

Access to Shonai, Yamagata Prefecture

By Plane

Tokyo Haneda Airport (Approx. 60 min.) ANA ▶ Shonai Airport

By Train (JR *Japan Railways)

Tokyo Sta. Yamagata Shinkansen (Approx. 3 hours 30 min.) Shinjo Sta. Rikuu Saisen (Approx. 1 hour) ▶ Tsuruoka/Sakata

Tokyo Sta. Joetsu Shinkansen (Approx. 2 hours) Niigata Sta. Uetsu honsen (Approx. 2 hours) ▶ Tsuruoka/Sakata

By Highway Express Bus

Sendai (Approx. 3 hours) ▶ Tsuruoka/Sakata

Yamagata (Approx. 2 hours) ▶ Tsuruoka/Sakata

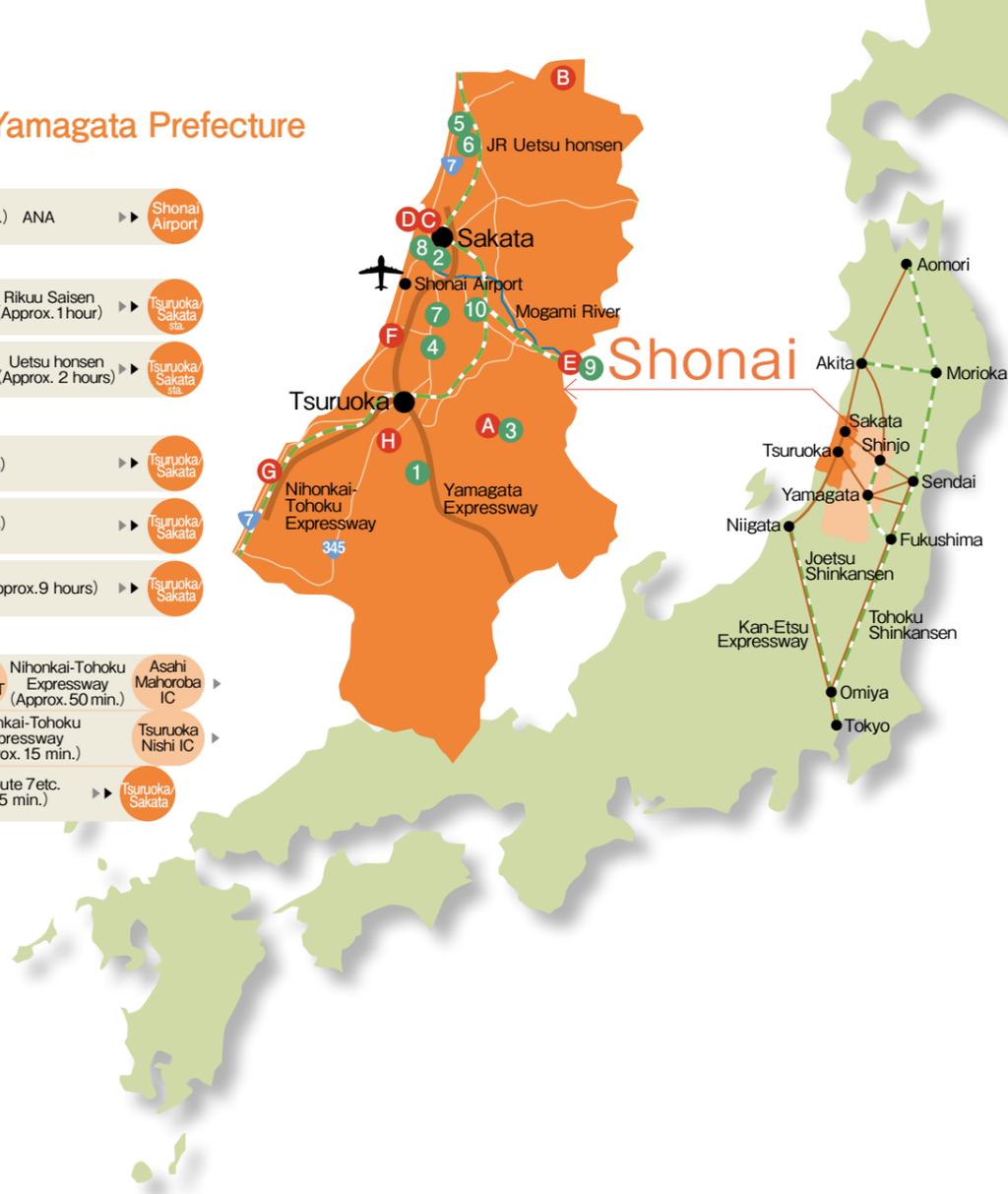
Tokyo Shibuya/Ikebukuro/Omiya/Shinjuku/Akihabara/Ueno (Approx. 9 hours) ▶ Tsuruoka/Sakata

