

SNOW RESORT | SHOPPING | SNOW SCHOOL
SKI RENTAL | RESTAURANT | HOTEL | SOUVENIR

YUZAWA VISITORS GUIDE

2024
WINTER
JAPAN

湯澤遊客指南



FREE
for
ALL

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with
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►website

19

Snow Resort Guide

Ride in a winter wonderland at Prince Hotel

暢滑與王子大飯店的冬之絕景



Naeba
苗場滑雪場



Kagura
神樂滑雪場



Hakkaisan
八海山滑雪場

Welcome To Yuzawa & Minamiuonuma

Yuzawa, just 70 minutes by Shinkansen bullet train from Tokyo, is famous for its heavy winter snowfall. Many of Japan's top ski resorts can be found here, along with excellent onsen (hot springs) and top hotels and inns.

The Yuzawa area is famous for its rice production, the delicious base for a wide range of dining options. The excellent onsen and dining also mean that Yuzawa and Minamiuonuma are enjoyable not only for skiers and boarders, but for anyone who wants to experience Japan's Snow Country. Have a great visit!

從東京出發約70分鐘就能抵達湯澤。這裡是日本數一數二的豪雪地區，坐落著許多滑雪場。還擁有好幾處溫泉，住宿設施完善。身為赫赫有名的種稻區，能一飽口福的地方眾多，更是不在話下的加分所在。湯澤、魚沼區域不只能滿足各路滑雪玩家，也能讓第一次賞雪的人感到好玩。歡迎各位來訪時，盡情享受在這裡的每一個看頭和樂趣。

Using the coupons 如何使用優惠券

COUPON

To use the coupons found in the Yuzawa Visitors Guide at a store, follow the simple steps below:
使用“YUZAWA VISITORS GUIDE”中列出的每個商店的優惠券需要執行以下步驟。

- 1 Become a friend at the Yuzawa Visitors Guide's official LINE account.**
作為朋友添加“YUZAWA VISITORS GUIDE”的官方LINE帳戶
- 2 Answer a simple questionnaire.**
回答簡單的問卷
- 3 Show the coupon screen to the store staff.**
將顯示優惠券屏幕，因此我將在商店顯示屏幕

※Coupon expiration date: March 31, 2024
※優惠券到期:2024年3月底



YUZAWA VISITORS GUIDE

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Ski Resorts simplified chart

滑雪场 早見表

Resort Name	Adult Price	Child Price	Facilities												
			Terrain Park	Ungroomed Slope	Area for Beginner	Kids' Zone	Night Skiing	Sightseeing	Shuttle Bus	Onsen (hot spring)	Wi-Fi	Lesson	Gear Rental	Restaurant	First Aid
P.8 Ishiuchi Maruyama 石打丸山滑雪场	6,500yen	3,600yen	○	○	○	○	○	○	×	○	△	△	△	●	
P.9 GALA Yuzawa GALA湯澤	6,500yen	3,000yen	○	○	×	○	×	○	○	○	○	○	○	●	
P.10 Yuzawa Kogen 湯澤高原滑雪场	5,800yen	3,500yen	×	○	○	○	×	○	○	×	×	○	●	●	
P.11 NASPA NASPA滑雪花園	6,000yen	4,500yen	○	○	○	○	○	×	○	○	○	△	●	●	
P.12 Maiko 舞子滑雪渡假村	6,200yen	3,300yen	○	○	○	○	○	○	○	○	○	△	●	●	
P.13 Yuzawa Nakazato 湯澤中里滑雪度假区	5,500yen	2,700yen	○	○	○	○	×	×	○	×	○	△	△	●	
P.14 Naeba 苗場滑雪场	6,800yen	FREE	○	○	○	○	○	○	○	×	○	△	△	●	
P.15 Kagura 神樂滑雪场	6,800yen	FREE	○	○	○	×	×	○	○	×	×	△	△	●	
P.16 Kandatsu 神立高原滑雪场	5,700yen	3,700yen	○	○	○	○	○	○	○	○	○	△	△	○	
P.17 Muikamachi Hakkaisan 六日町八海山滑雪场	5,200yen	FREE	×	○	×	×	×	○	×	×	△	●	●	●	
P.20 Cupidvalley Cupidvalley	5,000yen	3,000yen	×	○	×	○	×	×	○	○	○	●	●	●	
P.21 Muica 六日滑雪场	4,900yen	2,400yen	○	○	○	○	×	○	○	○	○	●	●	●	
P.22 Joetsu Kokusai 上越國際滑雪场	5,500yen	3,500yen	○	○	○	○	○	×	○	○	×	●	●	△	
P.22 Iwappara 岩原滑雪场	5,500yen	3,500yen	×	○	○	○	○	×	○	○	×	●	●	●	
P.23 Chateau-Shiozawa Chateau鹽澤滑雪场	4,500yen	3,000yen	×	○	×	○	×	×	○	○	○	●	●	●	
P.23 Yuzawa Park 湯澤公園滑雪场	4,500yen	2,500yen	○	×	×	○	×	×	○	○	○	●	●	●	
P.24 Nakazato Snow Wood 中里Snow Wood滑雪场	3,000yen	2,500yen	×	×	×	×	×	×	×	×	×	△	×	●	
P.24 Hakkaisanroku 八海山麓滑雪场	3,200yen	2,400yen	×	○	×	○	×	×	×	×	×	×	×	●	
P.24 Ipponsugi 一本杉滑雪场	2,300yen	1,800yen*	×	×	○	○	×	×	×	×	×	×	×	●	

*child:12 and under
**child(Ipponsugi):6 and under

[Language support]
○English and Traditional Chinese Available
△English Only
●Japanese Only
XNo service

Ski resort map

滑雪場地圖

Map Legend
圖示符號說明
❄️ Snow resort 滑雪點
♨️ Hot spring 溫泉

From Echigo Yuzawa Sta. 越後湯澤站出發的接駁巴士乘車處 滑雪場方向

Blue Line/藍線 and Orange Line/橘線 move in an anti-clockwise direction. Be careful not to get on the wrong one and lose time!
是相反方向行駛, 搭錯邊的話 很花時間, 要注意看清楚~

Echigo Yuzawa guide map
よってけてMAP 2023-24winter
For more information, check out this MAP!
掃描右方QRcode 取得更多詳細資訊



Three ski resorts linked together with one ticket!

一張票券, 串連三座滑雪場

The YUZAWA SNOW LINK ticket is a lift pass that grants access to three ski resorts in the Echigo-Yuzawa area: Yuzawa Kogen, GALA Yuzawa, and Ishiuchi Maruyama. These three resorts are connected by the ropeway and lift, which means you'll be able to ski a total of 48 courses! Using this ticket allows you to freely go between all of them and enjoy as many slopes as you like.

YUZAWA SNOW LINK 三山通用券為相當實惠的吊椅纜車券, 可供遊客悠遊於越後湯澤地區的湯澤高原、GALA湯澤及石打丸山這三座滑雪場。此三座滑雪場之間以纜車及吊椅纜車相連接, 雪道總數高達48條! 使用本票券即可自由往返各滑雪場及雪道, 盡情享受滑雪的樂趣。

●YUZAWA SNOW LINK Ski Lift Pass

December 22, 2023 - March 24, 2024 (Scheduled)

* The operation of the connecting ropeway and lift will be from February 3 to March 24, 2024. Outside this operation period, please use the free shuttle bus to travel between the ski resorts.

●YUZAWA SNOW LINK 三山通用券

2023年12月22日 ~ 2024年3月24日 (日程可能有變)

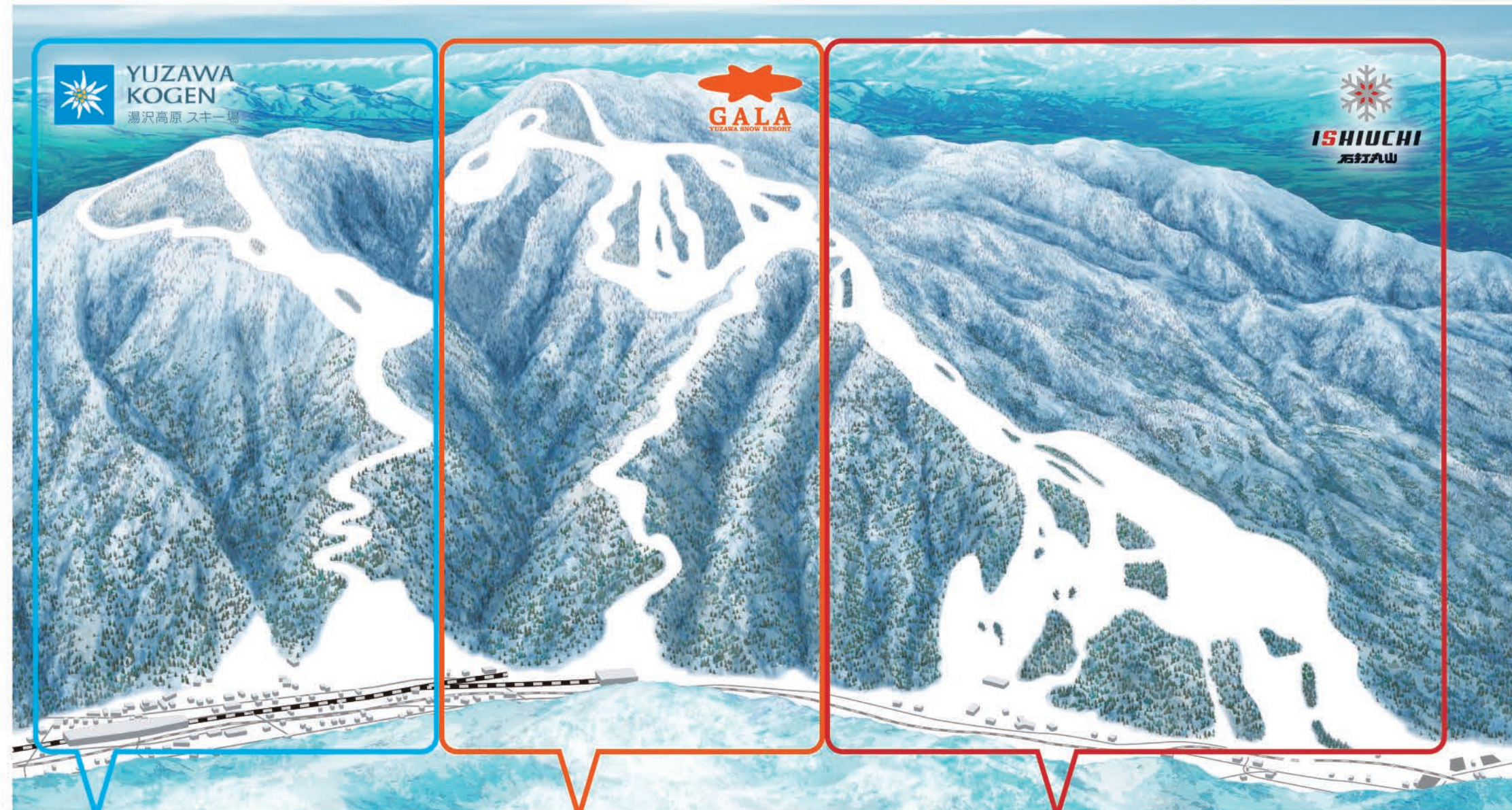
* 連接各滑雪場之纜車及吊椅纜車的預定營運期間為2024年2月3日 ~ 3月24日。如欲在連接各滑雪場之纜車及吊椅纜車未營運之期間於各滑雪場間移動, 請利用免費接駁巴士服務。

Type 票券種類	Age 區分	Same-Day Ticket 窗口販售價格	Online Ticket 線上販售價格
1 Day Pass 三山通用一日券	Adult 大人	¥8,000	¥7,000
	Child 兒童	¥6,000	¥5,500
	Senior 銀髮族	¥7,000	-
2 Days Pass 三山通用二日券	Adult 大人	¥14,000	¥12,000
	Child 兒童	¥10,000	¥9,000
	Senior 銀髮族	¥12,000	-
3 Days Pass 三山通用三日券	Adult 大人	¥20,000	¥17,000
	Child 兒童	¥15,000	¥13,000
	Senior 銀髮族	¥17,000	-

* Child: 12 yrs. and under, Senior: 60 yrs. and older
* Times and areas of operation may be limited due to weather conditions.
* 兒童: 12 歲以下; 銀髮族: 60 歲以上
* 開放時間及區域可能會因天候因素受限。

For more information
詳細資訊請見此處

www.yuzawasnowlink.com/en/



POINT 01

Enjoy three resorts with this ticket!

盡享三山滑雪樂趣的實惠票券!

This ticket lets you freely ski at three resorts, and is much cheaper than buying a lift pass for each resort. Also, the online store sells the ticket at a discount compared to buying it at the ticket counter.

本票券可供遊客於三座滑雪場內自由享受滑雪樂趣, 比分別購買各滑雪場的吊椅纜車券更加經濟實惠。此外, 線上販售網站現有提供比至窗口購買更為優惠的折扣價格。

POINT 02

Shuttle bus connects each resort to the station

串連越後湯澤站與各滑雪場的接駁巴士

By showing your ticket, you can use the free shuttle bus that operates between each ski resort. It's also convenient for you to experience Echigo-Yuzawa Station area and hot spring village.

出示三山通用券, 亦可免費搭乘於各滑雪場之間循環行駛的接駁巴士。對欲至溫泉街所在之越後湯澤站周邊地區觀光的遊客而言亦相當方便。

POINT 03

Upgrade your ticket for an additional ¥2,500!

+2,500日圓即可升等!

You can upgrade a ticket for an individual resort to a YUZAWA SNOW LINK ticket for an additional ¥2,500. For details, please ask the ticket counter of each resort.

如持有任一滑雪場專用之吊椅纜車一日券, 再加 2,500日圓即可升等為三山通用券。詳細資訊請逕洽各滑雪場之售票處等。

Yuzawa Kogen

Magnificent scenery spreads out before you, on one of the world's largest ropeways

體驗一望無際的絕美景色, 搭乘世界最大規模的纜車

➔ P10 / 10頁



GALA Yuzawa

Direct access from the bullet train. Travel light, you don't need to bring a thing!

