



KARUIZAWA

輕井澤

◀Shiraito Falls. Subterranean water from Mt. Asama is falling down the 70-meter wide low rock wall in a form of many strings, like a water curtain.
白絲瀑布・寬70米的岩壁上，淺間山的地下水如細線一般流下來。

Treasure chest of nature, history and gourmet food Relaxed stay in international resort town

Ever since Canadian missionary A.C. Shaw came to Karuizawa in 1886 to spend the summer, the town became known as one of the international resort area in Japan, offering rest and relaxation every season of the year. Popular sightseeing spots include "Former Mikasa Hotel", designated as an important national cultural property, "Shiraito falls" where the water falls beautifully in white threads, "Kyu-Usui-Toge Pass" lookout point which commands a grand view of the surrounding mountains, and "Wild bird sanctuary" where a variety of flora and fauna can be seen. Also recommended at this time of the year, is a visit to an onsen or hot spa, as there are several good onsens in the town, such as Hoshino Onsen and Sengataki Onsen. Sports are also popular, for example skiing, curling, and ice skating in winter, and golf and tennis in green seasons. Shopping areas include "Kyu Karuizawa shopping street" with many shops standing side by side, the well-known "Karuizawa Prince Shopping Plaza", and "Harunire Terrace" with its sophisticated atmosphere. In addition, there are many gourmet restaurants distributed throughout the town, offering Japanese, Italian and French cuisine, as well as Yakimiku restaurants. With so many churches in the town, Karuizawa is known as a desirable place for weddings, and many young couples wish to marry here. Popular souvenirs are Karuizawa style wood carvings and jams.

The combined admission ticket for Former Mikasa Hotel, Oiwakejuku Museum of Local History and Hori Tatsuo Memorial Museum of Literature (¥500) is sold at Karuizawa Tourist Information office in the concourse of Karuizawa station.

自然、歴史、美食の寶庫 在國際性度假區輕鬆度假

輕井澤作為日本屈指可數的國際性旅遊勝地而聞名於世，是1886年由加拿大傳教士A. C. 肖提出作為避暑地的。輕井澤有很多人氣的旅遊景點，如被指定為國家重要文化財產的“舊三笠飯店”，水落下樣子如白絲般美麗的“白絲瀑布”，能眺望周邊雄偉山巒的“見晴臺”，可以觀察到各種野生動植物的“野鳥森林”等等。這個時期，星野溫泉和千滝溫泉等的溫泉巡遊也值得推薦。體育運動也很盛行，冬天有滑雪、冰壺、滑冰等、綠色季節有高爾夫球、網球等等。購物場所也有很多，如商店街、王子購物廣場，簡練俐落氛圍的“春樹陽臺”等等。美食店隨處點在，有和食、烤肉、義大利料理、法國料理等。聚集了很多教堂的輕井澤作為婚禮的聖地也很受歡迎，成為很多情侶憧憬的地方。輕井澤的雕刻和果醬等也都深受歡迎。

舊三笠飯店・追分宿郷土館・堀辰雄文學紀念館的3館共同入場券（500日圓）可以在輕井澤車站大廳的輕井澤觀光問訊處購買。問訊處內也有各市町村的資訊。



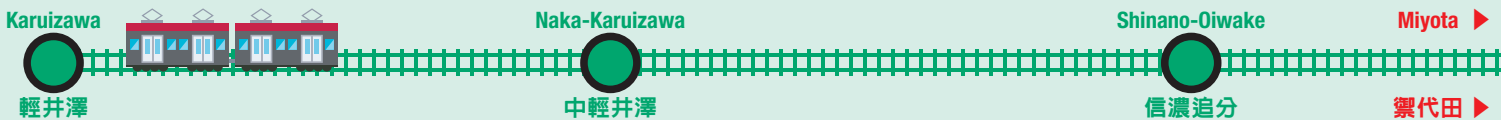
↑"Kyu-Usui-Toge Pass" lookout point. A magnificent view of the Southern Alps, Yatsugatake mountain, and Mt. Asama can be seen on a fine day. In the old days, foreigners called this spot, "Sunset point". 舊三笠見晴台。可以眺望南阿爾卑斯山、八嶽、淺間山等高峰雄姿。是外國人稱之為“落日觀臺”的絕佳景點。



