

YONEZAWA  
JAPAN

米沢



YAMAZAKI  
米沢 今昔物語  
A NO UOJOSHIWA



Japan. Cool Japan.

Treasureland  
TOHOKU  
JAPAN







## 一個能體驗您還未知的日本魅力城市。

從東京搭乘新幹線約 2 小時可直達。能夠一次感受歷史、傳統文化、溫泉、美食等所有日式體驗的城市「米澤」。這裡的四季分明，可享受春之櫻，夏之綠，秋之楓及冬之雪等季節變換。夏熱冬寒的氣候和自然豐富的环境，傳達到米澤的精神文化等，隨著各季節創造出豐富的活動和美味的食材，一邊感受日本的文化，也能欣賞每個季節不同的容顏。

## A side of Japan you've yet to experience.

Just a 2 hour bullet train journey from Tokyo is a city steeped in Japanese tradition and history. A city with relaxing hot springs and delicious food, somewhere you can experience the true Japan - Yonezawa. Cherry blossoms in the spring, beautiful greenery in the summer, fall leaves in the autumn, and snow in the winter – an amazing journey awaits you no matter the season. Hot summers, cold winters, amazing natural scenery, Yonezawa's unique culture, local events, seasonal dishes, there's something special to see in Yonezawa whenever you decide to visit.

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# 上杉之城下町 米澤

## Castle Town of the Uesugi Yonezawa

### 漫步於歷史和傳統的城市

對於在江戶時代，上杉家之下發展孕育出獨自文化的米澤，能夠享受其歷史，傳統的景點非常繁多。一邊享用美味的米澤名產，一邊試著漫步在這個歷史和傳統的城市吧！

### Journey through a city of history and tradition

Yonezawa city is home to many historical and traditional spots where you can feel the unique culture passed down through the Uesugi Clan during the Edo period. Enjoy the culinary delights of Yonezawa while you experience what the city has to offer.



**稽照殿** Keishōden Treasure House  
 ♡ Yonezawa City Maru-no-uchi 1 Chōme 4-13 MAP  
 ☎ 0238-22-3189 (Uesugi-jinja Shrine Office) P26 C-2

### 山形愛之武將隊

幸運的話，或許能在米澤市內的活動或是松岬公園等地方遇見武將隊。

### Yamagata 'Ai' Samurai Troupe

If you're lucky you might just run into a samurai on your way through Matsugasaki Park.

◀據說是 直江兼續使用過的「愛」之頭盔 金小札淺蔥系威二枚銅鎧甲（保藏於上杉神社）  
 The 'Ai' helmet used by samurai Naoto Kanetsugu Kinkozane Azagi Itōdoshi Nimai Dōgusoku (Uesugi-jinja Shrine)



**上杉神社** Uesugi-jinja Shrine  
 ♡ Yonezawa City Maru-no-uchi 1 Chōme 4-13 MAP  
 ☎ 0238-22-3189 P26 C-2



試著餵鯉魚飼料吧！  
 Try feeding the koi carp



蒟蒻丸（玉蒟蒻）是山形縣民熟悉的鄉土料理。調味為單純的醬油口味。歡迎在街上邊走邊享用。  
 'Tamakonnyaku' Skewers are the soul food of Yamagata Prefecture. A simple soy sauce flavor. Try one while walking around.



**傳國之杜 米澤市上杉博物館**  
 Denkoku no Mori Yonezawa City Uesugi Museum  
 ♡ Yonezawa City Maru-no-uchi 1 Chōme 2-1 MAP  
 ✉ welcome@denkoku-no-mori.yonezawa.yamagata.jp P26 C-2

以統治米澤上杉家相關的各式物品為主，展示國寶「洛中洛外圖屏風」。利用影院等淺顯易懂方式介紹米澤的歷史和文化。

There are many items relating to the Uesugi clan which ruled over Yonezawa, including the national treasure 'Rakuchū Rakugaizu Byōbu', a decorative folding screen. You can understand the history and culture of Yonezawa easily through the many displays!



上杉 鷹山（米澤市上杉博物館收藏）  
 Uesugi Yōzan (Yonezawa City Uesugi Museum)

### 江戶時代的有名君主 上杉鷹山

重建形同破產的米澤藩的名君。實行民主主義的政治。在武士時代，這樣的思想是相當罕見的創新。過去美國總統甘迺迪曾表示深受鷹山以這樣的精神來施政所感動，提到「上杉鷹山」是他最尊敬的政治家。

### The virtuous ruler of the Edo period, Uesugi Yōzan

The ruler who led the Yonezawa domain out of a period of economic crisis. A politician who led through democracy, a rare and innovative ideology during a time of warriors. When American President John F. Kennedy was asked to name a politician he most admired, he replied with Yōzan, whose leadership resonated with him.