直通新幹線車站! 可空手前往的舒適滑雪度假區

➔ P9 / 9頁



Ishiuchi Maruyama

A wide variety of courses and vast ski slopes including an advanced snow park and gorgeous night skiing

擁有豐富多樣的雪道及寬廣的雪場, 亦能享受滑雪公園及夜間滑雪的樂趣

➔ P8 / 8頁



Ishiuchi Maruyama Ski Area

石打丸山滑雪場

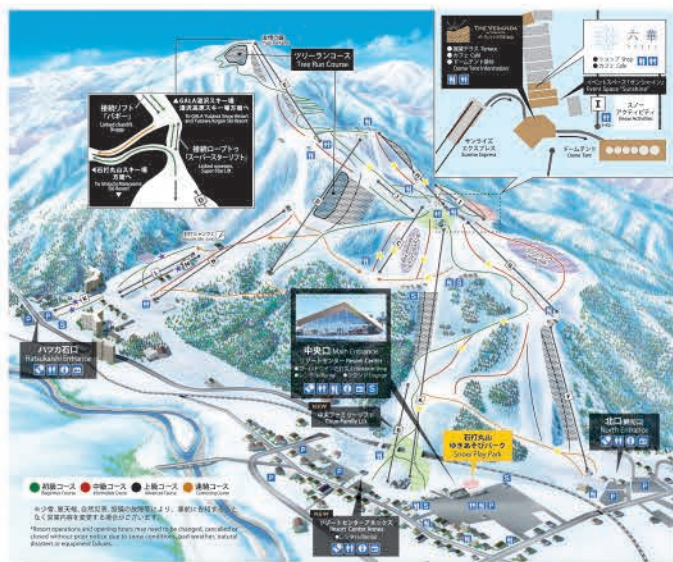
A perfect blend of extensive ski slopes and relax

地區裡最大規模的滑雪道再加上舒心的時光, 堪稱最強組合

With a history of 70 years since its opening, this ski resort is conveniently located just about 10 minutes from Echigo-Yuzawa Station by a free shuttle bus. This proximity makes it perfect for day outings from the city. The resort offers an impressive array of 24 fan-shaped slopes from its summit, establishing it as one of the grandest in the Kanto-Koshinetsu region. Another highlight of Ishiuchi is the nightly skiing available throughout the season. The Sunrise Express, fitted with cozy heated seats, is a modern lift providing a smooth ascent to the upper terrains and doubles up for delightful sightseeing expeditions. Even if skiing isn't on your agenda, Ishiuchi Maruyama promises a captivating winter experience. Relax and savor the majestic views of Minami-Uonuma at The Veranda Ishiuchi Maruyama.

At the Ishiuchi Maruyama Resort Center, you can rent gear, purchase accessories, and even sign up for skiing lessons. Whether you're a first timer on the slopes or just traveling light, they provide a range of services to ensure a smooth and enjoyable skiing experience. Plus, you can also explore nearby resorts like GALA Yuzawa and Yuzawa Kogen, broadening your winter adventure.

開幕以來已有70年歷史。從越後湯澤車站搭免費接駁巴士去滑雪場很方便, 只需約10分鐘, 要當天來回東京中心也不是問題。設有從山頂呈扇形開展的24條滑道, 是關越地區規模最大的場地。石打的另一大特色是滑雪季中每天都有晚間場。「Sunrise Express」是最先進的纜車, 內附暖氣座位, 開放觀光客乘車, 可以舒適地坐到場地上半部。就算不滑雪也可以上山度過最棒的冬季時光, 是一項石打丸山難以抗拒的特色。在「The Veranda 石打丸山」一邊欣賞南魚沼的壯觀美景一邊放鬆吧。「石打丸山 Resort Center」有出租裝備, 販售小物品, 還有開設滑雪教室, 不管空手前來或首次滑雪, 這裡提供的豐富服務都可以讓您輕鬆舒適地踏上雪地。另外還有「湯澤Snow Link」, 讓您手持一張票就能暢玩石打丸山、隔壁的GALA湯澤以及湯澤高原三座滑雪場, 樂趣更加倍。



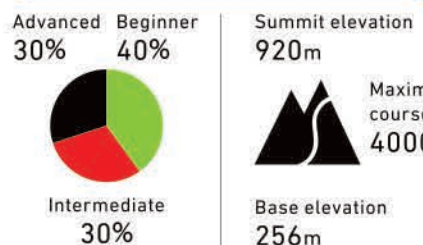
Snowy Sightseeing at The Veranda 在The Veranda 石打丸山」雪山觀光

Even without skiing, guests can indulge in the breathtaking snowscapes while enjoying Niigata's signature treats and warm drinks.

來到這個放鬆身心的景點, 即使不滑雪, 也可以望著雪景, 享用新潟特有的好吃甜點和熱飲。設有暖氣的透明圓頂帳篷相當獨特, 頗受國外網紅歡迎。



DATA



Ishiuchi Maruyama Ski Area

▶ Open 8:30-17:00 | Night Skiing 16:00-20:00
▶ Season mid-December 2023 to early April 2024

1655 Ishiuchi, Minamiuonuma-shi, Niigata 949-6372

ishiuchi.or.jp/
@ishiuchimaruyama

GALA Yuzawa Snow Resort

GALA湯澤

A hit with international guests for skiing and other fun activities!

不論滑雪或玩雪國外遊客都很喜愛!

One of the most alluring features of GALA Yuzawa is its unmatched accessibility. Directly connected to GALA Yuzawa Station, it will take you no time to get from the train station to the ski paradise. Step off the Shinkansen (bullet train) and you're right at the base of the slopes. From there, you can take the gondola to the ski area, which boasts three distinct zones: North, Central, and South, all blanketed in ample high-quality snow. With a total of 16 distinct courses, from gentle slopes for beginners to steep terrain for advanced skiers, there's fun to be had for everyone. There are also plenty of fun activities for kids, like the "Snow Play Park" and "Snowmobile Sled Tours." GALA Yuzawa is exceptionally popular among international guests, clinching the top spot in the "Top 10 Tourist Destinations in Niigata Prefecture for Foreign Tourists in 2023" guide. On the upper part of the slopes, GALA Yuzawa is connected to Yuzawa Kogen Ski Resort and Ishiuchi Maruyama Ski Area on both sides. Purchase the YUZAWA SNOW LINK Three-Mountains Common Ticket, to get access to a whopping 48 courses across three ski resorts—incredible value for triple the fun.

雪場的滑雪中心與GALA湯澤車站直接連通, 移動時間幾乎為零, 絕佳的便利性是一大特色。一下新幹線眼前就是滑雪場, 售票處, 搭乘空中纜車上山後, 滑雪區域分成北、中、南三個區域, 累積了充沛又優質的雪。從初學者可以玩的緩坡到高階玩家也會滿意的陡坡, 共有16條各種難度的滑雪道。還有讓兒童玩耍的「雪上遊樂區」以及「雪上摩托車觀景之旅」等豐富的娛樂活動。GALA湯澤在外國遊客中也非常受歡迎, 曾在2023年度受外國觀光客歡迎的【新潟縣觀光地排行榜前10名】中榮獲第一名。滑雪場的兩側分別與湯澤高原滑雪場和石打丸山滑雪場相鄰, 只要持有YUZAWA SNOW LINK三山共通票, 就能以超值價格玩到三座滑雪場, 樂趣也三倍, 全部合起來共有48條滑雪道能玩!



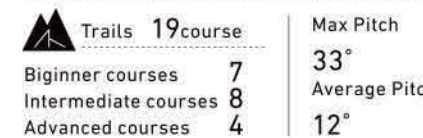
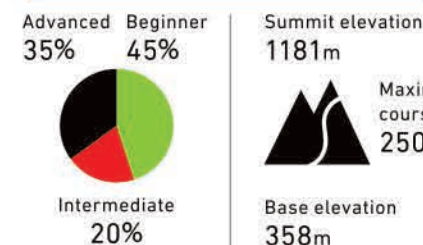
Outstanding Ski Rental Quality 租借用品質一流!

Show up empty-handed, and you'll find top-notch equipment ready for you. The latest models of both skis and snowboards are available here.

GALA湯澤滑雪場的特點之一是這裡租借的用品質很好, 應有盡有, 不用自備就能去玩! 單板雙板都有最新款式。



DATA



GALA Yuzawa Snow Resort

▶ Open 8:00-16:30
▶ Season December 16, 2023 to May 6, 2024

1039-2 kayabira, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6101

gala.co.jp/winter/
@galayuzawa_official

Yuzawa Kogen

Ski Resort

湯澤高原滑雪場

Ride the ropeway and enjoy the spectacular view of snowy mountains from above the clouds

坐上索道纜車從雲端欣賞雪山絕景

Yuzawa Kogen boasts excellent access from Echigo Yuzawa Station, which is only 8-minutes walk away. Situated adjacent to the Echigo-Yuzawa hot spring resort area, the world's largest ropeway, with a capacity of 166 passengers, takes you to an altitude of approximately 1,000 meters in just 7 minutes. The spectacular view of the white, vast Unuma Plain from the top of the mountain will take your breath away. In addition to skiing and snowboarding on the high-quality powder snow, we also recommend the "Snow Terrace", where you can enjoy a panoramic view of the snow-covered mountains while relaxing in a café. There are two "snow amusement parks", one at the foot of the mountain and the other at the top, where young children can safely enjoy various activities in the snow such as slides, sledding, and snow tubing. Yuzawa Kogen is a place where the whole family can spend a fun time playing in the snow whether you are skiing or not. With the newly introduced YUZAWA SNOW LINK ticket, which grants access to three mountains, you can freely enjoy a total of 48 courses across GALA Yuzawa and Ishiuchi Maruyama, which are connected by ropeway and lift, for even more fun!

開湯澤高原擁有絕佳的便利性，從越後湯澤車站走路只需8分鐘就能到。與越後湯澤溫泉街相鄰，坐上可載166人的世上最大型的索道纜車，僅僅7分鐘的空中散步時間，就能抵達海拔1000公尺高的世界。從山頂上望見的魚沼平野是一幅遼闊的雪白美景，美得令人不禁屏息。這裡的粉雪品質良好，可以暢玩單雙板滑雪，除此之外還有「白雪露臺」，供人坐在咖啡館欣賞完整的雪山全景，悠適地放鬆休息。山腳與山頂各一座「白雪遊樂園」，提供溜滑梯、滑雪橇和滑雪圈等等，小孩同樣能放心體驗各種雪上遊戲。在湯澤高原上您可以和全家一起玩雪，度過幸福時光。不論滑不滑雪都能全家一起幸福玩。使用新登場的YUZAWA SNOW LINK三山共通票，就能自由自在地搭乘索道纜車或登山吊椅去GALA湯澤和石打丸山滑雪，所有滑道合起來居然有48條！讓樂趣更加倍。



Making your debut on snow!

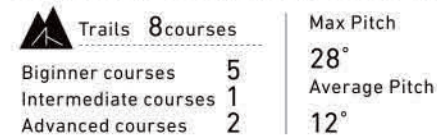
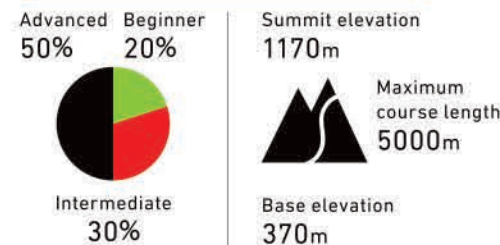
在玩雪公園首次玩雪

"Yuki Asobi Park" is equipped with a 100m covered escalator that allows you to effortlessly enjoy the snow without taking lifts, walk, or feel cold.

「玩雪公園」非常適合第一次玩雪，還有體驗單雙板滑雪。場地裡設有100公尺的附遮罩電扶梯，因此不用坐登山吊椅或走路，也不會感到寒冷，可以輕鬆地享受玩雪的樂趣。



DATA



Yuzawa Kogen Ski Resort

► Open 8:30-17:00
► Season December 16, 2023 to April 7, 2024

490 Yuzawa, Yuzawa-nachi, Minamiuonuma-gun, Niigata 949-6101

yuzawakogen.com/

@yuzawakogen

@yuzawakogen

NASPA Ski Garden

NASPA滑雪花園

Just for skiers make this a place where first-time skiers especially can go safely and with ease of mind!

滑雪玩家專用的場地，尤其是可以放心又安全地挑戰首次滑雪！

NASPA Ski Garden is directly connected to NASPA New Otani. This hotel and ski resort is about three minutes by free shuttle bus from Echigo-Yuzawa Station and their mascot is PINGU. Their nowadays rare skier-only slopes are equipped with 8 courses and 2 of them are full-length courses from the summit which even beginners can enjoy; with intermediate to advanced courses such as a long 2km course, steep slopes, mogul road, powder snow area and trick park, etc., they accommodate every skier. The sled-only Pingu Kids Garden and plentiful snow activities also hold appeal. Even without skiing, you can find immensely satisfaction in the snow activities and hot springs. Also, the First Adventure Area where kids can take ski school lessons is popular and it supports first-time skiers. At NASPA, you can rent gear and be accommodate with restaurant menus in English. If you stay at the hotel, which is 0 minutes on foot from NASPA Ski Garden, you can ride the ski lift as many times as you want during your stay, and you can enjoy the buffet which has 70 different items.

NASPA滑雪花園與NASPA新大谷飯店直接連通，這裡是一座飯店結合滑雪場的度假村，採用PINGU（企鵝家族）當形象角色，從越後湯澤車站搭免費接駁巴士大約3分鐘就能抵達。雙板滑雪玩家專用的場地在現今很稀少，這裡設計了8條滑道，適合任何滑雪玩家遊玩，包括新手能從山頂開心滑的全長2.2公里長程滑道，以及陡急斜坡、饅頭斜坡、非壓雪區域、公園等為中高階好手設計的滑道。另外設有玩雪橇專用的PINGU兒童花園，還充滿各種雪上娛樂活動。不玩滑雪還有雪上娛樂活動和溫泉，玩得超滿足首次冒險區也很受歡迎，會幫助大家挑戰第一次滑雪，兒童可以在這裡上課。在NASPA，租借裝備和餐廳菜單都提供中英文服務。從飯店走路0分鐘就能抵達「NASPA滑雪花園」，待在這裡玩的時間裡能無限搭乘吊椅纜車，更有多達70種的Buffet自助餐可供享用。



A Hot Spring with Snowy Landscape

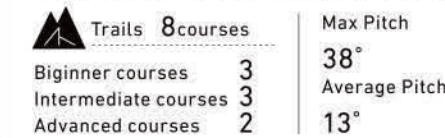
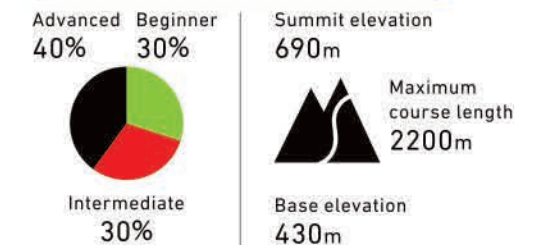
泡溫泉，望著雪景盡情放鬆

The 9,000 square-foot large bath is a natural hot spring and pleasant outdoor bath is also provided. One day trip bathing is possible.

