



Myoko Dining Guide 2015-2016

The best from the heart of Snow Country



myokosnowsports.



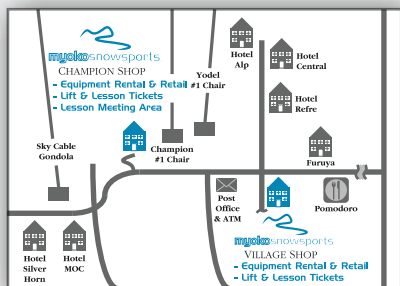
INTERNATIONAL
SNOWSPORTS SCHOOL



EQUIPMENT RENTALS
& RETAIL



PHOTOGRAPHY
& VIDEOGRAPHY



VILLAGE SHOP 8AM - 6PM

CHAMPION SHOP 8AM - 5PM

www.myokosnowsports.com
(0255)-87-3560



Welcome to Myoko!

You've had a great day on the slopes, or out exploring some of the rich culture of the area. You're hungry. You're thirsty. We can help.

Compared to many Japanese ski areas, Myoko is a compact village—a real ski town that has grown up naturally. And that means a good selection of great food close by in the many friendly local restaurants.

Many places can easily be reached on foot in the Akakura area, the location of most of the larger hotels in town, and of the majority of restaurants and bars. It's only about a 10-minute walk between Akakura and Shin ("new") Akakura, where there more dining options.

Ikenotaira and Myoko Onsen/Taguchi (the residential area of the town), add even more possibilities, but you'll want to travel by car or van to get between these and other areas (see the map on pages 14 and 15, and the area image on page 26).

For easy understanding, the brochure is color-coded by area:

	Akakura		Myoko Onsen
	Shin-Akakura		Taguchi
	Ikenotaira		

Each listing also includes a QR code; use the camera on your mobile device to find the location of the restaurant on Google Maps, then just navigate from your current location. Free QR code reading apps are available for all platforms.

So now you've got the information you need: get out there and enjoy the delicious flavors Myoko has to offer! You'll soon be saying, *Gochisosama deshita!* (the almost untranslatable, polite thing to say to your hosts at the end of the meal).

Akakura Hotel 赤倉ホテル

Cuisine

Japanese

Hours

6 to 9 pm (entry to 8:30 pm)

Average Price

¥2,000 to ¥4,000

Reservations

Required by 3 pm

Credit cards

Visa, MasterCard, UC, JCB,
American Express,
Diners Club

Address & Contact

486 Akakura
Tel: 0255-87-2001
www.akakura-hotel.com

Location



This major hotel, located right in the center of the *onsen* (hot spring) part of town, was one of the top 100 Japanese hotels and ryokan selected by professionals in the dining division of the contest. A nice choice to enjoy a quiet, elegant, Japanese-style dinner as the snow falls outside.

Specialties

Shabu shabu, *sukiyaki*, *kaisen nabe* (seafood hotpot) and chicken *katsu* (fried cutlet).



Asagao 備長炭火焼き鳥 麻顔

Cuisine

Yakitori/Izakaya

Hours

5:30 pm to Midnight

Average Price

¥2,000 to ¥4,000

Reservations

Not required

Credit cards

Cash only

Address & Contact

476 Akakura
Tel: 090-4247-3726
asagaosnow@yahoo.co.jp

Location



Asagao uses only select domestic chicken, purchased the same day and carefully grilled over real charcoal. Flavored with a secret and ancient soy-based teriyaki sauce and Himalayan rock salt to bring out the flavor. Available for parties or private events.

Specialties

Asagao features a variety of dishes based around yakitori, including *yakitori moriawase* (mixed set), *goma* (sesame) liver, *tori motsu nikomi* (stewed chicken variety meat), Jerk chicken, green salad with dried fruit, avocado chicken.



Avaya アバヤ

Cuisine

Bar, light meals

Hours

Bar: 6 pm to midnight;
baked sweet potatoes from
3 to 9 pm

Reservations

Possible; call before 6pm

Credit cards

Cash only

Address & Contact

122 Akakura

Tel: 080-3790-5014

[http://facebook.com/
yakiimoabaya](http://facebook.com/yakiimoabaya)

Location



Avaya Bar has a relaxed atmosphere; enjoy drinks and light meals, and share mountain information with the bar's two bartenders/pro snowboarders.

Specialties

Fried chicken and baked sweet potatoes are the start of a selection of light dishes; enjoy with draft beer, saké cocktails, Japanese whiskies and cocktails.



Cha Cha (Matsuya Hotel) 茶々

Cuisine

Japanese cuisine, drinks

Hours

6:30 to 9 pm

Average Price

¥1,000 to ¥2,000

Reservations

Not required

Credit cards

Cash only

Address & Contact

Tel: 0255-87-2045

Location



A cozy corner inside Matsuya Hotel, Nomikui Dokoro ("drink and eat place") Cha Cha is a great place for a cold draft beer and some delicious food.

Specialties

Try the *nabe*—hot pot dishes—*oden* (a variety of tasty items simmered in a savory broth), yakitori and *teishoku* set meals. The draft beer is always ready on tap; Cha Cha has a good selection of *saké*, as well as soft drinks including oolong tea, orange juice, and ginger ale.



Japowhouse ジャパウハウス

Cuisine

Bar

Average Price

¥500 to ¥2,500

Reservations

No

Credit cards

Visa, MasterCard,
American Express

Address & Contact

585-170 Akakura
Tel: 0255-77-4854
www.japowhouse.com

Location



Club Japowhouse is a fun, woody space complete with event space—a great place to enjoy a drink and snacks with new friends after a day out on the snow. Special events will be held throughout the season.

Specialties

Enjoy light foods like yakitori, french fries and rice burger with saké, saké cocktails and Heartland draft beer.



Cafe & Bar Jutei (Hotel Korakuso) 樹亭

Cuisine

Karaoke/Japanese

Closed

January 4 to 7, 20 and 21,
February 14-18

Average Price

From ¥2,000;
fondue ¥3,500/person

Reservations

Requested; call from 11 to
11:30 am

Credit cards

Visa, MasterCard for total
over ¥20,000

Address & Contact

34-1 Akakura
Tel: 0255-87-2120

Location



Come in for snacks and drinks, then have some fun with the new JOYSOUND karaoke unit (¥1,000 per hour). Free WiFi.

