

TOURS

The Power of Water

hot springs and sake in rural Japan

Tours featuring all the contents introduced can be signed up for through the following tour sites. These are original, never-before-available tours that allow you to experience the Japanese countryside. Check out the sites to find a plan that you like.

此前介紹過的所有內容，可以透過以下旅遊網站申請，是一場能夠體驗前所未有的日本田園生活的手作之旅。點擊網站，發現您最喜歡的路線吧。

1 奥会津 Traditional Crafts Tour



Experience Okuaizu weaving and ramie weaving. You can encounter traditional crafts and nature by choosing activities such as hiking and canoeing, and enjoy a wonderful viewpoint overlooking the Daiichi Tadami River Bridge on the JR Tadami Line.

體驗奧會津編織手工藝與苧麻編織。可以選擇前往眺望JR只見線的第一只見川橋梁的絕佳地點、去登山、乘獨木舟，親身體驗自古以來的傳統工藝與自然風光。

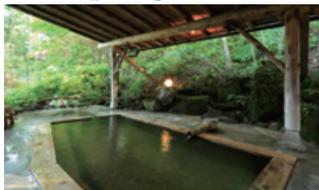
2 会津若松 Experience Culture & History Tour



Take a tour that introduces the long history of the Aizu area. You can visit Tsuruga Castle and its castle town, a sake brewery, the ruins of the former relay station of Ouchi-juku, and experience Hongo ware pottery making. Stay overnight in a hot springs inn with open-air baths.

感受會津地區悠久歷史的旅程。可以參觀鶴城與城下町、釀酒廠、舊宿場跡之大內宿舎、體驗本郷焼。住宿安排在帶有露天浴池的溫泉旅館。

3 鳴子温泉 Hot Springs Tour



Tour a sake brewery established in 1789, taste farmhouse dishes using fresh vegetables grown on the farm, take a walk in Naruko Gorge, try making a kokeshi doll, and enjoy one of Japan's best old hot springs. Stay overnight in a traditional Japanese inn that has 8 different baths.

參觀1789年創立的釀酒廠、品嚐使用自家農園新鮮蔬菜製作的農家料理。漫步鳴子峽、體驗木偶人製作、享用日本首屈一指的古老浴池。住宿安排在帶有8種浴池的旅館。

Travel Agencies : RHKIKAKU(Fukushima pref.) / TABI NO RECIPE CO., LTD(Miyagi pref)

4 塩釜-松島 Seaside Tour



Cruise around Matsushima, one of Japan's three best scenic landscapes. Tours include visiting Urakasumi Sake Brewery, eating fresh sushi and fish delivered directly from Shiogama Port, and making prayer beads at Entsu-in Temple. Stay overnight in a hot springs inn that overlooks the ocean.

航游日本三景之一、松島。參觀浦霞酒造、前往鹽釜山品嘗剛剛卸貨的超新鮮魚肉與壽司、在圓通院體驗念珠製作等。住宿安排在可以觀海的溫泉旅館。

Sign up here for tours listed in this magazine. 本雜誌刊載的旅遊路線之申請請洽詢此處。

All the contents appearing in this magazine have been bundled into tours. Travel plans can be made for groups with a minimum of 2 people. Be sure to sign up by using the URL or QR code on the right.

