

# SADO

新潟

Island

## A Journey Through the Real Japan

-Niigata Sado-  
Sado Island Gold Mines  
UNESCO World Heritage Site

真實日本的探索之旅  
-新潟 佐渡-  
佐渡金山

真正的日本之旅  
-新潟 佐渡-  
佐渡金山



# Visit Sado Island

## A World Heritage Site

——窺世界遺產的佐渡島 探訪世界遺產佐渡島

The Sado Island Gold Mines were registered as a World Heritage Site in 2024, drawing crowds from Japan and overseas to this remote island in Niigata Prefecture. At these once-flourishing gold mines, you can walk down a real mine shaft and see how people worked and lived while the mine was in operation. And there are a plethora of other memorable things to do—drift across the emerald green sea in a tarai-bune (tub boat), enjoy delicious local specialties such as fresh fish, and enjoy cultural experiences such as gold panning.

2024年「佐渡島金山」由聯合國教科文組織登錄為世界文化遺產。現在，新潟縣離島——佐渡島正吸引來自國內外的遊客到訪，備受矚目。過去金山因採金繁榮一時，如今遊客可以漫步在真正的礦道中，體驗當時人們的工作與生活。還可以乘坐盆舟，在如綠寶石般美麗的海面上悠然享受水上散步的樂趣。此外，品嚐新鮮海產為主的佐渡美食，以及淘金等文化體驗也能成為難忘的回憶。

2024年，“佐渡島金山”被列入世界文化遺產名錄。如今，新潟縣的離島——佐渡島吸引了來自日本國內外的眾多遊客，備受矚目。您可以探訪因採金而盛極一時的金山，親身走進真實的坑道，感受當時人們的勞作與生活。您還可以乘坐盆舟，在翡翠般碧綠的大海上悠然徜徉。此外，以新鮮海產品為代表的佐渡特色美食和淘金等文化體驗，都將成為您難忘的回憶。

# Niigata Prefecture



Located roughly in the center of the Sea of Japan coast on Honshu, the Japanese mainland, Niigata Prefecture comprises mainland territory and the remote islands of Sado and Awashima in the Sea of Japan. Niigata's mainland coastline distinguishes itself for its length: a vast 331km. With an area of 12,584km<sup>2</sup>, Niigata is Japan's fifth largest prefecture. Its landscapes are marked by spectacular seasonal contrasts—Niigata is also renowned for its heavy snow in winter.

新潟縣位於日本本州的日本海沿岸接近中心位置。除了本島外，還有兩座浮在日本海上的離島——佐渡島與粟島。本土側的海岸線全長達331公里，這也是特徵之一。新潟縣的面積約為12,584平方公里，是日本第五大的縣。自然風景在四季更迭中展現絕美景致，當中更以冬季盛雪而聞名。

新潟縣位於本州島日本海沿岸接近中央的位置。除本島之外，還有漂浮在日本海上的離島——佐渡島和粟島。本島一側的海岸線非常長，綿延331公里，也是新潟的特徵之一。新潟縣面積12584平方公里，位居日本第五位，擁有四季變幻的優美自然風光，尤以冬季多雪而聞名。

# Sado Island

This island in the Sea of Japan is Honshu's largest island, with an area around 1.4 times the size of the core Tokyo area. Its population is around 50,000. The island enjoys milder winters than the rest of Niigata Prefecture due to the the warm Tsushima current surrounding it. In addition to its seas, the island has an abundance of nature including mountains around 1,000m tall and expansive plains, all bountiful sources of food. You can also see the crested ibis in its natural habitat.



位於日本海上的離島，面積約為東京都23區的1.4倍，是本州最大的離島。人口約5萬人。由於對馬暖流流經此地，讓佐渡島即使位處新潟縣，冬季也格外地溫暖。除了海洋外，島上還有1000公尺的高山、廣袤的平原，而在得天獨厚的自然環境中，孕育出的豐富飲食也充滿魅力。此外，還能經常目睹國家特別天然紀念物——朱鷺的身影。

位于日本海上的离岛，面积约为东京23区的1.4倍，是本州最大的岛。人口约5万人。对马暖流流经此地，虽然地处新潟县，冬天却格外温暖。除大海以外，1000多米高的山峦、辽阔的平原和得天独厚的自然资源所孕育的丰富美食也是魅力所在。另外，还可以经常看到日本国家特别天然纪念物朱鷺。

北海道 <b>Hokkaido</b> 北海道 北海道	名古屋 <b>Nagoya</b> 名古屋 名古屋	大阪 <b>Osaka</b> 大阪 大阪	福岡 <b>Fukuoka</b> 福岡 福岡
By Air 飛機 飞机	Air Plane 飛機 飞机	Air Plane 飛機 飞机	Air Plane 飛機 飞机
1hr25min	1hr20min	1hr15min	1hr50min

東京 Tokyo 東京 东京

Hokuriku Shinkansen 北陸新幹線 北陆新干线	Joetsu Shinkansen 上越新幹線 上越新干线
From 1hr49min 最快 最短	1hr29min 最快 最短

上越市 Joetsu City 上越市 上越市

Sado Kisen Car Ferry	Sado Kisen Car Ferry	Sado Kisen Jetfoil
2hrs40min	2hrs30min	1hr7min

佐渡 Sado Island 佐渡 佐渡



# The Story of How Sado Gold Mine Became a World Heritage Site

見識世界遺產佐渡金山的歷史軌跡 佐渡金山成为世界遗产的历史进程



## 西三川砂金山 Nishimikawa Placer Gold Mine

西三川砂金山 西三川砂金山

### Famous for its gold since ancient times

佐渡島自古以來以「金之島」聞名 佐渡自古以來被譽為“黃金之島”

Sado Island has long been famous for its gold—Japan's first record of gold being found here was Konjaku Monogatari-shu, a collection of stories written in the Heian Period (794-1185). Full-scale mining of the gold began at the beginning of the Edo Period (1603-1868).

日本歷史上首次記載佐渡島採金活動的文獻，是平安時代的民間故事集《今昔物語集》。自古以來以「金之島」聞名的佐渡島，直到江戶時代初期才正式展開採礦作業。

日本历史上最早记载佐渡岛采金活动的文献是平安时代的故事集《今昔物语集》。自古以来被誉为“黄金之岛”的佐渡，真正意义上的黄金采掘始于江户时代初期。

### Abundant gold and silver hauls funded the Tokugawa Shogunate

豐富的金銀礦產支撐起德川幕府的財政 丰富的金银矿产是德川幕府财政的后盾

Miners at Nishimikawa used a method called onagashi, where they manually undermined a layer of ground containing gold nuggets and used the force of water to wash away gravel before collecting the gold nuggets that remained at the bottom of the channel of water. At Aikawa-Tsurushi, on the other hand, the hard rock was drilled to enable miners to follow the veins of the mine efficiently. Doyu-no-Warito Opencut Site, a symbol of Sado Gold Mine, was formed as a result of miners digging along a gold vein from the top of the mountain. The almost vertical cliffs that were exposed through this process are a sight unlike almost any other in the world.

