

PRIZE DRAW!
答題抽大獎!

日本旅遊指南

att.JAPAN

ISSUE 89 Autumn / 2019

FREE 免費

MAP
&
AREA GUIDE

Niigata Pref. and Shonai Area

新潟縣・庄內區域

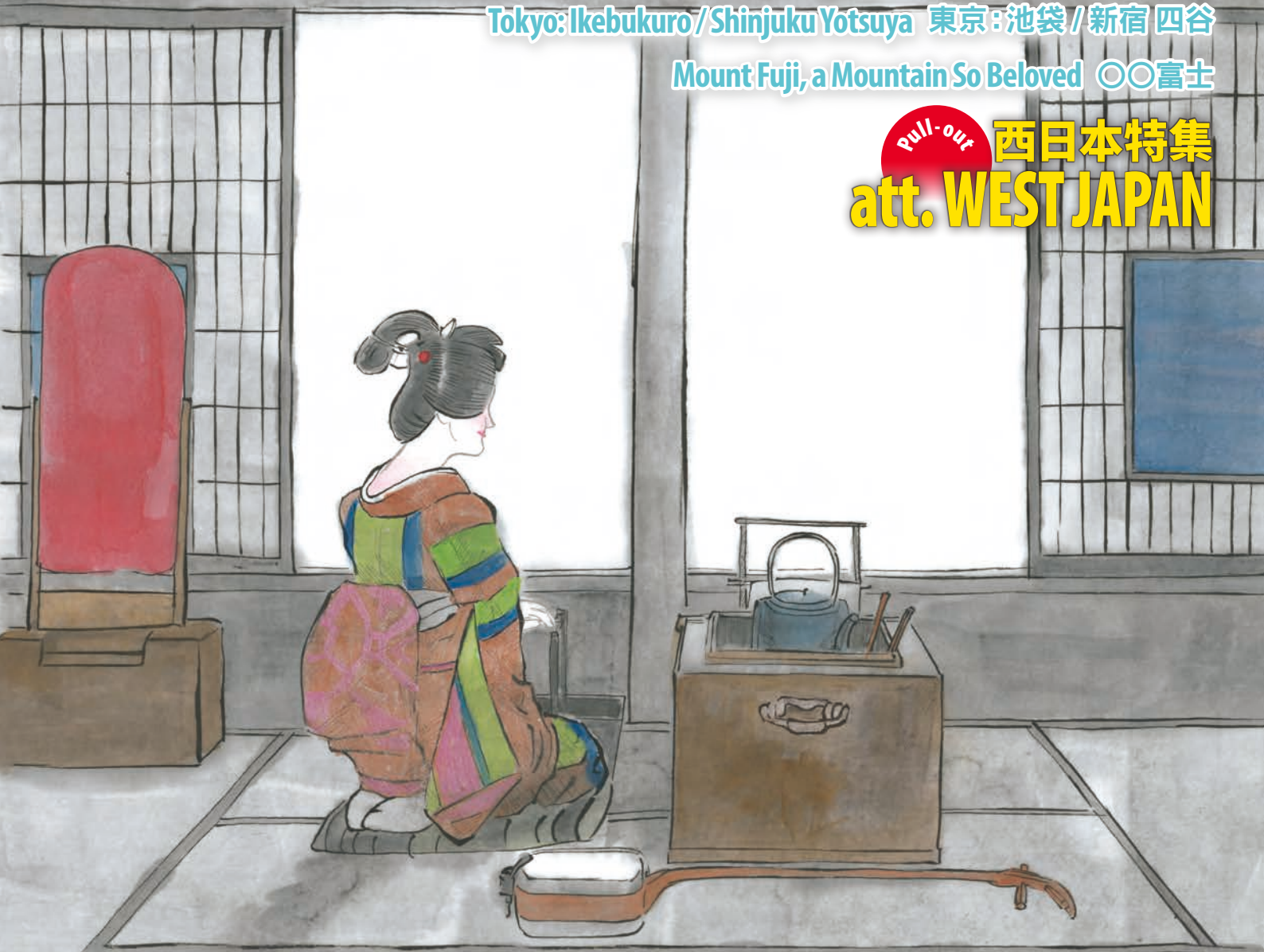
SETOUCHI SPECIAL 瀬戶內特集

Rugby World CUP 2019™ 2019年世界盃橄欖球賽

Tokyo: Ikebukuro / Shinjuku Yotsuya 東京: 池袋 / 新宿 四谷

Mount Fuji, a Mountain So Beloved ○○富士

pull-out 西日本特集
att. WEST JAPAN



att. Restaurant



facebook.com/att.JAPAN/

instagram.com/att.japan/

att-japan.net/





Welcome to “Liberal Academy”

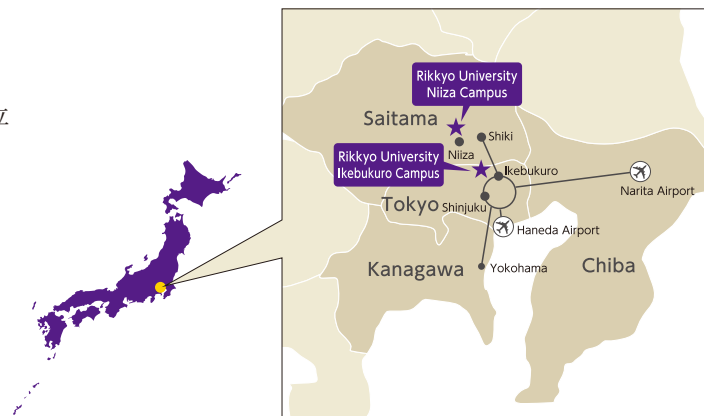
Rikkyo is stepping up its efforts to internationalize as it seeks to boost the number of international students to 2,000 by 2024, the 150th anniversary of its founding. Through the globalization of the campus, students will gain exposure to a variety of cultures and languages.

歡迎來到「自由学府」

立教大學正在加緊努力實現國際化，力求至2024年，也就是本大學成立150週年之際，國際學生人數能夠增加到2,000人。通過實現校園全球化，學生們將擁有更多接觸各種文化和語言的機會。

Ikebukuro, a place where Rikkyo University is located, is featured on **pp. 20–22**.

P20–22 有立教大學所在地池袋的文章哦



立教大学 RIKKYO UNIVERSITY

For more, see our website!
www.rikkyo.ac.jp



Publisher
Nobuhiko Kuwahara

Director
Yoko Hara

Editor-in-Chief
Ayumi Takahashi

Editors
Rumi Sugimoto Mihoko Osakabe
Maryann Saito Xiaofan Wang
Hanae Yamauchi Yukiyo Nishizawa
Akito Obayashi Madoka Chiyoma

Writers & Translators
John Bowler Saeko Kanagawa
Jun Hisano Vivian Kuo
Rachel Pang Liu Fangfang
Mai Nagai Haruka Ozawa

Art Director
Katsurako Sakata


Designer
Yutaka Fukui Mana Shinbo
Daisy Grow vcd.llp
Taku Nagasawa Kumiko Utsunomiya

Director, Sales & Marketing
Masato Hara Megumi Otsuka
Yuki Yanagisawa

ISSUE 89 / Autumn 2019
JAPAN GUIDE

- 45 Kyoto in Autumn 秋天的京都
- 48 Unzen Onsen 雲仙溫泉
- 49 att. Kitchen: How to filet fish
- 50 att. Ryokan
- 52 att. Restaurant
- 54 Tourist Information
- 56 Railway & Central Tokyo Maps
- 58 att. Maps

Answer the questionnaire and win a pair of onsen ryokan tickets!
 回答問卷抽選得大獎!
 獎品: 溫泉旅館雙人住宿券 1名
 ⇒ P.55



Acknowledgments

Special thanks to Bank of Japan, Japan National Tourism Organization, Ministry of Economy, Trade and Industry, Tokyo Metro Co., Ltd., Narita International Airport Corporation, Tokyo Convention & Visitors Bureau, Koyo City Tourism Association, Niigata Prefectural Tourist Association, Shonai Visitors Association, Sado City, Saitama Prefecture Tourism Division, Kawagoe City, Kishiwada City, Toshima City, Kyoto Miyama Tourism Association, Takao Hoshokai, UNZEN Tourist Association

All rights reserved

All information contained in this magazine is as of August 2019, and is subject to change without notice. att. JAPAN Autumn 2019 / ISSUE 89 / For a single issue of our magazine, please send ¥200 (Postage Included)

Cover

Illustration: Hiroshi Tarui

広告掲載のお申込み / お問い合わせ

att.JAPAN の設置 / 定期購読
 株式会社ファイネックス 広報企画部・流通企画部
 Tel: 03-5289-0161 Fax: 03-5289-0162
 URL: <http://www.finex.co.jp> E-mail: att-japan@finex.co.jp

JIMC 日本インバウンドメディアコンソーシアム www.jimc.gr.jp 株式会社ファイネックスは JIMC に加盟しています。

Finex Co., Ltd.
 E-mail: att-japan@finex.co.jp
 URL: www.finex.co.jp

Main Office
 Tel: +81-3-5289-0161 Fax: +81-3-5289-0162
 Itohpa Kanda Kyodo Bldg. 4F,
 1-1 Kanda Kitanorimono-cho, Chiyoda-ku,
 Tokyo, Japan 101-0036
 〒101-0036 東京都千代田区神田北薬物町 1-1
 イトホア神田共同ビル 4F

Osaka Branch
 Tel / Fax: +81-6-6329-3711
 STUDIO SHINOSAKA 7F, 1-17-5 Higashinakajima,
 Higashiyodogawa-ku, Osaka Japan 533-0033
 〒533-0033 大阪市東淀川区東中島 1-17-5
 ス튜디오新大阪 7F

SPECIAL FEATURES

- 04 Niigata Prefecture and Shonai Area 新潟縣・庄内區域
- 15 Rugby World Cup 2019™ to Be Held in Japan! 2019年世界盃橄欖球賽即將在日本開幕!
- 19 Autumn Festivals in Japan! 日本的秋日慶典活動
- 20 Tokyo: Ikebukuro 東京:池袋
- 24 Discovering New Aspects of Attractive Shinjuku! Vol. 4: Yotsuya 一同探究新宿的新魅力吧! Vol.4 一四谷
- 26 Eat Ramen at Ogikubo 到荻窪吃拉麵吧!
- 28 Mount Fuji, a Mountain So Beloved 〇〇富士
- 31 SETOUCHI SPECIAL 瀬戶內特集

att. WEST JAPAN
 西日本特集

How to Enter Cover Contest:
att-japan.net/en/archives/6617

應徵封面比賽請見:
att-japan.net/tc/archives/6367

Photo for cover: Winner of the 17th "Cover Contest"

"Yukiguni-kan" / 雪國館 (Niigata Pref. / 新潟縣)
 Taken by Junko Sano 27 June 2019
 佐野順子 2019年6月27日拍攝
 Comment: Yukiguni-kan has a recreated room of Komako, the heroine of Kawabata Yasunari's famous novel "Yukiguni" (Snow Country).
 評語: 在雪國館中, 有再現了川端康成的小說《雪國》的女主人公駒子的房間。



att. Restaurant

att. Kitchen

att. Hot Springs

att. Ryokan

Tourist Information

att. Maps



Japanese Works of Art & Antiques
FUJI-TORII CO., LTD.
 Member of Tokyo Art Dealers' Association

We carry only quality Japanese works of art, in various price ranges.
 Shop with confidence for antiques and Japanese works of art at Fuji-Torii.
 Serving collectors, foreign residents and Japanese since 1948.



FUJI-TORII

70 years of experience with quality handcrafted and painted Japanese arts and crafts.



TEL: 03-3400-2777
 Open: 11 a.m. - 6 p.m.
 Closed on Tuesdays & the third Monday of the month
 6-1-10 Jingumae, Shibuya-ku,
 Tokyo 150-0001
 (Adjacent to Kiddy Land)



Visit our English website at
www.fuji-torii.com

The Lure of Niigata Prefecture and the Shonai Area

Great places for eating, drinking, and sightseeing

新潟縣、庄內區域的魅力

～宜吃、宜飲、宜欣賞～

Great cuisine and great sake are the draws of Niigata Prefecture and the Shonai area of Yamagata Prefecture. Why not explore the rich food culture and the history that cultivated that culture?

美食與美酒滿滿的新潟縣、山形縣庄內區域。不妨來探訪豐富的飲食文化，以及擁有孕育出前述文化的豐富歷史的區域吧！



Rice

白米



As the nation's foremost rice grower, the area takes pride in its tradition of producing quality rice. Enjoy comparing the flavors of the different growers.

日本數一數二的稻米產地。身為優質米的產地，具有引以自豪的傳統。品鑑名產地的滋味，也別具一番樂趣。



Sake

酒



Choose by label or by type
根據喜好的標籤與命名來選擇也不錯。



"Nishikigoi" by Imayo Tsukasa Sake Brewery
今代司酒造的錦鯉

Pristine water essential to growing top quality rice, combined with the expertise of master brewers, have produced a rich array of sake. Many are of the crisp and dry *tanrei-karakuchi* type, but the large number of breweries have given rise to innumerable varieties.

在稻米產地，因為水質澄淨，又具備釀酒的技術，因此擁有不勝枚舉的美味日本酒。此地以淡麗辛口酒居多，釀酒廠眾多，酒飲滋味的選項也十分豐富。

Soba Culture and Noodle Culture

蕎麥麵文化與麵食文化



Hegi-soba is a Niigata specialty. Al dente and smooth, the noodles are substantially filling.
新潟名產——片木蕎麥麵。滑順且韌性佳，具有咬勁。

Yamagata Prefecture is the biggest ramen consumer in Japan. Among others, "Sakata no Ramen" is a popular kind of ramen from Sakata City in Yamagata, characterized by the fact that more than 80% of the noodles are made "at home" in the respective ramen shops selling them.

山形縣的拉麵消費量高居日本第一。其中，尤其是「酒田拉麵」的自製麵條率超過80%，是十分講究的一款。



The Niigata and Shonai areas are well known for their delicious soba and ramen noodles, which are deeply rooted in their history, climate and cultures.

在新潟縣與庄內區域，擁有深深紮根於歷史及風土的美味蕎麥麵或拉麵。



A foodie traveler's dream, click here for more gourmet information.

旅遊愛好者難以抗拒的美食寶庫！其他美食資訊請在此確認。



The panoramic windows of the sightseeing train, “**Echigo TOKImeki Resort SETSUGEKKA**,” look out to the mountains and ocean at the same time.
(Route: Joetsumyoko Sta. on the Myoko Haneuma Line (via Myoko-Kogen) – Itoigawa Sta. on the Nihonkai Hisui Line)



「越後心動度假 雪月花」是以寬廣車窗為傲的新型度假列車，可同時欣賞海與山景。(行駛區間：妙高躍馬線上越妙高站(經由妙高高原站)與日本海翡翠線糸魚川站之間)

“**Koshino Shu Kura**” is a sake-themed train with a tasting corner devoted to local Niigata sake (charged).

以「酒」為概念設計的列車「**越乃 Shu Kura**」，列車內設有新潟縣內當地產酒的品酒專區(需另付費)。

Sake Trip 美酒之旅

“**KAIRI**” is a new type of tourist train which offers local Niigata and Shonai dishes amid unfolding scenes of the Japan Sea.
(Service begins in October between Niigata and Sakata)



「海里(KAIRI)」是可一次享受「新潟和庄內美食」與「日本海景色」的新觀光列車。(10月起行駛：新潟～酒田間)



Ride on the “Echigo TOKImeki Resort SETSUGEKKA”!

「越後心動度假 雪月花」乘車體驗!



WEB

Ponshukan Echigo Yuzawa Station Shop 本酒館 越後湯澤站店



This tasting shop offers almost 100 varieties of local sake. Fill your cup from the innovative vending machines! (5 cups for 500 yen)

可品嚐新潟所有酒窖將近100種日本酒的品酒處。一字排開的品酒機器是嶄新的體驗!(500日圓5杯)

📍 Inside Echigo-Yuzawa Sta./ 直通越後湯澤站

Sake Bar Ayatsuru at Tsuruoka Food Culture Market FOODEVER 鶴岡食文化市場FOODEVER內的日本酒吧——彩鶴



Explore Tsuruoka, a UNESCO Creative City of Gastronomy, and discover the taste of the 18 varieties of sake from the Shonai region.

將可一邊感受聯合國教科文組織的飲食文化創造都市——鶴岡，一邊品味庄內區域的18種美酒。

📍 Tsuruoka Sta. → 2 min on foot
鶴岡站 → 步行2分鐘

活動 Activities



Sado City: Tarai-bune Boat Ride 佐渡市 盆舟體驗

Tarai-bune, wooden washtub boats, were devised to collect seaweed, abalone, and turban shells from the rocky and narrow coves along the Ogi coast. These boats are safe enough for novices to steer. *Prices vary depending on boat operators.

這是為了在狹窄且有許多複雜岩礁的小木海岸撈取海帶、鮑魚,以及角蝾螺等所發想的產物。初學者也能放心的體驗乘船。

※費用依設施而異

Jiko-ji Temple in Gosen City 五泉市 慈光寺

The temple serves *shojin-ryori* (Buddhist vegetarian cuisine), including sesame tofu with ginkgo nuts and a clear soup with lotus root dumplings. Visitors can try *zazen* (zen meditation) and *shakyo* (hand-copying of sutras) before the meal.

可在精進料理中品嚐銀杏芝麻豆腐、蓮藕丸子清湯等等。用餐前,也可體驗坐禪與抄寫經文。



📍 Gosen Sta. on the Ban-etsu West Line → 10 min by bus → old Muramatsu Sta. → 15 min by taxi
磐越西線五泉站下車 → 巴士10分鐘 → 舊村松站 → 計程車15分鐘

In Tsuruoka City, Yamagata, walk along the cedar-lined path of Mt. Haguro in pilgrim's robes 山形縣鶴岡市 以純白裝扮漫步羽黑山杉木林道

Stroll around in the traditional white garb of an ascetic and absorb the power of nature. Clothing rental, 5,000 yen per person (tax included).

不妨以修行者風格散步,並且吸收自然的能量吧!租借費用每人5,000日圓(含稅)



📍 Tsuruoka Sta. → 50 min by bus → Mt. Haguro-sancho (peak)
鶴岡站搭乘往羽黑山頂的巴士50分鐘



Art
藝術

Tunnel of Light (Ma Yansong/MAD Architects)

Kiyotsu Gorge

清津峽

One of the three major gorges in Japan. Pieces of art are displayed inside the walking tunnel that runs alongside the gorge. At Panoramic Station, the last viewpoint, the walk culminates into a mesmerizing reflection of the gorge on water surface. The best season for viewing the autumn foliage is from the end of October to early November.

日本三大峽谷之一。隧道內展出藝術作品，在終點的全景站，將可欣賞宛如映入水鏡般如夢似幻的大峽谷。紅葉的最佳欣賞時機：10月底起至11月初。

Echigo-Yuzawa Sta. → 25 min by express bus bound for Morimiyahara → Kiyotsu Gorge Entrance bus stop → 30 min on foot
從越後湯澤站搭乘往森宮野原的急行巴士約25分鐘，至清津峽入口巴士站為止(下車後步行約30分鐘)

Maruikesama 丸池様

This mysterious pond sits quietly at the base of Mt. Chokai. The play of light on a clear day turns its color to emerald green. A celebrated "power spot."

靜靜佇立於鳥海山山腳的神祕泉水。天氣良好的日子裡，因為光線增減而呈現翡翠綠，同時也是遠近馳名的能量景點。



Yuza Sta. → 10 min by taxi
遊佐站 → 計程車10分鐘

Dragondola

This aerial lift connects Naeba and Tashiro in about 25 minutes (Japan's longest, at 5,481 meters). Be transported over breathtaking views of the autumn foliage and a silvery white winter wonderland.

串聯苗場～田代之間，約25分鐘的空中漫步(日本最長5,481公尺)。秋天紅葉艷麗，冬天則是一片銀白世界，景色壯觀。



Echigo-Yuzawa Sta. → 50 min by bus (on the Naeba Prince Hotel Line)
從越後湯澤站搭乘路線巴士「苗場王子飯店線」約50分鐘

Itoigawa UNESCO Global Geopark 糸魚川聯合國教科文組織世界地質公園

Recognized as Japan's first Global Geopark, the city has 24 geosites. At the Model Railroad and Diorama Gallery visitors can try running a model train themselves.

日本首座獲得認定的世界地質公園。市內有24處地形站。可讓自備的鐵道模型實際於「透視微縮鐵道模型站」中馳騁。

Itoigawa Sta. / 糸魚川站



Enjoy Itoigawa Geopark to its Fullest!

在地質公園之城，充分享受糸魚川！



WEB

Gift for Frozen Village / Echigo Tsumari Art Field 越後妻有 雪煙火 大地藝術祭之里

The multi colors of the "Snow fireworks" light up the night sky while dotting their glows on the snow white fields below.

在大雪原上施放的「雪煙火」成為純白的光之花田，為雪國的夜空增彩添色。



Kyoto Takahashi Gift for Frozen Village 2018 / Echigo-Tsumari Snow Fireworks 2018 Photo by Osamu Nakamura

Tokamachi Sta. / 十日町站

WEB



I went to see the snow fireworks!

我們前往欣賞了雪煙火！



I visited Kiyotsu Gorge! 我們造訪了清津峽！



WEB

Bijin Bayashi Forest 美人林

The name, "bijin," or beauty, refers to the tall and graceful profiles of the approximately 100 year-old Japanese beech trees. Perfectly beautiful in any season. In winter, trek through the forest in snowshoes.

纖細挺立的姿態十分優美，因此得名，樹齡約100年左右的山毛櫸林開展眼前。四季展現不同風情，無論何時造訪均可大飽眼福。冬季還可體驗雪鞋。

Matsudai Sta. on the Hokuetsu Kyuko's Hokuhoku Line → 15 min by bus bound for Matsunoyama Onsen → Sakaimatsu bus stop → 20 min on foot
從北越急行北北線「松代站」搭乘往松之山溫泉的巴士約15分鐘，從「堺松」巴士站步行20分鐘

Nature 自然



TOKAMACHI TOURIST ASSOCIATION

Northern Culture Museum 北方文化博物館



The 29,000 square meters of this expansive estate was once the residence of the Ito family, who were wealthy farmers. The museum boasts a Japanese “strolling garden” that can be viewed from the main hall. The garden is illuminated at night in autumn.

面積寬達8,800坪，為富農伊藤家的舊宅邸。從大廳可眺望的迴游式庭園最值一賞。紅葉時期還會點燈。

Niigata Sta. → 20 min by taxi / 新潟站 → 計程車約20分鐘

Somaro Maiko Teahouse 相馬樓

The Somaro Maiko, originally named “Somaya,” has been a popular restaurant since the Edo period (1603–1868). In 1996, the building was registered as a national cultural asset, and now offers a delicious lunch to accompany the performance of the Maiko dancers.

相馬樓從江戶時代起，即以料亭「相馬屋」之姿十分興盛。1996年獲指定為國家登記文化財建築物，可一邊欣賞酒田舞孃的舞蹈，一邊享用舞孃御膳。



Sakata Sta. → 5 min by taxi / 酒田站 → 計程車5分鐘

Yuzawa Town History Museum “Yukiguni-kan”

湯沢町歷史民俗資料館 雪國館

This is a museum where visitors can experience the lifestyle and history of Yuzawa Town, the setting of Kawabata Yasunari’s famous novel “Yukiguni” (Snow Country). The first floor has a recreated room of the heroine Komako, and it looks like she’s looking back making eye contact with the visitors. There is a place to sit around the fireplace and take photos as mementos.

湯澤町是川端康成的小說《雪國》的故事背景，在雪國館可以體驗當地的生活情趣和歷史文化。一樓再現女主人公駒子的房間，令人宛如置身故事之中。還可以端坐在圍爐邊拍照留念。



Echigo-Yuzawa Sta. → 7 min on foot / 越後湯沢站 → 步行7分鐘



Furumachi

古町

Along with Gion in Kyoto and Shinbashi in Tokyo, Niigata’s Furumachi has long been known for *geigi*, or *geisha*. Their gentle manner of talking in the Niigata dialect is one of the cultural assets of Niigata as a port town.

與京都祇園、東京新橋齊名的新潟古町。參雜著新潟腔的溫柔語調，是代表港都新潟的文化之一。

Sado Gold and Silver Mine 佐渡金銀山



Once Japan’s biggest gold and silver mine, part of it is now open to the public as a historic site. Mannequins recreate the miners at work and use of the *suijorin* (Archimedes’ screw) to pump water. A National Historic Site: The tour takes about 40–50 minutes

日本最大的金銀山。現在以「史蹟佐渡金山」之姿，對外公開部分內容。可透過人偶與水上輪(螺旋式抽水機)等等，欣賞當時的作業風景。【國史蹟】參觀所需時間：40～50分鐘

Ryotsu Port → 60 min by taxi / 兩津港 → 計程車60分鐘

Please see here for more information!
更多資訊請見網站！
웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁體



中文簡體



한국어



日本語

Japan Sea tour for delicious dishes in the Niigata and Shonai Areas

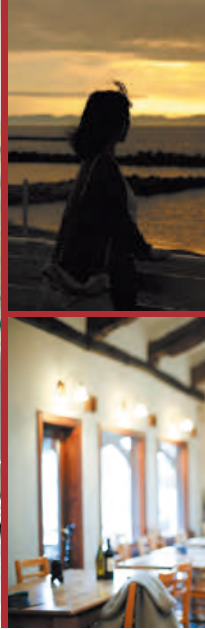
Knowing food culture makes your trip even more fun

Stretching long from north to south, Niigata Prefecture has a geographically unique food culture that allows serving high-quality rice everywhere in the prefecture. The Shonai area in Yamagata Prefecture is a treasure house of native vegetables. It takes two hours by Shinkansen from Tokyo to Niigata, and two more hours to Shonai in Yamagata. Go look for a story of great food culture, while enjoying stopping-off along the way.

日本海美食之旅 新潟縣、庄內地區

～了解飲食文化，將可更添旅遊樂趣～

在呈現縱向長形的新潟縣，不論在何處吃什麼，米飯(白米)的品質皆佳，地區根深柢固的食文化潛藏其間。山形縣庄內區域還是原生種蔬菜的寶庫。從東京搭乘新幹線，2個小時即可前往新潟。再花2個小時可前往山形庄內。不妨一邊享受中途下車的樂趣，一邊出發尋找豐富的飲食故事吧！



Sado City 佐渡市

Burikatsu-don



炸鰯魚排蓋飯
Kanburi, wild yellowtail that are caught at Sado Island in autumn earlier than anywhere else, is famous. Dipping a cutlet of wild buri from Sado into a special ago-dashi-based soy sauce and putting it on rice to serve makes this simple yet delicious katsu (cutlet)-don dish.

佐渡島的寒鰯魚遠近馳名，且比各地更早於收穫。將佐渡的炸天然鰯魚排蘸上特製的飛魚高湯醬油醬料，再放於飯上的簡單炸魚排蓋飯。



Nagaoka City 長岡市

Teradomari Fish Market Street

Fresh seafood from the area and all over Japan, including crab, squid, octopus, and shellfish, are brought to this market street. This fish version of the famous "Ame-yoko" shopping street is bustling throughout the year!



以當地出產的新鮮海鮮類為首，螃蟹、花枝、章魚、貝類等全國的海產在此大集合。全年熱鬧興旺的魚鮮阿美橫！

JR Nagaoka Sta. → 60 min by Echigo-kotsu bus
JR長岡站 → 越後交通巴士 60分鐘

Tsubamesanjo Area 燕三條地區

Se-abura Ramen



背脂拉麵
Tsubamesanjo is famous as a town of monozukuri (making things) centering on metal processing. During the high-speed growth era of the economy, craftsmen who were always busy and didn't have time even for eating, preferred se-abura ramen, in which sprinkling se-abura (pork back fat) over noodles prevents the soup and noodles from getting cold quickly. This soul food is popular among locals.



這裡是以金屬加工業為主，聞名遐邇的製造業之城。在經濟高度成長期間，不分晝夜忙於工作，忙碌到甚至沒有空閒好好吃飯的職人們，非常喜歡享用以背油覆蓋湯汁，因而誕生了不易冷卻的背脂拉麵。這是在當地深得喜愛的靈魂美食。

Experience Craftsmanship! (knife sharpening and spoon polishing)

職人技術體驗(研磨菜刀與研磨湯匙!)

Roadside Station, Tsubamesanjo Regional Products Center
公路車站 燕三條當地產品中心

Tsubamesanjo Sta. on the JR Joetsu Shinkansen
(Tsubame-side exit) → 5 min on foot
從JR上越新幹線燕三條站(燕側出口) → 步行5分鐘



WEB

Tokamachi City 十日町市

Hegi-soba

Born in Tokamachi, long known for its silk fabric production, hegi-soba uses funori seaweed as a connecting agent, creating a unique texture and a good feeling going down. Many restaurants serve hegi-soba with mustard, instead of wasabi, a standard condiment for soba. An annual soba festival is also held.



誕生於紡織物的產地——十日町的歷史之中。透過使用海蘿做為黏結成分，可品嚐其獨特的入喉感與口感。許多店家使用黃芥末做為調味品，每年還會舉辦蕎麥麵祭典。



Murakami City 村上市

Harako-don 鮭魚親子蓋飯

The town of salmon, which is said to have more than 100 ways of preparing salmon. From autumn to winter, when salmon roe is in season, you can enjoy delicious *harako-don* with salted salmon and salmon roe on rice.



這裡是據說傳承了超過100種烹調方式的「鮭魚小鎮」。在鮭魚卵非常可口的秋季至冬季之間，享用「鮭魚親子蓋飯」最為美味。

Access Information 交通資訊

By train / 鐵路

Tokyo → Niigata: 2 hr by Joetsu Shinkansen
Tokyo → Joetsumiyoko: 2 hr by Hokuriku Shinkansen
Tokyo → Tsuruoka/Sakata: 4 hr 20 min by Joetsu Shinkansen (about 4 hr by limited express)

- 東京→新潟: 上越新幹線約2小時
- 東京→上越妙高: 北陸新幹線約2小時
- 東京→鶴岡/酒田: 上越新幹線/特急約4小時/約4小時20分鐘

By air / 飛機

Narita → Niigata: 1 hr 5 min
Haneda → Shonai: 1 hr 5 min
Narita → Shonai: 1 hr 5 min

- 成田→新潟: 約1小時5分鐘
- 羽田→庄內: 約1小時5分鐘
- 成田→庄內: 約1小時5分鐘

Shonai Area 庄內地區

Shonai Area 庄內地區

Come discover delicious Western dishes, which maximally bring out the flavor of native vegetables, which have been grown in the Shonai region for centuries now, as well as fresh seafood from the local waters!

