扁柏浴池和花崗岩浴池可以消除身心的疲憊。

☎0268-63-3715

☎ 278-18, Tanaka, Tomi-shi, Nagano-ken ☎ A 3-min. walk from Tanaka Station ☎ OPEN 10:00-22:00 ☎ The 2nd Wednesday of the month

Detail of service  
服務內容

Free rental of bath towel and hand towel

\*BANZAI 2-DAY PASS holder only

免費出租浴巾・毛巾 ※僅限於出示車票者

バスタオル・タオル レンタル無料 ※チケット提示者のみ

## How to get the special offers of BANZAI 2-DAY PASS

萬歲 2-DAY 票的優惠服務的使用方法  
BANZAI 2-DAY PASS の特典の使い方

- ① On arrival at the shop, show BANZAI 2-DAY PASS to the shop assistant.
- ② Receive the special offer of the shop.
- ① 到達設施後，請向設施的職員出示萬歲2-DAY票。
- ② 請享受各種優惠。
- ① 施設に着いたら、BANZAI 2-DAY PASSを施設のスタッフに見せてください。
- ② 各種特典を受けてください。

利用条件のBANZAI 2-DAY PASS 提示に関しては共通事項として下部に特典の使い方で表記しています。





◀A hall of NHK drama with replicas is created in Memorial corner at Ueda Tourist Hall.  
再現NHK大河劇館！上田市観光會館の記念角。

# UEDA

## 上田



↑Enjoy a 360-degree view from the peak of Mt. Neko with the snowcat.  
用雪上車可以欣賞從根子嶽山頂的360度全方位的絕色景觀。

## A town where history, sweets, good scenery and strawberry picking can be enjoyed

Ueda city is in the eastern part of Nagano, with Japan's longest river, the Chikuma running through the center. Surrounded by two highland areas, Sugadaira and Utsukushi-gahara, the city offers a rich natural environment. In Sugadaira, a close view of snow monsters and grand commanding views can be enjoyed from the 2,207 m high peak of Mt. Neko. From Utsukushi-gahara on the other hand, Mt. Fuji, Yatsugatake, and the chain of mountains of the Northern Alps can be observed.

Much cultural heritage remains in the city, including temples and shrines. The city is known as the place of the Sanada clan, known for its clever leader during the civil war period.

You can also stroll around Ueda city wearing a kimono in tsumugi weaving, or enjoy in Yanagi-machi, where old houses still remain, some sweets, Oidare yakitori and sake. Sanada shrine in Ueda Castle Ruins Park known as guardian of this impregnable castle, is popular with students taking exams as well as athletes. Meanwhile in Ueda City Tourist Hall, replicas of the armour used in TV dramas are exhibited. Strawberry picking in winter can also be fun. So together with lovely scenery of the season, please enjoy your trip to Ueda.

\*For Ueda city's gift that comes with the BANZAI 2-DAY PASS, get a coupon at the Tourist Information counter at Ueda station.

## 可以享受歷史・甜點・絕色景觀・採摘草莓的樂趣

上田市位於長野縣東部，市中央穿流著日本最長的千曲川，且被菅平高原和美原高原2個雄偉的高原環抱著，是自然環境優美的都市。從菅平高原的海拔2,207米的根子嶽山頂可以眺望絕色景觀和看到近在眼前的雪怪獸景觀。可以從美原高原將富士山，八嶽連峰，北阿爾卑斯群山盡收眼底。市內還保留著很多寺院和神社等文化遺產，作為馳名戰國時代的智將・真田先生的發祥地而遐邇聞名的。穿著傳統工藝「上田紬」的和服漫步街頭，在充滿著古色古香的街道「柳町」上品嘗甜點、美汁烤雞肉串，品嚐日本酒等等，敬請期待。上田城址公園內的真田神社，是「不敗城堡」的守護神，很受考生和體育選手的歡迎。在上田市觀光會館可以參觀到大河劇中登場的盔甲複製品等。冬天也能享樂於採摘草莓等，以及伴隨著季節性的美麗景色的信州上田之旅，請您期待。

