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# NAGASAKI CoolING

nagasaki information magazine

FREE MAGAZINE ¥ 0 2018  
September ▶ December

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The Front Shrine and Main Shrine of Suwa The benefits from the purifications you will experience at the Suwa Shrine are “Protection from evil”, “Tying the knot”, “Safety in the waters”, and

## The Shrine Founded in the City of Catholics

In the early 17th century when the suppression began, fortunately, “Suwa Shrine” was founded under the auspices of the government.

There are a number of Shinto shrines for worship in many parts of Japan: the country of Shinto. But there is no other shrine which exists considering the foreign religion “Catholic” than here.

Kensei Aoki, who became the first chief priest, had begun to dedicate himself to the restoration of Nagasaki as the country of Shinto. The present “Suwa Shrine” was established by uniting two the originally enshrined “Morisaki Daigongen” and “Sumiyoshi Omikami”, and the god of martial arts “Suwa Omikami”.

At that time, Nagasaki saw European missionaries congregate from all over the country to board the ships as soon as they had received the deportation order under the Anti-Christian Policy issued by the Edo government.

At the beginning of the foundation, it has been said that there were many collisions with Catholics and even the cases when they tried to hinder the Shinto rituals because the shrine took the stance of the syncretism of Buddhas and Shinto gods.

Under such circumstances, Kensei Aoki conducted one of the rituals with strong determination especially is called the “Yudate Ritual” which was handed down to the present.

### The Sternest Purification Ritual

While there are various kinds of Shinto rituals, in this “Yudate Ritual”, the chief priests put their hands into the water, boiled with firewood, and scoop it in order to purify themselves.

The ascetic practice bringing themselves to the extreme has been said to even purify and protect the citizens.

Kensei Aoki might have, with his strong belief and the power of the gods, wished for the restoration of Nagasaki imposing on himself the severe task that could apparently cause burns.

This ritual had once been ordered to be stopped by the government, but the plea by a lot of local people for the repeal was exceptionally permitted. Therefore it has been passed down to prosperity.

## The Biggest Festival “Okunchi”

A few years later after the beginning of “Yudate Ritual” Noh songs sung by two prostitutes was dedicated to the shrine, which is the very harbinger of “Okunchi”.

The “Okunchi”, which continues for 384 years to the present day, is held for gratitude for the god’s grace by dedicating “performances” with dances or floats by respective towns.

The “performance” indicates to march along the streets with the extremely flamboyant carriages such as Kasaboko(umbrellas with spears) and floats and palanquins, which never fails to stop attracting travelers.

“Okunchi” is a very unique festival in Japan. The characteristics of which are a smorgasbord of European,

### “Okunchi”: The Festival of the Union of Different Cultures

“Okunchi” hosted by Suwa Shrine is a festival with the fusion of foreign cultures, which has been solemnly inherited to the present.

Shinto which originally began as an ethnic religion had neither a specific founder, doctrines nor an object of worship, and was spread spontaneously among Japanese people.

Meanwhile, carrying its doctrines revolving around “love”, Christianity might have had great impact on people in Nagasaki at that time.

As this city is so special, although there were surely times when Christianity had to face the inhumane suppressions and national prohibition ordered by the government. Nowadays, foreign cultures are accepted into Shinto festivals.

## Mentality of the Mixed Culture

The city of Nagasaki, unexceptionally intertwined with ups and downs of the history, has accomplished a big success in Japan’s modern society since the opening of the port. The “Suwa Shrine” has also stood on the hill for the same amount of time, and continues to overlook the city of Nagasaki just as it was in the past.

While it was beloved by the citizens calling “O-Suwa-san” (in a friendlier way) and lived together with them, the Suwa Shrine has gradually formed the “WaKaRa(n) (Japanese-Chinese-Western) Culture” observing the “tradition” and introducing “something new” at the same time.

Incorporating various cultures and doctrines, the Suwa Shrine, a pillar of Nagasaki citizens’ spirituality since the ancient time, has remained the same for 400 years. It has continued and still, up to this day, protects and watches over the city of Nagasaki.



The Front Gate and the Front Shrine



The Pathway



The Yudate Ritual



The Front Gate

Chinese and Southeastern cultures while maintaining the traditional style of Japanese festivals. For instance, there are performances called “Nambansen” and “Amidasen”. In addition, “Dragon Dance” that derives from China is also famous nationwide.

These can be seen anytime other than visiting the occasion at the Suwa Shrine as the parade is going on around the city center. Therefore, it has become a big event where more than 200 thousand visitors gather to see the sights.

“Okunchi” is held for three days: Aug 7th to 9th every year. Before the festival, you would happen to see the practice in public in certain designated areas, which of course, for free.



The Palanquin



The Dragon Dance

Come and visit the Suwa Shrine and feel the immense history and culture intertwined with the place.



The First Entrance Gate (Torii)



# “Suwa” the Prime Local Shrine Situated in the City of Vicissitudes



Panorama of the Suwa Shrine

“Big catches of fish”. It is the most popular “power spot” in Nagasaki.

## The advent of the history of vicissitudes

There is no city more dramatic than Nagasaki. The only city, which has never lost contact with the world since the introduction of Christianity, and has experienced the glories and declines for 400 years no less.

Around the latter of the 16th century, this city under the control of Sumitada Omura, who was the first Christian Daimyo (feudal lord), had been flourished by the trade with foreign countries. Accordingly, the propagation of Christianity had also arisen thereafter he ended up donating the city of Nagasaki to the Society of Jesus.

Top General Hideyoshi Toyotomi, however, knew that Nagasaki had become the city of Jesuits and he issued the expulsion decree, designating Nagasaki as a “Shogunate territory”. From then on, the most miserable Catholic history under severe suppression had begun here in Nagasaki.

## The Suwa houses many other gods, guardian lions, and spiritual stones.

### Why not explore the shrine so that you can get a lot of benefits?

#### ● Haraedo Shrine for Purification



Enshrined here is the spirit of purification. People will worship the inner shrine after purifying both the heart and the mind.

#### ● Spiritual Boulder



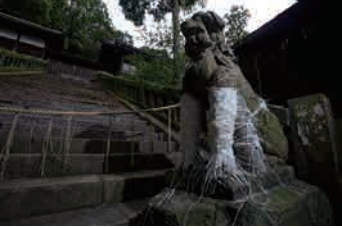
The boulder has been formed for a long time, sticking pebbles together bit by bit. When one person worships the piece of rock, one might not be able to feel the power, but when a herd of people flocks, it will make a difference.

