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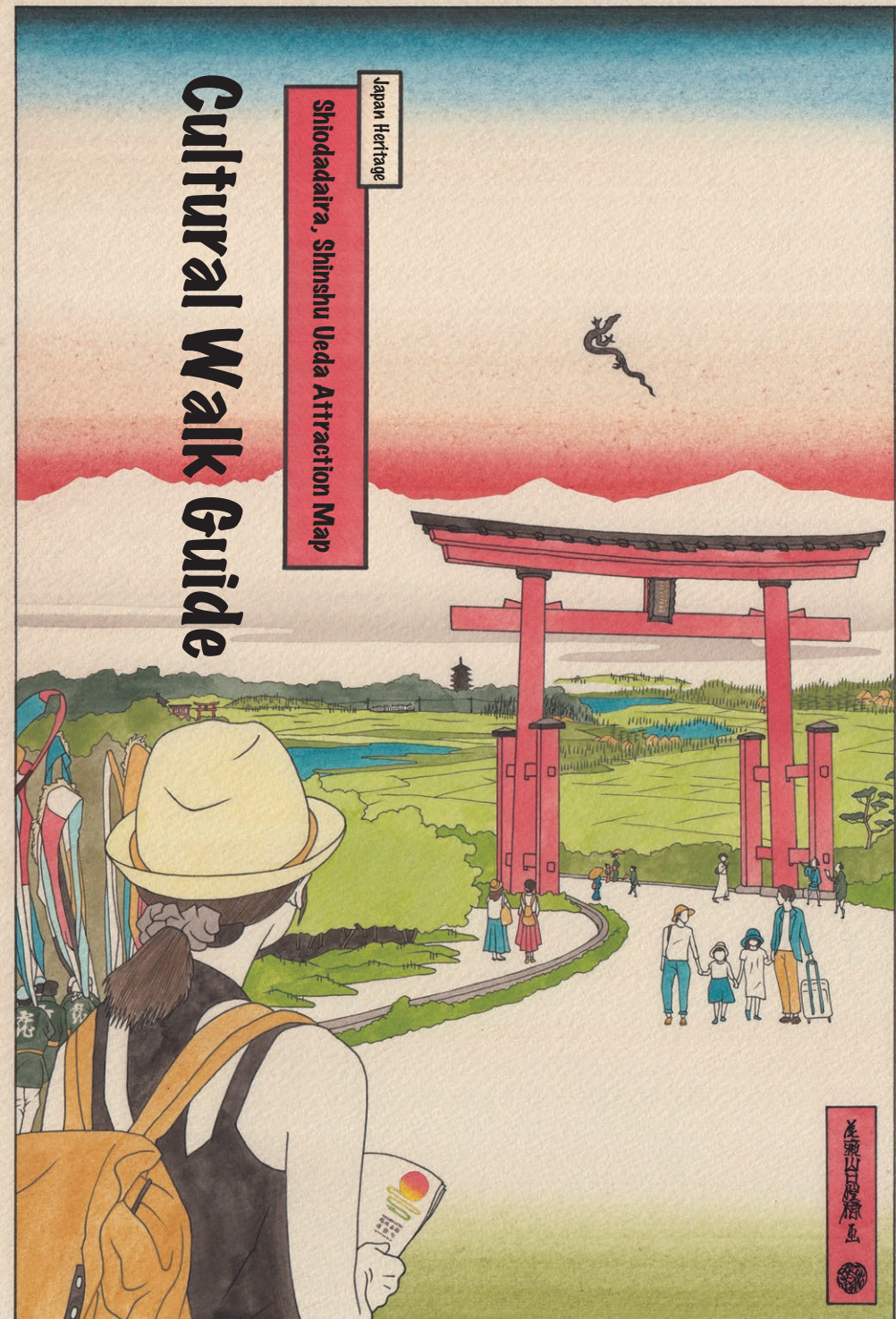
 **Access the QR code for the latest tourist information on Ueda City, Nagano Prefecture**



*The information on facilities is correct as of February 2022, and the rates are for general visitors. For students and groups, please contact us.

*Please understand that the time required for courses is an estimation.

*This pamphlet was subsidized by a 2021 Cultural Resource Utilization Project Subsidy (Tourism Base Development Project expense) from the Agency for Cultural Affairs.



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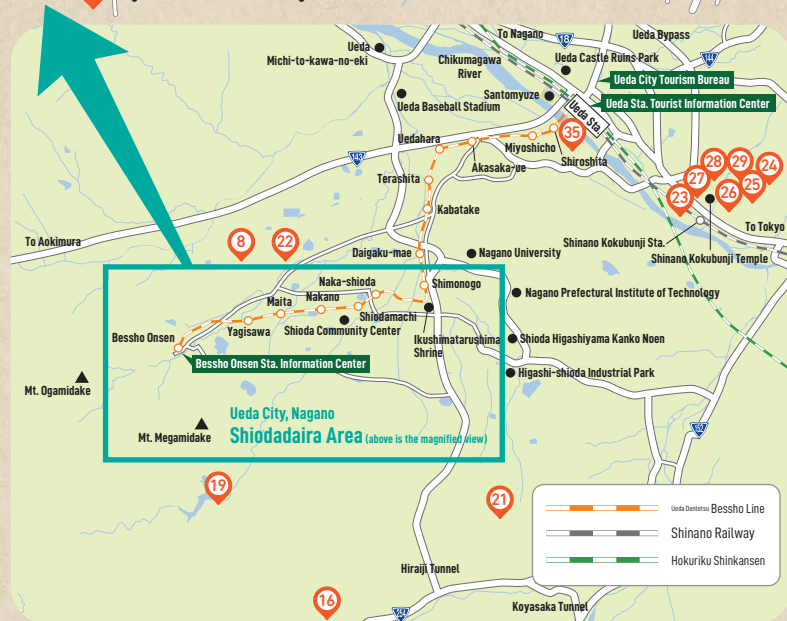
Shiodadaira Area

Ueda Dentetsu Bessho Line
 Ueda Bus Shinshu Ueda Ley-Line Line (Closed:12/1 - 3/31)



List of cultural properties recognized as Japan Heritage Find this symbol of Japan Heritage

- | | | |
|--|--|--|
| 1 Anrakuji Temple Hakkaku-Sanjunoto (the octagonal three-storied pagoda) | 13 Chuzenji Temple Wooden Seated Statue of Yakushi Nyorai | 25 Shinano Kokubunji Temple Sanjunoto (the three-storied pagoda) |
| 2 Wooden Seated Statues of Monks, Isen and Enin | 14 Bronze Standing Statue of Bosatsu (Bodhisattva) | 26 Shinano Kokubunji Temple Sekizo-Tahoto (the stone pagoda) |
| 3 Jorakuji Temple Hondo (the main hall) | 15 Maeyama Shiono Shrine Haiden/Honden (the worship hall/the main hall) | 27 Gozutenno Saimon |
| 4 Jorakuji Temple Sekizo-Tahoto (the stone pagoda) | 16 Hojuji Temple Kokuzodo Hall and Kitchen | 28 The custom of distributing Somin Shorai-fu in Yokado, Ueda City |
| 5 Kitamuki Kannondo Hall | 17 Bessho Onsen's Take-no-Nobori Event | 29 Yokado Ennichizu (illustration of the fair) |
| 6 Zenkoji Temple Jishin-Ema | 18 Bessho Shrine Honden(the main hall or Kaguraden Hall) (Honcho Enmusubi Okami) | 30 Doromiya |
| 7 Aizen Katsura (Bessho Goboku) | 19 Kuragafuchi Deep Water and Jakotsu-ishi Stone | 31 Ikushimatarushima Shrine Honden Naiden (the main hall/the inner palace) |
| 8 Maita Sekizo-Gorinto (the stone pagoda) | 20 Sendadaki, Hyaku-Hatte | 32 Ikushimatarushima Shrine Sessha Suwa Shrine Honden (the main hall) |
| 9 Zensanji Temple Sanjunoto (the three-storied pagoda) | 21 Narao Stone Seated Statue of Oba | 33 Ikushimatarushima Shrine Documents |
| 10 Chigai-ishi stones and the mining site | 22 Hoya Gion Festival | 34 Chofukuji Temple Bronze Standing Statue of Bosatsu (Bodhisattva) |
| 11 Saikoji Temple Amidado Hall | 23 Shinano Kokubunji Temple Ruins | 35 Bessho Line Railway Facilities |
| 12 Chuzenji Temple Yakushido Hall | 24 Shinano Kokubunji Temple Hondo (the main hall) | |



The Ley Line bringing together the "Sacred Land of Sun and Earth"
Shiodadaira, Shinshu Ueda Japan Heritage MAP

Sacred Land of Sun and Earth
 Shiodadaira, Shinshu Ueda
 JAPAN HERITAGE

Japan Heritage Recognition

The Ley Line Bringing Together
the "Sacred Land of Sun and Earth"
~Town of Dragons: Shiodadaira, Shinshu Ueda~

The Path of Light,
Shiodadaira's Luminous Prayer

Shitakui-ike Pond, one of the many reservoirs
Shiodadaira, with its low rainfall, has long been home to many reservoirs.
Mitsushi Okada

What is the story
behind becoming
Japan Heritage?

