

Good Luck Trip

福島

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温泉 Hot Springs



グルメ Gourmet Foods



会津: 広域/磐梯高原/喜多方/会津若松

中通り: 広域/福島広域/福島駅/郡山/白河

浜通り: 広域/いわき/小名浜



歓迎來訪 福島!

후쿠시마에 어서 오세요!

Welcome to Fukushima!

MAP & AREA GUIDE

こらんしょ! 福島



体験 Experience



みやげ Souvenirs





Fukushima extends a hearty welcome to visitors from overseas!

福島熱烈歡迎外國旅客光臨！

후쿠시마는, 외국인 여행자를 매우 환영합니다!

In 2011, Fukushima sustained great damage from the Great East Japan Earthquake and the resulting nuclear power plant accident.

福島因為 2011 年東日本大地震以及地震所導致的核電廠事故而蒙受莫大損害。후쿠시마는, 2011 년의 동일본 대지진 재해와 그 영향으로 인한 원자력 발전소 사고로 인해 막대한 피해를 입었습니다.

However, Fukushima has been proactively providing information about radiation levels and also the decontamination progress, working to secure food safety.

在那之後，一直積極地提供輻射線監控量與除污狀況的相關資訊，致力於確保食品安全。

하지만 방사선량 및 제염 상황의 정보를 적극적 제공하여, 식품 안전 확보를 위해 노력해 왔습니다.

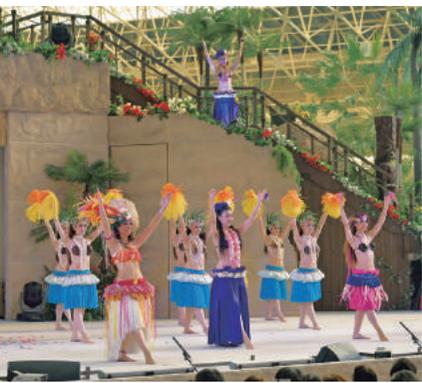
In Fukushima, there are many attractions we recommend visitors from overseas to experience from hot springs, great food, places with scenic beauty and historical interests, to warm smiles of the local people, along with other various things.

Be sure to come visit Fukushima with this magazine in hand.

福島有著溫泉、美食、名勝古蹟與縣民們的笑容等多項魅力等著外國旅客來體驗。不妨現在就帶著本書前往福島一遊吧！

후쿠시마에는 온천과 맛있는 요리, 명소와 유적 그리고 사람들의 웃는 얼굴 등, 외국인 여행자들이 체험했으면 하는 매력이 가득합니다.

본 안내서를 한 손에 들고 꼭 후쿠시마에 여행하러 오세요.



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Data Symbols

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銀 = UnionPay

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Featured in this magazine

STAFF

- Publisher Kazuo Shingu
- Supervisor Shoji Kawabata (Rainbow Publishing Co., Ltd.)
- Directors Takahisa Yuge
Takashi Ueki
- Producer Seigo Hirose
- Editors Emiko Sato (Capichera)
Yoshiko Nozoe (Capichera)
Akiko Ito
Nao Kikuchi (IT)
- Art Director Megumi Oida (View Planning)
- Designers Ryoko Morioka (View Planning)
Mikiko Tomita (View Planning)
Sae Takayama
- Photographers Jim Kageyama (Studio Naps)
Miko Ichie
- Illustrator Sae Takayama
- Maps atelier PLAN Co., Ltd.
- Translation Torindo Co., Ltd.
- Proofreading Tokyo Shuppan Service Center
- Marketing Yoshinori Kakiuchi
Naoki Katsumasa
Kani Sha
- Printing TOPPAN PRINTING CO.,LTD.
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2-9-1, Hatchobori, Chuo-ku, Tokyo
104-0832, Japan
TEL: +81-3-3553-6696 (Editorial Section)
+81-3-3553-6660 (Advertising Section)
FAX: +81-3-3553-6725
Email: japan@arukikata.co.jp
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At-a-glance Map of Fukushima

福島地圖一覽
후쿠시마 지도를
한눈에!



喜多方市
Kitakata City

会津若松市
Aizuwakamatsu City

Lake
Inawashiro
猪苗代湖

福島空港
Fukushima
Airport

新白河駅
Shin-Shirakawa Sta.

東京駅
Tōkyō Sta.

Aizu Area

会津エリア

2-DAY Model Route P.14
MAP P.28

An area with many highlights including Aizuwakamatsu City, where Tsuruga-jo Castle is located, Kitakata, the city of ramen, and the Bandai Highlands, where there is an abundance of nature. Many skiers visit in winter.

會津若松除了鶴城之外，還有「拉麵之都」喜多方、自然風景優美的磐梯高原等，觀光主題相當豐富。冬天也會吸引大批滑雪客造訪。

와카마쓰 성이 있는 아이즈와카마쓰, 라멘의 고장 기타카타, 자연이 풍부한 반다이 고원 등 볼거리가 풍성한 지역입니다. 겨울에는 많은 스키 관광객이 찾습니다.

Major
City

主要城市
주요 도시

Aizuwakamatsu City

会津若松市

Kitakata City

喜多方市

Includes large cities such as Fukushima, the prefectural capital, and Koriyama, the city with the largest population in the prefecture. Since the Shinkansen runs through this area, it is an important hub for sightseeing in Fukushima Prefecture.

這一區有縣政府所在地福島、全縣人口第一的郡山等大城市。因為有新幹線通過，因此也成為福島觀光的重要據點。

현청 소재지인 후쿠시마, 현 제1위의 인구를 보유한 고리야마 시 등의 대도시가 있습니다. 신칸선이 지나기 때문에 후쿠시마 관광의 중요한 거점이 되는 지역입니다.



Hamadori Area

浜通りエリア

2-DAY Model Route P.18

MAP P.32

Facing the Pacific Ocean, it is a temperate region with little snowfall even in winter. The popular sightseeing spot in this area is Iwaki City, where Spa Resort Hawaiians and Aquamarine Fukushima are located.

鄰近太平洋，冬季雪量不多，屬於較溫暖的區域。夏威夷 Spa 渡假村及水族館所在的磐城是人氣觀光區。

태평양에 접해 있어서 겨울에도 눈이 적은 온난한 지역입니다. 관광지로 인기가 있는 스파 리조트 하와이안즈 및 수족관이 있는 이와키 시가 있습니다.

Major City
主要城市
주요 도시

Iwaki City
いわき市



Nakadori Area

中通りエリア

2-DAY Model Route P.16

MAP P.30

Major City
主要城市
주요 도시

Fukushima City
福島市

Koriyama City
郡山市

Shirakawa City
白河市



Welcome to Fukushima!

こらん
しょ!
福島

歡迎來訪福島!
후쿠시마에 어서
오세요!

Hot spring bath of this hotel uses the water which is pumped directly from the source, and the pumped water flows continuously, not being recirculated in the bath.



A 会津東山温泉 向瀧

Aizu Higashiyama-onsen Mukaitaki

The building which has different architectural styles in each of the rooms is a nationally registered tangible cultural property. The hot spring water effective for making your skin beautiful warms you through well. Local dishes made with seasonal ingredients are pleasing too.

每間房間構造皆不同的建築是國家登錄有形文化財。溫泉有優異的美膚功效，可以充分暖身和身體。使用當季食材的鄉土料理也很美味。

각 방마다 구조가 다른 건물은 국가의 등록 유형문화재입니다. 피부미용 효과가 뛰어난 온천에 물이 따뜻해 집니다. 계절 식재료를 사용한 향토 요리도 맛있어요.

C 裏磐梯ロイヤルホテル

Urabandai Royal Hotel



Stonebuilt open-air bath with full of open space

Rooms are prepared in Western and Japanese-style

Conveniently located in just about 7 min. walk to Goshiki-numa lakes. The open-air bath made out of piled-up, natural rocks boasts itself of its own water source. You can enjoy the beauty of Fukushima's four seasons to your heart's content.

前往五色沼只需步行約7分鐘。以岩石堆砌而成的露天風呂使用引以為豪的自家源泉，還可欣賞到福島四季美景。

고시키누마에서 도보로 약 7 분이라는 편리한 입지, 암석을 쌓아 만든 노천탕은, 자가 원천탕을 자랑하며, 사계절 후쿠시마의 아름다움을 즐길 수 있습니다.

温泉

Hot Springs



Relaxing! Touring unique hot springs

探訪特色豐富的溫泉，得到療癒！

심을 얻는! 풍부한 개성의 온천 순례

Blessed with rich nature, Fukushima has many hot spring hotels. Be sure to enjoy the buildings, water qualities, scenery, and local foods all different in each of its characteristics!

深受大自然眷顧的福島有許多溫泉住宿設施。每一家的建築、溫泉水質、景觀和鄉土料理都各具特色，一定要造訪看看！

자연이 풍부한 후쿠시마에는, 온천 여관이 많이 있으며, 각각 개성이 다른 건물과 온천 수질, 경관, 향토 요리를 꼭 즐겨 보세요!

Higashiyama Onsen

東山温泉

13 min. by bus from Aizu-Wakamatsu Sta. This is a hot spring resort endowed with nature's bounty boasting a long history.

從會津若松站搭乘巴士13分鐘。是處風景優美、歷史悠久的溫泉鄉。

아이즈와카마쓰 역에서 버스로 13분. 자연이 풍부한 역사 깊은 온천지.



Guest room with a feel of history

会津エリア

Aizu Area
會津地區
아이즈 지역

MAP | P.29

- ☎ 0242-27-7501
- 📍 200 Kawamukai, Yumoto, Higashiyamamachi, Aizuwakamatsu City
- 💰 Average rate: ¥20,670/night incl. two meals (per person)
- 🕒 A,D,J,V
- 🌐 www.mukaitaki.com

Urabandaigoshiki Onsen

裏磐梯五色温泉

25 min. by bus from Inawashiro Sta. Convenient for sightseeing of Goshiki-numa lakes and nearby resorts.

從豬苗代站搭乘巴士25分鐘。前往五色沼及周邊度假區的交通相當方便。

이나와시로 역에서 버스로 25 분. 고시키누마 관광 및 주변 리조트 이용에 편리.



MAP | P.28

- ☎ 0241-32-3111
- 📍 1093-309 Kengamine, Hibara, Kitashiobara Village
- 💰 Average rate: ¥12,000/night incl. two meals (per person)
- 🕒 A,D,J,M,V
- 🌐 www.daiwaresort.jp/urabandai/

B 大川荘

Ookawaso

The view from the open-air bath arranged in three stages along the side of the mountain surface of the gorge is just magnificent. Easy access to popular sightseeing spots such as Tsuruga-jo Castle and Ouchi-juku.

沿著溪谷山坡呈三段配置的露天風呂眺望出去的景觀動靜一絕。前往人氣觀光景點鶴城與大內宿也很方便。

계곡을 바라보는 산의 경사를 따라 3단으로 배치된 노천탕에서 바라보는 풍경은 절경입니다. 인기 관광지인 와카마쓰 성이나 오우치주쿠에도 가기 편해요.



The vista from the open-air bath is superb

MAP | P.29

- ☎ 0242-92-2111
- 📍 984 Shimodaira, Ashinomaki, Otomachi, Aizuwakamatsu City
- 💰 Average rate: ¥15,270/night incl. two meals (per person)
- 🕒 J,V
- 🌐 www.ookawaso.co.jp

星野リゾート

D 磐梯山温泉ホテル

Hoshino Resort Bandaisanonsen Hotel

Interior of the guest rooms are decorated in modern Aizu style featuring flowers and rippling water. You can bathe in the hot spring that is reputed that it works for beautiful skin while feeling the breeze from Mt. Bandai.

客房裝潢是以花卉與波紋作為襯托的會津摩登風格。沉浸在以美膚之湯著稱的溫泉，感受著來自磐梯山的清新微風。

객실의 인테리어는 꽃과 잔물결을 표현한 아이즈 모던 스타일. 피부미용에 좋다고 유명한 온천에서는, 반다이 산에서 불어 오는 바람을 느끼면서 입욕할 수 있습니다.



Akane-no-Yu hot spring area, themed on Aizu lacquerware

MAP | P.28

- ☎ 050-3786-0022
- 📍 6838-68 Shimizutaira, Sarashina, Bandai-machi
- 💰 Average rate: ¥18,500/night incl. two meals (per person)
- 🕒 A,D,J,M,V
- 🌐 www.bandaisan.co.jp

Bandai Shimizutaira Onsen

清水平温泉

15 min. by car from Bandaimachi Sta. Situated at the foot of Mt. Bandai and convenient for nearby resorts.

從磐梯町開車 15 分鐘。位於磐梯山麓，便於前往周邊渡假區。

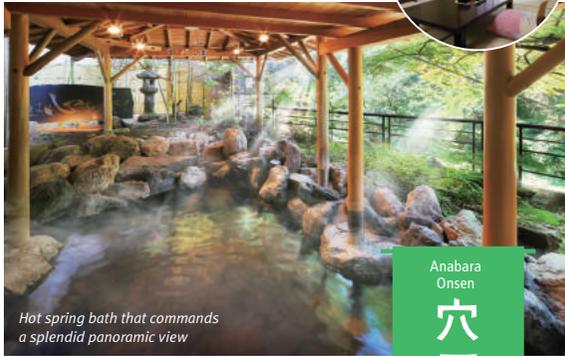
반다이마치에서 차로 15 분. 반다이 산 기슭에 있으며, 주변 리조트 이용에 편리.



Japanese tranquility and Western comfort



Fresh and neat Japanese-style room



Hot spring bath that commands a splendid panoramic view

かむろみの郷 / 穴原温泉 匠のこころ吉川屋 Kamurominosato / Anabaraonsen Takuminokokoro Yoshikawayaya

Well-established hotel that started its business in 1841. The hot spring that offers panoramic views of nature uses its own private mildly alkaline water source that is gentle on the skin. Japanese-style *kaiseki* meals that make the most of the ingredients are also popular.

1841年創業の老店。自家源泉温泉坐擁遼闊自然景観、弱鹼性的水質觸感溫和、善用餐材の美味和風會席料理也很受歡迎。

184년에 창업한 전통있는 온천. 대자연을 감상할 수 있는 자가 원천 온천. 약 알칼리성으로 피부에 좋습니다. 소재의 맛을 살린 맛있는 일식 카이세키 요리도 인기예요.

MAP | P.30
☎ 024-542-2226
📍 6 Shinyu, Iizakamachi-yuno, Fukushima City
📌 Average rate: ¥16,350/night incl. two meals (per person)
📱 J,M,V
🌐 www.yosikawayaya.com

穴原温泉

5 min. by car from Iizaka Onsen Sta. to the upper of the Surikami River. Situated along the gorge endowed in a rich nature environment.

從飯坂溫泉站到搭上川上游開車5分鐘。溪流沿岸風景十分優美。
이자카온센 역에서 스리키미강 상류로 차로 5분. 계류 옆에 있어서 자연이 풍부해요.

中通り エリア Nakadori Area 中通地區 니카도리 지역



Medicinal herb bath containing a blend of 10 different kinds of medicinal herbs

岳温泉

30 min. by bus from Nihommatsu Sta. Hot spring resort that stands at the foot of Mt. Adatara.



Open-air bath where you can also see the stary sky

從二本松站搭乘巴士30分鐘。位於安達太良山麓的溫泉鄉。

니호마쓰 역에서 버스로 30분. 아다타라 산의 기슭에 펼쳐진 온천지.

As well as indoor and open-air baths, the hotel has an outdoor medicinal herb bath. 70 guest rooms are available, with mainly Japanese-style rooms. Masuzake (sake in small wooden boxes) is served in the open-air bath between 2 pm and 5 pm.

設有內湯、露天風呂和藥草露天風呂。共 70 間客房，以和室為主。露天風呂在下午 14 ~ 17 點時會招待「枥酒」。
실내탕, 노천탕 외에 약초 노천탕도 있습니다. 객실은 다다미 방을 중심으로 70실이 있어요. 노천탕에서는 14시~17시에 일본술을 뒤에 담아 대접합니다.

MAP | P.31
☎ 0243-24-2626
📍 2-8 Dakeonsen, Nihommatsu City
📌 Average rate: ¥13,110/night incl. two meals (per person)
📱 A,D,J,M,V
🌐 www.kunugidaira.com

浜通り エリア Hamadori Area 濱通地區 하마도리 지역

10 min. by car from Yumoto Sta. This hot spring has a long history dating back to the Heian era.

從湯本站開車 10 分鐘。自平安時代延續至今的古老溫泉。
유모토역에서 차로 10분. 헤이안 시대부터 이어져 온 역사 있는 온천.

いわき温泉

The Monolith Tower is the Hawaiians' newest hotel



Open-air bath of largest-class in the world, which is modeled on an Edo era town is popular

土湯温泉

40 minutes by bus from Fukushima Station. Hot spring resort located in the bosom of Mt. Azuma, in an area filled with rich culture.

從福島站搭乘巴士 40 分鐘。座落於吾妻山懷抱中，有著豐富風土文化的溫泉鄉。
후쿠시마 역에서 버스로 40분. 아즈마 산의 안쪽에 위치한, 풍토 문화도 풍성한 온천지.

辰巳屋山荘 里の湯 Tatsumiyasanso Satonoyu

The large bath, open-air bath, and family bath all must be reserved by certain period of time for private rental. There are also rooms equipped with own cypress bath as well and a space where you can relax as though you were at home amid natural surroundings is prepared here.

大浴場和露天風呂、家庭風呂都採時段區隔的完全包廂制。也有附檜木風呂的客房，可以在自己家裡一樣放鬆心情，享受自然美景。
대욕장과 노천탕, 가족탕 모두가. 시간별로 완전 대림 이용제. 히노키 탕이 딸린 방도 있고 내 집처럼 편안하게 쉴 수 있는 풍부한 자연 공간이 펼쳐집니다.



The air outside is refreshing

MAP | P.30
☎ 024-595-2146
📍 27-2 Akutojin, Tsuchiyunonsenmachi, Fukushima City
📌 Average rate: ¥32,000/night incl. two meals (per person)
📱 A,D,J,M,V
🌐 www.satonoyu.com

磐梯熱海温泉

A short distance from Bandai-Atami Sta. As for the spring quality, there is a sulfur spring called *nuru-yu* as well as a simple thermal spring.

鄰近磐梯熱海站。泉質除了單純泉之外，還有稱作「湯湯」的硫磺泉。
반다이아타미 역에서 금방. 온천수는 단순천 외에도 누루유(미지근한 탕)라고 불리는 유황천도 있습니다.



You can also enjoy a walk in the garden

四季彩一力 Shikisai Ichiriki

Long-established hot spring hotel that has an authentic Japanese garden that exploits natural features which contrasts with the novel, modern Japanese-style building. The hot spring, called Bijin-no-Yu, is gentle on the skin. Services are offered only in Japanese both at the reception of the hotel and for calls.

老字號溫泉飯店，和風新摩登的嶄新建築和巧妙運用自然風景的正統日本庭園彼此相輝映。號稱美人湯的溫泉對肌膚很有助益。櫃檯、電話都僅會說日語。

일본식 무던의 참신한 건축에, 자연미를 살린 정통 일본 정원인 아름다운 역사 깊은 온천 호텔입니다. 미인탕이라 불리는 온천은 피부에 좋아요. 접수·전화 모두 일본어로만 대응.

Comfortable space is offered in guest rooms varying in styles

MAP | P.31
☎ 024-984-2115
📍 4-161 Atami, Atamimachi, Koriyama City
📌 Average rate: ¥20,000/night incl. two meals (per person)
📱 A,D,J,M,V
🌐 www.ichiriki.com

スパリゾートハワイアンズ Spa Resort Hawaiians

Hot spring theme park that attracts 1.5 million visitors annually. Not to mention the baths, hot spring water is used in the pool of the theme park as well. A show is performed twice a day (from 13:30 and 20:30).

每年吸引 150 萬人造訪的溫泉主題公園，不只浴場，就連主題公園的游泳池也是使用溫泉。每天會舉辦 2 場表演秀 (13:30 ~、20:30 ~)。

연간 150만명이 찾는 온천 테마 파크예요. 욕탕은 물론, 테마파크의 수영장도 온천수를 사용합니다. 하루에 2번(13:30~、20:30~)쇼를 볼 수 있어요.

MAP | P.32
☎ 0246-43-3191
📍 50 Warabidaira, Jobanfujiwaramachi, Iwaki City
📌 From ¥14,850/night incl. two meals (per person) at the Monolith Tower + 2-day admission ticket
📱 A,D,J,M,V
🌐 www.hawaiians.co.jp



Classic gourmet road!

Gourmet catalog of the best of Fukushima's specialties!

這才是王道！福島美食目錄

이것이아말로 왕도! 후쿠시마의 명물 음식 목록

Here are some of must-eat foods if you visit Fukushima! Enjoy local cuisine that has long been loved by local residents from old times as well as tastes popular with tourists.

到了福島沒吃過不能回去的「必吃」美食精選！包括自古以來深受當地居民喜愛的鄉土料理和觀光客人氣美食，都值得細細品嚐。

후쿠시마에 오면 먹지 않고는 돌아갈 수 없는 "반드시 먹어야 하는" 음식을 픽업! 현지인들에게 옛날부터 사랑을 받아 온 향토 요리나 관광객에게 인기인 맛을 즐겨보세요.

グルメ Gourmet Foods

ラーメン Ramen

The two main ramen battlegrounds in Fukushima Prefecture are Kitakata and Shirakawa. Long lines form outside the popular ramen shops so we recommend that you allow plenty of time when visiting.

「喜多方」和「白河」是福島縣內兩大拉麵一級戰區。人氣名店經常大排長龍，所以最好預留充裕時間前往。

후쿠시마현 내의 라면으로 큰 경합을 벌이는 두 지역은 키타카타와 시라카와입니다. 인기 음식점들은 긴 줄이 생길 수도 있으니 시간을 여유 있게 가지고 가세요.

喜多方ラーメン Kitakata Ramen

As many as 120 ramen shops are dotted in the city. There's a custom of eating ramen for breakfast, known as "asara-a".

市區內遍布著120家拉麵店。當地有一早就吃拉麵的習慣。 시내에는 120개의 라면 가게가 여기저기에 점재해 있습니다. 아침부터 라면을 먹는다는 뜻의 아침라 라는 풍습이 있습니다.

白河ラーメン Shirakawa Ramen

Characterized by light soy sauce-based soup and firm, handmade wavy noodles

特色為清爽的醬油口味湯頭和嚼勁十足的手工捲麵。 담백한 간장 베이스의 육수와 쫄깃한 수타의 구불구불한 면이 특징입니다.

とら食堂 Tora Shokudo

Very popular ramen shop for Shirakawa ramen. Flat noodles that have a smooth texture when you eat are slightly wavy and they cling to the soup very well. The shop is spacious and clean.

白河拉麵的超級名店。口感滑溜的手打麵因為有些捲曲，因此很能吸附湯汁。寬敞的店內整潔乾淨。

시라카와 라면으로 아주 유명한 가게입니다. 매끄러운 식감의 납작한 면은 다소 구불구불한 국물이 면에 착착 감힙니다. 깨끗한 가게 인은 납작합니다.



Noodles are hand-made every morning



- ☎ 0248-22-3426
- MAP | P.31
- 📍 1 Takinojiri, Kurabeishi, Shirakawa City
- 🕒 11:00-14:30 (Sat., Sun.: until 14:00), 16:00-18:00 (or until all sold out)
- 📅 Mon. (Closed on Tue. once a month, not scheduled)
- 💳 Credit cards not accepted.



Chuka-Soba ¥650

There are also regular customers who come every day.

Specialty made noodle a bit wavy

まこと食堂 Makoto Shokudo

Well-established ramen shop that has been in business for 68 years. The pork bone and dried sardine broth is made to a soy sauce taste and goes perfectly with the springy noodles. Seating is at tables or in a tatami room where you take your shoes off.

創業 68 年の老店。豚骨小魚乾高湯調成醤油口味湯頭，和彈口的麵條形成絕配。座位分為餐桌席和必須脫鞋的榻榻米席。

창업 68년의 전통가게입니다. 돼지 뼈와 멸치 다시 국물은 간장 양념을 해 졸긴한 국수와 공합이 뛰어납니다. 좌석은 테이블석과 신발을 벗고 올라가는 다다미 방이 있습니다.

- ☎ 0241-22-0232
- MAP | P.28
- 📍 7116 Otazukimichishita, Kitakata City
- 🕒 7:30-15:00
- 📅 Mon. (if a public holiday, the following Tue. will be closed instead)
- 💳 Credit cards not accepted.



Homemade Chuka-Soba ¥680



Ramen gift pack, 3 servings (¥1,080) is popular too.

名物カツ丼の店 白孔雀食堂 Shirokujaku Shokudo

The rich, slightly sweet sauce on the huge pork loin cutlet that is so big that it hangs over the edge of the bowl is habit-forming. Lavish amounts of Aizu sake is used in the special sauce.

幾乎從碗公滿出來的巨大腰背肉豬排上淋了偏甜的濃郁醬汁，讓人一吃就上癮。特製醬汁使用大量的會津酒。

달밤에서 넘칠 정도로 거대한 돼지 등심의 커름릿 위에 얹은 진하고 달콤한 소스가 특징입니다. 특제 소스에는 아이즈의 술을 듬뿍 넣어 만듭니다.

Specialty katsudon ¥1,250

Come and enjoy our taste of pride, much-loved in Aizu for 70 years!

- MAP | P.29
- ☎ 0242-27-2754
- 📍 10-37 Miyamachi, Aizuwakamatsu City
- 🕒 11:00-15:30 (Closed when all sold out)
- 📅 Mon. & Fri. (Open on Hol.)
- 💳 Credit cards not accepted.



ソースカツ丼 Sauce Katsudon

Dynamic dish which has shredded cabbage on top of rice and topped with deep-fried pork cutlet dipped in sauce. The flavor of the sauce varies from restaurant to restaurant.

米飯上先鋪一層高麗菜絲，上頭再豪爽地放上淋滿醬汁的豬排。醬汁口味每家店各有千秋。

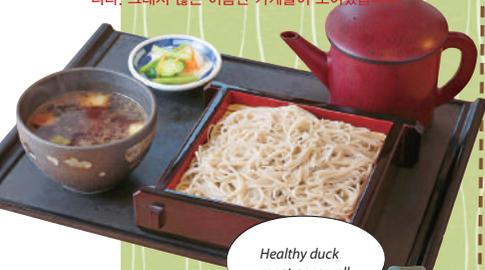
밥 위에 채 썬 양배추를 깔고 그 위에 소스와 묻힌 돈까스를 호쾌하게 얹은 요리입니다. 소스의 맛은 가게에 따라 다릅니다.

会津そば

Aizu Soba

With its large temperature difference between day and night, Aizu is one of Japan's leading soba producing districts. That is why there are so many prestige soba shops.

會津晝夜溫差大，是日本數一數二的蕎麥產地，也因此有許多蕎麥名店。 낮과 밤의 일교차 심한 아이즈는 일본 유수의 메밀 산지입니다. 그래서 많은 이름난 가게들이 모여있습니다.



Duck zarusoba ¥1,150

Healthy duck meat goes well with soba.

蕎房 かみしろや

Kyobo Kamishiroya

Handmade soba made with a blend of two types of buckwheat flour is popular and you can enjoy it with bonito-based soup. Located near Tsuruga-jo Castle, you can stop by while sightseeing.

綜合2種蕎麥的手工蕎麥麵很受歡迎。搭配柴魚湯頭的沾醬品嚐。位於鶴城附近，不妨在觀光途中前往一探。

2종류의 국수를 혼합한 수타 소비가 인기로, 가쓰오 국물과 함께 즐길 수 있습니다. 와카마쓰성 근처에 있어 관광 도중에 들 수 있습니다.

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新駒本店

Shinkoma

Highly reputed for its fragrant handmade soba made solely with home milled and stone-ground Shirakawa buckwheat flour. The shop has a traditional earthen floor like in the old days, the same as a sumo ring when sprinkled with sand.

只使用以石臼磨粉의 自家製白河産蕎麥粉，香氣絕佳의手工蕎麥麵很受好評。店內의地板是傳統의土間(水泥等)，鋪上沙子就如同大相撲의土俵(比賽場)。

맷돌로 갈아 직접 만든 시라카와산 메밀 가루만을 사용한 향이 좋은 수타 국수에 대한 평이 좋습니다. 가게 바닥은 옛날 그대로의 토방으로 모래를 뿌리면 스모에서 사용하는 씨름판과 같습니다.

Add your favorite spices and seasonings to the soba in the five warigo bowls stacked on top of each other.

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0248-23-2211

88-1 Oikubo, Shirakawa City

11:00-15:00, 17:00-22:00 (Mon.-

11:00-14:00) Open 365 days

Credit cards not accepted.

www.shinkomahonten.com



Warigo-Soba ¥1,280 comes with tempura



にしんの山椒漬

Pickled herring in Japanese pepper

Dish that consists of layers of dried filleted herring and Japanese pepper leaves pickled in a soy sauce-based sauce. It's a good match with sake too.

把「太平洋鱈魚塊」和山椒葉疊在一起，以醬油口味醬汁醃漬而成的食品。非常適合搭配日本酒。

거두절미해 말린 정어에 산초 잎을 쌓아 넣고, 간장을 베이스로 한 소스에 담근 일품요리입니다. 술 안주로도 아주 좋습니다.



Pickled herring in Japanese pepper ¥600. The herring fillets are thick and filling

Takino Kozuyu ¥450 contains ginkgo nuts

Gyoza dumplings can also be ordered to go.

餃子 Gyoza dumplings

Pan-fried gyoza dumplings are the common form. "Enban (disk) gyoza" where the gyoza are arranged in a circle is famous within Fukushima City.

一般多為煎餃。福島市内則是將餃子排成圓形的「圓盤餃子」最有名。

군만두가 일반적이지만, 후쿠시마 시내에서는 만두가 원형으로 늘어선 원반만두가 유명합니다.



One serving of gyoza dumplings (8 pieces) ¥450



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鳥政

Torimasa

Izakaya Japanese-style pub that has been popular with local residents since it was founded 60 years ago. Specialty gyoza dumplings which have a strong flavor of garlic go well with sake. We also recommend the great value lunch menu.

創業至今約 60 年，深受當地居民喜愛的店。招牌餃子蒜味十足，非常下酒。超值午餐料理也很值得推薦。

창업 이래 약 60 년, 현지 사람들로 불리는 가게입니다. 멸종 만드는 마늘이 들어 있어 숨이 잘 넘어 가게 하네요. 저렴한 런치 메뉴도 추천해 드립니다.

元祖 輪箱飯 割烹・会津料理 田季野

Aizuryori Takino

You can enjoy local Aizu dishes in a dignified reconstructed and restored house built about 200 years ago. The specialty is Wappa Meshi, a dish crammed full of Aizu tastes.

將約 200 年前建造的老房子修復並移建而成，建築氣氛穩重，可以在屋內品嚐會津地方的鄉土料理。招牌料理是齊聚了會津美食的輪箱飯。

약 200년 전에 지어진 교택을 새로 옮겨 복원한 중후한 가옥에서 아이즈 지방의 향토 음식을 즐길 수 있습니다. 아이즈의 마가리 짬 들 어진 고리성채(외파메시) 밥이 명물입니다.

MAP | P. 29

0242-25-0808

5-31 Sakaemachi, Aizuwakamatsu City

11:00-22:00

Open 365 days A,D,J,M,V

www.takino.jp/frame.html



こづゆ Kozuyu

This is a local dish where stock is prepared from scallop adductor to which 7 kinds of ingredients such as taro are added. The dish is eaten from an Aizu lacquerware bowl.

郷土料理の一種，以扇貝의干貝熬煮湯頭，加入里芋等 7 種食材，並使用會津漆の湯碗品嚐。

가리비의 조개 관자로 국물을 내고, 토란 등 7종류의 재료를 더해 아이즈 칠기에 담아 먹는 향토 요리.

Welcome to Fukushima!

こらんしょ! 福島

歡迎來訪福島!
후쿠시마에어서 오세요!

Let's try!

Fukushima offers lots of fun hands-on experiences

快來挑戰! 福島有許多趣味體驗活動
Let's 도전! 후쿠시마는 즐거운 체험 메뉴가 가득

Experience

体験

Fukushima is crammed with various hands-on experiences and sessions that bring you in contact with its history and specialties. Try them with family or in couples.

福島有許多接觸當地歷史和名產的體驗活動。不妨帶著輕鬆的心情和家人、伴侶一同嘗試看看。

후쿠시마의 역사와 별미로 접할 수 있는 다양한 체험 메뉴가 가득합니다. 가족 또는 커플로 부담 없이 도전해 보세요.



Come and have some delicious fruit!

Picking season for peaches is from late Jun. till Sep.

フルーツ狩り
Fruit picking

Fukushima Prefecture is one of Japan's leading fruit producing areas. You can pick fruit on your own that is grown by making the most of the climate and natural features typical of a basin.

福島縣是全國著名的水果產地。可以親手採收盆地特有氣候風土所孕育出的水果。

후쿠시마 현은 전국에서도 우수한 과일의 산지. 분지 특유의 기후와 풍토를 살려 얻은 과일을 직접 수확할 수 있다.



I've picked lots and lots >

まるせい果樹園

Marusei Kajuen

Orchards growing cherries, peaches, pears and other fruit from around June every year. The bright, cheerful staff will give explanations about the different varieties and teach you how to distinguish good quality fruit.

這間果園中，每年6月左右開始陸續會有櫻桃、桃子、梨子等水果收成。由活潑開朗的員工介紹品種，並教導挑選優質水果的方法。

매년 6월경부터 체리, 복숭아, 배 등 과일이 익는 과수원. 밝고 건강한 스태프가 품종에 대한 설명이나 양질의 과일 분별법을 가르쳐 줍니다.

MAP | P.30

☎ 024-542-0679

📍 50-1 Mori, Hirano, Iizakamachi, Fukushima City

🕒 From 8:00 (Vary by day) 🕒 Beginning of Dec. - mid Jun.

👉 Fruit picking: ¥540-¥1,404 depending on the kinds of fruits

💳 Credit cards not accepted.

🌐 www.geocities.jp/fukushimamarusei/



Located along National Route 13

絵付け体験

Hands-on painting experience

You can try painting traditional local toys or Japanese candles that are representative of the Aizu area. Sample designs are available so there's no need to worry even if you're a beginner.

可以體驗繪津地方代表性鄉土玩具以及日式蠟燭彩繪技法。現場有圖案樣本，即使是初學者也不用擔心。

아이즈 지방의 대표적인 향토 원구와 일본 양초 그림 그리기를 체험할 수 있습니다. 도안 샘플이 있으니 초보자라도 안심하세요.

赤ベコ Akabeko

Akabeko, said to bring happiness

Finished!

The most difficult part is the eyes.

Required time is approx. 40 min. Even if you make a mistake, you can rub it off with a napkin and start again.

鶴ヶ城会館

Tsuruga-jo Kaikan

Tourist facility located at the entrance of Tsuruga-jo Castle, symbol of Aizu. It sells famous confections, sake, and handicrafts of the Aizu region. Self-righting dharma doll painting program is also popular.

位於會津地標鶴城入口的觀光設施。販售會津地方的銘菓、銘酒以及民俗藝品。不倒翁小法師的繪圖體驗很受歡迎。

아이즈의 심볼 왜가마쓰 성 입구에 있는 관광 시설 아이즈 지방의 명과와 명주, 민예품이 갖추어져 있습니다. 쓰러뜨리면 일어나는 오독이 그림 그리기 체험도 인기입니다.

MAP | P.29

☎ 0242-28-2288

📍 4-47 Otemachi, Aizuwakamatsu City

🕒 8:30-17:00 (Last admission: 15:00), Dec.-Mar.: 8:30-16:00 (Last admission: 14:00)

👉 Open 365 days

👉 Akabeko painting program ¥870 (Reservation required for Sat., Sun., Hol.)

💳 A, D, J, M, V 銀

🌐 http://tsurukan.com



There are lots of souvenirs too

絵ろうそく

Decorated candles

Choose a design from the samples of prefectural flowers

Paint the candle with colors.

Try it in memory of your trip.

Fee for painting program is ¥900 and required time is approx. 1 hour

小澤ろうそく店

Ozawa Rosokuten

Long-established decorated candle shop that has preserved the traditional way of painting designs by hand. A veteran craftsman shows you carefully how to paint detailed designs.

延續傳統手繪圖案製法的彩繪蠟燭老店。由熟練的職人細心教導精細的上色方法。

전통 손 그림 무늬 제법을 지키는 그림 양초 전문 가게. 숙련된 장인이 미세한 색상 바르는 방법을 주의 깊게 전수해 줍니다.

Well-established shop that has been in business since the Edo period



MAP | P.29

DATA → P.12

そば打ち

Soba making

Try soba making in Aizu, famous for soba! You can try the soba making steps from sieving the buckwheat flour, kneading it, rolling out the dough with a rolling pin and until cutting it.

來到會津就要挑戰製作當地知名的人工蕎麥麵！體驗活動包含篩蕎麥粉、揉麵、以桿麵桿桿平麵團、切麵條等步驟。

메밀이 유명한 아이즈에서 메밀 국수 만들기 체험에 도전 메밀 가루를 체에 내리고, 반죽하고 붓을 사용해 반죽을 펼쳐 자르기까지의 순서를 체험할 수 있습니다.



Soba making is a Japanese tradition!



Beginners can readily try

You can also order dishes from menu of the restaurant other than the soba you made yourself.

磐梯更科そば そばさだ

Bandai Sarashinasoba Sobasada

You can savor juwari soba (soba noodles made from 100% buckwheat flour) made with fragrant Aizu-no-Kaori buckwheat and spring water from Mt. Bandai. The restaurant owner will show you how to make soba courteously.

使用香氣極佳的「會津之香」作為蕎麥粉，再以磐梯山湧泉製作100%純蕎麥麵。店主會仔細指導蕎麥麵的做法。

향이 좋은 아이즈의 향기를 메밀에 사용, 반다이 산의 샘물로 지낸 10 월 메밀 국수를 맛 볼 수 있습니다. 가게 주인이 정성스럽게 메밀국수에 대한 설명을 해 줍니다.

- MAP | P.28
- ☎ 0242-73-2089
 - 📍 6659-456 Bandai Myohohara, Bandai-machi
 - 🕒 11:00-15:00 (Soba making program from 15:00, reservation required)
 - 📄 Open 365 days (reservation required)
 - 📄 Program is free (Ingredients fee ¥1,000 is required)
 - 💳 Credit cards not accepted.
 - 🌐 <http://homepage3.nifty.com/sobasada/>

Roll out the soba dough

Located in the mountains



Japanese sake representative of the sake brewery

利き酒 Sake tasting

Fukushima Prefecture is blessed with clean water and the right climate and features for producing rice so the taste of Japanese sake from Fukushima is exceptionally good!

清淨水質加上適合稻米生長的氣候風土，使得福島縣的日本酒美味無比！

깨끗한 물과 벼농사에 적합한 기후 풍토에 둘러싸인 후쿠시마현의 술은 맛도 뛰어나답니다.



Savor Japanese sake with a deep, sharp taste

宮泉酒造

Miyazumi Shuzo

You can taste about 8 different kinds of Japanese sake in a sake brewery boasting a long history. The key to the delicious taste is the best well water used in the production preparation process.

歷史悠久的酒藏。可試喝約 8 種日本酒。美味的秘訣就在於使用最佳的井水釀造。

전통 있는 양조장으로 약 8 종류의 사케를 시험 할 수 있습니다. 발효에 사용하는 최적의 우물물이 맛의 비결입니다.



