

TRADITIONAL INDUSTRIAL ARTS



Kiso Shikki (Kiso Lacquer-ware, listed as a National Traditional Work)



Taru / Oke (Barrel and Pail, listed as a Prefectural Traditional Work)



Geta (a kind of Japanese slipper), Nezuko Wood Works (a kind of Geta, listed as a Prefectural Traditional Work)



Rokuro Wood Works (National Traditional Work)



Hinoki (Japanese cypress) articles



New handicrafts



Oroku combs (Prefectural Traditional Work)



Magemono (Iit. bent wood) (Prefectural Traditional Work)



Hinoki hats (Prefectural Traditional Work)

木曾地区为多森林地带，木材资源丰富。因为天气较凉、空气干燥而盛产木曾漆器、木工旋盘手工艺、圆桶、圆盒等优美的木制品及木工艺品，皆为代表性的特产。
木曾为多森林地带，木材资源丰富。因为天气较凉、空气干燥而盛产木曾漆器、木工旋盘手工艺、圆桶、圆盒等优美的木制品及木工艺品，皆为具有代表性的特产。
삼림이 많은 기소지방에서는 목재가 풍부합니다. 춥고 건조한 기후에서 태어난 칠기나 녹리(櫛) 세공, 마게모노(나무 판자를 구부러 만드는 공예품)등 아름다운 공예품, 목공품은 대표적인 특산물입니다.
Kiso is surrounded by rich forests and flower gardens. It is also famous for its traditional handiwork, Kiso lacquer-ware, Rokuro and Magemono. They are made from Kiso's cypress, which grows high in the mountains in cool, dry places.

TASTES IN THE KISO AREAS: MOUNTAINOUS TASTINGS



Sakura-no-hanazuke, with a cherry blossom aroma and tea



Local Japanese Sake (alcohol) in the Kiso highway



Red Japanese Turnips



Sweet-fish, Char, and Tanabira



Bean-paste bun made from buckwheat



Sunki pickled vegetables



Hand-made buckwheat noodles



Buckwheat noodles



Small rice cakes

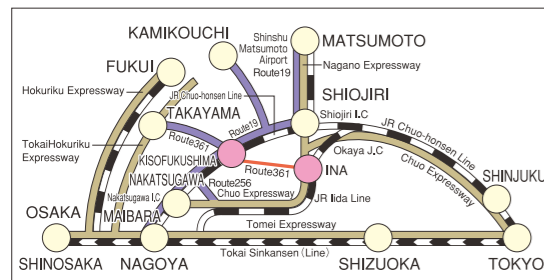


Chestnut cakes in Kiso



Hobamaki, sweet bean paste inside rice cakes and covered with leaves

荞麦面条、五平饼、日式点心和当地酒等美味珍饈，是木曾谷传统的風味。
蕎麥麵條、五平餅、日式點心、地方酒等美味珍饈，是木曾谷傳統的風味。
기소계곡에서 예로부터 전승된 맛. 메밀국수, 고희모치(멥쌀로 만든 떡), 과자, 지사케(그 지방의 술)등 맛있으며 독특합니다.
Traditional tastes can be found in the Kiso Gorge such as buckwheat noodles, Goheimochi (small rice cakes) sweets, and local breweries: all of them are delicious even to the uninitiated.



HOW TO GET THERE

By JR (Japan Railways)

From Shinjuku to Kisofukushima Azusa Limited Express (Chuo Honsen Line) → Shiojiri Sta. → Shinano Limited Express (Chuo Honsen Line) Approx. 3hr.20min.
From Nagoya to Kisofukushima Nozomi Tokaido Shinkansen → Nagoya Sta. → Shinano Limited Express (Chuo Honsen Line) Approx. 3hr.20min.
From Shinosaka to Kisofukushima Shinano Limited Express (Chuo Honsen Line) 1hr.9min. (Fastest)
Nozomi Tokaido Shinkansen → Nagoya Sta. → Shinano Limited Express (Chuo Honsen Line) Approx. 2hr.20min.