Specialties

Special menus: *tofu and tokudai Sado ika ichiyaboshi* (extra-large dried squid from Sado Island; for groups of four or more, enjoy Swiss oil fondue; special crab dinner (reserve three days in advance for these), with cold draft beer, *jizaké* (local saké) and more.



Kei ダイニングバー憩

Cuisine

Izakaya

Hours

6 pm to midnight

Average Price

¥2,000 to ¥5,000

Reservations

Possible before 9 pm

Credit cards

Cash only

Address & Contact

476 Akakura

(B1F, left side)

Tel: 090-5325-7069

Location



An Akakura favorite from more than 10 years, Kei is an izakaya-style restaurant featuring an extensive menu. Try varieties of saké you can only enjoy here, as well as many other drinks.

Specialties

Echigo gyū (Niigata beef) steak, juicy spare ribs, Caesar salad with warm egg, seafood sets, *kaisen-don* (seafood on a rice bed), duck confit and many more.



Ski Like a Local!

Add an extra touch to your Japan experience—join the professionals at Yodel Ski School for an inside ride in Myoko. Experienced English-speaking instructors who can provide a whole new look at this beautiful area, while you also improve your skiing.

Established in 1960, Yodel is Myoko's oldest ski school; we provide ski and snowboard lessons, snowshoe and backcountry/sidecountry tours, and on-piste guided tours. Competitive rates; SIA accredited. Please call 0255-87-2232 or visit us on the main street in Akakura.

YODEL
SNOW SCHOOL

Myoko Japan
yodelsnow.com

Kougakuro Hotel 香嶽楼

Cuisine

Japanese

Hours

Happy hour 4 to 6pm;
dinner 5:30 to 9 pm

Average Price

¥3,500 to ¥5,000

Reservations

Required, by 5 pm of
previous day

Credit cards

Visa, Master, UC,
American Express

Address & Contact

116 Akakura

Tel: 0255-87-2036

www.myoko-kougakuro.jp/english/

Location



Stop by after skiing for happy hour (draft beer ¥500), then stay on for dinner in this long-established Japanese inn. Enjoy the hotel's sushi, shabu shabu and other delicious meals.

Specialties

- Early bird buffet breakfast available from 7:30 to 9 am, for just ¥1,000
- *Gyu nabe* (beef hotpot) and sushi, ¥3,780
- Daily *nabe* (hotpot) Japanese set menu, ¥3,780



Kotobuki パブラウンジ 寿

Style

Karaoke

Hours

8 pm to 1 am

Average Price

¥3,000 to ¥4,000

Reservations

Not necessary; can be made
up to 2 pm the same day

Credit cards

Cash only

Address & Contact

389-17 Akakura

Tel: 0255-87-3001

kotobukirou.com/pub.html

Location



Just a few seconds off Akakura's main street, Kotobuki is a *karaoke snack*—a pub dedicated to Japan's singalong tradition. Enjoy 90 minutes of all you can drink and sing for ¥4,500.

Specialties

Light snacks, as well as the daily menus that the owner is particularly proud of—don't worry if a little singing gets you hungry!



Koyama 食堂こやま

Cuisine
Japanese

Hours
11 am to 9 pm

Average Price
¥1,000

Reservations
No

Credit cards
Cash only

Address & Contact
549 Akakura
Tel: 0255-87-2792

Location



Located in a convenient location just above the main street between Hotel Refre and Manari curry house, Koyama is a family-run restaurant providing generous servings of good, solid Japanese food.

Specialties

Koyama's recommendations include ramen, gyoza, *shogayaki-don* (pork with ginger, on rice), *gyoza teishoku* (set meal), sausages.



SPECIAL OFFER
Internet Discount
20% off

Aoyama Sports

Ski and Snowboard Rental Shop, Myoko

Aoyama Sports is the largest ski rental operation in Akakura, with the village's best selection and service. We have two rental shops in Akakura; one near the Arai Shinyo Kinko Bank, one near Matsuya Hotel.

We hot wax all our skis and boards before they go out for rental. All our staff members are keen boarders and skiers, with lots of local knowledge.

Aoyama Sports provides regular skis, powder skis, snowboards, bindings, boots, jackets, pants, gloves as well as hot waxing and more—almost everything you need for a great Myoko trip!

Aoyama Sports

Bank-area branch: 87-2338
Matsuya Hotel-area branch: 87-2240
email: ski@apost.plala.or.jp
<http://aoyamasports.sakura.ne.jp/aoyamasports/>
(Please note that English speakers may not always be available)



All major credit cards accepted



Lodge Bear ロッジ&レストラン ベアー

Cuisine

Shokudo

Hours

10 am to 4 pm; 6 to 9 pm

Average Price

¥1,500

Reservations

For evening meals

Credit cards

Cash only

Address & Contact

Tel: 0255-87-2177

Location



Popular spot, with many repeaters. A relaxing environment, with great views of Mt. Myoko from the spacious windows of the dining room.

Specialties

Teriyaki Chicken-don, shabu-shabu (in lower right photo; evening only, for two), white stew, beef stew, squash ice cream, cold baked apple.



Manari カレーショップ 真奈里

Cuisine

Indian curry

Hours

8 am to 4 pm; 5 to 9 pm

Average Price

¥600 to ¥1,000

Reservations

No

Credit cards

Cash only

Address & Contact

549-55 Akakura

Tel: 0255-87-2224

Location



On the main street of Akakura, on the corner close to Yodel Ski School on the main street, and across from Myoko Snowsports. Open throughout the day, ready whenever you need a little spice in your life!

Specialties

Authentic Indian curries. Several varieties are available, served with naan, rice and salad. Vegetarian curry available. Families are welcome; curries suitable for children (meaning not too spicy) are available.



While you're out enjoying the Myoko powder, you'll want something warm and satisfying in the tank. We have just the places to go to, right in the Akakura Onsen Ski Area. Great food, generous servings, good prices and convenient locations.



Montagne

Located on the second floor of the Kumado Quad Lift building, Montagne serves delicious favorites, including (above) *shoyu* (soy sauce-flavored) ramen, *tori kara mayo don* (deep-fried chicken and mayonnaise on rice) and others.



Yodel Lodge

Long a local favorite for its wide range of both Japanese and Western dishes. Try (above) our well-known soup-in-a bread-bowl, the Big Katsu Curry, as well as *om raisu* (flavored rice in an omlet) and many more.