我們將本雜誌刊載的所有內容製作成了旅遊路線。2位以上即可報名參加，歡迎您點擊右側URL或者透過QR條碼進入網站。

www.goodlucktripjapan.jp/thepowerofwater/

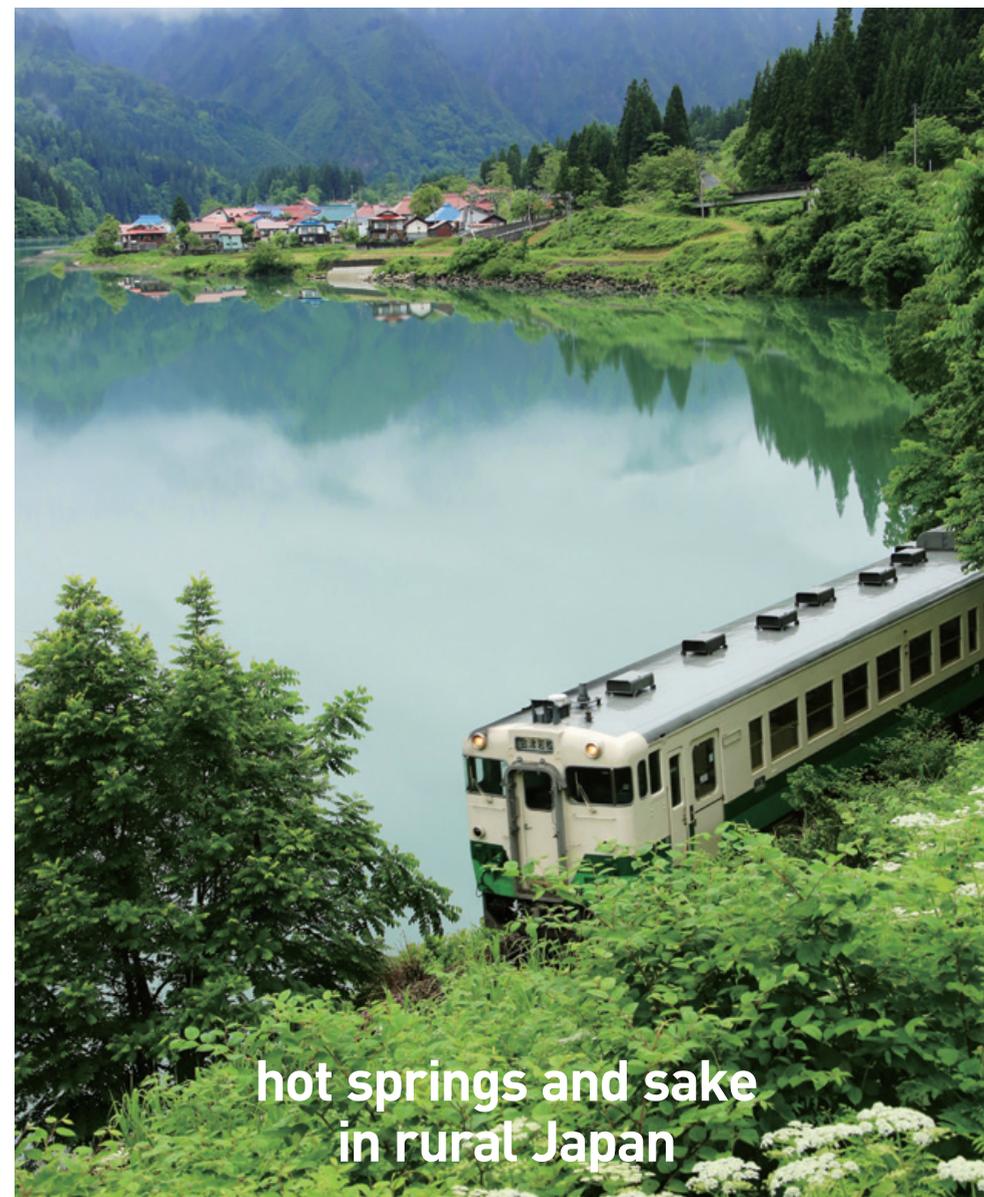


Cover & Cover2 (bottom left) photo : Kenkoh Hoshi
Produced by Diamond-Big Co.,Ltd (GOOD LUCK TRIP) / Email: japan@arukikata.co.jp



The Rural Japan Optional Tour GUIDEBOOK

感受日本「水」魅力
鄉間溫泉與日本酒的巡禮



hot springs and sake
in rural Japan

新
しい
東北



Rural Japan has something that the Japanese have carefully safeguarded since long ago—the plentiful waters, beautiful mountainous villages, and wisdom that has allowed them to live amid nature. The countryside also has delicious rice, locally brewed sake with refined flavors, and superior hot springs that thoroughly warm the body. This magazine introduces tours that offer experiences such as hot springs, Japanese sake breweries, and history and culture that remain in rural Japan. We promise you the kind of travel in Japan that has never been available before.

富饒的水源、美麗的山林、生活於自然之中的智慧。在日本的鄉下，留存著日本人自古以來便十分重視的東西。並且，那一片土地之上，有好吃的米，口感清冽的地酒，還有讓人暖透全身的至溫溫泉。本雜誌為大家介紹可以實際體驗到的旅遊路線，包含日本鄉下留存的「溫泉」「(日本酒的)釀酒廠」「歷史與傳統」。為您帶來前所未有的日本之旅。



Explore the Tohoku region of Japan, a countryside nurtured by beautiful green landscapes and the power of water!

出發吧！前往美麗綠植與水之力量孕育的日本鄉下・東北地區！

The Power of Water

hot springs and sake in rural Japan

Would you like to soak in hot springs that promote beautiful skin? Or taste Japanese sake at a sake brewery? A trip is an adventure in which you can enjoy delving into your interests. Check out the locations and contents introduced in this magazine at tour sites to find the best travel plans for you.