西三川採用名為「大沖洗」的採金方式，先用人力挖掘含有砂金的地層，再用水沖洗掉泥沙，最後從水管底部收集殘留的砂金。而在相川鶴子的礦區則採用能鑿開堅硬岩石並高效追蹤到礦脈的開採方式。佐渡金山的象徵「道遊之割戶」，是從山頂沿著金礦脈持續開採後形成的景象。接近垂直的絕壁上殘留著露天開採遺跡，是世界罕見的珍奇景觀。

在西三川，採用名為“大流”的淘金方法，即以人力挖掘含砂金的地層，以水力沖洗掉泥沙，然後收集殘留在水路底部的砂金。在相川鶴子，則採用挖掘堅硬岩石並高效直抵礦脈的採掘方法。佐渡金山的標誌性景觀“道遊割戶”，是從山頂沿金礦脈持續挖掘而形成的，近乎垂直的懸崖上留下的露天挖掘遺跡，是世界罕見的奇珍異景。



## 道遊の割戸 Doyu-no-Warito Opencut Site

道遊之割戶 道遊割戶

### A port town that saw the gold mine's heyday and the history of the Kitamae-bune

金山的繁盛與北前船造就的歷史港町 金山的繁盛和北前船造就的历史港町

Ogi Port flourished during the Edo Period: it was used to ship the gold and silver mined at Sado and was a stop on the Kitamae-bune shipping route. Much evidence of Ogi Town's transformation as a port town remains in the town's topography and town planning, which saw Ogi Town selected as an Important Preservation District for Groups of Historic Buildings by the Japanese government in 2024. Around 4km southwest of Ogi Port is Shukunegi, which was a thriving base for cargo vessels on the Sea of Japan from the mid-Edo Period to the Meiji Period (1868-1912).

江戶時代，小木港不僅是佐渡金山生產的金銀礦裝運港口，同時也是北前船的停靠港，小木港因此繁盛起來。小木町的地形和街區規劃將港口城市的變遷遺跡保存得十分良好，因此於2024年獲選為重要傳統建築物保存地區。此外，位於小木港西南方約4公里處的宿根木，在江戶時代中葉至明治時代期間，則作為日本海的運輸船業基地而繁盛一時。

江戶時代，小木港是佐渡金山所產金銀的裝運港，也是北前船的停靠港，由此得以繁榮發展。小木町的地形和城鎮布局完整保留了作為港口城鎮的變遷遺跡，2024年被指定為日本國家重要傳統建築群保存地區。位於小木港西南約4公里的宿根木，從江戶時代中期到明治時期，是以日本海為舞台的發達的航運基地。



## 北前船 Kitamae-bune

北前船 北前船



## 宿根木 Shukunegi

宿根木 宿根木

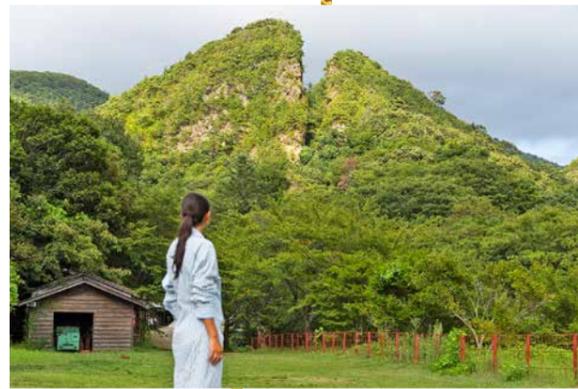
### Registered as a World Heritage Site in 2024

2024年登錄為世界文化遺產 2024年被列入世界文化遺產名錄

Trade with other countries was limited during the Edo Period due to Japan's isolationist policy. Sado's mining industry developed and refined traditional manual work processes that were not reliant on machines and built large-scale production systems, producing large volumes of high-quality gold (around 10% of the world's supply with purity up to 99.54%.) Remnants of the mine and settlements remain today, testaments to a history of over 250 years of purely manual gold production, and in 2024 Sado Island Gold Mines were registered as a World Heritage Site due to its globally rare historic value.

江戶時代，在鎖國政策限制海外交流的背景下，日本不僅改良了不依靠機械的傳統手工業，更建立起大規模的生產方式，成功生產出大量優質黃金（約佔世界生產量10%，最高純度達99.54%）。僅憑人力便開採金礦逾250年，此處的礦山及聚落遺蹟在全世界都極為罕見，因此於2024年以「佐渡島金山」之名登錄為世界文化遺產。

江戶時代，鎖國政策導致國際交流受到限制，在這一背景下，佐渡地區着力發展和改進了不依賴機器的傳統手工業，並建立了大規模生產體系，生產出大量高品質黃金（約佔世界黃金產量的10%，最高純度達99.54%）。見證持續逾250年僅靠人力採掘黃金之壯舉的礦山和村落遺址，在全世界範圍內都十分罕見，2024年，“佐渡島金山”被列入世界文化遺產名錄。



## 史跡 佐渡金山 Sado Island Gold Mines Historic Site

史蹟 佐渡金山 历史遗址 佐渡金山

# Spots where you can experience World Heritage Sites

感受世界遺產景點的魅力 領略世界遺產魅力的景點

## 佐渡奉行所跡 Sado Magistrate's Office Site 佐渡奉行所遺址 佐渡奉行所遺址

1-1 Hiroma-machi, Aikawa, Sado City 0259-74-2201

The magistrate's office that managed Sado's gold and silver mines has been restored. Various historic structures can be seen, including the government office where legal and administrative affairs were conducted, and the yose-seriba (ore-dressing plant) where the gold was extracted from its ore.

重現管理佐渡金銀山的奉行所。可以參觀負責司法與行政工作的「御役所」，或是負責精煉礦石提取黃金的「寄勝場」等。

佐渡金山管理机构奉行所的复原。可以参观当时负责司法和行政事务的“御役所”以及从矿石中提取黄金的“寄胜场”。



## 京町通り Kyomachi St. 京町通 京町大街

Aikawa, Sado City

This used to be Sado's main street, running from the Aikawa Gold and Silver Mine to the magistrate's office. It extends uphill from Yaoya-machi, where Sado Magistrate Shigehide Ogiwara ordered a time bell tower to be cast in Sado copper in 1712, through Nakakyo-machi to Kamikyo-machi. The street used to be lined with the residences of mining industry members and many shops, and some small alleys remain today.

