

Welcome to
Nasu, Tochigi

Travel Tips and Hidden Gems

Discovery Nasu



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Hidden gems with rich nature

Nasu is a town located in the mountains of northeastern Tochigi prefecture.

Nasu offers various country settings including mountains, waterfalls and beautiful farmland.

It's rich nature can be enjoyed year-round.

Nasu is a small town with a population of about 24,000 spread across 370 square kilometers.

In addition to it's natural beauty Nasu is home to many historical areas.



Four seasons

SPRING

March - April



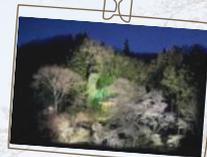
Oriental paper bush
ミツマタ in Iono



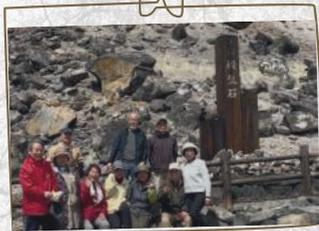
Cherry blossoms
桜 in Ashino



Canola flowers
菜の花 in Tomioka



Lit-up cherry blossoms
夜桜 in Ashino



Shimenawa
しめ縄 in Yumoto



“ Shimenawa the twisted rice-straw rope is replaced at the killing stone / Sessho-seki every April. “shime” means hold or embrace, and “nawa” means rope. It’s believed that this rope keeps impurity away from the sacred place. ”

SUMMER

May - August



Azaleas
つつじ in Yumoto



Mountain Opening Ceremony
開山祭 at Mt. Chausu



Gojinka Festival
御神火祭 in yumoto



Rice Planting Festival
田植え祭り in Ashino



Annually at the end of May.

Annually at the beginning of June.



Golden-rayed lilies
ヤマユリ at Nasu kaido



Ashino Fireworks
芦野聖天花火大会 in Ashino



Annually on August 19th.



Lotuses
ハス in Kurodahara



Sunflowers
ひまわり in Tomioka



AUTUMN

September - November



Spider Lilies
彼岸花 in Minozawa



Autumn foliage
紅葉 in Ubagadaira



Rice
新米 in Nasu



Annual Kurodahara shrine festival
黒田原神社例大祭 in Kurodahara



Autumn festival / Tsuke-matsuri
伊王野温泉神社付け祭り in Iono



“

Tsuke-matsuri the oldest autumn festival in Nasu held annually from November 2nd to 4th. Iono area is full of energy and excitement every year. When the floats from Kamimachi and Shimomachi face each other, the atmosphere reaches its peak.

”

WINTER

December - February



Kyubi Inari Shrine
九尾稲荷神社 in Yumoto



Shika no yu
鹿の湯 in Yumoto



Ashino Gotenyama
芦野御殿山 in Ashino



Konbairo Foot Bath
こんばいろうの湯 in Yumoto



The Killing Stone (Sessho-seki)
殺生石 in Yumoto



“

The myth of the killing stone is P7.→

Nasu Onsen (Hot Springs) in Yumoto, with a history of 1,400 years still maintains its historical look. It is one of Japan's most renowned hot spring destinations.

”

The story of The Nine-Tailed Fox (Kyubi-no-kitsune / 九尾の狐) The Killing Stone (Sessho-seki / 殺生石)

A nine-tailed fox disguised itself as a brilliant young woman named Tamamo-no-mae and began working in the court of the emperor Toba (Heian 1107-1123).

The nine-tailed fox wished to kill the emperor and gain control of Japan. Soon the emperor became very ill from an unknown cause. A court diviner named Yasunari Abe discovered Tamamo-no-mae's true identity, and uncovered the fox spirits plot to murder the emperor.

It is said that the nine-tailed fox fled the palace and was pursued across the country.

The fox spirit was finally cornered at the foot of the mountain in Nasu where it was killed by an arrow fired by the lord of the fief, Kamisadanobu Sudougon. Upon its death, the nine-tailed fox turned to stone, and the ground surrounding the stone became desolate. It was believed that anything that touched the stone would die. Thus, it became known as "Sessho-seki", or "The Killing Stone". The smell of sulfur wafting from the stone is said to be the lingering wickedness of the nine-tailed fox spirit.

