

BESSHO WALK

Sacred Onsen Resort
blessed by the Sun & the Land



BESSHO ONSEN

INTRODUCTION

Shiodadaira plain is a special district that has the riches of natural environment and the historical scenery. For activities, this area is quite enjoyable enough just as a walk or cycling, with the trail skirting the edge of this land allowing vistas of the surrounding hills and mountains. Seasonally you can see extensive fields of golden rice farms, quiet snow views, totally shiny green fields. Unlike other areas, there are many reservoirs used for the farms since there is little rain in this area. Also various temples and classical architectures that historically built at the foot of the mountain made your trip extra special.

Bessho onsen, a part of Shiodadaira, is the oldest recorded hot spring resort in Nagano prefecture has a history of about 1400 years. Here is a compact town that is easily explored on foot. Many historic sites dot to the town and are connected with the town center by narrow streets and lanes lined by small shops, restaurants and ryokan. All of Bessho Onsen's attractions can be reached in a ten to fifteen minute walk from Bessho Onsen Station.

NOTE

1. Rental bicycle is available at Bessho Onsen Station for free. (April to December)
2. Some temples have admission fee of about ¥ 100-500 depending on the place.
3. Tokkosan Mt. and Ogamidake Mt. are not steep mountains, but it is desirable for the mountain to be suitable for climbing.
4. There is no soaps or towels in a outside onsen bath so that please bring those with you. Also since many residents in Bessho visit the bath, please keep having a good manners.
5. The scale of the wide area map is different from the actual one.
6. Published contents are those of March 2019 and some information might be changed.
7. Each shop or restaurant may have a specific regular holiday or a fixed holiday.

CONTACT

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長野県地域発元気づくり支援金活用事業





- Restaurant** (Lunch / Dinner)
- 01 Teuchiyakugei **Ohnishi** (Hatsugasoba etc.)
 - 02 Darumaya (Soba etc.)
 - 03 Fukujuya (Soba, Udon etc.)
 - 04 Hashimotoyashokudo (Soba etc.)
 - 05 Hinode shokudo (Soba Udon etc.)
 - 06 Sanyuken (Soba Udon etc.)
 - 07 Aizen shokudo (Soba Ramen etc.)
 - 08 Capitorino (Pizza, Pasta etc.)
 - 09 Sobakyu (Soba etc.)
 - 10 Oshokujidokoro **Takeuchi** (Soba etc.)
 - 11 Shouraitai (Sukiyaki etc.)
 - 12 Izakaya **Katsura** (Yakitori, Katsudon etc.)
 - 13 Yakisho **Masamune** (Yakitori etc.)
 - 14 Teuchisoba **Mitamura** (Soba etc.)
- Onsen**
- 01 Ishiyu (¥150)
 - 02 Daishiyu (¥150)
 - 03 Aisomenoyu (¥500)
 - 04 Nanakuri (¥0)
 - 05 Oyu (¥150)
 - 06 Oyu **Yakushinoyu** (¥0)
- Café**
- 01 Hare terrace (Coffee, snack etc.)
 - 02 Kanmidokoro Kashiwaya (Wagashi etc.)
 - 03 Sabo Marugen (Anmitsu etc.)
 - 04 Matsubokkuri (Oyaki etc.)
 - 05 Ainohi (Roll cake etc.)
 - 06 Bairakuen (Umeyokan etc.)
 - 07 Ochanoma (Anmitsu etc.)
 - 08 Kazenosakamichi (Coffee etc.)
 - 09 Marufuji (Bread etc.)
 - 10 Hare terrace (Gelato etc.)
 - 11 GardenBerry (Coffee, tea etc.)
- Shop**
- 01 Suwa shoten (Suvenir etc.)
 - 02 Tezukaya (Suvenir etc.)
 - 03 Kashiwabara shoten (Suvenir etc.)
 - 04 Nanakusa (Suvenir etc.)
 - 05 Gallery **Tsukuruya** (Craft etc.)
 - 06 Takizawa shoten (Suvenir etc.)
 - 07 Earthworks gallery (Pottery etc.)
 - 08 Tonomura zakoniten (Something Boiled food etc.)
 - 09 Hasegawa tofuten (Tofu etc.)
 - 10 Sakanaka shoten (Suvenir etc.)
 - 11 Sake **Sakaeya** (Sake etc.)
 - 12 Niko (Suvenir etc.)
 - 13 Ikedaya (Ohagi etc.)
 - 14 Kanbara manju (Manju etc.)
 - 15 Shimaya **kashiho** (Yakuyokemanju etc.)
 - 16 Mizuho (Suvenir etc.)
 - 17 Jizake **Komeya** (Sake etc.)
- Bar**
- 01 Sketchbook (Karaoke etc.)
 - 02 Bar & Café **Nogiku** (Karaoke etc.)
 - 03 Yunohana (Karaoke etc.)
 - 04 Café × Bar **BLUNO** (Espresso, Alcohol etc.)
 - 05 Ichifuku (Sake etc.)
- Ryokan, Hotel**
- 01 Seizan
 - 02 Ryokan Hanaya
 - 03 Nanjo ryokan
 - 04 Saitoryokan
 - 05 Tamaya ryokan
 - 06 Midoriya
 - 07 Tsuruya
- Historical Site**
- 01 Jorakuji temple
 - 02 Anrakuji temple
 - 03 Kitamuki Kannondo
- View spot**
- 01 Mifunenomatsu tree
 - 02 Koya maki tree
 - 03 Aizenkatsura tree
 - 04 Meotosugi tree
 - 05 Nejire koyo tree
- English OK**

DAIMON Area

- 04
- 05
- 02/04
- 02
- 03
- 02