↑Free gift is given also at Tourist information center in Kyu Karuizawa shopping street.
在舊輕井澤銀座大街上的“輕井澤觀光會館”也贈送紀念品。

Karuizawa Tourist Association

輕井澤觀光協會



Important cultural property, Former Mikasa Hotel 重要文化財・旧三笠ホテル

This western style wooden structure hotel built in the late Meiji period, designed and constructed by the Japanese, is now designated as an Important National Cultural Property. The latest western civilization in the Meiji period was adopted in this building. 是設計和施工全部由日本人進行的明治後期純西洋式木造飯店，被指定為國家重要文化遺產。是明治時期最新的引進西洋文明的建築物。

☎0267-42-7072 ☎1339-342, Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 15-min. bus ride from Karuizawa Station ☎OPEN 09:00-17:00 (last admission, 16:30) ☎CLOSE No closing day

Original goods are given *On presentation of an admission ticket or combined admission ticket
贈送原創紀念品禮物 ※購買入場券或3館共通券
オリジナルグッズプレゼント ※入場券か3館共通券を購

Oiwakejuku Museum of Local History 追分宿郷土館

A museum in which materials related to Oiwake, which flourished as a post-town in the Edo period, are exhibited. A feature of the building is that it is in the style of an old inn. Strolling the old Nakasendo road which runs to the south of the museum is recommended. 是展示江戸時代作為驛站繁榮的過分的相關資料的博物館。建築特徵是模仿了過去客店的模樣。也推薦沿著舊南側的舊中山道散步。

☎0267-45-1466 ☎1155-8, Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 20-min. walk from Shinano-Oiwake Station ☎OPEN 09:00-17:00 (last admission, 16:30) ☎CLOSE Wednesday

Original goods are given *On presentation of an admission ticket or combined admission ticket
贈送原創紀念品禮物 ※購買入場券或3館共通券
オリジナルグッズプレゼント ※入場券か3館共通券を購

Hori Tatsuo Museum of Literature 堀辰雄文學紀念館

Valuable items such as the scripts and personal effect of Tatsuo Hori, who loved Karuizawa are exhibited. In the same site, there is the house where he spent the end of his life. 是展示著深受輕井澤的作家堀辰雄的原稿和遺愛品等貴重資料的文學館。院內也有堀先生度過晚年住所和書庫。

☎0267-45-2050 ☎662, Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 20-min. walk from Shinano-Oiwake Station ☎OPEN 09:00-17:00 (last admission, 16:30) ☎CLOSE Wednesday

Original goods are given *On presentation of an admission ticket or combined admission ticket
贈送原創紀念品禮物 ※購買入場券或3館共通券
オリジナルグッズプレゼント ※入場券か3館共通券を購

Town's sports facilities 町営スポーツ施設

General sports facilities of the town are in "Kazakoshi Park". There are facilities to experience various sports, for example in the Ice Arena, ice skating can be enjoyed throughout the year, while in the Ice Park, curling can be experienced. 是在鎮體育綜合設施“風越公園”內的，有全年可以滑冰的“冰類競技場”，可以以冰壺體驗的“冰公園”的運動體驗設施。

☎0267-48-5555 ☎1157-6, Hotchi, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 15-min. car ride from Karuizawa Station ☎OPEN 09:00-22:00 ☎CLOSE No closing day

Free rental of shoes and brushes *To experience skating or curling
免費出租鞋、刷子 ※滑冰或冰壺體驗
レンタル靴・ブラシ無料 ※スケートorカーリング体験

Karuizawa Prince Hotel 輕井澤プリンスホテル

There are variety of restaurants, including grill, shabu-shabu, teppan yaki, and buffet in the hotel site. Free shuttle bus from Karuizawa Station. 飯店區域內有和食・燒烤・呼湯呼湯・鐵板燒、自助餐等豐富多彩的餐廳。從輕井澤站有免費巴士。

☎0267-42-1111 ☎18-160, Nagakura, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 3-min. car ride from Karuizawa Station ☎CLOSE No closing day

Discount of 10% on restaurant bill within the hotel site *Cannot be combined with other benefits
飯店區域內餐廳用餐費用優惠10% ※不能與其他優惠共用
ホテルエリア内レストラン食事利用10% OFF ※他特典併用不可