連接相川金銀山與奉行所的主要道路。1712年受佐渡奉行萩原重秀之命，使用佐渡產銅於八百屋町鑄造了「時鐘樓」，沿著坡道連接到中京町及上京町。坡道兩旁曾林立著礦山相關人士的宿舍和眾多商店，狹窄的巷弄也隨處可見。

連接相川金銀山和奉行所的主干道。1712年，依佐渡奉行官萩原重秀之命，以佐渡產銅鑄造了“時鐘樓”。坡道從“時鐘樓”所在的八百屋町，一直延伸到中京町和上京町。在這條坡道上，以前礦山相關人員的宿舍和許多商店鱗次櫛比，狹窄的小巷也隨處可見。

## きらりうむ佐渡 Kirariumu Sado

Kirariumu佐渡 KIRARIUMU佐渡

18-1 Hamamachi, Aikawa 3-chome, Sado City 0259-74-2215

An information center dedicated to the Sado Island Gold Mine. Spectacular projection mapping and thrilling videos demonstrate what makes Sado's gold and silver mines so fascinating and valuable.

介紹「佐渡島金山」的據點設施。透過令人震撼的影像以及光雕藝術，深入了解佐渡金山的魅力與價值。

了解“佐渡島金山”的專門設施。可以通過全息投影和扣人心弦的影像來學習佐渡金山的魅力和價值。



## 史跡 佐渡金山 Sado Gold Mine Historic Site

史蹟 佐渡金山 历史遗址 佐渡金山

1305 Shimo-Aikawa, Sado City 0259-74-2389

Walk through a mine shaft that used to be used and learn about Aikawa Gold and Silver Mine's long history and the mining methods that were used. Doyu-no-Warito Opencut Site is a must-see.

漫步於昔日使用的礦坑，便能理解相川金銀山的悠久歷史與採掘方法。請務必前來「道遊之割戶」一遊。

走在曾經使用過的坑道里，可以了解相川金銀山的悠久歷史和開採方法。“道遊割戶”不容錯過。



# Experience the culture of Sado

佐渡文化體驗 体验佐渡文化



RESERVATIONS

矢島体験交流館  
Yajima Taiken Koryukan  
矢島體驗交流館 矢島体验交流館  
📍 365-1 Ogi, Sado City 📞 0259-86-2992



## たらい舟 Tarai-bune (tub boats)

盆舟 盆舟

Said to have been invented around the early Meiji Period, these boats were used to gather wakame seaweed and sazae sea snails, and were named for their resemblance to bathtubs. These boats provide a vantage point for gorgeous sights such as Yajima and Kyojima Islands rising from the gentle inlet and the red arched bridge connecting them, and fish swimming by your boat are easy to spot in the beautiful crystal-clear waters.

據說構思於明治初期。盆舟原本是用於採集裙帶菜與角螺的小船，由於外型與浴水木桶相似，因此才稱為盆舟。浮在平靜海灣的矢島、經島，以及連接兩座島嶼的紅色太鼓橋，構成一幅美麗景緻。在高透明度美麗大海上，可以划著盆舟欣賞海下悠然自得的魚群。

据说创意始于明治初期。最早是採摘裙帶菜和捕撈海螺時使用的船，因形狀酷似浴盆而得名。悠然漂浮在平靜海灣上的矢島和經島，以及連接兩座島的紅色太鼓橋，構成優美的景致。乘坐盆舟，蕩漾在清澈美麗的海上，可以清晰地看到魚兒在水中游來游去。



## 無名異焼を体験 Try Mumyoi pottery



無名異焼陶藝體驗 体验无名异烧  
Mumyoi pottery is a form of pottery unique to Sado and is nationally recognized as a traditional craft. Mumyoi clay contains a lot of iron oxide, giving it a red hue. Enjoy its smooth texture as you make your own piece, which will be fired in the kiln and sent to your home 3-4 months later.

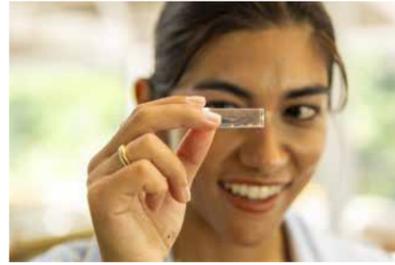
無名異焼是佐渡特有的陶器，使用富含氧化鐵的赤土「無名異土」燒製而成，已獲選為國家的傳統工藝品。感受著陶土細膩的手感完成塑形後，在窯場進行燒製，約3~4個月後便會送達您的手中。

无名异烧用富含氧化铁、被称为“无名异土”的粘土制作而成，是佐渡特有的陶器，被指定为日本国家传统工艺品。一边感受土的细腻触感，一边完成塑形，再经过窑场的烧制，约3~4个月后可以送到您的手上。



永柳陶房  
Nagayanagi To-b  
永柳陶房 永柳陶房  
📍 11-1 Shimokyo-machi, Aikawa, Sado City

## 砂金採り



## Gold Panning



淘砂金體驗 采砂金

Discover the history of Nishimikawa Gold Mine, where large quantities of gold dust were collected, bringing prosperity to the area. You can try panning for gold yourself!

介紹西三川砂金山曾因開採砂金，而為此帶來繁盛的歷史。這裡可以實際體驗淘砂金。

為您介紹曾經盛產砂金並為本地帶來繁榮的西三川砂金山的歷史。可實際體驗採砂金。

佐渡西三川ゴールドパーク  
Sado Nishimikawa Gold Park

佐渡西三川黃金公園 佐渡西三川黃金公園

📍 835-1 Nishimikawa, Sado City 📞 0259-58-2021



## 太鼓をたたく Play taiko drums



敲擊太鼓 敲擊太鼓

Sado is home to the Kodo Taiko Performing Arts Ensemble, which performs worldwide. In this workshop, an instructor will draw on the ensemble's experience and techniques to teach you how to play. Play your heart out on a drum made from 600-year-old Japanese zelkova wood.

以佐渡為據點進行全球活動的大鼓藝能集團「鼓童」。可在具備豐富經驗及技術的講師指導下，體驗太鼓演奏。太鼓以樹齡600年的榲桲製成，可以讓您盡情敲打。

立足佐渡、活躍於世界舞台的太鼓藝術團體「鼓童」。可在經驗豐富、技術精湛的講師指導下體驗太鼓演奏。太鼓用樹齡達600年的榲桲木製成，可以盡情敲擊。

たたこ館  
Tatakogan 打鼓館 太鼓體驗交流館  
📍 150-3 Ogi Kanetashinden, Sado City 📞 0259-86-2320



## 鬼の舞を習う Learn the "Demon Dance"



學習鬼之舞 學習鬼舞

Oni-daiko ("Demon Drums") are played at community festivals from spring through fall to pray for bountiful harvests and families' safety. It is thought to have begun with the influx of a variety of outside culture during the gold and silver mines' period of prosperity. Dress up in a "Demon Drummer" costume and immerse yourself in the culture.

