



- Explore the regions -



Tastes of Japan by ANA has won the award for Tourism Business (Field of Domestic and Inbound Travel) from Tourism EXPO Japan 2016, supported by Japan Tourism Agency and others.

Tastes of Japan by ANA 荣获由日本观光厅等单位主办的2016年日本旅游博览会旅游业部门(国内·访日领域)大奖。



1 Tourists have fun at Omicho Market, Ishikawa Pref., © Fast & Slow/PIXTA  
游客们在石川县近江町市场观光 © Fast & Slow/PIXTA

2 Blue mackerel, Numazu Fish Market, Shizuoka Pref. Photo courtesy of Numazu City  
静冈县沼津鱼市场的蓝鲭鱼, 图片由沼津市提供

### 美味市场欢乐月

## Tasty Treats in a Merry Month for Markets

Like autumn, spring is an exciting season for markets in the Tokai, Hokuriku, and Shin'etsu regions. March arrives with a fresh harvest and new menus, and in the markets of Ishikawa and Shizuoka prefectures, like many in Japan, you'll discover healthy greens and scrumptious seafood along with savory samplings of Japanese culture and cuisine.

春季和秋季一样, 东海、北陆和信越地区市场迎来让人兴奋的季节。三月带来新鲜的收获和新的美食, 在石川县和静冈县的市场上, 您可以像在日本其他地区的市场上一样找到各种健康鲜蔬、美味海鲜以及各种代表日本文化的美食。

石川县近江町市场  
Omicho Market, Ishikawa Prefecture

新鲜海味与活力文化

## Sampling Fresh Seafood and Lively Culture

Cheerfully assertive shouts of sellers and buyers echo throughout Omicho Market. This bustling venue, in the central part of Kanazawa, has served as a fresh food source for locals during a period of roughly 300 years. Some 180 stalls on both sides of a small street sell everything from tasty produce, fruit, pickles, and snacks to fresh flowers and clothing. This nationally known marketplace is a popular tourist location and a destination worth checking out while visiting here.

Kanazawa, facing the Japan Sea, is blessed with abundant seafood, so the aisles of fresh fish could be called the main street of the market. Shops offer sushi as well as your choice of catches of the day served on the spot. Wandering around the market on a seafood tour is highly recommended. There are also Kanazawa *oden* (light broth stew with various vegetables and fish dumplings), skewers, and fruit: a stroll around the marketplace is sure to be filling.

Another favorite is Omicho croquette, crispy fried mashed potato squares filled with various seafood. And then there's a great lineup for Ishikawa Prefecture produce like Kaga brand vegetables and other specialties that make for savory souvenirs when heading back home and giving gifts to friends and family.

Omicho Market starts at around 9 AM. Come and have a casual stroll around the place, where you can enjoy friendly exchanges with shopkeepers and locals for a once-in-a-lifetime experience of Japanese culture, all within the bubbly atmosphere of lively seller and curious customer.



Omicho Market, Ishikawa Pref., © Ishikawa Prefectural Tourism League  
石川县近江町市场 © 石川县观光联盟



Omicho Market, Ishikawa Pref.  
石川县近江町市场

商贩和客人们欢快而充满自信的吆喝声回荡在近江町市场。这条熙熙攘攘的街道位于金泽市中心，大约 300 年来为本地人提供各种新鲜食品。狭窄的街道两边有大约 180 个摊位出售各种琳琅满目的商品，从美食、水果、泡菜、小吃到鲜花、衣服，可谓应有尽有。这个全国知名的市场是热门观光景点，来到这里的游客请勿错过。

金泽面朝日本海，坐拥丰美的海鲜，因此鲜鱼巷子可谓是市场的主路线。商店出售寿司，您也可以自己挑选当天捕获的海鲜。如要进行一场海鲜之旅，强烈推荐您来逛市场。这里还有金泽关东煮（各种蔬菜和鱼制品的清汤煮）、烤串和水果，逛一圈一定能让您吃到满意。

近江町可乐饼也是一款人气美食，将土豆泥做的饼炸至酥脆，里面还夹着多种海鲜。这里还有各种石川县特产，比如加贺蔬菜等地方特产，旅行结束回家时可以带上一点作为礼物，馈赠亲朋好友。

近江町市场从早上 9 点左右开始营业，欢迎来到这里随意逛逛，您可以和摊主以及本地人来进行一场亲切的交谈，在热火朝天的商贩和好奇的客人汇聚成的热络氛围中，体验毕生难忘的日本文化。



静冈县沼津鱼市场

Numazu Fish Market, Shizuoka Prefecture

古城集市

## Rich Offerings from a Historic Town

**N**umazu is a city rich in history, having flourished as a post town on the Tokaido. Situated along Izu Peninsula, it enjoys a mild climate, vast oceanscape, and breathtaking views of Mt. Fuji. What's more, Numazu Port is known as a gourmet city, offering up fresh, nutrient-rich catches from Suruga Bay.

At the port, one of Japan's largest landing sites, is Numazu Fish Market INO, a fisheries complex opened in 2007 with wholesale fish market, eateries serving up just-caught seafood, and observation deck.

On the first floor is the fish market, which you can see deploying the latest food hygiene management system. A fish auction begins at 5:45 AM, offering a singular perspective from the viewing deck on the second floor, where you'll also find restaurants with such themes as "local production for local consumption," and popularization of fish meals. The eateries, doubling as cafeterias for fish-market staff, bustle with energy from early in the morning and onward; visitors here enjoy a lively breakfast amid marketplace employees. Enjoy specialty dishes unique to the port town while taking in views of Suruga Bay and Izu Peninsula.

