



- 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 Ainokura, Gokayama, Toyama Pref.  
富山县五箇山相仓
- 2 Wada House, Shirakawago, Gifu Pref.  
Photo courtesy of Shirakawa Village Office  
岐阜县白川乡和田家  
图片来自白川村役场
- 3 Magose-toge Pass on Kumano Kodo Iseji Trail, Mie Pref. Photo courtesy of Mie Prefecture  
三重县熊野古道伊势路马越峠  
图片来自三重县

### 探寻日本的世界遗产

## Explore the World Heritage Sites of Japan

As of January 2019, UNESCO World Heritage sites in Japan total 22, which is 12th highest in the world. Within the Tokai, Hokuriku, and Shin'etsu regions, one stands out for remarkable architecture and another for its ancient pilgrimage route and shrines. Exploring them will give you rare insights into the living history and vital culture of Japan.

截止 2019 年 1 月，日本境内共有 22 个联合国教科文组织世界遗产，数量位居世界第 12 位。在东海、北陆、信越地区，这些世界遗产或以非凡的建筑形式著称，或因朝圣古道和神社闻名。在这里来一次探索之旅，您将有机会深入了解鲜活的日本历史和富有生机的日本文化。

Gokayama, Toyama Pref.

## Outstanding Village Architecture

The Gokayama region, located at the southwest end of the prefecture, became Japan's sixth UNESCO World Heritage site in 1995, along with Gifu's Shirakawago. Two of its 40 villages, Ainokura and Suganuma, flanked by 1,500-meter mountains in a valley along Sho River, were inscribed. The buildings date from the 17th to early 20th centuries.

In Ainokura, 23 structures in the Gassho style of architecture remain today as folk museums with information on

village life, inns, and souvenir shops. Nine structures are preserved in Suganuma. The mountainous region gets two to three meters of snow, making winter transport difficult and Gokayama tofu a vital staple. Be sure to savor the taste of this traditional tofu, made so firm it can be tied with rope and carried around, as you enjoy other cultural features of the region including traditional folk songs, *washi* paper, and a variety of hot springs.



Kokiriko Festival, Gokayama, Toyama Pref. © Taka Uno  
富山县五箇山祭活动 ©Taka Uno

Shirakawago, Gifu Pref.

## Roofs Pitched Steep for Snow



Shirakawago, Gifu Pref. Photo courtesy of Shirakawa Village Office  
岐阜县白川乡 图片来自白川村役场

The architectural style of Gassho—the Japanese word for “two hands pressed together in prayer”—has steep-pitched triangular roofs that prevent excessive buildup of snow. The style was popular from the late 1600s to early 1900s in Gifu and Toyama prefectures. Building a dam in the Sho River valley flooded and destroyed many villages, so a conservation committee formed in 1971 to preserve the environs of Shirakawago Ogimachi, which led to Shirakawago being listed as a World

Heritage site.

Shirakawago and Gokayama homes are quite different. Those of Shirakawago have entrances set on the sloped side of a roof's triangle; in Gokayama, they're often in front. Gokayama's roof is pitched steeper, to handle the region's heavier, denser snow. Both villages are still home to many people, and by respecting their lives—not trespassing on rice fields and home grounds or peering into windows—you'll come to fully appreciate their value.

Kumano Kodo, Mie Pref.

## Pilgrimage to Ancient Sacred Sites

Crossing the mountains of Kii Peninsula, in central Japan, is Kumano Kodo, an ancient pilgrimage route leading to three major Shinto shrines, known as Kumano Sanzan, venerated by travelers, some from the sacred peak routes of Yoshino, Koya, and Omine: Kumano Hongu Taisha, Kumano Hayatama Taisha, and Kumano Nachi Taisha, the last beside the beloved Nachi Waterfall. Of five trails—Iseji, Kiiji, Kohechi, Nakahechi and Ohechi—all but Kiiji were inscribed in 2004 as the World Heritage

site of Kumano Kodo, along with the temple of Nachisan Seiganto-ji and the three shrines mentioned above.