By Car

Nerima IC (Tokyo) Kan-Etsu Expressway (Approx. 3 hours 30 min.) Niigata Chuo JCT Nihonkai-Tohoku Expressway (Approx. 50 min.) Asahi Mahoroba IC ▶

National Route 7 etc. (Approx. 50 min.) Asahi Mahoroba IC Nihonkai-Tohoku Expressway (Approx. 15 min.) Tsuruoka Nishi IC ▶

National Route 7 etc. (Approx. 15 min.) ▶ Tsuruoka/Sakata



Life Ritual from Olden Days - The Dewa Sanzan, the East Sanctuary

Long time ago, people believed that the Ise (located in Mie Prefecture) in the west was "yin" and the Dewa Sanzan was "yang", and that one must pay visit to both sanctuaries at least once in their life time.

Photo: The Five-story Pagoda in Mt. Haguro, the oldest pagoda in Tohoku



Visiting the Mummies to Reach the Height of Mountain Worship

Between Edo and beginning of Meiji period, some monks mummified themselves. Wishing for peace, they did so by voluntarily entering underground stone room at the end of their strict training. In Shonai, there are six mummies in five temples.



Nangakuji Temple

Address: 3-6 Sunadamachi, Tsuruoka city, Yamagata Tel: 0235-23-5054
Opening hours: 9am to 6pm

Honmyoji Temple

Address: 388 Uchino, Higashiiwamoto, Tsuruoka city, Yamagata
Tel: 0235-53-2269 Reservation required

Dainichibo Temple (Yudonosan)

Address: 11 Nyudo, Oami, Tsuruoka city, Yamagata Tel: 0235-54-6301
Opening hours: 8am to 5pm

Churenji Temple (Yudonosan)

Address: 92-1 Nakadai, Oami, Tsuruoka city, Yamagata Tel: 0235-54-6536
Opening hours:
9am to 5pm (May - October),
9am to 4pm (November - April)

Kaikoji Temple

Address: 2-7-12 Hiyoshimachi, Sakata city, Yamagata Tel: 0234-22-4264
Opening hours:
9am to 5pm (April - October),
9am to 4pm (November - March)



ユネスコ
食文化創造都市

鶴岡

UNESCO Creative City
of Gastronomy

World Class Gastronomy City

Tsuruoka has nurtured and promoted over 50 kinds of local food and has not only protected but also developed their gastronomical traditions and culture by integrating with other industries in the city. In 2014, Tsuruoka was the first Japanese city to be appointed as UNESCO Creative City of Gastronomy.

Contact: Shonai Visitors Association
Tel: 0235-68-2511 Fax: 0235-66-4728 Mail: shonai@mokkedano.net

Shonai

Come to Shonai! A Fun Place with Delicious Food

Yamagata

Prefecture

Where You can Climb the Sacred Mountains and Taste the Gifts from Nature

Mountain worship has been part of Tohoku culture for centuries. The Three Mountains of Dewa - Mt. Gassan, Mt. Yudono, and Mt. Haguro - are visited from around the world. Mt. Haguro welcomes its visitors with the astonishing five-story pagoda, which is the oldest in Tohoku. The snow will turn into fresh river water, providing Shonai Plain with rich rice and vegetables, which in turn is produced into sake and food.

