



For contact relating to each post town

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[Ota-juku]

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[Iwamurada-juku, Shionada-juku, Yawata-juku, Mochizuki-juku and Motai-ainoshuku]

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[Ashita-shuku]

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[Nagakubo-juku and Wada-juku]

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歩いて、触れて。
Higashi-Shinshu NAKASENDO

東信州
中山道と歩く



Higashi-Shinshu Walk the Nakasendo

Higashi-Shinshu Nakasendo Walking Map

軽井沢宿 Karuizawa-juku
谷掛宿 Kutsukake-juku
追分宿 Oiwake-juku
小田井宿 Ota-juku
岩村田宿 Iwamurada-juku
埴名田宿 Shionada-juku
八幡宿 Yawata-juku
榑戸宿 Mochizuki-juku
茂田井間の宿 Motai-ainoshuku
箕田宿 Ashta-shuku
長久保宿 Nagakubo-juku
和田宿 Wada-juku

From Karuizawa-juku to Wada-juku

The Nakasendo was one of the five routes of the Edo period and had 69 post town; the route was also called the Kisokaido because the route went through Kiso Town. There were 26 post town in Shinano Province, which is Nagano Prefecture today.

Usui Pass is the entrance of this route from Edo and the route leads to Karuizawa and Kutsukake while the magnificent Mt. Asama is seen ahead.

Oiwake serves as a junction with the Hokkoku Kaido leading to Zenko-ji. Otai had been favored by a princess. If you go through the Sakudaira basin, you'll reach the former castle town of Iwamurada.

The town of Shionada crosses over the Chikuma River and the town of Yawata that was close to Gorobei Shinden (paddy field) that produced high-quality rice.

As “the town of horses,” Mochizuki was selected by many as the subject of poems. The neighboring town of Motai offered tasty sake from sake brewers.

At the Pass are the towns of Ashita, lined with pine trees,

and Nagakubo, where the towns of Tatemachi and Yokomachi meet at right angles.

Soon, you'll reach the town of Wada, one of the Nakasendo's difficult sections having the highest point of the trail at an altitude of 1,600 meters.

Beyond Wada Pass, the route descends to the town of Suwa.

We'd like you to enjoy this route of the Higashi-shinshu Nakasendo from the town of Karuizawa to the town of Wada that shows these various aspects.

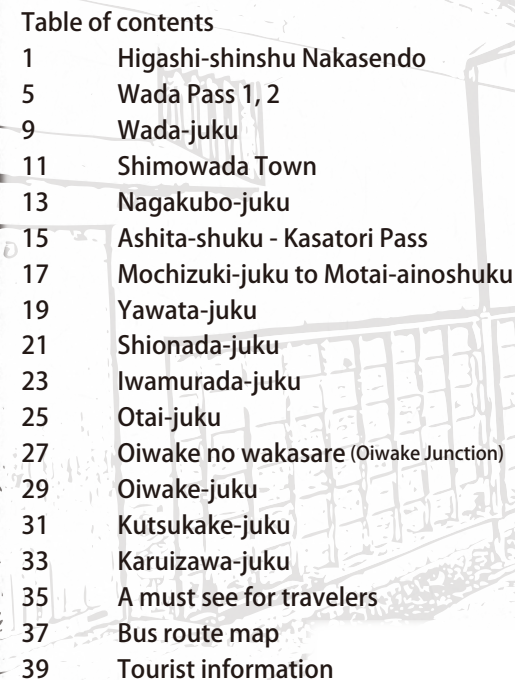


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Motai-ainoshuku



Information on each place is provided at the Higashi-shinshu Nakasendo website. Access the site using the QR code on the left.

<http://www.higashi-shinshu-nakasendo.com/en/>

What's the Higashi-Shinshu "NAKASENDO"?

WADA-juku to KARUIZAWA-juku

The Nakasendo Trail

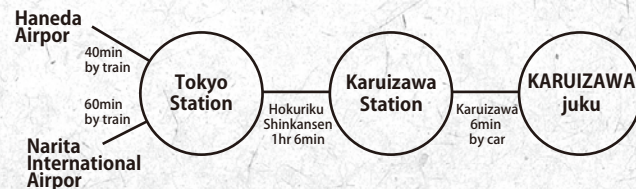
About 400 years ago was the Edo Period in Japan. In 1604 (Keicho 9), the Edo-Shogunate designated the five routes starting from Nihonbashi, Edo (now Tokyo). The five routes are the Tokaido, Nikko Kaido, Oshu Kaido, Koshu Kaido, and Nakasendo. The Nakasendo was the route from Nihonbashi to Kusatsu, Shiga. Known as a smooth route, it was also called the Hime-Kaido, which means, "the road for princesses." Since it passes through the interior of Japan, you can enjoy beautiful mountains.

to Suwa-juku

"WADA-juku"

Coming from Edo, Wada-juku is located just in front of Wada Pass (at an elevation of approximately 1600m). Many travelers stayed there, preparing to climb over the challenging pass or resting after finishing the hardest part of their journey.

Access



"NAGAKUBO-juku"

Nagakubo-juku was a relatively large post town of the Nakasendo. You can enjoy the old-world flavor of the town.

長久保宿
NAGAKUBO-juku

"ASHITA-shuku"

Kasatori Pass, famous for its pine avenue, is in Ashita-shuku. It is one of the oldest post towns in Higashi-Shinshu.

芦田宿
ASHITA-shuku

"MOCHIZUKI-juku"

The Mochizuki area was well-known for raising excellent horses. The area was under direct control of the Imperial Court. For hundreds of years, their horses were donated to emperors and nobles. This explains why the phrase "Mochizuki's horses" often appears in Japanese "waka" poems.

望月宿
MOCHIZUKI-juku

"MOTAI-ainoshuku"

Motai-ainoshuku is between Ashita-shuku and Mochizuki-juku. Ainoshuku means a rest station created between post towns. It is a small-scale station and travelers could not spend the night there. The irrigation canals can still be seen in the old town.

茂田井間の宿
MOTAI-ainoshuku

"YAWATA-juku"

The Chikuma River runs through two post towns. One of them is Yawata-juku. Yawata-juku was an important post town when the Chikuma River flooded, which happened often. Yawata Shrine, with its gate from over 300 years ago, is here. The rice fields of this region produce a rice brand called Gorobei-Mai, which is often selected by high class Japanese restaurants.

八幡宿
YAWATA-juku

塩名田宿
SHIONADA-juku

"SHIONADA-juku"

Shionada-juku is on the east bank of the Chikuma River. Old stone used for anchoring the boat is still here. As well as Yawata-juku, many people stayed here when the river swelled. On the street, you can still see the old trade names of shops hanging.

"OTAI-juku"

It was a quiet post town next to the vibrant neighborhoods of Iwamura-juku and Oiwake-juku. As women preferred this quiet post town, it was sometimes called Hime-no-juku, which means "a post town for princesses."

小田井宿
OTAI-juku

"KUTSUKAKE-juku"

The Osaka Kaido that leads to Kusatsu or Suzaka started from here. A massive fire burned down most of the town; the town was renamed Naka-karuizawa.

雀掛宿
KUTSUKAKE-juku

岩村田宿
IWAMURADA-juku

"IWAMURADA-juku"

It evolved as a strategically important fort in this mountain area because of its unusually flat land. You can see the old site in places.

"OIWAKE-juku"

It was a crossroads of the Hokkoku Kaido and Nakasendo. Many travelers passed this crossroads called Oiwake. A song called Oiwake-bushi was written here. The packhorse drivers and travelers brought the song back to their home towns and the song became popular.

追分宿
OIWAKE-juku

軽井沢宿
KARUIZAWA-juku

"KARUIZAWA-juku"

Karuizawa-juku was on the border for entering the Shinano region for travelers who came from Edo. It was the furthest east of the Nakasendo post towns. Since Usui Pass was steep, many travelers stayed in Karuizawa-juku. Now, this place is called "Kyu- Karuizawa Ginza", one of the most famous sightseeing spot in Japan.

to Gunma



-  バス停
bus stop
-  コンビニ
convenience store
-  トイレ
restroom
-  眺めが良い
scenic view point
-  中山道標識
nakasendo signpost
-  道標
signpost

和田峠 2

Wada Pass 2

Nishimochiya

The Nishimochiya is a rest place called tateba that was built when the distance between post stations is far or a difficult stage on the road between Shimosuwa-juku and Wada-juku on the Nakasendo. There were four such rest places that were run by the houses of the Koguchi family (Chaya Honjin), the Takei family, the Inukai family and the Komatsu family here. A Kokudome Bansho, whose original purpose was to control the flow of rice and monitor travelers, was also occasionally set up here. Currently, only the road and site of the former tea house remain.

Shimosuwa Town

Nagawa Town

Wada Pass (Old pass)

The route between Wada-juku and Shimosuwa-juku was around 22 km long. Furthermore, since Wada Pass has the highest point of not only the Nakasendo (around 1600m above sea level) but the Gokaido (five major highways) as well, travelers were in distress on snowy, rainy and foggy days. At the peak of the pass were the Ontakesan Yohaijo Hi (Mt. Ontake worship location monument), Batou Kannon statues and Sai no Kawara Jizo (Deity of Children in Limbo) statues.

