

TONAMI  
CITY

Toyama Prefecture, Japan  
富山縣礪波市



JAPAN

富山縣礪波市觀光導覽冊

# TONAMI CITY GUIDE BOOK

Journey Through a Brilliant Culture  
Let your senses experience the richness of the land.

自然景觀豐裕的礪波，請用您的五官去感受。

探訪輝耀風土之旅







The traditional houses of Tonami, scattered about the plain, are a designated Toyama prefectural cultural asset.

傳統家屋「高妻建」：坐落於擁有數居單棟的萬國本國地區裡的入道家住宅。(高山縣指定文化財產)



Lion dances are held in many parts of the city as a festival of celebration for the guardian deity of each community.

獅子舞：做為各集落的氏神祭，於市內各地舉辦。



Shogawa Hikinmono is a local style of wood working using native woods.

莊川挽物(木製傳統工藝品)：由匠人的集眾地所衍生出的產業。

The old and traditional ways bring back memories of times past and give a refreshing feeling to the present.

懷舊風情亦顯現新潮流  
增添鄉土風味魅力十足



Sankyoson is the term used to describe the scattered village architecture one finds in Tonami. The broad roofed houses surrounded by tall trees provide a rich backdrop for the spring flowers, the summer sunset reflecting off the rice fields, the autumn colors of the trees, the soft blankets of snow in winter. Each season brings a new panorama to Tonami.

在瀧波平原上，散佈著幾座被稱為 Kainyo 的屋敷林所包圍的民家形成了廣闊的「散居村」的風景。這裡保有插秧前的水田倒映著的晚霞、充滿綠意的夏天、隨風搖擺的金黃稻穗、白茫茫的一片雪地等等，正在逐漸消逝的日本原風景。由氣候、風土逐漸孕育而出，再由人們想切用心繼承的歷史、文化、產業傳承至今的瀧波生生不息。

初次的來訪，卻讓人有懷舊的改變，探訪輝煌的風土之帳，不妨您也來親自走一回。洋溢著的花、綠、水，用最璀璨的笑容等待著您的到來。

Local sakes made from the wonderful water and rice of Tonami  
用美味的水與米釀製的瀧波地酒

酒  
Rice wine



Tachiyama (Tachiyama Brewery) 太刀山 古酒造酒廠  
Nakaya (Nakaya Brewery) 前加屋 古酒造酒廠  
Tateyama (Tateyama Brewery) 立山 古酒造酒廠

Simple handicrafts full of character  
風格樸實的工藝品

推薦伴手禮  
Souvenir



Somake-yaki ceramics 越中工藝  
Tateyama 打紙

Enjoy always having a tulip with you.  
讓鬱金香常伴左右

Goods  
鬱金香周邊商品



Tulip pin badge 鬱金香別針



Tee with tulip designs 鬱金香T恤



Products dyed using tulip petals 鬱金香花瓣染製品

Nearby sightseeing  
周邊觀光導覽

Himi Banya Gai  
Local delicacies and fresh seafood are in abundance at this harbor market.  
冰見番屋街  
冰見漁港的港外市場，新鮮的魚類和海鮮、土產應有盡有。



石川縣 津波屋

Zairyuji Temple  
Several of the buildings in the temple complex are designated National Treasures.  
瑞龍寺  
日本唯一擁有佛殿的創始儀式的神原瑞龍寺，日本國寶。



Tateyama Kurobe Alpine Route  
Stunning vistas and unique landscapes along this mountain sightseeing route.  
立山黑部阿爾卑斯山脈路線  
海拔 3000 公尺級的壯麗山脈山景觀光路線。



Area you can get to within about 30 mins. 約 30 分鐘內可抵達的範圍

Kenrokuen  
This garden - park is considered one of the Three Great Gardens of Japan.  
兼六園  
越前町萬石、富田津環園，日本三大名園之一。



