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oze HINOEMATA ONSEN 尾瀬檜枝岐温泉





「時間よ止まれ」、心の中で叫びたくなる瞬間の連続。尾瀬には歩いた人だけが感じ取れる特別な時間が流れている。

尾瀬沼と燧ヶ岳からなる絶妙な風景との出会い、湿原に咲く花との出会い、休憩所での美味との出会い。そのすべてがまさに一期一会。そんな素敵な出会いを、いつまでも楽しみたい。

Moment after moment, you will find yourself crying out for time to stand still. The passage of time takes on a special flow here, something only those who have walked Oze can truly understand. Encounters with the stunning scenery of Lake Ozenuma and Mt. Hiuchi, encounters with the blooming marshland flowers, and encounters with delicious food at the rest spots. All of these are once-in-a-lifetime. You simply won't want these incredible encounters to end.

尾瀬沼 Ozenuma Swamp

周囲約7kmに木道が敷かれ、一周約3時間で散策が可能。沼東岸の三平下付近から眺める燧ヶ岳は 格別。

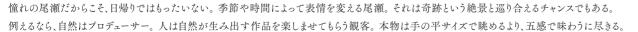
Here you will find an exterior route of wooden paths approximately 7km in length, and which can be walked in around 3 hours. The views of Mt. Hiuchi are particularly incredible from the vicinity of Sanpeishita on the east side of the marsh.

三条ノ滝 Sanjo Falls

尾瀬らしい穏やかな風景とは異なる表情を見せる、尾瀬最大の滝。展望台までは急坂を上り下りするが、豪快に水しぶきを上げ流れ落ちるさまを目にすれば、その疲れも一瞬で吹き飛ぶ。

The largest waterfall in Oze, displaying a different aspect from the normally calm and peaceful scenery of the region. To reach the observation deck, you will have to go up and down an extremely steep slope, but once you see the raging waters tumbling over the falls your exhaustion will be blown away.





For the very reason that this is fabled Oze, a daytrip is almost a waste. Oze changes its aspect depending on season and time of day, which also provides a change to encounter some truly miraculous scenery. Nature could almost be called the producer, while people are the audience enjoying the works it creates. Rather than looking at them in the palm of your hand, they have to be enjoyed with all of your senses.



尾瀬ケ原 Ozegahara Marsh

大小の池塘が点在する本州最大の高層湿原で、歌曲 『夏の思い出』の風景そのものが広がる。季節ごとに美 しい花や植物でハイカーの目を楽しませる。上田代か ら望む燧ヶ岳の雄姿は、まさにフォトジェニック。

The largest highland marsh in the Honshu area, dotted with pools, and featuring scenery directly from the famous song "Summer Memories." Beautiful flowers and plants for each season bring joy to hikers, and the bold lines of Mt. Hiuchi as seen from Uwatashiro are truly photogenic.

会津沼田街道 Aizu-Numata Old Road

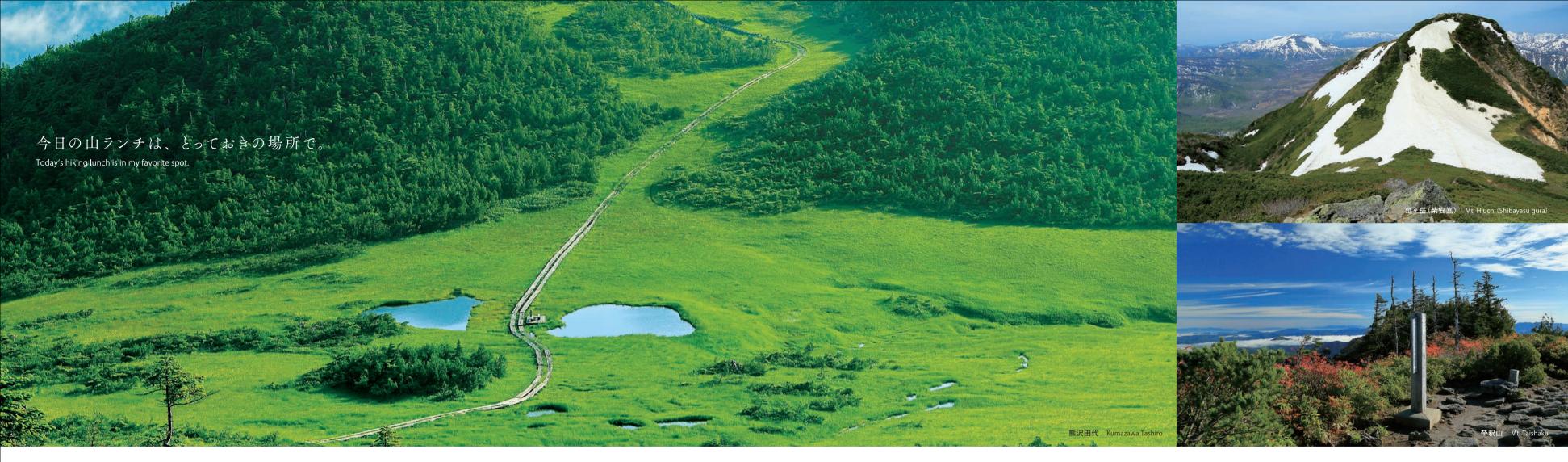
会津と上州を結ぶ交易路として、人々が往来した古道。 沼山峠から七入までのルートは、尾瀬と檜枝岐の歴史 を感じながら、滝を眺めたり、手付かずの自然を満喫で きる。ふくしま遊歩道50選にも選ばれている。