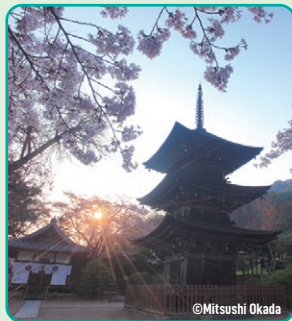


In 2020, the Shiodadaira area in Shinshu Ueda was recognized as Japan Heritage by the Agency for Cultural Affairs. One reason is a unique form of prayer found in the lives of people intimately connected to the mountain gods due to the little rain of this region. Other reasons are the many shrines, temples, and rain-making festivals celebrated along the ley line that runs from Shinano Kokubunji Temple to Ikushimatarushima Shrine and Bessho Onsen.

Path of Light Connecting Sacred Places

Shiodadaira spreads out in the southwestern part of Ueda City. With its numerous shrines and temples designated as national treasures and important cultural assets, the area is called the "Kamakura of Shinshu".

On the map, you will see that Shinano Kokubunji Temple, which was named after Emperor Shomu, is located to the east of Shiodadaira, while Bessho, the oldest hot spring village in Shinshu, is located to the west. At the center of the two is Ikushimatarushima Shrine, which houses the guardian deity of the nation. Those three sacred places are all found on a straight line. The morning of the summer solstice best embodies this mystery. Sunlight rising from the east illuminates Shinano Kokubunji Temple and rises in the center of the eastern torii gate of Ikushimatarushima Shrine. The clear light permeates Shiodadaira until it envelopes Bessho Onsen to the west. This single ley line is central to the story recognized by Japan Heritage. Why are Bessho Onsen, Shinano Kokubunji Temple, and Ikushimatarushima Shrine, all born in different eras, located on a straight line? Though only a speculation, this may reflect Japanese people's familiarity with Sun worship. Shinano Kokubunji Temple, Anrakuji Temple and Zensanji Temple in Shiodadaira all enshrine Dainichi Nyorai, who is also identified as Amaterasu Omikami, the Sun God. Jorakuji Temple in Bessho also houses a stone multi-story pagoda embodying Dainichi Nyorai, meaning that solar deities make repeated appearances within a small area. This may be due to the agricultural beliefs of the Shiodadaira people, who have always revered "Otento-sama," the sun. The fact that Ikushimatarushima Shrine worships the earth on which rice is grown also overlaps deeply within the culture in which agriculture is a way of life.



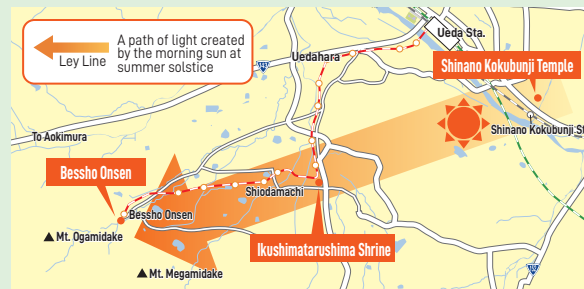
Shiodadaira's shrines and temples closely related to the sun

Zensanji Temple is bathed in the spring morning sun. The main hall enshrines the principal deity, Dainichi Nyorai, who is considered to be identical to Amaterasu based on the interpretation of Shinto-Buddhist synergy. This moment symbolizes the temple's deep connection with the sun.



Sunrise on the summer solstice in the center of the large torii gate at Ikushimatarushima Shrine

Early in the morning around 5:30 a.m. on the day of the summer solstice, the morning sun rises from the large torii gate of Ikushimatarushima Shrine, infusing the land with pure light. The awesome moment makes it a popular photo spot.



On the morning of the summer solstice, a path of light shines from Shinano Kokubunji Temple in the East, then on to Ikushimatarushima Shrine, and finally shines on Bessho Onsen in the west.

What is Japan Heritage?



It is an initiative by the Agency for Cultural Affairs to recognize tangible and intangible cultural assets in various parts of Japan as "stories" that link them to the history, folklore, and culture of the region, and to certify them as Japan Heritage. By the end of 2021, more than 100 of these "stories" have been certified nationwide.

column

1

The ritual of summoning the dragon gods, "Take-no-Nobori" 17

Long ago when years passed without rain, the villagers prayed to the two mountains, Mt. Ogamidake and Mt. Megamidake, and marched with long pieces of cloth stretched out to represent the dragon gods.

It is said that a nine-headed dragon-shaped spirit appeared on top of Mt. Ogamidake and covered the upper part of Mt. Megamidake. According to folklore, it started to rain shortly after. The ceremony is still held on Sundays around July 15, when a 6-meter-long green bamboo pole is draped with colorful cloth. After a Shinto ritual on the mountain, as many as 70 banners, led by a "Kudari-ryu (descending dragon)" banner, descend the mountain, and meet up at the foot of the mountain with the head priest of Bessho Shrine and a group of Sasara dancers, who all go on to the hot spring village.



column

2

Bessho Onsen, "Shinshu's Sea of Learning."

Shiodadaira, with its many shrines and temples, have all attracted many high priests from all over throughout history. According to a historical document about Mukan Fumon, a famous monk of the Kamakura period (1185-1333), people who aspired to learn Buddhism gathered in Shioda, shading their faces, and carrying book boxes on their backs. Due to this, the area was called "Gakkai (Sea of Learning) of Shinshu. The term "sea of learning" comes from a Chinese concept of comparing the way many rivers flow through China, all heading to the sea, to good manners of study. The pleasure of soaking in Bessho's hot spring must also have appealed to the knowledge seekers. It may not have been a coincidence that a rich Buddhist culture has blossomed around the hot spring village that Shioda is so proud of.



Rainmaking beliefs and the lives of people

The practice of rainmaking, which is inextricably linked to Sun worship, is also an integral part of Shiodadaira's history. Having a mostly sunny climate has at the same time been a blessing and a curse. Plagued by a lack of rainfall, people have prayed to Mt. Tokkosan and Mt.Ogamidake as the water-source of the Sangawa River that nourishes most of Shiodadaira. The way lightning strikes the mountains has been likened to the appearance of a dragon and revered as a symbol of the dragon gods bringing rain.

"Take-no-Nobori", a rain-making festival that goes back 500 years, involves a ritual ceremony on top of Mt. Megamidake at the shrine of "Okami," the nine-headed dragon god, before descending the mountain with a brightly colored banner in the shape of a dragon in hand. Another rain-making festival called "Hyaku-Hatte" is held around the reservoirs, which have long been storing water in many parts of Shiodadaira. Torches are burned and the prayer words "Ame furasetanmaina (Please make it rain)" are chanted.

While dragons are considered to bring misfortune in some regions of the country, Shioda people have always admired them. An unexpected manifestation of this is the Bessho Line, a local train line connecting Ueda station and Bessho Onsen. The railroad track, which has provided transportation for the local community and tourists since 1921, bends sharply westward from Shimonogo. The locals call it "a shape like a rising dragon," still cherishing their legacy with the dragon gods.

Shiodadaira invites you to experience the light and power from ancient times as you walk on the sacred land where people have worshiped Sun and Earth and dragons.

A dragon lives on the Bessho Line, too!