由春至秋，在村落祭典上表演鬼太鼓，祈求五穀豐登及家宅平安。據說是因金銀山的繁盛，吸引島外各式文化傳入後形成的習俗。身穿鬼太鼓的服裝，親身體驗這個文化的魅力吧。

從春到秋，人們在村落節日祭典上表演鬼太鼓，祈禱五穀豐登和家宅平安。據說，這一習俗是由於金銀山的繁榮發展促使島外各色文化湧入而產生的。穿上鬼太鼓的服裝，感受本地文化吧。

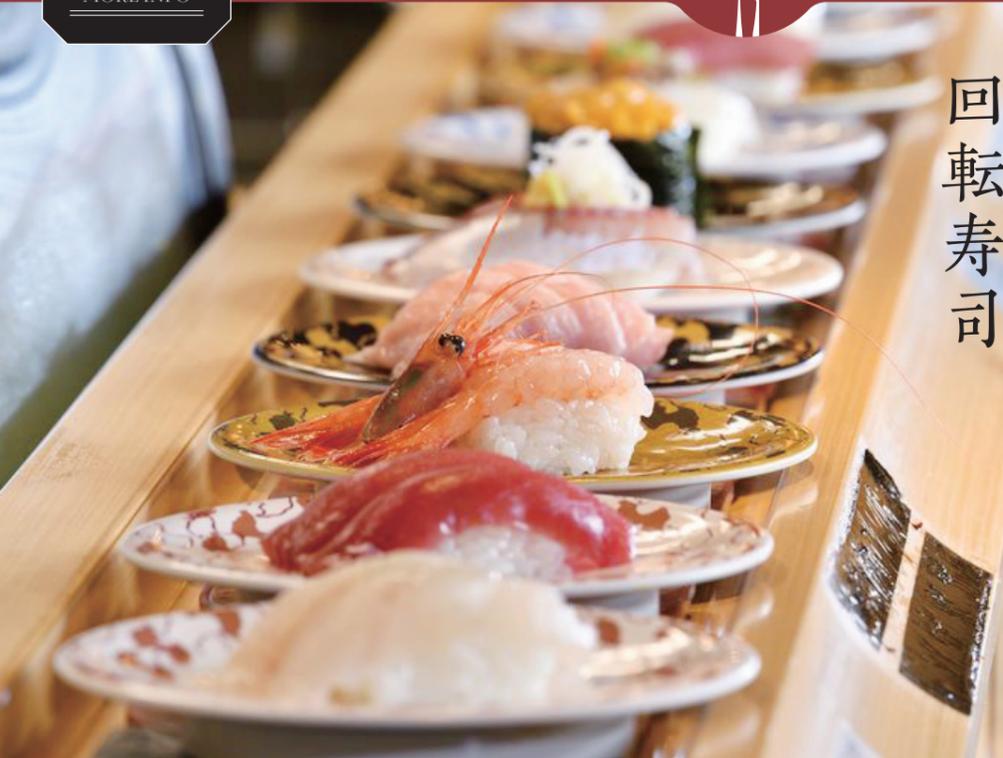
さどやニッポン  
Sadoya Nippon SADOYA NIPPON SADOYA NIPPON  
📍 55 Niibo, Sado City 📞 0259-58-7285



MORE INFO

# Enjoy the food of Sado

品嚐佐渡美食  
品嘗佐渡美食



## 回転寿司

### Kaiten-Sushi (Conveyor Belt Sushi)

迴轉壽司 回转寿司

"Cheap and delicious" is the motto of this cultural phenomenon. Enjoy authentic sushi with fresh ingredients for prices that are easy on the wallet.

以「便宜好吃」為宗旨，讓您以實惠的價格，品嚐堅持食材鮮度的正宗握壽司。

秉承「便宜又好吃」的宗旨，可以品嘗到追求新鮮度的正宗握壽司，價格亲民。

迴轉壽司 弁慶 佐渡本店  
**Kaiten-Sushu Benkei Sado Flagship Store**

迴轉壽司 弁慶 佐渡本店 回转寿司弁庆佐渡本店

833 Higashiodori, Sado City  
0259-52-3453



## ブリカツ丼

### Burikatsu-don (Seafood Rice Bowl)

炸鱈魚排蓋飯 炸鱈魚排蓋飯

Wild amberjack caught on Sado is deep fried in rice flour made from certified Sado rice to make cutlets that are crispy on the outside and oh so juicy on the inside. A special soy-based sauce made with flying fish stock and Sado rice take this specialty to the next level.

炸鱈魚排使用佐渡市認證米製成的米粉，包裹佐渡產的野生鱈魚後油炸而成，有著外皮酥脆內層多汁的口感。炸鱈魚排蘸上使用飛魚高湯特製的醬油沾醬後，與佐渡產的米飯堪稱絕配。

炸鱈魚排蓋飯採用佐渡產天然鱈魚和佐渡市認定米的米粉炸制而成，外表酥脆，內里多汁。魚排澆上用飛魚高湯熬成的特製醬汁，與佐渡米飯堪稱絕配。

小木家 Ogiya 小木家 小木家

1950-7 Ogi-machi, Sado City 0259-86-3666

## 佐渡牛 Sado Beef

佐渡牛 佐渡牛

Sado is famous for its kuroge wagyu beef. Sado beef is extremely rare, and distinguishes itself with its soft, juicy texture and sweet flavor. Be sure to stop at Restaurant Kosado, where rare Sado beef sirloin steak is a permanent item on the menu.

佐渡是名聞遐邇的黑毛和牛產地。佐渡牛數量非常稀少，肉質軟嫩多汁且帶有甘甜風味是一大特徵。Restaurant KOSADO常年供應採用珍貴佐渡牛沙朗肉烹調的牛排。

佐渡是著名的黑毛和牛產地。佐渡牛非常稀少，特征是肉質軟嫩多汁，味道香甜可口。在RESTAURANT KOSADO，隨時提供使用稀有佐渡牛里脊烹調的烤牛排。

レストランこさど

**Restaurant Kosado**

RESTAURANT KOSADO

275-2 Mano Shinmachi, Sado City 0259-55-4004



## 蕎麦 Soba Noodles

蕎麦 荞麦面

A specialty restaurant serving soba noodles handmade from buckwheat grown on the island. Try them the Sado way, with a cold broth poured over them.

使用島上收成的蕎麥，手工製作的蕎麥麵是本店的招牌菜。將蕎麥麵淋上冰涼的醬汁品嚐，是佐渡常見吃法。

使用島內種植的蕎麥製作的手打蕎麥面是招牌菜品。在蕎麥面上澆上涼涼醬汁的澆汁蕎麥面，是佐渡最常見的吃法。

手打ちそば 徳平 Handmade Soba Tokubei

手打蕎麥麵 徳平 手打蕎麥面徳平

1260-1 Inakujura, Sado City 0259-76-2833

## 海鮮丼 Kaisendon (Seafood Rice Bowl)

海鮮蓋飯 海鮮蓋飯

Surrounded by sea, every season brings an abundance of fish to Sado. The toppings are selected from the day's deliveries.

