

Discover Shimosuwa

() = transit time

Visit Suwa Grand Shrines Sankaku Batchō

A standard course full of the town's historic sights. *Sankaku Batchō* is the triangle formed by *Akimiya*, *Harumiya* and *Ōtōrō* with the side length 872.72m. Akimiya (15 min) → Fushimiya-tei (10 min) → Harumiya / Manji no Sekibutsu (9 min) → Gebabashi / Ōtōrō (15min) → Sagara-zuka (25 min) → Akimiya (20min)

Mind Soothing Harumiya and around

Starting from *Harumiya*, a walk along the river to the mysterious Buddhist stone statue which won the acclaim of the world-renowned avant-garde artist Taro Okamoto, and to the peaceful Zen temple, this course offers a slow and relaxing moment that soothes your mind.

Harumiya (2 min) → Ukishima-sha (2 min) → Manji no Sekibutsu (3 min) → Scenic view of Lake Suwa (3 min) → Jiun-ji Temple (5 min) → Fushimiya-tei (5 min) → Harumiya (5 min)

Experience Onbashira-sai Kiotoshizaka slope Course

Witness the real *Onbashira* at *Harumiya* and to the *Onbashira* Museum YOISA, then up to the *Kiotoshizaka* slope where the climax of the festival takes place, a 35 degree slope that measures 100m long.

Shimosuwa Station (15 min) → Harumiya (3 min) → Onbashira Museum YOISA (Taxi: 5 min / Bus:25min) → Kiotoshizaka Slope (Taxi: 6 min / Bus:15min) → Akimiya (15 min) → Shimosuwa Station

* The number of the bus is very limited. Taking Taxi from YOISA to *Kiotoshizaka* slope, and then to Akimiya should be the best for those who are short in time.
* Motor assisted bike rental is available at the Tomonomachi Parking and OIDEYA.

Discover Local Shimosuwa! Stroll around the local alleys

Discover local Shimosuwa by strolling around the alleys and secret paths. Akimiya (1min) → Alley ① through the Post Town Museum (1min) → Alley ② (1min) → Aozuka Kofun Tumulus (2min) → Alley ③ (3min) → Suwamikotsuru (1min) → Alley ④ (1min) → Alley ⑤ (2min) → Alley ⑥ (5min) → Alley ⑦ (4min) → Alley ⑧ (3min) → Hachimanzaka Kōsatsu Plaza (2min) → Alley ⑨ (1min) → Akimiya

Onbashira Museum YOISA ☎0266-26-0413 Age16+ ¥300 / Age 7-15 ¥200
Enjoy the passion of Suwa people for the powerful festival, *Onbashira-sai*, held only once in 6 years for over 1200 years.

Honjin (Reservation Required) ☎0266-28-7055 Age16+ ¥800 / Age 7-15 ¥400
The official inn for feudal lords and court nobles in the *Edo* period, and the seat of authority in the post town. Enjoy the *samurai* teahouse and Japanese garden passed down through the Iwanami family.

OIDEYA Museum Complex ☎0266-27-0001 Age16+ ¥600 / Age 7-15 ¥300
OIDEYA is the complex of museums and information center. *GISHODO* is a clock museum where the world's only replica of an astronomical clock tower is on exhibit, it also hold a watch assembly workshop too. *YANONEYA* is a museum of *Ōmon* culture of the region where huge obsidian mining diorama is on display.

Nidec Corp. Suwanone Museum ☎0266-26-7300 Age16+ ¥1,000 / Age 7-15 ¥500
Shimosuwa used to be the world's leading producer of musicbox. Enjoy the history and pleasant harmonies through concerts held several times a day. You can create your own music box from a large variety of selections.

Wide Area Map



Manji no Sekibutsu
(lit. Buddhist stone statue of Manji) A stone statue of Amida Buddha made in the Manji era (1658-1661). The artist is said to be the same as the torii gate of *Harumiya*. It's distinct facial feature is still largely a mystery and inspired the world-renowned avant-garde artist Taro Okamoto.

Stone Monument of Taro Okamoto

HOT SPRINGS

The baths of Shimosuwa's quaint *ryokan* and its many enjoyable public bathhouses are sourced from local natural hot springs!

Jikkendō-jaya
Named after *Jō* (lit. Medicine King a.k.a. *Bhaiṣajyaguru*, the Buddha of healing.)