You can taste various flavors according to season.

You can also see the brewing process



- MAP | P.29
- ☎ 0242-27-0031
 - 📍 8-7 Higashisakaemachi, Aizuwakamatsu City
 - 🕒 9:00-16:30 (L.O. 16:00)
 - 📄 Open 365 days 📄 Brewery tour
 - 📄 ¥200, free sake tasting 📄 J,M,V
 - 🌐 www.miyazumi.co.jp

せんべい炭火焼体験

Charcoal-grilled senbei making program

You can try grilling mochikusa senbei dough with mugwort and salt kneaded over a charcoal stove. Required time is approx. 15 minutes. ¥500

餅皮揉入艾草和鹽巴，以七輪炭火烤成艾草仙貝。時間約需15分鐘。500日圓

풍로의 숯불에 쫄과 소금을 넣어 반죽한 모치초 전병을 구워 냅니다. 약 15분 소요, 500엔

Keep turning the senbei over consistently to prevent it from burning and grill both sides



As you get better, you can bake senbei bigger

山中煎餅本舗

Yamanaka Senbei Honpo

Founded in 1900, the store sells charcoal-grilled senbei made by craftsmen. You can eat the senbei you grilled yourself there and then.

1900 年創業，販售職人以炭火烤出的仙貝。體驗活動中烤好的仙貝可以當場品嚐。

창업 1900년, 장인이 숯불에 구운 전병을 판매합니다. 체험으로 구운 전병은 그 자리에서 먹을 수 있습니다.



- MAP | P.28
- Warehouse style building
- DATA | P.14

Don't miss the winter sports either!

冬季運動也不可錯過！
겨울 스포츠도 놓칠 수 없다!

リステル・スキーファンタジア

Listel Ski Fantasia

Total of 6 courses are available ranging from a course for beginners to a course for advanced skiers that served as the venue for the Moguls World Cup.

包含初學者滑道以及 Mogul 滑雪世界盃會場的高手專用滑道共 6 條滑道。

초심자 코스에서, 모굴의 월드컵 경기가 열리는 상급자 코스까지 전 6코스

- MAP | P.28
- ☎ 0242-66-4111
 - 📍 Listel Park, Kawageta, Inawashiro-machi
 - 🕒 8:30-16:30 📄 Apr-late Dec.
 - 📄 1-day ticket ¥3,600 (Adult)
 - 📄 A,D,J,M,V 銀
 - 🌐 www.listel-inawashiro.jp/ski/top/



From the top of the ski slope you can see Lake Inawashiro and Mt. Bandai



Wide and spacious slope for beginners

グランデコリゾート

Grandeco Resort

Whether you are a beginner or an expert skier, you will be satisfied with the top quality snow and diverse events. There are lots of eating places too.

有極佳的雪質和各式各樣的活動，不論初學者或是老手都能十分盡興。餐飲設施也很充實。

최상의 설질 다채로운 이벤트로 초보자부터 삼급자까지 틀림없이 만족할 만 합니다. 식당도 갖추어져 있습니다.

- MAP | P.28
- ☎ 0241-32-2530
 - 📍 Arasunasawayama, Hibara, Kitashiobara Village
 - 🕒 8:30-16:00 (From 8:00 at busy times; until 16:30 in Mar)
 - 📄 Open daily during the period
 - 📄 End of Nov.-mid. Dec.: ¥4,000, mid. Dec.-early Apr.: ¥4,700, early Apr.-early May: ¥4,100
 - 📄 A,D,J,M,V 🌐 www.grandeco.com

You can enjoy a view of Mt. Bandai



You can move within the area easily with covered lift



Can't go wrong with these!

Grand line-up of Fukushima souvenirs

就買這個準沒錯！福島伴手禮大公開
 이것을 사면 빗나갈 리(실수할 리) 없음! 후쿠시마 선물 대 공개
 Here are some of the most popular items with a high repeat rate, such as various kinds of fruit, pride of the Fukushima fruit kingdom, as well as famous confections, traditional crafts, lucky charm toys, and other items.

介紹水菓王國最自豪的各式水果、點心、傳統工藝品、吉祥玩具等回購率極高的人氣商品。
 과일왕국이 자랑하는 다채로운 과일과 과자, 전통 공예품, 행운의 장난감 등 충성도 높은 인기 상품을 고를 수 있습니다.

みやげ Souvenirs

起き上がり小法師

Self-righting dharma dolls

Lucky charms made of dharma-shaped papier mache dolls with lucky smile faces painted on them. There is a custom rooted in Fukushima of buying one more than the number of people in your family praying for good health or perpetuation of your descendants, and placing them on the kamidana (household Shinto altar).

不倒翁模樣的紙漿人偶畫上福氣笑臉的吉祥物。根據傳統風俗，會購買比家中人數多1尊的人偶供奉在神壇，祈求健康與多子多孫。

오후기 형태의 인형에 웃는 얼굴이 그려진 행운의 소품. 건강과 자손 번영을 기원하고, 가족 수 보다 하나 더 구입해 신단에 바치는 풍습이 뿌리 내려 있습니다.



Completely handmade self-righting dharma dolls with all different facial expressions ¥200 each

Self-righting dharma doll with a painting of Shinsengumi ¥400

God of Fire Prevention dharma dolls ¥200 each



山田民芸工房 Yamadamingeikobo

Sells Aizu region's folk crafts including self-righting dharma dolls individually made by hand by the 5th generation owner family. Unique dolls painted as historical figures such as Hideyo Noguchi are available too.

販售第5代家人手工一個個製作的不倒翁小法師等會津地方民俗藝品。也有畫上野口英世等歷史人物的獨特商品。5代째 가족이 하나하나 손으로 만든 일러는 오후키를 비롯해 아이즈 지방의 민예품을 판매합니다. 노쿠지히데오 등 역사상의 인물을 그린 독특한 것도 있습니다.



MAP | P.29

0242-23-1465

12-35 Nanokamachi, Aizuwakamatsu City

8:00-18:00

Open 365 days

Credit cards not accepted.

Full of local Aizu souvenirs are here

笑美 Warabi

Souvenir store that sells a wide range of akabeko, self-righting dharma dolls, masks, and other Aizu folk crafts as well as old cloth. Hands-on program to paint your own akabeko is available too (reservation required).

販售赤牛、不倒翁小法師、面具等會津民俗藝品和古布的伴手禮店。也可體驗赤牛彩繪(需預約)。

빨간 베코와 오후키, 가면 등 아이즈의 민예품이나 코부를 폭넓게 취급하는 기념품 가게입니다. 빨간 베코 도자기에 그림 그리기 체험 (예약 필요)도 가능합니다.

Pink yaebeko ¥1,080 is popular among women Akabeko tenugui towel ¥864



MAP | P.29

0242-24-0020

1-5-13 Chuo, Aizuwakamatsu City

10:00-17:00

Wed.

A,J,M,V

www.warabi-aizu.com

Akabeko (small) ¥648, cute in nodding its head



There're also plenty of small items such as key chains

赤ベコ Akabeko

Traditional toy given to celebrate a child's birth in the hope that the child will grow up healthy and be able to bear heavy loads like a beko (cow). The red color signifies meaning such as energy and protection from harm.

祝賀小孩誕生時贈送的鄉土玩具，祈求能像 beko (牛)一樣承擔重任並健康成長。紅色也具有驅魔和活力的意義。

베코(소)처럼 무거운 짐에 견디는 건강함에 소원을 담아 아이의 생일 축하로 주는 향토 완구입니다. 적색에는 액을 막거나 에너지를 바라는 의미도 담겨 있습니다.

Kakishibu-beko, winner of the Fukushima Specialty Contest Grand Prize, ¥864 (medium size) is an original item only available at this shop



Look for this sign

小澤ろうそく店 Ozawa Rosokuten

Long-established store that has stood in its present location since the Meiji era. Decorated candles with beautiful Japanese flower designs such as peonies and camellias are also perfect for gifts.

從明治時代起就在於此處開店營業至今的老舖。繪有牡丹和山茶花等美麗日本花卉圖案的繪蠟燭很適合作為伴手禮。

메이지 시대부터 현재의 장소에 가게를 차린 전통 있는 상점. 모란, 동백 등 아름다운 일본의 꽃 문양을 그린 그림 양초는 선물로도 안성맞춤입니다.



Choose your favorite combination of designs for a gift

The brightly colored flower design is striking

絵ろうそく Decorated candles

As wax is taken from the fruit of the lacquer tree, candles have become one of Fukushima's leading handicrafts along with lacquerware. Decorated candles with elegant, gorgeous design are used at weddings and other occasions too.

由於原料的蠟是從漆木的果實中採集，因此和漆器同為福島代表性工藝品。圖案高雅華麗的繪蠟燭也使用在結婚典禮等場合。

오후키 무렵에서 밀랍을 채취하기 때문에 칠기와 함께 후쿠시마를 대표하는 공예품입니다. 고급스럽고 화려한 모양의 그림 촛불은 결혼식 등에서도 장식됩니다.



MAP | P.29

0242-27-0652

6-27 Nishisakaemachi, Aizuwakamatsu City

9:00-19:00, hands-on session: 10:00-15:00 (reservation required)

None scheduled

Credit cards not accepted.

会津漆器

Aizu lacquerware

Aizu lacquerware is a traditional handicraft dating back about 400 years. It has a longer history than Tsugaru lacquerware or Wajima lacquerware, renowned lacquerware producing districts.

從約 400 年前流傳至今的傳統工藝品。比漆料產地的津輕塗和輪島塗等歷史都更為悠久。

약 400년 전부터 이어지는 전통 공예품, 옷칠의 산지로 알려진 쓰가루 칠이나 와지마 특산 칠기보다 역사가 오래 되었습니다.



Located on Nanakomachi-dori Street



MAP | P.29
DATA | P.14

Yae Selection representing the charming life of Yae Nijima who was hugely successful in the closing days of the Tokugawa Shogunate period, from ¥2,000

Otsukimi Glass with round window, ¥2,400 each (small), is the most popular

会津のうつわ 工房鈴蘭

Aizunoutwa Kobo Suzuran

You'll find an array of lacquerware of varying designs, such as glasses, mugs, and chopsticks, created by the father and daughter who are lacquerware craftsmen.

販售由漆器職人的父親和女兒共同創作的玻璃杯、馬克杯、筷子等各種設計的漆器。

옷칠 장인의 아버지와 딸이 고안한 글라스와 머그컵, 젓가락 등 다양한 디자인의 칠기가 늘어서 있습니다.

果物 Fruit

You can enjoy peaches, cherries, grapes, and other fruits in Fukushima, a place suited to fruit growing with its climate, soil, etc.

福島의氣候、土壤等很適合種植水果。當地盛產桃子、櫻桃、葡萄等。

기후와 토양 등 과일 재배에 적합한 후쿠시마에서는 복숭아나 체리, 포도 등을 즐길 수 있습니다.



Sweet, fresh and juicy Fukushima peaches

Various fruits are sold according to season

こころ矢野目店

Kokora Yanome

Produce stand which many local residents come. You can get fresh seasonal fruit and vegetables at reasonable prices.

當地居民經常造訪的農產品直銷所。可以用低廉價格買到當季新鮮蔬果。

현지인들이 많이 찾는 농산물 직판장. 계절의 신선한 과일 채소를 적당한 가격에 살 수 있습니다.

MAP | P.30

- ☎ 024-552-5881
- 📍 1-1 Haradahigashi, Kitayanome, Fukushima City
- 🕒 9:30-18:00 (Nov.-Feb.: until 17:00, Mar.-Apr., and Oct.: until 17:30)
- 📶 Open 365 days 📷 Credit cards not accepted
- 🌐 www.shinfuku.jp/yokubai-hontenhtml.htm



ラーメン

Ramen

The noodles and soup come as a set so you can easily enjoy the tastes of popular restaurants at home. The prices are reasonable too.

包含麵和湯的組合，可以在自己在家輕鬆品嚐人氣名店的味道。價格同樣平易近人。

면과 국물이 세트로 되어 있어, 인기 음식점의 맛을 부담 없이 집에서 맛 볼 수 있습니다. 가격도 저렴합니다.

会津喜多方ラーメン館 本館

Aizu Kitakata Ramenkan Honkan

The shop sells 40 or more different kinds of packed ramen and an array of goods that make great souvenirs. Ramen tasting for free is available as well.

販售 40 種以上的拉麵和適合當作伴手禮的商品。也可免費試吃拉麵。

40종류 이상의 라면이나 선물하기에 가장 좋은 상품이 갖추어져 있습니다. 라면 무료 시식도 있습니다.



MAP | P.28

- ☎ 0241-21-1414
- 📍 1 Umetake, Kitakata City
- 🕒 10:00-17:00 (winter season: until 17:30)
- 📶 Open 365 days 📷 A,D,J,M,V
- 🌐 www.ramenkan.com

柏屋本店

Kashiwaya

Usukawa-manju, the Japanese confectionery store's speciality, is made to the same recipe as when the shop was established in 1852. Filled with homemade bean paste inside.

以「薄皮饅頭」作為店裡招牌商品的日式點心店，製作技法自 1852 年創業以來一直維持不變，裡頭包了滿滿的自家製內餡。

1852년 창업 이후 변함 없는 기술로 만드는 얇은 피 만두가 명물인 일본식 과자점. 인에는 수제 팥소가 듬뿍 들어 있습니다.



MAP | P.31

- ☎ 024-932-5580
- 📍 11-8 Nakamachi, Koriyama City
- 🕒 10:00-19:00
- 📶 Open 365 days
- 📷 A,D,J,M,V
- 🌐 www.usukawa.co.jp/home.html

The shop has branches in the main cities in the prefecture

お菓子

Confections

Famous confections made with carefully selected, good quality ingredients, such as usukawa-manju cakes from a long-established store and the very popular yubeshi sweet rice cake, are safe and can be eaten without worry.

老舖「薄皮饅頭」和大人氣的「柚餅子」等使用精選優質素材的點心，吃得安心又安全。

전통을 이어오는 가케로 얇은피 만두나 팬이 많은 유베시 등 엄선된 양질의 재료를 사용한 명과는 안심 그리고 안전합니다.

Various kinds are available for confections

かんのや 本店文助

Kannoya Hontenbunsuke

Long-established Japanese and Western cake shop founded in 1860. Its speciality is Kaden Yubeshi, a triangular confection made of smooth sweet bean paste wrapped in dough made of rice flour and steamed.

1860 年創業の老字號和洋點心店。招牌商品是以米粉包裹豆沙餡蒸熟的三角形點心「家傳柚餅子」。

1860년 창업해 이어온 일본식 양과자점입니다. 가케의 명물은 쌀가루에 팥소를 넣어 찐 삼각형의 과자인 카덴유베시가 있습니다.



Kaden Yubeshi in a box ¥864 (8 pieces)



MAP | P.31

- ☎ 0247-62-2106
- 📍 39 Miyakida, Nishitamachi-ota, Koriyama City
- 🕒 9:00-18:00
- 📶 Open 365 days 📷 J,M,V
- 🌐 www.kannoya.co.jp

Kitakata Ramen yellow box (6 servings) ¥1,080

Drop in while sightseeing round the town



Recommended

2-DAY Model Route

Here is an authentic plan that takes you round the highlights of Fukushima!

網羅福島主要景點の王道方案!
후쿠시마의 볼거리를 아우르는 최고의 플랜은 이것!

Enjoy historical streetscape and magnificent nature to the fill

会津エリア Aizu Area

2-DAY Model Route

Here is a route that takes you round the most popular sightseeing areas in Fukushima Prefecture. On day 1 visit a historic streetscape and castle, and on day 2 drive through grand nature by car.

在此介紹福島縣內最有人氣的觀光地區遊訪行程。第一天參觀歷史悠久的街景和城堡，第二天則開車暢遊於大自然中。

후쿠시마 현내에서도 특히 인기가 있는 관광지를 돌아보는 루트를 소개. 1일째는 역사가 느껴지는 거리와 성을 견학하고, 2일째는 차로 대자연을 드라이브 합니다.

Day 1 Start!

JR Kitakata Sta.

Approx. 15 min. walk

Our ramen has a distinctive clear pork bone broth



Bannaishokudo 9:30

1 坂内食堂 MAP | P.28

For breakfast enjoy ramen at a popular restaurant in Kitakata where people form a long line for as long as 3 hours at busy times.

早餐先到尖鋒時段得排隊3小時的喜多方人氣店吃拉麵。

아침식사는, 성수기에는 3시간이나 대기 행렬이 생긴다는 기타카타의 인기 식당에서 라면을 드세요.

☎ 0241-22-0351
☑ 7230 Hosoda, Kitakata City ☎ 7:00-18:00
☑ Thu. ☑ Credit cards not accepted.

You can buy senbei from one piece.

10:10 Yamanaka Senbei Honpo

2 山中煎餅本舗 MAP | P.28

A shop that specializes in hand-baked senbei rice crackers. Baked over a charcoal fire in a brick oven, rice crackers give the fragrant flavor that is simply irresistible.

手工烤仙貝專賣店。磚窯炭火烤出的仙貝散發著米香味，讓人無法抗拒。

손으로 직접 구운 센베 전문점. 벽돌 가마의 숯불로 구운 센베는, 고소한 쌀의 맛이 최고예요.

☎ 0241-22-0004
☎ 1-4643, Kitakata City
☎ 10:00-16:00 (Hands-on program: from 10:30)
☑ Wed. ☑ Hands-on program to bake your own senbei ¥500 (3 senbei pieces+ gift)
☑ Credit cards not accepted.
☑ www.yamanaka-senbei.com

JR Ban-etsu-West Line from Kitakata Sta. to Aizu-Wakamatsu Sta.

Get off at Tsuruga-jō-inguichi bus stop

Tsuruga-jō Castle 11:30

3 鶴ヶ城 MAP | P.29

Admired as a famous, impregnable castle, Tsuruga-jō Castle is one of the spots that is representative of Fukushima Prefecture. Inside of the castle keep has been turned into a museum depicting the history and culture of Aizu.

號稱難攻不破的名城，是福島縣的代表性名勝。天守閣內部正是一座介紹會津歷史文化的博物館。

난공불락의 성이라고 칭송을 받던 후쿠시마 현을 대표하는 명소. 천수각 내부는 아이즈의 역사와 문화를 알려주는 박물관입니다.

☎ 0242-27-4005 (Tsuruga-jō Castle management office)
☎ 1-1 Otemachi, Aizuwakamatsu City
☎ Admission to the castle keep: 8:30-17:00 (Last admission: 16:30)
☎ Open 365 days ☑ Castle keep: ¥410 (Adult) *¥200 during construction period
☑ Credit cards not accepted. ☑ www.tsurugajo.com/language/eng/ *The castle keep will undergo remodeling construction from Jan. 5 to Mar. 31

Stay

Higashiyama Onsen

東山温泉 MAP | P.29

☎ 0242-27-7051 (Aizu-Higashiyama Hot Springs Tourism Association)
☑ www.aizu-higashiyama.com

A hot spring resort that stands amid lush nature, said to have been founded 1,300 years ago

From JR Aizu-Wakamatsu Sta., get off at Higashiyama Onsen bus stop

Approx. 13 min. by bus

Lots of serving dishes and eating utensils that make you want to use every day!

Aizunoutuwa Kobo Suzuran

MAP | P.29

5 会津のうつわ 工房鈴蘭

Aizu lacquerware shop. New techniques such as applying lacquer to glass and more have been incorporated into lacquerware and the shop offers lots of cute designs.

會津漆器店。採用於玻璃表面塗漆等新技法，有許多可愛的設計。

아이즈 칠기를 파는 곳. 유리에 칠을 바르는 등 새로운 기법을 도입하여 귀여운 디자인이 많습니다.

☎ 0242-85-6654
☎ 8-11 Nanokamachi, Aizuwakamatsu City
☎ 12:00-17:00 (Sat., Sun., Hol.: from 11:00)
*May be changed during winter
☑ Mon. (if a public holiday, the following day will be closed instead)
☑ Credit cards not accepted. ☑ http://suzuran.lekumobiz

15:00

Novel lacquer sake cups in combination of black and pastel colors ¥2,000 (each)

Approx. 25 min. walk

Duck Zarusoba ¥1,150

13:30

Approx. 1 min. walk

Kyobo Kamishiroya

4 蕎房 かみしろや MAP | P.29

One-minute walk from the entrance of the Tsuruga-jō Castle. Enjoy handmade and homemade soba noodles in a restaurant that has a bright atmosphere.

從鶴城入口步行1分鐘。店內氣氛明亮，可以品嚐到手工自家製蕎麥麵。

쓰루가 성 입구에서 도보로 1분. 밝은 분위기의 식당에서, 자가제의 수타 소바를 드세요.

☎ 0242-26-8648
☎ 1-50 Jotomachi, Aizuwakamatsu City
☎ 11:00-15:00, 17:30-19:00
☑ Mon. (if a public holiday, the following day will be closed instead)
☑ Credit cards not accepted. ☑ www.kamishiroya.com

The red tile roofs from the end of the Tokugawa Shogunate period were restored in 2011

You can enjoy views of the castle town from the top story

The scenery just like a beautiful painting unfolds before your eyes



Approx. 20 min. by car

Bandaisan Gold Line 10:30

7 磐梯山ゴールドライン MAP | P.28
1 6.6 km long road that connects the Aizu area and Bandai Highlands. It has many highlights such as a location that offers close-up views of the crater.

連結會津地區和磐梯高原、全長16.6公里的道路。有可以近距離觀賞噴火口的地點等眾多景點。

아이즈 지역과 반다이 고원을 잇는 길이 16.6km의 길. 분화구를 가까이서 볼 수 있는 장소 등 볼거리가 많습니다.

0242-612-3102 (Inawashiro Branch of Fukushima Prefecture Public Works Department) Road is closed from mid-Nov. to mid-Apr. of following year

Lake Bishamon is the largest of the Goshiki-numa lakes and swamps. You can enjoy sweeping views of Mt. Bandai beyond the lake



11:30

The trail has few height differences and easy to walk

The name Goshiki-numa refers to 30 of so lakes and swamps of varying sizes from large to small and hiking trails are provided round the lakes and swamps. There is also a kiosk selling refreshments. (Goshiki-so Kiosk 0241-32-2346 8:30-17:00)

Goshiki-numa 8 五色沼湖沼群

MAP | P.28
 0241-32-2349 (Urabandai Tourist Association)
 Kengamine, Hibara, Kitashiobara Village
 The area can be hiked at your will
 www.urabandai-inf.com/urabandai/goshiki.html

크고 작은 30개의 호수와 늪의 총칭으로 주변에 산책로가 정비되어 있습니다. 경치를 판매하는 매점도 있습니다. (고시키소 매점 0241-32-2346 8:30-17:00).



Kitakata, Aizu-Wakamatsu, Higashiyama Onsen, Inawashiro, Tohoku Expressway, Tohoku Main Line, JR East Main Line, Ban-etsu West Line, Ban-etsu Expressway

Day 2

8:00
 Approx. 13 min. by bus
Higashiyama Onsen
 東山温泉 へがしやま おんせん

8:15
 Approx. 15 min. by car
Aizu-Wakamatsu Sta.
 Rent a car at JR Aizu-Wakamatsu Sta.
 在JR會津若松站租車
 JR아이즈와카마쓰 역에서 렌터카를 빌립니다



Zazen (Zen meditation) experience is available for groups of 10 or more people. Time required: 40 min. (Reservation required)

Bandai Azuma Lake Line 9:00

10 磐梯吾妻레이크라인 MAP | P.28
 The road runs just as following the side of Lake Onogawa and Lake Akimoto. There are many scenic spots where photographers from around Fukushima and beyond come to visit.

沿著小野川湖和秋元湖蜿蜒伸展的道路。有許多吸引縣內外攝影愛好者造訪的景點。

오노가와 호수와 아키토 호수를 따라 달리는 도로. 현 안팎의 카메라맨이 찾는 경승지가 많습니다.

0242-62-3102 (Inawashiro Branch of Fukushima Prefecture Public Works Department)
 Road is closed from mid-Nov. to mid-Apr. of following year

Many people visit here during season of fresh greenery and foliage

Approx. 40 min. by car



14:30
 Short drive



Sauce Katsudon ¥980

Oshokujidokoro Suiho 13:30

9 お食事処 水峰 MAP | P.28
 Based on the motto "cheap and delicious", this is a restaurant that offers soba and udon noodles made with homemade noodles and broth.

以「便宜美味」為宗旨、提供使用自家製麵與沾醬的蕎麥麵與烏龍麵食。

‘싸고 맛있는게를 모토로 만든, 자제치 면과 소스를 사용한 소바와 우동을 제공하는 식당입니다.

0241-32-2003
 1093 Kengamine, Kitashiobara Village
 11:00-16:00 Wed., Thu. Credit cards not accepted.
 www.urabandai.com/insyoku/suiho/

Fukushimaken Joudodaira Resthouse 15:30

11 福島県浄土平レストハウス MAP | P.28
 Located along a road where dynamic scenery continues. Take a break in the refreshment section or restaurant with panoramic views.

位於沿途壯麗景觀綿延的公路旁。不妨在輕食區與觀景餐廳休息一下吧。

다이나믹한 경관이 이어지는 길 중간에 있습니다. 경식 코너와 전망 레스토랑에서 휴식을 취하세요.

0242-64-2100 (Call at 024-525-4080 from mid-Nov. to early Apr.)
 Washikurasan, Tsuchiyuonsenmachi, Fukushima City
 9:00-16:30
 Mid Nov. - early Apr.
 Credit cards not accepted.
 www.tif.ne.jp/soumu/zyodo.htm

Hot spring resort located along the Ara River. Public bathhouses, Japanese inns, and hotels where you can enjoy day trip bathing are available. We recommend Sansuio Tsuchiyu Spa, Fukushima (024-595-2141 10:00-15:00) ¥980 (Adult), etc.

荒川沿岸의溫泉鄉。設有可當日來回泡湯的共同浴場與旅館、飯店。在此推薦土湯溫泉山水莊飯店 (024-595-2141 10:00-15:00) 成人800日圓) 等。

아라카와 강변에 있는 온천지. 당일 이용이 가능한 공동욕탕 및 여관, 호텔이 있습니다. 추천은 츠치유 온천 호텔 산수이소 (024-595-2141 10:00-15:00) 어른 800엔) 등.

Tsuchiyu Onsen 17:00

12 土湯温泉 MAP | P.30
 024-595-2217 (Tsuchiyu-Onsen Tourist Association)
 www.tcyj.jp

19:00
Goal!
 JR Fukushima Sta.
 Return the rented car at JR Fukushima Sta.
 在JR福島站歸還租車
 JR후쿠시마 역에서 렌터카를 반납합니다

Recommended

2-DAY Model Route

See, try & buy traditional crafts

中通り

2-DAY Model Route

エリア Nakadori Area



Go on a trip in search of handicrafts that use traditional skills, such as glassblowing. See the manufacturing process, try making one yourself, or buy one for a souvenir and have fun.

踏上尋找吹玻璃等傳統工藝品的旅程。可以參觀製造過程或嘗試親自製作，也可以選購伴手禮等。

부는 유리 등 전통 기법을 구사한 공예품을 찾는 여행, 제조 과정을 견학하거나, 실제로 직접 만들거나, 기념품으로 사면서 즐깁니다.

Day 1 Start!

10:00

JR Fukushima Sta.



Approx. 10 min. by taxi

Fruits Line

1 フルーツライン MAP P.30

Fruits Line is the nickname for Route 5 of prefectural road which runs across the western part of Fukushima City. The road is lined with orchards and stalls, and you can try fruit picking if the season is right.

通過福島市西部の縣道5號。路旁有果田與販賣店，有些季節還能參加採果活動。

후쿠시마 시의 서부를 달리는 현도 5호의 애칭. 길가에 과수원과 판매점이 있으며, 계절에 따라 과일의 수확 체험도 가능해요.

☎ 024-531-6432 (Fukushima City Kanko-Bussan (Tourism and Local Products) Association)
🌐 www.f-kankou.jp/frut.htm



Peaches and cherries are grown. You can see the peach blossom as well

Approx. 10 min. by taxi



Orchards for tourists are also dotted along the Peach Line (Route 13), where Marusei Kajuen (→P.10) is located

12:00

Torimasa

2 鳥政 MAP P.30

zakaya Japanese style pub that has been in business for about 60 years. Its specialties are gyoza dumplings and horumonyaki made of pork offal marinated in homemade miso sauce.

創業約60年の居酒屋。招牌料理是自家製味噌醃豬腸的醬燒豬腸和餃子。

창업한 지 약 60년 된 선술집. 자기제 미소 된장 소스로 돼지 곱창을 재운 곱창구이와 교자가 명물입니다.

☎ 024-522-5554
📍 1-17 Shinmachi, Fukushima City
🕒 11:30-13:30, 17:30-22:30
☎ Sun., Hol. ☑ Credit cards not accepted.



Horumonyaki ¥450 is pork offal fried with lots of cabbage, Chinese chives, and bean sprouts



Sunken kotatsu and counter seating is available

Approx. 15 min. walk



Large-sized gyoza dumplings ¥450 per serving (8 pieces)

Dake Onsen

岳温泉 MAP P.31

☎ 0243-24-2310 (Dake Hot Springs Tourist Association)
🌐 www.dakeonsen.or.jp



Hot spring resort stretching at the foot of Mt. Adatara. The spring quality is acid springs, which is rare nationally

18:00

Stay

Approx. 30 min. by bus

Get off at Dake Onsen bus stop

Approx. 22 min. by train

Shikinosato Craft House

4 四季の里 工芸館 MAP P.30

Situated in a park with rich natural environment where red brick buildings line. You can try glassblowing and glass making in the studio.

位於紅磚建築並列、自然景觀優美的公園。可在工房裡體驗吹玻璃。 붉은 벽돌 구조의 건물이 늘어서, 자연이 풍부한 공원에 있습니다. 공방에서는 입으로 부는 유리 제작 체험이 가능합니다.

☎ 024-593-0105
📍 1-1 Kamisagi-nishi, Arai, Fukushima City
🕒 9:00-16:30
☑ Open 365 days (Glass studio: closed on Mon.)
🌱 Glass work-making program ¥3,240 (Reservation required), kokeshi doll painting program ¥1,080, etc.
☎ D,M 🌐 www.f-shikinosato.com



You can make a unique one-of-a-kind glass work

Approx. 6 min. walk

From JR Fukushima Sta., get off at Shikinosato-iriguchi bus stop

Approx. 30 min. by bus

Close to the station, it's handy when you don't have much time

13:30

Fukushimaken Kanko Bussankan

3 福島県観光物産館 MAP P.30

Located right in front of JR Fukushima Station, it's a perfect place to find souvenirs. It stocks an array of Fukushima specialties.

位於JR福島站前方，最適合來此尋找伴手禮。館內有許多縣內名產。

JR후쿠시마 역 바로 앞에 있으며, 기념품을 고르기에 적합한 장소입니다. 현내의 명산품이 모여 있습니다.
☎ 024-525-4031
📍 1F CORASSE Fukushima, 1-20 Mikawaninamimachi, Fukushima City
🕒 10:00-19:00 ☑ Open 365 days ☎ A,D,J,M,V



Rows of local Fukushima sake, noted for its high quality gather

Day

2

8:00

Dake Onsen

岳温泉
다케온천

Approx. 25 min. by bus

Approx. 26 min. by train

Approx. 45 min. by train

Approx. 10 min. by taxi

From Dake Onsen
JR Tōhoku Main Line from Nihommatsu Sta.
Change to JR Ban-etsu-East Line at Kōriyama Sta. and get off at Kammata Sta.



The temperature inside the cave remains at around 15°C throughout the year so prepare long sleeves even in summer

☎ 0247-78-2125

📍 1 Higashikamayama, Takinemachi-sugaya, Tamura City

🕒 8:30-17:00 (until 16:30 during late Nov. - early Mar.) 🗓 Open 365 days

🎫 Admission fee: ¥1,200 (Adult)

💳 Credit cards not accepted.

🌐 <http://abukumado.com>

Abukumado

5 あぶくま洞 MAP P.31

Stretching for approx. 600 m long, the cave is one of the largest in Asia in terms of variety and number of stalactites and stalagmites. Exploration course (separate fee ¥200) is recommended too.

全長約600公尺的鐘乳石洞，鐘乳石種類與數量之多是亞洲數一數二。推薦參加「探險行程（另付200日圓）」。

총 길이 약 600m, 종류와 수가 많은 길로는 아시아에서도 손에 꼽히는 종류 동굴. 「탐험 코스(별도 200엔)」도 추천합니다.



The huge formations created by the underground water are just spectacular

11:00

Approx. 5 min. by taxi

Approx. 30 min. by train

JR Ban-etsu-East Line from Kammata Sta. to Miharu Sta.



JR Ban-etsu-East Line from Miharu Sta. to Kōriyama Sta.

Approx. 12 min. by train

Approx. 1 min. walk

The Space Theater provides explanations of the star-filled sky

Koriyama City Fureai Science Center Space Park

MAP P.31

7 郡山市ふれあい科学館スペースパーク

Space-themed science museum. Don't miss the planetarium, holder of the Guinness record for the world's highest planetarium above ground.

以宇宙為主題的科學館。獲得金氏世界紀錄認定為距離地面最高的天象館，絕對不可錯過。

우주를 테마로 하는 과학관. 지상에서 가장 높은 장소에 있다고 기네스에서 인정받은 플라네타리움은 꼭 보세요.

☎ 024-936-0201

📍 20 - 24F Big-i, 2-11-1 Ekimae, Koriyama City

🕒 Exhibit Zone: 10:00-17:45 (Observation lobby: until 20:00); Space Theater: 10:00-16:15 (Fri.: until 19:45; Sat., Sun., Hol.: until 17:45)

🗓 Mon. (if a public holiday, the following day will be closed instead)

🎫 Exhibit Zone: ¥400 (Adult) / Space Theater: ¥400 (Adult)

💳 Credit cards not accepted. 🌐 www.space-park.jp



Approx. 1 min. walk

You can experience space first-hand through the various exhibits in the Exhibit Zone

Goal! 17:00

The square in front of the station is lit up during winter season (from late Nov. to mid-Feb.)



You can get classic souvenirs such as yubeshi rice cake shown in the photo as well as hot new items

Kōriyama Station

8 郡山駅 MAP P.31

Not only Kōriyama sweet delicacies such as yubeshi rice cake and usukawa-manju rice cake (P.13) you can get Fukushima Prefecture's specialties in the station compound.

車站內可以買到「YUBESHI」、「薄皮饅頭」(→P.13)等郡山銘菓及各種福島縣特產。

역내에서 '유베시'와 '우스카와 만주' (→P.13) 등의 고리야마 명과는 물론, 후쿠시마 현의 특산품을 구입할 수 있어요.

📍 Inside Kōriyama Sta., 197-1 Hiuchita, Koriyama City
🕒 Vary by shop 🗓 Open 365 days 🎫 Vary by shop

Paper mache dolls with charming faces and duma dolls line the shelves in the studios



13:30

"Deko" means "doll"

Stop by at the studios and watch the dolls being made

Takashiba Deko Yashiki

6 高柴デコ屋敷 MAP P.31

Village where there are four doll-making studios that preserve a tradition going back hundreds of years. You can make your very own doll in hands-on painting workshops.

謹守數百年傳統的4家人偶製作工房所在的聚落。可參加上色體驗，製作只屬於自己的人偶。

수백년의 전통을 지키는 4곳의 인형 제작 공방이 있는 마을. 그림을 그려넣기 체험으로 자신만의 인형을 만들 수 있어요.

☎ 024-971-3907 (Takashiba Deko Yashiki Tourism Association)

📍 169 Tateno, Nishitamachitakashiba, Koriyama City

🕒 9:00-17:00 (Vary by studio)

🗓 Vary by studio

🎫 Vary by studio



Recommended

2-DAY Model Route

Covers all the popular facilities along the coast ☆

浜通り

2-DAY Model Route

エリア Hamadori Area



This route takes you round the popular facilities also visited by many people from outside the prefecture such as Spa Resort Hawaiians, a facility where accommodation is also provided and attracting as many as 1.5 million visitors per year and Aquamarine Fukushima, where you'll find a huge tank, and more.

毎年多達 150 万人造訪の夏威夷 SPA 渡假設施、提供各種體驗活動的 Aqua Marine 福島等、一次玩遍連外地遊客都喜愛的人氣設施路線。

연간 150 만명이 방문하는 스파 리조트 하와이안즈 및 체험 프로그램이 다채로운 아쿠아 마린 후쿠시마 등, 현 밖에서도 손님을 방문하는 인기 시설을 돌아보는 루트.

Day

1

Start!

JR Iwaki Sta.

9:00

Approx. 5 min. walk



Approx. 50 min. by bus

From JR Iwaki Sta., get off at Onahama Annaijo bus stop

9:55

Iwaki Day Cruise

1 いわきデイクルーズ

MAP | P.32

A tour where you cruise within Onahama Bay by an excursion boat for sightseeing. Not just enjoying the scenery, you can have fun feeding the seagulls too. Time required: approx. 50 min.

搭乘觀光遊覽船航行於太平洋的行程。不僅能欣賞風景，還可以餵食海鷗。航程約50分鐘。

태평양을 관광유람선으로 도는 투어. 멋진 경치는 물론, 갈매기에게 먹이주기 체험도 즐길 수 있어요. 소요 시간 약 50분.

- ☎ 0246-54-7600
- 📍 c/o Iwaki Lalamew, 43-1 Onahamatatsumi-cho, Iwaki City
- 🕒 Departs every hour from 10:00 to 15:00 (Varies depending on season)
- 📅 Conform to the business calendar of Iwaki Lalamew
- 💳 Seagull-feeding cruise ¥1,800 (Adult)
- 🚫 Credit cards not accepted.
- 🌐 www.iwaki-j.net/corp/day-c/

13:30



The water park with hot springs pool is equipped with an all-weather dome so you can have fun regardless of the weather

The interior decor of the facility inspired by Hawaii

Spa Resort Hawaiians

3 스파리조트하와이안즈

MAP | P.32

Theme park with the average indoor temperature maintained at 28°C throughout the year. Relax away your tiredness in the swimming pool that uses hot spring water and in open-air baths.

全年平均氣溫維持在28°C的主題公園。到溫泉游泳池和露天風呂中紓解一下疲勞吧。

1년 내내 평균 기온이 28°C로 유지되는 테마파크. 온천을 사용한 풀장과 노천탕에서 피로를 푸세요.

- ☎ 0246-43-3191
- 📍 50 Warabidaira, Jobanfujiwara-machi, Iwaki City
- 🕒 10:00-22:15 (Sat., Sun., Hol.: from 9:00)
- 📅 When maintenance takes place
- 💳 Admission: ¥3,240 (Adult)
- 📱 A,D,J,M,V
- 🌐 www.hawaiians.co.jp

Have good fun to your heart's content in Japan's Hawaii



The twice-a-day performance by the Hula Girls is very popular

Sushi & Kaisendon Sushimasa

MAP | P.32

2 寿司と海鮮丼 寿司正

Enjoy seafood to your heart's content with kaisendon rice bowl topped with 12 different kinds of ingredients, nigirizushi, sashimi set meal, and other seafood dishes. All dishes are served with crab miso soup.

可以吃到盛滿12種食材的海鮮丼、握壽司、生魚片定食等海鮮料理。所有料理都會附上螃蟹味噌湯。12종류의 재료를 얹은 해산물을 담반과 초밥, 회 정식 등으로 해산물을 만끽 모든 메뉴에 게 미소 된장국이 함께 나옵니다.