由於佐渡島四面環海，因此四季都能捕獲許多當季的在地魚種。使用的食材取決於您造訪當日的進貨情況。

佐渡四面環海，能夠捕獲許多本地時令魚鮮。食材取決於您到訪當天的進貨情況。

長浜莊 Nagahamaso 長濱莊 長濱庄

1021-1 Ozu, Sado City 0259-55-2511



## イカ焼き Grilled Squid

烤魷魚 烤花枝

The proprietor of this historic restaurant has over 50 years of experience as a fisher and chef and is accompanied by a couple from the next generation. In the team's greatest specialty, squid goro-yaki, squid and vegetables are steamed with red miso made with squid offal, along with the moisture from the vegetables.

擁有逾50年廚師經歷的前漁夫老闆，與第二代夫婦共同經營的老字號割烹料理店。「魷魚內臟燒」是本店不可錯過的招牌菜。使用含有魷魚內臟的紅味噌與蔬菜的水分，來蒸煮魷魚及蔬菜。

店主曾經是漁民，並擁有50多年的廚師經驗，與第二代夫婦共同經營這家老字號割烹料理店。「魷魚內臟燒」是不容錯過的特色料理，利用加入魷魚內臟的紅味噌和蔬菜的水分來蒸烤魷魚和蔬菜。

板前の店 竹屋

**Itamae-no-mise Takeya** 日本料理店 竹屋 板前店竹屋

1-5-3 Aikawa, Sado City 0259-74-3328



## カフェ Café

咖啡廳 咖啡廳

A bakery/café with a stunning view across Mano Bay. The bread made with the café's own yeast is very popular, and there are around 30 types of pastries and sandwiches to choose from each day.

坐擁能一覽真野灣美景的絕佳位置，是這間麵包咖啡店引以為傲的特色。自家製酵母麵包十分受歡迎，店內每天會上架約30種麵包及三明治。

坐擁真野灣盡收眼底的絕佳位置，是這家麵包咖啡廳引以為豪的特色。用自制酵母做的麵包非常受歡迎，店鋪每天售賣約30種麵包和三明治。

しまふうみ Shimafumi SHIMAFUMI SHIMUFUMI

105-4 Daisho, Sado City 0259-55-4545



## 大野亀 Onogame

大野龜 大野龟

📍 Negai, Sado City

Take in the spectacular sight of a single 167m-high rock face jutting into the sea. Awarded two stars in the Michelin Green Guide Japon, Onogame is at its most beautiful in late May and early June as the Tobishima daylilies enter full bloom.

標高167公尺的磐石突出海面的姿態令人嘆為觀止。在「米其林綠色指南日本篇」中刊登為2星級。每年的5月下旬至6月上旬為飛鳥草草群生地最佳賞花時節。

海拔167米的巨岩突向大海的景观令人叹为观止。被《日本米其林绿色指南》评为二星景点。这里是飞鸟草的丛生地，每年5月下旬到6月上旬花开正盛。



## 尖閣湾揚島遊園 Senkakuwan Ageshima Yuen

尖閣灣揚島遊園 尖閣湾扬岛游园

📍 1561 Kita Ebisu, Sado City

Gaze out across the 30m-high row of spire-shaped cliffs from the observatory and marvel at the raw dynamism of nature. You can even cruise past them in a glass-bottomed boat.

從瞭望台遙望由30公尺高的尖塔狀奇岩連綿而成的斷崖，這番壯闊的景色令人切身感受到大自然的磅礴。可搭乘船底鋪設玻璃的海中透視船。

从展望台眺望高达30米、尖塔状奇岩林立的悬崖峭壁，切身感受大自然的磅礴力量。可乘坐玻璃船底的海中透视图。



## 清水寺 Seisuiji Temple

清水寺 清水寺

📍 124-1 Niibo Ono, Sado City

Seisuiji Temple was founded in 808 by Ken'o Hoshi, a Buddhist monk who came from Kyoto on a missionary tour. As you follow the towering Japanese cedar trees and ascend the stone staircase, the atmosphere around you will feel holy. You can stand on the stage, modeled after the one at Kiyomizudera Temple in Kyoto, in Guzeden (Salvation) Hall.

808年由京都前來布教的賢應法師創建。沿著高聳入雲的杉樹林前行，踏著氣氛絕佳的石階而上，便能看到仿照京都清水寺建造的救世殿，可以登上此處的清水舞台。

由来自京都的弘法僧人贤应法师于808年创建。沿着杉树参天耸立、氛围绝佳的林荫道拾阶而上，可到达仿京都清水寺建造的救世殿，还可登上舞台。



## 妙宣寺 Myosenji Temple

妙宣寺 妙宣寺

📍 29 Abutsubo, Sado City

This temple reportedly began when Abutsubo Nittoku, a follower of Nichiren Buddhism, opened his house as a temple together with his wife Sen-nichini. The five-storied pagoda, the only one in Niigata Prefecture, was built in 1825 by Nagasaka Mosauemon, a master carpenter from Aikawa.

相傳日蓮的弟子阿佛房日得，與妻子千日尼將自家改建為寺院，便是妙宣寺的由來。寺區內現存新潟縣唯一的五重塔，由相川長坂的茂三右衛門擔任工頭，於1825年建成。

相传，日莲的弟子阿佛房日得与妻子千日尼共同将自家住宅改建为寺院，这便是妙宣寺的由来。寺内耸立着县内唯一的五重塔，建于1825年，由相川长坂的茂三右卫门担任工头。

## 万疊敷 Manjojiki

萬疊敷 万疊敷

📍 Sawasaki, Sado City

This flat expanse of land, called an uplifted abrasion platform, was formed when an earthquake lifted up the sea floor. At high tide, it fills with seawater that looks like a mirror, a sight that is particularly beautiful when the sun sets and the colorful sky is reflected on the water.

這片海岸是因地震導致海床上升而形成的平坦土地（隆起海蝕台）。潮汐變化讓積蓄的海水變得宛如鏡面，尤其是黃昏時分，此處的水面能映出天空美麗的色彩。

这片海岸绵延着因地震导致海床上升而形成的平坦土地（隆起海蚀平台）。潮汐涨落，蓄积的海水如同明镜，特别在夕阳西下时，天空的色彩映照其间，显得格外美丽。



## 大佐渡石名天然杉 遊步道

## Osado Ishina Natural Cedar Forest Trail

大佐渡石名天然杉 步道

大佐渡石名天然杉散步路

📍 Ishina, Sado City

Situated 900m above sea level, this trail takes you through natural cedar trees that have been bent into five unusual shapes through years of strong winds and heavy snow, showcasing the beauty and power of Mother Nature.