By car

From Tokyo (Takaido IC) to Kisofukushima Chuo Expressway → Shiojiri IC → Route.19 Approx. 3hr.45min.
From Nagoya to Kisofukushima Chuo Expressway → Ina IC → Route.19 Approx. 3hr.30min.
From Nagoya to Kisofukushima Chuo Expressway → Nakatsugawa IC → Route.19 Approx. 2hr.10min.
Chuo Expressway → Ina IC → Route.361 → Route.19 Approx. 2hr.20min.
Chuo Expressway → Shiojiri IC → Route.19 Approx. 3hr.45min.

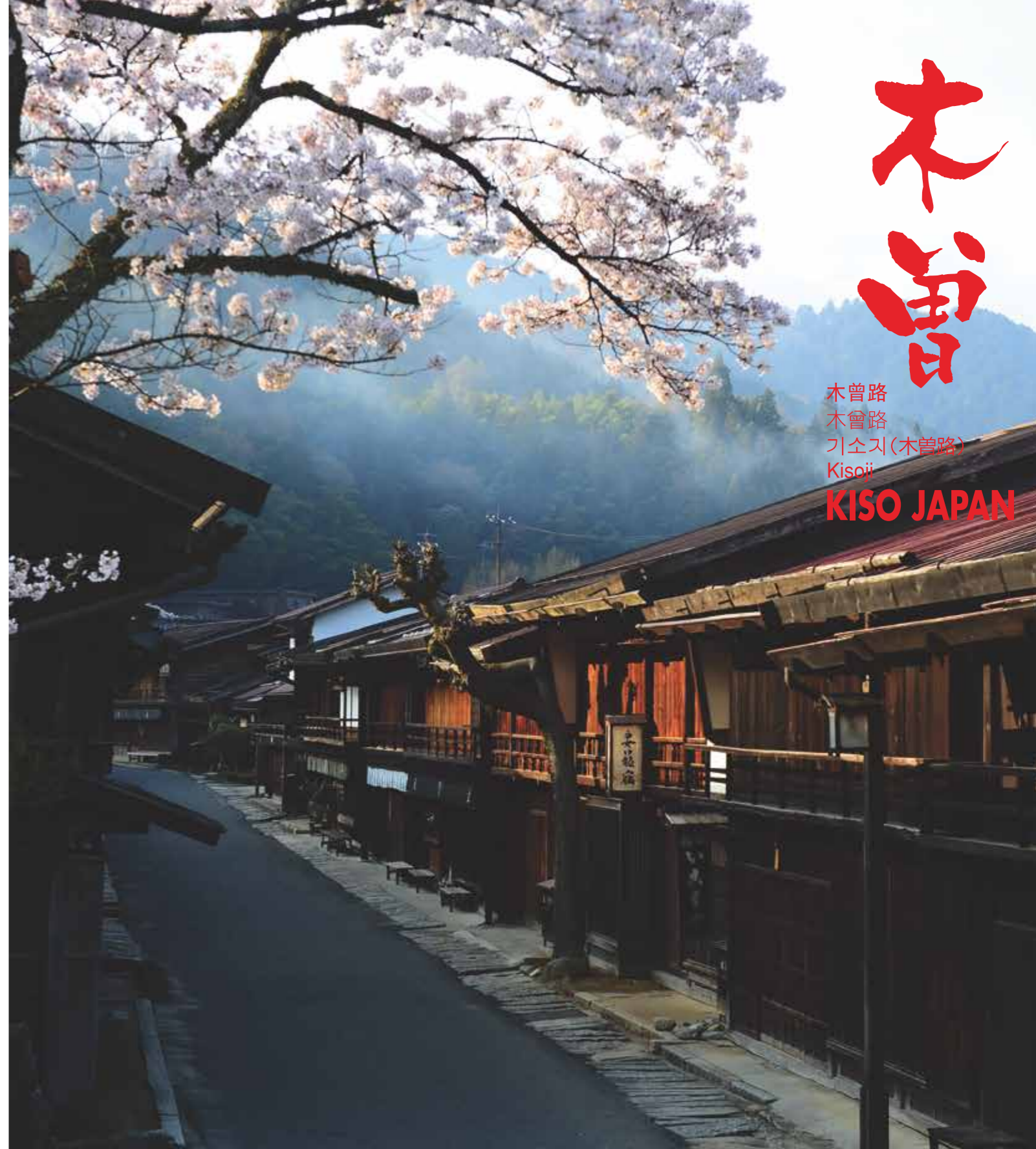
By highway bus

From Shinjuku to Kisofukushima Chuo Expressway → Shiojiri IC → Route.19 Approx.4hr.10min.