A 500-year-old rainmaking ritual, "Take-no-Nobori"

Prayers to Dragon Gods for Blessed Rain

©Mitsushi Okada



Begin your adventure with Japan Heritage Sites

Ikushimatarushima Shrine



Winter Solstice sunset at the western torii gate

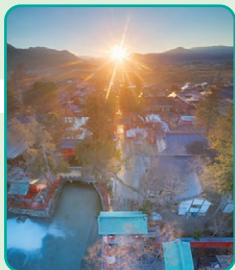


Guardians of Japan dwell where the path of light connects the sacred sites of East and West

One of the oldest in Shinano, this shrine is dedicated to two gods: Ikushima-Ōkami, the life-giver of all things, and Tarushima-Ōkami, the bestower of fulfillment. The fact that the nation's guardian deities reside in Shioda is of much significance. Gohonsha (the main shrine) is located on Kamijima (God's Island) representing the Japanese archipelago, surrounded by Kamiike (God's Pond) representing the ocean. Inside, the earthen floor is worshiped as the body of God, suggesting a tie with agricultural beliefs.

There are torii gates on both the east and the west sides. The sun rises in the middle of the east torii gate on the summer solstice and sets in the middle of the west torii gate on the winter solstice, creating magical scenes. The approach to the shrine falls in the center of the ley line between Shinano Kokubunji Temple and Bessho Onsen. Indeed, the shrine bridges both Sun and Earth.

That the shrine once had as its devotees' famous warlords like Takeda Shingen, as well as Sanada Masayuki and his son Nobuyuki, makes it a popular destination for people to come to pray for victory.



Sun setting over Mt. Megamidake shines directly on the center of a torii gate

At sunset on the winter solstice, stand on the approach to the shrine to witness the sun setting in the center of the west torii gate. The light permeates Shiodadaira all the way to Bessho Onsen, creating a mystical atmosphere.



Powerful sanctuary revered by warlords

The museum has in its collection a formal written request in which Takeda Shingen prayed for victory before the decisive battle of Kawanakajima, a pledge of allegiance he asked of his retainers, and a "red sealed letter" from Sanada Masayuki and Nobuyuki.

Address 701 Nakaike-nishi, Shimonogo, Ueda City / **Tel** 0268-38-2755 / **Open** 9:00 am - 4:00 pm (for requesting prayers and purchasing amulets) / **Close** No holidays / **Price** Free admission, donations accepted
•Goshuin (shrine seal) available

Shinano Kokubunji Temple



"Kakudaishi Gofu" amulets (details on p.29) are distributed at Hondo - the main hall.

A stronghold of national protection that represents the history of Ueda as an important political place.

In the Nara period (710-794), Emperor Shomu ordered the construction of Kokubunji temples throughout Japan to protect the nation. The fact that this site was chosen shows Ueda being a key location in Shinano. In the main hall resides the principal deity, Yakushi Nyorai. Sanjunoto, the oldest existing pagoda amongst Kokubunji temples and an important cultural property, houses Dainichi Nyorai, which is associated with Sun worship (usually closed to the public).

January 7 and 8 every year bring "Yokado Ennichi (fair)," when crowds arrive at the temple with people purchasing "Somin Shōrai-fu" (see p.30), a hexagonal pillar hand-carved from a popular Japanese tree to ward off bad luck. Wait until the early morning on the 8th to get special ones with pictures of the seven gods of good fortune, made by "Somin Ko", a local group consisting of families that have lived nearby for generations.



Sanjunoto, an important cultural property, houses Dainichi Nyorai, for Sun worship

Built in the Muromachi period (1336-1573), this three-storied pagoda enshrines Dainichi Nyorai, a deity with a deep connection with the sun, and so does the similar pagoda of Anrakuji Temple in the west. It is as if the two statues represent the start and the end points of the ley line.



Also drop by the Shinano Kokubunji Temple Ruins.

The original Kokubunji was located about 200 meters south of the current temple and is said to have been destroyed by fire in a battle between Taira no Masakado and Taira no Sadamori in 938. It is now a historical park.

Address 1049 Kokubu, Ueda City / **Tel** 0268-24-1388 / **Open** Anytime during the day / **Close** No holidays / **Price** Free admission, donations accepted
•Goshuin (shrine seal) available



History, art, and food!

2-days adventure to 17 Japan Heritage sites



Weaving Experience

Pick your favorite color and try it out!

Experience weaving at a cozy workshop making traditional Ueda Tsumugi (pongee), which is woven out of threads spun from floss silk. Ueda Tsumugi is a craft with more than 300 years of history in Ueda, a city that flourished in the sericulture (silk farming) industry. The unique handicrafts make great souvenirs. Using an old-fashioned wooden loom, it takes about an hour to complete a vase mat. Children are also welcome.

Address 3499-1, Koaso, Ueda City /

Tel 0268-38-7660 /

Open 10:00 am - 4:00 pm (December - March: will be closed at 3:00 pm) / Close Thursdays and Sundays / Price Weaving experience: ¥3,000 (reservations required)



For your perfect souvenir!

13:00 Fujimoto Shioda-ten

5 min. walk

Plenty of vegetables and soybeans from Ueda!



Grab your lunch at the cafe at KAITA EPITAPH Zansho Museum, where you can sit on a terrace overlooking Shiodadaira to reflect on the artworks whilst enjoying museum-inspired sweets.

See p.26 for details

Mame Cafe Enju

12:00



The monuments of the exhibits were collected by Mr. Seichiro Kuboshima, the owner of the museum, who visited bereaved families all through the country.

Also recommended!



KAITA EPITAPH Zansho Museum

Open from Spring through Autumn. Check the website for details.

The exhibition includes works by the poet-painter Kaita Murayama, who led a nomadic life as a teenager in Ueda and died at the age of 22, and the Austrian artist Egon Schiele, who died at a young age. Check out also Japan's only memorial room that traces the 24-year life of Michizo Tachihara, an architect, painter, and poet.

Address 293 Maeyama, Ueda City /

Tel 0268-38-6599 /

Close Tuesdays to Fridays. Closed in winter from mid-November to mid-April. /

Price Admission fee: ¥300

(Free of charge with Mugonkan ticket)



Visit the Japan Heritage sites whilst enjoying Shiodadaira's folk arts and cuisine. Recommended routes by trains & buses.

Let's begin Day 1!



Day 1

9:15 Departure from Ueda Sta.

15 min. by train (Ueda Dentetsu Bessho Line)

From Ueda Sta. (reachable via the Hokuriku Shinkansen Line), take the Bessho Line, the railroad featured in the movie "Summer Wars," to head for Shiodadaira.

9:30 Get off at Shimonogo Sta.

5 min. walk



9:35 Ikushimatarushima Shrine



7 Mugonkan (6 min. walk to Mugonkan)

2 Ikushimatarushima Jinja (shrine) Mae

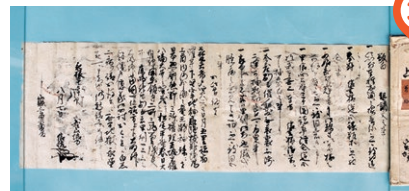
10:46 Mugonkan

10 min. by bus (Shinshu Ueda Ley-Line Line)

10:36 departure

Built on the island of Kamijima in the pond named Kami-ike, the inner palace of the main hall has no floorboards, and the dirt floor, the earth, is worshiped as the body of God. The way the pond is arranged to form an island as a sanctuary is called "Ikekokoro no Miya-enchi," and is one of the oldest forms of Izumo-style garden ponds in Japan. There are 94 old documents left, including a formal request written by Takeda Shingen praying for victory before the battle of Kawanakajima, a pledge of allegiance by his subordinate generals, and a "red sealed letter" issued by Sanada Nobuyuki.

See p.7 for details



Ikushimatarushima Shrine Documents

Pledge of allegiance to Takeda Shingen by his subordinate generals



Ikushimatarushima Shrine Honden Naiden (the main hall/inner palace), and Gohonsha (Kaminomiya)

Built in 1941, the structure of the inner palace preserves one of the oldest styles of shrine architecture.



Ikushimatarushima Shrine Sessha Suwa Shrine Honden (the main hall) and Shimonomiya (the gate)

Facing Kaminomiya, it enshrines Suwa God, the god of rain and agriculture.

Every year on January 15, "Kawazugari Shinji" is celebrated! (Frog Hunting Ritual)

Day 1 completed!



Relaxing night in Bessho!