享用將庄內地區自古栽培的原生蔬菜，以及庄內產海鮮類的原有滋味發揮至極致的西餐吧！



Myoko City 妙高市

Sasami Zushi 竹葉壽司

This dish is said to originate from portable rations during wars which were wrapped in *sasa* bamboo leaves with antibacterial effects. It is served with sushi rice stuffed in *sasa* leaves and topped with ingredients such as *sansai* wild vegetables. Now, this local specialty is served at celebratory occasions.

據說起源自戰時以具有抗菌效果的竹葉製作攜帶用的食物。在竹葉中塞入壽司飯，並於上面放山菜等配料製成。現在也會在喜慶等場合當成鄉土菜食用。



Minamisonuma City 南魚沼市

Unuma no Sato, a sake-themed park, offers a tour for sake stored in Hakkaisan *yukimuro* (snow storage). At Bokushi-dori Street with buildings with beautiful *gangi-zukuri* arcades, the streetscape of the old post station is recreated.



Snow Country Culture 雪國文化

在魚沼之里，將可參觀以八海山雪室儲藏的日本酒。雁木造結構十分優美的牧之通，重現了過去的驛站小鎮風景。

- ☑ Unuma no Sato: Itsukamachi Sta. → 10 min by taxi 魚沼之里：五日町站 → 計程車10分鐘
- ☑ Bokushi-dori Street: JR Shiozawa Sta. → 5 min on foot 牧之通：JR鹽澤站 → 步行5分鐘



Comparing the Tastes of Different Kinds of Rice!

白米品鑑體驗！

Okome no Gakkou (Rice School)
米之樂校

☑ JR Shiozawa Sta. → 7 min on foot / JR 鹽澤站 → 步行7分鐘



Trying Sasami Zushi Making!

體驗製作竹葉壽司！

Fujimi-so at Suginosawa Onsen
杉野澤溫泉
富士美莊

Contact: Myokokogen
Tourist Information Center
洽詢：
妙高高原觀光資訊中心



This autumn will be busy with delicious-food events! 今年秋天，美食活動接連不斷！

- Oct. 1: Toasting with Sake 10/1 以日本酒乾杯
- Oct. 5: Opening Event of Kairi 10/5 海里開幕活動
- Oct. 12-13: Uma-haku (Umasa Gishshiri Expo) 10/12-13 美食博覽會

For more detailed tourist information, please visit: 更詳細的觀光資訊在此

<https://niigata-kankou.or.jp/2019dc/>



A Convenient Way to Get Around Niigata City! Casual Tour to See Place of Interest by Sightseeing Loop Bus



©高橋留美子/小学館

The wrap bus design is based on the characters created by a manga artist who has some association with Niigata City. 繪有動漫角色的彩繪巴士，是與新潟市頗有淵源的漫畫家的作品。

新潟市內的觀光十分便利！
搭乘觀光循環巴士，
輕鬆巡訪各處名勝

Here are the places we visited. Check the bus schedule at each place so that you won't waste any of your time to have fun!
這次造訪的是這些景點！確認各景點的上下車時間，愉快地環遊吧！

Show your one-day pass, and you can get some benefits, such as a discount on fees (applicable only on the day of riding with the ticket) 出示1日乘車券享受費用折扣等特惠(僅限乘車日)



Adult 500 yen, Child 250 yen

It is available at "Niigata Kotsu Bus Information Center" at Niigata Station Bandai Exit.

成人 500 日圓 兒童 250 日圓

可在新潟車站萬代口「新潟交通巴士資訊中心」購買。

Show your copy of att.JAPAN to staff at the tourist information center at Niigata Station Bandai Exit, and you will get a "Niigata City Original Ochoko" cup!

向新潟車站萬代口觀光資訊中心的工作人員出示 att.JAPAN，即可獲得「新潟市原創小酒杯」！



*200 limited cups *限定 200 個

2 Bandai City | 萬代商業城 Niigata Manga Animation Museum 新潟市動漫情報館

Enjoy Niigata as a town of manga and anime.

體驗動漫之城
新潟吧！



5 Hakusan Park | 白山公園前 Hakusan-jinja Shrine 白山神社

A famous "power spot" for success in romance. So many different kinds of cute omamori (lucky charms)!



8 Marinepia Aquarium | 水族館前 Niigata City Aquarium Marine Pia Nihonkai 新潟市水族館 瑪琳匹亞日本海

Enjoy the wonderful Marine Tunnel, which recreates the Sea of Japan, as well as live shows. 除了表演之外，重現日本海的海底隧道也相當具震撼力



15 Niigata Nippo MEDIA SHIP | 新潟日報傳媒大廈 What's NiiGATA Monument What's NiiGATA 紀念碑



Take a memorial photo of two, inside the "i" letters with a heart!

兩個人一起進入♥i中拍照留念吧！

是知名的締結良緣的能量景點。護身符種類繁多，非常可愛！

14 Pia Bandai | Pia 萬代 Pia Bandai 熱鬧市場 Pia 萬代



Great food from all over Niigata comes to this market. Buy ingredients and enjoy BBQ there!

新潟美食群集的市場。享受購買食材，並且當場 BBQ 的樂趣吧！

10 Northern Culture Museum Niigata Branch 北方文化博物館新潟分館前 National Site of Scenic Beauty, the Saito Family Summer Villa 國家指定名勝 舊齋藤家別邸



The gardens of the Saito Family, a Niigata's wealthy merchant, show seasonal beauty.

新潟的富商——齋藤家，四季應時的庭園十分優美

Get better deals!
It comes with a one-day pass.
還有更多的優惠！亦附有 1 日乘車券

WEB article 網路報導

For more details on the bus route, please visit:
詳細路線請見：



WEB

I visited Niigata and took the bus!
我們也實際搭乘囉！



WEB

SADO-NIIGATA PASS



Great value pack for JR EAST PASS holders!
Let's travel to Sado Island by ferry from Niigata Port using SADO-NIIGATA PASS!

持有 JR EAST PASS 的外國觀光客
可使用優惠票券從新潟車站搭渡輪前往佐渡島！



Niigata Port ⇄ Ryotsu Port
Enjoy the 2.5 hour voyage!

新潟港⇄兩津港
盡情享受 2 小時 30 分鐘的船之旅！

Save Over 50%!!

Adult (12 and older) 4,000 yen
Child (6 to 11) 2,000 yen

Where to buy the ticket: 1.Niigata Station Bandai Exit Tourist Information Center, 2.Sado Kisen Niigata Port Information Center (cash only)

節省 50% 以上！

成人票 (12 歲以上) 4,000 日圓
兒童票 (6 歲到 11 歲) 2,000 日圓

購票場所：①新潟車站萬代口觀光室內中心
②佐渡汽船新潟港總合案内所 (只限現金)



For more information, please check here 詳細請見

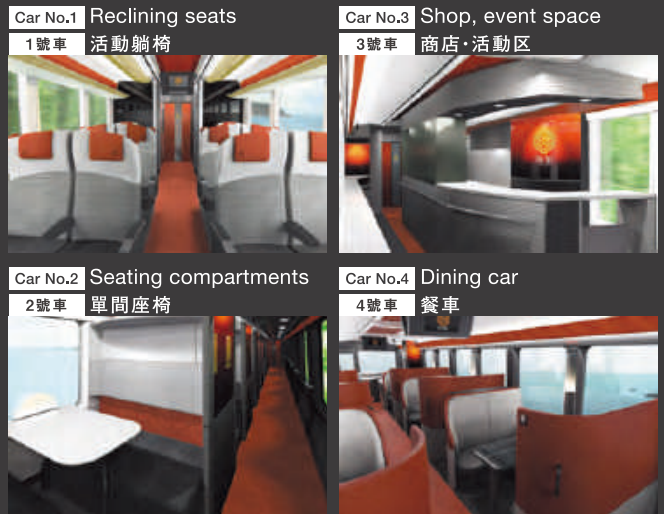




Debuting on October 5, 2019
New tourist train
 2019年10月5日登場
新觀光列車「海里」

KAIRI

Enjoy meals and the beautiful scenery of Niigata and Shonai
 享受新潟和莊內的美食和美景



Official website: <http://www.jreast.co.jp/e/joyful/index.html?src=gnavi>
 官方網站:



"Sake that attracts visitors to Niigata and its cuisine"

NIIGATA SHUPOPPO

「吸引遊客前往新潟、品嚐新潟美食的日本清酒」

新潟SHUPOPPO



www.jrniigata.co.jp/shupoppo/english/



The same rice and polishing ratio, but with different fragrance and flavor.

Four sake breweries in Niigata Prefecture—IMAYO TSUKASA, ECHIGOTSURUKAME, YOSHI NO GAWA and KIMI NO I—have come together to make Junmai Ginjo sake from only sake rice by JR Niigata Farm. Although the same ingredients are used, each brewery produces a sake with a unique aroma and taste. One brand, four different tastes—this is what NIIGATA SHUPOPPO is about.

IMAYO TSUKASA's NIIGATA SHUPOPPO is the most versatile of all, pairing well with almost all kinds of food. Meanwhile, ECHIGOTSURUKAME's sake brings out the best flavor in butter sautéed dishes and liver pâté. Try YOSHI NO GAWA's sake with premium sashimi high in fat content or Tsukune (Chicken Meatballs). KIMI NO I's sake would be best matched with crab miso or Chinese food.

Compare the tastes of these four NIIGATA SHUPOPPO sakes and have fun matching them with a range of cuisines.

使用相同的大米和精米步合，卻呈現出不同的香味和味道。

4家新潟縣的釀酒廠——今代司、越後鶴龜、吉乃川和君之井同時只使用JR新潟農場培育的酒米，釀造了純米吟釀清酒。雖然它們使用了相同的原材料，但釀造出來的清酒卻散發著不同的香氣和味道。1個名稱，4種不同的味道——這就是新潟SHUPOPPO的精髓所在。

今代司的新潟SHUPOPPO是所有4種裡最百搭的，幾乎可以搭配所有類型的食物。越後鶴龜的清酒，搭配黃油炒菜和肝醬飲用，可以發揮最佳的口感。您可以嘗試用吉乃川的清酒搭配脂肪含量較高的優質生魚片或肉丸（雞肉丸子）。君之井的清酒則與蟹黃味噌醬、中國菜最搭。

您可以品嚐這4種新潟SHUPOPPO的味道，也可以用它們搭配各種不同的菜肴。



HOTEL FAMILIO SADO AIKAWA

A pleasant ferry ride from Niigata to Ryotsu Port on Sado Island, then an hour's drive to the hotel. Located in the island's Aikawa district, the Hotel Familio is handy for a range of activities, including tramping, "tub" boat rides, and exploring the gold mine ruins.

Hotel Familio Sado Aikawa 位於佐渡島相川地區，從新潟乘船抵達兩津港後，車程約1小時。這裡可遊覽佐渡金山史跡，或登山健行，還有木盆船等，是各種活動的首選據點。

Address: 1267-1 Ogawa, Sado-shi, Niigata-ken
 地址：新潟縣佐渡市小川1267-1
 Inquiries: 0259-75-1020
 洽詢：0259-75-1020
 Official website: <https://familio-folkloro.com/sadoaikawa/en/>
 官方網站: <https://familio-folkloro.com/sadoaikawa/tw/>



Travelers choose the Hotel Familio Sado Aikawa because of the... Hotel Familio Sado Aikawa's Strong Point!

- Ocean views from every room
- Large hot spring bath
- Variety of dining options, centering on fresh seafood caught locally
- Sake tasting
- Fantastic sunsets on clear days

- 所有客房均為西式海景房
- 可在大浴場享受溫泉泡湯
- 可享受以佐渡新鮮海產為中心的各種料理
- 還可品嚐日本酒
- 天氣晴朗的時候，海上落日很壯觀



新瀨支社



Noemi's Report
NOEMI 報導



Niigata, “snow country” only a little more than one hour away from Tokyo, is a famous onsen area and a big rice producer, producing Japan’s best sake. I will introduce you to places to visit along with winter activities.

新潟，從東京出發只要1小時左右就能抵達的雪國。說到此處，就一定要提到這裡豐富的溫泉，以及產著可釀出日本最好喝的日本酒的米。以下介紹可在參加冬季活動時，順道拜訪的景點！

Let's visit CoCoLo Yuzawa Gangi-dori Street

inside JR Echigo-Yuzawa Station, a place filled with Niigata's specialties!
就在JR越後湯澤車站內！一起朝匯集 新潟魅力的CoCoLo湯澤／雁木通出發吧！



Noemi's recommendation!
NOEMI 推薦!

One of the most famous Niigata's specialties, *sasa-dango* is a sweet dumpling with sweet bean paste in rice dough containing *yomogi* (mugwort), wrapped in *sasa* (bamboo) leaf, and steamed. It was the first time I saw this sweet. It has a cute shape and great taste! I will buy this again!
新潟名產「竹葉糰子」，是一種用摻有魁蒿的麵皮包入摻有核桃的紅豆餡後，再以竹葉裹起蒸熟的點心。我也是第一次看到，不僅外型可愛，嘗起來也超級好吃！好想再買哦。



In Niigata, people call *amaebi* (Alaskan pink shrimp) “namban-ebi,” as their bright red color and shape resemble those of *namban* (red hot chili peppers). This *sembei* cracker has a nice crunchy and crispy texture with a fragrant flavor.
新潟的蝦子因為顏色鮮紅，外型又與紅辣椒（日語中亦稱南蠻）相似，因此得名「南蠻蝦」。香氣誘人，酥脆的口感類似仙貝，非常美味。

Shopping 買

Located just in front of the station ticket gate, “Gangi-dori Chuo-ichiba” (Gangi-dori street central market) has a full line of Niigata's specialties, from sweets, sake, and rice, to traditional crafts, which make great souvenirs.
從車站的剪票口出來後，眼前便是「雁木通中央市場」。在這裡有著適合當作伴手禮的點心、美酒、米、傳統工藝品等商品，為數眾多的新潟特產均聚集在此。



The central service counter will help you with your tax-free shopping process. 位在中央的服務櫃台，也有完善的免稅服務。

Eating 食

在小巷邊走邊吃，一嘗新潟美食吧！堅持使用當地食材的高品質店家可說是琳琅滿目。

Enjoy Niigata's delicacies at Tabearuki-yokocho! The area is lined with restaurants and shops serving local dishes in which local ingredients are mainly used.



“Grilled Wagyu Beef” at UONUMA ITALIAN muran gozzo café
UONUMA ITALIAN muran gozzo café「和牛燒烤」



“Niigata Tare-katsu-don” at Tenchi-hosaku
越後國魚沼飯 天地豐作「新潟醬豬排蓋飯」



“Shunbaru,” sweets like colorful snow balls, at Echigo-Yuzawa Nmaya (Ekinaka Branch)
越後湯澤NMAYA 站中店「SHUNEBARU」宛若雪球的點心



“Yasai-tenkomori Miso Ramen” at Uonuma Ramen Ganya
魚沼拉麵雁舍「蔬菜滿滿味噌拉麵」



An array of sake tasting machines creates an amazing sight that you have never seen before! 品酒自動販賣機壯觀地排在一起，感覺好新奇！

Experiencing 體驗



裡頭有「品酒區」，遊客可以在此試飲新潟縣所有酒窖的知名商品。除了日本酒之外，還有葡萄酒及梅酒，也具備各種酒精濃度的酒類。愛喝酒的人在這裡絕對能玩得開心，而不太會喝酒的人也可以試試看酒精濃度較低的商品。這裡的酒類多達90種，如果不知道該喝什麼的話，就參考一下熱門排行榜吧！若是找到自己喜欢的口味，也可以在店內購買。(15歲以下不可入場)

Sake Museum “Ponshukan” 越後的酒博物館「本酒館」

You can sample the major kinds of all the sake breweries in Niigata at “Kikizake corner” (sake-tasting corner). There is also wine and *umeshu* (plum wine) along with sake, with a variety of alcohol percentages. If you cannot drink much, you can choose low alcohol-type brands to try. There

are some 90 brands available in all, so if you are not sure which ones to try, check out the ranking of popular brands! If you find your favorite one, you can purchase it at the store (children at age 15 years or younger are not allowed to enter).



Exchange 500 yen for 1 sake cup and 5 coins. Put a coin into one of the machines and push the button. You can get a cold cucumber (100 yen) for a snack. Eat it with *moromi-miso*.

先用500日圓兌換酒杯及5枚代幣。操作方法很簡單！只要投幣然後按鈕就行了。買根冰小黃瓜(100日圓)當下酒菜。沾點醬油膠味噌，我還可以繼續喝唷～

Try the famous specialty, “bakudan (bomb) onigiri”!

“Yukinto,” an *onigiri* (rice ball) shop with an eating area, serves a famous gigantic onigiri made with a cup of Koshihikari rice produced in Minamiuonuma. A total of 18 kinds of stuffing are available (470 to 880 yen per onigiri, including miso soup and pickles). If you are a big eater, you can try “daibaku onigiri” (big bomb), made with four cups of rice (you can choose five kinds of stuffing). For small eaters like women and children, “shobaku onigiri” (small bomb) may be just right.

知名美食「炸彈飯糰」就在這裡！

附有用餐區的「YUKINTO」，以約150公克的南魚沼產越光米所做的特大飯糰聞名。總共有18種(470日圓～880日圓，附味噌湯及醃菜)飯糰可供選擇。如果想要更進一步挑戰的人，可以嘗試使用約600公克米的「大炸彈飯糰」(選擇5種內餡)。如為食量不大的女生或小孩，建議可點「小炸彈飯糰」來品嚐。



Noemi's recommendation!
NOEMI 推薦!

Stylish sake cups are perfect souvenirs!
外型時尚的酒類容器也非常適合拿來送禮。



“Yukiguni renga,” sake chocolate brownies
酒巧克力布朗尼「雪國磚頭」

There are so many places to have fun! 還有好多好玩的地方！



“Sake-buro Yunosawa”
「酒風呂 湯之澤」



Visitor Center
遊客中心



“Yukiusagi no Tabidachi”
「呼喊幸福的吊飾——雪兔的旅程」

- 📍 Yuzawa 2427-1, Yuzawa-machi, Minamiuonuma County, Niigata Prefecture
- 📍 Inside JR Echigo-Yuzawa Station
1 hr 30 min from Tokyo by Joetsu Shinkansen!
- 🕒 Open 365 days a year
- 🕒 9:00-19:00 *varies depending on stores
- 🅇 Free parking for the first 2 hours

- 📍 新潟縣南魚沼郡湯澤町湯澤2427-1
- 📍 位於 JR 越後湯澤車站內。
從東京搭乘上越新幹線僅需1小時30分鐘！
- 🕒 全年無休
- 🕒 9:00～19:00 ※依店家而有所不同
- 🅇 停車場2小時免費

Free Wi-Fi available 有免費Wi-Fi

For more information,
scan this QR code
更多詳細資訊請見



Scan this code and
watch the video!



掃碼來看影片吧！

PICKUP EVENT

活動精選

Spring

春季

- ❶ Cherry blossoms along the Takada Castle: early April to mid-April (Joetsu City)
- ❷ NIIGATA FURUSATO VILLAGE's Tulip: mid-April to late April (Niigata City)



❶ 高田城之櫻：4月上旬～4月中旬(上越市)



❷ 道之驛 新潟故郷村的鬱金香：4月中旬～4月下旬(新潟市)



❶ 長岡祭典大煙火大會：8月2日至3日(長岡市)



❷ 岩室溫泉冬妻螢火蟲：6月中旬～7月上旬(新潟市)

Summer

夏季

- ❶ Nagaoka Grand Fireworks Festival: August 2 to 3 (Nagaoka City)
- ❷ Iwamuro Hiyotsuma Hotaru (Firefly) Festival: mid-June to early July (Niigata City)

Autumn

秋季

- ❶ Five-story pagoda at Mt. Haguro (illuminated at night): until October 27 (Tsuruoka City, Yamagata Prefecture) Special viewing of the five-story pagoda: until November 30
- ❷ Momiji-dani Valley in Yahiko Park and Yahiko-jinja Shrine: late October to mid-November (Yahiko village)



❶ 羽黑山五重塔(點燈)：至10月27日為止(山形縣鶴岡市) 五重塔特別公開：至11月30日為止
❷ 彌彥公園紅葉谷與彌彥神社：10月下旬～11月中旬(彌彥村)



❶ 出羽三山神社的松例祭：12月31日(山形縣鶴岡市)



❷ 裸押合祭典：3月7日(南魚沼市)

Winter

冬季

- ❶ Shorei-sai Festival at Dewasanzan-jinja shrines: December 31 (Tsuruoka City, Yamagata Prefecture)
- ❷ Hadaka Oshiai Matsuri Festival: March 7 (Minamiuonuma City)

WEB



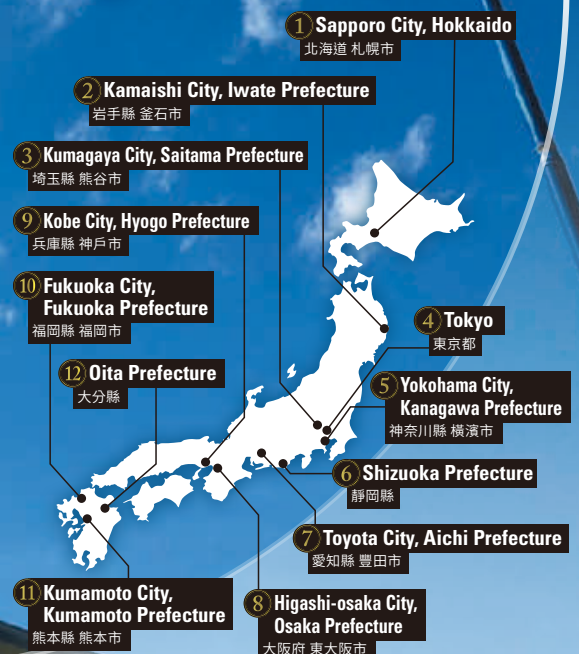
CLICK HERE FOR MORE EVENT INFORMATION.
其他活動資訊請在此確認。

Rugby World Cup 2019™ to Be Held in Japan!

The Rugby World Cup is said to be one of the three biggest sport events in the world. The quadrennial World Cup will be held for the first time in Japan in 2019. From September 20 to November 2, a total of 48 heated matches will take place at 12 venues in 12 cities all over Japan.

Each host city has a unique feature that offers various events during the matches, bringing additional excitement to the Cup. Fan zones will be set up, where anyone can get in for free, around the venues with live coverage of games using large-scale screens as well as a corner where visitors can try rugby-related activities. You will also enjoy how the event is staged based on local characteristics. Not only rugby fans but also people who normally don't watch games should easily feel and experience the excitement of the RWC 2019.

We will introduce the 12 host cities and their surrounding areas, which are already picking up steam. While watching rugby, you should also enjoy visiting various places in Japan.



2019年世界盃橄欖球賽 即將在日本開幕！

這12座主辦城市各有其特色，在大會期間也預定舉辦多種活動，為賽事增添熱鬧氣氛。目前計畫將在每個會場周圍設置球迷區，此區會使用大螢幕轉播比賽，也有橄欖球體驗區等等，任何人都可以免費入場。不僅如此，觀眾們還能欣賞到各會場活用當地特色的表演。不用說橄欖球迷了，就算不是專程前往觀看賽事，應該都能輕易感受到2019年世界盃橄欖球賽所帶來的熱潮。

這次要為各位介紹這12個因這次盛事，而蓄勢待發的都市及周邊地區。在觀賞橄欖球比賽之餘，也務必借此機會享受遊覽日本的樂趣。





1

Sapporo City, Hokkaido

北海道
札幌市

The northernmost host city of the RWC, where the urban area and nature integrate. Located near the venue, Sapporo Stadium, “Sapporo Hitsujigaoka Observation Hill” is actually a spacious ranch where you can enjoy seasonal flowers and colored autumn leaves.

本次大賽最北端的舉辦地。是一座融合了都會與自然之美的城市。位於比賽會場札幌體育場附近的「札幌羊之丘展望台」是一片一望無際的牧場，能夠欣賞到當季的花卉及紅葉的風情。



不論是海鮮還是拉麵，在北海道這些美食應有盡有！尤其是札幌市，更是集聚了熱門的餐飲店。使用新鮮牛奶製作而成的甜點，堪稱絕品。

Highly recommended in Sapporo City! 札幌市首推!

Hokkaido has lots of delicious food, such as seafood and ramen. Especially, Sapporo City has many popular restaurants. Also, don't miss delicious sweets made with fresh milk!



釜石市RWC2019推進本部事務局

2

Kamaishi City, Iwate Prefecture

岩手縣
釜石市

A town facing a beautiful ocean seascape of the Pacific Ocean. The area has an iron ore mine which prospered in modern times and is designated a UNESCO World Heritage site. It is also a rugby city which produced many of Japan's top rugby players.

這裡不但坐擁太平洋壯闊海景，近代繁榮一時的鐵鋼山，也已被聯合國教科文組織列為世界遺產。同時也是橄欖球運動十分興盛，日本頂尖選手輩出的地區。



Highly recommended in Kamaishi City! 釜石市首推!

The area is in the process of recovery from the Great East Japan Earthquake and Tsunami of 2011, and the only newly-constructed facility among the 12 hosting cities, “Kamaishi Unosumai Memorial Stadium,” has been completed!

從2011年東日本大震災的重創中持續重建，在這12個都市中唯一一座新落成的「釜石鶉居住復興運動場」就此誕生！

3

Kumagaya City, Saitama Prefecture

埼玉縣
熊谷市

Although located next to Tokyo, Saitama has abundant nature. The Chichibu and Nagatoro areas will be in season for autumn foliage right during the Cup. River rafting while looking at autumn foliage in the valley is recommended.

Highly recommended in Kumagaya City! 熊谷市首推!

The city is home to Kangi-in Temple (aka Menuma Shodenzan), with a history of more than 800 years. The main building with gorgeous ornamentations similar to that of Nikko Toshogu Shrine has been designated a National Treasure.

擁有800年以上歷史的佛寺——妻沼聖天山就在這裡。仿若日光東照宮絢麗豪華的本殿，已被列為國寶。

與東京相鄰，有著十分豐富的自然景觀。在賽事舉辦期間，秩父長瀨地區正好是最適合觀賞楓紅的時期。尤以搭乘遊船順流而下，眺望溪谷的楓紅堪稱一絕。

写真提供：埼玉縣觀光課



4

Tokyo

東京都



©TCVB

The capital city Tokyo will host the opening ceremony and the opening game at Tokyo Stadium. Fuchu City, adjacent to the stadium, is a “town of rugby,” with two of Japan's Top League teams. You can see all the excitement that should come there especially during the Cup.

開幕式及開幕賽會在首都東京的東京體育場舉行。鄰近體育館的府中市，是擁有兩支日本橄欖球聯賽隊伍的「橄欖球之都」，在賽事進行的這段期間應該會更加熱鬧！

Highly recommended in Tokyo! 東京都首推!

Watching a match at a sports bar is a very Tokyo way to enjoy the Cup. If fans with drinks in one hand get together, they will get into the spirit for sure!

在運動酒吧觀看賽事，在東京也是很道地的享受方式。球迷們手拿著飲料，齊聚一堂，絕對會讓氣氛熱烈到不行！





5 Yokohama City, Kanagawa Prefecture

神奈川縣 橫濱市

Kanagawa Prefecture is filled with various attractions, such as popular onsen sites, historical townscapes, and marine-sports ocean. International Stadium Yokohama will host the final match.

廣受歡迎的溫泉區及頗具歷史的街道，又因為臨海，水上活動也十分盛行，神奈川縣就是這麼得天獨厚，集多樣魅力於一地。總決賽即將在橫濱國際綜合競技場舉行。

Highly recommended in Yokohama City! 橫濱市首推!

The Minato Mirai Area is famous for the beautiful nightscape with buildings and huge Ferris wheel. You are sure to have a fun time even at night after watching a match. 港未來區以大廈群以及美麗的摩天輪夜景聞名。賽事結束後，還能享受夜晚的風情。



6 Shizuoka Prefecture

靜岡縣

写真提供:靜岡県観光協会

Shizuoka is home to Japan's symbol, Mount Fuji, and the majestic appearance can be seen from almost anywhere in the prefecture, which is also well known for its onsen, seafood, and tea fields.

此處有著日本象徵之一的富士山，縣內不論何處都能遠眺其雄偉的樣貌。另外還有溫泉、海鮮以及茶田等，處處充滿日本代表性的魅力。

Highly recommended in Shizuoka Prefecture! 靜岡縣首推!

With its warm climate, the area is a treasure house of food and food ingredients. In autumn, enjoy picking various fruits, such as Japanese oranges, as well as eating fresh sashimi of sakura shrimp, which is hard-to-find anywhere and available only during its season, autumn.

由於氣候溫暖，這裡成為食材的寶庫。秋天可以採撈柑等水果。在秋天捕撈季節時，也能以生食的方式，品嚐到世界稀有的新鮮櫻花蝦。



7 Toyota City, Aichi Prefecture

愛知縣 豐田市

The prefecture has many places where you can feel the samurai culture of the early modern times, including the symbol of Nagoya City, Nagoya Castle. Toyota City is home the headquarters of the world leading automobile manufacturer, Toyota Motor Corporation.

以名古屋市的象徵「名古屋城」為代表，市內還有許多能夠感受到近代武家文化的景點。世界知名的汽車製造商總公司也在這裡。

Highly recommended in Toyota City! 豐田市首推!