Shonai, Yamagata Prefecture Profile

Population: 281,506 (as of October 1, 2014)
Land: 2,405.2km²
Noted Products: Rice (TSUYAHIME, HAENUKI, etc.), Dadachamame beans, red onions, turnips, bamboo shoots, red pepper, eggplant, cucumber, potatoes, melon, strawberry, persimmon, pork, trout, oyster, flounder, shrimp, crab, sea bream

Mt. Haguro ^A (The Dewa Sanzan Shrine)

The sanctuary where the gods of Mt. Gassan, Mt. Haguro, and Mt. Yudono meet, offers a lot to see with brilliant architectural designs. Also at an extra cost, you can experience monk training at Ideha Cultural Memorial Hall while wearing the white shroud.

Contact: The Dewa Sanzan Shrine
Address: Touge Haguromachi, Tsuruoka-city, Yamagata
Tel: 0235-62-2355
Contact: Ideha Cultural Memorial Hall
Address: 72 Injuminami, Touge Haguromachi, Tsuruoka-city, Yamagata
Tel: 0235-62-4727

Japanese Sake

Shonai is a leading sake producing region with many winning sakes in national sake tasting competitions. The secret lies in the pure underground water from the surrounding mountains and the rich rice for sake making. You may find comparing sake from different local producers to be very entertaining.



Sakata Maiko ^D (geisha in training)

High class restaurant culture in Sakata represents the city's success in sea trade business during the Edo period. Soumaro offers cultural attractions such as traditional performances by "Sakata Maiko".

Contact: Soumaro
Address: Maikozaka, 1 Chome Hiyoshimachi, Sakata-city, Yamagata
Tel: 0234-21-2310
Open: 10am to 5pm
Closed: Wednesday



Cruising down Mogami River

The valley between Furukuchi and Kiyokawa offers spectacular scenery every season. Wild cherry trees blooming in spring, followed by fresh green in summer. Golden leaves in autumn, and ink painting-like scenery in winter.

Contact : Mogami Kyo Basho Line Kanko Furukuchi port
Address: 86-1 Furukuchi, Tozawa-mura, Mogami-gun, Yamagata
Tel: 0233-72-2001
Open: 9:30am to 3:30pm at Furukuchi port
URL: <http://www.blf.co.jp>



Sankyo Warehouse ^C

You can find the symbols of Sakata, the twelve warehouses built in 1893, as you walk among the rows of beautiful Zelkova trees. Inside the property has souvenir hall and rice history museum of the port city.

Contact: Sakata Tourism and Products Association
Address: 1-1-20 Sankyomachi, Sakata-city, Yamagata
Tel: 0234-24-2233
Open: 9am to 6pm (souvenir hall), 9am to 5pm (museum)
Closed: January 1st

Mt. Chokai ^B

Mt. Chokai, also called "Dewa Fuji" for its phenomenally beautiful volcanic peak, is the highest mountain in Yamagata Prefecture. It is perfect for hiking, offering seasonal sceneries. When the weather is beautiful, you can see Mt. Chokai's shadow reflecting over the Japan Sea at dawn.

Contact: Yuza Chokai Tourist Association
Tel: 0234-72-5666

Yunohama Hot Spring ^F Atsumi Hot Spring ^G Yutagawa Hot Spring ^H

Shonai is gifted with quality hot springs. Yunohama, Atsumi, and Yutagawa each one has its own history. They offer options in location (sea, river, and mountain) and spring quality to choose from or you can enjoy them all!



10 Gourmet Stops Recommend by the Locals

Al-ché-cciano ¹

Where Italian Meets Incredible Shonai Ingredients



This Italian restaurant showed Japan that Shonai has incredible food. The locally sourced ingredients daily delivered to Chef Okuda, write a seasonal menu each day.

Address: 83 Yamazoe Ichirizuka, Tsuruoka city, Yamagata
Tel: 0235-78-7230
Open: 11:30-14:00 (L.O.) and 6pm-9pm (L.O.)
Closed: Monday
URL: www.alchecciano.com

Men-kobo ² Sarashina

When in Sakata, Eat as the Locals Eat



Sakata Ramen is a signature dish in Shonai. Sarashina" is a unique restaurant that serves rich and creamy "tonkotsu" (pork broth) ramen.

