

Shinshu
Suzaka Japan



6 Meter-high, 30 Row Super HINAKAZARI!!
At the World Folk Doll Museum from the end of Jan. to the middle of Apr.

SHINSHŪ SUZAKA

Oidenashite! (Welcome to Suzaka City!)

Suzaka City is located in the alluvial fan of the east of Nagano City, across the Chikuma River. From the end of the Meiji period to the Taishō period, the city developed through a thriving spinning business. Many store houses and older buildings still remain along city streets. We affectionately call Suzaka, "Kura no machi" (the town of store houses), which has a friendly, nostalgic ring. Suzaka City is surrounded by the splendid nature of northern Shinano, including Hokushin Gogaku (the five mountains of northern Nagano), as well as the Minenohara Highlands. Suzaka City is famous for the thousands of cherry blossoms that bloom in spring around the pond in Garyū Park, and it is also famous for the delicious autumn fruits produced here such as apples and grapes. *Yottokurai!* (Take a stroll through Suzaka, our hometown, full of history and nature.)

A corridor of cherry blossoms is reflected on the pond.
The night view of cherry blossoms is simply fantastic.



GARYŪ PARK

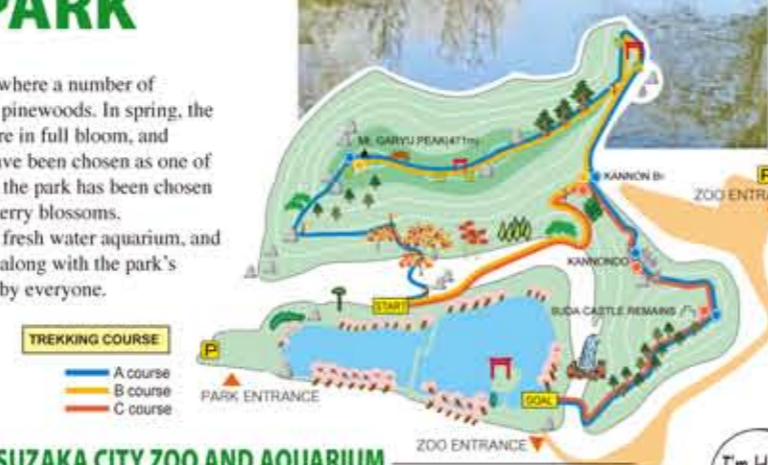
Garyū Park is a place of scenic beauty, where a number of historical ruins remain among the quiet pinewoods. In spring, the delicate but dazzling cherry blossoms are in full bloom, and attract many visitors. The pinewoods have been chosen as one of the 100 finest pinewoods in Japan, and the park has been chosen as one of the 100 best places to view cherry blossoms. Also in the area, you can enjoy a zoo, a fresh water aquarium, and a variety of sports facilities. All of this, along with the park's natural beauty, means the park is loved by everyone.



SUZAKA CITY ZOO AND AQUARIUM

At the Suzaka City Zoo and Aquarium you can see many kinds of animals up close! Visitors can enjoy our rabbit and guinea pig petting area, commentaries about the animals, and public feedings every day. Animals like our capybara, Humboldt penguins, and ring-tailed lemur are very popular! There is also a small but nice aquarium, as well as a play area with large scale recreation facilities.

Open daily: 9:00a.m. - 4:45p.m. (Entering is 4:00p.m. until time) Closed Mon
Adults: ¥200, Children 7-12: ¥70
Phone: 026-245-1770 <http://www.city.suzaka.nagano.jp/enjoy/kankou/suzakazoo>



A million azaleas are dancing in the winds. They bloom in burning crimson as far as the eye can see.

GOMIIKE HAFŪ HIGHLAND PARK

A million azaleas dance in the winds on the west of Mt. Hafūdake, 1999 meters above sea level. Mt. Hafūdake forms the boundary between Gunma and Nagano prefectures. In early summer the colorful azaleas are in full bloom. The background view of Zenkōji-daira basin and the notable five mountains of Hokushin Gogaku, set in the Northern Alps, is truly magnificent.



The two waterfalls spilling over the mountainside raise a roaring sound in this otherwise quiet valley.

YONAKO FALLS



Gongen Daki (Gongen Falls, a 75 meter waterfall) and Fudō Daki (Fudō Falls, an 85 meter waterfall), which have their sources in Mt. Nekodake and Mt. Azumayasan respectively, reverberate the sound of their roaring water deep in the mountains and valleys. These falls were chosen as one of the 100 finest falls in Japan. Fudō Daki has been known as a place of a purification ceremony, where you can see many pilgrims purifying themselves with the water in the summer.



You can enjoy sightseeing here during any season. Come any time and enjoy yourself!