Regular cherry trees bloom once a year in spring, but the "Shikizakura" in the Ohara area, Toyota City, blooms once around November as well. This is the only place where you can enjoy cherry blossoms and autumn foliage together. 一般來說櫻花只會在春季開一次花，但豐田市小原地區的「四季櫻」在11月左右也會開花。只有在這裡，才能同時欣賞櫻花及楓紅。



8 Higashi-osaka City, Osaka Prefecture

大阪府 東大阪市

Osaka is the big city in the west, as opposed to Tokyo in the east. With a unique food culture, such as *dashi* (soup stock)-based dishes and flour-based dishes, it is popularly called a "town of kuidaore," which means to "eat oneself bankrupt."

Highly recommended in Higashi-osaka City! 東大阪市首推!

The venue in Osaka, Hanazono Rugby Stadium, is Japan's first dedicated rugby ground. It is Japan's "sacred place for rugby," which hosts the National High School Rugby Tournament every year.

作為本次比賽場地的花園橄欖球場，是日本第一座橄欖球專用球場。每年全國高中橄欖球錦標賽都在此舉行，可說是日本的「橄欖球聖地」。

大阪不但是日本西側的一大都會區，當地也擅長活用高湯的甘醇，變化出一道道料理及麵粉類食物，開創出特有的飲食文化，難怪會被叫做「吃到垮之都」。

©Osaka Convention & Tourism Bureau





9

Kobe City, Hyogo Prefecture

兵庫縣
神戶市

©KOBÉ TOURISM BUREAU

A port town with a touch of Western atmosphere. If you make a little side trip, there are many places to see, such as an onsen town, Mount Rokko with lush greenery, and Nada, the biggest sake producer in Japan.

洋溢著西洋風情的港都。近郊不僅有溫泉街以及綠意盎然的六甲山，生產量為全日本之冠的日本酒產地「灘」也位於此處，眾多景點值得親自造訪。



Highly recommended
in Kobe City! 神戶市首推!

The brand wagyu “Kobe Beef,” has a worldwide reputation. With its fine texture and delicate sweetness, this lean meat is especially great in *teppanyaki* (grilled on an iron plate)!

名牌和牛「神戶牛肉」聞名全世界。紋理細緻又帶有高雅甜味的紅肉，以鐵板燒烤堪稱一絕！



10

Fukuoka City, Fukuoka Prefecture

福岡縣
福岡市

©福岡県観光連盟

Serving as a gateway to Asia, Fukuoka is a very international town. The area has vibrant events throughout the year, including the “Hakata Dontaku” festival, which attracts about 2.1 million visitors every year.

福岡縣是從亞洲進入日本的玄關，帶有豐富的國際色彩。以每年約有210萬人次造訪的「博多咚打鼓節」為代表，一整年都能看到許多像這樣充滿活力的活動。

Highly recommended
in Fukuoka City! 福岡市首推!

A number of small stalls in rows at night, offering delicious drinks and dishes. Because you will sit right next to strangers at a small stall, you can make friends quickly in the very friendly atmosphere.

一入夜，各種小攤販一字排開，能夠在此享用酒以及料理。就算彼此不認識，由於距離很近，馬上就能炒熱氣氛，是充滿了人情味的空間。

11 Kumamoto City, Kumamoto Prefecture

熊本縣
熊本市

As a symbol of Kumamoto Prefecture, Aso and the surrounding area is the land of nature, where you can feel the power of the famous volcano. Lots of exciting activities are offered, such as ballooning, paragliding, and horseback riding.

熊本縣最具有代表性的地區——阿蘇，是能夠近距離感受到火山威力的自然之地。在此也能夠體驗熱氣球、飛行傘以及騎馬等，各式各樣魄力十足又刺激的戶外活動。

Highly recommended
in Kumamoto Prefecture 熊本市首推!

The restoration work of Kumamoto Castle, which was damaged by an earthquake in 2016, has been proceeding smoothly, and this Kumamoto Prefecture’s symbol will have its tower fully restored this autumn.

在2016年因地震遭到重創的熊本縣象徵「熊本城」，現在重建工作也順利進行，今年秋天更有可能夠近距離看到修復後的天守閣。

©Kumamoto
Castle General
Office



12 Oita Prefecture 大分縣

With the largest number of sources of springs and the largest amount of spring water discharge, the prefecture is famous for onsen. Beppu Onsen has several spots where steam from the spring gushes out from the ground, offering an unusual landscape to enjoy watching in addition to the pleasure of immersing yourself in an onsen bath.

以溫泉知名的大分縣，溫泉源頭數量、湧出量都可說是日本第一。在別府溫泉，還有能夠就近看到源頭的蒸氣往地面噴發的景點，讓您不只是入浴，還能親眼一睹溫泉鄉特有的美景。

Highly recommended
in Oita Prefecture! 大分市首推!

“Kokonoe Yume Otsuribashi” is a suspension bridge hanging at a height of 173 meters, which is the highest among pedestrian bridges in Japan. The valley colorfully adorned with autumn foliage is just magnificent.

「九重『夢』大吊橋」高度173公尺，在步行者專用吊橋之中，為全日本之冠。從橋上遠眺那金秋紅葉點綴於溪谷之間的景色，簡直令人歎為觀止。



Please see here for more information!
更多資訊請見網站！
웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁體



中文簡體



한국어



日本語

Exciting Autumn Festivals in Japan!

熱血沸騰！
日本的秋日慶典活動

There are many traditional festivals, which are for praying for a good harvest of crops and dedicating offerings to the gods, since ancient times all over Japan. We will introduce you to exciting festivals with dynamic *dashi* floats and dancing, which will make you feel excited even when you are just watching.

自古以來為慶祝五穀豐收，而向神明獻上祭典儀式的傳統，如今仍留存於日本各地。接下來將為各位介紹氣壯雄壯的花車和舞蹈，令人悸動不已的熱血慶典活動。



Enjoy the atmosphere of Edo

體驗江戶風情

1

Kawagoe Festival (Kawagoe Hikawa Festival Float Event)

川越祭 (川越冰川祭花車遊行活動)

With a tradition for more than 370 years as an annual festival of Hikawa-jinja Shrine, this festival has wonderful *dashi* floats which have been influenced by the Tenkamatsuri festivals held in Edo (old Tokyo). *Dashi* floats are pulled around one after another through the streets lined with traditional buildings in Kawagoe, aka "Little Edo," creating a splendid sight. Don't forget to look at the elaborate dolls on the floats, as they are precious cultural properties which have been handed down since the mid-19th century. It takes only 30 minutes by train from Ikebukuro Station! Visit Kawagoe to witness the infectious enthusiasm which takes place once a year!

Kawagoe
City,
Saitama
Prefecture
埼玉縣
川越市

Oct.
19 & 20,
2019
2019年
10月
19日・20日

📍 Kawagoe Sta. on the JR and Tobu lines, Hon-Kawagoe Sta. on the Seibu Line
JR / 東武線 川越站、西武線 本川越站

作為冰川神社的例行大祭，擁有超過370年的傳統，受江戶天下祭影響的花車是其觀賞重點。在被稱作「小江戸」的川越，傳統建築物鱗次櫛比的老街上，拉行著一輛輛花車的景象，十分絢麗而豪華。花車上精緻的人偶，也是自19世紀中葉以來，代代相傳的珍貴文化資產，請多加留意欣賞。從東京池袋站搭乘電車，最快30分鐘即可抵達！歡迎您前來川越，參與這一年一度的盛典！

One of the most dynamic festivals in Japan
日本首屈一指的魄力

2

Kishiwada Danjiri Festival

岸和田彩車祭

This powerful festival features huge floats, called *danjiri*, which are pulled by many people to run through the town. You can see *daikugata* on the roof of *danjiri*, who are dancing rhythmically. A performance of *danjiri*, called "yarimawashi," in which the carriers are turning 90 degrees on a corner while running, is quite a sight to see. It is said that about half a million people visit Kishiwada to watch the energetic *danjiri* running from all over Japan during the festival. It also has convenient access, taking about 50 minutes by train from Osaka Station.

由多人拉行著被稱作Danjiri的巨型花車(地車)在街上奔馳，是個魄力十足的慶典活動。也請欣賞在大屋頂上有節奏地跳舞的木匠。在轉彎時一邊奔跑，一邊直角轉向的「甩尾過彎」也是一大看點。慶典活動期間據說會有來自日本各地約50萬人次到訪，來此觀賞充滿活力的地車疾馳。從大阪站搭乘電車前來約需50分鐘，交通便利。

3

An island called the "epitome of Japanese performing art"

被稱作「日本藝能縮圖」的島嶼

Onidaiko in Sado

佐渡的鬼太鼓

If you are interested in learning more about folk performing art in Japan, you should visit Sado Island. After the 16th century, it became a place for mining of gold and silver, as well as an anchorage site for cargo ships, which also brought various kinds of culture from all over Japan. Among others, "Onidaiko" (Deity masked dance) has been handed down for generations at various places in the island. It is scary yet mesmerizing how dancers with *oni* masks are dancing around while beating *taiko* drums!

如果您想更深入地了解日本的鄉土藝能，不妨來一趟佐渡島吧！這座島於16世紀之後成為金銀的開採地和運輸船的中途港，而傳入了日本各地的文化。特別是「鬼太鼓」在島上各處持續傳承，戴著鬼面具一邊敲著太鼓一邊舞蹈的模樣，雖然有些可怕但很帥氣！

📍 Take a ferry from Niigata Port (Niigata City) or Naoetsu Port (Joetsu City) 從新潟港(新潟市)或直江津港(上越市)搭乘渡輪

Sado City,
Niigata
Prefecture
新潟縣佐渡市

For detailed schedule, please visit the website
詳細日程請參考網站

Sept.
14 & 15,
Oct. 12 & 13,
2019

9月14日・15日 /
10月12日・13日

📍 Kishiwada Sta. on the Nankai Line
南海線 岸和田站

Kishiwada
City,
Osaka
Prefecture
大阪府
岸和田市

Please see here for more information!

更多資訊請見網站！

웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁體



中文簡體



한국어



日本語

Enjoy Ikebukuro for a Whole Day!

在池袋玩樂一整天!

Ikebukuro is a bustling place which is only eight minutes away by train from Shinjuku. Since Ikebukuro Station is a terminal station, many people go through this area for connection to other lines. However, Ikebukuro is also a fun place to stroll around. We will introduce you to lots of attractive and fun aspects of Ikebukuro, such as anime culture, events, entertainment, and delicious food!

池袋是從新宿搭乘電車8分鐘即可抵達的繁華地區。池袋車站是一處轉運站，有許多乘客在此轉車。不過，其實這裡樂趣眾多，也非常適合下車漫步。在此將向大家介紹動畫、活動、娛樂，以及美食等等池袋的魅力。

Anime, Manga, and Cosplay... 動畫、漫畫、角色扮演...

Centering on Otome Road, the street located at the west side of Sunshine 60, specialty shops and variety stores selling anime-related goods and items can be found here and there.

以太陽城60西側大道上的少女之路為中心，動畫相關商品的專賣店與雜貨店坐落其間。



Animate Ikebukuro Flagship Store

Animate 池袋本店

A specialty store for anime, comics, and character goods that is deployed nationwide such as anime-related character goods, comics, novels, games, CDs and DVDs. There are original fairs held regularly and products with special benefits which can be only obtained here. Nearby "Animate Annex" has "animate cafe" which is a collaboration/concept cafe and "ACOS", a cosplay shop.



ACOS Ikebukuro Main Shop



ACOS Ikebukuro Main Shop

「Animate」是日本全國連鎖，專門販賣動畫、漫畫、動畫角色周邊商品的專賣店。在店內與動漫有關的動畫角色周邊商品、漫畫與小說、遊戲和CD、DVD等應有盡有。還會舉辦展覽或是販賣只有在當店才能獲得的特典商品。近來還與其他相關主題合作開設主題咖啡廳「animate cafe」。在「Animate Annex」內則有販賣角色扮演服裝的「ACOS」。



K-BOOKS K-BOOKS

There are 14 branches of K-BOOKS, each of which is specialized by type, such as anime, cosplay, games, and entertainment, around Otome Road.

諸如動畫、角色扮演、遊戲、娛樂等等，專精於各類別的K-BOOKS各店分布於少女之路周邊。池袋共有14間分店。

Ikebukuro Halloween Cosplay Festival 2019

2019 池袋萬聖節角色扮演節



The Ikebukuro Halloween Cosplay Festival is one of the largest Halloween events in Japan where 100,000 cosplay fans gather around in Ikebukuro. You can enjoy the event safely and securely as the event is operated in an orderly fashion with a specified start/end time as well as providing a place for changing costumes. Additionally, you can buy a costume from a nearby cosplay shop and join the event impromptu!

TIME Oct. 26 (Sat) and 27 (Sun), 10:00-18:00
(Stage Event: opening from 11:00 and schedule to end by 17:00)
VENUE Ikebukuro East Exit Area

這場 10 萬名角色扮演的愛好者聚集在池袋的 2019 池袋萬聖節角色扮演節，是國內最大級別的萬聖節活動。活動的開始與結束時間均有明確規定，亦備有換裝的地點，可安全、安心地樂在其中。也可以在附近的角色扮演商店購買衣著，並於當天參加喔！

時間 10月26日(星期六)・27日(星期日) 10:00~18:00 (舞台活動舉行時間:11:00 開演~17:00 暫定結束)
地點 池袋東口地區

Daidengaku Ikebukuro Emaki

大田樂 池袋繪卷

“Dengaku,” a traditional performing art from 800 years ago has been revived and re-created today to be “Daidengaku.” Performers dance in costumes with five Japanese ancient colors with flower-decorated hats and musical instruments. There will be a performance in collaboration with cosplay culture.

TIME Nov. 10 (Sun)
VENUE Around Ikebukuro (Hareza Ikebukuro, Brillia Hall, etc.)

800年前的藝能「田樂」於當代再次上演，並重新創作的「大田樂」。穿上日本自古流傳的五色裝扮，戴上鑲有花飾的斗笠與樂器跳舞。也有與角色扮演文化合作的活動。



photo: Kumi Akasaka

時間 11月10日(星期日)
地點 池袋周邊 (Hareza池袋、藝術文化劇場與其他)

Sunshine City 太陽城

Sunshine City is a large-scale commercial building with leisure facilities, such as Sunshine Aquarium, SKY CIRCUS Sunshine 60 Observatory, and planetarium, along with a shopping center and other facilities.

陽光水族館、SKY CIRCUS 陽光 60 瞭望台、天象儀館等娛樂設施，以及購物中心等一應俱全的大型商業設施。

An observatory where you can play
遊樂展望台

SKY CIRCUS Sunshine 60 Observatory

SKY CIRCUS 陽光 60 瞭望台

This is an observatory on the 60th floor of the Sunshine 60 Building. To enjoy the view is one reason to come here, but there is another reason. It is to play!

位於陽光 60 大廈 60 樓的展望台。不僅眺景優美，造訪這裡還有另一個目的——玩耍！

See what will happen in the mirror!
鏡中的自己會變成什麼模樣？



Wonder Mirror 神奇鏡



A fantastical atmosphere 館內充滿夢幻氣氛



VR attractions VR 體驗項目

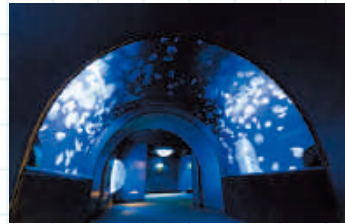




Such an exhibition is reportedly the first one in Japan. 這樣的展覽據說是日本首見。



Sunshine Lagoon 陽光岩礁水槽



Jellyfish tunnel 水母隧道



Colorful display of "Australian Ocean: Great Barrier Reef" 色彩斑斕的「澳洲之海～大堡礁～」

Flying Penguins at Sunshine Aquarium

飛天企鵝—陽光水族館

Sunshine Aquarium has an exhibition in which about 40 penguins look like they are flying in the sky.

陽光水族館中，擁有約40隻企鵝看來彷彿翱翔天際一般的展覽。

Various kinds of performances are shown several times a day!

一天會舉辦數場表演!



Sea lion performance 海獅表演



Aquarium underwater performance 水中表演



©BANDAI NAMCO Entertainment Inc.



©BANDAI NAMCO Entertainment Inc. ©BANDAI NAMCO Amusement Inc.



©Nintendo Licensed by Nintendo ©BANDAI NAMCO Amusement Inc.



©ARMOR PROJECT/BIRD STUDIO/SQUARE ENIX All Rights Reserved.



©BANDAI NAMCO Amusement Inc.



©Nintendo Licensed by Nintendo ©BANDAI NAMCO Amusement Inc.



Now, Sunshine City has a new entertainment facility!

在太陽城中，還誕生了一個新的娛樂設施。

MAZARIA

Immerse yourself into the world of anime and games

MAZARIA —— 沉浸於動畫與遊戲的世界中

This VR entertainment facility just opened in July 2019. You can enjoy 19 kinds of VR attractions, such as Taiko no Tatsujin, Mario Kart, Gundam, and Zombie Survival Game.

2019年7月開幕的VR娛樂設施。可享受太鼓達人、瑪莉歐賽車、鋼彈、殭屍生存遊戲等19個VR設施的樂趣。

Please see here for more information!
更多資訊請見網站！
웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁体



中文简体



한국어



日本語

Only 50 Minutes Away from Ikebukuro! Welcome to the World of Moomin!

Let's Go to MOOMINVALLEY PARK!

從池袋前往只需50分鐘！歡迎光臨Moomin嚕嚕米的世界

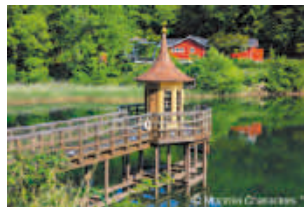
前往嚕嚕米主題公園 MOOMINVALLEY PARK 吧！



Opened in March 2019, MOOMINVALLEY PARK is a theme park based on the story of the Moomins, the highly popular story created by the Finnish author and artist Tove Jansson. In the park, you can see the Moomin family and their friends and the authentically recreated Moomin house where the Moomin family lives. In addition, you can enjoy various kinds of shows and attractions. Immerse yourself into the world of the Moomin story! Although MOOMINVALLEY PARK is located in Saitama Prefecture, it is easily accessible from Ikebukuro or Shinjuku by Seibu Lines. It is recommended to get a ticket pass, which includes a park admission ticket, a Seibu 1 Day Pass (except for the Seibu Tamagawa Line), and a bus ticket for a round trip between Hanno Sta./Higashi-Hanno Sta. and the park.



2019年3月開幕的嚕嚕米主題公園(MOOMINVALLEY PARK)，是一座嚕嚕米故事主題公園。在這裡，將可邂逅嚕嚕米全家與他們的夥伴，並且參觀忠實重現嚕嚕米全家所居住的嚕嚕米屋，還能體驗各式各樣的表演與遊樂設施之趣。一起沉浸於嚕嚕米的故事世界裡吧！嚕嚕米主題公園雖位於埼玉縣，但只要從池袋或新宿搭乘西武鐵道，就能輕易前往。推薦購買內含公園入園券、西武鐵道1日通票(多摩川線除外)，以及從飯能站、東飯能站搭乘巴士前往公園的來回巴士車票的周遊券組合。



Welcome to the Edo Period!

歡迎來到江戶時代!

Along with your trip to MOOMINVALLEY PARK, you can also visit Kawagoe (Hon-Kawagoe Sta.) by using the "MOOMINVALLEY PARK Ticket & Travel Pass" to feel the atmosphere of the Edo period! Also known as "Little Edo," Kawagoe retains some of the streetscapes with kura-zukuri buildings from the Edo period (the 17th to 19th centuries), offering people the opportunity to see the remnants of Edo, which are now hard to find in Tokyo. Kawagoe is easily accessible from both MOOMINVALLEY PARK and Shinjuku/Ikebukuro, so you should take an easy side trip to have a look!

前往嚕嚕米主題公園時，使用「MOOMINVALLEY PARK Ticket & Travel Pass」前往川越(本川越站)，穿越時光造訪江戶時代！以「小江戶」暱稱遠近馳名的川越，現今仍保留著江戶時代的倉庫建築街景，可欣賞目前東京罕見的江戶風貌。無論從嚕嚕米主題公園，或是新宿與池袋前往，交通均十分便捷，不妨輕鬆的前去探訪吧！

Historical Townscape
處處皆歷史的小鎮



Get a good-value "MOOMINVALLEY PARK Ticket & Travel Pass" to visit MOOMINVALLEY PARK and Kawagoe!

使用優惠的「MOOMINVALLEY PARK Ticket & Travel Pass」前往嚕嚕米主題公園與川越吧!

MOOMIN VALLEY PARK

Ticket & Travel Pass

Price

2,700 yen for adults
1,600 yen for children

票價

成人 2,700日圓
兒童 1,600日圓

The ticket is valid for

1. Unlimited rides on the Seibu Lines (except for the Seibu Tamagawa Line) for one day
2. A round trip between Hanno Station North Exit or Higashi-Hanno Station East Exit and "Metsa" (by any one of Seibu Bus, Kokusai Kogyo Bus and Eagle Bus Lines)
3. An admission ticket for MOOMINVALLEY PARK (excluding any other kinds of tickets, such as tickets for rides)

* All the tickets above are valid only on the day of getting on the train.

Tickets are available at

- ◆ Seibu Railway Limited Express Ticket Office on the 1st floor of Ikebukuro Station
- ◆ Seibu Railway Ticket Office on the 1st basement floor of Ikebukuro Station
- ◆ Limited Express Ticket Office in Seibu-Shinjuku Station
- ◆ Takadanobaba Station
- ◆ SEIBU Tourist Information Center Ikebukuro

* Upon purchase, you will be asked to present either your passport from another country or Japanese residence card, which proves you are a foreigner.

* If you are taking a limited express or S-TRAIN/Haijima Liner, you need to purchase a limited express ticket or a reserved-seat ticket separately.

有效區段

1. 西武線全線1天內自由上下車(多摩川線除外)
2. 巴士「飯能站北口」或「東飯能站東口」~「metsa」間來回1趟(西武巴士、國際興業巴士、老鷹巴士(Eagle Bus)均可)
3. 嚕嚕米主題公園入園券(遊樂設施搭乘票券另購)

*以上均限乘車日當日有效

銷售地點

- ◆ 西武鐵道池袋站特急券售票處(1樓)
- ◆ 西武鐵道池袋站售票中心(地下1樓)
- ◆ 西武新宿站特急券售票處
- ◆ 高田馬場站
- ◆ 西武池袋旅遊服務中心

*購買時，必須出示可確認為外籍人士的非日本國護照或在留卡任一項。

*特急電車、S-TRAIN與拜島Liner，必須另行購買特急券或指定券。

Tickets with special designs will be a memento of your trip!

特別設計的票券，也將成為旅程的美好回憶！



Discovering New Aspects of Attractive Shinjuku! Vol.4

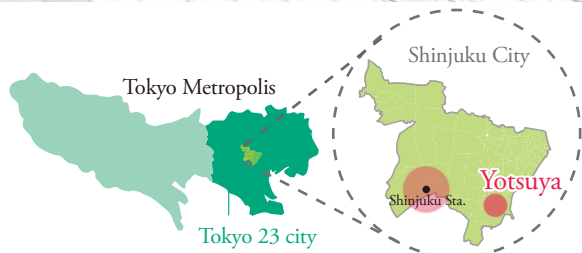
一同探究新宿的新魅力吧！Vol.4

Yotsuya 四谷

Shinjuku City (Shinjuku-ku in Japanese) is a cosmopolitan city located at the center of Tokyo, 23 cities. It has Shinjuku Station, the world's busiest station, entertainment districts and one of the most prosperous commercial areas in Japan around the station, all of which attract visitors from all over the world. Meanwhile, simply by making a little side trip from Shinjuku Station, you can visit Shinjuku neighborhoods that have many diverse and distinctive aspects as well as experience Japan-style charms.

We will introduce you to the area around Yotsuya, a town with history, where a post station called "Naito-Shinjuku," the origin of the name Shinjuku, was established in the Edo period (1603–1867).

新宿區是位於東京23區內中央的國際觀光都市。以客流量居於世界首位的新宿站為首的鬧區、還有能代表日本的車站周邊商業區，都有絡繹不絕來自世界各地訪客。其實只要從新宿站再延伸到稍遠一點的地區，就能體驗到各種獨特風情的街道和形形色色的日本魅力。此次將介紹與新宿這個地名由來關係密切的「內藤新宿」於江戶時代的所在地，同時也是座歷史悠久的城鎮——四谷的周邊環境。



Access
交通資訊

5 min. from JR Shinjuku Sta. (get off at Yotsuya Sta. on the JR Chuo Line, rapid service)
5 min. from JR Shinjuku Sta. (get off at Shinanomachi Sta. on the JR Chuo/Sobu Line, local service)

距離 JR 新宿站 5 分鐘 (JR 中央線快速 / 四谷站下車)
距離 JR 新宿站 5 分鐘 (JR 中央、總武線各站停車 / 信濃町站下車)

Meiji Memorial Picture Gallery

聖德紀念繪畫館

Open hours: 9:00–17:00 (admission until 16:30)
It opens at 10:00 only from December 30 to January 2.
Closed: Open 365 days (temporary closures).
Entrance fee: 500 yen

營業時間：9:00～17:00 (最後入館 16:30)
僅 12 月 30 日～1 月 2 日 為 10:00 開館
公休日：全年無休 (會有臨時休館日)
入館費用：500 日圓



As a symbol of Meiji-jingu Gaien, Meiji Memorial Picture Gallery was established to pass the achievements of the Emperor Meiji and Empress Shoken down to future generations. It displays paintings that show their achievements as well as historical events and culture in Japan from the late 18th century to the early 19th century, teaching you about the Japan of that time in detail. You should also pay attention to the historical building, which was completed in 1926. The area around the museum is surrounded by abundant nature and is a good place to access Japan's sports culture as it is home to a national stadium and a baseball stadium that serves as the home field for a professional baseball team. Among other things, the autumn view with the Ichō-dōri Street with its beautiful yellow ginkgo leaves is worth seeing.

聖德紀念繪畫館之建造，旨在將明治天皇和昭憲皇太后的事蹟永傳後世，是位於明治神宮外苑的象徵性建築。館內展示了傳達上述兩位之事蹟的畫作。展出的作品描繪了 18 世紀後半葉至 19 世紀前半葉，日本的歷史事件和文化，透過作品可以詳細了解當時的日本。於 1926 年落成的歷史建築，也值得多加留心觀賞。聖德紀念繪畫館周邊，環繞著豐富的綠地，包括國立競技場和作為職棒主場地的棒球場在內，是接觸日本運動文化的絕佳場所。特別是銀杏大道染黃的秋季美景，相當值得一看。



Suga-jinja Shrine

須賀神社

Said to be founded in the early 17th century, this shrine still attracts local people in the quiet residential neighborhood. "Sanjuroku Kasen-e," drawings of 36 great *waka* poets, is displayed as a shrine treasure. Since the stairs of the front approach to the shrine appeared in the big-hit anime movie "Your Name," the shrine has recently been attracting fans of the movie.

據傳建於 17 世紀初，現今位於安靜的住宅區內，受到地方上的人們所喜愛的神社。描繪了 36 位和歌名家的「三十六歌仙繪」，作為神社代代相傳的寶物而裝飾著。參道的階梯因為在動畫電影《你的名字》內登場，近年來也有許多該作品的粉絲造訪此地。

Shinjuku Gyoen National Garden 新宿御苑

Created as a garden for the imperial family in 1906, Shinjuku Gyoen National Garden is a modern garden representative of the Meiji period (1868–1912). There are different styles of gardens in the huge ground. You can appreciate the beauty of autumn leaves reflected on the ponds in Japanese Garden and other areas, and walk along the line of sycamore trees dressed in yellow in the Formal Garden.

*Drinking alcohol, using sports equipment and musical instrument in the garden are prohibited.

新宿御苑是一座1906年建成完成的皇家庭園，是明治時代具代表性的近代庭園。廣大的園內有著風格迥異的各式庭園，可在日式庭園等處欣賞倒映在池塘內的紅葉美景，也可在整形式庭園內，漫步於染上黃橙橙秋色的懸鈴樹大道上，都是美好的體驗。

※園內禁止攜帶酒類、也禁止攜帶玩具與運動用品入內使用。(兒童廣場除外)

Open hours: 9:00–16:00 (Closes 16:30), Mar. 15–Sep. 30 9:00–17:30 (Closes 18:00), Jul. 1–Aug. 20 9:00–18:30 (Closes 19:00)

Closed: Mondays (following weekday when Monday is a national holiday), Dec. 29–Jan. 3, *Open throughout the special open periods of Mar. 25–Apr. 24, Nov. 1–15

Entrance fee: Adult ¥500 (discount prices for others)

營業時間：9:00～16:00 (16:30閉園) 3月15日～9月30日 9:00～17:30 (18:00閉園) 7月1日～8月20日 9:00～18:30 (19:00閉園)

公休日：星期一 (逢國定假日延至翌日)，12月29日～1月3日。

特別開園日 (3月25日～4月24日、11月1日～15日) 無休

費用：成人500日圓 (有其他優惠價格)

Tamagawa-josui Aqueduct and Naito-Shinjuku Waterside Pathway

玉川上水 / 內藤新宿分水散步道

An aqueduct from the water source in the Tama area to Yotsuya was completed in 1653, named “Tamagawa Josui,” and served as a precious water source for people in the big city, Edo (current Tokyo). It is said that Yotsuya had a water guard station for monitoring the water quality. On the northern side of Shinjuku Gyoen National Garden, there is a walking path for about 540 meters along the water channel of that time, offering a place for visitors to enjoy strolling around while viewing colored leaves in autumn.

從多摩地區的水源連至四谷的引水道，於1653年完工，稱之為玉川上水，是都市江戶的人們重要的水源。據說四谷在過去設有負責監測水質等的水番屋。在新宿御苑的北側，有一條長約540公尺，沿著當時的水路修建而成的散步道，您可以一邊欣賞著秋紅，一邊享受散步的樂趣。

Open hours and Closed are the same as the Shinjuku Gyoen National Garden.
營業時間、公休日與新宿御苑相同。

新道街

Shinmichi-dori Street



Just outside Yotsuya Station, the small alley between buildings is actually a highly-recommended place for great eating. Lined with restaurants that are popular for delicious dishes served at reasonable prices, the street is busy at night with employees after work. The restaurants serve yakitori, yakiniku, oden, and other tasty dishes which go great with alcohol. You can enjoy eating and drinking among local people.