Site of former tea house at Higashimochiya

Wada Pass had tea houses at Karasawa, Higashimochiya, Nishimochiya and Ochiai as important rest places for travelers. Higashimochiya had five tea houses; around 900 mL of unpolished rice per day was granted to each tea house from the Kanei era and used to help travelers. At the end of the Edo period, Chaya Honjin, which was a rest place for daimyo, was placed here.

Ishidatami no Michi (Stone-paved road)

There were many screes on the roads of Wada Pass and travelers had difficulty with them. This stone-paved path has been maintained as part of the historic road.

Site of former Higashimochiya Ichirizuka

This Ichirizuka is a marker of 52 ri (around 204km) from Edo. It is also called Hirohara Ichirizuka.

Eitai Jinba Segyosho (Designated as a National Historic Site)

This rest place was built in 1828 using 50 ryo, half of the interest from the 1000 ryo donated by Kaseya Yohei (a wealthy merchant of Gohoku-cho in Edo). Rice gruel and a blazing fire were provided to travelers crossing the pass from November to March and a small bucket of boiled wheat was served to horses and cows throughout the year.



Eitai Jinba Segyosho
(Rest place for horses and travelers)

Around 1.5 km from Eitai Jinba Segyosho (Rest place for horses and travelers) to Site of former Higashimochiya Ichirizuka Around 35 minutes
Site of former Higashimochiya Ichirizuka to Eitai Jinba Segyosho (Rest place for horses and travelers) Around 30 minutes

Around 1.5 km from Omegura-guchi to Eitai Jinba Segyosho (Rest place for horses and travelers) Around 35 minutes
Eitai Jinba Segyosho (Rest place for horses and travelers) to Omegura-guchi Around 30 minutes

Around 9.5km to the Shimosuwa-juku

Around 2 km from Wada Pass (Old pass) – site of former Nishimochiya Ichirizuka Around 50 minutes
Site of former Nishimochiya Ichirizuka to Wada Pass (Old pass) Around 70 minutes

Around 1.7 km from Site of former Higashimochiya Ichirizuka to Wada Pass (Old pass) Around 45 minutes
Wada Pass (Old pass) to Site of former Higashimochiya Ichirizuka Around 35 minutes

Site of former Nishimochiya Ichirizuka

5

Wada Pass (Old pass)

Site of former Higashimochiya Ichirizuka

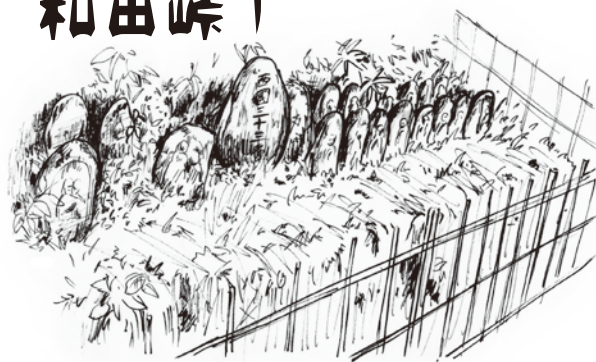
6

Settai Eitai Jinba Segyosho



Wada Pass 1

和田峠 1



Sanjusan-tai Kannon (Thirty-three Kannon) statues

Nenbutsuzaka

Sanjusan-tai Kannon (Thirty-three Kannon) statues

These Kannon originally had been standing in front of the Kumano Gongen Shrine. They were left and damaged as the old roads became obsolete. 29 Kannon were found by excavation and research performed in 1973 and placed here.

Omegura-guchi

Unpaved road remaining on the Nakasendo as a historic road and the site starts from here to Old Wada Pass.

Kannonzaka

Nakasendo stone monument
Nakasendo guide post

Omegura-guchi

7

Around 1.1km from Omegura-guchi - Karasawa Ichirizuka Around 20 minutes

Karasawa Ichirizuka

(Designated as a National Historic Site)
Since the Nakasendo route was changed in the early Edo period, the Karasawa ichirizuka was left intact in the mountain that deviated from the route. It is a very rare existing example of paired Ichirizuka, even among all ichirizuka along the five major highways (Gokaido).

Nakasendo stone monument

Karasawa Ichirizuka

Column

Why was the Nakasendo chosen?

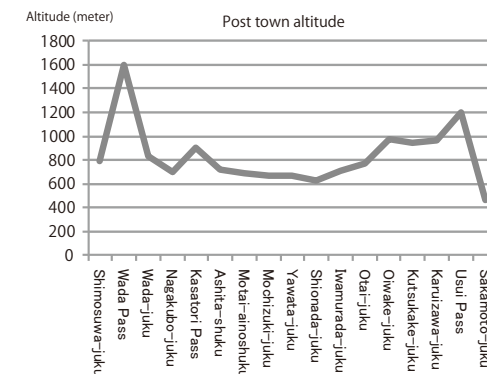
Initially, the parade of Princess Kazu had been scheduled to go to Edo via the Tokaido. However, it was changed to the Nakasendo to prevent anything from happening because of the high possibility of the river crossing being closed due to flooding on the Tokaido route. There were also foreigners wandering around areas east of Hakone on the Tokaido route.

Column

Post town altitude

There was no way to avoid Wada Pass, Kasatori Pass and Usui Pass to pass through the Higashi-Shinshu Nakasendo. Wada Pass was at the highest point (1600m above sea level) and Oiwake-juku was the post town at the highest point among the post towns.

※Juku=Post town



Around 2.4 km from Ushiyado to Karasawa Ichirizuka Around 45 minutes
Karasawa Ichirizuka to Ushiyado Around 40 minutes

8

Ushiyado

Around 1.5 km from Site of former Kajiashi Ichirizuka to Ushiyado Around 25 minutes
Ushiyado to Kajiashi Ichirizuka Around 20 minutes

- BS バス停 bus stop
- CVS コンビニ convenience store
- トイレ restroom
- 眺めが良い scenic view point
- 中山道標識 nakasendo signpost
- 道標 signpost



和田宿

No.28 Wada-juku

二十八番 和田宿

※本陣1、脇本陣2、旅籠28
Honjin1, Waki-honjin2, Hatago28

"WADA-juku"

Wada-juku sits below Wada Pass, the highest and most difficult stage of the Nakasendo at 1600m above sea level; it is around 22 km from the next post town, Shimosuwa-juku.

The difference in altitude with Wada Pass was around 800m.

Many daimyo processions and travelers stayed here and this post town was one of the largest post towns among the 26 Shinano post towns along with Nagakubo-juku.

In March 1861 during the end of the Edo period, the honjin and most of the post town were lost by fire. However, since princess Kazu's procession from Kyoto to Edo was scheduled for November of that year, this post town received 2000 ryo from the shogunate, rebuilt the town and safely welcomed the princess and her large escort.

Number notations of Honjin, Waki-honjin and Hatago

Their numbers are based on the numbers described in "Nakasendo Shukuson Taigaicho (Nakasendo and post towns survey book)" published in 1843.

Kumano Shrine



Bosatsuji Temple



Shinjoji Temple



Hatano



Waki-honjin



Yorozu-ya



Site of former Ton-ya (Komeya Tetsugoro)



Batou Kannon statue Kanayamazaka



Wada-juku Station



Wada-juku Honjin Iriguchi



Wada-juku Honjin

(Designated as a National Historic Site)
In March 1861, the Wada-juku was lost by a great fire but was rebuilt for the marriage of Princess Kazu in November of that year. After the Meiji restoration, the building was used as the town office and restored to the original design in the five years from 1986. It is the largest building in Wada-juku and the building features the projecting girder style called dashigeta-zukuri and has a frontage of around 12m and a depth of around 16m.

Yawata Shrine

This shrine was thought to have been built to protect the residence of the Oi clan, the lords of Wada Castle, from the northeast, considered the most unlucky direction. The shrine was probably built in the mid-Edo period.

Kawachiya as the Wada-juku History Museum (national historic site)

Kawachiya is a large-scale hatago in Wada-juku and is a representative building with a lattice door and projecting girder style called dashigeta-zukuri.

The building was rebuilt after a great fire but still shows the architectural style of the late Edo period. It was restored as a history museum thanks to a historic road development project (Rekishi no Michi Seibi Jigyo).

Column

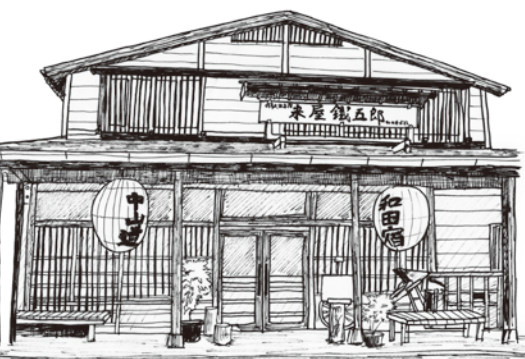
Kokuyoseki (obsidian)

Many people associate Wada Pass with obsidian. Since many stone tools made of obsidian were excavated, the Omegura land registry at Wada Pass gained attention from an early age as an important Paleolithic Stone Age ruin. The Museum of Obsidian Stone Tools in Wada-juku exhibits stone tools excavated from this Omegura ruin and you'll see the skills of Paleolithic Stone Age people and their lives from the stone tools they used.