Of special spiritual significance is Mie's Iseji, a 170-kilometer trail connecting the revered shrines of Ise Jingu and Kumano Sanzan. Enjoy stone-laid paths and primeval forests of Kumano Kodo as you hike panoramic passes of cryptomeria and bamboo trees and view the Pacific Ocean, beautiful rice terraces, and other breathtaking sights along this sacred way.



Maruyama Terraced Rice Fields, Mie Pref.  
三重县丸山梯田

## 富山县五箇山

### 别具一格的村落建筑

**五**箇山地区位于富山县的西南角，1995年与岐阜县白川乡一同成为日本第六个联合国教科文组织世界文化遗产。五箇山下辖40个乡村，其中相仓、菅沼位于庄川河谷，两侧是海拔1500米的奇峰翠峦。相仓、菅沼两村的建筑始建于17世纪至20世纪初，被列为遗产保护地。

相仓村保留了23处合掌造建筑，如今作为民俗博物馆为游客提供乡村生活、旅馆住宿、纪念品商店等信息。菅沼村则有9处受保护的合掌造建筑。山区的降雪厚度可达到2至3米，因而冬季交通运输较为困难，五箇山豆腐也就成为当地的重要主食。这种豆腐做法传统，质感紧实，能够用细绳捆扎起来随身携带，不影响您体验其他的当地特色文化，如传统民歌、和纸、温泉等。记得一定要品尝五箇山豆腐哦！



Saganuma Gassho-style Village, Toyama Pref.  
© Toyama Prefectural Tourism Association  
富山县菅沼合掌村 © 富山县观光协会图片

## 岐阜县白川乡

### 防止积雪的陡坡屋顶

**合**掌在日语中意为“双手合十祈祷”，合掌造建筑的屋顶为三角形，且坡度较大，目的是防止过多的积雪堆积在屋顶。17世纪末至20世纪初，这种风格在岐阜、富山两县倍受欢迎。在庄川建坝导致洪水摧毁了许多村落，因此1971年成立了保护委员会，保护白川乡荻町的周边环境，从而使得白川乡被列为世界文化遗产。

白川乡和五箇山的民居风格迥异，白川乡的民居入口设在屋顶三角形的斜边侧；而五箇山的民居入口通常设在正前方。五箇山的屋顶坡度更陡，因为这里的降雪更厚，密度更大。如今仍然有许多人居住在这两个村落，您需要尊重当地人的生活方式（请不要擅自闯入稻田和住所，不要在窗前窥视），才能充分领略这其中的价值所在。



Gasshozukuri Minkaen Outdoor Museum, Shirakawago, Gifu Pref.  
Photo courtesy of Shirakawa Village Office  
岐阜县白川乡“野外博物馆”合掌造民家園 图片来自白川村役场

## 三重县熊野古道

### 瞻仰古老的圣地

**越**过纪伊半岛上的群山，三重县熊野古道就位于日本中部，这是一条朝圣古道，通往三大神道神社。这三大神社被称为熊野三山，广受游客推崇。还有吉野、高野、大峰三座神峰的路线：熊野本宫大社、熊野速玉大社、熊野那智大社。那智大社位于深受游客喜爱的那智瀑布旁。五条支线中——伊势路、纪伊路、小边路、中边路和大边路——除纪伊路外，其余四条路线均于2004年作为熊野古道入选世界文化遗产保护地，同时入选的还有那智山青岸渡寺神庙以及上述三座神社。

三重县伊势路具有特殊的宗教意义，这是一条长170公里的小路，连接着备受尊崇的伊势神宫和熊野三山。您可以在徒步穿越由柳杉、竹林组成的全景通道时，尽情享受石头小径和熊野古道的原始森林，远眺太平洋与梯田美景，感受神道沿路其他令人叹为观止的景观。