從四谷站一出站，大樓之間的街道，實際上是最受推薦的美食街。被評為實惠又美味的店家櫛比鱗次，到了夜晚，有許多下了班的上班族前來，十分熱鬧。能同時品嚐烤雞肉串、燒烤、關東煮等與美酒的店家林立著。試著完全融入當地人，享受邊走邊吃的樂趣如何呢？



Access and detailed information about these places are available at Shinjuku Tourist Information (at South East Gate of JR Shinjuku Station!)

請至新宿旅遊詢問處 (JR新宿站東南口)，取得前往各景點的詳細交通資訊吧！



Please check out the website for the latest event information 也可至官方網站上查詢最新的活動資訊。

www.kanko-shinjuku.jp/

[shinjuku.information](https://www.facebook.com/shinjuku.information)

Please also look at our Facebook page 另請參考 Facebook。



Eat Ramen at Ogikubo!

到荻窪吃拉麵吧！

Ogikubo in Suginami-ku, Tokyo is a popular gourmet town with lots of stylish restaurants. It is also said to be a "sacred place" for ramen and there are many ramen noodle restaurants. Here we pick up four recommended restaurants. How about tasting delicious ramen when walking around famous places such as the Tokyo Polytechnic University Suginami Animation Museum and Otaguro Park?

位於東京杉並區的荻窪，作為時尚餐飲店鱗次櫛比的美食街，相當有人氣。拉麵店林立的荻窪，也被稱為拉麵聖地。此次，特別挑選出了4家推薦的拉麵店。不妨在杉並動畫博物館及大田黑公園等熱門景點附近，品嚐下美味的拉麵吧？



You can also get some information about ramen restaurants if you scan the QR code.

您只要掃描QR Code，就能取得拉麵店的相關資訊。



Tokyo Polytechnic University Suginami Animation Museum

東京工藝大學
杉並動畫博物館

This is the first facility in Japan that introduces anime in general, from the history of Japanese anime to its principles and creation process. You can actually try making a simple anime work. *No admission fee / Audio guide / Closed on Mondays

日本首座以全方面角度介紹動畫歷史、原理及製作過程等的設施。訪客還能親身體驗簡單的製動畫過程。

*免費入場 / 備有語音導覽 / 週一休館

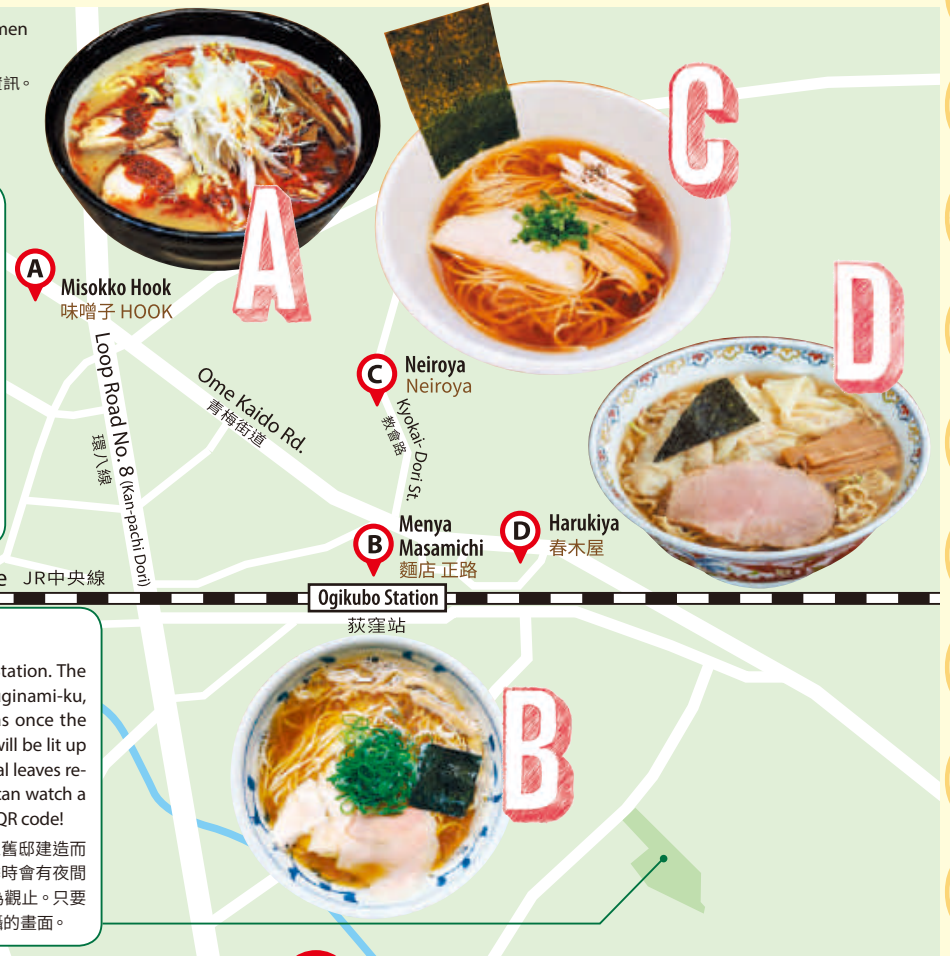


Otaguro Park 大田黑公園

A 7-minute walk from Ogikubo Station. The first Japanese stroll garden in Suginami-ku, built on the grounds of what was once the home of a famous music critic. It will be lit up in autumn and the tinted autumnal leaves reflected in the pond are beautiful. You can watch a video taken by a drone if you scan the QR code!

從荻窪站步行7分鐘。以知名音樂評論家舊邸建造而成，是杉並區首座回遊式日本庭園。秋季時會有夜間楓葉點燈，映入池中的美麗楓紅令人歎為觀止。只要掃描QR Code，就能夠觀賞到空拍機拍攝的畫面。

EXPERIENCE SUGINAMI TOKYO



A Misokko Hook 味噌子 HOOK



Just opened in October 2018, but this is already a restaurant well known for its 800 yen miso ramen. Its hot spicy miso ramen, at 850 yen, is extra delicious (You can have extra bean sprouts free).

雖然店家剛於2018年10月開幕，但卻因它的味噌拉麵(800日圓)相當講究，深獲饕客喜愛。850日圓的辣味噌拉麵，也是一道極品料理(大份豆芽菜免費)。

C Neiroya Neiroya



Famous for also offering *kakigori* (shaved ice with syrup topping) in addition to ramen. Setouchi Soy Sauce Ramen for 850 yen and *kakigori*, whose flavors change every day, for 1,000 yen. Lemon Ramen that shows up on the menu only in the winter is popular too.

以能夠吃到刨冰而出名的拉麵店。瀬戶內醬油拉麵850日圓，刨冰(每日更換口味)1,000日圓，冬季限定的檸檬拉麵也相當熱門。

B Menya Masamichi 麵店 正路



Its characteristic is the light flavored soup simmered slowly mainly with whole chicken, flavored vegetables, etc. Shoyu ramen made with whole grain noodles with chicken chashu (BBQ pork), for 750 yen.

使用一整隻雞，並加以蔬菜來調味，並用文火慢熬燉煮的湯頭，口感清淡為主要特色。雞肉又燒與全麥麵條的醬油拉麵 750日圓

D Harukiya 春木屋



A long-established store in Ogikubo that has a history of almost 70 years. They are not only sticklers for taste, but they also adjust the thickness of the noodles according to the weather and season. Wantanmen, which is 1,250 yen, is the most popular menu item.

在荻窪有將近70年歷史的老店。不僅有講究的口味，還會根據天氣及季節來調整麵條的粗細。店內1,250日圓的餛飩麵，最受顧客青睞。



Check here for tourist information of Suginami-ku including Ogikubo Station. 荻窪車站附近的杉並區觀光資訊請見此處

ACCESS



Fleeting Art Created by You

轉瞬即逝的藝術世界，此刻由您打造

In this art space, artworks can transcend boundaries to interact with visitors and with each other. The artworks change continuously; the art before your eyes only can be seen in this place and at this moment.

超越邊界，讓人與作品、
作品與作品之間產生共鳴的藝術空間。
瞬息萬變的作品，呈現在您眼前的畫面，
僅有此時此刻此處，獨一無二。

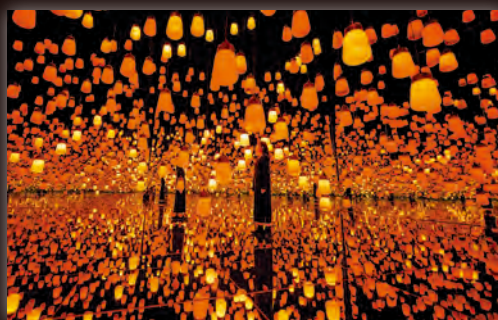


Universe of Water Particles on a Rock where People Gather

An iconic large-scale artwork in this museum. Water cascades down along a large wall where flowers bloom. When people stand on the art or touch it, they become like rocks that change the flow of water, causing continuous change in the stream of water.

Eliminating any kind of “borders,” digital art can offer a completely new experience. The art won't stay in one place, but rather moves from the present space to go somewhere else. Just by being in the same space, the audience can be a part of the artwork. In other words, there is no border between the art and the visitors. About 60 pieces of art are regularly updated, offering a new encounter with different pieces even for repeat visitors. Enjoy in Tokyo a world of digital art such as the world has never seen!

數位藝術跨越各種「邊界」，為人們帶來嶄新的體驗。此處的作品不似傳統藝術靜止不動，而會走出空間四處移動，還可讓觀賞者透過自己的各種動作，化為作品的一部份。換言之，此處的藝術作品與觀賞者之間，並無任何邊界。約60部的作品時時更新，因此無論幾次造訪，都可與不同的作品來場浪漫邂逅。請來東京細細品味在全球亦屬罕見的數位藝術空間吧！



Black Waves
- Continuous

The 3D trajectory of water is simulated and then flattened into the perspective that teamLab has termed “Ultrasubjective Space.”



EN TEA HOUSE

Flowers bloom in a teacup. As long as there is tea, the flowers continue blooming indefinitely.



Forest of Resonating Lamps
- One Stroke, Fire

An unlimited number of lamps seem to spread forth in this space. When a person stands still among the lamps for a moment, the nearest lamp will emit a brightly colored light and produce sound that then resonates to the next nearest lamps, and to the next nearest lamps, and so on.

MORI Building DIGITAL ART MUSEUM: teamLab Borderless

Hours: 10:00–19:00 on weekdays, 10:00–21:00 on Saturdays, Sundays, and holidays
* Last entry is one hour before closing. * Business hours vary depending on the season.

Tickets may already be sold out. Please check the information on the official website, including other precautions, in advance.

Closed on the 2nd and 4th Tuesdays of each month
MORI Building DIGITAL ART MUSEUM: teamLab Borderless
Odaiba Palette Town, Aomi 1-3-8, Koto-ku, Tokyo
03-6368-4292 (10:00–18:00)

5-min walk from Tokyo Teleport Station on the Rinkai Line or Aomi Station on the New Transit Yurikamome Line

時間 平日 10:00–19:00 週末例假日 10:00–21:00

※最後入館時間為閉館前1小時 ※營業時間依據季節會有更動。

票券亦有可能售罄。請務必於官方網站確認售票訊息與注意事項。

休館日 每月第2、第4個星期二

MORI Building DIGITAL ART MUSEUM: teamLab Borderless
東京都江東區青海1-3-8 台場 palette town
03-6368-4292 (10:00–18:00)

臨海線 東京電訊站 徒歩5分鐘，新交通百合海碼頭 青海站 徒歩5分鐘



MORI Building DIGITAL ART MUSEUM
teamLab★Borderless

Mount Fuji, a Mountain So Beloved

〇〇富士

First, the Facts 說到富士山

Mount Fuji is an active volcano that last erupted in 1707. Famous for its almost perfect conical shape, it straddles the border between Shizuoka and Yamanashi prefectures. Its altitude, at 3,776 meters, makes it the highest mountain in Japan. In 2013, it was registered as a UNESCO World Heritage Site.

富士山是一座橫跨靜岡及山梨兩縣的活火山。最近一次噴發是在1707年。標高3,776公尺，為日本第一高峰，端正的圓錐型更是它的正字標記。2013年被聯合國教科文組織列為世界文化遺產。

Local Versions of Mount Fuji 位於日本全國的當地富士

Mountains throughout Japan that bear a resemblance to the iconic shape are dubbed affectionately with “Fuji” nicknames. Here are a few:

在日本各地，也有許多在當地被暱稱為〇〇富士的山，因為看到那些山，就讓人聯想到富士山。列舉幾個向各位介紹。

Nickname 暱稱	Formal Name 正式名稱	Location 所在地點
Ezo-Fuji 蝦夷富士	Mount Yotei 羊蹄山	Hokkaido 北海道
Oshima-Fuji 渡島富士	Mount Komaga-take 駒之岳	Hokkaido 北海道
Tsugaru-Fuji 津輕富士	Mount Iwaki 岩木山	Aomori Prefecture 青森縣
Nikko-Fuji/ Shimotsuke-Fuji 日光富士 / 下野富士	Mount Nantai 男體山	Tochigi Prefecture 栃木縣

Nickname 暱稱	Formal Name 正式名稱	Location 所在地點
Haruna-Fuji 榛名富士	Mount Haruna 榛名山	Gunma Prefecture 群馬縣
Suwa-Fuji 諏訪富士	Mount Tateshina 蓼科山	Nagano Prefecture 長野縣
Sanuki-Fuji 讚岐富士	Mount Iino 飯野山	Kagawa Prefecture 香川縣
Bungo-Fuji 豐後富士	Mount Yufu-dake 由布岳	Oita Prefecture 大分縣
Satsuma-Fuji 薩摩富士	Mount Kaimon-dake 開聞岳	Kagoshima Prefecture 鹿兒島縣



Ezo-Fuji (Mount Yotei, Hokkaido)
蝦夷富士(羊蹄山、北海道)



Satsuma-Fuji (Mount Kaimon-dake, Kagoshima Prefecture)
薩摩富士(開聞岳、鹿兒島縣)

A Many Splendored Beauty 風情萬種的富士山

Where you are, your angle of vision, the season, and time of day are elements that vary the beauty of Mount Fuji, adding all the more to its allure.

依照地點、角度、季節、時間將呈現出不同風貌，深受大眾喜愛。



Diamond Fuji Depending on your vantage point, the sun, as it rises or sets, will sparkle like a diamond perched upon Mount Fuji's peak.

鑽石富士 當太陽升起或西下時，如果站在能夠看到太陽與富士山頂重疊的地點，就能看見富士山頂散發出宛若鑽石般的燦爛光芒。

Aka-Fuji (Red Fuji)

On summer mornings, the tint of the bare soil intensifies the glow of the rising sun to depict an “Aka-Fuji.” The most famous Aka-Fuji may be the one represented in the woodblock print, “Fine Wind, Clear Morning,” by the famous artist Katsushika Hokusai.

赤富士

在夏季早晨，富士山沒有植被的部分，在晨光映照下，呈現出紅色，因此有赤富士之稱。尤以畫家葛飾北齋所描繪的〈赤富士〉最為家喻戶曉。



For many Japanese, the image of Mount Fuji, whether glanced from the Shinkansen or airplane, or seen on an *ukiyo-e* painting, or a mural in a public *senjo* bathhouse, tickles the heart and “just” makes them feel good. Also considered sacred, this mountain has been the object of nature worship from ancient days. We introduce you now to a variety of information on Mount Fuji.

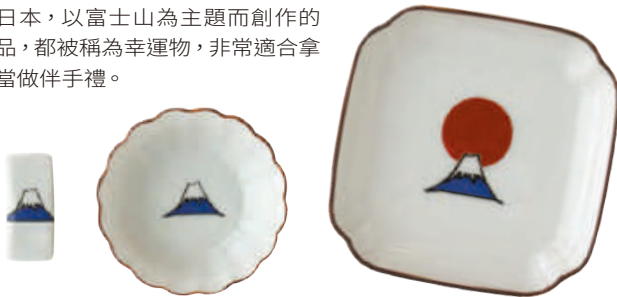
旅客們不僅能從新幹線車窗或飛機窗口眺望到富士山。甚至它還常常出現在日本的浮世繪上及大眾澡堂的壁畫。許多日本人看到富士山，都會有「看到富士山就不禁雀躍起來」、「不知為何心情會變得很好」的共有感受。富士山秀麗的風貌，自古以來就是日本人自然崇拜的對象。接下來，將為各位介紹關於富士山的各種資訊。



Mount Fuji Motifs 富士山的周邊商品

In Japan, Fuji-themed items are believed to generate good luck. Not to mention, they make great souvenirs!

在日本，以富士山為主題而創作的物品，都被稱為幸運物，非常適合拿來當做伴手禮。



Kutani-ware chopstick rest, small bowl, and small plate

KUTANI SEAL chopstick rest (left) 756 yen
 KUTANI SEAL small chrysanthemum-shaped bowl (center) 1,728 yen
 KUTANI SEAL small square plate (right) 1,728 yen
 Nakagawa Masashichi Shoten
www.nakagawa-masashichi.jp/staffblog/storelist/?mode=brand

九谷燒筷架、小鉢、小碟子

KUTANI SEAL 筷架 富士山(圖左) 756日圓
 KUTANI SEAL 菊小鉢 富士山(圖中) 1,728日圓
 KUTANI SEAL 方形小碟 富士山(圖右) 1,728日圓
 中川政七商店
www.nakagawa-masashichi.jp/staffblog/storelist/?mode=brand

Mobile phone accessories

POPSOCKETS Japan Series-SAI (Mt. Fuji & Wave) 1,296 yen
 JUTE
popsockets.co.jp

行動電話裝置飾品

POPSOCKETS Japan Series 彩 Mt. Fuji & Wave 1,296日圓
 JUTE
popsockets.co.jp



Erase your way to Mount Fuji

AIR-IN Mount Fuji eraser 216 yen
 PLUS
bunгу.plus.co.jp/

擦出屬於自己的富士山

AIR-IN 富士山橡皮擦 216日圓
 PLUS
bunгу.plus.co.jp/



Mt. Fuji eco-friendly bag

CJ.Knaptote Fuji-A 1,944 yen
 ROOTOTE
ROOTOTE.jp

富士山環保袋

CJ.Knaptote Fuji-A 1,944日圓
 ROOTOTE
ROOTOTE.jp



Pure tin sake cup

FUJIYAMA 4,968 yen
 Nousaku
www.nousaku.co.jp

100% 錫製日式酒杯

富士山・FUJIYAMA 4,968日圓
 能作
www.nousaku.co.jp



Fuji-zuka 富士塚

Climbing Mount Fuji is said to bring good luck, but the demands of time and stamina make it not that easy. To address that, local manmade hills, replicas called “Fuji-zuka,” were created. It is believed that offering a prayer on this mini-sized mountain is equivalent to the amount of good fortune you would receive by scaling Mount Fuji. A number of Fuji-zuka exist throughout the nation as well as in Tokyo. How about a casual hike on one of them, taking in some good fortune in the process?

據說只要登上富士山，就能獲得好運。不過，攀登富士山需要相當的體力及時間，對一般人來說並非易事。因此，由人工建造的山——「富士塚」應運而生。據說在此祭拜，就跟實際登上富士山一樣獲得庇佑。東京也有好幾個富士塚。不妨帶著輕鬆的心情前往，為自己及家人求個平安吧。

Fuji-zuka at Hatonomori Hachiman-jinja Shrine

鳩森八幡神社富士塚



Name 名稱	Location (Tokyo) 地點
Otowa-Fuji 音羽富士	Gokoku-ji Temple (Bunkyo-ku) 護國寺 (文京區)
Shinagawa-Fuji 品川富士	Shinagawa-jinja Shrine (Shinagawa-ku) 品川神社 (品川區)
Sendagaya-Fuji 千駄谷富士	Hatonomori Hachiman-jinja Shrine (Shibuya-ku) 鳩森八幡神社 (澀谷區)
Naruko-Fuji 鳴子富士	Naruko Tenjinja Shrine (Shinjuku-ku) 成子天神社 (新宿)
Fuji-zuka 富士塚	Funabori Hie-jinja Shrine (Edogawa-ku) 船堀日枝神社 (江戸川區)

*Prices shown in this article include an 8% consumption tax. Please note that from October 1, 2019 the consumption tax in Japan will be raised to 10%.

※此特輯中所標示的價格，皆是已含8%消費稅的金額。自2019年10月1日起，消費稅即將調整為10%。敬請見諒。

Please see here for more information!
 更多資訊請見網站！
 웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁體



中文簡體



한국어



日本語

“Mount Fuji of the west and Mount Tsukuba of the east” 「西富士，東筑波」



Take a ride on **TSUKUBA EXPRESS** to see a spectacular view of autumn foliage!

乘著 **TSUKUBA EXPRESS**，投向楓紅美景的懷抱！

One of the “100 famous mountains of Japan,” Mount Tsukuba, comprising the double peaks of Mount Nyotai (877 meters) and Mount Nantai (871 meters), is a perfect place for your day-trip hiking, since it is located only about one and a half hours away from Akihabara by train and bus and it is the lowest mountain among the 100 famous mountains. As suggested by the expression “Mount Fuji of the west and Mount Tsukuba of the east,” it is said to be as beautiful as Mount Fuji. At Mount Tsukuba, you can enjoy seasonal landscapes. Among others, the most recommended season to visit the mountain is the time of autumn foliage. From late October when the top of the mountain starts changing colors until late November when the area around Tsukubasan-jinja Shrine at the base becomes colorful, you can enjoy the beautiful autumn foliage for a long period of time.



There is a hiking trail for beginners, which takes about 100 minutes to get to the top. You will never get bored hiking up the mountain as you can enjoy beautiful red and yellow leaves and look at a beautifully complicated huge rock formations created by nature.

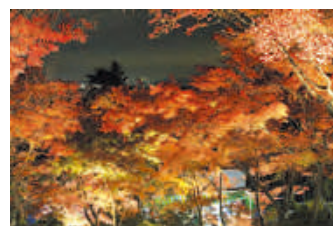


If you prefer taking it easy, you can take the ropeway or cable car. By cable car, you can enjoy autumn foliage while the car goes up the slope at 3.6 m/sec. If you take the ropeway, which has a height difference of 298 meters, you can get a panoramic view of Mount Tsukuba with autumn foliage. Take a little trip from Tokyo to enjoy the gorgeous view of colored leaves this autumn!

日本百大名山之一「筑波山」(標高：女體山877公尺、男體山871公尺)，從秋葉原搭電車轉巴士約需1小時30分鐘。由於它是日本百大名山標高最低的一座，所以適合策劃一趟當天來回的登山健行之旅。旅客不僅能欣賞到與富士山並稱「西富士，東筑波」的秀麗山色，還能徜徉在那隨著季節遞嬗呈現出的迥異風情。其中尤以楓葉季堪稱一絕。從山頂染上殷紅的10月下旬起，到山腳的筑波神社周圍都被楓紅環繞的11月下旬，皆能盡情欣賞到美麗風景。

同時，該處更提供適於初級者100分鐘左右即可完成的登山路線。路線中不僅有或黃或紅的楓葉，途中更有許多在大自然鬼斧神工之下，各種形狀複雜又壯觀的巨岩，令人百看不厭。

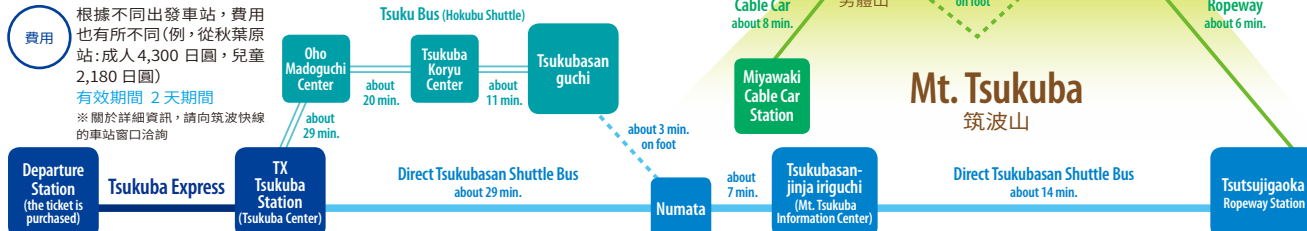
若想以更輕鬆的方式攀登，不妨考慮搭乘空中纜車及登山纜車。由於登山纜車以每秒3.6公尺的速度行駛在斜坡上，乘客可盡情飽覽楓紅美景。而空中纜車高低落差有298公尺，乘客則能夠在毫無遮蔽物的狀況下，從空中俯瞰換上一身紅裳的筑波山。若想飽覽楓紅的絕景，不妨從東京出發，來趟愜意的賞楓之旅吧？



Mt. Tsukuba Ticket 筑波山優惠票

Ticket Price Varies depending on the departure station. (for example, from Akihabara Station, 4,300 yen for adults and 2,180 yen for children) **Valid for 2 days**
*For details, please ask staff at the counter in one of the Tsukuba Express stations.

費用 根據不同出發車站，費用也有所不同(例，從秋葉原站：成人4,300日圓，兒童2,180日圓)
有效期間 2天期間
※關於詳細資訊，請向筑波快線的車站窗口洽詢



세토우치가이드 瀬戸内旅遊指南

att.SETOUCHI

KAGAWA / SHODOSHIMA

Scenic & Beauty
Created by Thousands of Islands



Traversing 瀬戸内諸島巡迴之旅 the Seto Inland Sea

Stretching some 450 km east to west, the Seto Inland Sea is busy with the comings and goings of vessels ranging from large freighters to small ferries and fishing boats.

在這東西寬約450公里的瀬戸内海，有大型貨輪、連結島與島之間交通的小型渡輪，以及漁船等，各式各樣的船穿梭在其中。



©SHOKO TAKAYASU

About Setouchi 關於瀬戸内

The Seto Inland Sea is Japan's largest inland sea, surrounded by "seto," or strong currents caused by the ebb and flow of the tides. The name Setouchi refers to the Seto Inland Sea as well as to its coastal areas, which include: Hyogo, Okayama, Hiroshima, Yamaguchi, Tokushima, Kagawa, Ehime, Wakayama, Osaka, Fukuoka, and Oita prefectures. More than 700 islands with circumferences of 0.1 km or over, dot the calm Setouchi waters.

瀬戸内海是日本最大的內海，由於潮汐引起強烈海流，沖刷出「瀬戸（意指狹長的海峽）」，將瀬戸内海包圍起來。與瀬戸内海接壤的地區共有兵庫縣、岡山縣、廣島縣、山口縣、德島縣、香川縣、愛媛縣，以及和歌山縣、大阪府、福岡縣、大分縣。總是風平浪靜的瀬戸内海，有700多個周長超過0.1公里的小島，在海面上星羅棋布。瀬戸内海及其沿岸地區合稱為瀬戸内。

Traveling the waterways

乘船巡遊瀬戸内

Setouchi has a highly developed marine passenger transport system that links the islands to the mainland and to the larger island of Shikoku. The system also links the islands to each other. Many islands offer easy access for a day trip or an overnight stay. Enjoy the islands in any way you wish, on a rented bicycle or by climbing up a hill to enjoy the vista of the ocean, the nearby islands, and the ships passing by.

拜本州、四國與其他離島，以及各島之間的海上旅遊交通相當發達之賜，瀬戸内有許多可以當天來回、或是能夠在當地預定住宿地點，來一趟輕鬆小旅行的島嶼。騎著租借腳踏車環島一週，登上高台眺望附近的島嶼、海面以及船隻來往的景象，盡情享受島嶼風情的方式多采多姿。

Main Setouchi Routes 瀬戸内的主要航線

Route 航線	Estimated Time 所需時間	Ferry Line 交通公司
Akashi Port – Iwaya Port (Awaji Island) 明石港 – 岩屋港 (淡路島)	13 min 約13分	Awaji Jenova Line 淡路Jenova Line
Hiroshima Port (Ujina) – Kirikushi Port (Etajima Island) 廣島港 (宇品) – 一切串港 (江田島)	30 min 約30分	Kamimura Kisen 上村汽船
Takamatsu Port – Tonosho Port (Shodoshima Island) 高松港 – 土庄港 (小豆島)	35 min to 1 hr 約35分~1小時	Shodoshima Ferry 小豆島輪渡
Takamatsu Port – Uno Port 高松港 – 宇野港	1 hr 5 min 約1小時5分	Shikoku Ferry 四國輪渡
Hiroshima Port (Ujina) – Kure Port – Matsuyama Kanko Port 廣島港 (宇品) – 吳港 – 松山觀光港	1 hr 20 min to 2 hr 40 min 約1小時20分~2小時40分	Ishizaki Kisen/Setonaikai Kisen 石崎汽船/瀬戸内海汽船
Wakayama Port – Tokushima Port 和歌山港 – 德島港	2 hr 約2小時	Nankai Ferry 南海輪渡

Please see here for more information!
更多資訊請見網站！
웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁體



中文簡體



한국어



日本語

Ikuchijima Island, a lemon haven

特產為檸檬的「生口島」

Ikuchijima Island boasts a circumference of no more than 23 km, which can be bicycled in give or take three hours. Yet this small island is Japan's leading producer of citrus fruits, especially lemon. Taste it in "lemon nabe," a hot pot bounding with oysters, red sea bream, and octopus. For dessert, a lemon gelato is recommended. 30 minutes by high-speed boat from Mihara (Hiroshima Prefecture).

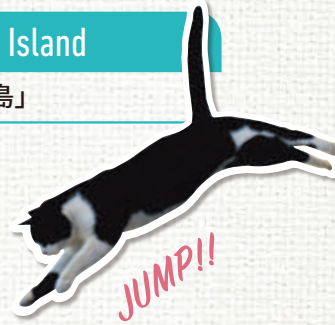


周長約23公里，騎自行車約3小時就能環島一周。生口島的柑橘類——尤以檸檬的出貨量為全日本第一。不論是加入了牡蠣及鯛魚、章魚的檸檬鍋，以及檸檬義式冰淇淋等，在此能夠飽嚼各式檸檬美食。從三原港(廣島縣)搭快船約30分鐘可抵達

The cats of Sanagijima Island

因貓而有名的「佐柳島」

More cats than humans are said to call this 6.9 km island their home. Although Aoshima and Ogijima are islands in the Setouchi that share the Cat Island nickname, it's Sanagijima's "flying cats" that have been garnering social media fame. 50 minutes by ferry from Tadotsu Port (Kagawa Prefecture).