Area you can get to within about 30 mins. 約 1 小時之內可抵達的範圍



Area you can get to within about 30 mins. 約 30 分鐘內可抵達的範圍



# Sightseeing MAP of Tonami

礪波觀光地圖

- Tourist spot and facilities 觀光名勝景點・觀光設施
- Public facilities 公共設施
- Accommodations 住宿設施
- Convenience store 便利商店
- Significant agricultural product store 特色農產品店
- Parking lot 停車場
- Restroom 公共洗手間
- Rental bicycle 出租腳踏車
- Gas station 加油站



**Shokoji Temple**  
On the east premises, the Hondo Central Hall and Otomura Reception Hall & Sekida Entrance have been designated as National Treasures, and the 10 remaining structures as Important Cultural Properties of Japan.  
**勝興寺**  
勝興寺是象徵著「真宗王国」越中地區淨土真宗佛教的代表寺院。在寬廣的寺內，本堂、大廣間以及式台為國寶，而其餘 10 棟建築則為國家重要文物。



**Zuisenji Temple**  
Built in 1791 this temple, famous for its wood carvings, is a Important Cultural Asset of Toyama Prefecture.  
**瑞泉寺**  
代表著富山縣的典雅寺院，在雕刻之精、井水的清澈。

**Kaiwomaru Park**  
This seaside park is also home to the tall ship Kawan Maru.  
**海王丸公園**  
被譽稱海上寶物人帆船「海王丸」其中心即海濱公園。



**Historic Villages of Gokayama**  
A village of thatched roofed houses in a traditional style. UNESCO World Heritage Site.  
**五箇山合掌建築村落**  
坐落於山區田原集落的合掌建築村落群，世界遺產。



▼ Staying in Tonami  
See accommodation page at "Tonatabi", sightseeing site of Tonami city.  
▼ 礪波停泊住宿  
礪波市的觀光網站「礪波旅」免費停泊網頁

How to connect to the free Wi-Fi  
免費 WiFi 連接方法





# Flower

領略四季變幻的花之城市

## A BEAUTIFUL TOWN OF FLOWERS



April・May 4~5月

Sankyoson X Tulip  
散居村 X 鬱金香

Tulips are Tonami's symbol. Since the early 20th century Tonami tulip bulb production has been a national leader.

花壇的代表選手，鬱金香。至大正時期生產鬱金香球根以來，其產量和品質都為日本同種等級。散居村旁廣闊繽紛多彩的鬱金香田為飄波的春風物語。



April・May 4~5月

Strolling through the Narcissuses at Tonami Yumenotaira  
夢之平水仙生態觀察

About 200,000 daffodils bloom in full glory in Yumenotaira ski ground from April to May.

20萬株的水仙花，在鬱金香滿開的時期，夢之平滑雪場裡有約20萬株的水仙花盛開綻放著。



June 6月

Japanese Iris Festival in Ranjo-no-mori Forest  
蘭成森林風笛花祭

More than 700,000 iris' of 600 different varieties, along with water lilies, hydrangea, and other flowers makes this one of the largest iris gardens in Hokuriku.

北陸最大規模菖蒲花園，以600品種70萬株菖蒲花為中心，另有睡蓮，紫陽花，燕子花等等於此綻放。



4月 April

Shogawa Gorge  
Cherry Blossom Festival  
莊川峽櫻花祭

A cluster of native growing Edo-Higan cherry trees.

雪多的北陸地方稀有罕見、自生的江戶彼岸櫻花群生地。



Tonami Tulip Gallery All year  
鬱金香四季彩館

100-1 Nakamura, Tonami City  
瀧澤市中村100-1  
☎ 0763-33-7715

Famous as the only facility in the world where one can enjoy blooming tulips throughout the year. Cafe, shops, and events.

世界上唯一一座一年四季都綻放著鬱金香的設施。推薦您在這悠閒自在的喝上一杯咖啡。



10月 October

Strolling through the Cosmos Flowers at Tonami Yumenotaira  
夢之平秋櫻(波斯菊)生態觀察

A million cosmoses that fill the ski slope give the visitors comforts.

