

English

MINAKAMI

Perfect Travel Guide & Map

Nature

Snow

Hot Springs

Culture

Cuisine

Events

Souvenirs

Find your oasis.

Access to Minakami

By train

Conventional line Shinkansen

Tokyo Sta. 東京駅

Ueno Sta. 上野駅

Takasaki Sta. 高崎駅

Gokan Sta. 後期駅

Jōmō-kōgen Sta. 上毛高原駅

Kamimoku Sta. 上牧駅

Minakami Sta. 水上駅

Yubiso Sta. 湯沸曾駅

Doai Sta. 土谷駅

Niigata Sta. 新潟駅

By car

Nerima IC (Tokyo) 練馬 IC (東京)

Tsurugashima JC 鶴ヶ島 JC

Fujioka JC 藤岡 JC

Takasaki JC 高崎 JC

Tsukiyono IC 月夜野 IC

Minakami IC 水上 IC

Niigata Nishi IC 新潟西 IC

about 70 min.

about 1 hour 30 min.

about 3 hours

about 60 min.

By Kan-Etsu Expressway

Tokyo-Nerima IC - Tsukiyono IC (Approx. 1 hr. 30 min.)

Tokyo-Nerima IC - Minakami IC (Approx. 1 hr. 40 min.)

Niigata Nishi IC - Tsukiyono IC (Approx. 2 hrs.)

Niigata Nishi IC - Minakami IC (Approx. 1 hr. 50 min.)

By Kita-Kanto Expressway

Hitachinaka IC - Tsukiyono IC (Approx. 3 hrs.)

Hitachinaka IC - Minakami IC (Approx. 3 hrs. 10 min.)

Utsunomiya-Kamimoku IC - Tsukiyono IC (Approx. 2 hrs.)

Utsunomiya-Kamimoku IC - Minakami IC (Approx. 2 hrs. 10 min.)

MINAKAMI AREA 3-DAY BUS PASS

This pass offers unlimited rides for three consecutive days on buses that run in Minakami. It can be purchased at the Minakami Tourism Association, Jomo-Kogen Station Information Office, or at the Tourist Information Center at the Minakami Onsen Ryokan Cooperative (in front of Minakami Station). Adult passes are ¥2,200 and child passes (6 to 12 years old) are ¥1,050. As of February 2020

PASS 3 DAYS (ADULT)

Find your oasis.

みなかみ町観光協会

0278-62-0401

Minakami Tourism Association

http://enjoy-minakami.com/

Minakami Tourism Association

/Enjoy/

Nature

Enjoy activities where you can experience the richness of nature. Even first-timers can feel at ease with rental equipment and experienced guides.

N1

I Love Outdoors Japan

アイラブ アウトドアーズ ジャパン

Enjoy the great outdoors of Minakami to the full with popular rafting tours on the Tone River, canyoning fun on the river, and canoeing and kayaking on the lake. Each tour is run by qualified, skilled guides. The Combo Tour including lunch and two activities is a great way to spend an entire day in the area.

N2

Tanigawadake Ropeway

谷川岳ロープウェイ

This 10-minute, 2.4-kilometer ropeway ride offers panoramic views of the Tanigawa Mountain Range across all four seasons. The view of Mount Tanigawa is amazing.

N3

Canyons Minakami

キャニオンズ みなかみ

This canyoning experience is led by qualified guides. There are 15 different courses to choose from (the largest number in Japan), including a beginner course and a secret course. You can also find a cafe and lodging facilities.

N4

Minakami Bungy

みなかみバンジー

Try bungie jumping from the 42-meter-high Suwayko Ohashi Bridge over the Tone River.

N5

Lakewalk

レイクウォーク

Tours of Lake Okutone and Lake Naramata are offered in small groups and with a small number of boats, and are fun for all ages. A full selection of rental equipment is also available.

N6

Bouken Goya

冒険小屋

After the snow melts, trekking from Oze Marsh to Mount Tanigawa is a popular activity. There is also a guest house available for lodging only (no meals).

N7

Grand Volee

グランボレ バラグライダースクール

With the Tandem Course for Beginners, you can soar up high under the control of a professional pilot. Gliding offers panoramic views of Mount Tanigawa and the Tone River. This school has the largest flying area in the Kanto region.

