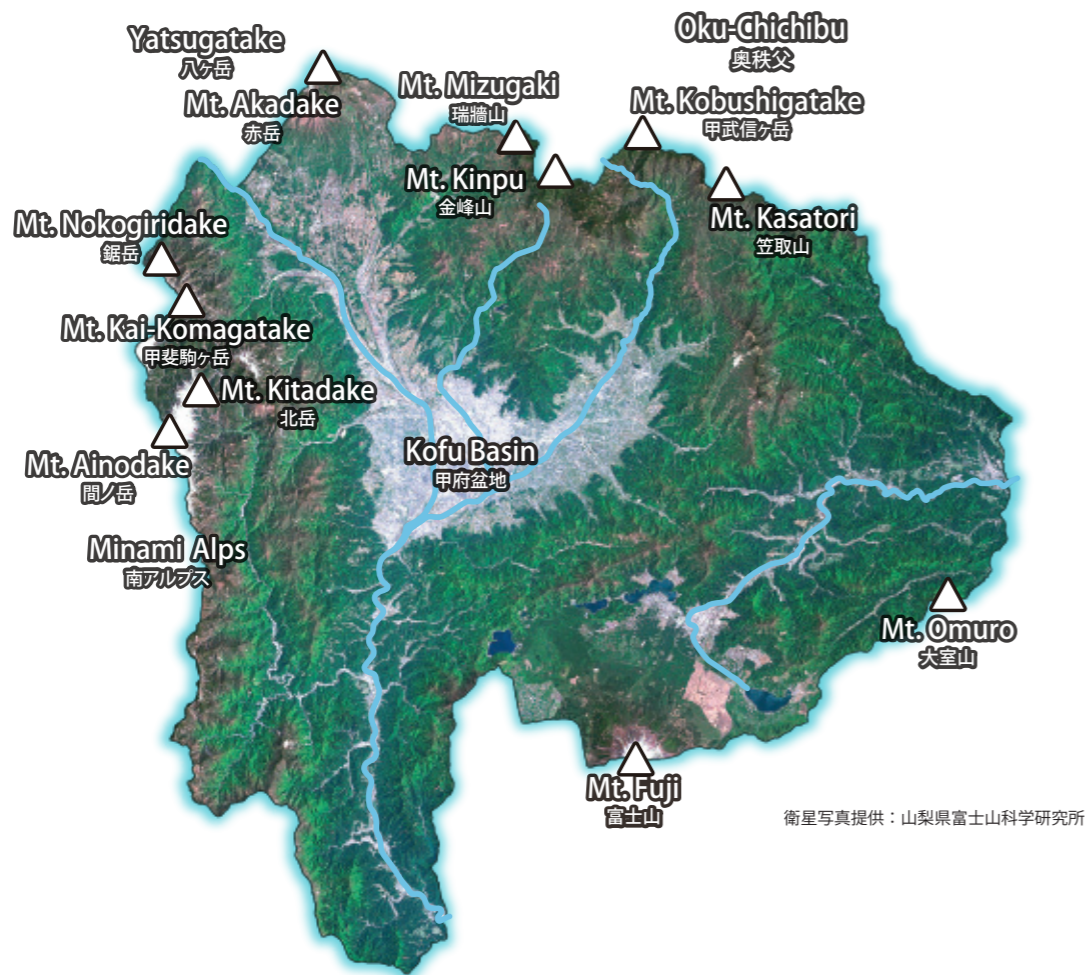


天に選ばれし、
名水の地。
山梨。

ミネラルウォーター生産量日本一を誇る
山梨の水を巡る物語。

The Land of
Pure Water
YAMANASHI, JAPAN





豊かな水は、やがて県内随所に美しい水の景勝地を生み出しました。富士山のふもとに点在する富士五湖(山中湖、河口湖、西湖、精進湖、本栖湖)は、すべて山梨県にあります。山々には、清流をたたえた溪谷が多くあります。

The abundance of water soon created picturesque water scenery features throughout the prefecture. The Fuji Five Lakes (Yamanakako, Kawaguchiko, Saiko, Shojiko, and Motosuko) that dot the foot of Mt. Fuji are all in Yamanashi Prefecture. Up in the mountains, there are many valleys praised for their clear streams.



本栖湖から富士山を望む。 Mt. Fuji, viewed from Lake Motosuko.

天に選ばれし、名水の地

山梨県は “天然の水がめ”です

Chosen by Heaven, the Land of Renowned Spring Waters: Yamanashi Prefecture is Nature's Water Vessel

山梨県は、世界文化遺産の富士山をはじめ、南アルプス、八ヶ岳、奥秩父などの山々に囲まれています。県土の78%を森林が占め、山に降る雨や雪は、森林を潤しながら伏流水となり、やがて県中央に位置する甲府盆地に流れ着きます。そのため、山梨県は“天然の水がめ”と呼ばれるほど豊富な水をたたえてい

るのです。国内屈指の名峰に囲まれ、その恩恵がたどり着くたぐいまれな地形。名水溢れる山梨県は、まさに天に選ばれし、名水の地です。

Yamanashi Prefecture is surrounded by mountains such as Mt. Fuji, a UNESCO World Heritage site, the Minami (southern) Alps, Yatsugatake and Oku-Chichibu. Forests cover 78% of the prefecture's land area, and the rain and snow that fall in the

mountains moisten the soil, turning into subsoil water and eventually washing into the Kofu Basin in the centre of the prefecture. These abundant waters are the reason that Yamanashi Prefecture is referred to as a 'natural water jug'. It is exceptional, unmatched terrain that receives the blessings of being surrounded by some of Japan's most famous peaks. Brimming over with famous stretches of water, Yamanashi Prefecture is certainly a land of renowned waters chosen by heaven.



秩父多摩甲斐国立公園内を流れる西沢溪谷。 Nishizawa Gorge runs through Chichibu-Tama-Kai National Park.

山梨県の名水の秘密は “伏流水”

The Secret of Yamanashi's Renowned Water: Underground Water



南都留郡鳴沢村にある天然記念物の鳴沢氷穴は、観光スポットとしても人気です。

Located in Narusawa Village in Minamitsuru-gun, the Narusawa hyoketsu (ice cave) natural monument is a popular tourist destination.

