



Minakami

Minakami Tourism Association

Find your oasis



What's Minakami?

- ✓ UNESCO Biosphere Reserve
 - ✓ Just 62mins from Tokyo to Minakami
 - ✓ World class outdoor activities
 - ✓ Minakami 18 Onsens
 - ✓ Over 100 accommodations
-



MINAKAMI BIOSPHERE RESERVE.



Town - home to the headwaters of the Tone River, and “UNESCO Biosphere Reserve (also known here as UNESCO Eco Park)” nurturing water, forests and people

We must leave the natural environment and landscape, which are the greatest regional treasures, and a lot of “gifts” from forests, including water, to our children who will build the future of Minakami. We are aiming to maintain the status of the UNESCO Biosphere Reserve which nurtures “people” with abilities to nurture water and forests, and “protect, utilize and spread” them in order to build a sustainable town where people can live in harmony with nature while being grateful to the natural environment which has been protected with great care.



Where & How to get to MINAKAMI

Note : Each time & distance is
from Jomo Kogen Station.

151km,
62min.

Joetsu Shinkansen
(bullet train)

Tokyo

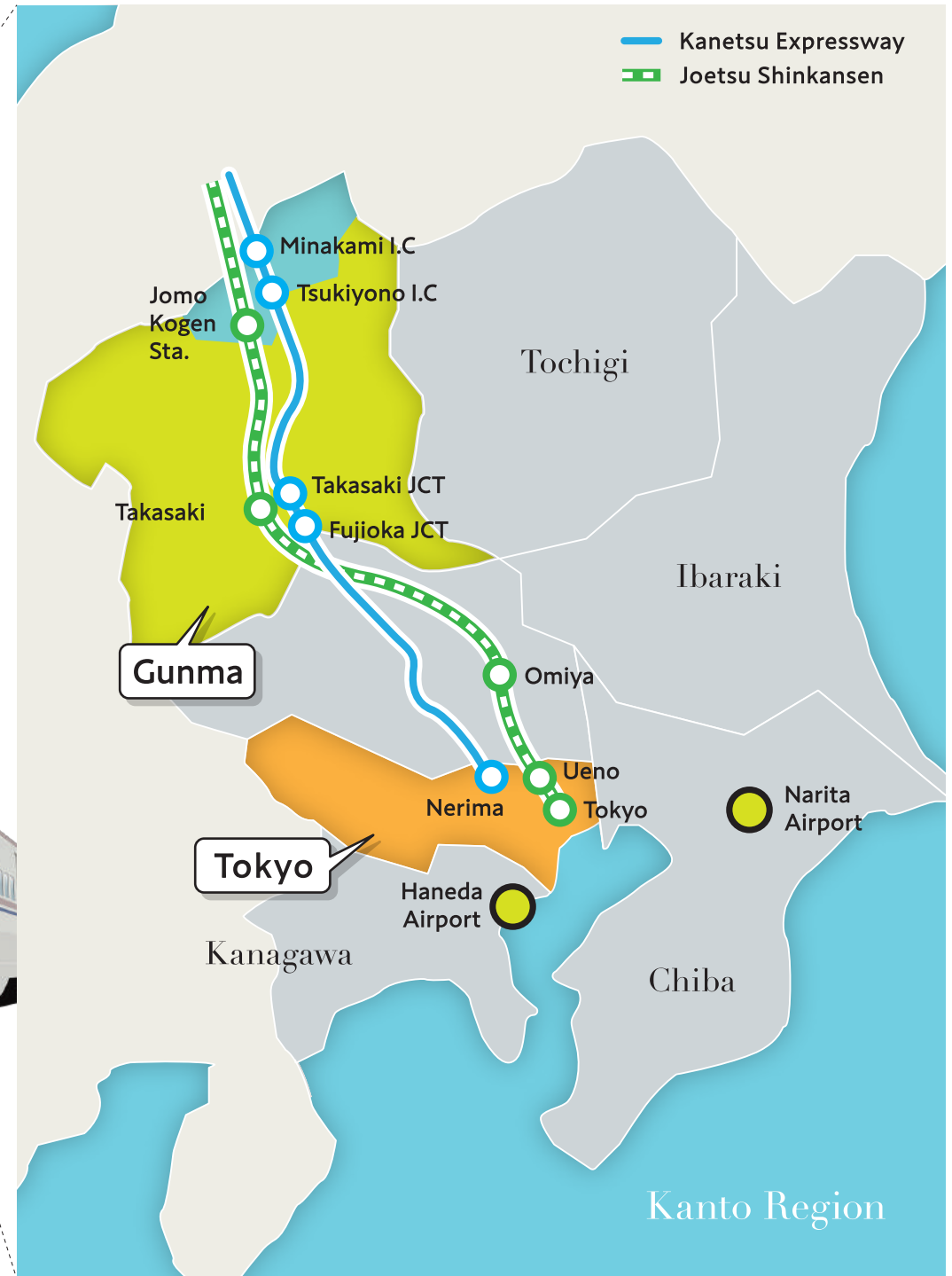
Tokyo Sta.



