

The Tourist Guide Map of Tsumagoi village

# 孺恋

T S U M A G O I



Tsumagoi Village , Gunma Prefecture

## Playing on Highlands

### Golf and Mallet Golf

The golf course has both beauty and strategy.



#### Tsumagoi Highlands Golf Course【D-3】

TEL●0279-97-4111  
URL●<http://www.princehotels.co.jp/golf/tsumagoi/index.html>

#### Prince Land Golf Club【D-4】

TEL●0279-86-2121  
URL●<http://www.prgc.jp/>



#### Palcall Tsumagoi Golf Course【D-4】

TEL●0279-86-3333  
URL●<http://www.palcall.co.jp/golf/>



In this Toy's theme park, various things can be seen, touched, and experienced.



#### Karuizawa Toys Kingdom【D-5】

TEL●0279-86-3515  
URL●<http://www.omochaoukoku.com/karuizawa/>

The Mallet Golf Course is made by nature and wind.



The mallet golf course of Tsumagoi Cabbage Village 【C-4】



BARAGI Highlands Mallet Golf course 【C-4】

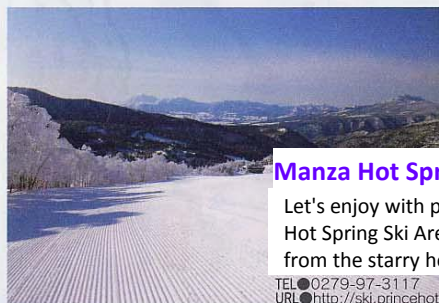
### Ski area



#### Kazawa Snow Area【C-5】

You can ski dynamically on powder snow for long time. Probability of having clear skies is 90%.

TEL●0279-98-0611  
URL●<http://www.kazawa.com/>



#### Manza Hot Spring Ski Area【C-】

Let's enjoy with powder snow in Manza Hot Spring Ski Area that is the nearest from the starry heavens.

TEL●0279-97-3117  
URL●<http://ski.princehotels.co.jp/manza/>



#### ASAMA2000 Park (Takamine Highland)【C-5】

You can see scenery from 2000 meter high and can enjoy excellent snow.

TEL●0267-23-1714  
URL●<http://www.asama2000.com/>



#### Palcall Tsumagoi Ski Resort 【C-3】

The gondola ranks first in length in the Kanto region.

TEL●0279-96-1177  
URL●<http://www.palcall.co.jp/ski/>



# Healed by Hot Springs

## Manza Hot Springs



Kazawa hot springs on a height of 1500M have been loved as a famous place of hot-springs cure for a long time.

New Kazawa hot springs drawing hot springs from the Kazawa hot springs was born in 1919.

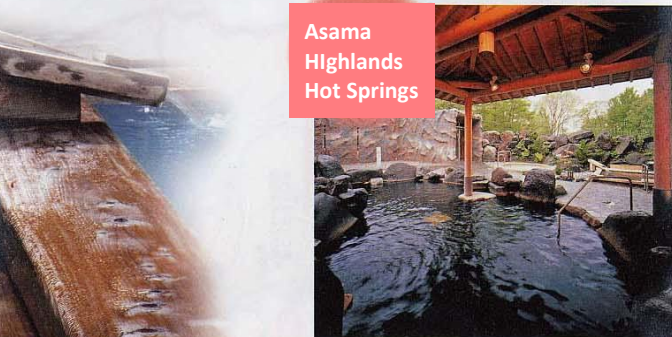
New and Old Kazawa hot springs are ideal for taking a bath after sports, because these are near from camping area, ski area, and mallet golf course.



## Kazawa Hot Springs



## Asama Highlands Hot Springs



Being on a height of 1800M, Manza Hot Springs are like exactly in the heavens. The milky white Hot Springs cure your respiratory disease, gastrointestinal disorder, rheumatism, and skin disease. So it have been well known as a famous place of hot-spring cure for a long time. A view from the outdoor hot spring is excellent. Manza Hot Springs rank first in concentration of sulfur in Japan.