Montagne: Open 8:30am to 7pm; meals from 10:30am to 3pm, light snacks and beverages from 3:30 to 7pm

Yodel Lodge: Open 8:45am to 4pm; meals from 10:30am to 3:30pm

妙高高原
赤倉温泉スキー場
AKAKURAONSEN SKI AREA



Massa

レストラン Massa

Cuisine

French, Japanese

Hours

Noon to 2 pm; Café from 3 to 5 pm; 6 to 9 pm

Average Price

From ¥1,200

Reservations

Required

Credit cards

Visa, MasterCard, JCB, AmEx, Diners, Discover

Address & Contact

1526-611 Futamata
Tel/Fax: 0255-77-4565
restaurantmassamyoko@gmail.com

Location



The main dining room of the Petit Hôtel des Eaux-Vives. Chef Massa worked for 10 years at a Michelin-starred French restaurant, as well as 10 years serving traditional Japanese cuisine at his restaurant Massa in Geneva.

Specialties

Sushi, sashimi, seafood quiche, salmon marinade, Japanese-style bouillabaisse using the best from the Japan Sea, chicken teriyaki, pork Cordon Blue with mushrooms and cheese, Chaliapin beef steak with sauce Bordelaise.



Mr. Burger ミスターバーガー

Cuisine

Burgers, crêpes, Japanese dishes

Hours

9 am to 9 pm

Average Price

¥500 to ¥2,000

Reservations

No

Credit cards

Visa, MasterCard, JCB

Address & Contact

469-10 Akakura
Tel: 0255-87-3012
www.akakura.net

Location



In Hotel Senke, toward the top of the slope on the Akakura main street. Mr. Burger features original burgers, side dishes and a great selection of crêpes for when you just need something sweet.

Specialties

Big hamburgers, more than 40 varieties of crêpes, fried chicken, edamame, cold Asahi Dry beer.





		Item	Price (half day/1day) *incl TAX	
Ski	High Performance	Ski & Boots & Poles	¥4,200	¥4,800
	"	Ski & Poles	¥3,700	¥4,200
	Standard	Ski & Boots & Poles	¥3,200	¥3,800
Snowboard	"	Ski & Poles	¥2,700	¥3,200
	High Performance	Board with Binding & Boots	¥4,200	¥4,800
	"	Board with Binding	¥3,700	¥4,200
Kids	Standard	Board with Binding & Boots	¥3,200	¥3,800
	"	Board with Binding	¥2,700	¥3,200
	"	Ski & Boots & Poles	¥2,100	¥2,700
Jacket & Pants	Adult	Board with Binding & Boots	¥2,100	¥2,700
	Kids	Ski & Poles	¥1,600	¥2,100
	Others	Board with Binding	¥1,600	¥2,100
Snowshoe	Adult	Ski & Poles	¥2,700	¥3,200
	Kids	Board with Binding	¥1,600	¥2,100
	Others	Helmet	—	¥800

*Please refer to the rental price list for 2 days or above on our website.

SPICY RENTALS

The largest ski & snowboard rental shop in the Hakuba Valley.

Credit card payments are acceptable!



<http://www.spicy.co.jp/>

SPICY Rentals Search

Please "LIKE" our Facebook page

SPICY RENTALS



Main street of Akakura Onsen
[Time] 8:00-17:00
[Tel] +81-255-70-4177

SPICY Myoko Akakura

Akakura onsen
Ski area

Police Box

Oyado Furuya

Arai Bank

Post Office

Akakura onsen
Tourism Association

Myokokogen I.C

Joshinetsu-Highway

Myoko Tourist Office

Myokokogen St.

Nagano

Naoetsu

Hotel Mumon ホテル無門

Cuisine

Western

Hours

6 to 9 pm (last order at 8 pm)

Closed

Wednesdays

Average Price

¥1,000 to ¥5,000

Reservations

Required by day before
(by phone); not required for
lunch

Credit cards

Cash only

Address & Contact

93-4 Akakura

Tel: 0255-87-2266

Location



Set in the woods and just down the hill on the north side of Akakura, the Hotel Mumon serves Western dishes with a special emphasis on fine beef. A quick getaway for an enjoyable dinner just outside the bustle of the main street.

Specialties

Beef stew, tongue stew, *omu raisu* (flavored rice wrapped in an omelet), hamburger and pastas. By reservation, sukiyaki, shabu shabu and steak also available.



Restaurant & Bar Nomossa のもっさ

Cuisine

Restaurant/bar

Hours

3 pm to midnight

Average Price

¥1,400 to ¥4,000

Reservations

Can be made by phone or visit

Credit cards

Cash only

Address & Contact

v

Tel: 080-4394-3692

[www.facebook.com/pages/](http://www.facebook.com/pages/Cafe-bar-Nomossa/)

Cafe-bar-Nomossa/

1624381807789328

Location



A great place to stop by for a quick one after a day on the slopes. Happy Hour daily from 3 to 5 pm; draft beer ¥500, other drinks ¥100 off. A wide menu combining Japanese and Western at dinner time. DJ parties and other events on weekends.

Specialties

Green curry, fish and chips, *oden* and many other dishes.



Panorama パノラマ

Cuisine

Café and dining

Hours

8 am to 9:30 pm

Average Price

¥2,000 to ¥5,000

Reservations

Not required; can be made by phone

Credit cards

Visa, MasterCard, AmEx

Address & Contact

585-74 Akakura

Tel: 080-4182-9135

Location



Named for the beautiful views across the Myoko valley, Panorama serves a fusion of Japanese and international cuisine. Local Japanese Chef Sato showcases the intersection of classic Japanese food and international flavors in this casual Myoko restaurant. Throughout the day, enjoy expertly prepared roasted coffee.

Specialties

Coffee and pastries, sandwiches, fresh local salmon, succulent meats, sushi, sashimi.



Pizzeria Pomodoro ピッツェリア ポモドーロ

Cuisine

Italian

Hours

11 am to 2 pm; 5 to 9 pm

Average Price

¥1,000 to ¥3,000

Reservations

Not required

Credit cards

Visa, MasterCard, American Express

Address & Contact

585-83 Akakura

Tel: 0255-87-3014

Location



On the main street of Akakura, across from Hotel Furuya. Pizza baked in a wood-fired Italian pizza oven; each pizza made fresh to order—and served hot and crispy. Pasta, salads, wine and beer.

Specialties

Pizzas: Pomodoro (minced beef, tomato and onion), Funghi (mushroom, bacon, tomato), Calzone (stuffed pizza); pastas: Carbonara (bacon and egg cream sauce), Bolognese (meat sauce).