Kitsunezaka



Gakko Shita



Komeya Tetsugoro Honpo

BS



バス停 bus stop

CVS



コンビニ convenience store

トイレ restroom



眺めが良い scenic view point



中山道標識 nakasendo signpost



道標 signpost



BS



SP



SP



SP



BS



9

Site of former Kajiashi Ichirizuka

Around 1.1 km from Wada-juku Honjin to Site of former Kajiashi Ichirizuka Around 25 minutes
Site of former Kajiashi Ichirizuka to Wada-juku Honjin Around 55 minutes



Wada-juku Onsen Fureai no Yu



Wada-juku Honjin

Around 2.3km from Site of former Kamigumi Ichirizuka - Wada-juku Honjin Around 40 minutes

Wada-juku Honjin - Site of former Kamigumi Ichirizuka Around 35 minutes

10

- BS バス停
bus stop
- CVS コンビニ
convenience store
- トイレ
restroom
- 眺めが良い
scenic view point
- 中山道標識
nakasendo signpost
- 道標
signpost



Mimizu Shrine
("Mimizu" means earthworm.)
The Kyuin Daigongen deity enshrined here takes the form of an earthworm to help guide the people.



Wakamiya Hachimangu Shrine

The cutoff heads of Oi Nobusada, the lord of Wada castle, and his children, who committed suicide after being defeated during the invasion of Takeda Harunobu (later known as Takeda Shingen), are thought to be buried here.
The priest of the Shinjoji Temple raised the memorial monument in 1693.

Sanzenso Settai Hi
(Three Thousand Monk Reception Monument)

Road of history monument (Rekishi no Michi)

The stone Buddha statues along the Nakasendo were placed here and the Suimei no Sato Pocket Park was arranged.

Nakasendo guide post

Nagawa no Sato Museum of History

The museum owns and exhibits archaeological and folklore materials and documentary records.

Aohara

Yamato Bridge

Wada Bridge

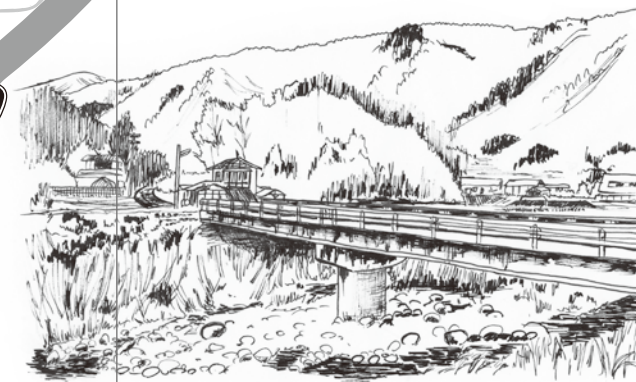
Ochiai Bridge

View Point

下和田
Shimowada

Sanzenso Settai Hi (Three Thousand Monk Reception Monument)

This monument was raised in Jigen-ji Temple, a branch of Shinjo-ji Temple that swore to receive traveling monks during the mid-Edo period.
It was transferred here to inform monks who came and went about the temple's hospitality in 1795.



Ochiai Bridge



Site of former
Kamigumi Ichirizuka

Around 2.9 km from Ochiai Bridge to Site of former Kamigumi Ichirizuka Around 50 minutes
Site of former Kamigumi Ichirizuka to Ochiai Bridge Around 45 minutes

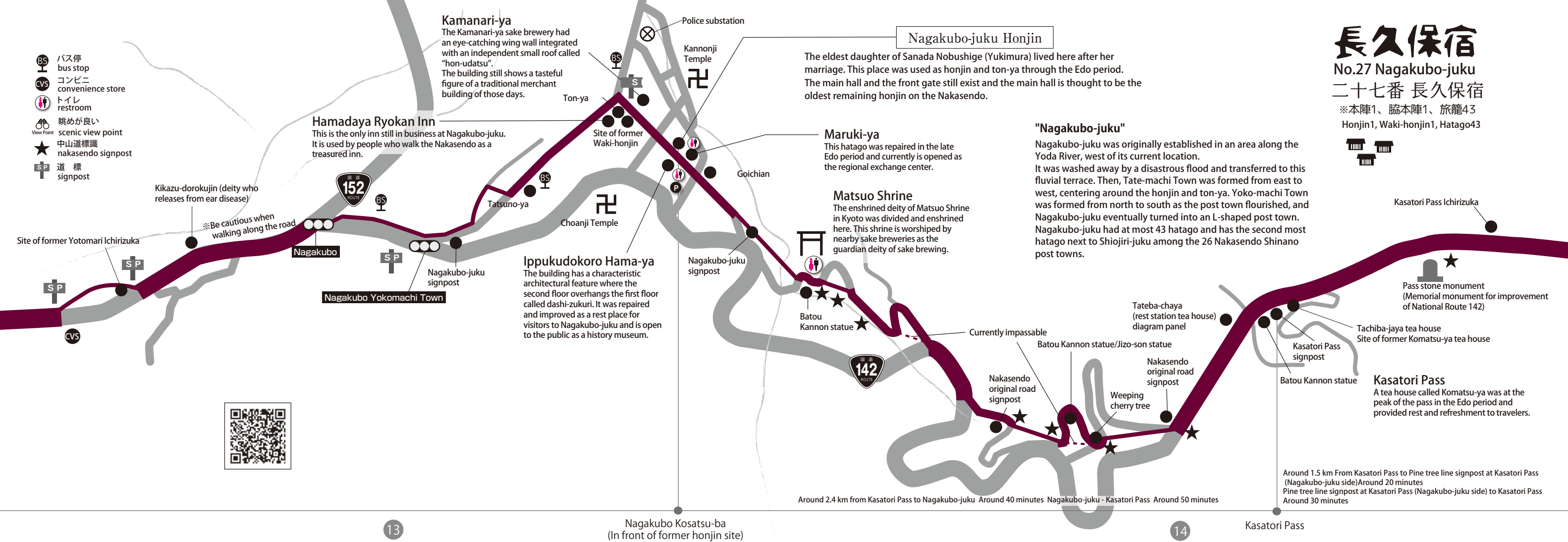
Around 2.6km from Nagakubo-juku to Ochiai Bridge
Around 45 minutes

Site of former Kamigumi Ichirizuka

11

12

Ochiai Bridge



"Ashita-shuku"

The written petition (Ganmon) was dedicated to Tateshina Shrine in 1597 by Iwama Chusuke, Tsuchiya Emonnojo, and Imai Sogoro. Iwana and Tsuchiya were ronin of the Ashita (Yoda) clan and Imai was a local Shinto priest. Together, they established Ashita-shuku, which became the 26th post town of the Nakasendo.

Based on the petition, Ashita-shuku is the oldest post town in the northern Saku region. It was used as a resting area for court nobles and powerful feudal rulers.

As times changed, aging buildings were difficult to preserve; some of them were lost to fire. However, the honjin (main shrine area) built in the 1800s is still present today. The history of this area creates a feeling of nostalgia of the olden days.

In the Edo period, pine and cedar trees were planted alongside the roads as a result of the tree planting policy of the Tokugawa Shogunate. The 150- to 300-year-old trees take us back in time to imagine and appreciate the feelings of those who walked along the same trees during the Nakasendo of that time.

- BS バス停 bus stop
- CVS コンビニ convenience store
- トイレ restroom
- 眺めが良い scenic view point
- ★ 中山道標識 nakasendo signpost
- SP 道標 signpost

Tsuganeji Temple

The official name of this temple is "Enichizan Shugakuin". This temple was listed as one of the five famous Shinano Tendai sect temples in the Edo period. It is thought to have been founded by the monk Gyoki in 702 AD.

After establishing this temple, the monks Saicho and Ennin established the Tendai Dangisho as a temple to educate scholar monks, which continues to the present day.

Atago Shrine

This shrine is a subdivision of the Atago-gongen Shrine in Kyoto Prefecture, which was once known as Yamashiro no Kuni. The shrine worships the god for preventing fire calamity. Every year on April 18th a fire festival is held.

笠取峠 Kasatori-touge

Kasatori Pass
Pine tree line signpost
(Nagakubo-juku side)

※Be cautious when
crossing the road

View Point

Lined pine trees at Kasatori Pass (Natural monument designated by Nagano Prefecture)

1km west of the Ashita post, in the direction of Kasatori Pass, there is a row of Japanese red pine trees measuring approximately 1km in length. The 150- to 300- year-old trees take us back in time to imagine and appreciate the feelings of those who walked along the same trees during the Nakasendo of the past.

