

Oiwake / Gourmet

1 Karuizawa Soba Takumi Kikori

☎ 0267-45-1330

Karuizawa Soba Takumi Kikori is a handmade soba restaurant that takes pride in using locally sourced ingredients and stone-ground buckwheat flour from the Asama Mountain region (Karuizawa, Miyota, Komoro). Enjoy the authentic soba to your heart's content, with its perfect texture, aroma, flavor, and smoothness.

Address: 119-7 Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 11:00-15:00(L.O.14:45)

Closed: Tuesdays



2 Soba-dokoro Sasakura

☎ 0267-46-5577

This restaurant is famous for its handmade soba, crafted from locally sourced buckwheat from the Asama Mountain region and Saku area in Shinshu (Nagano Prefecture). You can taste the flavorful soba noodles.

Address: 655-3 Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: Mondays: 11:30-15:30

Wednesdays–Sundays: 11:30-16:00

Closed: Tuesdays



3 Soba-dokoro Gensui

☎ 0267-45-1138

Soba-dokoro Gensui offers authentic handmade soba, crafted with stone-ground buckwheat flour to preserve its rich aroma and texture. The soba is made with minimal binding agents, ensuring a pure, traditional flavor. Soba-dokoro Gensui offers a diverse menu featuring seasonal dishes and specialty items made with locally sourced Shinshu ingredients.

Address: 1586-11 Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 11:00-14:00

Closed: Thursdays/ 1st and 4th Wednesdays and Fridays



Oiwake/ Shop

1 Exiv Karuizawa Aroma House

☎ 0267-46-4422

Exiv Karuizawa Aroma House offers a variety of relaxation treatments centered around natural herbs and aromatherapy. Guests can enjoy a tranquil escape surrounded by the refreshing forest scents of Karuizawa, making it an ideal place to unwind from daily life.

Address: 23-1 Higashi-Kajikasawa, Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 10:00 -22:00 (Last reception at 21:00) - Reservation required.

Closed: Please contact us by phone.

2 Sumiya Oiwake Branch

☎ 0267-45-1252

Sumiya Oiwake Branch has been a beloved shop in Karuizawa's Oiwake area for over 40 years. It offers seasonal jams, specialty bean snacks, fresh local produce, and regional delicacies. The store also sells souvenirs, daily goods, food, and alcohol, making it a popular stop for both locals and tourists.

Address: 508 Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 10:00-16:00

Closed: Closed in winter



Oiwake/ Experience and Art

1 Kaveri Private Outdoor Sauna (kaveri)

A museum in Shinano-Oiwake, at the foot of Mount Asama, offers visitors a journey experience from Nihonbashi to Kyoto's Sanjo Bridge. Inside the museum and along the 69-station path (garden), guests can compare scenes depicted by artists Eisen and Hiroshige with their modern-day counterparts.

Address: 120 Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 10:00-16:00/ Open only on Saturdays and Sundays

Closed: Closed during winter from December to March



Oiwake / History and Culture

1 Nakasendo 69 Tsugi Museum

☎ 0267-45-3353(archives)

A museum has been established in Shinano-Oiwake, at the foot of Mount Asama, where visitors can experience a journey from Nihonbashi in Tokyo to Sanjo Ohashi in Kyoto. Inside the museum and along the 69 Tsugi Path (Garden), guests can compare artworks by Eisen and Hiroshige with present-day landscapes.

Address: 120 Oiwake, Karuizawa-machi, Kitasaku-gun

Opening Hours: 10:00-16:00/ Open only on weekends

Closed: closed during winter (December–March)



2 Shinano-Oiwake Cultural Hub Aburaya

☎ 0267-31-6511

Shinano-Oiwake Cultural Hub Aburaya is a historical lodging once favored by writers and intellectuals for their creative work. Many literary masterpieces were set in this traditional inn, which has now been transformed into a cultural revitalization project for the Oiwake district. You can enjoy various activities, including events and shopping.