伏流水とは、山麓の下層にある砂礫層(粗い砂を含んだ層)を流れる地下水(土壌水)のことです。水は砂礫層を流れることで不純物が徐々に減少するため、伏流水は、自然の濾過装置を通った清らかな水質になるといわれています。富士山麓の地中には、天然記念物の「鳴沢氷穴」など、氷穴の天井からしみ出た伏流水が凍ってできた氷柱などが見られる氷穴があります。氷穴は年間を通して気温の低

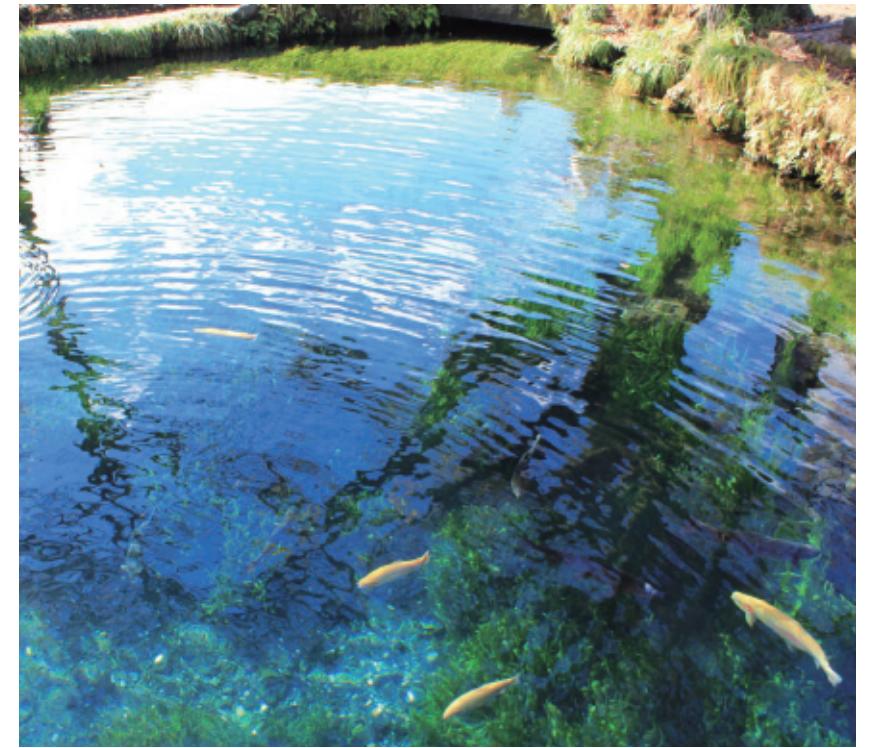
い環境ですが、氷は少しずつ溶けながら、ふたたび地下水となって地中にしみ込み、富士北麓地域を流れていきます。

Subsoil water is the underground water (soil or rhizic water) that flows in the gravel layer (a layer that contains coarse sand) in the lower strata of the base of a mountain. As impurities are gradually reduced by the water flowing through the gravel layer, subsoil water is described as becoming pure quality water as a result of having passed through this natural filtration device. Under the ground at the

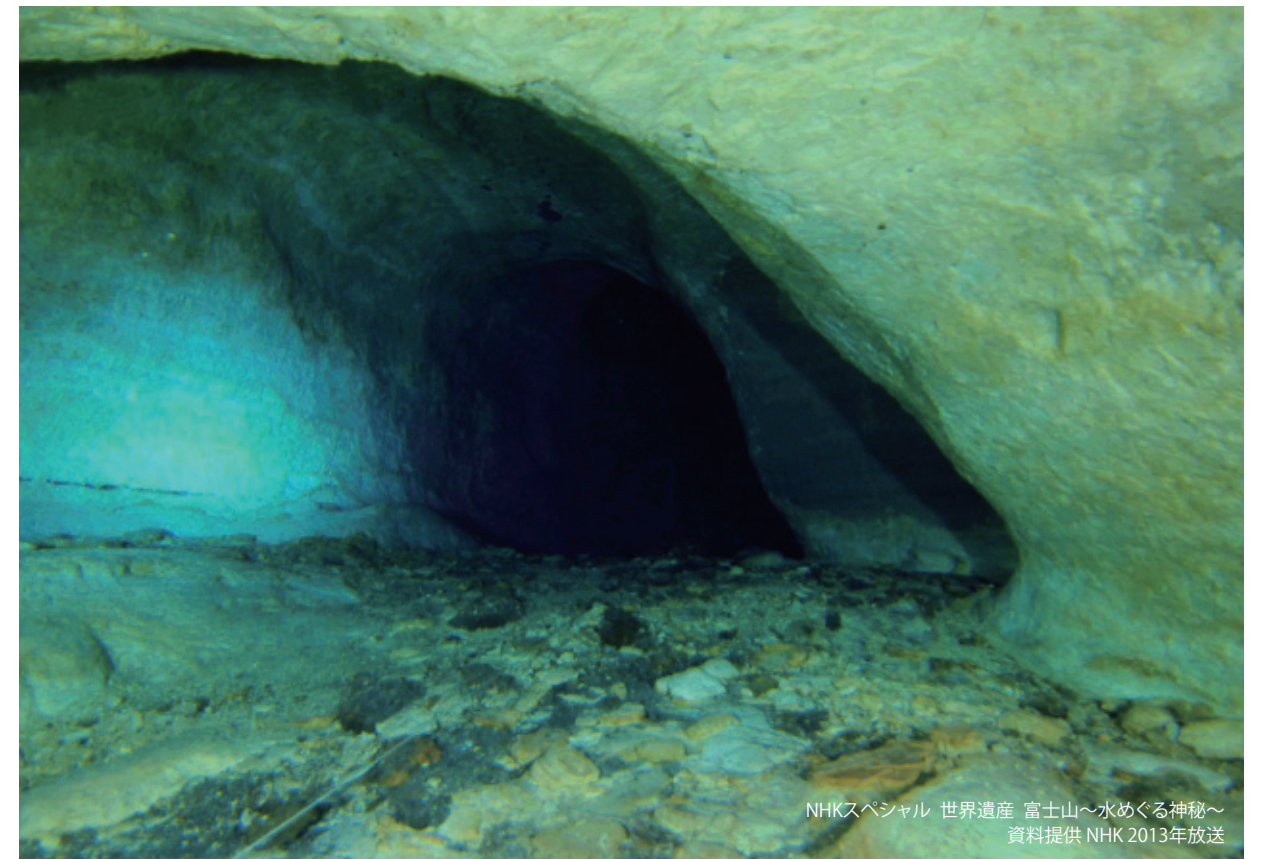
base of Mt. Fuji, there are ice holes where, for example, ice pillars can be seen that have formed from frozen subsoil water that has percolated through the roof of the ice hole. An ice hole is a low-temperature environment throughout the year, but as the ice melts little by little, it will once again turn into underground water, seep into the soil and flow into the northern area at the base of Mt. Fuji.