Around 0.8 km from Pine tree line signpost at Kasatori Pass (Nagakubo-juku side) to Pine tree line signpost at Kasatori Pass (Ashita-shuku side) Around 10 minutes
From Pine tree line signpost at Kasatori Pass (Ashita-shuku side) to Pine tree line signpost at Kasatori Pass (Nagakubo-juku side) Around 15 minutes

15

Pine tree line signpost at Kasatori Pass
(Nagakubo-juku side)

Pine tree line signpost at Kasatori Pass
(Ashita-shuku side)

All-night light

Guide sign
(Ishiuchiba Park)

Pine tree line signpost at Kasatori
Pass (Ashita-shuku side)

Tateshina Shrine

It was originally called Takai Shrine, but was renamed as Tateshina Shrine in 1875. Tateshina Shrine was ranked as "go-sha", which is only awarded to very old historic shrines. The shrine is separated into two locations. The main shrine, Oku-sha, is located at the peak of Tateshina mountain while the village shrine, Satomiya, is located at the base of the mountain in a neighborhood called Furumachi. Tateshina shrine is a prestigious shrine with a deep and rich history. Takamimusubi-no-kami is the deity enshrined there. The shrine was considered a "Shikigesha" shrine. "Shikigesha" shrines were often characterized by the following criteria: Not recognized by the Imperial Court, had their own power, were controlled by Buddhist priests, and or they were shrines that didn't have a designated building for worship. Therefore, Tateshina Shrine wasn't listed in the Engi-shiki Jinmyocho, which is a book containing a list of shrines. This book also contains a list of laws and regulations during the Engi era.

Around 0.9 km from Pine tree line signpost at Kasatori Pass (Ashita-shuku side) -
Former Ashita-shuku Honjin Around 15 minutes

Former Ashita-shuku Honjin Residential house of the Tsuchiya family

The Tsuchiya family established the Ashita-shuku. For generations, the family acted as the owners of the Honjin for the post town. The current reception hall was reconstructed in 1800 and its floor space is 537 m². In the past, there was an official notice board posted (kosatsu-ba) posted on the left side of the gate, a labor and horse supplier on the right, and a warehouse (nigua) with a frontage of around 9 meters in the rear of the building.

The guest room section has an entrance on the gable side (tsumairi) and a thatched roof. The entrance is around 3.6m wide, the hall inside the entrance way is around 50 m², and the room with a raised floor was made to resemble a Kyoto style design.

Waki-honjin

Former Ashita-shuku Honjin

Kotokuji Temple

This temple is the family temple of the Ashita clan that ruled around this area. The Tachikawa style engraving on the gate that never opens (akazu no mon) is magnificent.

View Point

Around 1.6 km from Former Ashita-shuku Honjin - Site of Motai Ichirizuka Around 30 minutes
Site of Motai Ichirizuka - Former Ashita-shuku Honjin Around 25 minutes

芦田宿

No.26 Ashita-shuku

二十六番 芦田宿

※本陣1、脇本陣2、旅籠6

Honjin1, Waki-honjin2, Hatago6

Ashida

Shirakaba Kogen
Iriguchi

Supermarket

Cafe

Tateshinamachi
Yakuba Iriguchi

Tateshinamachi
Town Office

Tateshinamachi
Yakuba Mae

Furusato Exchange
Center
"Ashita-shuku"

Ashida Chuo

Suyamo

Kanemaru
Tsuchiya
Ryokan Inn

Ashida

Shomyoji Temple
(Shiun no Matsu)

Ashita-shuku
Iriguchi

142
ROUTE

Yamabe

CVS

BS

Kabuto-matsu and
yasumi-ishi

Wago

Drug store

SP

Guide sign
(Nakai)

Nakai

Ooba-shiseki Park

Suwasha Shrine

The enshrined deity is Takeminakata-no-Mikoto. It is dedicated to both the Kami-Suwa Shrine and the Shimo-Suwa Shrine as the ancestor of the Suwa clan from the Izumo lineage.

The shrine was also called Nangu in ancient times. The Suwa belief (Suwa Shinko) in the deity spread across the nation and there are now 5,076 branch shrines including subsidiary shrines.

The current shrine building was built in 1818 by Tanaka Enzo who was a shrine carpenter in Motai. The inner shrine (The Kaguraden) was constructed using the Ikkensha Nagare-zukuri structure and its outer periphery has magnificent decorative engravings. It also has a revolving stage and the only existing one is located in Tateshina town. When you walk through the large front gateway (Otorii), on the left side, you'll find a monument engraved with "Yamajitike Naniyara Yukashi Sumiregusa (Climbing up a mountain path, what I found unexpectedly is a plant called violet)" written by Matsuo Basho.

Osawa Sake Brewery Co., Ltd

The sake brewery was established in 1689 in Motai. Motai has Mt.Tateshina's subsoil water and a natural environment suitable for rich local rice and sake brewing.

Takeshige Honke Brewing Corp.

The residential house built in the late Edo period and the sake vault built in the early Meiji period are registered as cultural properties of Japan.

Shinmeisha Shrine

It was built by Osawa Moemon who was the temple petitioner in 1709. The enshrined deity is Amaterasu Omikami and the main shrine was constructed by Shinmei-zukuri.

Wakayama Bokusui poem monument

It is famous that Bokusui loved sake. In Mochizuki, there are footprints of Bokusui left in some places.

茂田井間の宿

"Motai-ainoshuku (Mid-station)"

Motai-ainoshuku was located between Ashita-shuku and Mochizuku-juku. The term "Ainoshuku" refers to a rest station that lies between post towns. Motai-ainoshuku did not have lodging facilities because the shogunate issued a ban and controlled accommodations in all areas other than the post towns in order to protect them. The irrigation canals can still be seen in the old town.

Ichirozaemon, who was the headman of the village, started brewing sake here in 1689. Currently, the two sake breweries are Osawa Sake Brewery and Takeshige Honke Brewing. The Wakayama Bokusui poem monument is on the site of the vault (kura) facing the street of Takeshige Honke Brewing Corp. Even now, the Motai ainoshuku has an old town atmosphere that is attracting travelers.

"Mochizuki-juku"

The Mochizuki area was well-known for raising excellent horses. The area was under direct control of the Imperial Court. For hundreds of years, these horses were donated to emperors and nobles. This explains why the phrase "Mochizuki's horses" often appears in Japanese "waka" poems. Mochizuki has been called Koma no Sato (village of horses) since

the Heian period; horses of the Imperial Court were pastured here and many great horses were presented. This place appeared in poems by many poets including Kino Tsurayuki and has attracted people through the ages. The Mochizuki Folk Heritage Museum located at the site of the former Honjin has an elegant structure including beams from demolished houses.

望月宿

No.25 Mochizuki-juku

二十五番 望月宿

※本陣1、脇本陣1、旅籠9
Honjin1, Waki-honjin1, Hatago9

Sanayama family residential house (Yamato-ya)

(National important cultural property)
It was destroyed by a spreading fire and rebuilt in 1766. The house was constructed in the dashigeta style, where the beams of the second floor protrude farther than the beams of the first floor, and has not been altered since it was rebuilt.

Shineiin Temple

The temple is said to have been founded by Mochizuki Saemon-no-jo Nobunaga in 1532. In front of the main temple is a rare kaya tree (Japanese torrey) that has a dozen trunks from the base and is probably over 500 years old.

Waki-honjin/ wholesale store

Batou Kannon statue of Nagasaka Group of Dousojin/Stone Buddha statues

View Point

Jokoin Temple

This temple had close ties with the Mochizuki clan who had been influential in these regions for a long time. The Hokyoin tower of the Mochizuki clan and the Shomen Kongo Statue standing in the temple precinct give off a sense of the area's history.

Otomo Shrine

One of the Englishiki Saku Sansha (three shrines in Saku: Eta Shrine, Nagakura Shrine, Otomo Shrine). The Sakaki Matsuri is an annual festival of the Otomo Shrine that is dedicated in the temple precinct every year.

Honjin of the Omori family

Banryukutsu/Benzaiten

This Benzaiten is said to have been transferred from the Chikubu Island of Lake Biwa between 1504 - 1521 by Dogen Zenji who was the founder of Shineiin Temple.

Lined cherry blossom trees in Motai

Motai Ichirizuka site

Matsuo Basho monument

Ishiwari-zaka

It is called Ishiwari-zaka because there were large stones on the steep road that needed to be broken in order to open the Nakasendo road.

Muryoji Temple

This temple is a subdivision of the Enryaku-ji Temple of the Tendai sect on Mt.Hieiizan. It is called Raigozan Muryo-ji Temple: It was built in 1003. The principal image is the seated statue of Yakushi Nyorai. It is around 108 cm high and was made of Japanese cypress. It was made in the Muromachi period and has the Nikko Bosatsu and Gakko Bosatsu statues as flanking attendants.

Around 0.8 km from the site of Motai Ichirizuka to Takeshige Honke Brewing/
Wakayama Bokusui poem monument Around 10 minutes
From Takeshige Honke Brewing/Wakayama Bokusui poem monument to the site of Motai Ichirizuka Around 15 minutes

Around 2.7km from Takeshige Honke Brewing/Wakayama Bokusui poem monument
to Mochizuki Folk Heritage Museum Around 45 minutes

Around 3km from Mochizuki Folk Heritage Museum to Momosawa Higashi signal Around 45 minutes

- BS バス停 bus stop
- CVS コンビニ convenience store
- トイレ restroom
- 眺めが良い scenic view point
- 中山道標識 nakasendo signpost
- 道標 signpost



Motai Ichirizuka site

17

Takeshige Honke Brewing/Wakayama Bokusui poem monument

18

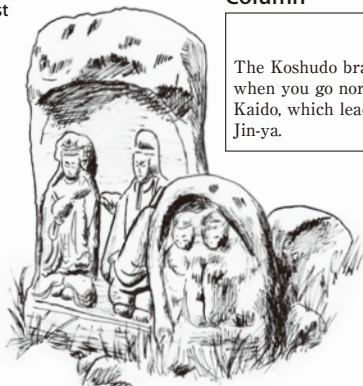
Mochizuki Folk Heritage Museum

- BS バス停 bus stop
CVS コンビニ convenience store
トイレ restroom
眺めが良い scenic view point
- ★ 中山道標識 nakasendo signpost
S P 道標 signpost

Column

Uryuzaka

The Koshudo branches off ahead of Uryu Pass on the east side and when you go north, you'll arrive at Tanaka-juku of the Hokkoku Kaido, which leads to a town under Ueda-jo Castle and Netsumachi Jin-ya.



