

# Travel Guide

## ～ Tokai Region (Shizuoka, Gifu, Aichi and Mie Prefectures) ～

The Tokai region is home to the Chukyo Industrial Area, the largest industrial accumulation in Japan. The Tokaido and Nakasendo, two highways of the Edo period that pass through region, are lined with beautiful landscapes and numerous historic sites.

Shizuoka prefecture is bordered on the north by Mt. Fuji and the Akaishi Mountains, and on its east lies Izu Peninsula, with its numerous tourist spots. The spectacular view of Mt. Fuji can be enjoyed from many places throughout the prefecture, including from Asagiri Plateau, Nihondaira plateau, Heiwa Koen (Peace Park), Miho no Matsubara pine grove, and the port city of Numazu. Izu Peninsula is one of Japan's most renowned hot spring resorts, centered particularly on Atami and Ito, and offers many places of interest, including Izu Kogen highlands and Shuzenji Temple. Lake Hamanako, which is well known as a breeding ground for unagi eels, and the Omaezaki Todai lighthouse are also representative of the prefecture.

Gifu prefecture has some of the most famous mountains in Japan, represented by the Hida Mountains. The natural environment of the mountains and old townscapes create a quaint combination that is enjoyed by many tourists. Among the old towns, especially noteworthy are the historic village of *gassho-zukuri* (A-frame) houses in Shirakawago, which is designated a World Heritage Site, the Hida-no-Sato folk village, and the historic town of Gujo Hachiman that is well known for its Gujo Odori Dance Festival. Other popular attractions and sites include cormorant fishing exhibits on the Nagaragawa River, Gero Onsen, which is one of Japan's three most famous hot springs, Yoro Falls, the forests of Goshikigahara at the foot of Mt. Norikura, and the panoramic view of the Northern Alps from the Shinhotaka Ropeway(1). The Kokeizan Eihoji Temple, named after the Mt. Lu valley in China, and the Fukuyo-no-Sato Mongol Village are also interesting places to visit.

Aichi prefecture is deeply related to the Tokugawa family, the founder of the Edo Shogunate. It boasts Japan's largest automobile industry, but is also well known for Seto's agricultural products and Tokoname's ceramics. Nagoya Castle, adorned by a pair of golden carps, Tokugawa Garden, and Atsuta Shrine(2), which houses the sacred sword Kusanagi-no-Mitsurugi, one of the three sacred treasures of the Imperial family, offer precious insight into the history of the prefecture, while the Toyota Automobile Museum and Noritake Garden provide first-hand experience in two of the largest local industries. The white-sand beaches of Atsumi Peninsula, extending from the Iragomisaki lighthouse to Kojigahama beach, and the natural environment surrounding Kojakuji Temple and Horaiji Temple in Korankei(3) also offer breathtaking sights. Nittaiji Temple, which enshrines the holy remains of Buddha that were received from Thailand, is also worth a visit.

Mie prefecture is most famous for Matsusaka beef, Ise lobster and pearls. Blessed with beautiful sea and mountains, it has prospered as a tourist destination since ancient times. Tourist sites that are particularly representative of the prefecture include Ise Grand Shrine, to which many people have made a pilgrimage since the Edo period, and the Kumano Kodo pilgrimage routes, which have been inscribed on the World Heritage List. Futamigaura beach, Iga-Ueno, known as the home of the Iga Ninja, Toba Aquarium, Shinjuzima (pearl island), and Irukajima (dolphin island) are also popular destinations, as are Nagashima Spa Land, Nabana-no-Sato flower park, Shima Spain Village, and the Suzuka Circuit amusement park that offers a racing car experience.

# たび 旅のしおり

## — 東海地方 (静岡県・岐阜県・愛知県・三重県) —

日本随一の工業集積地帯「中京工業地帯」です。江戸時代の街道「東海道」と「中山道」沿いには風光明媚な場所や史跡が数多くあります。

静岡県: 北部に富士山や赤石山脈がそびえ、東部の伊豆半島に観光地が数多くあります。富士山の絶景を臨む場所として、朝霧高原、日本平、平和公園、三保の松原、港町の沼津があります。伊豆半島は熱海や伊東など日本を代表する温泉地帯で、伊豆高原や修善寺など多くの名所があります。うなぎで有名な浜名湖や御前崎灯台も県を代表するシンボルです。

岐阜県: 飛騨山脈など日本有数の山岳地帯で、山の自然と古い町並みが楽しめます。町並みでは、世界遺産の白川郷合掌造り集落、飛騨の里、夏の郡上おどりで有名な郡上八幡があります。ながらがわ、うか、にほんさんめいせん、げろおんせん、ようろう、たきのり、長良川の鵜飼、日本三名泉の1つである下呂温泉、養老の滝、乗くらさんろくごしがはら、ゆうめい、しんぼたかろーぶうえい、きたあるぶす、鞍山麓五色ヶ原が有名で、新穂高ロープウェイからの北アルプスのパノラマも絶景です。中国廬山の溪谷にちなんで名付けられたこけいざんえいほうじ、ふくじゆ、きともん、ごるむら、きやうみぶか、虎溪山永保寺、福寿の里モンゴル村も興味深いでしょう。

愛知県: 江戸幕府を開いた徳川家ゆかりの地であり、自動車産業以外にも、農産物や瀬戸市、常滑市の陶器でも有名です。金の鯨で知られる名古屋城、徳川園や三種の神器のひとつ草薙神剣を祀る熱田神宮で歴史を感じ、トヨタ博物館やノリタケの森で地元産業に触れることができます。渥美半島の伊良湖岬灯台から恋路ヶ浜までの白浜、香嵐溪の香積寺や鳳来寺の自然も見所です。タイから寄贈された仏舎利を安置している日泰寺もあります。



①新穂高  
ロープウェイ  
(岐阜県)



②熱田神宮  
(愛知県)



③香嵐溪  
(愛知県)

三重県: 松坂牛や伊勢エビ、真珠で知られる三重県は、海と山の自然に恵まれ、古くから観光地として栄えています。江戸時代から御伊勢参りで知られる伊勢神宮、世界遺産となった熊野古道があります。二見浦、伊賀忍者で知られる伊賀上野の他、鳥羽水族館、真珠島、イルカ島なども有名です。ナガシマスパーランド、なばなの里、しますべいんむら、もーたーたいけん、すずかきーきつと、志摩スペイン村、モーター体験などができる鈴鹿サーキットなどのテーマパークも充実しています。