N9

Minakami Mountain Guide Association

みなかみ山岳ガイド協会

Hiking and trekking on Mount Tanigawa, Oze, and Mount Hotaka are offered here. One of the most popular activities is the eco-hiking tour from Mount Tanigawa to Ichinokurasawa, one of Japan's three greatest rocks, and hiking up Mount Tanigawa with its beautiful alpine plants. Courses can also be tailored to participant needs.

N10

H2O Guide Service

エイウォーター ガイド サービス

Small group tours with a maximum of 14 participants are available, with a focus on rafting and canyoning.

N11

Max Outdoor Tours

マックス アウトドアーズ

Rafting and canyoning tours are conducted by guides with extensive overseas experiences. Even beginners can feel at ease. Snowshoeing and airboarding are available during the winter season.

N12

Top Minakami Company

トップ水上カンパニー

Various activities are available here including rafting, canyoning, and SUP tours. Barbecue facilities and cottages with hot spring baths are also available.

/Enjoy/

Snow

Enjoy natural snow close to the Tokyo metropolitan area. In addition to eight ski resorts, there is also a variety of other activities.

S1

Norn Minakami Ski Resort

ノルン水上スキー場

This ski resort offers novice to expert level trails and Snow Land, an area which offers fun in the snow for everyone.

S2

Hodaigi Ski Resort

宝台樹スキー場

The quality and volume of snow at this resort is excellent. Enjoy 16 trails available in a wide variety of skill levels. A free shuttle bus runs from Jomo-Kogen Station and Minakami Station.

S3

OKUTONE Snow Park

奥利根スノーパーク

Enjoy a 900-meter-long course and new lift No.4, which runs to the summit. The slopes are open from early morning until midnight on weekends.

S4

White Valley Ski Resort

ホワイトバレースキー場

The day after it snows, 90% of the upper slope is a non-compacted snow area, offering powder snow skiing enjoyment only available on fresh snow.

S5

Tanigawadake Tenjindaira Ski Resort

谷川岳天神平スキー場

This ski resort offers gorgeous views of the Tanigawa mountain range. It is known for its long ski season, lasting from early December to early May. Some areas have snow as deep as four meters during the high season, offering the ultimate powder skiing without any manmade snow. Enjoy your day on a wide variety of trails that the resort has to offer.

S6

Minakami Choei Akasawa Ski Resort

みなかみ町営赤沢スキー場

The Akasawa no Kabe trail at Sarugakyo Onsen Village is an expert level trail that features powder skiing. There are also gentle slopes for families.

S7

Minakami Kogen Fujiwara Ski Resort

水上高原藤原スキー場

This area features mainly gentle slopes for beginners to intermediate skiers and families with small children. Enjoy staying and bathing at the adjacent hotel that operates this ski resort.

S8

Minakami Kogen Ski Resort

水上高原スキーリゾート

This ski resort and hotel offers a large number of trails. Enjoy dog sledding and a variety of other snow activities.

/Discover/

Culture

Have a great day where you can feel local culture and enjoy the bounty of land.

C1

Takumi no Sato

たぐみの里

Takuminosato offers visitors the chance to experience the traditional handicrafts. Over twenty different studios can be found in the houses across Takuminosato where you can create your own souvenir to take home!

C2

Shippuyaki no ie

七宝焼きの家

Make your own cloisonné ware accessories here.

C3

Washi no ie

和紙の家

Try making traditional Japanese paper by hand with the guidance of paper craftsmen.

C4

Omen no ie

おめんの家

Paint traditional and modern Japanese masks and dolls here.

C5

Kaiko Mayu Kinu no ie Kobo

蚕・絹の家工房

This studio handles the entire silk thread making process from silkworm cultivation to cocoon processing, so you can spool threads, and use dyed threads to make a keepsake here.

C6

Minakami Fruits Land Mogitore

みなかみフルーツランド モギトール

Enjoy fruit picking year-round. Homemade sweets using fresh fruit from the garden are popular at the attached restaurant.

C7

Maruhiro Noen

まるひろ農園

Around 20 varieties of apples mainly developed in Gunma are cultivated in a large orchard. You can try apples while picking them or take them home afterward.

C8

Gakurinj

鍛林寺

This steamed sweet bun shop was established in 1964. Their flagship product is the Senokura Mantaro, a black sugar sweet bun that harmonizes the bun coating made of jam sugar and agar with a special bean filling.