Address: 607 Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 11:00-17:00

Closed: Tuesdays and Wednesdays



3 Hori Tatsuo Literary Memorial Museum

☎ 0267-45-2050

The Hori Tatsuo Literary Memorial Museum is dedicated to preserving and showcasing materials related to Hori Tatsuo, a writer who deeply loved Karuizawa. The museum exhibits manuscripts, letters, first editions, and personal belongings, offering insights into his life and literary background.

Address: 662 Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 9:00-17:00

Closed: Wednesdays (Open on national holidays,
even if it is usually closed on certain days.)



4 Oiwake-juku Local History Museum

☎ 0267-45-1466

The Oiwake-juku Local History Museum was established to preserve and maintain the unique cultural heritage of Oiwake-juku, a prosperous post town during the Edo period. The building itself reflects the calm and traditional atmosphere of the Edo era, allowing visitors to experience its historical charm.

Address: 1155-8 Oiwake, Karuizawa-machi, Kitasaku-gun, Nagano

Opening Hours: 9:00-17:00 (Last admission at 16:30)

Closed: Wednesdays (Open on national holidays,
even if it is usually closed on certain days.)



5 Karuizawa Deer Workshop Animal Gibier

☎ 080-2259-3226

Karuizawa Deer Workshop Animal Gibier follows the concept of "Life Cycle – Zero Deer Waste", ensuring that culled deer are fully utilized rather than discarded. They process venison from capture to production, creating high-quality pet food for dogs.

Address: 179-14 Kusakoshi, Miyota-machi, Kitasaku-gun, Nagano

Opening Hours: 10:00-17:00

Closed: Wednesdays



Kusatsu • Asama Area/ Gourmet

1 Anzai Shoten

☎ 0279-88-2556

Anzai Shoten specializes in Gunma's local sake, along with a diverse selection of wine and whiskey. The shop is dedicated to sharing the passion of producers, allowing visitors to enjoy authentic Japanese spirits in Kusatsu Onsen. Just 3 minutes on foot from Yubatake.

Address: 67 Kusatsu, Kusatsu-machi, Agatsuma-gun, Gunma

Opening Hours: 10:00-18:00

Closed: Tuesdays, Wednesdays and Thursdays



2 Kappo Nakaiya

☎ 0279-97-2643

Kappo Nakaiya offers a limited menu featuring Tsumagoi Village's premium cabbage "419", along with approximately 70 types of mountain vegetable tempura and dishes. They also serve handmade soba made from Hokkaido stone-milled buckwheat flour. Meals, banquets, and take-out are also available.

Address: 388 Mihara, Tsumagoi-mura, Agatsuma-gun, Gunma

Opening Hours: 11:00-19:30

Closed: Tuesdays



Kusatsu • Asama Area/ Experience and Art

1 Karuizawa Toy Kingdom

☎ 0279-86-3515

Karuizawa Toy Kingdom is a theme park designed for children, featuring exciting attractions and indoor play areas. It offers hands-on learning experiences, making it a perfect destination for families to enjoy a full day of fun.

Address: 2277 Omae Hosohara, Tsumagoi-mura, Agatsuma-gun, Gunma

Opening Hours: 10:00-17:00 (until 16:30 in November) Subject to seasonal changes

Operating period: April 18, 2025 (Friday) – November 24, 2025 (Monday)



Kusatsu • Asama Area/ Nature

1 Highland Cabbage Fields

The Highland Cabbage Fields are vast cabbage-growing areas located at high altitudes, benefiting from cool temperatures and rich natural surroundings. This environment produces sweet and crisp cabbage, making it a regional specialty. The Cabbage Road drive is popular.

Address: Tashiro, Tsumagoi-mura, Agatsuma-gun, Gunma



2 Aisai no Oka – "Beloved Wife's Hill"

☎ 0279-82-1293 (Tsumagoi Village Office Tourism & Commerce Division)

Tsumagoi Village is known as the "Sacred Land for Devoted Husbands", where visitors shout "I love you" toward Mount Asama in a unique tradition. Every September, the "Cabbage Love Shout" event takes place, where even reserved husbands join in.