Information

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<http://www.kisoji.com/>



木曾

木曾路
木曾路
기소지(木曾路)
Kisoji
KISO JAPAN



KISOJI

木曾路为古日本历史之旅的起点之一。

木曾路爲古日本歷史之旅的出發點之一。

오래된 일본 역사 여행은 기소지로부터 시작합니다.

Your long journey through Japanese history begins in "Kisoji".

木曾路是从长野县盐尻市经过木曾谷、通向岐阜县中津川市 19 号国道的通称。这条路古代是中山道的一部分。中山道是从江户（现在的东京）经过木曾路到达京都的道路，为江户时代（1603 ~ 1867 年）铺设的道路之一。自古以来的木曾路是游人缅怀日本往昔、为数不多的道路。欢迎您来木曾路漫步、在木曾观光，感受古日本（木曾）的历史与文化，并且饱享当代木曾路美丽的大自然。

木曾路是從長野縣鹽尻市經過木曾谷、通向岐阜縣中津川市國道 19 號的通稱。這條路過去是中山道的一部分。中山道是從江戶（現在的東京）經由木曾谷到達京都的道路，爲江戶時代（1603~1867）鋪設的大路之一。自古以來的木曾路，是旅人緬懷日本往昔、爲數不多道路。歡迎您來木曾路漫步，在木曾觀光，感受古日本（木曾）的歷史與文化，飽享當代木曾路美麗的大自然。

기소지(木曾路)는 나가노현(長野県) 시오지리시(塩尻市)에서 기소계곡을 거쳐 기후현(岐阜県)나카쓰가 와시(中津川市)로 이르는 국도19호선의 통칭입니다.이 길은 옛날에는 나카센도(中山道)의 일부였습니다. 나카센도는 에도시대(1600~1867)에 정비된 가도(街道)의 하나이며 에도(도쿄)에서 기소지를 경유해서 교토(京都)로 이르는 길이었습니다. 예로부터 여행자에게 이용된 기소지는 일본 옛 모습을 그대로 볼 수 있는 보기 드물 가도이기도 합니다. 기소지를 걷고 또 기소지를 여행하면서 오랜 일본(기소)의 역사와 문화를 느끼며 현재의 기소지의 아름다운 자연을 만끽하십시오.

National Highway 19 (Route 19), or "Kisoji", goes through Shiōjiri City the Kiso Valley in Nagano Prefecture and Nakatsugawa City in Gifu Prefecture. This road used to be a part of "Nakasendo". "Nakasendo" was one of the old roads made in Japan's Edo Period (1603~1867). It started from Edo (present-day Tokyo), reaching Kyoto via the Kiso Valley. Many people have traveled on "Kisoji" since then, and still the old Japanese scenery lives on.

Travel on "Kisoji" and feel the history and culture of Kiso and enjoy its numerous and beautiful sights.

**Mt.Ontake is active volcano.
Please check the latest volcanic information and regulations.**



Lingering snow on Mt. Ontake



Mizukizawa Native Forest (Kiso Village)



Kakizore Gorge (Nagiso Town)



Winter Tsumagojuku (Nagiso Town)

木曾路

大约 400 年前的日本，游人旅行时只能步行。途中有驿站镇，其建筑与街道受到特殊的保护。

大約 400 年前的日本，觀光客旅行時只能步行。途中有宿驛鎮，其建築物與街道受到特殊的保護。

400년전 일본 사람들은 걸어서 여행을 했습니다.가도에는 역참마을(宿場町숙박거리)이 있으며 그 건물이나 거리 풍경은 소중하게 보존되어 있습니다.

