Guide for Making a Tour of MINAMI SHINSYU

MINAMI SHINSYU NAGANO JAPAN
In the southern part of Nagano, "Minami Shinsyu" is located in the center of Japan with its beautiful landscapes which consist of 3000 meters mountains and the big river "Tenyugawa". Every season has its clear distinct appearances, and fascinates visitors with its changing landscapes throughout the year. Please enjoy the nature, traditions, events and food all through the year in Minami Shinsyu.
Mountainside villages of Minami Shinsyu are colored with flowers blooming in spring, and brown colored leaves in autumn. Our varieties of flowers and trees are one of the features of Minami Shinsyu.

봄부터 여름에 거쳐 피는 꽃들과 가을의 단풍은, 미나미신슈의 산촌을 컬러풀하고 아름답게 색칠합니다. 이 지방은 가을풍토의 관계로, 꽃이나 수목의 종류가 많은 것이 특징입니다.
说起日本，人们都会想到樱花。南信州有不少樱花名树，古树，有的已有数百年树龄，古色风华，风姿绰约。

樱花是日本国花。南信州有许多树龄数百年的樱花名树及老树，独具风格及高雅气韵。

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Sakura is the national flower of all Japan. There are many old Sakura trees over hundred years old in Minami Shinsyu.

Sakura trees are illuminated during time of bloom.
Since Minami Shinsyu is placed in the center of the Nagano prefecture, this area was where all of Japan, east, west, north and south came for trade and commerce. There are still some historical sites hidden in the city.
The Center of Iida city is called "Oka no u", where there used to be a castle. This area is famous for its grid like streets with historical architectures, traditional Japanese sweets shops and museums.
MINAMI SHINSYU

FESTIVAL & EVENTS

Minami Shinsyu is known for many traditional seasonal events. Many festivals are called ‘Matsuri’. They are performed throughout the year, such as the lion dance “Shishimai” in spring, “the Bon dancing” in summer, the harvest festival in autumn, and the magical rite with Japanese traditional dance “Yutate Kagura” in winter. Also the well known global event “The International Puppet Festival” is held every year.
MINAMI SHINSYU

FRUIT PICKING

Minami Shinsyu is a land of fruit. Many types of fruits such as peaches, pears, apples, persimmons and others are grown from summer to autumn. Freshly picked fruit can be eaten right on the spot.
Minami Shinsyu offers many types of outdoor events such as river rafting, mountain hiking, skiing and golfing in the highlands. The golf courses in Minami Shinsyu are well known for its up and down hills.
MINAMI SHINSYU
HOT SPRING

南信州分布着不少水质优良且充满个性的温泉地。置身温泉中，可洗去一身疲惫，由衷感受到温暖的气息。泡完温泉后品尝旅馆美食，彻底放松身心才是真正的日式风情。同时也有许多让外国游客感觉宾至如归的旅馆酒店。

南信州各地分布著品質優良且個性十足的溫泉，可以紓解疲勞、溫暖身心。泡過溫泉之後，享受旅館料理並充分休息，正是日本風格的度假方式。當地也有許多酒店與旅館，可讓外國訪客賓至如歸。

미나미신슈에는 양질의 개성적인 온천지가 산재해 있습니다. 온천은 피로를 풀어주고 신체를 중심부터 깊이하게 해 줍니다. 그리고 온천을 한 다음은 숙소의 요리를 맛보고, 마음껏 자유롭게 행동하는 것이 일본식 외국에서 온 손님을 기분 좋게 맞이하는 여관이나 호텔도 갖추어져 있습니다.

There are many hot springs called ‘Onsen’ all over Minami Shinsyu. ‘Onsen’ heals the body and provides a deep relaxation. People stay in a traditional Japanese inn ‘Ryokan’ and do nothing but just relax in ‘Onsen’ and have a great meal. Many ‘Ryokan’ and hotels are available in Minami Shinsyu.

1. Nichouan Keigetsu
2. Yurui no Yado Keizan
3. Kaiseki Tei Rebata no Yado Kichiya
4. Hirugami Grand Hotel Tenshin
5. Yura no Yado Seifuen
6. Otagi Tei Kaufu
7. Yumoto Hotel Achiwaga
8. Refresh in Hirugami no Mori
High quality detailed manufacturing is one of the Japanese cultural specialties. These high quality products can be seen in our craftsmanship and cuisine. Please enjoy them in Minami Shinsyu. We have been welcoming travelers with open arms for many generations.
Japanese sweets and Japanese tea

Enjoy the great tasting cuisine of Minami Shinsyu.