位於標高900公尺的散步路線。可以欣賞到五棵長年遭受強風與積雪考驗的天然杉樹，每棵杉樹都展現出各有特色優美的曲線以及強韌的生命力。

位于海拔900米处的散步路线。可以看到五棵形态各异天然杉树，它们长年经历暴风与积雪的洗礼，不屈不挠，傲然展现着曲线美和坚韧力量。



# 日本清酒

## Japanese Sake

日本清酒 日本清酒  
Enjoy drinking in Sado

盡享佐渡在地清酒 享受佐渡清酒的乐趣



天領盃酒造



**Tenryohai Brewery**  
天領盃酒造 天領盃酒造

This brewery has garnered attention for the exceptional caliber of its sake. Its legendary Utashiro Zuika sake was selected to be served in first class on JAL's domestic flights.

「雅樂代 瑞華」獲選為JAL國內航線頭等艙專用機內供應酒。作為實力派的酒藏備受矚目。

“雅乐代瑞华”被日本航空国内线选为头等舱机内专供酒。作为实力派酿酒厂备受瞩目。

逸見酒造



**Henmi Shuzo**  
逸見酒造 逸見酒造

The island's smallest brewery, Henmi Shuzo lovingly brews sake from well water and local rice.

逸見酒造是島上最小的酒藏。使用井水與當地稻米，花費時間與心力來釀造清酒。

逸見酒造是島內最小的釀酒廠。使用井水和當地大米，不吝時間和精力，潛心釀造清酒。

尾畑酒造



**Obata Shuzo**  
尾畑酒造 尾畑酒造

Housed in a disused school, this brewery uses sustainable, nature-focused methods such as solar power. Its motto is shiho wajo, referring to the four most important elements of its sake: rice, water, people, and Sado's climate.

以「四寶和釀」為宗旨，以陽光與自然環境為主要考量，在學校酒藏中實踐環保永續的釀造工法。

以“四宝和釀”為宗旨，在學校旧址建成的釀酒廠，關注太陽光和自然環境，致力於可持續發展釀酒事業。

北雪酒造



**Hokusetsu Sake Brewery**  
北雪酒造 北雪酒造

This brewery combines traditional brewing methods with new techniques such as centrifuge separation and liqueur-making to breathe new life into Sado.

堅持傳統釀造法之餘，更透過離心分離技術與利口酒釀造等創新挑戰，致力於活化佐渡島產業。

在采用传统技法酿酒同时，积极迎接离心分离和利口酒酿造技术等新挑战，致力于振兴佐渡。

加藤酒造店



**Kato Shuzoten**  
加藤酒造店 加藤酒造店

Brewed entirely from Sado rice, Kato Shuzoten's Kintsuru sake has long been a favorite among locals for its down-to-earth style.

加藤酒造店的「金鶴」完全採用佐渡產米釀造，是深受島民喜愛的樸實在地清酒，長年備受青睞。

加藤酒造店的“金鶴”全部使用佐渡产大米釀造，是一款朴实无华的当地酒，长期以来一直深受岛民喜爱。

**Tenryohai Brewery**

458 Kamoutashiro, Sado City  
0259-23-2111  
9:00am-5:00pm

**Henmi Shuzo**

84-Kabuto, Nagaishi, Sado City  
0259-55-2046  
9:00am-12:00pm/1:00-4:30pm

**Obata Shuzo**

449 Mano Shinmachi, Sado City  
0259-55-3171  
9:00am-4:00pm

**Hokusetsu Sake Brewery**

2377-2 Tokuwa, Sado City  
0259-87-3105  
9:00am-4:30pm

**Kato Shuzoten**

50 Sawane Sumiya-machi, Sado City  
0259-52-6511  
9:00am-6:00pm

# 温泉

## Hot Springs

温泉 温泉  
Relax in local hot springs

盡享泡湯趣 享受温泉的放松时光



朱鷺傳說  
露天風呂  
的宿きらく



**Legend of the Crested Ibis and Open-Air Baths Kiraku Inn**

朱鷺傳說與 露天浴池民宿Kiraku  
朱鷺傳說與 露天溫泉KIKURA旅館  
658 Harakuro, Sado City  
0259-27-6101

The sodium chloride spring water in these open air baths is smooth and gentle on the skin. Enjoy a gorgeous view of Lake Kamo and the Osado Mountain Range from the bath.

露天浴池的氯化鈉泉質溫潤滑順，對肌膚十分溫和，是旅館自豪的溫泉。可眺望加茂湖宇大佐渡山脈的美景。

以水质温和浓滑的氯化钠露天温泉为傲。可欣赏加茂湖和大佐渡山脉的绝景。

新穂瀨上温泉



**Niibo Katagami Onsen**

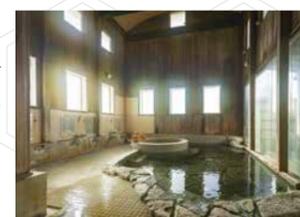
新穂瀨上温泉  
新穂瀨上温泉  
1111 Niibo Katagami, Sado City  
0259-22-4126

With a hot spring and cold mineral spring that provide a variety of health benefits, Niibo Katagami Onsen is known as Sado's oldest healing springs.

擁有溫泉及冷礦泉雙重源泉，因療效廣泛而聞名，作為佐渡最古老的藥師之湯（靈泉）而深受愛戴。

擁有溫泉和冷礦泉兩大源泉，功能豐富，作為佐渡最古老的“药师之汤”（灵泉）而备受喜愛。

小木温泉  
旅館かもめ荘



**Ogi Onsen Ryokan Kamome-so**

小木温泉 旅館 海鷗荘  
小木温泉 旅館 鷗荘  
11-7 Ogi-machi, Sado City  
0259-86-2064

A clear, free-flowing spring with chlorides. Relaxing in this lukewarm water will ease your body and soul.

無色透明的放流式氯化物溫泉。悠哉地泡在溫熱的泉水中，享受療癒身心的放鬆時刻。

无色透明的放流式氯化物溫泉。浸泡在温热的泉水之中，悠然享受抚慰身心的时光吧。

佐渡温泉  
御宿おぎの湯



**Sado Onsen Oyado Ogi no Yu**

佐渡温泉 御宿小木之湯  
佐渡温泉 御宿小木之湯  
1494-6 Ogi-machi, Sado City  
0259-86-1555

A high-quality, 100% pure alkaline spring. The water envelops the skin with a smooth texture, earning it a reputation for beautifying effects.

自家源泉為100%高水準確性溫泉。彷彿包覆肌膚般柔滑的觸感，讓這座溫泉作為美肌之湯深受愛戴。

自家源泉100%的高纯度碱性温泉。拥有包裹般的浓滑肌肤触感，是深受喜爱的美肤温泉。

# 佐渡の芸能

## Sado Culture

佐渡の藝能 佐渡艺能

### 鬼太鼓 Oni-daiko (“Demon Drumming”)



The beat of the drums are accompanied by rousing chants from lantern-bearing troupe members. Dancers perform numbers that are by turns frenetic and peaceful. This tradition is thought to have begun with the influx of a variety of outside culture during the gold and silver mines' period of prosperity.

