

日本の魅力
発見プロジェクト

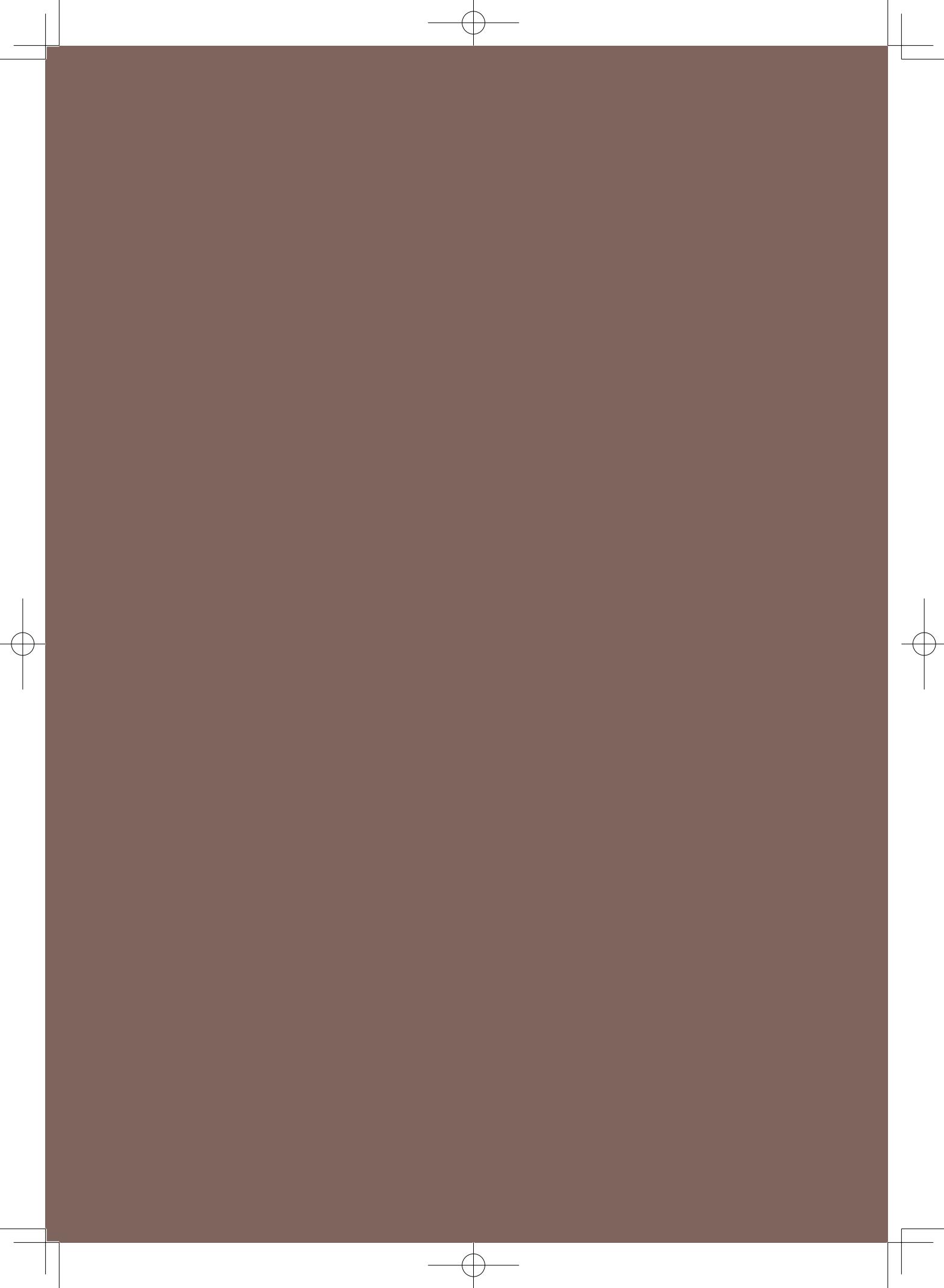
(茨城県霞ヶ浦・筑波地域)

IBARAKI

茨城

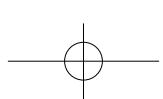
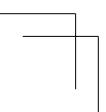
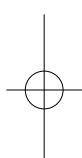
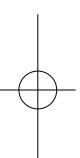
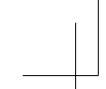
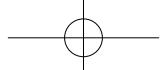
BEYOND ORDINARY ITINERARIES

The Kasumigaura and Mt.Tsukuba Area
in Ibaraki Prefecture



Beyond Ordinary Itineraries

The Kasumigaura and Mt.Tsukuba Area
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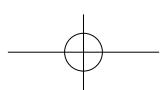
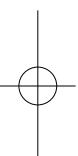
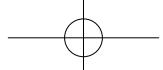
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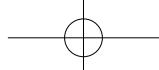
IBARAKI

茨城

BEYOND ORDINARY ITINERARIES

The Kasumigaura and Mt.Tsukuba Area
in Ibaraki Prefecture





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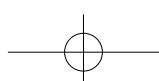
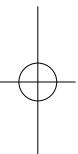
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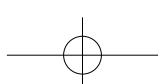
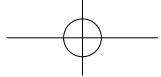
One Day Trip

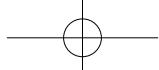
to the Mt. Tsukuba Area











地域の魅力は、
点と点が結ばれた時に
初めて明らかになる

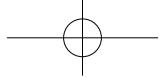
茨城県は先頃 19 年ぶりに日本出身の横綱となった稀勢の里の故郷であり、北部に梅の名所である偕楽園のある水戸、太平洋側に大洗や日本建国・武道の神様である武甕槌大神（タケミカツチノオオカミ）を御祭神とする鹿島神宮、西部に平安時代に使用されていたと言われる当時の東日本最大級の製鉄所、川戸台遺跡がある。また、栗、レンコン、メロン、ピーマン、白菜、レタス、夏ネギ、水菜、ちんげんさい、鶏卵など、その収穫量、生産量が日本一であることを誇る農業大国であり、東京だけでなく日本の食生活は茨城県なしでは考えられないのだ。地域ブランド調査の魅力度ランキングで 4 年連続の最下位を取っているが、実はその魅力が知られていないだけなのではないかという思いから、今回は茨城県南部の霞ヶ浦周辺、旧千代田地区、筑波山周辺の 3 地域を訪問した。

If Tokyo is the only destination for your trip to Japan, you may not notice that Japan is a mountainous country. According to the Japan Institute of Country-ology and Engineering, 73% of the national land area is classified as mountainous (61%) and hilly (12%), and only the 14% is flatland. Over 30% of all the Japan's flatland is located in the Greater Tokyo Area, which is the reason you may not see any mountains in Tokyo. Here, there is a vast flatland called Kanto Plain whose total area is 17,000km². If you landed at the Narita Airport, you may have seen the landscape which consists of a vast plain just before landing, that's the Kanto Plain and if you see a mountain with twin-peaks, which is quite noticeable because it lies on the flatland near the lake and the coast, the area around this mountain is the Ibaraki prefecture.

Ibaraki prefecture is located to northeast of Tokyo. Its characteris-

Fascination of the area is like a constellation.
It comes out when the dots are connected.

tic is the vast flat land due to the Kanto plain. In fact, the habitable area in the Ibaraki prefecture, excluding the mountain area and water area, is the fourth largest of all the prefectures in Japan. The locals take advantage of this vast flat land for agriculture. Melons, sweet peppers, lettuce, Chinese lettuce, lotus roots, summer thinner leeks, chestnuts... These are the vegetables whose amount of harvest in Ibaraki is the highest in Japan. Poultry breeding is also active and it is the biggest producing prefecture of eggs. Without Ibaraki's ingredients Tokyo's (and even Japans') food practices would be very different. Its reputation with people in other parts of Japan who are not aware of this fact, however, is not that favorable. It has been nominated as the worst prefecture in the survey to find "the most fascinating prefecture in Japan" for four years in a row. It reminded us of the famous word of Laozi, a great ancient Chinese philosopher, "It is wise to be modest and to not attract attention without boasting your ability and virtues." Could it be that the Ibaraki prefecture follows this philosophy? We headed for Ibaraki with the hopes of answering this question. This time we selected, only the southern part which is an easily accessed from Tokyo.