周長約6.9公里，據說島上的貓總數比島上居民還要多。瀨戶內也有其他像是青島、男木島等，有許多貓居住的島嶼，但佐柳島因一張就像是貓在空中飛的照片，在社群網站上引起了極高的關注及討論。從多度津港(香川縣)搭渡輪約50分鐘可抵達

Meet the rabbits of Okunoshima Island

能看到兔子的「大久野島」

An estimated 700 wild rabbits populate this 4 km island. The fluffy creatures are everywhere, but as adorable as they seem, we ask you not to chase them or hold them in your arms because of their fragile nature. Please let them be and watch from afar. 15 minutes by ferry from Tadanoumi Port (Hiroshima Prefecture) or from Omishima (Ehime Prefecture).



周長約4公里，約有700隻野生兔棲息在此，因此隨處都可以看見兔子。不過，兔子非常敏感又脆弱，請不要追趕牠們，也不要試圖去抱牠們，讓牠們能有一個安穩的生活空間。從忠海港(廣島縣)、大三島(愛媛縣)搭乘渡輪約15分可抵達

Looking for souvenirs?
若想購買紀念品

Head for the ORIZURU TOWER

「紙鶴塔」

SOUVENIR SELECT "Hito to Ki" on the 1st floor of Orizuru Tower in Hiroshima carries a range of Setouchi lemon products as well as cans of oysters packed in olive oil. Take the elevator to the rooftop and view the city from RF Observatory.

位於紙鶴塔一樓的「SOUVENIR SELECT 人與樹」陳列著許多與瀨戶內檸檬相關的產品，以及橄欖油漬瀨戶內牡蠣。RF瞭望台也相當值得一看。



Share your voice.



Be Moved.

HIROSHIMA ORIZURU TOWER
- OBSERVATION DECK -

Admission fee for tourists from overseas

(Show your ID or Passport / until the end of 2019)

Adult ¥1,000 Teen ¥600 Youth ¥500 Preschool ¥400



HIROSHIMA ORIZURU TOWER
おりづるタワー

Next to Atomic Bomb Dome.

Modern Art Festival Highlighting the Accord of Humans and Nature on the Islands of Setouchi

開展於瀨戶內群島，人與自然調和的現代藝術祭典

세토우치의 섬들에서 펼쳐지는 사람과 자연이 조화를 이루는 현대 아트 축제

SETOUCHI TRIENNALE 2019

Spring Encounters: Apr 26 - May 26 Summer Gatherings: Jul 19 - Aug 25 Fall Expansions: Sep 28 - Nov 4

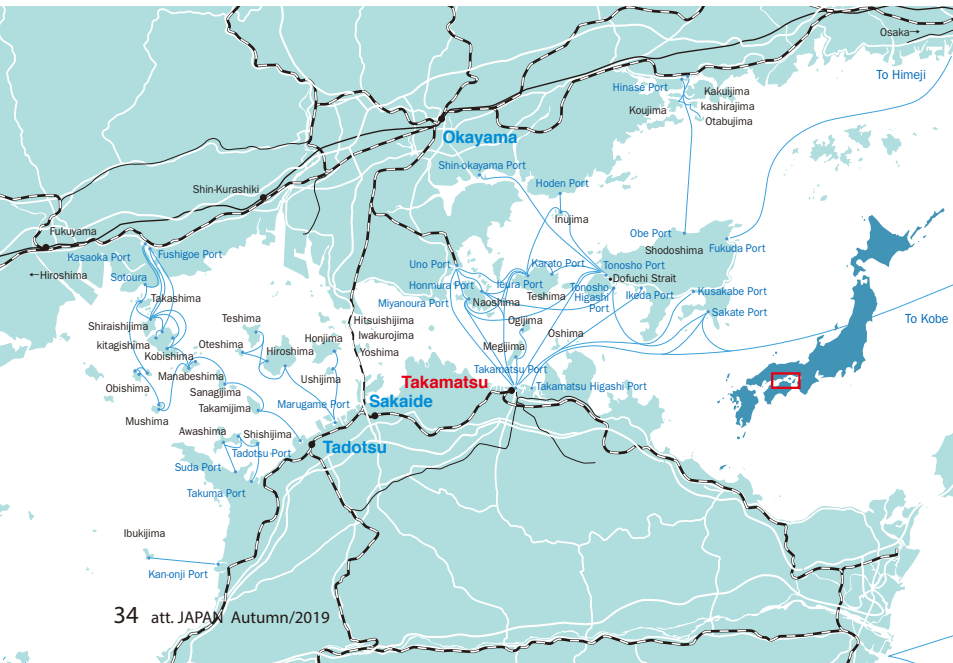


Photo: Shintaro Miyawaki

Since ancient times, the Seto Inland Sea has been bringing great blessings to the islands of Japan. In order to bring back the vitality that the islands of Setouchi used to have based on the interaction and harmony between beautiful nature and people, the Setouchi Triennale was begun so as to ultimately make the Setouchi area a "Sea of Hope" for all areas of the earth. The Autumn Exhibition season exhibits artworks in harmony with this especially beautiful season in Japan (you can still see some artworks in permanent installation outside the exhibition periods).

豐饒的瀨戶內海，自古以來即滋潤著日本列島。瀨戶內國際藝術祭為這個優美自然與人類交錯、交響至今的瀨戶內群島重拾活力，並以成為地球上所有地區的「希望之海」為目標，每3年舉辦一次。秋季會期將可欣賞到，與日本四季中甚為秀麗的自然之美調和的作品(也設有非會期亦可欣賞的常設作品)。

여로부터 일본 열도를 풍요롭게 해온 세토나이카이. 아름다운 자연과 인간이 어우러진 세토우치 섬들에 활력을 불어넣고, 전 지구의 "희망의 바다"가 되는 것을 목표로 3년에 한 번 개최되고 있는 세토우치국제예술제. 가을 축제 기간에는 일본의 사계절 중에서도 가장 아름다운 자연미와 어울리는 작품을 볼 수 있다.(축제 기간 외에도 감상할 수 있는 상설 작품도 있다.)



It takes only a few hours to get to Takamatsu in Shikoku from Osaka and Hiroshima!

Most JR rail passes gives you a good deal on travelling. There are various kinds of rail pass you can use!

前往四國、高松，從大阪、廣島出發僅數小時！
可以使用多種日本鐵路的優惠通票前來。
시코쿠·다카마쓰까지는 오사카나 히로시마에서 단 몇 시간!
JR 레일패스로 저렴하게 갈 수 있으며, 다양한 레일패스가 마련되어 있습니다!

Japan Rail Pass, Sanyo-San'in Area Pass, Kansai WIDE Area Pass, Kansai-Hiroshima Area Pass, Setouchi Area Pass, Okayama-Hiroshima-Yamaguchi Area Pass, Sanyo-San'in Northern Kyusyu Pass, ALL SHIKOKU Rail Pass



Little Shops on the Island "Laundry" / Leandro Erlich
Photo: Keizo Kioku



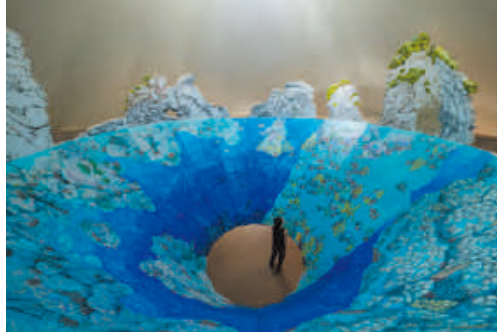
"Red Pumpkin" ©Yayoi Kusama, 2006 Naoshima Miyanoura Port Square
Photo: Daisuke Aochi



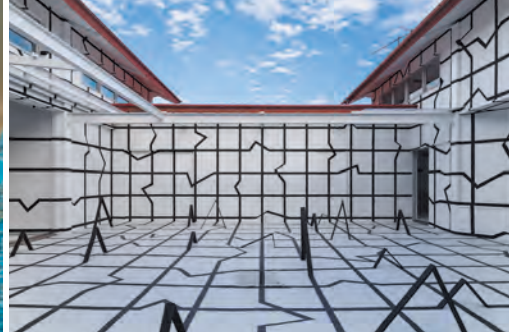
Departure / Akira Ishii
Photo: Kimito Takahashi



Sea Gulls Parking Lot / Takahito Kimura
Photo: Osamu Nakamura



The Secret of Hanasuwajima / Kana Kou
Photo: Yasushi Ichikawa



Contours of Thinking / Esther Stocker
Photo: Yasushi Ichikawa



Suitcase in a Bottle / Ram Katzir
Photo: Keizo Kioku



The Sea Within - The See Within / Sarah Westphal
Photo: Keizo Kioku



Beyond the Border - Wave / Lin Shuen Long
Photo: Keizo Kioku

Highlights of the Autumn Exhibition

秋季會期必看焦點
가을 축제 기간의 볼거리

During the Autumn Exhibition season, when the weather can be said to be at its best in this region, the greatest number of artworks are exhibited, offering you an opportunity to appreciate art along with the surrounding beautiful nature and rich food culture of Setouchi.

氣候穩定，也可說是最佳季節的秋季會期，擁有最多作品參展。欣賞藝術的同時，還可同時享受優美的自然，以及瀨戶內的豐饒美食。

기후가 온화해 베스트 시즌이라고도 할 수 있는 가을 축제 기간에는, 가장 많은 수의 작품이 전시된다. 아름다운 자연 및 세토우치의 풍부한 먹거리와 함께 예술을 감상할 수 있다.



Restaurant IARA Megijima
Photo: Shintaro Miyawaki

Triennale Passport

作品鑑賞通票 작품 감상 패스포트

The Triennale Passport provides admission to Triennale artworks (facilities) during the Setouchi Triennale 2019. For visitors who don't already have a "3 Season Passport," which is valid for all 3 Triennale sessions, a "Single Season Passport," which is valid only for one session (spring, summer, or fall), is available.

可於2019瀨戶內國際藝術祭的會期中，欣賞藝術祭參加作品(設施)的票券。未持有在所有會期均有效的「3季通票」者，亦為您備有僅限秋季會期有效之「會期限定通票」。

세토우치국제예술제 2019 기간 중, 예술제 참가 작품(시설)을 감상할 수 있는 티켓. 모든 축제 기간에 사용할 수 있는 '3 시즌 패스포트'가 없는 사람은, 가을 축제 기간에만 사용할 수 있는 '기간 한정 패스포트'를 이용할 수 있다.

Available from Aug 26 – Nov 4, 2019

<https://setouchi-artfest.jp/>

Setouchi Triennale 2019 3-Day Ferry Pass

2019瀨戶內國際藝術祭共通船票 세토우치국제예술제 2019 공통 승선권

This pass offers you unlimited rides on eight ferry routes for three days. Once you purchase it, you won't have to wait in line at a ticket counter to get on a ferry.

3天內可無限搭乘渡輪8條航線的優惠船票。

只要購買(兌換)一次，就不必再於售票處排隊，可直接乘船。

페리 8 항로를 3일간 무제한으로 타고 내릴 수 있는 승선권. 한 번 구입(교환)하면 티켓 판매소에서 줄을 서지 않고 배를 탈 수 있다.



<https://setouchi-artfest.jp/visit/ferry-pass.html>

Explore and experience the history and culture of Japan along with the great view of Setouchi!



連同瀬戶內的絕美景緻，一起感受日本的歷史與文化吧!

세토우치의 절경과 함께 일본의 역사와 문화를 만나보자!

Shodoshima Island was designated as one of the Japan Heritage sites as an "Island of Stones" in 2019. The island is home to a district with many complicated small alleys, which is called "Town of Mazes." You can explore and experience the history that laid the foundation of Japan through maritime traffic as well as rich food culture.

2019年，小豆島以「石之島」之姿獲認定為文化廳的「日本遺產」。在這座擁有眾多錯綜複雜的窄仄巷弄，素有「迷路小鎮」之稱的城市裡，將可接觸到以海運奠下日本基礎的歷史和豐富的飲食文化。2019년，문화청의 '일본 유산'으로 인정된 '돌의 섬' 쇼도시마. 복잡하게 뒤얽힌 좁은 골목이 많아 '미로 마을'이라고 불리는 이 마을에서는, 해운으로 일본의 기초를 닦은 역사와 풍부한 식문화를 접할 수 있다.



Mysterious power spot!

Kasane-iwa

重岩
가사네이와

The huge stones are stacked on each other with such a delicate balance that they look like they could fall down any time, making you nervous. Serving as the object of worship for Kose-ishizuchi-jinja Shrine, it is a popular spot where people believe that power comes down from the sky.

以絕佳平衡堆疊而起的巨岩搖搖欲墜，刺激驚險，但它也是小瀨石鎚神社的神體所在，相傳承天賦予神力之處，大受歡迎。무너질 듯 아슬아슬하게 쌓아 올려져 있는 큰 돌. 고세 이시즈치 신사의 신체이자 하늘에서 힘을 내려받은 장소로써 인기가 높다.



Osaka Castle Zanseki Memorial Park

大坂城殘石紀念公園
오사카성 잔석 기념공원

Quarrying has long been conducted on Shodoshima Island, and some stones were shipped to be used for building Osaka Castle. In this park, many stones were quarried for repairing the castle, but 40 unused stones were left behind, which are called *zanseki*. Along with such "unfortunate rocks," the tools and transportation methods used at that time are recreated and displayed.

在小豆島，自古以來即從事採石工作，並曾使用於大坂城的石牆。此處有在修築大坂城時開採而出，卻未獲使用的40顆「遺憾石」，同時也重現了當時的道具與輸送方式。

쇼도시마에서는 예로부터 채석이 행해져 그 돌이 오사카성의 돌담에도 사용되었다. 오사카성을 개축할 때 채석되었지만 사용되지 않은 40개의 '아쉽게 남은 돌'과 함께 당시의 도구나 운송 방식 등을 볼 수 있다.



Recognized in the Guinness Book of World Records as the narrowest in the world!

Dofuchi Strait

土淵海峽
도후치해협

With the narrowest part measuring only 9.93 meters, this strait is recognized in the Guinness Book of World Records as the narrowest strait in the world. It attracts popularity as a symbol of the town, and it is illuminated beautifully at night.

最窄寬度為9.93公尺，是金氏世界紀錄認定的全球最窄海峽。同時也是為人熟知的城市象徵，夜晚還會點燈。폭 길이 9.93m, 세계에서 가장 좁은 해협으로 기네스 세계기록에 등재되었다. 마을의 상징으로 사랑받아 왔으며, 밤에는 조명으로 아름답게 장식된다.



Selected as one of Japan's 100 Best Sunset Vantage Points

Yuhi no Oka Observatory

夕陽之丘展望台
석양의 언덕 전망대

Witness the mystical landscape of the calm water of the Seto Inland Sea shining with the setting sun along with various colors according to the seasons.

讓色彩依季節而異，十分平穩的瀬戶內海閃閃發光的景色，非常神秘。

계절에 따라 색을 바꾸면서 온화한 세토나िका이를 반짝반짝 비추는 광경이 매우 신비롭다.





Became a "sacred spot" for lovers

Angel Road

天使之路
엔젤로드

This sand path appears only twice a day during low tide. It is said that if you and your significant other walk on the path holding hands, an angel will come down and answer your wish. This popular spot has been selected as a shooting place for many movies as well as appearing in anime.

1天2次於退潮時浮現的沙徑。相傳若與珍貴的對象手牽手走過，將有天使翩翩降臨，並可實現心願，是一處人氣高漲的景點，曾獲許多電影挑選為外景地，也曾在動畫中登場。

1일 2회, 간조 때 나타나는 모래길. 소중한 사람과 손을 잡고 건너면 천사가 내려와 소원을 들어준다고 한다. 여러 영화의 촬영지로 사용되었으며, 애니메이션에도 등장하는 인기 스폿.



A blessing from the bountiful ocean

Shodoshima Shimahamo

小豆島島海鰻
쇼도시마 하모

This brand fish has been especially attracting attention recently at Tonosho, where a variety of fish are brought in. Its popularity comes from its enhanced availability, *hama* (daggertooth pike conger) being known as one of Japan's high-grade fish.

這是在可捕獲豐富魚種的土庄，近年尤其受到矚目的名牌魚。因可食用廣為人知的日本高級魚而人氣高漲。

풍부한 어종이 수확되는 도노쇼에서 최근에 특히 주목을 받는 것이 브랜드 생선. 일본의 고급 생선으로 알려진 하모(갯장어)를 먹을 수 있다.



A brand beef originated from Shodoshima

Olive Beef

橄欖牛
올리브규

In Kagawa Prefecture, people succeeded in making feedstuff from olives after oil extraction after years of research. Cows fed with this olive-based feedstuff are marketed as a brand beef characterized by high-quality fat containing a large amount of oleic acid, winning many admiring fans among gastronomists.

在香港，研究將榨過油的橄欖果實將轉為飼料，而以此做為飼料餵養的牛隻，是以富含大量油酸的優質脂肪為特色的名牌牛，令眾多美食家感動不已。

가가와에서는 기름을 짜고 난 올리브 열매를 연구한 끝에 사료화에 성공. 이 사료를 먹인 소는 올레산을 다량으로 포함한 양질의 지방이 특징으로, 많은 미식가들의 주목을 받고 있다.



The only Nationally Designated Special Natural Treasure of Setouchi

Shimpaku at Hoshō-in Temple

寶生院真柏 호쇼인의 진백나무

This is Japan's biggest *shimpaku* (juniper tree), located on the grounds of Hoshō-in Temple, the 54th temple of the Shodoshima 88 pilgrimage sites route. The area around the tree has a fantastical atmosphere, so it can be an excellent place for meditation.

位於小豆島八十八處靈場之一——第五十四號札所寶生院境內，日本最大的真柏。真柏附近飄散著如夢幻般的氣氛，是非常適合冥想之處。

쇼도시마 88개 영지 중 하나. 제54번 영지인 호쇼인의 경내에 있는 일본 최대의 진백나무이다. 나무 주변에는 환상적인 분위기가 감돌고 있어 명상하기에도 좋다.



Roadside Station
Shodoshima Olive Park

公路車站 小豆島 橄欖公園 휴게소 쇼도시마 올리브 공원

Sky and Sea, Olives and Herbs, Clouds and Windmills... Lovely photogenic scenery will delight you here

天空與海洋 橄欖與香草 白雲與風車
 吸睛美照的世界開展之處

하늘과 바다, 올리브와 허브, 구름과 풍차
 포토제닉한 세계가 펼쳐진 장소

This park was created based on the theme of olives on Shodoshima Island, the birthplace of olive cultivation in Japan. It was the filming location for a live-action version of “Kiki’s Delivery Service,” one of the Ghibli Studio movies. It became popular when someone found out that if you straddle a broom on the hill with its windmills and have a photo taken at the moment you jump, you look like a witch flying in the sky. The park includes a facility using the setting of the movie and restaurants and a café serving dishes in perfect harmony with olive oil, as well as offering craft classes using olives and herbs. Enjoy the breeze of Setouchi at this olive theme park.

這是在日本的橄欖栽培發源地——小豆島，一座以橄欖為主題打造的公園。這裡是吉卜力的知名電影《魔女宅急便》真人版電影的外景地，在風車所在的山丘上跨上掃帚跳躍拍照，看起來宛如騰空飛舞的魔女一般，因此蔚為話題。除了電影外景地中使用的設施之外，還有供應與橄欖油十分搭配的餐點的餐廳、咖啡館，也有使用橄欖與香草的手工藝體驗，是可感受瀨戶內之風的橄欖主題樂園。

일본의 올리브 재배 발상지 쇼도시마에 위치한 올리브 테마 공원. 지브리 영화 ‘마녀 배달부 키키’의 실사판 영화 촬영지로 사용되었다. 풍차가 있는 언덕 위에서 빗자루를 타고 점프하는 사진을 찍으면 마치 하늘을 나는 마녀처럼 보여서 화제가 되었다. 영화 촬영장으로 사용된 시설 이외에도, 올리브 오일과 어울리는 요리를 제공하는 레스토랑과 카페, 올리브와 허브를 사용한 공예 체험 등이 있다. 세토우치의 바람을 느낄 수 있는 올리브 테마파크이다.

- 📍 1941-1 Nishimura-ko, Shodoshima-cho, Shozu County, Kagawa Prefecture
- 🕒 Open 365 days
- 🚌 5 min by bus from Kusakabe Port, 8 min by car from Ikeda Port, or 10 min by bus from Ikeda Port
- 🌐 www.olive-pk.jp/
- 📶 Free Wi-Fi, restaurants, shops



A book monument, “Hajimari no hon”



Dishes with Shodoshima's olive oil



Handmade accessories with real flowers



Corico, an accessory shop in the setting of the movie

Shodoshima Furusato-mura

小豆島郷里村
 쇼도시마 후루사토무라



A perfect hub for people actively enjoying the island

最適合喜愛享受島嶼樂趣者的據點
 活動적으로 섬을 즐기고 싶은 사람에게 최적의 거점

With an accommodation facility, this hub is perfect for people actively enjoying the island and offers various activities and events, including sea kayaking, marine sports, and fishing, where you can fully enjoy the calm ocean of Setouchi, and island tours by battery car or electric bicycle. You can enjoy the island through various seasonal activities, such as a tour to observe and experience *somen* noodle making.

此地亦備有住宿設施，是最適合充分享受平穩的瀨戶內海的海上快艇等海洋運動、海釣，以及以電動車或電動自行車巡訪島嶼等等積極享受島嶼樂趣的據點。並有製作麵線的參觀與體驗等等，各式各樣依季節而異的遊樂方式。

숙박 시설도 있으며, 온화한 세토우치의 바다를 만끽할 수 있는 바다 카약 등의 마리 스포츠와 낚시, 전기 자동차와 전동 자전거를 사용한 섬 일주 등, 활동적으로 섬을 즐기기에 알맞은 장소이다. 소면 만들기 견학과 체험 등 계절에 따라 다양하게 즐길 수 있는 곳이다.

Travel back in older time Japan

穿越時光來到日本的古老時代
일본의 옛 시대로 타임슬립

小豆島町
Shodoshima



Twenty Four Eyes Tenmangu Shrine



Location setting for an old classroom



Cinema art wall Photo provided by Shochiku Co., Ltd.



Flower field with various seasonal features



"Bollard of Love" (an artwork entered for the Art Festival)



Figure Gallery Kaiyodo

Twenty Four Eyes Movie Studio

二十四之瞳電影村

24개의 눈동자 영화마을

This place is a location setting for the movie "Twenty Four Eyes," based on the novel of the same name by Sakae Tsuboi, which is one of the literary masterpieces of postwar Japan. The novel has been made a movie several times since 1954. The decade of the 1950s is called the golden age of Japanese cinema. This studio has a facility introducing some of the movies, the Tsuboi Sakae Memorial Museum, and a mini-theater along with Book Café featuring movies and art.

You can get a great view of the Harima-nada Sea from the wooden school building. The nostalgic atmosphere of the Showa era (1926-1989) is interesting if you want to learn how people in Japan used to live. This facility also displays artworks entered for the Setouchi Triennale, offering a place to enjoy movies, literature, and art. The studio is still being used for filming movies, dramas, and TV commercials. With a new figure gallery certified by Kaiyodo, the biggest figure company in Japan, this place in Setouchi is increasingly popular as a facility where you can experience Japanese culture.

這裡是1954年拍成電影，曾經數度重製的日本名片《二十四之瞳》的外景場地。據說1950年代是日本電影的黃金年代，包含介紹其中部分作品的建築，以及作家壺井榮文學館、迷你劇場在內，並附設以電影與藝術為主的BookCafé。

從木造校舍眺望播磨灘的景色十分優美，就理解日本往昔生活的意義而言，昭和懷舊氣氛別具意趣。亦備有瀨戶內國際藝術作品的展覽，可享受電影、文學、藝術類的樂趣。現在也使用於拍攝電影、電視劇、廣告的村內，新設有人物模型最大型企業——海洋堂的官方藝廊，是一座可親身感受日本文化，廣受歡迎的瀨戶內設施。

1954년에 영화화되어 수차례 리메이크된 일본의 명작 '24개의 눈동자' 촬영지. 일본 영화의 황금기라고 알려진 1950년대 작품의 일부를 소개하는 건물과 작가 쓰보이 사카에 문학관, 미니 시어터를 비롯해 영화와 아트를 중심으로 한 BookCafe가 마련되어 있다.

목조 교사에서 바라본 하리마나다의 경치가 아름다우며, 쇼와시대의 분위기 속에서 일본의 생활을 알 수 있다. 세토우치 국제예술제 작품도 전시되어 있어 영화, 문학, 아트를 한 곳에서 즐길 수 있다. 지금도 영화, 드라마, CM 촬영으로 사용되고 있는 마을 안에는 최대 피규어 회사 가이요도 공인 갤러리가 신설되어, 일본의 문화를 체험할 수 있는 세토우치 시설로서 인기를 끌고 있다.



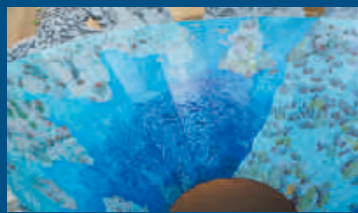
Japanese plum soft-serve ice cream



Bicycle rental



Sun drying of somen noodles



The Secret of Hanasuwajima (an artwork entered for the Art Festival)

- 📍 931 Tanoura-kabuto, Shodoshima-cho, Shozu County, Kagawa Prefecture
- 🕒 Open 365 days
- 🚌 about 60 min by bus from Tonosho Port, or 15 min by bus from Sakate Port
- 🌐 www.24hitomi.or.jp/
- 📶 Free Wi-Fi, restaurant, shop



- 🕒 Shop/Café : Open 365 days (business hours may vary depending on the season), Tenobe Somen Kan : Mondays (Mar.-Dec.), Sundays (Jan.-Feb.)
- 🚌 13 min by bus from Ikeda Port
- 🌐 www.shodoshima.jp/
- 📶 Free Wi-Fi, restaurant, shop



Kankakei Gorge

寒霞溪 간카케이

This was the first designated National Park in Japan. This scenic site with one Michelin star is said to be one of the three most beautiful gorges in Japan.

日本第一座國立公園！
被譽為日本三大溪谷美的米其林1星風景名勝

일본 최초의 국립 공원!
일본 3대 계곡 중 하나로 알려진 미슐랭 1스타 경승지

Created during the volcanic activities of 13 million years ago, this natural sculpture has been formed over the course of 2 million years. Take an airy walk on the ropeway with an altitude difference of 317 meters and a total length of 917 meters, which is the only ropeway offering a panoramic view of sky, ocean, and gorge at the same time in Japan, and you can fully enjoy the beautiful landscape of Setouchi and beautiful gorge.

You can see beautifully colored leaves in autumn. At the top of the mountain, there are restaurants and souvenir shops, where you can enjoy a delicious olive beef croquette burger and *momiji* cider. As there is a path between stations, you can hike one way.

經歷1300萬年的火山活動而誕生，由200萬年的歲月所創造的自然的雕刻。搭乘日本唯一可同時將「天空、海洋、溪谷」盡收眼底，海拔標高差317公尺，全長917公尺的纜車，來趟空中散步，可充分享受瀨戶內的優美景緻與溪谷之美。

秋季紅葉艷麗，山頂也備有餐廳與紀念品商店，橄欖牛肉可樂餅漢堡與楓葉西打相當受歡迎。車站之間亦設有遊步道，推薦單程以步行方式登山。

1300만 년의 화산 활동으로 탄생해, 200만 년의 세월을 걸쳐 창조된 자연 조각.

일본에서 유일하게 ‘하늘, 바다, 계곡’을 한 번에 조망할 수 있는 표고차 317m, 총 길이 917m의 로프웨이로 공중 산책하면서 세토우치의 아름다운 풍경과 계곡을 즐길 수 있다.

가을에는 아름다운 단풍을 볼 수 있다. 산 정상에는 올리브 소고기 고로케 버거, 단풍 사이다가 인기인 레스토랑과 기념품숍이 있다. 역에서 역까지 산책길이 있어서 편도로만 등산하는 것도 가능하다.



Olive Beef Croquette Burger



Momiji Cider

Open 365 days

Tonosho Port → 1 hr by route bus → transfer at Kusakabe Port
→ 15 min by bus

Free Wi-Fi, restaurants, shops

<http://www.kankakei.co.jp/>



Hishio no Sato

醬料之鄉

히시오노사토

With high-quality salt available, Shodoshima has been making soy sauce for more than 400 years, with about 400 soy sauce makers at the peak. Now there are 20 soy sauce factories and *tsukudani* (small pieces of seafood, meat, or seaweed simmered in soy sauce and *mirin*) factories, where the traditional processes of manufacturing have been handed down for generations. If you walk in the town along with its black wooden walls, you can smell the nice aroma of soy sauce. In the area called “Hishio no Sato,” which contains many factories making soy sauce and *tsukudani*, there are nice walking paths as well as the only sake brewery on the island.

在可取得良質鹽的小豆島上，從超過400年前即開始從事醬油釀造，最盛期曾有約400間醬油釀造廠。如今仍有20間醬油釀造廠與佃煮工廠，傳承著自古流傳的製造方法；在黑色的板牆綿延的市區漫步，四處皆飄散醬油的芳香。在醬料之鄉的區域中，亦備有漫步路徑，也有島上唯一的酒窖。

양질의 소금을 구할 수 있는 소도시에서는 400여 년 전부터 간장 제조가 이루어지고 있었고, 전성기에는 약 400개의 양조장이 있었다. 지금도 20개의 양조장과 쓰쿠다니 공장이 남아 있으며, 전통적인 제조법을 계승해 생산하고 있다. 검은색 벽이 이어지는 거리에는 깊은 간장 향이 맴돈다.

