Each winter, the stormy Sea of Japan delivers an astounding bounty of fresh fish to Itoigawa’s many fishing ports. With one of the largest fisheries in the region, Itoigawa is the best place to sample standard favorites like cod, crab and shrimp or challenge yourself to rarer delicacies like gengyo, monkfish, scorpionfish and more! Make sure to try some of the sake from our five local sake breweries!

Getting to Itoigawa

From Tokyo

Tokyo | Hikuriku Shinkansen - Hakutaka | 2 hours
From Osaka

Osaka | Thunderbird Ltd. Exp. | 2 h 45 min | Kanazawa | Hikuriku Shinkansen | 50 min
From Hakuba

Hakuba | Oito Line | 18 min | Minami Otari | Oito Line | 57 min

GeoStation GeoPal

There’s far too much to do in Itoigawa to for one brochure! Come by the GeoStation GeoPal Information Center inside Itoigawa Station for information about places to eat, things to do, hotels and more. Make sure to pick up a Town Walking Guide for information about getting around Central Itoigawa. There are also interactive displays, a model railroad gallery, kids play area and more. It’s the best place to start your visit to the wintry coast of Itoigawa!

More Info About Itoigawa

Itoigawa City Geopark Promotion Office (Ask for Theodore Brown)
1-2-5 Ichinomiyab, Itoigawa, Niigata 941-8501
Tel: 025-552-1511 Weekdays 9 AM - 5 PM
Email: theodore.brown@city.itoigawa.niigata.jp
URL: http://www.geo-itoigawa.com/eng/

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Itoigawa UNESCO Global Geopark's Two Snow Resorts

Itoigawa Seaside Valley

Itoigawa Seaside Valley Ski Resort, located deep in the heart of Itoigawa’s beautiful Nechi Valley, is the perfect ski resort for beginners and families, but still offers fun for experienced skiers as well! Breeze down one of six slopes or wind your through the forest courses or cross country course. Near the base of slopes, sledding and a kids’ play area are great hits with families!

After a day out in the snow, stop by one of two mountaintop lodges or enjoy the cafes, restaurants, and natural hot spring baths at the center house below!

Itoigawa Seaside Valley Ski Area: http://www.seasidevalley.com

Charmant Hiuchi

Charmant Hiuchi Ski Resort in Itoigawa’s Nou Region is nestled on the slopes of Mt. Hanareyama at the foot of Mt. Hiuchi. It is famous among both Japanese and international skiers for boasting some of the deepest and purest powder snow to be found in Japan. At Charmant Hiuchi, the snow is left in its natural state, to provide a thrilling, back country experience for intermediate to advanced level riders. A day at Charmant Hiuchi is a day you won’t forget!

After skiing, visit the cafes and restaurants in the center house or at the mountaintop lodge. Head down the mountain road to take a soak in the Maseguchi Hot Springs for a perfectly relaxing après-ski experience.

Charmant Hiuchi Ski Area: http://www.charmant-hiuchi.jp