旧千代田地区

霞ヶ浦地域

Beyond Ordinary Itineraries

Kasumigaura and Mt. Tsukuba Area in Ibaraki Prefecture

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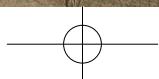
茨城県 霞ヶ浦・筑波地域

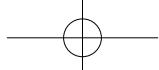
1 *Chapter*

“Kasumigaura area”

Fascination of the area is like a constellation. it comes out when the dots are connected.

text by *Rei Saionji*
photographs by *Hide Urabe*





霞ヶ浦地域

1 |

湖畔に広がるレンコン畑。

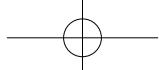
Lotus roots field

茨城県の南東部に広がる霞ヶ浦の面積は 2156.7km^2 。琵琶湖に次ぐ日本第2位の広さを持つ湖だが、入り組んだ湖岸は琵琶湖よりも長い。ワカサギ、シラウオ、ハゼ、手長エビの漁が行われ、淡水真珠の養殖のほか、コイやナマズの養殖が行われている。霞ヶ浦はその昔、海の入り江でクジラ以外の魚は何でも捕れたらしい。淡水化は200年前頃から海面低下によって霞ヶ浦への海水流入が減ったことによって始まった。その後、1963年に水門が設置されたことにより、人工的に淡水化され、入り江は湖へと形を変えた。

霞ヶ浦と筑波山のちょうど中間地点にある旧千代田地区（現在はかすみがうら市）には、今から50年ほど前に日本で初めて観光果樹園ができた。いちご、ブドウ、梨、栗、柿、ブルーベリーなどが栽培され、季節に応じた果物狩りを、多くの観光果樹園で楽しめる。

The Lake Kasumigaura, located in the southeastern part of Ibaraki prefecture, is the second largest lake in Japan (2156.7 km^2) following the Lake Biwa in the Shiga prefecture. With its heart-like





The area around Lake Kasumigaura

Fascination of the area
is like a constellation.

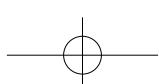
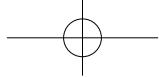
shape, its coastline is the longest. Currently Kasumigaura is a lake with sweet water, but up until 200 years ago it had been a cove. Over time, the amount of sea water that flowed in the cove started to decrease due to the sea-level falling. Later in 1963, a flood gate was constructed and as a result the desalination of the lake began. Now fish such as Wakasagi (small fish like delta smelt), Shirao (trans. Salangidae), Haze (trans. Gobioidei) and Tenagaebi (trans. freshwater shrimps) are caught, and carp and catfish are cultivated as well as freshwater pearls.

Another characteristic of the Lake Kasumigaura is that it is circulated by the fields of lotus roots cultivation. The Kasumigaura area is known as the main producing area of Ibaraki's lotus roots. The fields of lotus roots are filled with water just like rice fields. As scenery, no one would deny its beauty in Summer when lotus flowers bloom. What very few people know, however, is that the scenery of the lotus fields from late Autumn to Winter. It is indescribably

magnificent during sunset, when all the leaves are gone and only the withered branches are left above the water.

As lotus fields are divided into squares, the water filling the fields reflects the color of the sky, still dark blue, and the color of the sunset on the Western horizon, which reminds us of a beautiful patchwork carpet. Also withered branches enhance its appearance, and remind us of the zen style gardens of old temples in Kyoto.

The area which used to be called Chiyoda town is famous for its fruit cultivation. There are many tourist fruit farms where the visitors can pick the fruits and eat what they picked. The history of the fruit farms in this area started soon after the modernization of Japan and when the cultivation of pear started. (cf: Japanese pear is eaten fresh, is crispier and contains more water than European varieties.) Now there are farms of strawberries, grapes, Japanese pear, chestnuts, kaki (trans. persimmons) and blueberries that are cultivated and they offer fruit picking tours, depending on the season.

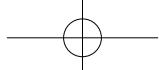


地域の魅力に気づき、
人々をつなぐ。

「かすみがうら未来づくりカンパニー」は2016年4月に民間企業、かすみがうら市、筑波銀行の三者が協力して設立。地元産のフルーツや霞ヶ浦の雄大な景色、それらを結ぶサイクリングコースを観光資源として活用することを目的とし『かすみがうらライドクエスト』を運営している。地域の人々の協力を得て、霞ヶ浦と旧千代田地区に点在する魅力的なスポットや生産者を結びつけることで、ここだけの魅力をつくりだそうと日々活動している。

『かすみがうらライドクエスト』の拠点は、霞ヶ浦湖畔の歩崎公園の中の絶景ポイントに建てられたモダンな建物。レンタサイクル用の高級自転車が並ぶレンタサイクルステーションや、週末は地元で取れた食材を販売しているマルシェが1階に。2階には、地元の食材を使った料理を提供するレストラン「かすみキッチン」がある。

「かすみがうら未来づくりカンパニー」によって地域に点在する魅力



2 |

観光果樹園を自転車で巡るツアー『かすみがうらライドクエスト』には、ショートコース（約25km）とロングコース（約50km）がある。

“Kasumigaura Ride Quest” promoted by Kasumigaura Mirai-dukuri Company encourages tourists to explore fruit farms and tourist spots with three courses; Short Course (25km), Long Course (50km) and a Free Plan with fee per hour.

的な場所や生産者が結ばれた時、この地域の魅力度は急上昇するに違いない。そんな将来の展望を見据えつつ、食大国茨城県を支える生産者を訪れた。

—

かすみがうら未来づくりカンパニー

<http://kasumigaura.miraidukuri.jp/ridequest>

茨城県かすみがうら市坂 4784 先 TEL:029-840-9010 かすみがうらライドクエスト

3 |

株式会社かすみがうら未来づくりカンパニー 代表取締役 今野浩紹さん

Mr. Hirotugu Konno, the president of Kasumigaura Mirai-dukuri Company

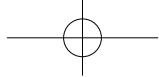
We met the president of a new company called “Kasumigaura Mirai-dukuri Company” (trans. Kasumigaura’s Future Creating Company) which was founded in April 2016 by a private company, a municipality of Kasumigaura and Tsukuba Bank, whose aim was to connect the fascinating spots, farmers and producers (who are all scattered across the area) with each other to make the whole area more fascinating.

“Kasumigaura Ride Quest” promoted by Kasumigaura Mirai-dukuri Company encourages tourists to explore fruit farms and tourist spots with three courses; Short Course (25km), Long Course (50km) and a Free Plan with fee per hour.

The base of Ride Quest is in a modern building located in Ayumizaki Park on a beautiful lake side, where fancy bicycles are waiting for you. Biking in the Kasumigaura area is awesome. As the area is very flat, it is recommend even to those who aren’t usually physically

The Area Around Lake Kasumigaura





4 |

是非サイクリングコースを走ってみて欲しい。霞ヶ浦周辺の地域は、比較的平坦な土地が多く、足に自信のない初心者でも気軽にサイクリングを楽しめる。霞ヶ浦の美しい景色を見ながら自転車を走らせるのは想像以上に心地良いのだ。

As the Kasumigaura area is very flat, bicycle touring is recommended even to those who aren't usually physically active. It will offer more value for comfort than you expect. Grab yourself a bike and get riding to travel around the Lake Kasumigaura!

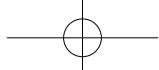
active. As the view from the park is magnificent, it is also recommendable for those who don't feel like going on a bicycle tour for their relaxing time.

In this building there is a restaurant called Kasumi Kitchen which offers dishes cooked with local ingredients. On weekends a market, called Marché like French, of local vegetables, fruits and other products is held. Now the occasion where various local products gather is ready. From now on, more producers will participate in this project, and the managing procedure will become more efficient. When all the merits are connected, the fascination of the area will shine beautifully like a constellation. Here, we would like to introduce you some fascinating producers in the Kasumigaura area.

