



木曾の旅 Journey in Kiso

Visit local storehouses with barrels and tubs to taste fermented food.



So many travelers were passing through Kisoji in the old days.
The tastes and craftsmanship of the old days remains
The warmth of rustic handwork will ease people today
What do you make of your "Journey in Kiso"?



The town where fermentation are rooted in its culture

Severe nature brought up these local treasures
Traditional tastes fascinate people.

Kiso valley, surrounded by deep green mountains and clear streams, is a treasure house of many food cultures. Salt-free pickles of red turnip called "Sunki" and fragrant local Sake produced at four breweries are the representative of that.

1. Some of the famous local sake representing Kiso area.
2. Goat cheese produced by a farm in Nagiso-town.
3. Fresh milk, cheese and yogurt made in the rich nature in Kaida area.
4. Soba-manju wrapped in buckwheat flour dough.
5. Sunki, sour pickles made of red turnips, traditional veggie in Kiso.
6. Doburoku made from rice and other cereals.
7. Traditional meal before climbing Mt. Ontake.
8. Fresh cherry blossoms which indispensable food for the celebration is specialty of Suhara-juku.

With five sacred trees of Kiso

Five valuable species growing in Kiso area
Traditional skills inherited through generations.

Kiso area has been producing high quality conifers and woodwork culture using five valuable species of wood "Kiso Goboku" was prosperous for ages. Tubs and barrels are indispensable in the brewing sake and producing fermented food at home. Skillful craftsmen's work is worth seeing!

9. The diorama shows 90% area in Kiso is the forest.
10. Kiso lacquerware has a history of 600 years.
11. Wooden barrel with a warm feeling. A variety of products like tubs are used all over Japan.
12. Five valuable species growing in Kiso area. Hinoki has a reputation for the fragrance and the grain.
13. Ohitsu has humidity control and bactericidal effect. It keeps rice's favour nice.
14. Traditional craft "Orokugushi" comb. It is gentle on your hair.

If you visit the shops featured in this booklet, please make an inquiry and reservation in advance.

1 column

Food is medicine

Blessings of rich nature in Kiso and the traditional method found by great saints

[Stomach medicine] Hyakuso

Mt.Ontake has been the training place for ascetics for over a thousand years. But, two monks named Kakumei and Fukan have made the pilgrimage possible for the general public in the late Edo period. It was the opening of Mt. Ontake.

One of the disciples of Fukan has taught local people

who cooperated to open Mt.Ontake the method to produce a herb medicine called "Hyakuso". Now, "Hyakuso" is a very popular souvenir in Kiso. "Hyakuso" is made by boiling down the phellodendron bark and has the form of plates. It is a crude drug, used by the ancient Japanese people. Hyakuso was always used not only as a stomach medicine, but also as a panacea.

Quaffable tablet medicine called "Hyakusogan" is for sale now. It contains several crude drugs, beside phellodendron bark as a main component. This "gentle on the body" medicine ease the effects of excessive eating and drinking, heavy stomach, and intestinal disorder etc. and it's loved as a household medicine.



Hino-Seiyaku Corporation

We have been producing exquisitely blended natural medicine and cosmetics for over 200 years. Prior confirmation required for a tour.

1598 Yabuhara, Kiso-mura, Kiso-gun, Nagano
☎(+81)264-36-3311

There are Kiso-ichiba branch, Narai branch, Otaki Branch and Satomiya branch.



Factory Tour and Shopping!

Naganoken Pharmaceuticals, co. Ltd.

Prior confirmation required for a tour. There is a small gift.

100-1 Konoshima, Otaki-mura, Kiso-gun, Nagano
☎(+81)264-46-3003





Yukawa Sake Brewery

The brewery closest to the stars in Japan. Yukawa brewery founded in 1650 is one of the oldest breweries in Nagano. Located at a high altitude, 936 meters, and produces two brands: "KISOJI" and "Jurokudai-Kuroemon" with original brewing techniques optimized for the cold climate. The sake, brewed from special ingredients and water, has a very light aftertaste. The brewery's owner says that his sake is ideal for beginners.

Yukawa Sake Brewery co.,ltd.
 51003-1 Yabuhara, Kiso-mura,
 Kiso-gun,Nagano ☎(+81)264-36-2030 ☎8:30 - 17:00
 ※Please ring a bell when you visit the shop.
 ☎Saturdays, Sundays and Public Holidays
 ☎Available
 ★Tour: not available



Nanawarai Sake Brewery

For 130 years, we make sake that you won't get tired of.