Karuizawa Prince Hotel Ski Resort 輕井澤プリンスホテルスキー場

The course is laid out to suit all levels from child to adult. There is also a ski rental shop to allow beginners to enjoy skiing easily. 從兒童到成人都能使用的路線佈局。也有出租滑雪用具商店，初學者也可以輕鬆地享受滑雪的樂趣。

☎0267-42-5588 ☎Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 4-min. walk from Karuizawa Station ☎OPEN Varies according to facility. ☎CLOSE No closing day

Rental fee of ¥500 for sledge is free *Admission to Snow Park, ¥1,300 is required
免費租借的500日圓 ※另外需要滑雪場入場費1,300日圓
ソリレンタル¥500無料 ※別途スノーパーク入場料¥1,300必要

Sawaya-Jam 沢屋ジャム

It is a specialty store that sells an additive-free jam that is naturally flavoured with fresh fruits and sugar originating from Japan. 只使用日本新鮮水果及細砂糖製成，保有食材的原始風味，純正無添加果醬專門店。

☎0267-46-2400 ☎702, Shiozawa, Nagakura, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎Nearest Station: Karuizawa Station (there are several directly managed shops in Karuizawa) ☎OPEN 09:00-18:00 (can vary by season) ☎CLOSE No closing day

SAWAYA Original post card written by spray print (3 sheets) purchasing more than 500 yen.
凡購買500日圓以上贈送澤屋原創明信片一組（一組三張）
「沢屋のフルーツ」スプレー画ポストカード（3枚組）プレゼント（500円以上購入の方）

Highland Inn ease ハイランドインイーズ

A cozy inn favoured by foreign tourists visiting Karuizawa. All bedrooms are en suite and clean. Enjoy a comfortable stay and good quality meat dishes. Free pick up to/from Karuizawa Station. 專為來輕井澤旅遊的外國人的漂亮的旅館。在此可以享用到全室帶浴廁・衛生間的清潔客房和優質的肉菜料理。從輕井澤車站可以免費接送。

☎0267-41-3939 ☎18-160, Nagakura, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 3-min. car ride from Karuizawa Station ☎CLOSE No closing day

One free breakfast (¥1,080) *Present the coupon at time of check in
早餐(1,080日圓) 免費1餐 ※住宿時出示優惠券
朝食(1,080円) 1回無料 ※宿泊時クーポン提示

Yakiniku & Shabu-shabu Logtei 焼肉・しゃぶしゃぶ ろぐ亭

A 4-min. walk from Naka-Karuizawa Station. Supreme quality meat can be cooked to your choice; yakiniku, shabu shabu, or sukiyaki. As accommodation, there are log cabins with the smell of wood. 從中輕井澤車站步行4分鐘。可以品嚐到用優質肉做的料理，可燒烤肉・呼湯呼湯・牛肉火鍋中挑選您喜歡的。也有飄逸著木香的小屋，可以住宿。

☎0267-45-2341 ☎3148-1, Nagakura, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎A 4-min. walk from Naka-Karuizawa Station ☎Lunch: 11:00-14:00, Dinner: 17:00-22:00 ☎CLOSE Wednesday

Free soft drink (glass) *Present the coupon when ordering a meal
免費提供一杯飲料(清涼飲料) ※用餐時出示優惠券
ワンドリンク(ソフトドリンク) サービス ※食事の際クーポン提示

How to get the special offers of BANZAI 2-DAY PASS
萬歲 2-DAY 票的優待服務的使用方法
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。



◀Shinraku-ji, a temple first built in 597. The temple boasts a 16 m high jizo bodhisattva and a three-tier pagoda.
587年建造の真桑寺。有全長16米的地藏菩薩和三重塔等。

MIYOTA

御代田



➡Dragon festival in July. Dragons of 45 m and 30 m dance together.
7月召開的龍神節。有全長45米和30米的龍的舞蹈。

Town in the highlands at the foot of Mt. Asama

The town of Miyota is located at the southern foot of Mt. Asama, one of Japan's well-known active volcanoes. With its cool climate and low precipitation throughout the year, a variety of good quality highland vegetables are grown. Following the opening of the Shinkansen bullet train line, access from metropolitan areas has been improved, making the town desirable with its convenience and rich natural environment.