溫泉是NASPA得意的一項特色，250坪的大浴場提供天然溫泉，讓您望著眼前壯麗的大自然，一邊泡澡，還附設舒適的露天溫泉，開放一日遊顧客入浴。(9:00至17:00:1,500日圓)



DATA



NASPA Ski Garden

► Open 8:30-17:00
► Season December 22, 2023 to March 31, 2024

2117-9 Yuzawa, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6101

www.naspanewotani.com/

@naspaski_official

@ski.garden

Maiko Snow Resort

舞子滑雪渡假村

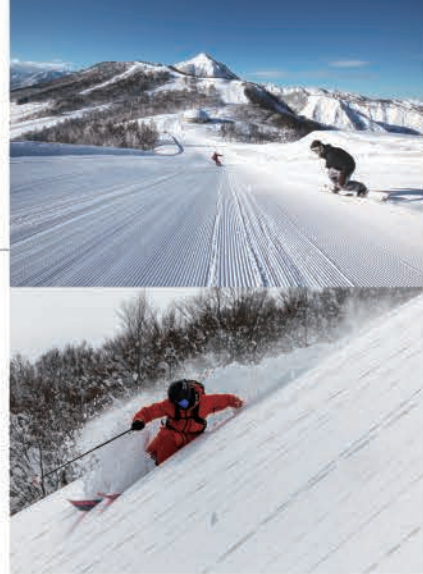
A multipurpose resort that meets every need, from skiing, playing in the snow, gourmet, relaxing

滑雪、玩雪、美食、放鬆身心，多元度假村滿足任何需求

Convenient access just 1 minute from the nearest IC! About 20 minutes ride on the free shuttle bus from Echigo Yuzawa station. The slopes have 26 courses with the longest run being 6,000 meters. From wide, gentle slopes that are safe for beginners to some of the steepest slopes in the Yuzawa area, non-compacted snow courses where you can enjoy skiing in powder snow, and the Haglōfs tree run area, there is a great variety of slopes to enjoy. In addition, the snow park offers a wide variety of items, so everyone from beginners to experts can enjoy FUNRIDE to the fullest throughout the day. The "Day Trip Ski Center" is a base for visitors on day trips to enjoy Maiko to the fullest. This all-in-one facility, complete with a hot spring, day care center, free restrooms, and restaurants, provides visitors with all they need for a convenient and comfortable day trip. For visitors who prefer to stay overnight, we recommend a relaxing resort stay at "Maiko Kogen Hotel", which is directly accessible to the slopes. Convenient facilities make both day trips and long hotel stays attractive. Maiko's advantage is its ability to meet a variety of different needs.

從最近的交流道前往只要一分鐘，快速便捷，便利度堪稱終極！從越後湯澤車站搭乘免費接駁巴士前往約需20分鐘，場地規模浩大，由3塊區域及26條滑道組成，最長滑道距離長達6,000公尺。滑道豐富，滑起來樂趣十足，從初階玩家感到安心的寬廣平緩斜坡，再到湯澤地區數一數二的陡急斜坡、能暢玩粉雪的非壓雪滑道以及Haglōfs林間滑道區等等。還有與眼鏡品牌ELECTRIC合作打造的雪地公園提供豐富的滑雪設施，初學者或高階玩家都能一整天盡享FUN RIDE樂趣。

特別設計的「一日遊滑雪中心」讓遊客當天往返也能在舞子玩得盡興。中心裡集結了溫泉、托兒室、免費休息室與餐廳，為您的一日遊提供便利又舒適的服務。如果是喜歡住下來玩的人，建議選擇與滑雪場直接連通的「舞子高原飯店」，享受放鬆的度假住宿。滑雪場服務方便，不論一日遊或長期住飯店都很迷人。能滿足各種需求是舞子的強項。



A restaurant with a diverse menu

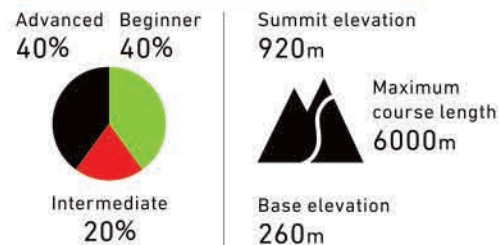
餐點豐富的滑雪場餐廳

In addition to the usual ramen and curry, Café at the Top Itadaki has an expansive menu. The authentic seafood rice bowls at Unuma Kamakura or the burgers at Whistler Café are both highly recommended.

位於箱型纜車山頂側的「CAFÉ at the TOP ITADAKI」除了經典拉麵和咖哩之外，其他菜色也很豐富。也很推薦一日遊滑雪中心內的南魚沼市熱門店「魚沼釜藏」的正宗海鮮蓋飯和WHISTLER Cafe的漢堡。



DATA



Maiko Snow Resort

► Open 8:30(weekdays)8:00(weekends)-17:00
► Season December 20,2023 to March 31,2024

2056-108 Maiko Minamiuonuma-shi Niigata 949-6423

www.maiko-resort.com/

@maikosnowresort

@maikosnowresort

Yuzawa Nakazato Snow Resort

湯澤中里滑雪度假区

Ideal for families and beginners: guaranteed good times!

家庭、初學者都能度過悠閒愜意、心滿意足的一天

With JR Echigo-Nakazato Station (JR Joetsu Line) directly connected to Nakazato Ski Center, getting to Yuzawa Nakazato Snow Resort is a breeze. The ski grounds are compact, but still have a wide variety of ski runs. There are mostly wide, gentle slopes to make it easy for beginners and families as well as steep slopes with ungroomed snow.

At the base of the resort, the Angel Gelände has 100-meter, domed magic carpet. Good for total beginners who are afraid of getting on and off a ski lift.

The resort also has many indoor rest spaces where you can take off your ski boots and take a break. They include the retired Blue Train where you can relax inside the stationary train car and facilities with family spaces having a panoramic view of ski slopes.

There are also six restaurants each serving different cuisine such as ramen, takoyaki, pizza, and hamburger steak. Great for first-time skiers and snowboarders! Full of fun in the snow! Yuzawa Nakazato is very family- and beginner-friendly where your entire family can enjoy snow activities to the fullest at your own pace.

滑雪中心與 JR 越後中里站直接相連，交通便利。滑雪場從初學者和家庭也能安心遊玩的寬闊緩坡，到非壓雪的陡坡，麻雀雖小，但路線齊全。練習場的「天使坡」設置了 100 公尺的雪上自動步道，因此即使是害怕上下纜車的初學者也能安心地挑戰第一次滑雪。場內也有許多可以脫掉雪靴稍事休息的自由空間，包括運用車廂打造的藍色列車休憩所、可以一覽滑雪場全景的家庭專用自由空間等。另外，還有六家各具特色的餐廳，除了拉麵、章魚燒等日本料理外，還可以品嚐到披薩、漢堡等餐點。適合第一次玩雙板滑雪或單板滑雪的人！也是玩雪的最佳選擇！湯澤中里滑雪度假区非常適合家庭和初學者，是可以全家一起悠閒愜意地盡情玩樂一整天的地方。



Lessons in English and Chinese

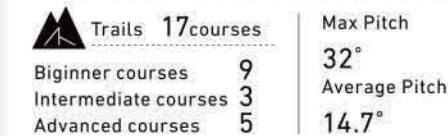
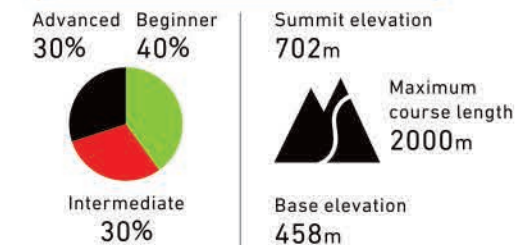
提供英文和中文教學的滑雪學校

Yuzawa Nakazato has English and Chinese ski schools. Advance reservations are required.

湯澤中里滑雪度假区設有兩間英文和中文滑雪學校，由來自海外的優秀教練指導雙板滑雪和單板滑雪課程。為你帶來別具意義的體驗。二者都接受事前預約，動身前往之前請記得預約。



DATA



Yuzawa Nakazato Snow Resort

► Open 8:30-16:30
► Season December,21 2023 to March,31 2024

5044-1 Tsuchitaru,Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6103

www.yuzawa-nakazato.com/winter/

@yuzawanakazato

@yuzawanakazato

Naeba

Ski Resort

苗場滑雪場

There's way more to enjoy than just the slopes at this large-scale snow resort

不只是滑雪,還有無盡樂趣的大型滑雪度假村

Naeba Ski Resort is the most famous ski resort in Japan and has much more than just slopes for you to enjoy. The 24 trails down the wide slope before the iconic Naeba Prince Hotel include an ungroomed area with fluffy powder snow, a 4 km long trail, park areas divided up by skill level, and much more, making this resort great no matter how you like to ski or snowboard. It's also a great place for families or giving kids their first snow experience. Families love the Waku-Waku Family Snow Land, where admission includes all sorts of snow toys like snow tubes and sleds. There are also snow escalators which make getting up the hill a breeze and help you to have as much fun as possible. Kids can improve quickly by taking ski and snowboard lessons at Pandaruman. Try riding a two-person snowmobile at the Kappa Snowmobile Land! It's a great place to have a new experience with your child. Also, starting this season, foreign guests can enjoy outdoor tours with snowshoes and more at the Sherpa Adventure Center! This resort is packed with activities to enjoy all day long.

娛 樂度假村 Mt. Naeba 是日本最著名的滑雪場,除了滑雪以外,還有體驗不完的樂趣。著名的苗場王子大飯店前方就是寬廣的滑雪場,擁有 24 個滑雪道,包括可以享受鬆軟粉雪的非壓雪區、長達 4 公里的長雪道,無論什麼程度都可以玩得盡興的雪上樂園等等,可以滿足所有滑雪需求。也適合闔家出遊,孩子首次滑雪!在深受家庭歡迎的「家庭雪上樂園」,只要一張門票就能享受雪上滑輪胎、雪橇等各式各樣的遊樂設施。這裡還設有雪上電梯,不用費力爬山即可輕輕鬆鬆地享受各種樂趣。在「熊貓兒童滑雪學校」,孩子可以參加雙板滑雪和單板滑雪課程,快速成為雪地高手。在「Kappa 雪上摩托車樂園」,還能體驗駕駛雙人座雪地摩托車!可以親子二人一起輕鬆挑戰。此外,從本季開始,「Sherpa 探險中心」也將為外國遊客提供「雪鞋健行」等戶外旅遊行程!琳瑯滿目的活動,可以讓你玩上一整天。



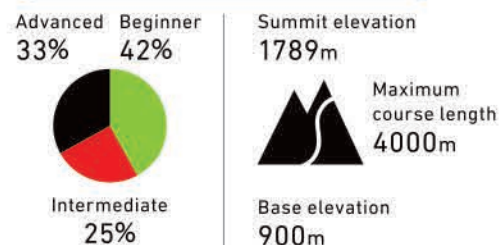
Gorgeous! The morning gondola
清晨搭乘雪地纜車欣賞壯麗的雪景

After staying a night at the Prince Hotel, this plan lets you ride the early-morning gondola to see the silvery snow scenery.

入住王子大飯店的隔天可以參加賞雪行程,在清晨搭乘纜車,欣賞一片銀白的美景。從山頂站還能一覽壯麗的越後山脈,如果時機對了,還能看到樹冰和雲海。



DATA



Naeba Ski Resort

► Open 8:00-17:00
► Season December 16, 2023 to April 7, 2024

202 Mikuni, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6212

www.princehotels.co.jp/ski/naeba/winter/

@naebaski_official

@SnowNaeba

Kagura

Ski Resort

神樂滑雪場

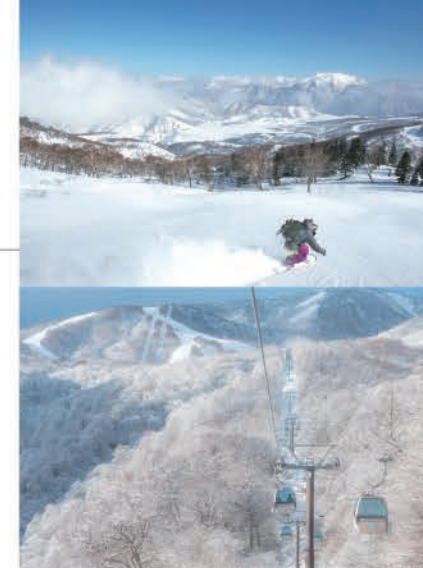
Enjoy the powder and get an authentic backcountry experience during the long season

進入滑雪季,還能體驗粉雪和真正的野地滑雪

The expansive Kagura Ski Resort is composed of the one-of-a-kind Kagura, Tashiro, and Mitsumata triple zone. The Dragondola which connects Naeba to the Kagura/Mitsumata area is Japan's longest gondola at a length of 5.5 km, and you can enjoy a roughly 20 minute walk in the sky while taking in the remarkable scenery. The Kagura area boasts an exceptional amount of snow, even for the Yuzawa area, and is famous for its high snow quality. Due to the high elevation you can expect powder snow up until early spring, and the long season lasting until the end of May is another reason for its popularity.

The slope has a diverse array of trails including powder, moguls, and steep hills for a dynamic skiing or snowboarding experience, and you can also access the backcountry from the top of the slope at an elevation of 1845 meters. The incredible location at just 2.5 hours away from central Tokyo is another appeal of Kagura. There are also guided tours aimed at beginners which are great opportunities to have your first backcountry experience with peace of mind. In contrast, the Mitsumata area has lots of fun attractions like a kids' slope. It's popular with families with small children.

神 樂滑雪場由三個區域組成,上方為「神樂」,下方為「三俣」,「田代」區則可透過田代索道抵達。你可以在苗場、神樂、三俣地區之間自由移動。「龍纜車」是日本最長的纜車,在全長 5.5 公里、全程約 20 分鐘的空中散步中,你可以欣賞到令人驚嘆的美景。神樂區的積雪量即使在湯澤地區也屈指可數,更以雪質優良而聞名。由於海拔較高,滑雪季可持續到五月下旬,到早春都可享受粉雪,也是這裡受歡迎的原因之一。滑雪練習場有粉雪、雪包、大陡坡等豐富的路線,讓你享受充滿活力的滑雪樂趣,還能從海拔 1845 公尺處展開野地滑雪的冒險旅程。神樂滑雪場另一個極具魅力之處是極其優越的環境,從都心只需 2.5 小時即可進入野地。滑雪場也為初學者提供導覽行程,讓你安心地享受第一次野外體驗。相對地,三俣區則有兒童滑雪場等許多有趣的遊樂設施,深受有小朋友的家庭歡迎。



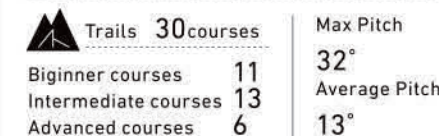
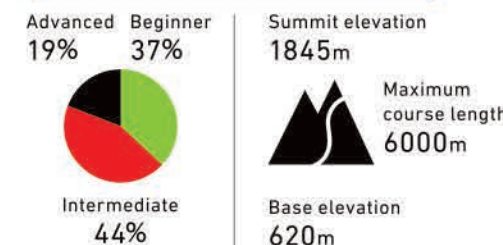
Fantastic scenery on the Dragondola
搭乘龍纜車享受絕景空中散步

The 20-minute trip aboard the Dragondola gondola, connecting Naeba and Tashiro, offers non-stop beauty and excitement.

搭上連接苗場和田代高原的龍纜車,在這約 20 分鐘的空中散步中,美景與感動連續不斷,途中可以看到閃耀祖母綠色澤的美麗二層湖、野生動物的足跡、驚險的陡坡,讓人雀躍不已!