想要泡泡美肌溫泉、想要去釀酒廠品嚐日本酒…旅遊的主題就是欣賞自己感興趣的東西。快到網站上看看本雜誌介紹的景點與活動內容，尋找精選的旅遊路線吧。



Tour sake breweries

Visit a sake brewery and learn all about Japanese sake, including the brewing process and how to drink sake. See sake-making techniques and then enjoy great-tasting Japanese sake. 在釀酒廠，您可以了解到日本酒的製作過程、飲用方法以及關於酒的各種內容。參觀完釀酒過程之後還可以品嚐美味的日本酒囉。

Warm up at hot springs

Free-flowing hot springs waters are blessings from the fertile earth. Visit secluded hot springs quietly nestled in the mountains and extraordinary hot springs unique for the color and temperature of their water. You will be sure to find one to your liking.

噴湧而出的溫泉是肥沃土地的惠澤。去探訪隱藏在山間的秘密溫泉、湯色及溫度各不相同的溫泉，找到自己最喜歡的那一池吧。



Make handicrafts

The people of Tohoku value the traditions and culture rooted in their lifestyles. Hands-on experiences bring you into contact with the warm character of the local people. 東北的人們對於扎根於生活的傳統及文化非常重視。通過體驗民藝作品的製作，您應該能夠體驗到人間的溫暖與關懷。



Go here now to access the tour sites offering all the contents appearing in this magazine! **Access Now!**

TOURS

包含本雜誌刊登內容的旅行團可以透過以下網站報名體驗！馬上點擊！

www.goodlucktripjapan.jp/thepowerofwater/



Area 01

Visit a castle town that was at the mercy of history during the upheaval of the late Edo period where traditional culture still lives on today.

動蕩的幕府末期，被歷史愚弄的城下町。傳統文化在這裡依然生生不息。

会津若松

Aizuwakamatsu



The beautiful yet formidable castle is likened to a crane.

“Sightseeing”

鶴ヶ城 Tsuruga-Jo

The famous Tsuruga Castle symbolizes Aizu history. After withstanding a fierce, month-long battle it was dubbed an impregnable castle. The observation tower on the top floor gives a panoramic view of the city of Aizuwakamatsu.

象徵著會津之歷史的名城。在幕府末期的戊辰戰爭之中，它承受住歷經1個月的攻防戰，因而被稱為「難攻不落之城」。站在最頂層的展望台，可以一覽整個會津若松城。

MAP | P.12
 ☑ 8:30-17:00 (last entry at 16:30)
 ☑ Open 365 days

The castle was rebuilt to recreate its appearance at the end of the Edo period by duplicating its original red-tiled roof.



Try seasonal local dishes.



“Hot Springs”

旅館 原瀧 Ryokan Harataki

Enjoy authentic Japanese cuisine prepared with seasonal ingredients at a well-known Higashiyama hot springs resort that offers relaxing accommodations that seamlessly merge with nature.

名湯東山温泉，搭配使用應季食材製作的正宗和食。可以與美妙大自然充分親近的舒適旅館。

MAP | P.12 Not on map
 ☑ All day
 ☑ Open 365 days



Enjoy an open-air bath that looks out upon a waterfall.

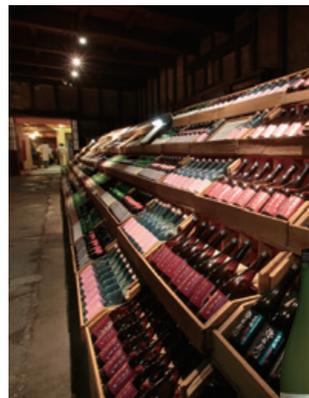


Experience riverside dining.



Reserve a bath with a view all to yourself.

Bottles of Japanese sake line the old storehouse.



Enjoy high-quality Japanese sake made with traditional methods passed down since the Edo period.

“Sake Brewery”

大和川酒造 Yamatogawa Shuzo

Founded in 1790, the brewery offers guided tours every 15 minutes daily from 9 a.m. You can try sake after the tour.

1790年創立。每天9點起，每隔15分鐘就會有向導帶領參觀酒廠內部。參觀之後還可以試飲。

MAP | P.13
 ☑ 9:00-16:30
 ☑ Open 365 days



“Hands-on Experience”

ほしばん絵ろうそく店 Hoshiban Erousokuten

The beautiful Japanese candles are an Aizu folkcraft created using traditional techniques that have been passed down through generations. Try your hand at painting a candle.