Approximately 400 years ago, people traveled by foot in Japan. There were rest stops, or post stations (towns that hosted the travelers) along the roads, and the old buildings and beautiful rows of stores and houses continue to be carefully preserved.



This is Tsumago-juku at dusk. The streets are lined with Japanese-style hotels and are designated as National Cultural Landmarks of the area. These well preserved buildings and streets show us a glimpse of what it was to be a traveler in the Edo Period.

NAKASENDO KISOJI

提起江戸時代の街道，東海道由於浮世繪畫家廣重大師的作品而聞名。中山道比東海道長，行路途中，需要翻山越谷的木曾路是一大難關。木曾路有十一處驛站，至今仍有許多保留著昔日的風貌。妻籠宿（驛站）為最重點保存的驛站鎮，保留著大約 200 年前歷史價值頗高的街道原型。

提起江戸時代的大道，東海道由於浮世繪畫家——廣重大師的作品而聞名。中山道比東海道長，行路途中，需要翻山越巔的木曾路是一大難關。木曾路有 11 處宿驛，至今仍有許多保留著昔日的風貌。妻籠宿（驛站）是最重點保存的宿驛鎮。保留著大約 200 年前的歷史價值頗高的街道原型。

에도시대의 가도라면 히로시게(広重)가 그린 우키요에(浮世絵)에서도 알려져 있는 도카이도(東海道)가 유명합니다. 도카이도에 비해 나카센도는 거리가 길고 고개나 계곡을 넘어가는 기소지는 험한 길이었습니다.기소지에는 역참이 11군데 있으며 지금도 옛 모습이 남아 있는 곳이 많습니다.그 중에서도 쓰마고주쿠는 특히 보존이 잘 되어 있는 역참마을입니다.역사적인 가치가 높고 약200년전 거리를 그대로 볼 수 있습니다.

One of the most well-known old Japanese highways of the Edo period was called Tokaido. It was made famous by Hiroshige's woodblock prints. Compared with Tokaido, Nakasendo was longer and had many difficult parts such as mountain passes and the valleys in Kisoji. There were 11 post towns in Kisoji, and most of them have been preserved the way they used to be. Tsumago-juku is especially well known as one of the best preserved post towns in Japan. It is highly recognized for its historical value because it precisely reproduces the time approximately 200 years ago.



Wakihonjin-okuya (Nagiso Town)



Johshoji Temple (Okuwa Village)



Magome-juku (Yamaguchi, Nakatsugawa City)



Nojiri-juku (Okuwa Village)



Suhara-juku (Okuwa Village)

中山道





“奈良井宿”曾为驿站镇，至今仍是人们生活的场所。沿途有能利用的一些土产店及餐厅，均为有历史价值的建筑物。

奈良井宿(驛站)，現在仍是人們生活的場所。沿途有能利用的土特產鋪、飲食店均為歷史性的、有價值的建築物。

나라이주쿠(奈良井宿)는 지금도 사람들이 사는 역참마을입니다. 연도에는 토산물점 음식점등이 있고 역사적 으로 가치 있는 건물을 이용할 수 있습니다.

Narai-juku is one of the post towns in Kiso where people still live. There are souvenir shops and restaurants along the main street, so you can enjoy shopping and eating in those historic buildings. Narai-juku is preserved and has an historic side, but at the same time it has a contemporary lifestyle. Nakasendo Kisoji is lined with inns, restaurants, shops and houses.



Nezame, Agematsu Post Town (Agematsu Town)



Uenodan, Fukushima-juku (Fukushima, Kiso Town)



Yoshinaka Museum (Hiyoshi, Kiso Town)



Yabuhara-juku (Kiso Village)



Niekawa-juku (Niekawa, Shiojiri City)



Fukushima Barrier Station site (Fukushima, Kiso City)



Kiso Lacquer-ware Museum (Hirasawa, Shiojiri City)



Kamidonya Museum (Narai, Shiojiri City)