Shibata

食堂しばた

Cuisine

Japanese

Hours

11 am to 2 pm; 5 to 9:30 pm

Average Price

¥1,000 to ¥3,000

Reservations

Not required; can be made up to three hours prior to visit

Credit cards

Visa, MasterCard

Address & Contact

549-8 Akakura
Tel: 0255-87-2936

Location



A family-run, relaxed and homelike restaurant. Specializing in tender, premium Japanese beef, but with a wide choice of other dishes, from light to filling. English menu available. Enjoy some wine (or beer, saké or shochu) with your meal. On the main street, just below Hotel Furuya.

Specialties

Wagyu (Japanese beef) set dinner; *katsudon*; *gyoza*; a variety of ramen and different teishoku (set meals). Vegetarian and vegan meals available.



Shokudoen 焼肉・ラーメン 食道園

Cuisine

Yakiniku, ramen

Hours

12 noon to 9 pm

Average Price

¥1,000 to ¥4,000

Reservations

Not required, but can be made from the hotel or in person

Credit cards

Cash only

Address & Contact

426-5 Akakura
Tel: 0255-87-2320

Location



Shokudoen's focus is on *yakiniku* (Japanese-style BBQ) and ramen. Enjoy homemade kimchi, carefully selected meats, and a relaxed, informal, at-home environment. Across the street from Hotel Senke/Mr. Burger.

Specialties

Yakiniku: beef sirloin, beef short ribs, pork loin, pork short ribs, young chicken, mixed vegetables, sausages. Wide selection of ramen: *Shoyu* (soy sauce base), *tantanmen* (with red chili paste), *shio* (salty base), miso and more.



Dinner Tour

Treat yourself to relaxing evening with yukata, onsen and a traditional Japanese meal!



The National Park Resort Village MYOKO invites you to a fine traditional Japanese meal including carefully prepared seasonal dishes in a quiet, undisturbed location. Experience the taste of Niigata followed by a relaxing dip in our natural onsen.



Basic menu
Two types of salad
Sashimi
Three assorted types of regional beef
Manjuu with lotus root mousse
Local Koshihikari-rice
Miso soup
Desert



Adults (12 years and older): 8000 Yen Children (7-11 years): 7000 Yen

Tour schedule:

Jan. 19th - Feb. 26th: every Tuesday and Friday
(Minimum 2 persons, maximum 12 persons per day)

5.00pm Our comfortable shuttle bus brings you directly from your hotel to the National Park Resort Village MYOKO.

At the National Park Resort Village MYOKO you will be greeted with a delicious traditional Japanese meal consisting of various courses of local and regional delicacies. After dinner you can bathe in our natural onsen or relax in a private room for you.

9.00pm Our shuttle bus brings you back directly to your hotel.

Package includes: shuttle bus (from/to Akakura Onsen area), traditional Japanese meal, onsen, yukata, towel set (bath towel & face towel), relaxation room after onsen

Payment: Please pay at the front desk of the National Park Resort Village MYOKO (cash or credit card).

Cancellation policy: 2 days in advance: 30%
Same day: 50%
of the tour fee must be born

Reservations at least 1 day in advance under:

TEL 03-3845-8652

MAIL hanbai@qkamura.or.jp

National Park Resort Village MYOKO



Shushokantei (Skate Bar) 酒笑歓亭

Cuisine

Japanese/Izakaya

Hours

4 pm to 2 am;

Happy Hour 4 to 6 pm

Average Price

¥1,000 to ¥3,000

Reservations

Not required; can be made up to 4 pm the same day

Credit cards

Visa, MasterCard, JCB, AmEx, Diners, Discover

Address & Contact

34-1 Akakura

Tel: 090-4602-0906

Facebook: Shushokantei

Instagram: skate.bar

Location



Celebrating its fifth anniversary; outstanding sound system and winter sports videos; Myoko's first indoor mini skate ramp; free WiFi; events throughout the season; and a *genki* staff ready to serve you!

Specialties

Focusing on meat dishes and great drinks: chicken wings, *kushi* (skewered) items; salmon *sashimi*; teishoku including *shoga yaki* (ginger and pork) and *yakiniku* (beef); seafood salad, *edamame*. Uses Koshihikari rice, the best in Japan.



Sunlight わふういざかや さんらいと

Cuisine

Izakaya

Hours

6 pm to 3 am

Average Price

¥2,000 to ¥4,000

Reservations

Not available

Credit cards

Cash only

Address & Contact

426-11 Akakura

Tel: 080-9532-6911

www.facebook.com/

wa.sunlight/

Location



Sunlight features special beers from Niigata, traditional Japanese foods and more—experience the essence of Japanese food culture in an at-home izakaya setting.

Specialties

Sushi, *nikumaki onigiri* (rice balls wrapped with beef or pork), *kushiyaki* (meat and other ingredients grilled on skewers), *oden* (a variety of items simmered in a savory stock).





覚
醒

SEKI ONSSEN SKI AREA

Where Powder Dreams Come True

Daily Shuttle Bus from Jan 15 to Feb 19 From Akakura Shuttle Station Leave 8:30am

Other dates please call Japan Snow Access **0255-86-2186**

POWDEST THE BEST POWDER

Photo TOMOHIRO WATANABE

Locations

While many of the hotels and restaurants are concentrated in the Akakura area, there are lots of other places to go for a dinner out in Myoko. The maps on these pages give the actual locations of the facilities listed in this guide. While Akakura and Shin-Akakura are fairly close to each other (about a 10 minute walk between them), you'll want to arrange for transportation to Ikenotaira, Myoko Onsen and Taguchi, as well as to the Akakura Kanko Hotel—particularly if the snow really starts to fall!

Check with your hotel for the availability of town shuttles, taxis and hotel vans. Local taxis are often very busy at night, especially during Japanese holidays—be sure and reserve well ahead of time.

If you're partying late in the evening on snowy nights, be careful! Snowplows move very fast and pedestrians are almost impossible to see. Have fun, take it easy, and save something for tomorrow's skiing!