- ☎ 0246-52-1630
- 📍 c/o Iwaki Lalamew, 43-1 Onahamatatsumi-cho, Iwaki City
- 🕒 9:00-18:00 (L.O. 17:30)
- 📅 Conform to the business calendar of Iwaki Lalamew
- 🚫 Credit cards not accepted.



Excursion boat "Phoenix"

Only you can see a close-up view of the construction work with a boat



Short walk



Located inside the Iwaki Lalamew complex which contains restaurants and souvenir shops

Approx. 40 min. by bus



From Onahama Annaijo bus stop to JR Yumoto Sta.

Approx. 15 min. by bus



Free shuttle bus service

11:00



Very filling kaisendon ¥2,200

Day
2

8:30

Interact with sea creatures in the outdoor hands-on section that recreates the natural environment of the seaside

Spa Resort Hawaiians

夏威夷Spa度假設施
스파 리조트 하와이안즈

Approx. 30 min. by taxi

Approx. 30 min. walk



Iwaki Marine Tower

MAP | P.32

Enjoy 360-degree views with the sea breeze blowing

9:00

Approx. 60 m-high observation tower. From the rooftop Sky Deck you can enjoy grand panoramic views of the Pacific Ocean and Iwaki City.

高約60公尺的觀景塔。從屋頂的空中觀景台可以一覽太平洋與磐城街景。

높이 약 60m의 전망탑. 옥상의 스카이 데크에서는, 태평양과 이와키 시내의 멋진 파노라마를 전망할 수 있어요.

- ☎ 0246-53-2448 (Misaki Park Management Office)
- 📍 93 Osaku, Onahama-shimokajiro, Iwaki City
- 🕒 9:00-17:00 (Last admission: 16:30) 🗓 3rd Tue., Jan. 1
- 👤 ¥320 (Adult) 💳 Credit cards not accepted.
- 🌐 www.iwaki-city-park.or.jp/misaki/



Large fish tank where you can see the impressive schools of bonito, sardines, and other fish swimming around

10:00

Aquamarine Fukushima

MAP | P.32

Watch the sea lions swimming around from close-up

5 アクアマリンふくしま

Aquarium noted for displays that recreate the environment of Fukushima's ocean and rivers. You can watch the impressive sight of fish swimming around.

以重現福島海洋、河川等環境的展示為特色的水族館。可以觀賞魚類迫力十足的泳姿。

후쿠시마의 바다와 하천 등의 환경을 재현한 전시가 특징인 수족관. 물고기 박력 있는 수영을 관찰할 수 있어요.



- ☎ 0246-73-2525
- 📍 50 Onahamatsumi-cho, Iwaki City
- 🕒 9:00-17:30 (From Dec. to Mar. 20: until 17:00, last admission is 1 hr. before the closing time)
- 🗓 Open 365 days
- 👤 ¥1,600 (Adult) 💳 A,D,J,M,V
- 🌐 www.marine.fks.ed.jp

Iwakinobussan Meihin Plaza

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13:30

This is the place to get Iwaki souvenirs! Stocks a large selection of traditional handicrafts, local sake, confections, original products, and other items.

要買磐城伴手禮就到這裡! 販售傳統工藝品、地酒、點心、獨創商品等。

이와키의 기념품을 사려면 여기! 전통 공예품과 이 고장의 술, 과자, 오리지널 제품 등이 진열되어 있어요.

- ☎ 0246-92-1180
- 📍 c/o Iwaki Lalamew, 43-1 Onahamatsumi-cho, Iwaki City
- 🕒 9:00-18:00
- 🗓 Conform to the business calendar of Iwaki Lalamew
- 💳 A,J,M,V



6 Jangara ¥1,190. Filled with a generous amount of bean jam inside



Approx. 8 min. walk

Mehikari salt chocolates (10 pieces) ¥1,080. The secret of its tastiness is the salt on the outside and the caramel inside.



Approx. 30 min. by taxi

Iwakishi Sekitan Kasekikan Horuru

MAP | P.32

15:00

8 いわき市 石炭・化石館ほるる

Many precious fossils including dinosaurs discovered in Iwaki City are displayed. Workshops are held at weekends.

展示許多在磐城市内出土的恐龍等珍貴化石。週末會舉辦工作坊。

이와키 시내에서 발굴된 공룡 등의 귀중한 화석을 다수 전시. 주말은 워크숍을 개최합니다.

- ☎ 0246-42-3155
- 📍 3-1 Mukaida, Jobanyumoto-machi, Iwaki City
- 🕒 9:00-17:00 (Last admission: 16:30)
- 🗓 3rd Tue. 👤 ¥650 (Adult)
- 💳 Credit cards not accepted.
- 🌐 www.sekitankasekikan.or.jp

JR Joban Line from Yumoto Sta. to Iwaki Sta.



Most popular is the fruit tart ¥670 and iced coffee ¥590

Approx. 10 min. by train

Approx. 30 min. walk

Approx. 30 min. walk

19:00

Goal!
JR Iwaki Sta.

You can get cakes to take out too

12:00

Onahama Bishoku Hotel

MAP | P.32

Approx. 5 min. walk

A complex where 8 stores and restaurants gather together. Find souvenir shops and food court on the first floor and the restaurants on the second floor.

由8間店聚集構成的綜合設施。1樓是伴手禮店及美食街，2樓則為餐廳。

- ☎ 0246-54-3409
- 📍 43-9 Onahamatsumi-cho, Iwaki City
- 🕒 10:00-19:00, restaurant: 11:00-22:00 (L.O. 21:00)
- 🗓 None scheduled (Open daily during Jul. and Aug.)
- 💳 A,D,J,M,V 🌐 www.bishokuhotel.com



It's big but so delicious that you will eat it all up!



Diameter 15 cm

Large fried cake made of swordfish minced meat ¥324 is really filling!

9 café & tartes CONNEXION

MAP | P.32

Offers 12-14 different kinds of cakes at any one time. Savor fine quality coffee with your cake in the café space.

隨時提供 12~14種蛋糕。可以在咖啡廳區品嚐蛋糕與香醇咖啡。

상시 12~14종류의 케이크를 제공. 카페 공간에서는 케이크와 함께 고급스런 커피 맛을 볼 수 있어요.

- ☎ 0246-38-5277
- 📍 4-26-5 Uchigomimaya-machi, Iwaki City
- 🕒 10:00-19:00 (L.O. 18:30)
- 🗓 1st and 3rd Tue.
- 💳 A,D,J,M,V



Decontamination Efforts toward Safety and Security

『以安全、安心為目標，投入去污工作』 “안전·안심을 위한 제염 대책”

Since the nuclear accident, Fukushima Prefecture has carried out thorough disclosure of radiation levels and the progress of decontamination efforts along with implementation of food inspections and other efforts. The prefecture is also working to dispel the anxieties of residents and visitors by disseminating accurate knowledge about radiation.

核災發生後，福島便致力於公布輻射量與去污狀況、進行食品檢查等，並宣傳正確的輻射知識，以解除居民與訪客的不安。元자력 발전소 사고 후, 후쿠시마는 방사능량 및 제염 상황의 공표, 식품 검사 등을 철저하게 하였습니다. 또한, 방사선에 대한 바른 지식의 보급을 통해, 주민과 방문자의 불안감 해소를 위해서도 노력하고 있습니다.

1 Providing information



資訊提供 | 정보 제공

Information about radiation levels in each area is available on the prefectural government website. The progress of decontamination can also be checked in the Decontamination Information Plaza (see below) which is jointly operated by the Ministry of the Environment and Fukushima Prefectural Government.

福島縣在網站上公布各地區輻射線量。在環境省與縣府共同營運的「去污資訊廣場」(請參考下方)也可查詢去污狀況。

후쿠시마현은, 홈페이지 상에서 각 지역의 방사선량을 공개. 환경성과 현이 공동으로 운영하는 “제염 정보 플라자”(아래 참조)에서는 제염 현황도 찾아 볼 수 있어요.

3 Efforts toward informing the public about the current situation

努力讓大家瞭解現況
현재 상황을 알리기 위한 노력

The Decontamination Information Plaza also organizes mobile exhibitions, free dispatch of experts, etc. A center that provides information about “fukko (reconstruction) tourism” has also been established (see below).

「去污資訊廣場」也進行巡迴展示及免費派遣專家等，並開設提供「復興觀光」資訊的中心(請參考下方)。

이동 전시 및 전문가의 무료 파견 등도, “제염 정보 플라자”에서 실행하고 있습니다. “부흥 투어리즘”의 정보를 제공하는 센터(아래 참조)도 개설되었습니다.

2 Answering questions

回答疑問
질문에 답변

Staff members at the Decontamination Information Plaza are always on site to answer questions. Knowledge about radiation and latest information and progress about decontamination are also provided in an easy-to-understand manner through displays.

「去污資訊廣場」有常駐工作人員回答疑問。也會以展示的方式清楚解說關於輻射線的知識以及對去污的最新資訊。

“제염 정보 플라자”에서는, 질문에 답을 해주는 직원 이 상주. 방사선에 대한 지식 및 제염에 관한 최신 정보에 대해서도, 전시를 통해 알기 쉽게 해설하고 있어요.

4 Ensuring food safety

確保食品安全 | 식품 안전 확보

At present, shipment of food is controlled under extremely strict inspection standards in Fukushima Prefecture. Inspections are conducted at three stages and no item that exceeds the standard values goes on the market. Tap drinking water is also checked frequently. The results of the inspections are posted on the prefectural or municipal website for anyone to see.

目前福島縣以極嚴格的檢查基準管理出貨食品。檢查分為3階段，超過基準值的食品絕不會流入市場。飲用的自來水也頻繁進行檢查。檢查結果會發表在縣及市町村的網頁，任何人都可以瀏覽。

후쿠시마현에서는 현재, 매우 엄격한 검사 기준으로 식품의 출하를 관리하고 있습니다. 3단계로 검사를 하므로, 기준치를 넘는 식품이 시장에 나올 일은 없습니다. 음료를 수돗물도 빈번하게 체크하고 있습니다. 조사 결과는, 현 및 시정촌의 홈페이지에서 발표되어 누구나 볼 수 있어요.

FAQ and Answer

常見Q&A 자주 있는 Q&A

Q Does radioactivity decrease naturally?

輻射能會自然減少嗎?
방사능은 자연히 줄어드나요?

A Some radioactive matter stops emitting radiation after a few days, so it does decrease naturally. However, other matter may take several decades to decline so decontamination is also necessary.

有些物質經過數天就不會再釋出輻射，因此會自然減少。但有些物質則會持續釋出數十年，所以還是有必要進行去污。

며칠만에 방사선이 나오지 않는 물질이 있으므로 자연히 줄어듭니다. 하지만 수십년이 걸리는 물질도 있으므로, 제염(除染)도 필요합니다.

Related facilities that provide information

提供資訊的相關設施
정보를 얻을 수 있는 관련 시설

Decontamination Information Plaza

MAP | P.30

除染情報プラザ

This is a facility that provides information about the decontamination process and the progress of cleanup efforts, teaches basic knowledge of radiation and provides a channel for asking questions and obtaining advice. It has many videos and hands-on displays and provides visitors with easy-to-understand information.

可學習去污方法、進度資訊、輻射基礎知識、並提供諮詢的設施。使用許多影像及體驗型展示，簡單易懂。

제염의 방법 및 진척 정보, 방사선의 기초 지식을 배울 수 있으며, 상담도 가능한 시설. 영상 및 체험형 전시가 많아서 알기 쉬워요.

☎ 024-529-5668
📍 1F 1-31 Sakaemachi, Fukushima City
🕒 10:00-17:00
📅 Mon. (if a public holiday, the following day will be closed instead)
🌐 <http://josen-plaza.env.go.jp/>

Fukushima Reconstruction Tourism Support Center

MAP | P.30

ふくしま観光復興支援センター

The center serves as a channel for dealing with requests for visits to disaster areas in Fukushima Prefecture and arranging storytellers, who tell their experiences of being the victims of the disaster according to demands. It also supports storytelling activities, etc.

視察福島縣內災區、配合需求媒合「口述者(災民導覽員)」的窗口。另外也進行口述者活動支援等。

후쿠시마현 내에서 피해지 사찰 및 설명자를 요청에 따라서 매칭시켜주는 징구, 설명자의 활동 지원 등을 실시.

☎ 024-525-4024
📍 1-20 Mikawaminami-machi, Fukushima City
🕒 9:00-17:00
📅 Sat., Sun., Hol.

Fukushima International Association

MAP | P.30

公益財団法人福島県国際交流協会

This is the base for international exchange activities in Fukushima. The association issues a United We Stand Fukushima newsletter in several languages, provides multilingual translation of information about radiation figures on its website, and engages in other activities.

福島國際交流活動的據點。發行多國語言版「加油福島」，並在網站上以多國語言翻譯輻射數值等。

후쿠시마의 국제교류 활동의 거점. 다언어판 “간버로 후쿠시마”(한글로 후쿠시마의 발음. HP 상에서 방사선 수치의 다언어 번역 등을 실시.

☎ 024-524-1315
📍 2F Funaba-cho Branch, Office of Fukushima Prefectural Government, 2-1 Funaba-cho, Fukushima City
🕒 8:30-17:15 | 📅 Sun., Mon., Hol.
🌐 www.worldvillage.org

*Some information is available in English and English-speaking staff are on hand

*Consultation service for foreign residents is available in English and Chinese

FUKUSHIMA GUIDE & MAPS

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후쿠시마 가이드 / 지도

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- 29 **Aizu Area** Aizuwakamatsu Wide Area/Aizuwakamatsu
會津地區 會津若松廣域 / 會津若松 | 아이즈 지역 아이즈와카마쓰 광역 / 아이즈와카마쓰
- 30 **Nakadori Area** Wide Area/Fukushima Wide Area/Fukushima Station
中通地區 廣域 / 福島廣域 / 福島站 | 나카도리 지역 광역 / 후쿠시마 광역 / 후쿠시마 역
- 31 **Nakadori Area** Shirakawa-Koriyama Wide Area/Koriyama/Shirakawa
中通地區 白河 - 郡山廣域 / 郡山 / 白河 | 나카도리 지역 시라카와 ~ 고리야마 광역 / 고리야마 / 시라카와
- 32 **Hamadori Area** Wide Area/Iwaki/Onahama
濱通地區 廣域 / 磐城 / 小名濱 | 하마도리 지역 광역 / 이와키 / 오나하마

Fukushima Access Map

福島縣路線圖
후쿠시마 액세스 맵



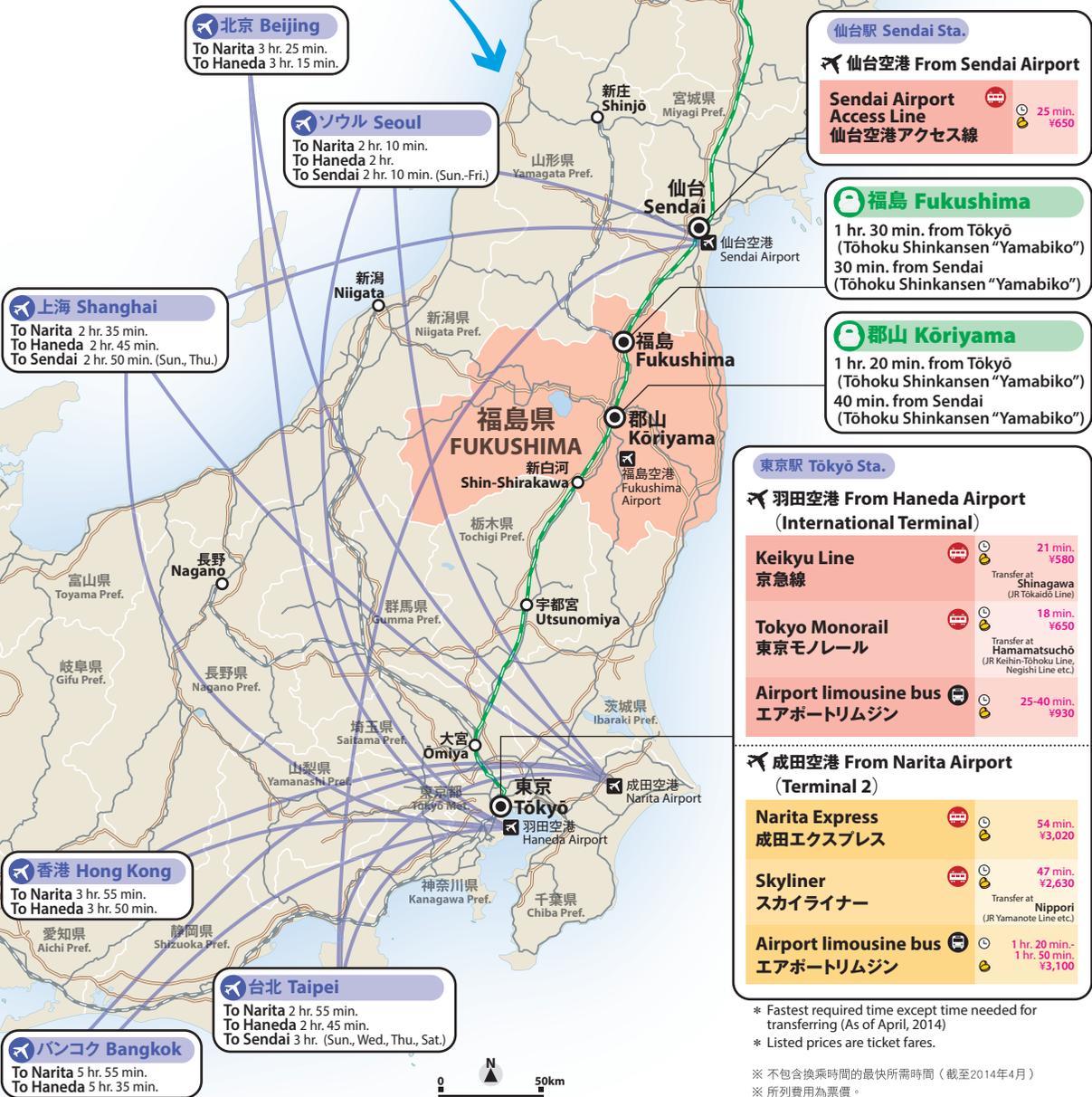
By Air
空運
하늘길

By Shinkansen
新幹線
신칸센

* Travel times are estimated and may vary based on itinerary arranged by transportation providers or due to season and weather conditions. (P.22-23)

※ 所需時間僅供參考，視各公司行程安排，以及時期與天候等因素，可能略有變動。(P.22-23)

※ 소요 시간은 예상입니다. 각사의 스케줄 및 시기, 기후에 따라 중감되는 경우가 있습니다. (P.22-23)



北京 Beijing
To Narita 3 hr. 25 min.
To Haneda 3 hr. 15 min.

서울 Seoul
To Narita 2 hr. 10 min.
To Haneda 2 hr.
To Sendai 2 hr. 10 min. (Sun.-Fri.)

上海 Shanghai
To Narita 2 hr. 35 min.
To Haneda 2 hr. 45 min.
To Sendai 2 hr. 50 min. (Sun., Thu.)

仙台駅 Sendai Sta.
✈️ 仙台空港 From Sendai Airport
Sendai Airport Access Line
仙台空港アクセス線
25 min.
¥650

福島 Fukushima
1 hr. 30 min. from Tōkyō (Tōhoku Shinkansen "Yamabiko")
30 min. from Sendai (Tōhoku Shinkansen "Yamabiko")

郡山 Kōriyama
1 hr. 20 min. from Tōkyō (Tōhoku Shinkansen "Yamabiko")
40 min. from Sendai (Tōhoku Shinkansen "Yamabiko")

東京駅 Tōkyō Sta.
✈️ 羽田空港 From Haneda Airport (International Terminal)
Keikyu Line 京急線
21 min. ¥580
Transfer at Shinagawa (JR Tokaidō Line)
Tokyo Monorail 東京モノレール
18 min. ¥650
Transfer at Hamamatsuchō (JR Keihin-Tōhoku Line, Negishi Line etc.)
Airport limousine bus エアポートリムジン
25-40 min. ¥930

✈️ 成田空港 From Narita Airport (Terminal 2)
Narita Express 成田エクスプレス
54 min. ¥3,020
Skyliner スカイライナー
47 min. ¥2,630
Transfer at Nippori (JR Yamanote Line etc.)
Airport limousine bus エアポートリムジン
1 hr. 20 min.-1 hr. 50 min. ¥3,100

台北 Taipei
To Narita 2 hr. 55 min.
To Haneda 2 hr. 45 min.
To Sendai 3 hr. (Sun., Wed., Thu., Sat.)

香港 Hong Kong
To Narita 3 hr. 55 min.
To Haneda 3 hr. 50 min.

バンコク Bangkok
To Narita 5 hr. 55 min.
To Haneda 5 hr. 35 min.

* Fastest required time except time needed for transferring (As of April, 2014)
* Listed prices are ticket fares.
※ 不包含換乘時間的最快所需時間(截至2014年4月)
※ 所列費用為票價。
※ 길타이는 시간을 제외한 가장 빠른 소요 시간(2014년 4월 현재)
※ 결제 요금은 티켓 요금입니다.

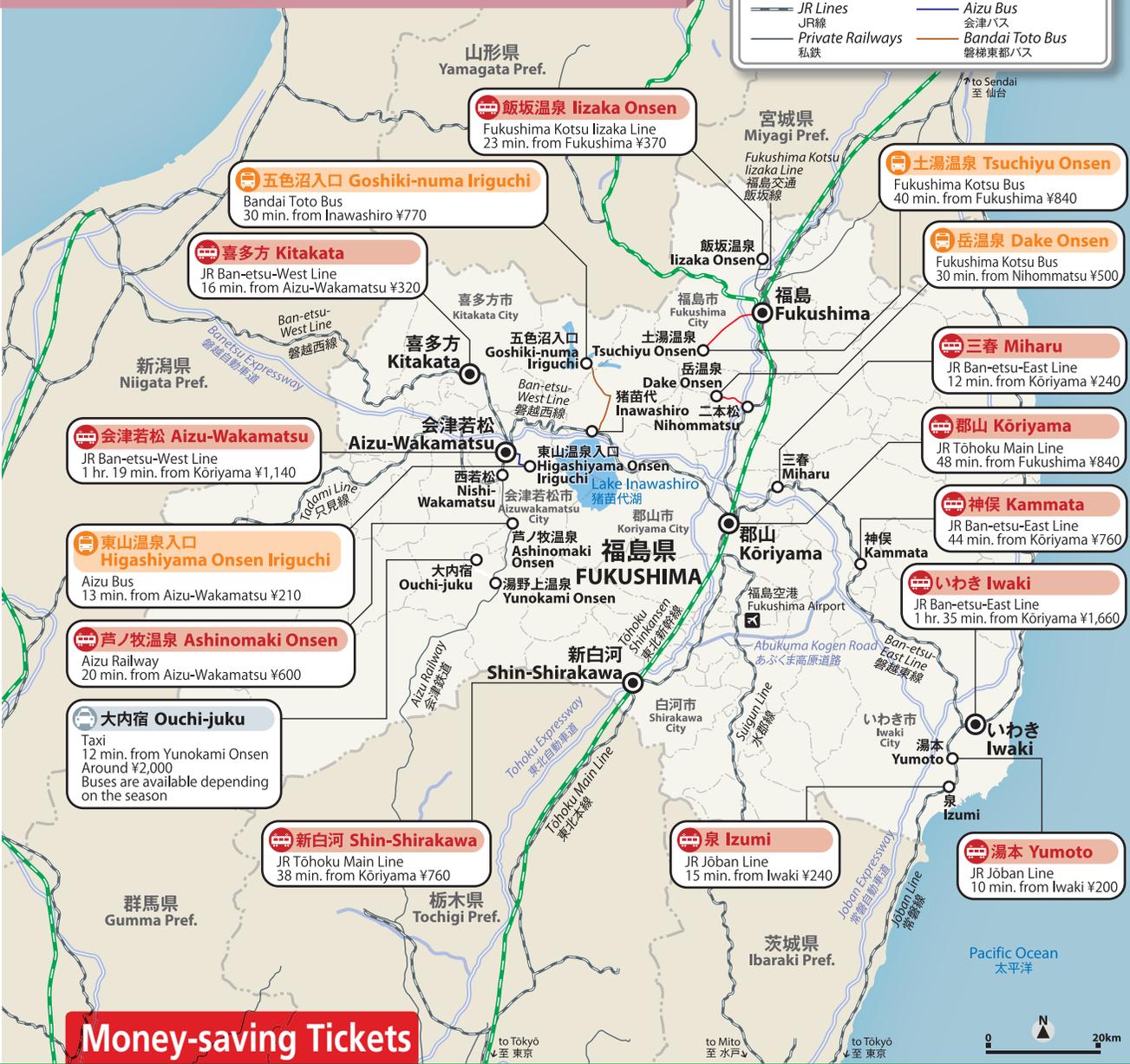


Fukushima Prefecture Access Guide

福島縣內路線圖
후쿠시마 현내 이동 맵

Legend 凡例

- JR Shinkansen (JR新幹線)
- JR Lines (JR線)
- Private Railways (私鉄)
- Fukushima Kotsu Bus (福島交通バス)
- Aizu Bus (会津バス)
- Bandai Toto Bus (磐梯東都バス)

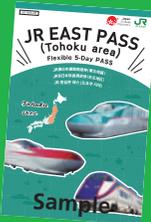


Money-saving Tickets

超值優惠票券 | 경제적인 티켓

JR EAST PASS (Tohoku area)

The JR EAST PASS (Tohoku area) is a convenient and economical railway pass that offers unlimited travel on JR lines from Tokyo to Tohoku area including the Shinkansen. The pass is valid for five days of your choice within a 14-day period from the date when the pass is issued.



超值優惠票券 JR 東日本鐵路周遊券 (東北地區) 可以自由無限次搭乘從東京前往東北地區包括新幹線在內的 JR 線。自購票日起 14 天內有效，可任選 5 天搭乘。

JR 동일본 패스 (도호쿠 지역) 는 신칸센을 포함, 도교를 포함한 도호쿠 지역 내의 JR 노선을 자유롭게 이용할 수 있는 편리하고 경제적인 티켓. 발행일부터 14 일 간의 유효기간 동안에 5 일을 자유롭게 선택하여 이용할 수 있어요.

050-2016-1603 Adult (age 12 and above): ¥20,000
www.jreast.co.jp/e/eastpass_t/

会津ぐるっとカード Aizu Gurutto Card

Offers unlimited 2-day travel within the Aizu-Wakamatsu, Kitakata areas etc. on transportation systems such as the JR lines, Aizu Railway lines, and Aizu Bus. It comes with benefits where you'll also receive discount services at participating tourist facilities, lodging facilities, and restaurants.



可以連續 2 天自由無限次搭乘會津若松、喜多方等通用區域內的 JR 線、會津鐵道、會津巴士等交通工具的超值票卡。部份觀光設施、旅宿設施及餐廳，持卡也能享有優惠。

아이즈와카마쓰 및 기타카타 등의 이용 지역 내의 JR 선, 아이즈 철도, 아이즈 버스 등을 2 일 간 자유롭게 이용할 수 있는 카드. 관광시설 및 숙박시설, 음식점에서 할인 서비스를 받을 수 있는 특전도 포함.

0242-23-8000 Adult: ¥2,670
www.aizukanko.com/kk/aizucard/

Transportation

交通方式 | 교통기관의 사용법

Train 電車 | 전철

In addition to the JR Tōhoku Main Line that runs in the north-south direction, the JR Ban-etsu-East Line that runs to the east from Kōriyama Sta., and the JR Ban-etsu-West Line that runs to the west, also other JR and privately-owned railway lines are operated. 有南北向의 JR 東北本線、從郡山東行의 JR 磐越東線、西行의 JR 磐越西線以及 JR 與私鐵運行。 남북으로 달리는 JR도호쿠 본선, 고리야마에서 동쪽으로 달리는 JR반에쓰토선, 서쪽으로 달리는 JR반에쓰사이선 외에도 JR과 사설 철도가 운행 중입니다.



Check the price of the fare to your destination
確認到目的地的票價
목적지까지의 요금 확인

Check the fare for your destination shown on the information display located above ticket machines.

查詢售票機上方的費用表，確認前往目的地所需的費用。
매표기 위에 있는 운임표를 보고, 목적지까지 운임을 확인.



Put your money into the ticket machine
將現金投入售票機
매표기에 돈을 넣는다

Insert the amount for the fare. Any change will be returned after the ticket is issued and will automatically be dispensed into the tray.

投入所需費用的金額，在出票後會自動找零。
요금의 금액을 넣는다. 잔돈은 발권 후, 자동으로 나오므로 안심.



Press the button for the fare you want
按下所需費用鍵
요금 표시에 터치

After you put your money into the machine, a screen will appear displaying fare prices. Press the button for the one you want, and you will be issued a ticket for that fare.

投入現金後，出現顯示金額的畫面，並按下正確的金額。
입금 후, 금액 표시가 화면에 나오니 희망하는 금액을 터치하자.



Pass through the ticket gate
從自動閘門進入
개찰구를 통과한다

Insert your ticket into one of the ticket gates and walk through the gate. Don't forget to take your ticket after you walk through.

개찰기에 표를 넣고, 개찰기를 통과한다. 통과 후, 표가 다시 나오므로 잘 챙기자.

Bus 公車 | 버스

Buses are convenient for short-distance travel and perfect for getting the general feel of an area. Be sure to give yourself plenty of time to reach your destination as there may be traffic jams and other delays, however. 想要熟悉街道時，搭乘近距離移動時相當便利의 公車是最佳選擇。有時會發生道路堵塞，請留出充分時間。 큰거리 이동에 편리한 버스는 마을 전체를 파악하는데 가장 좋다. 정체될 때도 있으니 시간적 여유를 갖자.



Wait at the bus stop
在公車站等車
버스 정류소에서 기다린다

Wait for the bus at one of the bus stops with a sign.

在有站牌的公車站候車。
버스 승차장·간판이 있는 정류소에서 버스를 기다린다.



Check the destination, and get on the bus
確認目的地的乘車
목적지를 확인하고 승차한다

The service route number will differ depending on the destination, so be sure to check it before you get onto the bus. Be sure to take a numbered bus ticket when you get on.

根據目的地不同，系統編號也不同，請事先確認。抽取整理券後搭車。
목적지에 따라 개통번호가 다르므로 사전에 확인을. 정리권을 뽑은 다음 승차.



Press the button for getting off
按下停車鈴
하차 버튼을 누른다

When you get close to the bus stop you want to get off at, press the button to indicate that you wish to get off.

在接近目的地的車站時，請按下停車鈴以告知司機。
내리는 버스 정류장 근처에서 버튼을 눌러 하차할 것을 알린다.



Insert money for the fare, and get off the bus
將車費投入車費箱後下車
요금을 투입구에 넣고 하차한다

Insert the fare into the fare collection box located at the front of the bus. Make sure to have the exact amount ready.

下車時將車費投入巴士前面的車費箱。請事先準備好剛好的車費。
버스 앞쪽에 운임통에 요금을 넣는다. 딱 맞게 금액을 준비해 두자.

Taxi 計程車 | 택시

Up to four passengers are accepted per taxi, so taking a taxi is sometimes cheaper than a bus or train for short distances. Fares go up during the hours of 23:00-5:00. 最多可乘坐 4 人，近距離時可能會比電車或公車便宜。23:00 到早晨 5:00 之間會增收費用。 택시는 4 명까지 승차 가능하며, 근거리는 전차나 버스보다 저렴하게 갈 때도 있다. 23:00~ 아침 5:00 까지 할증요금.



Hail a taxi
招攔計程車
택시를 세운다

Raise your hand to signal a taxi driving down the street to stop. There are also taxi stands in front of train stations and at other locations.

揮手招攔行走在路上計程車。車站附近有計程車等候處。
길을 달리는 택시를 세운다. 역에는 택시 승차장이 있다.



Get into the taxi
上車
승차한다

The door will open automatically, so get in after it does. If you have large pieces of baggage, ask the taxi driver for assistance.

車門自動打開後，上車。司機會幫助搬運大件行李。
자동으로 문이 열리면 승차한다. 큰 짐이 있는 경우 운전사에게 알린다.



Tell the taxi driver your destination
告知司機目的地
목적지를 알린다

Tell the driver where you want to go. It may be faster to just show him or her a piece of paper or book with the name of the destination written on it.

告知司機目的地。可將寫有目的地名的紙或書指給司機看。
목적지를 말한다. 목적지 이름이 나온 종이나 책을 보여주는 것이 빠르다.



Pay the fare
付費
요금을 지불한다

Pay the amount shown on the fare meter. Most taxis do accept major credit cards.

依照計費表上的價格付費。幾乎所有計程車可使用信用卡。
미터에 표시된 요금을 지불한다. 대부분의 택시에서 신용카드를 이용할 수 있다.

Rental Car 租車 | 렌터카

Since the number of trains and buses are few in Fukushima Prefecture, you'll be able to go to many more places with the use of a rental car. 福島縣電車和巴士班次不多，不妨利用租車服務，擴大行動範圍。 후쿠시마 현은 전철이나 버스의 운행 수가 적으므로 렌터카를 이용하시면 행동 범위가 확 넓어집니다.



Reservations & contract
預約 & 契約
예약 & 계약

Sign the contract and pay the required fees. If you wish to specify the car type, we recommend making reservations in advance.

簽署合約並支付費用。如欲指定車種，最好事先預約。
계약서에 서인을 하고 요금을 지불합니다. 원하는 차종을 지정하려면 사전 예약을 추천합니다.



Before leaving with the car
出發手續
출발 절차

Along with the staff, check the car for any dents or scratches. Don't forget to check how to operate the controls inside the car.

出發前和工作人員一起檢查車身有無傷痕。別忘了也要確認車內儀器操作。
출발 전에 긁힘 등이 있는지 스테프와 함께 확인합니다. 차 안의 기기 조작 확인을 잊지 마세요.



Gas
汽油
연료

When you return the car, you need to fill up the tank. Please note that if you forget to do so, you will be charged for gas when returning the car.

請注意，歸還前必須把汽油加滿。如果忘記，會被要求支付燃料費。
연료는 가득 채워 반환하는 것이 기본입니다. 잊은 경우 차 렌탈비는 청구 되므로 주의하세요.



Return the car
歸還手續
반환 절차

Go to the counter after you've made sure you haven't left anything behind. The staff will check the car for any dents or scratches and will charge you additional charges, if necessary.

確認車上沒有遺留物品之後再前往櫃檯。檢查車身有無傷痕，若有追加費用則當場結算。
두고 내린 물건이 없는지 확인 후 카운터로, 긁힘 곳 이 있는지 확인하고 추가 요금이 있으면 신청합니다.

Essential Information

基本資訊 | 필수 정보



Money 錢款 금전

You can withdraw money in Japanese yen using foreign-issued credit cards and cash cards at Seven Bank ATMs in 7-Eleven convenience stores and at Japan Post Bank's ATM. Major credit cards are accepted at many chain stores and shops. Currency can be exchanged and traveler's checks are accepted at hotels and banks.

在便利商店 7-11 內的 seven 銀行和郵貯 ATM，可使用國外信用卡或現金卡提取日幣。另外也有許多連鎖店等商家可使用各大信用卡。外幣或旅行支票可在飯店或銀行兌換。

세븐일레븐 편의점 내에 있는 세븐은행 및 우체국의 ATM에서 해외 신용카드나 현금카드를 이용하여 엔화를 인출할 수 있다. 주요 신용카드는 체인점을 중심으로 이용 가능한 점포가 많다. 환전이나 여행자수표는 호텔이나 은행이 아닌 곳에서도 이용 가능하다.



Japan Post Bank
郵貯銀行 | 유초은행
www.jp-bank.japanpost.jp/en/ias/en_ias_index.html



SEVEN BANK
Seven銀行 | 세븐은행
www.sevenbank.co.jp/inticard/service2.html



Wi-Fi

In Japan, Wi-Fi access point is available not only in the airport, but in many spots in cities including convenience stores, vending machines, and trains, offering support for a comfortable journey. The GOOD LUCK TRIP JAPAN App offers a video clip explaining how to use Wi-Fi, so be sure to check out the video and utilize Wi-Fi access.

在日本，除了機場之外，便利商店、自動販賣機、電車等市區內各種地方都可以使用Wi-Fi，讓旅遊更為方便。GOOD LUCK TRIP JAPAN App以動畫解說Wi-Fi的使用方式，歡迎多加參考利用。

일본에서는 공항은 물론, 편의점과 자동판매기, 전자 등 거리의 여러 곳에서 Wi-Fi를 사용할 수 있어, 쾌적한 여행을 지원한다. GOOD LUCK TRIP JAPAN App에서는 Wi-Fi 사용법을 동영상으로 설명해주므로, 꼭 체크한 후 이용해보자.



Free Wi-Fi Spot
Free Wi-Fi熱點 | Free Wi-Fi 스폿



GOOD LUCK TRIP JAPAN App
www.goodlucktripjapan.jp/introduction/

Manners | 禮儀 | 매너

In a restaurant

餐廳 | 음식점에서



It is customary for each person to order at least one dish at restaurants in Japan, such as ramen shops and sushi restaurants.

到拉麵店、壽司店等日本餐廳時，每人需點一道以上料理才符合禮儀。

라면전문점이나 초밥전문점 같은 일본의 음식점에서는 1인당 1인분 이상을 주문하는 것이 매너입니다.

At a public bath

公共澡堂 | 대중탕에서



It is customary to wash your body before getting into the bath at public baths. Be sure not to let your towel come in contact with the water in the bathtub.

在公共澡堂時，泡湯前必須先洗淨身體。毛巾不可泡入浴池裡。

대중탕에서는 탕에 들어가기 전에 몸을 씻는 것이 매너. 수건은 탕에 가지고 들어가지 마세요.

Wait your turn

排隊等候 | 순서 기다리기



When it's crowded and there's a line, don't cut in. Line up at the end and wait your turn.

當人潮較多、前方有人排隊時，千萬不可插隊。請排在隊伍後方等候輪到自己。

혼잡해서 줄이 늘어서 있으면 중간에 끼어들지 말고, 줄의 맨 끝에 서서 순서를 기다리세요.

EMERGENCY | 緊急聯絡 | 비상 상황



If you lose your credit card

遺失信用卡 | 신용카드 분실

Credit card companies

American Express ☎ 0120-020-120
Diners Club ☎ 0120-074-024
JCB ☎ 0120-794-082
MasterCard ☎ 00531-11-3886
Visa Card ☎ 00531-11-1555
UnionPay ☎ 0034-800-800-287



If you lose your airline ticket

遺失機票 | 항공권 분실

Airline companies

Air China ☎ 03-5251-0711
All Nippon Airways ☎ 0570-029-709
Asiana Airline ☎ 03-5812-6600
Cathay Pacific Airways ☎ 03-6746-1000
China Airlines ☎ 03-6378-8855
Japan Airlines ☎ 0570-025-031
Korean Air ☎ 0088-21-2001



If injured or being sick

受傷或生病時 | 부상과 병에 걸렸을 때

Holiday Emergency Clinics

Fukushima City Nighttime Emergency Clinic ☎ 024-525-7672
Koriyama City Holiday & Nighttime Emergency Medical Center ☎ 024-934-5656
Aizuwakamatsu-city Night Emergency Clinic ☎ 0242-28-1199



Emergency contacts

各種緊急聯絡處 | 각종 긴급 연락처

Emergency contacts

Police ☎ 110
Fire fighting and emergency ☎ 119
Japan Helpline ☎ 0570-000-911

Embassies

中國大使館
☎ 03-3403-3388
☎ 3-4-33 Motoazabu, Minato-ku
台北經濟文化辦事處
☎ 03-3280-7811
☎ 5-20-2 Shirokanedai, Minato-ku
대한민국 대사관
☎ 03-3452-7611
☎ 1-2-5 Minami-Azabu, Minato-ku

If you encounter any problems
遇到麻煩時 | 문제가 발생한 경우

How to use the maps

地圖的使用方式 | 지도 사용법

Use the maps starting from the next page and have even more fun in Fukushima!