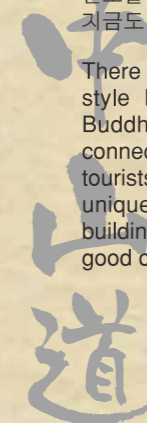
NAKASENDO KISOJI

木曾路上有很多历史悠久的名胜古迹。众多游客参观客栈、关卡遗迹、神社佛阁、史料馆以及与武将木曾义仲有因缘的地方。木曾别具匠心地保存、修复的建筑给人留下深刻的印象。在“奈良井宿”，至今仍一如往昔地利用着过去的房屋，一定是因为有种亲切感吧。

木曾路有很多歷史悠久的名勝古蹟。眾多遊客參觀客棧、關卡遺跡、神社佛閣，史料館、與武將木曾義仲有因緣的地方。木曾獨具匠心地保存、復原的建築物給人留下深刻的印象。在奈良井宿(驛站)，至今仍一如既往地利用著從前的房屋，一定是因為有種親切感吧。

기소지에는 역사적인 볼거리가 많습니다. 옛날 여관, 관문의 흔적, 신사와 절, 자료관, 그리고 무장 기소 요시나 카 (木曾義仲) 의 연고지등 많은 관광객들이 기소지를 찾아옵니다. 보존·복원된 건조물들에서 느끼는 독특한 분위기가 인상적입니다. 나라이주쿠는 지금도 옛날처럼 가옥이 이용되어 있어 친근감을 느낄 것입니다.

There are many historic sightseeing sites along Kisoji. Japanese-style hotels, traces of old checkpoints, Shinto shrines and Buddhist temples, museums and places remembered in connection with General Yoshinaka Kiso are very popular among tourists. The buildings were restored and preserved according to unique Kiso designs. In Narai-juku, people still inhabit the buildings following old traditions. Here, you will surely feel the good old days of Japan.





Akasawa Recreational Forest is the birthplace of "forest therapy" with its luxuriant growing 300 year-old Hinoki (Hinoki cypress) trees. You can enjoy eight different walking trails in the woods.

BEAUTIFUL FIELD



The Forest Railway in the Akasawa Recreational Forest (Agematsu Town)



Mizukizawa Tennenrin (Kiso Village)



Aburagi Recreational Forest (Mitake, Kiso Town)



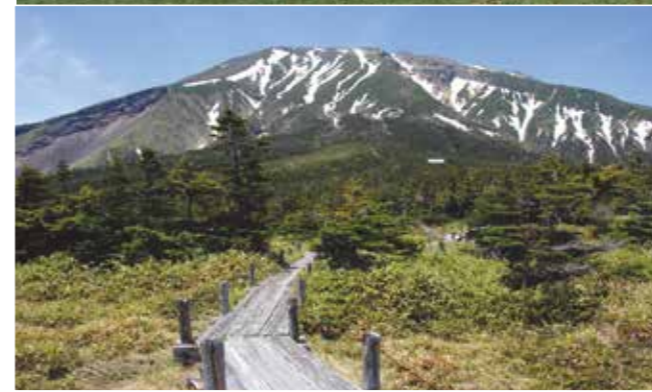
Kiso Juudo with full bloomed cherry blossoms (Kiso Village)



Rhododendron pentaphyllum var.nikoense along a valley.



Kaida Heights located at the foot of Mt. Ontake, is one of the most beautiful villages in Japan. In the Kiso horse pasture, Japanese thoroughbred Kiso horses are protected and raised.



Mt.Ontake (3,067m above sea level)



Rhododendron pentaphyllum var.nikoense in Akasawa Valley



Flowers of Buckwheat



Forget-me-not



Kisogawa-Satsuki (Rhododendron indicum in the Kiso River)



Asian Skunik Cabbage (Lysichiton camtschatcense)

御岳山と木曾川拥有得天独厚的大自然，高原、森林、溪流等名胜颇多。四季应时的变化给人们带来美的享受。

御岳山和木曾川拥有得天独厚的大自然，高原、森林、溪流等名胜地颇多。四季应时的变化给人们带来美的享受。

온타케산이나 기소가와 (기소 강)에는 풍부한 자연에 둘러싸인 고원이나 삼림, 계곡 등 경승지가 많습니다. 그것은 계절마다 다양하고 아름다운 표경, 섬세한 정경을 보여 줍니다.