C9

Michinoeki Mizukikokan

道の駅 水紀行館

Observe freshwater creatures that live in the Tone River. Fishing and catching trout by hand are popular summertime activities.

/Enjoy/

Souvenirs

Japanese sweets, as well as traditional pottery with unique texture, make great souvenirs of your trip to Minakami.

M1

Jack The Tart Fantasy

ジャック・ザ・タルトファンタジー

This shop is located in Minakami Onsen Town. Their Baked Minakami Cheese Tart, made of carefully-selected ingredients such as quality Gunma flour and Mount Akagi eggs is very popular. Try the coffee and natural soda made with Mount Tanigawa water at the cafe.

M2

Marusu Seika

丸須製菓

This long-established Japanese inn in a quiet environment has its own hot spring that is colorless and transparent, and has been used since the Edo period. Meals can be enjoyed in a private room for day-trip plans.

M3

Tsukiyonoyaki Yutaro Gama

月夜野焼 祐太郎窯

This gallery offers an authentic way to experience pottery, using the workshop's own original glaze on the pieces on display and sold directly from the workshop.

/Relax/

Hot Springs

Minakami is replete with quality hot springs. There are various ways to enjoy them, such as at traditional Japanese-style inns and day-trip facilities.

H1

Hoshi Onsen Chojukan

法師温泉 長寿館

Hoshi no Yu is famous for its rare natural springs. Established 145 years ago, it is a tangible cultural asset designated by the Japanese government.

H2

Takaragawa Onsen Osenkaku

宝川温泉 汪泉閣

Its large open-air bath is famous, and its four outdoor baths feature a total space of 470 tatami mats in size.

H3

Ryokan Tanigawa

旅館 たにがわ

This long-established Japanese inn in a quiet environment has its own hot spring that is colorless and transparent, and has been used since the Edo period. Meals can be enjoyed in a private room for day-trip plans.

H4

Nukumorinoyado Tatumikan

濃もりの宿 辰巳館

This Japanese-style inn, established in 1927 has the oldest history in Kamimoku Onsen area. Hearth-Grilled Kensen (derived from a traditional dish cooked by using leftovers from the food offered to the nobles) is a famous dish.

H5

Minakamikan

水上館

This traditional Japanese inn features a variety of eight different hot spring baths alongside the Tone River.

H6

Tofukaisei Sarugakyo Hotel

豆腐懐石 猿ヶ京ホテル

This Japanese-style inn features a superb view of Lake Akaya. The large bath with hot water constantly flowing directly from the hot spring source has an atmosphere of an old-fashioned spa. Their traditional tofu course meal featuring homemade tofu is popular.

H7

Theme Park Ryudo

温泉かけ流しの湯めぐり テマパーク 龍洞

This natural hot spring features 18 kinds of open-air baths. Day-trip bathers can spend up to four hours in the baths after checking in at reception.

