

jam or a variety of highland vegetables such as lettuce and cabbages. Natural, comfortable footwear called "nezuko sandals" also make souvenirs that are good for your health. They can be purchased at JA stores, Family Mart, and other shops listed on the page.

For Yamagata's local specialty, look no further than yams. Tomato ketchup is also a hidden gem in these parts. Find them by dropping by the Farmers' Garden or other such locations within the village!

這裡會是您歡樂選購伴手禮的好地方。

朝日村購物樂。特別推薦的藍莓果醬、萵苣、高麗菜、白菜等「高原蔬菜」等名産。舒適 好穿的「杜松木屐」適合傾向選購健康取向伴手禮的您。可於JA店鋪、全家便利商店以及 網站內所記載的店舖購買。「山藥」,是山形村最為推薦的名產。番茄醬更是隱藏版好物 。可於村內的各個直銷處購買。



and sweet. It's also known as a health food that promotes stomach and gut health. Eat it as-is for

富有高度黏性及甜味的蔬菜 據說亦是具有整腸健胃效用的健康食品。 敬請品嘗山藥最原本的美味

Contact: Yamagata Village Tourism Association 0263-31-6220



藍莓果醬

This superb ketchup is handmade with fully ripened, locally grown tomatoes!

使用大量在地生產的成熟番茄所做成的 手工番茄醬。

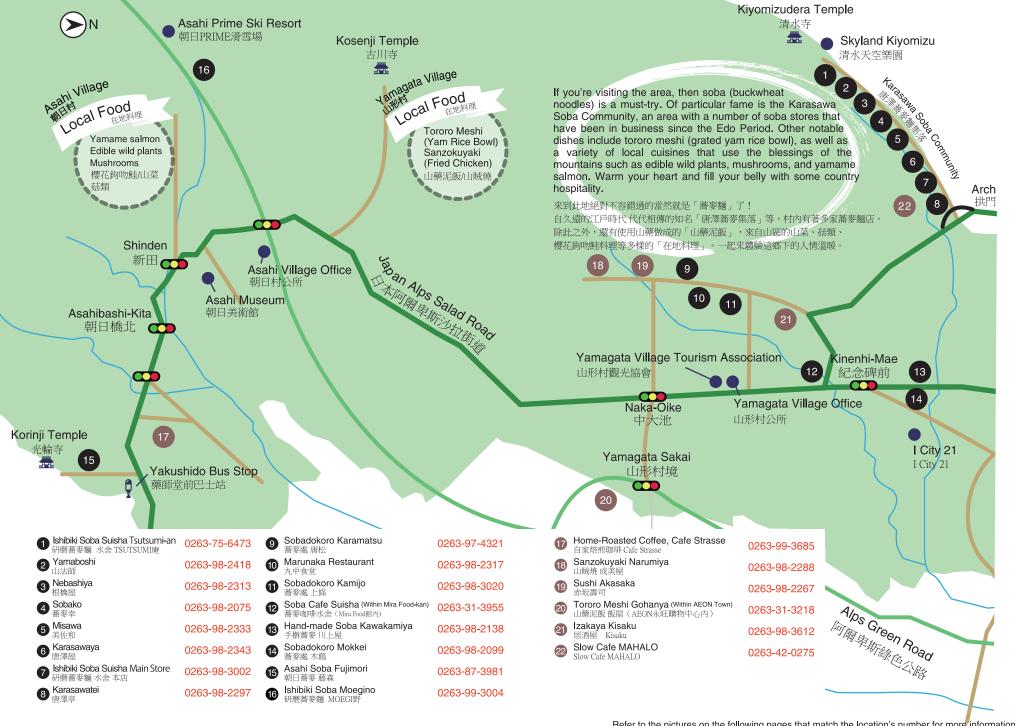
Contact: Yamagata Vi∎age Tourism Association 洽詢 山形村觀光協會 0263-31-6220

使用「杜松木」做成的傳統工藝品「杜松木展」。自古以來出產多數貴重木材的木曾地區,在江戶時代,為 保護山而被列為五種禁止採伐樹木的其中之一。現可於紀念品店或工廠購入。

0263-99-3366

Contact: Mimura Woodworks 洽詢 三村木工 0263-99-2307







## Karasawa Soba Community 唐澤蕎麥麵集落

In the Edo Period, the people here would use the power of the river to run water wheels for the flour milling industry, which in turn gave rise to a soba-eating culture. Serving guests a plate of soba at home became the norm, and even to this day many stores offer "sara soba", or dished soba. In fact, one of the appeals of Karasawa Soba Village is that many stores offer true home-cooked soba by preparing the noodles right there in their own homes!