Kasumigaura Mirai-dukuri Company
4784 Saka, Kasumigaura-shi, Ibaraki prefecture
TEL: 029-840-9010
Ride Quest
<http://kasumigaura.miraidukuri.jp/ridequest>



4



5 |

霞ヶ浦周辺は古くからレンコン栽培が行われている。

Harvesting lotus roots is very tough work.
Farmers dunk themselves into the cold water in cold seasons.



野口農園 ～レンコン～

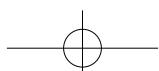
Noguchi Farm
- Lotus Roots -

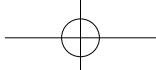
茨城県が日本一の収穫高を誇る農作物の一つであるレンコンは、主に、霞ヶ浦の周辺で生産されている。蓮の花が咲き誇る夏はもちろん、レンコンの収穫期を迎えた冬の夕暮れ時の風景も、霞ヶ浦の魅力の一つとして数えられる。

同じ品種のレンコンでも土と水、育った環境や栽培方法によって味や香りが全く異なる。大正15年創業の野口農園は、代々引き継がれてきた栽培方法で「あじよし」という品種を栽培している。

レンコンは、冷たい水の下の、さらに下の泥の中に隠れている。その泥を、高压洗浄機の出す強い水流の力を借り、冷たい水の中に身を沈め、泥の中のレンコンを手探りで探す。一網打尽にトラクターで掘り起こそうとすれば、デリケートなレンコンは傷ついてしまう。皿という舞台の上で必ずしも主役を張る野菜ではないが、歯切れのよい独特の食感と同時に口に広がる染み込んだ出汁の味わいがクセになる、名脇役のような存在である。野口農園の「あじよし」は、もぎたての梨を思わせ、脇役にしておくには惜しいくらいのはじけるような水々しさと甘さを持つ。

Lotus roots are called *renkon* in Japanese. Unlike many other countries, we eat lotus roots in Japan. They are called “roots” but actually they are underground stems called tubers (like potatoes). Lotus roots cut into rounds have many holes (normally from nine to ten), which are air holes. Traditionally lotus roots have been regarded as





6 |

株式会社野口農園 取締役 野口憲一さんは、社会学の博士号も持っている。

Mr. Kenichi Noguchi, Executive Director of Noguchi farm and Doctor of Sociology

Fascination of the area is like a constellation.

a lucky vegetable because their holes are believed to help us see the future, thus they are eaten in traditional dishes for New Years.

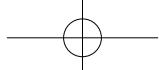
In the Kasumigaura area lotus roots have been cultivated for a long time, however 50 years ago the amount of cultivation increased drastically. Among all the farmers of lotus roots, Noguchi Farm is known for its quality. Noguchi Farm mainly cultivates a variety "Ajiyoshi" (trans. good taste). Only a few Japanese people know that there are varieties of lotus roots. According to Mr. Noguchi, lotus roots are very delicate and they have their own taste and

aroma depending on soil, water, environment and the cultivation method, even when they grow amongst the same variety of roots. Noguchi Farm,

which was founded in 1926, is taking over the cultivation method from generation to generation.

Harvesting lotus roots is hard work because they are hidden in the mud under cold water. To harvest them you dunk yourselves into the water, feel around the mud in search of the roots with your left hand and with your right hand, clear off the mud with a high-pressure cleaning machine. If harvested with a tractor the delicate roots will be damaged with a single strike. Lotus roots, even though they are a very demanding crop for farmers, are not as popular as tomatoes, which many people nominate as a favorite vegetable. However, many Japanese people answer affirmatively if they are asked, "Do you like lotus roots?" In fact, lotus roots are rarely eaten fresh and they don't appear in salad. They are supporting vegetables, so to speak. Normally they are simmered with chicken, taro roots, carrots and burdock roots in *dashi* broth (trans. Japanese traditional soup stock) flavored with sugar, sake, and soy sauce. They are also good if they are deep-fried. They are tasty because they are crispy and they macerate well the soup stock. However, Ajiyoshi can be eaten fresh. It tastes like Japanese pears, which are juicy and sweet. Ajiyoshi from Noguchi Farm are superb and exclusive for foodies. Due to their distinct flavor, they are popular with those who are interested in fine foods and can be purchased in beautifully displayed presentation boxes for gifting. Mr. Noguchi doesn't produce outstanding lotus roots just for fun, but because he wants to make lotus roots of this area a star which attracts more people's attention.



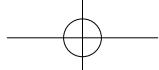


広原畜産～蓮根豚～

広原畜産は、霞ヶ浦の湖畔から 2km 程の所にある 70 年の歴史を持つ養豚業者。養豚場の糞を堆肥としてレンコン農家に供給し、そこで出来た規格外のレンコンを豚に与えることにより、地域循環型農業を実現させようと「蓮根豚」が生まれた。

豚には、切ったレンコンを餌に混ぜて与えるだけでなく、そのまま丸かじりさせることもある。美味しそうにバリバリとレンコンをかじることによって、豚はより健康になるという。硬い物をよく噛んで食べることが健康に良いのは人間だけではないようだ。

「蓮根豚」は、赤身がとても柔らかな肉質で、脂身が甘く後口がさらっとしていることが特徴。遠くスペインで、ドングリだけを食べて育ったイベリコ豚のベジョータの美味しさを知る人も、茨城県でレンコンを食べて育った「蓮根豚」の美味しさはあまり知らないだろう。その味わいは、養豚業者とレンコン農家という地域の結びつきと、生産者がそぞぐ愛情と熱意により作り出されている。



Hirohara Pig Farm - Lotus Roots Pork -

Fascination of the area
is like a constellation.

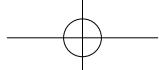
Many people may know about Spanish *jamón ibérico de bellota*, which is the ham from pigs that feed only on acorns just before being processed, but few know of Lotus Roots Pork, which is produced by Hirohara Pig Farm where the pigs feed lotus roots from birth. Hirohara Pig Farm, located about 2km from the lakeside of Kasumigaura, has 70 years of history. The concept of Lotus Roots Pork originated from an idea that Mr. Hirohara had while supplying swine manure compost to neighboring lotus roots farms. He wanted to realize the Regional Recycling Agriculture strategy, and so decided to feed his pigs lotus roots that would otherwise be unsuitable for sale. Lotus Roots are high in Vitamin C, Vitamin B12, and dietary fiber but low in calories.

So if pigs eat only lotus roots, they will become too slim and their meat will be too tough, according to Mr. Hirohara.

He had continued to experiment with the amount of the lotus roots included in his feed until he found the best composition.

Pigs sometimes eat whole lotus roots. Chewing hard food properly has benefits not only for human beings but also for pigs. Mr. Hirohara made also silage (fermented feed). Crushed and dried lotus roots are put in vacuum storage for about a month, so the lactic acid bacterium in lotus roots can ferment, which enables the roots to be preserved for a year. Before this process was developed, it had been difficult to maintain enough feed during Summer as lotus roots are





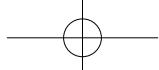
株式会社広原畜産 代表取締役
広原賢さん

Mr. Ken Hirohara, the president of Hirohara Pig Farm

harvested mainly in Autumn and Winter. Many people may associate pig farms with a nasty smell, but this is not the case with Hirohara Pig Farm. The pens are kept clean and pigs grow healthily with love from Mr. Hirohara. This is just one of the ways it is clear that Lotus Roots Pork is of high quality.

Only the meat whose quality passes Mr. Hirohara's standard is named Lotus Roots Pork. Its characteristics are: it doesn't have distinct odor of pork; its fat tastes sweet; the fat melts quickly in your mouth; and it has a clean finish. According to researchers, the odor of the pork can be decreased by plant lactobacillus, which lotus roots have as a component. The quality of Lotus Roots Pork was the result of the bond between lotus roots farms and pig farms, the good relationship between lactic acid bacterium and pork, and Mr. Hirohara's love and enthusiasm toward pigs. Mr. Hirohara wants the people who don't like pork to try his Lotus Roots Pork (unless you are a vegetarian!) If you like pork, nothing will stop you from visiting Ibaraki for the trial.