利用下一頁開始的地圖，充分享受福島觀光樂趣！

다음 페이지의 지도를 이용해 후쿠시마를 즐기자!

How to use the maps

地圖的使用方式
지도 사용 방법

- The name of the area the map covers is indicated here.
此處標有地圖的區域名。
여기에 지도의 지역명을 표기하고 있다.
- Displays the map scale. Please be aware that the scale may change slightly from map to map.
標示地圖比例尺。各區域比例尺稍有不同，敬請注意。
지도의 축약표시, 지도에 따라 다소 다르므로 주의하자.
- Icons are used to indicate the genre of the spots they mark. Refer to the description given below for more on icons.
地點類別以符號表示，請參照下面的符號說明。
아이콘은 지역 장르를 나타낸다. 아이콘의 설명은 아래를 참조.



How to use the icons

符號的使用方式
아이콘 사용법

GOOD LUCK TRIP FUKUSHIMA uses mainly three different basic icons to mark landmarks, amusement facilities, transportations, etc. Read the more detailed descriptions provided to find places you want to visit!

「GOOD LUCK TRIP 福島」將基本符號分為地標、娛樂設施與交通等三大類，可閱讀詳細說明，找到想去的地方！

"GOOD LUCK TRIP 후쿠시마" 지도에는 랜드마크, 어뮤즈먼트 시설, 교통 등, 기본적인 아이콘이 크게 3 개의 장르로 나뉘어 있다. 자세한 설명을 읽고 가고 싶은 곳을 찾자!

1 Landmark icons

作為指標的符號 | 위치 확인을 위한 아이콘

Convenience Store, Café | 便利商店、咖啡廳 | 편의점, 카페

Find your way around using cafés and convenience stores.

逛街時以咖啡廳和便利商店為指標！
카페와 편의점을 찾아 거리를 걸어 보세요!

24h 24h Convenience Store
便利商店 | 편의점

Open 24 hours so you can buy batteries, a toothbrush or whatever else you might need during your trip. The icon on the right indicates a convenience store with an ATM. 24小時皆可購買電池、牙刷等旅途必備品。右側符號為附有ATM的便利商店之標誌。전지나 칫솔 등 여행 중에 필요한 물건을 24시간 구입할 수 있다. 우측의 아이콘은 현금인출기가 있는 편의점을 뜻합니다.

Café
咖啡廳 | 카페

Stop at a café when you get tired. You can open your map and check your route. 逛街逛累了，可以到咖啡廳休息。展開地圖確認前往目的地的路徑。거리 탐방에 지치면 카페에서 휴식. 지도를 펴서 목적지로 가는 길을 확인한다.

2 Amusement icons

娛樂設施相關符號 | 즐기 위한 아이콘

[Shopping | 購物 | 쇼핑]

- 100-yen Shop
百圓商店 | 100엔 숍
- Drugstore
藥局 | 약국
- Shopping
一般購物 | 쇼핑 전반

[Eating | 飲食 | 식사]

- Restaurant
一般餐廳 | 레스토랑

[Entertainment | 觀賞 | 관람]

- Museum
博物館 | 박물관
- Movie Theater
電影院 | 영화관
- Amusement Park
遊樂園 | 놀이공원
- Experience
玩樂 | 체험

[Others | 其它 | 기타]

- Sightseeing Spot
景點 | 전망 스팟
- Hot Spring
溫泉 | 온천

3 Basic icons

基本符號 | 기본 아이콘

- Traffic Light / Intersection
交通號誌 | 十字路口 | 신호·교차로
- Station
車站 | 역
- Hotel
旅館 | 호텔
- Tourist Information Office
外國人服務處 | 외국인 안내소
- Post Office with ATM
郵局 (可提用ATM) | ATM이 있는 우체국

Hospital
醫院 | 병원

Police station
警察局 | 경찰서

Koban (Police Box)
派出所 | 파출소

School
學校 | 학교

Park
公園 | 공원

Airport
機場 | 공항

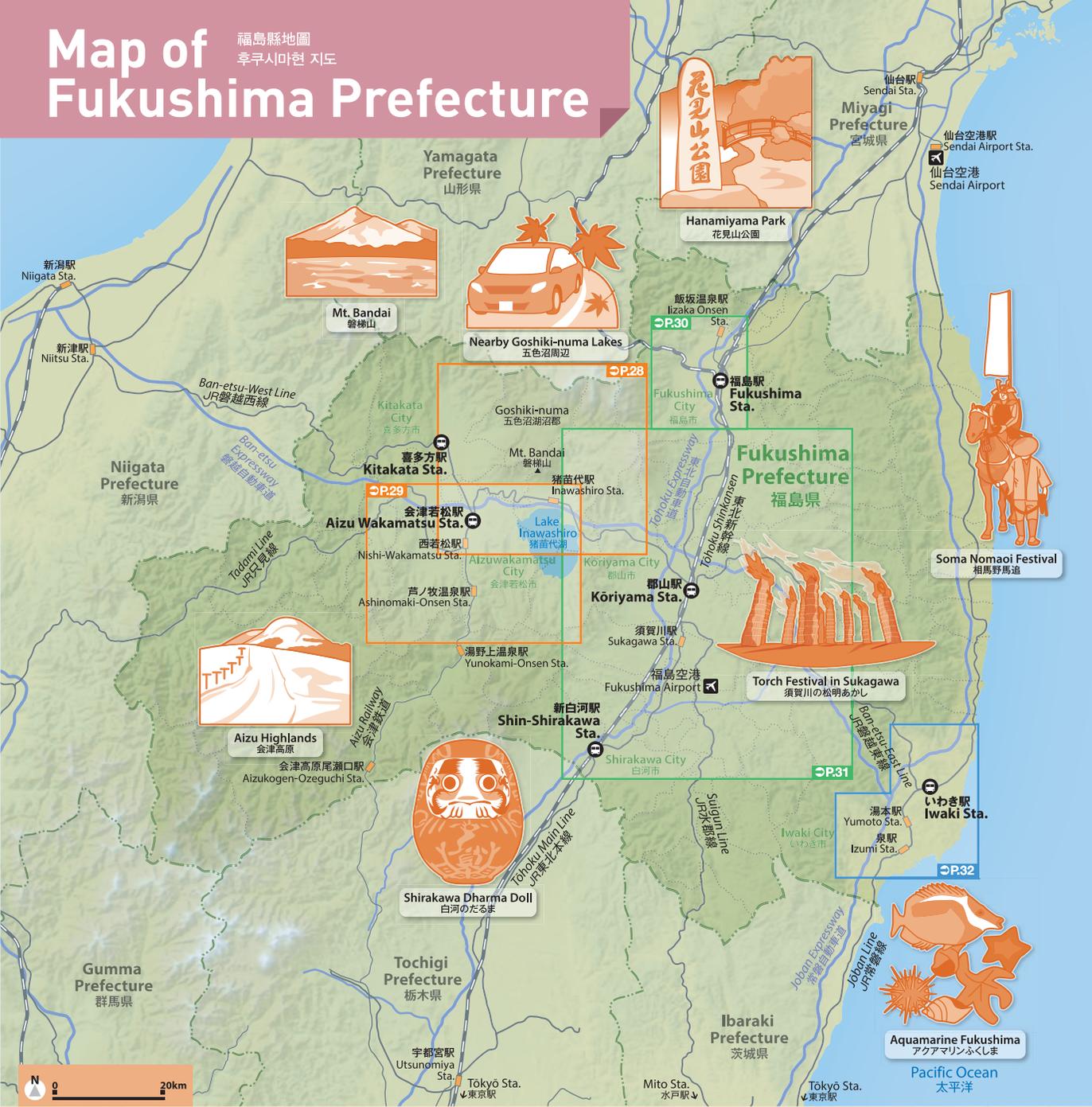
Temple
寺廟 | 절

Shrine
神社 | 신사

Route Number
路線編號 | 도로 번호

Map of Fukushima Prefecture

福島縣地圖
후쿠시마현 지도



Fukushima Prefecture Event Calendar

福島縣活動行事曆 후쿠시마현 이벤트 캘린더

Mid-February	Ouchi-juku Snow Festival (Shimogo Town) 大内宿雪まつり (下郷町)	Early August	Iwaki Odori Festival (Iwaki City) いわきおどり (いわき市)
	Tadami Furusato Snow Festival (Tadami Town) 只見ふるさとの雪まつり (只見町)	Early October	Iizaka Kenka Festival (Fukushima City) 飯坂けんか祭り (福島市)
	Shirakawa Dharma Doll Market (Shirakawa City) 白河だるま市 (白河市)		Nihonmatsu Lantern Festival (Nihonmatsu City) 二本松の提灯祭り (二本松市)
End of July	Soma Nomaoi Festival (Minamisoma City) 相馬野馬追 (南相馬市)	Early October-end of November	Nihonmatsu Chrysanthemum Figures Festival (Nihonmatsu City) 二本松の菊人形 (二本松市)
Early August	Fukushima Waraji Festival (Fukushima City) 福島わらじまつり (福島市)	Mid-November	Torch Festival (Sukagawa City) 松明あかし (須賀川市)

Click here for information on other events taking place in Fukushima! www.tif.net.jp

Aizu Area

会津エリア

會津地區 | 아이즈 지역



Aizuwakamatsu

会津若松



Aizuwakamatsu Wide Area

会津若松広域



会津のうつわ 工房鈴蘭 P.13,14
Aizunoutwa Kobo Suzuran

笑美 P.12
Warabi

山田民芸工房 P.12
Yamadamineikobo

会津若松駅
Aizu-Wakamatsu Sta.

RIE SAKAMOTO COLLECTION
坂本これくしょん

小澤ろうそく店 P.10,12
Ozawa Rosokuten

鶴ヶ城 P.14
Tsuruga-jo Castle

鶴ヶ城会館 P.10
Tsuruga-jo Kaikan

宮泉酒造 P.11
Miyaizumi Shuzo

元祖 輪箱飯 割烹・会津料理 田季野 P.9
Aizuryori Takino

名物カツ丼の店 白孔雀食堂 P.8
Shirokujaku Shokudo

蕎房 かみしりや P.9,14
Kyobo Kamishiroya

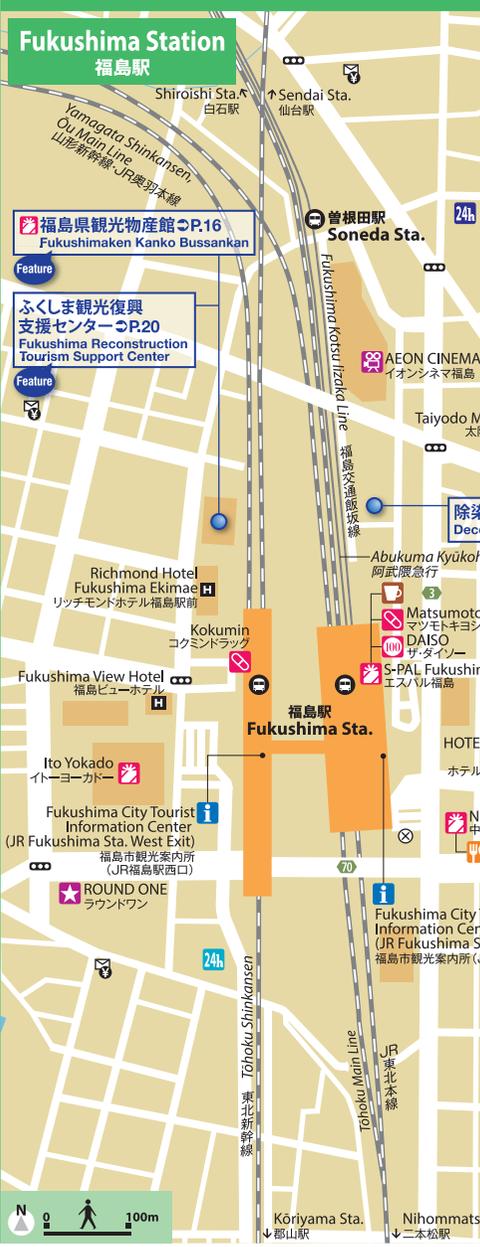
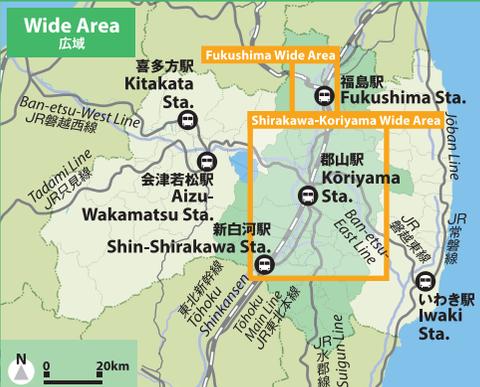
会津東山温泉 向瀧 P.6
Aizu Higashiyama-onsen Mukaitaki

東山温泉 P.14
Higashiyama Onsen

Nakadori Area

中通りエリア

中通地区 | 나카도리 지역



Hamadori Area

浜通りエリア

濱通地区 | 하마도리 지역



Iwaki
いわき

Onahama
小名浜

攝影景點精選! | 촬영 장소를 엄선!
Top Pick Photo Spots!



The mountain is full of flowers in various colors!

FUKUSHIMA Flower Calendar

FUKUSHIMA MAP



福島花曆
후쿠시마 플라워 캘린더

Check when each flower is in full bloom!
確認好花季後，就出發欣賞盛開的花朵吧!

꽃의 만개 시기를 확인하고, 활짝 핀 꽃을 보러 가요!

桜 Hanamiyama Park

Cherry Blossoms and more Hanamiyama Park MAP | P.30

Famous flower viewing spot representative of Fukushima Prefecture. Every year, approx. 300,000 people visit from within and outside the Prefecture. Enjoy viewing cherry blossoms in spring, and other flowers throughout the four seasons.

福島縣著名的賞花景點，每年吸引來自縣內外約30萬名遊客造訪。除了春天的櫻花，四季都可以欣賞到美麗花朵。
후쿠시마 현을 대표하는 꽃의 명소. 매년, 현 내에서 약 30만 명이 방문합니다. 봄의 벚꽃 등 사계절 내내 꽃을 즐길 수 있어요.

Watarai, Fukushima City
Open to public Open 365 days Free of charge

Lovely little flowers create a magnificent view



Best Time to Visit
Early Apr. - early May
(for cherry blossoms)

ニッコウキスゲ Oguninuma Wetlands

Daylily Oguninuma Wetlands MAP | P.28

Stretches to the south of Lake Oguni-numa, a caldera lake. The daylilies that bloom in early summer create a view that looks as if there's a carpet of bright golden yellow.

位於破火山口湖「雄國沼」南方。初夏盛開的北萱草，看起來就好像替大地鋪上淺橘色地毯。

칼데라 호수, 오구니누마의 남쪽에 펼쳐집니다. 초여름에 피는 원추리가 황금빛 융단처럼 보입니다.

Within the nationally owned forest land, Nekomayama, Hibara, Kitashiobara Village
Open to public
Open 365 days Free of charge

A trumpet-shaped flower of about 10 cm blooms



Take a picture with the surrounding mountains!



Best Time to Visit
End of Jun. - early Jul.

紅葉 3 裏磐梯高原

Autumn Leaves Urabandai Plateau MAP | P.28

In autumn, trees painted in red and yellow delight those who visit the Goshiki-numa lakes and the cluster of other lakes and swamps.

到了秋天，樹葉染成紅色與黃色，襯托著五色沼等湖沼群風景，在訪客眼前交織出賞心悅目的景致。 가을이 되면 빨간색이나 노란색으로 물든 나무들이, 고시키누마 등의 호수나 늪과 함께 방문객의 눈을 즐겁게 합니다.

Kitashiobara Village
Open to public
Open 365 days
Free of charge

One of the Goshiki-numa lakes and Japanese maple leaves colored in red



Best Time to Visit
Mid Oct. - early Nov.

The brilliant colors are reflected in the surface of the lakes

The height of the tree is an incredible 13.5m!



桜 4 三春滝桜

Cherry Blossom Tree Miharu Takizakura (Waterfall Cherry Blossoms) MAP | P.31

Sakurakubo, Taki, Miharu Town
6:00-18:00 (until 20:30 during the period when the tree is lit up)
Open 365 days
¥300 (only when the cherry blossoms are in bloom)

Best Time to Visit
Mid Apr. - late Apr.

The tree is lit up for a limited time



A natural monument of Japan, this cherry blossom tree is estimated to be over 1,000 years old. It is called "takizakura" (waterfall cherry blossoms) because its flowers look like a waterfall. 推估樹齡1000年以上的櫻花，獲指定為國家天然紀念物。由於盛開的櫻花宛若瀑布(瀨)，故稱作「瀨櫻」。 국가의 천연 기념물로 지정된 추정 수령 1000 년 이상된 벚나무 꽃이 폭포처럼 보이기 때문에 '타키사쿠라'(폭포 벚꽃)라고 불립니다.

Useful Japanese Expression

實用日語會話 | 유용한 일본어 표현

Everyday conversation / greetings

日常會話 | 일상회화 / 인사

hai / iie はい いいえ	Yes / No 是 / 不是	예 / 아뇨.
konnichiwa こんにちは	Hello. 您好(午安)	안녕하세요?(오후 인사)
sayōnara さようなら	Good-bye. 再見	잘 가요.
arigatō gozaimasu ありがとう ございます	Thank you. 謝謝	감사합니다.

sumimasen すみません	Excuse me. 不好意思	죄송합니다.
gomennasai ごめんないさい	I'm sorry. 對不起	미안합니다.
oishidesu おいしいです	It's delicious. 好吃	맛있어요.

Useful expression

實用會話 | 마을 산책에 도움이 되는 말

~ni ikitai desu ~に 行きたい です	I would like to go to ---. 我想去……。	~에 가고 싶어요.
~wa arimasuka? ~は ありますか	Do you have ---? 有……嗎?	~는 있습니까?
~o kudasai ~を ください	Please give me ---. 請給我~	~를 주세요.
~wa dokode kaemasuka? ~は どこで 買えますか	Where can I buy ---? 在哪裡可以買得到……?	~는 어디서 살 수 있나요?
ikura desuka? いくら ですか	How much is it? 多少錢?	얼마입니까?
dorega osusume desuka? どれ가 おすすめ ですか	Which do you recommend? 您推薦哪一個?	어떤 게 좋은가요?
kore wa nandesuka? これ は 何ですか	What is this? 這是什麼?	이건 뭐예요?
itsu shuppatsu desuka? いつ 出発 ですか	When is the departure? 什麼時候出發?	언제 출발합니까?
itsu touchaku shimasuka? いつ 到着 しますか	When is the arrival? 什麼時候到達?	언제 도착합니까?
~wa dokodesuka? ~は どこですか	Where is ---? ~在哪裡?	~은 어디입니까?
jikan wa donokurai kakarimasuka? 時間 は どのくらい かかりますか	How long does it take? 需要多少時間?	시간은 어느 정도 걸리나요?
shashin o totte kudasai 写真 を 撮って ください	Please take a photograph. 請幫我拍照。	사진 좀 찍어주세요.
toire o kashite kudasai トイレ を 貸して ください	May I use your restroom? 我想借用洗手間。	화장실을 쓸 수 있습니까?

Useful words

實用單字 | 도움이 되는 단어

kūkō 空港	airport 機場	공항
ei ti em ATM	ATM (automatic teller machine) ATM	ATM
basu noriba バス乗り場	bus stop 公車站	버스승강장
chikatetsu 地下鉄	subway 地下鐵	지하철
kippu uriba 切符売り場	ticket counter 售票處	매표소
konbini コンビニ	convenience store 便利商店	편의점
toire トイレ	restroom 洗手間	화장실
byōin 病院	hospital 醫院	병원
kōban 交番	police box 警察局	파출소
kankō annaijo 観光案内所	tourist information desk 旅遊諮詢服務中心	관광안내소
eki 駅	station 車站	역
kyō 今日	today 今天	오늘
ashita 明日	tomorrow 明天	내일

Troubles

發生問題 | 곤란한 상황에 놓인 경우

guai ga warui desu 具合 が 悪い です	I don't feel well. 我覺得很不舒服。 몸이 안 좋아요.	~o nakushi mashita ~を なくし ました	I lost my ---. 我的……不見了。 ~을 잃어버렸어요.
keisatsu(kyūkyūsha) o yonde kudasai 警察 (救急車) を 呼んで ください	Call the police/an ambulance. 請叫警察(救護車)。 경찰 / 구급차를 불러주세요.	nihongo ga wakarimasen 日本語 が 分かりません	I don't understand Japanese. 我不會日語。 일본어 할 줄 몰라요.

Shopping & Restaurant

購物&餐廳 | 쇼핑 & 레스토랑

motto ōkii (chiisai) saizu wa arimasuka? もっと 大きい (小さい) サイズ は ありますか	Do you have a larger/smaller size? 有再大一點(小一點)的尺吋嗎? 조금 큰 (작은) 치수 있어요?	shichaku shitemo iidesuka? 試着 しても いいですか	May I try this on? 可以試穿嗎? 한번 입어봐도 괜찮아요?
chigau iro (dezain) wa arimasuka? 違う 色 (デザイン) は ありますか	Do you have a different color/design for this? 有其他的顏色(款式)嗎? 다른 색 (디자인) 있어요?	kādo de shiharai dekimasuka? 카드 で 支払い できますか	May I pay with a credit card? 可以使用信用卡嗎? 신용카드로 계산할 수 있어요?
betsubetsu ni tsutsunde kudasai 別々 に 包んで ください	Please wrap them separately. 請幫我分開包裝。 따로따로 포장해 주세요.	tabekata o oshiete kudasai 食べ方 を 教えて ください	Please tell me how to eat it. 請教我吃法。 먹는 방법을 알려주세요.
chugokugo (kankokugo/eigo) wa hanasemasuka? 中國語 (韓國語 / 英語) は 話せますか	Do you speak Chinese/Korean/English? 會說中文(韓文/英文)嗎?	중국어 (한국어 / 영어) 로 말할 수 있어요?	

Tourist Information

觀光介紹 | 관광안내

JR Fukushima Station JR福島站 | JR 후쿠시마 역

Fukushima City Tourist Information Center (JR Fukushima Sta. West Exit)

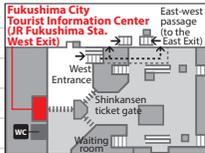
福島市觀光諮詢處 (JR福島站西口)
후쿠시마시 관광 안내소(JR 후쿠시마역 서쪽 출구)

Located in front of the Shinkansen ticket gate. Look for the statue of "momorin" the rabbit as a landmark. English-speaking staff are available.

位於新幹線驗票口前，門口的兔子「MOMORIN」玩偶相當顯目。有會說英文的服務人員。

신칸센 개찰구 앞에 있으며, 토끼 모양의 '모모린' 인형을 찾아 보세요. 영어 대응이 가능한 직원이 있습니다.

☎ 024-531-6428
📍 1-1 Sakaemachi, Fukushima City
🕒 9:00-18:00 🗓 Dec. 29-Jan. 3



Fukushima City Tourist Information Center (JR Fukushima Sta. East Exit)

福島市觀光諮詢處 (JR福島站東口)
후쿠시마시 관광 안내소(JR 후쿠시마역 동쪽 출구)

Located to the side of the front entrance of the east exit ticket gate. You'll find information and materials written in English, Chinese, and Korean.

位於東口驗票口正面玄關旁邊。提供英文、中文、韓文資料。

동쪽 출구쪽 개찰구의 정면 현관 옆에 있습니다. 영어, 중국어, 한국어로 된 자료가 있습니다.

☎ 024-522-3265
📍 1-1 Sakaemachi, Fukushima City
🕒 9:00-18:00 🗓 Dec. 29-Jan. 3



JR Kōriyama Station JR郡山站 | JR 고리야마 역



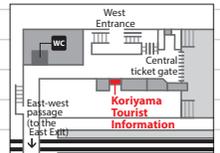
Koriyama Tourist Information

郡山市觀光諮詢處 | 고리야마시 관광 안내소

Located on the 2nd floor of Kōriyama Sta., about 50 m from the central Shinkansen ticket gate. English-speaking staff are always available.

位於郡山站二樓，距離新幹線中央驗票口約50公尺。有會說英語的工作人員常駐。

고리야마 역 2 층, 신칸센 개찰 중앙 출구에서 약 50m 떨어진 장소에 있습니다. 영어로 대응 가능한 직원이 상주합니다.



☎ 024-924-0012
📍 JR Koriyama Station 2F, 197-1 Hiuchida, Koriyama City
🕒 9:00-17:30
🗓 Open 365 days

Aizuwakamatsu Area 會津若松地區 | 아이즈와카마쓰 지역

Aizu-Wakamatsu Station Tourist Information Center

會津若松站觀光諮詢處 | 아이즈와카마쓰역 관광 안내소



Located in front of the ticket gate, to the right. Tourist information materials on the Aizu area written in English, Chinese, and Korean gather together.

一走出驗票口的正右方。提供英文、中文、韓文版會津地區觀光資料。

개찰구를 나와 정면 오른쪽에 있습니다. 영어, 중국어, 한국어로 작성된 아이즈 지역의 관광 자료가 있습니다.



☎ 0242-32-0688
📍 1-1 Ekimaemachi, Aizuwakamatsu City
🕒 9:00-17:30
🗓 Open 365 days

Tsuruga-jō Castle Tourist Information

鶴城觀光諮詢處
쓰루가 성 관광 안내소

Located at the sightseeing spot, Tsuruga-jo Castle. You can rent a bicycle for ¥500 a day. (Apr.-Nov.)

位於觀光景點鶴城。提供自行車出租服務。1天500日圓。(4~11月)

관광 명소인 쓰루가 성에 있습니다. 1일 500 엔으로 자전거를 빌릴 수 있어요. (4~11월)

☎ 0242-29-1151
📍 1-1 Otemachi, Aizuwakamatsu City
🕒 8:30-17:00 🗓 Open 365 days

JR Shirakawa Station

JR白河站 | JR 시라카와 역

JR Shirakawa Sta. Tourist Information

JR白河觀光諮詢處 | JR 시라카와역 관광 안내소

Located inside JR Shirakawa Sta. and provides tourist information materials. Bicycle rentals are also available.

位於JR白河站內，可來此索取觀光資料。也有出租自行車。

JR 시라카와역 구내에 있으며, 관광 자료를 얻을 수 있습니다. 자전거 대여도 가능합니다.

☎ 0248-22-1147 📍 2-1 Kakunai, Shirakawa City
🕒 9:00-18:00 (Nov.-Feb.: until 17:00) 🗓 End-of-year and New Year holidays

JR Iwaki Station

JR磐城站 | JR 이와키 역

Iwaki Tourist Information

磐城市綜合觀光諮詢處 | 이와키시 종합 관광 안내소

Located outside the ticket gate, to the right (towards the south exit) and offers tourist information materials.

一走出驗票口的右側(南口方面)，擺放著觀光資料。

개찰구를 나와 오른쪽(남쪽 출구 방면)에 있으며, 관광 자료가 있습니다.

☎ 0246-23-0122 📍 1 Tamachi, Taira, Iwaki City
🕒 10:00-18:00 🗓 Dec. 29-Jan. 3



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JR EAST PASS (Tohoku area)

www.jreast.co.jp/e/eastpass_t/

JR 東日本鐵路周遊券(東北地區)

JR 동일본 패스 (도호쿠 지역)

www.jreast.co.jp/tc/eastpass_t/

www.jreast.co.jp/kr/eastpass_t/



English



繁體中文



한국어

A flexible budget railway pass for travel around Tohoku area. During five days of your choosing, it offers unlimited rides on JR EAST lines, including the Shinkansen.

用於東北地區旅行的實惠機動通票。包含新幹線在內，能在任選的5天裡自由搭乘JR東日本線列車。

도호쿠 지역을 여행할 때, 신칸센을 포함한 JR 동일본 노선을 자유롭게 선택한 5일 동안 무제한 탑승할 수 있는 저렴한 승차권입니다.

Prices
價格 가격

Adult: ¥20,000 Child: ¥10,000

大人: 20,000日圓 兒童: 10,000日圓

어른: 20,000엔 어린이: 10,000엔

Validity
有效期 효력

5 flexible days (Five days of your choosing within a 14-day period from the date your pass is issued)

5天機動(自發行日起14天內的任意5天)

플렉시블 5일간(패스 발행일로부터 14일 이내의 임의 5일)

How to purchase 購買方法 구입방법

Purchasing outside Japan

You can purchase an Exchange Order from a designated travel agency before coming to Japan. After arriving in Japan, please exchange this for an actual JR EAST PASS (Tohoku area) at an Exchange Office in the JR EAST area. If you purchase it overseas, there will be a 1,000-yen discount (500-yen discount for children).

在日本境外購買

來日本前，可通過指定的旅行代理商購買換票證(Exchange Order)。到達日本後，請在JR東日本所轄區域內的兌換點兌換JR東日本鐵路周遊券(東北地區)。於海外購買優惠1,000日圓(兒童優惠500日圓)。

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일본으로 출발하기 전에 지정된 여행사 등에서 인환증을 구입해 주십시오. 일본에 도착 후, 인환증을 JR 동일본 지역의 교환장소에서 제시하시면 JR EAST PASS (Tohoku area)로 교환해 드립니다. 해외에서 구입하시면, 1,000엔 할인해 드립니다. (어린이는 500엔 할인)

Purchasing online

You can purchase an Exchange Order for the JR EAST PASS (Tohoku area) on the following website. www.eastjapanrail.com If you purchase it online, there will be a 1,000-yen discount (500-yen discount for children).

在線購買

可在以下網站購買JR東日本鐵路周遊券(東北地區)。換票證。www.eastjapanrail.com 於網路購買優惠1,000日圓(兒童優惠500日圓)。

인터넷으로 구입

다음 홈페이지에서 JR EAST PASS (Tohoku area)를 구입할 수 있습니다. www.eastjapanrail.com 온라인으로 구입하시면, 1,000엔 할인해 드립니다. (어린이는 500엔 할인)

Purchasing in Japan

You can purchase the JR EAST PASS (Tohoku area) at Sales Offices in the JR EAST area. When purchasing, you need to present your passport. Moreover, you may not purchase a new one until the validity period of the one you are holding expires.

在日本境內購買

可在JR東日本所轄區域內的銷售點購買。購買時需出示護照。此外，在一張鐵路周遊券的有效期內不可重複購票。

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JR 동일본 지역의 발매장소에서 JR EAST PASS (Tohoku area)를 구입할 수 있습니다. 구입 시에는 여권의 제시가 필요합니다. 또한, 1장의 패스 이용이 종료되기 전에는 새로 구입할 수 없습니다.



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JR 동일본 전화서비스

For inquiries 請致電 문의처 **050-2016-1603**

*10:00 - 18:00 (except during the year-end and New Year's holidays) (年末年初除外) (연말연시 제외)

*Seat reservations are not accepted. ※不提供指定座席預訂服務。※좌석 예약을 할 수 없습니다.

JR EAST Travel Service Center
www.jreast.co.jp/e/customer_support/

JR 東日本旅行服務中心
www.jreast.co.jp/tc/customer_support/

JR 동일본 여행 서비스 센터
www.jreast.co.jp/kr/customer_support/



English



繁體中文



한국어

Good Luck Trip

福島

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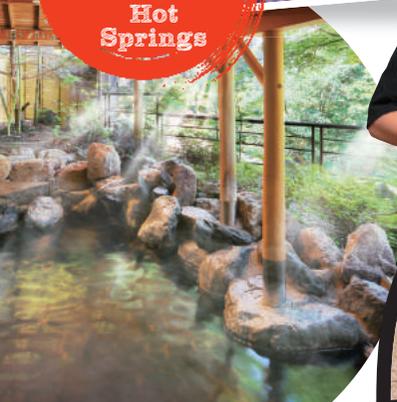


Android / iOS e-books App

グルメ
Gourmet Foods



温泉
Hot Springs



会津: 広域/磐梯高原/喜多方/会津若松

中通り: 広域/福島広域/福島駅/郡山/白河

浜通り: 広域/いわき/小名浜



欢迎来访
福島!

Welcome to Fukushima!

MAP & AREA GUIDE

こんにちは!
福島

ยินดีต้อนรับสู่
ฟุกุชิมะ!



体験
Experience



みやげ
Souvenirs



Fukushima extends a hearty welcome to visitors from overseas!

福島热烈欢迎外国游客光临!

Fukushima extends a hearty welcome to visitors from overseas!
 ด้วยไมตรีจิต!

In 2011, Fukushima sustained great damage from the Great East Japan Earthquake and the resulting nuclear power plant accident.

福島因为 2011 年发生的东日本大地震以及地震所导致的核电站事故而蒙受巨大损害。

ในปี 2011 ฟุกุชิมะได้รับความเสียหายมากมาย จากเหตุการณ์แผ่นดินไหวครั้งใหญ่ในญี่ปุ่นฝั่งตะวันออก และผลกระทบของอุบัติเหตุโรงไฟฟ้านิวเคลียร์

However, Fukushima has been proactively providing information about radiation levels and also the decontamination progress, working to secure food safety.

此后福島一直积极地提供辐射线监控量和除污状况的相关信息，致力于确保食品安全。

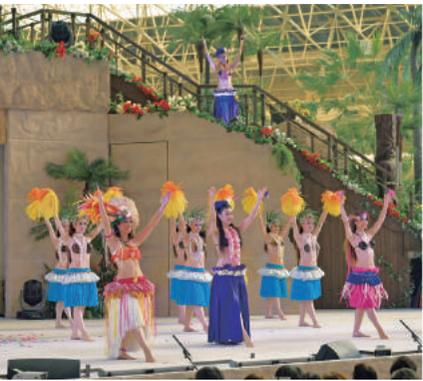
อย่างไรก็ตาม ฟุกุชิมะมีการให้ข้อมูลอย่างต่อเนื่องเกี่ยวกับระดับของรังสีและกระบวนการกำจัดกากปรนเปื้อนสารกัมมันตรังสี เพื่อเชื่อมงวดกับความปลอดภัยของอาหาร

In Fukushima, there are many attractions we recommend visitors from overseas to experience from hot springs, great food, places with scenic beauty and historical interests, to warm smiles of the local people, along with other various things.

Be sure to come visit Fukushima with this magazine in hand.

温泉、美食、名胜古迹和县民们的笑容，魅力福島等着外国游客来体验。不妨现在就带上本杂志前往福島一游吧!

ฟุกุชิมะมีสิ่งที่น่าสนใจมากมายที่เราอยากแนะนำให้นักท่องเที่ยวต่างชาติได้สัมผัสประสบการณ์ ไม่ว่าจะป็นน้ำพุร้อน อาหารอร่อย สถานที่น่าสนใจทางประวัติศาสตร์และมีทัศนียองงาม ไปจนถึงรอยยิ้มอันอบอุ่นของผู้คนในท้องถิ่น ตลอดไปสิ่งอื่นๆ อีกมากมายอย่าลืมแวะเที่ยวฟุกุชิมะพร้อมนำคู่มือเล่มนี้ติดตัวมาด้วย



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- 31 **Nakadori Area Shirakawa-Koriyama Wide Area / Koriyama / Shirakawa**
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Data Symbols

图标说明 | ข้อมูลสัญลักษณ์

- Tel. No.
- Fax No.
- Address
- Access
- Hours
- Closed
- Fee / Price
- Accepted credit cards
- A = American Express
- D = Diners
- J = JCB
- M = MasterCard
- V = Visa
- 銀 = UnionPay
- URL
- Featured in this magazine

STAFF

- Publisher Kazuo Shingu
- Supervisor Shoji Kawabata (Rainbow Publishing Co., Ltd.)
- Directors Takahisa Yuge
Takashi Ueki
- Producer Seigo Hirose
- Editors Emiko Sato (Capichera)
Yoshiko Nozoe (Capichera)
Akiko Ito
Nao Kikuchi (IT)
- Art Director Megumi Oida (View Planning)
- Designers Ryoko Morioka (View Planning)
Mikiko Tomita (View Planning)
Sae Takayama
- Photographers Jin Kageyama (Studio Naps)
Miko Ichie
- Illustrator Sae Takayama
- Maps atelier PLAN Co., Ltd.
- Translation Torindo Co., Ltd.
- Proofreading Tokyo Shuppan Service Center
- Marketing Yoshinori Kakiuchi
Naoki Katsumasa
Kani Sha
- Printing TOPPAN PRINTING CO.,LTD.
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TEL: +81-3-3553-6696 (Editorial Section)
+81-3-3553-6660 (Advertising Section)
FAX: +81-3-3553-6725
Email: japan@arukikata.co.jp
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At-a-glance

Map of Fukushima

福島地图概览

ภาพรวมแผนที่ของฟูกูชิมะ



喜多方市
Kitakata City

会津若松市
Aizuwakamatsu City

Lake Inawashiro
猪苗代湖

福島空港
Fukushima Airport

新白河駅
Shin-Shirakawa Sta.

東京駅
Tōkyō Sta.

Aizu Area

会津エリア

2-DAY Model Route P.14
MAP P.28

An area with many highlights including Aizuwakamatsu City, where Tsuruga-jo Castle is located, Kitakata, the city of ramen, and the Bandai Highlands, where there is an abundance of nature. Many skiers visit in winter.

会津若松又名鹤城，有“拉面之都”喜多方、自然风光优美的磐梯高原等，观光主题相当丰富。冬天也会吸引大批滑雪游客前来观光。

เขตนี้มีสิ่งที่น่าสนใจมากมาย เช่น เมืองโอซุวะกะมัทสึ เป็นที่ตั้งของปราสาททซึรุงะ เมืองคิตะคะตะเป็นเมืองแห่งราเมง และเทือกเขายันไดที่มีธรรมชาติอันอุดมสมบูรณ์ นักสกีจะมากันในฤดูหนาว

Major City
主要城市
เมืองสำคัญ

Aizuwakamatsu City
会津若松市
Kitakata City
喜多方市

Includes large cities such as Fukushima, the prefectural capital, and Koriyama, the city with the largest population in the prefecture. Since the Shinkansen runs through this area, it is an important hub for sightseeing in Fukushima Prefecture.

该区有县政府所在地福岛、全县人口最多的郡山等大城市。因为有新干线通过，因此也成为福岛观光的重要据点。

มีเมืองขนาดใหญ่อย่างฟูกูชิมะเป็นเมืองหลวงของจังหวัด และเมืองโคริยามะเป็นเมืองที่มีประชากรมากที่สุดในจังหวัด เขตนี้เป็นศูนย์กลางการท่องเที่ยวของจังหวัดฟูกูชิมะเนื่องจากรถไฟชินคันเซนวิ่งผ่านเขตนี้



Hamadori Area

浜通りエリア

2-DAY Model Route P.18

MAP P.32

Facing the Pacific Ocean, it is a temperate region with little snowfall even in winter. The popular sightseeing spot in this area is Iwaki City, where Spa Resort Hawaiians and Aquamarine Fukushima are located.