In March of 2022, Sessho-seki split in two, and a ceremony for peace was held.

Sessho-seki
殺生石



Sentai Jizo Statues
千体地蔵



Nasu Yuzen Shrine
温泉神社





Welcome to Nasu-Yumoto

那須 湯本



Toward Nasu ropeway

Nasu Kogen Visitor Center
那須高原ビジターセンター

Shika-no-yu (鹿の湯)

Shika-no-yu is the oldest hot spring in Tochigi, and still maintains its historical look. "Shika" means "deer", Yu means "hot water". According to myths, it was discovered in 630 by Karino Saburoyukihiro the local governor as he was chasing a wounded white deer. He found it bathing in the hot spring.

Karino was amazed to find the hot spring healed the deer, and so it was named "Deer's hot spring." It has been over 1,390 years of history since the discovery and opening of the legendary Shika no yu.

The bathing area retains the ambience of a traditional Japanese hot spring, offering six different types of baths with temperatures ranging from 41°C(105°F) to 48°C(118°F)

Shika-no-yu
鹿の湯



Nasu Tourism Association

Nasu Kaido

Ashino

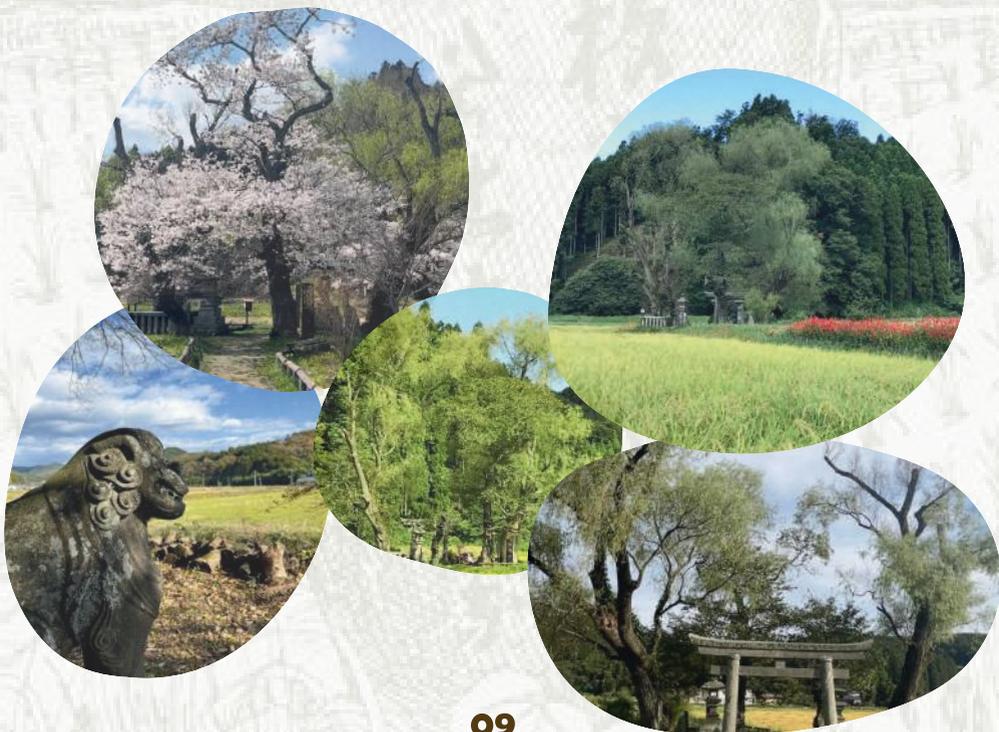
芦野

田一枚植ゑて立去る柳かな

Yugyo Willow tree (遊行柳)



Yugyo Willow tree (Yugyo Yanagi) located in Ashino. It has been famous as the subject of "Noh" plays and the inspiration for many classic poems written by renowned Japanese poets, including Matsuo Basho. Nasu is home to several locations mentioned in his book *Oku no Hosomichi* (*The Narrow Road to the Deep North*). The willow tree was the inspiration for one of Basho's most famous haiku; he describes the tree surrounded by fields being planted with rice seedlings. You still can feel the historical breeze and atmosphere at Yugyo willow tree.