DATA



Kagura Ski Resort

► Open 8:00(Weekday) 7:30(Weekends)-16:30
► Season December 23, 2023 to May 19, 2024

742 Mitsumata, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6211

www.princehotels.co.jp/ski/kagura/winter/

@kagura__gram

@snowkagura

Kandatsu Snow Resort

神立高原滑雪場

Unparalleled convenience and fun! An ideal day trip paradise

極致便利、極致樂趣！可當日來回的滑雪天堂

Just a quick 7 minutes ride on the free shuttle bus from Echigo Yuzawa Station, it's incredibly easy to reach. What sets it apart in the Yuzawa area is that it opens as early as 7 AM on weekends plus holidays and stays open until 2 AM on Fridays, Saturdays, and the night before holidays. You won't find another ski resort that offers such a long and fulfilling snow sports experience. This resort also provides hot springs, saunas, and Wi-Fi-equipped rest areas as well as a wide array of dining options, everything you need for a day trip packed with top-notch convenience, comfort, and enjoyment in Japan. And, as if that wasn't enough, top-quality and abundant 100% natural snow is guaranteed! The slopes provide a 3,500 meter long run suitable even for beginners, with non-groomed powder snow areas, mogul fields, and steep slopes with inclines of up to 45 degrees to keep both beginners and advanced skiers satisfied. They even offer a variety of parks, from beginner to intermediate and advanced parks where you can hone your skills. The high-quality snow park here has gained quite a reputation in Japan.

越後湯澤站搭乘免費接駁巴士約 7 分鐘即可抵達，交通極為便利。湯澤地區僅本滑雪場於週六、日及例假日於早上 7 點即開始營業，且週五、六及例假日前一天更設有開放至深夜 2 點的超長夜間營業時間。只有此滑雪場能讓您如此徹底且充分地利用一天的時光。該滑雪場之纜車券亦有白天 4 小時券及夜間 4 小時券等選擇，讓遊客能充分利用時間，相當周到且貼心。這裡設有能讓人放鬆身心的溫泉與三溫暖，以及備有 Wi-Fi 的小憩空間、多間菜色選擇豐富的餐飲店等，構成美好一日遊的元素一應俱全，其便利性與舒適度在日本堪稱頂級。而且這裡還擁有優質且豐富的 100% 天然雪喔！雪場設有未經壓雪之粉雪區，初學者亦可享受 3500m 的長程滑行樂趣，更有凹凸小丘區與最大坡度達 45 度之陡峭坡道等，初學者至高階者均能盡情享受滑雪樂趣。此外更設有各種不同的雪地公園，如備有各種初學者亦能放心遊玩的器具之初級公園，以及適合想要磨練技術的中高階者的公園等。這些優質的雪地公園也讓神立在日本相當名聞遐邇。



Instagram-worthy Photo Hotspots

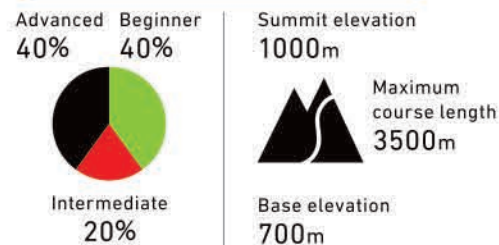
設有多處拍照打卡點

Viewed from an elevation of 1,000 meters, the breathtaking Echigo mountain range, blanketed in abundant snow, offers a view that will leave you in awe.

從海拔 1,000m 處眺望，越後地區壯麗的群山披上皚皚白雪的身姿美得令人陶醉。神立擁有豐富的雪景、水景與自然景觀，是個能讓遊客盡情體驗、享受冬季樂趣的渡假勝地。



DATA



Trails 16 courses	Max Pitch 45°
Beginner courses 5	Average Pitch 17°
Intermediate courses 5	
Advanced courses 6	

Kandatsu Snow Resort

- ▶ Open 8:00(Weekday)
- ▶ 7:30(Weekends,Holidays)-17:00
- ▶ Season December 16,2023 to April 21,2024

4121-1 Kandatsu, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6102

www.kandatsu.com/

@insta.kandatsu

Muikamachi Hakkaisan Ski Resort

六日町八海山滑雪場

A seven-minute aerial adventure to the clouds at 1,147 meters!

7分鐘空中漫步，直奔海拔1,147公尺的雲上！

The Muikamachi Hakkaisan Ski Resort is equipped with a ropeway along with three lifts. Covering an expansive 31-hectare area, offering a maximum ski run of 5,280 meters, and featuring an impressive altitude difference of 820 meters, the resort unfolds across approximately 11 different slopes. The view from the ropeway and lifts, gazing upon the snow-clad Echigo mountains and the vast Uonuma plain, gives you the sensation of walking in the skies above the clouds. The resort caters to a wide range of skiers, from beginners, including international guests and kids, to intermediate and advanced skiers. You can enjoy challenging slopes with gradients of up to 35 degrees and mogul slopes that allow you to savor the breathtaking views of Hakkaisan, both of which will satisfy even the most veteran skiers. Each slope promises a sense of accomplishment and exhilaration. After a day of skiing, indulge in the delectable mushroom udon or soba noodles at the Base Camp Restaurant. They are renowned specialties of the ski resort. And be sure to taste the nationally celebrated Japanese sake, "Hakkaisan," as well as Hakkaisan's craft beer, "Rydeen."

六日町八海山滑雪場位於海拔1,147公尺，有4條車程約7分鐘的纜車可供搭乘前往，占地面積31公頃，在最长滑行距離5,280公尺、高低差可達820公尺的寬廣場地上坐擁11條滑雪路線。從纜車眺望越後群山及遼闊的魚沼平原雪景，感覺猶如在雲上空中散步。初級者路線為坡度緩和的大斜坡，可供初次穿戴滑雪裝備的海外旅客及兒童輕鬆挑戰；還有多種令中上級玩家大呼過癮的專業路線，如坡度最大可達35度的陡坡及未壓雪的雪道等，滑起來不只驚險刺激，更將八海山絕景盡收眼底。無論哪個雪道，都能帶給你無與倫比的成就感和爽快。盡情滑雪過後，不妨到大本營餐廳來碗香菇烏龍麵或蕎麥麵吧？這可是滑雪場自豪的美食呢。另有日本家喻戶曉的日本酒「八海山」及當地精釀啤酒「RYDEEN」，切勿錯過。



Enjoy a breathtaking view!

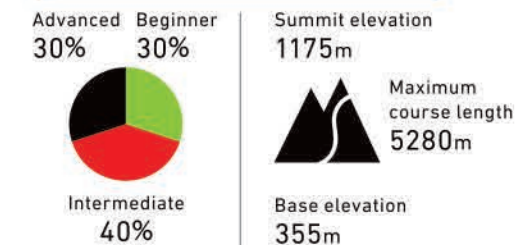
從雲海纜車擁抱絕景！

This awe-inspiring view on the ropeway the "Sea of Clouds," is not only Instagram-worthy but makes you feel like you've left the world behind.

八海山滑雪場有引以為傲的「雲海纜車」，山頂位於海拔1,147公尺的雲上。可360度環視白雪皚皚的世界和籠罩整個魚沼平原的大片雲海，景色之神聖不只拍照打卡好看，感覺還挺吉利的呢！



DATA



Trails 11 courses	Max Pitch 35°
Beginner courses 3	Average Pitch 18°
Intermediate courses 5	
Advanced courses 3	

Muikamachi Hakkaisan Ski Resort

- ▶ Open 8:30-16:00
- ▶ Season December 23,2023 to March 31,2024

1610 Yamaguchi, Minamiuonuma, Niigata 949-7121

www.princehotels.co.jp/ski/hakkaisan/winter/

@hakkaisanski

Find everything you need for the winter season.

冬天所需的用品全都在這。

AREA NO. 1 SKI & SNOWBOARD SHOP Xraeb SPORT

Just an eight-minute walk from the East Exit of Echigo-Yuzawa Station, or a three-minute drive from the Yuzawa Interchange of the Kan'etsu Expressway, Xraeb Sport is a specialty ski and snowboard shop well-known throughout Japan for carrying the latest gear and tune-up machine.

We offer an extensive lineup of warm down jackets and snow wear, as well as high-quality items from The North Face, Burton, and other brands. We also carry an assortment of items that will satisfy the needs of everyone from children to top athletes. At Xraeb Sport, you will find everything you need to enjoy your trip to Yuzawa.

This is also a great place for those trying skiing or snowboarding for the first time. With a wide selection of famous sports brands and products only available here—literally in all of Japan—you're sure to find the ideal gear for different body types and ages. Equip yourself with what you need at our store and make your visit to Yuzawa-machi more enjoyable!

Xraeb SPORT位於距離越後湯澤站東口步行 8 分鐘；從關越自動車道湯澤交流道出發開車 3 分鐘之處。是一間具備最新裝備跟維修系統，在日本蔚為話題的滑雪板和單板滑雪板專賣店。

不但有溫暖的羽絨外套和滑雪服，來自 The North Face 和 BURTON 等高檔品牌的產品也相當豐富。從供小朋友用到供頂級運動員用的產品，種類齊全，令人滿足。

當您來到這裡，您會找到享受這座小鎮之旅所需的一切。也推薦給第一次想挑戰滑雪板和單板滑雪板的人。從知名運動品牌到全日本只有這裡才有的產品，品項豐富齊全，一定能找到適合各種身形和年齡的裝備。請做好充分準備，讓湯澤町觀光之旅變得更好玩！

Brands handled

經手品牌



The latest tune-up machine— one of only a handful worldwide

全世界只有數台的最新調整機

The large tune-up machine at Xraeb Sport is the only one of its kind in Japan, and one of very few globally. This high-tech machine performs fully automatic tune-ups similar to those performed for Alpine racers, including grinding the soles and edges, setting the bevel angles, and refining the base structures of both skis and snowboards. Don't miss this chance to experience a tune-up only available here!

If you are short on time, you can also maximize the performance of your snowboard with the waxing machine "Wax Future"!

Xraeb SPORT 擁有世界上只有數台的巨大調整機。Xraeb SPORT 是日本唯一有設置這種機台的店家。這是一種高科技機台，可進行類似《Alpine Racer》般的全自動調整，像是對滑雪板和單板滑雪板的底部及側邊進行研磨、調整角度和結構等等。想不想來體驗看看全日本只有在此處才能嘗試到的全自動調整呢？另外，沒有時間的人也可以用蠟滲透機「WAX FUTURE」來為自己滑雪板的滑動性能提升至極限！



An extensive product lineup

店內商品豐富多元

Find the perfect item for your needs from our wide selection of products. Our knowledgeable staff will be happy to assist you if you have any questions, so you can shop with peace of mind.

從店內排得密密麻麻的商品中，尋找適合你的商品吧。如果有任何不明白的地方，擁有豐富專業知識的工作人員將告訴你答案，好安心。



Try out the latest gear on a test ride!

來試滑體驗最新裝備吧！

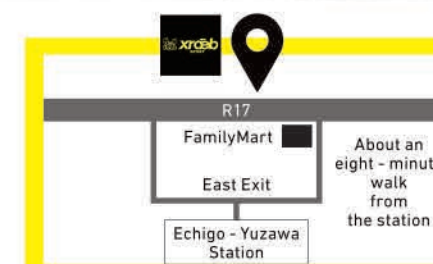
A wide variety of test skis are available at Xraeb Sport; try them out in person on the shop's test ride equipment.

店內有許多供人試滑的滑雪板。你可以在試滑專用機上實際滑滑看。



Xraeb Sport has a café corner, a great spot for a break during or after shopping.

店內也有附設咖啡廳區，最適合購物完小憩。



Google Map

Address: 39-8 Kandatsu, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6102
Phone: 025-788-1788
Business hours: 10 a.m. to 7 p.m.
Open daily from December to March

地址：39-8 神立 湯澤町 南魚沼郡 新潟縣 949-6102
電話號碼：025-788-1788 營業時間：10:00~19:00
12月~3月期間無休



Website

COUPON

One free coffee.

凡光臨本店的顧客可獲贈一杯免費咖啡

Cupidvalley

Cupidvalley

Scenic skiing with grand views of the Japan Sea

路線豐富多樣，還能體驗讓人親近大自然山岳路線

Cupidvalley, famous for heavy snowfall, gets over ten meters of snow annually! Being on the northern face of the mountain, the snow quality is excellent. The twelve ski runs provide a wide variety of slopes. They include the longest run of 4,000 meters with uncompacted powder snow, a tree run, steep slope with moguls, easier medium-grade slopes, and a variety of beginner slopes.

Since all twelve ski runs are accessible from the summit, beginners as well as advanced skiers can ride the ski lift together as a family or group and ski down their preferred ski runs. There is also a kids snow park for small children to play in the snow. Cupidvalley is therefore geared for the entire family to have fun.

Another major highlight of Cupidvalley is the beautiful scenery. On clear days, enjoy spectacular views of the Sea of Japan while skiing down from an elevation of 920 meters. You might even see Sado island! After skiing, relax in a hot spring bath at Yukidaruma Onsen Kubikino within Cupidvalley. The hot spring water comes directly from the source, so the bath water is always fresh. Skiers can enjoy the hot spring for only ¥500 by showing their ski lift pass.

大名鼎鼎的邱比特山谷人稱大雪滑雪場，厚度居然達10公尺以上！場地地位北側斜坡，雪質非常優良。全部共12條滑道，種類豐富多樣，最長滑道距離長達4,000公尺，其中包括累積粉雪的非壓雪地區、林間滑道、饅頭、陡急斜坡、滑起來輕鬆的中度斜坡，還有豐富的初學者滑道。所有路線共12條，從山頂都能前往，如果團體裡每人滑道技術的等級不同，也能一起坐吊椅纜車，遊覽場地各處。如果小孩喜歡玩雪還有兒童公園，精心設計得讓全家大小能一起同樂。

邱比特山谷一大特色是這裡的景觀之美。天氣晴朗時，可以從海拔920公尺的高處望著日本海的絕景，暢快滑雪。有時還能望見海面上的佐渡島！滑完雪後歡迎到滑雪場裡的「雪人溫泉 久比岐野」，悠哉地放鬆休息。溫泉採源泉掛流式，出示當天的纜車券，可享500日圓泡溫泉的優惠。



Smile Kids Park for fun in the snow

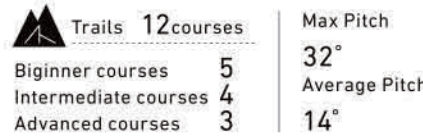
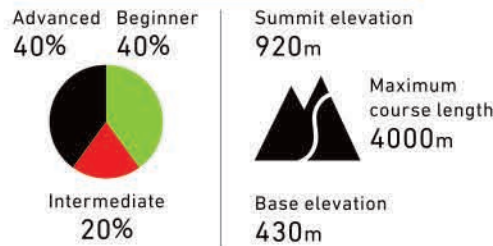
微笑兒童公園，專為玩雪而設計

The Kids Park has snow escalators to go back up the easy slope. Enjoy snow equipment including sleds, snow tubes, and striders—all for free!