In addition, prehistoric earthenware pottery known as "Jomon earthenware" used some 13,000 years ago in the Jomon period, has been found. Over 100 pieces of "Jomon earthenware" designated as a national important cultural property are exhibited in the "Asama Jomon Museum". Furthermore, "Nakasendo", the old main road built 200 years ago to connect Tokyo and Kyoto runs through the town. Old houses and other historic reminders found along the road give an echo of earlier times.

Festivals are also held as traditional events. Among these are "Dragon festival" taken from the legend of Saburo Koga, "Winter water splash", where men clad only straw headgear and a loincloth, splash water on themselves on the coldest day of the calendar (20 Jan.)

As for the products of the town, soba (buckwheat noodle), miso (fermented soy bean paste), and shochu (alcoholic beverage) made from pumpkin, are recommended as souvenirs.

被淺間山擁抱著的高原城鎮

禦代田町位於日本屈指可數的活火山淺間山的南麓的廣闊地域。因全年涼爽，降水量少的氣候特徵，孕育著品質優良的高原蔬菜。近年來，由於新幹線的開通等，與首都圈的交通變得更好，是一個便利性和環境方面都優越的，自然豐富的宜居城鎮。在這個城鎮，發現了距今13,000年前的繩文時代所使用的陶器等。被指定為國家重要文化財物的“繩文土器”等100件以上物品在“淺間繩文博物館”展示。另外，有作為連接200年前的東京和京都府的主要道路“中山道”。在那沿線還保存有充滿歷史感的當時的建築物和史迹。也舉辦很多祭祀活動，有源於甲賀三郎傳說的“龍神節”，和在1年裏最寒冷的“大寒”之日（1月20日），戴用稻草編織的冠和兜襠布的身姿進行澆水的“寒之水”節日等等。另外利用涼爽的氣候條件，用蕎麥、味噌、南瓜等為原料製作的燒酒等等，作為禮物也非常合適。



↑"Winter water splash" Men clad only in straw headgear and a loincloth splash water on themselves.
戴稻草冠和兜襠布的打扮，澆水的節日“寒之水”。

Miyota Town Tourism Association

禦代田町觀光協會



◀ Karuizawa



Miyota



禦代田

◀ 輕井澤

Karuizawa Hotel Longinghouse

輕井沢ホテル ロングینگハウス

Exciting to enjoy vegetables selected from farmers directly by the restaurant, from Hokkaido to Okinawa. In addition the restaurant location allows guests to enjoy feeling of Karuizawa.

能直接品嚐到從北海道到沖繩的產地農家認可的蔬菜，盡情享受輕井澤風光，令人感動無比。

☎0267-42-7355 ☎ Izumi-no-sato, Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎ A 5-min. car ride from Karuizawa Station ☎ OPEN 08:00-09:00 LO, 12:00-13:30 LO, 18:00-20:00 ☎ Basically no closing day

Soft drink when eating at the restaurant *When all members order food
在餐廳用餐時贈送1杯飲料 ※全體餐點 レストラン利用時、ドリンク1杯サービス ※全員食事注文

Karuizawa Marriott Hotel

輕井沢マリオットホテル

Marriott brand hospitality favoured throughout the world, guarantees guests have a brilliant time on their trip.

在世界上廣受喜愛的萬豪品牌的誠摯的款待，向客人提供令人驚喜的旅行體驗和時光。

☎0276-46-6611 ☎ 4339, Nagakura, Karuizawa-machi, Kitasaku-gun, Nagano-ken ☎ A 5-min. taxi ride, or 25-min. walk from Naka-Karuizawa Station. ☎ OPEN 24 hours ☎ No closing day

Free soft drink when eating at the restaurant *Only to those who order a course meal for lunch or dinner
在利用餐廳時，免費提供1杯飲料的服務 ※僅限於午餐、晚餐時訂購套餐組的 レストランご利用の際にワンドリンクをサービス ※ランチ、ディナーでコースをオーダーされた場合に限り

Karuizawa garden farm

輕井沢ガーデンファーム

Strawberry picking can be enjoyed in a location where there is a grand view of Mt. Asama. Carefully prepared home made jam is also sold as a souvenir. 可以享受到在可眺望淺間山美景的地方採摘草莓的樂趣。也準備了精心製作的手工果醬等禮物。

☎0267-48-3620 ☎ 2062-1, Hotchi, Karuizawa-machi, Kitasaku-gun, Nagano-ken (greenhouse location) ☎ A 15-min. car ride from Karuizawa Station ☎ OPEN 10:00-15:00 (Last admission, 14:30) ☎ Tuesday

Original goods are given to those spending ¥1,000 and more
購買1,000日圓以上時贈送原創禮品
1,000日圓以上お買い上げでオリジナルグッズプレゼント

Bakery Cafe Cocorade

ベーカリーカフェ ココラデ

Bakery cafe with a grand view of Mt. Asama. Some 80 kinds of bread, including rolls and buns made using local ingredients are offered. There is a spacious eat-in area with free self-service coffee for those who wish to eat their purchase in the shop.