山野水産～ナマズ～

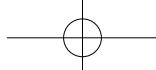
ナマズの刺身が美味しいというのをご存じだろうか。霞ヶ浦湖畔のそばにある、コイなどの淡水魚の養殖と加工を行う山野水産が、クセのないナマズを作り出した。

極上のナマズを作るための第一歩は、ナマズの臭みの成分を分析し、その原因を探ることであった。この研究が功を奏し独自の配合飼料がまず開発された。さらに出荷前の30日間、ナマズをきれいな地下水中に移し、泥抜きという工程を経る。ナマズの旨みをさらに引き出すために、三枚に下ろし酒と昆布で1時間締めてから真空パックにして販売をしている。こうして作られたナマズの刺身は、むっちりとした弾力と上品な甘みがあり、例えると上質のヒラメの刺身のようだ。



Yamano Suisan
- Catfish -

Intriguingly, *namazu* (trans. catfish) was believed to be fish that caused earthquakes in Japan, especially during the Edo period (1603-1868). Many pieces of ukiyoe were printed and sold as protection from earthquakes after the great earthquake in 1855. Of course, no one believes in this folk belief currently, but still catfish is less popular compared to *unagi* (trans. eels) which is eaten all over Japan (even though it is endangered and on the Red List). As *unagi* became popular in the Edo period, that folk belief may have acted upon this significant



difference. Anyway, catfish has been eaten traditionally in some regions in Japan. It is believed to be very nutritious. In some places it is served as a main dish on a festive occasion, and it is even believed to stimulate the production of breast milk. This is not a weird story that exists only in Japan. In Ancient Rome, Athenaeus, a Greek rhetorician, described the catfish in his book, *Deipnosophistae* (trans. dinner-table philosophers). In Germany, Hildegard of Bingen (1098-1179), who is considered to be the founder of scientific natural history, wrote about catfish, and said that it was delicious and also beneficial for the sick. In Switzerland, Conrad Gessner (1516-1565), a naturalist, described the catfish as something fit for Royal dining. Recently in Japan, since 2015, the value of catfish has been reconsidered and now it is seen as an alternative fish to eels.

Fascination of the area is like a constellation.

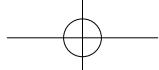
Still, many people (including Japanese) have a preconception that freshwater fish has a particular smell and as a result hesitate to try catfish. It was Mr. Yamano of Yamano Suisan (trans. aquatic products), who first dispelled of this concern. He did this through successfully producing catfish without odor.

Yamano Suisan is a fish farming and processing company near the Lake Kasumigaura, and cultivates freshwater fish, such as carps. He researched the odor that catfish has, analyzing the components of the odor and the factors that cause it. As a result of this research, he was able to develop fish food that clears away all that contributed to the odor. He also changed the cultivation method by placing the catfish in clean groundwater and allowed them to stay there for the last thirty days before the shipment. Exposure to the water during this time frame lets out the mud that causes the odor. In addition, to make his catfish more delicious, he covers the filleted catfish with in a sheet of kelp, full of glutamic acid which is a key component of *umami* (trans. savory), and soaks it in sake for an hour. This fillet can be eaten raw as sashimi. It tastes like flounder and is faintly sweet. If you have any kinds of reservations towards trying catfish, the catfish developed by Mr. Yamano will make you more tolerant.



有限会社山野水産 専務取締役
山野英明さん

Mr. Hideaki Yamano, Director of
Yamano Suisan



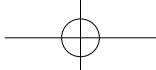
四万騎農園（しまきのうえん） ～栗～

霞ヶ浦の湖畔と筑波山のちょうど中間地点にある千代田地区（現在はかすみがうら市）は、果物狩りができる観光農園が多い。いちご、ブドウ、梨、栗、柿、ブルーベリーなどが栽培され、季節に応じた果物狩りを楽しむことができる。中でも、茨城県が生産量日本一を誇る栗を栽培している四万騎農園を訪れた。四万騎農園の歴史は、大正時代に初代である、現当主兵藤昭彦さんの祖父が栗を植え、寒さに強い苗木の接木法を発見したことから始まった。現在では、約15haの土地で様々な品種の栗を栽培し、栗の実とその加工品、苗木を販売している。古い日本家屋を部分的にモダンにリノベーションした店舗や、まるでディスプレイされているような、トラクターなどが置いてある農機具置き場など、隅々まで見事な農園だ。大谷石の石蔵では、展覧会や、音響が良いのでミニコンサートが開かれている。

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株式会社四万騎農園
茨城県かすみがうら市上土田 1020-24 TEL:0299-59-2038

Shimaki-Noen
- Chestnuts -

When thinking about chestnuts, many people are reminded of marrons glacé, chestnuts candied in syrup and glazed. It is debated as to whether its country of origin is France or Italy, but it surely is the Savoy region, which extends over current France and current Italy. Even though Japan did not have marrons glacé, chestnuts are considered a traditional food. *Kuri-kinton* (trans. mashed and sweetened boiled chestnuts, sometimes mixed with sweet potato paste) is one of the indispensable dishes for New Years' celebration. *Kuri-gohan* (trans. chestnuts rice) is an Autumn delicacy. Chestnuts are boiled and steamed together with rice. Chestnuts are broadly classified into four cultivars: Western (*Castanea*



栗の皮をむくためだけに作られた道具を上手に使い、あっという間に硬い鬼皮を剥いてくれた。新潟の燕三条にある諏訪田製作所が作った『栗くり坊主』という道具で、開発に協力したという。こだわりの生産者同士の繋がりをここでも垣間見た。

Mr. Hyodo peeled the husk and another skin underneath (called astringent) so quickly with a tool made specially for peeling chestnuts in the Tsubame-Sanjo area, Niigata.

sativa), American (*C. dentate*), Chinese (*C. mollissima*) and Japanese (*C. crenata*). One characteristic of Japanese cultivar is that their trees don't grow very high. Ibaraki prefecture is the biggest producing prefecture of chestnuts of Japanese cultivar. Shimaki Noen (trans. Shimaki Farm)'s history started at the beginning of the 20th century, when it began to develop a new variety of chestnut that can resist cold temperatures. Now they produce various varieties of chestnuts over 15 hectares land and sell chestnuts, processed food and young trees. Have you ever imagined how many varieties of chestnuts exist? In Italy, for example, there are two words that indicate "chestnuts"; marrone and castagna, also in France there are marron and châtaigne. The main difference between them is the size; marrone and marron are bigger than castagna and châtaigne. To be precise, there are more varieties, according to Mr. Hyodo of Shimaki Farm. Basically the chestnuts trees grow in mountains and people pick the fallen nuts. As the fallen nuts tumble down a mountainside it is near impossible to tell the tree that they fell from. That's why nobody really discusses the varieties of chestnuts beyond their size. On the other hand, at Shimaki Farm the varieties of

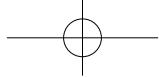
chestnuts are clearly identified as their trees grow on the flatland and space is left between trees. Mr. Shimaki made us try the raw chestnuts. That was the first taste test for us, and we actually realized that chestnuts were nuts! Raw chestnuts are crunchy like almonds but juicier when chewed. Other than raw chestnuts (for cooking), chestnut jams, *Shibukawa-ni* (trans. compote of chestnuts with astringent skin) and *Kuri-kinton* are available at the shop of Shimaki Farm. Don't miss their marron soft-serve ice cream. Its dense flavor of chestnuts will make you happy.

Shimaki Farm is fascinating not only because of the chestnuts but also because of their beautifully renovated old wooden house and a stone-built warehouse where exhibitions of artworks and concerts are held. Everything, even tractors are beautifully placed, which is soothing and relaxing to look at. The starting point of Kasumigaura Ride Quest's short course is at Shimaki Farm. The participants will go on a tour by bicycle to a fruits farm, enjoying the scenery of the Kasumigaura area. How splendid!



