From the land of pink blossoms ... 
To those who love travelling ... 

We welcome you with our beautiful natural attractions as well as our many smiling faces.

Just as your country has its own colorful seasons, so does our city. We in the City of Fukushima have produced this brochure in the hopes of conveying to you our many attractions. We sincerely hope you will travel to Fukushima and see, taste and experience all that Fukushima has to offer.
How are you doing? Day by day it's becoming warmer in Fukushima. Wafting refreshing breezes and colorful blossoms in bloom signal the arrival of spring.

福島市の春はやさしい香りがします。

Fukushima in spring is filled with the fragrance of flowers and blossoms.

春は花の花嫁で始まります。美術館の前から田の間から蛙が飛び出すように見え始めると、ピンクのサクラやモモ、リンゴ、ナシの白い花々、黄色い菜の花などがいっせいに咲きます。その微妙なグラデーションは、見る人の心を揺るぎます。中でも「花見山」は花見山と称されるほどの名所、大勢の人々がロマンティックな花々を楽しむます。

Springtime in Fukushima begins with a pageant of blooming flowers and blossoms. As the snow remaining on the slopes of Mt. Azuma Kofuji begins to take the shape of a springing rabbit, pink cherry and peach blossoms, white apple and pear blossoms, and yellow rape blossoms, burst into bloom. The delicate color gradations created by these blossoms are truly enchanting. Hanamiyama Hill (Blossom-Viewing Hill) is famed for its exquisite cherry blossoms - so much so, in fact, that it is often referred to as "Shangri-La." Large numbers of people come here to immerse themselves in the fantastic world of flowers in full bloom.
How are you doing? Impressive verdure and clear running streams are characteristic of Fukushima in summer. The best way to spend this season is just relaxing amid nature’s bounty and enjoying refreshingly cool breezes.

夏の福島市は夏の香りがします。

Grassy fragrance fills the air in summer.

The sunny City of Fukushima in summer is proud of lush green foliage providing cool shade, as well as waterside natural attractions near our rivers, waterfalls and lakes. Doaidate Park, graced with hydrangeas blooming in early summer, the cool Surikami Gorge, the cobalt-blue waters of Goshiki-numa Marshes, and Azuma-kogen Skyland’s extensive pastures — all await your visit. Strolling around marshes, climbing, fishing, camping, peach picking, and much more ... These pleasurable activities promise you an exciting summer holiday. Why not come and enjoy our summer days, making good friends and returning with unforgettable memories?

太陽の陽差しがふりそそぐ福島市は、涼しい木陰をつくられる緑、そして豊かな水量の水辺が夏の自慢です。初夏、あじさいの咲く土合館公園、涼しい渓谷の SENDAに降る五色滝、牧場が広がる吾妻高原スカイランドなどで休日を過ごしませんか。湖沼の散策、登山、釣り、キャンプ、もも狩りなど楽しいプランで夏の一日はすぐに過ぎてしまいます。友達も思い出してたくさん作って夏を楽しもうしましょう。
Autumn has come when the foliage begins to change its attire to something more colorful. Picturesque mountains, their surfaces dyed brocade, surround the City of Fukushima.

秋々が美しく色づく季節がやってきました。鮮やかな絵画のような、赤や黄色に染まった山々が、福島市を囲んでいます。

Fukushima City in autumn is nature's palette.

秋の福島市は芸術家です。

Mountains of the Azuma Range soar under autumn’s serene sunlight. Ready for a sightseeing excursion — the Bandai-Azuma Skyline scenic highway is unmatched in its beauty. As you proceed on your drive, you will be greeted with a series of scenic wonders, including a deep gorge and waterfalls as well as picturesque mountains along the horizon. At the foot of the mountains, you will find pear, grape and apple orchards that invite you to sample their bounty. Mizubayashi Natural Park, along the Arakawa River, is also recommended for strolling.

秋の陰差しを浴びて、雄姿を浮かび上がらせる吾妻の山々。磐梯吾妻スカイラインは絶好のドライブコースです。深い渓谷や谷を割って落ちる滝、遠くの山々の美しさなど、自然が創りあげたダイナミックな景観が目の前に迫ります。山の麓にはナシ、ブドウ、リンゴなどの果樹園が広がり、観光果樹園では果物狩りも楽しめます。また荒川沿いの水林自然公園は散策におすすめです。
Autumn is followed by the cold winter. There are many hot springs in Fukushima that will warm you to the core.

冬
秋が過ぎ、寒い冬がやってきました。福島には、体の芯まで温めてくれる温泉がたくさんあります。

Fukushima City in winter — promoting heart-to-heart communication.