國寶 上杉本洛中洛外圖屏風（米澤市上杉博物館收藏）  
 National Treasure of the Uesugi 'Rakuchū Rakugaizu Byōbu'  
 (Decorative folding screen) Yonezawa City Uesugi Museum

在屏風上描繪約 450 年前京都和郊外的模樣，據說是日本最有名的戰國武將織田信長贈送給上杉謙信的物品。由於是國寶的關係，每年只在限定的期間展示。

A present from famed warlord, Oda Nobunaga, to Uesugi Kenshin. This folding screen depicts Kyoto and the surroundings from around 450 years ago. This national treasure can only be seen for limited periods every year.



將米澤城下化為立體實景圖  
 A diorama of the Yonezawa Castle Town



體驗火繩槍  
 Matchlock Shooting Experience



# 感受日本之精神

## Feel the heart of Japan



許多傳承米澤歷史的建築物和史蹟仍被遺留著，上杉紀念館也是其中之一。在舊上杉伯爵邸，由銅板茅草和全檜木建造成歇山式屋頂的建築物，可以感受到前人累積下的歷史和日式的風趣。此外，庭園風景隨著四季更迭變化不同表情，享受春天的杜鵑花，夏天的新綠，秋天的紅葉和冬天的雪景等不同景色。

Many historical buildings and remains can still be found in Yonezawa today, and one of particular note is the Uesugi Memorial Hall. Formerly known as the Earl House of the Uesugi clan, the building is notable for its Japanese style copper sheeted roof adorned with Japanese cypress.

The beautiful Japanese garden is also a must see whatever the season. Whether it be the spring azaleas, the vibrant leaves in the summer, the fall leaves or the winter snow, a majestic scene awaits you.



上杉紀念館 Uesugi Memorial Hall  
 ♡ Yonezawa City Maru-no-uchi 1 Chōme 3-60  
 ✉ info@hakusyakutei.jp

MAP  
P26 C-2



# 米澤上杉祭典

## Yonezawa Uesugi Festival

在一年一度的祭典上化身為武士吧！  
 A festival where you can become a samurai!

宣告米澤春天到來的祭典「米澤上杉祭典」。主要活動在5月3日，重現被稱為戰國史上最大戰役之「川中島合戰」。值得觀賞由800位穿著盔甲的武士們重現震撼力滿分的戰役。當然，您不僅可以享受觀賞樂趣，也可以扮演盔甲武士參與祭典。

The 'Yonezawa Uesugi Festival' is a celebration of the coming of spring. The main event takes place on the 3rd of May with a re-enactment of one of the biggest battles of the warring states period 'The Battle of Kawanakajima'. 800 participants in samurai armor take to the battlefield to recreate an outstanding battle. You can not only enjoy the spectacle as an observer, but also become a part of it yourself as a samurai participant!



川中島合戰 Battle of Kawanakajima



開幕祭  
Opening Ceremony



武禊式（祈禱戰勝之儀式）  
Buteishiki (Ceremony performed before battle)

米澤上杉祭典 Yonezawa Uesugi Festival  
 Period: April 29th - May 3rd Every Year  
 Events: April 29th Opening Ceremony, Folk Dance Parade  
 Location: Matsugasaki Park Yonezawa City Maru-no-uchi 1 Chōme  
 May 2nd Buteishiki (Ceremony held before battle by Uesugi Kenshin)  
 Location: Matsugasaki Park Yonezawa City Maru-no-uchi 1 Chōme  
 May 3rd Uesugi Army parade, Battle of Kawanakajima  
 Location: throughout the city, Matsukawa River-bank, Yonezawa City  
 ✉ kanko-ka@city.yonezawa.yamagata.jp



# 米澤牛

Yonezawa  
Beef



和神戶牛，松阪牛  
並列最高級黑毛和牛

被列為日本三大和牛，國內頂級品牌牛「米澤牛」。在山形嚴酷和豐沛的自然環境中，生產者們努力不懈和充滿愛之下孕育而出。細緻的霜降，入口即化的牛肉。試試看各式不同的料理，如牛排，壽喜燒，涮涮鍋，燒肉等等，都可以實際感受其美味。

The highest quality Japanese Beef amongst  
the likes of Kobe Beef and Matsukawa Beef

Yonezawa Beef is a top class national brand and among the three highest quality brands of Wagyu beef in the whole of Japan. Raised in the abundant nature and sometimes intense climate of Yamagata, the cattle for Yonezawa Beef is painstakingly and lovingly reared. This finely marbled meat melts in your mouth. Whether it be steak, sukiyaki, shabu-shabu, or yakiniku BBQ, this gourmet taste can be enjoyed a number of ways.