#### ● Ebisu and Daikoku for Matchmaking



It is said that when a couple closes their eyes, and if the man and the woman successfully find their way to Ebisu and Daikoku respectively, their wish will come true.

#### ● Guardian Lion Statue for Inhibiting Bad Habits



For ages, the dog has been said to have had ample spiritual experience to keep people from bad habits such as gambling or smoking. It goes to say that if one ties a knot around its legs and make a wish, the wish will come true.

#### ● Well of Guardian Lion Statue for Safe Delivery and “Washing Money”



The spring water has been said to be exquisite and effective for safe delivery if one drinks it. There is also a belief that if you wash money with this sacred water, it will double or multiple.

#### ● Guardian Lion-Dog for Making Wishes



There is a religious custom that people make wishes turning around the lion-dog. In the miniature shrine behind the dog statue, the spirit of treasure and music is enshrined.

#### ● Guardian Lion Dog for Clearing Your Worries



There is a belief that if one puts his/her hand in its mouth it will pull out “the thorn” from his/her heart.

#### ● Miniature House for Ancestral Spirits



Since time immemorial, the spirits have been enshrined such as Commissioner of Nagasaki, Shinto priests, and many deceased local residents who used to worship the same local deity.

#### ● Hiruko Shrine for Safety in the Waters



People visit the shrine to pray for safety in the waters. Guardian Lion which resembles Kappa standing by the shrine has been traditionally said to be a spirit of Hiruko which represents the Japanese god of fishermen and luck.

#### ● Yasaka Shrine and the Guardian Lion Dog



The Guardian Lion Statue has been situated for centuries. Its rare appearance seems to have been influenced by the features of Chinese guardian lions.

#### ● The Frog-Shaped Rock for Warding Off Evil Events



It began to be worshiped hundreds of years ago. Recent years, since the rock stemmed from the landslide, more people come to visit it for worship. It is also believed to be an auspicious symbol for safety of travel.

#### ● Temizuya [Shinto Water Ablution Pavilion]



Before worshipping, you need to purify the uncleanness stuck to your hands, mouth, and body with the water ladle.

#### ● Tamazono Inari Shrine and Colossal Camphor Tree for Business Prosperity



Going through the multiple shrine gates, you may finally behold Tamazono Inari, which has been widely worshiped for the prosperity of businesses and as the god of foods. The camphor tree had already grown there when Suwa Shrine was constructed, and it is believed that the god of Inari dwells in it. Spread your arms wide open and hug onto the huge camphor tree and inhale the power with your whole self.

#### ● Ying Yang Stone for Matchmaking



Man stone



Woman stone

“Man stone” and “woman stone” are embedded along the pathway to the shrine. It is said that one can tie the knot with their significant other if the man steps on the woman stone and the woman steps on the man stone along the pathway, and then both of them step on the Ying-Yang stone together at the main shrine.

Ying-Yang stone



# Classy Confectionery Loved in Catholic Town

“Flower Cross”  
This means the flower-shaped cross which was secretly used by “Hidden Christians” when Christianity Prohibition propagan-da had been applied.  
Here in Nagasaki, there are a lot of relics of latent Christianity which are recognized as world heritage sites.  
One of these is called the “Oura Catholic Church.” This church is the oldest one that exists in Japan. It was found that the “Hidden Christians” had visited the place for more than 200 years under the suppression of the government. This is so notable that it is marked as a very important place in the catholic history.  
In such a historic city deeply associated with Christianity, the confectionery “CRUZ” has been locally loved for a long edly, the indispensable souvenir in Nagasaki is “CRUZ.” The representative of which is the subtly crunchy cookies with many cream in it such as white chocolate, coffee, and strawberry. Waffles with ingredients made in Nagasaki are also popular.  
We can strongly recommend the package with the picture of the “Oura Catholic Church” on it that comes with four pieces of “CRUZ”

## 在這天主教城鎮一直受歡迎的著名點心

「花十字」  
這是在日本公佈基督教禁止令的時期、隱藏基督教徒縫的花形十字架。  
在長崎您能看到很多被譽為世界遺產的隱藏基督教徒的名勝古蹟。其中最著名的大浦天主堂是目前存在的教堂中最古老的、而且在二百年前、政府嚴格監管基督教之下、是隱姓埋名的基督教徒被發現的地方。因此從基督教整體歷史來說是極為重要的地方。在這樣跟基督教源遠流傳的長崎、「CRUZ餅乾」是在很久以前就開始備受喜愛的著名糕點。  
「花十字」美麗地刻在麵糰上、口感脆嫩、裡面放有比如白色巧克力等豐富多彩風味的奶油、一定是不可缺少的長崎特產。  
其他的還有使用當地材料的奶油鬆餅的人氣跟前者一樣都很受歡迎啊。  
熱烈推薦畫著世界遺產的「大浦天主堂」、裡面有四塊「CRUZ餅乾」的盒裝作為送友禮物。



time. Undoubt-kinds of delicious

## 가톨릭의 땅에서 사랑받아 온 명과

‘꽃집자(花十字)’  
이는 일본의 금교령 시기에 잠복해 있던 기독교 신자들이 비밀스럽게 신앙에 사용해 왔던 꽃의 형태를 가미한 십자가를 뜻합니다.  
이곳 나가사키에는 세계유산으로도 인정받은 ‘잠복 기리시탄(キリシタン)’의 자취가 많이 남아 있습니다. 그중에서도 오우라(大浦) 천주당은 현존하는 일본에서 가장 오래된 교회로, 200년 이상에 달하는 혹독한 탄압 속 계속 잠복해 오던 신도들이 발견된, 세계 가톨릭사에서도 역사적인 장소로 알려져 있습니다. 이와 같은 ‘가톨릭의 땅 나가사키’에서 오래전부터 사랑받아온 ‘명과 쿠루스(クルス)’. 쿠루스는 표면에는 ‘꽃집자’가 새겨져 있고, 마삭하고 가벼운 식감에 속에는 화이트 초콜릿과 여러 종류의 크림이 샌드되어 있는 과자로, 나가사키 특산품에서 빼놓을 수 없습니다. 이외에도 나가사키의 소재로 만든 크림을 샌드한 와플도 인기가 많습니다. 세계유산 오우라 천주당이 그려진 패키지에 4개가 들어있는 쿠루스는 선물용으로도 적극 추천합니다.