專為玩雪而設計的兒童公園設有雪地電扶梯，有小孩的家庭都十分青睞。雪橇、雪胎、雪上滑步車等設備全部免費無限暢玩！不用帶任何東西就能直接來！



DATA



Cupidvalley

▶ Open 8:30-16:30
▶ Season December 16, 2023 to March 17, 2024

4820 Sugawa Yasuduka-ku, Joetsu-shi, Niigata 942-0534

www.yukidaruma-kogen.com/winter.html

@cupidvalley

@yukidarumakogen

Muica Snow Resort

六日滑雪場

Experience the great outdoors on a wide variety of courses, including mountain courses

路線豐富多樣，還能體驗讓人親近大自然山岳路線

On weekends and holidays, a free shuttle bus operates on a regular basis from Muikamachi Station, taking just 10-15 minutes to arrive. The slopes feature a diverse set of 12 courses, including a kids' park where young children can enjoy sledding, medium slopes where one can have fun making high-speed turns, and non-compacted snow courses where one can enjoy the powder snow. The spectacular panoramic views of Mount Hakkai, the Three Mountains of Echigo, as well as the city of Minamiuonuma is one of the charms of Muica Snow Resort. Advanced skiers are invited to take up the challenge of the mountain course (application required for entry), managed by the resort. This is the perfect way to experience backcountry skiing for the first time. You can enjoy skiing in deep powder! Automatic IC ticket gates are installed this season, making it more convenient to ride the lifts directly. For lodging, we recommend the Muica Onsen Hotel adjacent to the slopes. A shuttle bus to and from Muikamachi Station is available by reservation at any time for guests staying at the hotel. Enjoy a relaxing soak in a hot spring overflowing with Japanese ambience, together with a star-filled night sky.

六週日及節日會有免費接送巴士從上越線六日町車站定期開出。所需時間約10至15分鐘，交通輕鬆。滑雪場共安排了12條豐富的路線，有兒童園區，讓年幼孩童玩雪橇；中度斜坡可以暢玩加速過彎；還有非壓雪路線，能滑到粉雪。Muica Snow Resort的一大特色是這裡的絕佳風景，能飽覽八海山、越後三山和南魚沼市區。高階玩家歡迎挑戰管理區域外申請山岳路線，可以登上滑雪場上半部前往。雖然從滑雪場到得了，但能體驗山岳滑雪，感受大自然，非常適合首次體驗偏遠鄉村。嚴寒的冬季能盡情深度暢玩粉雪騎車！從本季開始新增IC自動檢票口，可直接乘坐登山吊椅，變得更加方便了。住宿方面，推薦入住緊鄰滑雪場的「MUICA溫泉飯店」。住宿顧客可隨時預約搭乘從六日町車站出發的接駁巴士。泡在充滿日本情懷的溫泉裡放鬆，欣賞滿天星空。



A panoramic view of the mountains

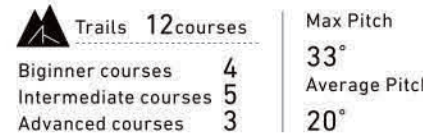
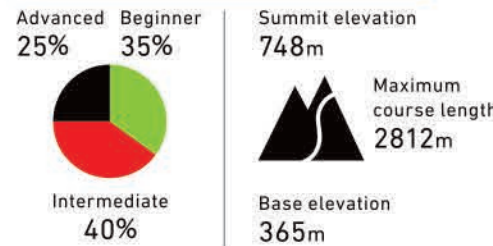
在主滑雪場能飽覽越後三山的絕佳景色！

The main slope, with a view of the magnificent Three Mountains of Echigo, is gentle and 200m wide, making it easy for beginners to make rapid progress.

在主滑雪場可以飽覽正前方雄偉越後三山的美景，最大寬度200公尺、平均斜度13度，場地寬闊且容易滑，初學者來玩也能快速進步。



DATA



Muica Snow Resort

▶ Open 8:30-16:00
▶ Season December 22, 2023 to March 24, 2024

2910-114 Koguri-yama, Minamiuonuma-shi, Niigata 949-6636

www.muikamachi.com/ski/

@muicasnowresort

@muicasnowresort

Joetsu Kokusai

上越國際滑雪場

A kid-friendly wonderland for unforgettable family fun

全家大小均能盡情歡笑,有如夢幻般的兒童天堂

Joetsu Kokusai is a vast snow resort that features a wide range of courses suitable for everyone, from beginners to experts. Additionally, there's a wealth of activities and events for families. There is a snow amusement park right in front of the hotel! You can enjoy your first play in snow safely and securely. Stay at Hotel Green Plaza Joetsu, situated right by the slopes, and create cherished family memories to last a lifetime.

上越國際滑雪場為占地遼闊的滑雪度假區,可分為四個區域。滑雪場除設有豐富多樣的雪道,讓初學者至專業人士均能樂在其中外,飯店前方更設有「兒童天堂」及「雪機樂園」等設施,並提供多采多姿的雪上運動及各式活動,讓初次接觸雪地的家族遊客也能享受雪地的樂趣。12/23~3/24(預定)期間內每天均有夜間營業,讓遊客能感受專屬於夜晚的雪體驗及幻想般的雪場風光。在直通雪場的「上越國際綠色廣場飯店(Hotel Green Plaza Joetsu)」更能享受舒適的住宿體驗,和家人一同留下最美好的回憶。



DATA	
Advanced Beginner 20%	Summit elevation 1017m
Beginner 30%	Maximum course length 6000m
Intermediate 50%	Base elevation 200m
0 gondola	19 lifts
Trails 22 courses	
Beginner courses 9	Intermediate courses 11
Advanced courses 2	Max Pitch 38°
	Average Pitch 13°

Joetsu Kokusai

► Open 8:15(Weekdays) 8:00(Weekends)-17:00
Night Skiing 17:00-20:30(12/23-3/24)

► Season December 2, 2023 to April 7, 2024

112-1 Kabanosawa, Minamiuonuma-shi, Niigata 949-6431

jkokusai.co.jp/ski/

@jokoku_ig

@jkokusai

Chateau-Shiozawa

Ski Resort

Chateau鹽澤滑雪場

70% of our trails feature safe and easy, gentle slopes—perfect for beginners

滑雪場內有 70% 都是適合初學者的緩坡,可以放心享受滑雪的樂趣

There are four lifts servicing a total of seven trails—70% of which are mostly moderate, gently sloping courses, making them easy to traverse for beginners. Even novices can access the top of the mountain, and smoothly get to the bottom without the need for detours. And another happy detail is that the resort is relatively uncrowded. With a fully stocked and fun kids' menu and a great selection of family events, this resort is ideal for anyone who wants to try skiing or snowboarding for the first time, or for families with children.

4 座纜車有 7 條延伸出去的雪道,其中七成適合初學者。擁許多程度適中的易滑緩坡。這座滑雪場令人開心的特點是初學者也能前往滑雪區頂端,順利地滑到底部,無需繞路,而且還有許多相對空曠的地方。另外還有許多豐富的家庭活動,跟適合兒童的餐點,因此非常適合第一次想挑戰雙板、單板滑雪的人,跟有孩子的家庭。



DATA	
Advanced Beginner 40%	Summit elevation 579m
Beginner 40%	Maximum course length 3000m
Intermediate 20%	Base elevation 210m
0 gondola	4 lifts
Trails 7 courses	
Beginner courses 4	Intermediate courses 2
Advanced courses 1	Max Pitch 37°
	Average Pitch 20°

Chateau-Shiozawa Ski Resort

► Open 8:30-17:00

► Season Late-December 2023 to March 31, 2024

2071 Shiozawa Minamiuonuma-shi Niigata 949-6408

chateau-shiozawa.jp

Iwappara

岩原滑雪場

Boasting bright, wide, and gentle slopes

以一整片橫向延伸出去、明亮寬闊的平緩斜坡為傲!

The slopes are well maintained and very easy to ski and snowboard on, so beginners and kids can enjoy skiing and snowboarding without any worries. In addition to 20 courses, which include advanced courses, there is also a kids' area and an enclosed practice area exclusively for skiing/snowboarding school. Rental equipment is also available, including everything from clothing to snow boots for playing in the snow. Iwappara Ski Resort provides the perfect environment for first-time skiers and snowboarders to make their debut on the snow.

斜坡維護得很好,因為非常好滑,所以連初學者跟兒童都能放心享受滑雪的樂趣。由於沒有遮蔽物,視野很好,充滿開放感的悠閒氛圍也很受人們歡迎。除了包含高手雪道在內的 20 條雪道之外,這裡還有兒童天堂及學校裡專門用來練習的課程專用雪道。連租賃商品也是應有盡有,從滑雪裝到玩雪用的滑雪鞋都一應俱全,是初登滑雪場不容置喙的理想環境!



DATA	
Advanced Beginner 20%	Summit elevation 985m
Beginner 40%	Maximum course length 4000m
Intermediate 40%	Base elevation 400m
0 gondola	9 lifts
Trails 20 courses	
Beginner courses 9	Intermediate courses 9
Advanced courses 2	Max Pitch 35°
	Average Pitch 14.6°

Iwappara

► Open 8:00-17:00 Night Skiing 17:00-19:00(Sat-20:00)

► Season December 23, 2023 to March 31, 2024

731-79 Tsuchitaru, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6103

iwa-ppara.com/

@iwappara_ig

@iwappara

Yuzawa Park

Ski Resort

湯澤公園滑雪場

Enjoy excellent beginner courses, and a soak in the onsite hot springs

交通方便,初學者雪道選擇豐富,更可享受泡湯樂趣

Yuzawa Park Ski Resort is a multi-facility resort that features its own onsite hot springs and hotel. Conveniently located just a 10-minute free shuttle bus ride from Echigo Yuzawa Station, the resort consists of 11 well-balanced courses ranging from gentle to steep runs, and boasts smooth, dry powder snow thanks to the north-facing slopes. There is also a kids' park where you can enjoy sledding, and where first-time skiers and small children can ski with peace of mind. After you're done skiing, relax in the natural hot springs for a quintessential Japanese experience.

湯澤公園滑雪場為集溫泉與飯店設施於一體之複合型度假設施。自越後湯澤站搭乘免費接送巴士僅需約 10 分鐘車程,交通相當方便。該滑雪場擁有 11 條雪道,平緩至陡峭的各種坡度應有盡有,選擇豐富多元,且朝北的斜坡地形讓該處得以維持鬆軟的粉雪,這點也是該滑雪場的驕傲。滑雪場內亦設有可享受雪機樂趣的兒童公園,首次接觸滑雪者及年幼兒童亦能安心玩樂。滑雪後還能泡個充滿日本風情的天然溫泉來消除



DATA	
Advanced Beginner 40%	Summit elevation 650m
Beginner 40%	Maximum course length 1500m
Intermediate 20%	Base elevation 440m
0 gondola	6 lifts
Trails 11 courses	
Beginner courses 4	Intermediate courses 6
Advanced courses 1	Max Pitch 31°
	Average Pitch -°

Yuzawa Park Ski Resort

► Open 8:30-17:00

► Season December 23, 2023 to March 31, 2024

1613 Tsuchitaru, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6103

www.park-resort.com/ski/

@yuzawaparkresort.ski

Nakazato Snow Wood Ski Resort 中里Snow Wood滑雪場

¥3000 day pass! You'll want to visit freely without the need to bring anything

一日券3000日圓! 兩手空空輕鬆來滑雪

Nakazato Snow Wood Ski Resort boasts excellent access from Echigo-Nakazato station, which is only 5 minutes. Because it is surrounded by forests, it is a ski resort with a romantic mood in the air. The slopes are all gentle slopes for beginners, so it's perfect for small children and guests who are first-time on snow.


交通非常便利，從上越線越後中里車站出發5分鐘就能抵達。周遭森林圍繞，滑雪場裡散發著浪漫的氣氛。雖然滑雪場規模小巧，但幾乎全是適合初學者和中階玩家的緩坡，最適合首次滑雪的人和小朋友來玩。

DATA	
Advanced Beginner 0%	60%
Summit elevation 670m	0 gondola 2 lifts
Maximum course length 1500m	Trails 2 courses
Intermediate 40%	Base elevation 487m
	Beginner courses 1 Intermediate courses 1 Advanced courses -
	Max Pitch 31° Average Pitch -

Nakazato Snow Wood Ski Resort

▶ Open 8:30-17:00
▶ Season December 16, 2023 to April 7, 2024

4731-2 Tsuchitaru, Yuzawa-machi, Minamiuonuma-gun, Niigata 949-6103



Hakkaisanroku Ski Area 八海山麓滑雪場

Not just ski with a superb view, you can enjoy sightseeing!

除了能邊欣賞美景邊滑雪還能觀光

The cozy ski slopes have 6 courses abundant in variations owing to the natural terrain. You can enjoy plentiful and quality powder consistently is another of its draws. Ryukokuji Temple, Tomioka White Museum, etc. are located nearby so that you also be able to enjoy sightseeing.


滑雪場氣氛舒適如家，擁有6條富有變化的滑道，運用豐富的自然地形設計而成。山頂是陡坡，山腰部有硬雪丘滑道和中度斜坡，底部還有寬敞的緩坡，讓初學者和小孩放心玩樂。這裡因為是日本數一數二的大雪地帶，能玩到穩定、大量又優質的粉雪，十分吸引人。附近還有龍谷寺和富岡白美術館等景點，除了滑雪還可以觀光。

DATA	
Advanced Beginner 30%	40%
Summit elevation 420m	0 gondola 2 lifts
Maximum course length 1050m	Trails 6 courses
Intermediate 30%	Base elevation 210m
	Beginner courses 1 Intermediate courses 4 Advanced courses 1
	Max Pitch 30° Average Pitch 14°

Hakkaisanroku Ski Area

▶ Open 9:00(Weekdays) 8:00(Weekends&Holidays)-16:30
▶ Season Late-December 2023 to Late-March 2024

Aragane Minamiuonuma-shi, Niigata 949-7235
hakkai36.com/



Ipponsugi Snow Park 一本杉滑雪場

A mere 3 minutes from Echigo-Yuzawa station! A course for first time skiers and kids

從越後湯澤車站步行3分鐘即可抵達! 滑雪及兒童雪地遊玩的專用滑雪場

This mellow slope with an incline of 8 degrees is around 60m and has a snow escalator with a domed roof. It's perfect for beginners and kids as you can board it with skis on. You can also enjoy sledding and snow play, including Japanese-style igloos.


大約60米長的平穩緩坡，不僅最大斜度只有8度，還設置了帶有圓頂的自動扶梯。踩著滑雪板也能輕鬆搭乘，十分安心。也能充分地玩到做雪洞之類的玩雪遊戲以及滑雪橇。對首次玩雪的小孩或想在旅途中稍微玩雪或體驗滑雪的國外旅客來說，這裡是方便的絕佳地點。

DATA	
Advanced Beginner 0%	100%
Summit elevation 420m	0 gondola 0 lifts
Maximum course length 400m	Trails 1 course
Intermediate 0%	Base elevation 370m
	Beginner courses 1 Intermediate courses - Advanced courses -
	Max Pitch 12° Average Pitch -

Ipponsugi Snow Park

▶ Open 8:30-17:00
▶ Season Late-December 2023 to end-March 2024

2521 Yuzawa Yuzawa-machi Minamiuonuma-gun Niigata 949-6101
www.ipponsugi.net/



Check the items you need for skiing and snowboarding!