在江戶時代,此區域因為利用河川水力驅動水車而藉以經營製粉業,食用蕎麥的文化因此發達。 此外,在過去使用家中餐盤招待蕎麥麵,而延伸至今亦有許多的店家提供「盤裝蕎麥麵」。 將民家的一部分當成店鋪使用也是蕎麥麵集落才有的特徵。



### Toji Soba 投汁蕎麥麵

Place a small serving of soba in a basket made of bamboo and dip it into a hot broth filled with mushrooms, meat, and seasonal vegetables before eating. The aroma of soba and the deep flavor of the soup combine for an excellent meal.

在有著豐盛當季食蔬、蕈菇、肉類等食材的熱鍋中,使用竹籠湯匙盛著一小團蕎麥麵,涮著醬汁後品嘗。蕎麥的清香配上熱湯的美味形成絕妙的傳統美食。



#### Yamachi Soba YAMACHI蕎麥麵

Yamagata's newest specialty. Yamagata's famous yams are cut into long, thin noodles before being mixed in with soba noodles and served. This dish of contrasting smooth and crispy textures can be enjoyed at 12 soba restaurants within the village.

山形村新名產。將山形村特產的山藥切成長條細長狀,蕎麥麵伴著山藥絲一起食用。 可品嘗到濃稠清脆的好口感! 山形村內的10家蕎麥麵店皆有提供。



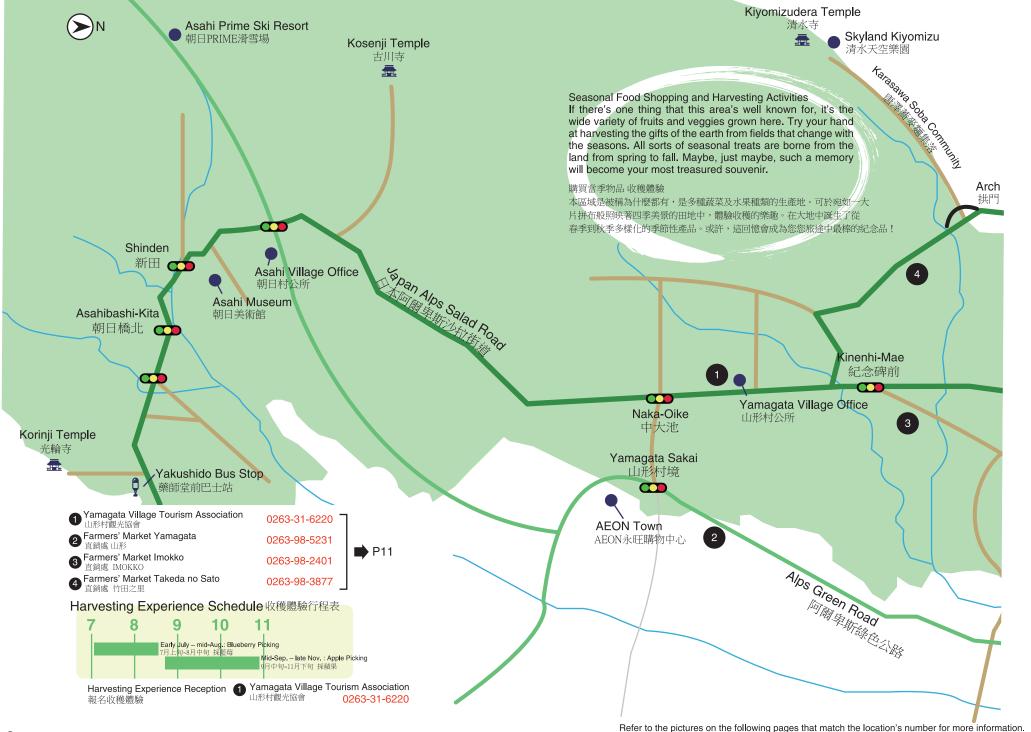
Tororo Meshi Grated yams are the highlight of this rice bowl dish. It is said to grant longevity if eaten on January 2nd.