Nanawarai sake brewery, founded in 1892, produces gentle taste sake using pure underground water originated from Mt. Kisosomagatake. It is popular among locals because of its timeless taste. It is suitable for drinking during meals since the taste is sweet rather than dry.

Nanawarai Shuzo Co., Ltd.
 5135 Fukushima, Kiso-machi,
 Kiso-gun, Nagano ☎(+81)264-22-2073 ☎8:00-18:00
 ☎Open all year round
 ☎Available
 ★Tour: Not available in winter
 Booking required



Nakazen Sake Brewery

The sake conveys the thoughts of the brewery

150 years old NAKAZEN brewery produces its sake using in-house cultivated rice. Abundant underground water from Mt.Ontake and peculated large wooden tubs sitting in the warehouse are the secrets to produce "Daiginjo" class sake. The famous sake bland "Nakanorisan" brewed slowly using soft water, is popular with its mild and rich flavor.

NAKAZEN BREWING Co., Ltd.
 5990 Fukushima, Kiso-machi
 Kiso-gun, Nagano ☎(+81)264-22-2112 ☎8:00-19:00
 ☎No
 ☎Available
 ★Tour : Prior confirmation required



Koike-Koji Shop

Providing good quality Koji (malted rice)

Koike-Koji has been producing high-quality "Koji" malt for 140 years. Precious Koji produced in the rock cave is highly active and will become the ingredients for the products such as Miso or Amazake. The Miso produced by Koike-Koji has deep cheese-like richness. They also produce delicious sweet sake using the Koji malt.

Koike-Koji Co., Ltd.
 5831 Fukushima, Kiso-machi,
 Kiso-gun, Nagano ☎(+81)264-22-2409 ☎9:00-19:00
 ☎Irregular Holidays
 ☎Not Available
 ★Tour : Prior confirmation required

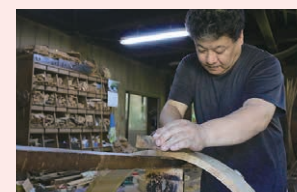


Jusanya the Cooper

Produces Durable Sawara tubs

The third generation tub workshop has the workmanship of producing long-life and easy-to-use wooden tubs. Mr. Kobayashi, the owner, says that after 32 years of training, he is yet to satisfy with his skill. Sawara cypress suits to make tubs because of its ease of processing.

His products are available at his workshop, at a nearby roadside station. Made-to-order production is also possible.



Jusanya the Cooper
 1043 Yabuhara,
 Kiso-mura, Kiso-gun,
 Nagano ☎(+81)264-36-3601 ☎8:30-16:30
 ☎Saturdays and Sundays
 ☎Available
 ★Tour : Booking required(only for a small group)



Yasuhara Woodworks

Craftsmanship cultivated by 50 years of experience

The workshop produces varieties of tubs with superb craftsman-ship.

The uniquely designed ellipsed shape wine coolers with gentle characteristics are now gaining popularity because of their simplicity and elegance.

★Inquiries about retail
 Kiso Industrial Association
 189-1 Yabuhara, Kiso-mura,
 Kiso-gun, Nagano
 ☎(+81)264-36-2055



Yasuhara Woodworks
 236-1 Yabuhara, Kiso-mura,
 Kiso-gun, Nagano ☎(+81)264-36-2160 ☎8:00-17:00
 ☎Saturdays and Sundays
 ☎Available
 ★Tour : Prior confirmation required (limited to a small group)



MARUOKA INDUSTRY

Picture frame for painters

Maruoka Industry mainly produces picture frames and crates. Developing new products such as lacquer painted wooden barrels as well to support beverage culture in Nagano.

The company also supports artists by producing picture frames.

★Exhibition sale
 Kisoji Aozora Workshop Co., Ltd.
 1350-2 Ogihara, Agematsu-machi,
 Kiso-gun, Nagano
 ☎(+81)80-5142-3747



MARUOKA INDUSTRY Co., Ltd.
 232-7 Yabuhara, Kiso-mura,
 Kiso-gun, Nagano ☎(+81)264-36-2137 ☎9:00-16:00
 ☎Saturdays and Sundays
 ☎Available
 ★Tour: Booking required on the phone (one week before your visit)



Although we can hardly see the original landscape of these areas, some parts of Agematsu, Suhara, and Nojiri-juku show their history by wavy and crooked trails.



Okekazu

Always seeking precise and high-quality works

Wooden containers called "Ohitsu" are ideal for keeping cooked rice. The woods for producing "Ohitsu" must be exposed to rain and snow for two years for removing wood oil. Mr.Ito, the owner, expressed his respect for 300-year-old wood by saying "I carefully finish even invisible parts." Ito and his son produce from miniature tubs to large wooden baths, sometimes sending to overseas clients.