## 米澤風「壽喜燒」 讓您充分品嘗肉的美味

推薦您選擇的理由之一在於脂肪的美味在口中留下滑順的餘味。這個入口即化的秘密在於「飼料」。生產者們堅持以大豆和米等飼料來養殖。此外，米澤牛全是母牛，貫徹 33 月以上的長期肥育養殖，故能享受到柔軟美味的優等肉質。

猶豫「吃什麼料理好呢？」的時候推薦您試試「壽喜燒」。肉和大量蔬菜以醬汁一起燉煮調理，米澤風壽喜燒。雖然調味簡單卻能突顯米澤牛的美味，咕滋咕滋煮開後，肉的美味也入味到蔬菜中，圍繞在鍋旁的人們肯定因此笑顏開。肉類的加工紀念品雖然也很多，但來到米澤，不妨先在本地享用真正米澤牛的味道。

## Yonezawa-style 'Sukiyaki', get the most out of the meat

One reason you should try Yonezawa beef is the silky aftertaste left by the delicious fat. The secret to this 'melt in the mouth' quality lies in the cow's diet. Cattle breeders specifically choose feed consisting of soya beans and rice to raise the cows. Did you know Yonezawa Beef cows are all female and are fattened for a period of 33 months after birth? This helps to create the tender and high quality meat.

How will you enjoy your beef? If you're finding it hard to choose- why not go for sukiyaki? Meat and vegetables stewed together with a sweet soy base is the Yonezawa way to enjoy this dish. This simple yet refined flavor really highlights the quality of the beef. The flavor of the meat melds with the vegetables and no one around the table is left without a smile on their face.

There may be a lot of souvenirs you can buy, but the best treat you can give yourself is the true taste of Yonezawa Beef.



享受米澤牛美味的食用方式 A delicious way to enjoy Yonezawa Beef



壽喜燒 Sukiyaki



涮涮鍋 Shabu-shabu



牛排 Steak



# 日本酒

## Japanese Sake

### 米澤的酒

米澤有三種地酒分別為東光・雅山流・以及香梅。各自都有悠久歷史，深受當地市民以及觀光客的喜愛。

### Yonezawa Sake

Yonezawa produces 3 local Japanese sake, Tōkō, Gasanryū, and Kōbai. Each has their own distinct history, and they are all loved by both locals and tourists alike.



東光 純米吟釀原酒  
Tōkō Junmai Ginjō Gen-shu

兼具果香，芳醇口感，尾韻俐落三點特色的純米吟釀原酒。是一款容易入口且後味絕佳的原酒，在國內外的競賽中也受到相當高的評價。

'Junmai Ginjō Gen-shu' is a mixture of fruity, mellow tones with a sharp finish. 'Genshu' refers to unprocessed sake, but this particular rice wine is very smooth. This sake has won contests both in Japan and abroad.



雅山流 如月  
Gasanryū Kisaragi

雅山流如月，準備推薦給日本酒入門人士，為香氣華麗且清新的大吟釀酒。

This sake was created in order to give people an entry point into the world of sake. A fresh and fragrant premium sake.



純米吟釀 香梅  
Junmai Ginjō Kōbai

使用 100% 山形縣生產的出羽燦燦米，精米度 50%，果香和米香的配合適中，飲起來辣口卻舒暢。

Created with 100% 'Dewa sansan' rice, a local grain grown in Yamagata, the grains are polished down to half the grain. This sake has a fruity aroma well balanced against the savory flavor of the rice, and a clear and dry taste overall.



### 參觀酒窖並試喝吧！

酒造資料館 東光酒窖是米澤唯一可以參觀酒窖和試飲的釀酒廠。在同時設置的酒品販賣處，可以盡享購物的樂趣。

### Explore the Sake Warehouse and taste the Sake

The Tōkō Sake Warehouse and Sake Brewing Museum is home to the only place in Yonezawa where you can view the world of sake brewing, with tastings also available. Formerly a brewing facility, this museum also has a store where you can buy your favorite sakes and more.



#### 酒造資料館 東光酒窖

Sake Museum Tōkō Sake Warehouse  
9 Yonezawa Ōmachi 2 Chōme 3-22  
info@tokonosakagura.com

MAP  
P27 D-3



館內也能試喝美酒  
Tastings available



展示復原過去作業場的資料等。  
Replicas from the original brewery are exhibited

釀造倉是由過去實際釀酒用的土窖改建而成，幾乎就像走進過去釀酒廠現場一樣有趣。也因為電影，知名化妝品的廣告取景地而相當聞名。此外酒窖的主棟部分以楔木（不使用鋼釘）的傳統工法所建，是現代技術難以重現的歷史性建築。

This former sake brewery was refurbished to allow visitors to take a look at the olden days of sake production. This picturesque warehouse has also been used as the back drop for movies as well as famous make-up commercials. The main wing of the warehouse was reconstructed in a traditional style using methods that cannot be replicated today.



# 米澤拉麵 Yonezawa Ramen

## 相遇之後就餘味難忘的拉麵

山形地方對拉麵格外喜愛，拉麵的消費量位居全國第一！整個縣內有許多拉麵店，各自都獻給客人們獨特講究的味道。拉麵的特徵因地方和時代的不同而異，假日出門只為了追求一碗特別的拉麵的人們並不罕見。

「米澤拉麵」本身已有100多年的歷史。由魚乾等的魚介系加上雞高湯等動物系混合而提煉出的湯頭，清爽而美味。細的波浪狀的麵體採用獨特的製作方式，在製作時含水量高，因而形成更加光滑柔軟麵條，稱為多加水麵。隨著人氣高漲吸引來自日本各地的拉麵愛好者，當地人們無論是工作忙碌的午餐時間還是與家人一同外食之餘，任何時候都是人們最熟悉且無可取代的米澤之味。

## Ramen with an unforgettable aftertaste

Yamagata loves ramen. In fact, the people of Yamagata are the number one consumers of ramen in the whole of Japan! There are many ramen stands throughout the prefecture, each with their own unique taste. Each area has their own signature taste across many generations, and it's not unusual for people to venture far just for their favorite bowl.

