

Inagura in NAGANO

Nagano was the host site of the 1998 Nagano Olympic Winter Games and boasts a rich natural environment including the Japan Alps. Many people enjoy skiing, climbing mountains, and other leisure activities here.

Ueda City is 1.5 hours away from Tokyo Station by Shinkansen and has Tanada (terraced rice fields) in Inagura; you can also enjoy leisure activities utilizing Tanada agricultural fields.

Website of Ueda City (<https://www.city.ueda.nagano.jp/soshiki/nosanmarket/5234.html>) *No English website is available and only information about automatic translation services is provided.
Official tourism website of Nagano Prefecture (<https://www.go-nagano.net/en/>)



Hardships develop the strength to live.

What a heavy task it is to continue life as a human being.

In the modern era, well-maintained roads and transportation systems are in place, air-conditioning systems are fully provided in houses, and people lying on the bed can connect to the world while operating their smartphone with one hand. Today, people may not have many physical obstacles in caring about each other.

However, 1,300 years ago in Japan, people faced almost unimaginable challenges from the natural environment and lived their lives while caring about each other.

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History of lives of people spanning 1,300 years

In Inagura, you can see a vast 2.5-km-long Tanada at an altitude of 640 to 900 m with the elevation difference of 260 m. It is said that this place was cleared to establish the current Tanada in the Genroku to Meiji periods (1688-1912), but it is believed that people started to live in this place in the Kofun period (from the mid-3rd to the 7th centuries AD) or earlier.

The Otokoishi Shrine is beside Tanada in Inagura. The shrine is dedicated to a god of love and intercourse between men and women who, according to one account, is one of the 3 highest ranking gods in Japan. In the shrine building are sculptures of the male and female sexual organs, and the wall of the shrine is decorated by a signature board presented by Kanayama Shrine, which is within the grounds of Wakayama Hachimangu Shrine and is well known for a strange festival called Kanamara Festival. The Otokoishi Shrine is renowned for its power to fulfill fertility and other wishes.

Since ancient times, religions have often originated from anxieties about life and fervent wishes for life, and in the context of “ancient Shinto,” “nature worship,” etc., natural objects and phenomena such as an earthquake, lightning, mountain, tree, fire, and rock, are worshipped as gods, and the male and female sexual organs are also the subjects of worship because they represent fertility and fruitfulness. The Otokoishi Shrine has supported those wishing for abundant life. Why don't you visit the shrine to feel the power of passions that have been maintained for generations here?



New benefits brought by running water and slopes

The environment of “Inagura Tanada” can never be said to be suitable for agriculture, but very-highly-rated rice can be produced thanks to the high quality water of the Inagura River formed from abundant spring waters. In particular, sake rice called “Hitogokochi” grown in this area is produced through agricultural work in which the female master brewer of the local sake brewery Okazaki Shuzo herself participates. She performs manual rice planting and harvesting together with farmers each year. Sake called “Shinshu Kirei: Ginjo sake with no added alcohol with Hitogokochi produced in Inagura Tanada” is produced using this sake rice. Since the production volume of the sake is small, it is basically not available outside Ueda City, but its rich aroma and savory dry taste are loved by local people and sake lovers.

Also, the landscape of steeply inclined Tanada has a very high rating and is attracting new fans because activities (such as “Eagle Flight Adventure,” a cutting-edge activity using drones, and “Tanada Camp” in which a tent is set up in Tanada during the agricultural off-season so that hands-on agricultural experience and the landscape can be enjoyed) are conducted by involving those who are not interested in Tanada and agriculture.

The passion of those who faced challenges from the natural environment has been maintained for generations, flows like a river and is conveyed from Tanada to a wide range of people.

This place is well worth visiting. We would love you to come and see Tanada.

<Information for gourmets>

Ueda Green Radish

Ueda Green Radishes help to reverse traditional common thinking about radishes. Ueda Green Radishes are characterized not only by their decreased water content and slightly hotter flavor than ordinary radishes but also by their sweet taste. When grating them, you will be surprised at the vividly green color; they also go well with soba noodles as a condiment! The radish has less water content but is not dry and when using it as an ingredient of a salad, you will enjoy its fresh and sweet flavor. Our recommendation is that you deep fry it in batter! Because it has less water content, it will not become sticky and you can enjoy its soft and flaky texture! Be sure to try it at least once.