來看看玩單雙板滑雪所需要的用品吧!

Selecting the right clothes is important for enjoying skiing and snowboarding in comfort. The following is a list of equipment that can generally be rented, and items you may want to bring.

為了舒適地滑雪，挑選服裝是相當重要的因素之一。在此為大家介紹一般來說能租借到的裝備，以及應該自備的用品。

Items that can be rented 可租借的用品

Helmet / 頭盔

Many ski resorts recommend helmets. A good helmet is an important item for safely enjoying winter sports.

許多滑雪場都會建議戴頭盔。為了安全地享受冬季運動的樂趣，這是一項很重要的用具。

Wear: Jacket and Pants / 滑雪裝 (夾克和褲子)

Waterproof and warm clothing is essential for comfortable downhill skiing. Vivid colors stand out more on white slopes and look good in photos!

想要舒適的滑雪，必須要有防水性與保暖性出色的服裝。如果選擇鮮艷的顏色，還能提升您人在雪上時的辨識度，在一片純白的滑雪場中也很好看，十分推薦!

Snowboard, Skis and Poles / 滑雪單板、滑雪雙板與滑雪杖

For snowboarders, tell the staff if you're regular (left foot forward) or goofy (right foot). Always use a leash cord between snowboard and boots.

挑選滑雪單板時，要告知人員是左腳在前 (regular) 還是右腳在前 (goofy)。另外請務必繫上連接滑雪板和靴子的腳繩。

Boots / 靴子

Check for pain around the shin or discomfort in any location when you shift your weight forward. 要檢查當身體重心往前時小腿是否會疼痛，或是否有不舒服的地方等。

Items to bring or purchase locally 自備或現場購買的物品

Goggles / 護目鏡

Goggles are essential for clear vision. They also protect eyes from ultraviolet rays.

為了保持視野清晰，護目鏡不可或缺。也能保護眼睛不受紫外線傷害。

Neck Warmer / 脖圍

This item keeps you warm around the neck when riding the lift or on windy days.

在乘坐登山吊椅時或風大的日子，脖圍可保持頸部溫暖。

Gloves / 手套

Mittens offer better heat retention than gloves.

連指型的保暖性比五指型更佳。

Base Layer / 滑雪用內衣

Choose materials that retain heat, wick away moisture, and dry quickly, such as wool and polyester.

建議挑選保暖性、吸溼性、快乾性佳的羊毛和聚酯等材質。

Socks / 滑雪用襪子

Choose thick socks that fit.

建議選擇適合自己尺寸的厚襪。

List of useful items 實用物品清單

These items will be of use at ski resorts. 帶著這些用品去滑雪場將會大大派上用場。

✓ Lift Ticket Holder / 吊椅票保護套

An original lift ticket holder from the ski resort makes for a nice souvenir! 滑雪場原創的吊椅票套也是很好的紀念品!

✓ Protector / 護具類

Hip protectors lessen the pain of falls. 尤其是護臀褲，可以減輕跌倒時的疼痛。

✓ Sunscreen / 防曬乳

Sunlight reflecting off snow has a greater tanning effect than people expect. 雪反射的光線比想像中的更容易讓人晒傷。

✓ Lip Balm / 護唇膏

Skiing can dry out and chap lips. 滑雪場出乎意料地乾燥。

✓ ID Card / 身分證

This may be necessary when renting gear. 辦理租借時可能會需要。

Keep warm and comfortable when playing in the snow 玩雪時也要注意保暖與舒適性

When sledding or otherwise enjoying the snowy slopes, snow boots and ski wear are recommended. Rentals are available and changing rooms are located at each facility. Children and adults alike should take advantage of these!

在滑雪場從事滑雪橇等玩雪活動時，建議穿著雪地靴(長靴)和滑雪裝。這些物品都可租借，各滑雪場皆附設更衣室，小孩大人都歡迎多多運用!



Recommended dishes to try when visiting Yuzawa, Niigata

想在新潟·湯澤不得不享用的推薦料理

Yuzawa and other places in Niigata Prefecture are a treasure trove of delicious cuisine. Here we introduce some recommended ingredients and local specialties. Be sure to try them with Niigata sake!

湯澤和整個新潟縣都是美食的寶庫。以下將為您介紹推薦的食材和招牌料理，歡迎搭配當地特產的日本酒一同享用！



Koshihikari Rice 越光米煮成的白飯

The Yuzawa area is home to Japan's finest rice, Koshihikari. Enjoy it in a variety of ways such as rice balls, sushi, rice bowls, and so on. 湯澤地區是日本最高級米「越光米」的產地。敬請品嚐使用越光米製成的飯糰、壽司、丼飯等各式餐點。



Seafood 魚貝類

Rockfish, yellowtail, shrimp, salmon, crab, and other fresh seafood delivered straight from Niigata's various fishing ports is a must try when visiting! Enjoy it as sashimi, sushi, grilled, or in simmered dishes, etc. 眼黑魚、鰯魚、蝦子、鮭魚、螃蟹等來自新潟各地漁港的新鮮魚貝類非吃不可！除了製成生魚片、壽司外，也能以燒烤、燉煮等方式享用。



Mochibuta Pork 糯米豬

Echigo Mochibuta, a tender, juicy and very flavorful variety of pork, is also exquisite. Tonkatsu pork cutlets and shabu-shabu are among the popular ways to enjoy it. 肉質柔嫩多汁、滋味富有層次的「越後糯米豬」也是一絕。用這種豬肉製成的炸豬排、涮涮鍋等餐點相當受歡迎。



Edamame 毛豆

Niigata is Japan's largest producer of edamame, with about 40 varieties grown locally. They're a perfect accompaniment to beer! 新潟的毛豆生產量高居日本第一，且栽培的品種數量約有40種之多，是喝啤酒時最對味的下酒良伴！



Hegi Soba 片木蕎麥麵

Hegi soba is a local dish of buckwheat noodles mixed with seaweed and served in a unique vessel called a "Hegi." It's characterized by its deliciously firm and satisfying texture. 加入海藻製成的蕎麥麵，以名為「片木」的特殊容器盛裝，是新潟的鄉土料理。滑順好入口的口感為其特色。



Maitake Mushroom Tempura 舞菇天婦羅

Maitake mushrooms are among the most flavorful types of mushrooms. Crispy maitake mushroom tempura is a must-try dish. 舞菇是滋味特別豐富的一種菇類，炸得酥脆的舞菇天婦羅絕對是不容錯過的一道佳餚。



Experience Japan's unique izakaya culture

An izakaya is a dining and drinking establishment that's unique to Japan. You'll find a casual space where you can enjoy drinking, eating plenty of food, and chatting with friends.

- You can order your favorite drink, but it's common to order a draft beer first: just say, toriaezu beeru ("I'll start with a beer").
- Shochu-based Chuhai and Sawaa (sour) as well as local sake are popular. Soft drinks are also available.
- When you order alcohol, you'll often first be served a dish called Tsukidashi. This is a dish you did not order (but will be billed for), so don't be surprised.
- Order a variety of dishes of your choice and enjoy sharing them with others.
- Izakaya are for those who want to relax and have fun; the atmosphere is not at all romantic.

來體驗日本特有的居酒屋文化吧

居酒屋是日本特有的餐飲店，人們可在這個休閒的空間中暢飲酒類時享用許多料理，也能和伙伴開心交談。

- 可自由點選喜歡的飲料，但大家一開始多半都會叫店員「總之先來杯生啤酒」。
- 以燒酒為基底的「燒酒雞尾酒」、「沙瓦」和在地清酒也十分有人氣，居酒屋也提供不含酒精的飲料。
- 點完酒後，首先會有「開胃小菜」上桌，此為店家主動提供的料理，千萬別嚇著了。
- 點餐時可依喜好選擇各種料理，並和同桌的人一起分享。
- 居酒屋適合熱鬧同歡，無法在此營造出浪漫的使用餐氣氛。



Great Yuzawa travel gifts

為旅行回憶帶來大大滿足感的湯澤伴手禮

Besides great food, Yuzawa has a wide variety of gifts from local crafts to alcoholic beverages. Shop at Yuzawa hot spring town, Gangi-dori mall in Echigo-Yuzawa Station, or other locations.

湯澤的伴手禮除了有美味的食材外，還有酒品與工藝品，種類相當多樣化，可在湯澤的溫泉街與越後湯澤站的「雁木通」等地購買。

Koshihikari Rice 越光米

Koshihikari grown in the Yuzawa area is Japan's highest quality rice. Recommended as a gift and also available in small packages. 湯澤地區種植的日本最頂級米「越光米」很適合當作伴手禮，並有小包裝可供選購。



Spicy Seasonings 辣味調味料

Spicy seasonings warm you up in winter. There are different kinds like spicy miso made with locally grown "Kagura Nanban" chili peppers. 為寒冬時節用來暖身和身體所製作的調味料。種類繁多，包含有使用當地種植的「神樂南蠻」辣椒製作的味噌等。



Sake Cake 酒蛋糕

Original cake from Mitsubaya, a local sake shop. Made with flavorful Japanese sake and surprisingly delicious. 當地賣酒的店家「三葉屋」的獨家創意蛋糕。使用大量日本酒製作，擁有令人吃驚的美味。



Le Lectier 金梨梨

Type of pear with a classy aroma and smooth and soft fruit. Considered to be a rare fruit since it is available for only one month in December. 以高雅香氣與柔滑口感為特色的西洋梨，是只有在12月這1個月左右上市的「夢幻水果」。

Tsurushi Bina 雛吊飾

Small, handmade dolls and other small objects like flowers and food are strung together and hung vertically to wish for children's happiness. Great for decorating a room or car interior. 為祈求孩子幸福，以手工製作而成的小巧小巧的填充布娃娃，常與花朵和食物等各種造型的飾品串成吊飾。建議可裝飾在房間或車內。



(Photo courtesy: Shirataki Sake Brewery)



Niigata Sake 新潟的日本酒

Niigata is one of Japan's leading sake-producing areas. "Niigata Tanrei" is well known for being light and dry. Also popular is the fruity Daiginjo sake. Gift shops have a wide selection of Niigata sake, including the famous Jozen Mizuno Gotoshi produced by Shirataki Sake Brewery in Yuzawa.

新潟是日本數一數二的酒鄉。雖以出產酸度低且不甜(淡麗辛口)的酒款為特色，然而帶有水果風味的大吟釀也很受好評。伴手禮店陳列著湯澤的「白瀧酒廠」釀造的上等品牌酒「上善如水」等眾多新潟的地產酒。

Sasa Dango Dumplings 笹團子

A traditional confection made with mugwort mochi (rice cake) filled with sweet azuki bean paste and wrapped in bamboo leaves for steaming. It goes well with green tea.



以採進艾草的米糰包裹內餡，再用竹葉包裹後蒸熟的傳統日式點心，與綠茶簡直是絕配。



Rice Crackers (Senbei) 仙貝

Niigata, being a famous rice-producing region, is also famous for rice crackers. Enjoy a variety of flavors, including the popular soy sauce and salt flavors. Of these, persimmon seed-shaped Kaki no tane rice crackers are a long-selling product that has been loved for around 100 years. 新潟是知名的稻米產地，也以米果聞名。除了傳統的醬油口味與鹽口味外，還有其他各式口味可選購。其中又以照片上的「柿之種」為歷久不衰的百年長青商品。

Metal Products 五金產品

Since olden times, the Tsubame-Sanjo area near Yuzawa has been famous for making metal products. Carefully crafted kitchen knives, nail clippers, tumblers, and other metal goods are popular local gifts. 湯澤附近的燕三條地區，自古便以製作各式五金產品聞名。精心打造的菜刀、指甲剪以及保溫杯等，都是大受歡迎的伴手禮。在湯澤也可買到各式各樣的產品。

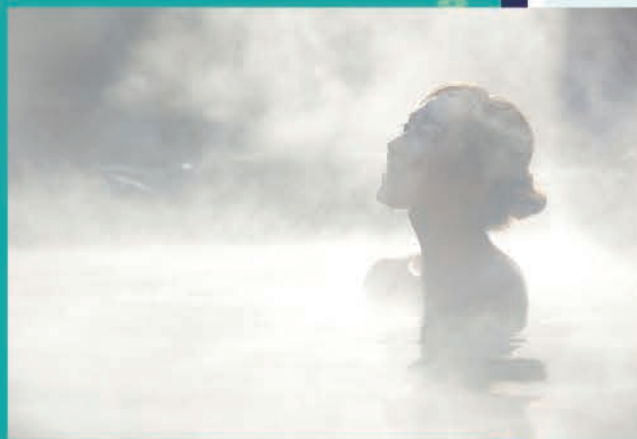


Experience the ultimate healing in a hot spring

享受溫泉帶來的極致療愈體驗

The Echigo-Yuzawa Onsen, one of Japan's most prominent hot springs, has a roughly 900-year history. There are many inns in the expansive hot spring resort area around Echigo-Yuzawa Station where you can enjoy not just the hot springs but also local cuisine. There are also plenty of drop-in hot springs in such locations as Echigo-Yuzawa Station and some ski resorts. There are many open-air baths as well, so in the winter you can enjoy bathing while gazing out at the snowy landscape.

越後湯澤溫泉有長達約900年的歷史，是日本代表性的溫泉之一。在越後湯澤站周邊的溫泉街有許多旅館，提供溫泉泡澡、供應地方美食與日式款待服務。此外，在越後湯澤的車站，以及部分滑雪場內等，也有可享受一日泡湯樂的溫泉。這裡也有不少露天浴池，冬季可享受邊欣賞銀白雪景邊泡湯的極致體驗。



Try taking a dip in a "Sotoyu"

適合雪上運動後享受的公共溫泉「外湯」

In Yuzawa, there are five public hot springs, called "Sotoyu," which you can enjoy easily after a day of fun in the snow. There are also discount tickets available, like multi-ticket sets for each hot spring.

湯澤地區有5座公共溫泉合稱為「外湯」，可在進行雪上運動後等輕鬆前往泡湯。也有販售涵蓋這5座公共溫泉的「外湯巡湯券」與各個溫泉的回數票等優惠票券。

Echigo-Yuzawa Onsen Information



越後湯澤溫泉信息



Komako no Yu 駒子之湯

20 minutes on foot from Echigo-Yuzawa Station.

越後湯澤站步行20分鐘，溢著木材質樸的氣氛。

148 Yuzawa, Yuzawa-machi ☎ 025-785-7660
10:00 - 21:00 Closed on Thursdays
Adult: ¥500, Child: ¥250



Kaido no Yu 街道之湯

Near the Kagura Mitsumata Ski Area. Has an open-air bath.

鄰近神樂三俣滑雪場，含有露天浴池。

1021 Mitsumata, Yuzawa-machi ☎ 025-788-9229
10:00 - 21:00 Closed on Tuesdays
Adult: ¥600, Child: ¥250



Yama no Yu 山之湯

20 minutes on foot from Echigo-Yuzawa Station.