忍野村には、天然記念物に指定されている湧水池「忍野八海」があります。その8つの泉のひとつ「湧池(わくいけ)」の底には、現在確認されている最奥部までが55メートルという、水中洞窟の入り口があります。この洞窟は富士山から続くものと考えられており、富士山の伏流水が湧き出る湧池は、幻想的な美しさで訪れる人を魅了します。

In the Oshino Village is Oshinohakkai, a series of mountain spring water ponds that have been designated as a natural treasure. At the bottom of Wakuike Pond, one of its eight water sources, there is an entrance to an underwater cave, the length of the innermost part of which has been confirmed up to 55 metres. The cave is believed to continue from Mt. Fuji, and Wakuike Pond, from which Mt. Fuji subsoil water gushes, attracts visitors with its fantastical beauty.



富士山の伏流水を水源とする湧池
Mt. Fuji's underground water is the source of this Wakuike Pond



NHKスペシャル 世界遺産 富士山～水めぐる神秘～
資料提供 NHK 2013年放送

全長はまだ明らかになっていない水中洞窟 The underwater cave, the total length of which has yet to be determined.

湧き出た水が生み出すのは、 美しい“水の景勝地”

Created by Gushing Waters: Picturesque Sceneries of Water



吐竜の滝 Doryu no Taki Waterfall
北杜市大泉町西井出

八ヶ岳から流れる川俣川の溪谷で、もっとも美しいといわれる滝。緑が茂る岩間から絹糸のように水が流れ落ちる、風情ある滝です。

Located in the Kawamata River valley that runs down from Yatsugatake, the Doryu waterfall is said to be the most beautiful of waterfalls. Its silk thread-like waters drop elegantly down from behind lush green rocks.



忍野八海 Oshinohakkai
南都留郡忍野村忍草

富士山の伏流水を水源とする8つの湧水池がある、富士山世界文化遺産構成資産です。清らかな水に満ちた池の美しさは格別です。

Regarded as the source of Mt. Fuji's subsoil water, Oshinohakkai comprises eight water sources and is an asset that forms part of the Mt. Fuji UNESCO World Cultural Heritage site. The beauty of its ponds, which are full of clean water, is exceptional.



四尾連湖 Lake Shireko
西八代都市川三郷町山保

周囲1.2kmの小さな湖。4つの尾を持つ竜が住んでいたという伝説から、この名がついたといわれています。四季の景観が美しい湖です。

This small lake has a circumference of 1.2 kilometres. According to legend, its name is derived from a four-tailed dragon that is said to have lived there. It is a beautiful lake that offers the scenery of the four seasons.

神聖な水として守られている湧き水

Spring Waters Protected as Sacred



武田神社 Takeda Shrine
甲府市古府中町

山梨ゆかりの戦国武将・武田信玄公をお祀りしている神社。境内にある「姫の井戸」は、信玄公のご息女誕生の際、産湯にこの水が使われたことから名付けられました。「茶の湯の井戸」とも呼ばれています。

Deified at this Shinto shrine is Shingen Takeda (1521-1573), a military commander at the time of the Warring States, who had connections with Yamanashi. The name of the 'Princess's Well' within its precincts comes from its waters having been used for the baby's first bath at the time of the birth of Takeda's daughter. It is also known as the 'Tea Ceremony Water Well.'



夫婦木神社 Myotogi Shrine
甲府市御岳町

樹齢1000年の御神木が境内にある夫婦木神社は、縁結び・子宝・和合繁栄・健康長寿の御利益を求めて、多くの参拝者が訪ねます。井筒に流れる山からとれた豊富な水が、御神水として有名です。

Featuring a 1,000-year-old sacred chestnut tree within its precincts, Myotogi Shrine is visited by many worshippers seeking divine favours for marriage, healthy babies, harmony and prosperity as well as health and longevity. The abundant water from the mountains that flows into its sunken well is famous as sacred water.



正ノ木稲荷大明神 稲積神社
Shonoki inari daimyojin inazumi Shrine
甲府市太田町

地元では「正ノ木さん」という愛称で親しまれる神社。境内に地下136メートルから湧き出る井戸があり、取水設備が設けられています。この水は長寿、健康を祈願して飲用する御神水とされています。

This shrine bears the local nickname 'Shonoki-san'. Within its precincts is a well that, from a depth of 136 metres, feeds the spring water provided by facilities that draw up the water. Considered sacred water, this water is said to bring long life and good health to those who drink it.

名水が育む山梨ブランド “美味しい山梨”勢揃い

Yamanashi Brands Nurtured from Renowned Waters: Tasty Yamanashi Products

Japan's Top Producer
生産量日本一!

すもも Plums

山梨県のすもも栽培は江戸時代から行われ、明治時代にはアメリカに渡った記録もあります。「貴陽」という品種は、世界最大のすももとしてギネス世界記録に登録されています。

The cultivation of plums has taken place in Yamanashi Prefecture since the Edo period(1603-1868), and there are records that the skills were passed on to the United States in the Meiji period(1868-1912). The variety known as Kiyou is listed in Guinness World Records as the world's largest plum.



Japan's Top Producer
生産量日本一!
ぶどう Grapes

1000年以上の歴史を持つとされる日本固有種「甲州ぶどう」をはじめ、山梨県は、古くからぶどうの栽培が盛んです。生食用・ワイン用の品種を多く生産しています。

Having thrived in Yamanashi Prefecture since ancient times, grape cultivation includes the indigenous Koshu grape variety that has a history dating back more than 1,000 years. Many varieties are produced for eating as they are, or for making into wine.

Japan's Top Producer
生産量日本一! 桃 Peaches

山梨県産の桃には「白鳳」や「浅間白桃」、県オリジナルの「夢みずき」などがあります。7月の東京中央卸売市場では、桃のほとんどを山梨県産が占めるといわれています。

The varieties of peach produced in Yamanashi include Hakuho and Asama Hakuto as well as Yumemizuki, which originated in the prefecture. Yamanashi Prefecture production reportedly accounts for most of the peaches at the Metropolitan Central Wholesale Market, Tsukiji, in July.

Japan's Top Producer
生産量日本一!

ミネラルウォーター Mineral water

山梨県は日本のミネラルウォーター発祥の地。現在も日本一の生産量を誇ります。Yamanashi Prefecture is the birthplace of Japanese mineral water and prides itself on being Japan's top source even today.

する北杜市産は、様々なミネラルが程よく含まれてすっきりと飲みやすい。甲州市は大菩薩嶺などの山々の清流に恵まれ、塩山竹森で採水された水がよく使われています。県内の他の湧き水に比べ硬度がやや高めですが、それでも日本の水道水の平均より低く、柔らかい味わいです」(談)

The features and merits of Yamanashi-produced mineral water were conveyed to us by Aki Yamanaka, a mineral water expert and aqua sommelier. When it comes to Yamanashi Prefecture-produced mineral water, the water at each location from where it is obtained has its own distinct personality. Among other things, their features include a sharp but mild taste due to the large amount of vanadium contained in water from the Fuji Basin region. Water produced in the city of Hokuto, which will have passed through the layers

of granite in the Minami Alps mountain range, is clear, easy to drink and the variety of minerals contained are well balanced. The city of Koshu is blessed with clear mountain streams, including that from Daibosatsu Pass, and water obtained from Enzantakemori is often used. Compared with the other spring water in the prefecture, it is slightly harder, but nevertheless less so than the average Japanese tap water and has a soft taste," she said.