## A guide to hot spring

●Quality ◆effect ■

### Manza Hot Spring【D-2】

- Acid, (Na<sup>+</sup>, Mg<sup>+</sup>2) HS-, SO<sub>3</sub>-2, H2S-, SO<sub>4</sub>-2
- ◆ Gastrointestinal disorder, rheumatism, Skin disease, Neuralgia
- Manza Hot Spring association TEL: 0279-97-4000

### Kazawa Hot Spring【C-5】

- (Na<sup>+</sup>, Ca<sup>+</sup>, Mg<sup>+</sup>) HCO<sub>3</sub>-
- ◆ gastrointestinal disorder, sensitivity to cold, neuralgia,
- Kazawa Hot Spring association TEL: 0279-98-0511

### Tsumagoi Highlands-TsuTsuji【C-4】

- (Na<sup>+</sup>, Ca<sup>+</sup>2) Cl-, HCO<sub>3</sub>-
- ◆ Neuralgia, Chronic digestive diseases, Chronic skin disease.
- Tsutsuji Hot Spring TEL: 0279-98-0930

### Tsumagoi Baragi Hot Spring【C-4】

- Alkalinity simple hot spring
- ◆ Neuralgia, arthralgia, Chronic digestive diseases, hemorrhoid, frozen shoulder
- BARAGI lake side hot spring TEL: 0279-80-6020

### Oku Tsumagoi Hot Spring【C-4】

- (Na<sup>+</sup>, Ca<sup>+</sup>2) Cl-
- ◆ A cut, arthralgia, atopy, digesve diseases, stomatitis, neuralgia
- Hoshikawa Ryokan/another Hanaichi TEL: 0279-96-

### Tsumagoi Hot Spring(Yamada)【D-4】

- (Na<sup>+</sup>, Mg<sup>+</sup>2) Cl-, SO<sub>4</sub>-2
- ◆ sensitivity to cold, bruise, neuralgia
- Yamada Ya Hot Spring Ryokan TEL: 0279-97-2057

### Tsumagoi Hot Spring【D-4】

- CHO3-
- ◆ diabetic, burn, Chronic skin disease, neuralgia, Rheumatism
- Tsumagoi Kan TEL: 0279-96-0443

### Handeki Hot Spring【D-4】

- (Na<sup>+</sup>, Ca<sup>+</sup>2) Cl-
- ◆ Neuralgia, Rheumatism, Skin disease, disturbance of motility
- Tokiwa Sou TEL: 0279-97-3373

### Heizi Hot Spring【D-4】

- (Na<sup>+</sup>, Ca<sup>+</sup>2) Cl-, HCO<sub>3</sub>-, SO<sub>4</sub>-2
- ◆ Cut, Burn, Chronic skin disease, Rheumatism, female
- Houyuso TEL: 0279-97-3586

### Motosirane Hot Spring【D-3】

- (Ca<sup>+</sup>2, Na<sup>+</sup>) Cl-
- ◆ Neuralgia, Myalgia, Frozen shoulder, bruise, etc
- Tsumagoi Prince Hotel TEL: 0279-97-4111

### Okukaruizawa Hot Spring【D-5】

- (Na<sup>+</sup>) SO<sub>4</sub>-2, Cl-, HCO<sub>3</sub>-
- ◆ Neuralgia, Myalgia, arthralgia, frozen shoulder, motor paralysis
- Hotel Green Plaza Karuizawa TEL: 0279-86-4111

### Oniosi Hot Spring【D-5】

- (Na<sup>+</sup>) SO<sub>4</sub>-2 HCO<sub>3</sub>-
- ◆ Neuralgia, Chronic digestive diseases, arthralgia, Chronic digestive diseases
- Karuizawa club Hotel karuizawa 1130 TEL: 0279-86-6111

## Tsumagoi Map of Hot Springs



## The holy place for The Devoted Husband

When Yamato Takeru made eastern expedition, he mourned three times for death of his wife named Ototatibana hime at this place. The name of Tsumagoi means 'I love my wife', coming from this legend. Today, we are trying to make our village as a holy place for the Devoted Husband.

Aisai Hill was born as a new famous place in this village. Every September, we hold an event that husbands shout love for them wives in Aisai Hill. This event's name is "The Man that Shouted Love for his wife at the Heart of the Cabbage Fields". 【D-4】

## Special Products

Cabbage's Japanese name is "Tamana". It means a ball of vegetables. Cabbage of Tsumagoi Highlands is fresh and slightly sweet. Tsumagoi village ranks first in the production of summer and autumn cabbage in Japan. Many people take a picture of this extensive cabbage fields.