H8

Kawafuru Onsen Hamaya Ryokan

川口温泉 浜屋旅館

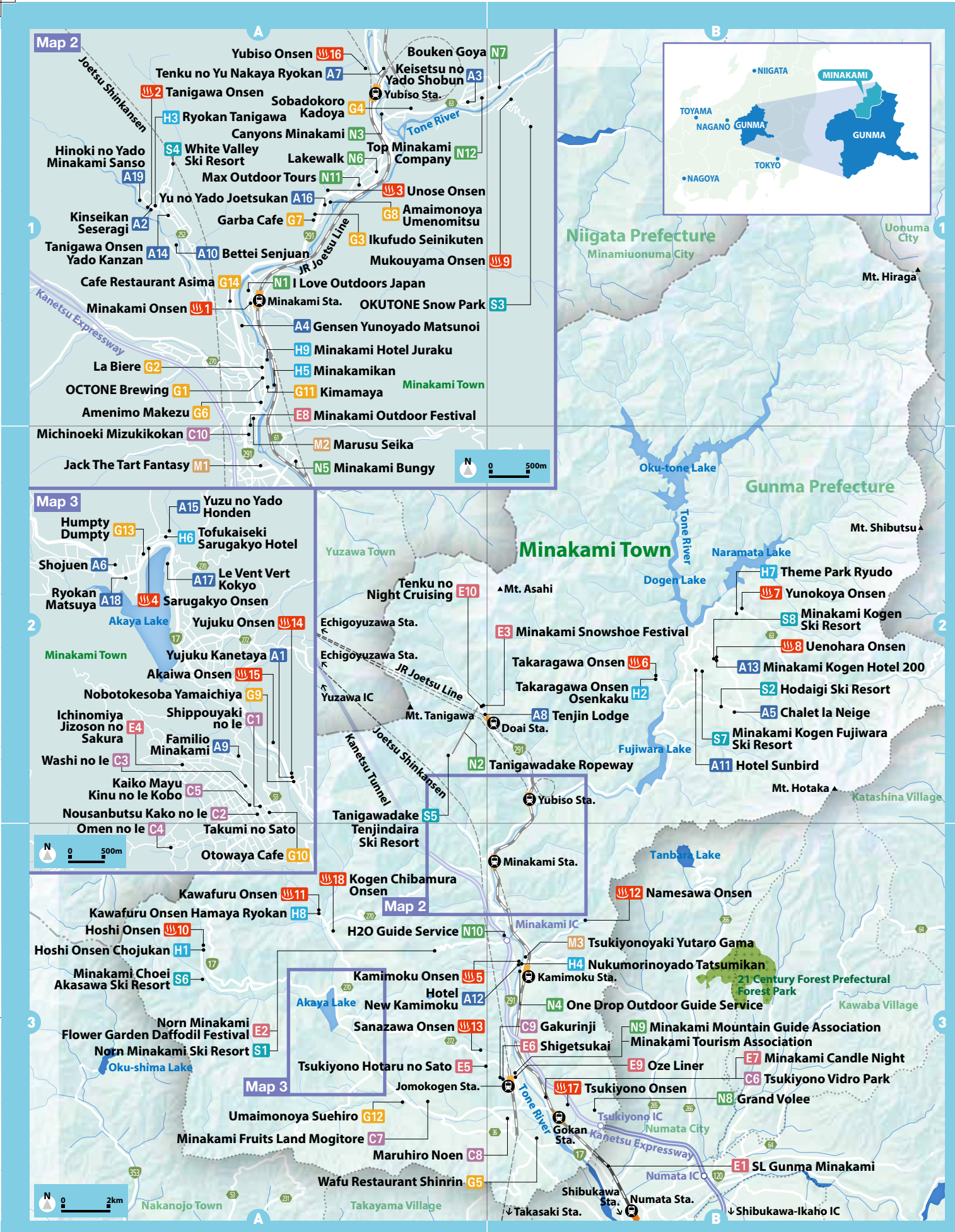
This famous hot spring is located alongside the upper Akaya River. It is lukewarm at about 40°C, so bathers can spend a long time soaking.

H9

Minakami Hotel Juraku

みなかみホテル ジュラク

The three large baths are known for their skin beautifying effects. The popular buffet features all-you-can-eat dishes made of seasonal ingredients.



Welcome to Minakami

Situated in the northernmost part of the Kanto region, Minakami lies to the south of the foothills of the Tanigawa Mountain Range taken from Mount Tanigawa. Minakami is the largest town in the Kanto region, and has been designated as a UNESCO biosphere reserve. It is home to the headwaters of the Tone River, the most important source of water in the Kanto region, and is also known as the "Water Reservoir for Kanto".

Minakami is split into three areas.

●Minakami/Fujiwara area

水上・藤原エリア

This area lies along the valley at the head of the Tone River, offering various activities year-round in the mountains, rivers, and lakes.

●Sarugakyo/Mikuni area

猿ヶ京・三国エリア

This area along the Mikuni Kaido road offers rural scenery and the historical atmosphere of the old road. Here you can enjoy pottery making in a laid-back atmosphere.

●Tsukiyono/Kamimoku area

月夜野・上牧エリア

Situated at the entrance to Minakami, this area lives and breathes with the daily lives of its residents. Just as its name implies ("tsukiyono means 'moonlit field'"), the culture of the area is in harmony with nature, and filled with love for moonlit nights.