Nasushiobara the neighboring city

那須塩原市



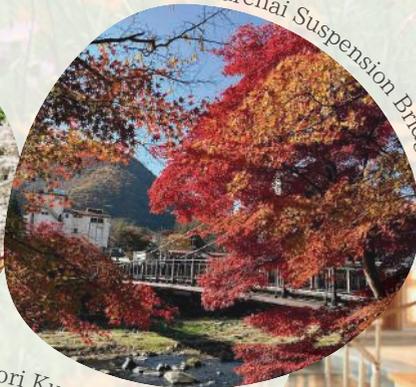
Otome Waterfalls



Carp Streamers in Itanuro



Kurenai Suspension Bridge



Karasugamori Park



Roadside Station Meiji no Mori Kuroiso



Yuppo no Sato Foot Bath





Japanese phrases for travelers

English is not widespread in the rural areas in Japan, but no worries! It will help you to travel!

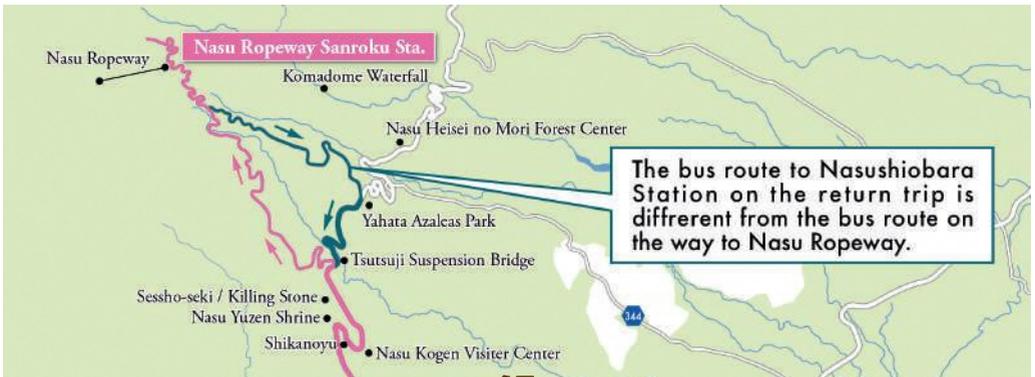
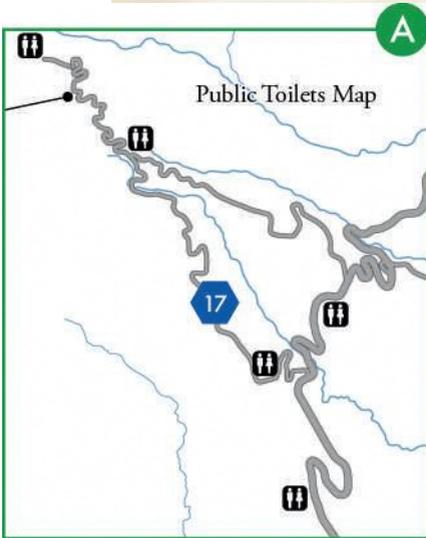
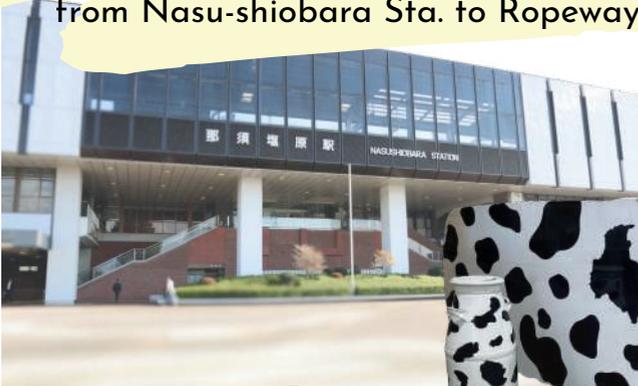
Su • mi • ma • sen すみません	Excuse me
A • ri • ga • tō ありがとう	Thank you
... o ku • da • sai ...をください	I would like ..., please
... ni i • ki • tai ...に行きたい	I want to go to ...
... wa do • ko desu ka? ...はどこですか？	Where is ...?
Nan • ji ni? 何時に？	At what time?
... ni a • le • lu • gi • ga ari • masu ... にアレルギーがあります	I am allergic to ...
Tasukete! 助けて！	Help!
Ma • yoi • mashi • ta 迷いました	I am lost