An old road that once carried trade traffic between the Aizu and Joshu regions. The route from Numayama Pass to Nanairi allows you to feel the history of Oze and Hinoemata while taking in waterfalls and enjoying untouched nature. The route was selected as one of the Fukushima Top 50 Walking Routes.



会津沼田街道PR動画はこちら▶







熊沢田代 Kumazawa Tashiro

標高1950m地点に位置するなだらかな傾斜湿原に、まるで計算し配置されたかのような二つの池塘。 その間を木道が曲線を描きながら、燧ヶ岳へと伸びていく風景が印象的。

Two pools, seemingly placed almost calculatingly on a smooth sloping marsh at an elevation of 1950m. The wooden path curving between them as it winds toward Mt. Hiuchi makes quite a striking impression.

燧ヶ岳 Mt. Hiuchi

広沢田代、熊沢田代などの湿原をたどって到達する標高2356mの頂は、東北以北の最高峰。 その鳥瞰はすばらしく、尾瀬沼や尾瀬ヶ原など、天上の楽園を一望できる。

The peak of 2356m, reached by passing through such marshes as Hirosawa Tashiro and Kumazawa Tashiro, is the tallest in the Northern Japan. The view it provides is truly incredible, allowing you to look out over the heavenly paradise of Lake Ozenuma and Ozegahara Marsh.

帝釈山 Mt. Taishaku

開放感に富む標高2059mの山頂からは、会津駒ヶ岳、燧ヶ岳、日光白根山などが間近に望める。 初夏、登山道では可憐に咲くオサバグサがハイカーの目を楽しませる。

At the liberating peak of 2059m, you can look out at Mt. Aizukoma, Mt. Hiuchi, Mt. Nikko-Shirane at close range. In early summer, the woodland path from the village passes through the habitat of beautiful osabagusa, giving hikers a treat for their eyes.



尾瀬の山小屋

相部屋で雑魚寝、電波が届かない……そんなイメージはひと昔前。今どきの山小屋は、特定日を除けば2名様以上なら個室利用できるほか、 各ロビーに設置されたFree Wi-Fiで、撮ったばかりの一枚を即SNSにアップすることも可能。また、夕食にはこだわりのメニューを提供する宿 もある。なによりも尾瀬に宿泊する最大の理由は、夕景や朝もやに映える幻想的な尾瀬沼、満天の星など、日帰りとはひと味違う感動と出合 えること。日常では体験できないシーンの連続に、少しでも長く尾瀬を楽しみたい人にとっては、何度でも還りたい場所となっている。

Oze Mountain Huts

The image of sleeping in a huddle in a shared room, with no cell reception. . . is now a thing of the past. The mountain huts of today have private rooms for two or more people (excluding certain days) and free Wi-Fi in the lobby, meaning that shot you just took can be immediately uploaded to social media. There are also places that offer a carefully prepared evening meal. The biggest reasons for staying in Oze, however, are those special encounters that you simply can't enjoy from a daytrip, including the illusory Lake Ozenuma at evening or in the early morning, and the night sky full of stars. A succession of experiences you simply can't have in everyday life turn Oze into a place people visit again and again, seeking to enjoy the region for even one moment longer.