山中亜希
Aki Yamanaka
アクアソムリエ
ミネラルウォーター専門スクール「アクアデミア」校長。



米 Rice

山梨県の北西部、南アルプス連峰と八ヶ岳に囲まれた地域で生産される「梨北米」が、山梨県を代表する米です。ミネラル豊富な水と長い日照時間により、旨味のある米が育ちます。

Typical of the rice produced in Yamanashi is the Rihokumai strain produced in the region surrounded by the Minami Alps mountain range and Yatsugatake in the north-west of the prefecture. The abundance of minerals in the water and the long hours of sunshine result in rice that is full of flavour.



甲州富士桜ポーク Koshu Fujizakura pork

山梨県畜産試験場が7年の歳月をかけて完成させた「甲州富士桜ポーク」は、きめ細かい肉質で食感が柔らかく、保水性が高くジューシー。口の中でとろける脂分も魅力です。

Perfected over the course of seven years by the Yamanashi Prefectural Livestock Experiment Station, Koshu Fujizakura pork is of meticulous quality, has a soft texture and is juicy thanks to its high water retention. Another point of appeal is the tasty fat that melts in the mouth.



甲州牛 Koshu beef

山梨の名水に生まれ、丹念に育て上げた品質ランク4、5等級に格付けされる黒毛和種「甲州牛」。柔らかい肉質、鮮やかな肉色、豊かな風味と舌ざわりが特徴です。

Koshu beef comes from Japanese Black cattle raised on Yamanashi's renowned water, and is rated at Grade 4 or Grade 5 for a level of quality that has been painstakingly nurtured. Distinctly tender and brightly coloured, the meat is also characterized by its rich flavour and texture.



甲斐サーモンレッド Kai Salmon Red

山梨県特産のぶどうの皮を飼料に加えた養殖魚「甲斐サーモンレッド」。身が鮮やかな赤色で旨味たっぷり。程よく脂がのり、臭みがなくさっぱりとした味わいが特徴です。

Kai Salmon Red are farmed fish given feed to which the skins of specially-produced Yamanashi grapes have been added. Featuring vivid red meat, the fish are bursting with delicious flavour. They are characterized by moderate levels of fat, but with no starch and no unpleasant smells whatsoever.



甲州地どり Koshu jidori

自然豊かな山々に囲まれ、土の上の放し飼いで120日間かけて育てられた地鶏です。運動量が多い飼育環境ゆえ肉質が引き締まり、噛むほどに旨味が溢れる味わい深さです。

Koshu jidori are free-range chickens that have been raised for 120 days on land surrounded by mountains amid all of Nature's fertility. Due to a rearing regimen that enables a large amount of exercise, the meat possesses a firm quality and a delicious depth of flavour which overflows as you chew.

山梨県のミネラルウォーターは、採水地で異なる味わいが魅力

The appeal of Yamanashi Mineral Water is the Different Sources and Tastes

ミネラルウォーターの専門家・アクアソムリエの山中亜希さんに、山梨県産ミネラルウォーターの特長を語っていただきました。「山梨県産のミネラルウォーターは採水地ごとに個性がありますが、なかでも富士北麓地域産にはバナジウムが多く含まれ、まろやかな味の中にあるキレが特長です。南アルプス山系の花崗岩層を通過

名水が育む山梨ブランド“美味しい山梨”勢揃い

Yamanashi Brands Nurtured from Renowned Waters: Tasty Yamanashi Products



日本酒 Sake

清らかな水が豊富な山梨県には14の日本酒の蔵元があり、地域ごとに異なる水質で多彩な美酒を造っています。日本酒はもちろん、蔵元の歴史的建造物の見学も人気です。

Yamanashi Prefecture enjoys an abundance of clear water that differs from region to region. The 14 sake breweries in the prefecture use this water to make a variety of high-grade sake. Tours of their historic brewery buildings are also popular.

山梨ワイン Yamanashi wine

長いブドウ栽培の歴史を誇る山梨県は、日本ワイン発祥の地。約80社のワイナリーがあり、甲州ぶどうで造られた「甲州ワイン」をはじめ、山梨ワインは国内外で好評です。

Yamanashi Prefecture is the birthplace of Japanese wine and takes pride in its long history of grape cultivation. There are about 80 winery companies in the prefecture and Yamanashi wine, including Koshu wine that is made from Koshu grapes, enjoys a good reputation at home and abroad.



地ビール Craft beer

東日本初の日本人の手によるビールは山梨県で誕生しました。各地域の特色を生かした個性的な味わいが山梨県の地ビールの魅力。国際的なコンクールの受賞作もあります。

East Japan's first beer made solely with Japanese expertise originated in Yamanashi Prefecture. The beers produced locally in the prefecture have distinctive tastes that draw on the features of each region. Some have won international awards.

浅野正己さん

ゴルバン アンド アソシエイト代表
フランス料理シェフ・ベーカリープロデューサー
Masaki Asano



甲府ビーツと甲州牛のクルスティヨン、そのガスパッチョ、胡桃風味
Kofu Beet and Koshu beef crispy, with Fresh local vegetables,
gazpacho of beets with walnut flavor.



首都圏各地で有名パン店をプロデュースする浅野氏は、山梨に魅了され、甲府市に移住したフランス料理シェフです。「料理人を30年やっていますが、全国をまわっても、山梨ほど食材豊かな県は他にないと思っています。水はけの良い土壌、寒暖差が明確な気候、東西南北にバランス良く広がる県土のため、農作物の種類が実に多彩。たとえば野菜は“甘み”だけでなく苦味やえぐみも旨味のうちですが、それには土壌の豊かさが影響します。山梨の野菜にはそのような滋味深さがふんだんにあり、昔ながらの美味し

さが味わえる。肉や魚には希少な品種も多くあります。山梨で暮らしていると、その食材の豊かさに、まるで南仏にいたかのような感覚になりますよ」(談)

Masaki Asano is a chef of French cuisine who started and developed well-known bakeries all over the Tokyo metropolitan area. He was attracted by Yamanashi and relocated to Kofu city. "I have been a chef for 30 years, and all over Japan the thinking is that Yamanashi is unmatched in terms of the abundance of its ingredients. Because of its well-drained soil, its climate with distinct differences in hot and cold temperatures, and the prefecture's well balanced land that extends in direction of the four points of the compass, there really is diversity in the types of agricultural crops. For example, vegetables are not only sweet, they are also full of bitterness and acidity, features affected by the richness of the soil. Yamanashi vegetables are fully infused with that kind of wholesomeness, and the taste can be savoured just like in the old days. There are also many rare varieties of meat and fish. When you live in Yamanashi, the richness of the food makes it feel as if you were living in the south of France," says Asano.