株式会社四方騎農園 兵藤昭彦さん
Mr. Akihiko Hyodo of Shimaki Farm

Shimaki Noen
1020-24 Tsuchida, Kasumigaura-shi, Ibaraki prefecture TEL: 0299-59-2038



筑波地域

Beyond Ordinary Itineraries
Kasumigaura and Mt. Tsukuba Area in Ibaraki Prefecture

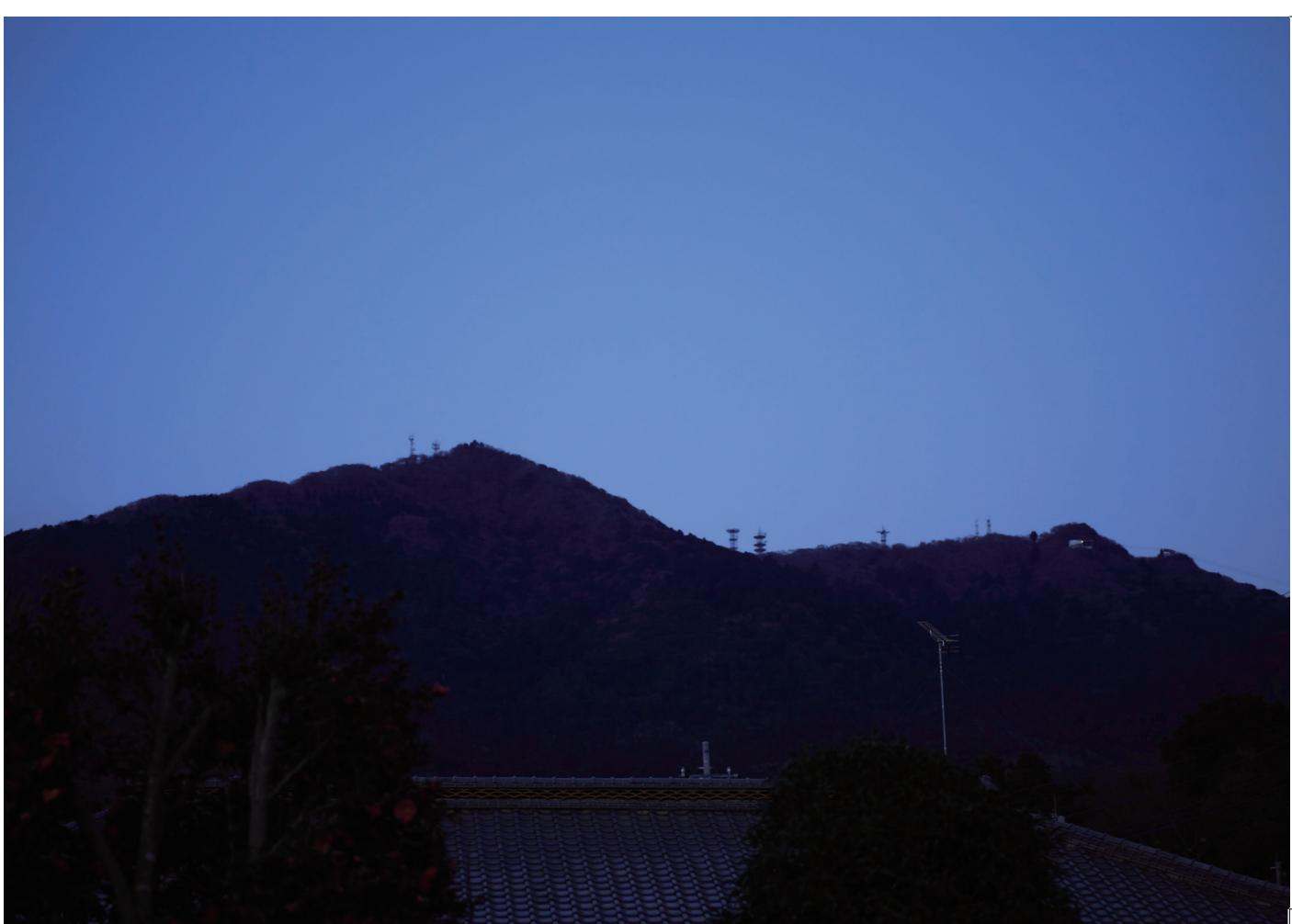
日本の魅力 発見プロジェクト
茨城県 霧ヶ浦・筑波地域

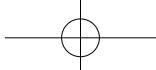
2 *Chapter*

“Mt. Tsukuba area”

Tsukuba Symposium
– The Modern Feasts
from the Gods of Mt. Tsukuba

text by *Rei Saionji*
photographs by *Hide Urabe*





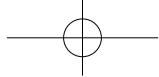
筑波嶺の神々のもてなし ——筑波の魅力を 美味しさから紐解く

筑波山は「西の富士、東の筑波」とも称される山。標高 877 m と、高さこそ、3,776 m の富士山の 4 分の 1 にも満たないが、あの歌川広重も江戸の町から西を見渡す風景のバックには富士山を、北から北東を見渡す風景のバックには筑波山を描くことが多かったという。富士山と同じように信仰の対象とされる山であり、二つの山頂に筑波山神社の本殿がある。筑波山の二つの山頂は、それぞれ、男体山、女体山と呼ばれており、男体山には、伊邪那岐命（イザナギノミコト）、女体山には伊邪那美命（イザナミノミコト）が祀られている。はるか昔、まだ関東平野が海の下にあった頃、そこに波がぶつかるところから筑波山と呼ばれるようになったともいわれる。筑波山は、秋には紅葉、春には梅と、季節ごとに身にまとう衣の色を変える山であり、多くの人が訪れる観光名所である。茨城県南部には、『かすみがうらライドクエスト』の他、霞ヶ浦を一周する約 94km の自転車道や、かすみがうら市から土浦市を通って筑波山まで行ける「つくば霞ヶ浦りんりんロード」という、総延長約 180km のサイクリングロードの整備が進められている。

Taking advantage of its vast flatland, the Southeastern part of the Ibaraki prefecture is suitable for bicycle touring. In fact, other than Ride Quest programs, there is a long bicycle road circling the Lake Kasumigaura (approx. 94km) and a trans-city bicycle road called “Tsukuba-Kasumigaura Rin Rin Road” (cf: Rin Rin is the an onomatopoeic word for a bell.) from Kasumigaura-shi to the Tsukuba area via Tsuchiura-shi (approx. 180km).

Mt. Tsukuba has been very popular for a long time. People in Edo (Tokyo) loved it and nominated the two beautiful mountains as “Mt. Fuji of the West, Mt. Tsukuba of the East”. In fact, a famous ukiyoe artist, Utagawa Hiroshige, liked to draw Mt. Fuji from the back view when he drew the landscape overlooking the West from the town of Edo. He also drew the back view of Mt. Tsukuba, overlooking the north or northeast. Mt. Tsukuba is not that high compared to Mt. Fuji. It is 877m high, which is less than a quarter of Mt. Fuji (3,776m). The distance from Nihonbashi of Edo to Mt. Fuji is about 120 km, while Mt. Tsukuba is about 60 km. Considering their difference from Edo's plains and their heights, these two mountains from a long distance may have appeared to be nearly the same height in the Edo period when there were no high buildings.

The area around Lake
Kasumigaura



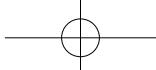
that disturbed the scenery. Beauty is also a characteristic in common of these two fabulous mountains. Mt. Tsukuba is a mountain that changes its color depending on the season. In Autumn it is yellow and red with Autumn leaves, and in Spring it is pink with plum blossoms. Many people visit for mountain climbing, but a ropeway and a cable car are installed for those who want to go up the mountain easily and quickly.

If you want to go directly to the Mt. Tsukuba area from Tokyo, take Tsukuba Express from Akihabara station. It takes only 47 minutes! Here are two recommendable places near Mt. Tsukuba.