※萬歲2-Day票的上田市禮物是在上田站旅遊諮詢處領兌換券。



↑Taste Oidare yakitori, with the flavour of garlic.  
請品嚐大蒜風味調味汁的美汁烤雞肉串。

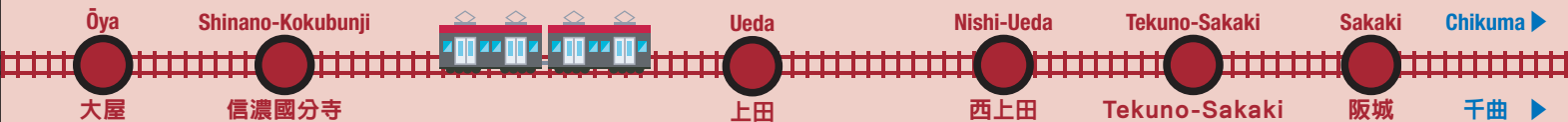
## Ueda Tourism & Convention Association

一般社團法人 信州上田觀光協會

English



中文繁體字



### Yutakaya, casual kimono shop

趣味のきもの ゆたかや

Kimono shop selling Ueda tsumugi. Polo shirt, towel, PET bottle cover and other original goods with motif of Rokumon (a design of six coins used as the crest of the Sanada clan), are sold.  
經營「上田紬」和服的和服店。並銷售多種以六文錢為主題的襯衫、毛巾、寶特瓶套等的原創商品。

☎0268-24-5298

2-2-16, Chuo, Ueda-shi, Nagano-ken ☎ An 8-min. walk from Ueda Station ☎ OPEN 10:00~18:30(16:00LO) ☎ Tuesday

Coupon benefit 交換券內容

Reduction in rental and fitting fee of Ueda tsumugi weaving kimono is reduced from ¥4,000 to ¥2,000 \*Single-use coupon  
上田紬和服出租試穿費用4,000日圓減為2,000日圓 ※1張交換券使用1回  
上田紬着物レンタル着付代4,000円⇒2,000円 ※引換券1枚1回

### Fuji Ice

富士アイス

Recommended sweets "Jiman yaki", loved by people since Showa period.  
推薦從昭和時代開始一直受到市民喜愛的甜品「自誘烤餅」。

☎0268-22-1077

2-10-14, Chuo, Ueda-shi, Nagano-ken ☎ An 8-min. walk from Ueda Station ☎ OPEN 09:30~19:00 ☎ Tuesday

Coupon benefit 交換券內容

One Jiman yaki is given for a coupon \*Single-use coupon  
用交換券可以贈送1個自誘烤餅 ※1張交換券使用1回  
引換券でじまん焼き1個プレゼント ※引換券1枚1回



### Ikenami Shotaro Sanada Taiheiki Kan

池波正太郎真田太平記館

Literature hall which introduces the long historical novel "Sanada Taiheiki" written by Shotaro Ikenami, a Naoki award winner. Exhibited in the hall are his research notes, chronology, personal effects and sketches. There is also a video theatre.  
介紹直木獎作家・池波正太郎先生所著的歷史長篇小說《真田太平記》的文學館。除了採訪筆記本、年表外，還有先生的遺愛品和親筆畫的展示，也有劇場。

☎0268-28-7100

3-7-3, Chuo, Ueda-shi, Nagano-ken ☎ A 10-min. walk from Ueda Station ☎ OPEN 10:00~18:00 (last admission 17:30) ☎ Wednesday / day following public holiday

Coupon benefit 交換券內容

Admission fee reductions: Adults to ¥330, high school & university students to ¥200, junior high school students and elementary school children to ¥100 \*Single-use coupon  
大人330日圓，高中生大學生200日圓，中小學生100日圓 ※1張交換券使用1回  
大人330円、高大学生200円、小中学生100円 ※引換券1枚1回



### Oidare Yakitori Kakurega En

美味だれ焼き鳥 隠れ家 えん

A place to enjoy Oidare yakitori, which is popular in Ueda for its garlic flavour. Menu includes a variety of items including Oidare fried noodle and Oidare rice with raw egg.  
能享受到在上田受歡迎的大蒜風味的「美味汁烤雞肉串」。還有美味汁炒麵和美味汁生雞蛋飯等，菜單也很豐富。

☎0268-75-6019

4-7-27, Chuo, Ueda-shi, Nagano-ken ☎ A 12-min. walk from Ueda Station ☎ OPEN 10:00~17:00 ☎ Thursday

Coupon benefit 交換券內容

With coupon, 3 skewers of Oidare yakitori per person \*Single-use coupon  
用交換券每人有3根美味汁烤雞肉串贈送 ※1張交換券使用1回  
引換券で美味だれやきとり1人3本プレゼント ※引換券1枚1回