히시오노사토 구역에는 산책로와 섬에서 유일한 술 양조장이 있다.



Shodoshima Olive Garden

小豆島橄欖園

쇼도시마 올리브 공원

A 100-year history of olives exclusively produced on Shodoshima Island

堅持小豆島產橄欖的100年歷史

쇼도시마산 올리브의 100년 역사

Shodoshima Island is where olive cultivation started in Japan. People on the island have long been nurturing and raising olives, and living with olives. With the original olive tree, this olive garden will celebrate the 100th anniversary this year.

In commemoration of the 100th anniversary, natural cosmetics made with olives from Shodoshima were launched commercially in September. This garden also has play equipment designed by a global sculptor, Isamu Noguchi, as well as his design gallery, creating a place with the nature of Shodoshima and art being fused together.

日本橄欖栽種的發源地——小豆島。島上的人們小心翼翼地培育、守護橄欖，並與橄欖一起生活至今。其原木所在的觀光農園橄欖園，今年即將迎來100週年。

為了紀念100週年，9月將推出堅持使用小豆島產橄欖的自然派化妝品。這裡也有全球知名的雕刻家野口勇的遊樂設施雕刻與設計展廊等等，是融合了小豆島的大自然與藝術的地點。

일본의 올리브 재배 발상지인 쇼도시마. 섬 주민들은 올리브를 소중하게 키우며 올리브와 함께 생활해왔다. 그 원목이 있는 관광 농원 올리브 공원이 올해로 100주년을 맞이한다.

100주년을 기념해 9월에는 쇼도시마산 올리브를 사용한 자연파 화장품을 발매. 세계적인 조각가 이사무 노구치의 놀이 기구 조각과 디자인 갤러리 등이 있어, 쇼도시마의 자연과 예술을 함께 체험할 수 있다.



Natural Cosmetic OLiPURE



- Open 365 days
- 5 min by bus from Kusakabe Port, 8 min by car from Ikeda Port, or 10 min by bus from Ikeda Port
- <http://www.1st-olive.com/>
- Free Wi-Fi, restaurant, shop



Shodoshima Shuzo



Kinryo Shoyu



Ferry Routes

- 1 Takamatsu Port ⇄ Naoshima Island (Miyanoura Port)
Shikoku Kisen <https://www.shikokukisen.com/en/>
- 2 Uno Port ⇄ Naoshima Island (Miyanoura Port)
Shikoku Kisen <https://www.shikokukisen.com/en/>
- 3 Uno Port ⇄ Naoshima Island (Honmura Port)
Shikoku Kisen <https://www.shikokukisen.com/en/>
- 4 Naoshima Island (Miyanoura Port) ⇄ Teshima Island
(Ieura Port) ⇄ Inujima Island
Shikoku Kisen <https://www.shikokukisen.com/en/>
- 5 Takamatsu Port ⇄ Naoshima Island (Honmura Port)
⇄ Teshima Island (Ieura Port)
Teshima Ferry <https://www.t-ferry.com>
- 6 Uno Port ⇄ Teshima Island (Ieura Port) ⇄ Teshima Island
(Karato Port) ⇄ Shodoshima (Tonosho Port)
Shodoshima Teshima Ferry 0879-62-1348
- 7 Takamatsu Port ⇄ Megijima Island ⇄ Ogijima Island
Shiyujima Kaiun <https://meon.co.jp/>
- 8 Takamatsu Port ⇄ Shodoshima (Tonosho Port)
Shodoshima Ferry <http://www.sikokuferry.com>
- 9 Takamatsu Port ⇄ Shodoshima (Ikeda Port)
Kokusai Ferry 0879-75-0405
- 10 Takamatsu Port ⇄ Shodoshima (Kusakabe Port)
Uchinomi Ferry <https://www.uchinomi-ferry.co.jp/>
- 11 Kobe (Sannomiya New Port) ⇄ Shodoshima (Sakate Port)
⇄ Takamatsu (Higashi Port)
Jumbo Ferry <https://shodoshima-ferry.co.jp> <https://ferry.co.jp>
- 12 Himeji ⇄ Shodoshima (Fukuda Port)
Shodoshima Ferry <http://www.sikokuferry.com>
- 13 Okayama (Shin-okayama Port) ⇄ Shodoshima (Tonosho Port)
Ryobi Ferry <https://ryobi-shodoshima.jp/>
- 14 Okayama (Hinase Port) ⇄ Shodoshima (Obe Port)
Setouchi Kanko Kisen <https://ryobi-shodoshima.jp/>
- 15 Okayama (Hoden Port) ⇄ Inujima
Akebono-maru 086-947-0912 (Privately owned)



ALL SHIKOKU Rail Pass

An Economical Pass to freely travel Shikoku by train



Chichibugahama Beach

Dosan Line Anpanman Train

Yosan Line Anpanman Train

JR SHIKOKU Railway Trip <https://shikoku-railwaytrip.com/>

Scan for more information



Ferry Routes

- 16 Takamatsu Port ⇔ Oshima Island
National Sanatorium Oshimaseishoen 087-871-3131
- 17 Takamatsu Port ⇔ Uno Port
Shikoku Kyuko Ferry <http://www.sikokuferry.com>
- 18 Marugame Port ⇔ Ushijima Island ⇔ Honjima Island
Honjima Kisen <https://honjima-kisen.com>
- 19 Tadotsu Port ⇔ Takamijima Island ⇔ Sanagijima Island
Sanyo Kisen <https://sanyo-kisen.jp/>
- 20 Suda Port ⇔ Awashima Island ⇔ Kamishinden Port
⇔ Shishijima Island ⇔ Miyanoshita Port
Awashima Line 0875-83-3204
- 21 Marugame Port ⇔ Hiroshima Island (Enoura Port / Aoki Port)
⇔ Oteshima Island ⇔ Teshima Island
Bisan Ferry 0877-22-3318
- 22 Kan-onji Port ⇔ Ibukijima Island
Kan-onji City <https://www.city.kanonji.kagawa.jp/>
- 23 Takamatsu Port ⇔ Teshima Island (Karato Port)
*Operates only on Sat. and holidays
Teshima Ferry <https://www.t-ferry.com>

Bus Line

- In front of JR Sakaide Sta. ⇔ Yoshima Island
Iwakuro Island ⇔ Hitsuishi Island ⇔ JR Kojima Sta.

Temporary Routes during Setouchi Triennale 2019

- 23 Takamatsu Port ⇔ Teshima Island (Karato Port)
*Operates everyday during Setouchi Triennale 2019
Teshima Ferry <https://www.t-ferry.com>
- 24 Ushimado Port ⇔ Inujima Island ⇔ Kyobashi Port
Okayama Kyobashi Cruise <https://okcruise.co.jp/>
- 25 Shodoshima (Sakate Port) ⇔ Shodoshima
(Tonosho Higashi Port) ⇔ Naoshima Island (Honmura Port)
⇔ Ogijima Island ⇔ Oshima Island
Jumbo Ferry <https://naoshima-line.com>
- 26 Shodoshima (Tonosho Port) ⇔ Inujima Island
Shodoshima Kyuko Ferry <http://www.sikokuferry.com>
- 27 Shodoshima (Tonosho Port) ⇔
Naoshima Island (Miyanoura Port)
Shodoshima Kyuko Ferry <http://www.sikokuferry.com>

After fully enjoying the Kansai Area, take a ferry from Kobe to Setouchi!

盡情享受關西之後，搭乘從神戶前往瀨戶內的觀光船 간사이를 만끽한 후에는 고베에서 세토우치 크루징으로

You can take a ferry, which runs 4 times a day, from Kobe Port to visit Shodoshima Island. From dawn to dusk, enjoy cruising while looking at various views of Setouchi.

搭乘每天4班從神戶港出發的渡輪前往小豆島。從日出到日落，一邊欣賞瀨戶內各式各樣的風景，一邊享受觀光船遊航之樂。

고베항에서 매일 4편 운항하는 페리를 타고 쇼도시마로 떠나보자. 아침일부터 석양까지 세토우치의 다양한 풍경을 감상하며 크루징을 즐길 수 있다.

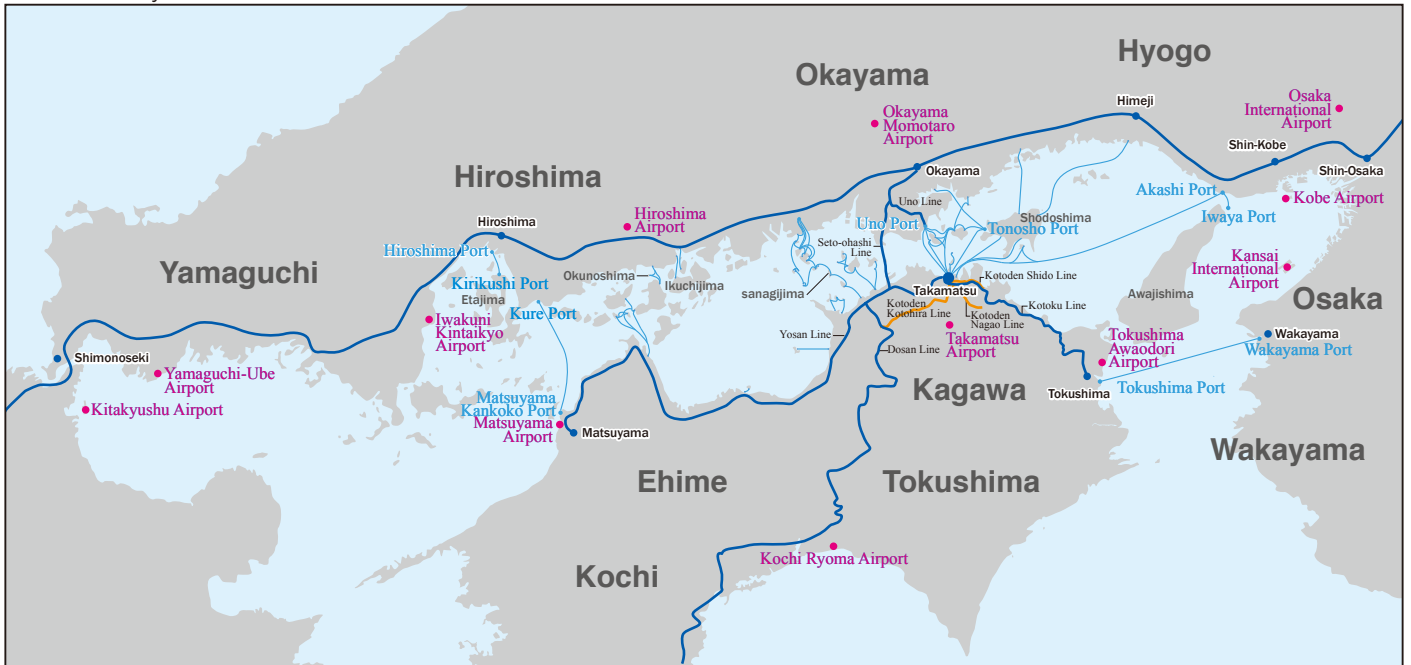


ジャンボフェリー

Jumbo Ferry 巨無霸渡輪 점보 페리



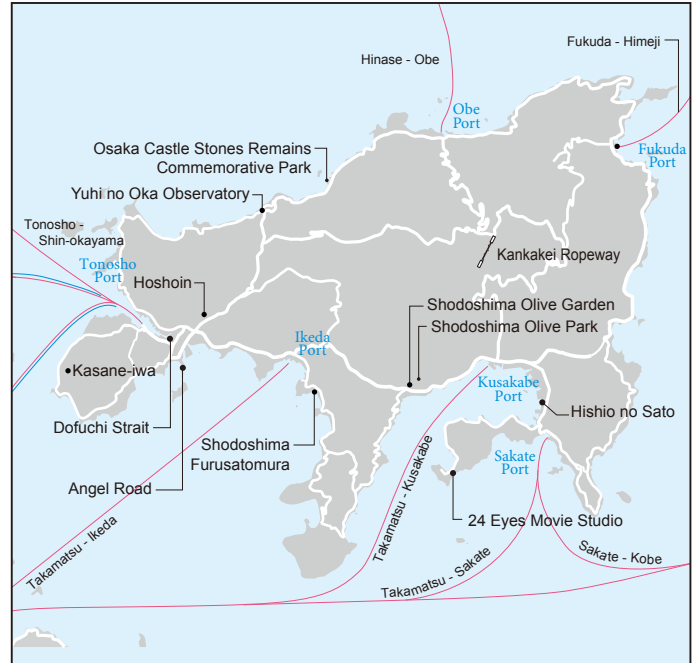
1. Part of Ferry Routes Around Setouchi 瀬戸内周部分航線 세토우치 주변 일부 페리 노선



2. Takamatsu 高松 다카마쓰



3. Shodoshima 小豆島 쇼도시마



Transportation Information

JR-Shikoku-Line
www.jr-shikoku.co.jp/global/en/

Kotoden-Line
www.kotoden.co.jp

Shodoshima Ferry
www.shikokuferry.com/

Shodoshima Olive Bus
www.shodoshima-olive-bus.com/

Jumbo Ferry
shoudoshima-ferry.co.jp/

att.SETOUCHI

KAGAWA / SHODOSHIMA

Publisher
Nobuhiko Kuwahara

Director
Yoko Hara

Editor-in-Chief
Ayumi Takahashi

Editors
Rumi Sugimoto, Mihoko Osakabe, Maryann Saito, Xiaofan Wang, Hanae Yamauchi, Yukiyo Nishizawa, Akito Obayashi, Madoka Chiyoma

Writers & Translators
John Bowler, Saeko Kanagawa, Jun Hisano, Rachel Pang, Jiyeon Han, Sowon Lee

Art Director
Katsurako Sakata

Designer
Hironori Kishimoto, Directors Co., Ltd. Takaaki Tamura

Sales & Marketing
Masato Hara, Megumi Otsuka, Yuki Yanagisawa

세토우치가이드 瀬戸内旅遊指南

facebook.com/att.JAPAN/
www.att-japan.net/

Acknowledgments
Kagawa Prefecture Tourism Association, Tonosho Town, Shodoshima Town, West Japan Railway Company, Shikoku Railway Company, The Inland Sea, SETOUCHI Tourism Authority, Onomichi Tourism Association, Kagawa Prefectural Government, Takehara Tourism Association

All rights reserved
All information contained in this magazine is as of August 2019, and is subject to change without notice.

Inquiries
Finex Co., Ltd.
E-mail: att-japan@finex.co.jp URL: http://www.finex.co.jp

Main Office
Tel: +81-3-5289-0161 Fax: +81-3-5289-0162
Itohia Kanda Kyodo Bldg. 4F, 1-1 Kanda Kitanoorimonochi, Chiyoda-ku, Tokyo, Japan 101-0036
〒101-0036 東京都千代田区神田北乗物町1-1 イトーピア神田共同ビル4F

Osaka Branch
Tel/ Fax: +81-6-6329-3711
STUDIO SHINOSAKA 7F, 1-17-5 Higashinakajima, Higashiyodogawa-ku, Osaka Japan 533-0033
〒533-0033 大阪府東淀川区東中島1-17-5 ス튜디오新大阪7F

広告掲載のお申込み / お問い合わせ att.JAPAN の設置 / 定期購読
株式会社ファイネックス 広報企画部・流通企画部
Tel: 03-5289-0161 Fax: 03-5289-0162
URL: http://www.finex.co.jp E-mail: att-japan@finex.co.jp

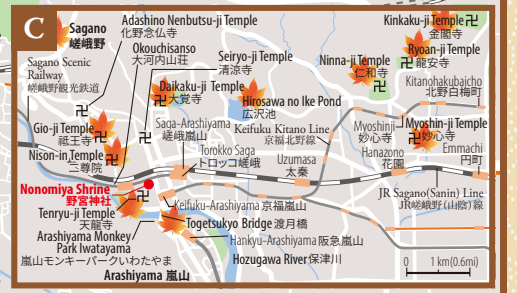
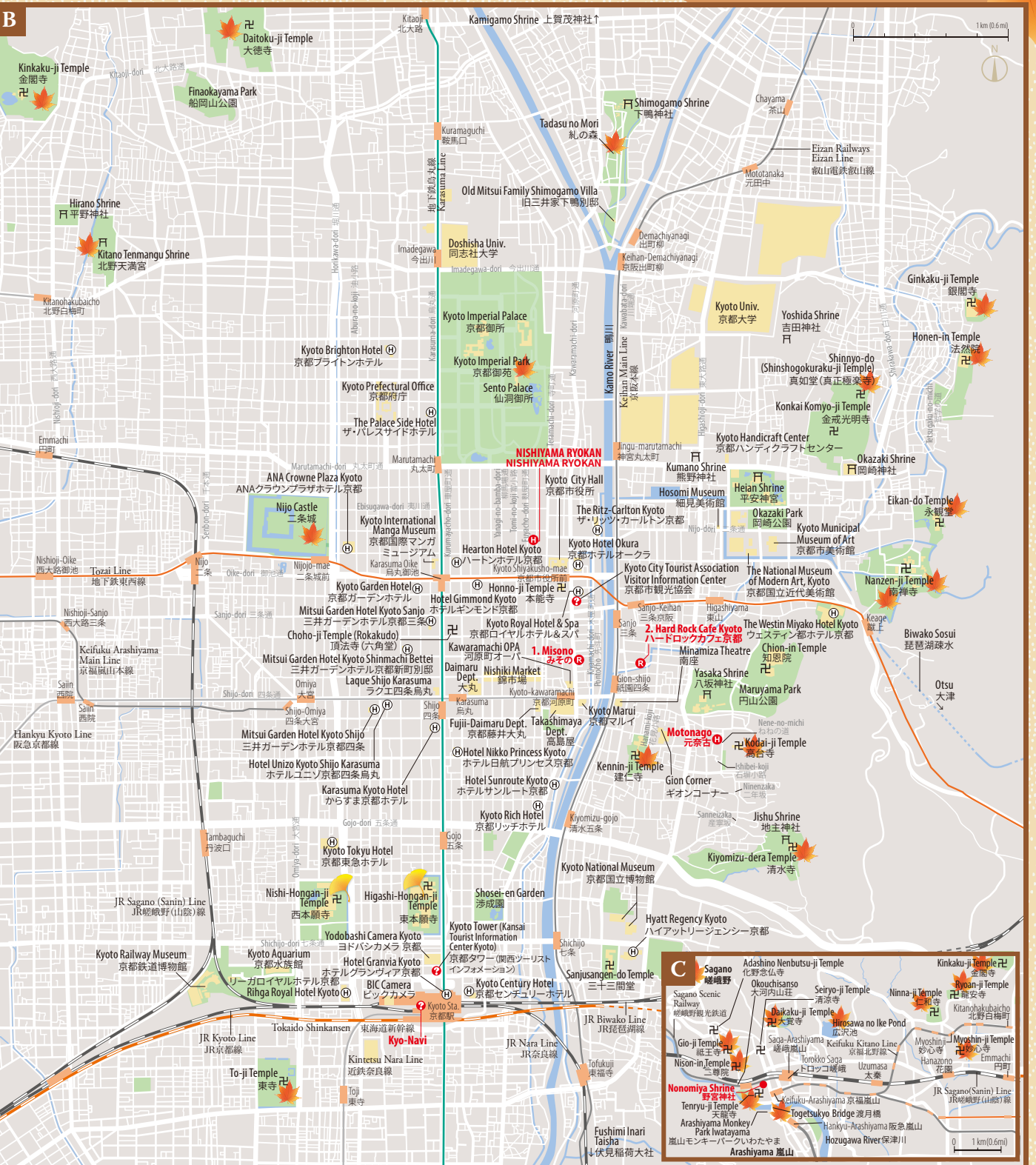
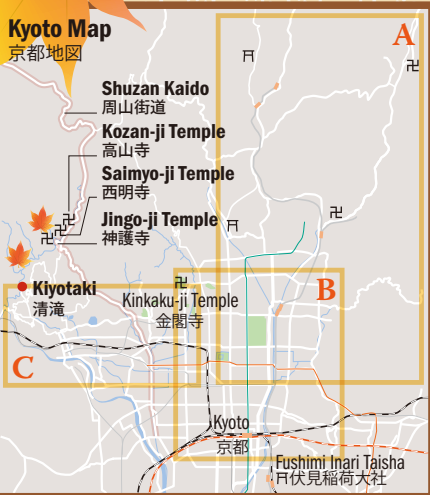
JIMC 日本インバウンド・メディア・コンソーシアム http://www.jimc.gr.jp
株式会社ファイネックスは JIMC に加盟しています。

The peak of autumn foliage in Kyoto is usually from early November to early December, but varies depending on the climate and other conditions of the year. Because of the higher elevation, leaves turn red and yellow earlier in the northern and western areas of Kyoto than in the center of the city.

京都の楓紅賞季往往是在每年11月上旬到12月上旬期間，不過，受到該年的氣候等因素影響，日期多少會有前後差距。位於海拔較高的京都北部跟西部地區，楓紅賞季也會比市中心來得早。

Autumn Leaves

Kyoto in Autumn 秋天的京都 楓葉



Keihokku Area (north west area), Autumn along Shuzan-kaido Road 京北地區 周山街道的秋天

Shuzan-kaido is a road winding in mountains, connecting Ukyo-ku in Kyoto City (Kyoto Pref.) and Obama City (Fukui Pref.). Since ancient times, this route was a main artery of distribution, including seafood, especially *saba* (mackerel) from the Sea of Japan. It is also known as one of the "Saba-kaido," mountainous roads connecting Fukui and Kyoto along which people carried seafood.

In the era before railways and automobiles became common, peddlers carried their wares on foot and conveyed mackerel caught in Wakasa Bay to the center of Kyoto. In those days, without refrigeration technology, people salted fresh mackerel and carried it on the land. Taking a whole day getting to central Kyoto, the degree of saltiness of the fish was just right when it reached the city, and it is said that the mackerel delighted the townspeople of Kyoto. Now, still being a main route from Kyoto to the Sea of Japan, Shuzan-kaido is a popular, picturesque road with fine scenery nestled in mountains, forests, and villages. Have a relaxed trip with beautiful nature and autumn foliage along Shuzan-kaido.

周山街道(國道162號)是通過京都市右京區,連結至福井縣小濱市的山間道路。這條道路主要用來運送魚貝類,從古便是物流的大動脈,相當繁榮。其中又以運送鯖魚較多,所以此街道更是以從狹窄(福井縣)將魚貝類運送至京都的「鯖街道」之一,聞名遐邇。

在鐵路與汽車尚未普及的時代,從若狹灣捕撈到的鯖魚,是由旅行商人徒步揹到京都來的。由於當時沒有冷凍技術,故採用在生鯖魚肉上灑鹽後再陸運的方法,據說運送到京都需要整整一天,抵達京都時魚肉鹹度也變得恰到好處,所以主要深受京都老百姓們的喜愛。至今,此街道不僅仍是前往日本海的主要道路,更因其沿途的山清水秀的美景而廣受歡迎。不妨來親身體會一下周山街道附近的大自然及楓紅吧!



Hiking from Kiyotaki to Sanbi

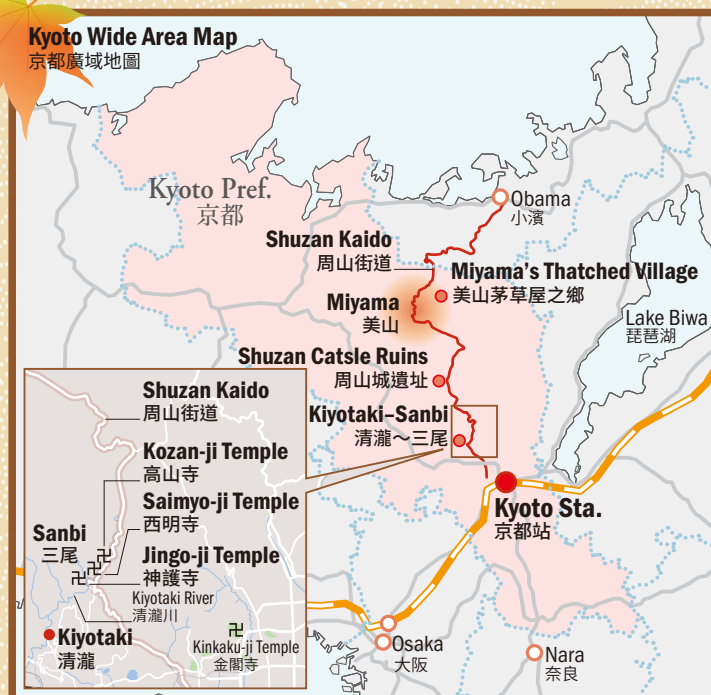
There is a hiking trail from Kiyotaki to upstream Takao (Jingo-ji Temple), Makinoo (Saimyo-ji Temple), and Toganoo (Kozan-ji Temple) along the Kiyotaki River. The area is popular for fireflies and dining on a balcony over the river in summer, and colored leaves in autumn. Kin-unkei Valley is highly recommended for autumn leaves. Kozan-ji Temple is a world heritage site. The trail has fewer tourists than the heart of the city, so it is a kind of hidden spot to see fine autumn leaves.

清瀧~三尾健行

有一條健行步道,從清瀧出發,沿著清瀧川而上,可以到達上游的高雄(神護寺)、槇尾(西明寺)、梶尾(高山寺)。夏天可賞螢與享受納涼川床。該處更以秋天的楓葉勝地聞名,名為錦雲溪的溪谷更是宜人的賞楓景點。高山寺是世界遺產,雖然跟一般大街比起來觀光客的身影較少,但卻是鮮少人知的賞楓景點。



Upper: Kozan-ji Temple
Middle & Lower: Kiyotaki
上: 高山寺
中,下: 清瀧





Shuzan Castle Ruins

Shuzan Castle was built by warlord Akechi Mitsuhide in 1579 for attacking the northwest Tanba region. Fifteen remains including stone walls of the Hon-maru castle keep remain. It is a mountain castle that even novices can climb to, like hiking. With the remains worth seeing, such as the stone walls, it is also recommended for castle buffs.

周山城遺址

1579年，明智光秀進攻丹波時建造的城池。至今仍保留著本丸(日本城池中最主要的一座結構)遺跡的石牆等15處遺跡。此座山城即使沒有爬山經驗，也能以健行般的感覺輕鬆登上。因為此處仍留有石牆等值得一見的遺跡，所以也相當推薦給初接觸城郭的新鮮人。

Miyama's Thatched Village (Kayabuki no Sato)

Shuzan-kaido's highlight is around Tanba Heights with its picturesque country scenery of autumn leaves. Cherry blossoms in spring and fresh greenery in early summer are also worth a visit. Kayabuki no Sato, home to old thatched houses that were built about 200 years ago, is designated a National Preservation District for Groups of Historic Buildings.

美山茅草屋之鄉

周山街道的吸睛重點，則是錦秋山間美景的丹波高原一帶。該處的春櫻及夏季新綠，都是令人心醉的美景。美山茅草屋之鄉，密集散布著屋齡近200年的茅草屋古民宅，已被列為傳統建築物群保存地區。

Please see here for more information!

更多資訊請見網站！

웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁体



中文简体



한국어



日本語



Purification Ceremony 祈禱儀式



On the way to Arashiyama 侍神公主隊列

Held on every 3rd Sunday of October!
每年10月第3個星期日舉行!

The Heian picture scrolls cross the Togetsu-kyo Bridge.
A big event for recreating the Tale of Genji.

平安時代繪卷將通過渡月橋...
重現源氏物語世界的盛大活動。

齋宮行列

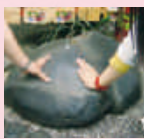
Saigu Gyoretsu Procession 齋宮行列

Nonomiya Shrine TEL.075-871-1972
野宮神社 Sagano Miyamachi 1, Ukyo-ku, Kyoto City

電話: 075-871-1972 京都市右京區嵯峨野宮町1

Touching the Turtle Stone
It is said that your wishes will come true if you pray while touching the sacred stone called the Turtle Stone.

摸神石
據說只要邊摸神社內的神石「龜石」並許願，願望就能實現。



Match-making Ring Charm
A charm for match-making and bond-building. A pair can carry each half of the charm. It can also be used as an accessory strap.

姻緣戒指御守
戒指御守能保佑求得好姻緣。情侶的話也能兩人各持有一個作為吊飾使用。



www.nonomiya.com

Mobile : www.nonomiya.com/m





Unzen Onsen 雲仙溫泉

Unzen Onsen: Feel the Heat from "Hell"

雲仙溫泉：親身感受「地獄」的熱氣



- | | | |
|---|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ① | ② | ①The autumn foliage season from late October to early November offers a gorgeous view of colored leaves in the mountains, which is called a "sea of colored leaves." ②An overwhelming landscape of "hell" with steam gushing out from more than 30 points on the grounds. ③It is recommended to take a ropeway ride to enjoy the seasonal landscape from the sky. ④Onsen-tamago, or steaming-hot eggs cooked with high-temperature steam. These are a local specialty which are said to extend your longevity if you eat them. |
| | ③ | ①10月下旬~11月初的紅葉季節，有「紅葉之海」美譽的景色壯觀無比。②蒸氣從超過30個地點噴發而出，「地獄」的震撼力驚人。③推薦您搭乘纜車，從空中眺望四季應時的景緻。 |
| | ④ | ④以高溫蒸氣蒸熟，熱騰騰的溫泉蛋。這是據說食用後可延年益壽的名產。 |

Located in Nagasaki Prefecture on Kyushu Island, Unzen has been widely known as an onsen site, as the name "Unzen" is said to come from the sound of "溫泉," which is now read as "onsen" but used to be read as "unzen." Believed to be effective for improving skin condition as well as curing various ailments, the water of Unzen has long attracted many visitors from all over Japan who seek a cure for their various conditions.

The main spot of Unzen Onsen is "Unzen Jigoku" ("hell"). The name came from the fact that this place with hot spring water up to 120 degrees Celsius gushing out from all over the ground covered with white sand along with murky steam looks just like a scene from hell. There are places you can not only immerse yourself in nice hot water but also feel the heat of the ground and gas gushing out of the ground with the bottom of your feet, allowing you to feel the power of onsen.