山梨の美味を語る人

山梨県に移り住み、県産の食材で美味しいものを作る人のお話

People Who Speak Highly of Yamanashi's Great Flavours

Stories from People Who Relocated to Yamanashi to Make Delicacies with Locally-Produced Ingredients

小川義美さん

早川ベーカリー オーナーシェフ
Yoshimi Ogawa



の也有ります。新鮮な桃は、皮をむかず食べる人も多いですよ。山梨県はワイナリーが沢山あり、春になると新芽を間引くため、ぶどうの葉を使ったカステラも考案しました」(談)

Having worked as a chef at a restaurant in Tokyo's Ginza district, Toyama Prefecture-born Yoshimi Ogawa by chance became the chef for Hayakawa Bakery in Kofu, and is currently the third to hold the position. He is also head of the Yamanashi Prefecture Western Confectionery Association. "People in Yamanashi Prefecture don't buy many grapes, peaches or cherries from shops. When harvest time comes, they receive rejected produce from farmers, and we often get produce from neighbours and people we know. So fruit is in plentiful supply. There are many varieties of grapes and peaches in particular and there are also those



手前: 白ぶどうのムースの中に自家製のぶどうジャムをサンドしたブッセ。

奥: アーモンドのタルトにシャインマスカットやいちじくをのせたフルーツタルト
Front: Home-made grape jam biscuit sandwich filled with white grape mousse.

Rear: Fruit tart topped with Shine Muscat grapes, figs, and other fruit in an almond tart.



小川氏考案の「ぶどうの葉かすてら」
The grape-leaf sponge cake created by Yoshimi Ogawa.

that are only distributed within the prefecture. In the case of fresh peaches, many people eat them without peeling the skins. Yamanashi Prefecture has many wineries and in order to thin out the new growth in spring, I used grape leaves to create a type of Madeira cake," according to Ogawa.

名水の地で自然回帰 山梨の“ウェルネスツーリズム”へ

A Return to Nature in the Land of Renowned Waters Yamanashi's Move toward "Wellness Tourism"

大月ロハス村

大月市駒橋
森林ヨーガセラピー

Otsuki Rojas Village
Forest Yoga Therapy



大月ロハス村は、自然が持つパワーを活かして、心身を健康へと導くプログラムを開催する施設。「森林ヨーガセラピー」では、ヨーガの哲学のもと、呼吸法やエクササイズを通して大自然との一体感を体感します。

Otsuki Rojas Village is a facility that conducts programmes that take advantage of the power of Nature and lead to healthy minds and bodies. At 'Forest Yoga Therapy,' which is based on the philosophy of yoga, people experience a sense of unity with Nature through breathing techniques and exercises.

本栖湖アクティビティセンター

南巨摩郡身延町中ノ倉
SUPヨガ・SUPコアトレーニング

Motosuko Activity Center
Stand Up Paddleboard (SUP) Yoga / SUP Core Training



本栖湖でアウトドアスポーツや自然体験などを展開する本栖湖アクティビティセンターは、サーフボードの上で行う体幹トレーニングを指南。美しい湖面に心癒されながら、本格的なコアトレーニングが体験できます。

At the Motosuko Activity Center, which offers outdoor sport and the experience of Nature on the lake, instructors conduct core training on surfboards. Participants are able to experience full-fledged core training, while soothing the soul on the beautiful lake.

甲州西山温泉 慶雲館

南巨摩郡早川町湯島
世界一古い温泉旅館

Keiunkan, Koshu Nishiyama Hot Spring
World's Oldest Hot Spring Inn



ギネス世界記録に「世界で最も歴史ある旅館」として登録された温泉旅館が、西山温泉の慶雲館。武田信玄や徳川家康(1542-1616)も訪ねたと伝えられる温泉は今も湯量豊か、地下888メートルから湧き出ています。

The Keiunkan at Koshu Nishiyama Onsen (hot spring), is a Japanese-style hotel listed in the Guinness World Records as being the 'inn with the longest history in the world.' It is said to have been visited by Shingen Takeda and the founder of the Edo shogunate Ieyasu Tokugawa(1542-1616). Today, visitors to the hot spring also enjoy an abundance of hot water that gushes up from a depth of 888 metres.

みはらしの丘 みたまの湯

西八代郡市川三郷町大塚
甲府盆地を一望できる露天風呂

Mitama Hot Spring, Miharashi no Oka
Open-Air Bath with Views of Kofu Basin



甲府盆地を眼下に、遠く南アルプスや八ヶ岳などの山並みを眺めながら温泉が楽しめる露天風呂が人気。朝10時から夜23時まで開館しているため、季節や入浴の時間帯により、さまざまな景色が楽しめる日帰り温泉です。

Known for its spectacular Miharashi no Oka (Hill with a Sweeping View), this open-air bath is popular for being able to enjoy a bath while overlooking the Kofu Basin below and mountain ranges that include the distant Minami Alps and Yatsugatake. Open from 10 a.m. to 11 p.m., the facility lends itself well to day trips, and its variety of vistas can be enjoyed according to the season and bathing time.

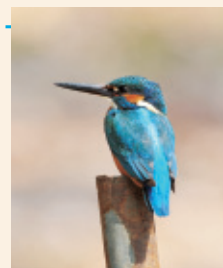
出会えるかも？ 山梨県に暮らす生き物たち

Chance Encounters?
Wildlife Living in Yamanashi

イヌワシ Golden Eagle

南アルプス付近に生息。山地生態系の食物連鎖ピラミッド頂点に位置するため、その存在は森の豊かさを意味します。

Golden eagles live in the vicinity of the Minami Alps. As they occupy the apex of the mountain ecosystem's food chain pyramid, their presence is proof of a flourishing forest.



カワセミ Kingfisher

背羽根の美しさから「清流の宝石」とも呼ばれるカワセミは、水辺に生息します。「甲府市の鳥」に定められています。

Known as the 'gem of the clear streams' on account of the beauty of the feathers on its back, the kingfisher inhabits areas close to water and has been designated as the official bird of Kofu City.

ニホンカモシカ Japanese Serow

富士山や南アルプス等の山岳地帯に生息するカモシカは、山梨県の「県の獣」であり、国の特別天然記念物です。

Living in mountainous areas, such as Mt. Fuji and the Minami Alps, the Japanese serow is the official animal of Yamanashi Prefecture and designated nationally as a Special Natural Treasure.