越後湯澤站步行20分鐘，隱身山間的古老溫泉。

930 Yuzawa, Yuzawa-machi ☎ 025-784-2246
6:00 - 21:00 Closed on Tuesdays
Adult: ¥500, Child: ¥250



Iwa no Yu 岩之湯

10 minutes from Echigo-Yuzawa Station by car.

越後湯澤站開車10分鐘，鄰近湯澤Fishing Park。

6191 Tsuchitaru, Yuzawa-machi ☎ 025-787-2787
10:00 - 21:00 Closed on Wednesdays
Adult: ¥500, Child: ¥250



Shukuba no Yu 宿場之湯

Near the Kagura Tashiro Ski Area. Has a sauna.

鄰近神樂田代滑雪場，附設三溫暖。

537 Mikuni, Yuzawa-machi ☎ 025-789-5855
10:00 - 21:00 Closed on Thursdays
Adult: ¥600, Child: ¥250



Etiquette for enjoying the hot springs

Here is a basic explanation of how to use the hot springs.

- There are separate baths for men and women. First, take off your clothes in the dressing room. Take only the small towel with you into the bath.
- Please shower before getting in the bath. Wash your whole body, and rinse off all the soap.
- When entering the bath, don't place the towel in the water. Traditionally, people place their towel on their head. Also, please tie up long hair to keep it from getting in the water.
- Jumping and swimming in the bath are strictly prohibited.
- When getting out of the bath, please wipe your body down and try to not drip water into the dressing room.
- Generally, there are restrictions on people with tattoos entering the bath.

享受溫泉應有的禮儀

想要舒服地享受溫泉，就得先了解基本的使用方法與禮儀。

- 浴場為男女獨立式。先在更衣室脫下身上衣物，進入浴室時只能攜帶小毛巾。
- 進入浴池前，先在淋浴間清洗全身，將肥皂泡泡沖洗乾淨。
- 進入浴池時，避免讓毛巾浸泡到溫泉水。傳統的做法是將毛巾擰乾折疊後放在頭上。此外，要將長髮以綁髮等方式固定好，小心不要讓頭髮浸泡在溫泉中。
- 嚴禁跳入浴池或在池內游泳。泡溫泉時請保持安靜。



School

01 CrazySnow

瘋雪中文滑雪學校



Ski and snowboarding classes are available for everyone from children to adults. All instructors have international coaching certificates, providing you with safe and professional guidance. Beginner or advanced skier, we can meet all your needs. Let's indulge in the joy of skiing together!

從兒童到成人，皆提供雙板和單板課程。並且教練皆具備國際教練證照，為您提供安全且專業的指導。無論是初學者還是想要進階，都能滿足您的需求，一起享受滑雪樂趣吧！

<https://tokyo.crazyforsnow.com/>
Same-day booking available. Open December 15 to April 15

Half-day private class from NT\$8,000; full-day private class from NT\$12,000



02 Formosa Wild Adventures

寶島野孩子戶外探索



All of our instructors have international licenses for sports including SUP, skiing, snowboarding and skating. We provide the best program for beginners to easily and enjoyably learn outdoor sports.

我們的教學團隊全員擁有國際證照，寶島野孩子戶外探險涵蓋了一年四季，台灣本島與離島，日本新潟與長野縣的水域活動跟滑雪課程。全方位的優質教學讓新手也能輕鬆上手，體驗戶外活動的樂趣。

<https://www.fwa.com.tw/snowboarding> Booking accepted via website. Open 8:00-18:00, December 15 to April 30

Private lessons start at NT\$3,000 per person (NT\$18,000 for six people).



03 Fly On Snow

教練帶我飛



Fly On Snow is a ski instruction team founded in 2018. Although the team is new, our instructors have in fact been teaching for some time, have a good level of experience, and came together out of a shared belief in ski instruction.

「教練帶我飛」成立於2018年，是一群熱愛滑雪與教學的滑雪成癮者組成，每位教練持有不同的各國證照，紐、澳、加、日等，大家因擁有共同的滑雪教學理念而聚在一起。期待與大家來場與雪的相戀。

<https://flyonsnow.rezio.shop/zh-TW/product/PECHIGOYUZAWA>
Booking available up to the day prior to the lesson.

Private lesson starting from ¥55,000



04 Outdoorland

凹豆郎



Coaching in Chinese. Provides coaching services at various snow resorts according to customer needs. Customized coaching arrangements. Quality coaching with professional knowledge. Complies with outdoor safety and first-aid regulations. Provides excellent safety guarantees. Website also provides Yuzawa cultural sightseeing information.

中文教學服務，依客人需求提供多雪場教學服務。客製化教學安排，教練品質精緻並擁有專業知識。具備急救戶外安全守則規定。提供絕佳的安全保障。網站提供最在地的湯澤人文觀光資訊。

<https://linkpop.com/outdoorland> Booking available up to the day prior to the lesson. Open: December 15 to April 30

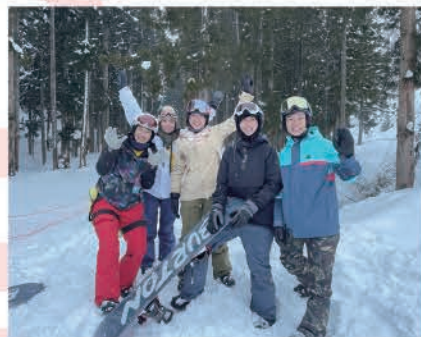
Ski and snowboard: Three-hour half-day lesson: ¥45,000; five-hour full-day lesson ¥65,000



COUPON
5% discount on lesson fees
課程費 5% 折扣

05 SNOWPINK Ski & Snowboard School

日本滑雪課程



At SNOWPINK we believe that skiing is not just a sport but a way of life. Whether you're trying out skiing for the first time or already a skiing enthusiast, as long as you're looking for a great skiing journey reach out to us anytime.

SNOWPINK相信滑雪不僅僅是一項運動，更是一種生活態度，無論您是初次嘗試滑雪或者已經是滑雪愛好者，只要您想擁有一段美好的滑雪之旅，歡迎隨時聯繫我們。

LINE ID : @795wncie Booking available up to the day prior to the lesson. Open: December 20 to March 31

Private lessons: Four hours, for one to four people: ¥65,000; Six hours, for one to four people: ¥88,000. Add ¥10,000 for each additional person when the group is five or six people.



COUPON
Take a four-hour course, and get one free hour
全日4H課程 再送1H



06 Yuzawa International Snow School



Ski and snowboard school providing lessons in English and Chinese. Qualified instructors provide thoughtful lessons, so even those skiing for the first time can enjoy the day. Lessons are held at Yuzawa Nakazato Snow Resort and other Yuzawa-area ski resorts. 這是一所同時提供英語和中文雙語的雙板、單板學校。優質的教練團隊會手把手細心教導，所以即使是初學者也可以放心地享受滑雪的樂趣。學校課程開設在湯澤中里以及湯澤周邊的其他滑雪勝地。

https://yuzawa.travel Same-day booking available
Open: Decmenber 21 to April 14

Ski or snowboard private lesson: ¥22,000 for two hours (up to six persons) tax included



07 Canyons Snow Sports School

We offer private lessons at several resorts, the most popular being GALA Yuzawa Snow Resort, NASPA Ski Garden and Iwappara. Lessons at other resorts are available upon request. First-time group lessons are also available at GALA on weekends.

我們有在多座滑雪場提供私人課程，其中最受歡迎的是 GALA 湯澤 滑雪場 (GALA Yuzawa Snow Resort)、NASPA 滑雪花園 (NASPA Ski Garden) 以及岩原 (Iwappara)。我們可以根據需求在其他滑雪場提供課程，而週末也會在 GALA 提供初學者團體課程。

https://canyons.jp/en/winter-tours/snowsports-school/#yuzawa Same-day booking available
*A limited number of reservations are available. We recommend making reservations in advance.

Private lesson (price per instructor): two hours ¥30,000- *Each ski resort has its own pricing set.



08 Snow Country Instructors

雪國教練

We are a team of experienced instructors and coaches teaching all levels of skiing and snowboarding in the Snow Country region of Japan. Let our team help you progress and have more fun on the snow!

我們是一支經驗豐富的滑雪教練團隊，在日本湯澤地區教導各個等級的雙板和單板滑雪。讓我們的優質教學幫助您更快地取得進步並在雪上享受更多樂趣！

https://www.snowcountry-instructors.com/ Booking available up to the day prior to the lesson.

Lesson programs and fees: Varies by resort



中文

English



09 JSKI

中文國際滑雪學校

Teaching by our certified instructors is based on the SAJ system, providing classes in both snowboarding and skiing for beginner to advanced level. With their vast experience and passionate service, our ski instructors will guide you all the way through your skiing journey. 我們的持證教練以SAJ教學體系為基礎，提供從入門到進階的單板和雙板滑雪教學。教學團隊教學經驗豐富，服務熱情，全程護航您的滑雪之旅。

school@jcosa.net
Booking available up to the day prior to the lesson.

Ski and snowboard lessons for beginner to advanced: two-hours: ¥27,800 per person; additional ¥5,000 per person, up to four people. For four-, eight- or 16-hour lessons, please inquire via LINE or WeChat.



LINE

Wechat



COUPON
5% discount coupon for snowshop Snowmania upon booking
預訂者將獲得 snowshop snowmania 5% 折扣券。



10 Liberty Snowboard School

Our program is designed by experienced instructors, and provides all levels of ski and snowboard lessons in Yuzawa. Whether children, beginners, or advanced, our professional and systematic teaching makes learning easier. Let's gear up and embrace an adventure!

課程由具有豐富教學經驗的滑雪教練授課，在湯澤地區教導各個等級的雙板和單板滑雪。不論是兒童、新手還是進階，所有教學方案都會根據學生能力量身訂制，專業細心且系統化的教學能讓課程效果事半功倍。

https://cutt.ly/HwnQsbyo
Bookings available up to the day prior to the lesson.

Private lesson for one day (six hours, 9:30-4:30): ¥58,000; additional ¥4000 per person, up to a maximum of six people.



Instagram



COUPON
5% discount on lesson fee
課程費 5% 折扣



Daishin Sports

Daishin 體育

We are located right next to Yuzawa Kogen Ski Resort and an 8-minute walk from Echigo-Yuzawa Station. Our friendly staff will welcome you with helpful and attentive service. We also offer luggage storage and changing rooms, allowing day-trippers to use our services with peace of mind. 緊鄰湯澤高原滑雪場，距離越後湯澤車站走路8分鐘路程。友善的員工會用親切的服務迎接大家。提供行李寄放與更衣室，當天來回也能無憂無慮地滑雪。

495-1 Yuzawa, Yuzawa-machi ☎ 025-784-3515 http://www.gr-daishin.com/application.html ⌚ 7:00~18:00 Open throughout the winter

Ski/Snowboard (boards and boots) ¥3,500/1 day. Snow wears, kids sets are also available.
雙板滑雪/單板滑雪(滑雪板與靴子) ¥3,500/1天 也有各種滑雪服飾、兒童套裝等。



Rental

Column

Three Reasons for Recommending Schools for Beginners

1. Schools attentively teach students how to put on and walk with skis and snowboards from the first step onward, as well as how to ride the ski lift. Even beginners will be able to have fun with confidence.
2. Guidance by professional instructors will have you skiing and snowboarding quickly and assuredly.
3. Wearing skis or a snowboard on the snow restricts how you can move and can even be dangerous. Lessons by a professional are highly recommended for mastering snow sports safely and properly, especially for children.

推薦新手上滑雪學校的3大理由

1. 滑雪學校從第一階段開始，就會細心地教導您雙板滑雪、單板滑雪的著裝方式及走路方法，還有如何搭乘纜車等，可讓新手上路的人安心享受滑雪樂趣。
2. 透過接受專業教練的指導，有助您穩健又快速地學會在雪上滑行。
3. 身穿滑雪裝備的狀態下，難以随心所欲地在雪上移動，這有可能引發危險。為使孩子安全地學會正確的滑雪知識，接受專業的教學課程將是您的不二選擇。



Restaurant

Shinbashi 新橋

Hand-made Soba **En** 大=7min.

Lunch ¥¥
Dinner ¥¥¥

488-1 Yuzawa, Yuzawa-machi
025-784-2309(Reservation available)
11:00 ~ 20:00 ○ Closed on Wednesdays



We have been serving handmade soba noodles made using local ingredients for 90 years. We also offer a meticulously curated selection of sake and dishes that showcase the unique culinary culture of snow country. We invite you to dine in our bright, modern Japanese-style restaurant. Hegi-soba for 2: ¥2,255, small plate of maitake tempura: ¥1,155.

自90年前開始供應手做蕎麥麵，選用地材材料製作。明亮的店裡呈現現代的日式風格，獻上精選的日本酒與能體驗多雪地帶特有飲食文化的料理供您享用。木盒蕎麥麵兩人份：¥2,255、舞菇天婦羅小盤：¥1,155

Jupiter 木星

Italian Bar **En Zh** 大=5min.

Lunch ¥
Dinner ¥¥¥

25-3-102 Kandatsu, Yuzawa-machi 080-7105-1428
jupiter_echigoyuzawa 20:00~Last (Weekends and eve of holidays 18:00~) *Open earlier upon request ○ No fixed closed days



COUPON
First-time customers
10% off (party of 4 or more),
5% off (party of 2-3)
首次來店用餐，消費金額享
9折(4位起)、95折
(2至3位起)優惠

A restaurant with a homey, cozy atmosphere. We commit to serving each and every customer with a smile. We aim to provide 100% satisfaction in both food and customer service, so please visit us. We also have a wide range of original offerings. Popular item: various pasta dishes (¥1,000~)

店裡氣氛溫馨如家。保證會面帶笑容接待每位貴客。抱持著讓客人滿意度達100%的目標準備料理，還有豐富的原創菜色，歡迎蒞臨一嘗。熱門餐點：各種義大利麵(¥1,000起)

Echigoya 越後屋

Local Cuisine, Izakaya **En Zh** 大=1min.

Lunch ¥¥
Dinner ¥¥

2-7-2 Yuzawa, Yuzawa-machi
025-780-6699(Reservation available) etigo.ya
11:00-22:00 ○ No fixed closed days



Enjoy your time here to the fullest with local sake and ingredients from Echigo, Niigata. Our sake is sourced mainly from Shirataki Sake Brewery in Yuzawa, Echigo, but we also offer sake from all across the prefecture as part of our selection. We invite you to create memories of each season's leisure activities here. Echigo Mochibuta Hot Pot: ¥2,400 for 2, Takaki no Ippon Junmai Daiginjo: ¥1,600 for 180ml.