Yonezawa Ramen itself has a history of over 100 years. A savory and light soup made from a blend of chicken broth and dried sardines, what makes this ramen special is the thin and wavy noodles that have extra liquid added to them when being made, creating a bouncier and smoother noodle. People from all over Japan come all this way to eat Yonezawa's ramen. No matter who you are, whatever the age – this is Yonezawa's comfort food.



細的波浪狀米澤拉麵  
Yonezawa's thin and wavy Ramen

## 米澤拉麵的歷史以及清爽的湯頭

醬油口味的米澤拉麵也常被稱為「中華麵」。起源於1900年上半年，在米澤的夜城有3,4個中國人在販售拉麵。這種調整成符合日本人口味的中國風「拉麵」由橫濱中華街誕生並傳播到各個地方。最後也出現在米澤。

米澤的人們相當喜愛拉麵。為了製作成每天都可以吃的拉麵，拉麵師傅開始製作一種既清爽又餘味良好的湯頭。現在市內約有100家拉麵店，每間店都在不斷努力，講究更好的味道。對那些猶豫要選擇哪一間拉麵店的人們，建議問問看當地人。在眾多的拉麵店巡迴中，找出你最喜愛的米澤拉麵。

## The history of Yonezawa's Ramen and its creators

Yonezawa's soy sauce base ramen is often called 'Chinese Soba'. Arranging Chinese cuisine for the Japanese palate, a Chinese style of 'soba' was born in Yokohama which eventually spread to the whole country. During the latter half of the 20th century, 3-4 Chinese vendors would take to the streets of night-time Yonezawa to sell their ramen. This is when ramen first came to Yonezawa.

Yonezawa residents love their ramen. In order to create a ramen that you can eat every day - ramen chefs set out to create a soup that is light with a pleasant aftertaste. Now there are over 100 ramen stores throughout the city, and the craft is being continually honed by each and every one of them. To those who wonder 'which store should I choose?' we recommend asking a local. Try a few stores for yourself and find out which of Yonezawa's many ramen stores is your favorite.



醬油口味  
Soy Sauce Base



中華涼麵（夏季限定）  
Chilled Noodles (Only during Summer)

味噌口味  
Miso Base





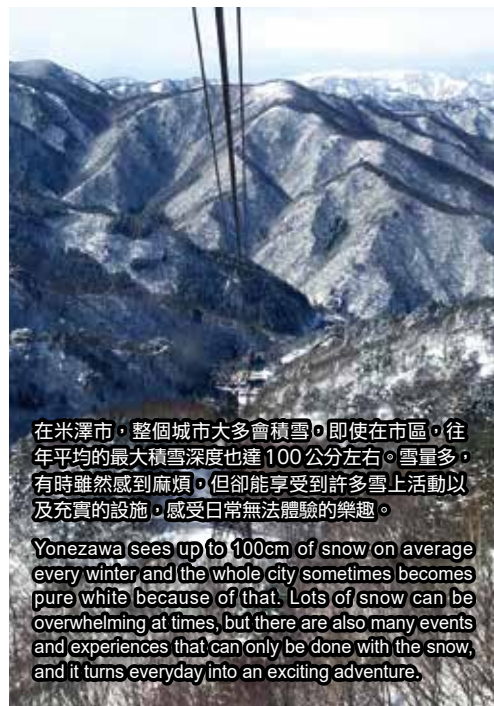
# 雪

## Snow



# 小野川溫泉雪屋村

## Onogawa Onsen Kamakura Village



### 雲上的另一個世界為 100% 粉雪

海拔 1350 公尺的天元台高原擁有米澤最高的滑雪場。從纜車盡頭能夠一望廣闊的風景。優質的雪就像是藝術品。專業滑雪者對這裡的評價也很高。隨意玩雪、滑雪和堆雪人、穿雪鞋在雪地上散步等等活動，享受的方式無限！山腳下有個溫泉街（白布溫泉），也可以在這裡享受溫泉。

### A different world above the clouds with 100% powder snow!

With an altitude of over 1350m, Tengendai Kōgen is Yonezawa's highest slope. Not only does the end of the ski lift offer amazing views, but the snow is also of such high quality that even pro skiers recommend Tengendai. There is also equipment available for you to play in the snow. Whether you want to sled, build snowmen, try snow shoes, or just enjoy a relaxing walk - there's no end to the ways you can enjoy this wonderland. Also located at the base of the slope is Shirabu onsen, why not enjoy a hot spring and skiing combo?