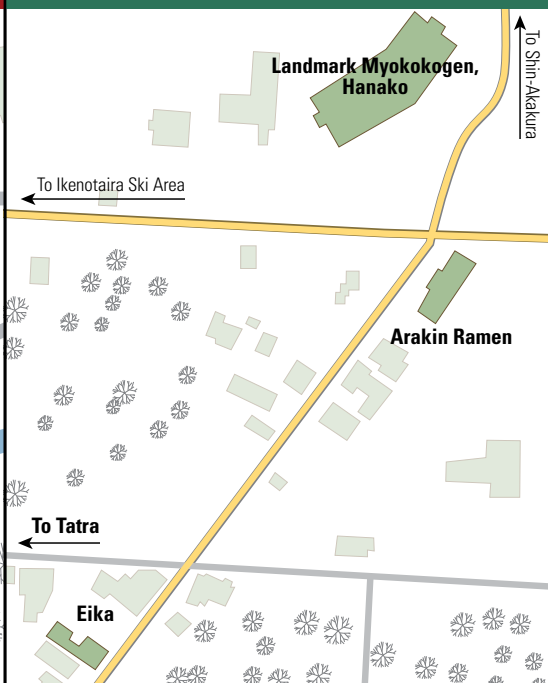
Akakura



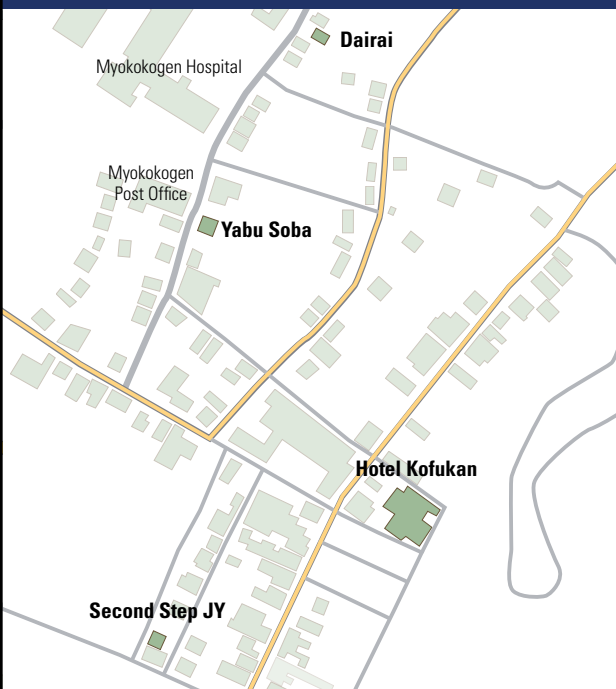
Shin-Akakura



Ikenotaira



Myoko Onsen



Taguchi

Set in one of Myokokogen's wholly residential areas, there are no major landmarks around Miyagawa Sushi—but every taxi driver and hotel owner in town knows the location.

Enjoy it Myoko-style!

You're ready not just to eat the best local dishes: you want to enjoy dining the local way. Here are some hints:

- **Slurp your noodles:** it cools them, and keeps the juice off your shirt. This requires practice, but with these flavors, it's not painful work.
- **Pour for your buddy.** Japanese beer bottles are designed for pouring in a glass, not knocking back alone. Japanese will pour for each other, and make sure the other person's glass is full (yes, it can be dangerous).
- **Saying kampa!** at the start of the session. The local "bottoms up" can be repeated as needed.
- **Pour for your host.** Particularly at izakaya or one-man operations, you can't go wrong by offering to share that bottle.

Tanuki 食堂 たぬき

Cuisine

Japanese; *Teishoku* set meals

Hours

11 am to 2 pm; 6 to 9 pm

Average Price

From ¥1,200

Reservations

No

Credit cards

Cash only

Address & Contact

585-80 Akakura

Tel: 0255-87-2138

Location



A real Japanese-style, family-run *shokudo*: a friendly, simple restaurant serving *teishoku* (set meals), a selection of side dishes, cold beer and cold and hot saké. On the main street, across from Hotel Furuya.

Specialties

Mix furai teishoku (mixed fried items), *tonkatsu* (pork cutlet) teishoku, *yakiniku* (BBQ meat) teishoku, *sashimi* teishoku, *mabo ramen* (ramen with spicy tofu), *gyoza* dumplings.



Udon no Fu うどんの歩

Cuisine

Udon, Japanese

Hours

11 am to 2 pm; 5:30 to 9 pm

Average Price

¥800 to ¥1,500

Reservations

At least one day in advance (not available Saturdays)

Credit cards

Cash only

Address & Contact

585-83 Akakura

Tel: 0255-87-2088

Location



One of the most popular dinner spots in town, with the least English outside—easy to find, just below Pomodoro on Akakura's main street, across the street from Hotel Furuya. Satisfying dishes of *udon* wheat noodles in rich stocks.

Specialties

Single-pot servings of udon in miso or *shoyu* (soy sauce) bases, with ingredients including tempura, mushrooms, scallops, egg (depending on item). The adventurous will want to try the Ika Sumi Udon (udon in squid ink). Rice bowl dishes, tempura, and a wide choice of beverages.



Snow Park & Powder Snow Myoko Suginochara Ski Area

Enjoy 8.5km slope



写真：富士山

Mt Fuji Super View Point
If You're Lucky!!



sponsored by  Columbia

Myoko Suginochara Ski Resort

Suginosawa, Myoko-shi, Niigata, 949-2113

Tel: +81-(0)255-86-6211

Prince Snow Resorts

www.princehotels.co.jp/ski/myoko/

Myoko Suginochara

Click



Aqua Bar アクアバー

Cuisine

Cocktails and beverages;
Akakura Kanko Hotel's bar

Hours

5 to 10:30 pm

Average Price

¥2,000

Reservations

No

Credit cards

Visa, MasterCard, JCB,
American Express, Diners

Address & Contact

216 Tagiri

Tel: 0255-87-2501

www.akhjapan.com

Location



The Aqua Bar is in an elegant setting overlooking the water terrace at the top of the Akakura Kanko Hotel. Enjoy fantastic views of the moonlit hills, or the falling snow shimmering on the surface of the water. A delightful late-night alternative for a quiet, relaxing drink—a touch of urban elegance in the natural beauty of Myoko.

Specialties

Everything from classic cocktails to Aqua Bar originals.



Shirakaba 旬彩ダイニング「白樺」

Cuisine

Akakura Kanko Hotel's
Japanese restaurant

Hours

6 to 9 pm

Average Price

Japanese dining: ¥9,500

Sushi: ¥13,500

Reservations

Required: by 4 pm for
Japanese, by 2 pm for sushi

Credit cards

Visa, MasterCard, JCB,
American Express, Diners

Address & Contact

216 Tagiri

Tel: 0255-87-2501

Location



With the Japan Sea very close to Myoko, Shirakaba serves the very best and freshest seafood available, as well as select meats and other ingredients. Enjoy the elegance and varied flavors of *kaiseki ryori* (course Japanese dinner). The sushi counter provides a delicate and diverse sushi *kaiseki* dinner. Beverages include a selection of fine saké.