Minakami

Jomo Kogen Sta.

*Not available at present





冬

WINTER



AUTUMN



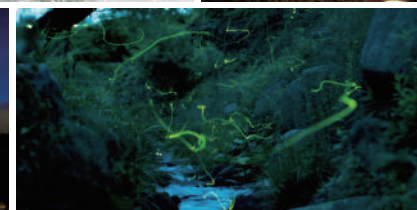
夏

SUMMER



SPRING

春



Tanigawadake Ropeway & lift

Riding on the ropeway bound for Tenjindaira enables you to enjoy the contrast between the autumn foliage and the blue sky in great panoramic view.



Tenjindaira
Station,
1,319m
(elevation)



15min.



15min.

Tanigawadake
base plaza,
746m
(elevation)



Tenjintouge lift
1,502m
(elevation)





“JAPOW (JAPAN POWDER)”

admired by the world
Why not enjoy the best
powder snow?



Snow Canyoning

Canyoning in the snowy mountain.
Feel JAPOW with your whole body!

— Let's enjoy powder snow!

The powder snow in Japan-JAPOW- is now attracting people from all over the world. Ideal snow, smooth and soft, in Minakami is awaiting all skiers.

Snow Activities

Fulfilling Activities in Winter
Play as much as you can
in the highest quality snow.



at Minakami Kogen
Ski Resort

Dog Sledding Minakami is the only place in Japan's main land where you can enjoy dogsledding.



Snow mobile

The snow in Minakami is “fluffy”. A lot of people come from overseas to experience this quality of snow. Minakami’s powder snow enables both adults and children to enjoy numerous activities. Once you experience this snow, you will definitely come back here again and again.