Profile of Town

Area	781 km ²	Town tree	Beech
Population	17,892 (As of October 1, 2019)	Town flower	Japanese rose
		Town bird	Nightingale

Monthly average temperature

	Jan.	Feb.	Mar.	Apr.	May	Jun.	July	Aug.	Sep.	Oct.	Nov.	Dec.	Year
Average high temperature	2.6	3.2	6.9	14.5	20	23.3	26.9	28.4	23.6	17.6	12	6.1	15.4
Average low temperature	-4.6	-4.6	-1.7	3.1	8.3	13.4	17.7	18.9	15.1	8.5	2.6	-1.8	6.2

Minakami's 18 Hot Springs

- 1 Minakami Onsen
水上温泉

2 Tanigawa Onsen
谷川温泉

3 Unose Onsen
うのせ温泉

4 Sarugakyo Onsen
猿ヶ京温泉

5 Kamimoku Onsen
上牧温泉

6 Takaragawa Onsen
宝川温泉

7 Yunokoya Onsen
瀬ノ小屋温泉

8 Uenohara Onsen
上の原温泉

9 Mukouyama Onsen
向山温泉
- 10 Hoshi Onsen
法師温泉

11 Kawafuru Onsen
川古温泉

12 Namesawa Onsen
奈女沢温泉

13 Sanazawa Onsen
沢沢温泉

14 Yujuku Onsen
湯宿温泉

15 Akaiwa Onsen *
赤岩温泉

16 Yubiso Onsen
湯掛曾温泉

17 Tsukiyono Onsen
月夜野温泉

18 Kogen Chibamura Onsen *
高原千葉村温泉

* Not available at present.

/Enjoy/ Cuisine

Enjoy a wide variety of food selection from Japanese to Western cuisine, made mainly from locally-produced ingredients.

OCTONE Brewing オクトワン ブレーイング

Savor the taste of rare craft beer made from the clear water of Okutone and other local ingredients. Sampler sets and bottled beer are also available.

MAP A-1 Wi-Fi
0278-25-4520
702-2 Yubara, Minakami-machi
16:00-20:00 (from 14:00 on weekends and holidays)
Tuesdays and Wednesdays
enjoy-minakami.com/en/



G2 Garba Cafe

Made from dough kneaded with Minakami's pure water, the pizza with local ingredients served at this restaurant is very popular. Terrace seats are also available.

MAP A-1 Wi-Fi
0278-72-2959
681-3 Yubara, Minakami-machi
10:00-15:00 (L.O. 14:30), 17:00-21:00 (L.O. 20:30)
Tuesdays Open when Tuesday falls on a holiday and closed on the following day.)
enjoy-minakami.com/en/

G3 Ikufudo Seinikuten

育屋堂精肉店
Come here for the ultimate quality in steaks, and thick cutlet rice bowls only a butcher's shop can provide.

MAP A-1 Wi-Fi
0278-72-3574
814-1 Oana, Minakami-machi
10:00-15:00 (until 17:00 on weekends, holidays and during August), shop hours: 10:00-18:00
Wednesdays
enjoy-minakami.com/en/

G4 Sobadokoro Kadoya

そば処 角谷
Established 250 years ago, this restaurant serves handmade soba and udon noodles. Hegi Soba, their specialty, is wonderfully chewy, full of flavor and served with excellent dipping sauce. Tempura made with seasonal ingredients is also recommended.

MAP A-1 Wi-Fi
0278-72-2477
189-1 Kochi, Minakami-machi
11:00 until dishes are sold out. Thursdays
enjoy-minakami.com/en/



ACCOMMODATION In MINAKAMI

Various accommodations are available, including Japanese-style traditional inns and Western-style lodges, all surrounded by abundant nature.

A1 Yujuku Kanetaya

ゆじゅく金田屋
This long-established Japanese inn was founded in 1868. It has a warehouse where Taisho era poet Bokusu Wakayama stayed.

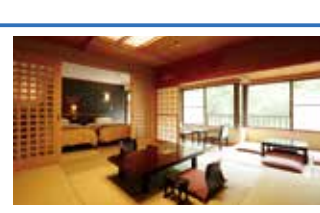
MAP A-2 Area Niiharu
0278-64-0606
608 Yujuku Onsen, Minakami-machi
www.yujuku-kanetaya.com/



A2 Kinseikan Saseragi

金盛館 させらぎ
With four hot spring sources, all of the bathtubs at this hot spring inn feature constantly flowing hot spring water.