夢之平滑雪場斜坡上種滿一片約100萬株的秋櫻(波斯菊)療癒疲憊身心，還可一望散居村景致。



Tonami Tulip Park  
瀧澤鬱金香公園

All year 全年

1-32 Haruzono-cho, Tonami City  
瀧澤市花園町1-32  
☎ 0763-33-7710

The Tonami Tulip Fair is an annual spring event showcasing spring in the region. In winter there is a light show and illumination.

為北陸地區染上春天色彩的花之祭典「瀧澤鬱金香博覽會」於1952年(昭和27年)開始每年舉辦，冬天則有美麗的燈光熱鬧氣氛。



# Water and Greenery

## 水與綠豐潤之城市

EACH SEASON BRINGS PANORAMIC CHANGES

All-year **全年**

Shogawa Gorge Excursion Ship  
**莊川峽湖上遊覽**

A ride on the sightseeing boat leaving from Kamaki dam in Shogawa gorge

allows you fully enjoy four seasons

從莊川峽「小牧水壩」出發的遊覽船

可讓您在乘坐過程中，四季風景盡收眼底。



April • November

4-11月

Sankyoson observatory  
散居村展望廣場、展望台

Enjoy seasonal views of the Tonami Plain and its unique village architecture; Sankyoson. The Tateyama mountain range and the Japan Sea can be seen as well.



礪波平野散居村的風景隨季節變遷縱賞其樂無窮。立山連峰與遼闊日本海亦可一望無遺。



Tonami Sankyoson Museum **All year**  
**礪波散居村博物館**

This local history museum is dedicated to preserving and teaching of traditional culture of Tonami. 散居景觀保全與礪波的傳統文化傳播訊息據點設施。

80 Tatemaru, Tonami City / 礪波市太郎丸 80  
☎ 0753-34-7180

Shogawa Onsen Village  
**莊川溫泉鄉**

One of the few hot spring villages in Toyama Prefecture. Visit several spas to enjoy the different sources of the hot spring. Let all your senses luxuriate in the waters.

縣內屈指可數的溫泉地，分別不同源泉享樂其中推薦不妨嘗試悠閒泡湯樂趣哦，豐富的大自然中，極五官體會其樂無窮。

Shogawa-kyou Tourism Cooperative / 莊川映觀光協會 ☎ 0753-82-5996

**All year**  
**全年**



☎ Detailed information of the onsen QR code 與詳細的詳細信息QR碼



在日本全國也很罕見的「水之祭典」，重頭戲的「乘流木錦標賽」為，從前盛行利用莊川的水流進行木材運送「流送」的這片土地特有祭典。

August **8月**

Shogawa Water Festival  
**莊川水祭**

The Water Festival, a rare site even in Japan. The Log Rolling Championship, the main event, is unique to the area, where timber rafting flourished along the Shogawa River long ago.



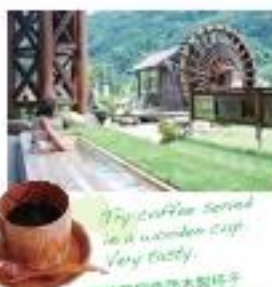
Shogawa Mizukinen Park **All year**  
**莊川水記念公園**

A good starting point to enjoy the river area. Shops, museums, restaurants, walking paths, and more.

大噴水池與遊步道，水的資料館等等，活用豐富的水與綠色景觀建造，莊川區域的觀光據點設施。



1550 Kanaya, Shogawa-machi, Tonami City / 礪波市雁川町金屋 1550  
☎ 0753-82-5096



Shogawa Wood Plaza **All year**  
**莊川木材廣場**

Locally grown Yuzu citrus products, traditional wooden crafts, souvenirs, ice cream, and a free foot bath can be found here.