稻葉酒造

筑波山の麓、「つくば霞ヶ浦りんりんロード」の筑波休憩所の近くに、女性が杜氏を務める酒蔵、稻葉酒蔵がある。慶応3年（1867年）徳川慶喜が朝廷に大政奉還した年に、酒造りを始めた歴史ある稻葉酒蔵は創業以来、筑波山神社の御神酒を造っており、その酒には、男体山と女体山の間を流れる沢である男女川（みのがわ）という名前がつけられている。





稲葉酒造 株式会社男女川 蔵元 / 杜氏
稲葉伸子さん

Mrs. Nobuko Inaba, the responsible
sake brewer of Inaba Shuzo.

現在六代目蔵元兼杜氏を務める稲葉伸子さんは二人姉妹の次女。30歳になり稲葉酒造の六代目杜氏を継承しようと名乗り出た時、跡継ぎの男子がなく、自分の代で稲葉酒造を終わらせるつもりだった五代目の父は猛反対。酒造りの世界が女性にはまだとても厳しい時代故のことだった。しかし反対を押し切って、造りを一から学び稲葉酒造六代目の女性杜氏となった。女性でも動かせるようにタンクや道具を小さくするとともに、昔ながらの製法で造る酒蔵の希少性に共感した筑波大学の教授や学生の協力を得て酒造りをしている。手間やコストを度外視し、酒に良いと考えていることしか行わない。全ての作業は蔵人の手作業で行い、搾りも時間と手間をかけた袋吊りで行う。酒の最も質の高いところだけを自然の重みだけで一滴一滴落としていく。出来た酒には、炭濾過や、味を調えることは一切行わない。瓶には、仕込んだタンクの番号が記載されており、タンクによる酒の味の違いを楽しむことができる。稲葉酒造では、11月から2月の酒造り繁忙期以外は、事前予約で酒蔵見学が可能。酒蔵カフェが併設されており、きき酒はもちろん、日本酒や酒粕、地元の食材を使ったランチを楽しめる。(要予約)

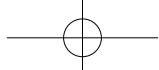
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稲葉酒造

茨城県つくば市沼田 1485 TEL:029-866-0020
www.minanogawa.jp

Inaba Shuzo
Sake Brewery-

At the foot of Mt. Tsukuba, near the rest area of Tsukuba-Kasumigaura Rin Rin Road, there is a sake brewery where a woman is brewing sake, Inaba Shuzo (trans. Inaba Brewery). Since its establishment it has offered its sake to Tsukubasan Jinja (trans. Shrine of Mt. Tsukuba). As mentioned earlier, Mt. Tsukuba has twin peaks. One is considered as the peak where a male god lies and is called Nantai-zan (trans. Male Mountain) and the other is considered the female peak with a goddess and is called Nyotai-zan (trans. Female Mountain). The one which is slightly lower is the male one! That holy sake brewed by Inaba Brewery was named after the river that flows between the male peak and the female peak as Minano-gawa (trans. the Minano River) (cf: Male and female river if it is written in kanji but its pronunciation is Minano River.) Mrs. Inaba learned the sake brewing process in order to become the sixth *toji* (trans. the responsible person in charge of the elaborate sake making process). Historically *toji* had long been recognized as a job that only men

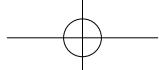


can do. However, Mrs. Inaba's enthusiasm in sake making broke that preconception. Before her decision to continue the family business when she was thirty years old, she had a career in business as a buyer in a department store. In Japan, the family business is normally succeeded by the first son. However, she was born as the first daughter in the Inaba family. She has a little sister but no brothers. Moreover, their family business is sake brewing in which traditionally women were not allowed to engage in. Her father had once decided to abandon the family business until she showed her interest and enthusiasm toward him. She did not want to give up continuing the sake brewery just because she was female. She loved watching the process of sake brewing since she was a child. Knowing the toughness of sake brewing, however, her parents still disagreed to her decision.

Some professors and students of Tsukuba University who sympathized with her worked together to support this very uncommon sake brewery run by a woman. She made tanks and tools smaller so a female who has less strength can use them

easily. However, the method of sake brewing that she uses is from her father, which has been passed on from generation to generation in her family. Now she brews sake with her husband who is helping her with managing the brewery. They are dedicated to brew only the highest quality sake regardless of cost and labor that it takes. All the process is manually done and the extracting procedure is done without squeezing to let sake drop naturally. They don't charcoal filter sake and never adjust flavor afterward. Their sake is brewed by the process which they believe is the best, and the bottle labels have a tank number recorded on them, as they believe that the taste of sake is different from tank to tank where sake is left to age. In Inaba Brewery you can see the sake brewing (except for during the busy period from November to February. Reservation required). There is a café on-site that offers lunch made with local ingredients and sake. You can try various types of sake, too (Reservation required).

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Inaba Shuzo
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www.minanogawa.jp



常陸牛料理

ひたち野

筑波山の山頂に向かうロープウェイ乗り場の近く、風返峠（かぜかえしとうげ）に、趣のある合掌造りの建物が建っている。この地域でも合掌造りの伝統があるのかと思いきや、これは奥飛騨白川郷の築二百年の古民家三軒を移築したもの。ここでは、茨城県が誇る「常陸牛」を提供している。

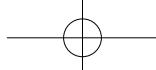
常陸牛の歴史は、江戸の天保年間までさかのぼる。最後の将軍、徳川慶喜の父である水戸藩主の徳川斉昭が黒毛牛の飼育を始めたことが始まり。肉のきめがとても細かく繊細で赤身に細かく『さし』が入った、まさに霜降り。しかし、胃にどっしりと来るような脂っぽさは全く感じられない。一口食べただけで、天国に昇るような幸福感が口いっぱいに広がる。生産技術が認められた指定生産者が育てた牛のうち、肉質が優れたものだけが常陸牛と認定される。知名度こそ高くはないが、黒毛和牛の最高級ブランドとして全世界にその名を馳せるブランド牛に引けをとらない牛肉なのだ。ひたち野では、屋外で美しい景色を見ながら食事を楽しむこともできる。「常陸牛」のご馳走は、筑波山でハイキングを楽しんだ後や、自転車で山道を登った後に最適な、最大の自分へのご褒美だろう。

—

筑波山ひたち野

茨城県つくば市臼井 2103-5 筑波山風返峠 029-866-1221
www.hitachino.com





常陸牛料理ひたち野 常陸野産業株式会社 代表取締役 鬼沢一彦さん

Mr. Kazuhiko Onizawa, the owner of the restaurant Hitachino.

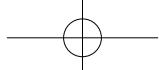
Quaint old houses are situated near the boarding place of the ropeway heading for the top of Mt. Tsukuba on a mountain pass called Kaze-kaeshi toge (trans. Kaze-kaeshi Pass). Kaze-kaeshi literally means “wind returns”. It is said that the origin of its name is inspired by the wind from the ocean that rebounds from the steep mountain slope that blocks its path. These houses are built in the style called Gassho-dukuri, which is not the traditional type of this region but of the Shirakawa village in the Gifu prefecture, where Gassho-dukuri styled houses gathered. The characteristic of the houses is the steep roof which resembles Gassho (trans. the shape of hands folded in prayer). Three two-hundred-year-old Gassho style houses, which were scheduled to be torn down, were bought and transported here. These houses are used as a restaurant that offers exquisite Hitachi beef, which is raised in the Ibaraki prefecture.

Cattle breeding of this area began during the end of the Edo period by the father of the last Shogun, who was the feudal lord of the Mito domain in the area now called Ibaraki prefecture. So Hitachi Beef is not only delicious but also has long history. The taste of Hitachi Beef is as rich as the internationally famous Kobe Beef or Matsuzaka Beef though it hasn't achieved the same level of fame yet. It has a smooth texture, not too hard and not too soft. Fat is marbling in the red meat and it is very juicy, but not heavy. The rich after taste lasts long in your mouth but you never feel the greasiness.