In Kiso there are many beautiful spots: highlands, forests and mountain streams blessed with the fresh water that flows from Mt. Ontake and the Kiso River. Each season unveils a different scene, often making a familiar landscape look like a completely new one.

KISO SKI AREA



REFRESHING HOLIDAYS



There are 4 golf courses in Kiso. (Photo. Kisokoma Kogen Country Club)



Natural lake (Otaki Village)



Rafting (Kiso Town)

绿色的季节，体育运动及野外活动给人带来各种乐趣。这里早已为您备齐了漂流、皮划艇等各种各样的体验活动。冬季，大型滑雪场深受滑雪者的欢迎。滑雪爱好者对滑雪场的细雪评价颇高。

綠色的季節，體育運動及野外活動給人們帶來各種樂趣。這裡早已為您備齊漂流(溪流下行)、皮艇等各種各樣的體驗活動。冬天大型滑雪場受到滑雪者的歡迎。滑雪愛好家對滑雪場的細雪評價頗高。

그린시즌에는 스포츠나 야외의 즐거움이 있습니다. 뱃놀이, 카누타기 등 다양한 체험프로그램도 준비되어 있습니다. 겨울에는 규모가 큰 스키장이 인기이며, 파우더 눈은 평판이 좋습니다.

In the season of green leaves, lots of sports and outdoor activities are waiting for you. Also, there are enjoyable programs such as rafting and canoeing. In the snow season, broad scaled ski areas are highly popular for their powdery snow.



Kisofukushima Ski Ground (Fukushima, Kiso Town)



Kaida Heights MIA Ski Ground (Kaida Heights, Kiso Town)



Ontake 2240 (Otaki Village)



Yabuhara Kogen Ski Ground (Kiso Village)



Ciao Ontake Snow Resort (Takayama City, Gifu Pref.)

木曾谷拥有众多涌泉（温泉）。请在充满日本情调的温泉旅馆里恢复精神。

木曾谷擁有眾多的湧泉（溫泉）。請在充滿日本情趣的宿驛恢復精神。

기소계곡에는 많은 온천이湧출하고 있습니다. 일본적인 정취가 있는 여관에서 기분전환 하십시오.

There are a lot of gushing hot springs in the Kiso valley area. Our hotels and Japanese ryokans provide you with a unique Japanese atmosphere.



NATURAL HOT SPRINGS IN KISO

This is an open-air spa. Relax and feel the seasonal wind by taking a bath in an outdoor hot spring.



Otaki no yu Spa, Ontake Onsen (Otaki Village)



Koijinoyu Spa, Kiso Fureainosato (Okuwa Village)



Yamayuriso Spa, Ontakemyojin Onsen (Kaida Heights, Kiso Town)