Okekazu Co., Ltd.
 5462 Ogawa, Agematsu-machi,
 Kiso-gun, Nagano
 ☎(+81)264-52-2204
 ☎8:00-17:00
 ☎Irregular Holidays
 ☎Available
 ★Tour : Booking required



Sakamoto Woodworks

The production factory of wooden tubs for wide variety of lifestyles

Producer of wide variety sized wooden tubs. Since the whole production process is done in-house, they have a large stock of Sawara cypress with various lengths in their front yard. In addition to Sawara, they provide the products with Hinoki and Koyamaki to satisfy diversifying lives of modern people. You can buy their products at roadside station Ookuwa and also in the factory.

Sakamoto Woodworks, Ltd.
 1571-2 Suhara, Ookuwa-mura,
 Kiso-gun, Nagano ☎(+81)264-55-2681
 ☎8:00-17:00
 ☎Saturdays, Sundays and
 Public Holidays
 ☎Available
 ★Tour : Prior confirmation
 required



Nishio Sake Brewery

Venerable brewery since Edo period

The Nishio brewery was found over 300 years ago. The founder of the brewery was a senior vassal for the Kiso governor at the same time. Ultra-soft water from Ina-gawa river and locally produced rice makes unchanging dry sake called "Kiso no Kakehashi." Also muddy "Soma Zake" is popular for fizzy bubbles.

Nishio Sake Brewery Co., Ltd.
 893 Suhara, Ookuwa-mura,
 Kiso-gun, Nagano
 ☎(+81)264-55-3002
 ☎9:00-17:00 on weekdays
 Saturday and Sunday
 10:00-17:00
 ☎Irregular Holidays
 ☎Available
 ★Tour : Not available



Sawaguchi Inn [Kobo-Seiran (muddy sake brewery)]



Enjoy game meat, seasonal food, and muddy sake at a cottage in a mountain

An old Japanese-style Inn with a stone-weighted roof. It has a nice wooden bath designed by a local craftsman. Meals are served to surround an Irori (fireplace). Two types of Doburoku (muddy sake) produced in-house are also available.



Sawaguchi Inn
 5462 Ogawa, Agematsu-machi,
 Kiso-gun, Nagano
 ☎(+81)264-52-3422
 ☎Check-in: 15:00
 Check-out: 10:00
 ☎Available

Local Specialty Center of Agematsu

Producing specialty products with local ingredients

Developing and producing specialty products with traditionally used vegetables and other local ingredients. Popular products are pickled red turnips, seasonal local sweets, miso, and sesame oil, etc. No over-the-counter sales.



Local Specialty
 Center of Agematsu
 3428 Ogawa,
 Agematsu-machi,
 Kiso-gun, Nagano
 ☎(+81)264-52-1505
 ☎(+81)264-52-1506

Yamatoya

Flowers bloom at a celebration Pickled cherry blossoms

Located near the JR Suhara Station, Yamatoya is the only shop in this area that produces and retails pickled cherry blossoms since the Edo period. You will see a huge cherry tree in the front of the shop.



Yamatoya
 565 Suhara,
 Ookuwa-mura,
 Kiso-gun, Nagano
 ☎(+81)264-55-2918

Shimizu Mokuzai Industrial

Feel free to enjoy the Kiso tree culture
Mass production of good quality products
by mechanization

Shimizu Mokuzai produces various wood products such as tubs/barrels, wooden baths, beekeeping materials. The widely mechanized allows mass production of tubs and barrels. The recommended baby bath won the Wood Design Award. Direct purchase of a product possible from 1 piece and even engraved to it. You may enjoy the special Hinoki bathtub at the famous "Hotel Fukinomori".

Shimizu Mokuzai Ltd
4610 Azuma, Nagiso-machi,
Kiso-gun, Nagano
☎(+81)264-58-2011
☑8:00-17:30
☒Sundays Irregular Holidays
☒Available
★Tour : Prior confirmation required

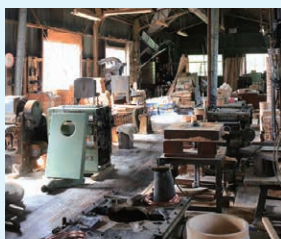


Maruichi Wood Industrial

The warmth of wood into your life
Professionals who give form to your ideas

Produces construction and joinery materials and other wood products with local Hinoki or Sawara cypress since 1952. A craftsman with deep knowledge of trees says "We want you to incorporate the splendor and warmth of wood into your life. So we want to receive any request." Priority of the company is the "Needs of customers".