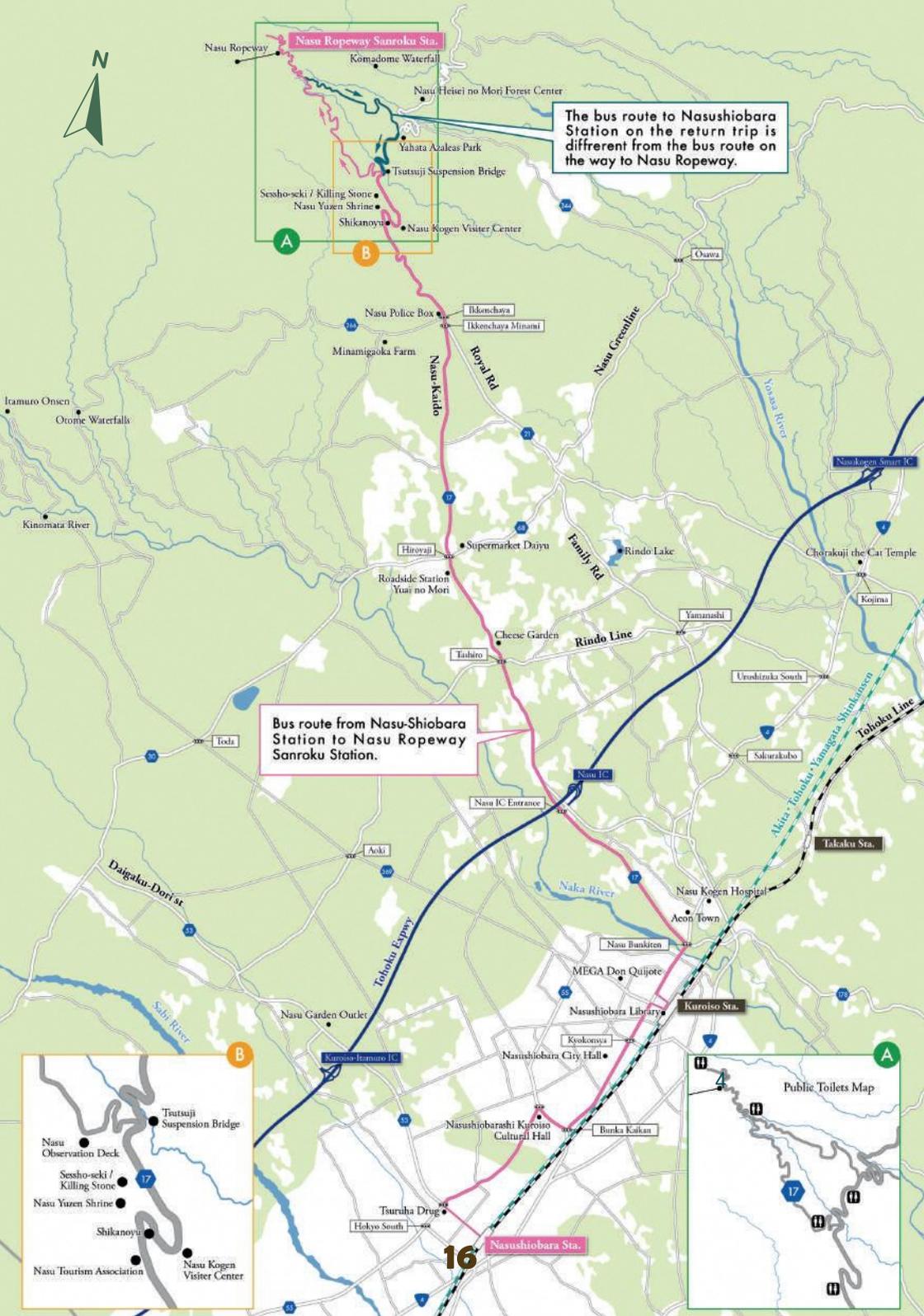
Kē • sa • tsu o yon • de! 警察を呼んで！	Call the police!
Kyu • kyu • sha 救急車	Ambulance
Kā • do • de ha • ra • e masu • ka? カードで払えますか？	Can I pay by card?
Go • men • na • sai ごめんなさい	Sorry
Kyo 今日	Today
Ashita 明日	Tomorrow
Mu • ryō 無料	Free
Yo • ya • ku 予約	Reservation
Eigo ga ha • na • se • masu ka 英語が話せますか？	Do you speak English?
Wa • ka • ri • ma • sen わかりません	I don't understand.