山藥泥飯 將攪拌好的山藥泥淋在飯上食用的健康料理 據說在1月2日吃還可延年益壽。



Sanzokuyaki A famous local dish made by marinating chicken in a garlic sauce before rolling in starch powder and frying. Locals love it, and it's a classic food around Christmastime in Yamagata.

山賊燒 用蒜泥醬料醃漬雞肉,裹上太白粉後油炸,長年愛戴的愛好者眾多。已成了山形村聖誕節的必備料理



標有數字的設施於下一頁有照片及詳細解說。



### Highland Vegetables 高原蔬菜

Highland vegetables are the highlight of Asahi Village's crops. Situated on flat land at elevations between 740 and 900 meters, the difference in temperatures between day and night in Asahi gives rise to massive heads of "highland vegetables" such as lettuce, cabbage, and Chinese cabbage that are well-suited for cultivation and shipped throughout Japan. Lettuce in particular thrives in these parts, with fields of green as far as the eve can see during harvest season.

朝日村的特產品最值得一提當然就是高原蔬菜。利用地勢平坦、海拔740~900公尺的高地、以及朝日村早晚寒冷溫差大等特性,適合栽種萵苣、高麗菜、白菜等高原蔬菜,且出貨至日本全國各地。特別是萵苣,每到收穫季節田地就會呈現綠油油的一面。



# Apple Picking (Mid-Sep. - Mid-Nov.)

採藉果 (9月中旬~11月下旬)

Apples come in all shapes and sizes as well as a variety of colors and flavors.

Why not sample a selection of apples and try to find the one that's right for you?

同樣是蘋果,依品種不同,味道與外觀都不相同。 歡迎前來嘗試,找出自己最愛的蘋果吧。



Blueberry Picking (Mid-July – Mid-Aug.)

採藍莓 (7月上旬~8月中旬)

Yamagata Village is home to more than 20 locations where blueberries can be picked. A wide variety of blueberries are cultivated here, including some as large as a 500 yen coin! The big blueberries are particularly popular.

山形村內有20座以上的藍莓採收農園。 摘種的藍莓品種眾多,其中還有500日圓硬幣大的藍莓! 大顆的果實備受喜愛。

# The Yamagata Village Tourism Association

handles all inquiries related to harvesting experiences.

此收穫體驗是由山形村觀光協會受理申請。

Please refer all questions regarding experience periods, information, and fees to the association. Furthermore, all harvesting experiences are done by reservation only. Please call in advance.

實施期間、內容、金額等詳情,請向觀光協會體驗洽詢。收穫體驗為預約制,請透過電話申請。

Yamagata Village Tourism Association 山形村觀光協會

2025-1 Yamagata 山形村2025-1 Hours 營業時間 8:30 am — 5:15 pm TEL 0263-31-6220

FAX 0263-31-6282





Hours Su 營業時間

Summer months:8 am - 5:30 pm

夏季8:00~17:30

Winter months:8 am - 5 pm 冬季8:00~17:00

\* Hours may change depending on the time of year and events. Closed: Around New Year's Day and on Mondays that are not holidays

※營業時間會隨著季節、舉辦活動等而有所變更。 公休日 年初年尾以及國定假日以外的星期一。 ※可利用電話確認。



**4277-1 Yamagata** 山形村4277-1

TEL 0263-98-2401 Cellphone 手機 080-1297-2660

Hours: 10 am - 6 pm (Until 5 pm from Oct. to Dec.) 營業時間 10:00~18:00(10月~12月 至17:00)