天元台高原滑雪場 Tengendai Kōgen Ski Slope  
 ♪ Yonezawa City Shirabu Onsen Tengendai  
 ☎ 0238-55-2236

MAP  
P26 B-4

從纜車上眺望  
The view from the ski lift

### 漫步冬天的小野川溫泉吧

源自日本絕世美女「小野小町」的小野川溫泉，除了溫泉旅館外，也有紀念品店和拉麵店，足湯等，是能愉快地閒逛的溫泉街。用雪堆出巨大的一間間雪屋作成「小野川溫泉雪屋村」，不僅可以進入雪屋中遊玩，還可外叫「米澤拉麵」到裡面享用。邊享用熱騰騰的米澤拉麵，邊在雪屋中享受溫暖片刻。

### Walk around Onogawa Onsen Village

'Ono no Komachi', a historical poet renowned for her beauty, is said to be the namesake of Onogawa Onsen. With onsen hotels, souvenir shops, ramen shops, and footbaths, there's plenty to warm the heart here. When winter comes around, you'll also be able to see giant 'Kamakura' made from snow. You can even have ramen delivered to these snowy igloos for a warm, comforting meal amidst the winter cold.



體驗製作溫泉蛋  
Soft Boiled 'Radium' Egg Making



溫泉蛋完成！  
The cooked egg!



許多各式紀念品  
So many souvenirs!



在雪屋裡面享用拉麵格外特別  
Kamakura Ramen is something special



足湯  
Foot bath



運氣好的話，也許可以碰到貓咪  
If you're lucky you might meet a furry friend

小野川溫泉街 Onogawa Onsen Town  
 ♪ Yonezawa City Onogawa-machi 2501-1  
 ☎ 0238-32-2740

MAP  
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# 燈光 祈禱 心 繫 米澤 上杉雪燈籠祭典 Uesugi Snow Lantern Festival



米澤的冬天被積雪所覆蓋成一片純白。最初，追求白雪皚皚之美和詩情的幻想讓 7 位市民在雪中點燃蠟燭作為冬季活動。今日發展成雪燈籠祭典，有超過 300 個市民精心製作的雪燈籠和約 1000 個雪洞燈。在活動期間，這座城市被夢幻氣氛所包圍著。

The winter in Yonezawa sees the city covered in pure-white snow. Originally, the poetic beauty of the snowy landscapes led 7 locals to light candles in the snow to create a picturesque scene. This tradition grew into what is now known as the Snow Lantern Festival with over 300 crafted snow lanterns and around 1000 smaller lanterns. The city becomes engulfed in a dreamy glow during this festival.

## 雪燈籠製作步驟 The steps to make a Snow Lantern



①組合木板後並固定  
Create the shape with wooden boards



②在木箱中投入白雪  
Add snow into the wooden box



③進入木箱將雪踏平至穩固  
Someone inside the box stamps on the snow until it sets



④完成雪燈籠的基座  
The main shape of the lantern is complete



⑤用粉筆描繪出雪燈籠的線條形狀  
Drawing the shape of the lantern with chalk



⑥精細地調整切割的形狀  
Carve the lantern



⑦雪燈籠完成！  
The snow lantern is complete!



### 上杉雪燈籠祭典

Uesugi Snow Lantern Festival

Schedule: The second weekend of February  
Location: Uesugi-jinja Grounds,  
Matsugasaki Park

Snow Lantern Light Up: 5:30pm onwards

✉ kanko-ka@city.yonezawa.yamagata.jp

MAP  
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# 溫泉

## Hot Springs

### 從里山之湯到秘湯一應俱全

以美麗的大自然與豐富的飲食文化而聞名的米澤，其實溫泉也是一大魅力。  
承載歷史與自然的各具特色的溫泉迎接著旅人。請您在溫泉中放鬆身心，一邊欣賞四季風景，一邊感受當地風土與人情的溫暖，度過奢華而療癒的時光。

### From village-mountain baths to secluded hot springs, all gathered in one place

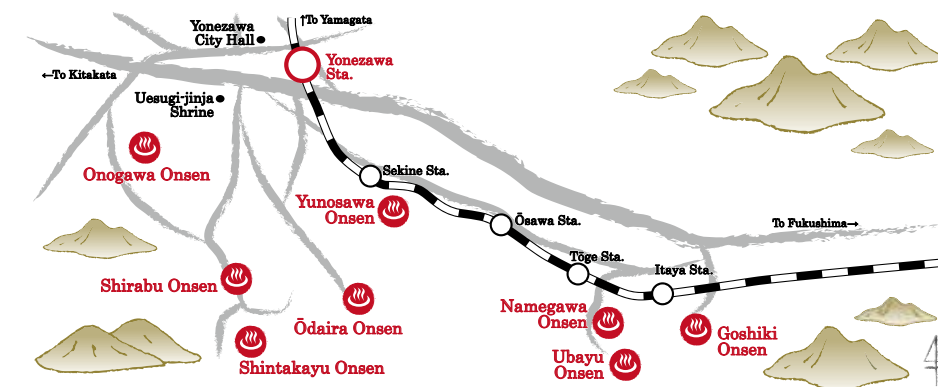
Abundant in beautiful nature and rich food culture, Yonezawa offers another charm: its hot springs. These distinctive hot springs, where history and nature come to life, warmly welcome travelers. Immerse yourself in the soothing waters, enjoy the beauty of all four seasons, and spend a luxurious moment drawing closer to the warmth of the region and its people.