暢享地產酒與新潟越後的食材。店裡的日本酒進自縣內各地，以越後湯澤的酒廠白瀧酒廠為主。在各個季節裡休閒度假時，歡迎讓本店成為回憶的一部分。為您的湯澤之旅更添樂趣。越後糯米豬生內臟鍋：兩人份 ¥2,400、宣機一本純米大吟釀：180毫升 ¥1,600

Route 17 17號公路

Café **En Zh** Kagura Tashiro Area

Lunch ¥¥
Dinner ¥¥-¥¥¥

Mikuni, Yuzawa-machi 025-789-2545
https://montoze.com/ 7:00~ ○ No fixed closed days



COUPON
One complimentary
drink for each member
of your party
at dinner time
晚餐時間 按人數
招待1杯飲料

A café located inside Lodge Montoze. Here, you can enjoy a breakfast of Yuzawa Koshihikari rice, a menu comprising dishes made from many local ingredients, and our signature coffee in a quiet environment full of nature. You can also spend a relaxing evening with a drink at our small bar. Breakfast - Yuzawa Rice Set/Toast Set: ¥700 each, coffee: ¥500.

這家咖啡館位在Lodge Montoze內，客人可以在充滿大自然的幽靜環境裡享用湯澤出產越光米製作的早餐，還有選用許多在地食材製作的餐點以及店家自信端出的咖啡。晚間歡迎在小小的BAR慢慢品酒。早餐湯澤出產米飯套餐/吐司套餐：各為 ¥700、Coffee: ¥500

Karaoke Bar Manhattan 卡拉OK酒吧 曼哈頓

Bar **En Zh** 大=7min.

Dinner ¥¥¥

337-16 Yuzawa, Yuzawa-machi
025-784-3100 (Reservation available) https://manhattan-yuzawa.com/ 20:00-2:00 ○ Open 7 days a week



COUPON
¥1,000 discount for
drinks and food
*Not for table charges
飲料、食物 ¥1,000折扣
*無法用於折抵
座位費

A long-established bar that has been around since 1963. Here, you can enjoy karaoke, playing darts, and delicious drinks, as well as have a great time with a variety of customers, including locals and tourists, in a spacious area reminiscent of a live music club. Visit us and make great memories of your time in Yuzawa! ●Equipped with the latest darts game 'Dartsbeat'● Equipped with LIVE DAM ●All-you-can-sing karaoke

這家老酒吧從1963年開始經營至今。可以在卡拉OK歡唱、大玩飛鏢、暢飲美酒！寬敞的空間宛如展演空間，與當地人及觀光客等各種客人一同歡樂。留下湯澤的回憶吧！●設有最新飛鏢機Dartsbeat●配備LIVE DAM●卡拉OK無限歡唱

Izakaya Kamamesi TAKE 居酒屋 釜飯 筍

Japanese Fusion **En Zh** Naeba Area

Dinner ¥¥¥

342-1 Mikuni, Yuzawa-machi 050-3204-3055 https://www.tablecheck.com/shops/take-naeba/reserve 17:00 - 23:00(Saturday 17:00 - 22:30, Sunday 16:00 - 21:00) ○ Closed from Monday to Wednesday



"Izakaya×Kamamesi TAKE" offers all types of sake from the Hakkaisan brewery. Enjoy delectable dishes made with carefully chosen ingredients, such as fresh seafood directly from the Sea of Japan, "Mochibuta" pork, and "Koshino-Tori" chicken, served with fluffy "Minami Uonuma Koshihikari" rice. Popular menu items include Chicken and Mushroom Kamamesi for ¥1,430.

「居酒屋 釜飯 筍」提供您八海山全系列清酒。店內空間開闊，歡迎享用嚴選日本海直送鮮魚、「和豚糯米豬」、「越後土雞」等在地食材，搭配「南魚沼產越光米」製成的銅鍋炊飯。人氣餐點：雞肉香菇釜飯 ¥1430

Restaurant

Komeko Crepe 米粉可麗餅

Crepe Stand **En** GALA Yuzawa Snow Resort

Lunch ¥

2 locations in GALA Yuzawa Snow Resort
025-785-6543 https://gala.co.jp/winter/restaurant
Ski Centre 15:00 - 18:00, Rest House 12:00-16:00



COUPON
One complimentary
topping of
your choice
招待1種自選配料

We offer crepes made from local Minamiuonuma Koshihikari rice flour. The chewy dough is the standout characteristic of our crepes, which can be enjoyed with a variety of toppings including strawberries, bananas, blueberries, mangoes, as well as bamboo leaf dumplings and matcha ice cream. Our crepes are popular as snacks to be enjoyed after skiing.

供應的可麗餅選用當地南魚沼出產的越光米米粉製作，特色是Q軟的餅皮。店家準備了各式各樣的配料供您享用，有經典水果：草莓、香蕉、藍莓和芒果，還有竹葉丸子和抹茶冰淇淋等等。是一份適合滑雪後小嘗的輕食，很受歡迎。

Mitsubaya 三葉屋

Cake & Liquor Shop 大=7min.

Jizake Cake (Large) ¥2,268 Local Sake Minatoya Tosuke(Junmai Daiginjo) 630ml ¥1,493

354-2 Yuzawa, Yuzawa-machi 025-784-2024
niigata-mitsubaya.com
9:00-20:30 ○ Closed on Wednesday



We are a long-established store that has been doing business in the local town of Yuzawa since 1932. We make and sell our own cakes, and we also sell liquor. Our "Jizake Cake", made with generous amounts of the local sake "Minatoya Tosuke", is hugely popular!

這家老店自1932年起就在販賣酒類和自製的蛋糕。大方使用地產酒「湊屋藤助」製作的「地產酒蛋糕」非常熱銷！

Discover Your Next Favorite Sake

你定能遇見「符合喜好的那瓶日本酒」



Shirataki Sake Brewery, established in the renowned sake region of Niigata Prefecture in 1855, takes pride in its focus on *water*. The snow accumulating during winter melts and undergoes natural filtration to become pure groundwater. This water, drawn from wells, is used in the brewing of all the sake varieties at Shirataki. Over the years, Shirataki Sake Brewery has crafted an extensive range of flavors, from sweet to dry to clean and crisp.

白瀧酒廠於1855年在日本酒盛產地的新潟縣創業，對「水」非常講究。冬天的積雪融化後，透過大自然過濾成為純淨的地下水。所有日本酒的原料皆採用從井裡打上來的水。長年以來白瀧酒廠一直在釀造甘口、辛口、清爽型等口味種類豐富的美酒。

*Please drink responsibly. Legal drinking age in Japan is 20. Alcohol consumption during pregnancy and breastfeeding can have adverse effects on unborn children and infants. Never drink and drive.

Jozen -Junmai Ginjo- 上善如水 純米吟釀

A flagship brew from Shirataki Sake Brewery, it boasts a soft texture like water and offers a clean and refreshing taste.

白瀧酒廠的代表品牌，特點是像水一樣柔和，口感清爽。



Shirataki SEVEN -Junmai Daiginjo- 白瀧 SEVEN 純米大吟釀

Each year, a unique theme defines this refined and character-rich sake. Limited bottles available.

每年搭配不同主題釀出的味道，優質且特色豐富，全都濃縮在這一瓶中。銷售數量有限。



At the showroom attached to the sake brewery, visitors can enjoy sake tasting while appreciating the seasonal, natural beauty. Find exclusive varieties you will not get anywhere else. Guided tours of the brewery are available on weekdays (by online reservation only).



Taste and Shop!
還能試喝和購買伴手禮!

酒廠附設的商品展示室提供試喝服務，試喝的同時還能欣賞四季景色。這裡還供應別處買不到的品牌。酒廠在平日可通過預約（僅供線上預約）進行參觀。

- Access to Shirataki Sake Brewery: Approximately 5 minutes on foot from the East Exit of Echigo-Yuzawa Station.
- 如何前往白瀧酒廠：從越後湯澤車站東口步行約需5分鐘



23-24
Yuzawa/Minamiuonuma
Common lift ticket

ELEVEN+

Common lift ticket for 18 resorts in the Echigo Yuzawa area

Click here for details

Yuzawa Area

- Naeba Ski Resort
- Kagura Ski Resort
- Nakazato Snow Wood Ski Resort
- Yuzawa Nakazato Snow Resort
- Yuzawa Park Ski Resort
- Iwappara Ski Resort
- Kandatsu Snow Resort
- NASPA Ski Garden
- Ipponsugi Snow Park
- Yuzawa Kogan Ski Resort
- GALA Yuzawa Snow Resort

Minamiuonuma Area

- Ishiuchi Maruyama Ski Area
- Maiko Snow Resort
- Joetsu Kokusai Ski Resort
- Chateau Shiozawa Ski Resort
- Muica Snow Resort
- Mukamachi Hakusan Ski Resort
- Hakki Sanroku Ski Resort

Yuzawa Tourism & Community Development Organization

Tourist Information
TEL(+81)-25-785-5678

01 Sansan Yuzawa Backpackers

Sansan 湯澤青年旅館

J D

COUPON
Complimentary rental towels and toothbrush
提供毛巾牙刷組

We are located near the east exit of Echigo-Yuzawa Station, where shuttle buses to the ski resort depart and arrive, with our rooms located just a 3-minute walk away on covered walkways. Our central location means that supermarkets, convenience stores, and hot springs are all just a few minutes' walk away. Enjoy a relaxing stay with us and our friendly mascot cats^^.

4-1-36 Yuzawa, Yuzawa-machi ☎ 080-4020-3224 <https://sansanyuzawa.com/en/>

Rate Dormitory: From ¥4,500 ~ per person, Private room for 2: From ¥6,600 per person Meal Option No meals



02 Concon Yuzawa Shared House

Concon 湯澤共享房屋

J D

We are the first share house in Yuzawa, located a 3-minute walk from Echigo-Yuzawa Station. We offer both dormitory beds and private rooms, available for stays of one month or longer. Supermarkets, the station, convenience stores, and drug stores are all just a few minutes' walk away!

3-4-7 Yuzawa, Yuzawa-machi ☎ 080-4020-3224
<https://conconyuzawa.com/en/>

From ¥35,000 per room per month Meal Option No meals



03 SOUQ Echigo-Yuzawa

SOUQ 游牧飯店

W J D

COUPON
5% discount on room charge
客房費用 5% 折扣



Our charming inn, just a 3-minute walk from Echigo Yuzawa Station, features natural hot spring baths. Guests are also welcome to use our co-working space, shisha bar, and sauna facilities. We host a variety of daily events, including DJ parties and backcountry tours.

2565-7 Yuzawa, Yuzawa-machi ☎ 080-6507-9882
<https://nomad-lab.jp/brand/nomad-lab>

Private room: Starting at ¥6,000 per night for one person; Full facility rental: ¥60,000 per night, accommodating up to 10 people.
Meal Option Lunch / Dinner: Halal-Vegetarian Food Available



Takahashiya Sake & Souvenir Shop

Located in front of the east exit of Echigo-Yuzawa Station, we are a specialty store trading in local Niigata sake. We offer a wide selection of special rare and seasonal sake that are hard to find elsewhere, with a focus on local sake from the Uonuma region and popular sake brands such as Kubota and Shimeharitsuru. We also carry many Niigata souvenir products.

2-1-4 Yuzawa, Yuzawa-machi ☎ 025-784-2115
9:00-19:00 Closed on Thursdays

Jozen Mizuno Gotoshi (Junmai Daiginjo) 720ml ¥1,980
Takaki no Ippon Funashibori (Junmai Daiginjo) 720ml ¥6,600



Yukiguni Gosetsu Liner Yuzawa, Kiyotsu Gorge, and Tokamachi Gourmet Shuttle

● Bus Schedule

12/23(Sat)~27(Wed), 1/9(Tues)~29(Mon)

1/31(Wed), 2/1(Thurs)~5(Mon), 7(Wed)~13(Tues)

2/15(Thurs)~19(Mon), 21(Wed)~25(Sun)

Tentative Schedule



1 Kiyotsu Gorge "Tunnel of Light"

Open year-round (May be temporarily closed during winter season for purposes of snow removal)

A towering bedrock canyon encompassing the Kiyotsu River and a large valley. Considered to be one of the 3 Great Canyons of Japan. It now incorporates artwork of the Echigo-Tsumari Art Triennale including the popular Tunnel of Light and Panorama Station. The sight of this artwork amidst beautiful nature creates a truly moving experience like no other.



2 Gourmet Tour of Tokamachi

Within a 6-minute walk from the east exit of Tokamachi Station you can enjoy the regional specialty "Hegi Soba," local craft beer, and even fresh Danish. Perfect for getting a quick bite and some souvenirs!



3 Cross 10

Silk crafts from the so-called "Kimono Town" of Tokamachi make for a complete gift set along with famous local rice and sake. Can be enjoyed alongside a home style meal at Cross 10's restaurant. (Open year-round)



4 Echigo-Tsumari Satoyama Museum of Contemporary Art "MonET"

The main stage of the Echigo-Tsumari Art Triennale held every three years. You can view the works of well-known contemporary artists such as Kohei Nawa and Michiko Nakatani.



5 Tokamachi City Museum

A regional museum themed around the lifestyles and cultures of the Jomon and other ancient peoples of the Shinano River Basin. The collection includes famous Kaengata Flameware pottery.

Includes Local "Yu-tan" Coupons

"Yu-tan" Coupons (1 coupon = 1,000 yen) may be used in Echigo-Yuzawa Onsen district and around Tokamachi Station.



Check this QR code for reservations, pricing, and other information.



Echigo-Yuzawa Station

via shuttle bus

1 Kiyotsu Gorge "Tunnel of Light"

via shuttle bus

Tokamachi Station

on foot

2 Gourmet Tour of Tokamachi

on foot

3 Echigo-Tsumari Satoyama Museum of Contemporary Art "MonET"

on foot

4 Cross 10

on foot

5 Tokamachi City Museum

on foot

Tokamachi Station

via Hokuohoku train line

Echigo-Yuzawa Station

Recommended Course via Shuttle Bus and Hokuohoku Line



A Tour of Tokamachi Local Cuisine and the Art of the Echigo-Tsumari Art Triennale

Viewing magnificent art- starting in Echigo-Yuzawa, through Kiyotsu Gorge, and finally in Tokamachi City. A collaboration between one of the 3 Great Canyons of Japan and artwork, in a region blessed with delicious local cuisine. Enjoy your fill of "Yukiguni" culture passed down from ancient times to the present day!

As seen through the window of the Hokuohoku line



A Gourmet Tour of Tokamachi City Cuisine!



Map of Tokamachi Station District

※This map shows an example tour. Does not include all participating shops.

We also plan on operating the following shuttle bus routes in tandem:

"Yukiguni Gosetsu Liner"

Echigo-Yuzawa - Matsunoyama Onsen Shuttle

Tokamachi - Kiyotsu Gorge Satoyama Art Shuttle



Applications / Inquiries / Reception / Ticket Sales

Snow Country Tourism Information Center

Niigata prefecture governor registered travel agency No. 2-433
Domestic travel business handling manager Mitsuhiro Sugiyama
Regular member of the National Association of Travel Agents

E-mail

info@yuzawaonsen.gr.jp

2431-1 Yuzawa, Yuzawa Town, Minami Uonuma District,
Niigata Prefecture 949-6101
Open from 9:00 am to 5:00 pm

