

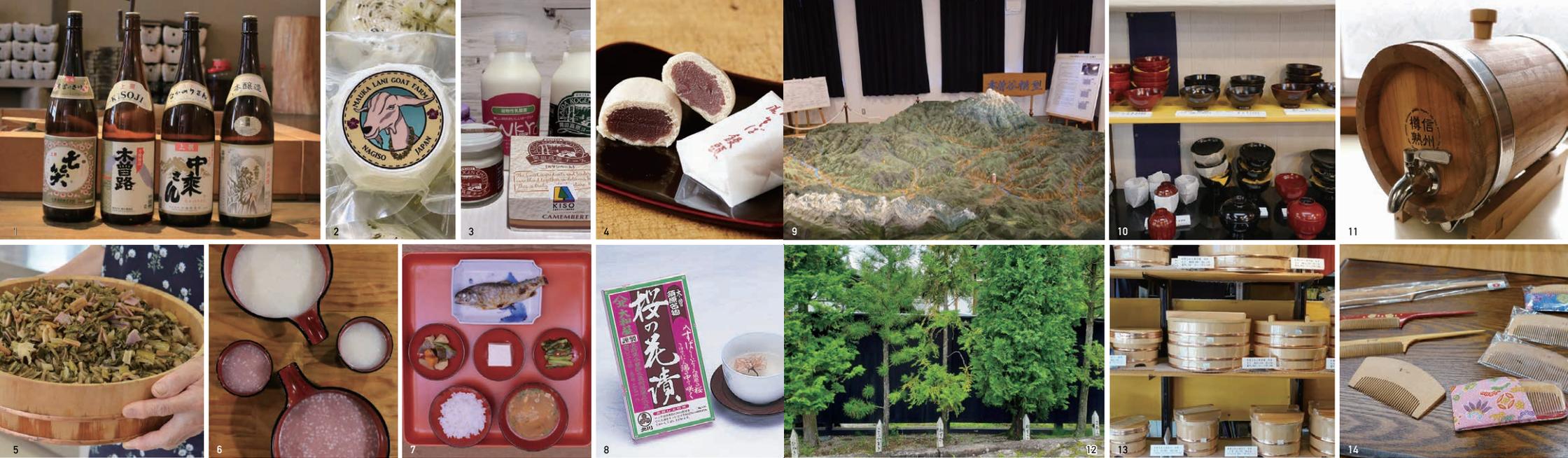


# 木曾の旅 Journey in Kiso

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. Pickled 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 sciecies of wood "Kiso Goboku" was prosperous for ages. Tubs and barrels are indispensible in the brewing sake and producing fermented food at home. Skillfull craftsmen's work is worth seeing!

9. The diorama shows 90% area in Kiso in 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 "Hyakusougan" 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.

Google Map



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

Google Map



From Yabuhara-juku located at the foot of Trii-Toge pass to Fukushima-juku. The tradition of Orkugushi combs is still living in Yabuhara-juku. Fukushima-juku used to be the hub for Nakasendo, and still carries the old day's atmosphere.



## 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.  
 1003-1 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



## 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



## 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. Kisokomagatake. 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



## 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 craftsmanship. The uniquely designed ellipsoid 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)



## 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





## 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.  
 3214 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

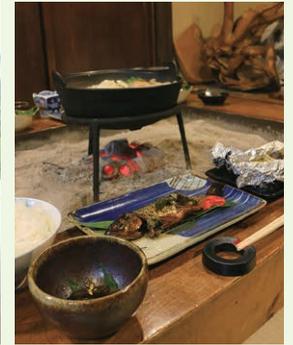
Venerable brewery since Edo period

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 Inagawa 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-wheated 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  
 FAX(+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 Mokuzaï Industrial

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

Shimizu Mokuzaï 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 Mokuzaï 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 Mokuzaï

The main products are Sawara tubs

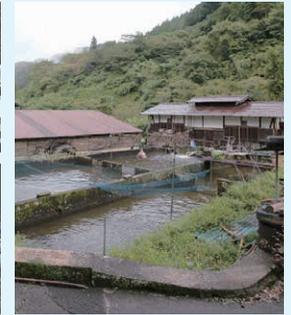
They mainly produce tubs and "Ohitsu" containers for cooked rice with Sawara cypress. A mechanized mass production system makes tough and uniform quality products. Normally accept built-to-order production, and occasionally cooperate with some clients to develop new products such as wine coolers. You 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 Mokuzaï, 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



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.



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



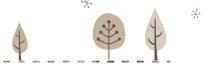
Summer vegetables represented by Chinese cabbage and corns and "Iwana" mountain trout are especially popular.



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



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 breath 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)



Let's stop  
by and go  
shopping

※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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