冬の福島市にはあたたかいところがよくあります。

A ritual called “Akatsuki-mairi” is held at Haguro Shrine, located on Shinobuyama Hill at the center of Fukushima City. In the ritual, a giant straw sandal is offered to the deity of the shrine. On the outskirts of Fukushima City are the popular hot spring areas of Iizaka, Tsuchiyu and Takayu. From late February to early March, colorful hanging dolls are displayed throughout the Iino shopping district to wish for girls’ health and growth.

福島市の中央にある姥山の羽黒神社に大わらじを奉納する“朝日まいり”という祭りが行われます。また、福島市の郊外には飯坂、土湯、高湯などの温泉郷があり、昔から市民に親しまれてきました。2月下旬〜3月上旬には飯野町商店街などで、女の子の健康と成長を願ってつくられた色とりどりの“つるし雛”が飾られます。
Fukushima for Hearty Communication

Where you meet smiling faces

Heart-to-heart communication is everywhere in Fukushima City. In addition to the smiling faces of local people, you will also become acquainted with our four beautiful seasons, shining stars in the night sky, and singing wild birds. Fukushima is really a relaxing town.

Various types of facilities are available to those who seek to enjoy Fukushima City to the fullest. Among them are: Azuma General Sports Park, which contains a baseball diamond, tennis courts and indoor swimming pool; Fukushima City Paek of Traditional Houses, a unique preserve featuring traditional houses relocated from the city and surrounding areas; Fukushima City Forest of Small Birds, for wild bird watching; Jodo-daira Astronomical Observatory, located on top of Mt. Azuma; "Shiki-no-Sato" Rural Park, set at the foot of Mt. Azuma and offering hands-on glassware and kokeshi doll making among many other attractions; and Nishida Memorial Museum of Kokeshi Dolls, featuring a collection of some 3,400 kokeshi dolls (You may find one that resembles you).
User’s guide to this brochure:

このパンフレットの便利な利用方法

地図上の番号と施設の番号を照らし合わせてください。すぐに目的地が分かります。
Strolling around the Town

Simply strolling around the town is fun.

Just try a stroll around the town like local Fukushima-ites. You are very likely to encounter unexpected surprises. Become acquainted with the everyday faces of the streets and people.

The people walking briskly along Fukushima Station Street give the city its vibrancy. At the center of town is the symbol of the city, Shinobuyama Hill. The Fukushima City Music Hall with its magnificent pipe organ, the Yuji Koseki Memorial Hall, established in honor of local composer Yuji Koseki, the Fukushima Prefectural Art Museum and Library and a variety of other facilities can be found at the foot of the hill, making the area a highlight for those walking around town. Fukushima Racecourse, one of ten Japan Racing Association racecourses in the country, is visited by racing fans from around the nation who come to cheer on the thoroughbreds. The local specialty “enban-gyoza,” Japanese dumplings called gyoza that are fried and presented in a circular arrangement, is also recommended.
Encounters with Rich History

Treading the beaten track of our ancestors.

Our local heritage is one cherished and shared by all people of Fukushima. Though standing quietly, these historical assets nevertheless seem to touch our hearts.

先人達の足跡をたどって
福島の人々が大切に思っているもののひとつに、歴史的遺産があります。情熱あふるたたずまいが心に響きます。

Fukushima has a rich heritage — dotted with a number of quaint places to see in peaceful settings. Ioji Temple, for example, is where the haiku master Basho paid a visit during his famous poetic journey "The Narrow Path to the Deep North." At Iwaya-Kannon Temple at mid-slope on Shinobuyama Hill, a group of Buddhist reliefs carved into the surface of a rock wall can be found. In the rear of Mangani Temple, a.k.a. Kuroiwa Kokuzoson, rest 16 images of "Rakan" (Buddha's disciples) each with a different expression. Other places of interest include the legendary land of Shinobu-mochizuri, which appears in the ancient "One Hundred Poems by One Hundred Poets," and Daizoji Temple dedicated to the Thousand-handed Goddess of Mercy, a nationally designated Important Cultural Property. Visit any one of these. You will feel as if time is standing still.