MAP A-1 Area Minakami
0278-72-3260
544 Tanigawa, Minakami-machi
www.saseragi.co.jp/



A3 Keietsu no Yado Syoubun

雪雲の宿 尚文
This countryside inn offers local cuisine made from local ingredients and a variety of guest rooms.

MAP A-1 Area Minakami
0278-72-2465
277 Tsunoki, Minakami-machi
www.syoubun.com/



A4 Gensen Yunoyado Matsunoi

湯泉湯の宿 松乃井
This hot spring inn features four good-quality hot spring sources, with an open-air bath decorated with firefly-like lights.

MAP A-1 Area Minakami
0278-72-3200
551 Yuhara, Minakami-machi
www.matsunoi.com/



A5 Chalet la Neige

シャレー・ラ・ネージュ
This resort inn, adjacent to Hodaigi Ski Resort, offers outdoor activities and authentic cuisine.

MAP B-2 Area Tsukiyono
0278-75-2828
3831-7 Fujiwara, Minakami-machi
la-neige.com/



G5



Wafu Restaurant Shinrin

和風レストラン しんりん
This Japanese restaurant serves Joshi Barley Pork meat dishes as well as meals made with plenty of vegetables and rice produced in Minakami. Their popular Wajagi Sauce Thicket Rice Bowl features cutlets fried to perfection with homemade sauce.

MAP B-3 Wi-Fi
0278-62-1122
3375-5 Shimozu, Minakami-machi
11:00-21:00
enjoy-minakami.com/en/

Amenimo Makezu

雨ニモケズ
This shabu-shabu specialty restaurant serves Gunma brand pork such as Gunma Barley Pork served with soba soup. There are also an assortment of reasonably-priced lunch options and an a la carte menu.

MAP A-1 Wi-Fi
0278-25-3688
659-1 Yubara, Minakami-machi
10:00-14:00, 17:00-22:00 (L.O. 21:30)
Thursdays
enjoy-minakami.com/en/



G7



Garba Cafe

バームクーヘン菓子工房 ガルバカフェ
This baumkuchen specialty shop bakes their cakes using domestic flour and fresh local eggs. BUNA is a popular menu item. The cafe serves sets of coffee and cake.

MAP A-1 Wi-Fi
0278-25-3887
855-1 Oana, Minakami-machi
10:00-20:00
Thursdays
enjoy-minakami.com/en/

Amaimonoya Umenomitsu

甘いものや 梅の蜜
This restaurant is located inside Yunoyado Joetsukan. All of the food is handmade, and the healthy buffet lunch is popular. They also have a wide assortment of sweets.

MAP A-1 Wi-Fi
0278-72-4573
780 Oana, Minakami-machi
10:30-17:00
Wednesdays and Thursdays of the month
enjoy-minakami.com/en/



G9



Nobotokesoba Yamaichiya

野仏そば やまいち屋
Every day, buckwheat grains are ground in a stone mill, then kneaded by hand and served fresh. There are also plenty of dishes with their secret miso sauce, such as Miso Katsu Meal.

MAP A-2 Wi-Fi
0278-64-1321
596 Yuyado-osen, Minakami-machi
10:00-20:00 (L.O. 19:50)
Thursdays (Open when Thursday falls on a holiday)
www.sims.jp/top-english.html

G10



Otowaya Cafe

オトワヤ カフェ
This cafe adjoins Takuminosato Horakutan. Their dishes made with local ingredients and sweets made using ripe Minakami fruits are popular.

MAP A-2 Wi-Fi
0278-64-0322
852-4 Sakuma, Minakami-machi
11:00-18:00 (Reservation required for dinner)
Irregular holidays
enjoy-minakami.com/en/

Kimamaya

気まま屋
Come taste handmade bread baked with local ingredients in Minakami Onsen Town. Minakami Apple Pie, available only from September to April, is made of flaky pie crust filled with mildly sweet stewed apples.

MAP A-1 Wi-Fi
0278-72-1700
713 Yubara, Minakami-machi
9:00-17:00
Tuesdays and Sundays
enjoy-minakami.com/en/

G11



Umaimonoya Suehiro

うまいもの屋 すえひろ
This Japanese restaurant was established in 1965. Their famous Stacked Tonkatsu, made with Joshi Barley Pork, is a soft, juicy cutlet consisting of very thinly sliced meat.