可以展望淺間山絕色景觀的麵包咖啡店。有使用當地食材製作的約80種的麵包等食品。店內有用餐區域。購買者有免費咖啡贈送。

☎0267-41-0383 ☎ 459-2, Maseguchi, Miyota-machi, Kitasaku-gun, Nagano-ken ☎ A 7-8-min. walk from Miyota Station ☎ OPEN 08:00-18:00 ☎ CLOS No closing day (except for end of year/New Year's Day)

Small pack of rusks *Only to customers who bought bread
贈送臘斯克(脆麵包片) ※僅限購買麵包的顧客
ラスクプレゼント ※パンご購入のお客様限定

Asama Jomon Museum

淺間縄文ミュージアム

Exhibits of the museum are earthenware of the Jomon period as well as artifacts of the active volcano Mt. Asama. Visitors can experience life in the Jomon period such as pottery making.

淺間縄文博物館展示著繩文土器時代的土器及至今仍噴火的淺間火山模型。還能隨時進行土器製作等愉快的繩文體驗。

☎0267-32-8922 ☎ 1901-1, Maseguchi, Miyota-machi, Kitasaku-gun, Nagano-ken ☎ A 10-min. walk from Miyota Station ☎ OPEN 09:30-17:00 (last admission, 16:30) ☎ Monday. When Monday falls on a public holiday, the following day.

Discount of ¥100 on admission, and an original goods gift
入館費優惠100日圓和贈送特制品作禮物
入館料100日圓割引とオリジナルグッズプレゼント

Komoro Tourist Information Office

小諸市観光案内所

Tourist Information in Komoro Station. As a base of sightseeing in Komoro, information is offered to tourists visiting Komoro city. The office also helps tourists to book a hotel.

小諸車站內的觀光問訊處。作為小諸觀光的地點，給光臨小諸市觀光的各位提供諮詢服務。也提供介紹、預約住宿的服務。

☎0267-22-0568 ☎ 1-1-1, Aioli-cho, Komoro-shi, Nagano-ken (Within Komoro Station) ☎ Within Komoro Station ☎ OPEN 09:30-17:00 ☎ CLOS Over the year-end and New Year period (29 Dec.-3 Jan.)

① Free rent-a-cycle for one hour (all types) ② Free picture postcard
①出租自行車(所有類型)1小時免費 ②贈送美術明信片
①レンタサイクル1時間無料(全タイプ) ②絵はがきプレゼント

Tea salon Jutoku

ティーサロン寿徳

A restaurant in front of Komoro Station, approved by Japan Tea Association, as "Good tea house". Together with tea and coffee, various snacks are offered. Among those particularly recommended is Ogura (Red bean) cream toast.

小諸車站前的經日本紅茶協會認定為“美味紅茶店”的認定店。除了紅茶和咖啡等之外，在各種各樣的小吃中尤其推薦“小倉奶油吐司”。

☎0267-22-0545 ☎ 1-3-1, Aioli-cho, Komoro-shi, Nagano-ken ☎ A 1-min. walk from Komoro Station ☎ OPEN 10:00-20:00 ☎ CLOS Thursday

Discount of ¥50 per person at cashier
結帳時每人優惠50日圓
会計時お1人様につき50円引き

Teishaba Garden

停車場ガーデン

A lovely garden created taking advantage of its location, which is a part of Komoro castle ruins, is pride of Japan. There is a cafe/shop and gallery, which makes the place a venue for relaxation and personal exchange.