Snowshoe



Ski lesson



Rafting



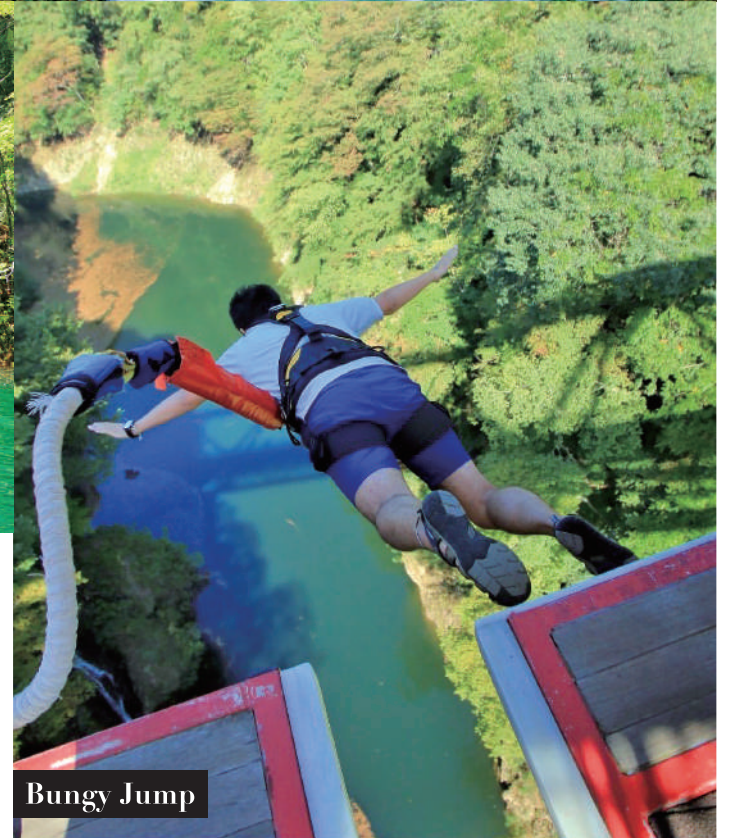
Canyoning



Lake Canoe



SUP









Bungy Jump

Outdoor Activities

Minakami makes the most of its lush nature with a variety of outdoor activities. From whitewater rafting on the Tone River and canyoning to canoeing and Bungy Jump, there are plenty of activities to satisfy your adventurous spirit. Enjoy the great outdoors with your family or with your friends!

Fruit Picking

Almost all seasons you enjoy fruits picking.
We use the best crystal water to cultivate the fruits.
You can try picking various fruits in Minakami the whole year.
Please come and try it!

Annual Calendar	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
 Strawberry												
 Cherries												
 Blue berries												
 Small Grapes												
 Big Grapes												
 Apples												



Culture and craft in Minakami

Culture, festivals and crafts passed down in the mountain village.
Why not experience the tradition and craftsmanship here?

Japanese Traditional Experience



Takumi-no-sato | Craftsmens' Village

There is the place where you can try making various things such as wood crafts, bamboo crafts and washi(Japanese paper) crafts. Surrounded by clean air, clean water and a lot of smiling faces, you feel time goes by slowly here



Tsukiyono Vidro Park

In the park, you can have a factory tour, make glass times,
and visit the museum. It's the largest glass factory in Japan.

The park has its history of over 50 years.



Taiga Glass

Each work created individually becomes the only one glass
work in the world that is unique in fascinating patterns
and whose color doesn't match any of the hundreds of colors.



Takaragawa Onsen Ousenkaku

宝川温泉
汪泉閣

Japan's largest outdoor hotspring!



Certificate of
Excellence by
Tripadvisor



Top 10 Hot Springs
Around the World
by Reutes



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
×	All Rooms	Kaiseki Cuisine	○	33