Discover unique inns at Bessho Onsen

When Day 1 is over, rejuvenate yourself at your choice of inn at Bessho Onsen, Shinshu's famous and oldest hot spring village. Enjoy seasonal local foods and a relaxing soak in a hot spring bath. Access the QR code for information on ryokans (Japanese inns).

Information on ryokans in Bessho Onsen



16:53 Bessho Onsen (Shogun-zuka)



Bus
9 min. on the Shinshu Ueda Ley-Line Line

24

Bessho Onsen (Shogun-zuka) Chuzenji Temple

16:43 departure

16:10 Maeyama Shiono Shrine

3 min. walk



15

Maeyama Shiono Shrine Haiden (front) and Honden (back)

Rare in the prefecture is the two-story Haiden - the worship hall, which is believed to have been built in 1743. The Honden - the main hall has magnificent openwork of ascending and descending dragons, as well as carvings of elephants.

Magnificent & intricate carvings!



Torii Gate and Taiko-bashi (drum bridge)

Under Taiko-bashi flows the Shionogawa River, which joins with the Sangawa River

Dedicated to the god of water since the Heian period (794-1185), this shrine used to be located on a huge rock called Washi-iwa (eagle rock) at the top of Mt.Tokkosan. In front of the shrine is a wooden drum bridge under which flows the clear spring water of Mt.Tokkosan. It is said that Takeda Shingen officially placed an announcement and prayed here for good luck on the battlefield. The worship hall is of a rare two-story structure called "Rokaku-zukuri". The breathtaking dragon carvings on the main hall will surely be one of the highlights of your trip.

Address 1681 Maeyama, Ueda City /
Tel 0268-23-5408 (Tourism Division, Ueda City Office) /
Open Anytime during the day / Close No holidays /
Price Free Admission, donations accepted
● Goshuin (shrine seal) available (at Chuzenji Temple)

The same style as Chūsonji Temple Konjikido (the golden hall)



12

Chuzenji Temple Yakushido Hall

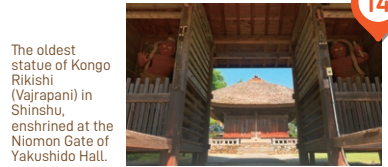
When viewed from above, the roof looks like a perfect square, a style called "Hogyo-zukuri"



13

Chuzenji Temple Wooden Seated Statue of Yakushi Nyorai

A comforting round shaped statue showing a gentle expression



14

Chuzenji Temple Wooden Statue of Kongo Rikishi (Vajrapani)

The oldest statue of Kongo Rikishi (Vajrapani) in Shinshu, enshrined at the Niomon Gate of Yakushido Hall.

Surrounded by trees, this quiet old temple is said to have been established by Kōbō Daishi Kūkai. The thatched-roof Yakushido is the oldest wooden structure in central Japan and is estimated to have been built about 800 years ago, when Buddhist culture took root in Shiodadaira. Yakushido, the seated statue of Yakushi Nyorai, and the standing statue of Shinsho are important national cultural properties. The ink caricatures depicting horseback archery on the pedestal of Yakushi Nyorai shows the influence of Buddhist culture that came from the capital city, Kamakura.

Address 1721 Maeyama, Ueda City /
Tel 0268-38-4538 / Open 9:00 am - 4:00 pm /
Close No holidays / Price Admission fee: ¥200, high school students and younger ¥50
● Goshuin (shrine seal) available

15:30 Chuzenji Temple

30 min. walk

History, art and food!

2-days adventure to 17 Japan Heritage sites

Day 1



10 min. walk

14:15 Zensanji Temple



9

Zensanji Temple Sanjunoto (the three-storied pagoda)

Lovingly known as a "flower temple" for its seasonal blooms including cherry blossoms and wisteria

This ancient temple is said to have been founded by Kōbō Daishi Kūkai as a sacred place for the practice of Goma (a fire burning ritual). Located at Kimon (the northeastern direction of spiritual significance) of Shioda Castle belonging to the Shioda-Hojo clan, the temple was favored by warlords for its power to grant wishes. The principal deity is Dainichi Nyorai. As you pass through the gate, you will see Sanjunoto, a nationally important cultural property of Japan Heritage. It is said to be an "unfinished but complete pagoda" because it is beautiful despite the fact that the second and third tiers are unfinished.

Address 300 Maeyama, Ueda City /
Tel 0268-38-2855 / Open 9:00 am - 4:00 pm /
Close No holidays / Price Admission fee: Adults ¥200, high school students ¥100, elementary and junior high school students ¥50 ● Goshuin (shrine seal) available



Enjoy a Walnut Ohagi break. ¥750 (reservations required)
Available from April to November (10:00 am - 3:00 pm, closed on Thursdays and Fridays). See the website for details



Full bloom in Mid-July!



Hydrangea Path

The 1.5km promenade from Zensanji Temple to the Chuzenji Temple area is famous for its hydrangeas. The Shioda Castle Ruins site is also along the way.





11:30

10 min. walk

Anrakuji Temple



History, art and food!

2-days adventure to 17 Japan Heritage sites

Day 2

Day two begins!



10:00

Bessho Shrine



Amazing architectural style of the Chinese Song Dynasty!

1

National Treasure

Anrakuji Temple Hakkaku-Sanjunoto (the octagonal three-storied pagoda)

Nagano Prefecture's first national treasure, it was once considered a four-story pagoda, but now the bottom roof is interpreted as being an eave/ a roof edge overhang.

This oldest Zen temple in Shinshu flourished under the patronage of the Kamakura Hojo clan. It is thought to have been a Zen temple of considerable scale and the center of the study "Gakkai of Shinshu" in the middle of the Kamakura period. Climbing up the stairs behind the main hall, you will see a wooden octagon three-storied pagoda, the only one of its kind in Japan. Despite being a Zen temple, it enshrines a statue of Dainichi Nyorai inside one of the layers, hinting at a connection with Sun worship of Shiodadaira.

Address 2361 Bessho Onsen, Ueda City / **Tel** 0268-38-2062 / **Open** 8:00 am - 5:00 pm (November - February: will be closed at 4:00 pm). / **Close** No holidays / **Price** Admission fee: ¥300, elementary, and junior high school students ¥100
●Goshuin (shrine seal) available.



Anrakuji Temple Hondo (the main hall)

Under the stately thatched roof resides the principal deity, Shakyamuni Buddha (Shakyamuni).



2

Wooden Seated Statues of Monks, Isen and Enin

Enshrined here are Shokoku Isen, a monk from Shinano who founded the temple, and the inheritor, named Yogyu Enin.



Statue of Dainichi Nyorai (closed to the public)

Inside Hakkaku-Sanjunoto (the octagonal three-storied pagoda) is a statue of Dainichi Nyorai, who is identified with Amaterasu. The interior is divided into inner and outer sanctuaries, and the octagonal inner sanctuary is on a higher floor.



3

Jorakuji Temple Hondo (the main hall)

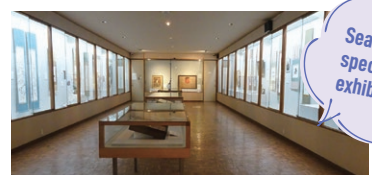
The magnificent, coffered ceiling of the hall retains the original colors at construction



4

Jorakuji Temple Sekizo-Tahoto (the stone pagoda)

Kitamuki Kannon is said to have appeared in this sacred place, an important national cultural property.



Seasonal special exhibitions!

Jorakuji Temple Art Museum

Here, they store valuable artworks, including important national properties of art like "Tokugawa Ieyasu Nikka Nembutsu", handwritten by Ieyasu four years before his death, and the "Miurayazu" Ema (a pictured wooden tablet on which wishes are written).

This primary temple of Kitamuki Kannon is said to have been founded in 825 by Jikaku Daishi. In the Kamakura period, the temple was the center of Tendai Buddhism, where many young monks studied, and is famous for its support of "Gakkai of Shinshu - the study of Shinshu". The main hall is of a yosemune structure with a thatch roof. Built in the latter half of the mid-Edo period (1603-1867), it was restored in 2003 to its original architectural style. The principal deity is Myokansatsu Chimida Nyorai, one of the Five Wisdom Buddhas that represent the five wisdoms of Dainichi Nyorai.