Surrounded by abundant nature, the area was designated as Japan's first national park in 1934. Mount Unzen-dake, which consists of eight mountains, is beautifully colored by seasonal features, such as flowers, fresh greenery, autumn foliage, and snow. There are trekking routes for hikers, from beginners to intermediate level, and the summit at about 1,300-meters commands a panoramic view of the sea and mountains. The best way to enjoy this area is to be active in the mountains, relax in forest bathing, and then clean and refresh yourself in the onsen.

九州長崎縣的雲仙溫泉。「雲仙」這個地名，相傳是源於從古代起，即將「溫泉」讀為「UNZEN」而得名，是一處廣為人知的溫泉勝地。這裡的溫泉不僅對皮膚病、美肌具有療效，據說還可改善各種的疾病，吸引了日本全國各地絡繹不絕的訪客前來療養。

雲仙溫泉的主要景點是「雲仙地獄」。在白土覆蓋之處，各地激烈噴湧出最高可達120°C的高溫溫泉，蒸氣氤氳的模樣宛如地獄一般，據說此地即因而得名。不只是浸泡溫泉，這裡還有可放腳並親身感受地熱熱度與噴氣的休息處，將可感受溫泉的震撼力。

在豐富的大自然資源環繞下，此地於1934年獲指定為日本第一座國立公園。由8座山岳所組成的雲仙岳，依季節不同，分別為花卉、綠意、紅葉，以及白雪等迥異的美景渲染添色。您可以享受初學者到中級者專用的登山路線，登上1,300m的山頂眺望360度山與海環繞的絕景。推薦您在山間活動身體，讓森林浴充分放鬆身心後，再泡溫泉洗去汗水。

Access

Haneda Airport → 100 min by air
→ Nagasaki Airport → 30~45 min by bus → Isahaya Terminal → 80 min by bus → Unzen Onsen

*Access time is approximated and may change depending on traffic and other conditions.

交通

羽田機場→搭乘飛機100分鐘→長崎機場→搭乘巴士30~45分鐘→諫早巴士總站→搭乘巴士80分鐘→雲仙溫泉

※所需時間僅供參考。
可能因當下的交通狀況有所變動。

More Info 詳細資訊

Unsen Tourist Association
雲仙溫泉觀光協會

TEL: 0957-73-3434

URL: www.unzen.org/e_ver/
www.unzen.org/t_ver/



From Editor 編者語



Unzen Onsen is also known as a place where Christians were martyred for their faith when Christianity was banned in Japan from the 17th to 19th centuries. The area is also the setting of the 2016 movie "Silence" and is dotted with sites related to the movie.

在17~19世紀嚴禁基督教的日本，雲仙溫泉曾是基督徒殉教之處。此地也是電影《沉默》的背景舞台，與電影相關的地點散居其間。

Please see here for more information!

更多資訊請見網站！

웹사이트에서 확인해주세요!

att-japan.net/



English



中文繁體



中文簡體



한국어



日本語

att.Kitchen

Japanese Cooking Class in Ningyocho hosted by att.JAPAN

This time, we used one whole sea bream and made *sashimi* (sliced raw fish), *kara-age* (deep-fried food), *nitsuke* (food boiled in soy sauce), and *ushiojiru* (thin soup of fish).

The lesson started with learning how to filet fish.

No one had fileted fish, so all were confused about where to start, having a big sea bream in front of them. However, with Mr. Sano's specific explanation and instruction, they all succeeded in cleaning one whole fish, scraping its scales off and gutting it without leaving out any bones.

They seemed to have become confident that it is not so difficult to filet fish if they got the knack.



Whole Sea Bream

Everyone seemed to have enjoyed making sea bream *kara-age*. Mr. Sano recommends to put a piece of Japanese basil in the fish so that its smell will disappear. And the scent of Japanese basil will enrich the flavor of the *kara-age*.

Before this att.Kitchen cooking lesson, participants thought it was too difficult to use sea bream in their dishes at home but after the lesson, some were so encouraged that they said "I want to make it again tomorrow!"

At the end, all participants enjoyed eating all the sea bream dishes they had made by themselves.



Sashimi



Kara-age



Nitsuke



Ushiojiru

Professional Chef (Sano-san)'s Advice:

You can easily make the batter of *kara-age* by dipping a slice of sea bream into a sauce made of thin soy sauce (*usukuchi shoyu*) with a little bit of grated ginger and then into starch. It is recommended for those who feel it is annoying to measure and mix ingredients like sake, *mirin* (sweet sake), soy sauce, sugar and so on!



To learn about the know-how, check this video



Scan here for more recipe with pictures



Next Cooking Class:

Learning Traditional Japanese Cuisine

November 16, 2019 (Saturday) 11:00-14:00

How to apply:

Contact us via e-mail (att-japan@finex.co.jp) or by telephone (03-5289-0161)

For more information and applying, please visit this site:

<http://att-japan.net/en/archives/1358>



Rakuan, Ningyocho - Chef Sano

He is the chef of a restaurant called "Rakuan," just 3 min. walk from Ito Ryokan. This place offers special Japanese sake and unique inventive Japanese cuisine.



From China

Student's Comment

This was my first time joining a cooking class and I enjoyed it very much. I experience the deep knowledge of Japanese food when I actually got to cut the fish, steam it, and fry it with my own hands. I was moved by tasting the dishes that I made by myself. If there is another opportunity, I would like to participate again. Especially, Sano sensei is really good at teaching us carefully and thoughtfully. I really appreciate his help!

Location:

Ito Ryokan is located in Ningyocho, a *shitamachi* historic town that retains the atmosphere of the Edo period (1603-1867) and has been renewed in 2018. Guests are welcomed by the friendly staff with great hospitality that will make you feel at home. Since there are many guests from overseas, Ito Ryokan is holding various events such as *origami* (paper folding) class and *shamisen* (music instrument) class.

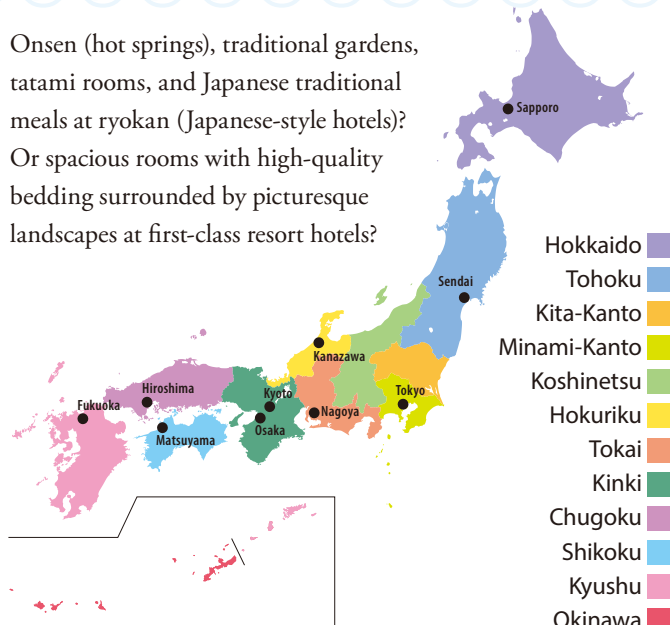




Ryokan and hotels across Japan

Where will you stay?

Onsen (hot springs), traditional gardens, tatami rooms, and Japanese traditional meals at ryokan (Japanese-style hotels)? Or spacious rooms with high-quality bedding surrounded by picturesque landscapes at first-class resort hotels?



Icon Legend

- | | |
|---------------------------------|--------------------------------|
| Credit cards accepted | Washlets (bidet-style toilets) |
| Internet/Wi-Fi available | Eating in guest rooms allowed |
| Onsen (hot springs) | Complimentary shuttle service |
| Open-air bath | Karaoke |
| Private bath | Picturesque scenery |
| Guest room with bath and toilet | Rooms for single person |

- Prices are a rough guide based on one adult staying at a twin room and include consumption tax. Prices may vary depending on room types, the number of persons in a room, cuisine, and other variables. We recommend confirming prices when you book any accommodation. Where the price system is different from this guideline, this is noted in the explanation of the accommodation.
- After booking by phone, we recommend confirming your reservation by email or fax.
- Cancellation fees may be charged if you cancel a reservation. Please confirm the accommodation's cancellation fees and regulations in advance. Also, if you cancel, make sure to inform the accommodation of your cancellation.
- If you suffer from allergies or have food preferences, please inform the staff when you are booking your accommodation.

The new att.Ryokan website has been launched.



Now available in
Traditional Chinese, English and Japanese.
Plenty of areas to choose from.

▼▼ Access to ▼▼
att-ryokan.net/



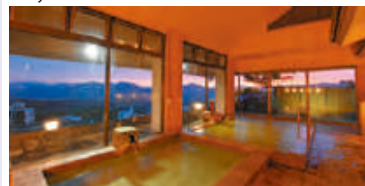
KOKUYA
古久家

IKAHO ONSEN
伊香保温泉



Enjoy a peaceful time at a venerable ryokan with a 107-year history

At Ikaho Onsen, a nostalgic hot springs town famous for its stone steps through the center of the town, strolling in a leisurely manner is recommended. Feeling the traditional atmosphere and enjoying delicious food, large open-air baths, and fine views from the bath, relax your body and soul at our onsen.



■ Shibukawa Sta. → 30 min by bus → Ikaho Onsen → 2 min on foot • Kan-etsu Expressway Shibukawa-Ikaho I.C. → 20 min by car
 ☎ Check in 15:00- / Check out ~10:00 ¥14,040- ☎ 52 Ikaho, Ikahomachi, Shibukawa City, Gunma
 ☎ +81-279-72-3322 ☎ +81-279-72-2218



Hotel Konansou
湖南荘

FUJIKAWAGUCHIKO
富士河口湖



Enjoy an onsen at the foot of Mt. Fuji and fine views of Lake Kawaguchiko

Located at great vantage point to view Lake Kawaguchiko and World Heritage site Mt. Fuji. You can enjoy a luxurious time in a guest room with an open-air bath, a guest room in a modern style with a traditional feel, a reservable private bath, and a rooftop foot bath with a fine view. Soaking in a bath while seeing Mt. Fuji is sure to be a great pleasure.



☎ Fujikyū Kawaguchiko Sta. → 10 min on foot Kawaguchiko I.C. → 5 min by car
 ☎ Check in 15:00- / Check out ~10:00 ¥18,900- ☎ Funatsu 4020-2, Fujikawaguchiko-machi, Minamitsuru County, Yamanashi
 ☎ +81-555-72-2166 ☎ +81-555-73-1844
 ☎ info@konansou.com

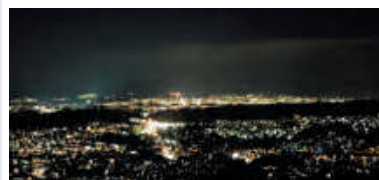


Ikoma no Oyado Shiroyama Ryokan
生駒のお宿 城山旅館

NARA
奈良



Traditional Japanese inn with a beautiful night view



You can enjoy the night view of Nara, Ikoma, from the banquet hall. You can experience Japanese cultures such as tea ceremony, Japanese calligraphy and Kimono-dressing.

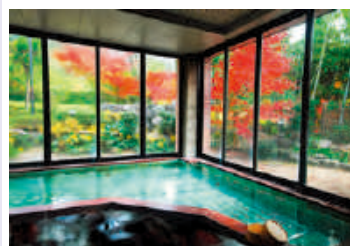


☎ Hozanji Sta. → 3-5 min on foot
 ☎ Check in 15:00- / Check out ~10:00
 ¥6,400-
 ☎ 15-12, Monzencho, Ikoma-shi, Nara
 ☎ +81-743-73-4717
 ☎ +81-743-74-2419
 ☎ sa57778@jf6.so-net.ne.jp



Takeo Century Hotel
武雄センチュリーホテル

SAGA
佐賀



Welcome to a relaxing space in nature

A hotel located next to the Japanese garden Keishu-en at the foot of Mt. Mifune. From Japanese-style rooms to twin rooms, we have clean and comfortable guest rooms for leisure and business, as well as various facilities such as, a garden view, restaurant, a hot spring with sauna, and public bath.

☎ JR Sasebo Line Takeo Onsen Sta. → 7 min by bus ride to Karekinoto bus stop, Takeo-Kitagata IC → 10 min by car
 ☎ Check in 15:00- / Check out ~11:00 ¥13,350-
 ☎ 4075-13 Takeo, Takeo-cho, Takeo City, Saga
 ☎ +81-95-422-2200 ☎ +81-95-422-2888



Tenseien
天成園

HAKONE
箱根



A hot spring hotel with natural waterfalls

In an open-air bath with its feeling of spaciousness, you can enjoy Hakone's nature and its various expressions in accordance with the seasons and time. The hotel garden has a natural waterfall and a shrine, which are very unusual for a hotel space. The garden is also a wonderful place to stroll around after bathing.




📍Hakone-Yumoto Sta. → 12 min on foot, 5 min by taxi, or 5 min by a shared bus on a circular route (course A) 🕒Check in 15:00- / Check out -10:00 🏠14,450- 📞682 Yumoto, Hakone-machi, Ashigarashimo County, Kanagawa 📞+81-460-83-8511 📠+81-460-83-8512



Ryokan Sugimoto
旅館すぎもと

MATSUMOTO
松本



Enjoy freshly made buckwheat noodles

Standing on breezy highlands, Sugimoto is a traditional onsen ryokan in the Sukiyaki style, a simple and refined architecture inspired by tea houses. Relax in our rooms with a loft or irori fireplace, and spectacular scenery.



Enjoy our proud concoction of original dishes such as "Shinshu Beef cooked on a hot stone" that goes well with local sake. Soak in a historical open-air bath which the Imperial family in the 8th century shared and loved.




📍Chuo Line Matsumoto Sta. → 15 min by taxi / 20 min by bus 🕒Check in 15:00- / Check out -10:00 🏠15,750-31,500 📞451-7 Satoyamabe, Matsumoto City, Nagano 📞0263-32-3379 📠0263-33-5830



SEIZAN YAMATO
青山やまと

ITO
伊東




A traditional Japanese hotel, nestled on a hilltop overlooking the city and sea

Get away from it all and relax surrounded by nature - green mountains and blue seas - in the quiet ambiance of a Japanese inn. The gracious hospitality includes delicious cuisine, and natural hot springs.




📍Tokyo Sta. → 1 h 50 min by Izukyu Railway express train "Odoriko" / 1 h 20 min by Tokaido Shinkansen "Kodama" (transfer at Atami Sta.) → Ito Sta. → 7 min by shuttle bus 🕒Check in 14:00- / Check out -11:00 🏠24,990- (per person per night with 2 meals / 2 guests in 1 room / Service charge & tax included) 📍203 Oka, Ito City, Shizuoka 📞0557-37-3108 📠seizan@yamatokan.co.jp



Ryokan MOTONAGO
旅館 元奈古

KYOTO
京都



A Kyoto ryokan with an elegant atmosphere

Motonago is a wooden ryokan nestled alongside "Nene no Michi," a nostalgic path with a tranquil feeling. The cozy ryokan with 11 guest rooms offers family-like, heartwarming services to guests.




📍Kyoto Sta. → Kyoto Municipal Bus → Gion Stop → 5 min on foot • Kyoto Sta. → 20 min by taxi 🕒Check in 16:00- / Check out -10:00 🏠19,980- 📍511 Washio-cho, Nene no Michi, Kodajiri, Higashiyama-ku, Kyoto City, Kyoto 📞+81-75-561-2087 📠+81-75-561-2655 📠ryokan@motonago.com



NISHIYAMA RYOKAN
NISHIYAMA RYOKAN

KYOTO
京都



International registered tourist inn

More than 2,000 visitors from around the world stay with us each year. Located in the heart of Kyoto, we are at the center of the city's major sightseeing points. Relax in our leisurely guest rooms. Western style rooms with toilet and bath are also available. All the guest rooms are non-smoking. Free Wi-Fi in every room.




📍Kyoto Sta. → 15 min by subway to the nearest station (Kyoto-shiyakusho-mae on Tozai Line) No.10 Exit → walk 2 blocks to the north on Gokomachi St. 🕒Check in 16:00- / Check out -10:30 🏠12,000- (per person / 1 night stay without meals / tax included) 📍Nijosagaru, Gokomachi-dori, Nakagyo-ku, Kyoto City, Kyoto 📞+81-75-222-1166 📠+81-75-231-3558



WASHU BLUE RESORT KASAGO
WASHU BLUE RESORT 風籠~kasago~

KURASHIKI
倉敷



Enjoy Onsen commanding a nice view of the Seto Inland Sea and delicious cuisine

We have guest rooms with breathtakingly nice ocean views of the sky, sea and Seto Ohashi Bridge. You can also enjoy soaking in fine baths, such as "Open-air Bath in the Air" (a rooftop open-air natural onsen) and "Honey Pearl Bath" (exclusively for hotel guests). Eating delectable fresh foods from the sea and mountains is also enjoyable! Wi-Fi is available in all the building.




📍JR Kojima Sta. → 10 min by car 🕒Check in 16:00- / Check out -10:00 🏠14,000- 📞303-17, Shimotsui Fukiage, Kurashiki City, Okayama 📞+81-86-479-9500 📠+81-86-479-9549 📠reserve@kasago.jp



The Kusatsu Onsen's landmark, Yubatake
草津温泉の象徴 湯畑



Kusatsu Onsen is home to Japan's most productive hot spring.
自然湧泉量为全日本第一的草津温泉

32,300L of waters per minute! 毎分有多達 32,300 公升以上的温泉湧出!

Experience Yumomi!
也可以體驗「湯揉」喔!



Wi-Fi
KUSATSU ONSEN

主泉 onsen ism
義質 KUSATSU



Routes from Tokyo to Kusatsu Onsen
從東京到草津溫泉的交通

Route1 🚄 Limited Express "Kusatsu" 🚌 Bus
Ueno Naganohara-Kusa Kusatsu
2 h 20 min tsuguchi Station 25 min Onsen

Route2 🚄 Shinkansen 🚌 Bus
Tokyo Karuizawa Kusatsu
1 h 2 min ~ 1 h 16 min ~ Onsen

Route3 🚌 JR Expressway Bus
Joshu Yumeguri-go
Shinjuku Kusatsu Onsen about 4 h

<https://www.kusatsu-onsen.ne.jp/>



If you want to know details of restaurants in these pages, 想知道更多刊登的餐廳詳情



1 Scan QR code of each restaurant with your phone. 用手機掃描各店鋪的QR碼



2 Access each restaurant's site. 進入詳細介紹餐廳的頁面



3 Easily go there using the English map! 請參考地圖前往

att. Restaurant

Scan QR code on the right side for more information on restaurants in English!

<https://att-restaurant.net/en/>



請掃描右邊 QR 碼獲得更多中文餐廳資訊!

<https://att-restaurant.net/tc/>



If you don't have QR code app, you can download for free. 若您沒有安裝 QR 碼掃描軟體，可以免費下載喔！



Those of you who have seen these movies will have recollection of scenes through our interior design and performances, and those of you who haven't can also enjoy our delicious food and delightful service!



We are great for families or group parties!

LaQua 1F1-1-1 Kasuga, Bunkyo-ku, Tokyo
3 mins walk from Tokyo Metro Korakuen Sta. Exit 2
11:00-23:00 (L.O. 22:00)
Tel: 03-3868-7041

TONY ROMA'S
RIBS · SEAFOOD · STEAKS
Tel: 03-3408-2748



American-style Restaurant
Original recipe with Prize-winning signature BBQ sauce

5-4-20 Roppongi, Minato-ku, Tokyo
3 mins walk from Roppongi Station
Lunch: Mon-Fri 11:30-15:00
Sat, Sun & Holi 12:00-14:30
Dinner: Mon-Fri 17:00-23:30
Sat 14:30-23:30, Sun & Holi 14:30-23:00

GRAND CENTRAL
OYSTER
BAR·RESTAURANT



New York's long Established Seafood Restaurant has arrived in Japan!

An ever popular restaurant has come ashore straight from Manhattan, New York. The very same atmosphere and interior were transported right from the main restaurant in New York. Enjoy from a selection of over 100 kinds of seafood including heaps of raw oysters.

SHINAGAWA, TOKYO Tel. 03-6717-0932
atré shinagawa 4F, 2 Chome-18-1 Konan, Minato-ku

P62-MAP4-2



TOKYO
UYENO-EKI TOKYO
YOKOHAMA
KYOTO
OSAKA
UNIVERSAL CITYWALK OSAKA™
FUKUOKA
NARITA *ROCKSHOP ONLY
ASAKUSA *ROCKSHOP ONLY



LEGENDARY

YOU KNOW HOW PHENOMENAL ARTISTS TAKE SOMETHING REAL AND RAW AND MAKE IT LEGENDARY? YEAH, OUR BURGERS ARE LIKE THAT.



Misono Shinjuku Branch

Eating Kobe beef and seafood while overlooking central Tokyo at the Sky Lounge on the 51st floor is exceptional. Spend a luxurious time at this great location.

ORIGINATOR OF TEPPANYAKI

Misono
KOBE

Since 1945



*Menus are available in English, Chinese, Korean.
*English and Chinese speaking staff available

Shinjuku Branch

51F Shinjuku Sumitomo Bldg., 2-6-1 Nishishinjuku, Shinjuku-ku, Tokyo
10-min. walk from JR Shinjuku Sta. / 5-min. walk from Tochomae Sta. on Toei Oedo Line TEL: 03-3344-6351



Halal Kobe beef course menu is only available in Kobe Main Store!

Please scan this QR code for reservation.



Kobe Main Store, Osaka Branch, Kyoto Branch, Ginza Branch

Neighboring **Ginza Branch** is a good location, just 2-min. walk from Subway Ginza Station

Kobe Main Store: P59-MAP23-1, Osaka Branch: P58-MAP27-1, Kyoto Branch: P45-1, Ginza Branch: P61-MAP11-1, Shinjuku Branch: P62-MAP1-2



YAKITORI
かしわ

銀座
Ginza
Kashiwa

Hinai Jidori Specialty Shop 比内地雞專門店

While enjoying a nice view of Ginza and Tokyo Tower, spend a luxurious time with *torimabushi* (chicken on rice) in the daytime and yakitori in the evening.

眺望銀座的街道與東京鐵塔的景色，在午餐時刻享受著比內地雞丼飯，夜間品嚐雞串燒，度過一段奢侈的時光。



午餐 Lunch

Enjoy with four different eating methods: dipping sauce, condiments, egg, or chicken soup.
請以醬汁、調味料、蛋黃、雞湯四種不同的吃法品嚐。



晚餐 Dinner

GINZA12 11F, Ginza, 4-12-1 Chuo-ku, Tokyo
Open Hours Mon.-Fri. 11:30-14:00 / 17:00-23:30
Sat., Sun., and Holidays 11:30-14:00 / 17:00-23:00

地址：東京都中央區銀座 4-12-1 GINZA12 11F
營業時間：星期一～星期五 11:30-14:00 / 17:00-23:30
星期六、日、國定假日 11:30-14:00 / 17:00-23:00

TEL: 03-6264-3288



P61-MAP11-2



燒肉

平城苑
HEIJOEN

One Whole Wagyu Beef

Enjoy the taste of the rich flavor that only real Kuroge Wagyu beef can produce.

「採購一整頭和牛」

正宗黑毛和牛獨有的豐潤口感，美味盡在本店。



Heijouen Honkan (Main Store) Asakusa, Kaminarimon

1-15-10, Kaminarimon, Taitou-ku, Tokyo

平城苑本館 淺草雷門店

東京都台東區雷門 1-15-10



P61-MAP6-1

att. Restaurant

Transportation / 交通

Rail 鐵路

Japan is covered in a rail network that reaches to almost every corner of the archipelago. Most are owned and run by the Japan Railway (JR) system and the world famous "Shinkansen" bullet train is of course one of the fastest and most enjoyable forms of land transport anywhere – the distance between Tokyo and Osaka being covered in just 2 hours 30 minutes on the fastest line.

日本的鐵路網相當發達，從日本國內到各處幾乎利用鐵路可到達，主要有JR (Japan Railway Co., Ltd., 日本旅客鐵路) 運行著，在這當中藉由世界上也很有名的「新幹線」移動，一定會是日本旅行中印象最深刻的活動之一。東京到大阪間最快為2小時30分鐘。

Japan Rail Pass

Japan Rail Pass allows you to use the whole JR system (including the Shinkansen) but is only sold outside Japan. 29,110 yen gets you a full 7 day ticket (adults) (As of Sep. 2019).

JAPAN RAIL PASS (日本鐵路通票) 是可利用包含新幹線的日本全國的JR，只有在日本國外才有販賣，一名成人7天為29,110日圓(2019年9月現在)。

Type / 類型	Green / 綠色車廂		Ordinary / 普通車廂	
Duration / 有效期	Adult / 成人	Child / 兒童	Adult / 成人	Child / 兒童
7-day / 7天	38,880 YEN	19,440 YEN	29,110 YEN	14,550 YEN
14-day / 14天	62,950 YEN	31,470 YEN	46,390 YEN	23,190 YEN
21-day / 21天	81,870 YEN	40,930 YEN	59,350 YEN	29,670 YEN

For more info, check the Japan Rail Pass website: 詳情請看 JAPAN RAIL PASS 的網站 www.japanrailpass.net

Bus 巴士

Long-distance buses in Japan are run by numerous companies including JR. Buses are generally more economic than traveling by plane or train but do take longer and can be affected by traffic jams at busy times of the day or night.

Local buses run all over Japan as well as in the major cities and sometimes English instructions or stop announcements are used but this is not the case everywhere. We recommend you ask drivers to remind you of where you must disembark prior to setting off.

包含JR，有許多公司提供長距離巴士的運行，一般來說比藉由飛機和鐵路的旅行較具經濟性，但是所花的時間比較長，也較容易受交通阻塞的影響。主要的都市、城鎮可利用公車線路，最近雖然英語的表示和廣播也逐漸增加，但是為了確實地到達目的地，建議您事先拜託駕駛員，請駕駛員到達目的地時通知一下。

Taxi 計程車

Japanese taxis can be found at the exit to every train station in the country or alternatively hailed on the streets. The red sign visible through the windshield of the car: "空車" (ku-sha) means it is vacant and available for hire but when the sign reads "賃走" (chinsō), it is unavailable. The back door on the left side will open and close automatically so be careful not to stand too close! (All the other doors are operated manually) Rates vary depending on the taxi company. The rate system is shown inside the taxi and receipts can be issued. In urban areas, you can usually pay by credit card. If credit cards are accepted, a taxi has a sticker showing it on the window.

除了可搭乘等候在車站前的計程車外，在路上也可叫到計程車。計程車能不能搭乘，可藉由車窗前部分的表示來判斷。顯示「空車」的時候，表示無人乘坐，可搭乘。出現「賃走」時表示已經有別的乘客搭乘了。車子後方的車門會自動打開與關閉，所以要注意一下不要靠得太近被車門撞到(其他的車門用手打開與關閉)。車費根據計程車公司而有所不同，車資的體制告示在車內，也可拿到收據。在都市裡很多計程車可以用信用卡支付。可使用信用卡支付的計程車在窗上貼有標示。

Getting Around in Tokyo / 東京的交通

In big cities, such as Tokyo and Osaka, the under and over ground train system is well organized and highly efficient accessing any and all parts of the cities. To avoid wasting time lining up for tickets and working out how to use the machines in different stations, it is highly recommended to purchase pre-paid cards.

在東京、大阪等大都市的交通系統被充分的整備，如果使用電車或是地下鐵的話可到達任何地方。如果不想浪費為了購買車票而排隊的時間，建議您利用預付卡。

Transportation Cards / Useful Tickets

交通卡 / 划算的票券

If planning to stay in Japan for a longer period IC cards are recommended. (500 yen deposit returned when returning the card) Simply touch the card on a rectangular pad beside the ticket gate and the fare used is automatically deducted from the value of the card. In Tokyo, the cards are known as **Suica** or **PASMO** are accepted on JR lines, subways and most other railways and buses. The card can also be used as electronic money for shopping at registered shops and some vending machines.

Tokyo One-Day Free Ticket (Tokyo Furi Kippu)

(東京フリーきっぷ) is available for use on JR lines (inside Tokyo's 23 cities), subways, and the Toei Bus service for one whole day – ending at midnight – at a charge of 1,590 yen.

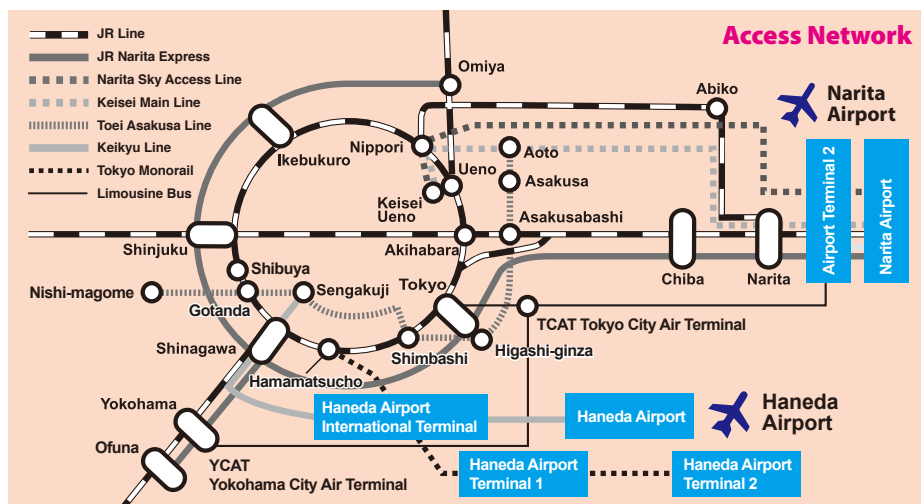
Tokyo Subway Ticket is available for use on Tokyo Metro and Toei Metro subway lines. Prices for adults are 800 yen (24 hours), 1,200 yen (48 hours), and 1,500 yen (72 hours).

JR TOKYO Wide Pass is valid for three days and good for unlimited rides using reserved seats on ordinary cars on Shinkansen and express trains in the Kanto area. The service is now extended to Echigo-Yuzawa Station and GALA Yuzawa Station. Prices are 10,000 yen (Adults), and 5,000 yen (Children).

