



かたくり Dogtooth Violet



ほたるの里 Firefly Village



川遊び Recreational Activities in Rivers



巻機山 Makihata Mountain



八海山紅葉 Hakkai Mountain - Tinted Autumn Leaves



桜と八海山 Cherry Hakkai Mountain



水無溪谷 Mizunashi Gorge



五十沢キャンプ場 Ikazawa Campsite



魚沼スカイライン Uonuma Scenic Mountain Highway



魚野川 Uono River



大崎ダム公園 Osaki Dam Park



上の原公園・花菖蒲園 Uenohara Park and Iris Flower Garden



しゃくなげ湖(三国川) Rhododendron Lake (Saguri River)



裏巻機溪谷 Ura-Makihata Gorge



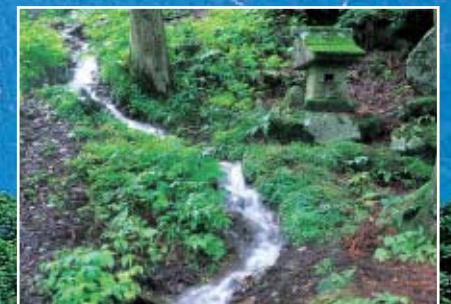
八海山ロープウェイ Hakkai Mountain Ropeway



スキー場 Ski Resorts

天竺の里 Tenjiku Village

南魚沼市は首都圏から車で約2時間の距離でありながら、北は越後三山只見国立公園、南は上信越高原国立公園、魚沼連峰県立自然公園が広がる美しい自然に恵まれています。地域の共通の財産である雪、山々、清流など四季折々の豊かな自然が息つき、春はコブシやカタクリの花と山菜狩り、夏はキャンプや川遊びで大自然田舎体験、秋は紅葉トレッキングとキノコ狩り、冬はスキー・スノーボード・アスリートやレクリエーションが楽しめます。南魚沼の自然を思うとそんぶん満喫してください。



清水(湧き水) Spring Water
市内各所に美味しい水があり、多くの人がくみに訪れる。

Nature and Parks

Minamiuonuma City is only about two hours away from the Tokyo Metropolitan area by car and is rich in beautiful nature, being surrounded by Tadami Quasi-National Park of the Three Echigo Mountains to the north and Joshin-etsu Highland National Park and Uonuma Mountain Range Prefectural Nature Park to the south. The region offers ample nature of the four seasons. Enjoy the snow, mountains, clean streams, and more, which are the common assets of the region. You can enjoy outdoor sports and recreational activities such as seeing magnolia and dogtooth violet flowers and picking edible wild plants in spring; camping, playing in rivers, and experiencing village life in nature in summer; trekking in forests among the changing colors of the leaves and picking mushrooms in autumn; and skiing, snowboarding, and relaxing in hot spring baths in winter. Please enjoy the nature of Minamiuonuma City to your heart's content.

自然・公園

魚野川と越後三山 Uono River and the Three Echigo Mountains