

Discover Shimosuwa

() = transit time

Visit Suwa Grand Shrines Sankaku Batchō

99min

A standard course full of the town's historic sights. *Sankaku Batchō* is the triangle formed by *Akimiya*, *Harumiya* and *Ōtōrō* with the side length 872.72m.

Akimiya (15 min) → Fushimiya-tei (10 min) → Harumiya / Manji no Sekibutsu (9 min) → Gebabashi / Ōtōrō (15min) → Sagara-zuka (25 min) → Akimiya (20min)

Mind Soothing Harumiya and around

60min

Starting from *Harumiya*, a walk along the river to the mysterious Buddhist stone statue which won the acclaim of the world-renowned avant-garde artist Taro Okamoto, and to the peaceful Zen temple, this course offers a slow and relaxing moment that soothes your mind.

Harumiya (2 min) → Ukishima-sha (2 min) → Manji no Sekibutsu (3 min) → Scenic view of Lake Suwa (3 min) → Jiun-ji Temple (5 min) → Fushimiya-tei (5 min) → Harumiya (5 min)

Experience Onbashira-sai Kiotoshizaka slope Course

120min

Witness the real *Onbashira* at *Harumiya* and to the *Onbashira* Museum YOISA, then up to the *Kiotoshizaka* slope where the climax of the festival takes place, a 35 degree slope that measures 100m long.

Shimosuwa Station (15 min) → Harumiya (3 min) → Onbashira Museum YOISA (Taxi: 5 min / Bus:25min) → Kiotoshizaka Slope (Taxi: 6 min / Bus:15min) → Akimiya (15 min) → Shimosuwa Station

* The number of the bus is very limited. Taking Taxi from YOISA to *Kiotoshizaka* slope, and then to *Akimiya* should be the best for those who are short in time.

* Motor assisted bike rental is available at the Tomonomachi Parking and OIDEYA.

Discover Local Shimosuwa!

Stroll around the local alleys

60min

Discover local Shimosuwa by strolling around the alleys and secret paths.

Akimiya (1min) → Alley ① through the Post Town Museum (1min) → Alley ② (1min) → Aozuka Kofun Tumulus (2min) → Alley ③ (3min) → Suwamikotsuru (1min) → Alley ④ (1min) → Alley ⑤ (2min) → Alley ⑥ (5min) → Alley ⑦ (4min) → Alley ⑧ (3min) → Hachimanzaka Kōsatsu Plaza (2min) → Alley ⑨ (1min) → Akimiya

Onbashira Museum YOISA

☎0266-26-0413 Age16+ ¥300 / Age 7-15 ¥200

Enjoy the passion of Suwa people for the powerful festival, *Onbashira-sai*, held only once in 6 years for over 1200 years.

Honjin (Reservation Required)

☎0266-28-7055 Age16+ ¥500 / Age 7-15 ¥300

The official inn for feudal lords and court nobles in the *Edo* period, and the seat of authority in the post town. Enjoy the *samurai* teahouse and Japanese garden passed down through the Iwanami family.

OIDEYA Museum Complex

☎0266-27-0001 Age16+ ¥600 / Age 7-15 ¥300

OIDEYA is the complex of museums and information center. *GISHODO* is a clock museum where the world's only replica of an astronomical clock tower is on exhibit, it also hold a watch assembly workshop too. *YANONEYA* is a museum of *Ōmon* culture of the region where huge obsidian mining diorama is on display.

Nidec Sankyo Corp. Suwanone Museum

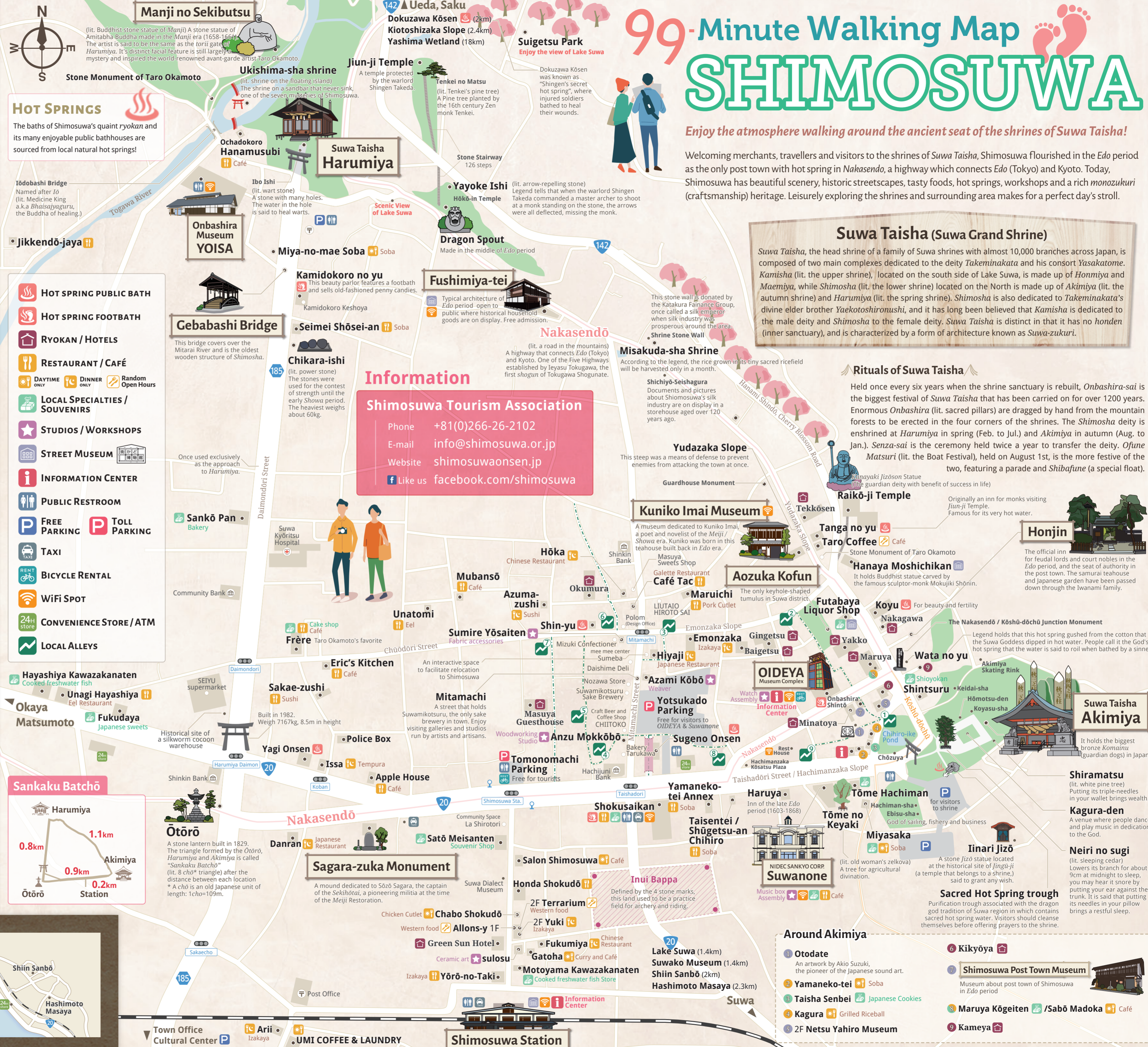
☎0266-26-7300 Age16+ ¥1,000 / Age 7-15 ¥500