You can also eat outside during the daytime and appreciate the magnificent scenery of the Tsukuba area. The beauty of the sunset is beyond description. For those who go up the Mt. Tsukuba by bicycle and who go on a hike, Hitachi Beef is a great reward for hard work! Moreover, we recommend that you spend your day in the Kasumigaura area and then go up the Mt. Tsukuba to enjoy the beautiful scenery in the evening. A dinner with Hitachi beef will conclude your extravagant visit in the southern part of Ibaraki!

—
Tsukuba-san Hitachino
2103-5 Usui, Tsukuba-shi, Ibaraki prefecture
TEL: 029-866-1221
www.hitachino.com

Hitachino
- Hitachi Beef -



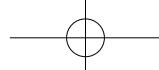
Lotus roots field



Fruits Picking



Shimaki-Noen (Chestnuts)



The Kasumigaura and Mt.Tsukuba area
in Ibaraki Prefecture
— *Ibaraki in your pockets*

One day trip

to the Lake Kasumigaura Area in Ibaraki

INVITATION to KASUMIGAURA AREA

A heart-like-shaped Lake Kasumigaura is the second largest lake in Japan and offers a fascinating view. Bicycle touring around the lake or to fruit farms nearby is recommended also for those who are not usually physically active as the area is very flat.

TIME TABLES

• Time Table of JR Joban Line Limited Express Tokiwa (as of March, 2017)

From Ueno Station

7:30, 8:30, 9:10 (only on weekends and holidays), 9:30, 10:30, 11:30, 12:30

From Tsuchiura Station

16:25, 17:25, 18:10 (only on weekday), 18:24, 19:24, 20:24, 21:24, 22:24

-Time Required: 45min.

-Fare: 2,140 yen (Basic Fare 1,140 yen + Express Fare with seat reservation 1,000 yen)

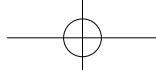
One day trip to the Lake Kasumigaura Area in Ibaraki

TIME SCHEDULE

TIME	SCHEDULE	TRANSPORTATION
8:30	Ueno Station (上野駅)	JR Joban Line Limited Express Tokiwa No.53 bound for Katsuta (JR 常磐線 特急ときわ 勝田行き)
9:16	Tsuchiura Station (土浦駅)	
		18km Taxi (30 min. 6,000 yen)
10:00	Kasumigaura Koryu Center (かすみがうら市交流センター) (Kasumigaura Cultural Exchange Center)	
10:10	Bicycle Tour "Ride Quest" Short-course (25km) or hire a bike and ride it where you like	
13:00	Lunch at Kasumi Kitchen (かすみキッチン)	
14:00	Go around the Lake Kasumigaura or Hobikisen viewing cruise (観光帆引き船)	
16:30	Kasumigaura Koryu Center (かすみがうら市交流センター) (Kasumigaura Cultural Exchange Center)	

OR

TIME	SCHEDULE	TRANSPORTATION
9:16	Tsuchiura Station (土浦駅)	
		15km Taxi (30 min. 5,000 yen)
10:00	Mountain trekking in Mt. Asama From Yukiiri Fureainosato Park (雪入ふれあいの里公園)	
		12km Taxi (22 min. 4,000 yen)
13:00	Soba Lunch at Fumoto (手打ちそば処 麓)	
		9km Taxi (17 min. 3,000 yen)
14:00	Fuchu Homare (府中齋) Sake Brewer	
		15km Taxi (25 min. 5,000 yen)
16:00	Shibamura Soy Sauce Factory (柴沼醤油醸造)	
		3.5 km Taxi (7 min. 1,200 yen)
17:25	Tsuchiura Station (土浦駅)	JR Joban Line Limited Express Tokiwa No.84 bound for Ueno (JR 常磐線 特急ときわ 上野行き)
18:07	Ueno Station (上野駅)	



WHAT TO SEE

•Lake Kasumigaura (霞ヶ浦)

The heart-shaped lake is the second largest in Japan and offers you a beautiful view, pleasant breeze and relaxing moment.

•Lotus roots field (レンコン畑)

The Kasumigaura area is the leading producing area of lotus roots. The fields are filled with water just like rice fields. The scenery in summer is beautiful with lotus flowers blooming, and at the sunset from late Autumn to Winter is also magnificent when all the leaves are gone and only the withered branches are left, which reminds you of the zen style gardens of old temples in Kyoto.

•'Hobikisen' (Cloth sailboat) (帆引き船)

'Hobikisen' is a giant sailboat with a 10 square-meter sail which had been used for net-fishing in the Kasumigaura Lake until 1967. It has a similar structure to a giant kite and it slides sideways through the water with wind. The operating demonstration is held only on Sundays from the end of July to the end of November. A ferry-boat tour offers close-up views.

Boarding point: Shitozaki Fishing Port (志戸崎漁港), a few minutes walk from Ayumizaki Park (歩崎公園),

TEL: 029-897-1111 (City Tourism Association Office)(かすみがうら市観光協会)

•Fuchu Homare Sake Brewery (府中醸)

An old brewery founded in 1854. It brews sake from locally harvested rice. The tour in the old brewery which is registered as National Tangible Cultural Properties (built in Meiji Era) is available. (reservation required)

5-9-32 Kokufu, Ishioka-shi (石岡市国府 5-9-32)

TEL: 0299-23-0233

Opening hours: 10:00-16:00 Closed on Sundays

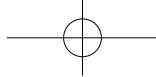
•Shibamura Soy Sauce Factory (柴沼醤油醸造)

An old factory founded in 1688. It makes soy sauce using wood barrels, which is only one left in Tsuchiura. It was one of the three largest production areas of soy sauce in the Greater Tokyo Area.

374 Mushikake, Tsuchiura-shi (土浦市虫掛町 374)

TEL: 029-821-2400

Opening hours: 8:00-17:00 Closed on Saturdays, Sundays and National Holidays



One day trip to the Lake Kasumigaura Area in Ibaraki

WHAT TO DO

•Cycle Hiring

Kasumigaura area is suitable for bicycle touring due to its vast flatland. Grab yourself a bike and get riding to travel around the Lake Kasumigaura!

<Kasumigaura Ride Quest>

-Short Course (25km): 8,500 yen -Long Course (50km): 8,500 yen
includes bicycle touring, fruit picking, lunch, foot bath etc..

-Free Plan Ride (500yen/hour, 1,500 yen for 5 hours)

*Bike Hire at Kasumigaura Cultural Exchange Center

4784 Saka, Kasumigaura-shi (かすみがうら市坂 4784)

TEL: 029-840-9010

•Fruits Picking

There are many tourist fruit farms where the visitors can pick the fruits and eat what they picked depending on the season, such as strawberries, grapes, Japanese pear, chestnuts, kaki (persimmons) and blueberries.

-Ikeda Farm (strawberries) (いけど農場)

967 Shimotsuchida, Kasumigaura-shi (かすみがうら市下土田 967)

TEL: 0299-59-6781

-Ishige Fruit Farm (grapes and chestnuts) (石毛果樹園)

871 Shimotsushida, Kasumigaura-shi (かすみがうら市下土田 871)

TEL: 0299-59-3520

Hiking

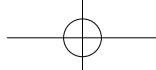
Several hiking courses starts at Yukiiri Fureainosato Park. (雪入ふれあいの里公園)

-Mountain trekking course (120min)-Fruit Farm course (90min)-Mt. Yukiiri course (180min)-Yukiiri long course (210min): along the course (13km) you will see beautiful flowers, sceneries, shrines, local village, fruit farms etc… including mountain trekking.

452-1 Yukiiri, Kasumigaura-shi (Yukiiri Fureainosato Park)

(かすみがうら市雪入 452-1 雪入ふれあいの里公園)

TEL: 0299-59-7000



RESTAURANTS

•Kasumi Kitchen (かすみキッチン)

Taking advantage of the magnificent asset at the lakeside, it offers beautiful waterfront view other than dishes cooked with local ingredients. On weekends, a market called Marché like French of local vegetables, fruits and other products is held.