Closed Tuesday Winter Holiday Jan. – Mid-July 公休日 星期二 冬季 1月~7月中旬

\* For more details, please inquire via phone. ※詳情請利用電話洽詢。



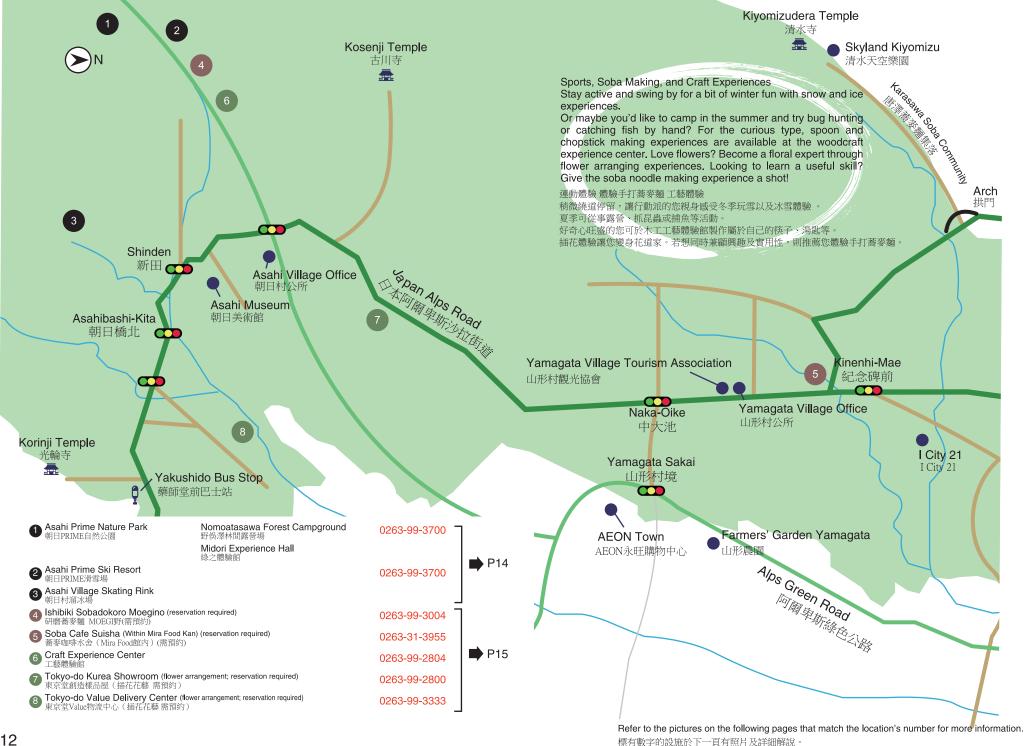
**7214-3 Yamagata** 山形村7214-3

TEL(Farmers' Market)(直銷處) 0263-98-3877
TEL(Office)(辦公室) 0263-98-2270

Hours: 9 am – 5 pm (varies with the season) 營業時間 9:00~17:00 (依季節有所變更)

Closed: Mondays from Jan. to Mar. 公休日 無休 (1月~3月,星期一)

宫亲时间 9:00~17:00 (似字即有用委更) Closed: Mondays from Jan. to Mar.





Around the Midori Experience Hall, the Nomatazawa Forest Campground, and the Nakamata Stream Park, you can experience it all: barbecuing, fishing (normally and by hand), camping, and bug hunting experiences are all available!

您可在綠之體驗館(可住宿)、野俁澤林間露營場、中俁親水公園等地推行捕抓昆蟲、露營、烤 肉、釣魚、抓魚等體驗。

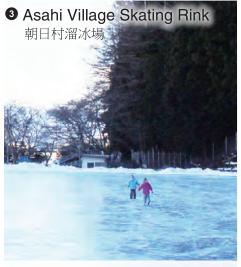
TEL(prime ski resort/Campground) (PRIME滑雪場、露營場) 0263-99-3700



This ski resort is particularly welcoming to families and beginners. Equipment rental is available, so feel free to come as you are.

歡迎初學者、全家一起來的滑雪場。 有全套滑雪用具出租,可隨時前往立即出發

TEL 0263-99-3700



Skates can be borrowed for free. Roller skates are available in the summer.

提供免費出租溜冰鞋。夏天可玩滾輪溜冰。

TEL(Board of Education) (教育委員會) 0263-99-4105



Everyone likes slurping delicious soba, but how about making your very own noodles by hand? Starting from kneading the soba flour, this experience takes about an hour. You can try your soba on the spot after making it.

除了品嘗美味的蕎麥麵之外,也可嘗試自己親手擀製。從揉蕎麥麵團做起約1小時。還可當場食用 自己做的蕎麥麵。

Ishibiki Sobadokoro Moegino(reservation is needed) 研磨蕎麥處MOEGI野(需預約)

0263-99-3004

Soba Cafe Suisha (Within Mira Food Kan) (reservation is needed) 蕎麥咖啡水舍 (Mira Food館內) (需預約)

0263-31-3955



Chopsticks, spoons, butter knives, and ladles can all be crafted here thanks to the abundance of lumber in the local area. An instructor will kindly show you how to make them. Do it enough times and you'll be able to make your own furniture! Come take a quick peek and enjoy the great scent of lumber.