隨著太鼓的節奏與提燈手氣勢十足的吶喊聲，鬼太鼓時而如飛舞般躍動，時而沉穩地舞動。據說是因金銀山的繁盛，吸引島外各式文化傳入後形成的習俗。

鬼太鼓舞者伴隨太鼓的鼓聲和提燈手充滿氣勢的吶喊聲，展現時而騰躍、時而靜默的舞姿。相傳，金銀山的繁盛促使島外各色文化紛紛傳入，在這些文化的影響下，鬼太鼓應運而生。

### 薪能 Takagino



Takagino dancing reportedly began with the arrival of a Noh troupe, brought by governor Okubo Nagayasu when he took up his post in Sado in 1604. The stages remain in the grounds of shrines around the island to this day.

據傳始於1604年來佐渡赴任的代官——大久保長安帶來的能樂師團。至今各地的神社內依舊設有能劇舞台。

相傳，起源於1604年到佐渡赴任的代官大久保長安帶來的能樂師團。如今，各地的神社內都有能舞台。

### 佐渡おけさ Sado Okesa



佐渡Okesa是佐渡自古以來流傳的傳統民謠及舞蹈。據說是由北前船傳入佐渡，並在金山勞工之間廣為流傳。

佐渡OKESA是古代傳入佐渡的傳統民謠和舞蹈。相傳由北前船傳入佐渡，被金山礦工廣泛傳播。

This combination of traditional folk songs and dancing was brought to Sado long ago. It is thought to have come to Sado via the Kitamae-bune and been popularized by gold miners.

# Example Itineraries 行程示例 行程示例

## Rental Car

**DAY. 1** 12:00 Kirariumu Sado  
Kirariumu佐渡 KIRARIUMU佐渡  
Learn about the historical value that saw Sado Gold Mine chosen as a World Heritage Site.  
了解世界遺產「佐渡島金山」的價值  
了解世界遺產“佐渡島金山”的價值



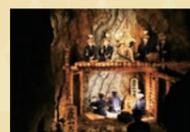
13:00 Kitazawa Flotation Plant Site  
北澤浮選礦場遺跡 北澤浮選礦場遺址  
See the remains of a facility where the gold and silver were extracted from hauls of ore.  
參觀從開採礦石中提取金銀礦的設施遺跡  
參觀從開採礦石中提取金銀的設施遺址



13:30 Sado Magistrate's Office  
佐渡奉行所 佐渡奉行所  
The magistrate's office that managed the gold mines has been restored.  
重現負責管理金山的奉行所  
金山的管理機構——奉行所已經復原



14:00 Sado Island Gold Mines Historic Site  
史蹟 佐渡金山 历史遗址 佐渡金山  
Walk along a mine shaft that was used by gold and silver miners.  
漫步在昔日採掘金銀礦的礦坑中  
在用於開採金銀的坑道中漫步



15:30 Senkakuwan Agheshima Yuen  
尖閣灣揚島遊園 尖閣灣揚島遊園  
Take in a row of unusual cliff formations.  
參觀奇岩連綿的斷崖  
觀賞奇岩林立的懸崖峭壁



17:00 Nipponia Sado Aikawa Gold Mining Town  
NIPPONIA佐渡相川 金山町 NIPPONIA佐渡相川金山町  
Accommodation  
住宿  
住宿



**DAY. 2** 10:00 Yajima Taiken Koryukan  
矢島體驗交流館 矢島體驗交流館  
Take a ride in a tarai-bune (tub boat).  
乘坐盆舟  
乘坐盆舟



11:00 Sado Island Ogi Folk Museum  
佐渡國小木民俗博物館 佐渡國小木民俗博物館  
See a life-sized sengoku-bune freight ship.  
參觀等比例大小的千時船  
參與與實物大小相同的千時船



12:00 Oryori Anaguchi  
料理ANAGUCHI 料理ANAGUCHI  
Enjoy a multi-course lunch made with Sado ingredients.  
享用以佐渡產食材烹飪的午間套餐  
品嚐使用佐渡食材烹制的午餐套餐



14:00 Tatakokan  
打鼓館 太鼓體驗交流館  
Play the taiko drums.  
體驗敲擊太鼓  
敲擊太鼓體驗



16:30 Manjojiki  
萬疊敷 萬疊敷  
One of Sado's most spectacular scenic spots.  
參觀佐渡數一數二的絕佳景點  
參觀佐渡首屈一指的絕景景點



18:00 Hostel Perch  
HOSTEL PERCH HOSTEL PERCH  
Accommodation  
住宿  
住宿



**DAY. 3** 10:00 Yorankaya  
YORANKA舍 YORANKA舍  
Buy great souvenirs.  
購買伴手禮  
購買紀念品



11:00 The Terrace of Toki  
朱鷺之露臺 朱鷺露台  
Spot wild crested ibises from the open-air terrace.  
從瞭望露臺尋找野生朱鷺的蹤跡  
從展望露台觀賞野生朱鷺



12:30 Tenryohai Brewery  
天領盃酒廠 天領盃酒造  
Sample and purchase Sado-made sake.  
試喝、購買佐渡生產的日本酒  
試飲、購買佐渡釀造的日本酒



Ryotsu Port  
兩津港 兩津港

3 days/2 nights 3天2夜 三天兩晚

## Bus & Cycling

**DAY. 1** 12:05 Ryotsu Port  
兩津港 兩津港  
Travel by local bus  
搭乘路線巴士移動  
乘坐公交巴士



13:15 Kirariumu Sado  
Kirariumu佐渡 KIRARIUMU佐渡  
Explore Kirariumu Sado and rent a bike.  
參觀館內展示，租借自行車  
館內參觀，租用自行車



14:15 Kitazawa Flotation Plant Site  
北澤浮選礦場 北澤浮選礦場  
See the remains of a facility where the gold and silver were extracted from hauls of ore.  
參觀從開採礦石中提取金銀礦的設施遺跡  
參觀從開採礦石中提取金銀的設施遺址



15:00 Sado Island Gold Mines Historic Site  
史蹟 佐渡金山 历史遗址 佐渡金山  
Walk along a mine shaft that was used by gold and silver miners.  
漫步在昔日採掘金銀礦的礦坑中  
在用於開採金銀的坑道中漫步



16:30 Kirariumu Sado  
Kirariumu佐渡 KIRARIUMU佐渡  
Return your rental bike.  
歸還自行車  
歸還自行車

Travel by local bus  
搭乘路線巴士移動  
乘坐公交巴士

00:00 Ryokan Urashima  
Ryokan浦島 Ryokan浦島  
Accommodation  
住宿  
住宿



**Local bus**  
Niigata Kotsu Sado Bus Timetable  
新潟交通 佐渡 路線巴士 時刻表  
新潟交通佐渡公交巴士時刻表  
We also recommend the 1-2-3 Day Pass, which offers unlimited rides.  
☎0259-57-5114