Shishi-iwa, Shichiri Mihama Beach, Mie Pref.  
三重县七里御海滩狮子岩

#### Handy URL

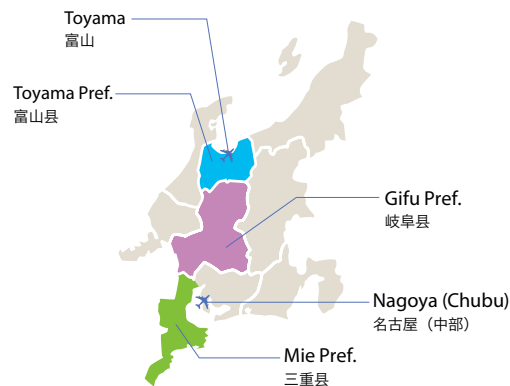
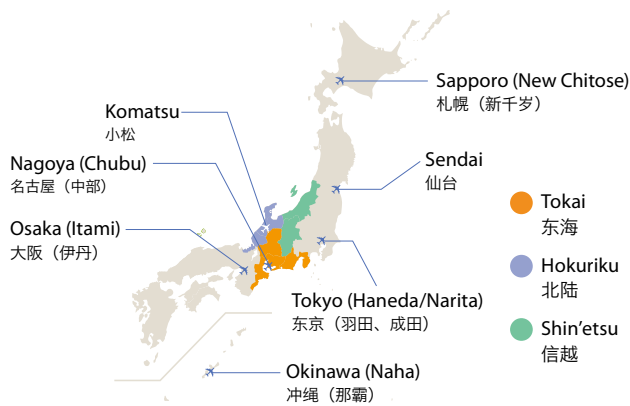
Visit the special website of Tastes of JAPAN by ANA Tokai, Hokuriku, and Shin'etsu webpage.



#### 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

#### Gokayama, Toyama Pref.

ANA serves Toyama Kitokito Airport with several flights from Tokyo (Haneda) and one daily flight from Sapporo (New Chitose). Travel by bus and train from the airport takes about 2.5 hours to Gokayama.

#### Shirakawago, Gifu Pref.

ANA serves Toyama Kitokito Airport with several flights from Tokyo (Haneda) and one daily flight from Sapporo (New Chitose). Travel by bus (reservation required) from Toyama Station to Shirakawago takes about 1.5 hours.

#### Kumano Kodo, Mie Pref.

ANA daily serves Nagoya Airport (Chubu) from Tokyo (Haneda & Narita), Sapporo (New Chitose), Fukuoka, and many other cities. From the airport, Meitetsu μ-SKY Limited Express train takes 40 min. to Nagoya Station. From the station, travel by JR express train to Kumanoshi Station is 2 hours, 50 min.

### 交通

#### 富山县五箇山

ANA 提供从东京（羽田机场）至富山机场的若干航班，从札幌（新千岁）至富山机场的航班每日一班。从机场乘坐巴士、火车大约 2.5 小时可到达五箇山。

#### 岐阜县白川乡

ANA 提供从东京（羽田机场）至富山机场的若干航班，从札幌（新千岁）至富山机场的航班每日一班。从富山站乘巴士到白川乡（需提前预约）需要大约 1.5 小时。

#### 三重县熊野古道

ANA 每日提供从东京（羽田和成田）、札幌（新千岁）、福冈和许多其他城市至名古屋（中部）的航班。从机场乘坐名铁特快列车 40 分钟到达名古屋站，再乘坐 JR 电车 2 小时 50 分钟到达熊野站。

### Looking Ahead

The next theme of Get to Know Tokai, Hokuriku, and Shin'etsu for June is Souvenirs, when we introduce items from nine prefectures that memorialize your travel in Japan.

### 下期预告

六月份“走进东海、北陆和信越”栏目的下一个主题是“纪念品”，届时我们会介绍来自九个县的风物，为您的日本之行留下一份难忘的记忆。



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