Specialties

Japanese: *Kaiseki ryori*, shabu shabu, sukiyaki. Sushi counter: sushi *kaiseki* (course dinner).



Les Sorbiers

メインダイニングルーム「ソルビエ」

Cuisine

French; the Akakura Kanko Hotel's main dining room

Hours

6 to 9 pm

Average Price

¥9,500

Reservations

Required

Credit cards

Visa, MasterCard, JCB, American Express, Diners

Address & Contact

216 Tagiri

Tel: 0255-87-2501

www.akhjapan.com

Location



The Akakura Kanko Hotel's main dining room, Les Sorbiers French Restaurant, serves French cuisine using the best ingredients available. Enjoy fresh seafood from the nearby Sea of Japan; superior Japanese beef; and carefully selected fine vegetables and fruits. An ideal location for a celebration, or a refined dinner for two.

Specialties

Full-course French dinner; special menus.



Heavenly View: the promise of a whole new spa experience.

Treatment using the delicate touch of the therapist's warm hand exceeds any mechanical therapy.

Located in the Akakura Kanko Hotel, the Heavenly View Earth Spa by Clarins provides a wonderful way to completely relax, and to complete a great day in Myoko. The treatment uses the products of Clarins, Europe's leading skin care brand.

Spend some special time, at our Heavenly View Earth Spa by Clarins.

Open daily 1 to 9 pm; reservations through the Akakura Kanko Hotel Front Desk, 0255-87-2501



Akakura Kanko Resort & Spa
赤倉観光リゾート&スパ

Mumin ペンション夢民

Cuisine

Teppanyaki

Hours

6 to 8 pm

Average Price

¥800 to ¥4,000

Reservations

Please reserve by 8 pm
of the previous day

Credit cards

Cash only

Address & Contact

1451-12 Taguchi

Tel: 0255-87-2415

Location



A cozy teppanyaki corner in Pension Mumin, in the woods of the Higashi-Akakura area. An at-home atmosphere, with outstanding Japanese beef, *okonomiyaki* and more grilled right before your eyes.

Specialties

Top-ranked *Kurage wagyu* (Japanese beef) sirloin steak, with salad and rice, ¥4,000; *okonomiyaki* from ¥800 to ¥1,000.



WITT SPORT HEIM Ski & Snowboard Rentals

Providing a range of powder, tour, all-mountain
and groomed-snow skis

In the Myoko Sky Cable gondola building, Akakura Kanko Resort
Open 8:30 am to 5 pm

Telephone (during the season): 0255-86-3118



We accept cash and all major credit cards

Pontaro 居酒屋 ぽん太郎

Cuisine

Japanese

Hours

6 to 10 pm; lunches served on Saturdays and Sundays from January to end-March, noon to 2 pm

Average Price

¥2,000 to ¥4,000

Reservations

Full tables can be reserved

Credit cards

Cash only

Address & Contact

218-2 Tagiri

Tel: 0255-87-3662

www.ne.jp/asahi/izakaya/pontaro/

Location



An *izakaya*—Japanese-style restaurant/pub—Pontaro serves a wide variety of small dishes with an excellent selection of beer, shochu and Niigata *jizaké*. Located just two minutes down a slope below the Akakura Kanko Ski Area. A great way to enjoy a quiet evening in *Yuki Guni* (Snow Country).

Specialties

Yakitori, *yamaimo* (mountain potato) steak, tofu hamburger, *inaka* (country-style) pizza. Saké tasting sets.



Waremoko われもこう

Cuisine

Japanese

Hours

11 am to 2 pm; 5 to 8 pm

Average Price

From ¥1,000

Reservations

Full tables can be reserved

Credit cards

Cash only

Address & Contact

Tagiri 218-2

Tel: 0255-87-2727

Location



Right opposite the entrance to the Akakura Kanko Ski Area, Waremoko provides good, filling Japanese flavors. Relax and look over the full menu of dishes; enjoy a cold beer, saké or other beverages.

Specialties

Miso ramen (ramen in a miso-flavored base), *katsu kare* (curry with pork cutlet), *katsu don* (fried pork cutlet on rice), gyoza, crêpes, galette.



Arakin Ramen あらきんラーメン

Cuisine

Japanese/ramen

Hours

9 am to 11 pm (last order
taken at 10:30)

Average Price

¥1,000

Reservations

Can be made by calling
before 5 pm of same day

Credit cards

Cash only

Address & Contact

2417-15 Sekigawa

Tel: 0255-86-2150

www.arakinramen.com/

Location



Located on the opposite corner from
Landmark Myokokogen, Arakin Ramen
specializes in the essential Japanese
food—ramen noodles. More like a
coffeehouse-style spot for lunch, at
night it serves local beer and local saké,
becoming more of an izakaya.

Specialties

Chashu kyabetsu (braised pork and
cabbage), *negi chashu* (leeks and chashu),
chashu nin'ninku gohan (chashu and
garlic on rice), *shio chashumen* (salt-
flavored ramen with chashu).



Myoko's Great in the

Green Season

Wish you were here!

Myoko is deservedly famous for its super-snowy winters, but it's a great place to visit the rest of the year as well! From the early green shoots and flowers bursting through the snow to the brilliant colors of autumn; culture, nature, delicious flavors, hiking, onsen soaks, boating.... There's lots to see and do under all that snow!

Visit the Myoko Tourism website, www.myoko.tv. For the latest information, visit (and like!) us on Facebook.



Check out scenes from the green
season on our YouTube page,
Myoko Tourism

YouTube



Eika 中華料理 栄華

Cuisine

Chinese

Hours

11:30 am to 2 pm;
5:30 to 9 pm

Closed

Tuesdays

Average Price

¥620 to ¥1,800

Reservations

Not required, but can be made by 2 pm of same day

Credit cards

Cash only

Address & Contact

2307-25 Sekigawa
Tel: 0255-86-3072

Location



Eika is the sole restaurant serving only Chinese food in the Akakura/Ikenotaira area. Close to Landmark Myokokogen, the husband-and-wife team turn out a variety of rich and warming Chinese dishes.