You can taste not only cabbage but also corn, scarlet runner bean, potato, mushroom, and any other various vegetables in Tsumagoi village.



Tsumagoi cabbages containing many vitamin

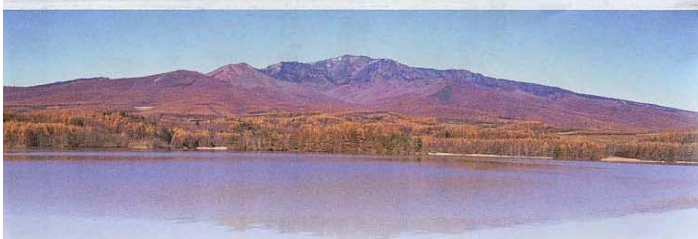
## Sports Training Camp

Tsumagoi village Sports Park have a all-weather athletic field, a baseball field, and soccer field having turf in good condition. This is convenient for event, training, and camp. If you want to use this, you ought to make reservation to Tsumagoi Village Education Board (Tel: 0279-80-2330). 【D-4】

BARAGI Highland GreenHill Soccer Village having the six grass courts is popular as a place to train for soccer and lacrosse. 【C-3】







## By Train

### From Tokyo

Ueno Station • • • Express Kusatsu-Go(2h 50min) • • • Manza-Kazawaguchi Station

Tokyo Station • • • Joetsu Shinkansen(50min) • • • Takasaki Station • • • JR Agatsuma Line(1h30min) • • • Manza Kazawaguchi Station

Tokyo Station-Nagano Shinkansen(70min)-Karuzawa-----the bus for (60min)----Manza Kazawaguchi Station Manza Kazawaguchi Station Station

### From Osaka

New Osaka Station • • • Tokaido Shinkansen(2h40min) • • • Tokyo Station • • • Shinkansen(50min) • • • Takasaki Station • • • JR Agatsuma Line(1h30min) • • • Manza Kazawaguchi Station

New Osaka Station • • • Tokaido Shinkansen(1h) • • • Nagoya Station • • • WideView Express SHINANO(3h) • • • Nagano Station • • • Nagano Shinkansen(30min) • • • Karuzawa Station • • • The Bus for Manza Kazawaguchi Station(1h) • • • Manza Kazawaguchi Station



## By Car

### From Tokyo

Nerima-IC • • • Joshin-etsu Expressway(90min) • • • Usui Karuzawa-IC • • • R18 • R146(60min) • • • Manza Kazawaguchi Station

Nerima-IC • • • Kan-etsu Expressway(70min) • • • Shibukawa Ikaho-IC • • • R353 • R145 • R144(90min) • • • Manza Kazawaguchi Station

### From Osaka

Nishinomiya-IC • • • Meishin Expressway(2h10min) • • • Komaki JCT • • • Chuo expressway(2h) • • • Okaya JCT • • • Nagano Expressway(50min) • • • Koshoku JCT • • • Joshin-etsu Expressway(20min) • • • Ueda-Sugadaira IC • • • R144(60min) • • • Manza-Kazawaguchi Station

## Contact

Tsumagoi Village office Tourism and Commerce Section

TEL:0279-96-1515(Direct) FAX:0279-96-0516

URL:http://www.vill.tsumagoi.gunma.jp/

Tsumagoi Village Tourism Association

TEL:0279-97-3721 FAX:0279-97-3720

URL:http://www.tsumagoi-kankou.jp/

Tsumagoi Village Commerce and Industry(Tsumagoi Film commission secretariat)