Maruichi Wood Industrial Co., Ltd.
3601 Azuma, Nagiso-machi, Kiso-gun,
Nagano ☎(+81)264-58-2111
☑8:00-17:30
☒Sundays and Public Holidays
Irregular holidays on Saturdays
☒Available
★Tour : Prior confirmation required



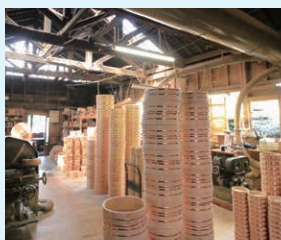
Kyoei Mokuzai

The main products are Sawara tubs

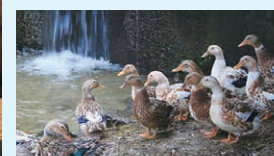
They mainly produce tubs and "Ohitsu" containers for cooked rice with Sawara cypress. A mechanized mass production system makes tough and uniform quality products. Normally accept built-to-order production, and occasionally cooperate with some clients to develop new products such as wine coolers. You can buy the products at craft shops in Tsumago or possibly buy them at the factory.

※Taking pictures and videos during your tour are NG.

Kyoei Mokuzai, Ltd.
3417 Wago Yomikaki, Nagiso-machi,
Kiso-gun, Nagano
☎(+81)264-57-2035
☑8:00-17:00(12:00-13:00
break time) ☒Saturdays,
Sundays and Public Holidays
☒Available
★Tour : Prior confirmation required



Tsutamura Traditional Inn [Tsutamura Brewery (muddy sake brewery)]



You can stay at a "real" old Japanese house

If you are keen to stay at a real old Japanese house, 130 years old Tsutamura is the place. You may feel a special atmosphere from the construction of the traditional building with the "Irori" fireplace.

Country style meals are the Inn's specialty as well. You can enjoy a tasty home grown rice, home bred trout, and various seasonal vegetables. In addition, home brewed "Doburoku (muddy sake)", are highly rated at a national contest. Bus tubs are, of course, Hinoki made.



Tsutamura
Traditional Inn
1479-1 Azuma, Nagiso-machi,
Kiso-gun, Nagano
☎(+81)264-57-3235
☑Check-in: 15:00
Check-out: 9:00



3
column

Marukatsu Woodwork

Particular about natural sawara cypress
All products are handmade by highly
skilled craftsman using Sawara cypress

Wooden tubs are used for making miso, pickles, and sushi, etc, and all look the same. But, Mr. Aoki, who does all the work alone in Marukatsu says that producing methods are different in each product. Marukatsu uses traditional bamboo hoops instead of copper. Mr. Aoki will meet any request you make.



Marukatsu Woodwork
2970-6 Azuma, Nagiso-machi, Kiso-gun,
Nagano
☎(+81)264-58-2251
☑9:00-17:00
☒Saturdays, Sundays and Public Holidays
★Tour : Prior confirmation required



Iwakura Area Revitalization Union

Safe and additive-free miso!
Nostalgic handmade Inaka(barley) miso

The union produces and sells "Kakizore" bland miso (soybean paste) using all local ingredients and nice and clean water from Kakizore Valley. They use homemade methods to preserve a local tradition. The products are on sale at the "Kirakusha" in the roadside station Ookuwa or the roadside station Shizumo.



Iwakura Area Revitalization Union
2127-10 Yomikaki, Nagiso-machi,
Kiso-gun, Nagano
☎(+81)264-57-2432
Okada is in charge of miso
★Tour : Not available



Tsumago-juku is the first site designated as a
conservation area for historically important
buildings in Japan. You will feel as if you were in
the Edo period as soon as you enter the post town.



Seasons
come around

Taste of Kiso

The rich nature and history of Nakasendo highways make Kiso valley a special place to enjoy local food in each season.

Spring
From April
to June

Mountain vegetables are rich in regional flavour. Hobamaki is the gift from mountain spirits



Summer
From July to
September

Summer vegetables represented by Chinese cabbage and corns and "Iwana" mountain trout are especially popular.



Autumn
From October
to November

A wide variety of mushrooms including Matsutake are available, also you can enjoy freshly harvested soba noodles and chesnuts sweets.



Winter
From December
to March

Soba noodles with warm soup are best to enjoy in the cold weather. Fresh sake of 4 breweries in the area is also coming out one after another.