Specialties

Chinjao rosu (stir-fried pork and peppers), gyoza, *ebi chiri* (shrimp in chili sauce), stir-fried chicken with cashews, fried chicken, a variety of ramen and fried noodle dishes.



Lunch A (Hamburger with Tomato Sauce, Mini beef stew and Rice) 1,080 yen



Pizza from 1,200 yen

Restaurant SHIRAKABA



Open 9:00am to 4:30pm

TEL:0255-86-2419 Restaurant SHIRAKABA is in Ikenotaira Onsen ski area. It's a log house restaurant that you can see a big view of ski slope from.

Tatra Kan BEER HALL RESTAURANT



Performance
LIVE!!

Hand made **SOBA**
(JAPANESE BUCKWHEAT NOODLES)

SUSHI

TEMPURA

SHABUSHABU



Tatra-Kan (Beer Hall Restaurant)

90 *minutes* **ALL you can EAT!** **DINNER BUFFET**

Adult

¥4,000

Child

¥2,000

Preschool child

¥1,000

PICK-UP FREE

Please call to 0255-86-2600



**All you can
drink BEER
¥1,500**



**All you can
drink PREMIOM
¥2,000**
**Japanese
SAKE 100 types**

Hanako 食事処 居酒屋 花子

Cuisine

Japanese

Hours

Winter: 6 to 10 am;
11 am to 4 pm; 5 pm to
midnight
Other seasons: 11 am to
11 pm

Average Price

¥1,000 to ¥4,000

Reservations

No

Credit cards

Cash only

Address & Contact

2413-11 Sekigawa
Landmark Myokokogen 1F
Tel: 0255-86-5130

Location



Handmade soba noodles are the focus at lunch (but with other specialties as well); at night Hanako becomes an izakaya. Easy to find in Landmark Myokokogen.

Specialties

Lunch: Myoko-san set lunch featuring handmade soba; *Myoko Hinode tare katsudon* (Myoko Sunrise pork cutlet with tare sauce, on rice bowl), *Myoko-san yaki chizu katsu kare* (Myoko pork cutlet and melted cheese with curry); izakaya: grilled pork skewers, sashimi, and much more.



Tatra Kan (Beer Hall Restaurant) タトラ館

Cuisine

Multi-cuisine buffet/
local-beer brewery

Hours

5 to 9 pm

Average Price

¥3,000

Reservations

Required; for two or more
persons

Credit cards

Cash only

Address & Contact

2452-15 Sekigawa
Tel: 0255-86-2600

Location



The home of Myokokogen Beer, Tatra provides a huge buffet spread perfect for the largest dining space in Myoko. Choose from a wide range of foods, from Japanese of all kinds (including cook-yourself Genghis Khan mutton BBQ), to Western and Chinese. All-you-can-eat style, with an option for all-you-can-drink (individual drink purchase available).

Specialties

Genghis Khan BBQ, grilled fish, sushi, *sashimi*, tempura, crab, pizza, Chinese dumplings, desserts.





Basic Information

Charge	1 hour pack	¥800
	3 hours pack	¥1,000
	Free pack	¥1,500
	Senior pack	¥550

Rental	Towel	¥200
	Indoor clothes	¥300

※The prices are all tax excluded.

※Amusement: Karaoke, billiard, and ping-pong has a time limit, and minimum one drink purchase is required.



public bath



Onsen Cafe

A composite facility that has a public bath and an outdoor hot spring commanding a fine view of Mt. Myoko, complete with ample amusements such as billiard tables and karaoke. The outdoor hot spring is a "Black mud bath" with the mixture of the black mud from the source at Minami-Jigokudani.

They also have the biggest souvenir shop in the Myoko area, as well as an izakaya (Japanese-style bar) on the 1st floor.

Since it is open 24 hours a day in wintertime, it is recommendable for skiers and snowboarders to use the facility as a "base camp".

Amusement



Japanese-style bar



souvenir shop



Onsen Cafe Landmark Myoko Kōgen

Address: 2413-11 Sekigawa, Myoko TEL: 0255-86-5130
Open hours: 24/7 (from Dec. 18 to April 2)

Dairai 大来

Cuisine

Chinese

Hours

11 am to 1:30 pm; 5 to 8 pm

Average Price

From ¥1,000

Reservations

No

Credit cards

Cash only

Address & Contact

145 Taguchi

Tel: 0255-86-3371

www.dairai.com

Location



A friendly, family-owned and operated Chinese restaurant in the Myoko Onsen area (very close to the Myoko Post Office, and almost directly across from Myoko Hospital). Reasonably-priced, generous servings of delicious Chinese favorites—great with a cold draft beer.

Specialties

Famous for its *san ramen* (hot and sour ramen), *tanmen* (vegetable ramen) and *gyoza* (dumplings).



Hotel Kofukan 妙高・山里の湯宿 香風館

Cuisine

Japanese and Western

Hours

6 to 9 pm (entry until 7:30)

Closed

Saturdays

Average Price

¥3,000

Reservations

Required; reserve by 4 pm of same day by phone or email

Credit cards

Visa, MasterCard, JCB

Address & Contact

643-11 Sekigawa

Tel: 0255-86-2046

<http://kofukan.jp>

Location



This long-established Japanese-style inn (in a modern building) takes pride in presenting kaiseki ryori. Enjoy a generous selection of saké—the ideal complement to kaiseki. Dining guests may also enjoy the hotel's natural onsen (normally ¥700).

Specialties

Three set menus at ¥3,000 each: 1. shabu shabu, tempura, sashimi, side dishes; 2. *yose nabe* (hot pot), tempura, sashimi, side dishes; 3. steak, salad, soup, rice, miso *shiru* (soup), dessert.



Second Step JY セカンドステップ JY

Cuisine

French

Hours

5 to 11 pm

Average Price

¥3,500

Reservations

Not required; can be made up to one hour prior to visit

Credit cards

Visa, MasterCard, JCB, American Express

Address & Contact

680 Sekigawa
Tel: 0255-86-3310
www.2ndstepjy.com

Location



Second Step JY is right in the home of Jin and Yasuko (JY) Sato, who serve Provence-style cuisine with Italian and Japanese influences, using the very best regional seafood, meat and vegetables. Cocktails, beer and extensive wine list. Happy to create individualized menus, or adjust for special needs or allergies.

Specialties

Everything from starters to desserts, including fish and meat main dishes, pastas, pizzas, salads. Featuring Jin's original salad dressings.