檜枝岐歌舞伎

その昔、お伊勢参りに出かけたご先祖が観劇した檜舞台の歌舞伎を、見様見真似で村に伝えたのがはじまり。檜枝岐歌舞伎の最大の特徴は、役者から裏方まで、すべて村人だけで継承されているということ。浄瑠璃を口伝えし、親から子へ、子から孫へと型や振りが受け継がれている。記録を遡ると八代に渡り継承している家系もある。現在の継承団体「千葉之家花駒座」は、大正末期に星愛三郎氏(初代檜枝岐村長)によって名付けられた。福島県の重要無形民俗文化財に指定されている。

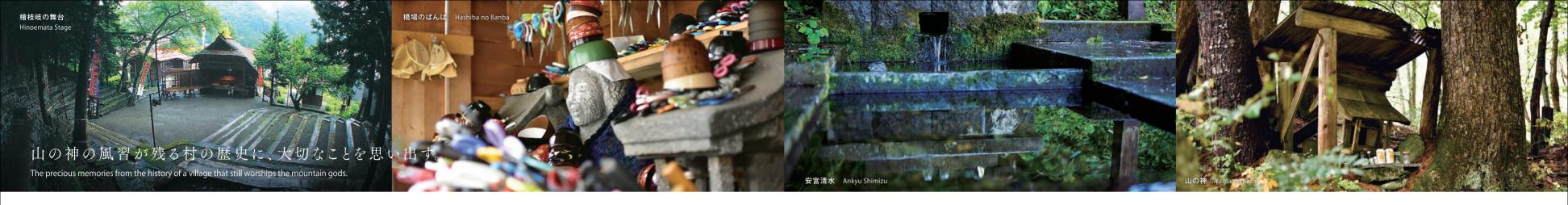
Hinoemata Kabuki

Hinoemata Kabuki is said to originate with a village forefather who went to Ise to pray and saw a Kabuki performance on a stage there, and then passed it via imitation to the village. One of the defining characteristics of Hinoemata Kabuki is that every role, from the actors to those behind the scenes, has been passed down exclusively through only the villagers. The forms and steps have since been faithfully passed down by word-of-mouth from parent to child, and child to grandchild. Tracing back through the records shows that there are families in which this tradition has been passed on for over 8 generations. The current inheriting theatrical organization is called "Chiba-no-Ya Hanakoma-za," and was named at the end of the Taisho period (1912 - 1926) by Saburo Seia (the original head of Hinoemata village). Hinoemata Kabuki is a designated as an important intancible folk culture asset of Fukushima prefecture.

歌舞伎化粧体験 Kabuki Makeup Experience

貴重な農民芸能として注目される檜枝岐歌舞伎の化粧を行い、記念撮影。下地塗りから隈取りまで、歌舞伎の団員が指導。小一時間で歌舞伎役者の気分が味わえる。

Put on the makeup used as part of Hinoemata Kabuki, a treasured traditional art form, and take a commemorative photo. From the foundation through to the shading, a member of the kabuki troupe will provide guidance for the entire process. In less than one hour you can experience what it feels like to be a kabuki artist yourself.



檜枝岐の舞台 Hinoemata Stage

神社に向かって建てられ、拝殿のような造りが特徴的な舞台。村人からは「舞殿(めえでん)」と呼ばれ、心の拠りどころとして親しまれる。5月と8月の祭礼に槍枝岐歌舞伎が奉納され、9月には歌舞伎の夕べが開催される。

A stage built facing the shrine and characterized by its own shrine-like appearance. The villagers called is the "Maiden" ("dancing hall") and it is a place where they find support and reassurance. Hinoemata Kabuki performances are offered to the gods during the festivals in May and August.

ミニ尾瀬公園 Mini Oze Park

天上の楽園、尾瀬の自然をそのまま地上に具現化した公園。5月中旬には尾瀬の代名詞、ミズバショウの群落が一面を彩る。体力に自信のない高齢者も尾瀬ハイク気分を味わえる。

A park that recreates the nature of the heavenly paradise of Oze at a slightly lower altitude. The white skunk cabbage that Oze is so famous for covers the ground here during mid-May, allowing the elderly and others who can't make the full trip to still enjoy the feeling of hiking in Oze.

橋場のばんば Hashiba no Banba

子どもを水難から守る水神様。錆びたハサミを供えると良縁結び、切れるハサミならば悪縁が切れると伝えられることから、パワースポットとして注目を集めている。

A water god who protects children from water-related troubles. It is famous as a spot for spiritual energy; offering up rusty scissors is said to make a good match for you, while offering up sharp scissors is said to cut bad ones.