ライチョウ Ptarmigan

「氷河期の遺存種」といわれる特別天然記念物のライチョウは、高山に生息する鳥で、南アルプスで確認されています。Another of Japan's special natural treasures, the ptarmigan is referred to as a relict species from the Ice Age. Inhabiting high mountains, there have been confirmed sightings of the bird in the Minami Alps.

オオムラサキ Great Purple Emperor

日本の国蝶であるオオムラサキは、北杜市の「市の蝶」に定められています。羽を広げると10 cm以上になる、大型の蝶です。

The national butterfly of Japan, the great purple emperor is designated as the official butterfly of Hokuto city. This is a large butterfly with wings that measure 10 centimetres or more when extended.



サンショウウオ Salamander

サンショウウオは清流に住む日本固有の両生類です。山梨県では3種のサンショウウオの生息が確認されています。Making its home in clear waters, the salamander is Japan's resident species of amphibian. It has been confirmed that Yamanashi prefecture is inhabited by three species of salamander.

ホトケドジョウ

Japanese Eight-barbel Loach (Lefua echigonia)

山梨県でも忍野村や富士吉田市など限られた地域でしか生息が確認されていない貴重な魚です。流れが穏やかな清流を好みます。

Even in Yamanashi Prefecture, the confirmed habitat of this precious fish is confined to only limited areas, such as the Oshino Village and Fuji Yoshida City. The fish prefers gently-flowing, clear streams.



心を安らぎへ導く

名水のある“暮らし”

Leading to Peace of Mind: Life by Renowned Waters



御師住宅(旧外川家住宅) (富士山世界文化遺産構成資産)
Oshi House (former Togawa Family House) (Asset forming part of Mt. Fuji UNESCO World Cultural Heritage site)
富士吉田市上吉田

江戸中期に建てられた旧外川家住宅をはじめ、富士山信仰を支えてきた宿坊である御師住宅の敷地内には、かつて富士講行者が禊を行ったと伝わる「ヤーナ川」が流れています。

The site of what were the lodgings of the oshi, the priests who supported a spiritual belief in Mt. Fuji, includes the former Togawa family house that was built in the middle of the Edo period. The so-called Yana River flows here, along which pilgrims walked and once performed purification ceremonies.

塩山藤木用水路と町並み

Enzan-Fujiki Flume and Cityscape
甲州市塩山藤木

江戸時代から使われている用水路が、風情ある町並みに寄り添うように流れています。市内には、国の重要文化財や県の文化財の名刹もあります。

Used since the Edo period, the Enzan-Fujiki flume huddles closely to quaint streets. There are also Important National Cultural properties and temples that are prefectural cultural assets in the city of Koshu.



西藤木の水車
Nish-Fujiki Watermill
甲州市塩山藤木

江戸中期の建築といわれ、甲州市の有形民俗文化財に指定されている茅葺きの水車。挽き臼とつき臼を同時に動かすほどの馬力があります。

Said to have been built in the middle of the Edo period, this thatched watermill has been designated a Tangible Folk Cultural Property of Koshu City. The waterwheel provides roughly the horsepower needed to drive the mill's grinding and mortar stones at the same time.

駒橋発電所落合水路橋

Ochiai Aqueduct, Komahashi Power Plant
都留市古川渡字落合

朝日川をまたいで建つ、アーチが美しい大規模な煉瓦建造物です。登録有形文化財(建造物)に指定されている、東京電灯(現東京電力ホールディングス)が建設した水路橋です。

Spanning the Asahi River, the aqueduct is a large-scale brick structure with stunning arches that is included on the list of structures registered as Tangible Cultural Property. Ownership of the aqueduct passed from the original to its successor, today's Tokyo Electric Power Company (TEPCO).



月見ヶ池弁財天祭り

Tsukimigaike Benzaiten Festival
上野原市上野原

もともと水田灌漑用水のために、ため池として作られた月見ヶ池。その風光明媚な景観で、農林水産省が定める「ため池100選」に選ばれています。弁財天祭りでは、月見ヶ池に灯籠が流され、池に映る灯籠の光が幻想的な世界を生み出し、花火大会も行われます。

Originally built to serve as a reservoir providing water to irrigate rice paddies, Tsukimigaike was selected as one of Japan's 100 best reservoirs by the Ministry of Agriculture, Forestry and Fisheries for its scenic landscape. During the Benzaiten Festival, lanterns are cast adrift along Tsukimigaike, their lights creating a fantastic world when reflected on the surface of the pond. Fireworks also add to the festivity.



伝統を未来につなぐ “山梨県の地場産業”

Connecting Tradition with the Future: Yamanashi Prefecture's Local Industry

名水の地、山梨県には、清らかな水が要となる伝統産業が受け継がれています。
In Yamanashi, the Land of Renowned Waters, traditional industries that require pure water have continued for generations.

市川大門手漉和紙

Ichikawadaimon Tesuki-washi



豊川製紙

Toyokawa seishi

西八代郡市川三郷町市川大門

市川の和紙は、“美人の素肌のように美しい”というたといで「肌吉」と呼ばれ、武田家の御用紙や江戸幕府の御用紙として保護されてきました。現代は、手漉き・機械漉きともに上質な障子紙としても注目されています。

Called hadayoshi, drawing an analogy with beauty skin to that of a beautiful woman's complexion, washi (Japanese paper) from Ichikawa has been protected as the paper used by both the elite Takeda family and the Edo shogunate. Today, the paper continues to attract attention either hand or machine-made, as high-quality paper for sliding doors.

豊川製紙の豊川秀雄さんは、山梨県の名工、市川三郷町の無形文化財にも認定されています。
Hideo Toyokawa from the papermaking company that bears his name, is a Yamanashi prefecture master craftsman who is recognized for his talents on the list of Intangible Cultural Assets for Ichikawamisato town.

甲州武者のぼり・鯉のぼり

Koshu Mushanobori · Koinobori

井上染物店

Inoue somemono ten

南アルプス市古市場

「甲州武者のぼり」や鯉のぼりは、その昔、天下泰平を目指す戦陣で用いられた、旗指物や吹流しに由来するといわれています。友禅染の技法で芸術性の高い作品を色鮮やかに製作するには、清らかな水が欠かせません。

A long time ago, Koshu Mushanobori · Koinobori banners were used by battle formations fighting to bring peace to the land, and are said to have been derived from flags and streamers. Clean water is essential for making elaborately-artistic, vividly-coloured works using silk-printing techniques.



現在、県内で唯一鯉のぼりを製作する、井上染物店7代目店主・井上展弘さん。
Nobuhiro Inoue, the seventh-generation of Inoue dyeing shop, today the only one making carp banners in Yamanashi Prefecture.