Hoshi Onsen Chojukan

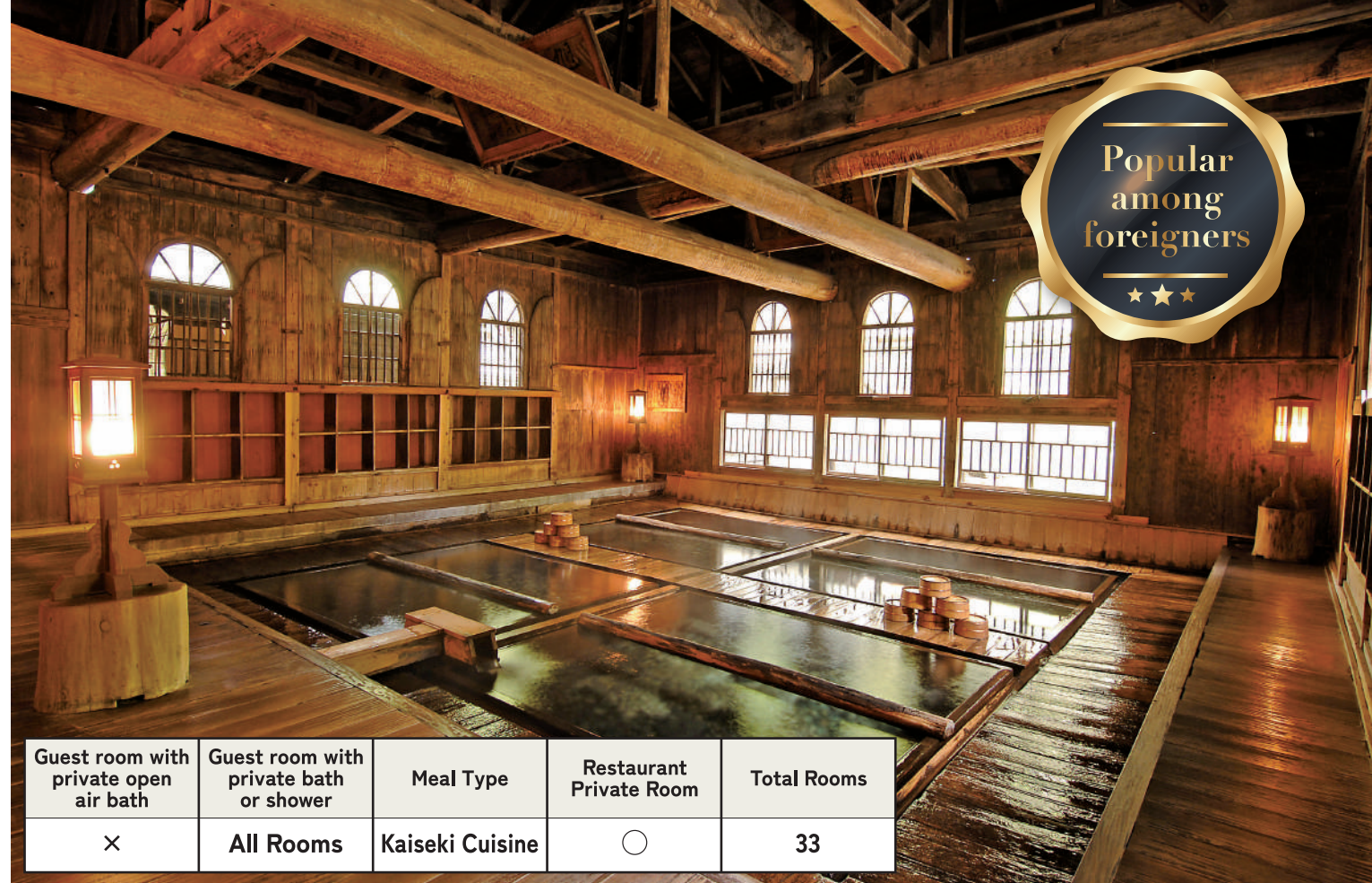
法師温泉
長寿館

Certificate of Excellence by Tripadvisor



It's well known for
Registered
Tangible Cultural
Property

(登録有形文化財)