六地蔵 Six Jizo

メインストリート沿いに建つ村のシンボル。村人が季節ごとに愛らしい衣装に着せ替えるほど、慈しまれている。近年では子宝、子育ての守護として参拝する人も多くなった。

The symbols of the village, standing proudly along the main street. They are loved by the villagers, who dress them in charming clothing to suit the seasons. They have recently started to be worshipped as the guardians of children and child-raising.

安宮清水 Ankvu Shimizu

平家の落人伝説が残る村ならではのスポット。高倉宮以仁王が尾瀬を経て檜枝岐に落ち延びて来たときに、この清水で喉の渇きを癒やしたとされる。今も冷たい清水が湧き出ている。

The kind of spot you will only find in a village said to have sheltered Heike fugitives. When the Takakura Prince escaped to Hinoemata, it is said he drank from this pure water to slake his thirst. Cold, pure water still bubbles up here today.

石段席 Stone Steps

歌舞伎舞台の正面に建つ神社へと続く石段をはじめ、境内の傾斜を利用する形で舞台を取り囲むように組まれている。桟敷席と合わせて約1000人が座れる。場所とりは厳禁。

Starting with the stone steps that lead directly from the front of the stage toward the shrine, the sloping terrain in the shine grounds has been used to surround the stage with steps. In addition to the circle seating, there is room for approximately 1000 people. Securing spots ahead of time is not allowed.

山の神 Yama no Kami

山あいの厳しい自然環境の中、林業や狩猟をはじめ、イワナなどの漁労、山菜やキノコの採集など、 山仕事を生業にしてきた村人の精神的支柱として崇め祀られてきた。

Amid the harsh natural environment of this region, this god has been worshipped for mental support by those whose work lies in the mountains, including such tasks as forestry, hunting, catching char and other fish, and collecting mountain produce and mushrooms.

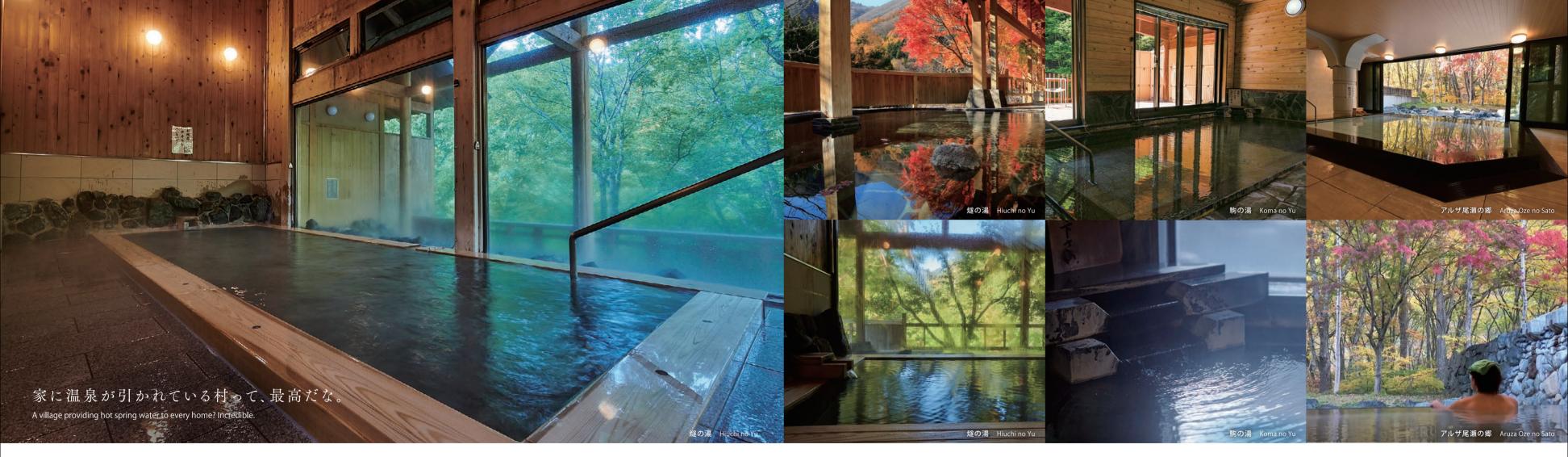
板倉 Itakura

かつては穀物などを収納するために使われていた倉庫。その歴史は古く、釘や柱を使用しないなど、その建築様式も独特。現存する村内の木造建築の中でも最古級。

A storeroom that was once said to hold grains and other produce. The building has a long history, and is also characterized by a construction that uses no nails or pillars. One of the oldest structures found in the village today.