邻近太平洋，冬季降雪量不多，属于较温暖的区域。夏威夷 Spa 渡假村和水族馆所在的磐城是人气观光区。

อยู่ติดชายฝั่งมหาสมุทรแปซิฟิก จึงมีอากาศสบายๆ มีหิมะเพียงเล็กน้อยแม้ในฤดูหนาว จุดท่องเที่ยวยอดนิยมในเขตนี้คือเมืองอิวะกิเป็นที่ตั้งของสปา รีสอร์ท ชาวฮาวายและอควาแมรินฟุกุชิมะ

Major City

主要城市

เมืองสำคัญ

Iwaki City

いわき市

Pacific Ocean
太平洋

Nakadori Area

中通りエリア

2-DAY Model Route P.16

MAP P.30

Major City

主要城市

เมืองสำคัญ

Fukushima City

福島市

Koriyama City

郡山市

Shirakawa City

白河市



Welcome to Fukushima!

こらん
しょ!
福島

欢迎来到福岛!
ยินดีต้อนรับสู่ฟูกูชิมะ!

温泉

Hot Springs

泉

Relaxing! Touring unique hot springs

探访各色温泉，放松心情!

ผ่อนคลาย! เที่ยวบ่อน้ำพุร้อนไม่เหมือนใคร

Blessed with rich nature, Fukushima has many hot spring hotels. Be sure to enjoy the buildings, water qualities, scenery, and local foods all different in each of its characteristics!

深受大自然眷顾的福岛有许多温泉住宿设施。每一家的建筑、温泉水质、景观和乡土料理都各具特色，一定要参观拜访!

ขอบคุณธรรมชาติที่อุดมสมบูรณ์ ฟูกูชิมะมีโรงแรมที่ให้บริการบ่อน้ำพุร้อนมากมาย สัมผัสประสบการณ์ที่แตกต่างหลากหลายสไตล์ทั้งตัวอาคาร คุณภาพน้ำ ทิวทัศน์ และอาหารพื้นเมือง

Hot spring bath of this hotel uses the water which is pumped directly from the source, and the pumped water flows continuously, not being recirculated in the bath.



A 会津東山温泉 向瀧
Aizu Higashiyama-onsen Mukaitaki

The building which has different architectural styles in each of the rooms is a nationally registered tangible cultural property. The hot spring water effective for making your skin beautiful warms you through well. Local dishes made with seasonal ingredients are pleasing too.

每间房间构造皆不同的建筑是国家登录有形文化遗产。温泉有优秀的美肤功效，可以充分暖身。使用当季食材的乡土料理也很美味。

ด้วยอาคารสถาปัตยกรรมที่แตกต่างกันหลายสไตล์และห้องที่ได้รับบริการขึ้นทะเบียนเป็นสมบัติทางวัฒนธรรม น้ำพุร้อนนำพุร้อนช่วยให้อายุยืนยาวและร่างกายอบอุ่น อื้ออึ้งยัยอาหารพื้นบ้านที่ปรุงจากรสชาติตามฤดูกาล

Higashiyama Onsen
東山温泉
13 min. by bus from Aizu-Wakamatsu Sta. This is a hot spring resort endowed with nature's bounty boasting a long history.
从会津若松搭乘公交车只需13分钟。风景优美、历史悠久的温泉乡。
13 นาทีโดยรถบัสจากสถานีอิซุวะคะมาตสึ
รีสอร์ทบ่อน้ำพุร้อนแห่งนี้แวดล้อมไปด้วยธรรมชาติและธรรมชาติพร้อมประวัติอันยาวนาน



Guest room with a feel of history

Ashinomaki Onsen
芦ノ牧温泉
45 min. by bus from Aizu-Wakamatsu Sta. Hot spring resort blessed with a beauty of gorge.
从会津若松搭乘公交车只需45分钟。有着优美溪谷风景的温泉乡。
45 นาทีโดยรถบัสจากสถานีอิซุวะคะมาตสึ
รีสอร์ทบ่อน้ำพุร้อนที่สวยงามท่ามกลางลำห้วย
The scenery in autumn foliage season is especially spectacular
The vista from the open-air bath is superb



B 大川荘
Ookawaso
The view from the open-air bath arranged in three stages along the side of the mountain surface of the gorge is just magnificent. Easy access to popular sightseeing spots such as Tsuruga-jo Castle and Ouchi-juku.
沿着溪谷山坡呈三段的露天浴池眺望出去的景观堪称一绝。前往人气观光景点鹤城与大内宿也很方便。
ทัศนียภาพอันสวยงามจากบ่อน้ำกลางแจ้งที่เรียงกันสามขั้นไปตามสันเขา เดินท่างไปยังแหล่งท่องเที่ยวอันมีอย่างปราสาทซึรุงะโจและอุจิวะโจ
MAP | P.29
0242-92-2111
984 Shimodaira, Ashinomaki, Otomachi, Aizuwakamatsu City
Average rate: ¥15,270/night incl. two meals (per person)
J/V
www.ookawaso.co.jp

会津エリア
Aizu Area
会津地区
เขตโอคุ

C 裏磐梯ロイヤルホテル
Urabandai Royal Hotel



Conveniently located in just about 7 min. walk to Goshiki-numa lakes. The open-air bath made out of piled-up, natural rocks boasts itself of its own water source. You can enjoy the beauty of Fukushima's four seasons to your heart's content.

前往五色沼只需约7分钟的路程。以岩石堆砌而成的露天浴池使用引以自家的自家源泉，还可欣赏到福岛四季美景。

ท่ามกลางธรรมชาติอันงดงามเพียง 7 นาทีก็ถึงทะเลสาบโกชิคิโนะม่า บ่อน้ำกลางแจ้งท่ามกลางธรรมชาติอันเป็นขึ้นเพื่อรองรับน้ำจากแหล่งโดยตรง คุณจะได้เพลิดเพลินกับความงามของสี่ฤดูของฟูกูชิมะจนหมดใจ

Urabandaigoshiki Onsen
裏磐梯五色温泉
25 min. by bus from Inawashiro Sta. Convenient for sightseeing of Goshiki-numa lakes and nearby resorts.
从猪苗代站搭乘公交车只需25分钟。前往五色沼及周边度假区的交通相当方便。
25 นาทีโดยรถบัสจากสถานีอิโนะวะชิระ
เดินทางไปยังทะเลสาบโกชิคิโนะม่าและรีสอร์ทใกล้เคียงได้สะดวก

MAP | P.28
0241-32-3111
1093-309 Kengamine, Hibara, Kitashiobara Village
Average rate: ¥12,000/night incl. two meals (per person)
A,D,J,M,V
www.daiwaresort.jp/urabandai/

D 星野リゾート 磐梯山温泉ホテル
Hoshino Resort Bandaisanonsen Hotel

Interior of the guest rooms are decorated in modern Aizu style featuring flowers and rippling water. You can bathe in the hot spring that is reputed that it works for beautiful skin while feeling the breeze from Mt. Bandai.
客房装修采用会津摩登风格，以花卉与波纹为衬托。沉浸在以美肤泉著称的温泉中感受看来自磐梯山的清新微风。
ภายในห้องพักแขกตกแต่งในสไตล์อิซุสมัยใหม่พร้อมดอกไม้และสาหร่าย คุณสามารถอาบบ่อน้ำพุร้อนที่เชื่อกันว่าช่วยให้ผิวสวยพร้อมรับลมสบายๆ จากภูเขามันไต

MAP | P.28
050-3786-0022
6838-68 Shimizutaira, Sarashina, Bandai-machi
Average rate: ¥18,500/night incl. two meals (per person)
A,D,J,M,V
www.bandaisan.co.jp
Akane-no-Yu hot spring area, themed on Aizu lacquerware
Japanese tranquility and Western comfort
15 min. by car from Bandaimachi Sta. Situated at the foot of Mt. Bandai and convenient for nearby resorts.
距离磐梯镇只有 15 分钟车程。位于磐梯山麓，便于前往周边度假区。
15 นาทีโดยรถยนต์จากสถานีบันไดมาจิ
หรือ นั่งตู้เจ็ทแบรินไต่และเดินทางไปรีสอร์ทใกล้เคียงได้สะดวก



Fresh and neat Japanese-style room



土湯温泉

40 minutes by bus from Fukushima Station. Hot spring resort located in the bosom of Mt. Azuma, in an area filled with rich culture.

从福島站搭乘公交车只需40分钟。座落在吾妻山怀抱中，有着丰富风土文化的温泉乡。40 นาทีโดยรถบัสจากสถานีฟุกุชิมะ ระยะ 40 นาทีที่อยู่บนยอดภูเขาอะซุเมะในเขตที่รุ่งเรืองไปด้วยวัฒนธรรม

Kaiseki meal that makes you feel the reflection of the season. Kuroge Japanese black beef is a specialty of the meal as well.



辰巳屋山荘 里の湯

The large bath, open-air bath, and family bath all must be reserved by certain period of time for private rental. There are also rooms equipped with own cypress bath as well and a space where you can relax as though you were at home amid natural surroundings is prepared here.



The air outside is refreshing
MAP | P.30
024-595-2146
27-2 Akutoujin, Tsuchiyunosenmachi, Fukushima City
Average rate: ¥32,000/night incl. two meals (per person)
A,D,J,M,V
www.satonoyu.com



Hot spring bath that commands a splendid panoramic view

かむろみの郷 / 穴原温泉 匠のこころ吉川屋

Well-established hotel that started its business in 1841. The hot spring that offers panoramic views of nature uses its own private mildly alkaline water source that is gentle on the skin. Japanese-style kaiseki meals that make the most of the ingredients are also popular.

1841年开业的老店。自家源泉温泉坐拥辽阔自然景观，弱碱性的水质触感温和。善用食材的美味日式会席料理也很受欢迎。โรงแรมที่มีชื่อเสียงมายาวนาน เริ่มดำเนินการตั้งแต่ปี 1841 ของน้ำพุร้อนที่มีธรรมชาติอันดีเยี่ยมแห่งนี้มีเอกลักษณ์ของโรงเรือนอนุรักษ์วัฒนธรรมที่โดดเด่นคืออาคารแบบโชกุกุสึที่จัดตั้งขึ้นเพื่ออนุรักษ์วิถีชีวิตอันเป็นเอกลักษณ์ด้วย

穴原温泉

5 min. by car from Iizaka Onsen Sta. to the upper of the Surikami River. Situated along the gorge endowed in a rich nature environment.

MAP | P.30
024-542-2226
6 Shinyu, Iizakamachi-yuno, Fukushima City
Average rate: ¥16,350/night incl. two meals (per person)
J,M,V
www.yosikawayu.com

中通り エリア Nakadori Area

从中通地区 乘坐巴士 5 นาทีโดยรถบัสจากสถานีอิซซากะออนเซ็นไปทางตอนเหนือของแม่น้ำสุริกามิ ตั้งอยู่ตามแนวร่องเขาที่อุดมไปด้วยแหล่งต้นกำเนิดทางธรรมชาติที่อุดมสมบูรณ์

磐梯 熱海温泉

A short distance from Bandai-Atami Sta. As for the spring quality, there is a sulfur spring called nuru-yu as well as a simple thermal spring.

靠近磐梯热海站。泉质除了有单纯泉之外，还有称作“温汤”的硫磺泉。ระยะทางสั้นๆ จากสถานีบันได-อะตามิ คุณจะสามารถเลือกคุณภาพน้ำพุร้อนได้ ทั้งน้ำพุร้อนที่มีสารกำมะถันที่เรียกว่า นูรูยู และน้ำพุร้อนธรรมดา



You can also enjoy a walk in the garden

四季彩 一力 Shikisai Ichiriki

Long-established hot spring hotel that has an authentic Japanese garden that exploits natural features which contrasts with the novel, modern Japanese-style building. The hot spring, called Bijin-no-Yu, is gentle on the skin. Services are offered only in Japanese both at the reception of the hotel and for calls.

MAP | P.31
0243-984-2115
4-161 Atami, Atamimachi, Koriyama City
Average rate: ¥20,000/night incl. two meals (per person)
A,D,J,M,V
www.ichiriki.com

岳温泉

30 min. by bus from Nihommatsu Sta. Hot spring resort that stands at the foot of Mt. Adatara.



As well as indoor and open-air baths, the hotel has an outdoor medicinal herb bath. 70 guest rooms are available, with mainly Japanese-style rooms. Masuzake (sake in small wooden boxes) is served in the open-air bath between 2 pm and 5 pm.

设有室内浴池、露天浴池和药草露天浴池。共70间客房。以和室为主。露天浴池在下午14~17点会提供“栞酒”。นอกจากบ่อน้ำพุร้อนกลางแจ้งและกลางแจ้งแล้ว โรงแรมยังมีบ่อน้ำพุร้อนกลางแจ้งที่ตกแต่งอย่างสวยงามด้วยไม้เนื้อแข็ง มีห้องพักแขก 70 ห้องโดยส่วนใหญ่เป็นห้องสไตล์ญี่ปุ่น ที่บ่อน้ำพุร้อนกลางแจ้งจะมีบริการดื่มพอชะตะ (เหล้าสาเกในกล่องไม้ขนาดเล็ก) ระหว่างเวลา 2 ถึง 5 โมงเย็น



Medicinal herb bath containing a blend of 10 different kinds of medicinal herbs

从二本松站搭乘公交车只需30分钟。位于安太良山麓的温泉乡。30 นาทีโดยรถบัสจากสถานีนิโอมัตสึ รีสอร์ทที่บ่อน้ำพุร้อนแห่งนี้ตั้งอยู่เชิงเขาอะดัตาระ

櫛平ホテル Kunugidaira Hotel

10 min. by car from Yumoto Sta. This hot spring has a long history dating back to the Heian era. 距离汤本站只需10分钟车程。自平安时代延续至今的古老温泉。

いわき温泉

The Monolith Tower is the Hawaiians' newest hotel



浜通り エリア Hamadori Area

10 นาทีโดยรถบัสจากสถานียุเมโตะ บ่อน้ำพุร้อนนี้มีประวัติศาสตร์ยาวนานย้อนกลับไปถึงยุคเฮอัง

スパリゾートハワイアンズ Spa Resort Hawaiians

Hot spring theme park that attracts 1.5 million visitors annually. Not to mention the baths, hot spring water is used in the pool of the theme park as well. A show is performed twice a day (from 13:30 and 20:30). 每年吸引150万游客的温泉主题公园。不仅浴场使用温泉，就连主题公园的游泳池也使用了温泉。每天会举办2场表演秀（13:30~、20:30~）。สวนสนุกที่ใช้บริการน้ำพุร้อนแห่งนี้ดึงดูดนักท่องเที่ยว 1.5 ล้านคนต่อปี น้ำพุร้อนนี้ใช้ทั้งในบ่อน้ำพุและสระน้ำในสวนสนุก มีการแสดงโชว์วันละสองรอบ (เวลา 13:30 และ 20:30)

MAP | P.32
0246-43-3191
50 Warabidaira, Jobanfujiwaramachi, Iwaki City
Average rate: ¥14,850/night incl. two meals (per person) at the Monolith Tower + 2-day admission ticket
A,D,J,M,V
www.hawaiians.jp



Classic gourmet road!

Gourmet catalog of the best of Fukushima's specialties!

这才是王道! 福岛美食目录

เมนูอาหารอร่อยสุดยอดของฟูกูชิมะ!

Here are some of must-eat foods if you visit Fukushima! Enjoy local cuisine that has long been loved by local residents from old times as well as tastes popular with tourists.

到了福岛不吃不归的“必吃”美食精选! 包括自古以来深受当地居民喜爱的乡土料理和观光游客人气美食, 都值得细细品尝。

อาหารเหล่านี้คืองานเด็ดที่ต้องลองชิมเมื่อมาเที่ยวฟูกูชิมะ! ลิ้มรสร้านอาหารพื้นบ้านที่ชาวบ้านท้องถิ่นชื่นชอบกันมานานและเป็นที่ยอมรับในหมู่นักท่องเที่ยวอีกด้วย

グルメ Gourmet Foods

ラーメン Ramen

The two main ramen battlegrounds in Fukushima Prefecture are Kitakata and Shirakawa. Long lines form outside the popular ramen shops so we recommend that you allow plenty of time when visiting.

“喜多方”和“白河”是福岛县内两大拉面激战区。人气名店经常大排长龙, 因此前往时最好预留充足的时间。

ร้านรวมหลักที่นิยมกันทั้งในจังหวัดฟูกูชิมะคือคิตะตะและชิระกะวะ เราขอแนะนำให้คุณเผื่อเวลาไปเมื่อจะมาถึงที่ร้านยอดนิยมเพราะต้องรอคิวยาวถึงถึงต้นร้านเลยทีเดียว

喜多方ラーメン Kitakata Ramen

As many as 120 ramen shops are dotted in the city. There's a custom of eating ramen for breakfast, known as "asara-a".

市区内遍布120家拉面店。当地一早吃拉面的习惯。ในเมืองมีร้านเยอะกว่า 120 ร้าน และมีธรรมเนียมในการทานอาหารเช้าที่เรียกว่า "อะซะระอะ"

白河ラーメン Shirakawa Ramen

Characterized by light soy sauce-based soup and firm, handmade wavy noodles

特色为清爽的酱油口味汤头和嚼劲十足的手工卷面。สังเกตได้จากน้ำซุปขอมันเหลืองอ่อน และเส้นที่ทำด้วยมือเป็นลอนแน่นอน



Chuka-Soba ¥650

There are also regular customers who come every day.

Specialty made noodle a bit wavy

まこと食堂 Makoto Shokudo

Well-established ramen shop that has been in business for 68 years. The pork bone and dried sardine broth is made to a soy sauce taste and goes perfectly with the springy noodles. Seating is at tables or in a tatami room where you take your shoes off.

开业 68 年的老店。猪骨小鱼干高汤调配成酱油口味汤头, 和弹口的面条完美搭配。座位分为餐桌席和必须脱鞋的榻榻米席。

ร้านรวมเก่าแก่ที่มีชื่อเสียงกว่า 68 ปี น้ำซุปกระดูกหมูและปลาซาร์ดีนแห้งที่เคี่ยวมาตลอดหัวห้องมีรสชาติเยี่ยมและเข้ากันกับเส้นที่นุ่มเหนียว เลือกนั่งโต๊ะหรือในห้องปูเสื่อหากมาที่ห้องถอดรองเท้าก่อน

MAP | P.28

- ☎ 0241-22-0232
- 📍 7116 Otazukimichishita, Kitakata City
- 🕒 7:30-15:00
- 📅 Mon. (if a public holiday, the following Tue. will be closed instead)
- 💳 Credit cards not accepted.



とら食堂 Tora Shokudo

Very popular ramen shop for Shirakawa ramen. Flat noodles that have a smooth texture when you eat are slightly wavy and they cling to the soup very well. The shop is spacious and clean.

白河拉面超级名店。口感滑溜的手打面因为有些卷曲, 因此能够吸附大量汤汁。宽敞的店内整洁干净。

ร้านรวมยอดนิยมสำหรับชิระกะวะแรง हमิเส้นแบน มีผิวเรียบ เมื่อกินจะจับมือเล็กน้อยแถมกลมกลืนกับน้ำซุขุดีมาก ใร้านมีพื้นที่กว้างขวางและสะอาด

MAP | P.31

- ☎ 0248-22-3426
- 📍 1 Takinojiri, Kurabeishi, Shirakawa City
- 🕒 11:00-14:30 (Sat., Sun.: until 14:00), 16:00-18:00 (or until all sold out)
- 📅 Mon. (Closed on Tue. once a month, not scheduled)
- 💳 Credit cards not accepted.



Noodles are hand-made every morning



Homemade Chuka-Soba ¥680

Ramen gift pack, 3 servings (¥1,080) is popular too.

名物カツ丼の店 白孔雀食堂 Shirokujaku Shokudo

The rich, slightly sweet sauce on the huge pork loin cutlet that is so big that it hangs over the edge of the bowl is habit-forming. Lavish amounts of Aizu sake is used in the special sauce.

几乎从碗里面满出来的大块腰背肉猪排上淋了偏甜的浓郁酱汁, 让人一吃就上瘾。特制酱汁使用了大量会津酒。

ซอสชุ่มคอหวานเล็กน้อยราดบนเนื้อหมูสันนอกชิ้นโตที่ใหญ่เกินขอบชามออกมาทุกจาน และซอสที่เพอร์เฟกต์มีส่วนผสมของโชยุซาเกะอีกด้วย

Specialty katsudon ¥1,250

Come and enjoy our taste of pride, much-loved in Aizu for 70 years!

MAP | P.29

- ☎ 0242-27-2754
- 📍 10-37 Miyamachi, Aizuwakamatsu City
- 🕒 11:00-15:30 (Closed when all sold out)
- 📅 Mon. & Fri. (Open on Hol.)
- 💳 Credit cards not accepted.



ソースカツ丼 Sauce Katsudon

Dynamic dish which has shredded cabbage on top of rice and topped with deep-fried pork cutlet dipped in sauce. The flavor of the sauce varies from restaurant to restaurant.

米饭上先铺一层高丽菜丝, 上面再放上淋满酱汁的大块猪排。酱汁口味每家店各有千秋。

อาหารอร่อยจานนี้ที่หลายร้านคือโยกหน้าข้าวและชิ้นหมูทอดจิ้มซอสไปโรยหน้า รสชาติของซอสจะแตกต่างกันไปในแต่ละร้าน

会津そば

Aizu Soba

With its large temperature difference between day and night, Aizu is one of Japan's leading soba producing districts. That is why there are so many prestige soba shops. 会津昼夜温差较大，是日本著名的荞麦产地，因此有许多荞麦面名店。

อุณหภูมิที่แตกต่างกันมากในช่วงกลางวันและกลางคืนทำให้มีอุณหภูมิที่เหมาะผลิตโซบะชั้นนำของญี่ปุ่น คือเอะซึคังที่มีร้านโซบะชื่อดังมากมาย



Healthy duck meat goes well with soba.

Duck zarusoba ¥1,150

蕎房 かみしろや

Kyobo Kamishiroya

Handmade soba made with a blend of two types of buckwheat flour is popular and you can enjoy it with bonito-based soup. Located near Tsuruga-jo Castle, you can stop by while sightseeing.

使用2种荞麦制成的手工荞麦面很受欢迎。搭配柴鱼汤头沾酱品尝。位于鹤城附近，不妨在观光途中前往一探。เอะซึคังทำด้วยมือโดยใช้แป้งโฮลของชนิดผสมกันเป็นที่ยอมรับมาก และกินพร้อมก๊วน้ำซุชิปลาตากแห้ง ร้านตั้งอยู่ใกล้ปราสาทฮิริงะ ซึ่งคุณสามารถแวะชมได้สะดวก



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白河そば

Shirakawa Soba

Most shops have the style of serving the soba in round bowls called "warigo" and enjoy the soba with various spices and seasonings.

在称为“割子”的圆形器具盛放荞麦面和各式佐料，是许多店家共同的风格。

ร้านส่วนใหญ่จะรับทำซูชิและอาหารกลางวันเรียกว่า“わりโก” และเพิ่มความร้อนของโซบะด้วยเครื่องเทศและเครื่องปรุงต่างๆ

新駒本店

Shinkoma

Highly reputed for its fragrant handmade soba made solely with home milled and stone-ground Shirakawa buckwheat flour. The shop has a traditional earthen floor like in the old days, the same as a sumo ring when sprinkled with sand.

只使用石臼磨粉的自家制白河产荞麦粉，香气绝佳的手工荞麦面广受好评。店内的地板是传统的土间（水泥等），铺上沙子就如同大相扑的土俵（比赛场）。

โด่งดังมากกับเส้นโซบะทำด้วยมือที่หอมแป้งโฮลที่ทำจากธัญพืชและโม่เองในเครื่องหินแบบสมัยโบราณ เหมือนกับวงซูมิที่ซึซงาโฮ

MAP | P. 31

0248-23-2211

88-1 Oikubo, Shirakawa City

11:00-15:00, 17:00-22:00 (Mon.)

11:00-14:00 Credit cards not accepted.

Open 365 days

Credit cards not accepted.

www.shinkomahonten.com



Warigo-Soba ¥1,280 comes with tempura

Add your favorite spices and seasonings to the soba in the five warigo bowls stacked on top of each other.



にしんの山椒漬

Pickled herring in Japanese pepper

Dish that consists of layers of dried filleted herring and Japanese pepper leaves pickled in a soy sauce-based sauce. It's a good match with sake too.

把“太平洋鲱鱼块”和山椒叶混合在一起，以酱油口味酱汁腌渍而成的食品。非常适合搭配日本酒食用。จานนี้เมื่อลองจากรังจากแห้งและใบพริกไทยญี่ปุ่นหมักในซอสถั่วเหลือง เหมาะกับสุกกับสาเกเช่นกัน



Pickled herring in Japanese pepper ¥600. The herring fillets are thick and filling

Takino Kozuyu ¥450 contains gingko nuts

Enjoy local cuisine in a Japanese house full of atmosphere!



元祖 輪箱飯 割烹・会津料理 田季野

Aizuryori Takino

You can enjoy local Aizu dishes in a dignified reconstructed and restored house built about 200 years ago. The specialty is Wappa Meshi, a dish crammed full of Aizu tastes.

将约 200 年前建造的老房子修复并移建而成，建筑风格稳重，可以在屋内品尝会津地方的乡土料理。招牌料理是汇集了会津美食的轮箱饭。

คุณสามารถเพลิดเพลินกับอาหารพื้นเมืองอิจูในบ้านที่ปรับปรุงและตกแต่งใหม่อย่างสวยงามซึ่งเดิมทีมีมานานกว่า 200 ปี อาหารจานพิเศษคืออิจูประเภชซึ่งเน้นไม่ด้วยรสชาติดีแบบอิจู

0242-25-0808

5-31 Sakaemachi, Aizuwakamatsu City

11:00-22:00

Open 365 days A,D,J,M,V

www.takino.jp/frame.html

こづゆ Kozuyu

This is a local dish where stock is prepared from scallop adductor to which 7 kinds of ingredients such as taro are added. The dish is eaten from an Aizu lacquerware bowl.

乡土料理的一种，以扇贝的干贝熬煮汤头，加入里芋等 7 种食材，并使用会津漆碗品尝。

นี่คืออาหารพื้นบ้านซึ่งมีน้ำซุชิที่ใช้น้ำซุปของเซตังพร้อมเติมวัตถุดิบอีก 7 ชนิด เช่น เห็ดกาน้ำเงินซึ่งมีมาในจานเคลือบแบบอิจู

Gyoza dumplings can also be ordered to go.

餃子 Gyoza dumplings

Pan-fried gyoza dumplings are the common form. "Enban (disk) gyoza" where the gyoza are arranged in a circle is famous within Fukushima City.

一般为煎饺。福岛市内则是以将饺子排成圆形的“圆盘饺子”最为著名。

餃子ชาลอดเป็นทรงทังไป แต่ในเมืองฟุคุชิมะนิยมเรียงเป็นวงกลมที่เรียกว่า“เอนบันเกียวซา (จานกลม)”



One serving of gyoza dumplings (8 pieces) ¥450



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鳥政

Torimasa

Izakaya Japanese-style pub that has been popular with local residents since it was founded 60 years ago. Specialty goza dumplings which have a strong flavor of gingo oil well with sake. We also recommend the great value lunch menu.

开业至今约 60 年的老店，深受当地居民喜爱。招牌饺子蒜味浓郁，非常下酒。超值午餐料理也很值得推荐。

ร้านเหล้าอิซากายาซึ่งมีอยู่ที่นี่มานานที่ท้องถิ่นนิยมกันมาก เนื่องจากเปิดมา 60 ปีแล้ว เกียวซาพิเศษที่มีรสชาติเข้มข้นกับเนื้อกึ่งสุกกับสาเกได้ดี เราขอแนะนำอาหารหรรษาดีที่คุ้มค่านัก



Let's try!

Fukushima offers lots of fun hands-on experiences

快来挑战! 福岛有许多趣味体验活动
สัมผัสประสบการณ์สนุกๆ มากมายที่ฟุกุชิมะ

Experience

体験

Fukushima is crammed with various hands-on experiences and sessions that bring you in contact with its history and specialties. Try them with family or in couples.

福岛有许多接触当地历史和名胜的体验活动。带着轻松的心情和家人、伴侣一同去体验吧。

ฟุกุชิมะมีกิจกรรมหลากหลายและประสบการณ์ที่คุณจะได้สัมผัสไปกับประวัติศาสตร์และสินค้าพื้นเมือง สนุกกับเพื่อนๆ หรือทั้งครอบครัว



Come and have some delicious fruit!

Picking season for peaches is from late Jun. till Sep.

フルーツ狩り
Fruit picking

Fukushima Prefecture is one of Japan's leading fruit producing areas. You can pick fruit on your own that is grown by making the most of the climate and natural features typical of a basin.

福島县是全国著名的水果产地。可以亲手采摘当地特有气候风土所孕育出的水果。

จังหวัดฟุกุชิมะเป็นพื้นที่เพาะปลูกผลไม้ซึ่งมีแหล่งที่มีคุณภาพสูงสามารถที่ชาวชมสวนและกับผลไม้ที่เจริญเติบโตมาตามสภาพอากาศและธรรมชาติที่อุดมสมบูรณ์ของจังหวัด



MAP | P.30

☎ 024-542-0679

📍 50-1 Moji, Hirano, Iizakamachi, Fukushima City

🕒 From 8:00 (Vary by day) 📅 Beginning of Dec. - mid Jun.

👉 Fruit picking: ¥540-¥1,404 depending on the kinds of fruits

💳 Credit cards not accepted.

🌐 www.geocities.jp/fukushimamarusei/



Located along National Route 13



I've picked lots and lots >

まるせい果樹園

Marusei Kajuen

Orchards growing cherries, peaches, pears and other fruit from around June every year. The bright, cheerful staff will give explanations about the different varieties and teach you how to distinguish good quality fruit.

这个果园每年6月左右开始陆续会有樱桃、桃子、梨子等水果成熟。热情的员工会为您介绍品种，并教导如何挑选优质的水果。

สวนผลไม้ปลูกเชอร์รี่ พีช แอปเปิ้ลไม่เพียง ตั้งแต่ประมาณเดือนมิถุนายนของทุกปี เจ้าหน้าที่ที่เป็นมิตรจะคอยให้คำอธิบายเกี่ยวกับความแตกต่างของสายพันธุ์และวิธีการคัดเลือกผลไม้ที่มีคุณภาพดี

絵付け体験

Hands-on painting experience

You can try painting traditional local toys or Japanese candles that are representative of the Aizu area. Sample designs are available so there's no need to worry even if you're a beginner.

可以体验津地地方代表性乡土玩具以及日式蜡地彩绘技法。现场有图案样本，即使是初学者也不用担心。

คุณสามารถลองระบายสีของเล่นพื้นบ้านโบราณหรือเทียนญี่ปุ่นซึ่งเป็นของพื้นเมืองไซบุ ไม่ต้องการหากคุณเป็นมือใหม่ เพราะเรามีตัวอย่างต้นแบบให้ดู

鶴ヶ城会館

Tsuruga-jo Kaikan

Tourist facility located at the entrance of Tsuruga-jo Castle, symbol of Aizu. It sells famous confections, sake, and handicrafts of the Aizu region. Self-righting dharma doll painting program is also popular.

位于千会津地标鹤城入口的观光设施。售卖会津地方糖果、铭酒以及民俗艺术品。不倒翁小法师的绘图体验很受欢迎。

ศูนย์บริการนักท่องเที่ยวตั้งอยู่บริเวณทางเข้าปราสาททsure ซึ่งเป็นที่สัญลักษณ์ของไซบุ มีจำหน่ายขนม สาเก และงานหัตถกรรมที่มีชื่อเสียงของภูมิภาคไซบุ กิจกรรมระบายสีตุ๊กตาดารุมะเป็นกิจกรรมที่นิยมเช่นกัน

MAP | P.29

☎ 0242-28-2288

📍 4-47 Otemachi, Aizuwakamatsu City

🕒 8:30-17:00 (Last admission: 15:00), Dec.-Mar.: 8:30-16:00 (Last admission: 14:00)

📅 Open 365 days

👉 Akabeko painting program ¥870 (Reservation required for Sat., Sun., Hol.)

💳 A,D,J,M,V銀

🌐 <http://tsurukan.com>



There are lots of souvenirs too



Akabeko, said to bring happiness

赤ベコ Akabeko



Finished!

The most difficult part is the eyes.



Required time is approx. 40 min. Even if you make a mistake, you can rub it off with a napkin and start again.



絵ろうそく

Decorated candles

Choose a design from the samples of prefectural flowers



Paint the candle with colors.



Try it in memory of your trip.

小澤ろうそく店

Ozawa Rosokuten

Long-established decorated candle shop that has preserved the traditional way of painting designs by hand. A veteran craftsman shows you carefully how to paint detailed designs.

延续传统手绘图案制法的彩绘蜡烛老店。由熟练的专业人员细心教导精细上色的方法。

ร้านเทียนตกแต่งที่มีชื่อเสียงมายาวนานแห่งเดียวที่อนุรักษ์วิธีการระบายสีด้วยมือ ช่างฝีมือมาประสบการณ์จะอธิบายวิธีการระบายสีแบบลงรายละเอียด

Well-established shop that has been in business since the Edo period



MAP | P.29
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Fee for painting program is ¥900 and required time is approx. 1 hour

そば打ち

Soba making

Try soba making in Aizu, famous for soba! You can try the soba making steps from sieving the buckwheat flour, kneading it, rolling out the dough with a rolling pin and until cutting it.

来到会津就要挑战制作当地知名的手工荞麦面。体验活动包含筛荞麦粉、揉面、使用擀面杖擀面团、切面条等步骤。

ลองทำเส้นโซบะชื่อดังของไอซึ คุณจะได้ลองทำเส้นโซบะตั้งแต่ร่อนแป้งโฮลเกรน นวดแป้ง คลึงแป้งด้วยไม้กลิ้ง จนกระทั่งตัดออกเป็นเส้น

Soba making is a Japanese tradition!



Beginners can readily try

You can also order dishes from menu of the restaurant other than the soba you made yourself.

磐梯更科そば そばさだ

Bandai Sarashinasoba Sobasada

You can savor juwari soba (soba noodles made from 100% buckwheat flour) made with fragrant Aizu-no-Kaori buckwheat and spring water from Mt. Bandai. The restaurant owner will show you how to make soba courteously.

使用香气最佳的“会津之香”作为荞麦粉，再以磐梯山泉水制作100%纯荞麦面。店主会仔细指导您制作荞麦面。

คุณจะได้ลิ้มรสของจูวารีโซบะ (เส้นโฮลเกรนที่ทำจากแป้งโฮลเกรน 100%) ที่ใช้ธัญพืชโฮลเกรนในชาติไอซึที่มีกลิ่นหอมและน้ำจืดจากภูเขาบันได เจ้าของร้านจะแสดงวิธีการทำโซบะอย่างเป็นกันเอง

- MAP | P.28
- ☎ 0242-73-2089
 - 📍 6659-456 Bandai Myohohara, Bandai-machi
 - 🕒 11:00-15:00 (Soba making program from 15:00, reservation required)
 - 📄 Open 365 days (reservation required)
 - 📄 Program is free (ingredients fee ¥1,000 is required)
 - 💳 Credit cards not accepted.
 - 🌐 <http://homepage3.nifty.com/sobasada/>

Roll out the soba dough

Located in the mountains



Japanese sake representative of the sake brewery

利き酒 Sake tasting

Fukushima Prefecture is blessed with clean water and the right climate and features for producing rice so the taste of Japanese sake from Fukushima is exceptionally good!

纯净水质加上适合稻米生长的气候风土，使得福岛县的日本酒美味无比！

จังหวัดฟุกุชิมะอุดมไปด้วยน้ำสะอาดความถี่สภาพอากาศและพื้นที่ที่เหมาะสมกับการปลูกข้าว ดังนั้นเหล้าสาเกญี่ปุ่นจากฟุกุชิมะจึงมีรสชาติดีเยี่ยม!

You can taste various flavors according to season.

You can also see the brewing process



Savor Japanese sake with a deep, sharp taste

宮泉酒造

Miyaizumi Shuzo

You can taste about 8 different kinds of Japanese sake in a sake brewery boasting a long history. The key to the delicious taste is the best well water used in the production preparation process. 历史悠久的酒藏。可试喝约 8 种日本酒。美味的秘诀就在于使用最佳的井水酿造。

คุณสามารถมาลองชิมเหล้าสาเกญี่ปุ่น 8 ชนิดในโรงผลิตสาเกที่มีประวัติยาวนานที่น้ำดีสำคัญของรสชาติที่อร่อยเหนือชั้นที่สุดที่ใช้ในกระบวนการเตรียมการผลิต

- MAP | P.29
- ☎ 0242-227-0031
 - 📍 8-7 Higashikaemachi, Aizuwakamatsu City
 - 🕒 9:00-16:30 (L.O. 16:00)
 - 📄 Open 365 days 📄 Brewery tour
 - 📄 ¥200, free sake tasting 📄 J,M,V
 - 🌐 www.miyaizumi.co.jp

せんべい炭火焼体験

Charcoal-grilled senbei making program

You can try grilling mochikusa senbei dough with mugwort and salt kneaded over a charcoal stove. Required time is approx. 15 minutes. ¥500

餅皮揉入艾草和盐巴，以七轮炭火烤成艾草仙贝。时间约需15分钟。500日元
ลองปั้นแป้งข้าวเหนียวคั่วด้วยเกลือและเกลือเค็มบนเตาถ่าน ใช้เวลาประมาณ 15 นาที ¥500

Keep turning the senbei over consistently to prevent it from burning and grill both sides



As you get better, you can bake senbei bigger



山中煎餅本舗

Yamanaka Senbei Honpo

Founded in 1900, the store sells charcoal-grilled senbei made by craftsmen. You can eat the senbei you grilled yourself there and then.

1900年开业，出售专业厨师以炭火烤制的仙贝。可以当场品尝体验活动中烤好的仙贝。

ก่อตั้งในปี 1900 ร้านนี้จำหน่ายข้าวเหนียวคั่วด้วยเกลือเค็มที่จัดทำโดยช่างฝีมือ คุณสามารถกินข้าวเหนียวคั่วที่คุณปั้นเองก็ได้



MAP | P.28 Warehouse style building DATA | P.14

Don't miss the winter sports either!

冬季运动也不可错过！
อย่าพลาดกีฬาฤดูหนาว!

リステル・スキーファンタジア

Listel Ski Fantasia

Total of 6 courses are available ranging from a course for beginners to a course for advanced skiers that served as the venue for the Moguls World Cup.

包含初学者滑道以及 Mogul 滑雪世界杯会场的高手专用滑道，共 6 条滑道。

ที่นี่ 6 คอร์สมีให้เลือกตั้งแต่คอร์สสำหรับผู้เริ่มต้นไปจนถึงคอร์สสำหรับนักสกีมืออาชีพ เป็นสถานที่จัดแข่งขันชิงแชมป์โลกในเวสต์คัพ

- MAP | P.28
- ☎ 0242-66-4111
 - 📍 Listel Park, Kawageta, Inawashiro-machi
 - 🕒 8:30-16:30 📄 Apr.-late Dec.
 - 📄 1-day ticket ¥3,600 (Adult)
 - 📄 A,D,J,M,V 銀
 - 🌐 www.listel-inawashiro.jp/ski/top/



From the top of the ski slope you can see Lake Inawashiro and Mt. Bandai



Wide and spacious slope for beginners

グランドコロリゾート

Grandeco Resort

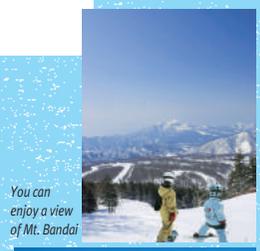
Whether you are a beginner or an expert skier, you will be satisfied with the top quality snow and diverse events. There are lots of eating places too.