特產的柚子製品和傳統工藝的木工雕輪製品，以及當地土特產等等的販售。使用了莊川清流溫泉的「足湯」也相當有人氣。

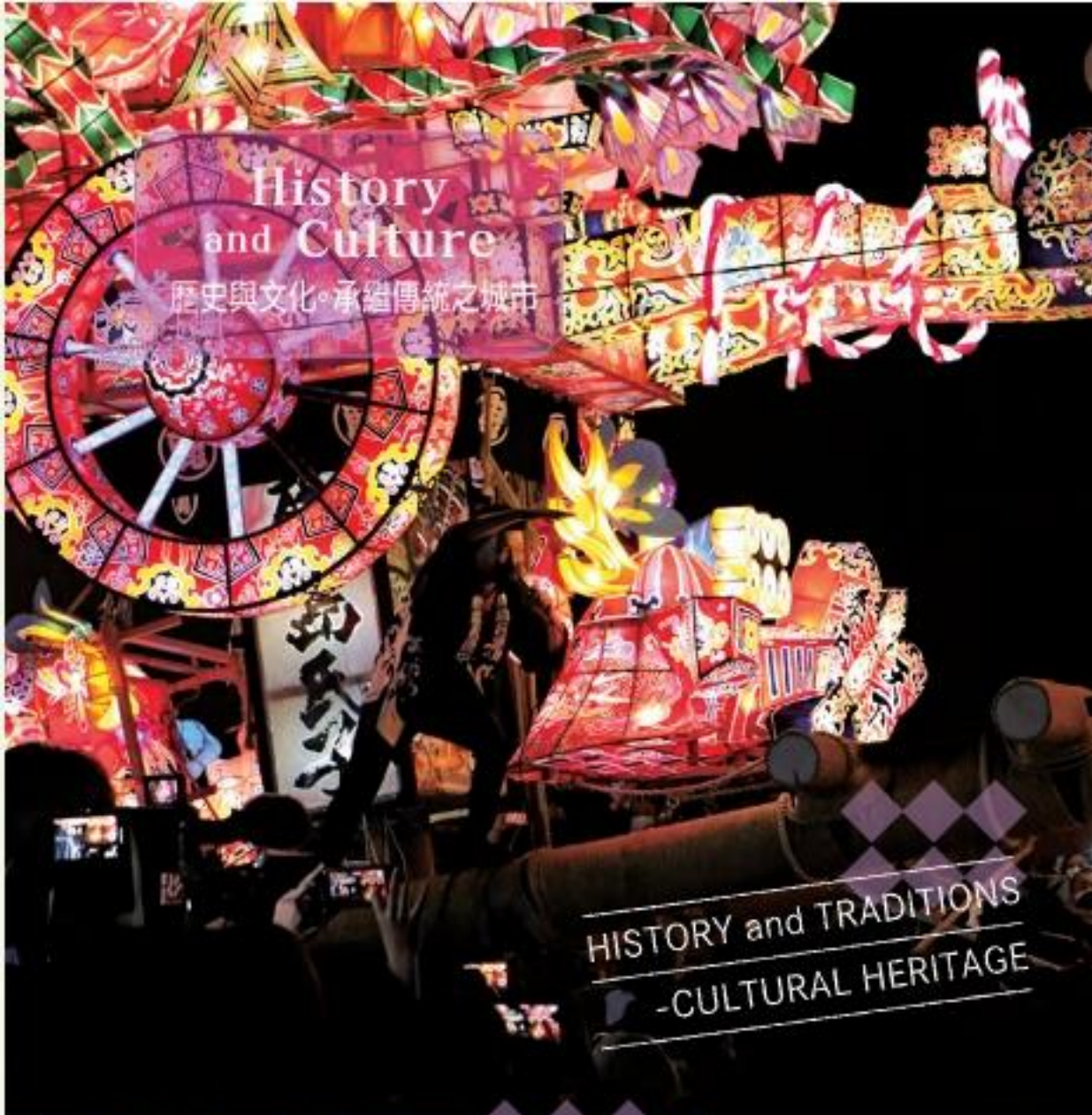
1058 Kanaya, Shogawa-machi, Tonami City / 礪波市雁川町金屋 1058  
☎ 0753-82-6841



Try coffee served in a wooden cup. Very tasty.