### Yanagimachiya

柳町屋

A shop in an old town house in Yanagi-machi on the Hokkoku Road. Red apple and egg tart is particularly recommended.  
利用北國街道「柳町」的老房舍而開的店。極力推薦用信州蘋果製作的「紅蘋果蛋糕餅」。

☎0268-75-8728

2-8-4, Ote, Ueda-shi, Nagano-ken ☎ A 12-min. walk from Ueda Station ☎ OPEN 10:00~16:00 ☎ Wednesday

Coupon benefit 交換券內容

One recommended tart per person is given in exchange for coupon \*Single-use coupon  
用交換券每人贈送1個推薦的餡餅 ※1張交換券使用1回  
引換券でお薦めのタルトを1人1個をプレゼント ※引換券1枚1回



### Okazaki sake brewery

岡崎酒造

Being established in 1665, the company is the main sake brewer in Ueda. A woman sake brewer, rare in Japan, is making sake with the desire of producing good sake by valuing the water and rice of the Shinshu district.  
1665年創業的代表上田的老字號的酒造。在全國都少見的女性社氏，以「重視信州的水和米」為理念而造酒。即使在隆冬季節也能享受的採草莓。從上田車站至上田電鐵16分鐘，再騎免費出租的自行車10分鐘即可到達。

☎0268-22-0149

4-7-33, Chuo, Ueda-shi, Nagano-ken ☎ A 12-min. walk from Ueda Station ☎ OPEN 09:00~17:00 ☎ No closing day

Coupon benefit 交換券內容

One tasting of "Kirei" sake with coupon \*Single-use coupon  
用交換券可以試飲清酒「亀齡」 ※1張交換券使用1回  
引換券で清酒「亀齡」の試飲ができます ※引換券1枚1回



### Ueda City Museum

上田市立博物館

Armour of historical lords including Sanada family and other materials on Ueda clan are exhibited together with materials of the Ueda region, which illustrates the history of the area since the medieval period.  
收藏展示以真田先生為首的歷代藩主甲冑之類和的上田藩相關的資料，以及可以通觀中世紀以後上田地區歷史的資料。

☎0268-22-1274

3-3, Ninomaru, Ueda-shi, Nagano-ken ☎ A 12-min. walk from Ueda Station ☎ OPEN 08:30~17:00 (last admission 16:30) ☎ Wednesday

Coupon benefit 交換券內容

A reduction of ¥50 on admission with coupon \*Single-use coupon  
用交換券入場費優惠50日圓 ※1張交換券使用1回  
引換券で入場料金50円引き ※引換券1枚1回



### Ueda City Tourist Hall

上田市観光會館

A souvenir shop opposite Ueda Castle Ruins Park. Some 800 kinds of souvenir items including Sanada clan goods are offered. There is an exhibition area on the 2nd floor.  
上田城址公園對面一側的土特產店。有包括真田紀念品在內的約800種土特產品。請一定去看2樓的展示櫃。

☎0268-71-6074

2-8-4, Ote, Ueda-shi, Nagano-ken ☎ A 12-min. walk from Ueda Station ☎ OPEN 09:00~18:00 ☎ No closing day

Coupon benefit 交換券內容

A clear file (A5) is given at the Information counter on the 2nd floor \*Single-use coupon  
在2樓的介紹處贈送1個透明資料夾(A5) ※1張交換券使用1回  
2階の案内所でクリアファイル(A5)を1枚進呈 ※引換券1枚1回



### Higashiyama tourist farm

東山觀光農園

You can enjoy strawberry picking even in mid winter. Accessible from Ueda Station in 16 min. on the Ueda Dentetsu, and then 10 min. by free rent-a-cycle.  
即使在隆冬季節也能享受的採草莓。從上田車站至上田電鐵16分鐘，再騎免費出租的自行車10分鐘即可到達。

☎0268-39-0210

2019, Fujiyama, Ueda-shi, Nagano-ken ☎ From Ueda Station, take the Ueda Dentetsu for 16 min. to Shimomono Station (¥740 return), and then 10 min. by free rent-a-cycle. ☎ OPEN 10:00~16:00 (last admission 15:30) ☎ Tuesday

Coupon benefit 交換券內容

A 50% reduction on strawberry picking (eat as much as you like for 30 min.) \*Single-use coupon \*Needs reservation  
採摘草莓(30分鐘隨意吃)半價 ※1張交換券使用1回 ※需連絡  
いちご狩り(30分食べ放題)が半額 ※引換券1枚1回 ※要連絡