## Nagasaki Meika CRUZ

【長崎銘菓クルス 浜町店】  
4 - 6 - 1F Hama-machi Nagasaki-city  
Tel / 095-893-5117 11:00~20:00 open everyday



## Bon Patty

【ボンパティ アミュプラザ長崎店】  
1 - 1 - 1F Onoue-machi Nagasaki-city  
Tel / 095-808-1124 8:30~20:00 open everyday  
MENU:Spectacular Cruz (4 pieces ) Oura Catholic Church ver. 314yen/Waffle (1 piece) 129yen ~  
※We also have a wide assortment of our products.



# The Phenomenal Champon Restaurant that Wins Popularity even among Celebrities



## 很多知名人也是愛好者的受歡迎日式什錦麵餐廳

說到長崎第一美食就是「日式什錦麵」。這家老李是知名美食家當中愛好者眾多、他們來到長崎的時候一定會去。而且這家備受當地人長年的深厚青睞。只能在這裡吃到的是有日本的魚子醬之稱的生烏魚子來當作配料的日式什錦麵。另外也請不要忘記在日本也有很多愛好者以套餐來一起享用。

## 유명인도 자주 찾는 인기 짬뽕 전문점

나가사키 제일의 소울푸드라고 하면 역시'짬뽕'입니다.이곳'라오리(老李)'는 미식가로 알려진 많은 유명인들이 나가사키에 왔을 때 꼭 들린다고 하는 곳으로、물론 지역 주민들에게도 많은 사랑을 받고 있는 짬뽕의 명가입니다. '일본의 캐비아'라고 불리는 '생 가라스미(生からすみ)'를 고명으로 올린 짬뽕은、오직 이곳에서만 맛볼 수 있는 일품입니다. 그 외에도 많은 팬을 거느리고 있는 '나가사키 물만두(長崎水餃子)'를 세트 주문하는 것도 잊지 마세요.

## 有名にもファンが多い大人気ちゃんぽん店

長崎No.1 ソウルフードといえば「ちゃんぽん」。その中でも、ここ老李はグルメな著名人が必ず訪れるという方も多く、その一方、地元の人たちにも長年愛され続けているちゃんぽんの名店だ。ここでは「日本のキャビア」と言われる「生からすみ」がトッピングされたちゃんぽんもあり、正にここでしか味わえない逸品である。他にも日本中にファンが多い「長崎水餃子」もセットで食べることを忘れずに。



12 - 7 - 2F Shinchi-machi Nagasaki-city  
Tel / 095-820-3717  
Lunch 11:30~15:00 (LastCall:14:30)  
Dinner17:00~22:00 (LastCall:21:30) open everyday  
MENU:Champon800yen/boiled gyoza 380yen  
The Original "Nama Karasumi" Chmpon 1,000yen  
The Ultimate Champon 1,600yen



Reservation Form



# The Best Sashimi Restaurant in Japan

In Nagasaki, which has a lot of excellent fishing grounds, you can taste the best sashimi in all of Japan. Tarafuku Asa is most proud about its fresh seafood dishes as the top favorite restaurant among locals and tourists alike. While maintaining a wide variety of sashimi, the best quality of taste, freshness, and the true the ingredients, their reasonable prices also attract tourists. Day and night, people cannot help but smack their lips over seasonal dishes and local sake. Reservation is a must due to the high demand of the place.

## 可以吃到日本最好生魚片的店

因為長崎位於屈指可數的良好漁場之處、所謂「近水樓台先得魚」、所以可以保持到最好的品質去享用生魚片。在這無論是當地或是觀光客中人氣第一的居酒屋就是這家「多ら福亜紗」。菜色的種類、色、香、味、鮮度都是最高級的同時、價格也相當便宜。這都是長崎的優點、也是在觀光客中愛好者眾多的理由。另外廚師專心致志去做的時令菜單和當地酒不停地吸引客人的胃口。請務必先預約。

## 최고의 생선회를 맛볼 수 있는 곳

일본 유수의 어장이 가깝게 위치해 있는 나가사키는 가장 신선한 상태의 생선회를 맛볼 수 있습니다. 그중에서도 현지 주민들과 관광객 모두에게 인기를 얻고 있는 이자카야(居酒屋)가 바로 이곳'다라후쿠아사(多ら福亜紗)'입니다. 생선회의 종류와 맛、선도、구성 모두 뛰어났지만、나가사키이기에 가능한 훌륭한 가성비가 관광객들에게도 인기를 얻고 있는 이유입니다. 그 외에도 정성을 들인 제철 요리、다양한 종류의 토속주는 손님들로 하여금 절로 감탄을 자아내게 합니다. 물론 사전에 예약하지 않으면 자리가 없을 수 있으니 주의해야 합니다.



## 最高峰の刺身が頂けるお店

日本有数の漁場が近くにある長崎は、刺身を最高鮮度の状態で食べることができる。その中でも地元にも観光客にも最も人気がある居酒屋がここ「多ら福亜紗」だ。刺身の種類・味・鮮度・彩りと最高峰でありながら、長崎ならではのお手頃さが観光客にも人気がある理由だ。他にも、こだわり尽くした旬の料理、豊富な地酒は地元の人たちを日夜唸らせている。当然、早めに予約しないとありつけないのでご注意ください。

## Nagasaki Dining Tarafuku ASA【多ら福 亜紗】



2 - 6 - 1F Aburaya-machi Nagasaki-city  
Tel / 095-832-8678  
17:00~25:00 (LastCall:24:00)open everyday  
MENU:Assorted Sashimi 2,200yen~/Seasoned eel and rice cooked in a bamboo steamer 750yen



Reservation Form





## Y4 Izakaya (modern tavern) MAP >>> P5-4

### Even the Locals are Astonished at the “Thickness” of Cutlet on Goheita’s Toruko Rice



When you say comfort food, most people in Nagasaki would often be reminded of “Toruko Rice (Toruko means Turkey. The origin is still under debate.)” Goheita prepares this dish with locally loved pilaf (fried rice), Japanese spaghetti called “Napolitan”, and what can be rated the number 1 in Nagasaki which is the thick pork cutlet with curry sauce on. The exquisite taste strikes a perfect chord with deliciousness, making it the best eating experience ever. To have this Toruko Rice dish in lunchtime, you need to make a reservation one day ahead.