Address: Aisai no Oka Tashiro, Tsumagoi-mura, Agatsuma-gun, Gunma

Opening Period: from April to November



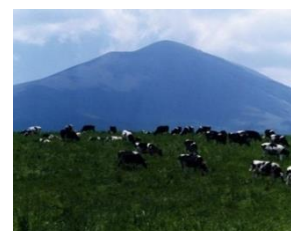
3 Asama Livestock Breeding Ranch

☎ 0279-84-2074 (Gunma Prefectural Government Agriculture Department)

At Miharashi Makiba, visitors can enjoy a breathtaking view of grazing cattle against the backdrop of Mount Asama. From mid-May to late October, cows roam freely, eating grass and resting peacefully, creating a picturesque rural scene.

Address: 2032-23 Kita-Karuizawa, Naganohara-machi, Agatsuma-gun, Gunma

Opening Hours: The pasture is open to the public only during the daytime, while entry is prohibited at night. Grazing Period: Mid-May to late October.



4 Shiriyaki Onsen (natural hot spring)

☎0279-95-3111 (Nakanojō Town Kuni Branch Office)

Shiriyaki Onsen is located 800 meters beyond Hanashiki Onsen, where hot spring water naturally bubbles up from the riverbed.

Swimsuit Recommended.

Address: Iriyama, Nakanojō-machi, Agatsuma-gun, Gunma



5 Yamba Dam

☎ 0279-83-2560 (Yamba Dam Management Office)

The Yamba Dam area features historical and scenic spots, including the nationally designated Agatsuma Gorge and Kawarayu Onsen, discovered by Minamoto no Yoritomo. The dam was completed in 2020 and serves for flood control, water supply, and power generation in the Tone River.

Address: Kawarahata, Naganohara-machi, Agatsuma-gun, Gunma

Opening Hours: Business hours vary depending on the location,
so please check the website for details.

Closed: Year-end and New Year's holidays.



6 Onioshidashi Park

☎ 0279-86-4141

Onioshidashi Park is a natural park formed by lava from Mount Asama's eruption. Large volcanic rocks create a unique landscape. Walking trails allow visitors to explore the scenery. Panoramic viewpoints offer stunning views of Mount Asama.

Address: 1053 Kamahara, Tsumagoi-mura, Agatsuma-gun, Gunma

Opening Hours: 8:00-17:00 (Last entry at 16:30)

Closed: Open all year round.



7 Kusatsu Onsen Yubatake

☎ 0279-88-0800 (Kusatsu Onsen Tourism Association)

Yubatake is the symbolic hot spring field of Kusatsu Onsen, where about 4,000 liters of hot spring water gushes out every minute, creating rising steam. There are walkways and benches around the area, making it perfect for a relaxing stroll after a hot spring bath. It is also a nationally designated scenic spot.

Address: Kusatsu, Kusatsu-machi, Agatsuma-gun, Gunma



8 Shirohata-no-Yu (public hot spring bath)

☎ 0279-88-0800 (Kusatsu Onsen Tourism Association)

Shirohata-no-Yu is a public bath primarily used by local residents. Tourists can use the bath during designated hours, but please follow proper etiquette while bathing.

Address: Kusatsu, Kusatsu-machi, Agatsuma-gun, Gunma

Opening Hours: 8:00-23:00



9 Sainokawara Rotenburo (large open-air hot spring bath)

☎ 0279-88-6167

Sainokawara Rotenburo is one of Japan's largest open-air baths, covering 500m², where visitors can enjoy seasonal landscapes such as lush greenery, autumn foliage, and snowy scenery while relaxing in the spacious hot spring.

Address: 521-3 Kusatsu, Kusatsu-machi, Agatsuma-gun, Gunma

Opening Hours: April 1-November 30: 19:00-20:00 (Last entry at 19:30)

December 1-March 31: 9:00-20:00 (Last entry at 19:30)

Closed: Open all year round/ However, there may be maintenance closures.