Way of receiving Ueda City benefit is different  
僅上田市的優惠券領取方法不同  
上田市のみ特典の受け取り方法が異なります

For Ueda city's gift that comes with the BANZAI 2-DAY PASS, get a coupon at the Tourist Information counter at Ueda station.  
萬歲2-Day票的上田市禮物是在上田站旅遊諮詢處領兌換券。  
BANZAI 2-DAY PASSの上田市プレゼントは上田駅観光案内所で引換券をGETしてください。

上田市のみ引換券の受け取り方法を下部にも表記しています。他自治体の「サービス内容」を「引換券内容」に変更しています。





◀The season of apricot blossom is early to mid April. The view of the blossom covering the village is overwhelming.  
杏花の季節は4月上旬到中旬。山上廣闊區域盛開的杏花精彩無比。

# CHIKUMA

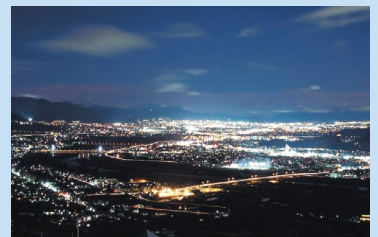
## 千 曲

### Land of onsen, beautiful apricot blossoms and the moon

Chikuma city was established in 2003 by amalgamation of several tourist towns and villages, including "Obasute", known for beautiful moon viewing, "Mori", the best apricot village and "Togura Kami-yamada", developed as an onsen resort. In the center of Chikuma city runs the Chikuma river, which is the upper stream of the Shinano river, the longest river in Japan. The Northern Alps and chain of Togakushi mountains viewed over the Chikuma river is superb. Obasute is known not only for moon viewing, but for its terraced paddy fields which extend over a wide area. Another charm point of Obasute is a stroll through country lanes while enjoying a view of over 1,500 sections of paddy field laid out on terraced land, which is one of the original scenes of Japan. Mori is the village of apricot, and in spring over 150,000 people visit the village over a two-week-period to see the apricot blossom. While Togura Kami-yamada Onsen is a town of onsens, it retains an image of the '70s and '80s. The town was one of the well-known places of entertainment and there were many geisha girls. There are still some remnants of those times, but today the town is popular with families and women especially, as "onsen to make the skin smooth".

### 杏之郷和明月美麗的溫泉地

2003年由明月之郷“姨舍山”、日本第一の杏之村“森”、温泉之城發展而來的“戶倉上山田”等多個觀光地合併而成為了現在的千曲市。千曲市的中心穿流著日本最長河流信濃川的上游千曲川。越過千曲川可以看到北阿爾卑斯山脈、戶隱峰巒的絕色景觀。姨舍山不僅是賞月勝地，而且從姨舍山上可以觀賞到一覽無餘的梯田景色。1,500塊以上的梯田蔓延而去的姨舍山區域是日本的原始風景，同時悠閒散步的樂趣也是其魅力之一。因此不管白天還是夜晚它都是很受歡迎的美景地。森地區一到春天就漫山遍野盛開著杏花，為了賞杏花，在2周左右的花期裏到訪人數竟超過15萬人次，故被稱為日本第一杏之郷。戶倉上山田溫泉是至今依然保留著日本70、80年代模樣的溫泉街。曾經是日本屈指可數的鬧市和有很多藝人的繁華街。雖然現在只留下昔日繁華的痕跡了，但近年來作為“美膚之泉”，又成為了倍受女性和家庭遊客青睞的溫泉街。

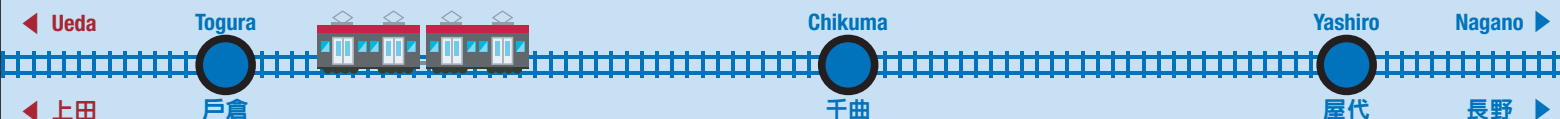


↑ Superb viewing spot which must be visited when in Chikuma city.  
到了千曲市就一定要造訪的絕佳景點。



↑ There are seven onsen facilities in the area. They are known as onsens that make the skin smooth.  
溫泉街有7個當日往返的溫泉。作為美膚溫泉廣受歡迎。

**Shinshu Chikuma Tourist Information Bureau**  
信州千曲觀光局



#### Welcome Station in Yashiro Station

屋代駅ウェルカムステーション

A shop in Yashiro Station, entrance to Shinshu Chikuma city, sells products made of locally grown apricots and other products of Chikuma city.