## 米澤的八個溫泉

米澤市從引人懷舊的鄰近里山的溫泉到徒步爬上山後才找得到的僻靜秘湯，共有8處湧出溫泉。溫泉的溫度和水質，以及四季更迭的表情，都是不親身體驗所無法知道的。

## Yonezawa's 8 Onsen Hot Springs

From the nostalgic old-time baths to the secluded and quaint mountain springs, Yonezawa has 8 distinct onsens to offer. The warmth and quality of the water, the expression of the seasons - it's all something you can't know until you experience it for yourself.



**白布溫泉** Shirabu Onsen  
位於吾妻連峰的山腰，為擁有開湯 700 年歷史的溫泉。  
Located in the heart of the Azuma Mountain range, this onsen boasts a history of over 700 years.  
☎ 0238-55-2205



**小野川溫泉** Onogawa Onsen  
溫泉街上有 14 間住宿旅館，由米澤市內前往相當便利。  
An easily accessible Onsen from Yonezawa City with 14 lodges and hotels to stay.  
☎ 0238-32-2740



**新高湯溫泉** Shintakayu Onsen  
可以眺望前方朝日連峰的一處秘境溫泉旅館。  
A secluded Onsen where you can view the whole of the Asahi Mountain Range.  
☎ 0238-55-2031



**太平溫泉** Ōdaira Onsen  
吾妻山山腳下的隱密旅館。從吊橋眺望的風景堪稱絕景。  
A hidden lodge at the base of the Azuma mountains. The view from the rope bridge is astounding.  
☎ 090-3024-1726  
☎ 0238-38-3360 (Information)



**姥湯溫泉** Ubayu Onsen  
位在海拔 1300 公尺處，是山形縣內海拔最高的溫泉。  
Located at an altitude of 1300m, this is the highest Onsen in the whole of Yamagata.  
☎ 090-7797-5934  
☎ 0238-35-2633 (Information)



**滑川溫泉** Namegawa Onsen  
是一處原始自然和乳白色湯泉的古老式溫泉場。  
An old style healing Onsen where you can wash away your troubles in the milky white water.  
☎ 090-3022-1189  
☎ 0238-34-2250 (Information)



**五色溫泉** Goshiki Onsen  
眾所皆知的子寶之湯是山的溫泉。秋天的紅葉是絕景。  
A mountain bath historically thought to help fertility. The autumnal leaves are particularly beautiful.  
☎ 0238-34-2510



**湯之澤溫泉** Yu no Sawa Onsen  
兩人入住限定之旅館。在現代和風的空間享受寧靜片刻。  
A onsen lodge just for couples. A modern Japanese space for you to relax.  
☎ 0238-35-2234



# 米澤織

Yonezawa  
Textiles



## 米澤織的歷史

源自上杉鷹山為了重振財政困難所推行的產業。米澤織從染色到紡織都在產地內進行。運用多種不同的機械讓絲綢、棉、化學纖維等都可以編織得出。使用以自然的染料染上自然的素材的「草木染」進行編織之前染線的「先染絹織物」，為米澤織的特徵。現今，這200多年的歷史和傳統技能還受到繼承，不僅用於和服，也用來製造筆盒和披肩等小物品，相當適合作為紀念品。

## The history of Yonezawa Textiles

To save Yonezawa in a time of financial crisis, Uesugi Yōzan devised Yonezawa's textile industry. From dyeing to weaving, all processes occur locally, and a range of different tools and machines are used to create a variety of products from cotton, silk, and even synthetic materials. Using natural dyes on natural fabrics and a process of pre-dyeing silk goods before weaving are unique to Yonezawa's textiles. With over 200 years of history and tradition, the craft produces not just kimono, but small souvenirs like scarves and pen cases as well. Perfect for a small gift!



米澤織的絲線  
Yonezawa Textile Yarn

## 染色織布體驗

可以體驗屬於草木染的一種「紅花染」和米澤織的手工編織，並可以將自己製作的織物等帶回。

## Dyeing Experience

One example of this natural dyeing processes is 'safflower dyeing', which you can try along with hand-weaving. You can even keep your handmade work!