2nd floor of Cultural Exchange Center building

4784 Saka, Kasumigaura-shi (かすみがうら市坂 4784) TEL: 029-896-1227

Breakfast: 7:00-10:00, Lunch: 11:00-15:00,

Dinner: 17:00-22:00 Closed on Mondays

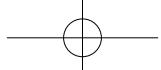
•Fumoto, Soba Restaurant (手打ちそば処 麗)

It offers soba (buckwheat noodles) made with home-milled flour of locally harvested buckwheat. Tempura of locally grown vegetables is also recommended.

829-1 Negoya, Ishioka-shi (石岡市寝小屋 829-1)

TEL: 0299-43-0598

Opening hours: 11:30-14:00 Closed on Thursdays, the 4th Wednesday and the Second Sunday of every month.



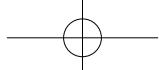
Mt. Tsukuba (Spring)



Mt. Tsukuba (Autumn)



Mt. Tsukuba Shrine (Tsukuba-san Jinja)



The Kasumigaura and Mt.Tsukuba area
in Ibaraki Prefecture
— *Ibaraki in your pockets*

One Day Trip

to the Mt. Tsukuba Area

INVITATION to Mt. TSUKUBA AREA

Mt. Tsukuba has been very popular for a long time among the Japanese. People in Edo (Tokyo) loved it and nominated the two beautiful mountains as "Mt. Fuji of the West, Mt. Tsukuba of the East". A famous Ukiyoe artist, Utagawa Hiroshige, liked to draw Mt. Fuji from the back view when he drew the landscape overlooking the West from Edo. He also drew the back view of Mt. Tsukuba, overlooking the north or northeast. Mt. Tsukuba changes its color depending on the season, in Autumn it is in yellow and red with Autumn leaves, and in Spring it is pink with plum blossoms.

TIME TABLES

• Time Table of Tsukuba Express (as of March, 2017)

From Akihabara Station

<weekdays>

*7:39, *7:52, *8:05, 8:48, 9:30, 11:00, 11:30, 12:00

<weekends and holidays>

8:00, 8:30, *8:45, 10:00, 10:30, 11:00 *12:45, 13:00

From Tsukuba Station

<weekdays>

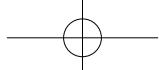
18:19, 18:50, 19:20, 19:50, 20:22, 21:08, *21:10, *21:24, *21:39, *21:54,

*22:10, *22:26, *22:58

<weekends and holidays>

18:25, 18:55, 19:25, 19:55, 20:25, 20:55, 21:28, 33:09, *22:15, *22:30, *22:58

-Time Required: 45min. (trains with* 53 min.)-Fare: 2,140 yen (Basic Fare 1,140 yen
-Fare: 1,190 yen



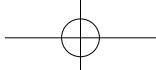
One Day Trip to the Mt. Tsukuba Area

TIME SCHEDULE

TIME	SCHEDULE	TRANSPORTATION
8:48	Akihabara Station (秋葉原駅)	Tsukuba Express bound for Tsukuba (つくばエクスプレス)
9:35	Tsukuba Station (つくば駅)	Shuttle Bus bound for Tsutsujigaoka (筑波山シャトルバス「つつじヶ丘」行き) (about 40 min.)
10:30	Tsukuba-san Jinja Iriguchi (筑波山神社入口) (Entrance of Mt. Tsukuba Shrine)	
		Walk (10 min.)
10:40	Tsukuba-san Jinja (筑波山神社) (Mt. Tsukuba Shrine)	
		Walk
12:00	Lunch (near the shrine)	
		Cable Car
13:30	Miyukigahara (御幸ヶ原) (near the mountaintop of Male Peak)	
		Cable Car
15:30	Tsukuba-san Jinja (筑波山神社) (Mt. Tsukuba Shrine)	
		Walk (2km, 30 min.)
16:00	Inaba Sake Brewery (稻葉酒造)	
		To Hitachino 7km Taxi (10 min. 2,400 yen)

or

TIME	SCHEDULE	TRANSPORTATION
13:30	Miyukigahara (御幸ヶ原) (near the mountaintop of Male Peak)	
		Walk
	Mountain climbing	
	Nyotaizan Station (女体山駅) (near the mountaintop of Female Peak)	
		Ropeway
17:30	Tsutsujigaoka Station (つつじヶ丘駅)	
		Walk (25min.)
18:00	Dinner at Hitachino (常陸野)	
		22km Taxi (30 min. 7,600 yen)
20:22	Tsukuba Station (筑波駅)	Tsukuba Express bound for Akihabara (つくばエクスプレス)
21:07	Akihabara Station (秋葉原駅)	



WHAT TO SEE

•Mt. Tsukuba (筑波山)

A mountain with twin-peaks. As it is not that high (877m), it is recommended to for hiking, even for those who are not serious climbers. There are also a ropeway and a cable car which take you up to the mountaintop easily!

-Cable Car: 580 yen (one-way ticket), 1,050 yen (round-trip ticket)

Departs from near Tsukuba Shrine (Shuttle Bus from Tsukuba Station which departs every thirty minutes. 8:00, 8:30, 9:00, 9:30… 720 yen)

-Ropeway: 620yen (one-way ticket), 1,100 yen (round-trip ticket)

Departs from Tsutsujigaoka (Shuttle bus from Tsukuba-san Jinja Iriguchi)

-Recommended Hiking Course: From the Cable car station, go up to the mountaintop of Male Peak (300m but quite tough) and go between the twin peaks to Tsutsujigaoka. You can also continue hiking up to the mountaintop of Female Peak (550m but moderate incline).

•Mt.Tsukuba Shrine (Tsukuba-san Jinja) (筑波山神社)

An ancient shrine with a history of over 3000 years. Beautiful and solemn buildings in the site are must-see.

•Inaba Sake Brewery (稲葉酒造)

A historical sake brewery managed by a female toji (responsible person for sake making). All the processes are manually done. Sake is extracted without squeezing. As they don't adjust flavor afterward, you can taste the difference of sake aged in various tanks. You can see the sake brewing except for during the busy period from November to February. Reservation required.

1485 Numata, Tsukuba-shi (つくば市沼田 1485)

TEL: 029-866-0020

Opening hours 9:00-18:00, Closed on Wednesdays

RESTAURANTS

•Tsukuba-san Edoya (筑波山江戸屋)

The nearest (300m from the shrine) Japanese style inn, ryokan, which offers 'Day plan' for 2 hours with a Japanese style lunch to any visitors. You can also take a bath! (additional fee: 500 yen)

(Reservation required)

728 Tsukuba, Tsukuba-shi (つくば市筑波 728)

TEL: 029-866-0321

•Kanda-ya (神田屋)

It is famous for its Oyakodon (literally meaning 'parent and child bowl'), a Japanese rice bowl dish consisting of chicken and eggs cooked in a bit sweetened dashi (broth).

(78m from the Shrine)

722 Tsukuba, Tsukuba-shi (つくば市筑波 722)

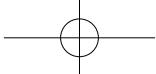
TEL: 029-866-0044 Opening hours: 9:00-17:00

•Tsukuba-san Hitachino (筑波山ひたち野)

A restaurant in renovated two-hundred-year-old Gassho (the shape of hands folded in prayer) style houses offers exquisite Hitachi beef raised in Ibaraki prefecture. The taste of Hitachi Beef is as rich as the internationally famous Kobe or Matsuzaka Beef though it hasn't achieved the same level of fame yet.

2103-5 Usui, Tsukuba-shi (つくば市臼井 2103-5)

TEL: 029-866-1221 Opening hours: 10:30-20:30



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Beyond Ordinary Itineraries

The Kasumigaura and Mt.Tsukuba Area in Ibaraki Prefecture

“IBARAKI”

日本の魅力 発見プロジェクト
～茨城県 霞ヶ浦・筑波地域～

※本プロジェクトは、経済産業省関東経済産業局が実施する「平成28年度地域とホテルコンシェルジュ
が連携した、新たなインバウンド富裕層獲得のための支援事業」と連携して、グランド ハイアット 東京
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