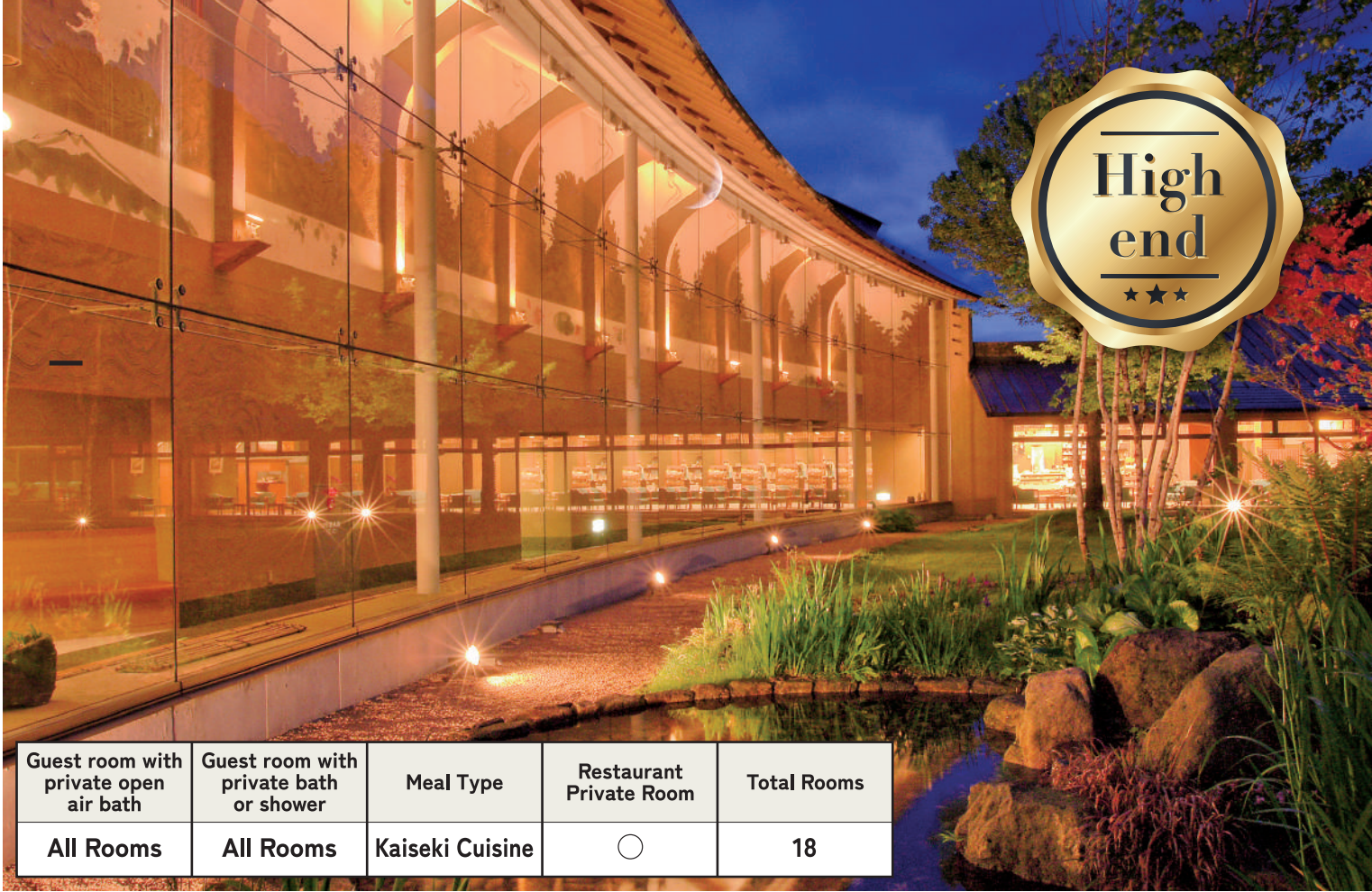
Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
×	All Rooms	Kaiseki Cuisine	○	33



Bettei Senjuan

別邸
仙寿庵

- Selected by Relais & Chateaux -



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
All Rooms	All Rooms	Kaiseki Cuisine	○	18

Top 25 Small Hotels — Japan

UNITED STATES YOKOHAMA HONOLULU

17

Bettei Senjuan

Shikokuchanmachi, Japan

"Senjuan is a must in the Japanese Alps."

"Relaxing"

View details



Ryokan Tanigawa 旅館たにがわ



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
3 Rooms	All Rooms	Kaiseki Cuisine	○	28

Kinseikan Saseragi 金盛館せせらぎ



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
2 Rooms	All Rooms	Kaiseki Cuisine	○	22

Minakami Hotel Juraku

みなかみホテルじゅらく



Guest room with private open air bath	×
Guest room with private bath or shower	All Rooms
Meal Type	Special Buffet
Restaurant Private Room	▲
Total Rooms	99

Sarugakyo Hotel

猿ヶ京ホテル



Guest room with private open air bath	5 Rooms
Guest room with private bath or shower	All Rooms
Meal Type	Kaiseki Cuicine
Restaurant Private Room	▲
Total Rooms	49

Tatsumikan

辰巳館



Guest room with private open air bath	3 Rooms
Guest room with private bath or shower	All Rooms
Meal Type	Irori kenzan-yaki (Grilled on the sunken fire)
Restaurant Private Room	○
Total Rooms	41

Shobun 尚文



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
8 Rooms	All Rooms	Kaiseki Cuisine	○	8

Matsunoi Hotel 松乃井ホテル



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
4 Rooms	All Rooms	Buffet or Kaiseki Cuisine	○	232