From the observation deck, you can see Numazu Port Large Flood Gate and Observation Deck (View-O), the largest observation flood gate in Japan, created to protect the port and its citizens from tsunami attacks. A 360-degree panoramic view of Suruga Bay can be enjoyed 30 meters above ground level, a distinct pleasure that satisfies your eyes as well as your palate and appetite.



Numazu Fish Market, Shizuoka Pref. Photo courtesy of Numazu City  
静冈县沼津鱼市场，图片由沼津市提供



Numazu inner harbor, Shizuoka Pref. Photo courtesy of Numazu City  
静冈县沼津内港，图片由沼津市提供

**沼津**是一座历史悠久的古镇，过去作为东海道上的驿站城镇盛极一时。位于伊豆半岛的沼津气候温和，有广阔的海景和富士山的壮观美景。除此之外，沼津港还是知名的美食之城，有来自骏河湾的新鲜且营养丰富的海鲜。

沼津鱼市场 INO 就在日本最大的船舶停靠地之一沼津港，开业于 2007 年，附设批发市场，是一家复合型渔业设施。这里有餐馆提供刚捕获的海鲜，并设有展望台。

鱼市场的一楼是鱼市，您可以在这里看到最新的食品卫生管理体系。鱼类拍卖从清晨 5 点 45 分开始，从二楼眺望台可以一览无余。二楼还设有餐厅，主打“地产地销”和普及海鲜料理的理念。餐馆兼鱼市场的员工食堂从清晨开始就热火朝天；游客们坐在员工中间，享用活力早餐，一边观看骏河湾和伊豆半岛的美景，一边品尝港口小镇的特色美食。

从展望台远眺，眼前就是日本最大的展望水闸沼津港大型展望水门 (View-O)。建造这座水闸是为了保护港口和居民不受海啸威胁。在距离地面 30 米高处可 360 度欣赏骏河湾的全景，眼福与口福在这里同时得到满足。

### Handy URL

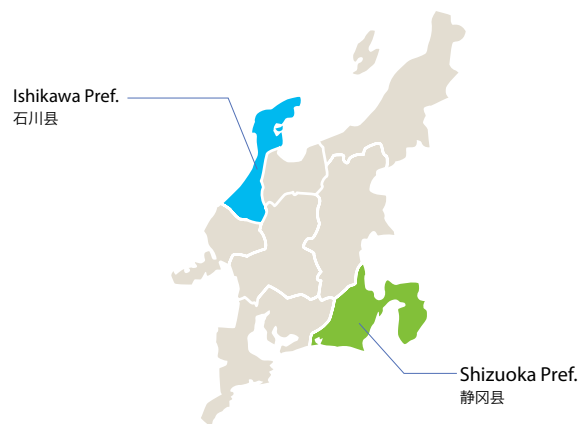
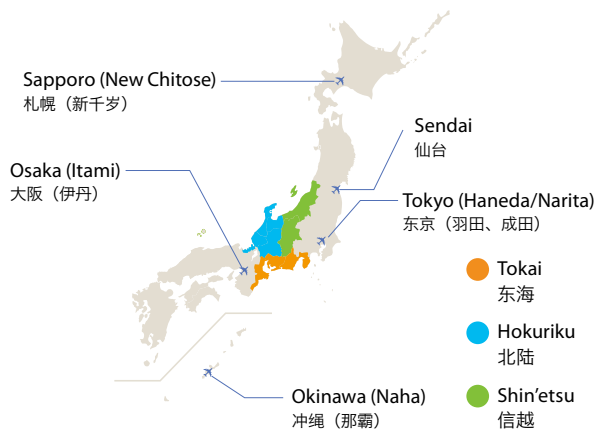
Visit the special website of Tastes of JAPAN by ANA Tokai, Hokuriku, and Shin'etsu webpage.



### 便捷网址：

请访问 ANA 网站的中国和四国页面，查阅《Tastes of JAPAN (和风百景)》。





## Getting There

### Omicho Market, Ishikawa Pref.

ANA daily serves Komatsu Airport from Tokyo (Haneda & Narita), Sapporo (New Chitose), Fukuoka, and Sendai. It takes about 40 min. by limousine bus from the airport to Kanazawa Station, and then 5 min. by local bus or 15 min. on foot to reach Omicho Market.

### Numazu Fish Market, Shizuoka Pref.

ANA daily serves Tokyo (Haneda) from Osaka (Itami), Nagoya (Chubu), Sapporo (New Chitose), Fukuoka, Okinawa, and many other airports. Travel time from Tokyo to Numazu Fish Market by train and bus is under 1.5 hours.

## 交通

### 石川县近江町市场

ANA 每日有航班从东京 (羽田及成田机场)、札幌 (新千岁机场)、福冈和仙台飞往小松机场。乘坐大巴从机场到金泽火车站约需 40 分钟，再乘坐公交车 5 分钟或步行 15 分钟即到近江町市场。

### 静冈县沼津鱼市场

ANA 每日有航班从大阪 (伊丹机场)、名古屋 (中部机场)、札幌 (新千岁机场)、福冈、冲绳及其他机场飞往东京 (羽田机场)。乘坐列车和巴士从东京到沼津鱼市场不到 1 个半小时。

## Looking Ahead

The next theme of Get to Know Tokai, Hokuriku, and Shin'etsu for April is "History," when we feature the Museum Meij-Mura in Aichi Pref. and the Dinosaur Museum in Fukui Pref.

## 下期预告

4 月我们将继续带您了解东海、北陆及信越地区，栏目以“历史”为主题，我们将为您介绍爱知县的博物馆明治村以及福井县的恐龙博物馆。



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