3つの源泉、豊富な湯量が自慢の尾瀬檜枝岐温泉。あふれる源泉は、宿泊・入浴施設はもちろん、 村内の一般家庭に供給されるほど。村の出湯で、尾瀬の自然を間近に感じながら至福のひとときを。

Oze Hinoemata Onsen boasts three hot spring sources and large volumes of water.

This abundance means hot spring water is not only provided to lodgings and bathing facilities but also every household in the village.

Spend a moment of bliss surrounded by the nature of Oze while bathing in the waters of the village.

燧の湯 Hiuchi no Yu

舟岐川沿いにある源泉かけ流しの公衆浴場。四季折々の山や渓流の彩りを目の前に入る 露天風呂は最高。グリーンシーズンは早朝時から営業しているので朝風呂が楽しめる。

A public bath located along the Funamata River and using water that flows directly from the hot spring source. The outdoor bath, with the seasonal scenery of the mountains and river right in front of your eyes, is simply the best. During the green season the facility is open from 6 am, allowing you to enjoy an early morning bath.

駒の湯 Koma no Yu

会津駒ヶ岳登山口の近くにあることから、下山後に立ち寄るハイカーが多い公衆浴場。村 観光の拠点としても人気が高い。窓から見える緑が美しい。

A public bath located close to the Mt. Aizukoma trailhead, making it a popular spot for hikers to stop in after coming down the mountain. It is also often used as a base of operations for sightseeing in the village. The greenery seen through the windows is so very beautiful.

森の温泉館 アルザ尾瀬の郷 Mori no Onsenkan Aruza Oze no Sato

道の駅尾瀬檜枝岐にある総合温泉スポーツ施設。温泉ゾーンでは、窓が大きく開いた半露 天風呂で自然との一体感が楽しめる。プールゾーンでは水中運動でリフレッシュできる。

A combined hot spring and sports facility located in the Ozehinoemata Roadside Station. The hot spring zone allows you to feel at one with nature, looking out through expansive windows. You can also refresh with water activities in the pool zone.



温泉施設の情報はこちら▲



裁ちそば Tachi Soba

つなぎをまったく使わない昔ながらのそば。畳むと割れてしまう2~3ミリの厚さにのばした生地を何枚も重ね、包丁を引いて布を裁つようにして切ることからその名が付いた。

An old-fashioned style of soba that doesn't use any filler. Made by layering multiple sheets of dough 2-3 mm thick, that would break if folded, and then cutting with a knife like cutting a cloth.

岩魚料理 Char Cuisine

^信枝岐川の清流やその支流に棲むイワナは、古くから貴重なタンパク源として食べられてきた。刺し身、塩焼き、燻製、骨酒、岩魚味噌など味わい方もいろいろ。

The char found in the Hinoemata River and its tributaries have long been eaten as a precious source of protein. There are all sorts of ways to prepare them, including sashimi, grilled with salt, smoked, dipped in sake, or flavored with miso.

つめっこ Tsumekko

ジャガイモやニンジン、大根といった季節の野菜、山菜、キノコ、豆腐、鶏肉などの具を入れた味噌汁仕立ての汁に、こねたそば粉をちぎって入れる。「そばすいとん」とも。

A miso soup style soup of seasonal vegetables such as potatoes, carrots, and daikon radish, and mountain vegetables, mushrooms, tofu, and chicken etc., with added balls of kneaded soba flour. Also known as "Sobasuiton"

キノコ料理 Mushroom Cuisine

山の恵みを代表するキノコは、アカギノコ(マスタケ)、マイタケ、カノシタ(ブナハリタケ)、ナメコ、シメジなどがあり、各家庭でさまざまな料理に使われる。

Mushrooms that represent the blessings of the mountains include akaginoko (masutake), maitake, kanoshita (bunaharitake), nameko, and shimeji, all of which are used in a variety of dishes in each bureabeld

山菜料理 Mountain Vegetable Cuisine

山あいの村ではキノコと同様に山菜も豊富。ワラビ、アケビ、ゼンマイ、コゴミ、ウド、フキ、ミズナ、ユキザサなど、漬け物や天日干しにするなどして一年中食卓にのぼる。

Mountain villages are blessed not only with mushrooms but also mountains vegetables - including bracken, chocolate vine, royal fern, ostrich fern, mountain asparagus, sweet coltsfoot, potherb mustard, and vukizasa. They can be found on tables all year round, in pickled form or dried in the sun.