MINENOHARA HIGHLAND RESORT

Minenohara Highland Resort is located at the foot of Mt. Nekodake, and is about 10 km from the city center of Suzaka. In this resort area, cool fresh air can be felt even during the summer, when the average summer temperature is a mere 19 °C. Enjoy golf, tennis, hiking, and cycling during the summer, and of course skiing and snow boarding during the winter. You can also just relax and enjoy the natural surroundings anytime during the year. The view of the mountains from here is especially gorgeous. There are many stylish bed-and-breakfast lodgings available in the area, so please make yourself at home.



信州 須坂



ACCESS

CAR
(From Tokyo)
Kan-Etsu Expressway - Jyoshin-Etsu Expressway - Suzaka/Nagano Higashi IC

(From Osaka/Nagoya)
Chuo Expressway - Suzaka/Nagano Higashi IC

(From Kanazawa/Niigata)
Hokuriku Expressway - Suzaka/Nagano Higashi IC

RAILWAY
(From Tokyo)
Shinkansen Asama 1hour 40minutes - Nagano

(From Osaka/Nagoya)
The Chuo Saisen-Super Express 3hour - Nagano

(From Kanazawa/Niigata)
The Shin-etsu main line-Super Express 1hour 40minutes - Nagano

AIR LINE
(SAPPORO/FUKUOKA)
Matsumoto Airport-Bus 1hour 10minutes - Nagano

SUZAKA SIGHTSEEING ASSOCIATION
1295-1 SUZAKA, SUZAKA-CITY, NAGANO. 382-0077
PHONE 026-215-2225
URL <http://www.suzaka-kankokyokai.jp/>

MINENOHARA SIGHTSEEING ASSOCIATION
MINENOHARA KOUGEN, SUZAKA-CITY, NAGANO. 386-2211
PHONE 0268-74-3080
URL <http://www.minenohara.info/>

SUZAKA CLASSIC MUSEUM

This museum was formerly the house of Shinshichi Maki, who was the major kimono retailer in the town. In 1933, *sake* (Japanese rice wine) brewer Hoodō bought the mansion from Maki. Then the mansion was used as a saloon for local politicians. Later, the main building and storehouse were renovated to create a gallery, and now Japanese art and fashionable collections are on display here. This mansion is designated as one of the Tangible Cultural Assets of Suzaka.

Open daily 9:00a.m. - 5:00p.m.
Closed Thu (Open when Thu falls on a holiday.) Also closed 29 Dec - 3 Jan
Adults: ¥300, Children 7-15: ¥100
Phone: 026-246-6474

KASABOKO KAIKAN DREAM HALL

Four *yatai* (parade floats) and eleven *kasaboko* (large, ornate, umbrella-like floats), which are used for Suzaka's colorful and elegant Gion Matsuri (summer festival), are on display at this museum. The Gion Matsuri originated in Kyoto and has since been introduced to us. You can enjoy scenes of this festival on the visual presentation at the theater on the 2nd floor of the Dream Hall Museum.

Open daily 9:00a.m. - 5:00p.m.
Closed 29 Dec - 3 Jan
Admission free
Phone: 026-246-7100

CHIE KOIKE COLLECTION, THE WORLD FOLK DOLL MUSEUM

About 2,000 folk dolls from 90 countries are gathered here and are being preserved and exhibited at this museum. This valuable collection was collected and donated by Chie Koike, a former honorary director of Bunka Fukusō Gakuen.

Open daily 9:00a.m. - 5:00p.m.
Closed Wed (Open when Wed falls on a holiday.) Also closed 29 Dec - 3 Jan
Adults: ¥300, Children 7-15: ¥100
Phone: 026-245-2340

THE MUSEUM OF BUTTERFLY FOLKLORE

There are a lot of specimens of butterflies from around the world exhibited, including ones of which collection is now prohibited. Such specimens are difficult to get as they are in danger of becoming extinct.

Open Apr - Nov: Fri, Sat, Sun, holiday 9:00a.m. - 5:00p.m.
Adults: ¥300, Children 7-15: ¥150
Phone: 026-248-5164



SAKE
SAKE brewed in Suzaka City is excellent and earns prizes at competitions every year.

OYAKI Japanese snack
Oyaki is a kind of snack food that originated in this area and is necessary to satisfy the eating habits of the inhabitants of northern Nagano. *Oyaki* wraps vegetables of the season in dough, forming a healthy and tasty treat. It also makes a good souvenir.

SUZAKA HISTORICAL MUSEUM

Including the archaeological documents of the Nagano historic spot Hatchō Yoroizuka Kofun (ancient tomb stone), valuable documents detailing the history of Suzaka *kura* (Suzaka feudal clan) are also exhibited. Lastly, there is documentation of silk farming and the spinning industry of the Meiji and Taishō periods.

Open daily 9:00a.m. - 5:00p.m.
Closed Mon (Open when Mon falls on a holiday.) Also closed the day after holidays, and 29 Dec - 3 Jan.
Adults: ¥100, Children 7-15: ¥30
Phone: 026-245-0407

FUREAIKAN MAYUGURA

This building is an old *kura* cocoon storehouse in which silkworms were raised (which in turn made cocoons) and was utilized without any modern infrastructure. Presently, the building is open to the public as the Fureaikan Mayugura. It serves as a welcome place for town visitors, where they can experience old hand weaving exhibits, enjoy a tea service in a tatami room, and at the souvenir shop, buy handmade cocoon dolls made of cocoons.