#### 현지인도 놀라는 두툽한 두께의 도루코라이스!

나가사키의 소울푸드라고 하면 ‘도루코라이스 (トルコライス)’입니다. 그중에서도 이곳의 도루코라이스는 현지에서도 많은 사랑을 받고 있는 필라프와 나폴리탄을 사용하고 있으며, 거기에다 나가사키 제일이라고 해도 좋을 정도로 두툽한 두께를 자랑하는 돈가스에 카레 소스를 끼얹어 내고 있습니다. 카레와 필라프에 돈가스의 육즙이 더해져 최고의 조화를 이룰 것이 분명합니다. 점심시간에 방문할 시에는 전날까지 예약이 필요하니 주의해야 합니다.

#### 地元も驚く「肉厚」トルコライス!

長崎のソウルフードと言えば「トルコライス」だ。その中でもこのトルコライスは、地元でも愛され続けてきたピラフとナポリタンを使用し、さらには、No.1と言っている程の「肉厚な豚カツ」にカレーソースがかかっている。カレーとピラフに豚カツのジューシーさが加わり最高のハーモニーを奏でるだろう。ランチは前日までに予約が必要なのでご注意ください。



small appetizer for all at the table

### Izakaya Goheita 【居酒屋Goheita】

3 - 10 - 2F Hamano-machi Nagasaki-city  
Tel / 095-801-8022



17:30~22:00 (Last Call: 21:30)  
Fri., Sat. 17:30~23:00  
(Last Call: 22:30)  
open everyday  
MENU: Toruko Rice 1,000yen



## Y4 Pizza/Pasta MAP >>> P5-7

### The Most Well-Known Pizzeria in Nagasaki

ZAC, the pizzeria, makes pizza with handmade dough and blends three different types of European cheese on it. The sauce is also all handmade, no less. The topping's ingredients all come from the local farms. This authentic pizza is loved by the locals since they only start to knead the dough and carefully bake it only after they receive orders. This pizzeria is so concerned about safety that they have successfully developed “non-allergenic pizza” on their own.

#### 在長崎最有名的比薩店

這家比薩店提供的都是手作的比薩，起司也是混合三種歐洲產的起司。醬料也堅持使用全手作醬料，配料也是使用當地產的食材。他們收到點菜之後才開始捏麵糰放在烘培爐烘培，是受歡迎的正宗比薩。他們也自行研發出「無過敏性比薩」等，對於安心、安全方面是非常周到。

#### 나가사키에서 가장 유명한 노포 피자 가게



손으로 반죽한 도우에, 사용하는 치즈는 유럽산 3종류를 독자적으로 블렌드한 것이며, 소스는 전부 직접 만든 것, 토핑으로 올라가는 재료도 지역산을 사용하고 있습니다. 주문을 받고 나서부터 한 장, 한 장 성형해 정성껏 구워 내는, 지역에서 많은 인기를 얻고 있는 본격적인 피자입니다. '무알러지 피자'도 개발해 안심하고 안전하게 먹을 수 있는 것에도 심혈을 기울이고 있습니다.

#### 長崎で最も有名な老舗ピザショップ

素材から手ごねした生地に、チーズは欧州産の3種を独自ブレンド。ソースも全て手作りで、トッピングの食材も地元産を使用。オーダーを受けてから一枚一枚伸ばし、丹念に焼き上げる地元で大人気の本格ピザだ。『ノンアレルギーピザ』も開発し、安心・安全にもこだわっている。

### ZAC 【ザック】

3 - 19 - 1F Yahata-machi Nagasaki-city  
Tel / 095-828-7888



11:00~23:00 (Last Call: 22:30) open everyday  
MENU: fresh tomato'n mozzarella pizza (9") 1,570yen/Genovese pasta 980yen



For More Info



## Y4 Yakiniku MAP >>> P5-5

### The Steak Shop which Serves the Top “Nagasaki Beef” in Japan



juice, therefore, not diluted with water or milk. In addition, you can taste the richest rum raisins or organic fruits from the Amazon. What's more, the shop is fastidious about using fancy ingredients such as the chocolate fondant ice cream that top-notch chefs often love to use and Matcha ice cream that even Urasenke Sado Association pays close attention to. On top of that, they are also additive-free, kind to vegans and allergy-concerned. This is why they are the “ultimate sundaes.”

#### 吃到日本第一的「長崎和牛」の烤肉店

如果您的旅程包括長崎，一定要前來品嚐「長崎和牛」。這塊在食評會中被選為日本第一及擁有極細緻大理石紋的高級牛肉，若您咬一口，就會不得不被那柔軟口感和豐富肉汁的美味而暈倒。而且，他們對服務都很講究，不但選擇把米飯放在爐灶去烹煮的地道做法，甚至飯後提供免費甜點。另外，店內寬敞，而且具備有很多獨立空間，如果您想寬鬆地享受晚餐，可以說這間餐廳是最好的選擇。

#### 일본 제일의 '나가사키 와규(和牛)'를 먹을 수 있는 아키키루 전문점

나가사키에 왔다면 ‘나가사키 와규’를 반드시 체험해 보기를 권합니다. 품평회에서 일본 제일에 빛난 나가사키 와규는, 살코기와 비계의 밸런스가 절묘하고 부드러운 식감과 풍부한 육즙으로 맛보지 않고는 건널 수 없습니다. 거기에다가 술으로 지은 찹쌀을 곁들하고 있으며, 식후 서비스로 제공되는 디저트도 추천합니다. 가게 앞은 넓고 개별실도 많기 때문에 천천히 식사를 즐기고 싶을 때 이곳을 선택한다면 후회하지 않을 것입니다.



### Yakiniku Kakura 【焼肉かくら】

10 - 9 - 1F Douza-machi Nagasaki-city  
Tel / 095-823-0273



Lunch : 11:30~15:00  
Dinner : 17:00~23:00  
open everyday MENU: Nagasaki Wagyu Sirloin (à la carte) 2,380yen/Lunch Set 980yen~



## Y4 Cafe/Restaurant MAP >>> P5-8

### The First Parfait Shop that Created “the Most Delicious Parfait”

This so-called “First Parfait Shop in Japan” may appear quite simple on the outside but they are ready to serve you an ice cream cone which has the vanilla extract, branded as ‘the most delicious in the world’. The gelato is also made out of pure fruit juice, therefore, not diluted with water or milk. In addition, you can taste the richest rum raisins or organic fruits from the Amazon. What's more, the shop is fastidious about using fancy ingredients such as the chocolate fondant ice cream that top-notch chefs often love to use and Matcha ice cream that even Urasenke Sado Association pays close attention to. On top of that, they are also additive-free, kind to vegans and allergy-concerned. This is why they are the “ultimate parfaits.”