繪有漂亮圖案的和風蠟燭，是繼承了傳統手法的會津工藝美術品。還可體驗親手作畫。

MAP | P.12
 ☑ 9:00-19:00
 ☑ January 1st-2nd

The Japanese flower designs are colorful.



The painted candle takes approximately 1 hour to make.



You will also learn the history and origins of written characters.

Seal engraving takes approximately 2 hours.

樂篆工房 Rakuten Koubou

The gallery displays ancient characters inked by the seal engraver, Masami Takahashi. You can make a name stamp through seal-engraving. 古代文字篆刻家・高橋政巳先生的畫廊。可以體驗篆刻、製作落款印章。

MAP | P.13
 ☑ 10:00-18:00 (until 17:00 in winter)
 ☑ Wed., Thu.



The viewing platform affords a sweeping view of the former relay station.

“Sightseeing”

大内宿 Ouchi-juku

This unusual community still retains traces of the relay station it once was in the Edo period. The streetscape of thatched-roof homes standing side by side is quite a sight.

把江戸時代旅館の韻味留存至今的稀少村落。茅草屋頂的房子連成一片的景色非常壯觀。

MAP | P.13
 All day
 (Varies by shop)
 Open 365 days
 (Varies by shop)



Takato soba noodles are eaten with a long green onion instead of chopsticks.

“Eating”

元祖 輪箱飯 割烹・会津料理 田季野 Aizuryori Takino

You can fill up on local foods from the Aizu region, such as kozuyu soup and nishin-no sanshozuke (pickled herring). Wappa-meshi, rice steamed with seasonal vegetables and fish, is highly recommended.

可以品嚐到koduyu以及花椒鱈魚等會津地方的鄉土料理。使用應季蔬菜、魚與米飯一同煮出來的輪箱飯也推薦品嚐。

MAP | P.12
 11:00-22:00 Open 365 days

Light, salt-seasoned ramen noodle soup (#650)



An old home built around 200 years ago has been restored and reconstructed into a stately restaurant.



Kozuyu soup from Takino made with ginkgo nuts (#450)

坂内食堂 Bannai Shokudo

This restaurant is so popular that people line up for 3 hours to get in. The ramen is distinctive for its springy, wavy noodles and clear soup made from pork bone.

最長需要排隊3小時的人氣店鋪。特色是軟糯有勁道的捲曲面、通透的豚骨湯。

MAP | P.13
 7:00-18:00
 Thu.



The akabeko hand towel is very popular.



The bobble-head akabeko is charming.

“Shopping”

笑笑 Warabi

This souvenir shop carries a wide variety of antique kimonos and Aizu crafts, such as the cow-shaped akabeko toy, self-righting dolls, and masks.

經營紅牛、不倒翁小法師、面具等會津民藝品、古著等多類商品的伴手禮店。

MAP | P.12
 10:00-17:00 Wed.



These ohanami glasses are made with an original lacquer technique and feature a round window (#2,400 each).

会津のうつわ 工房鈴蘭 Aizunoutsuwa Kobo Suzuran

New techniques such as applying lacquer to glass are used to create Aizu lacquerware featuring cute designs at this store.

通過在玻璃上塗漆等新型手法畫出可愛圖案的會津漆器店。

MAP | P.12
 12:00-17:00 (from 11:00 on Sat., Sun., and holiday); hours differ in winter
 Mon. (or the following day when Mon. is a holiday)



Area 02

奥会津

Okuaizu

Time passes leisurely in Okuaizu, where the good old days of the Japanese countryside remain.

在留存著日本鄉下古老而美好景色的奧會津，時光緩緩流逝。

The traditional weaving has a comforting quality.

“Hands-on Experience”

からむし織の里 Karamushiorinosato

The village of Showa has a unique technique for turning the ramie plant into fibers. This facility offers visitors the chance to try ramie weaving.

擁有獲取苧麻纖維之獨家技術的昭和村。在本館可以體驗到機織苧麻。

MAP | P.13
 9:00-17:00
 None scheduled (Please inquire.)



Items woven with ramie are sold at the facility.

The set meal featuring Aizu chicken broiled and seasoned with salt is recommended.



“Eating”

ログハウスどんぐり Loghouse Donguri

At this restaurant, you can eat locally raised, choice chicken from Mishima in Aizu. The soba noodles made by the owner are excellent.