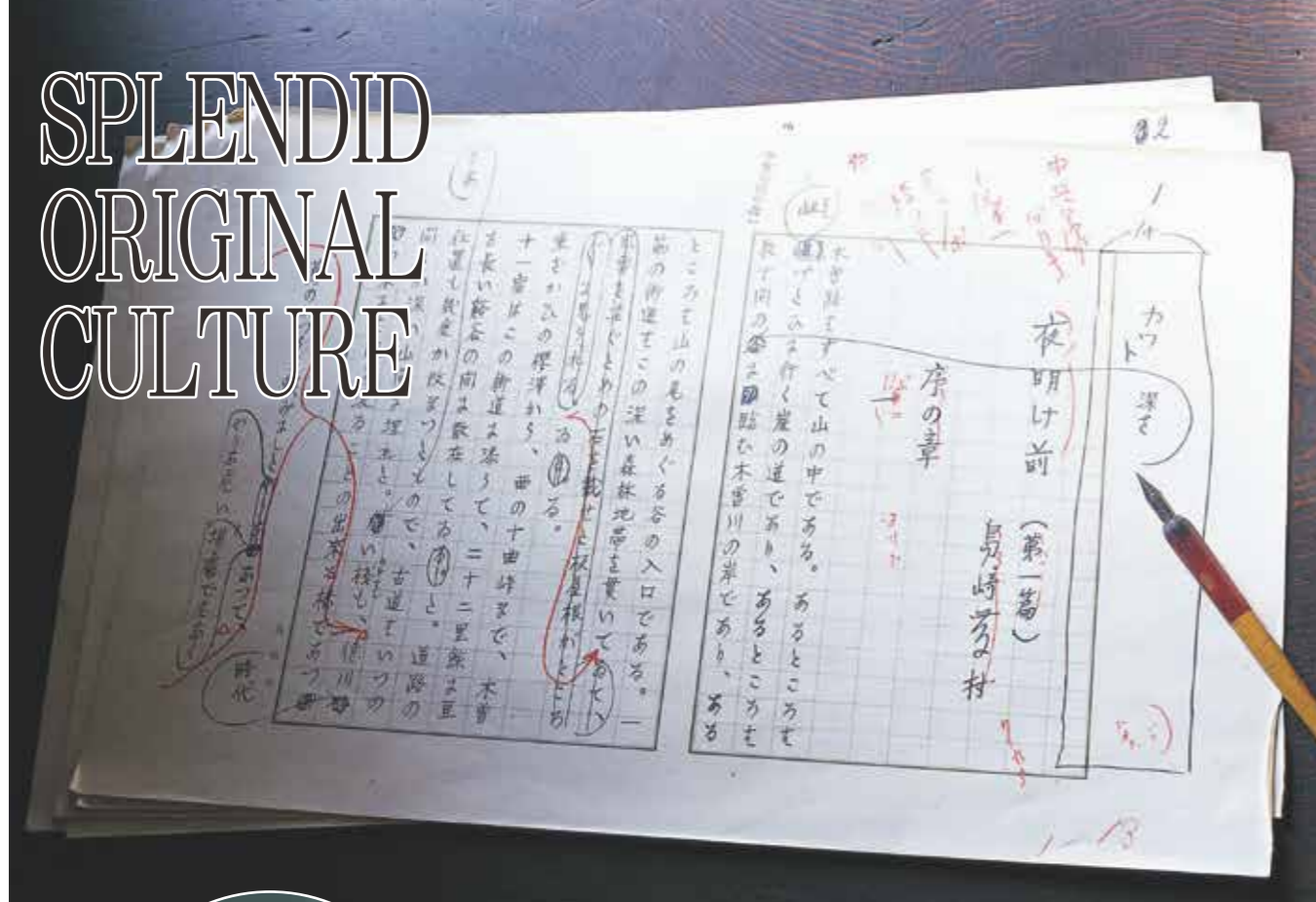
Hotel Kiso Onsen Spa (Mitake, Kiso Town)



Nihonginoyu Spa (Fukushima, Kiso Town)



SPLENDID ORIGINAL CULTURE



This is Toson's handwriting. His historical novel, Yoakemae, is a well known novel, and the story is staged in Toson's hometown of Kiso.



Shimazaki Toson



Toson Museum (Yamaguchi, Nakatsugawa City)



Yamashita House, listed as a Prefectural Valuable Place (Kaida Heights, Kiso Town)



Kaii Higashiyama Kokoronotabijikan (Yamaguchi, Nakatsugawa City)



Momosuke Bridge (National Important Cultural Property, Nagiso Town)



Bashou Matsuo Kuhi (a stone tablet inscribed with a haiku, Agematsu Town)

自古培育出的当地独特的文化。您能通过木曾出身的文豪——岛崎藤村纪念馆、美术馆、近代化遗产、乡土资料馆等广泛接触各种文化。

自古培育出的当地独特的文化。您能通过木曾出身的文豪“岛崎藤村”纪念馆、美术馆、近代化遗产、乡土资料馆等，广泛接触各种文化。

예로부터 독자적인 문화를 키워왔습니다. 기소 출신 문호 시마자키 도손 (島崎藤村)의 기념관, 미술관, 근대화유산, 향토 자료관 등을 통해서 다양한 분야의 문화를 느낄 수 있습니다.