有极佳的雪质和各式各样的活动。不论初学者还是老手都能尽兴畅玩。餐饮设施也很健全。

ไม่ว่าคุณจะเป็นมือใหม่หรือนักสกีเก่งๆ คุณจะพึงพอใจกับหิมะคุณภาพดีเยี่ยมและกิจกรรมหลากหลาย และยังมีร้านอาหารให้เลือกมากมาย

- MAP | P.28
- ☎ 0241-32-2530
 - 📍 Arasunasawayama, Hibara, Kitashiobara Village
 - 🕒 8:30-16:00 (From 8:00 at busy times; until 16:30 in Mar.)
 - 📄 Open daily during the period
 - 📄 End of Nov.-mid. Dec.: ¥4,000, mid. Dec.-early Apr.: ¥4,700, early Apr.-early May: ¥4,100
 - 📄 A,D,J,M,V 🌐 www.grandeco.com

You can enjoy a view of Mt. Bandai



You can move within the area easily with covered lift



Can't go wrong with these!

Grand line-up of Fukushima souvenirs

买这个准没错! 福岛纪念品大公开

ของที่ระลึกหลากหลายจากฟูกูชิมะ

Here are some of the most popular items with a high repeat rate, such as various kinds of fruit, pride of the Fukushima fruit kingdom, as well as famous confections, traditional crafts, lucky charm toys, and other items.

介绍水果王国最引以为豪的各式水果、点心、传统工艺品、吉祥玩具等回购率极高的人气商品。ของที่ระลึกเหล่านี้นิยมซื้อกันมากที่สุด เช่น ผลไม้ชนิดต่างๆ ที่เป็นความภาคภูมิใจของอาณาจักรผลไม้ของฟูกูชิมะ ตลอดจนขนมชื่อดัง งานฝีมือดั้งเดิม ตุ๊กตานาโซึกะ รวมทั้งของอื่นๆ อีก

みやげ Souvenirs

起き上がり小法師

Self-righting dharma dolls

Lucky charms made of dharma-shaped papier mache dolls with lucky smile faces painted on them. There is a custom rooted in Fukushima of buying one more than the number of people in your family praying for good health or perpetuation of your descendants, and placing them on the kamidana (household Shinto altar).

不倒翁模样的纸浆人偶面上福气笑盈盈的吉祥物。根据传统习俗，通常会购买比家中人口多(尊)的人偶以供奉在神坛，祈求健康和多子多孙。

ตุ๊กตาที่โรยหน้าด้วยกระดาษรูปคนแบบแปะหน้าซำซำตรงตามเวลาเป็นรูปหน้ายิ้ม มีกรรมเนียบโบราณของฟูกูชิมะที่ซื้อตุ๊กตาจำนวนมากกว่าสมาชิกในครอบครัวหนึ่งตัวเพื่อเอาฤกษ์เอาชัยด้านสุขภาพและมั่งคั่งผาสุก และวางบนตะลิตะฮะ (แท่นบูชาชินโตในบ้าน)



Completely handmade self-righting dharma dolls with all different facial expressions ¥200 each

Self-righting dharma doll with a painting of Shinsengumi ¥400

God of Fire Prevention dharma dolls ¥200 each



山田民芸工房 Yamadamingeikobo

Sells Aizu region's folk crafts including self-righting dharma dolls individually made by hand by the 5th generation owner family. Unique dolls painted with historical figures such as Hideyo Noguchi are available too.

售卖第5代传人手工制作的不倒翁小法师等津地方民俗艺术品。也有画上野口英世等历史人物的独特商品。

จำหน่ายตุ๊กตากรรมเนียบบ้านของเขตนีฮะ รวมถึงตุ๊กตากรรมเนียบลูกที่ท้าวด้วยมือทุกตัวโดยลูกหลานรุ่นที่ 5 ของครอบครัวเจ้าของร้าน มีตุ๊กตาที่วางบนตะลิตะฮะชินโตในวันพิเศษพิเศษ เช่น ฮิเดะชิโระ โนงุชิ



MAP | P.29

- 0242-23-1465
- 12-35 Nanokamachi, Aizuwakamatsu City
- 8:00-18:00
- Open 365 days
- Credit cards not accepted.

Full of local Aizu souvenirs are here

笑美 Warabi

Souvenir store that sells a wide range of akabeko, self-righting dharma dolls, masks, and other Aizu folk crafts as well as old cloth. Hands-on program to paint your own akabeko is available too (reservation required).

售卖红毛牛、不倒翁小法师、面具等津民俗艺术品和古布的纪念品礼品店。也可体验红毛牛彩绘(需预约)。

ร้านขายของที่ระลึกที่ขายตุ๊กตาหัวแดง ตุ๊กตากรรมเนียบลูก หน้ากาก และผลิตภัณฑ์บ้านอื่นของโอซุ ตลอดจนผ้าเก่า มีกิจกรรมทาสี ให้เลือกรับชายตุ๊กตาหัวแดงของคุณเอง (ต้องจองล่วงหน้า)

Pink yaebeko ¥1,080 is popular among women Akabeko tenguui towel ¥864



MAP | P.29

- 0242-24-0020
- 1-5-13 Chuo, Aizuwakamatsu City
- 10:00-17:00
- Wed.
- A,J,M,V
- www.warabi-aizu.com

There're also plenty of small items such as key chains

Akabeko (small) ¥648, cute in nodding its head

赤べこ Akabeko

Traditional toy given to celebrate a child's birth in the hope that the child will grow up healthy and be able to bear heavy loads like a beko (cow). The red color signifies meaning such as strength and protection from harm.

祝贺小孩诞生时赠送的乡土玩具，祈求能像 beko (牛) 一样承担重任并健康成长。红色也有驱魔和活力的含义。

ของเล่นโบราณที่มอบให้กับเพื่อฉลองเด็กเกิดใหม่โดยหวังว่าเด็กจะเติบโตแข็งแรงและสามารถทำงานหนักได้เหมือนวัว สีแดงมีความหมายถึงพลังและการคุ้มครองกันภัยอันตราย

Kakishibu-beko, winner of the Fukushima Specialty Contest Grand Prize, ¥864 (medium size) is an original item only available at this shop



Look for this sign

小澤ろうそく店 Ozawa Rosokuten

Long-established store that has stood in its present location since the Meiji era. Decorated candles with beautiful Japanese flower designs such as peonies and camellias are also perfect for gifts.

从明治时代起就在此处开店营业的老铺。绘有牡丹和山茶花等美丽日本花卉图案的彩绘蜡烛很适合作为纪念品。

ร้านนี้มีชื่อเสียงมานานและตั้งอยู่ที่เดิมมาตั้งแต่ยุคเมจิ เห็นทีคุณคงจะด้วยรูปดอกไม้ญี่ปุ่นที่สวยงาม เช่น ดอกไม้พีชและดอกคามิเอะ เหมาะเป็นของขวัญของฝากอย่างยิ่ง



Choose your favorite combination of designs for a gift The brightly colored flower design is striking

絵ろうそく Decorated candles

As wax is taken from the fruit of the lacquer tree, candles have become one of Fukushima's leading handicrafts along with lacquerware. Decorated candles with elegant, gorgeous design are used at weddings and other occasions too.

由于原料中的蜡从漆木果实中提炼，因此和漆器同为福岛代表性的手工艺。图案高雅华丽的彩绘蜡烛也经常用在结婚典礼等场合。

เทียนที่ทำมาจากขี้ผึ้งที่ได้จากผลของต้นแคคเคอชิเป็นงานฝีมือที่มีชื่อเสียงอย่างหนึ่งของฟูกูชิมะที่จับคู่กับเครื่องเงิน นิยมใช้ที่งานพิธีอภิเษกแบบดั้งเดิมให้ดูหรูหราและสร้างงานในยามแต่งงานและในโอกาสอื่นด้วยเช่นกัน



MAP | P.29

- 0242-27-0652
- 6-27 Nishisakaemachi, Aizuwakamatsu City
- 9:00-19:00, hands-on session: 10:00-15:00 (reservation required)
- None scheduled
- Credit cards not accepted.

会津漆器

Aizu lacquerware

Aizu lacquerware is a traditional handicraft dating back about 400 years. It has a longer history than Tsugaru lacquerware or Wajima lacquerware, renowned lacquerware producing districts.

約 400 年前流传至今的传统工艺品。比漆料产地的津轻涂和轮岛涂等更为悠久。

เครื่องปั้นดินเผาเป็นงานฝีมือดั้งเดิมย้อนกลับไปได้ประมาณ 400 ปี ก่อน มีประวัติยาวนานกว่าเครื่องปั้นดินเผาของจังหวัดหรือของชาติที่รู้จักกันทั่วไปเป็นหลักเครื่องปั้นดินเผา



Located on Nanakomachi-dori Street



MAP | P.29
DATA | P.14

Yae Selection representing the charming life of Yae Nijima who was hugely successful in the closing days of the Tokugawa Shogunate period, from ¥2,000

日本酒

Japanese sake

Great variety of sake brewing styles are available in various regions of Fukushima. Here is an array of the prime quality sake produced with the exquisite rice, water, and brewing skills.

福島各地都有各式各样的酿酒厂，提供米、水以及酿酒技术都十分考究的最高级酒。

เหล้าสาเกที่ผลิตขึ้นหลากหลายได้ในภูมิภาคต่างๆ ของฟูกูชิมะ ที่มีเหล้าสาเกคุณภาพที่ดีสูง สหิตด้วยน้ำข้าว และมีวิธีการผลิตที่เยี่ยม

From left: Yauemon, a representative brand (1,800 ml) ¥3,240; Inochi, prime grade brand (1,800 ml) ¥15,768; Shuseigankai Junmai Daiginjo-shu (1,800 ml) ¥5,400



Rows of sample bottles of Japanese sake in the former storehouse



大和川酒蔵 北方風土館 Yamatogawa Sakagura Hoppofudokan

Former sake brewery of Yamatogawa Sake Brewery founded in 1790. Every day a guide takes visitors round the brewery every 15 min. from 9 am.

1790年开业的大和川酿酒店旧酒蔵。每天9点开始。每15分钟由解说员带领参观酒蔵内部。

อดีตโรงหมักสาเกของยามาโตะะวะ ตั้งขึ้นในปี 1790 มีไกด์นำทางท่องเที่ยวชมโรงงานทุก 15 นาที ตั้งแต่ 9 โมงเช้าทุกวัน

MAP | P.28

024-22-2233
4761 Teramachi, Kitakata
City | 9:00-16:30
Open 365 days
A,D,J,M,V
www.yauemon.co.jp



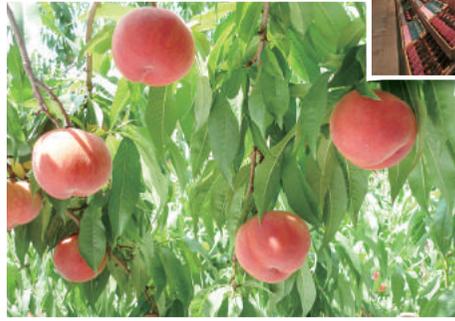
Note the high ceiling and beams in the shop that express a sense of the history

果物 Fruit

You can enjoy peaches, cherries, grapes, and other fruits in Fukushima, a place suited to fruit growing with its climate, soil, etc.

福島的气候、土壤等很适合种植水果，当地盛产桃子、樱桃、葡萄等。

คุณสามารถได้ชมรสผลไม้ เซอร์ ออห์น และผลไม้อื่นๆ ในฟูกูชิมะที่มีพื้นที่ดินอากาศ และสภาพแวดล้อมอื่น ๆ ที่เหมาะกับการเจริญเติบโตของผลไม้



Sweet, fresh and juicy Fukushima peaches

Various fruits are sold according to season

MAP | P.30

024-552-5881
1-1 Haradahigashi, Kitayanome, Fukushima City
9:30-18:00 (Nov.-Feb.: until 17:00, Mar.-Apr., and Oct.: until 17:30)
Open 365 days | Credit cards not accepted.
www.shinfuku.jp/yokuba-honten.htm



こころ矢野目店 Kokora Yanome

Produce stand which many local residents come. You can get fresh seasonal fruit and vegetables at reasonable prices.

当地居民经常光顾的农产品直销场所。可以低价买到当季新鲜蔬果。

ชุมชนชายฝั่งมีนักท่องเที่ยวจำนวนมากแวะเวียนกันมา คุณสามารถซื้อผักและผลไม้ตามฤดูกาลในราคาสมเหตุสมผล

Usukawa-manju, ¥1,080 for 10, is a staple for souvenirs



The shop has branches in the main cities in the prefecture

粕屋本店 Kashiwaya

Usukawa-manju, the Japanese confectionery store's speciality, is made to the same recipe as when the shop was established in 1852. Filled with homemade bean paste inside.

以“薄皮馒头”作为招牌商品的日式点心店。制作技法自 1852 年开业以来一直维持不变，里头包满了自制内馅。

อุสุควะมันจู ขนมชนิดหนึ่งของร้านขนมญี่ปุ่นแท้ผลิตโดยใช้สูตรดั้งเดิมมาตลอดตั้งแต่เปิดร้านในปี 1852 ออกโดยแบรนด์โฮเมเมต

MAP | P.31

024-932-5580
11-8 Nakamachi, Koriyama City
10:00-19:00
Open 365 days
A,D,J,M,V
www.usukawa.co.jp/home.html



ラーメン Ramen

The noodles and soup come as a set so you can easily enjoy the tastes of popular restaurants at home. The prices are reasonable too.

包含面和汤，可以自己在家轻松品尝人气名店的味道。价格同样人人可接受。

เส้นหมี่และซุปรวมเป็นชุดสะดวกให้คุณได้ลิ้มรสจากร้านอาหารชื่อดังที่นั่นด้วยราคามิตรภาพ

会津喜多方ラーメン館 本館 Aizu Kitakata Ramenkan Honkan

The shop sells 40 or more different kinds of packed ramen and an array of goods that make great souvenirs. Ramen tasting for free is available as well.

售賣 40 种以上的拉面 and 适合作为纪念品的商品。也可免费试吃拉面。

ร้านนี้ขายราเมนกล่องมากกว่า 40 ชนิด รวมถึงสินค้าอื่นๆ มากมายที่เหมาะซื้อเป็นของที่ระลึก คุณสามารถลองชิมราเมนได้ฟรี

Kitakata Ramen yellow box (6 servings) ¥1,080



MAP | P.28

0241-21-1414
1 Umetake, Kitakata City
10:00-17:00 (winter season: until 17:30)
Open 365 days | A,D,J,M,V
www.ramenkan.com



Drop in while sightseeing round the town

かんのや 本店文助 Kannya Hontenbunsuke

Long-established Japanese and Western cake shop founded in 1860. Its speciality is Kaden Yubeshi, a triangular confection made of smooth sweet bean paste wrapped in dough made of rice flour and steamed.

1860 年开业的老字号和洋点心店。招牌商品是以米粉包裹豆沙馅蒸熟的三角形点心“家传柚子饼”。

ร้านแท้ญี่ปุ่นและเค้กฝรั่งชื่อดังเสียงมานาน ก่อตั้งในปี 1860 สินค้าพิเศษของร้านคือ ขนมรูปสามเหลี่ยมที่มีไส้ถั่วหวานกล่อมหอมด้วยแป้งเหนียวที่ทำจากแป้งข้าวเจ้าและมัน

Various kinds are available for confections



MAP | P.31

0247-62-2016
39 Miyakida, Nishitamachi-ota, Koriyama City
9:00-18:00
Open 365 days | J,M,V
www.kannya.co.jp



Kaden Yubeshi in a box ¥864 (8 pieces)

Recommended

2-DAY Model Route

Here is an authentic plan that takes you round the highlights of Fukushima!

网罗福岛主要景点的王道方案!

นี่คือแผนเที่ยวทางท่องเที่ยว
สถานที่ที่น่าสนใจของฟุกุชิมะ!

Enjoy historical streetscape and magnificent nature to the fill

会津エリア Aizu Area

2-DAY Model Route

Here is a route that takes you round the most popular sightseeing areas in Fukushima Prefecture. On day 1 visit a historic streetscape and castle, and on day 2 drive through grand nature by car.

此处介绍福岛县内最有人气的观光地游览行程。第一天参观历史悠久的街景和城堡，第二天开车畅游于大自然中。

นี่คือเส้นทางที่จะพาคุณไปเยี่ยมชมที่ท่องเที่ยวอันนิยมในจังหวัดฟุกุชิมะ ในวันที่ 1 ชมทิวทัศน์ริมนถนนและปราสาทโบราณ และวันที่ 2 ขับรถชมธรรมชาติอันยิ่งใหญ่

Day 1

Start!

JR Kitakata Sta.

Approx. 15 min. walk

Our ramen has a distinctive clear pork bone broth



Bannaishokudo

9:30

1 坂内食堂 MAP | P.28

For breakfast enjoy ramen at a popular restaurant in Kitakata where people form a long line for as long as 3 hours at busy times.

早餐先到高峰期需排队3小时的喜多方人气店吃拉面。

สำหรับอาหารเช้า อิ่มอร่อยกับราเมนที่ร้านอาหารชื่อดังในคิตะคะตะ ซึ่งอาจมีคิวรอก่อนหน้าถึง 3 ชั่วโมงในช่วงกลางวัน

☎ 0241-22-0351
📍 7230 Hosoda, Kitakata City 🕒 7:00-18:00
📅 Thu. ☑ Credit cards not accepted.

You can buy senbei from one piece.

10:10

Yamanaka Senbei Honpo

2 山中煎餅本舗 MAP | P.28

A shop that specializes in hand-baked senbei rice crackers. Baked over a charcoal fire in a brick oven, rice crackers give the fragrant flavor that is simply irresistible.

手工烤仙贝专卖店。砖窑炭火烤出的仙贝散发着米香味，让人无法抗拒。

ร้านนี้ขายข้าวเกรียบเซมเบอิด้วยฝีมือในเตาอิฐที่ใช้ถ่านชาอิโด
ข้าวเกรียบมีกลิ่นหอมกรุบกรวมให้ชิมลอง

☎ 0241-22-0004
☎ 1-4643, Kitakata City
🕒 10:00-16:00 (Hands-on program: from 10:30)
📅 Wed. 🗳 Hands-on program to bake your own senbei ¥500 (3 senbei pieces+ gift)
☑ Credit cards not accepted.
🌐 www.yamanaka-senbei.com

Chuka Soba ¥650 has a light, clear broth seasoned with salt

Approx. 6 min. walk



Stay



Higashiyama Onsen

東山温泉 MAP | P.29

☎ 0242-27-7051 (Aizu-Higashiyama Hot Springs Tourism Association)
🌐 www.aizu-higashiyama.com

A hot spring resort that stands amid lush nature, said to have been founded 1,300 years ago

From JR Aizu-Wakamatsu Sta., get off at Higashiyama Onsen bus stop

Approx. 13 min. by bus

Lots of serving dishes and eating utensils that make you want to use every day!

Aizunoutuwa Kobo Suzuran

MAP | P.29

5 会津のうつわ 工房鈴蘭

Aizu lacquerware shop. New techniques such as applying lacquer to glass and more have been incorporated into lacquerware and the shop offers lots of cute designs.

会津漆器店。采用在玻璃表面涂漆等的新技法，有许多可爱的设计。

ร้านขายเครื่องเซรามิกของโอคุชิ มีการใช้เทคนิคใหม่ๆ เช่น ทาแล็กเกอร์ลงบนแก้วและวัสดุอื่นๆ ให้เป็นเครื่องเซรามิกในร้านยังมีสินค้าดีไซน์น่ารักอีกมากมาย
☎ 0242-85-6654
☎ 8-11 Nanokamachi, Aizuwakamatsu City
🕒 12:00-17:00 (Sat., Sun., Hol.: from 11:00)
*May be changed during winter
📅 Mon. (if a public holiday, the following day will be closed instead)
☑ Credit cards not accepted. 🌐 http://suzuran.lekumobiz

15:00

Novel lacquer sake cups in combination of black and pastel colors ¥2,000 (each)

Approx. 25 min. walk



Duck Zarusoba ¥1,150

13:30

Approx. 1 min. walk



You can enjoy views of the castle town from the top story

The red tile roofs from the end of the Tokugawa Shogunate period were restored in 2011



Tsuruga-jō Castle

11:30

3 鶴ヶ城 MAP | P.29

Admired as a famous, impregnable castle, Tsuruga-jō Castle is one of the spots that is representative of Fukushima Prefecture. Inside of the castle keep has been turned into a museum depicting the history and culture of Aizu.

号称难攻不破的名城。是福岛县的代表性名胜。天守阁内正是一座介绍会津历史文化的博物馆。

ปราสาทซึ่งระบุเป็นหนึ่งในสถานที่ท่องเที่ยวที่มีชื่อเสียงและเป็นสัญลักษณ์ของจังหวัดฟุกุชิมะ ได้รับความยอมรับว่าเป็นปราสาทสำคัญที่ไม่สามารถถูกบุกรุกเข้าไปได้ ภายในปราสาทมีการปรับปรุงให้เป็นพิพิธภัณฑ์แสดงประวัติศาสตร์และวัฒนธรรมของโอคุ

☎ 0242-27-4005 (Tsuruga-jō Castle management office)
☎ 1-1 Otemachi, Aizuwakamatsu City
🕒 Admission to the castle keep: 8:30-17:00 (Last admission: 16:30)
📅 Open 365 days 🗳 Castle keep: ¥410 (Adult) *¥200 during construction period
☑ Credit cards not accepted. 🌐 www.tsurugajo.com/language/eng/ *The castle keep will undergo remodeling construction from Jan. 5 to Mar. 31

Kyobo Kamishiroya

4 蕎房 かみしろや MAP | P.29

One-minute walk from the entrance of the Tsuruga-jō Castle. Enjoy handmade and homemade soba noodles in a restaurant that has a bright atmosphere.

从鹤城入口步行1分钟。店内气氛明亮，可以品尝到手自家制作的荞麦面。

ใช้เวลาเดินทางนิดๆจากทางเข้าปราสาทซึ่งระบุ ชื่อร้านเส้นโซบะทำด้วยมือแบบโฮมเมดในร้านอาหารที่มีบรรยากาศสดใส

☎ 0242-26-8648
☎ 1-50 Jotomachi, Aizuwakamatsu City
🕒 11:00-15:00, 17:30-19:00
📅 Mon. (if a public holiday, the following day will be closed instead)
☑ Credit cards not accepted. 🌐 www.kamishiroya.com

JR Ban-etsu-West Line from Kitakata Sta. to Aizu-Wakamatsu Sta.

Get off at Tsuruga-jō-inguichi bus stop

The scenery just like a beautiful painting unfolds before your eyes



Approx. 20 min. by car

Bandaisan Gold Line 10:30

7 磐梯山ゴールドライン MAP | P.28
6.6 km long road that connects the Aizu area and Bandai Highlands. It has many highlights such as a location that offers close-up views of the crater.

连接会津地区和磐梯高原的道路，全长6.6公里。有许多景点可以近距离观赏喷火口。

ถนนยาว 16.6 กม. เชื่อมต่อเขตโอซุนะและเทือกเขานันได มีสิ่งที่น่าสนใจมากมาย เช่น จุดชมวิวกว้างใกล้ช่องภูเขาไฟ

☎ 0242-62-3102 (Inawashiro Branch of Fukushima Prefecture Public Works Department) 📅 Road is closed from mid-Nov. to mid-Apr. of following year

Approx. 10 min. by car



Lake Bishamon is the largest of the Goshiki-numa lakes and swamps. You can enjoy sweeping views of Mt. Bandai beyond the lake

11:30



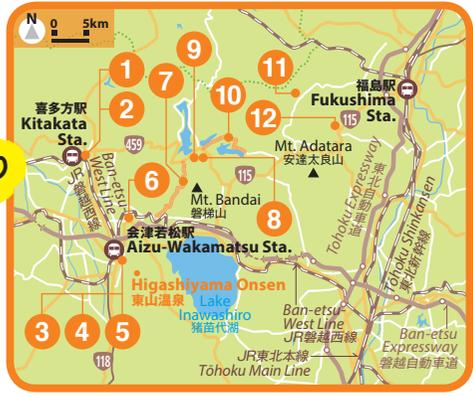
The trail has few height differences and easy to walk

The name Goshiki-numa refers to 30 of 50 lakes and swamps of varying sizes from large to small and hiking trails are provided round the lakes and swamps. There is also a kiosk selling refreshments. (Goshiki-50 Kiosk ☎ 0241-32-2346 ☎ 8:30-17:00)

Goshiki-numa 8 五色沼湖沼群

MAP | P.28
☎ 0241-32-2349 (Urabandai Tourist Association)
☎ Kengamine, Hibara, Kitashiobara Village
📅 The area can be hiked at your will
☎ www.urabandai-inf.com/urabandai/goshiki.html

大大小小的约30个湖沼的总称，周边铺有步道。也有出售轻食的店舖（五色庄商店 ☎ 0241-32-2346 ☎ 8:30-17:00）。
ชื่อโกชิคิโนะอุมะหมายถึง ทะเลสาบและบึงขนาดต่าง ๆ กว่า 30 แห่งตั้งเด่นชัดใหญ่ไปจนถึงขนาดเล็ก มีเส้นทางเดินเท้ารอบทะเลสาบและบึงเหล่านี้ และยังมีศูนย์ขายเครื่องดื่มอีกด้วย (ศูนย์โกชิคิโนะ ☎ 0241-32-2346 ☎ 8:30-17:00 น.)



กลับมาที่หน้ารถที่สถานี JR ฟุกุชิมะ

Day 2

Approx. 13 min. by bus
8:00
Higashiyama Onsen 东山温泉 อิงชิยามะ ออนเซ็น

8:15
Aizu-Wakamatsu Sta.
Rent a car at JR Aizu-Wakamatsu Sta.
在JR会津若松站租车
เช่ารถที่สถานี JR โอซุ-วะกะมาตสึ

Approx. 15 min. by car

9:00



Zen (Zen meditation) experience is available for groups of 4 or more people. Time required: 40 min. (Reservation required)

Aizuhanko Nisshinkan 6 会津藩校日新館

MAP | P.28
School for young samurai in the 19th century. Today you can see displays that recreate the scenes of lessons of the time.

19世纪，少年武士就读的学校。现在馆内设有重现当时授课情景的展示。

โรงเรียนสำหรับเด็กในศตวรรษที่ 19 ปัจจุบัน คุณสามารถดูการจัดแสดงที่จำลองฉากการเรียนการสอนในอดีต

- ☎ 0242-75-2525
- 10 Takatsukayama, Minamikoya, Kawahigashimachi, Aizuwakamatsu City
- ☎ 9:00-17:00 (Last admission: 16:00)
- 📅 Open 365 days 🎫 Admission: ¥620 (Adult), Zazen ¥500, Akabeko painting ¥870, etc.
- 🚫 Credit cards not accepted. 🌐 www.nisshinkan.jp

Bandai Azuma Lake Line 10 磐梯吾妻레이크ライン

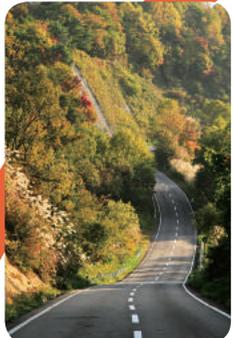
MAP | P.28
The road runs just as following the side of Lake Onogawa and Lake Akimoto. There are many scenic spots where photographers from around Fukushima and beyond come to visit.

沿小野川湖和秋元湖蜿蜒伸展的道路。有许多吸引县内外摄影师前来的景点。

ถนนที่ตัดเลาะไปตามแนวฝั่งทะเลสาบโอโนะงะวะและทะเลสาบอะคิโมโตะ มีจุดชมวิวกว้างที่ช่างภาพจากทั่วญี่ปุ่นและจากที่ห่างไกลต่างแห่มาเที่ยวชม

☎ 0242-62-3102 (Inawashiro Branch of Fukushima Prefecture Public Works Department)
📅 Road is closed from mid-Nov. to mid-Apr. of following year

Many people visit here during season of fresh greenery and foliage



Approx. 40 min. by car

14:30



Sauce Katsudon ¥980

Short drive

Short drive

Oshokujidokoro Suiho 9 お食事処 水峰

MAP | P.28 13:30
Based on the motto "cheap and delicious", this is a restaurant that offers soba and udon noodles made with homemade noodles and broth.

以“便宜美味”为宗旨的荞麦面与乌龙面食堂，提供使用自家制作的面与汤。

ร้านนี้ที่คำขวัญว่า “ถูกและอร่อย” เน้นคืออาหารที่ขายเส้นโฮมเมดและอุด้งแบบโฮมเมดพร้อมน้ำซุป

☎ 0241-32-2003
1093 Kengamine, Kitashiobara Village
☎ 11:00-16:00 📅 Wed., Thu. 🚫 Credit cards not accepted. 🌐 www.urabandai.com/insyoku/suihou/

Fukushimaken Joudodaira Resthouse 11 福島県浄土平レストハウス

MAP | P.28
Located along a road where dynamic scenery continues. Take a break in the refreshment section or restaurant with panoramic views.

位于沿途壮丽景观绵延的公路旁。不妨在轻食区与观景餐厅休息一下吧。

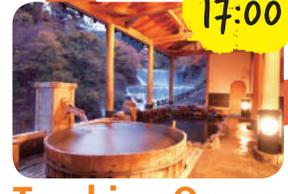
ตั้งอยู่ริมถนนสายยาวที่มีทิวทัศน์งดงาม และพักในจุดขายเครื่องดื่มหรือร้านอาหารที่มีวิวแบบพาโนรามา

☎ 0242-64-2100 (Call at 024-525-4080 from mid-Nov. to early Apr.)
☎ Washikurasan, Tsuchiyuonsenmachi, Fukushima City
☎ 9:00-16:30
📅 Mid Nov. - early Apr.
🚫 Credit cards not accepted.
🌐 www.tif.ne.jp/soumu/zyodo.htm



Rich, creamy taste soft-serve cream ¥500

Approx. 50 min. by car



Tsuchiyu Onsen 12 土湯温泉

MAP | P.30
☎ 024-595-2217 (Tsuchiyu-Onsen Tourist Association)
🌐 www.tcyj.jp

Hot spring resort located along the Ara River. Public bathhouses, Japanese inns, and hotels where you can enjoy day trip bathing are available. We recommend Sansuiso Tsuchiyu Spa, Fukushima (☎ 024-595-2141 ☎ 10:00-15:00) ¥ ¥800 (Adult), etc.

荒川沿岸の温泉乡。设有当日往返式洗浴的共同浴场和旅馆、饭店。在此推荐土汤温泉山水庄饭店 (☎ 024-595-2141 ☎ 10:00-15:00) ¥ 成人800日元) 等。

บ่อน้ำพุร้อนที่ตั้งอยู่ริมแม่น้ำอาระวะ มีทั้งโรงแรมบ้านริมน้ำและที่พักแบบญี่ปุ่น และโรงแรมที่ดูแลการแวะพักยานพาหนะระหว่างการเดินทาง ขณะแนะนำร้านอาหารญี่ปุ่น ซุชิในฟุกุชิมะ
☎ 024-595-2141 ☎ 10:00-15:00 น. ¥ ¥800 (ผู้ใหญ่) ๗๘๙

19:00

Goal!

JR Fukushima Sta.
Return the rented car at JR Fukushima Sta.
在JR福島站归还租车

Recommended

2-DAY Model Route

See, try & buy traditional crafts

中通り

2-DAY Model Route

エリア Nakadori Area



Day 1

Start!

JR Fukushima Sta.

10:00

Approx. 10 min. by taxi



Fruits Line

1 フルーツライン MAP P.30

Fruits Line is the nickname for Route 5 of prefectural road which runs across the western part of Fukushima City. The road is lined with orchards and stalls, and you can try fruit picking if the season is right.

通过福島市西部的5号县道的昵称。路旁有果田与售卖店。有些季节还能参加采果活动。
ถนนผลไม้คือชื่อเส้นของทางหลวงจังหวัดหมายเลข 5 ที่ตัดข้ามฝั่งตะวันตกของเมืองฟูกูชิมะ ถนนสายนี้เรียงรายไปด้วยสวนผลไม้และแผงลอย และคุณสามารถลองเก็บผลไม้ในฤดูเก็บเกี่ยว

☎ 024-531-6432 (Fukushima City Kanko-Bussan (Tourism and Local Products) Association)
🌐 www.f-kankou.jp/frut.htm



Peaches and cherries are grown. You can see the peach blossom as well

Approx. 10 min. by taxi



Orchards for tourists are also dotted along the Peach Line (Route 13), where Marusei Kajuen (→P.10) is located

10:10

Dake Onsen

岳温泉 MAP P.31

☎ 0243-24-2310 (Dake Hot Springs Tourist Association)
🌐 www.dakeonsen.or.jp



Hot spring resort stretching at the foot of Mt. Adataro. The spring quality is acid springs, which is rare nationally

18:00

Stay

Approx. 30 min. by bus

Get off at Dake Onsen bus stop

Approx. 22 min. by train

Shikinosato Craft House

4 四季の里 工芸館 MAP P.30

Situated in a park with rich natural environment where red brick buildings line. You can try glassblowing and glass making in the studio.

位于红砖建筑物鳞次栉比、自然景观优美的公园内。可在工房里体验吹玻璃。

ตั้งอยู่ในสวนที่มีสภาพแวดล้อมธรรมชาติที่อุดมสมบูรณ์และมีตัวอาคารสร้างจากอิฐแดง คุณสามารถลองเป่าแก้วได้ที่นี่

☎ 024-593-0105
📍 1-1 Kamisagi-nishi, Arai, Fukushima City
🕒 9:00-16:30
📅 Open 365 days (Glass studio: closed on Mon.)
📌 Glass work-making program ¥3,240 (Reservation required), kokeshi doll painting program ¥1,080, etc.
🕒 D,M 🌐 www.f-shikinosato.com



You can make a unique one-of-a-kind glass work

From JR Fukushima Sta., get off at Shikinosato-iriguchi bus stop

Approx. 6 min. walk

Approx. 30 min. by bus

Close to the station, it's handy when you don't have much time

12:00

Torimasa

2 鳥政 MAP P.30

zakaya Japanese style pub that has been in business for about 60 years. Its specialties are gyoza dumplings and horumonyaki made of pork offal marinated in homemade miso sauce.

开业约60年的小酒馆。招牌菜是使用自家制作的味噌腌猪肠制的酱烧猪肠和饺子。

ร้านเหล้าซากะยะสึโดซึ่งมีผู้เปิดมาประมาณ 60 ปี อาหารพิเศษคือก๊วยซ่าและโฮรูมอนยากิที่ทำจากเครื่องในหมูหมักในซอสมิโซะแบบโฮมเมด

☎ 024-522-5554
📍 1-17 Shinmachi, Fukushima City
🕒 11:30-13:30, 17:30-22:30
📅 Sun., Hol. ☑ Credit cards not accepted.



Horumonyaki ¥450 is pork offal fried with lots of cabbage, Chinese chives, and bean sprouts



Sunken kotatsu and counter seating is available

Approx. 15 min. walk

Fukushimaken Kanko Bussankan

3 福島県観光物産館 MAP P.30

Located right in front of JR Fukushima Station, it's a perfect place to find souvenirs. It stocks an array of Fukushima specialties.

位于JR福島站前方，是选购纪念品的理想之地。馆内有许多全县著名特产。

ตั้งอยู่หน้าสถานี JR ฟูกูชิมะ เป็นห้างที่รวมเอาสินค้าพื้นเมืองชื่อดังทั้งชาติ เพราะมีขายสินค้าพื้นเมืองของฟูกูชิมะมากมาย

☎ 024-525-4031
📍 1F CORASSE Fukushima, 1-20 Mikawaninamimachi, Fukushima City
🕒 10:00-19:00 ☑ Open 365 days ☑ A,D,J,M,V



Rows of local Fukushima sake, noted for its high quality gather

Day

2

8:00

Dake Onsen

岳温泉

ตากะ ออนเซ็น

Approx. 25 min. by bus



Approx. 26 min. by train



Approx. 45 min. by train



Approx. 10 min. by taxi



From Dake Onsen

JR Tōhoku Main Line from Nihommatsu Sta.

Change to JR Ban-etsu-East Line at Kōriyama Sta. and get off at Kammata Sta.



The temperature inside the cave remains at around 15°C throughout the year so prepare long sleeves even in summer

☎ 0247-78-2125

📍 1 Higashikamayama, Takinemachi-sugaya, Tamura City

🕒 8:30-17:00 (until 16:30 during late Nov. - early Mar.) 🗓 Open 365 days

🎫 Admission fee: ¥1,200 (Adult)

💳 Credit cards not accepted.

🌐 <http://abukumado.com>

Abukumado

5 あぶくま洞 MAP | P.31

Stretching for approx. 600 m long, the cave is one of the largest in Asia in terms of variety and number of stalactites and stalagmites. Exploration course (separate fee ¥200) is recommended too.

全长约600米的钟乳石洞，钟乳石种类与数量之多在亚洲位居前茅。推荐参加“探险行程（另付200日元）”。

ถ้ำยาวประมาณ 600 ม. เป็นหนึ่งในถ้ำที่มีหินงอกหินย้อยจำนวนมากและหลากหลายที่สุดในเอเชีย ออนเซ็นน้ำพุใต้ดินมหาศาลราว (ค่าธรรมเนียมต่างหาก ¥200)



The huge formations created by the underground water are just spectacular

11:00

Approx. 5 min. by taxi

Approx. 30 min. by train



JR Ban-etsu-East Line from Kammata Sta. to Miharu Sta.



JR Ban-etsu-East Line from Miharu Sta. to Kōriyama Sta.

Approx. 12 min. by train



Approx. 1 min. walk

The Space Theater provides explanations of the star-filled sky

Koriyama City Fureai Science Center Space Park

MAP | P.31

7 郡山市ふれあい科学館スペースパーク

Space-themed science museum. Don't miss the planetarium, holder of the Guinness record for the world's highest planetarium above ground.

以宇宙为主题的科学馆。获得吉尼斯世界纪录，被认定为距离地面最高的天象馆，绝对不可错过！

พิพิธภัณฑ์วิทยาศาสตร์เกี่ยวกับอวกาศ อย่างพลัดชมหอดูดาวที่ได้รับ การบันทึกโดยกันแสงสว่างเป็นหลอดดาวบนผนังที่ใหญ่ที่สุดในโลก

☎ 024-936-0201

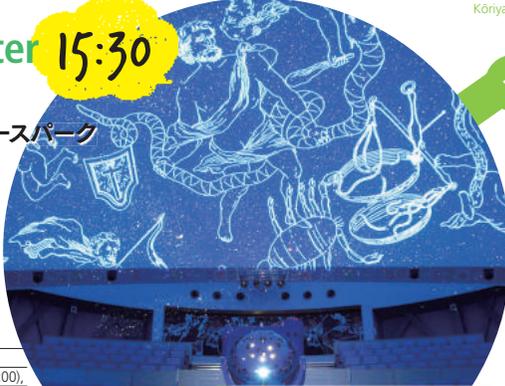
📍 20 - 24F Big-i, 2-11-1 Ekimae, Koriyama City

🕒 Exhibit Zone: 10:00-17:45 (Observation lobby: until 20:00); Space Theater: 10:00-16:15 (Fri.: until 19:45; Sat., Sun., Hol.: until 17:45)

🗓 Mon. (if a public holiday, the following day will be closed instead)

🎫 Exhibit Zone: ¥400 (Adult) / Space Theater: ¥400 (Adult)

💳 Credit cards not accepted. 🌐 www.space-park.jp



Approx. 1 min. walk

You can experience space first-hand through the various exhibits in the Exhibit Zone



Goal!