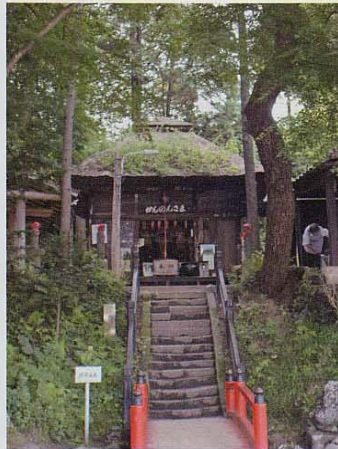
TEL:0279-80-2255 FAX:0279-80-2256

URL:http://www5.wind.ne.jp/tumagois

NAME	TEL	NAME	TEL
Asama Highlands Tourism	0279-86-5077	Karuzawa TA	0267-41-3850
Kazawa Hot Spring TA	0279-98-0511	Shiga Highlands TA	0269-34-2404
Shirane Highlands TA	0279-97-2428	Senpaku tourism automobile	0279-97-2424
Manza Hot Spring TA	0279-97-4000	Asama tourism automobile	0279-96-1221
North Karuzawa TA	0279-84-2047	Daiichi Kotsu	0279-97-2012
Kusatsu Hot Spring TA	0279-88-0800	Nagano branch JR bus	0279-82-2028
Ueda Tourism Convention Association	0268-23-5408	Seibu Highlands bus	0267-45-5045
Sugadaira Highlands TA	0268-74-2003	contact for JR	
Tomi city TA	0268-64-5895	050-2016-1600 (6:00~24:00)	
Komoro city TA	0267-22-1234		

H23.11

# Volcano



## Kanbara Kannondo[D-4]

In 1783, Kanbara village was buried in avalanche of lava and debris by eruption of Mt.Asama. The step's number of Kanbara Kannondo was reduced from fifty to fifteen. Most of the survivors were saved because they had gone on the Kanbara Kannondo's stair. Therefore, the Kanbara Kannondo is worshiped as a protective Kannon.

TEL/0279-97-3852

## Volcanic Park[D-5]

In 1783, the lava art was born from eruption of mt.Asama. The lavas tell us about violence of eruption. Those lavas and mother nature make

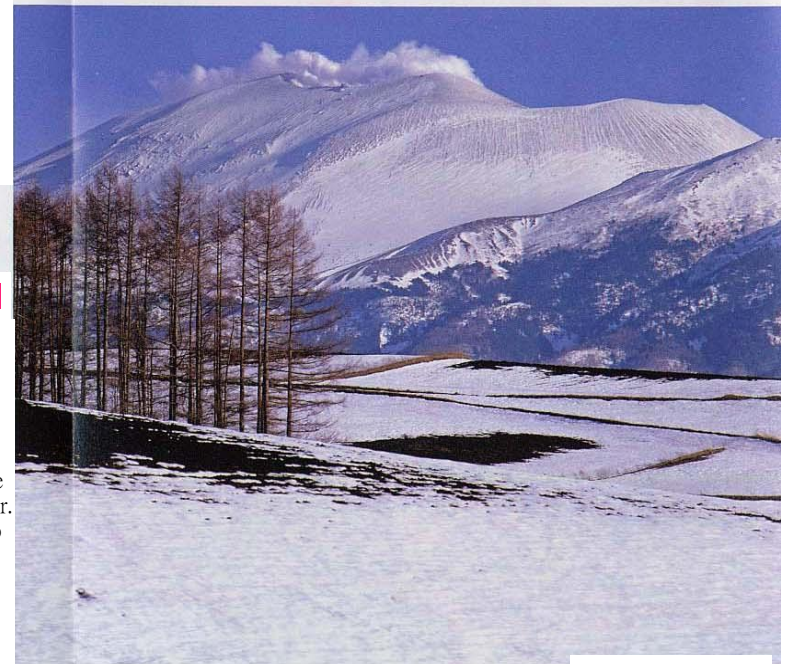
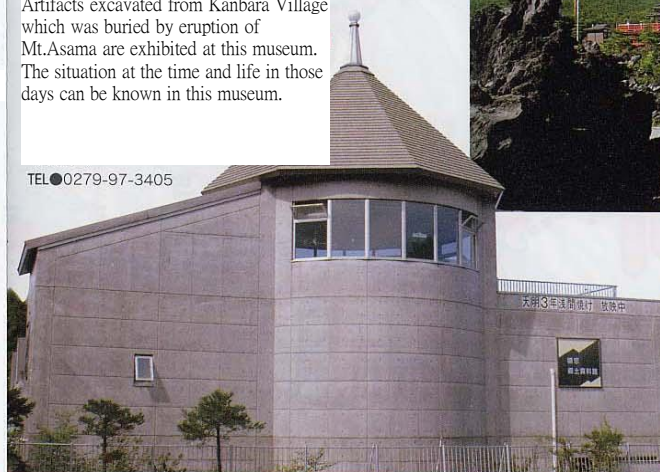
TEL●0279-86-4141

URL●http://www.princehotels.co.jp/amuse/onioshidashi/

## Tsumagoi History Museum[D-4]

Artifacts excavated from Kanbara Village which was buried by eruption of Mt.Asama are exhibited at this museum. The situation at the time and life in those days can be known in this museum.