Shimosuwa used to be the world's leading producer of musicbox. Enjoy the history and pleasant harmonies through concerts held several times a day. You can create your own music box from a large variety of selections.

Wide Area Map



Lake Suwa



99-Minute Walking Map SHIMOSUWA

Enjoy the atmosphere walking around the ancient seat of the shrines of Suwa Taisha!

Welcoming merchants, travellers and visitors to the shrines of *Suwa Taisha*, Shimosuwa flourished in the *Edo* period as the only post town with hot spring in *Nakasendo*, a highway which connects *Edo* (Tokyo) and *Kyoto*. Today, Shimosuwa has beautiful scenery, historic streetscapes, tasty foods, hot springs, workshops and a rich *monozukuri* (craftsmanship) heritage. Leisurely exploring the shrines and surrounding area makes for a perfect day's stroll.

Suwa Taisha (Suwa Grand Shrine)

Suwa Taisha, the head shrine of a family of Suwa shrines with almost 10,000 branches across Japan, is composed of two main complexes dedicated to the deity *Takeminakata* and his consort *Yasakatome*. *Kamisha* (lit. the upper shrine), located on the south side of Lake Suwa, is made up of *Honmiya* and *Maemiya*, while *Shimosh*a (lit. the lower shrine) located on the North is made up of *Akimiya* (lit. the autumn shrine) and *Harumiya* (lit. the spring shrine). *Shimosh*a is also dedicated to *Takeminakata*'s divine elder brother *Yaekotoshironushi*, and it has long been believed that *Kamisha* is dedicated to the male deity and *Shimosh*a to the female deity. *Suwa Taisha* is distinct in that it has no *honden* (inner sanctuary), and is characterized by a form of architecture known as *Suwa-zukuri*.

Rituals of Suwa Taisha

Held once every six years when the shrine sanctuary is rebuilt, *Onbashira-sai* is the biggest festival of *Suwa Taisha* that has been carried on for over 1200 years. Enormous *Onbashira* (lit. sacred pillars) are dragged by hand from the mountain forests to be erected in the four corners of the shrines. The *Shimosh*a deity is enshrined at *Harumiya* in spring (Feb. to Jul.) and *Akimiya* in autumn (Aug. to Jan.). *Senza-sai* is the ceremony held twice a year to transfer the deity. *Ofune Matsuri* (lit. the Boat Festival), held on August 1st, is the more festive of the two, featuring a parade and *Shibafune* (a special float).

Honjin

The official inn for feudal lords and court nobles in the *Edo* period, and the seat of authority in the post town. The samurai teahouse and Japanese garden have been passed down through the Iwanami family.

Shiramatsu

(lit. white pine tree)
Putting its triple-needles in your wallet brings wealth.

Kagura-den

A venue where people dance and play music in dedication to the God.

Neiri no sugi

(lit. sleeping cedar)
Lowers its branch for about 9cm at midnight to sleep, you may hear it snore by putting your ear against the trunk. It is said that putting its needles in your pillow brings a restful sleep.

Sacred Hot Spring trough

Purification trough associated with the dragon god tradition of Suwa region in which contains sacred hot spring water. Visitors should cleanse themselves before offering prayers to the shrine.

Around Akimiya

- 1 Otodate
An artwork by Akio Suzuki, the pioneer of the Japanese sound art.
- 2 Yamaneko-tei
Soba
- 3 Taisha Senbei
Japanese Cookies
- 4 Kagura
Grilled Riceball
- 5 2F Netsu Yahiro Museum

Kikyōya

Museum about post town of Shimosuwa in *Edo* period

Maruya Kōgeiten / Sabō Madoka

Café

Kameya

Information

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