Open Apr - Oct: 9:30a.m. - 5:00p.m., Nov-Mar: 10:00a.m. - 4:00p.m.
Closed 29 Dec - 3 Jan
Admission free
Phone: 026-248-6225

SUZAKA HANGA MUSEUM

Printworks from the post-Taishō period are exhibited here. Works here were mainly done by Asaji Kobayashi, a native of Suzaka City. The best works of Unichi Hiratsuka are also on display. Mr. Hiratsuka donated his works to increase the awareness of printart.

Open daily 9:00a.m. - 5:00p.m.
Closed Wed (Open when Wed falls on a holiday.) Also closed 29 Dec - 3 Jan
Adults: ¥300, Children 7-15: ¥100
Phone: 026-248-6633

SPECIALITIES

MISO
Thanks to the intense difference between the heat and cold, the climate of Suzaka City is suitable for the production of *miso*. High quality *miso* is made from a technique that has been passed from generation to generation. There are storehouses where you can observe the process of making *miso*.

SOBA
Shinshū (Nagano Prefecture) is famous for its *soba* (buckwheat noodles). There are many restaurants in the area that serve original and handmade foods such as *soba*.

FRUIT
Suzaka City produces many delicious fruits. The apples, grapes, cherries, peaches, nectarines and prunes produced here are shipped all around the country.

KANKŌ NŌEN SHINSHŪ FRUIT ŌKOKU SHINKŌKAI
Fresh fruits on hand to sample and buy.



TANAKA HONKE MUSEUM

Tanaka Honke, an old merchant family originating from the middle of the Edo period (1733) still to this day keeps a large number of cultural inheritances which impart on us traditional Japanese lifestyles. The premises (approximately 10,000 m²) include a beautiful Japanese style garden and clay storehouses which are used as galleries. In these galleries, pottery, lacquerware, bridal costumes, paintings, toys, and other articles handed down from generation to generation are on display. The museum also introduces the food culture of the Edo period, as well as wedding traditions. This museum plays a crucial role in transmitting Japanese traditional lifestyles and culture from modern ages onward, and a great part of our collection is under review.



Open Apr - Nov: 9:00a.m. - 5:00p.m.
Dec - Mar: 9:30a.m. - 4:30p.m.
Closed the middle Dec - 3 Jan and the days preparing for new exhibitions. Open Tue in Autumn.
Adults: ¥700, Children 13-18: 350, 7-12: ¥250
http://www.tanakahonke.org
Phone: 026-248-8008

AVENUE OF THE KURA HOUSES
The old buildings, including cocoon storehouses and the silk businessmen's residences which were built in the early 20th century (called *kura* houses in the city), are particularly marvelous. These *kura* houses were built with thick white plaster walls and tiled roofs. As *kura* are made of plaster, they are fire proof and are naturally temperature and humidity controlled. There are streets lined with these *kura* houses, and such an area is called, *kura no machinami*, which means "avenue of *kura*".



A VILLAGE SHRINE, SHIBAMIYA (SUMISAKA JINJA SHRINE)

A village shrine, Shibamiya, has been loved and protected by Suzaka citizens for a long time. Along the road approaching the shrine, you will see *twenty-four* stone lanterns sculptured with the twelve animals of the zodiac. Once you pass the first red wooden *torii* (sacred arch) and the second stone *torii*, you will find the shrine surrounded by quiet woods.



KATTA KATA MATSURI JULY

This is Suzaka's summer festival (The Festival of the Dance). Once upon a time when Suzaka City prospered in the spinning business, "Suzaka Kouta" (the Suzaka Ballad) was made as the song of spinning companies. Kattakata expresses the sound of the spinning wheel turning. One midsummer night, the residents dance to Suzaka Kouta and their shouts of joy echo through this town of storehouses.



GION MATSURI 21-25 JULY

The Gion Matsuri is a traditional festival that is held every year in July. It prides itself on having a history of 300 years. A miniature shrine, *noh* dancers, and 11 large ornamental parasols are paraded around the city. *Kasaboko*, the large ornamental parasol, is particularly unique nationwide. It is a tool of a sacred rite used to ward off evil. At the Kasaboko Kaikan Dream Hall, we can watch the real thing anytime we visit.



HINAMATSURI FEB, MAR, APR

Hinamatsuri (the Girls' Festival) is a Japanese traditional event which is held to give hope for the growth of young girls. All of Suzaka City celebrates the Girls' Festival on March 3rd. From February to March, stores and museums cooperate and display dolls in their show cases. At the World Folk Doll Museum, 1,000 dolls are exhibited on 30 rows of stairs. It prides itself as being the highest in Japan.