If you're up for lunch, “Ultimate Doria (gratin on rice) and gratin” is strongly recommended. No sooner will you encounter rich parmigiano “vaccarossa” produced from only 4 places in the world and Danish mozzarella than you will feel bliss. The white sauce is made from “grass-fed butter and milk” and this is also, of course, additive-free. We hope you will definitely feel how carefully this historic shop chooses the finest ingredients.

#### 「日本一美味しいパフェ」を生んだ、パフェ発祥のお店

「日本のパフェ発祥の店」と言われるこのお店のパフェは、見た目はシンプルだが、想像を超える美味しさだ。それもそのはず、「世界一美味しい」と言われるバニラエキスをソフトクリームに使用し、ジェラートは水や牛乳で薄めない果汁100%。他にも世界最高峰のラムレーズンや、アマゾン産の自然栽培フルーツ等を使用。さらにはトップバティシエ御用達のフォンダンショコラアイスクリームや裏千家御用達の抹茶アイスクリーム等、他にも一流の素材ばかりを贅沢に使用。更には無添加で、ヴィーガンやアレルギーにも対応している正に「究極のパフェ」なのだ。また、ランチで食べておきたいのは「究極のドリア&グラタン」だ。こちらは世界で4軒しか作っていない希少なバルミジャーノ「ヴァッケロッサ」と、デンマーク産のモッツアレラをたっぷり使用。ホワイトソースは「グラスフェッドバター&牛乳」で仕上げている逸品で、こちらも勿論「無添加」である。歴史あるお店だからこそ「素材へのこだわり」を是非感じて頂きたい。

#### 일본에서 가장 맛있는 파르페가 탄생한, 파르페의 원조 가게

### Parfait & Restaurant Hawaii【パフェ&レストラン ハワイ】

10 - 16 - 1F Dejima-machi Nagasaki-city  
Tel / 095-895-7102



11:30~17:00 closed Monday  
MENU: Amazon Fruits Parfait 1,000yen  
Today's Special Gratin Rice 1,080yen



## Y4 French MAP >>> P5-6

### Homey French Restaurant that Pays Close Attention to the Freshness

Bistro Pied de Porc is a restaurant run by such a nice husband and wife, which attracts a lot of people in town because of its comfortable and cozy vibe. You will surely get to enjoy the orthodox French with fresh seasonal seafood caught in the local waters. Fatty seasonal fish can be eaten either marinated or smoked, enjoying the meal with homemade sardine. You would be surprised by the good quality of fish in Nagasaki. Its affordability is also another charm of this restaurant.



#### 鮮度にこだわる 家庭的なフレンチレストラン

ここは、ご夫婦で切り盛りされている、家庭的な温かさが魅力の大人気フレンチレストランだ。鮮度にこだわった地元の旬な魚介類を使った純粋でオーソドックスなフレンチを頂くことができる。油がのった季節の魚をマリネや燻製で、また自家製オイルサーディンで食べて欲しい。きっと驚かすにはいられない筈だ。気取らずに手軽に頂ける価格も魅力である。



free rilette (patty) & baguette (dinner only)

### Bistro Pied de Porc 【ビストロピエ・ポー】

4 - 17 Kajiya-machi Nagasaki-city  
Tel / 095-829-3477



Lunch: 12:00~15:00 (Last Call: 14:00)  
Dinner: 18:00~22:00 (Last Call: 20:00)  
closed Monday  
MENU: Lunch menu 1,500yen~

Reservation Form



## Y4 Bar MAP >>> P5-9

### The Old Japanese-Style Shot Bar

Why not sit at a bar counter that is made out of rare solid wood while gazing at the traditional Japanese carvings at the transom as you tilt the antique baccarat glass? Bar Miura is one of the most popular bars in Nagasaki and it is also well-known among foreign visitors who want to appreciate “Wa” or “Japan”. Their selections include valuable Japanese whiskey, not to mention wide selections of rare foreign (“Yo”) liquors and cocktails with seasonal fruit. Bar Miura definitely is the bar representing Nagasaki where “Wa” and “Yo” are exquisitely harmonized.

#### 오래된 일본 가옥 스타일의 가볍게 마실 수 있는 바

원목을 통으로 사용한 카운터에 앉아, 일본 전통 조각의 교창을 바라보며 빈티지 바카라 잔을 기울입니다. 이곳은 나가사키에서도 손꼽히는 인기 바로, 일본 문화를 즐기고 싶은 외국인들 사이에서도 평판이 높습니다. 일본산 위스키를 시작으로, 진귀한 양주나 계절 과일을 사용한 각테일까지, 일본과 서양이 훌륭하게 조화를 이루고 있는 이곳은 나가사키를 대표하는 바에요를 틀렸습니다.

#### 古い日本家屋風のショットバー

貴重な無垢材を使った一枚板のカウンターに座り、日本伝統彫刻の欄間を眺めながらアンティークバカラを傾ける。ここは長崎でも指折りの人気バーで、和を愉しみたい外国人にも評判のバーだ。貴重な日本産のウイスキーをはじめ、珍しい洋酒や旬のフルーツを使用したカクテルまで、和と洋が見事に調和された、長崎を代表するバーである。



table charge of 800 yen is exempted

### Bar Miura 【Bar 三浦】

1 - 17 - 1F Kajiya-machi Nagasaki-city  
Tel / 095-827-1188



19:00~26:00  
Holidays: 19:00~24:00  
closed Sunday  
MENU: Japanese Whiskey 1,000yen  
Scotch Whiskey 800yen





**Y4 Syabu shabu** **MAP >>> P6-10**

**All-You-Can-Eat Japanese Beef and Pork Syabu-Syabu**









**和牛・國產牛・黒猪自助涮涮鍋**  
這間名店提供高級和牛・黒猪的涮涮鍋。「自助涮涮鍋」和「日本式牛肉自助火鍋」這些食譜簡直是供不應求。午餐時間的「天婦羅套餐」也是值得一嚐的一品。雖然從其建築的外表來看它保持日本傳統的風格、但是室內提供桌椅所以客人不用拖鞋。如果您願意拖鞋、當然可以在獨立空間坐在榻榻米上寬鬆地享受晚餐。

**와규, 일본산 소고기와 흑돼지 샤부샤부 무한리필 전문점**  
높은 질의 와규와 흑돼지를 샤부샤부로 먹을 수 있는 것으로 유명한 곳입니다. 샤부샤부와 스키야키 무한리필 메뉴가 인기입니다. 점심시간에 제공되는 덴푸라와젠(天婦羅御膳)도 추천하고 싶은 메뉴입니다. 일본 가족 풍으로 디자인되어 있지만 테이블석부터 다다미방까지, 다양하게 준비된 개별실에서 편안하게 식사를 즐길 수 있습니다.

