

# Discover Shimosuwa

( ) = transit time

## Sankaku Batcho Area 99 min on foot

Full of historic sights, Sankaku Batcho is the triangle formed by Akimiya, Harumiya, and the Otoro.

Akimiya → Fushimiya-tei (15 mins.) → Harumiya / Manji no sekibutsu (9 mins.) → Gebabashi / Otoro (15 mins.) → Sagarazuka (25 mins.) → Akimiya (20 mins.)

## Akimiya Area 1 hour on foot

Visit museums dedicated to timepiece and music boxes. The workshops and ateliers of Mitamachi offer a chance to witness Shimosuwa's signature monozukuri craftsmanship.

Akimiya → Shintsuru Shioyokan (5 mins.) → Nakasendo / Koshudochu Junction Monument (1 mins.) → Oideya (3 mins.) → Mitamachi Street (10 mins.) → Shokusaikan (5 mins.) → Suwanone (5 mins.) → Akimiya (1 min.)

## Harumiya Area 1 hour on foot

Manji no sekibutsu won the acclaim of the artist Taro Okamoto. This course is a perfect chance to visit a cake shop loved by the literati.

Harumiya → Ukishimasha (2 mins.) → Manji no sekibutsu (2 mins.) → Gebabashi (5 mins.) → Cake Shop Frère (10 mins.) → Harumiya (15 mins.)

## Circuit Cycling by Rental Bicycle

99 minutes by bicycle / 10km (total time: 60 mins.)

Cycle along the lake shore, historic old roads and visit Suwa-taisha!

Rent a bicycle at Tomonomachi Parking → Harumiya / Manji no sekibutsu (15 mins.) → Gebabashi (1 min.) → Otoro (5 mins.) → Mizube Park / Scenic View of Mt. Fuji (15 mins.) → Suwako Museum / Akahiko Memorial (5 mins. Lake Side Cycling Road) → Akimiya (10 mins.) → Return bicycle at Tomonomachi Parking (5 mins.)

Bicycle Renting Places:

1. Tomonomachi Parking (Phone 0266-27-0005) 2. Oideya (Phone 0266-27-0001)  
Please return a rented bicycle to the place where borrowed it.

**Onbashira Memorial House YOISA** ☎0266-26-0413 Age16+ ¥300 / Age 7-15 ¥200  
Please enjoy the passion of Suwa people for the powerful festival, Onbashira, which is held only once 6 years.

**Shimosuwa Historical Museum OIDEYA** ☎0266-27-0001 Age16+ ¥600 / Age 7-15 ¥300  
The museum exhibits the only restored example of a hydraulic astronomical observatory in the world. You can feel history of Shimosuwa through the watch assembly experience and huge obsidian mining diorama.

**Nidec Sankyo Corp. Suwanone Museum** ☎0266-26-7300 Age16+ ¥1,000 / Age 7-15 ¥500  
Shimosuwa was the largest musicbox-producing center in the world. Relax here amidst the pleasant harmonies and their history. You can select music to create your own music box, and choose from a full range of gifts.

# Wide Area Map



**Manji no sekibutsu**  
A stone statue of Amitabha Buddha made in the Manji era (1658-1661). It inspired the avant-garde artist Taro Okamoto.  
**Stone Monument by Taro Okamoto**  
Iodobashi Bridge  
Named after Io (lit. "Medicine King"), aka Bhaisajyaguru, the Buddha of healing.

- HOT SPRING PUBLIC BATHS
- HOT SPRING FOOTBATH
- RYOKAN / HOTELS
- RESTAURANT / CAFÉ
- LOCAL SPECIALTIES / SOUVENIRS
- STUDIOS / WORKSHOPS
- STREET MUSEUM
- INFORMATION CENTER
- PUBLIC LAVATORY
- FREE PARKING TOLL PARKING
- TAXI
- RENTAL BICYCLE
- WiFi SPOT

Harumiya 0.8km  
Akimiya 1.1km  
Otoro 0.9km  
Station 0.2km

**HOT SPRINGS**  
The baths of Shimosuwa's tasteful ryokan and its many enjoyable public bathhouses are sourced with water from natural hot springs!

**MANJI MEAL TICKET**  
Exchange these tickets for a variety of goods and services at 30 participating restaurants and souvenir shops.  
**Tickets: ¥500 (for a set of 5)**  
Available at the Shimosuwa Station Information Center and Oideya.

**Suwa-taisha Harumiya**  
**Ukishima-sha shrine**  
A shrine located on a sandbar.  
**Onbashira Memorial House**  
Ibo Ishi  
A hollow stone said to heal warts (ibo).  
**Gebabashi Bridge**  
This covered bridge over the Mitarai River is the oldest wooden structure of Shimosuwa.  
**Chikara Ishi**  
Chikara-ishi (lit. power stones) are heavy stones once used in tests of strength until the early Showa period. The heaviest weighs about 130 lbs.  
**Yayoke Ishi**  
Hoko-in Temple  
**Dragon Spout**  
Made in the middle of Edo-period.  
**Fushimiya-tei**  
An example of Edo-period architecture exhibiting historical household goods. Free admission.  
**Kamidokoro no yu**  
Kamidokoro Keshoya  
**Seimei Shosei-an**  
Soba  
**Miya-no-mae Soba**  
Soba  
**Shinetsu Park**  
Scenic View of Lake Suwa  
**Ueda, Saku**  
Dokuzawa Kosen (2km)  
Kiotoshizaka Slope (2.4km)  
Yashima Marsh (18km)  
**Shinetsu Park**  
Scenic View of Lake Suwa  
Dokuzawa Kosen was known as "Shingen's secret hot spring", where injured soldiers bathed to heal their wounds.