**Bicycle rental**  
Details on bicycle rentals  
自行車租借詳情 自行車租賃詳情



**DAY. 2** Travel by local bus  
搭乘路線巴士移動  
乘坐公交巴士

11:00 Shukunegi  
宿根木 宿根木  
Explore the old town and ride on a tarai-bune (tub boat).  
在村落散步，搭乘盆舟  
在村落內散步、乘坐盆舟



13:00 Ogi town center  
小木之町 小木町  
Stroll around the area and have lunch.  
散步、午餐  
散步、午餐



14:30 Kisaki Shrine  
木崎神社 木崎神社  
Visit the shrine.  
參拜神社  
參拜



16:00 Sado Nishimikawa Gold Park  
西三川黃金公園 西三川黃金公園  
Try panning for gold.  
淘砂金體驗  
採砂金體驗



00:00 Ryokan Urashima  
Ryokan浦島 Ryokan浦島  
Accommodation  
住宿  
住宿



**DAY. 3** Travel by local bus  
搭乘路線巴士移動  
乘坐公交巴士

10:30 Toki Forest Park  
朱鷺森林公園 朱鷺之森公園  
See the crested ibis, a Special Natural Monument.  
觀察特別天然紀念物——朱鷺  
觀察特別天然紀念物朱鷺



Ryotsu Port  
兩津港 兩津港

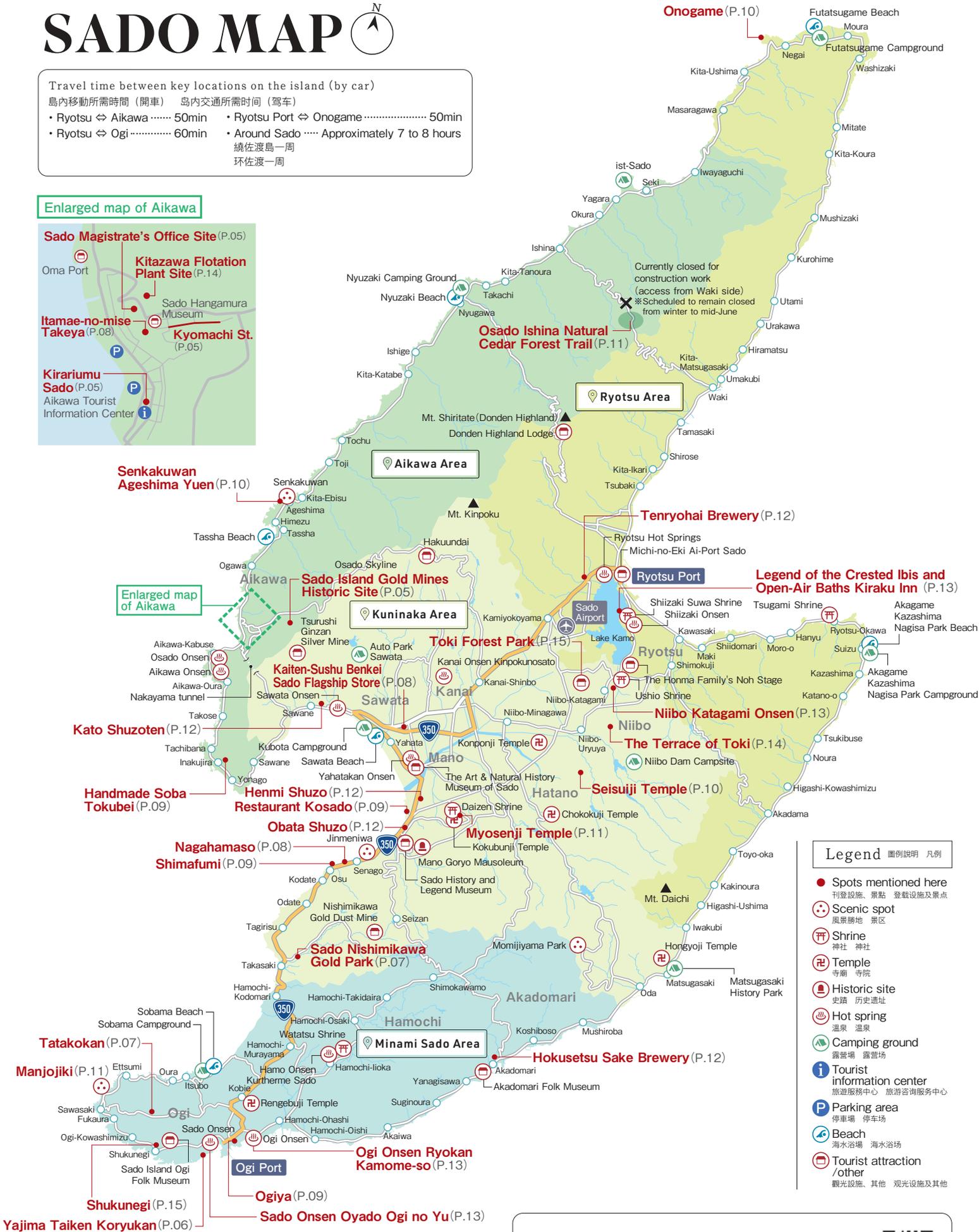
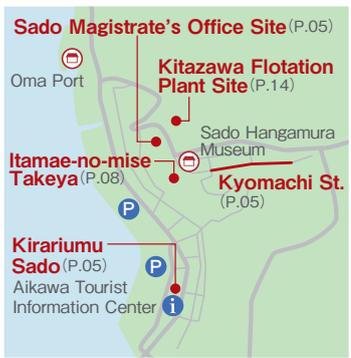
# SADO MAP



Travel time between key locations on the island (by car)  
 島内移動所需時間 (開車) 島内交通所需時間 (驾车)

- Ryotsu ⇄ Aikawa ..... 50min
- Ryotsu ⇄ Ogi ..... 60min
- Ryotsu Port ⇄ Onogame ..... 50min
- Around Sado ..... Approximately 7 to 8 hours  
 繞佐渡島一周
- Ring Sado ..... 環佐渡一周

## Enlarged map of Aikawa



### Legend 圖例說明 凡例

- Spots mentioned here  
刊登設施、景點 登錄設施及景點
- ☁ Scenic spot  
風景勝地 景区
- ☩ Shrine  
神社 神社
- ☩ Temple  
寺廟 寺院
- 🏛 Historic site  
史蹟 历史遗址
- ♨ Hot spring  
温泉 温泉
- 🏕 Camping ground  
露營場 露營場
- 📍 Tourist information center  
旅遊服務中心 旅游咨詢服務中心
- P Parking area  
停車場 停車場
- 🏖 Beach  
海水浴場 海水浴場
- 🏠 Tourist attraction /other  
觀光設施、其他 觀光設施及其他

### Rental Cars & Taxi

Scan the code for details on public transport around the island

SADO, Tourism, Navi  
<https://www.visitsado.com/en/>

Published by Sado City Tourism Promotion Section