店鋪位於信州千曲市的正門口位置的屋代車站內，以採用當地杏原材料的商品為中心的千曲市特產品種豐富齊全。

☎026-214-6830 📍3139, Ojima, Chikuma-shi, Nagano-ken (within Yashiro Station) 🕒 Within Yashiro Station **OPEN** Weekday: 08:00~19:00, Sat., Sun. and national holiday: 08:00~17:00 **CLOSED** No closing day

**Detail of service**  
服務內容



**Discount of 5% on Chikuma brand products \*For purchase of ¥3,000 and over**  
千曲品牌商品優惠5% ※僅限購物3,000日圓以上的千曲ブランド商品5%オフ ※3,000日圓以上的買物に限る

#### Zukudashi Eco Tours

ずくだしエコツアー

Rental of sports cycle (¥1,000~) and guided tour (¥4,000). The tour lasts 2.5 hours, and includes cycling and walking around the town. Experience the country life!

出租運動自行車(1,000日圓~)和帶導遊服務的旅遊(4,000日圓)。旅行時間2個半小時。內容有騎自行車和街道散步。去接觸鄉村生活吧!

☎080-2008-4815 📍2-15-1, Kami-yamada Onsen, Chikuma-shi, Nagano-ken 🕒 A 25-min. walk from Togakushi Station, or 5-min. bus ride. **OPEN** 09:30~18:00 (~17:00 in winter) **CLOSED** Irregular

**Detail of service**  
服務內容



**Discount of ¥100 on bicycle rental, and ¥500 on guided tour \*Advanced reservation required**  
出租自行車費用優惠100日圓，帶導遊旅行費用優惠500日圓 ※要提前預約  
貸出自轉車100日圓割引、ガイド付きツアー500日圓割引 ※事前予約

#### Kamesei inn

亀清旅館

A small, traditional family-run inn popular for its Kami-yamada onsen water that is good for the skin, and Japanese meals prepared by the chef and served in courses. The American-born proprietor provides friendly hospitality.

傳統的家庭經營的小旅館。上山田溫泉的美膚泉水和廚師長親自自動手的懷石料理廣受好評。在美國出生的老闆提供易於親近的招待服務。

☎026-275-1032 📍2-15-1, Kami-yamada Onsen, Chikuma-shi, Nagano-ken 🕒 A 25-min. walk from Togura Station, or 5-min. bus ride (shuttle service available). **OPEN** Check in: 15:00, Check out: 10:00 **CLOSED** Irregular

**Detail of service**  
服務內容



**A discount of 10% on direct reservations \*Advance reservation**  
直接預約優惠10% ※要提前預約  
直接予約で10%割引 ※事前予約

#### Kaya, Soba restaurant

蕎麥料理処 晝

In the restaurant which is in a 250-year old sake storage house, "hand-made soba", "freshly fried tempura", original sake, soba custard pudding and other unique dishes can be enjoyed.

在有250年以上歷史的酒窖內的料理店，能夠享用到手擀信州蕎麥面，剛炸的天婦羅，原創的日本酒，和蕎麥布丁等等的頗具玩心的菜品。

☎026-276-7205 📍1855-1, Togura, Chikuma-shi, Nagano-ken 🕒 A 3-min. walk from Togura Station **OPEN** Weekday: 11:00~20:00(19:30 LO), Sun. National holiday: 11:00~19:00 **CLOSED** About 4 days a year

**Detail of service**  
服務內容



**One set of sake sampling per group**  
1組遊客贈送1套品酒  
利き酒セットを1グループ様に1セットサービス

#### Yakitori Ushiwaka

焼とり 牛若

Yakitori restaurant that is popular with locals. Recommended way of eating is with homemade garlic sauce. Conversation with the proprietor is another attractive feature of the restaurant. (Menu in English available)

也受當地人喜愛的烤雞肉店。也推薦蘸本店特制的蒜汁吃。與店主愉快對話也是這家店的魅力。(有英語菜單)

☎026-276-1982 📍1-44-1, Kami-yamada Onsen, Chikuma-shi, Nagano-ken 🕒 A 25-min. walk from Togura Station **OPEN** 18:30~23:30 (23:30 LO) **CLOSED** Sunday

**Detail of service**  
服務內容



**Discount of 5% on bill of ¥3,000 and over**  
飲食消費3,000日圓以上的優惠5%  
3,000日圓以上のお食事で5% OFF

#### Central shop

中央売店

Fruits of the season obtained from the local fruit and vegetable market are popular. Tabi socks, geta wood clogs and small items can be purchased according to individual taste. A variety of food items are sold, mainly local apricot products.