Shugen Dousojin statue

Uryuzaka Ichirizuka

This Ichirizuka was established as a milestone for travelers. Big trees were planted for travelers to rest in the shade of trees.

Stone Buddha Statue at the Uryuzaka

Muraokoshi Dousojin statue

Currently impassable

Batou Kannon statue

Uryuzaka Monument

There are many two-figure Dousojin statues left around Mochizuki and you can see masterpieces crafted by masons in Takato. Do not also miss the Nakasendo signpost built in 1697. The engraved kanji character for sen is different from the current one used for Nakasendo because it was built before 1716 when the characters for Nakasendo were unified. The Uryuzaka was part of the ancient Tozando and the ruins were discovered.

Shugen Dousojin statue

This very precious Dousojin statue is a two-figure Dousojin with a man and a woman wearing nobles' clothes while holding a wedding and drinking together. They have beautiful and gentle looks on their thin faces. Unlike most Dousojin statues for common people, this stature is quite elegant.

Fuse Onsen Iriguchi

"Yawata-juku"

The Chikuma River runs through two shukuba. One of them is Yawata-juku. Yawata-juku was an important post town since the Chikuma River often flooded. Hachiman Shrine, with its gate from over 300 years ago, is here. The rice fields of this region produce a rice brand called Gorobei-Mai, which is often selected by high class Japanese restaurants. Since the Chikuma River flows between Shionada and Yawata-juku, the distance between these post towns was very short and Shionada-juku was only 27 cho (approximately 3 km) away from Yawata-juku. On the east side of Yawata-juku was the lower field of Gorobei Shinden Village that was later developed by Ichikawa Gorobei; the strong clay soil there was



No.24 Yawata-juku 二十四番 八幡宿

※本陣1、脇本陣1、旅籠3
Honjin1, Waki-honjin1, Hatago3

Site of former Yawata Honjin
(Komatsu family)

Yawata Nishi

Batou Kannon statue

Momosawa Higashi

View Point

suitable for rice paddies. Princess Kazu and her party walked down the Nakasendo and stayed at Wada-juku on November 6, 1861 and on the next day, November 7, they took their lunch break at Ashida-shuku and then stayed at Yawata-juku. Origami bestowed by Princess Kazu also was handed down in the Komatsu family who acted as the Honjin/Ton-ya for generations.

Around 1.4 km from Momosawa Higashi signal to the site of former Yawata Honjin
Around 35 minutes

Koura-sha (Old main shrine)

(National important cultural property)
It is a shrine inside the Hachiman Shrine of Yomogida. In 1491, it was rebuilt as a Soja (shrine enshrining several gods) of Mimaki-go with Shigeno-Ouminokami Mitsushige who was the lord of the Mochizuki-jo Castle as the leader.

Hachiman Shrine

The Mizugakimon gate was built in 1708 and the Zuijinmon gate was built in 1843. In the Gakuden (building to store votive tablets), there is the oldest offered Sangaku (votive tablet with a math puzzle) in the prefecture.

Drug store

Site of former Wholesale store/
Waki-honjin

Asashina Junior High School

Gorobei Shinden

Asashina Hot Spring
Honoka no Yu

Michi no Eki
(Roadside rest area)
Hot Park Asashina



View Point Rural landscape and Mt. Asama

Josenji Temple

Monument to Deity
Kisui no Ookami

Asashina Shisho Mae

Batou Kannon statue

Monument to
Deity Kisui no
Ookami

Saku City Office
Asashina Branch



- BS バス停 bus stop
- CVS コンビニ convenience store
- トイレ restroom
- 眺めが良い scenic view point
- 中山道標識 nakasendo signpost
- 道標 signpost



Statue of Dainichi Nyorai

Dainichizuka

A stone statue of Dainichi Nyorai wearing a white hood and an apron stands at a slightly elevated place along the main road before reaching the top of the rising slope on the other side of Nakatsubashi Bridge. Beside the statue stands a monument engraved with "Suzushisaya Sukuni Nomatsuno Edanonari (Feeling of coolness is given from straightness of branches of a pine tree)" written by Matsuo Basho. Behind the statue, you'll see magnificent Mt. Asama.

Site of Oumayori Ichirizuka

Driving school

Daienji Temple

Katte Shrine

Mukozawa Yamamura Inari Shrine

It is said that you'll find what you lost if you offer abura-age, which is a piece of deep-fried tofu.

Shoenji Temple

Funetsunagiishi

Otaki Jukyuya tower

Site of former Kosatsu-ba

Drug store

Nakatsubashi Bridge

Shinrakuji Temple signpost

Site of a tea house used as a resting place

Spring water comes out on the left at the bottom end of the steep downward slope on the way from the Nakayado to the Kawara post town.

Site of former Honjin/wholesale store

Chikuma River

Chikuma River

Shionada Shrine

Shionada

Nakasendo Shionada-juku signpost

Minor local road beside a main road

Dousojin statue

Currently impassable

Oi-ya

(Site of former Honjin of Maruyama Zenbei) Shionada-juku had two Honjin and one Waki-honjin, although the post town was located on the east bank of the Chikuma River that is infamous as a stormy river; it was a small post town having only ten hatago. Since bridges were washed away each time a flood occurred, crossing the river using a boat or walking was the order of those days.

Komagata Shrine

(National important cultural property) Although the details about the establishment of Komagata Shrine are unknown because no record remains, this shrine was probably rebuilt in the Muromachi period. It is believed that this is a shrine of pastures since statues of male and female gods riding on horseback are placed as the enshrined deities.

Mt. Asama

塩名田宿



No.23 Shionada-juku

二十三番 塩名田宿

※本陣2、脇本陣1、旅籠7
Honjin2, Waki-honjin1, Hatago7

"Shionada-juku"

Shionada-juku was on the east bank of the Chikuma River. The old stone used for mooring the boats is still here. As well as Yawata-juku, many people stayed here when the river was flooded. On the street, you can still see the old trade names of shops hanging. Shionada-juku was on the east bank of the Chikuma River. The flooding of the Chikuma River, referred to as an unprecedented stormy river in neighboring districts, was important for the post town since it stopped travelers. Old trade name signboards still hang around the townscape with some remaining lattice doors.

Clinic

Myorakuji Temple

Stone marker indicating a bench mark

Nature trail signpost



Around 2.6 km from Site of former Yawata Honjin to Site of former Shionada Honjin Around 35 minutes

Around 3.6 km from the site of former Shionada Honjin to Kazariyama Inari Shrine Around 55 minutes Kazariyama Inari Shrine to the site of former Shionada Honjin Around 50 minutes

"Iwamurada-juku"

In the Muromachi period, the Oi clan had a vast estate in the whole eastern area of Shinano (current Nagano Prefecture) and the western area of Joshu (current Gunma Prefecture). The Iwamurada area, where the Oi clan lived, had six thousand houses and was the city where trade was the most active in Shinano.

However, Iwamurada fell into ruins due to the flames of war brought by the Murakami army.

In the age of civil wars, Iwamurada area recovered as a strategically important point under the rule of the Takeda clan.

After the Takeda clan was defeated, the full-scale restoration of Iwamurada was completed in the Edo period and it was selected as

a post town of the Nakasendo and developed as Iwamurada-juku. In 1703, the domain of Iwamurada by the Naito clan was approved and Jinya (administrative headquarters of the domain) was established in Nakayado (current Asama Kaikan). In 1864, in the last days of the Tokugawa shogunate, Fujigajo Castle was built in Uenojou where Iwamurada Elementary School stands today.

-  バス停 bus stop
-  コンビニ convenience store
-  トイレ restroom
-  眺めが良い scenic view point
-  中山道標識 nakasendo signpost
-  道標 signpost

Saku-Nakasato IC

Chubu-Odan Expressway



23

Kazariyama Inari Shrine

JR Sakudaira Station

Hokuriku Shinkansen
(via Nagano)

Aeon Mall Sakudaira

JR Koumi Line

JR Iwamurada Station

141
ROUTE

Asama Byoin Nishi

Yoshizawa Kunio poem monument
(Shinano no Kuni anthem monument)

Aioi no Matsu
The feudal lord of the Naito clan is said to have given a princess who married into the shogunate family from Kyo a warm welcome by constructing a teahouse.