MAP A-3 Wi-Fi
0278-64-0831
84-1 Fusa, Minakami-machi
10:00-20:00
Irregular holidays
http://www.suehiro.work/

G12



Humpty Dumpty

ハンプティ・ダンpty
This restaurant opened in 2013. Enjoy authentic Indian curry while listening to good music, and try their healthy, tasty, creative dishes made with local vegetables.

MAP A-2 Wi-Fi
0278-25-3733
1157-10 Sarugakyo-osen, Minakami-machi
11:00-15:00, 16:00-22:00
Mondays and Tuesdays
enjoy-minakami.com/en/

G13



Cafe Restaurant Asima

カフェレストラン アシマ
Their famous Baked Curry cooked with homemade spices is a popular menu representative of local dishes.

MAP A-1 Wi-Fi
0278-72-3326
146 Yubara, Minakami-machi
11:00-L.O. 16:00 (until last order at 19:00 on weekends)
Thursdays (Open when Thursday falls on a holiday)
www.asima.jp/top-english.html

/Calendar/ Events

Read on for information about festivals where you can experience Japanese culture, and events that make you feel the richness of nature.

Note that event schedules are subject to weather conditions. Check each website for details.



SL Gunma Minakami

SL ぐんま みなかみ
The rare D51 and D61 steam locomotives puff their way along the Joetsu Line between Takasaki Station and Minakami Station, mainly on the weekends.

Late March to early December
www.prest.co.jp/e/joyful/gunma.html



Norn Minakami Flower Garden

花の園
This is an early-flowering cherry blossom tree that can be found in Takuminosato and can be enjoyed from mid-April to early May.

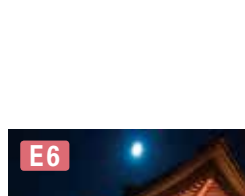
Mid-April to early May
enjoy-minakami.com/en/



Tsukiyono Hotaru no Sato

月夜野の里
In June, visitors to this promenade can enjoy a stroll while watching the wild dance of fireflies that live in the area.

Mid-June to mid-July
enjoy-minakami.com/en/



Minakami Outdoor Festival

みなかみアウトドアフェスティバル
Come and see demonstrations by top competitors and participate in a variety of activities yourself. This two-day outdoor festival offers the best of Minakami's nature.

Two days between late May and early June
mfest.jp/en/



Shigetokai

月見会
This moon-viewing event is held at Gakurinji Temple during the harvest moon of mid-autumn.

Mid-September
enjoy-minakami.com/en/



Minakami Candle Night

みなかみキャンドルナイト
At this eco-friendly candle workshop, edible oil is reused to make candles. Visitors can also tour the glass factory at night.

Late December
enjoy-minakami.com/en/



Minakami Snowshoe Festival

みなかみスノーシューフェスティバル
This half-day tour covers a two-kilometer round-trip snowshoe trek across the foothills of Mount Tanigawa and along the Yubiso River.

Late January
enjoy-minakami.com/en/



Ichinomiya jizoson no Sakura

一之宮地蔵尊の桜
This is an early-flowering cherry blossom tree that can be found in Takuminosato and can be enjoyed from mid-April to early May.

Mid-April to early May
enjoy-minakami.com/en/



Tenku no Night Cruising

天空のナイトクルージング



Minakami Outdoor Festival

みなかみアウトドアフェスティバル
Come and see demonstrations by top competitors and participate in a variety of activities yourself. This two-day outdoor festival offers the best of Minakami's nature.

Two days between late May and early June
mfest.jp/en/



Oze Liner

尾瀬ライナー
This reserved-seat bus makes round trips between Jomo Kogen Station, where the Shinkansen stops, and Oze by way of Minakami Station.

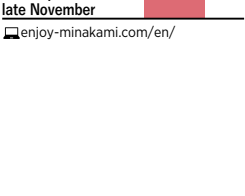
Late May to mid-October
minakami-onsen.com/oze/



Tenku no Night Cruising

天空のナイトクルージング
Enjoy star viewing on a special nighttime Tanigawadake Ropeway tour.

Late April to May and mid-September to late November
enjoy-minakami.com/en/



Minakami Candle Night

みなかみキャンドルナイト