"Gohei Mochi"

This is a traditional Japanese dish made from rice flour and served with sweet syrup.

"Yakitori"

Chicken on a stick. It is accompanied with Japanese sake.

"Yakiniku"

Japanese style barbecue. All the restaurants in Minami Shinsyu have variety of sauces.

"Sukiyaki"

Japanese traditional delicious way of eating beef.

MINAMI SHINSYU

SHOPPING

Shopping is one of the highlights of traveling. While in Minami Shinshu, please do some shopping and buy some Minami Shinsyu souvenirs.

Supermarket

Food stores are a Japanese old tradition.

Sporting goods store

It is possible to buy golf equipment and other sports items.
"Soba"
色香味俱全的日本面条。
讲究味道、香气与滑润的日本面条。
嚼和香气，是但ジのの名物。
Japanese noodles that have great taste and smells delightful.

"Japanese Pickles"
这是日本餐桌上不可或缺的小菜。
日本餐桌上不可或缺的配菜。
Naturally seasoned and crunchy, they add flavor to your dish.

"Ichida Gaki"
南信州特产的“柿饼”。
「柿子乾」为世人提起时便联想到南信州的代表性特产。
「柿子乾」的代表物产「南信州」的柿饼。
Sun dried persimmons. One of our famous products made by the people of Minami Shinsyu.

"Tempura"
用小麦粉裹住蔬菜或鱼进行油炸，是一道传统的日本料理。
裹上小麦粉油炸的鲜鱼和蔬菜，是日本的传世料理。
Vegetables and fish deep-fried with tempura coating.

"Ramen"
大人小孩都喜欢的国民菜单。
男女老幼都喜欢的国民料理。
 모든 사람에게 사랑받는 국민적 메뉴입니다.
One of the most popular foods in Japan.

"Kaiten Zushi"
寿司在回转寿司中可以自己品尝到各种各样的日本寿司。
可体验到真正的寿司大师的回转寿司。
Rotating sushi restaurants.

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"Electronics store"
电视、相机、家电产品，你能想到的电器应有尽有。
electronics, video, audio, and home appliances available at Minami Shinsyu.

"Farmer's market"
如果要买新鲜的南信州农产品，大力推荐这里。
想购买新鲜的南信州农产品，就来此地。
신선한 미나미신슈의 농산물을 구입하시면 여기가 가장 궁합.
Best place to buy fresh vegetables and fruits for a reasonable price.

"Morning bazaar at "Hirugami Onsen"
日向温泉的早市非常有名，请务必早起去感受一番。
日向温泉的早市非常有名，请务必早起去感受一番。
The morning bazaar at "Hirugami Onsen" is where you can get a variety of farm made products.
HOW TO GET MINAMI SHINSYU

By JR(Japan Railways)
From Shinjuku to Iida
Shinjuku Sta(Azusa Limited Express)→Okaya Sta→Iida Sta Approx.5hr.
From Nagoya to Iida
Nagoya Sta(Kodama Tokaido Shinkansen)→Toyohashi Sta→Iida Sta Approx.3hr.

By car
From Tokyo to Iida
Takaido IC(Chuo Expressway)→Okaya JCT→Iida IC Approx.3hr,30min.
Nagoya IC(Tomei Expressway)→Komaki JCT(Chuo Expressway)→Iida IC Approx.1hr,40min.

By highway bus
From Shinjuku to Iida
Keio Bus Terminal(Chuo Expressway)→Iida IC→Iida Bus Terminal Approx.4hr.
Meitetsu Bus terminal(Chuo Expressway)→Iida IC→Iida Bus Terminal Approx.2hr.

Inquiries
飯田市觀光課 〒395-0044 飯田市本町1-2 本町商店街 内電話 81-(0) 265-22-4851
南信州觀光公社 〒395-0152 飯田市吉田町1-2-1 苹果之町內電話 81-(0) 265-28-1747

Iida City Tourist Information  Honmach Plaza, 1-2 Honmach, Iida-shi,Nagano 395-0044 Tel 81-(0) 265-22-4851
Minami Shinsyu Tourist Association  Ringo no Sato, 1-2-1 Ikaracho, Iida-shi,Nagano 395-0152 Tel 81-(0) 265-28-1747

Hirugami Onsen Guide Center  20-2 Chiri, Achi Mura, Shimoina Gun, Nagano 395-0304 Tel 81-(0) 265-43-3001