蔬果市場直接送來的季節性水果很受歡迎。日式布襪、木屐、雜貨品等可以根據自己喜好選試選購。食品方面當地的杏產品也品種齊全。

☎026-275-3322 📍1-38-1, Kami-yamada Onsen, Chikuma-shi, Nagano-ken 🕒 A 7-min. taxi ride, or 25-min. walk from Togura Station 08:00~10:00, 15:00~20:30 **CLOSED** Irregular

**Detail of service**  
服務內容



**Discount of 5% on souvenir purchases of ¥3,000 and over**  
購買3,000日圓以上特產的優惠5%  
土産品3,000日圓以上購入で5%引き

#### Shinshu Brave Warriors

信州 Brave Warriors

Shinshu Brave Warriors play in the B league. The powerful performance of a professional basketball team can be observed at close quarters.

活躍在B聯賽的信州勇敢戰士隊，可以近距離觀賞激烈的職業籃球比賽。

☎026-214-7022 📍1406-1, Isobe, Chikuma-shi, Nagano-ken (match venue: Togakushi gymnasium) 🕒 A 5-min. taxi ride from Togura Station \* Free shuttle bus is operated on match days. 🕒 Game start time: Sat. 18:00~, Sun. 14:00~, Match days: Sat. 17 and Sun. 18 Feb., Sat. 17 and Sun. 18 Mar.

**Detail of service**  
服務內容



**Discount of 10% on advanced sale tickets \*Non-reserved seats only (2F)**  
票價比預售價格優惠10% ※2樓只有不對號座席  
前売り価格の10%引き ※2F自由席のみ

#### Shinshu wheat ramen Kameya

信州小麦ラーメン 亀屋

Homemade ramen using 100% wheat grown in Nagano. Rich soup and chewy noodle make a good combination. The soup comes with either a shoyu (soy sauce) base soup or a miso (soy bean paste) base soup.

以100%長野縣小麥製成的本店特制面，濃烈的湯和韌性的面相得益彰的醬油味拉麵和味噌拉麵。

☎026-275-1631 📍3-7-4, Kami-yamada Onsen, Chikuma-shi, Nagano-ken 🕒 A 30-min. walk from Togura Station **OPEN** 11:30~14:30, 17:30~19:30 **CLOSED** Tuesday, and the 3rd Wed. of the month

**Detail of service**  
服務內容



**Discount of ¥100 on one ramen**  
1碗拉麵優惠100日圓  
ラーメン1杯100円引き

#### Chikuma city General tourist hall

千曲市総合観光会館

Chikuma city General tourist hall is located in Togura Kami-yamada Onsen area. Chikuma city Tourist information is on the 1st floor of this building.

戶倉上山田溫泉地區有千曲市綜合觀光會館。其1樓有千曲市的觀光諮詢處。

☎026-261-0300 📍2-12-10, Kami-yamada Onsen, Chikuma-shi, Nagano-ken 🕒 A 30-min. walk from Togura Station **OPEN** 08:30~18:00 **CLOSED** Over year end and New Year period

**Detail of service**  
服務內容



**Onsen soap is given**  
贈送溫泉肥皂  
温泉せっけんプレゼント

**How to get the special offers of BANZAI 2-DAY PASS**  
萬歲 2-DAY 票的優惠服務的使用方法  
BANZAI 2-DAY PASS の特典の使い方

- ① On arrival at the shop, show BANZAI 2-DAY PASS to the shop assistant. ② Receive the special offer of the shop.
- ①到達設施後，請向設施的職員出示萬歲2-DAY票。②請享受各種優惠。
- ①施設に着いたら、BANZAI 2-DAY PASSを施設のスタッフに見せてください。②各種特典を受けてください。

利用条件の BANZAI 2-DAY PASS 提示に関しては共通事項として下部に特典の使い方で表記しています。