TEL●0279-97-3405



## Mt.Asama[D-5]

Mt.Asama is designated as one of 100 top mountains of Japan. Mt.Asama is known as prominent volcano in the world. The system for observation of Mt.Asama is arranged.



## Lave tree mould[D-5]

Lave tree moulds that are designated as special Natural Monuments exist at 500 places around Mt.Asama.



# enjoying nature

## Highlands of Flower

### Kazawa, Yunomaru, Takamine

Kazawa, Yunomaru, and Takamine area are also called "The Highlands of flower", because there are many alpine plants on this area. Yunomaru highlands are dyed red by 600 thousand azaleas in the best season. It is designated as a national natural monument.



Group of Japanese Azalea【B-5】



Autumn leaves of Mt.Saziki forest road【C-5】



Kazawa Lilies Park【C-5】  
500,000 lilies will bloom at 60,000㎡ area. This lily's park will be open during July to September.

TEL 0279-98-0613  
JRL http://www.kazawa.com/



Willowherb【C-5】



Autumn Flowers in Takamine Highlands【C-5】

## Highland of clear stream and lake

### BARAGI Highlands Area

Mt.Azumaya, which is designated as one of 100 top mountains of Japan, has various courses for trekking. Therefore, you can enjoy trekking many times. There are Lake Baragi, Yachidaira, Isidoi, and many others, so you can enjoy nature. Baragi Highlands area is dyed green in summer, and is dyed red in autumn.



Mt.Azumaya and Lake Baragi【C-4】



Ishidoi Waterfall【C-4】

Baragi Lake Fishing Muji Campagna Tsumagoi Campsite【C-4】  
TEL/ 0279-96-1150

## Dynamic World of Nature

### Manza Shirane area

The mountains of Shirane rise to Manza Shirane area. Karabuki is jet of volcanic gas from treeless rocky mountain and Komakusa is queen of alpine plant at Shirane. Much beautiful nature can be experience at Manza.



Karabuki【D-2】



Mt.Hon Shirane【D-2】



Autumn Leaves of Ushiike【C-2】



Komakusa【D-3】

## Magnificent Scenery

### Asama Highlands Area

This area is famous villa zones at the northern foot of Mt.Asama. In best season, 150,000 Azuma Rhododendrons bloom at Asama Highlands Rhododendron Park. In autumn, autumn leaves of Larch forest delight your eyes.



Asama Highlands Rhododendron Park【C-5】

### Autumn leaves of Mt. Asama【D-5】



# Studying History



## 100 Signpost Kannon【C-5】

The 100 Kannon is arranged along the road of about 10 km ranging from Mihari to Kazawa Hot Spring. A lot of people were helped by this 100 Signpost Kannon.

## The Stone Monument of Paean of Snow Mountain【B-5】

Kazawa is the place of origin of Paean of Snow Mountain. In 1926, Eizaburo Nishibori and any other students of Mountaineering club of Kyoto University sang this song at camp of ski. The monument was made to commemorate this.



## Japanese Cedar of Naruo of Kumano Shrine【D-3】

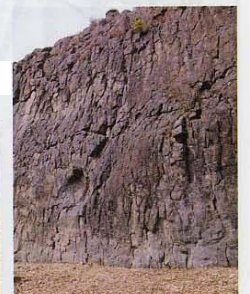
Kobo Daishi visited this place and put a cane. Then the cane took root into the soil, growing upside down. The girth is 9M, height is 37M. The Japanese cedar growing at ground just looks like Upside Down Japanese Cedar.



## Matoiwa, Oniwa【B-4】

Matoiwa is dike which length, width, and height are 150M, 4M, and 13M.

This is at ridge leading to top of Mt.Azumaya, and is designated as special Natural Monuments of border of Joshin. Oniwa, which length and width are 100M and 4M, is dike designated as Natural



## Serow

Serow is designated as special natural species by Japan. They live forests and craggy places on Mt.Azumaya, Mt.Manza, and Mt.Shirane, from subalpine zone to alpine zone.