福島にあって静寂のなかにいまだ歴史の面影を色濃く残している歴史的スポットの数々——歴史と文化的財を守りたい黒岩の仏像が「奥の細道」のなかで訪れた歌人。信夫山の中腹岩谷観音には、江戸時代中期のもとといわれる黒岩仏像がたたずみ、岩谷の虚空蔵様として知られる黒岩寺の裏手には十六羅漢像が静寂な山林に鎮座しています。百人一首にも詠まれた伝説の里-信夫文知院、国指定文化財の千手観音立像のある大観寺など、いまも静寂の中で時が止まったような情景です。

大蔵寺（千手観音立像）

Daizoji Temple (Thousand-handed Goddess of Mercy) TEL024-532-5215

黒岩虚空蔵尊

Kuroiwa Kokuzoson Temple TEL024-546-0096

岩谷観音

Iwaya-Kannon Buddhist Images

**MATSURI Festivals**

<table>
<thead>
<tr>
<th>Festival</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kuroiwa Kokuzoson Festival</td>
<td>Jan. 12-13 (lunar calendar)</td>
<td></td>
</tr>
<tr>
<td>Shinobu Sanzan Akatsuki-mairi</td>
<td>Feb. 10-11</td>
<td></td>
</tr>
<tr>
<td>Tsuchiyu Onsen Kokeshi Doll Festival</td>
<td>Late Apr.</td>
<td></td>
</tr>
<tr>
<td>Fukushima Fireworks Display</td>
<td>Late July or early Aug.</td>
<td></td>
</tr>
<tr>
<td>Fukushima &quot;Waraji&quot; (Straw Sandal) Festival</td>
<td>Early Aug.</td>
<td></td>
</tr>
<tr>
<td>Iizaka &quot;Kenke&quot; (Quarel) Festival</td>
<td>Early Oct.</td>
<td></td>
</tr>
<tr>
<td>Inari Shrine Autumn Grand Festival</td>
<td>Early Oct.</td>
<td></td>
</tr>
<tr>
<td>Okayama Water-dashing Festival</td>
<td>4th Sunday of Oct.</td>
<td></td>
</tr>
</tbody>
</table>

福島市のMATSURI

<table>
<thead>
<tr>
<th>Festival</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shinobu Sanzan Akatsuki-mairi</td>
<td>旧暦12月12日-13日</td>
<td></td>
</tr>
<tr>
<td>信夫三山詣まいり</td>
<td>2月10-11日</td>
<td></td>
</tr>
<tr>
<td>土湯温泉こけし祭り</td>
<td>4月下旬</td>
<td></td>
</tr>
<tr>
<td>福島花火大会</td>
<td>7月下旬または8月上旬</td>
<td></td>
</tr>
<tr>
<td>福島のわらじ祭り</td>
<td>8月上旬</td>
<td></td>
</tr>
<tr>
<td>信夫のけんけ祭り</td>
<td>10月上旬</td>
<td></td>
</tr>
<tr>
<td>稲荷神社秋季大祭</td>
<td>10月上旬</td>
<td></td>
</tr>
<tr>
<td>鳴子の水かけ祭り</td>
<td>10月第4日曜日</td>
<td></td>
</tr>
</tbody>
</table>
Taste Treats  美味を楽しむ

Fukushima-Fruit Kingdom.
Encounters with local taste treats are one of the greatest pleasures of travel. Of the many delicacies from Fukushima, fruits are highly praised.

Fruits grown in Fukushima City please us all year round. In spring, charming blossoms and their sweet fragrance. From summer to autumn, tree branches are heavily laden with fruits, and those that have been picked please our palate. Cherries, peaches, pears, grapes and apples ... Early summer is the opening of the fruit season in Fukushima. Thus, sweet and fragrant fruits of various kinds can be enjoyed through December. Fruit orchards for tourists and fruit stands can be found along the "Fruit Line" and "Peach Line" roads in the city’s suburbs. There you can enjoy picking, tasting or buying the freshest and best quality fruits.

Fukushima is a treasure trove of fruits.

**Peaches**

The volume of production of the peach of Fukushima is the second place in the whole country. A refined feeling of appetite and sweetness are characteristics.

生產量全国第2位の福島市のもも、甘味が強く濃厚で上品な味わいが特徴です。

**Apples**

Many delicious varieties are cultivated, each with its own distinctive tartness or sweetness.

りんごは品種も多く、酸味・甘味はそれぞれに絶妙のおいしさ

**Cherries**

Glossy, large and of incomparable sweet-ness.

さくらんぼがつややとした果実の実でしっとり甘いのが特徴。

**Pears** ("Nashi")

The volume of production of the pear of Fukushima is the first place in Japan, and evaluation is high by a good feeling of appetite and sweet juice of pears.

なしは、生産量全国第1位の福島市のナシは、しっとりとした食感と甘い果汁が人気の秘密です。

**Fruit Calendar**

| 6月 | サクララム | June |
| 7月〜8月 | チェリーズ | July〜August |
| 8月〜9月 | ナシ| August〜September |
| 10月〜12月 | リンゴ | October〜December |

**Souvenir items from Fukushima include:** elaborately made sweets using only natural ingredients; "soba" and "udon" noodles handmade with traditional noodle-making techniques; Tsuchiyu Kokeshi dolls; Fukushima "Tsunugi" ponegi; pottery; and woodcrafts. Why not buy a few to commemorate your pleasant visit to Fukushima?
Enjoy Hot Springs

Unwinding at an "onsen" (hot spring).
Hot springs are nearby and easily accessible from Fukushima City. Each spring has its distinct quality and atmosphere. Relaxing in soothing hot water is the definition of pleasure.

