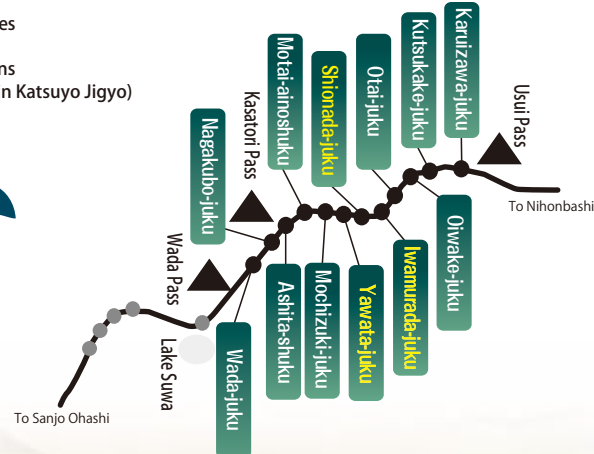


東信州 案内人と歩く  
中山道  
ウォーキング



# Higashi-Shinshu Nakasendo Walking

Participants  
can get a traditional  
Japanese hat  
(ajirogasa) for free

Enjoy magnificent scenery  
and delicious freshwater fish cuisine

The first event

## Shionada-juku, Yawata-juku

From 10:00 to 13:00 on Saturday, September 21, 2019

**Course:**

Yawata-juku Honjin → Hachiman Shrine → Josen-ji Temple →  
Osuijin-san → Gorobei Yosui Canal → Ichirizuka/Statue of  
Dainichi Nyorai → Shionada Bridge → Kawara-juku  
(Funetsunagiishi/Ochaya-san) → Shionada Honjin → Asashina  
Health Center → Freshwater Fish Cuisine Nomura

**Distance:** Approximately 4.0 km

**Instructor:** Saku Historical Road Guide Association  
(Saku Rekishi no Michi Annainin no Kai)

**Meeting time:** 9:30

**Meeting place:** Asashina Health Center (570, Shionada, Saku City)

**Maximum number of participants:** 20

**Fee:** 3,000 yen (lunch is an additional 1,200 yen)

※Participants can get a traditional Japanese hat (ajirogasa) for free

Enjoy former castle towns  
and the hotel with 591 years of history

The second event

## Iwamurada-juku

From 10:00 to 13:00 on Saturday, October 26, 2019

**Course:**

Saku Hotel → Site of former Oi Castle (current Oshiro Koen  
Park) → Site of former Iwamurada Jinya (current Asama  
Kaikan) → Ryuun-ji Temple → Old Hokketo → Sainen-ji  
Temple → Kosodate Jizo → Site of former Iwamurada Castle  
→ Ise House → Saku Hotel

**Distance:** Approximately 3.5 km

**Instructor:** Saku Historical Road Guide Association  
(Saku Rekishi no Michi Annainin no Kai)

**Meeting time:** 9:30

**Meeting place:** Saku Hotel (553, Iwamurada Imashuku, Saku City)

**Maximum number of participants:** 20

**Fee:** 3,000 yen (lunch is an additional 1,200 yen)

※Participants can get a traditional Japanese hat (ajirogasa) for free

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**Sign up** (Japanese language only)

① To sign up, please call the office by the day before the walking event.

② Sign up at the web site of the Higashi-Shinshu Nakasendo Liaison Council at least  
three days before the event.

<http://www.higashi-shinshu-nakasendo.com/> ※The maximum number of participants is 20 people.

.....  
[Contact/Sign up]

Higashi-Shinshu Nakasendo Liaison  
Council Administration Office

Miyota Town Commercial and Industrial Association 2422-29, Oaza Miyota, Miyota-cho, Kitasaku County, Nagano 389-0206

## Phone: 0267-32-5435