Minakami Kogen Hotel 200 水上高原ホテル200



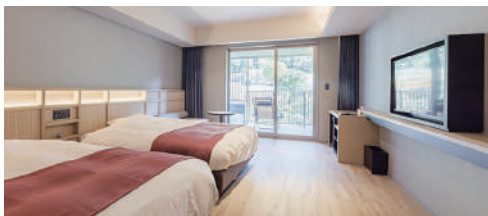
Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
×	All Rooms	Buffet	○	220

Sennotani 源泉湯の宿 千の谷



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
4 Rooms	All Rooms	Buffet or Kaiseki Cuisine	○	110

Aratashi あらたし



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
All Rooms	All Rooms	—	×	42

MICASA



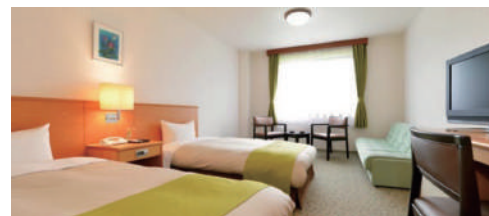
Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
8 Rooms	All Rooms	Kaiseki Cuisine	○	8

HOTEL SUNBIRD ホテル サンバード



Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
×	All Rooms	Kaiseki Cuisine	○	76

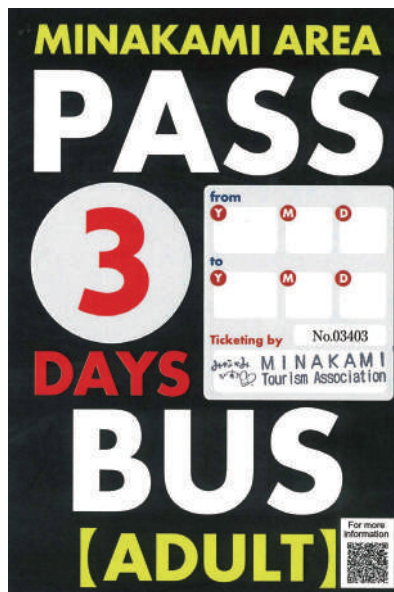
Hotel Famiolio Minakami ファミリーオみなかみ



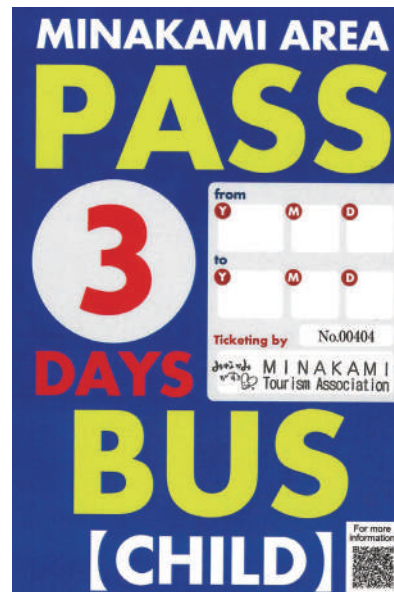
Guest room with private open air bath	Guest room with private bath or shower	Meal Type	Restaurant Private Room	Total Rooms
×	All Rooms	Kaiseki Cuisine	○	30

Minakami Area 3 Day Bus Pass

With this bus pass, you can enjoy exploration in Minakami for three days for just JPY2,100, which is a very reasonable price even for a day bus trip. You can get on and off the bus anywhere you like, while experiencing various activities, meeting local people, eating local food, and relaxing in hot springs. This bus pass is highly recommended. Where to buy: Minakami Tourism Association (near Jomo-Kogen Station), The Association of Minakami Onsen Ryokan (near Minakami Station)



Adult:2,100Yen



Child:1,050Yen
(under 13 years old)

Where to buy:

- 1.Minakami Tourism Association (near Jomo Kogen Sta.)
- 2.Minakami Station

Access to Minakami

By Kan-Etsu Expressway



By Kita-Kanto Expressway



By Joetsu Line * by Takasaki Line from Ueno to Takasaki



By Joetsu Shinkansen



►For inquiries about sightseeing and other services,
contact the Minakami Tourism Association (Business hour : 8:30am-5:30pm)

Minakami Tourism Association TEL.0278-62-0401



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contact the Minakami Tourism Association**