飯坂温泉  TEL024-542-4241

古い歴史と東北有数の規模をもつ温泉郷。栄々川沿いに旅館やホテルが連続し、夜景も美しい。温泉街の公衆浴場で手軽に温泉気分も楽しめます。

Tsuchiyu Hot Spring

This hot spring resort along Route 115 is located among mountains in the upper reaches of the Arakawa River. It boasts ten different types of water, all of which are especially effective for rheumatism and neuralgia.

土湯温泉  TEL024-595-2217

国道115号沿い、荒川上流の山間にある温泉郷。10種以上の泉質が目立て、リラクゼーション、健康な施工を楽しむことができます。土湯伝統にこだわるところです。

Takayu Hot Spring

This quiet highland resort lies at the entrance to the Bandai-Azuma Skyline scenic highway. It is also popular as a base for outdoor activities such as climbing Mt. Azuma.

高湯温泉  TEL024-591-1125

磐梯吾妻スカイラインの入り口にあり、静かな高原の温泉です。磐梯吾妻山などのレジャー基地としても人気があります。
Facility Guide

For enjoying Fukushima to the full
福島市をしっかり楽しみにしましょう。

Information

It is advisable to phone first. 前もって電話をすると便利です。

Fukushima City Auditorium
TEL: 024-531-6221
福島市音楽堂

Koseki Yuji Memorial Hall
TEL: 024-531-3012
若槻裕之記念館

Fukushima City Park of Traditional Houses
TEL: 024-593-5249
福島市民家園

Fukushima City Forest of Small Birds
TEL: 024-531-8411
福島市小鳥の森

Shiki-no-Sato
TEL: 024-593-0101
四季の里

Fukushima Prefecture Tourism & Specialty Hall
TEL: 024-525-4031
福島県観光物産館

Azuma General Sports Park
TEL: 024-593-1111
(Baseball diamond, athletic ground, gymnasium, indoor swimming pool, tennis courts)

Nishida Memorial Museum of Kokeshi Dolls
TEL: 024-593-0639
野々寺のこけし美術館

Izaka Onsen (Hot Spring) Tourist Association
TEL: 024-542-4241
飯坂温泉観光協会

Tsuchiyu Onsen (Hot Spring) Tourist Association
TEL: 024-595-2217
土湯温泉観光協会

Takayu Onsen (Hot Spring) Tourist Association
TEL: 024-591-1125
高湯温泉観光協会

Useful Phone Numbers

Police TEL: 110 警察への通報
Fire, rescue, ambulance TEL: 119 火事・救急・救急車

Emergency Medical Service Information

Fukushima City emergency medical service information TEL: 024-528-9091

Fukushima City Fire Defense HQ information on holiday clinics on duty TEL: 024-533-0119

Holiday/Emergency Clinics

Fukushima City Holiday/Emergency Dental Clinic TEL: 024-525-7673

Fukushima City Nighttime Emergency Clinic TEL: 024-525-7672

Emergency Hospitals

Azuma Neurosurgery Hospital TEL: 024-546-3911

Ohara General Hospital TEL: 024-526-0300

Saiseikai Fukushima General Hospital TEL: 024-544-5171

Minami Tohoku Fukushima Hospital TEL: 024-593-5100

Fukushima Seibu Hospital TEL: 024-533-2121

Fukushima Red Cross Hospital TEL: 024-534-6101

Fukushima Daiichi Hospital TEL: 024-557-5111

Fukushima Minami Circulatory System Hospital TEL: 024-546-1221

Ohara Medical Center TEL: 024-554-2001
Tokyo — Fukushima
Approx. 90 min. by JR Tohoku Shinkansen super-express

Sendai — Fukushima
Approx. 25 min. by JR Tohoku Shinkansen super-express; 70 min. by express bus

Aizu-Wakamatsu — Fukushima
90 min. by express bus; 80 min. by train (by super-express with transfer at Koriyama Sta. to Tohoku Shinkansen)

Iwaki — Fukushima
2 hr. by express bus; 2 hr. by train (with transfer at Koriyama Sta. to Tohoku Shinkansen)

Koriyama — Fukushima
70 min. by express bus; 20 min. by JR Tohoku Shinkansen super-express