使用當地採伐的木材,製作屬於自己的筷子、飯匙、奶油 刀等。駐館指導者可隨時親切地指導。參加多次後連家具 都可製作了。利用一些時間前往此地體驗被木香包圍的感

TEL 0263-99-2804

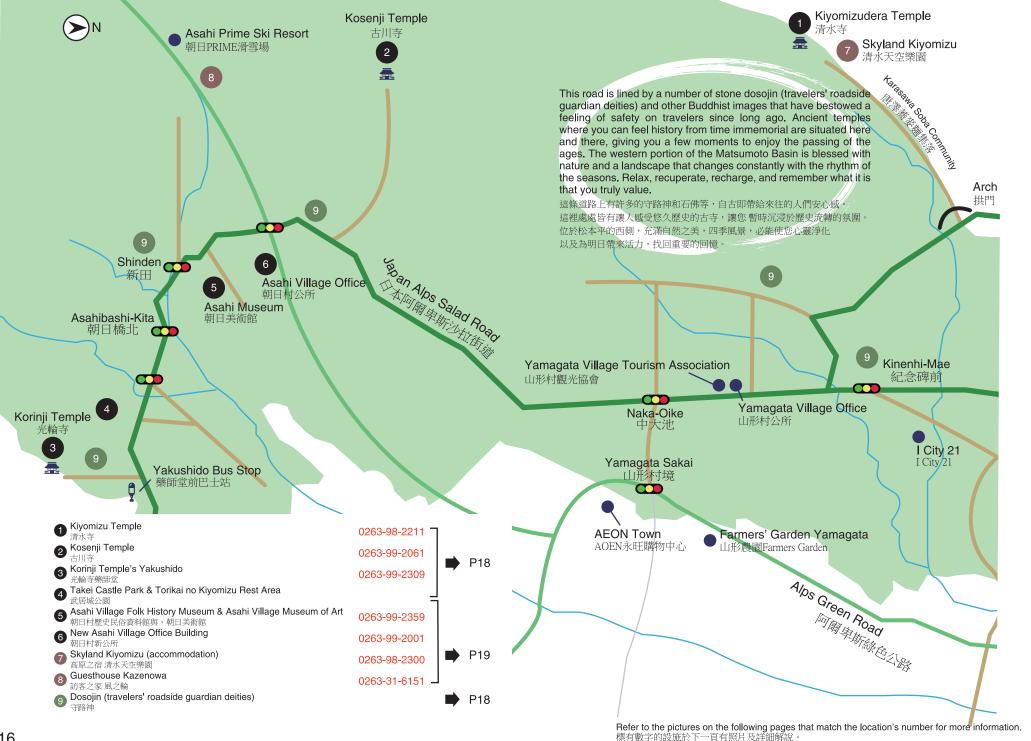


Participate in a flower arranging experience at the number 1 company in the sales of flowers including artificial flowers and preserved flowers. Please reserve up to 2 weeks in advance so that we may prepare materials and instructors. Small-group reservations are also accepted. Feel free to do a bit of shopping when the store is open, too.

(Generally, the shop is closed on Saturdays, Sundays, holidays, and around New Year's Day)

在業界頂尖企業裡體體驗人造花、保鮮花等花材及鮮花材料的插 花活動。因為材料及講師的因素請務必於2周前預約。人數少也 可参加。純粹購物的話只要是營業日隨時皆可。 (基本上六日,例假日,年初年尾定休)

> TEL 0263-99-2800 hannah@cfl.ip https://www.e-tokyodo.com/lang/en/top.html (English)





1 Kiyomizudera Temple Jigenzan Kiyomizudera Temple 清水寺 慈眼山清水寺

An ancient temple founded in the 8th century that is said to be closely affiliated with the Kiyomizudera Temple in Kyoto. The stone Nio statues and the 100 Kannon figures on the approach to the shrine grant it an air of mystery.

建於天平時代,據傳,是與京都東山的清水寺有著深刻緣分 的古寺。石造的仁王像、參拜道路上的百體觀音是充滿神祕 的世界。靜謐地佇立於海拔1250公尺的山中。



## 2 Kosenji Temple: Warding Off Evil

除厄寺廟 古川寺

Though this temple is famed in the area for warding off evil, there is a colony of dogtooth violets situated next to it. A lucky few visitors who stop by while the flowers are in-bloom may even encounter the rare Luehdorfia butterfly.