Wakamiya Hachiman Shrine
Wakamiya Park
All - night light of Joshudo

Sainenji Temple
Gravestone of Sengoku Hidehisa
Yoshizawa Kunio (Keizan) poem monument and his grave

Saku City Kodomo Miraikan
(Saku children's Science Dome for the Future)

Mitake Shrine
Mitake Shrine Monument

Mishaguji Shrine monument

Dousojin statue

Saku Koshu Kaido

24

岩村田宿

No.22 Iwamurada-juku 二十二番 岩村田宿

※本陣0、脇本陣0、旅籠8
Honjin0, Waki-honjin0, Hatago8

Saku IC Higashi

Gyouninzuka
Senju Kanzeon statue
Batou Kannon statue
Small stone shrine

Zenkoji Temple
signpost

Sumiyoshi Shrine
Mitake Shrine Monument
Dousojin statue
Big keyaki tree

Enmanji Temple
Tenmangu Shrine
Famous spot of Japanese wisteria
Wooden standing statue of eleven-faced Kannon
Memorial monument for Missionary William Alexander Flint Campbell and his wife Jean Collison

Ryuunji Temple
The death of Takeda Shingen due to illness at Inakomaba in 1573 is said to have been concealed for three years and Hokkou Zenshi secretly brought the remains of Takeda Shingen back and buried them in the Ryuun-ji Temple.

Hanazura Inari Shrine
Famous spot of cherry blossoms and autumn foliage

View Point

Around 2.5km from Unawazawa Hashi Ichirizuka to Aioi-cho Intersection
Around 35 minutes
Aioi-cho Intersection to Unawazawa Hashi Ichirizuka Around 40 minutes

24

Aioi-cho Intersection

- BS バス停
bus stop
- CVS コンビニ
convenience store
- トイレ
restroom
- 眺めが良い
scenic view point
- ★ 中山道標識
nakasendo signpost
- SP 道標
signpost

Saku IC

Shokuniku Center Iriguchi

Saku Interwave

Saku IC Higashi

Column

Saku and Kemari

Kemari, an ancient ball game, was very popular in Saku around the mid-Edo period (from around 1751 to around 1772) according to "Sakushiji (Saku City Journal)". Many kemari fields are thought to have been built including in Iwamura Sainenji Temple, Nozawa Seshimo family house and Nenei Raikoji Temple; kemari masters were invited for kemari training. People were crazy about kemari and a kemari tournament was even held after a haiku gathering.

Higashizuka of Unawazawa Hashi Ichirizuka

Hirao-taisha Shrine

Around 2 km from Site of the former Otai Honjin to Unawazawa Hashi Ichirizuka Around 25 minutes

25

Unawazawa Hashi Ichirizuka

Kougetsuhara

A court lady, Kougetsu, who was exiled to Hirao in 586 (the first year of Emperor Youmei) is said to have rode around on a white horse in the grassy plain on the north side of Iwamura-juku. Now the plain is called Kougetsuhara.



小田井宿

No.21 Otai-juku

二十一番 小田井宿

※本陣1、脇本陣1、旅籠5
Honjin1, Waki-honjin1, Hatago5

Otai

Otai Kita

CVS

Site of former Honjin

Nagakura Suwa Shrine

Site of former Kosatsu-ba

Site of former Ton-ya

Site of former Ton-ya

Masugata on the west

Hatago

Site of former Waki-honjin

Masugata on the east

Akamatsu (Japanese umbrella pine) of the Houjuin

Shed for the Otai-juku Festival

Jizo statue

"Otai-juku"

It was a quiet post town next to the vibrant neighborhoods of Iwamura-juku and Oiwake-juku. As women preferred this quiet post town, it was sometimes called Hime-no-juku (post town of princesses). Otai-juku is the 21st post town from Edo Itabashi-juku and 40 ri and 14 cho (approximately 160 km) away from Edo and 95 ri and 8 cho (approximately 370 km) away from Kyo (Kyoto). Otai-juku is said to have had only five hatago and was a quiet

post town between Oiwake-juku on the Edo side and Iwamura-juku on the Kyoto side. The daimyos attending the Edo Shogunate were thought to have been put up at inns in the next Oiwake-juku due to its size and Otai-juku was called an inn for princesses since many women including princesses rested and stayed there.

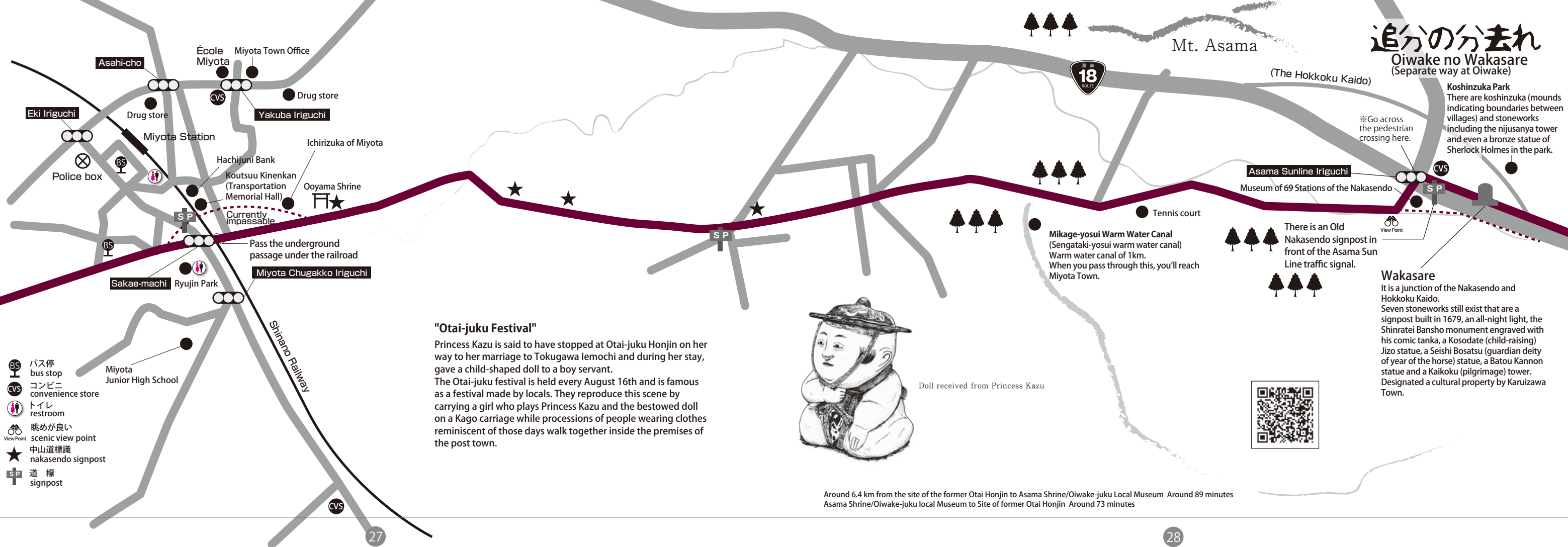
Hokuriku Shinkansen (via Nagano)

Unawazawa Hashi Ichirizuka to Site of former Otai Honjin Around 26 minutes

Site of former Otai Honjin

26





Asama Shrine

It is a Satomiya shrine to worship Mt. Asama from a distance and was the entrance of the path leading to Mt. Sekisonsan/Mt. Asama in the Edo period.
The main shrine was built in 1869 and became Asama Shrine.
The main shrine is the oldest building in Karuizawa Town and is a cultural property designated by the town.
On the premises of the shrine are many remaining stoneworks such as the Matsuo Basho poem monument and the monument of the birth place of the Oiwake bushi song.

Suwa Shrine

It was called Kami-Suwa Shrine until the Edo period.
The Kami-Suwa Shrine, the Shimo-Suwa Shrine and the shrine in the post town were integrated into this shrine in the Meiji period.

Sentoji Temple

In the temple precincts are Nyoirin Kannon statue, beloved by Tatsuo Hori, the writing-brush burial mound for Inagaki Koukaku and many stoneworks including the curling jizo statue.

Mikage Yosui Kamizeki
The upper bank that runs through the north side of the Oiwake-juku was taken and used for service water for the post town.

Karuizawa special area meteorological station
(Site of the former Karuizawa weather station)the post town.

Ichirizuka of Oiwake
A pair of the northern one and the southern one (Designated cultural property by Karuizawa Town)

Signpost for Ozasa Road

Merge with National Route 18.
Traffic is busy. Be careful.

Kariyado-AinoShuku

Ainoshuku (mid-station) Kariyado between Kutsukake-juku and Oiwake-juku is located at a junction of the Nakasendo and the Shimonita Kaido; houses with lattice doors still retain the atmosphere of those years.

Merge with National Route 18.
Traffic is busy. Be careful.

Former ice chamber found in an old accommodation

Dousojin Statues (2)
Koshinto (Koshin tower) (1)
Pilgrimage Memorial Tower (1)

Shinano Railway

- バス停 bus stop
- コンビニ convenience store
- トイレ restroom
- 眺めが良い scenic view point
- 中山道標識 nakasendo signpost
- 道標 signpost

Masugata no Chaya
Tsugaru-ya

Former Hatago
Tsuta-ya

Sumi-ya

insuazeki

Yoshino-zaka

(Tradition) Grave of Yoshino Tayu

Hori Tatsuo Memorial Museum of Literature
The back gate of the Oiwake-juku Honjin is at the front gate of this museum.

Site of former
Waki-honjin Abura-ya

Sasakura Soba Restaurant is built on the site now.

Oiwake-juku Kousatsu-ba (Site where an official bulletin board was posted in Oiwake-juku) (replica)/Kanne Aratamesho (Site of office that determines freight charges by weight)
Some Kosatsu from those days are owned by the Oiwake-juku local museum.