Address: 5-4-40 Kamegasaki, Sakata city, Yamagata
Tel: 0234-24-2258
Open: 11am-2:30pm
Closed: Sunday

Hagurosan Saikan ³

Sacred Vegetarian Cuisine in Historical Serenity



Inside one of the rebuilt parts of the Dewa Sanzan Shrine, you can enjoy the local food passed down for generations. You can stay overnight.

Address: 33 Toge, Haguro-machi Toge, Tsuruoka city, Yamagata
Tel: 0235-62-2357
Open: 11am-2pm
 Lunch courses starting 1,500JPY+tax / Overnight stay for 7,000JPY+tax (Includes two meals, reservation required)

Ooi-mochiya ⁴

Enjoy the Local Grandma's Traditional Cooking



Traditional Japanese café provides confectionary using "mochi" (glutinous rice) as the main ingredient. The combo set is highly recommended.

Address: 220 Yokoyama, Mikawa-machi Yokoyama, Higashitagawa-gun, Yamagata
Tel: 0235-66-2050
Open: (shop) 9am-5pm, (cafe) 11am-3pm
Closed: Monday

"Flat Genkina Hamamise" ⁵ at Chokai Road Station

Fresh Fish, Grilled or Fried!



This shop offers delicious tempura, grilled fish, as well as other fresh seafood caught from the local fishing cooperatives. Lines of fresh seafood deli made by the local moms brighten up the shop.

Address: 308-1 Sugano, Sugasato, Yuza-machi, Akumi-gun, Yamagata
Tel: 0234-71-7222
Open: 9am to 5:30pm (daily)
URL: www.chokai-flat.com

Yuza Curry ⁶

Healthy Curry with NO Preservatives



Yuza-machi is noted for vegetable production such as red peppers, and this restaurant serves "Seasonal Vegetable Curry". This healthy curry has over 10 kinds of vegetables as toppings.

Address: 1F at Yuza JR station, 19-18 Ishida, Yuza, Yuza-machi, Yamagata
Tel: 090-6683-8530
Open: 11am-2:30pm, 11am-6pm on weekends & national holidays
Closed: Tuesday

Koeido Seikaho ⁷

Fresh and Fruity Gelato Using Local Natural Ingredients



The gelato is made mainly with local ingredients, using no additives or preservatives. A happy dessert for all family members. One cup is 380JPY (including tax). Offered only between July to mid-October.

Address: 187 Kaidoomote, Oshikirishinden, Mikawamachi, Yamagata
Tel: 0235-66-3841
Open: 8am-8pm
Closed: Monday & some Tuesdays

Kumura no Sakaba ⁸

Slip into Nostalgic Time and Place with a Glass of Sake



Locals have cherished this "izakaya" (Japanese bar) since its opening in 1961. Japanese bar favorites accompany a variety of local "sake". Ask Toshie-san for recommendation.

Address: 1-41 Kotobuki-cho, Sakata city, Yamagata
Tel: 0234-24-1935
Open: 5:30pm to 9pm
Closed: Sunday

Mogamigawa ⁹ Oshin Bento (boxed lunch)

It's worth reserving!



Filled with signature food of Mogami and Shonai, it will be a great accompaniment, as you gaze at the river scenery. Reservation required 3 days in advance.

Mogami Kyo Basho Line Kanko at Furukuchi Port
Address: 86-1 Furukuchi, Tozawa-mura, Mogami-gun, Yamagata
Tel: 0233-72-2001
 (for reservation)
Open: 9:30am-3:30pm (Furukuchi Port)
URL: <http://www.blf.co.jp>

Amarume Hotel ¹⁰

Heartwarming Home Cooking Using Locally Sourced Ingredients



This Japanese style inn was founded a 100 years ago with a reputation for delicious home cooking. The young owner, Ms. Nami Kawamura entices her guests with Japanese home cooking menu.

Address: 114 Sawada, Amarume, Shonai-machi, Higashitagawa-gun, Yamagata
Tel: 0234-42-2442
Check-in starting 4pm / **Check-out** by 10am
 Starting 6,400JPY per stay including dinner & breakfast
URL: <http://amarumehotel.n-da.jp>