**Kagari Ya [簞屋]**

2 - 23 - 1F Yorozuya-machi Nagasaki-city  
Tel / 095-823-3700 LUNCH:11:30~15:00 DINNER:17:00~23:00  
open everyday MENU:Suki-Shabu Buffet 3,900yen ※In this buffet, you can taste Sukiyaki and Shabu-Shabu in the special hot pot at the same time





**Y4 Udon** **MAP >>> P6-11**


**Nagasaki Udon: A Local-Rooted Flavor**

“Nagasaki Udon” has been loved locally by the people in Nagasaki - for a long time. The harmony between the soup/stock and the unique, round and thin squishy noodles will exquisitely satisfy your palate.

**滿足當地萬人胃口的「長崎烏冬面」**  
長崎人愛吃這烏冬面已經很久。又幼細又圓又有彈性的獨特的麵和湯在碗裡融合在一起、風味絕佳、令人感嘆不已。



**고장에 부리를 든 맛 '나가사키 우동(長崎うどん)'**  
오랜 세월을 걸쳐 고장에서 사랑받아온 '나가사키 우동', 얇고 둥글며 쫄깃한 식감이 독특한 면과 부드럽게 감싸주는 육수와의 조화는 가히 일품입니다.





**地元根付いた味「長崎うどん」**  
長きに渡り地元に愛された「長崎うどん」。独特の細くて丸くて歯切れ良い麺を、優しく包んでいるお出汁との相性は正に絶品です。



1 soft drink free of charge

**Kisuke Udon [喜助うどん]**  
5 - 15 Shindaiku-machi Nagasaki-city  
Tel / 095-825-9745 11:00~22:00 Fri-Sat:11:00~24:00 open everyday  
MENU:Udon/Soba with Beef Topping 680yen  
Zaru Soba with Assorted Tempura 850yen






**Relaxation** **MAP >>> P6-12**

**Asian Healing Salon that Heals both Physical and Mental Fatigue**

Aromatherapy Body Massage: The deliberately selected “Essential Oils” expedites the flows of the lymph fluid and squeezes the excessive amount of moisture in your body. By stimulating the deep tissue underneath the skin, it will exquisitely relax your fatigued body from the trip, and you will surely feel the sound energy accumulating in both your mind and body. ※Women Only



**「心と身体を解きほぐすアジアヒーリングサロン」**  
「世界一さもちいいマッサージ」と呼ばれるタイ古式マッサージの専門店。五感全てで癒しを感じるサロン内は個室で洗練されたアジア空間。旅で疲れた身体を指圧と全身ストレッチでほぐしてくれます。





腳底按摩:用精油和木棍刺激廢物最容易堆積的腳底、促進全身血液循環、同時亦可以消除旅途中的疲勞、紓緩身心所有壓力、讓您一身舒暢。



Aroma foot bath free

**anahata healing salon**  
【アナハタヒーリングサロン】  
6 - 40 - 2F Yorozuya-machi Nagasaki-city  
Tel / 095-827-2500 11:00~20:00 open everyday  
MENU:Aroma Body Therapy 5,500yen(60 minutes)~  
Foot Massage 2,500yen(30 minutes)~





**Feel Free to Ask Us!!**

This paper serves you to make your trip more enjoyable and meaningful. Feel free to ask if you want to know more about Nagasaki, the local shops/restaurants, and our paper or if you are in trouble. Scan the QR code now! We are ready to serve you.



Scan here to check out the restaurants and shops on Google Maps.



Also please have a look at our latest updates! ↓






**Rental kimono** **MAP >>> P6-13**

**“Easy Kimono” in 5 Minutes**

In a facility in “Dejima”, there is a unique kimono rental shop where you can change into a kimono in just 5 minutes but with a reasonable pricing. Without breaking a sweat, the kimono kitsuke(wearing) and your hair arrangement will be over and gee whiz, you’ll find yourself a far east beauty.

This shop offers you various outing plans for you to enjoy your days in Nagasaki wearing this comfy “Easy Kimono” such as roaming around Dejima, taking memorial pictures, strolling the Glover Garden area, and dropping by a nicely located café, and so forth.

**只要五分鐘就可以完成的「簡單和服」**



在「出島」的設施內、五分鐘就可以穿好價錢便宜的和服體驗店。從豐富多彩的和服中可以選擇自己喜歡的圖案、從穿衣到和服、讓你可以變身成為和服美人。穿著這件輕鬆「簡單和服」、在出島悠閒拍攝紀念照片、或是哥拉巴花園散步、或是從位置不錯的咖啡廳一覽長崎的景色等、為您準備可以盡情享受長崎的豐富多彩的方案。

**5분이면 입을 수 있는 ‘간단 기모노’**

테지마(出島)의 시설 내부에 5분 만에 기모노를 입어볼 수 있는 합리적인 가격의 기모노 체험 전문점이 있습니다. 색색의 기모노 사이에서 마음에 드는 무늬를 고르면 입는 것부터 머리 장식까지, 눈 깜짝할 새 아름다운 기모노 모습으로 변신시켜 줍니다. 착용감이 편안한 ‘간단 기모노’를 차려 입고 테지마를 산책하거나 기념사진을 찍고, 또 구라바엔(グラバー園)산책과 멋진 카페에서 휴식을 취하며 나가사키를 만끽할 수 있는 체험 코스로 다수 준비되어 있습니다.