可以品嚐珍貴三島町產會津土雞的餐廳。主人親手打造的蕎麥麵也是絕品。

MAP | P.13
 10:00-17:00 (reservations required in the evenings)
 Mon.



Various items that are made in the living environment.

三島町生活工芸館 Mishimaseikatsukougeikan

You can try out weaving techniques using natural materials such as the wild grape plant. The weaving process has been designated a national traditional craft.

可以體驗到使用紫葛葡萄藤等天然素材進行編織的手工藝。被指定為國家傳統工藝品。

MAP | P.13
 9:00-17:00
 Mon. (or the following day when Mon. is a holiday)



The scenic viewpoint is up on the ridge, a short walk from Oze-kaido Mishimajuku Roadside Rest Area.

“Sightseeing”

第一只見川橋梁 Daiichitadamigawa Kyuryou

The Tadami railroad line crosses the bridge spanning the Tadami River, set against the backdrop of a magnificent ravine. There is also a fantastic scenic viewpoint.

壯觀的溪谷之前，只見線從只見川上的橋梁上駛過。這裡有絕佳的觀賞地點。

MAP | P.13
 Open to everyone



The breathtaking view from the main building constructed on high ground.

福満虚空藏菩薩圓藏寺 Fukumankokuzoubosatsu Enzouji

The largest Buddhist center in Okuaizu, this temple boasts a history of 1200 years. Numerous legends are associated with the famous temple, including the legend of the red akabeko cow.

奧會津最大的佛教據點。擁有1200年的歷史，是紅牛傳說等多部傳說中出現過的名剎。

MAP | P.13
 7:00-17:00 Open 365 days



Area 03

裏磐梯 Urabandai

This highlands resort area comprised of over 300 ponds is representative of Fukushima. You can enjoy visiting no matter the season.

由於300多個池沼構成的福島之代表性高原休閒度假地。一年四季都能享受美景。

“Sightseeing”

五色沼 Goshikinuma

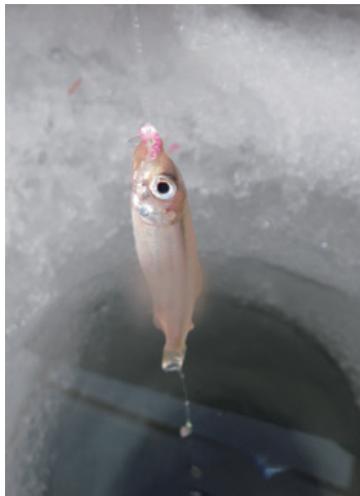
The surface color of the water in this cluster of over 30 small and large ponds and lakes in Urabandai differs according to water quality and sediment.

- MAP | P.13
- ☑ Open to everyone
- ☑ Open 365 days

由裡磐梯高原上大小不同的30個池沼構成的湖沼群。因為水質與沉澱物不同，湖面的顏色各異。



The otherworldly view changes by season and weather.



Activities can be enjoyed by families and groups.



The hotel has a large hot spring bath and open-air baths with fantastic views.

In winter, arrangements can be made for pond smelt fishing.

“Hands-on Experience & Hot Springs”

ホテルグランデコ Hotel Gran deco

Guests of this hotel can fully appreciate the nature of Urabandai through a variety of experiences, including skiing and trekking.

可以充分欣賞到裡磐梯自然風光的飯店。可以體驗滑雪、巡迴型山麓遊覽等多項活動。

- MAP | P.13
- ☑ All day
- ☑ Open 365 days



Area 04

松島&塩釜 Matsushima & Shiogama

Matsushima is a scenic area overlooking more than 260 islands. Shiogama has one of the biggest markets in Tohoku.

松島是由260多座島嶼構成的風景名勝。鹽釜有東北為數不多的集市。

The picturesque area is known as one of Japan's three best scenic landscapes.



“Sightseeing”

鹽竈神社 Shiogama Shrine

The shrine has been revered since long ago as one that protects Tohoku. Shiogama cherry trees located on the shrine grounds have been designated a national natural treasure.

自古以來就作為鎮守、庇護東北的神社而受到尊敬。境內有國家天然紀念物「鹽竈櫻」。

- MAP | P.13
- ☑ Open to everyone



The lively market features 115 shops.

Enter from the karamon gate and pay your respects first to the associated shrine on the right hand side.

Making prayer beads takes approximately 20 min.



The beautiful rock garden features moss and white sand.

“Hands-on Experience”

円通院 Entsu-in Temple

This Zen temple has colorful gardens. There are many highlights, including the fall foliage and the national important cultural property, Sankeiden Hall.