Address 2347 Bessho Onsen, Ueda City / **Tel** 0268-37-1234 / **Open** Anytime during the day (the museum opens at 9:00 am to 4:00 pm). / **Close** Only the museum is closed from 12/26 to 1/15 (usually, depending on the year). / **Price** Admission fee: ¥100
Museum admission fee: Adults ¥500, high school students ¥300, elementary and junior high school students ¥100. ●Goshuin (shrine seal) available.



18

Stunning architecture!

Bessho Shrine Honden (the main hall)

Gorgeous architectural styles and sculptures in a building of value needing proper conservation

Located on a hill with a view of Shiodadaira and the Asama Mountain range, this shrine is the final stop of the Take-no-Nobori ritual (see p.5). The main hall, Kaguraden Hall, and "Honcho Enmusubi Okami" at the back of the main hall are cultural assets of Japan Heritage.

The master carpenter of the building, which is said to have been erected in 1788, is Sueno Shobei, a member of the Sueno family that has left behind many outstanding works of shrine and temple architecture in Shiodadaira. The main hall is one of the largest of its kind in the 18th century and is highly valuable as a cultural asset because it retains its original form.



18

Bessho Shrine Kaguraden Hall

With a panoramic view of Shiodadaira, Kaguraden Hall sometimes hosts music events.

Address 2338 Bessho Onsen, Ueda City / **Tel** 0268-23-5408 (Tourism Division, Ueda City Office) / **Open** Anytime during the day / **Close** No holidays / **Price** Free admission, donations accepted
●Goshuin (shrine seal) available (fee must be paid in a donation box).

Jorakuji Temple

5 min. walk

10:30



Let's grab some souvenirs!

Arrival at Ueda Sta. 14:40



29 min. by train (Ueda Dentetsu Bessho Line)

14:11 departure

Perfect photo-spot during the cherry blossom season



35

Bessho Line Railway Facilities

Nostalgic buildings with latticed windows and high ceilings

The Bessho Line is a local railroad that has been transporting residents and tourists since its opening in 1921. The track from Ueda Sta. to Bessho Onsen Sta. resembles a dragon when viewed from above. Many of the station buildings, such as Naka-shioda Sta. and Bessho Onsen Sta., have been preserved with a tasteful modern touch. These railroad facilities are also a part of Japan Heritage.

Address Bessho-Onsen, Ueda City (Bessho Onsen Sta.) / **Tel** 0268-22-3612 (Ueda Sta. on the Bessho Line) / **Open** 8:00 am - 6:00 pm / **Close** No holidays.

14:00 Bessho Onsen Sta.

1 min. walk

Renovated in April 2022!

Nanakuri Footbath

Unwind with hot spring water at this foot bath made entirely of cypress, with a motif design of Anrakuji Temple Hakkaku-Sanjunoto, the octagonal three-storied pagoda.



10 min. walk

See p.18 for details

Stone oven PIZZA CapitoLini

12:45



Try Ohagi (read beans and rice cake) from the adjoining store!



Right across from the Bessho Onsen Sta., this Italian restaurant serves delicious pizza baked in a stone oven. Fresh flavor comes from a double-layered kiln that separates the pizza and the aroma of wood. Lunch menus include a pizza and pasta, as well as seasonal dishes. The go-to option is Margherita, while the seasonal "Matsutake Pizza" (pictured above), is garnished with local specialty Matsutake mushrooms, a must-try.

Address 68-4, Bessho Onsen, Ueda City / **Tel** 0268-38-3140 / **Open** 11:00 am - 2:00 pm, 5:00 pm - 9:00 pm (for last orders). / **Close** Wednesdays

History, art and food!

2-days adventure to 17 Japan Heritage sites

Day 2

2 min. walk



12:00

10 min. walk

Kitamuki Kannon Temple

7

1200 years old tree!



Aizen Katsura (Bessho Goboku)

Located in the precincts of Kitamuki Kannon Temple, is a treasured sacred tree where it is said Buddha appeared. About 22 meters tall, and a trunk of 5.8 meters in circumference. With its heart-shaped leaves, it became the model for the Nikkatsu movie "Aizen (love-smitten) Katsura." It is still known today as a sacred tree for lovers.

6



Zenkoji Temple Jishin-Ema (a pictured wooden plate to write wishes on).

The picture depicts the legend of Ichinosuke from Owari, who possessed an amulet from Kitamuki Kannon Temple. In 1847, he was on his way to the opening of Zenkoji Temple when he experienced an earthquake. The amulet protected him from danger, and from this story began the Ryo-mairi tradition of visiting both temples for the best of luck.

5

Vibrant Ninen-mairi and Setsubun Festivals!



Kitamuki Kannon Temple

Established by Jikaku Daishi Enin of Enryakuji Temple (Mt. Hieizan) in the early Heian period

Located in the center of the hot spring village, Kitamuki Kannon Temple has been revered as a protector from evil since its establishment in 825. The main hall faces north, which is rare in Japan, and is located across from Zenkoji Temple in Nagano City. Ryo-mairi (double pilgrimage), to pray at Zenkoji Temple for a peaceful afterlife and at Kitamuki Kannon Temple for worldly blessings, is said to bring the best of luck. Senju (thousand-armed) Kannon is worshiped as the principal deity. Before praying, purify your hands with hot spring water sourced close by.

Address 1666 Bessho Onsen, Ueda City / **Tel** 0268-38-2023 / **Open** 7:00 am - 4:00 pm / **Close** No holidays. / **Price** Free admission, donations accepted. ●Goshuin (shrine seal) available.



Shopping

Bessho Onsen

Kanbara Manju

Traditional good-luck sweet red beans buns Colorful apple flavor and green tea flavor are also recommended

Better than hot spring buns! Ward off evil spirits with Bessho's "Yakuyoke Shofuku Manju (good-luck buns)," made in honor of Kitamuki Kannon Temple. The 160-year-old shop offers buns stuffed with the local fresh delicious "Sanada RED Apple," in addition to the traditional Manju with red bean paste.

Price Green Tea Manju (back left) ¥180, Apple Hot Spring Manju (middle) ¥180, Yakuyoke Shofuku Manju (right) ¥120
Address 181-2, Bessho Onsen, Ueda City / **Tel** 0268-55-3469 / **Open** 10:00 am - 4:00 pm (closed when merchandise is sold out) / **Close** Wednesdays

UEMATSUYA

Bessho Onsen's exclusive "Sanada Yukimura's Secret Hot Spring Bath Salt"

Make Bessho Onsen "water of beauty" at home. The faint smell of sulfur gives a real Onsen feeling.

Price ¥150 per packet (25g) /
Address 1628 Bessho Onsen, Ueda City /
Tel 0268-38-2300 / **Open** 10:00 am - 6:00 pm /
Close No holidays



Hasegawa Tofu



Tofu made from locally grown green soybeans, freshly grilled deep-fried tofu

Established 76 years ago, this factory offers popular "Aomame (green soybeans) Tofu," richly flavored tofu made by reproducing the traditional method of wood-fired ovens with modern equipment. How about a little snack of deep-fried tofu, freshly grilled, and soy milk as you look around Bessho?

Price Aomame Tofu ¥540, Grilled Fried Tofu ¥100 /
Address 1719-1, Bessho Onsen, Ueda City / **Tel** 0268-38-2137 /
Open 8:00 am - 6:00 pm (closed when merchandise is sold out) / **Close** Mondays



Earthworks Gallery

A local couple's ceramic art shop

The owner/potter couple renovated the old house built in the Taisho period (1912-1926), where they sell handmade ceramic works on the first floor and host special exhibitions on the second floor.

Price Mug cups from ¥2,500, Guinomi (handle-less sake cups) from ¥3,000 /
Address 1725 Bessho Onsen, Ueda City / **Tel** 080-6937-0304 /
Open 10:00 am - 6:00 pm / **Close** Irregular holidays

Shinshu's oldest hot spring

Bessho Onsen Walks

Bessho Onsen, located at the west end of Shiodadaira, is the oldest hot spring in Shinshu. After touring around shrines and temples, dip into the revitalizing waters that ancients loved.

With over 1,500 years of history, Bessho Onsen has attracted visitors from all over the country, including Sanada Yukimura, who is said to have his own secret bathing spot! Its slightly alkaline spring has been sought-after as "water of beauty" that dissolves your skin's excess oils and softens older layers of skin to leave you nice and smooth. The hot spring resort is

lined with unique ryokans (Japanese inns), some of which have been registered as tangible cultural assets for their long history. In addition to the baths offered to guests at each inn, there are three public spas and two footbaths. After a nice soak, stroll about the approach to Kitamuki Kannon Temple, bustling with gift shops and eateries.