Yabu Soba やぶそば

Cuisine

Japanese

Hours

11 am to 2 pm; 5 to 8 pm

Closed

Tuesdays

Average Price

From ¥630

Reservations

Can be made by telephone up to one hour before visit

Credit cards

Cash only

Address & Contact

720-1 Sekigawa
Tel: 0255-86-2146

Location



As the name implies, Yabu Soba's focus is on its handmade soba noodles. It's a place where you can relax and enjoy a drink with your meal. A wide range of other meals are available as well. Across from Myokokogen Post Office.

Specialties

Tempura soba and udon, *katsudon* (rice bowl topped with pork cutlet), *tendon* (rice bowl topped with tempura), *chuka soba* (Chinese-style noodles), *yudofu* (simmered tofu), *tenzaru* (cold soba with tempura), *tonkatsu* (pork cutlet).



Private Hire & Taxi Service from/to Myoko



Enjoy the convenience of our private transfers direct to your door or to the airport or train station

Destination	hrs/min	Sedan (up to 4 pax)	Full-size van (up to 9 pax)	Minibus* (up to 25pax)
Joetsu Myoko Station	30 min	¥15,000	¥19,000	¥35,000
Iiyama Station	40 min	¥16,000	¥20,000	¥39,000
Nagano Station	1 hr	¥23,000	¥30,000	¥50,000
Haneda Airport	5 hrs	¥93,000	¥116,000	¥168,000
Narita Airport	6 hrs	¥100,000	¥125,000	¥188,000

You can also visit another ski resort with our convenient private transfers!

Destination	hrs/min	Sedan (up to 4 pax)	Full-size van (up to 9 pax)	Minibus* (up to 25pax)
Tangram Madarao	40 min	¥17,000	¥26,000	¥41,000
Madarao Kogen	50 min	¥17,000	¥26,000	¥41,000
Nozawa Onsen	1 hr	¥18,000	¥27,000	¥42,000
Shiga Kogen	1.5 hrs	¥28,000	¥35,000	¥55,000
Hakuba	2 hrs	¥42,000	¥50,000	¥75,000

* All prices are one-way fare including toll fees.

* Minibus has no additional luggage space.

* Mid-size and Fullsize coaches are also available (Please contact us for details).

* English Speaking Drivers are available (Limited number only, 20% surcharge).

* Please contact us for any other destinations or routes.

Keep an eye on our website for discounts on some services!

www.ixsmtravel.com

Online Bookings Only! Live chat support available.

Snow Monkey Shuttle

See How the Pros Monkey about in the Snow

Give your body a break from the powder pounded runs of Myoko Kogen, or make the most of a Bad Weather Day by visiting the memorable Snow Monkeys of Jigokudani. Come along and witness the Macaque Monkeys as they relax in the natural hot spring baths and make themselves at home in the snow dusted forest playground.

Destination Jigokudani Monkey Park (Kambayashi)

Tour Date Daily (December to March)

Fare

Adult ¥6,800 / Child (4-12yrs) ¥4,800 / Infant (0-3yrs - No seat) **FREE**

Get a 10% Discount Coupon from our Facebook Page!

Departure

Akakura Onsen Bus Terminal and
Akakura Kanko Parking Lot

Booking

@www.SnowMonkeyShuttle.com

ADVANCE BOOKING REQUIRED!!!

Online Bookings Only! Live chat support available.

Itinerary

13:00 → 14:00 → 14:25
Myoko Kambayashi Monkey Park
17:00 ← 16:00 ← 15:35



13:00 Depart from Myoko Kogen

14:00 Arrive at Kambayashi Parking

Walk to Monkey Park (25 mins)

14:25 Arrive at the Monkey Park
(70 mins Free Time)

15:35 Walk back to Kambayashi Parking

16:00 Depart from Kambayashi Parking

17:00 Arrive at Myoko Kogen



**SNOW
MONKEY
SHUTTLE**



Sushi Miyagawa すし処 美や川

Cuisine

Sushi

Hours

5 to 10 pm

Closed

Monday

Average Price

From ¥1,500

Reservations

Can be made by telephone

Credit cards

Cash only

Address & Contact

930-174 Taguchi

Tel: 0255-86-4935

Location



Miyagawa's focus is on traditional and genuine Japanese-style sushi, using the best seasonal fish available from the Sea of Japan. The *ippin ryori*—individual dishes—are also recommended. Best reached by taxi or shuttle.

Specialties

Sashimi moriawase (assorted sashimi), *buri kamayaki* (grilled amberjack collar), *josushi* (special sushi set), *tokujozushi* (extra-special sushi set), *norimaki* (sushi rolls, wrapped in nori).



The Areas

A little perspective: here are the areas covered by this brochure, seen from a higher angle. As can be seen, some are a short hike apart, others need some transport (especially when it snows!).

Myoko-san
2,454m

Myoko Suginohara
Ski Resort

Ikenotaira Onsen
Ski Resort

Akakura Kanko
Ski Resort
(Akakan)

Akakura Onsen
Ski Resort

Ikenotaira

Akakura

Shin-Akakura

Joshinetsu Expressway
Route 18

Myoko Onsen

Myoko
Tourist Office
Myokokogen Station

Taguchi



MATT HULL PHOTOGRAPHY / THEMATTIMAGE.COM

WHATEVER YOU'RE SEARCHING FOR IN YOUR HOLIDAY...

Destination

Myoko Kogen

Myoko's independent English web guide



SNOW REPORTS

WEATHER INFO

HOTEL & RESORT GUIDES

MYOKOKOGEN.NET

Proudly supporting Myoko since 2003



MYOKOKOGEN.NET

AKAKURA ONSEN 549-25

0255-78-7828



Photo courtesy © Grant Gunderson

The end of a great day; The start of a memorable night

The fun doesn't end in Myoko when you come down from the hills. Now it's time to get something good to eat, to talk with the locals, to tell a few tall tales and learn something new. And there's plenty to enjoy!

Myoko has a unique feeling that more and more people are coming to understand. The Japanese have known this for centuries; first for the warming, therapeutic onsen hot springs, and later for the incredible snowfall. Friendly, welcoming and warm. And delicious.

Year-round, this is a very special place. Welcome to Myoko!

Myoko Tourist Office

291-1 Taguchi (near Myokokogen Station)
Phone: 0255-86-3911 (English speakers not always available)
info@myoko.tv