17:00

The square in front of the station is lit up during winter season (from late Nov. to mid-Feb.)



You can get classic souvenirs such as yubeshi rice cake shown in the photo as well as hot new items

Kōriyama Station

8 郡山駅 MAP | P.31

Not only Kōriyama sweet delicacies such as yubeshi rice cake and usukawa-manju rice cake (P.13) you can get Fukushima Prefecture's specialties in the station compound.

车站内可以买到“YUBESHI”（柚子饼）、“薄皮馒头”（→P.13）等郡山铭果及各种福岛县特产。

ไม่เพียงแต่ขนมหวานรสเลิศของจังหวัดนะ เช่น ขนมเป็ยหวานและขนมลูกจ๊วยะ มันจู (หน้า 13) คุณยังสามารถหาซื้อของพื้นเมืองจังหวัดฟุกุชิมะในสถานีได้อีกด้วย

📍 Inside Kōriyama Sta., 197-1 Hiuchita, Koriyama City

🕒 Vary by shop 🗓 Open 365 days 🗺 Vary by shop

Paper mache dolls with charming faces and damma dolls line the shelves in the studios



13:30

"Deko" means "doll"

Stop by at the studios and watch the dolls being made

Takashiba Deko Yashiki

6 高柴デコ屋敷

MAP | P.31

Village where there are four doll-making studios that preserve a tradition going back hundreds of years. You can make your very own doll in hands-on painting workshops.

数百年传统的4家人偶制作工房的聚集之地。可参加上色体验，制作自己专属的人偶。

หมู่บ้านที่มีสตูดิโอทำตุ๊กตาดั้งเดิมที่อนุรักษ์ประเพณี ย้อนกลับไปเมื่อหลายร้อยปีก่อน คุณสามารถมาทำ ตุ๊กตาโดยกระบวนการสีด้วยมือของคุณเอง

☎ 024-971-3907 (Takashiba Deko Yashiki Tourism Association)

📍 169 Tateno, Nishitamachi-takashiba, Koriyama City

🕒 9:00-17:00 (Vary by studio)

🗓 Vary by studio

🗺 Vary by studio



Day
2

8:30

Interact with sea creatures in the outdoor hands-on section that recreates the natural environment of the seaside

Spa Resort Hawaiians

夏威夷Spa度假设施
ハワイ resort ฮาวายเมือง

Approx. 30 min. by taxi

Approx. 30 min. walk



Large fish tank where you can see the impressive schools of bonito, sardines, and other fish swimming around

10:00

Aquamarine Fukushima

Watch the sea lions swimming around from close-up

5 アクアマリンふくしま

Aquarium noted for displays that recreate the environment of Fukushima's ocean and rivers. You can watch the impressive sight of fish swimming around.

以重现福岛海洋、河川等环境为特色的水族馆。可以观赏鱼类魄力十足的泳姿。

อาคารเยี่ยมชมซึ่งออกแบบในการจัดแสดงสภาพแวดล้อมจำลองมหาสมุทรและแม่น้ำของฟูกูชิมะ คุณจะได้รับความบันเทิงประพจน์ใจของปลาที่ว่ายน้ำไปรอบๆ



- ☎ 0246-73-2525
- 📍 50 Onahamatsumi-cho, Iwaki City
- 🕒 9:00-17:30 (From Dec. to Mar. 20: until 17:00, last admission is 1 hr. before the closing time)
- 📅 Open 365 days
- 💰 ¥1,600 (Adult) ☎ A,D,J,M,V
- 🌐 www.marine.fks.ed.jp

Iwaki Marine Tower

MAP | P.32

4 いわきマリンタワー

Enjoy 360-degree views with the sea breeze blowing

Approx. 60 m-high observation tower. From the rooftop Sky Deck you can enjoy grand panoramic views of the Pacific Ocean and Iwaki City.

高约60米的观景塔。从屋顶的空中观景台可以一览太平洋和磐城街景。

หอชมวิวยุคประมาณ 60 ม. บนสกายเด็คซึ่งคาดตาที่ 1 คุณจะมีลมพัดกับวิวแบบพาโนรามาของมหาสมุทรแปซิฟิกและเมืองอิwaki

- ☎ 0246-53-2448 (Misaki Park Management Office)
- 📍 93 Osaku, Onahama-shimokajiro, Iwaki City
- 🕒 9:00-17:00 (Last admission: 16:30) 📅 3rd Tue., Jan. 1
- 💰 ¥320 (Adult) ☎ Credit cards not accepted.
- 🌐 www.iwaki-city-park.or.jp/misaki/



Iwakinobussan Meihin Plaza

MAP | P.32

7 いわきの物産 銘品プラザ

This is the place to get Iwaki souvenirs! Stocks a large selection of traditional handicrafts, local sake, confections, original products, and other items.

想买磐城的纪念品请到这里来！出售传统工艺品、土产酒、点心、创意商品等。

นี่คือศูนย์รวมของที่จะสิ่งของอิwaki มีสินค้าให้เลือกมากมาย เช่น หัตถกรรมโบราณ เครื่องสำอางพื้นเมือง ลูกกวาด และสินค้าดั้งเดิม และสินค้าอื่นๆ

- ☎ 0246-92-1180
- 📍 c/o Iwaki Lalamew, 43-1 Onahamatsumi-cho, Iwaki City
- 🕒 9:00-18:00
- 📅 Conform to the business calendar of Iwaki Lalamew
- ☎ A,J,M,V



15:00

Futabasaurus Suzukii fossil discovered in Iwaki City

Iwakishi Seitan Kaseikan Horuru

MAP | P.32

8 いわき市 石炭・化石館ほるる

Many precious fossils including dinosaurs discovered in Iwaki City are displayed. Workshops are held at weekends.

展示许多在磐城市内出土的恐龙等珍贵化石。周末会举办工作坊活动。

ซาฟต์ซิลิโคนล้ำค่ามากมาย รวมทั้งไดโนเสาร์ที่ขุดค้นพบในเมืองอิwakiก็จัดแสดงที่นี่ มีการจัดเวิร์กช็อปในวันสุดสัปดาห์

- ☎ 0246-42-3155
- 📍 3-1 Mukaida, Jobanyumoto-machi, Iwaki City
- 🕒 9:00-17:00 (Last admission: 16:30)
- 📅 3rd Tue. 💰 ¥650 (Adult)
- ☎ Credit cards not accepted.
- 🌐 www.sekitankaseikan.or.jp

Approx. 10 min. by train

Approx. 30 min. walk

Approx. 30 min. walk



Most popular is the fruit tart ¥670 and iced coffee ¥590



You can get cakes to take out too

12:00

Onahama Bishoku Hotel

MAP | P.32

6 小名浜美食ホテル

A complex where 8 stores and restaurants gather together. Find souvenir shops and food court on the first floor and the restaurants on the second floor.

由8间店构成的综合设施。1楼是纪念品店及美食街，2楼为餐厅。

กลุ่มอาคารที่รวมร้านค้าและร้านอาหาร 8 ร้านไว้ด้วยกัน โดยร้านขายของที่ระลึกและร้านอาหารอยู่ที่ชั้นหนึ่ง ส่วนร้านอาหารอยู่บนชั้นสอง

- ☎ 0246-54-3409
- 📍 43-9 Onahamatsumi-cho, Iwaki City
- 🕒 10:00-19:00, restaurant: 11:00-22:00 (L.O. 21:00)
- ☎ None scheduled (Open daily during Jul. and Aug.)
- ☎ A,D,J,M,V 🌐 www.bishokuhotel.com



Diameter 15 cm

Large fried cake made of swordfish minced meat ¥324 is really filling!

Approx. 5 min. walk

9 café & tartes CONNEXION

MAP | P.32

Offers 12-14 different kinds of cakes at any one time. Savor fine quality coffee with your cake in the café space.

随时提供12~14种蛋糕。可在咖啡厅区品尝蛋糕与香醇咖啡。

ร้านนี้มีเค้กต่างๆ ให้เลือก 12-14 ชนิด จิบกาแฟคุณภาพดีพร้อมเค้กในมุมกาแฟสบายๆ

- ☎ 0246-38-5277
- 📍 4-26-5 Uchigomimaya-machi, Iwaki City
- 🕒 10:00-19:00 (L.O.18:30)
- 📅 1st and 3rd Tue.
- ☎ A,D,J,M,V



19:00

Goal! JR Iwaki Sta.

Decontamination Efforts toward Safety and Security

“以安全、安心为目标，投入除污工作” “ความพยายามในการจัดการปนเปื้อนสารกัมมันตรังสี เพื่อสุขภาพและความปลอดภัย”

Since the nuclear accident, Fukushima Prefecture has carried out thorough disclosure of radiation levels and the progress of decontamination efforts along with implementation of food inspections and other efforts. The prefecture is also working to dispel the anxieties of residents and visitors by disseminating accurate knowledge about radiation.

核事故发生后，福岛便致力于公布辐射量与除污状况、进行食品检查等，并宣传正确的辐射知识，以消除居民与访客的不安。ตั้งแต่เกิดอุบัติเหตุจากนิวเคลียร์ จังหวัดฟุกุชิมะจึงมีการเผยแพร่ระดับรังสีและความคืบหน้าของกระบวนการจัดการปนเปื้อนสารกัมมันตรังสี รวมทั้งการตรวจสอบอาหารและความพยายามอื่นๆ นอกจากนี้ ทางจังหวัดยังพยายามจัดความกังวลของชาวบ้านและนักท่องเที่ยว โดยการเผยแพร่ความรู้ที่ถูกต้องเกี่ยวกับรังสี

1 Providing information



信息提供 | การให้ข้อมูล

Information about radiation levels in each area is available on the prefectural government website. The progress of decontamination can also be checked in the Decontamination Information Plaza (see below) which is jointly operated by the Ministry of the Environment and Fukushima Prefectural Government.

福島県在网上公布各地区辐射量。在环境省与县政府共同运营的“除污信息广场”（请参考下方）上也可查询除污状况信息。

ข้อมูลเกี่ยวกับระดับรังสีในแต่ละเขตมีอยู่บนเว็บไซต์ของรัฐบาลจังหวัด นอกจากนี้ยังสามารถตรวจสอบความคืบหน้าของกระบวนการจัดการปนเปื้อนสารกัมมันตรังสีใน Decontamination Information Plaza (ดูด้านล่าง) ซึ่งดำเนินการโดยการร่วมมือระหว่างกระทรวงสิ่งแวดล้อมและรัฐบาลจังหวัดฟุกุชิมะ

3 Efforts toward informing the public about the current situation

努力让大家了解现状

การแจ้งสถานการณ์ปัจจุบันให้สาธารณชนได้ทราบ

The Decontamination Information Plaza also organizes mobile exhibitions, free dispatch of experts, etc. A center that provides information about “fukko (reconstruction) tourism” has also been established (see below).

“除污信息广场”也会开展巡回展示及免费派遣专家等，并开设提供“复兴观光”信息的中心（请参考下方）。

Decontamination Information Plaza ยังได้จัดนิทรรศการเคลื่อนที่ รวมทั้งส่งผู้เชี่ยวชาญออกไปให้คำแนะนำ และยังมีบริการจัดส่งศูนย์ข้อมูลเกี่ยวกับ “การท่องเที่ยวฟุกุโคะ (บูรณะใหม่)” (ดูด้านล่าง)

2 Answering questions

回答疑问

การตอบคำถาม

Staff members at the Decontamination Information Plaza are always on site to answer questions. Knowledge about radiation and latest information and progress about decontamination are also provided in an easy-to-understand manner through displays.

“除污信息广场”有常驻工作人员回答疑问。也会以展示的方式清楚解说关于辐射线的知识以及有关除污的最新信息。

เจ้าหน้าที่ประจำ Decontamination Information Plaza จะอยู่คอยตอบคำถาม พร้อมมีการจัดแสดงความรู้เกี่ยวกับรังสีและข้อมูลล่าสุด รวมทั้งความคืบหน้าเกี่ยวกับการจัดการปนเปื้อนสารกัมมันตรังสีในแบบที่เข้าใจง่าย

4 Ensuring food safety

确保食品安全 | การทำให้มั่นใจว่าอาหารมีความปลอดภัย

At present, shipment of food is controlled under extremely strict inspection standards in Fukushima Prefecture. Inspections are conducted at three stages and no item that exceeds the standard values goes on the market. Tap drinking water is also checked frequently. The results of the inspections are posted on the prefectural or municipal website for anyone to see.

目前，福岛县以极严格的检查基准管理出货食品。检查分为三个阶段，超过基准值的食品绝不会流入市场。饮用的自来水也频繁进行检查。检查结果会发表在县及市町村的网页中，任何人都可以浏览。

ปัจจุบัน การขนส่งอาหารมีการควบคุมภายใต้มาตรฐานการตรวจสอบที่เข้มงวดมากในจังหวัดฟุกุชิมะ มีการตรวจสอบสามขั้นและไม่มีการนำที่ระดับรังสีเกินค่ามาตรฐานในตลาด นอกจากนี้ก็ยังมีผลการตรวจสอบน้ำดื่มจากก๊อกน้ำบ่อยๆ ทุกคนสามารถดูผลการตรวจสอบที่โพสต์อยู่บนเว็บไซต์ของจังหวัดหรือเทศบาล

FAQ and Answer

常见问题 คำถามที่พบบ่อยและคำตอบ

Q Does radioactivity decrease naturally?

辐射能量会自然地减少吗？
กัมมันตภาพรังสีลดลงตามธรรมชาติหรือไม่

A Some radioactive matter stops emitting radiation after a few days, so it does decrease naturally. However, other matter may take several decades to decline so decontamination is also necessary.

有些物质经过数天便不会再释放辐射，因此会自然地减少。有些物质则会持续释放辐射数十年，因此有必要进行除污。

สารกัมมันตภาพรังสีบางอย่างหยุดการปล่อยรังสีหลังจากผ่านไปสองสามวัน ดังนั้น รังสีของสารธรรมชาติ แต่สารอื่นๆ อาจใช้เวลาหลายสิบปีจึงจะลดลง ดังนั้น การจัดการปนเปื้อนสารกัมมันตรังสีจึงเป็นสิ่งจำเป็น

Related facilities that provide information

提供信息的相关设施

หน่วยงานที่เกี่ยวข้องในการให้ข้อมูล

Decontamination Information Plaza

MAP | P.30

除染情報プラザ

This is a facility that provides information about the decontamination process and the progress of cleanup efforts, teaches basic knowledge of radiation and provides a channel for asking questions and obtaining advice. It has many videos and hands-on displays and provides visitors with easy-to-understand information.

可学习除污方法、进度信息、辐射基础知识，并提供咨询的设施。采用许多影像及体验式展示，简单易懂。

นี่คือหน่วยงานที่ให้ข้อมูลเกี่ยวกับกระบวนการจัดการปนเปื้อนสารกัมมันตรังสี และความคืบหน้าของ ความพยายามดังกล่าว สอนความรู้เบื้องต้นเกี่ยวกับรังสี และยังมีช่องทางที่ถามคำถามและให้ คำแนะนำ พร้อมมีวิดีโอและการจัดแสดงข้อมูลมากมาย รวมทั้งมีห้องสมุดที่นักท่องเที่ยวใช้งานได้



☎ 024-529-5668
📍 1F 1-31 Sakaemachi, Fukushima City
🕒 10:00-17:00
📅 Mon. (If a public holiday, the following day will be closed instead)
🌐 <http://josen-plaza.env.go.jp/>

Fukushima Reconstruction Tourism Support Center

MAP | P.30

ふくしま観光復興支援センター

The center serves as a channel for dealing with requests for visits to disaster areas in Fukushima Prefecture and arranging storytellers, who tell their experiences of being the victims of the disaster according to demands. It also supports storytelling activities, etc.

为福岛县内灾区的视察活动以及需要“口述者”（灾民导游）的游客牵线搭桥。另外也提供口述者活动支持等。ศูนย์นี้เป็นหน่วยประสานงานสำหรับคำขอเข้าเยี่ยมชมประสบภัยพิบัติในจังหวัด ฟุกุชิมะ และจัดหาผู้บรรยายที่เล่าประสบการณ์ของตนเองในฐานะผู้ประสบ ภัยพิบัติตามคำขอ



☎ 024-525-4024
📍 1-20 Mikawaminami-machi, Fukushima City
🕒 9:00-17:00
📅 Sat., Sun., Hol.

Fukushima International Association

MAP | P.30

公益財団法人福島県国際交流協会

This is the base for international exchange activities in Fukushima. The association issues a United We Stand Fukushima newsletter in several languages, provides multilingual translation of information about radiation figures on its website, and engages in other activities.

福島国际交流协会的据点。发行多国语言版“加油福岛”，并在网站上以多国语言翻译辐射数值等。

นี่คือศูนย์กิจกรรมแลกเปลี่ยนระหว่างประเทศในฟุกุชิมะ ทางสมาคมออกจดหมายข่าว United We Stand Fukushima ในหลายภาษาเพื่อให้อยู่ในภาษาต่างๆ เกี่ยวกับการระดับรังสีบนเว็บไซต์ และเข้าร่วมสนับสนุนกิจกรรมอื่นๆ



☎ 024-524-1315
📍 2F Funaba-cho Branch, Office of Fukushima Prefectural Government, 2-1 Funaba-cho, Fukushima City
🕒 8:30-17:15 📅 Sun., Mon., Hol.
🌐 www.worldvillage.org

* Consultation service for foreign residents is available in English and Chinese

* Some information is available in English and English-speaking staff are on hand

FUKUSHIMA GUIDE & MAPS

福島指南 / 地图

คู่มือและแผนที่ของฟูกูชิมะ

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福島县交通图 | คู่มือการเดินทางภายในจังหวัดฟูกูชิมะ
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福島县地图 | แผนที่ของจังหวัดฟูกูชิมะ
- 28 **Aizu Area** Wide Area/Bandai Highlands/Kitakata
会津地区 广域/磐梯高原/喜多方 | เขตไอซุ เขตพื้นที่กว้าง/เทือกเขามันไดคิตะคะตะ
- 29 **Aizu Area** Aizuwakamatsu Wide Area/Aizuwakamatsu
会津地区 会津若松广域/会津若松 | เขตไอซุ เขตพื้นที่กว้างไอซุวะกะมะทสึ/ไอซุวะกะมะทสึ
- 30 **Nakadori Area** Wide Area/Fukushima Wide Area/Fukushima Station
中通地区 广域/福島广域/福島站 | เขตนะกะโดริ เขตพื้นที่กว้าง/ภาครวมฟูกูชิมะ/สถานีฟูกูชิมะ
- 31 **Nakadori Area** Shirakawa-Koriyama Wide Area/Koriyama/Shirakawa
中通地区 白河-郡山广域/郡山/白河 | เขตนะกะโดริ เขตพื้นที่กว้างชิราคาวา-โคริยามะ/โคริยามะ/ชิราคาวา
- 32 **Hamadori Area** Wide Area/Iwaki/Onahama
浜通地区 广域/磐城/小名滨 | เขตฮะมะโดริ เขตพื้นที่กว้างอิวะกิ/โอนามะ

Fukushima Access Map

福島交通图
แผนที่การเดินทางไปยังฟุกุชิมะ



By Air 空运
By Shinkansen 新干线
โดยเครื่องบิน โดยรถไฟชินคันเซน

* Travel times are estimated and may vary based on itinerary arranged by transportation providers or due to season and weather conditions. (P.22-23)

※ 所需时间仅供参考，可能因各公司行程安排以及时期与天气等因素而略有变动。(第 22-23 页)

※ เวลาเดินทางเป็นเพียงประมาณการและอาจแตกต่างกันตามแผนการเดินทางที่จัดโดยผู้ให้บริการขนส่ง หรือโดยฤดูกาลและสภาพอากาศ (หน้า 22-23)



Pacific Ocean 太平洋

北京 Beijing
To Narita 3 hr. 25 min.
To Haneda 3 hr. 15 min.

ソウル Seoul
To Narita 2 hr. 10 min.
To Haneda 2 hr.
To Sendai 2 hr. 10 min. (Sun.-Fri.)

上海 Shanghai
To Narita 2 hr. 35 min.
To Haneda 2 hr. 45 min.
To Sendai 2 hr. 50 min. (Sun., Thu.)

仙台駅 Sendai Sta.

仙台空港 From Sendai Airport

Sendai Airport Access Line
仙台空港アクセス線

25 min. ¥650

福島 Fukushima

1 hr. 30 min. from Tokyo (Tohoku Shinkansen "Yamabiko")
30 min. from Sendai (Tohoku Shinkansen "Yamabiko")

郡山 Kōriyama

1 hr. 20 min. from Tokyo (Tohoku Shinkansen "Yamabiko")
40 min. from Sendai (Tohoku Shinkansen "Yamabiko")

東京駅 Tokyo Sta.

羽田空港 From Haneda Airport (International Terminal)

Keikyu Line 京急線	21 min. ¥580
Tokyo Monorail 東京モノレール	18 min. ¥650
Airport limousine bus エアポートリムジン	25-40 min. ¥930

成田空港 From Narita Airport (Terminal 2)

Narita Express 成田エクスプレス	54 min. ¥3,020
Skyliner スカイライナー	47 min. ¥2,630
Airport limousine bus エアポートリムジン	1 hr. 20 min. - 1 hr. 50 min. ¥3,100

* Fastest required time except time needed for transferring (As of April, 2014)
* Listed prices are ticket fares.

※ 不包含换乘所需的最快时间 (截至2014年4月)
※ 所列费用为票价。
※ เวลาเดินทางเร็วที่สุด ไม่รวมเวลาที่รอต่อรถไป (ณ เดือนเมษายน 2557)
※ ราคาที่แสดงเป็นค่าตั๋วโดยสาร

香港 Hong Kong
To Narita 3 hr. 55 min.
To Haneda 3 hr. 50 min.

台北 Taipei
To Narita 2 hr. 55 min.
To Haneda 2 hr. 45 min.
To Sendai 3 hr. (Sun., Wed., Thu., Sat.)

バンコク Bangkok
To Narita 5 hr. 55 min.
To Haneda 5 hr. 35 min.



Fukushima Prefecture Access Guide

福島県交通圖

คู่มือการเดินทางภายในจังหวัดฟุกุชิมะ

Legend 凡例

- JR Shinkansen 福島新幹線
- JR Lines JR線
- Private Railways 私鉄
- Fukushima Kotsu Bus 福島交通バス
- Aizu Bus 会津バス
- Bandai Toto Bus 磐梯東都バス



Money-saving Tickets

超值优惠券 | ตัวอย่าง

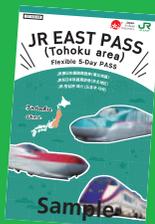
JR EAST PASS (Tohoku area)

The JR EAST PASS (Tohoku area) is a convenient and economical railway pass that offers unlimited travel on JR lines from Tokyo to Tohoku area including the Shinkansen. The pass is valid for five days of your choice within a 14-day period from the date when the pass is issued.

JR 东日本铁路周游券（东北地区）是可以不限次数乘坐从东京前往东北地区的JR线路（包括新干线）的便利超值周游券。自购票日起14天内有效，可任选5天搭乘。

JR EAST PASS (ภูมิภาคโทโฮกุ) คือตั๋วโดยสารรถไฟจากประเทศและสถานที่ที่สามารถใช้โดยสารรถไฟ JR จากโตเกียวถึงภูมิภาคโทโฮกุโดยไม่จำกัดรวมถึงชินกันเซ็น ตั๋วนี้ใช้ได้ห้าวันโดยคุณสามารถเลือกวันเดินทางภายใน 14 วันนับจากวันที่ออกตั๋ว

☎ 050-2016-1603 🗳 Adult (age 12 and above): ¥20,000
🌐 www.jreast.co.jp/e/eastpass_t/



会津ぐるっとカード Aizu Gurutto Card

Offers unlimited 2-day travel within the Aizu-Wakamatsu, Kitakata areas etc. on transportation systems such as the JR lines, Aizu Railway lines, and Aizu Bus. It comes with benefits where you'll also receive discount services at participating tourist facilities, lodging facilities, and restaurants.

可以连续2天自由无限次乘坐会津若松、喜多方等适用区域内的JR线、会津铁道、会津公交等交通工具的超值票卡。对于部分观光设施、旅游设施和餐厅，持此卡时也可享有优惠。

ใช้ได้ทางใต้ 2 วันโดยไม่จำกัด ภายในเขตจังหวัดฟุกุชิมะที่ คิตะคะตะ ฯลฯ ด้วยการขนส่งทุกระบบ เช่น สาย JR, สายรถไฟโตะ และรถประจำทางโตะ พร้อมสิทธิประโยชน์เพิ่มเติม เช่น ส่วนลดค่าบริการสำหรับสถานที่ท่องเที่ยว สถานที่พัก และร้านอาหารที่เข้าร่วม

☎ 0242-23-8000 🗳 Adult: ¥2,670
🌐 www.aizukanko.com/kk/aizucard/



Transportation

交通方式 | การโดยสาร

Train 电车 | รถไฟ

In addition to the JR Tōhoku Main Line that runs in the north-south direction, the JR Ban-etsu-East Line that runs to the east from Kōriyama Sta., and the JR Ban-etsu-West Line that runs to the west, also other JR and privately-owned railway lines are operated. 有南北向的 JR 东北本线、从郡山东行的 JR 磐越东线、西行的 JR 磐越西线以及 JR 和私铁运行。

นอกจากรถไฟทาง JR Tōhoku Main Line ที่วิ่งเหนือใต้ สาย JR Ban-etsu-East Line ที่วิ่งไปทางตะวันออกจากสถานีโคเรียยาม่า และสาย JR Ban-etsu-West Line ที่วิ่งไปทางตะวันตก ยังมีรถไฟ JR อื่นๆ และรถไฟเอกชนที่มีให้บริการอีกด้วย



Check the price of the fare to your destination
 确认到目的地的票价
 เช็คราคาค่าเดินทางไปยังจุดหมายปลายทาง

Check the fare for your destination shown on the information display located above the ticket machines.

查詢售票機上方的信息顯示的目的地所需的費用。

ตรวจสอบค่าโดยสารไปยังปลายทางที่ปรากฏบนหน้าจอแสดงข้อมูลที่อยู่บนเครื่องจำหน่ายตั๋ว



Put your money into the ticket machine
 将现金投入售票机
 ใส่เงินของค่าโดยสารลงในเครื่องจำหน่ายตั๋ว

Insert the amount for the fare. Any change will be returned after the ticket is issued and will automatically be dispensed into the tray.

หยอดเงินค่าโดยสาร เครื่องจะทยอยคืนเงินจากที่ออกตั๋วในถาดโดยอัตโนมัติ



Press the button for the fare you want
 按下所需票价的按钮
 กดปุ่มเลือกอัตราค่าโดยสารที่ต้องการ

After you put your money into the machine, a screen will appear displaying fare prices. Press the button for the one you want, and you will be issued a ticket for that fare.

หลังจากใส่เงินในเครื่องจำหน่ายตั๋วแล้ว หน้าจอจะมีอัตราค่าโดยสารให้เลือก กดปุ่มเลือกอัตราที่ต้องการ แล้วจะนำตั๋วหรือตั๋วกระดาษโดยอัตโนมัติ



Pass through the ticket gate
 从自动闸门进站
 ผ่านเครื่องรับตั๋ว

Insert your ticket into one of the ticket gates and walk through the gate. Don't forget to take your ticket after you walk through.

เสียบตั๋วเข้าไปในประตูตรวจตั๋วและเดินผ่านประตู อย่าลืมรับตั๋วหลังจากที่เดินผ่านเข้าไป

Bus 公交车 | รถบัส

Buses are convenient for short-distance travel and perfect for getting the general feel of an area. Be sure to give yourself plenty of time to reach your destination as there may be traffic jams and other delays, however. 想要熟悉街道情况，搭乘短途移动便捷的公交车是最佳选择。有时会出现交通堵塞，出行时请预留充裕的时间。

รถบัสมีความสะดวกสำหรับการเดินทางระยะสั้น และเพื่อให้ได้ความรู้สึกแบบท้องถิ่นจริงๆ แต่ควรจะมีเวลาสำหรับการไปถึงจุดหมายเนื่องจากอาจมีการจราจรติดขัดหรือการล่าช้าอื่นๆ



Wait at the bus stop
 在公交车站候车
 รอรถบัสที่ป้าย

Wait for the bus at one of the bus stops with a sign.

有站牌的公交车站候车。รอรถบัสที่ป้ายหรือจุดระบุจำนวน



Check the destination, and get on the bus
 确认目的地的车号
 ตรวจสอบเลขรถหมาย แล้วจึงขึ้นรถบัส

The service route number will differ depending on the destination, so be sure to check it before you get onto the bus. Be sure to take a numbered bus ticket when you get on.

目的地不同，系统编号也不同，请事先确认。抽取整理券后乘车。หมายเลขเส้นทางให้บริการจะแตกต่างกันขึ้นอยู่กับปลายทาง โปรดตรวจสอบเลขเส้นทางก่อนขึ้นรถบัส และควรซื้อตั๋วที่มีหมายเลขเส้นทางที่ต้องการเมื่อขึ้นรถ



Press the button for getting off
 按下停车铃
 กดปุ่มที่จอดรถ

When you get close to the bus stop you want to get off at, press the button to indicate that you wish to get off.

在接近目的地的车站时，请按下车铃以告知司机。เมื่อรถบัสใกล้ถึงจุดที่ท่านต้องการลง ให้กดปุ่มเพื่อแจ้งให้ผู้ว่าท่านต้องการลง



Insert money for the fare, and get off the bus
 将车费投入车费箱后下车
 ใส่เงินค่าโดยสารลงในกล่องรับค่าโดยสาร แล้วจึงลงรถบัส

Insert the fare into the fare collection box located at the front of the bus. Make sure to have the exact amount ready.

下车时将车费投入公交车前部的车费箱。请事先准备好正确的车费。ขณะลงรถค่าโดยสารลงในกล่องรับค่าโดยสารที่ด้านหน้าของรถบัส ให้แน่ใจว่ามีเงินค่าโดยสารที่พร้อม

Taxi 出租车 | แท็กซี่

Up to 4 passengers are accepted per taxi, so taking a taxi is sometimes cheaper than a bus or train for short distances. Fares go up during the hours of 23:00-5:00. 最多可乘坐 4 人，短途时可能会乘坐出租车或公交车便宜。23:00 至早上 5:00 之间收费会有所增加。

แท็กซี่สามารถรับผู้โดยสารได้สูงสุด 4 คนต่อคัน ดังนั้นการใช้บริการแท็กซี่บางครั้งจะถูกกว่านั่งรถบัสหรือรถไฟหากกระยะทางสั้น ค่าโดยสารจะสูงขึ้นในช่วงเวลา 23:00-5:00



Hail a taxi
 扬招出租车
 เรียกแท็กซี่

Raise your hand to signal a taxi driving down the street to stop. There are also taxi stands in front of train stations and at other locations.

举手扬招行驶中的出租车。车站附近有出租车候车点。

ไม่ยกมือส่งสัญญาณเรียกแท็กซี่ที่วิ่งอยู่ให้จอด หรือขึ้นแท็กซี่ที่จุดจอดหน้าสถานีรถไฟหรือจุดอื่นๆ



Get into the taxi
 上车
 ขึ้นแท็กซี่

The door will open automatically, so get in after it does. If you have large pieces of baggage, ask the taxi driver for assistance.

在车门自动打开后上车。司机会帮助搬运大件行李。

ประตูจะเปิดโดยอัตโนมัติ เมื่อเปิดแล้วให้ขึ้นไปนั่ง หากมีสัมภาระขนาดใหญ่ บอกคนขับแท็กซี่ให้ช่วยใส่



Tell the taxi driver your destination
 告知司机目的地
 บอกจุดหมายของท่านให้คนขับ

Tell the driver where you want to go. It may be faster to just show him or her a piece of paper or book with the name of the destination written on it.

告知司机目的地。可将写有目的地的纸条或导游书指给司机看。

บอกคนขับว่าท่านต้องการไปไหน หากท่านสามารถใช้บัตรกระดาษหรือหนังสือที่มีชื่อสถานที่ให้คนขับดูได้ อาจจะเร็วขึ้น



Pay the fare
 付费
 จ่ายค่าโดยสาร

Pay the amount shown on the fare meter. Most taxis do accept major credit cards.

按照计价器上的价格付费。所有出租车基本上都可使用信用卡。

จ่ายค่าโดยสารที่แสดงอยู่บนมิเตอร์ค่าโดยสาร แท็กซี่ส่วนใหญ่รับบัตรเครดิตได้

Rental Car 租车 | รถเช่า

Since the number of trains and buses are few in Fukushima Prefecture, you'll be able to go to many more places with the use of a rental car. 福島县的电车和公交车班次不多，可以选择使用租车服务，以扩大行动范围。

เนื่องจากจำนวนรถไฟและรถบัสประจำทางมีน้อยในจังหวัดฟุกุชิมะ คุณสามารถจะไปสถานที่หลายแห่งได้โดยการเช่ารถ



Reservations & contract
 预约和契约
 การจองและการทำสัญญา

Sign the contract and pay the required fees. If you wish to specify the car type, we recommend making reservations in advance.

签署合同并支付费用。如欲指定车款，最好事先预约。

ลงชื่อสัญญาและจ่ายค่าเช่า หากต้องการระบุประเภทรถ ขอแนะนำให้จองล่วงหน้า



Before leaving with the car
 出发手续
 ก่อนออกรถ

Along with the staff, check the car for any dents or scratches. Don't forget to check how to operate the controls inside the car.

出发前和工作人员一起检查车身有无伤痕。也要确认车内仪器的操作状况。

ตรวจหาหยุมบวมหรือขีดข่วนของรถก่อนออกเดินทาง อย่าลืมตรวจสอบวิธีการใช้งานอุปกรณ์ภายในรถ



Gas
 汽油
 น้ำมันเชื้อเพลิง

When you return the car, you need to fill up the tank. Please note that if you forget to do so, you will be charged for gas when returning the car.

请注意，归还前必须把汽油加满。如果忘记，会要求您支付燃料费。

เมื่อคืนรถ คุณต้องเติมน้ำมันให้เต็มถัง หากลืมเติม คุณจะต้องจ่ายค่าเติมน้ำมันที่รถ



Return the car
 归还手续
 คืนรถ

Go to the counter after you've made sure you haven't left anything behind. The staff will check the car for any dents or scratches and will charge you additional charges, if necessary.

确认车上没有遗留物品之后再前往柜台。检查车身有无伤痕，若有，则当场结算追加费用。

ไปที่เคาน์เตอร์หลังจากตรวจสอบแล้วว่าไม่มีสิ่งใดที่ไว้ ทิ้งค้างบนรถหรือรถบัสของคุณ และอาจมีการปรับเงินเพิ่มเติมที่รถบัส

Essential Information

基本信息 | ข้อมูลที่สำคัญ



Money 钱款 เงิน

You can withdraw money in Japanese yen using foreign-issued credit cards and cash cards at Seven Bank ATMs in 7-Eleven convenience stores and at Japan Post Bank's ATM. Major credit cards are accepted at many chain stores and shops. Currency can be exchanged and traveler's checks are accepted at hotels and banks.

如果要信用卡提取日元，那使用邮政银行 ATM 或便利店 7-11 内的 Seven 银行 ATM 十分便利。各大信用卡都可用。旅行支票可在酒店或银行兑换。

ท่านสามารถถอนเงินสดเงินได้โดยใช้บัตรเครดิตหรือบัตรเงินสดที่ออกในต่างประเทศได้ที่ตู้กดเงินอัตโนมัติของธนาคารเซเว่น ในร้านเซเว่นอีเลฟเว่น และตู้กดเงินอัตโนมัติของธนาคารไปรษณีย์ญี่ปุ่น บัตรเครดิตหลักๆ จะสามารถใช้ได้ที่ร้านค้าที่ต่างๆ และร้านค้าทั่วไปได้ โรงแรมและธนาคารให้บริการแลกเงินและรับทราบเวลาเอ็กซ์เชนจ์



Japan Post Bank
郵便銀行 | ธนาคารไปรษณีย์ญี่ปุ่น
www.jp-bank.japanpost.jp/en/ias/en_ias_index.html



SEVEN BANK
Seven銀行 | ธนาคารเซเว่น
www.sevenbank.co.jp/inticard/service2.html



Wi-Fi

In Japan, Wi-Fi access point is available not only in the airport, but in many spots in cities including convenience stores, vending machines, and trains, offering support for a comfortable journey. The GOOD LUCK TRIP JAPAN App offers a video clip explaining how to use Wi-Fi, so be sure to check out the video and utilize Wi-Fi access.

在日本，除了机场之外，便利商店、自动售卖机、电车等市区内各种地方都可以使用Wi-Fi，让旅游更方便。GOOD LUCK TRIP JAPAN App以动画解说Wi-Fi的使用方式，欢迎多多参考利用。

ในญี่ปุ่น นอกจากสนามบินที่มีจุดบริการ Wi-Fi แล้ว ยังมีจุดบริการอื่นๆ อีกในเมือง รวมถึง ร้านสะดวกซื้อ เครื่องจำหน่ายสินค้าแบบหยอดเหรียญ และบนรถไฟ เพื่อความสะดวกสบายในการเดินทาง แอป GOOD LUCK TRIP JAPAN มีวิดีโอคลิปที่อธิบายวิธีการใช้ Wi-Fi กรุณาดูวิดีโอเพื่อให้สามารถใช้งาน Wi-Fi ได้สะดวก



Free Wi-Fi Spot

Free Wi-Fi热点 | จุดบริการ Wi-Fi ฟรี



GOOD LUCK TRIP JAPAN App

www.goodlucktripjapan.jp/introduction/

Manners

礼仪 | มารยาท

In a restaurant

餐厅 | ในร้านอาหาร



It is customary for each person to order at least one dish at restaurants in Japan, such as ramen shops and sushi restaurants.

到拉面店、寿司店等日本餐厅用餐时，每人需点一道以上的菜才符合礼仪。

เป็นธรรมเนียมที่ทุกคนต้องสั่งอาหารอย่างน้อยหนึ่งจานสำหรับร้านอาหารญี่ปุ่น เช่น ร้านราเม็งและร้านซูชิ

At a public bath

公共澡堂 | ที่โรงอาบน้ำสาธารณะ



It is customary to wash your body before getting into the bath at public baths. Be sure not to let your towel come in contact with the water in the bathtub.

在公共澡堂，必须先洗净身体方可进入浴池洗澡。毛巾不可泡入浴池内。

เป็นธรรมเนียมที่ต้องชำระล้างร่างกายก่อนเข้าไปอาบน้ำในโรงอาบน้ำสาธารณะ ระวังอย่าให้ผ้าขนหนูโดนน้ำในอ่างอาบน้ำ

Wait your turn

排队等候 | รอจนถึงคิวของคุณ



When it's crowded and there's a line, don't cut in. Line up at the end and wait your turn.