**5分で着れる「カンタン着物」**

「出島」の施設内に、5分で着付けができ、リーズナブルに着物体験ができるお店があります。色とりどりの着物から、好きな柄をお選び頂き、着付けからヘアアレンジまで、アツという間に和服美人に大変身してくれます。着心地が楽チンな「カンタン着物」を身にまとい「出島」を散策・記念撮影をしたり、またグラバー園散策や素敵なカフェで寛げたりと長崎を満喫できる体験コースも多数準備されています。

**Nagasaki Haikara san [長崎はいからさん]**



6 - 1 Dejima-machi Nagasaki-city  
Tel / 090-6293-3658  
10:00~18:00 (Last Call : 16:30) open everyday  
MENU:1-hr Kimono rental w/ hair 2,000yen  
3-hr Kimono rental w/ hair 3,000yen







# Experience Nagasaki!

## With Hands-On Tours

### Experience Morning Chanting and Porridge at Temple

You can experience the solemn “morning duties” at the temple with a long and honorable history which is rarely open to public. You can also taste the “porridge” the monks have for breakfast every day.

**Meeting Time:** 7A.M.  
**Meeting Point:** In front of the bank near “Shianbashi” Tram Station  
**Finishing Time:** 8:30A.M. (Break up on the spot)  
**Fee:** 4000 Japanese Yen per person  
**Reservation:** Good for 5 or more people if interpretation needed  
If not needed, good for 2 or more  
**Due on the morning of the previous day**



### Cook “Japanese Cuisine” You Can Recreate Back Home

In this course, you can learn how to cook traditional “Japanese cuisine” using the spices affordable in your country and using the real ingredients.

**Meeting Time:** 11:30A.M.  
**Meeting Point:** In front of the information center at Nagasaki Station  
**Finishing Time:** 1:30P.M. (Break up at the meeting point)  
**Fee:** 4000 Japanese Yen per person  
**Reservation:** Good for 5 or more people if interpretation needed  
If not needed, good for 2 or more  
**Due on the morning of the previous day**



### Experience Kimono and Enjoy Café at Heritage Site

How about enjoying café wearing Japanese kimono in “Dejima” where foreigners used to reside 400 years ago? You can spend relaxing time wearing the not tight but surprisingly comfortable kimono.

**Meeting Time:** Any time from 10A.M. to 4:30PM  
**Meeting Point:** At Dejima Omote-Mon-Bashi (Front Gate Bridge)  
**Finishing Time:** This course takes one hour.  
**Fee:** 4000 Japanese Yen per person  
**Reservation:** Good for 5 or more people if interpretation needed  
If not needed, good for one or more  
**Due on the very day of the event**





※Please pay the attendance fee in Japanese Yen at the meeting point.  
※There might be the case when we are not able to accept your reservation depending on the availability of the booking.

**Scan here to apply!**



Food/Gift MAP >>> P7-14

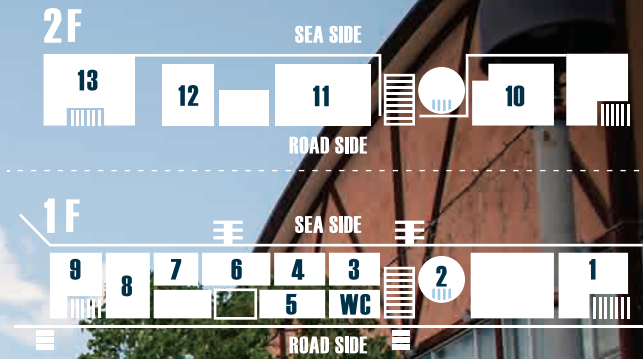
# Nagasaki Dejima Wharf

Located very close to the Dejima Dutch Trading House, Nagasaki Dejima Wharf is a water-front commercial facility, facing Nagasaki port. There are 13 distinct cafes and restaurants that allow you to spend a relaxing cafetime at the terrace seat, overlooking Nagasaki's beautiful port. You can enjoy different scenes at different time of the day. Why not enjoy seasonal seafood with wine or beer? This is the space you'll love to spend all day long relaxing.

位於出島和蘭商館跡的旁邊、面向長崎港的海濱商業設施。整齊排列著13間個性化店家、可以邊眺望著美麗的海港風光並在露天座位度過咖啡時光。在早上中午晚上都有著不同風光的這裡品嚐著季節海鮮搭配著葡萄酒或啤酒、不管什麼時候都會令人想待在這令人愉快的地方。

데지마 네덜란드 상관터(出島和蘭商館跡) 바로 근처의, 나가사키항을 마주한 부둣가에 위치해 있는 상업 시설입니다. 13개의 개성 있는 상점들이 나란히 늘어서 있고, 나가사키의 아름다운 항구가 내려다보이는 테라스에서 느긋하게 카페타임을 보낼 수가 있습니다. 아침, 낮, 밤으로 시시각각 달라지는 풍경을 즐길 수 있는 이곳은 나가사키 제철 해산물과 함께 와인, 맥주를 손에 들고 언제까지고 머물고 싶은 아늑한 공간입니다.

出島和蘭商館跡のすぐそばにある、長崎港に面したウォーターフロント商業施設。13の個性あふれる店舗が軒を並べ、長崎の美しい港を眺めながら過ごすテラス席でのカフェタイムは、ゆったりとした時間を過ごすことができます。朝昼夜で違うシーンを味わえるここは、長崎の旬な魚介類を食べながら、ワインやビールを片手に、いつまでもいたくなる、心地よい空間です。



1 - 1 Dejima-machi Nagasaki-city

## 1F-1 Nagasakiko (The Japanese Seafood Restaurant)

An izakaya bar (tavern) specializing in seafood. Seafood straight from their fish tank is prepared for you with various menu to choose from. The seafood bowls are especially popular. 海鮮専門の居酒屋。將正在魚池游泳的魚類直接現場料理。菜單也非常豐富、特別是丼飯類擁有極大人氣。

海産物を 전문으로 하는 이자카야(居酒屋)입니다. 수조에서 해업치고 있는 해산물을 그 자리에서 바로 잡아 조리해 줍니다. 메뉴도 다양하며 특히 덮밥류가 인기입니다.

海鮮専門の居酒屋。いけすで泳ぐ魚介類をその場で調理。メニューも豊富で特に丼物が大人気。

TEL:095-811-1677



## 1F-3 Chinese dish Red Lantern

This Chinese restaurant is also very popular among women. Because they serve not only soul food like Champon, but also "bihada yakuzen nishoku hoko" (beauty skin medicinal herb hotpot), which is one of their most popular menu.

在女性之間也極大人氣的中華料理店。有強棒麵等等的靈魂食物、但是美肌藥膳二色火鍋是這裡的人氣菜單。

여성들에게 큰 인기를 얻고 있는 중국요리 전문점입니다. 나가사키의 소울푸드인 찜뽕은 물론, 피부 미용에 좋은 약선 뽕국도 이곳의 인기 메뉴입니다.