Around 1.6km from the Asama Shrine/Oiwake-juku Local Museum to Ochikochi No Miya Around 30 minutes

Kariyado Community Center
The Dainichidou and the Kannenbutsu memorial tower were transferred behind the community center.

Ochikochi No Miya

It is said that it was named after a waka poem composed by Ariwara no Narihira.
The shrine's forest is a Karuizawa Town designated cultural property.

"Oiwake-juku"

In the Edo period, Karuizawa-juku, Kutsukake-juku and Oiwake-juku at the southern foot of Mt. Asama were called the three post towns of Asama Negoshi.
Especially Oiwake-juku, located at a junction of the Nakasendo and the Hokkoku Kaido, was lively with daimyos who took turns in attending the Edo Shogunate and travelers who visited Zenko-ji Temple.
During the Shinano Oiwake Magouta Dochu festival, people in period costume liven up the post town.
The Oiwake-juku Local Museum, located at the gate to Edo of Oiwake-juku, exhibits commodities used at Oiwake-juku in those days as well as a partial restoration of a tea house.

Around 1 km from Ochikochi No Miya to Batou Kannon statue/Dousojin statue/Koushin tower Around 15 minutes

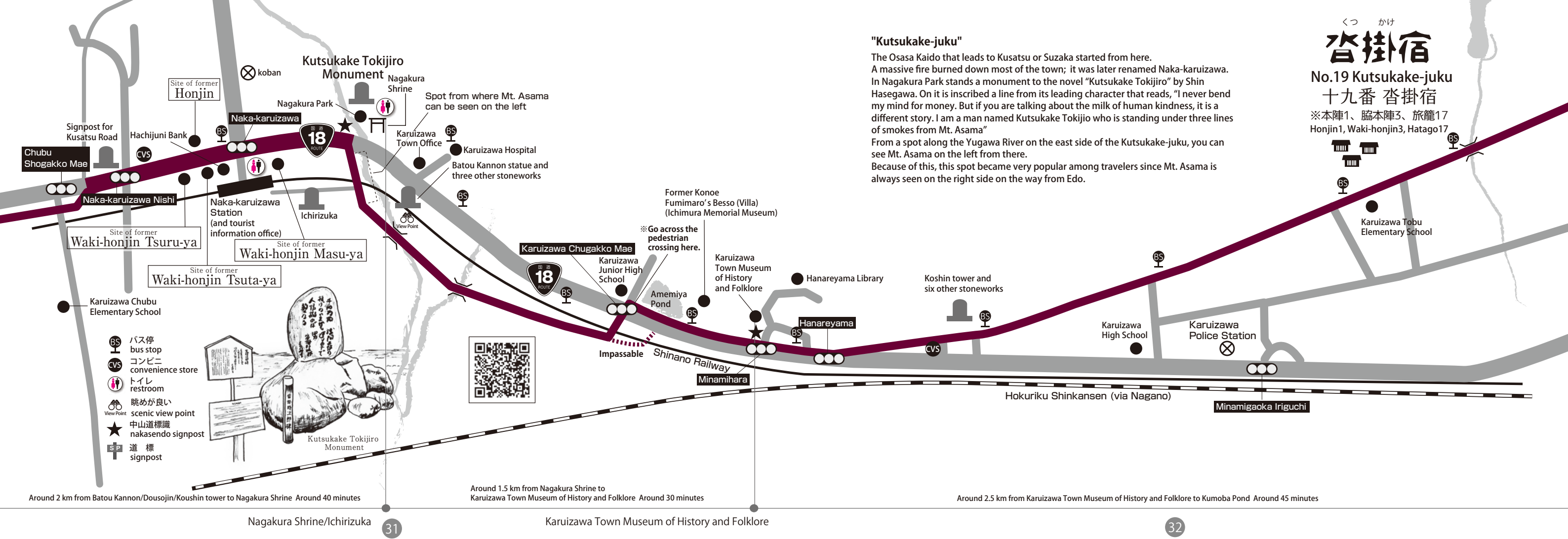
Asama Shrine/Oiwake-juku Local Museum

29

Ochikochi No Miya

30

Batou Kannon statue/Dousojin statue/Koushin tower



"Kutsukake-juku"

The Osasa Kaido that leads to Kusatsu or Suzaka started from here. A massive fire burned down most of the town; it was later renamed Naka-karuizawa. In Nagakura Park stands a monument to the novel "Kutsukake Tokijiro" by Shin Hasegawa. On it is inscribed a line from its leading character that reads, "I never bend my mind for money. But if you are talking about the milk of human kindness, it is a different story. I am a man named Kutsukake Tokijiro who is standing under three lines of smokes from Mt. Asama"

From a spot along the Yugawa River on the east side of the Kutsukake-juku, you can see Mt. Asama on the left from there.

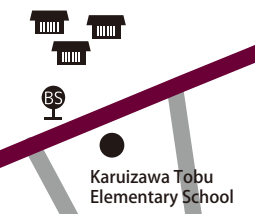
Because of this, this spot became very popular among travelers since Mt. Asama is always seen on the right side on the way from Edo.

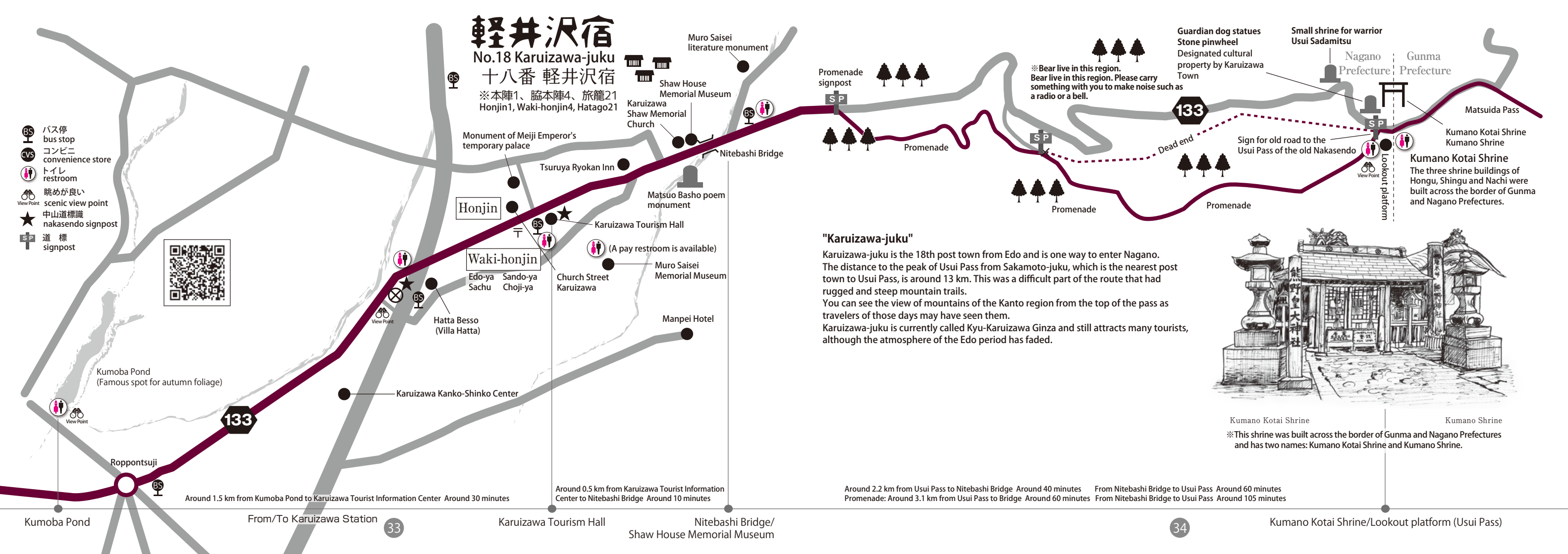
沓掛宿

No.19 Kutsukake-juku

十九番 沓掛宿

※本陣1、脇本陣3、旅籠17
Honjin1, Waki-honjin3, Hatago17





A must see for travelers!

Historical terms for Nakasendo walking

Shukuba

A place used as a post town that functions as a station and an inn; travelers and horses could stay and this was also used as a relay point for distribution.

Many accommodations for travelers were gathered as a base of commerce and information exchange. Usually, shuku or juku is attached as a suffix to a place name to indicate that it is a post town.

Honjin

An inn used for daimyo and court nobles. Locally influential families were designated to own and run these inns for nobles.

Waki-honjin

An inn used when a honjin was not big enough to accommodate all the members of daimyo or court nobles. Unlike honjin, it was also open for general travelers too.

Hatago

An inn for commoners where meals were served.

Kosatsuba

A place where an official notice board (called a kosatsu) on which the Shogun's proclamations including prohibitions and rulings were posted.

Ton-ya

Also called toi-ya, this labor and horse supplier provided men and horses to work in relays.

Ichirizuka

A distance marker. It was placed at each ri, which was approximately four kilometers. Functioned as a milepost.

Batou Kannon

Batou Kannon is the Japanese name of Hayagriva (means "having the neck of a horse") that is a wrath form of Avalokitesvara (bodhisattva who embodies the compassion of all Buddhas).

Batou Kannon was worshipped as the guardian deity for horses because of its name Batou ("Horse-head" in Japanese).