Roadside stations are the resting place while driving. Also, you can buy a variety of local specialties and discover the tastes and cultures that are original in the area. Various local foods, wood products, crude drugs, locally brewed sake, are all available.



Kisogawa Genryuno-sato Kisomura Roadside Station

Located near the headstream of Kiso river Over 900m high above sea level

Within the walking distance from Torii-toge pass or Yabuhara-juku. A variety of woodworks are also available

Recommendations

Genryu-no-sato Oyaki Grilled Buns
Spicy Koji malt
Amazake(a fermented rice drink)



163-1 Yabuhara,
Kiso-mura, Kiso-gun, Nagano
☎(+81)264-36-1050
☑9:00-17:00
Restaurant/10:00-16:00
☒Thursdays, from December to March



Hiyoshi Kisokomakogen Roadside Station

The best location
To view Mt. Komagatake
Famous for the variety of local Kiso menu in the restaurant. The menu includes some "Sunki" (fermented local turnip) related dishes.

Recommendations

Sunki Curry
Red Turnip Dressing



4730-3 Hiyoshi, Kiso-
machi, Kiso-gun, Nagano
☎(+81)264-23-3644
☑9:00-17:00
Restaurant/
11:00-14:30 on weekdays
10:30-15:00 on Sat. and Sun.
☒Tuesdays, from January to March



Kisofukushima Roadside Station

Seeing a distant view of
majestic Mt. Ontake and
breathe a sigh of relief

The only place you can enjoy a distant view of Mt. Ontake while driving R19. The farmer's market and local food restaurant are substantial.

Recommendations

Handmade Sunki
Tofu made in Kiso



4061-1 Fukushima,
Kiso-machi, Kiso-gun, Nagano
☎(+81)264-21-1818
☑8:30-17:00
☒Wednesdays, from January to April



Mitake Roadside Station

Famous with delicious
lunch box. Substantial
local food shop

You will see the station when you head towards Mt. Ontake from R19. Handmade lunch boxes are popular even to local people, and the shop is always full of local fresh veggies, flowers, and mushrooms, etc.

Recommendations

Mitake Gourmet Factory



10491-9 Mitake,
Kiso-machi, Kiso-gun, Nagano
☎(+81)264-46-2011
☑8:00-16:00
☒Mondays



Ookuwa Roadside Station

Wood products, local
food restaurant

You will find it on the roadside R19. Besides local veggies, reasonably priced woodworks such as chopsticks and tub are available here. You can enjoy delicious Kiso-beef dishes at the restaurant annexed.

Recommendations

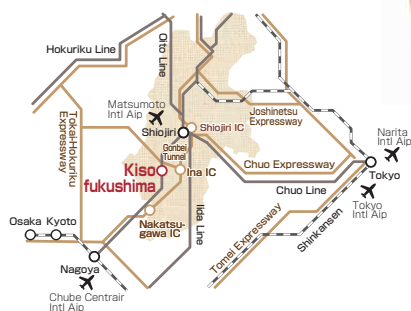
Pickled rainbow
trout Melon Bread
and Long
Apple Pie



160-27 Nojiri, Ookuwa-
mura, Kiso-gun, Nagano
☎(+81)264-55-4192
☑9:00-17:00
Restaurant/11:30-19:00
on weekdays
11:30-19:30 on Sat., Sun.
and Public Holidays
☒Open All Year Round(The restaurant is closed on Thursdays)



*Please refer the website of each station for details



From Tokyo / Chuo Line→Shiojiri Sta.→Chuo Line
or Shinkansen→Nagoya Sta.→Chuo Line
From Nagoya / Chuo Line



From Tokyo / Chuo Expressway→Shiojiri IC→Route19
or Ina IC→Gonbei tunnel
From Nagoya / Chuo Expressway→Nakatsugawa IC→Route19

■Inquiries

★Kiso Ontake Tourism Office

2012-5 Fukushima,Kiso-machi,Kiso-gun,Nagano
TEL.(+81)264-25-6000

★Nagiso Town Tourism Association

2196-1 Azuma,Nagiso-machi,Kiso-gun,Nagano
TEL.(+81)264-57-2727

Ookuwa Village Tourism Association

2778 Nagano,Ookuwa-mura,Kiso-gun,Nagano
TEL.(+81)264-55-4566

★Agematsu Town Tourism Association

159-3 Agematsu,Agematsu-machi,Kiso-gun,Nagano
TEL.(+81)264-52-1133

Kiso Village Tourism Association

196 Yabuhara,Kiso-mura,Kiso-gun,Nagano
TEL.(+81)264-36-2543

★= English Spoken Here

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