盛情推出保地木製杯子品嚐自家特製的咖啡哦！





History and Culture  
歷史與文化·承繼傳統之城市

HISTORY and TRADITIONS  
-CULTURAL HERITAGE



April 4月

Demachi Children's Kabuki Hikiyama Festival  
出町孩童歌舞伎曳山祭

For more than 200 years the children of the Demachi area have performed kabuki upon large magnificent floats. It is a joy to experience this intangible cultural heritage. 200 年以前持續至今。出町地區的春季例行性祭典。壯麗的曳山(山車)上, 穿著絢爛豪華衣裳的孩童演員們使出渾身解數展露演技。富山縣無形文化財產。



Demachi Children's Kabuki Hikiyama Hall  
出町孩童歌舞伎曳山會館

See the glittering floats, costumes, and props used by the Children's Kabuki groups.

以3台的曳山(山車)為中心, 絢爛奪目的衣裳, 多樣的道具以及資料的展示。

5-4 Demachi-cho, Tonami City / 富山市出町中央5-4 ☎ 0763-32-7075

All Year 全年



Masuyama Castle Ruins  
増山城跡

A National Historical Site: one of three mountain castles in Toyama.

國家指定的史蹟, 亦為越中二代山城之一城跡。

3324 Ichinomaru, Masuyama, Tonami City / 富山縣增山一丸 3324 ☎ 0763-82-1904 (Tonami City Board of Education Lifelong Learning and Sports Division) (富山縣教育委員會生涯學習・體育科)

All Year 全年



Historical reproduction of the building (reproduction of the building)

Visit the QR code below for more information  
詳細資訊請見此



Masterpieces of Tonami  
礪波絕品 款特別選的名產品介紹!



Our products are most sold in Japan  
富山的匠師製成日本第一

鬱金香 (切花・球根)  
Tulip (Cut flowers・Bulbs)

Tonami produces rare cut flowers, taking advantage of the experience of bulb growers. High-quality bulbs also make great gifts. 球根生產專家活用自身經驗, 生產出珍貴的切花。推薦可將高品質的球根作為贈禮。



It is easy to eat it, but it is made in a traditional way before eating.  
這道菜容易吃, 但它是用傳統的方式烹調的。

大門素麵 Okado Somen noodles

These hand made noodles, fine and thin, are a local delicacy sure to please all who enjoy gourmet noodles.

將細細共具的麵條捲成圓狀的手延素麵, 帶有很有彈性的口感。



It is a good juice and good for you.  
柚子油和柚子果汁皆很美味。

莊川柚子 Shogawa Yuzu Orange

The tart flavor is similar to a grapefruit, with a bit of mandarin orange. Gamish or seasoning using the Shogawa Yuzu make an excellent choice for food lovers.

因承受日本海方面嚴寒氣候與土肥、氣味厚實, 形成酸味和香氣特強果實。



Traditional crafts made by the hand government Japan that nature makes wood grain patterns  
木匠木匠之美, 富山匠師的匠師

庄川挽物木地  
Shogawa Woodturning Craft (Hikimono Kiji)

Tree rings are utilized in different ways in these products, hand-crafted by artisans, and their character increases the more they are used.

匠師手工製作而誕生的製品, 年輪形狀多種多樣, 使用愈有韻味。

Tonami  
特別推薦  
礪波美食  
Gourmet

Okado Somen noodles  
大門素麵



A typical example of local food from the Fuso period. There are endless ways to enjoy and make it your own.  
口江戶時代的獨特約二十幾種代表, 吃法, 變化有無限可能!

Broiled Ayu (sweet-fish)  
香魚鹽焗烤



The area is famous for its smaller area.  
特別是小甲香魚。



Traditional dishes  
傳統菜式

Local cuisine filled with the wisdom and ingenuity of our ancestors, such as "Yubeshi," "Yogashi," and "Inokori." "Yubeshi," "Yogashi" 和 "Inokori" 等充滿我們祖先智慧和創造力的當地美食。

June 6月

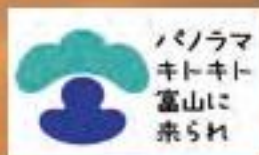
Shogawa Tourism Festival・Tonami Yotaka Festival  
莊川觀光祭・礪波夜高祭典

This harvest festival features giant wooden floats lit from within. The floats parade around the town on early summer nights. Fireworks and other events re held.

