

Inaji Area Walking in Ina

伊那의觀光方式
이나 즐기기



Access to Ina [Highway Express Bus]

Shinjuku → Ina 3hr.30min. ¥3,460

Nagoya → Ina 3hr. ¥3,200

Tourist Information Ina-City Tourist Association

- 0265-78-4111
- 3050 Shimoshinden, Ina City (Ina City Office)
- 20 min. walk from JR Inashi Sta.
- 8:30-17:15
- Sat., Sun., Hol.: 8:30-17:15, Dec. 28-Jan. 3
- http://inashi-kankoukyoukai.jp



Ina City is located in the center of Japan, an abundantly natural place surrounded by the South and Central Alps on the east and west. Experience seasonal leisure activities all through the year while surrounded by nature.

伊那市位於日本大致正中央的位置，東西兩阿爾卑斯與中央阿爾卑斯山脈環抱的豐富自然景觀，可以在大自然中充分享受到四季戶外活動的樂趣。

이나시는 일본 중앙에 있으며 동서가 남알프스산과 중앙 알프스에 둘러싸인 풍요로운 자연의 땅입니다. 대자연 속에서 사계절의 레저를 마음껏 만끽해 주세요.

Ina, where natural panoramas unfold throughout the seasons.

There is a meditation room.

在大自然中展現四季絕景——伊那。

대자연의 파노라마에 사계절 절경이 펼쳐지는 이나.

1 Bungui Touge

分杭峠

Located at the very top of Japan's largest fault, the Median Tectonic Line, this spot was identified by a famous Chinese qigong therapist as having a zero magnetic field. Heal your mind and body at one of the world's best qi power spots.

位於日本最大斷層——中央構造線的正上方。此處是中國著名氣功師發現的「零磁場」，是世界上少有的「氣」場，替訪客帶來身心的療癒。

일본 최대 단층, 중앙 구조선의 바로 위에 있으며 중국의 저명한 기공사가 발견한 제로 자기장. 세계 유수의 '기' 파워 장소에서 심신을 풀자.



0265-98-3130

Hase, Ina city

Ride the JR Bus Takato Line (Kudari) for 25 min. from JR Inashi Sta. located at Hase, Ina City, get off at Takato Sta.

→Ride the Hase Loop Bus (Kudari) for 50 min. from Takato Sta., get off at Kurisawa Parking Lot

→15 min. by shuttle bus from Kurisawa Parking Lot

Shuttle bus operation hours

8:00-15:00 (at interval of 30 min.-1 hour)

Last departure from the summit is at 16:00

Closed during winter season (End of Dec. through beg. of Mar.)

Shuttle bus (round-trip): ¥600

http://inashi-kankoukyoukai.jp/cms2/?p=4411



▲Irinoya, the home of qix is not far from Bungui Touge.



▲View from Bungui Touge



2 Takato-joshi Koen (Park)

高遠城址公園 さくら祭り

Cherry Blossom Festival: Beg. through end of Apr.

One of Japan's three most famous cherry blossom viewing spots. It's known as the «Best Cherry Blossoms Under Heaven». Approximately 1,500 Takato's spring cherry blossom trees bloom with reddish flowers, and the entire park is flooded with color. The night illuminations are also very lovely.

日本三大賞櫻勝地之一，有「天下第一櫻」的美譽。約1,500株高遠小彼岸櫻，綻放帶著紅色的花朵，將公園一帶染成淺紅色。夜間燈光照明之下也極富魅力。

'천하제일 벚꽃'이라 불리는 일본 3대 벚꽃 명소 중 하나. 약 1,500그루의 열은 붉은 꽃을 피우는 다카토코히간 벚꽃이 공원 일대를 물들인다. 밤의 라이트 업도 매력적.



0265-94-2552

Takato-machi Higashi-Takato, Ina City

Ride the JR Bus Takato Line (kudari) for 25 min. from JR Inashi Sta., get off at Takato Sta.

→Ride the Hanami Loop Bus (during festival period) for 10 min. from Takato Sta. and get off at Takato-joshi Koen.

http://takato-inacity.jp/h23

3 Habiro Farming Park: Miharashi Farm

はびろ農業公園 みはらしファーム

Pick fresh fruits and vegetables at this interactive farming park. There's nothing like the taste of food you've harvested yourself. There's a hot spring and restaurant, so spend the whole day.

可體驗採收水果、蔬菜的農業公園。自己採收的蔬果，味道也格外甜美。另外也有溫泉、餐廳，可以在這裡玩上一整天。

과일, 채소 수확을 체험할 수 있는 농업 공원. 스스로 수확한 것을 맛보는 느낌은 매우 특별하다. 온천, 레스토랑도 있어 하루를 즐길 수 있다.

Fresh-picked is so good!



Strawberries are popular.



How about some blueberries?

0265-74-1807

3447-2 Nishi-minowa, Ina City

By Taxi: 20 min. drive from JR Inashi Sta.

Get on the bus bound for Nishiminowa Sta. at JR Ina-shi Sta., ride for 25 min., get off at Habiroso-iriguchi and walk three min.

9:00-16:00 (Reservation required / admission until 15:00)

Harvest time is different for each fruit and vegetable.

Open every day during fruit and vegetable picking season, other times of year, each activity center has its own closed days (phone to confirm).

Different for each fruit and vegetable.

www.dia.janis.or.jp/~miharasi