西島手漉和紙

Nishijima Tesuki-washi



西伝製紙工場

Nishiden seishi kojo

南巨摩郡身延町西嶋

1571年(元亀年間)発祥の西島手漉和紙。武田信玄が「西未」と命名した紙を祖に、画仙紙を全国に先駆けて作成しました。誕生した子どもの名前を記す「命名紙」製作など、日本の伝統的な習わしの継承も担っています。

The origins of Nishijima handmade paper date back to 1571, in the Genki period. Shingen Takeda was instrumental in the making of paper named Nishihitsuji, which pioneered the making of drawing paper across the country. In addition, the making of 'name paper,' on which the name of a new-born child is written, and other products, contributes to the hand-down of Japanese traditional events and customs.

西伝製紙工場の笠井一洋さんによる甲州画仙紙は、その工程に約1ヶ月を要する書道家垂涎の美しい仕上り。
Koshu drawing paper made by Kazuhiro Kasai from the Nishiden paper mill requires a process lasting about one month to have the finish coveted by calligraphers.

郡内織物

Gunnai-Orimono

榎田商店

Makita shoten

南都留郡西桂町小沼

江戸時代の「甲斐絹」に由来する郡内織物は、清水と豊かな自然が育んだ高品質な先染織物。細番手、先染めの糸を用いた精巧な美しさが魅力です。地元企業は県外からも新たな感性を取り入れ、伝統と最旬の融合を図ります。

Derived from Kaiki of the Edo period, gunnai-orimono are high-quality, pre-dyed textile products nurtured with clean water in nature's abundance. Their attraction lies in their sophisticated beauty, which uses fine yarn and pre-dyed thread. Local companies adopt new touches from outside Yamanashi Prefecture and devise traditional and seasonal combinations.

地元企業と学生のコラボレーションを機に榎田商店のデザイナーになった、神奈川県出身の井上美里さん。
Born in Kanagawa Prefecture, Misato Inoue seized the opportunity presented by collaboration between local Yamanashi enterprises and students and became designer for the Makita shop company.



自然の恵みを未来につなぐ “育水日本一”を目指して

Connecting Nature's Benefits with the Future: Aiming for Japan's Premier Ikusui Concept

山梨県は、豊かで良質な水を、将来にわたって保全していきます。健全な水循環を守り育てる「育水」という考え方を基本に、水源林、水質・水環境、地下水・温泉資源、飲み水の安全・安心、水景観などの保全活動に、積極的に取り組んでいます。

Priding itself in its abundance of high-quality water, Yamanashi Prefecture will continue to conserve its resources far into the future. Based on the concept of Ikusui that protects and nurtures healthy water circulation, the prefecture is actively engaged in conservation activities that include the water source forests, water quality and aquatic environments, groundwater and hot spring resources, the safety and security of drinking water as well as aquatic landscapes.



国の特別名勝に指定されている、昇仙峡(甲府市、甲斐市)の渓谷 Shosenkyo Gorge has been nationally designated as a Special Place of Scenic Beauty.

水源林の整備保全

Maintenance and Conservation of Water Source Forests

■森林環境税の活用などにより、植林、間伐、下刈りなどを行っています。これにより健全で豊かな森林を維持し、水源涵養機能を強化します。

Utilizing forestry environment taxes and other sources of revenue, Yamanashi Prefecture is undertaking tree planting, thinning, and weeding. These efforts maintain healthy and abundant forests, while enhancing their watershed protection function.



■FSC®森林管理認証の基準に基づき、良質な水の供給につながる公益的機能の高い豊かな森づくりを推進しています。

Based on FSC® Forest Management Certification standards, Yamanashi Prefecture encourages the creation of abundant forests that serve a high public function linked to the supply of good quality water.

■森林の有する多面的機能が持続的に発揮されるよう、野生鳥獣や森林病害虫による森林被害対策を推進します。

Yamanashi Prefecture promotes the control of damage caused to its forests by wildlife and insects, so that the multi-faceted functions of the forest are sustainably displayed.

■山梨県地下水及び水源地域の保全に関する条例に基づき、水源地域における適正な土地利用の確保を図ります。

Based on ordinances relating to the maintenance of Yamanashi Prefecture's groundwater and water source areas, the prefectural authorities work to ensure proper land use in water source areas.

水源涵養機能とは？

降水を貯留し、河川へ流れ込む水の量を平準化して、洪水を緩和するとともに、川の流量を安定させる森林の土壌の機能。また、雨水が森林土壌を通過することにより、水質が浄化されることを指します。

What is the Watershed Protection Function?

In addition to collecting and storing rainwater, equalizing the amount of water flowing into rivers, and harmonizing the supply of water, this is the function forest soil has in the stabilization of river flow rates. The term also refers to water quality purified by rainwater passing through forest soil.

FSC森林認証とは？

環境や社会に配慮した適切な森林管理が行われていることを認証する「森林管理の認証(FM認証)」と、森林管理の認証を受けた森林からの木材・木材製品であることを認証する「加工・流通過程の管理の認証(CoC認証)」の2種類の認証制度。NGOであるFSC(Forest Stewardship Council®:森林管理協議会)が運営する国際的な制度です。

What is FSC Forest Certification?

Forest certification comprises two types of certification systems. The first, the certification of forest management (FM), certifies the undertaking of appropriate forest management that shows consideration for the environment and social. The second, chain of custody (CoC) certification, covers the management of processing and distribution mechanisms to certify that timber and timber products are from forests that have received FM Certification. FSC Certification is an international system administered by the NGO, the Forest Stewardship Council (FSC).

水質・水環境の保全

Maintenance of Water Quality/Conservation of Aquatic Environments

■河川や湖沼及び地下水の水質汚濁の状況を定期的かつ的確に把握するために水質測定を行います。

Yamanashi Prefecture takes water quality measurements to regularly and accurately ascertain the status of water pollution in rivers, lakes, and groundwater.

■地域特性を踏まえ、流域下水道・公共下水道・農業集落排水施設・コミュニティプラント・浄化槽など、生活排水処理施設の効率的かつ適切な整備を推進するとともに、適正な維持管理の徹底を促進します。

Yamanashi Prefecture promotes effective and appropriate upgrades to household wastewater treatment facilities based on an area's characteristics. These facilities include: river basin and public drainage systems, rural community sewerage facilities, community plants, and septic tanks. The prefecture also encourages thorough and appropriate maintenance management.

■化学肥料及び化学合成農薬の使用の低減や農地等における化学物質による環境への負担の低減を図るとともに、家畜排せつ物の適正処理による水質汚濁物質の排出抑制を促進します。

While working to decrease the use of chemical fertilizers and chemically synthesized pesticides and the environmental impact from chemical substances on agricultural land, Yamanashi Prefecture advocates the placing of emission controls on water pollutants by the appropriate treatment of livestock manure.