HOT SPRING PUBLIC BATH

HOT SPRING FOOTBATH

RYOKAN / HOTELS

RESTAURANT / CAFÉ

DAYTIME DINNER ONLY Random Open Hours

LOCAL SPECIALTIES / SOUVENIRS

STUDIOS / WORKSHOPS

STREET MUSEUM

INFORMATION CENTER

PUBLIC RESTROOM

FREE PARKING TOLL PARKING

TAXI

BICYCLE RENTAL

WiFi SPOT

CONVENIENCE STORE / ATM

LOCAL ALLEYS

Mahorohana

Unagi Hayashiya

Fukudaya

Okaya

Matsumoto

Sankaku Batchō

Harumiya

Ōtōrō

Akimiya

Station

Shimosuwa Sta.

Shimosuwa Sta.

Shimosuwa Sta.

Shimosuwa Sta.

Shimosuwa Sta.

Shimosuwa Sta.

Shimosuwa Sta.

Shimosuwa Sta.

Ukishima-sha shrine
(lit. shrine on the floating island) The shrine on a sandbar that never sink, one of the seven mysteries of Shimosuwa.

Ochadokoro Hanamutsu
Café

Onbashira Museum YOISA

Gebabashi Bridge
This bridge covers over the Mitarai River and is the oldest wooden structure of *Shimosuwa*.

Chikara-ishi
(lit. power stone) The stones were used for the contest of strength until the early *Shōwa* period. The heaviest weighs about 60kg.

Kamidokoro no yu
This beauty parlor features a footbath and sells old-fashioned penny candies.

Shu-getu-an Chihiro
Soba

Kamidokoro Keshoya

Shu-getu-an Chihiro
Soba

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Ueda, Saku
Dokuzawa Kōsen (2km)
Kiotoshizaka Slope (2.4km)
Yashima Wetland (18km)

Jiun-ji Temple
A temple protected by the warlord Shingen Takeda.

Tenkei no Matsu
(lit. Tenkei's pine tree) A Pine tree planted by the 16th century Zen monk Tenkei.

Stone Stairway
126 steps

Yayoke Ishi
Hōkō-in Temple

Dragon Spout
Made in the middle of *Edo* period

Fushimiya-tei
Typical architecture of *Edo* period open to public where historical household goods are on display. Free admission.

Nakasendō
(lit. a road in the mountains) A highway that connects *Edo* (Tokyo) and Kyoto. One of the Five Highways established by Ieyasu Tokugawa, the first shogun of Tokugawa Shogunate.

Misakuda-sha Shrine
According to the legend, the rice grown in its tiny sacred ricefield will be harvested only in a month.

Shichiyō-Seishagura
Documents and pictures about Shimosuwa's silk industry are on display in a storehouse aged over 120 years ago.

Hitotsubu-no mugi

Yudazaka Slope
This steep was a means of defense to prevent enemies from attacking the town at once.

Yudazaka Iwaidō Saketen

Kuniko Imai Museum
A museum dedicated to Kuniko Imai, a poet and novelist of the *Meiji* / *Shōwa* era. Kuniko was born in this teahouse built back in *Edo* era.

Shitamachi Himawari
Beef Tendon Curry

Chiisana Kominka iori

Cafe og Højskole telts
Cafe and handicraft class

Azuma-zushi
Sushi

Daimasu Ryokan

Shin-yu
Sushi

Mizuki Confectioner
mee mee center

Daishime Deli

Nozawa Store

Polom (Design Office)

LIUTAIO HIROTO SAI

Emonzaka Slope

Hiyaji
Japanese Restaurant

Azami Kōbō
Weaver

Sobaya Minoru
Yotsukado Parking

Sugeno Onsen

Haruya
Inn of the late *Edo* period (1603-1868)

Tōme Hachiman
for visitors to shrine

Tōme no Keyaki
(lit. old woman's zelkova) A tree for agricultural divination.

Miyasaka
Soba

Iinari Jizō
A stone *jizō* statue located at the historical site of *jingū-ji* (a temple that belongs to a shrine), said to grant any wish.

Sacred Hot Spring trough
Purification trough associated with the dragon god tradition of Suwa region in which contains sacred hot spring water. Visitors should cleanse themselves before offering prayers to the shrine.

Shimosuwa Post Town Museum
Museum about post town of Shimosuwa in *Edo* period

Maruya Kōgeiten / Sabō Madoka
Café

Kameya

1st CAFE Zin / 2nd Netsu Yahiro Museum

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Suigetsu Park
Enjoy the view of Lake Suwa

Dokuzawa Kōsen
was known as "Shingen's secret hot spring", where injured soldiers bathed to heal their wounds.

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Suwa Information Map

Suwa Tour Navigator <http://www.suwa-tourism.jp>

Shimosuwa Tourist Association TEL.0266-26-2102 <http://shimosuwaonsen.jp/>

Visit our Facebook page at

Shinshu

Suwa

Suwa Tourism

Enjoy your trip around Suwa!



Hot Spring



Sake Brewery



Miso Brewery



Ski Resort