費時數個月期間, 各鄉鎮內用手工製作的夜高行燈, 照亮初夏的街道往來光亮鮮明。豐年好收成, 祈求五穀豐稔的「田祭典」。







From **TOKYO** 東京出發

✕ All Japan Airways

HANEDA Airport ▶ TOYAMA Airport : about an hour  
About 40 min. by taxi from JR Tonami Station

✕ 全日空 羽田機場 ▶ 富山機場 : 約 1 小時

搭車計程車到 JR 礪波站約 40 分鐘

🚆 Shinkansen (Shinkansen)

TOKYO Station ▶ SHINTAKAOKA Station : about 3 hours (when using the Hokutoku Shinkansen)

🚆 JR (Tokaido Shinkansen)

東京車站 ▶ 新高岡車站 : 約 3 小時 (搭乘白鳥號列車時)

🚌 Highway bus

SHINJUKU Station ▶ TONAMI Station : about 8 hours

🚌 高速巴士

新宿車站 ▶ 礪波車站 : 約 8 小時

From **OSAKA** 大阪出發

🚆 JR (Thunderbird express train)

OSAKA Station ▶ KANAZAWA Station : about 3 hours

🚆 JR (特急 Thunderbird)

大阪車站 ▶ 金澤車站 : 約 3 小時

🚌 Highway bus

OSAKA Station ▶ TONAMI Station : About 5 hours

🚌 高速巴士

大阪車站 ▶ 礪波車站 : 約 5 小時

From **NAGOYA** 名古屋出發

🚆 JR (Shirasagi express train)

NAGOYA Station ▶ KANAZAWA Station : about 3 hours

🚆 JR (特急 shirasagi)

名古屋車站 ▶ 金澤車站 : 約 3 小時

🚌 Highway bus

NAGOYA Station ▶ TONAMI Station : about 3 hours

🚌 高速巴士

名古屋車站 ▶ 礪波車站 : 約 3 小時

From **KANAZAWA** 金澤出發

🚆 JR (Hokuriku Shinkansen)

KANAZAWA Station ▶ SHINTAKAOKA Station : about 15 minutes

🚆 JR (北陸新幹線)

金澤車站 ▶ 新高岡車站 : 約 15 分

🚆 JR (Ishikawa Railway)

KANAZAWA Station ▶ TAKAOKA Station : about 40 minutes

🚆 JR (石川鐵道)

金澤車站 ▶ 高岡車站 : 約 40 分

🚌 Highway bus

KANAZAWA Station ▶ TONAMI Station : about 35 minutes

🚌 高速巴士

金澤車站 ▶ 礪波車站 : 約 35 分

From **TAKAOKA** 高岡出發

🚆 JR (Johana Line)

SHINTAKAOKA Station ▶ TONAMI Station : about 20 minutes

🚆 JR (城端線)

新高岡車站 ▶ 礪波車站 : 約 20 分

🚆 JR (Johana Line)

TAKAOKA Station ▶ TONAMI Station : about 22 minutes

🚆 JR (城端線)

高岡車站 ▶ 礪波車站 : 約 22 分

富山縣礪波市  
**TONAMI CITY**  
富山縣礪波市



礪波市

Inquiries 洽詢處

Tonami city department of commerce, industry and Tourism  
富山縣礪波市商工觀光課

郵編 : 939-1398 富山縣礪波市榮町 7 番 3 号  
7-3 Sakae-machi, Tonami City, Toyama Prefecture  
TEL 0763-33-1111 FAX 0763-33-6854

E-mail : shoko@city.tonami.lg.jp  
http://www.city.tonami.toyama.jp/

General Incorporated Association  
Tonami city Tourism association  
一般社團法人 礪波市觀光協會

郵編 : 939-1388 富山縣礪波市宮澤町 3 番 9 号  
3-9 Miyazawa-cho, Tonami City, Toyama Prefecture  
TEL 0763-33-7666 FAX 0763-33-7669

E-mail : info@tonami-kankou.org  
http://www.tonami-kankou.org/

※The listed information is current as of December 2023.  
※刊載內容為 2023 年 12 月當時之資訊。