女性にも大人気の中華料理店。ちゃんぽん等のソウルフードもだが美肌薬膳二色火鍋は人気メニュー。

TEL:095-828-0475



## 1F-2 Gelato shop IL MARE

How about having Italian Gelato at the special seat next to the sea? Light meals like hot dogs and other sandwiches are also available.

在海邊的特等席上用著義式冰淇淋如何？這裡也有提供美式熱狗堡和三明治等輕食。

바닷가의 특등석에 앉아 이탈리아 젤라토를 맛보는 건 어떠세요? 핫도그, 샌드위치 등의 가벼운 식사도 제공하고 있습니다.

海辺の特等席でイタリアンジェラードはいかがですか？ホットドッグやサンドイッチ等の軽食も頂けます。

TEL:095-826-1653



## 1F-9 Delicious Restaurant Attic

Homemade dough for their pizza, pasta and the soul food Toruko Rice are high in favor at this restaurant. "Ryoma Cappuccino" using the specialty coffee is also very popular!

完全自家製の披薩、義大利麵等靈魂食物的土耳其飯有極大人氣。也可以在這裡享受優雅的精品咖啡時光。

수제 도우로 만든 피자, 파스타, 도루코라이스(トルコライス) 등이 큰 인기를 얻고 있습니다. 스페셜리티 커피를 즐기며 여유로운 티타임도 가져 보시길 바랍니다.

自家製生地のピッツァ、パスタやソウルフードのトルコライス等が大人気。スペシャルティコーヒーで優雅なカフェタイムも。

TEL:095-820-2366



## 1F-3 Trattoria Bar Saltare

A casual Italian bar for cool adults. All their dishes, from appetizer to raw pasta, are the owner's specialties. How about having affordable wine that goes along with it?

大人の義大利風休閒酒吧。從前菜到義大利麵全都很講究的料理與最適合的葡萄酒一起用餐吧。

어른스러운 분위기의 캐주얼 이탈리아 바입니다. 전채부터 생면 파스타까지 정성을 들인 요리와 적당한 가격대의 와인을 함께 즐겨보세요.

大人のカジュアルイタリアンバー。前菜から生パスタまでこだわりの料理をお手頃なパスタワインと一緒にどうぞ。

TEL:095-823-3990



## 2F-10 Dejima Terrace

On Thursday, Friday and Saturday, you can enjoy a live band with a glass of wine. This is an Italian cafe & dining bar. Its steak is also highly in demand.

可以在星期四、五、六的晚上快樂的邊喝著葡萄酒邊聽演唱會的義式咖啡餐廳酒吧、這裡的牛排也有極大人氣。

목, 금, 토요일 밤에는 와인잔을 한 손에 들고 라이브 공연을 즐길 수 있는 이탈리아 카페 다이닝 바입니다. 스테이크도 인기 메뉴입니다.

木金土曜日の夜はワイン片手にライブも楽しめるイタリアンカフェダイニングバー。ステーキも大人気。

TEL:095-824-9293



## 1F-4 ATTIC COFFEE SECOND

The specialty coffee shop. Enjoy our food that goes very well with our carefully selected coffee. Also, there are a whole bunch of sweets on the menu to choose from.

這是一家可以令你輕鬆前往的精品咖啡外帶專門店、出島咖啡蜂蜜蛋糕也擁有大人氣。

스페셜리티 커피를 사용하고 있는 테이크아웃 커피 전문점입니다. '데지마 커피 카스테라(出島珈琲カステラ)'도 인기 메뉴입니다.

気軽に立ち寄れるスペシャルティコーヒーを使用したテイクアウト専門店。出島珈琲カステラも大人気。

TEL:095-820-2366



## 2F-11 Bayside Restaurant Dragon World

Light, sound and green are the theme of this multi-purpose restaurant. Lots of drink to choose from and max volume steaks are very popular.

以燈光/音樂/綠色為主題的多目的餐廳。豐富的飲料菜單與份量滿點的牛排擁有極大人氣。

빛, 소리, 초록을 테마로 한 다목적 레스토랑입니다. 다양한 음료 메뉴와 푸짐한 양의 스테이크 등이 인기입니다.

光 / 音 / 緑をテーマにした多目的レストラン。豊富などリンクメニューやボリューム満点なステーキなど大人気。

TEL:095-820-8005



## 1F-5 Outdoor shop native green

An authorized distributor of many outdoor brands, such as Patagonia, are on sale.

販賣著Patagonia等為數眾多的戶外用品店的正規代理店。

Patagonia' 등 다양한 아웃도어 브랜드를 판매하고 있는 정규 대리점입니다.

Patagonia など、数多くのアウトドアブランドを正規代理店として販売しております。

TEL:095-827-1840



## 2F-12 R-10 special room Precious

This restaurant most boasts about the paella lavishly loaded with seafood caught in Nagasaki.

這間店最推薦的是奢侈地添加長崎產海味的西班牙海鮮飯。

저의 가게에서 제일 추천하는 음식은 나가사키의 어개류가 많이 넣은 빠에야입니다

長崎の魚介をふんだんに盛り込んだバエリアは、当店一番のお勧めです。

TEL:095-824-6615



## 1F-6 Bayside Restaurant & Bar R-10

Various kinds of meat and fish dish are the brag of the restaurant.

以擁有豐富的肉類料理和魚類料理為自豪的餐廳酒吧、飲料類也一應俱全。

다양한 고기 요리와 생선 요리를 자랑하는 레스토랑 바입니다. 다양한 종류의 음료도 구비하고 있습니다.

豊富な肉料理・魚介料理が自慢のレストランバー。ドリンク類も豊富に取り揃えております。

TEL:095-824-6615



## 1F-7 NAGASAKI DEJIMA HARBOR

Yacht Harbor right in front of the terrace of Dejima area. Enjoy the illumination during the event.

玻璃窗外設置遊艇停泊處、在活動期間遊艇會裝飾各種燈飾。

테라스 바로 앞에는 요트가 정박해 있는 항구가 있습니다. 이벤트 개최 기간에는 일루미네이션 등으로 장식한 요트를 볼 수 있습니다.

テラスの目の前に設置されたヨットハーバー。イベント期間中はヨットにイルミネーション等の飾りつけも。

TEL:095-818-2370



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### Nagasaki Tram Pass

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