Let's go out to a public spa!

Join the locals to enjoy the three public spas scattered around the village. Plenty of nourishing spring water directly from earth, warming you to the core. Come take a relaxing break in between your temple visits. Open from 6 a.m. to 10 p.m. Shampoo, soap, towels, etc. are sold at the reception. No shower facilities.

Ishiyu (stone bath)



Sanada Yukimura's "secret hot spring"

Address 1641 Bessho Onsen, Ueda City /
Close 2nd and 4th Tuesdays of the month (open on national holidays).

Ōyu (big bath)



Kiso Yoshinaka's beloved "Aoi-no-yu"

Address 215-1, Bessho Onsen, Ueda City /
Close 1st and 3rd Wednesdays of the month (open on national holidays)

Daishiyu (monk's bath)



Jikaku Daishi's favorite bath

Address 1652-1, Bessho Onsen, Ueda City /
Close 1st and 3rd Thursdays of the month (open on national holidays).

Want a foot-bath break?

Tired from walking? Relax with a foot bath at one of the free hot spring spots that Bessho proudly offers.

Ōyu Yakushinoyu (footbath)

Address 142-3, Bessho Onsen, Ueda City / **Open** 6:00 am - 9:00 pm / **Close** from December to March.



Nanakuri (footbath)

Address 17-7-2, Bessho Onsen, Ueda City / **Open** 6:00 am - 9:00 pm (March to October) 9:00 am - 6:00 pm (November to February)



28



The custom of distributing Somin Shōrai-fu in Yokado, Ueda City

In this custom, which began in the Muromachi period, they distribute "Somin Shōrai-fu," an evil-deflecting amulet, at the ritual of "Yokado Ennichi" held at Shinano Kokubunji Temple. Only Shinano Kokubunji Temple and "Somin-ko," a local group of families located near the temple for generations, can produce this amulet.

29



Yokado Ennichizu (illustration of the fair)

Address 1125 Kokubu, Ueda City (Ueda City Shinano Kokubunji Museum)

This historical document depicts the Yokado Ennichi at Shinano Kokubunji Temple, estimated to be from the first half of the mid-Edo period. You can see "Somin Shōrai-fu" distributed and farming tools and daily necessities being sold.

19



Kuragafuchi and Jakotsu-ishi Stone

Address 792 Tezuka, Ueda City (exhibited at the Shioda-no-Sato Community Center "Tokko-kan" 9:00 am - 5:00 pm, closed on Wednesdays).

According to the legend, a huge snake used to live at Kuragafuchi, where two large rocks fell from Mt. Tokkosan to create a Kura (a horse saddle) like landscape. Jakotsu-ishi (snake bone stone) found in the area are named as their color and shape resemble the bones of a snake.



Jakotsu-ishi Stone

A folk tale about "Kuragafuchi and Jakotsu-ishi Stone"



20



Sendadaki • Hyaku-Hatte (This ritual is held irregularly)

In this rainmaking custom enacted during a year with little rainfall, people light torches and straw bundles, and chant "Amefrasetanmaina (Please make it rain)". The ritual takes place at the top of Mt. Tokkosan and on the edges of reservoirs, the most famous being the one at the edge of Shitakui-ike Pond.

21



Narao Stone Seated Statue of Oba

Address 4556-8 Fujiyama, Ueda City (West side ridge of Fujitake Shrine)

This stone statue is said to have been created in 1466 as a thank-you for the rain that fell when people prayed at Fujitake during a severe drought. She is affectionately called "Oba-sama (Great Grandma)."

22



Hoya Gion Festival

Address 429 Hoya-shiono, Ueda City

The annual festival of Hoya Shiono Shrine is held in July. Once when the festival was canceled due to a bad harvest, an epidemic broke out, so the festival has continued without a break since then. Locals perform Sasarako dance in matching outfits, as well as Shishi-odori (lion dance).

27



Gozutenno Saimon

Address 1125 Kokubu, Ueda City (Ueda City Shinano Kokubunji Museum)

A ritual offering and prayer for Gozutenne, who was revered as the god of protection from bad luck and illness. Written in 1480, it is the oldest of all copies in Japan and speaks of the origin of "Somin Shōrai-fu."

30



Doromiya

Address Hongo, Ueda City (on the edge of Kamikubo-ike Pond)

Located on the edge of Kamikubo-ike Pond, this shrine bears the name "mud shrine." As suggested, its deity is the earth (mud) from which rice is grown. Its building has no floor, revealing the ground underneath. The fact that this shrine was once connected to the west torii gate of Ikushimatarushima Shrine by a straight path suggests how significantly the two places are linked together.



On the winter solstice, you can see the sun setting almost in the center of the shrine's latticed window.

11



Saikoji Temple Amidado Hall

Address 3036 Fujiyama, Ueda City

This temple originated by Kōbō Daishi Kūkai, who sculpted the statues of Dainichi Nyorai and Amida Nyorai and built a small hall to enshrine them. Then it was further established in the Kamakura period by the Shioda-Hojo clan when they invited the monk Sanekatsu from Ashikaga, Tochigi to open the temple.

16



Hojuji Kokuzodo Tsuketari Zushi

Address 4313 Higashiuchi, Ueda City

This ancient temple is said to have been founded in the Heian period. It is the center of local beliefs, and the name of the hall, "Kokuzo," even became the name of the village. A seated statue of Kokuzo Bosatsu is enshrined within.

8



Maita Sekizo-Gorinto (the stone pagoda)

Address 1007 Maita, Ueda City (in Maita Park)

Estimated to have been built in the early Kamakura period, this pagoda is said to be the gravestone of Shibuya Tosa-nyudo Shojun, who founded Konno-an here. It is a large pagoda, 2.12 meters high, and is inscribed with the Sanskrit character for Dainichi Nyorai, "Ban".

10



Chigai-ishi stones and the mining sites

Address 792 Tezuka, Ueda City (Exhibited at the Shioda-no-Sato Community Center "Tokko-kan" 9:00 am - 5:00 pm, closed on Wednesdays).

Chigai-ishi ("cross-shaped" stone) is a mineral only found at Mt. Tokkosan and Mt. Kobosan in Japan. It is also called "Chikai-ishi (the stone of oath)." A legend holds that Kōbō Daishi Kūkai swore that keeping the stone carefully would spare one from disasters.

Legend of Kotaro Koizumi

A long time ago, a beautiful woman came to the temple at the top of Mt. Tetsujozan in Maeyama Village every night. One day, a priest secretly threaded a needle into the hem of the woman's kimono. The thread continued down the mountain stream to the rocky cave of Kuragafuchi in the upper reaches of the Sangawa River. When the priest looked inside, he saw a giant snake in agony, about to give birth to a baby. The true identity of the beautiful woman was that of the serpent, the master of this abyss. The serpent is ashamed of being seen and dies, leaving the baby on Kuraiwa, the saddle rock.

After being swept away by a flood, the baby was saved by an old woman in Koizumi village, who named him Kotaro. Kotaro ate much and worked little. But one day, the old woman told him to go to the mountains for bush clovers, and so he uprooted all the clover and brought it back in two bundles tied by rope. He told her not to untie the rope because the huge bundles contain every single bush clover on the mountain. She didn't believe him, so she untied the rope and was crushed to death. Since then, not a single bush clover has been able to grow on Mt. Koizumi. It is said that Kotaro's descendants, who have lived there for a long time, have marks of snake scales on them.





Tenzaru (tempura and soba set) "Kurano" (¥1,980).

Soba

Noodles Kurano

Fabulous Shinshu soba nurtured by the cool climate

Harvested from the company's own buckwheat field located at an altitude of 1,000 meters, the soba has a rich and intense flavor thanks to a cool climate with large temperature differences. The home-milled buckwheat flour is made into noodles using spring water from Mt. Azumayasan, one of the 100 most famous mountains in Japan. Choose your favorite from a wide range of dishes, from tempura made of seasonal vegetables and wild plants to desserts.

Address 268-3 Yagisawa, Ueda City / Tel 0268-38-1347 /
Open 11:00 am - 2:30 pm (last orders: 2:00 pm on weekdays) / Close No holidays

The quaint appearance of the building won the Ueda City Landscape Award.