在本地是以除厄而知名的寺廟,除此之外,寺廟旁的山林內 可見一大片的豬牙花群生地,運氣好的話,在開花期說不定 可遇見稀少的日本虎鳳蝶。



## 3 Korinji Temple Yakushido

光輪寺藥師堂

Yakushido has long been known to the people of the Matsumoto Basin. Once every 33 years, the main statue of Medicine Buddha is made available for visiting and viewing. This temple also enjoys great beauty in the spring and fall thanks to cherry blossoms and changing leaves.

藥師堂自古以來廣受松本平一帶的人民知曉,本尊藥師如來 座像每33年公開一次。春天櫻花、秋天紅葉更不容錯過。



### Takei Castle Park & Torikai no Kiyomizu Rest Area

武居城公園、飼鳥清水休息處

A tea room is situated at Takei Castle Park where you can enjoy the ever-changing seasonal views of flowers and nature while sipping tea.

武居城跡內設有茶坊,觀賞四季盛開的花朵以及眺望自然美 景之際,品嘗茶飲也是一大享受。

TEL 0263-99-2001 (Asahi village office) (朝日村公所產業振興課)



Dosojin is a guardian spirit that protects the borders of a settlement while bestowing security and peace of mind on travelers. It is often worshipped via stone monuments and statues. Asahi and Yamagata Villages are dotted with more than 70 dosojin, chief among which are pairs of male and female statues standing next to one another as though in wedlock. Walking among them while taking in the breathtakingly wide highland views is sure to warm your heart.

守路神是守護集落邊境,為居民帶來安泰、祈求旅人安全的 神明。以石碑或石像的形狀被人民祭拜著。朝日村與山形村 内有著70尊以上的守路神守護著,其中最常見到感情深厚、 相互依偎的雙體守路神。尋訪守護神時又可欣賞高原蔬菜遼 闊的田園景觀,豐富您的心靈

(Asahi Village Board of Education) TEL 0263-99-4105 (朝日村教育委員會)

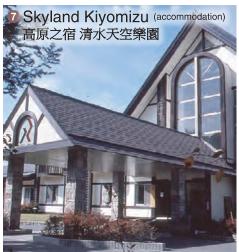
TEL 0263-98-3155 (Yamagata Village Board of Education) (山形村教育委員會)



The history museum exhibits stone tools, pottery, and daily necessities that were excavated from the Kumakubo archaeological site within the village, dating back to 5,000 years ago. Attached to the museum is an art museum where you can appreciate the displayed works of sculptors and other artists hailing from or having relations with Asahi Village.

民俗資料館內展示許多出土於朝日村熊久保遺跡,約5000年前 繩文時代的石器、土器、生活用品等。另外,館內併設的美術 館內可鑑賞出身於朝日村的雕刻家等與朝日村有相當淵源作家 的作品。休館日 星期一(如遇國定假日延至隔天)冬季休館

TEL 0263-99-2359



Words can do no justice to the otherworldly views at Skyland Kiyomizu as you gaze out upon a sea of clouds from an elevation of 1,300 meters.

從海拔1300公尺的高處俯瞰雲海,彷彿夢幻國度之美,溢於言 表。

http://www.sl-kiyomizu.jp/ (Japanese) TEL 0263-98-2300



Larch wood, which makes up nearly 60% of the forest in Asahi, was taken from the local woods and used to construct this wooden building. This new symbol of the village is attracting many of the citizens. Tours are accepted.

朝日村木造的新公所,使用生產於村內、約占全村森林面積六成 的唐松。此公所受到大家的喜爱,也成了村内的新象徵。 有接受視察訪問,

Asahi Village Office General Affairs Division 朝日村公所 總務課 TEL 0263-99-2001



A modern questhouse merged with a renovated. 150-year-old private residence that also serves as an experience center.

Forget the hustle and bustle of daily life and recover by spending some leisure time in the great outdoors.

兼備摩登現代的住宿以及整修過的150年歷史古民家體驗棟。 讓你忘卻日常煩憂,悠閒地享受潦闊大自然

https://kazenowa.com/ TEL 0263-31-6151