地下水・温泉資源の保全

Conservation of Groundwater/Hot Spring Resources

■山梨県地下水及び水源地域の保全に関する条例に基づき、事業者等に必要な指導を行うとともに、地下水採取量や地下水位を把握し、地下水資源の保全と適正利用を図ります。

Based on ordinances relating to the maintenance of Yamanashi Prefecture's groundwater and water source areas, the prefectural authorities ascertain the amounts of groundwater collected and groundwater levels, and work to conserve and appropriately utilize groundwater resources. They also provide guidance to business operators and other relevant parties.

■温泉法に基づき、事業者等に必要な指導を行うとともに、泉温、ゆう出量等の経年変化や浴用、飲用の実態などを把握し、温泉資源の保護と適正利用を図ります。

Prefectural Authorities plan the protection and appropriate utilization of hot spring resources based on the Hot Spring Law. They ascertain any changes in the amounts of water produced by hot springs and baths during the course of a year, the amounts of water for bathing and drinking, and provide guidance to business operators and other relevant parties.



環境活動・環境教育の推進

Promotion of Environmental Activities/Education

■水環境の保全その他快適な環境の保全・創造に関する活動に顕著な功績があり、広く他の模範となるものに対し、その功績をたたえるため表彰します。

Yamanashi Prefecture bestows awards in recognition of achievements made in activities relating to the conservation of aquatic environments, the conservation or creation of other pleasing environments or other categories.

■水の大切さや様々な動植物を育む水辺環境の多様な価値などを伝える体験型の学習プログラムを実施するなど、身近な水辺環境を活用した環境教育、環境学習を推進します。

Yamanashi Prefecture promotes environmental education and learning that utilize familiar waterside environments. These include the conducting of 'hands-on' educational programmes to convey the wide-ranging value of waterside environments that foster the importance of water, and nurture a variety of flora and fauna.

■淡水魚や河川湖沼の環境に対する県民の理解を深めるため、「富士湧水の里 水旅館」において、淡水魚の展示や特別展、体験学習教室などを実施します。

To deepen Yamanashi citizens' understanding of freshwater fish as well as river and lake environments, the Yamanashi Prefecture authorities hold special and freshwater fish exhibitions, as well as classrooms at the Fuji Yusui-no-sato Aquarium, in which attendees learn through first-hand experience.



県立富士湧水の里水族館

南都留郡忍野村忍草
Fuji Yusui-no-sato Aquarium



東京都心から山梨県へのアクセスは車で約90分です。

Yamanashi Prefecture can be reached by car from the centre of Tokyo in approximately 90 minutes.

■ 電 車 ■

JR中央本線(特急あずさ・かいじ)：JR新宿駅→JR甲府駅(約90分)

JR中央本線(特急あずさ・かいじ)：JR新宿駅→(約60分)→JR大月駅→(約50分)→富士急行線：河口湖駅

■ バ ス ■

高速バス(新宿⇄甲府線)：新宿高速バスターミナル→(約130分)→甲府駅

高速バス(新宿⇄富士五湖線)：新宿高速バスターミナル→(約105分)→富士急行線：富士山駅

■ 自動車 ■

中央自動車道：高井戸IC→(約90分)→甲府昭和IC

中央自動車道：高井戸IC→(約80分)→河口湖IC

By Train

JR Chuo Line: (by Azusa or Kaiji limited express): JR Shinjuku Station → JR Kofu Station (approx. 90 mins.)

JR Chuo Line: (by Azusa or Kaiji limited express): JR Shinjuku Station → (approx. 60 mins.) → JR Otsuki Station → (approx. 50 mins.) → Fujikyuko Line: Kawaguchiko Station

By Bus

Highway Bus (Shinjuku ⇄ Kofu Line): Shinjuku Highway Bus Terminal → (approx. 130 mins.) → Kofu Station

Highway Bus (Shinjuku ⇄ Fujigoko Line): Shinjuku Highway Bus Terminal → (approx. 105 mins.) → Fujikyuko Line: Fujisan Station

By Car

Chuo Expressway: Takaido IC → (approx. 90 mins.) → Kofu-Showa IC

Chuo Expressway: Takaido IC → (approx. 80 mins.) → Kawaguchiko IC

中北地域 [Chuhoku area]

- 吐竜の滝：北州市
Doryu no Taki Waterfall: Hokuto City
- 武田神社：甲府市
Takeda-jinja Shrine: Kofu City
- 夫婦木神社：甲府市
Myotogi-jinja Shrine: Kofu City
- 正ノ木稲荷大明神 稲積神社：甲府市
Shonoki inari daimyojin inazumi-jinja Shrine: Kofu City
- 昇仙峡：甲府市、甲斐市
Shosenkyo: Kofu City, Kai City

峡東地域 [Kyoto area]

- 西沢渓谷：山梨市
Nishizawa Gorge: Yamanashi City
- 塩山藤木用水路と町並み：甲州市
Enzan-Fujiki Flume and Cityscape: Koshu City
- 西藤木の水車：甲州市
Nish-Fujiki Watermill: Koshu City

峡南地域 [Kyonan area]

- 四尾連湖：西八代郡市川三郷町
Lake Shibireko: Ichikawamisato Town, Nishiyatsushiro County
- みはらしの丘 みたまの湯：西八代郡市川三郷町
Mitama Hot Spring, Miharashi no Oka: Ichikawamisato Town, Nishiyatsushiro County
- 本栖湖アクティビティセンター：南巨摩郡身延町
Motosuko Activity Center: Minobu Town, Minamikoma County
- 甲州西山温泉 慶雲館：南巨摩郡早川町
Keiunkan, Koshu Nishiyama Hot Spring: Hayakawa Town, Minamikoma County

富士・東部地域 [Fuji・Tobu area]

- 大月口ハス村：大月市
Otsuki Rojas Village: Otsuki City
- 月見ヶ池弁財天祭り：上野原市
Tsukimigaika Benzaiten Festival: Uenohara City
- 駒橋発電所落水水路橋：都留市
Ochiai Aqueduct, Komahashi Power Plant: Tsuru City
- 忍野八海：南都留郡忍野村
Oshinohakkai: Oshino Village, Minamitsuru County
- 鳴沢氷穴：南都留郡鳴沢村
Narusawa hyoketsu (ice cave): Narusawa Village, Minamitsuru County
- 県立富士湧水の里水族館：南都留郡忍野村
Fuji Yusui-no-sato Aquarium: Oshino Village, Minamitsuru County
- 御師住宅(旧外川家住宅)：富士吉田市
Oshi House (former Togawa Family House): Fujiyoshida City



山梨県

[Yamanashi Prefecture]

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