Steak Gozen (¥3,840), a popular course meal with steak as the main dish.

Kaiseki Restaurant

Shorai-Tei

Feast food from all seasons at a forest hideaway

Come enjoy each season and kaiseki cuisine at this hideaway in a red pine forest, the origin of the restaurant's name. Their signature lunch is a set meal that includes a main course and several small dishes.

Popular "Steak Gozen" comes with a sauce made from chopped onions and bonito flakes.

Address 1674-1, Bessho Onsen, Ueda City / Tel 0268-39-8080 /
Open 11:00 am - 2:30 pm (last orders: 1:30 pm) / 5:00 pm - 9:00 pm
*Reservations required by 3:00 pm the day before from April 1, 2022
*Open for lunch only from January to March /
Close Tuesdays and Wednesdays

Relax and take in the changes of each season



Help yourself with the separately served Oidare. From ¥130

Yakitori

Yakisho Masamune

Famous Oidare Yakitori with homemade sauce

One of Ueda's specialties is Yakitori (charcoal grilled chicken) coated with "Oidare", a unique sauce made from garlic and soy sauce. Here they cook this homemade sauce with charcoal and even add seasonal Shinshu fruits like apples and peaches for a richer aroma. The freshly grilled chicken is perfect for pairing with Ueda's local sake. Try also the simple yet delicious grilled fish, a regular favorite of locals.

Address 160-1, Bessho Onsen, Ueda City / Tel 0268-75-0909 /
Open 5:00 pm - 12:00 am (last orders: 11:00 pm) / Close Mondays

Choose from a table seat and a comfortable small tatami room.



Japanese Cuisine

Ichien-so

Safe & delicious food in a comfy grandparents' home

When the owner couple moved from Chiba Prefecture after retirement, they were no expert farmers. Now they grow about 10 kinds of vegetables and fruits a season. The ingredients used are mainly homegrown, and the food is prepared safely without chemical seasonings. Take in the comforting atmosphere of a grandparents' home whilst enjoying gentle delicious flavors.

Address 178 Tezuka, Ueda City / Tel 0268-38-6309 /
Open Lunch 11:30 am - 2:00 pm / Dinner 5:00 pm - 8:00 pm *Reservations required by the day before. / Close Tuesdays and winter season.



A one-of-a-kind table commissioned from a local shrine carpenter, made of lumber used for a beam.



Renovated an old house built in 1929.



Lunch of the day (¥1,700). Eco shrimp and cheese spring rolls are one of the popular menu items

Mushroom Cuisine

Kinoko-mura Shinzan

Healthy mushroom dishes that make your body sing

Mushrooms are great for maintaining good health from the inside out. Shinzan has always been growing its own mushrooms for 45 years and offers all year round fleshy mushrooms that cannot be found in the market. A secret is to grow large caps for rich aroma and unique texture. From a course meal to a la carte, you will enjoy mushrooms of flavor fully.

Address 710-2 Maeyama, Ueda City / Tel 0268-38-7333 / Open 10:00 am - 5:00 pm / Close Irregular holidays.



You can try your hand at picking shimeji mushrooms at the adjacent factory (¥250).



Their shop offers a variety of souvenirs, including mushrooms, soba noodles, and pickles.



Mushroom soup set with six kinds of mushrooms, including buna shimeji and nameko (¥1,650; individual hot pot is ¥1,750)



Plain muffins (¥180), muffins with Aokimura's tochu plant and red beans paste (¥250), and coffee (¥400)



Buy tableware made by local artists, organic foods, and other goodies.



Lunch of the week (¥1,200), with all-handmade sauces and garnish



Take off your shoes and relax. Counter seating also available



Plus ¥580 for a dessert and a drink



"Chef's Seasonal Pasta Set" with bread and salad (¥1,220-)

Cafe

Natural Cafe hanatoki

Breathe deep at a nature-themed hangout

A forest therapist runs this cafe to "bring nature and the natural into everyday living". Grab yourself home-roasted and hand-dripped coffee using certified organic beans, vegan muffins, and seasonal desserts.

Address 1717-5, Bessho Onsen, Ueda City / Tel 0268-75-0211 /
Open 9:30 am - 5:00 pm / Close Mondays to Wednesdays.

Cafe

Cafe Sprout

Sprouted food made with unique technology

Ever heard of sprouted coffee? Sprouting foods makes them healthier and more flavorful. Come taste also toast made from sprouted brown rice, and Western-style lunch using sprouted brown rice produced in Ueda City. Coffee beans gift sets (details on p.27) are perfect for a souvenir.

In addition to 100g and 300g packs, drip bags and sprouted brown rice are also available for purchase.

Address 1541 Koaso, Ueda City / Tel 0268-75-0855 /
Open 10:30 am - 4:00 pm / Close Mondays

Italian

Garden Kitchen June Berry

A popular local diner's exquisite lunch and sweets

How about pasta and gratin lunches full of seasonal bounty? The ingredients are homemade without additives, including Matsuzaka pork bacon smoked with cherry wood chips. Accompanying are superb homemade breads and potages, and last but not least, sweets of the week made by the chef.

Address 3505-9 Koaso, Ueda City / Tel 0268-39-0332 /
Open 11:30 am - 2:30 pm (last orders: 1:30 pm), 5:30 pm - 9:00 pm
(courses only in the evening, reservations required) /
Close Tuesdays, 1st Mondays of the month.

Cafe

Mame Cafe Enju

Delightful lunch with a view of Shiodadaira

A café at the KAITA EPITAPH Zansho Museum. The wholesome lunch is packed with seasonal vegetables, including Ueda's agricultural products such as soybeans and "Ueda Midori Daikon" (green radish) harvested in a field within sight of the terrace. The desserts, inspired by the artworks in the museum's collection, are not only delicious but also worthy of a photo. The terrace seats offer a spectacular view of Shiodadaira.

Address 300 Maeyama, Ueda City(Entrance to Zensanji Temple) / Tel 0268-38-4569 /
Open 11:00 am - 4:00 pm / Close Tuesdays to Fridays, mid-November to mid-April



A parfait "One Garance" inspired by Kaita Murayama's painting



Take the open-air seating for cherry blossoms in spring and autumn leaves in fall



Seasonal risotto (¥1,210), packed with flavor from Shioda-made soybeans and vegetable broth.

Cafe

Cafe PANI

Refresh with some healthy cuisine in a tranquil mountain village

The owners, Mr. and Mrs. Sasaki, moved to Nogura in search of a self-sufficient lifestyle. The menu includes brown rice lunch boxes and open sandwiches, all made of healthy reliable local seasonal ingredients. Try also sweets made from seasonal fruits. Reservations are required by phone and limited to four per group. Satisfy your spirit with nutritious food made even better with great seasonal views of a lovely tranquil village.

Address 524-1 Nogura, Ueda City / Tel 0268-38-3830 /
Open 11:00 am - 4:30 pm (last orders: 4:00 pm) / Close Thursdays and Fridays, winter season.



You can choose to sit inside or on the terrace depending on time and reservation.



The property is full of trees, including cherry trees.



Genmai bento (brown rice lunch box) with six types of side dishes and brown fermented rice (¥1,400)



300ml each. "Shinshu Ueda": ¥730, "Bessho": ¥860

Wakabayashi Brewing

Commemorating Japan Heritage Special sake by an old brewery

Wakabayashi Jozo's Japan Heritage commemorative's sake makes a perfect souvenir. "Shinshu Ueda", a special Junmai-Shu (pure rice sake) brewed with spring water from Mt. Megamidake, has a good balance of sweet and dry. Junmai Daiginjo sake, "Bessho," tastes slightly sweeter and more refreshing.

Address 466 Nakano, Ueda City / **Tel** 0268-38-2526 /
Open 8:30 am - 5:00 pm / **Close** irregularly on Saturdays, Sundays, and national holidays

Mame Cafe Enju

Bite-sized treasures to remember the museum

Bring home cookies made by Mame Cafe Enju's pastry chef. You might get taken away by the coconut flavored meringue cookies, which are crispy but instantly melt in your mouth. Try also cranberry white chocolate cookies with a fresh pulpy texture. The bite-sized goodies will bring many tasteful delights back home.