利用小諸城遺址的位置，建成為享譽全國的美麗花園。公園內有咖啡店、商店、畫廊，是休息和交流的好場所。

☎0267-24-2525 ☎ 1-1-9, Aioli-cho, Komoro-shi, Nagano-ken ☎ Beside Komoro Station ☎ OPEN 09:00-18:00 ☎ CLOS Thursday

A small potpourri to those spending ¥300 and over
購物或飲食消費在300日圓以上的，贈送百花香禮品
300日圓以上の買い物または飲食ご利用でポプリをプレゼント

Soba & pasta Harada

そば・パスタ はらだ

An interesting restaurant created by the amalgamation of a soba restaurant established in 1898 with an Italian restaurant. Wine and other alcohol beverages are served in the evening.

1898年創業の老字號蕎麥面店和以義大利料理為基礎的餐廳融合而成的有趣的料理店。晚上也有葡萄酒等酒類供應。

☎0267-22-0253 ☎ 2-2-1, Aioli-cho, Komoro-shi, Nagano-ken ☎ A 5-min. walk from Komoro Station ☎ OPEN 11:00-14:30, 17:30-21:00 ☎ CLOS Sunday

Free petit dessert made of fruit grown in Komoro
免費提供使用小諸產水果製作的小甜點
小諸産フルーツを使ったプチデザートを提供

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.
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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。



◀Komoro Castle ruins, Kaiko-en Park, one of the Japan's Top 100 Cherry Blossoms, view spots has a history of some 400 years. 日本櫻花名勝100選の小諸城遺址懷古園有大約400年的歷史。

KOMORO

小 諸

A poetic highland former castle town

Komoro City is located in the eastern part of Nagano, 24 min. from Karuizawa on the Shinano Railway. The city has low precipitation and its fine-day ratio is one of the highest in Japan. It is located in the highlands with an altitude ranging from some 600 to 2,000m. There is a trailhead to volcanic Mt. Asama (one of the 100 Famous Japanese Mountains), and the main part of the castle (Kaiko-en Park, ruins of Komoro Castle) is located at a lower level than the rest of the old castle town. This is a unique feature of Komoro. Kaiko-en is selected as one of Japan's Top 100 Best Castles as well as Japan's Top 100 Cherry Blossoms, View Spots. The view of cherry blossom from the top of the ramparts in mid April to early May is spectacular. Fresh green in summer, maple-covered hills in autumn, and a snow-covered landscape in winter are all wonderful in the park. In Takamine highlands at the foot of Mt. Asama, there is Asama 2000 Park ski slope, known for its high quality powder snow. There is also an onsen inn where guests can enjoy riding the snowmobile in winter. From the top of hill, stars and city light appear beautifully at night and cloud banks does in the morning. In the farmareas, apple picking and strawberry picking can be enjoyed in the season. Furthermore, taking advantage of the contours at the foot of Mt. Asama, cycle racings are held. The city was also described in the animation, "Waiting in the summer" and a comic "Long Riders!", with a bicycle theme, and attracts a lot of animation fans.

充滿詩意的高原的城下街道

小諸市位於長野縣的東部，從輕井澤車站坐火車24分鐘。少雨氣候，晴天率在國內也是屈指可數的。位於海拔約600米~2,000米的高地，有日本唯一的活火山・淺間山（日本百名山）的登山道，比城下街道更低位置的本丸城（小諸城遺址懷古園）是小諸才有的魅力。小諸城遺址懷古園是日本100名城之一，日本櫻花名勝100選之一，4月中旬至5月上旬，從石垣上俯瞰，櫻花非常漂亮。夏天欣賞新綠，秋天欣賞山崗紅葉，冬天可以欣賞銀裝素裹。淺間山麓的高峰高原，有以粉雪著名的淺間2000公園滑雪場，冬季有可以體驗雪地車的溫泉旅館。從大自然中，能觀賞市區的夜景和星空，清晨的雲海等，在附近山區也能享受到採摘蘋果、草莓等水果的樂趣。最近，每年數次召開利用淺間山麓地形的自行車大賽，並且被描繪在動畫片《在那個夏天等待》和自行車漫畫《長騎美眉！》中，聚集了許多動畫片愛好者。