Jizo (Jizo-son)

Jizo is the Japanese name of Kitigarbha (bodhisattva) who is the guardian of children and patron deity of deceased children and aborted fetuses.

Jizo is also believed as one of the protective deities of travellers, the dosojin (see below).

A honorific suffix son is sometimes attached and called Jizo-son.

Dosojin

Dosojin is a generic name of Shinto gods worshipped as tutelary deities of borders.

They are believed to protect travelers and villages from epidemics and evil spirits.

Dosojin sometimes are enshrined in small roadside shrines called hokora.

Joyato

A light that is lit all night.

The meaning of the word changed to also mean a building along a road.

Sekihi

A general name of stone monuments with inscriptions erected for specific purposes.

It is also called hi (monument).

Hokora

A small palace where a deity is enshrined.

The origin of the word is hokura, which means a warehouse where treasures are stored.

Originally, the religious belief was from the old Shinto religion. However, the Buddha (jizo), becoming associated with dosojin, started to be enshrined because of the syncretism of Shintoism and Buddhism.

Nakasendo Stamp

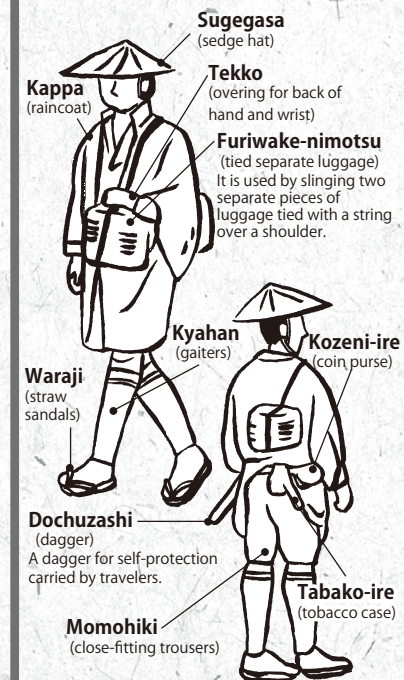


Traveler items in those days

Many travelers came and went on the Nakasendo, which was the main road between Edo and Kyoto as well as the Tokaido.

The following are some of the items that travelers wore to ease their travels.

● Traveler's items



- **Karuizawa Kotsu Bus** (Kyu-karuizawa to Utsui Touge/Miharashi-dai
Phone: 0267-42-5538 Karuizawa Tourism Hall
- **Karuizawa Chonai Junkan Bus** Karuizawa town Loop Bus
(Eastern/Southern route)
Phone: 0267-45-5045 Seibu Kogen Bus, Karuizawa Eigyosho
(Karuizawa Business Office)
- **Karuizawa Chonai Junkan Bus** Karuizawa town Loop Bus (Western Course)
Phone: 0267-22-2100 Chikuma Bus, Komoro Office
- **Chikuma Bus** (Saku Miyota Line, Nakasendo Line)
Phone: 0267-62-0081 Chikuma Bus Head Office
- **Saku Shinai Junkan Bus** Saku City Loop Bus (Northern route line)
Phone: 0267-62-3094 Saku City Living Environment Division,
Department of Public Transportation for Life
- **Wada Touge Kita Line**
Phone: 0267-22-0588 JR Bus Kanto Komoro Branch
- **Nagawa Chonai Junkai Bus** Nagawa town loop bus (Toward Gakusha-mura
(Toward Omegura)
Phone: 0268-68-3111 Nagawacho Town Office
Phone: 0268-88-2345 Nagawacho Town Office, Wada branch

<Karuzawa>
Asama Kanko Taxi Phone: 0267-45-5264
Karuzawa Kanko Taxi Phone: 0267-45-5408
Daichi Kotsu Phone: 0267-42-2221
Masuya Kotsu Phone: 0267-45-5223
Matsuba Taxi Phone: 0267-42-2181

<Miyota>
Karuzawa Kanko Taxi, Miyota office Phone: 0267-32-2255
Matsuba Taxi, Miyota office Phone: 0267-32-3311

<Saku>
Daichi Kotsu Phone: 0267-68-6080
Iwamura Kanko Taxi Phone: 0267-67-2525
Saku Hired Car Phone: 0267-62-1515
Chikuma Hired Car (Toshin Kanko Bus) Phone: 0267-67-1010

<Tateshina>
Shirakaba Kanko Taxi Phone: 0267-56-3636
Mochizuki Hired Car Ashida Business Office
 Phone: 0267-56-1153



Tourist information

Karuizawa-juku Kutsukake-juku Oiwake-juku

[Tourist information is here]

Karuizawa Tourist Information Center (Karuizawa Station) Phone: 0267-42-2491

Karuizawa Tourist Information Center (Kutsukake Terrace) Phone: 0267-45-6050

Karuizawa Tourism Hall (Kyu-karuizawa) Phone: 0267-42-5538

[Gourmet food information/Lodging information is here]

[Let's learn history!]

Karuizawa Town Museum of History and Folklore (Karuizawa-juku/Kutsukake-juku)

Phone: 0267-42-6334

Oiwake-juku Local Museum (Oiwake-juku) Phone: 0267-45-1466

Museum of 69 Stations of the Nakasendo Phone: 0267-45-3353

Otai-juku

[Tourist information is here]

Miyota town Tourist Association

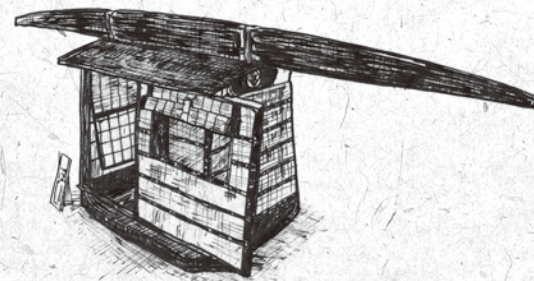
<http://karuizawa-kankokyokai.jp/> <http://www.miyota.gr.jp/>

[Let's learn history!]

Asama Jomon Museum (École Miyota) Phone: 0267-32-3111

<http://w2.avis.ne.jp/~jomon/>

Otai-juku pamphlet is available for free!



Iwamura-juku Shionada-juku Yawata-juku Mochizuki-juku

Motai-ainoshuku (Mid-station)

[Plaza Saku Tourist Information Counter]

Phone: 0267-68-7433 <http://www.shinkou-saku.or.jp/plazasaku/>

[Let's learn history!]

Mochizuki Folk Heritage Museum Phone: 0267-54-2112

[Gourmet food information]

Recommended! Gourmet restaurant in Saku <http://www.b-break.com/ajidokoro/>

[Shinshu Miso Hassho no Chi "Anyoji Ramen"] <http://anyouji-ramen.com/>

[Komazuki Misokatsu-don] <http://www.komanosato.jp/?page-id=331/>

[Lodging information is here]

Saku City Lodging Information <http://www.sakukankou.jp/spa/>

Ashita-shuku

[Oyasumi-dokoro]

Furusato Exchange Center "Ashita-shuku"

Hours 9:00 - 17:00 (Except Year-end and New Year holidays) Phone: 0267-78-5645

Tourist information is here

(Issha) Shinshu Tateshina Tourist Association

Phone: 0267-55-6654 <http://www.shirakabakogen.jp/nakasendo/>

Nagakubo-juku

[Let's learn history!]

Nagakubo-juku Museum of History (Ippuku-dokoro Hama-ya)

Phone: 0268-88-0030 (Nagawa no Sato Museum of History)

[Tourist information/Gourmet food information is here]

Shinshu/Nagawa town Tourist Association

Phone: 0268-68-0006 <http://www.nagawa.info/>

Nagawa town Commercial and Industrial Association

Phone: 0268-68-2651 <http://www.nagawa-sci.jp/>

Wada-juku

[Let's learn history!]

Wada-juku Phone: 0268-88-2348

Nagawa no Sato Museum of History Phone: 0268-88-0030

[Lodging]

Lodging information search is available at the following web site!

<http://www.nagawa.info/modules/db/>

Free transportation service available!



[A variety of gourmet dishes!]

Dishes and sweets cooked with a stone oven [Ishigama Café Kokuya]

Phone: 0268-71-7098 Hours: 11:00 - 16:00

Hand-made Soba from 100% buckwheat flour [Tokuda] (Hatano)

Phone: 0268-88-2160 Hours: 11:00 - 15:00

Galette Soba, Curry, Coffee shop [Komeya Tetsugoro Honpo]

Phone: 080-1210-2360 Hours: 11:00 - 17:00

Closed for winter from late December to late March.

Wada-juku Rice Omelet, Kazu no Miya Yakisoba [Fureai Shokudo]

Phone: 0268-88-3060 Hours: 11:00 - 21:00

Dattan (tartary) soba [Soba-dokoro Kokuyo]

Phone: 0268-88-3166 Hours: 11:00 - 15:00

Shokuji-dokoro (restaurant) [Sugino-ya]

Phone: 0268-88-2005 Hours: 9:00 - 20:00 [Hot-spring facilities for day visitors]

◆ Rest your tired body [Fureai no Yu]

Around 15 minute walk from Wada post town Honjin

Phone: 0268-88-0001 Hours: 10:00 - 22:00 (Reception hours: - 21:30)