## 染織工房 WakuWaku 館

Dyeing and Weaving Center WakuWaku-kan  
 ♪ Yonezawa Gobyō 1 Chōme 2-37  
 ✉ info@wakuwakukan.co.jp

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# 笹野一刀彫 Sasano Ittōbori

## 接觸傳統工藝

以「老鷹木雕玩具」為代表的笹野一刀彫是位於山形縣米澤市笹野地區所傳承的木雕玩具。「Otaka Poppo」中的「Poppo」是愛奴語中「玩具」的意思。起源於米澤藩主上杉鷹山獎勵農民在冬季製作工藝品作為副業，當作避邪或增祿的開運物，之後逐漸普及。

## Try the traditional craft

The 'Otaka Poppo' wooden hawk figure is perhaps the most famous example of Sasano Ittōbori, a traditional type of wood carving practiced in the Sasano district of Yonezawa. 'Poppo' is Ainu (an indigenous group in Japan) for 'toy'. Uesugi Yozan, the ruler of the Yonezawa domain, created the industry to provide farmers with an additional source of income during the winter months, and the works created were also thought to aid prosperity and ward away evil spirits.

## 笹野一刀彫及彩繪體驗

展示笹野一刀彫的代表作品老鷹和喜鵲木雕並販售許多作品。可以付費體驗彩繪。製作獨創的老鷹木雕玩具來裝飾吧！

## Sasano Ittōbori Painting Experience

Come and see works such as the 'Otaka Poppo' and 'long tailed fowl' carved in the Sasano Ittōbori style, with some items also available for purchase. A paid painting experience is also available. Why not try and create your own original Otaka Poppo?



**笹野民藝館**  
Sasano Folk Craft Center  
Yonezawa City  
Sasano Honchō 5208-2  
☎ 0238-38-4288

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其他還有許多繼承米澤的傳統，文化，藝術！全部體驗看看吧！

Discover all the traditions, history, and art Yonezawa has to offer!



## 寫經體驗

寫經是指抄寫佛教經文。透過抄寫經文去除雜念，正因心無雜念地持筆，可以培養不為所動的平常心。

## Sutra Writing Experience

Hand copying sutras is a traditional Buddhist practice. Allow your mind to be free of idle-thought and become lost in art of writing. A time for you to experience a truly peaceful state of mind.

**甲子大黒天本山** Kinoene Daikokuten Honzan  
Yonezawa City Onogawamachi Komachiyama  
☎ 0238-32-2929

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## 手打蕎麥麵體驗

上杉鷹山獎勵種植蕎麥以防稻米欠收。現今以南原地區中心，仍繼承了傳統蕎麥的栽培。可以體驗傳統的手打蕎麥麵製作和試吃。

## Soba making experience

Uesugi Yōzan promoted the production of soba noodles after poor rice harvests. The tradition of making soba continues to this day in the Minamihara district. You can try making and tasting soba.

**曲家斜平 (手打蕎麥麵體驗)** Magariya Nadera

Yonezawa City Sasano Honchō 211  
☎ 0120-38-4636

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## 日式风格茶馆 和庭

享受「米澤織和服穿著體驗」和「日式咖啡廳」旅遊景點。上杉伯爵宅邸的日本花園景觀穿著和服一邊喝茶一邊散步，享受米澤的文化。可以邊觀賞邊體驗。

## NAGOMI TEI

Have a drink, or take a walk in the Uesugi Memorial Hall's Japanese garden right by the Nagomitei! Wear traditional Yonezawa Textile Kimono, try on samurai armor, or relax with some Japanese sweets and drinks.

**和庭 (上杉伯爵邸)** Nagomitei (Uesugi Hakushakutei)

Yonezawa City Maru-no-uchi 1Chōme 3-60  
☎ 0238-21-5121

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## 觀光諮詢服務處

## Tourist Information Centers



米澤觀光集會協會  
Yonezawa Tourism Convention Association  
Yonezawa City Maru-no-uchi 1 Chōme 4-13  
☎ 0238-21-6226



米澤車站 ASK  
Yonezawa Station ASK  
Yonezawa City Ekimae 1 Chōme 1-43  
☎ 0238-24-2965



道路休息站米澤 綜合觀光諮詢服務處  
Michi-no-eki Yonezawa General Tourist Information Center  
Yonezawa City Kawai 1039-1  
☎ 0238-40-8400

索取便利的外語  
觀光手冊吧！

Pick up the handy foreign language  
tourism pamphlet!



米澤觀光地圖  
Yonezawa Tourism Map

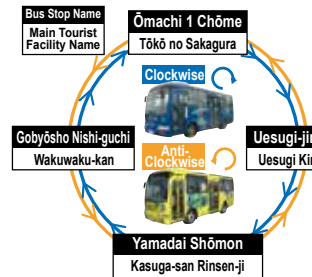


搭乘巴士遊覽米澤  
Explore Yonezawa by Bus

## 巴士和計程車

## Bus &amp; Taxi

## 市區循環公車 City circle route bus



## ●Fare

Area	Set Fare
Adult (JHS Student +)	¥210
Child (Elem. Student), Infants	¥110

\*In the event where an infant is accompanied by adult or child, one infant can ride free per one adult/child passenger.  
\*Disabled persons and their caregivers ride for half of the displayed price.