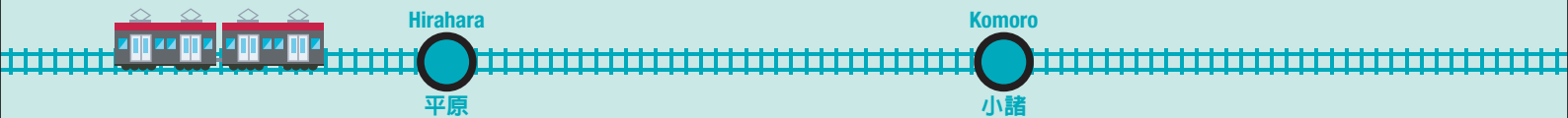
↑ Powder snow can be enjoyed on the ski slope at a 2,000 m altitude. 可以在海拔2000米的滑雪場，享受粉雪滑雪的樂趣。



↑ Handmade Japanese dolls decorate houses for traditional Japanese Hina doll Festival on the old Komoro Castle town road, from 17 February to 4 March. 2月17日~3月4日，在小諸城下街道沿道裝潢有木偶。

Komoro Tourism Bureau

一般社団法人 こもろ観光局



Fujiya Miso (Japanese soy bean paste) Shop

富士屋醸造

The company uses 100% Japanese high quality soy beans and rice, as they keep the natural flavour of ingredients. The Shinshu miso sold in the shop takes one year of aging, and some miso is sold by weight.

充分保留大自然原有的美味，100%使用優質的國產大豆和大米，並讓其緩慢熟成1年的信州味噌。也可將您喜歡的味噌按分量稱買。

☎0267-22-0398
1-3-10, Hon-machi, Komoro-shi, Nagano-ken A 5-min. walk from Komoro Station **OPEN** 08:00~19:00 **CLOS** No closing day (except 1, 2 Jan.)

Detail of service 服務內容

Discount of 5% from indicated price
店內商品優惠5%
店頭商品を5%引き

Souvenir Shop Miyasaka

おみやげのみやさか

Products sold are: Sweets of Shinshu district, soba, pickles, local products such as walnuts, green beans, big beans, and fresh fruits and vegetables, including local apples.

除了有信州產的名糕點、蕎麥面、鹹菜等，有小諸地區的特產品，本地產的核桃、青大豆、花豆以外，也有信州蘋果等的水果、農產品等。

☎0267-22-0690
1-3-1, Aioli-cho, Komoro-shi, Nagano-ken A 1-min. walk from Komoro Station **OPEN** 09:30~19:00 **CLOS** Irregular

Detail of service 服務內容

Discount of 10% from souvenirs, and a picture postcard for those spending ¥2,000 (with tax) and over
土產優惠10%和購買2,000日圓(含稅)以上的贈送美術明信片
土產品10%引きと2,000円(税込)以上のお買物で絵はがきプレゼント

Shinshu Souvenir Shop Oshiro-ya

信州みやげ おしろや

Products sold include products of Shinshu district, bamboo crafts, abaki vine crafts, and wild grape vine crafts. Located in Komoro Kaiko-en, and mentioned in the literatures of Toson Shimazaki and Bokusu Wakayama.

以信州名產、特產為主，竹器工藝、萬年藤工藝、山葡萄工藝的銷售。是小諸懷古園內，與藤村先生、牧水先生等的文學有關的商店。

☎0267-22-1296
1-1-15, Kojo, Komoro-shi, Nagano-ken A 3-min. walk from Komoro Station **OPEN** 09:00~17:00 **CLOS** Irregular

Detail of service 服務內容

Discount of 8% on all the products
全商品優惠8%
全商品8%引き

Sakurai Photo Shop

桜井写真商会

Range of services covers printing of digital photos, smart phone photos, negative films, and their developing. Also sells digital cameras and negatives and albums.

可以進行數碼圖像印刷、手機影像印刷、底片印刷、加印等業務。並有各種照相機、各種數碼相機、底片、相冊等。

☎0267-22-0301
1-5-17, Oie, Komoro-shi, Nagano-ken A 5-min. walk from Komoro Station **OPEN** 09:00~18:00 **CLOS** Irregular

Detail of service 服務內容

One free picture postcard of cherry blossom in Kaiko-en, to customers
贈送光臨本店的顧客1張懷古園的櫻花明信片作禮物
ご来店のお客様に懷古園の桜のポストカード1枚プレゼント

Manns Wine, Komoro Winery

マンズワイン小諸ワイナリー

In a climate similar to wine producing locations worldwide, grapes for wine are grown and authentic wine is being made. A stroll of the Japanese garden Bansui-en, landscaped on 3,000 tsubo (2.5 acres) is a must.