For a long time, Kiso has had its own, unique culture. During the early 20th century, the writer Shimazaki Toson chronicled the effects of the Meiji Restoration on the Valley in his landmark novel "Yoakemae" (Before the Dawn). Shimazaki Toson was raised in Kiso and you can visit his memorial museum and cultural heritage centers.

TRADITIONAL FESTIVALS



Parade of Edo Period (November 23rd, Nagiso Town)



Narai shukuba Matsuri (three day festival from the first Friday of June Narai Shiojin City)



Suimu Shrine Reisai (July 22nd, 23rd, Fukushima Kiso Town)



Hanauma Matsuri (The first Sunday of October, Nagiso Town)



Rapposho (August 14th, Hiyoishi Kiso Town)

举办几百年来继承的传统祭祀及各种仪式活动。众人不想错过宝贵的机会，纷纷前来观看惊心动魄的场面、令人微笑的情景以及虚构幻想的光景。

舉辦幾百年來繼承的傳統祭祀及各種儀式活動。眾人不想錯過寶貴的機會，紛紛前來觀看驚心動魄的場面、令人微笑的情景以及幻想的景象等。

몇백년에 걸쳐 계승돼 온 전통적인 제사나 행사가 개최됩니다. 박력이 있는 장면, 흐뭇한 모습, 환상적인 광경 등 귀중한 기회를 보러 많은 사람들이 찾아 옵니다.

Traditional festivals and events have been passed down for hundreds of years. Many tourists visit these festivals to enjoy their impressive scenes, adorable views and fantastic sights.



Komagatake Shrine Reisai (May 3rd, Agematsu Town)
In this festival you can enjoy seeing the traditional dance performed with a Tengu (long-nosed) mask. It has a tremendous impact, and is designated as one of the masterpieces of oral and intangible heritage of Japan.

BEAUTIFUL KISO

奔向美丽的河山!
~中山道木曾路地图~

奔向美丽的河山!
~中山道木曾路地图~

아름다운 산으로 강으로!
나카센도 기소지 지도
中山道木曾路地图

Let's go to beautiful mountains and streams!
- Nakasendo Kisoji Map -



Autumn leaves of Mt. Ontake



Sunset in Mt. Komagatake (2,956m above sea level)



Nezamenotoko



Sunset in Mt. Komagatake (2,956m above sea level)



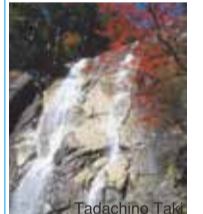
Mt. Fuji from Mt. Kiso komagatake



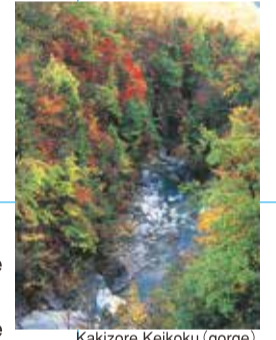
Onoshimano Taki (waterfall)



Komorebino Taki (waterfall)



Tadachino Taki (one of the Hundred Best Waterfalls of Japan)



Kakizore Keikoku (gorge)

众多观光景点接连不断，定会留下许多美好回忆。

眾多旅遊景點互有關聯。定會留下許多美好回憶。

관광명소가 가득합니다. 추억으로 남는 경관이 여러분들을 기다리고 있습니다.

Your trip to Kisoji will be one of your most memorable Japanese holidays. There are many incredibly serene landscapes.



Lake Okukisoko (Kiso Village)



Flowers of Buckwheat



Taiyo no oka Park (Kiso Town)



Ontake Ropeway



Mt. Ontake Ninoike (pond)



Natural Lake (Otaki Village)



Atera Gorge (Okuwa Village)

登山、山麓徒步旅行与露营。
逗留时间越长，乐趣就会越增加。

登山、山麓巡回遊與露營
逗留的時間越長，樂趣就會越增加。

등산, 산기슭에서 트레킹, 캠핑.
머물면 머물수록 즐거움이 커집니다.

Climbing and trekking on the foot of mountains and camping activities: The longer you stay, the more you can enjoy.



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