## Information

**Tourism** Shimosuwa Tourism Association  
Phone 0266-26-2102  
**Bookings** Tourist Information Center  
Phone 0266-28-2231 (closed on Wed.)  
**Website** shimosuwaonsen.jp  
**Like us** facebook.com/shimosuwa

**Kuniko Imai Museum**  
A museum dedicated to Kuniko Imai, a poet of the Araragi School and leading member of Asukasha, a women-only tanka association. The building was an Edo-period teahouse in which Kuniko was born.  
**Hoka**  
Chinese restaurant  
**Sumire Yosaiten**  
Fabric accessories  
**Mubanso**  
Café  
**Unatomi**  
Eel  
**Eric's Kitchen**  
Café  
**Sakae-zushi**  
Sushi  
**Yagi Onsen**  
Onsen  
**Issa**  
Tempura  
**Apple House**  
Café  
**Sato Meisanten**  
Souvenir Shop  
**Sagara-zuka Monument**  
A mound dedicated to Sozo Sagara, the captain of the Sekihotai, a pioneering militia at the time of the Meiji Restoration.  
**Otoro**  
A stone lantern built in 1829. The triangle formed by the Otoro, Harumiya and Akimiya is called "Sankaku Batcho" (lit. "8-chō triangle") after the distance between each location (a chō is an old Japanese unit of length ≈ 119 yards).  
**Shinetsu Park**  
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# 99-Minute Walking Map SHIMOSUWA

Enjoy the atmosphere walking around the ancient seat of the shrines of Suwa-taisha!

The post-town of Shimosuwa flourished in the Edo period as the only hot spring on the Nakasendo highway between Edo and Kyoto, welcoming merchants, travelers and visitors to the shrines of Suwa-taisha. Today, Shimosuwa has beautiful scenery, historic streetscapes, tasty foods, hot springs, workshops and a rich monozukuri (craftsmanship) heritage. Leisurly exploring the shrines and surrounding area makes for a perfect day's stroll.

## Suwa-taisha (Grand Shrine)

Suwa-taisha, the head shrine of a family of Shinto shrines with almost 10,000 branches across Japan, is composed of two main complexes dedicated to the deity Takeminakata-no-kami and his consort Yasakatome-no-kami. On the south side of Lake Suwa of Kamisha (*the Upper shrine*) is made up of Honmiya and Maemiya, while Shimosha (*the Lower shrine*) is made up of Akimiya (*the 'autumn shrine'*) and Harumiya (*the 'spring shrine'*). Shimosha is also dedicated to Takeminakata's divine younger brother Yaekotoshironushi, and it has long been believed that Kamisha is dedicated to the male deity and Shimosha 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. Enormous Onbashira (*lit. sacred pillars*) are dragged by hand from the mountain forests to be erected in the four corners of the shrine. The Shimosha deity is enshrined at Harumiya in spring (Feb. to Jul.) and Akimiya in autumn (Aug. to Jan.). **The senzasai** is the ceremony for moving the deity, observed twice a year when the deity is transferred. **Ofune matsuri** (*lit. the Boat Festival*), held on August 1<sup>st</sup>, is the more festive of the two, featuring a parade and a Shibafune (a special float).

## Raiko-ji Temple

Originally an inn for ascetic monks visiting Jiun-ji Temple. Famous for its very hot water.

## Tetsu

Stone Monument by Taro Okamoto

## Hanaya Moshichikan

It holds Buddhist statues carved by the famous sculptor-monk Mokujiki Shonin.

## Yusen House Koyu

Said to help improve beauty and fertility.

## Nakagawa Ryokan

Legend holds that this hot spring gushed forth from cotton that the Suwa Goddess had dipped in hot water. The waters are said to roll when bathed in by the sinful.

## Wata no yu

Keidai-sha

## Shintsuru

Shioyokan

## Kagura-den

Associated with the dragon god tradition.

## Sacred Water

for visitors to shrine

## Tome Hachiman

Hachiman-sha

## Miyasaka

Chozuya

## Neiri no sugi

Put your ear against the trunk at midnight, and you may hear the tree snoring. It is said that putting its needles in one's pillow brings a calming sleep.

## Iinari Jizo

A jizo located at the historical site of Jingu-ji (a Shinto temple) said to grant any wish.

## Shiramatsumi

A white pine tree. Placing one of its triple-needles in one's wallet or purse will bring wealth.

## 1F Gelateria Rikka

## 2F Netsu Yahiro Museum

## Shukuba Route Museum

Museum about post-town of Shimosuwa in Edo-period

## Maruya Kogeiten

Café

## Points surrounding Akimiya

### 1 Shinshu Teyaki Senbei Honpo

### 2 Yamaneko-tei (Main Location)

### 3 Taisha Senbei

### 4 Kagura

### 5 1F Gelateria Rikka

### 6 Kikyoya

### 7 Shukuba Route Museum

### 8 Maruya Kogeiten

### 9 Sago Madoka