有著與世界葡萄酒的名釀酒地相似的氣候風土，控制葡萄酒用的葡萄的栽培法栽培及正宗的釀造法釀造。3000坪的日本庭園「萬酔園」也是值得一看的。

☎0267-22-6341 ☎375, Moro, Komoro-shi, Nagano-ken A 10-min. taxi ride from Komoro Station **OPEN** Tours: 09:00~11:30, 13:00~15:30, Shop: 09:00~16:30 **CLOS** Irregular

Detail of service 服務內容

A small gift to customers who make a purchase
給已購物的顧客贈送小小的禮物
お買物されたお客様にちょっとしたプレゼントを差し上げます

Komoro Grand Castle Hotel

小諸グランドキャッセルホテル

Fully enjoy the nature of Shinshu district, and cure your fatigue in Komoro Onsen. The hotel offers services for business use, to be a base for sightseeing and trekking of Mt. Asama, as well as for various parties and seminars.

飽享信州的大自然，利用小諸的溫泉癒癒您疲累的身心。請以此地為商務、旅遊、徒步漫遊淺間山的據點，還可以用於各種聚會、研討會等。

☎0267-22-8000
1-1-5, Kojo, Komoro-shi, Nagano-ken A 5-min. walk from Komoro Station **CLOS** Irregular

Detail of service 服務內容

Discount of ¥100 to overnight guests on Kaiko-en admission ticket
用本館的投宿計畫，可以提供優惠100日圓的入園券
当館のご宿泊プランで入園券を100円引きでご提供しています

Nakadana-sou, a hotel associated with Toson Shimazaki

島崎藤村ゆかりの宿 中郷荘

The writer Toson Shimazaki wrote about this hotel as "a hotel by the river bank" in his book of poetry "Chikuma River sketches", which he wrote when he spent 6 years in Komoro, as a teacher at Komoro school.

作家島崎藤村作為小諸義塾的教師在小諸度過了6年，「千曲川旅情」中的「離千曲川岸很近的旅館」寫的就是這家溫泉旅館。

☎0267-22-1511
1210, Kojo-Otsu, Komoro-shi, Nagano-ken A 15-min. walk or 5-min. taxi ride from Komoro Station **CLOS** Irregular

Detail of service 服務內容

Discount of ¥100 on adult day-trip onsen charge (reception 11:30 ~ 14:00)
一日遊溫泉浴(售票時間11:30~14:00) 優惠100日圓(成人)
日帰り入浴(11:30~14:00受付) 100円引き(大人)

Seiunkan, Woodland Life Experience

里山暮らし体験 青雲館

Why not experience farming, soba making, and bamboo craft with the proprietor, in addition to enjoying delicious vegetables of the season?

享受季節性美味蔬菜的同時，與店主一起愉快地進行農業體驗、手擀蕎麥麵、製作日本醬、竹器制作吧？

☎0267-22-0564
1368, Shigenoko, Komoro-shi, Nagano-ken A10-min. car ride from Komoro Station (free shuttle service) **CLOS** Irregular

Detail of service 服務內容

Fresh locally grown strawberries to overnight guests
贈送住宿的顧客本地的新鮮草莓
宿泊のお客様に地元の新鮮いちごをサービス

Tengu Onsen, Asama Sanso

天狗温泉浅間山荘

The spa water is red due to its high iron content. The Onsen was selected as one of the Best 10 in Japan for spring water quality, and No.1 among iron/mineral water spas. Natural views in each season and the quiet environment of being a detached hotel, offers true relaxation.

在全國投票品質最佳前十中，被評選為鐵礦溫泉第一，是日本第一顏色赤紅的溫泉。在四季自然風光優美的環境中，體驗只有單棟的山中旅館的靜謐的環境中才能有的放鬆休息。

☎0267-22-0959 ☎4766 Nomatoriko, Komoro-shi, Nagano-ken A 25-min. car ride from Komoro Station (shuttle service by reservation) **OPEN** Check in: 14:00~, Check out: ~10:00 **CLOS** Irregular

Detail of service 服務內容

Discount of ¥200 on onsen charge
沐浴費優惠200日圓
入浴料200円引き

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修正指示の「Japan's Top 100 Historical Park」の入れる位置が不明瞭でしたので再度ご指示ください。