Zansho Museum cookie tin: ¥1,180

Address 300 Maeyama, Ueda City
(Entrance to Zensanji Temple) / **Tel** 0268-38-4569 /
Open 11:00 am - 4:00 pm /
Close Tuesdays to Fridays, mid-November to mid-April



Ask for gifts tailored to your budget.



Sprouted coffee beans.

Cafe Sprout

Shinshu's first Special sprouted coffee

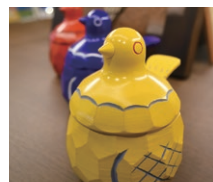
The sprouted coffee has been germinated in the company's own unique machine under perfect temperature and water control, then dried and roasted. The germination process increases the nutrients and reduces excess bitterness, creating a much smoother flavor.

Address 1541 Koaso, Ueda City / **Tel** 0268-75-0855 /
Open 10:30 am - 4:00 pm / **Close** Mondays

NANJO RYOKAN souvenir shop

Specialty shop full of Ueda's unique souvenirs

Discover Ueda's unique souvenirs in this shop inside an inn, open to non-guests. Particularly popular is the "dove sugar pots" in the photo. The adjoining co-working space is also available to use with a reservation.



Colorful dove sugar pots - ¥8,980 each.

Address 212 Bessho Onsen, Ueda City /
Tel 0268-38-2800 /
Open 10:00 am - 6:00 pm /
Close NANJO RYOKAN's holidays

Ozawa Wooden Sculpture Art Museum

Ueda farmers' art Koppa dolls and wood carving products

Palm-sized "Koppa Dolls" are made by Toshiharu Ozawa, a woodworker who supported the farmers' art movement that started in Ueda in the Taisho era as a side job in the agricultural off-season. Every piece looks different, and some are of modern motifs like rugby players and skiers. Check out also brooches and teaspoons that add color to your day.



Left: ¥8,000, Right: ¥7,500

Fugu teaspoon ¥1,500

Address 580-2 Kokubu, Ueda City / **Tel** 0268-22-4337 /
Open 9:00 am - 6:00 pm (November - March: will be closed at 5:00 pm). /
Close No holidays /
Price Adults ¥500, elementary and junior high school students ¥200

Souvenir

Made with love, unique souvenirs to
carry home the memory of
Shiodadaira.

Manns Wines

Wine made from locally grown grapes

The Shiodadaira Higashiyama district was chosen as an ideal production area for Cabernet Sauvignon. "Solaris Higashiyama Cabernet Sauvignon" is a wine with deep color, elegance, a rich aroma, perfect bitterness, and a supple taste.



750ml 11,000yen

Tel 0267-22-6341
(Manns Wines Komoro Winery)

Mori no Utsuwa Shop

No two are alike - bowls made of uniquely shaped woods

At this gallery-studio located in the nature-rich Nogura area, you can get wooden tableware made from mulberry and maple trees cut down in the neighborhood, and apple and grape trees pruned by farmers. The pieces make use of natural knots, holes, and shapes of the wood.



The gallery is open on Saturdays and Sundays, and irregularly on weekdays.

Address 936 Nogura, Ueda City / **Tel** 080-9661-1136 /
Open 10:00 am - 4:00 pm / **Close** Mondays to Fridays

How to access Ueda Japan Heritage Sites



Ticket Deals

Ueda Dentetsu One Day Pass

Unlimited rides on the entire Bessho Line for a day!

Price adults ¥1,180 yen, children ¥600

Sold through vending machines at Ueda Sta., and at the offices at Shimonogo Sta. and Bessho Onsen Sta. (available during office hours)

☎ 0268-22-3612 (Ueda Sta./ Ueda Dentetsu)

Ueda Bus Shinshu Ueda Ley-Line Line 1 Day Pass

Shuttle buses connect Shimonogo Sta. to Shiodadaira and Bessho Onsen Sta., so while visiting each Japan Heritage site, grab a day pass for unlimited rides.



Price Adults ¥500, Children ¥250

Sold on the buses, ask the driver when you get on. Not available from December to March

☎ 0268-34-6602 (Ueda Bus)



Bus

Take a local bus for a leisurely ride around Japan Heritage sites.

Ueda Bus

☎ 0268-34-6602

Chikuma Bus

☎ 0268-22-2363 (Ueda Office)



Train

Bessho Line

The local train connects Ueda Sta. to Bessho Onsen in about 30 minutes one way. Enjoy views of the flowing Chikumagawa River and the peaceful countryside.



☎ 0268-22-3612 (Ueda Sta./ Ueda Dentetsu)

Shinano Railway

Connects Karuizawa Sta. and Shinonoi Sta. Get off at Shinano Kokubunji Sta. to go to "Shinano Kokubunji Temple" in Kokubun.



☎ 0268-21-3470 (Shinano Railway Customer Center)



Tour Guide Taxi

"Sawayaka Shinshu Tourist Guide Taxi" offers certified drivers who can provide you with five different services, including driving, guiding, escort assistance, and taking photos.



Need a Taxi?

Ueda Kanko Jidosha	☎ 0268-22-0200
Ueda Kanko Jidosha Maruko Office	☎ 0268-42-2151
Ueda Taxi	☎ 0268-22-0055
Shioda Kanko Taxi	☎ 0268-38-3151
Showa Taxi	☎ 0268-22-0400

Sugadaira Kanko Taxi	☎ 0268-22-8484
Fujimori Taxi	☎ 0268-35-0050
Matsuba Taxi	☎ 0268-23-1161
Wada Bus Taxi Maruko Office	☎ 0268-42-2750
Asama Kanko Taxi Ueda Office	☎ 0268-26-2211



You can find more information on travel in the Ueda area, here.

Ueda Sta. Tourist Information Center ☎ 0268-26-5001

Bessho Spa Tourism Association ☎ 0268-38-3510



Volunteer Guide

Ueda Tourism Volunteer Guide

Fans of Ueda history take you on a guided tour of the Shinano Kokubunji Temple, Bessho Onsen and Shiodadaira. Minimum of two people, reservations required at least 10 days in advance.

☎ 0268-71-6074 (Ueda City Tourism Association).

Shiodadaira Volunteer Guide Association

Contact us to learn more about the history and culture of Shiodadaira!

☎ 0268-39-7250 (Shioda-no-sato Community Center "Tokko-kan")

1049 Kokubu, Ueda City
Tel 0268-24-1388

Shinano Kokubunji Temple

Somin Shōrai-fu

Local's favorite amulet of the year

"Somin Shōrai-fu," an amulet from the temple, is believed to bring good health, peace and tranquility, good fortune, and prosperity. The hexagonal shaped Kokeshi doll made of Japanese poplar wood is inscribed in black and vermilion with the words of prayers for prosperity.



Tsuno-daishi

Want a unique evil-proof amulet?

Strolling about the temple area, you will notice a slip of paper with a unique drawing. This is the figure of Ganzan Daishi. You can get it in paper or sticker form to place in the entrance of your house in order to ward off bad luck, illness, and disaster.



Shrine & temple finds



Unique gifts from shrines and temples

Discover one-of-a-kind amulets and gifts at shrines and temples that are part of Japan Heritage.

Ikushimatarushima Shrine

701 Nakaike-nishi, Shimonogo, Ueda City Tel 0268-38-2755

Goshuin book made with Ueda Tsumugi and Japan Heritage Goshuin

(shrine/temple seats)

Goshuin books with a cover made of Ueda Tsumugi, a traditional craft of Ueda City

Ikushimatarushima Shrine's Goshuin books are complete with Ueda Tsumugi covers and are custom-made by hand by Fujimoto, a long-established Ueda Tsumugi maker. The silk fabric, Ueda Tsumugi, is strong and supple to the touch and has an elegant color. When you visit the shrines and temples, do not forget to get your copy of the Japan Heritage Memorial Goshuin as well.



1666 Bessho Onsen, Ueda City
Tel 0268-38-2023

Kitamuki Kannon Temple

Shugosen

Priest couple's elegant invention

These beautiful paper slips prevent freshly drawn Goshuin from sticking to the opposite page. It is made of Japanese paper, and when held up to the light, the pattern of the leaves of the temple's Aizen Katsura tree comes into view. Comes in three beautiful soft colors, purple, pink, and yellow.

Large (18.3 cm x 11.5 cm) and small (16.1 cm x 10.5 cm).
¥700 each.