擁有多彩庭園的禪宗寺院。可以欣賞到國家指定重要文化財「三慧殿」及秋季紅葉的美景。

- MAP | P.13
- ☑ Make Prayer Beads: 9:00-16:00 (until 15:00 from December-March)
- ☑ Open 365 days

“Shopping & Eating”

塩釜水産物仲卸市場 Shiogama Seafood Wholesale Market

The market is one of the biggest in Tohoku. Rows of fresh fish delivered directly from Shiogama Port line the market.

擁有東北地區數一數二規模的集市。鹽釜港卸賣的超新鮮海鮮琳瑯滿目。

- MAP | P.13
- ☑ Recommended Visiting Time: 7:30-12:00
- ☑ Wed.

A bowl of rice topped with sashimi can be made from the seafood bought onsite.



“Sake Brewery”

浦霞酒ギャラリー Urakasumi Sake Gallery

This sake brewery was established in 1724. The brewery shop carries original goods and Urakasumi items only available in Miyagi Prefecture. 創立於1724年的釀酒廠。並設的店鋪經營有宮城縣限定的浦霞製品及獨創周邊。

- MAP | P.13
- ☑ 10:00-17:00
- ☑ Sun., year-end and New Year holidays, other special holidays



Buying a sake cup allows you to taste test the sake.





Area
05

This is one of the most prominent hot springs towns in Japan. It is composed of 5 hot springs, so you can enjoy 9 different types of hot springs water quality. 匯集5大溫泉地，可享用9種泉水的日本屈指可數的溫泉鄉

鳴子溫泉鄉

Naruko Onsenkyo

An open-air bath at a mountain cottage blends in with the surrounding natural environment!

“Hands-on Experience & Hot Springs”

大沼旅館

Ryokan Ohnuma

There are 8 distinctive baths at this hot springs inn where guests can experience some of the hot springs therapies Japanese have practiced since long ago. Guests can choose from 2 types of cuisine prepared with an abundance of seasonal vegetables.

擁有8處個性浴池的溫泉旅館，可以體驗到日本流傳已久的溫泉療法「湯治」之部分項目。使用大量應季蔬菜製作的料理共有2種可選。

MAP | P.14
 All day (Baths can be utilized from check-in until 9:30 a.m. the next day.)
 Open 365 days



A meal of one soup and three side dishes is centered around brown rice.

Enjoy an authentic tea ceremony experience in a tea room.



There are various baths available, including baths that can be reserved for privacy.



This unusual building has black and white namako-kabe (walls covered with square tiles jointed with raised plaster).

“Sightseeing”

鳴子峽

Narukokyo

Naruko Gorge is 2.5 km long and has a 100m-high sheer scenic precipice. The scenic spot is especially beautiful in the seasons of verdant green and fall colors.

高100的懸崖斷壁綿延2.5km的大峽谷。在新綠萌芽與紅葉時期能欣賞到特別美麗的景色。

MAP | P.14
 Open to everyone



The fall foliage is best from mid October to early November.

“Sake Brewery”

田中酒造店

Tanaka Shuzoten

Since its establishment in 1789, this brewery has produced sake using traditional techniques. Touring the brewery in January and February is recommended. 自1789年創立以來便堅持使用傳統釀酒手法。建議1~2月份前去參觀。

MAP | P.13
 10:00-12:00, 14:00-16:00 (reservations required)
 2nd and 3rd Sat. of the month, Sun., holiday (irregular holidays)



The Manatsuru brand is popular.

The brewery sells Japanese sake made with locally grown rice.

“Hands-on Experience”

桜井こけし店

Sakurai Kokeshiten

This shop sells Naruko kokeshi dolls. Not only can you watch craftsmen at the shop make the dolls, but you can also try painting a kokeshi doll. 銷售鳴子傳統木偶人。可以在店頭欣賞實際製作，還可以體驗木偶人繪畫。



Paint a kokeshi doll in any way you like.

MAP | P.14
 8:00-19:00 Open year-round

“Eating”

農家レストラン 土風里

Nouka Restaurant Doppuri

Dishes are prepared using vegetables picked each morning in the restaurant's farm. Enjoy the beautiful landscape while dining. 供應以每天早晨從自家農園收穫的蔬菜為主製作的料理。可以一邊欣賞屋外的美景一邊進餐。



Please let the restaurant know of any foods you cannot eat in advance.

MAP | P.14
 11:00-14:00 (reservations required)
 Wed., Thu.

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