当人流量较多、前方有人排队时，千万不可插队。请排在队伍后方等候，直到轮到自己。

เมื่อคนแน่นและมีคนยืนต่อคิว ห้ามแซงคิว ให้ยืนต่อคิวที่ปลายแถวและรอจนถึงคิวของคุณ

EMERGENCY | 紧急联络 | กรณีฉุกเฉิน



If you lose your credit card

遗失信用卡 | หากท่านทำบัตรเครดิตหาย

Credit card companies

American Express ☎ 0120-020-120
Diners Club ☎ 0120-074-024
JCB ☎ 0120-794-082
MasterCard ☎ 00531-11-3886
Visa Card ☎ 00531-11-1555
UnionPay ☎ 0034-800-800-287



If you lose your airline ticket

遗失机票 | หากท่านทำตั๋วเครื่องบินหาย

Airline companies

Air China ☎ 03-5251-0711
All Nippon Airways ☎ 0570-029-709
Asiana Airline ☎ 03-5812-6600
Cathay Pacific Airways ☎ 03-6746-1000
China Airlines ☎ 03-6378-8855
Japan Airlines ☎ 0570-025-031
Korean Air ☎ 0088-21-2001



If injured or being sick

受伤或生病时 | หากท่านบาดเจ็บหรือเจ็บป่วย

Holiday Emergency Clinics

Fukushima City Nighttime Emergency Clinic ☎ 024-525-7672
Koriyama City Holiday & Nighttime Emergency Medical Center ☎ 024-934-5656
Aizuwakamatsu-city Night Emergency Clinic ☎ 0242-28-1199



Emergency contacts

各种紧急联络处 | เบอร์ติดต่อฉุกเฉิน

Emergency contacts

Police ☎ 110
Fire fighting and emergency ☎ 119
Japan Helpline ☎ 0570-000-911

Embassies

中国大使馆
☎ 03-3403-3388
☎ 3-4-33 Motoazabu, Minato-ku
台北经济文化办事处
☎ 03-3280-7811
☎ 5-20-2 Shirokanedai, Minato-ku
สถานเอกอัครราชทูตไทย
☎ 03-5789-2433
☎ 3-14-6 Kami-Osaki, Shinagawa-ku

If you encounter any problems
遇到麻烦时 | หากท่านประสบปัญหา

How to use the maps

地图的使用方式 | วิธีการใช้แผนที่

Use the maps starting from the next page and have even more fun in Fukushima!

利用下一页之后的地图，充分享受福岛观光乐趣！

ใช้แผนที่โดยเริ่มต้นตั้งแต่หน้าถัดไป และขอให้สนุกกับการเดินทางในฟุกุชิมะ!

How to use the maps

地图的使用方式

วิธีการใช้แผนที่

- The name of the area the map covers is indicated here.
此处标有地图的区域名称。
ชื่อของพื้นที่ ที่หน้าปกของแผนที่ถูกแสดงไว้ที่นี่
- Displays the map scale. Please be aware that the scale may change slightly from map to map.
表示地图比例尺。各区域比例尺稍有不同，敬请注意。
แสดงอัตราส่วนแผนที่ อาจมีการเปลี่ยนแปลงของอัตราส่วนในแต่ละแผนที่
- Icons are used to indicate the genre of the spots they mark. Refer to the description given below for more on icons.
地点类别以符号表示，请参照下面的符号说明。
เครื่องหมายใช้เพื่อระบุชนิดของจุดที่แสดง โปรดอ้างอิงจากคำอธิบายด้านล่าง สำหรับเครื่องหมายอื่นๆ



How to use the icons

符号的使用方式

วิธีใช้เครื่องหมาย

1 Landmark icons

地标图标 | เครื่องหมายแลนด์มาร์ค

Convenience Store, Café | 便利店、咖啡馆 | ร้านสะดวกซื้อ คาเฟ่

Find your way around using cafés and convenience stores.

逛街时可参考咖啡店和便利店的位置找路。

หากต้องการไปร้านสะดวกซื้อหรือฟักผ่อนที่คาเฟ่

GOOD LUCK TRIP FUKUSHIMA uses mainly three different basic icons to mark landmarks, amusement facilities, transportations, etc. Read the more detailed descriptions provided to find places you want to visit!

“GOOD LUCK TRIP 福岛” 将基本符号分为地标、娱乐设施和交通等三大类，可阅读详细说明，找到想要去的地方！

“ทริบโชคฟุกุชิมะ” (Good Luck Trip Fukushima) ใช้เครื่องหมายสามแบบหลัก เพื่อแสดงจุดแลนด์มาร์ค สถานที่พักผ่อน การคมนาคม และอื่นๆ โปรดอ่านรายละเอียดเพิ่มเติมเพื่อหาสถานที่ที่ท่านต้องการไป



Convenience Store



Café

Open 24 hours so you can buy batteries, a toothbrush or whatever else you might need during your trip. The icon on the right indicates a convenience store with an ATM.

24 小时随时可购买电池、牙刷等旅途必需品。右侧图标表示设有 ATM 的便利店。

เปิดทำการ 24 ชม. ท่านสามารถซื้อถ่าน แบตเตอรี่ หรืออะไรก็ตามที่ท่านอาจต้องการในระหว่างท่องเที่ยว เครื่องหมายด้านขวาบ่งชี้ร้านสะดวกซื้อที่มีตู้กดเงินอัตโนมัติ

Stop at a café when you get tired. You can open your map and check your route.

逛街累了可以到咖啡馆小憩。打开地图确认前往目的地的路径。

หยุดพักที่คาเฟ่หากท่านรู้สึกเหนื่อย ท่านสามารถตรวจสอบเส้นทางได้โดยการดูแผนที่

2 Amusement icons

休闲娱乐相关图标 | เครื่องหมายสันทนาการ

[Shopping | 购物 | ช้อปปิ้ง]



100-yen Shop
百元店 | ร้าน 100 เยน



Drugstore
药妆店 | ร้านขายยา



Shopping
一般购物 | สถานที่ช้อปปิ้ง



[Eating | 就餐 | ร้านอาหาร]



Restaurant
餐厅 | ภัตตาคาร

[Entertainment | 娱乐活动 | สันทนาการ]



Museum
博物馆 美术馆 | พิพิธภัณฑ์



Movie Theater
电影院 | โรงภาพยนตร์



Amusement Park
游乐园 | สวนสนุก



Experience
玩乐 | ประสบการณ์



[Others | 其他 | อื่นๆ]



Sightseeing Spot
景点 | จุดท่องเที่ยว



Hot Spring
温泉 | น้ำพุร้อน

3 Basic icons

基本图标 | เครื่องหมายทั่วไป



[合同庁舎前] Traffic Light / Intersection
交通信号 | สัญญาณไฟจราจร / สี่แยก



Station
车站 | สถานี



Hotel
酒店 | โรงแรม



Tourist Information Office
外国游客咨询处 |



Post Office with ATM
邮局 (可使用ATM) |



ที่ทำการไปรษณีย์พร้อมตู้กดเงินอัตโนมัติ



Hospital
医院 | โรงพยาบาล



Police station
公安局 | สถานีตำรวจ



Koban (Police Box)
派出所 | บิ๋อมตำรวจ



School
学校 | โรงเรียน



Park
公园 | สวนสาธารณะ



Airport
机场 | สนามบิน



Temple
寺庙 | วัด



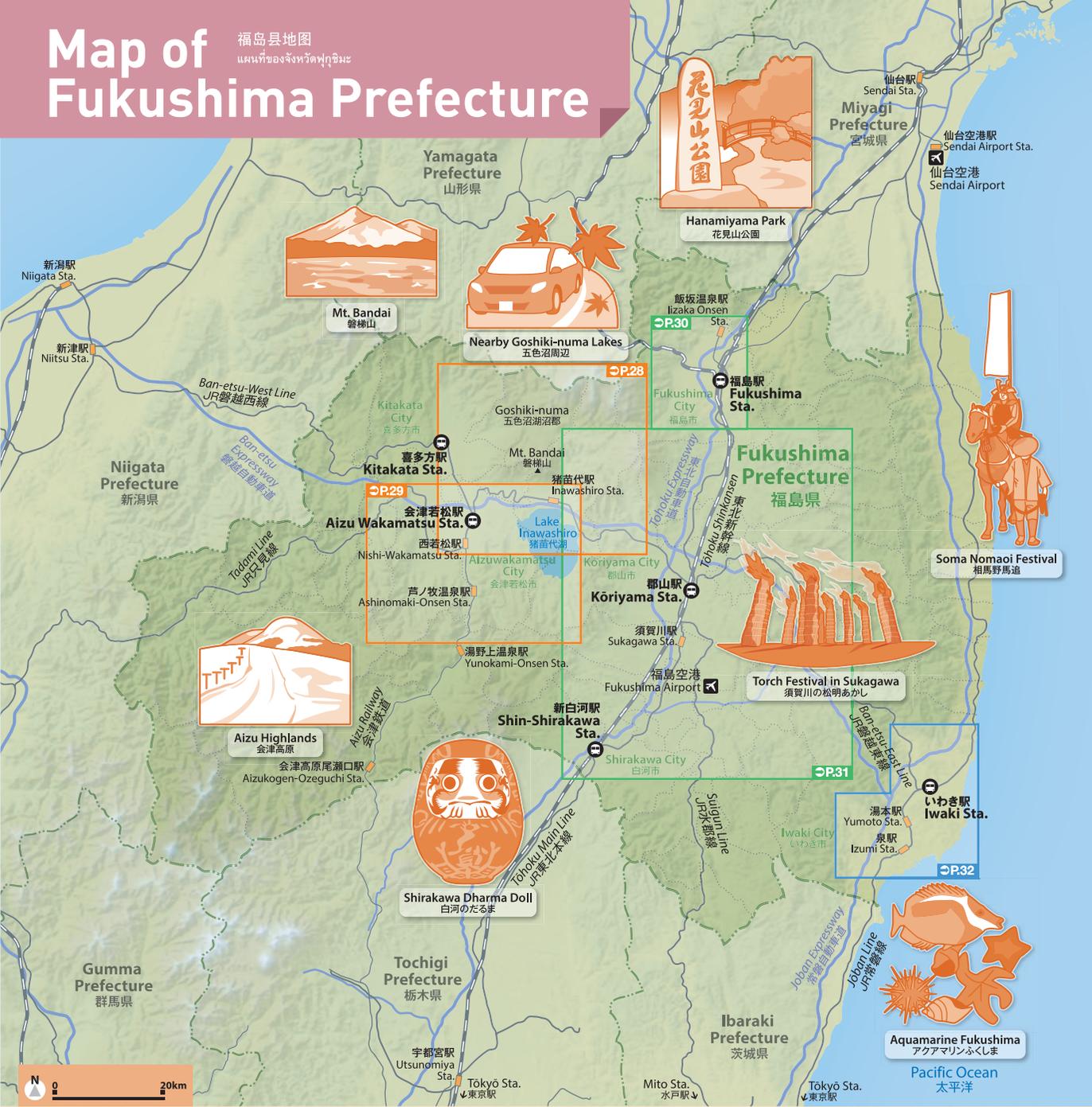
Shrine
神社 | ศาลเจ้า



Route Number
路线编号 | หมายเลขเส้นทาง

Map of Fukushima Prefecture

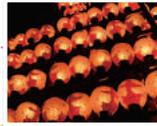
福島県地図
แผนที่ของจังหวัดฟุคุชิมะ



Fukushima Prefecture Event Calendar

福島県活动日历

ปฏิทินกิจกรรมของจังหวัดฟุคุชิมะ

Mid-February	<p>Ouchi-juku Snow Festival (Shimogo Town) 大内宿雪まつり (下郷町)</p> <p>Tadami Furusato Snow Festival (Tadami Town) 只見ふるさとの雪まつり (只見町)</p> <p>Shirakawa Dharma Doll Market (Shirakawa City) 白河だるま市 (白河市)</p> 	<p>Early August</p> <p>Iwaki Odori Festival (Iwaki City) いわきおどり (いわき市)</p>
End of July	<p>Soma Nomaoi Festival (Minamisoma City) 相馬野馬追 (南相馬市)</p> 	<p>Early October</p> <p>Iizaka Kenka Festival (Fukushima City) 飯坂けんか祭り (福島市)</p> <p>Nihonmatsu Lantern Festival (Nihonmatsu City) 二本松の提灯祭り (二本松市)</p> 
Early August	<p>Fukushima Waraji Festival (Fukushima City) 福島わらじまつり (福島市)</p> 	<p>Early October-end of November</p> <p>Nihonmatsu Chrysanthemum Figures Festival (Nihonmatsu City) 二本松の菊人形 (二本松市)</p> <p>Mid-November</p> <p>Torch Festival (Sukagawa City) 松明あかし (須賀川市)</p> 

Click here for information on other events taking place in Fukushima! www.tif.net.jp

Aizuwakamatsu

会津若松



Aizuwakamatsu Wide Area

会津若松広域



会津のうつわ 工房鈴蘭 P.13,14
Aizunoutwa Kobo Suzuran

笑美 P.12
Warabi

山田民芸工房 P.12
Yamadamineikobo

会津若松駅
Aizu-Wakamatsu Sta.

RIE SAKAMOTO COLLECTION
坂本これくしょん

小澤ろうそく店 P.10,12
Ozawa Rosokuten

鶴ヶ城 P.14
Tsuruga-jo Castle

鶴ヶ城会館 P.10
Tsuruga-jo Kaikan

宮泉酒造 P.11
Miyaizumi Shuzo

元祖 輪箱飯 割烹・会津料理 田季野 P.9
Aizuryori Takino

名物カツ丼の店 白孔雀食堂 P.8
Shirokujaku Shokudo

蕎麦 かみしりや P.9,14
Kyobo Kamishiroya

会津東山温泉 向瀧 P.6
Aizu Higashiyama-onsen Mukaitaki

東山温泉 P.14
Higashiyama Onsen

会津若松 大川荘 P.6
Ookawaso

アズミサト
Aizumisato

アズワカマツ
Aizuwakamatsu

アズノボリ
Aizunobori

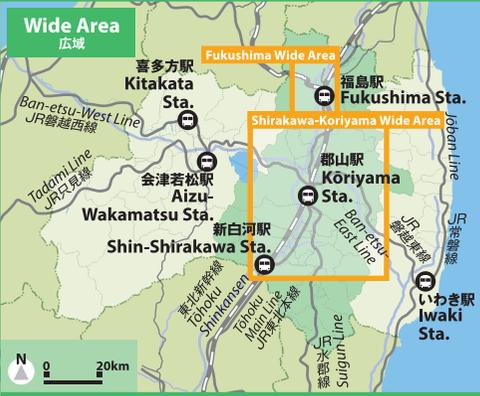
アズノボリ
Aizunobori

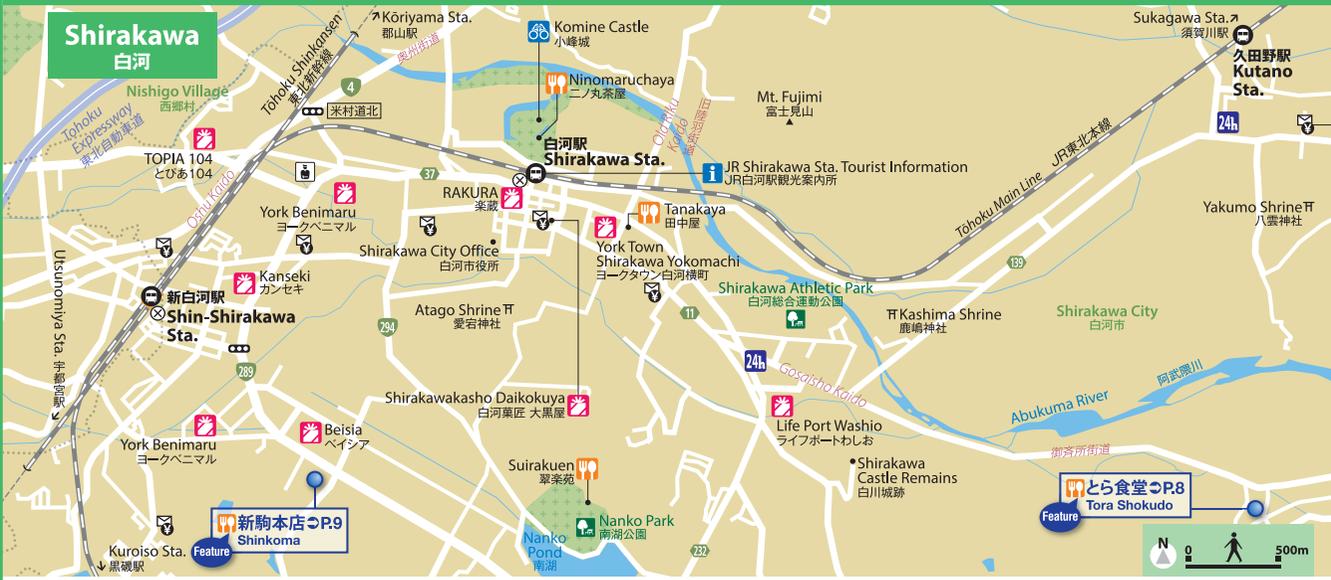
アズノボリ
Aizunobori

Nakadori Area

中通りエリア

中通地区 | เขตนะกะโดริ





Hamadori Area

浜通りエリア

浜通地区 | เขตถนนริมทะเล



摄影景点精选! | จุดถ่ายภาพยอดเยี่ยม!

Top Pick Photo Spots!



The mountain is full of flowers in various colors!

FUKUSHIMA Flower Calendar

FUKUSHIMA MAP



福島花历
ปฏิทินดอกไม้

Check when each flower is in full bloom! 确认好花季后, 就出发欣赏盛开的鲜花吧!

ตรวจสอบช่วงเวลาที่เหมาะสมไปชมดอกไม้บานเต็มทีในแต่ละฤดู!

桜 Hanamiyama Park

Cherry Blossoms and more Hanamiyama Park MAP | P.30

Famous flower viewing spot representative of Fukushima Prefecture. Every year, approx. 300,000 people visit from within and outside the Prefecture. Enjoy viewing cherry blossoms in spring, and other flowers throughout the four seasons.

福島県著名の赏花景点, 每年吸引来自县内外约30万名游客前来观赏。除了春天的樱花, 四季都可以欣赏到美丽花朵。

จุดชมดอกไม้ยอดนิยมของจังหวัดฟูกูชิมะ ทุกปีจะมีนักท่องเที่ยวกว่า 300,000 คนจากภายในและนอกจังหวัดมาเที่ยวชม เพลิดเพลินกับการชมดอกซากุระในฤดูใบไม้ผลิ และดอกไม้อื่นๆ ตลอดทั้งปี

Watarai, Fukushima City
Open to public Open 365 days Free of charge

Lovely little flowers create a magnificent view



Best Time to Visit
Early Apr. - early May
(for cherry blossoms)

ニッコウキスゲ Oguninuma Wetlands

Daylily Oguninuma Wetlands MAP | P.28

Stretches to the south of Lake Oguni-numa, a caldera lake. The daylilies that bloom in early summer create a view that looks as if there's a carpet of bright golden yellow.

位于破火山口湖“雄国沼”以南。初夏盛开的北萱草, 看起来就好像是大地铺上了浅橘色的地毯。พื้นที่ยาวไปทางใต้ของทะเลสาบโองุณิ-numะซึ่งเกิดจากการยุบตัวของภูเขาไฟ ดอกเดย์ลิลี่จะเบ่งบานในช่วงต้นฤดูร้อนมีทัศนียภาพเหมือนพรมดอกไม้สีทองสว่างไสว

Within the nationally owned forest land, Nekomayama, Hibara, Kitashiobara Village
Open to public
Open 365 days Free of charge

A trumpet-shaped flower of about 10 cm blooms



Take a picture with the surrounding mountains!



Best Time to Visit
End of Jun. - early Jul.

紅葉 Urabandai Plateau

Autumn Leaves Urabandai Plateau MAP | P.28

One of the Goshiki-numa lakes and Japanese maple leaves colored in red



In autumn, trees painted in red and yellow delight those who visit the Goshiki-numa lakes and the cluster of other lakes and swamps.

到了秋天, 树叶染成红色和黄色, 衬托着五色沼等湖沼群风景, 在游客眼前交织出赏心悦目的景致。

ในฤดูใบไม้ร่วง ต้นไม้จะกลายเป็นสีแดงและเหลืองสร้างความตื่นตาตื่นใจให้กับผู้ที่มาเที่ยวชมทะเลสาบโกลิชิกิ-numะ รวมถึงกลุ่มทะเลสาบและบึงอื่นๆ

Kitashiobara Village
Open to public
Open 365 days
Free of charge



Best Time to Visit
Mid Oct. - early Nov.

The brilliant colors are reflected in the surface of the lakes

The height of the tree is an incredible 13.5m!



桜 Cherry Blossom Tree

4 三春滝桜 Miharu Takizakura (Waterfall Cherry Blossoms) MAP | P.31

Sakurakubo, Taki, Miharu Town
6:00-18:00 (until 20:30 during the period when the tree is lit up)
Open 365 days
¥300 (only when the cherry blossoms are in bloom)

Best Time to Visit
Mid Apr. - late Apr.

The tree is lit up for a limited time



A natural monument of Japan, this cherry blossom tree is estimated to be over 1,000 years old. It is called "takizakura" (waterfall cherry blossoms) because its flowers look like a waterfall. 树龄推估在1000年以上的樱花树, 被指定为国家自然遗产。由于盛开的樱花宛若瀑布(滝), 故称作“滝樱”。
อนุสาวรีย์ตามธรรมชาติของญี่ปุ่น มีการประเมินว่าต้นซากุระนี้มีอายุมากกว่า 1,000 ปี โดยมีชื่อเรียกว่า “ทาคิซากุระ” (ดอกซากุระน้ำตก) เนื่องจากดอกออกใต้น้ำเหมือนน้ำตก

Useful Japanese Expression

实用日语会话 | สำนวนภาษาญี่ปุ่นที่นำมาใช้ได้จริง

Everyday conversation / greetings

日常会话 | สนทนาในชีวิตประจำวัน

hai / iie はい いいえ	Yes / No 是 / 不是	はい / いいえ	sumimasen すみません	Excuse me. 不好意思	ขอโทษ
konnichiwa こんにちは	Hello. 您好 (午安)	สวัสดี	gomennasai ごめんないさい	I'm sorry. 对不起	ขอโทษ
sayōnara さようなら	Good-bye. 再见	ลาก่อน	oishīdesu おいしいです	It's delicious. 好吃	อร่อย
arigatō gozaimasu ありがとうございます	Thank you. 谢谢	ขอบคุณ			

Useful expression

实用会话 | สำนวนความรู้

~ni ikitai desu ~に 行きたい です	I would like to go to ---. 我想去.....	อยากไปที่ ~
~wa arimasuka? ~は ありますか	Do you have ---? 有.....吗?	มี ~ ไหม
~o kudasai ~を ください	Please give me ---. 请给我~	ขอ ~
~wa dokode kaemasuka? ~は どこで 買えますか	Where can I buy ---? 在哪里可以买得到.....?	จะหาซื้อ ~ ได้ที่ไหน
ikura desuka? いくら ですか	How much is it? 多少钱?	ราคาเท่าไร?
dorega osusume desuka? どれが おすすめ ですか	Which do you recommend? 您推荐哪一个?	คุณแนะนำอันไหน
kore wa nandesuka? これ は 何ですか	What is this? 这是什么?	นี่คืออะไร
itsu shuppatsu desuka? いつ 出発 ですか	When is the departure? 什么时候出发?	ออกเดินทางเมื่อไหร่
itsu touchaku shimasuka? いつ 到着 しますか	When is the arrival? 什么时候到达?	ถึงที่หมายเมื่อไหร่
~wa dokodesuka? ~は どこですか	Where is ---? ~在哪里?	~ อยู่ที่ไหน
jikan wa donokurai kakarimasuka? 時間 は どのくらい かかりますか	How long does it take? 需要多少时间?	ใช้เวลาประมาณเท่าไร?
shashin o totte kudasai 写真 を 撮って ください	Please take a photograph. 请帮我拍照。	ช่วยถ่ายรูปให้หน่อยได้ไหม
toire o kashite kudasai トイレ を 貸して ください	May I use your restroom? 我想借用洗手间。	ขอใช้ห้องน้ำหน่อย

Useful words

实用单词 | คำศัพท์ควรรู้

kūkō 空港	airport 机场	สนามบิน
ei tēm ATM	ATM (automatic teller machine) ATM	เอทีเอ็ม
basu noriba バス乗り場	bus stop 公共汽车站	ป้ายรถเมล์
chikatetsu 地下鉄	subway 地铁	รถไฟฟ้าใต้ดิน
kippu uriba 切符売り場	ticket counter 售票处	เคาน์เตอร์จำหน่ายตั๋ว
konbini コンビニ	convenience store 便利商店	ร้านสะดวกซื้อ
toire トイレ	restroom 洗手间	ห้องน้ำ
byōin 病院	hospital 医院	โรงพยาบาล
kōban 交番	police box 警察局	ป้อมตำรวจ
kankō annaijō 観光案内所	tourist information desk 旅游咨询服务中心	ศูนย์แนะนำผู้เดินทางท่องเที่ยว
eki 駅	station 车站	สถานี
kyō 今日	today 今天	วันนี้
ashita 明日	tomorrow 明天	พรุ่งนี้

Troubles

发生问题 | ปัญหา

guai ga warui desu 具合 が 悪い です	I don't feel well. 我觉得很不舒服。 รู้สึกไม่สบาย	~o nakushi mashita ~を なくし ました	I lost my ---. 我的.....不见了。 ทำ ~ หายไป
keisatsu (kyūkyūsha) o yonde kudasai 警察 (救急車) を 呼んで ください	Call the police/an ambulance. 请叫警察 (救护车)。 กรุณาเรียกตำรวจ (รถพยาบาล) ให้หน่อย	nihongo ga wakarimasen 日本語 が 分かりません	I don't understand Japanese. 我不会日语。 ไม่เข้าใจภาษาญี่ปุ่น

Shopping & Restaurant

购物 & 餐厅 | ซื้อป้ัง และร้านอาหาร

motto ōkii (chiisai) saizu wa arimasuka? もっと 大きい (小さい) サイズ は ありますか	Do you have a larger/smaller size? 有再大一点 (小一点) 的尺寸吗? มีไซส์ใหญ่ (เล็ก) กว่าไหม	shichaku shitemo iidesuka? 試着 しても いいですか	May I try this on? 可以试穿吗? ลองได้ไหม
chigau iro (dezain) wa arimasuka? 違う 色 (デザイン) は ありますか	Do you have a different color/design for this? 有其他颜色 (款式) 吗? มีสี (ดีไซน์) อื่นไหม	kādo de shiharai dekimasuka? カード で 支払い できますか	May I pay with a credit card? 可以使用信用卡吗? ชำระเงินด้วยบัตรเครดิตได้ไหม
betsubetsu ni tsutsunde kudasai 別々 に 包んで ください	Please wrap them separately. 请帮我分开包装。 กรุณาห่อแยกกัน	tabekata o oshiete kudasai 食べ方 を 教えて ください	Please tell me how to eat it. 请教我吃法。 กรุณาสอนวิธีทานหน่อย
chugokugo (Taigo/eigo) wa hanasemasuka? 中国語 (タイ語 / 英語) は 話せますか	Do you speak Chinese/Thai/English? 会说中文 (泰语 / 英语) 吗?	พูดภาษาจีน (ภาษาไทย / ภาษาอังกฤษ) ได้หรือไม่	

Tourist Information

观光介绍 | ศูนย์ข้อมูลสำหรับนักท่องเที่ยว

JR Fukushima Station JR 福島站 | สถานี JR ฟุกุชิมะ

Fukushima City Tourist Information Center (JR Fukushima Sta. West Exit)

福島市観光咨询处 (JR福島站西口)

ศูนย์ข้อมูลสำหรับนักท่องเที่ยวในเมืองฟุกุชิมะ (ทางออกทิศตะวันตกของสถานี JR ฟุกุชิมะ)

Located in front of the Shinkansen ticket gate. Look for the statue of "momorin" the rabbit as a landmark. English-speaking staff are available.

位于新干线验票口前。门口的兔子“MOMORIN”玩偶相当引人注目。有会说英文的服务人员。

ตั้งอยู่หน้าประตูตรวจตั๋วรถไฟชินคันเซน

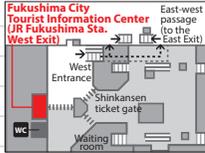
มองหารูปปั้นกระต่าย “โมโมริน” เป็นจุดสังเกต

มีเจ้าหน้าที่พูดภาษาอังกฤษหรือให้บริการ

☎ 024-531-6428

📍 1-1 Sakaemachi, Fukushima City

🕒 9:00-18:00 🗓 Dec. 29-Jan. 3



Fukushima City Tourist Information Center (JR Fukushima Sta. East Exit)

福島市観光咨询处 (JR福島站东口)

ศูนย์ข้อมูลสำหรับนักท่องเที่ยวในเมืองฟุกุชิมะ (ทางออกทิศตะวันออกของสถานี JR ฟุกุชิมะ)

Located to the side of the front entrance of the east exit ticket gate. You'll find information and materials written in English, Chinese, and Korean.

位于东口验票口正面玄关旁边。提供英文、中文、韩文资料。

ตั้งอยู่ข้างทางเข้าด้านหน้าของประตูตรวจตั๋วบริเวณทางออกทิศตะวันออก

ออก คุณจะพบข้อมูลและเอกสารเป็นภาษาอังกฤษ จีน และเกาหลี

☎ 024-522-3265

📍 1-1 Sakaemachi, Fukushima City

🕒 9:00-18:00 🗓 Dec. 29-Jan. 3



JR Kōriyama Station JR 郡山站 | สถานี JR โคเรียมะมะ

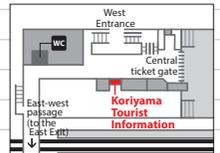
Koriyama Tourist Information

郡山市観光咨询处 | ศูนย์ข้อมูลสำหรับนักท่องเที่ยวในโคเรียมะมะ

Located on the 2nd floor of Kōriyama Sta., about 50 m from the central Shinkansen ticket gate. English-speaking staff are always available.

位于郡山站二楼。距离新干线中央验票口约50米。有会说英语的工作人员常驻那里。

ตั้งอยู่บนชั้น 2 ของสถานีโคเรียมะมะ ประมาณ 50 ม. จากประตูกลางตรวจตั๋วรถไฟชินคันเซน มีเจ้าหน้าที่พูดภาษาอังกฤษหรือให้บริการตลอดเวลา



☎ 024-924-0012

📍 JR Koriyama Station 2F,

197-1 Hiuchida, Koriyama

City

🕒 9:00-17:30

🗓 Open 365 days

Aizuwakamatsu Area 会津若松地区 | เขตไอซุวะกะมัทสึ

Aizu-Wakamatsu Station Tourist Information Center

会津若松站观光咨询处 | ศูนย์ข้อมูลสำหรับนักท่องเที่ยวในสถานีไอซุวะกะมัทสึ

Located in front of the ticket gate, to the right. Tourist information materials on the Aizu area written in English, Chinese, and Korean gather together.

位于验票口的正右方。提供英文、中文、韩文版会津地区观光资料。

ตั้งอยู่หน้าประตูตรวจตั๋วทางด้านขวา

มีเอกสารข้อมูลสำหรับนักท่องเที่ยวเกี่ยวกับ

เขตไอซุเป็นภาษาอังกฤษ จีน และเกาหลี



☎ 0242-32-0688

📍 1-1 Ekimaemachi,

Aizuwakamatsu City

🕒 9:00-17:30

🗓 Open 365 days



Tsuruga-jō Castle Tourist Information

鶴城観光咨询处

ศูนย์ข้อมูลสำหรับนักท่องเที่ยวในปราสาทชิรุสะ

Located at the sightseeing spot, Tsuruga-jō Castle. You can rent a bicycle for ¥500 a day. (Apr.-Nov.)

位于观光景点鹤城。提供自行车出租服务。1天500日元。(4~11月)

ตั้งอยู่ในสถานที่ท่องเที่ยวปราสาทชิรุสะ คุณสามารถเช่าจักรยานราคา ¥500 ต่อวัน (เม.ย.-พ.ย.)

☎ 0242-29-1151

📍 1-1 Otemachi, Aizuwakamatsu City

🕒 8:30-17:00 🗓 Open 365 days

JR Shirakawa Station

JR 白河站 | สถานี JR ชิรากาวา

JR Shirakawa Sta. Tourist Information

JR白河观光咨询处 | ศูนย์ข้อมูลสำหรับนักท่องเที่ยวในสถานี JR ชิรากาวา

Located inside JR Shirakawa Sta. and provides tourist information materials. Bicycle rentals are also available.

位于JR白河站内。可到此索取观光资料。提供出租自行车。

ตั้งอยู่ภายในสถานี JR ชิรากาวา และมีเอกสารข้อมูลสำหรับนักท่องเที่ยว มีจักรยานให้เช่า

☎ 0248-22-1147 📍 2-1 Kakunai, Shirakawa City

🕒 9:00-18:00 (Nov.-Feb.: until 17:00) 🗓 End-of-year and New Year holidays

JR Iwaki Station

JR 磐城站 | สถานี JR อิวะกิ

Iwaki Tourist Information

磐城市综合观光咨询处 | ศูนย์ข้อมูลสำหรับนักท่องเที่ยวในอิวะกิ

Located outside the ticket gate, to the right (towards the south exit) and offers tourist information materials.

在验票口的右侧（南口方向），摆放有观光资料。

ตั้งอยู่นอกประตูตรวจตั๋วทางด้านขวา (ไปทางออกทิศใต้) และมีเอกสารข้อมูลสำหรับนักท่องเที่ยว

☎ 0246-23-0122 📍 1 Tamachi, Taira, Iwaki City

🕒 10:00-18:00 🗓 Dec. 29-Jan. 3



Enjoy Eastern Japan by Train



Travel to Fukushima, Aomori, Sendai, and other locations in Tohoku area!

畅游福島、青森、仙台等东北地区时! ท่องเที่ยวไปยัง Fukushima Aomori Sendai และที่อื่น ๆ ในพื้นที่ Tohoku

JR EAST PASS (Tohoku area)

www.jreast.co.jp/e/eastpass_t/

JR 东日本铁路周游券 (东北地区) www.jreast.co.jp/sc/eastpass_t/



English



简体中文

A flexible budget railway pass for travel around Tohoku area. During five days of your choosing, it offers unlimited rides on JR EAST lines, including the Shinkansen.

在东北地区最经济方便的铁路周游券。您可在任意5天内自由乘坐包含新干线在内的JR东日本的所有线路。

ตั๋วรถไฟราคาประหยัดแบบเลือกวันใช้งานได้ สำหรับเที่ยวรอบพื้นที่ Tohoku สามารถใช้โดยสารรถไฟของ JR EAST

ได้อย่างไม่จำกัดในหัววันที่ต้องการ และสามารถใช้บริการ Shinkansen ได้ด้วย

Prices
价格 ราคา
Adult: ¥20,000 Child: ¥10,000
成人: 20,000日元 儿童: 10,000日元
ผู้ใหญ่: 20,000เยน เด็ก: 10,000เยน

Validity
有效期
ช่วงเวลาการใช้งาน
5 flexible days (Five days of your choosing within a 14-day period from the date your pass is issued)
5天机动铁路周游券 (自铁路周游券发行日起14天内的任意5天)
5 วันตามต้องการ (เลือกหัววันจากภายใน 14 วันนับจากวันที่ออกตั๋ว)

How to purchase 购买方法 วิธีการซื้อ

Purchasing outside Japan

You can purchase an Exchange Order from a designated travel agency before coming to Japan. After arriving in Japan, please exchange this for an actual JR EAST PASS (Tohoku area) at an Exchange Office in the JR EAST area. If you purchase it overseas, there will be a 1,000-yen discount (500-yen discount for children).

海外购买

来日本之前, 先去指定的旅行社代理商购买换票证。
来日本后, 直接到 JR 东日本的兑换窗口, 换取 JR 东日本铁路周游券 (东北地区) 即可。
在海外购买优惠 1,000 日元 (儿童优惠 500 日元)。

การซื้อจากนอกประเทศญี่ปุ่น

ท่านสามารถซื้อคูปองแลกตั๋ว JR EAST PASS (Tohoku area) จากตัวแทนจำหน่ายก่อนเดินทางมาประเทศญี่ปุ่น และเมื่อมาถึงญี่ปุ่นแล้ว กรุณานำคูปองดังกล่าวมาแลกตั๋ว JR EAST PASS (Tohoku area) คำจริงที่จุดแลกตั๋วในเขตพื้นที่ของ JR EAST หากซื้อจากต่างประเทศ จะได้รับส่วนลด 1,000 เยน (เด็กลด 500 เยน)

Purchasing online

You can purchase an Exchange Order for the JR EAST PASS (Tohoku area) on the following website. www.eastjapanrail.com If you purchase it online, there will be a 1,000-yen discount (500-yen discount for children).

在线购买

可在以下网站购买 JR 东日本铁路周游券 (东北地区) 换票证 (Exchange Order)。 www.eastjapanrail.com 在网上购买优惠 1,000 日元 (儿童优惠 500 日元)。

การซื้อออนไลน์

ท่านสามารถซื้อคูปองแลกตั๋ว JR EAST PASS (Tohoku area) จากเว็บไซต์ข้างขวานี้ www.eastjapanrail.com หากซื้อออนไลน์ จะได้รับส่วนลด 1,000 เยน (เด็กลด 500 เยน)

Purchasing in Japan

You can purchase the JR EAST PASS (Tohoku area) at Sales Offices in the JR EAST area. When purchasing, you need to present your passport. Moreover, you may not purchase a new one until the validity period of the one you are holding expires.

在日本境内购买

可在 JR 东日本所辖区域内的销售点购买。购买时需出示护照。此外, 在一张铁路周游券的有效期内不可重复购票。

การซื้อภายในประเทศญี่ปุ่น

ท่านสามารถซื้อตั๋ว JR EAST PASS (Tohoku area) จากสำนักงานขายในเขตพื้นที่ JR EAST ซึ่งท่านจำเป็นต้องแสดงหนังสือเดินทางในการซื้อ และจะไม่สามารถซื้อตั๋วใหม่ได้จนกว่าตั๋วเก่าจะหมดอายุ



Free Area after April 1, 2016.

A wide range of JR information in English, Korean, and Chinese!

JR East InfoLine

以英语、韩语、中文提供各类JR相关信息! แหล่งข้อมูลมากมายเกี่ยวกับ JR ทั้งภาษาอังกฤษ เกาหลี และจีน

JR 东日本 电话服务 JR East InfoLine

For inquiries 050-2016-1603
咨询电话 สอบถามได้ที่ **050-2016-1603**
*10:00 - 18:00 (except during the year-end and New Year's holidays)
(年末年初除外) (ยกเว้นระหว่างวันหยุดช่วงวันสิ้นปีและต้นปีใหม่)
* Seat reservations are not accepted. *ไม่承接指定座席预约服务。*ไม่รับสำรองที่นั่ง

JR EAST Travel Service Center JR 东日本旅行服务中心

ศูนย์บริการการท่องเที่ยว JR EAST www.jreast.co.jp/sc/customer_support/

www.jreast.co.jp/e/customer_support/

English 简体中文