季節の天ぷら Seasonal Tempura

季節の野菜をはじめ、山の恵みである山菜やキノコ、時にはイワナも天ぷらの種になる。変わり種としてはサンショウウオ。珍味でもあるので村を訪れたら味わうべき一品。

Seasonal vegetables, mushrooms and mountain plants from the slopes, and even char are sometimes battered to make tempura. You can also find cryptobranchoidea salamander tempura! A rare delicacy, this is definitely one to try if you visit the village.

はっとう Hatto

ほんのり甘く、もちもちとした食感が特徴的なそば料理の一つ。その昔、あまりのおいしさに村人が 食べることを御法度にされたため「はっとう」と呼ばれるようになった。

A buckwheat dish characterized by a faint sweetness and chewy texture. At one point in time, the villagers were forbidden from eating them simply being too delicious, hence it came to be called as "Hatto" meaning "Strictly forbidden."

やきもち Yakimochi

そば粉で作った皮の中に、山菜、漬物、塩くじらの炒めもの、ぐみの実といった季節の具を包み焼いたもの。"悪魔を打つ"という風習「まっこはたき」に食される。

Skins made from buckwheat flour are packed with mountain vegetables, pickles, stir-fried salted whale, silverberries, and other seasonal ingredients, and then grilled. They are eaten on the occasion of "Makkohataki," which involves "beating devils."













尾瀬の玄関口 檜枝岐村へ

ACCESS

Reaching Hinoemata Village, the gateway to Oze

尾瀬檜枝岐温泉は、福島県から尾瀬へと入る玄関口。 村の中心部から尾瀬散策の起点である御池まで 車で約20分という近さです。

Oze Hinoemata Onsen is the gateway to entering Oze from Fukushima. It takes just 20 minutes by car from the center of the village to Milke, the starting point of walks into Oze.





マイカーで By Car

●高速道路で

東北自動車道/西那須野塩原ICより約120分/白河ICより約120分 磐越自動車道/会津若松ICより 約120分 関越自動車道/小出ICより只見町経由で約150分(銀山平経由で約150分)

Via Expressway

Tohoku Expressway: approx. 120 minutes from Nishi-Nasushiobara IC / approx. 120 minutes from Shirakawa IC

Joban Expressway: approx. 120 minutes from Aizu Wakamatsu IC Kan-Etsu Expressway: approx. 150 minutes via Tadamimachi from Koide IC (approx. 150 minutes via Ginzandaira)





二次交通で By secondary transportation

新潟空港 Niigata Airport

●東武鉄道で

浅草より東武日光線・野岩鉄道を利用し、 会津高原尾瀬口駅下車。 路線バス利用の場合約90分 (レンタカーご利用の場合、約60分要予約)

●By Tobu Railway

Take the Tobu Nikko Line or Yagan Railway from Asakusa, and alight at Aizukogen-Ozeguchi Station.

Via regularly scheduled buses, approx. 90 minutes (Approx. 60 min by rental car, reservation required)



宿泊のご案内 Guide to Lodgings

山小屋

Mountain Huts



村内の旅館

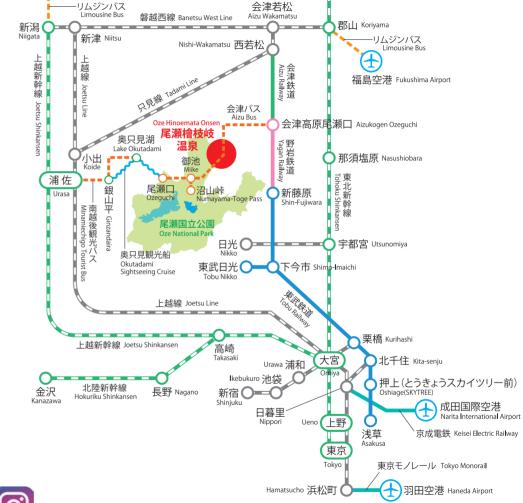
Japanese Inns in the Village



村内の民宿

Private Homes Offering Lodgings in the Village





至仙台 To Sendai