## ●1 Day Ticket

Area	Set Fare
Adult (JHS Student +)	¥520
Child (Elem. Student), Infants	¥260

\*Disabled persons and their caregivers ride for half of the displayed price.  
\*Usable for day of purchase

## 計程車 Taxi

Imamura Taxi	☎ 22-2360
Tsubame Taxi	☎ 22-1301
Azuma Sightseeing Taxi	☎ 22-1317

## 租車服務 Rental Car

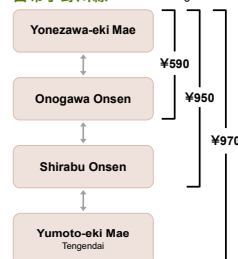
Station Rental Cars Yonezawa Office (Rental Bicycles available)	☎ 22-8161
Orix Rental Cars Yonezawa Kanaike Branch	☎ 21-9569

## 自行車出租服務 Rental Bicycles

Yonezawa Tourism Convention Association Information Desk	☎ 21-6226
Seno Bicycle Shop	☎ 23-0973

## 山交公車 Yamakō Bus

## 白布小野川線 Shirabu Onogawa Line



## 旅遊預約網站

## Travel Reservation Website

## 山形置賜觀光入口網站

Yamagata Okitama Tourism Portal  
<https://okitama-kanko.com/>



English



繁體中文



简体中文



## 第一天 Day 1

羽田機場  
Haneda Airport

JR 東京車站  
JR Tokyo Station

JR 米澤車站  
JR Yonezawa Station

1 Day and 2 Nights trip to  
Yonezawa and the  
surrounding area



在上杉紀念館享用午餐  
Lunch at  
Uesugi Memorial Hall



漫步松岬公園・上杉神社  
Explore Matsukasaki Park  
and Uesugi-jinja Shrine



參觀東光酒窖  
View Tōkō Sake Warehouse

## 第二天 Day 2



閒逛小野川溫泉街  
Walk around the  
Onogawa Onsen Town



WakuWaku 館體驗米澤織  
Weaving experience  
at WakuWaku-kan



下榻小野川溫泉  
Stay at the Onogawa Onsen Town

JR 米澤車站  
JR Yonezawa Station

JR 高畠車站  
JR Takahata Station



高畠葡萄酒廠選購紀念品  
Get souvenirs  
at Takahata Winery

往山形市・  
宮城縣方向  
Go onto Yamagata City,  
Miyagi Prefecture





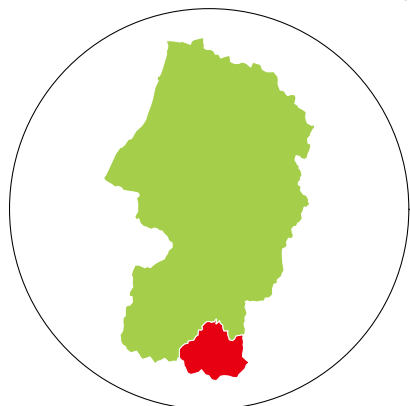


# 米澤交通

## Access

從東京搭乘新幹線  
約2小時可直達

Just a 2 hour journey from Tokyo by Shinkansen!



## 山形縣米澤市 Yamagata Prefecture Yonezawa City



## Getting to Yonezawa

	<b>Tōkyō</b>	Tōhoku Yamagata Shinkansen		About 2 hours
	<b>Sendai</b>	Tōhoku Shinkansen	<b>Fukushima</b>	Yamagata Shinkansen 25 minutes / 30 minutes
	<b>Tōkyō</b> (Urawa I.C.)	Tōhoku Expressway	<b>Fukushima JCT</b>	Tōhoku Chūō Expressway About 4 hours / 30 minutes
	<b>Sendai Miyagi I.C.</b>	Tōhoku Expressway		Yonezawa Chūō I.C. About 1 hour
	<b>Tōkyō</b>	About 5 hours		
	<b>Sendai</b>	About 1 hour and 30 minutes		
	<b>Haneda</b>	About 60 minutes	<b>Yamagata</b>	by Bus About 35 minutes
	<b>Narita</b>	About 75 minutes	<b>Sendai</b>	by Train About 85 minutes

## INFORMATION

### ●米澤市觀光課

Yonezawa City Tourism Department / Yonezawa City Kanaike 5 Chōme 2-25 / 992-8501 / TEL0238-22-5111

### ●置賜區域觀光諮詢中心 (ASK)

Okitama Area Tourist Information Center (ASK)/Yonezawa City Ekimae 1 Chōme 1-43 / 992-0027 / TEL0238-24-2965

### ●米澤觀光集會協會

Yonezawa Tourism Convention Association / Yonezawa City Maru-no-uchi 1 Chōme 4-13 / 992-0052 / TEL0238-21-6226

## 米澤市官方SNS

Yonezawa City Official Social Media



Official YouTube  
@yonezawakankou



Official facebook  
@yonezawakankounavi



Official X  
@yonezawakankou



Official Instagram  
@yonezawakankounavi

## 米澤觀光導覽

Yonezawa Sightseeing navigational site  
<https://yonezawa-kankou-navi.com/>



English



繁體中文



簡體中文