如果預定在日本逗留一些時間的話，推薦使用IC卡。(購入時要付500日圓的保證金，將卡歸還時，保證金會退還給您。)在剪票機旁的讀取機上感應一下，車資會從卡上自動被扣除。在東京地區 **Suica** 和 **PASMO** 兩種除了JR線、地下鐵、其他大部分的私鐵之外，也可搭乘巴士。在註冊店舖和部分自動販售機上也可以作為電子錢包使用。

如果用 **東京旅遊車票** 的話，可在一天內無限制乘坐JR (東京23區內)及地下鐵、都營巴士，一張票1,590日圓。**東京地鐵通票** 可以利用東京地鐵及都營地鐵各條線路。成人24小時券800日圓，48小時券1,200日圓，72小時券1,500日圓。

JR東京廣域周遊券 (JR TOKYO Wide Pass) 除了能在3天內不限次數搭乘關東地區的新幹線、特快列車的指定座席之外，還把適用範圍擴大到越後湯澤站、GALA 湯澤站。價格為成人10,000日圓，兒童5,000日圓。



Getting Around in Osaka / 關西的交通

Transportation Cards/Useful Tickets
交通卡 / 划算的票券

In the Kansai (Osaka) area **ICOCA** or **PiTaPa** is available IC cards similar to Suica / PASMO.

Kansai Area Pass is valid for unlimited travel using ordinary non-reserved seats of JR-WEST local and rapid trains in the defined "Free Area." Prices for adults are 2,300 yen (1-day), 4,500 yen (2-days), 5,500 yen (3-days), and 6,500 yen (4-days) when purchasing in Japan. When purchasing in other countries, prices are 2,200 yen (1-day), 4,300 yen (2-days), 5,300 yen (3-days), and 6,300 yen (4-days).

KINTETSU RAIL PASS offers unlimited rides on all Kintetsu Railway lines for five days. Fares to Osaka, Nara, Kyoto, Ise-Shima, and Nagoya are for a bargain. Price: 3,600 yen for adults when purchased outside Japan / 3,800 yen for adults purchased in Japan.

在關西(大阪)地區有 **ICOCA** 和 **PiTaPa** 兩種 IC 卡扮演著跟 Suica / PASMO 同樣的角色。

使用 **關西地區鐵路周遊券**，可利用在自由區域內的 JR 普通列車(含快速列車)的普通車自由席隨意上下車。在日本購買時，成人價格為 1 日用 2,300 日圓，2 日用 4,500 日圓，3 日用 5,500 日圓，4 日用 6,500 日圓。在日本國外購買時，成人價格為 1 日用 2,200 日圓，2 日用 4,300 日圓，3 日用 5,300 日圓，4 日用 6,300 日圓。

KINTETSU RAIL PASS 是能夠在 5 天內自由乘坐近鐵全線的周遊券。前往大阪、奈良、京都、伊勢志摩以及名古屋相當合算。在日本國外購買時，成人價格為 3,600 日圓；在日本購買時為 3,800 日圓。

Money / 貨幣

You can cash traveler's checks at many banks. Traveler's checks can also be used at hotels, ryokan Japanese style hotels, and shops in big cities. Credit cards can be widely used in urban areas, but sometimes are not accepted at shops in rural areas.

旅行支票可在很多家銀行換錢。而且，大都市的飯店或旅館、商店，也可使用信用卡。雖然信用卡在城市裡可廣泛使用，但是在有些郊區的商店無法使用。

Money Exchange 兌換

Exchanging non-Japanese currency for yen can be carried out at international airports, and most major banks. At the airports, exchanging Japanese yen into foreign currency is also possible. At "World Currency Shop," even after banks close their doors, it is possible to exchange later in the day.

在機場或是主要都市的銀行可兌換日幣，在機場也可將日圓再兌換回外幣，在「World Currency Shop」即使超過銀行的營業時間也辦理兌換業務。

ATMs

You can withdraw Japanese yen from ATMs of some banks with credit cards or cash cards which were issued outside Japan.

有些銀行的提款機，可以用國外發行的信用卡或提款卡提領日幣。

Japan Post Bank

www.jp-bank.japanpost.jp/en/ias/en_ias_index.html

SEVEN BANK

www.sevenbank.co.jp/intlcard/index2.html

AEON BANK

www.aeonbank.co.jp/atm/

Japanese coin & paper currency in circulation



Telephone Service / 電話

Public telephones can be found almost everywhere in Japan and most can be used to make domestic and international calls. Only 10 or 100 yen coins can be used but all telephones take pre-paid telephone cards – purchase in convenience stores for 500 or 1,000 yen. If you use a calling card when you make an international call, it can reduce your calling rate.

在日本國內的各個地方設置有公共電話，可使用國內、國際電話的服務。使用 10 日圓、100 日圓的硬幣，或者是電話卡(在便利商店等販賣，有 500 日圓、或是 1,000 日圓)。若要撥打國際電話，也可以使用電話卡降低通話費。

KDDI Super World Card

www.001.kddi.com/en/lineup/with-guidance/swc/

NTT Communications World Pre-paid Card

506506.ntt.com/english/service/p_card/

Brastel International Calling Service

博朗思特永恆智慧國際電話

www.brastel.com/pages/eng/home/

Free Wi-Fi Service / 免費Wi-Fi服務

Japan Connected-free Wi-Fi

By registering with this app, you can enjoy free Wi-Fi at major airport, stations, tourist spots, convenience stores, etc. (Over 170,000 locations throughout Japan as of Dec. 2017.)

NTT East FREE WI-FI Japan

By presenting your passport at designated locations, you can receive a card with an ID and password required for Wi-Fi Internet access. (More than 45,000 locations throughout the eastern Japan area.)

FREESPOT

Registration with your email address is required only the first time when you request access. (About 1,000 locations in Tokyo.)

Japan Connected-free Wi-Fi

只需下載這個 app，即可在主要的機場、車站、旅遊景點、便利商店等享受免費的 Wi-Fi 服務。(2017 年 12 月時，日本全國有超過 17 萬個熱點。)

NTT 東日本免費 Wi-Fi

需要在上網卡派發地點出示護照，即可獲取寫有帳號和密碼的上網卡。(在東日本地區有 4.5 萬個以上的熱點。)

FREESPOT(免費熱點)

只需在第一次使用時登錄電子郵箱地址，登錄一次半年有效。(在東京都內約有 1,000 個熱點。)

Tokyo City Tourist Information Center
TOURIST & BUSINESS INFORMATION

Multilanguage
EN 中 韓

- Tourist Information
- Free Wi-Fi
- Cafe
- Day-trip Tours
- Arrangement for accommodation and transportation
- Postal Service

Entertainment and exhibition tickets are available.
Tickets Today

Tokyo Subway Ticket Sales!

Map showing location at JR TOKYO station, Marunouchi South Exit, KITTE B1 Floor.

Website URL: <https://en.tokyocity-i.jp>
Open Daily 8:00am-8:00pm/CAFE 7:00am-11:00pm
(Except Jan. 1st and the last Sunday of June)

Visit Our Website and Win a Prize!

前往 att.JAPAN 官網，
限量好禮 等著您！

Scan the QR code or access from the URL and type the keyword to win the prize!

掃描 QR Code 或輸入下列網址，
輸入關鍵字後便有機會獲得限量好禮。

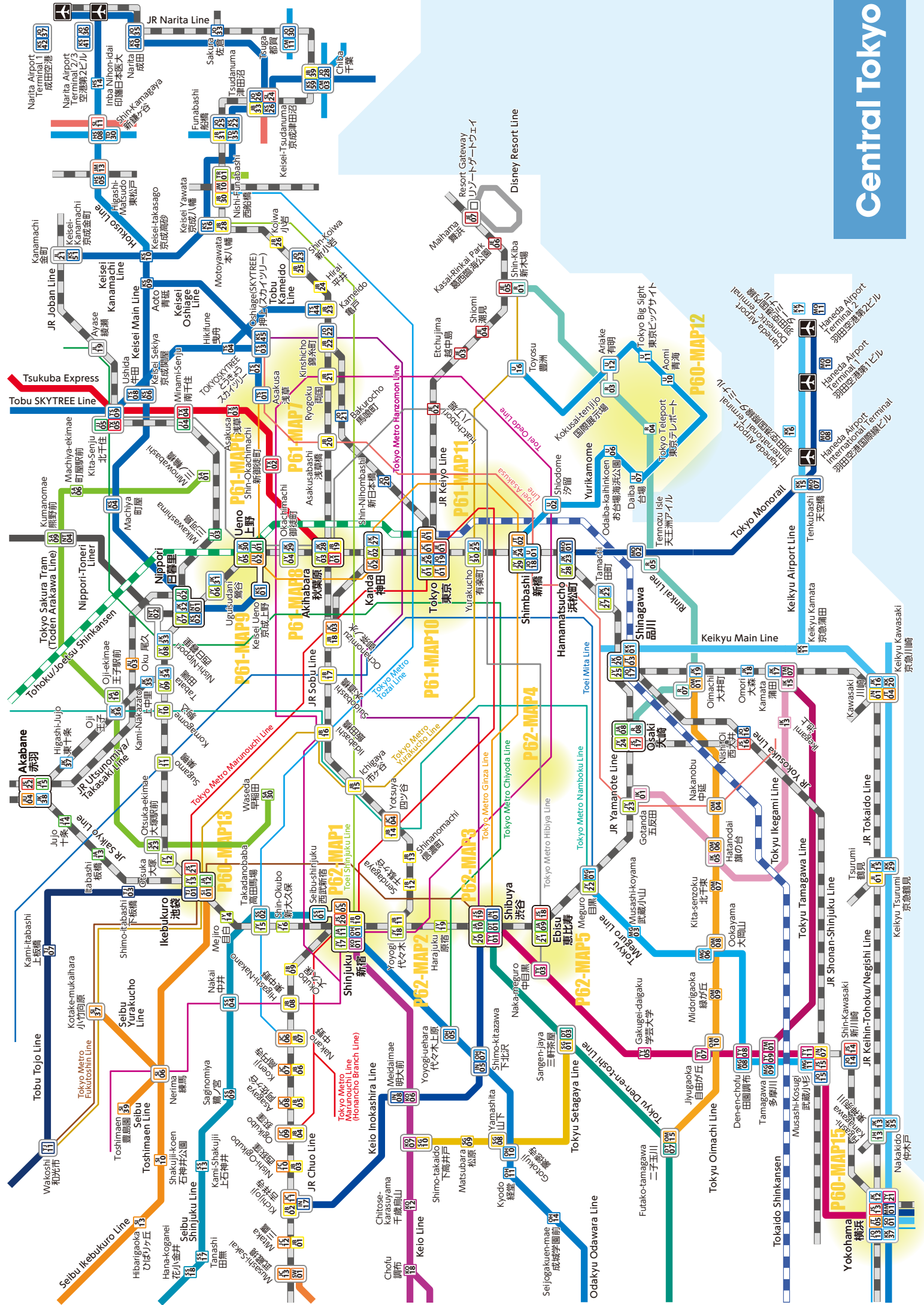
att-japan.net/tc/archives/5254

Keyword
關鍵字 (vol.89) **Sake**

Special prize
One-night pair ticket at a ryokan
特獎
日式旅館雙人住宿禮券

Photos are concept images 圖片僅供參考

Central Tokyo



Narita Airport Terminal 1
成田空港 成田第1ターミナル

Narita Airport Terminal 2/3
成田空港 成田第2・3ターミナル

Haneda Airport Terminal 1
羽田空港 羽田第1ターミナル

Haneda Airport International Terminal
羽田空港国際線ターミナル

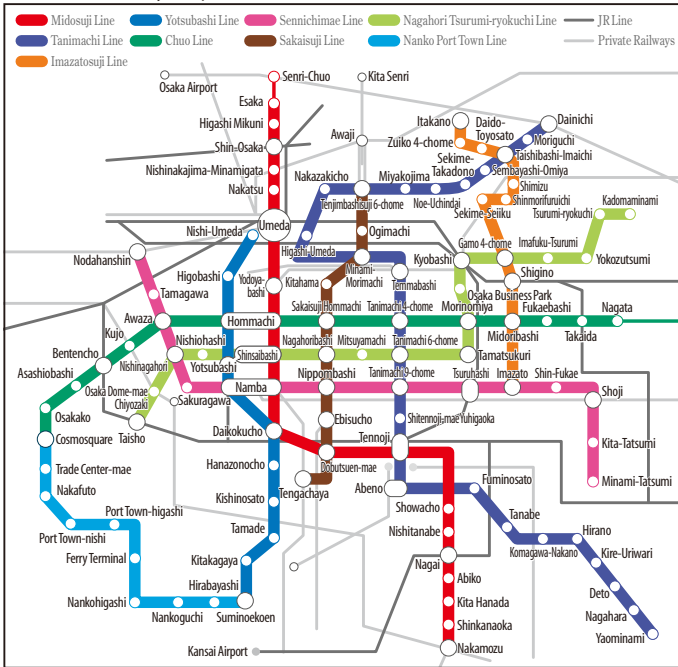
Yokohama 横浜

Yokohama 横浜

Yokohama 横浜

Yokohama 横浜

A. Osaka Subway Map



24. Nara 奈良



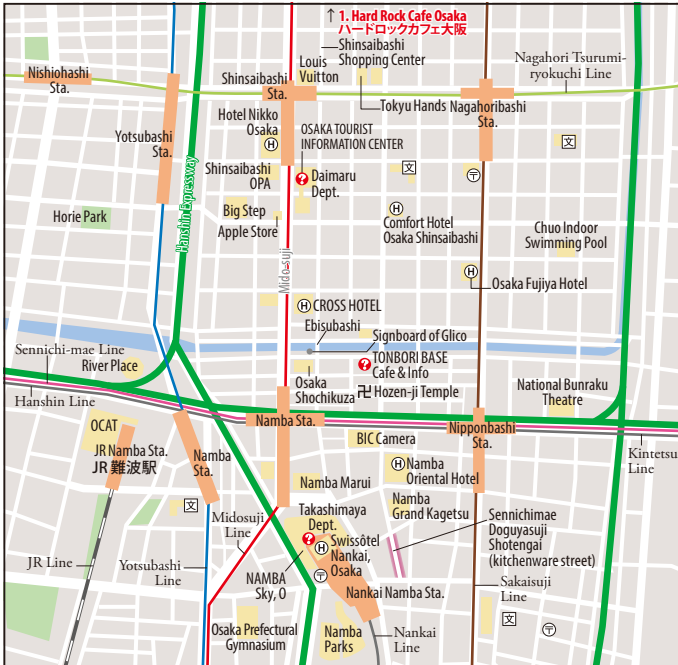
27. Osaka / Kita 大阪 / キタ



25. Fukuoka 福岡



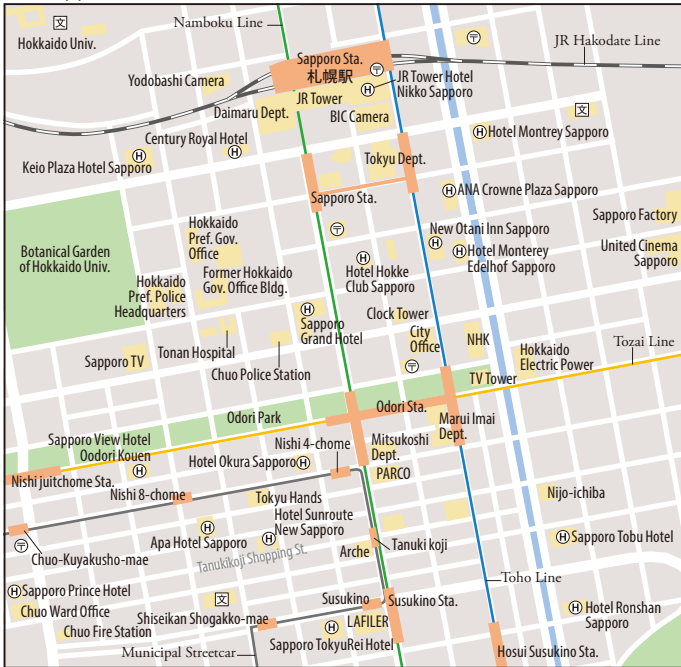
28. Osaka / Minami 大阪 / ミナミ



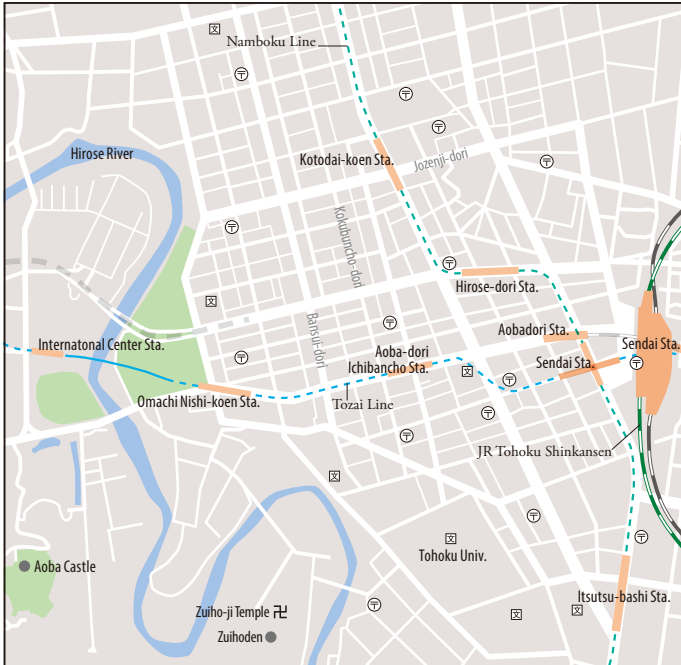
26. Complete Map of Kansai Area 関西全図



21. Sapporo 札幌



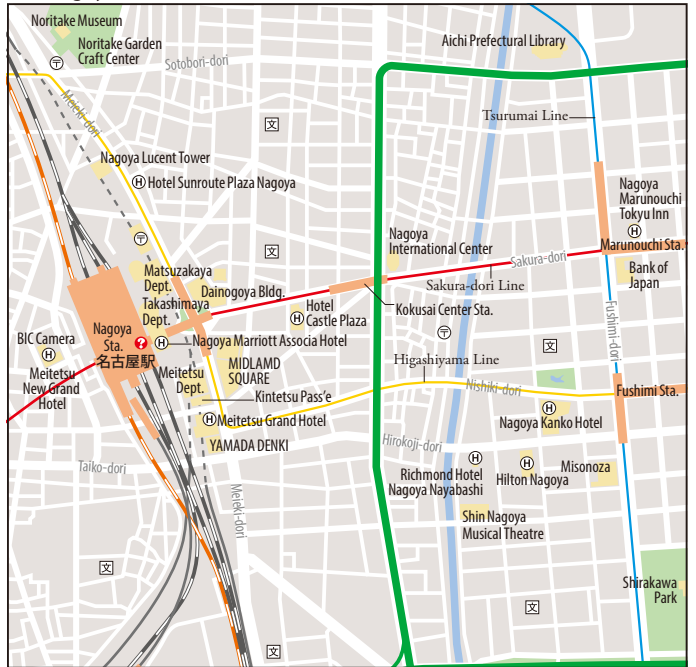
22. Sendai 仙台



23. Kobe / Sannomiya 神戸 / 三宮



18. Nagoya Station 名古屋駅



19. Nagoya/Sakae 名古屋 / 栄



20. Hiroshima 広島



att. Maps

15. Yokohama Station 横浜駅



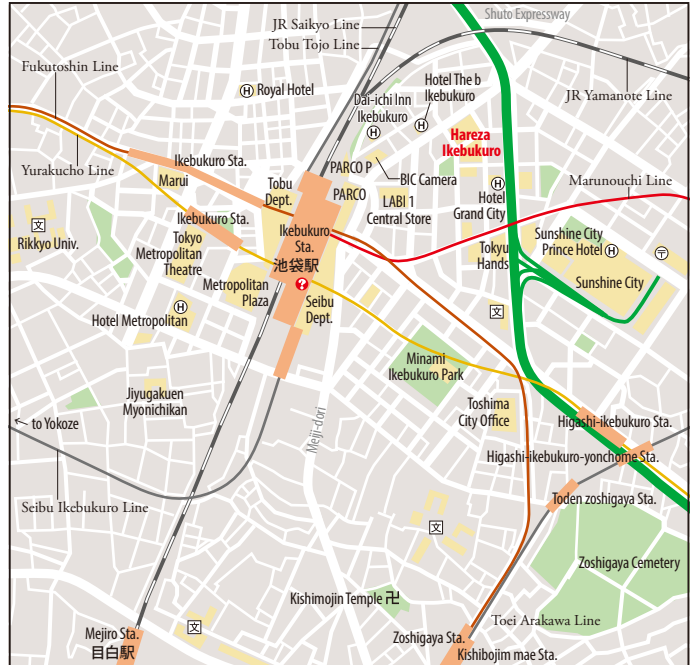
12. Odaiba お台場



16. Minato Mirai 21 みなとみらい 21



13. Ikebukuro 池袋



17. Kannai-Motomachi 関内、元町



14. Complete Map of Yokohama 横浜全図



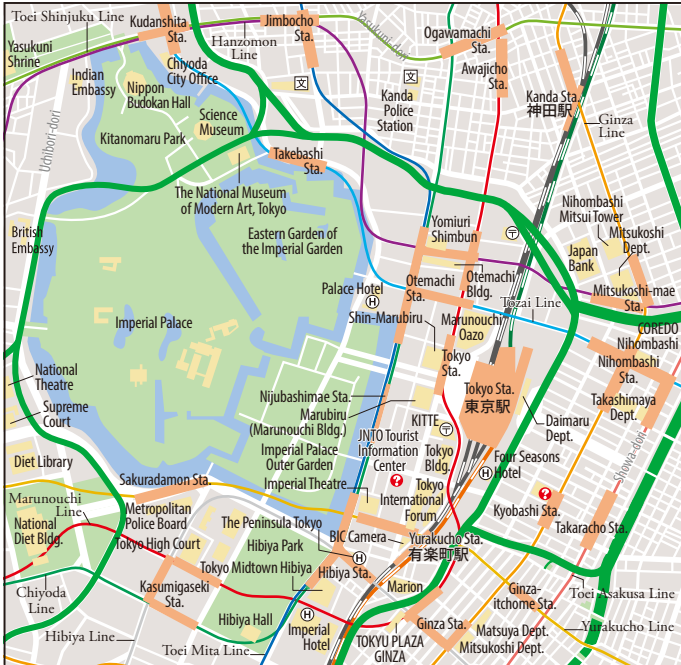
9. Ueno 上野



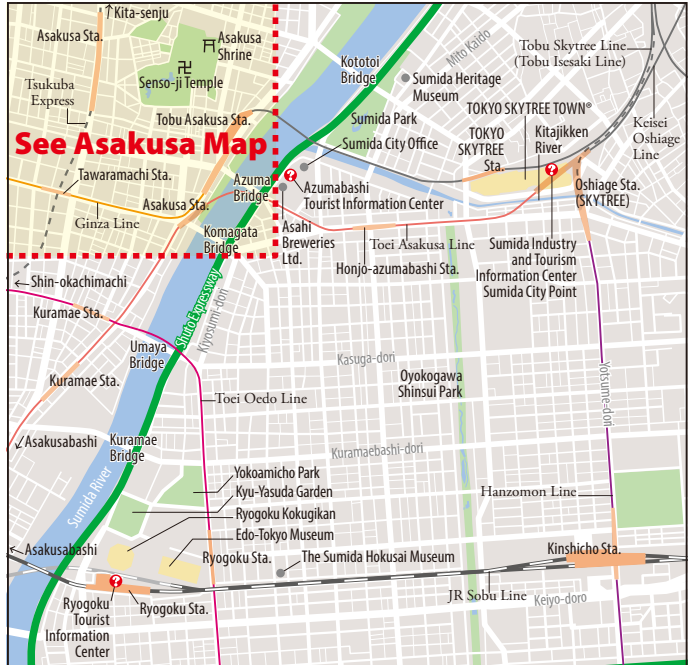
6. Asakusa 浅草



10. Marunouchi / Imperial Palace 丸の内 / 皇居



7. Ryogoku 両国



11. Ginza 銀座



8. Akihabara 秋葉原



att. Maps

att.JAPAN presents **att.MAPS**

LEGEND

- Shop (S)
- Restaurant (R)
- Hotel (H)
- Information (I)
- Information Map (i)
- School (校)
- Bank (B)
- Post office (局)
- Temple (寺)
- Hot spring (湯)

Station name (orange box) Line name (grey line)
 JR railways: indicated with dashed lines
 Private railways: indicated with grey lines
 Station name (orange box) Line name (red line)
 Subways: indicated with lines of each line color
 Road name (-dori) (grey line)
 Ordinary roads (green line)
 Highway name (thick green line)
 Highways (thick green line)

Shops, restaurants or hotels introduced in att.JAPAN are indicated with **red letters**. Please refer to them when traveling in Japan!

1. Shinjuku 新宿

4. Roppongi-Akasaka 六本木、赤坂

2. Harajuku 原宿

5. Ebisu-Daikanyama 恵比寿、代官山

3. Shibuya 渋谷

ROBOT★SHOW

ROBOT★RESTAURANT

¥2,000 OFF COUPON

003

Bring this ad to get a discount. One coupon per group.
All members of the group can get a 2,000 yen discount!
憑此券即可享每人2,000日圓折扣。本券1張僅供1組客人使用。

新宿歌舞伎町

Welcome to the Alternate Universe
of Robots
Robot Restaurant!

Enormous robots are coming on stage one after another! Performed by robots and human dancers, Robot Restaurant's gaudy shows combine Japanese traditional culture such as Japanese drums, matsuri (Japanese festival), ninja, and Japanese calligraphy with pop culture. Dynamic robots, passionate and intense dancers and a live band performing right in front of you will rivet your attention, stimulating your senses of sight and hearing. An amazing entertainment perfect for both couples and families! Robot Restaurant, located in Kabukicho in Shinjuku, one of the biggest entertainment districts in Japan, will make your night out ever memorable. Since the tickets sell out quickly, we recommend you to book as early as possible to secure seats.

Location: 1-7-1, Kabukicho, Shinjuku-ku, Tokyo
Call for Reservation: 03-3200-5500 (English is available)
Phone hours: 10:00am - 10:00pm
Business hours: Please contact the restaurant to confirm the schedule.
URL: www.shinjuku-robot.com
Reservations are highly recommended in advance as tickets sold on the day sell out very quickly.

歡迎來到機器人的異世界！
機器人餐廳

巨大的機器人不斷地在眼前出現！機器人和真人共同演繹的驚奇表演，融合太鼓、祭典、忍者、書法等日本傳統文化和流行文化元素。超近距離觀看這魄力十足的機器人、充滿熱情的舞蹈與現場樂隊完美結合的視聽覺盛宴，絕對會為你熱血沸騰。這個令人歎為觀止的餐廳，不論是情侶或是一家大小都很適合前往！想要在日本具代表性的繁華街—新宿歌舞伎町來場難以忘懷的體驗嗎？由於表演相當受歡迎，建議盡早預約。

地址：東京都新宿區歌舞伎町1-7-1
電話預約：03-3200-5500 (英文OK)
電話預約時間：10:00 - 22:00
營業時間：請參見店家時間表
網址：www.shinjuku-robot.com

※根據當天情況可能會無法馬上入場，建議您提前預約。

There will be 5 shows a day in October!
10月份1天5場演出！
Door opens from 12:00 / Show starts from 13:00
加演為 12:00 開場 / 13:00 演出開始

Debut!



Central Japan Shinkansen/Train Portal

You can book Shinkansen and limited express train tickets, or find attractive tour packages, for traveling to/from Tokyo, Mt. Fuji (Shizuoka), Nagoya, Kyoto, Osaka, Hiroshima, Takayama, Kumano/Ise areas, and more!



Nagoya

Nagoya Castle General Administration Office



Tokyo

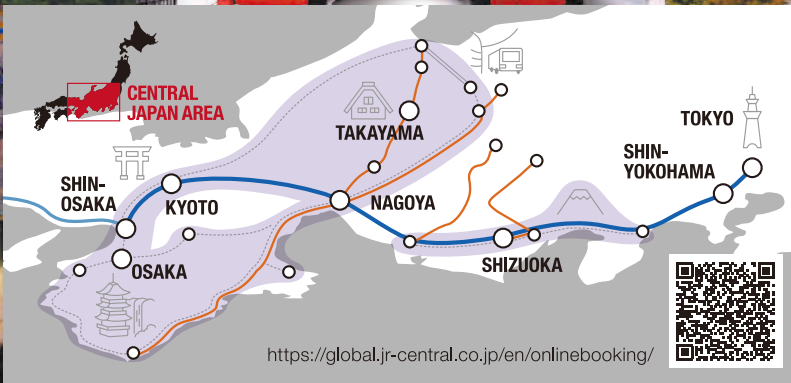
©Sensoji



Kyoto



Osaka

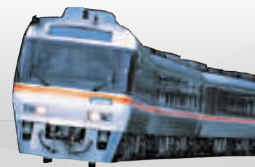


Shirakawa-go

Photo courtesy of Shirakawa Village, Gifu Prefecture

JR Rail Passes for Central Japan!!

Unlimited rides on applicable JR trains and other convenient transportation! <https://touristpass.jp/>



Takayama-Hokuriku Area Tourist Pass

Adults **¥14,260** Children **¥7,130**
Purchasing in Japan Adults:¥15,280 Children ¥7,640
Valid for 5 consecutive days

Alpine-Takayama-Matsumoto Area Tourist Pass

Adults **¥17,830** Children **¥8,910**
Purchasing in Japan Adults:¥18,850 Children ¥9,420
Valid for 5 consecutive days

Ise-Kumano-Wakayama Area Tourist Pass

Adults **¥11,210** Children **¥5,600**
Purchasing in Japan Adults:¥12,220 Children ¥6,110
Valid for 5 consecutive days

Mt. Fuji-Shizuoka Area Tourist Pass Mini

Adults **¥4,570** Children **¥2,280**
Purchasing in Japan Adults:¥5,080 Children ¥2,540
Valid for 3 consecutive days

Price effective from October