Just a few phrases will help you make friends, attract smiles and advice from locals, and ensure you have a rich and rewarding travel experience.

Bus route map

from Nasu-shiobara Sta. to Ropeway Sta.





The bus route to Nasushiobara Station on the return trip is different from the bus route on the way to Nasu Ropeway.

Bus route from Nasu-Shiobara Station to Nasu Ropeway Sanroku Station.

B

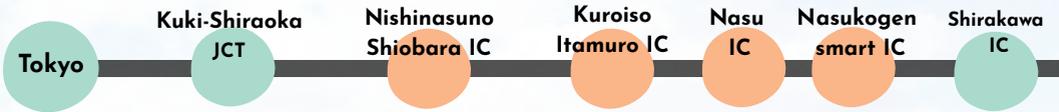
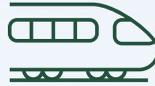
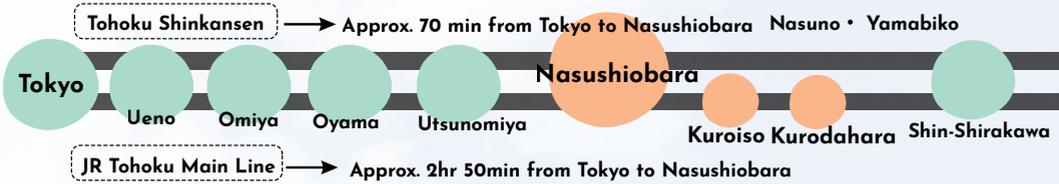
- Tsutsuji Suspension Bridge
- Nasu Observation Deck
- Sesho-seki / Killing Stone
- Nasu Yuzen Shrine
- Shikanoyu
- Nasu Tourism Association
- Nasu Kogen Visitor Center

A

Public Toilets Map

16 Nasushiobara Sta.

Getting to Nasu



Approx. 120 min from Tokyo to Nasu



How to ride a local bus (cash)



- 1 Enter through the rear bus door.
- 2 Take a numbered ticket from the ticket machine near the door and take a seat.
- 3 There is a monitor located in the front of the bus that will display the next stop. An announcement will be made as well.
- 4 If you are getting off at the next stop, inform the bus driver by pressing the "request stop" button located throughout the bus.
- 5 In the following cases, please inform the driver before paying.
 - When paying the fares of two or more people together.
 - When paying a child fare.



Discovery Nasu

Brought to you by: Ayano @DiscoveryNasu



A Local Vitalization Cooperator
(also known as a Chiiki Okoshi Kyoryokutai).

Photo: Ayano @DiscoveryNasu
Nasu town hall Tourism and Commerce Division
Nasushiobara Tourist Information Center

Instagram: @DiscoveryNasu



SCAN ME!

