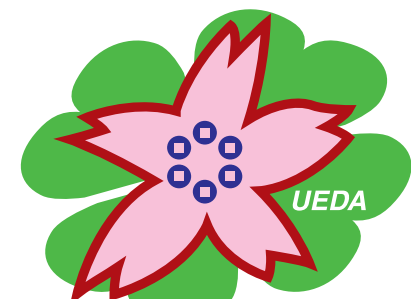




共同编织明天, 共同构筑上田

坐落在日本正中央的上田市。在蔚蓝的晴空下, 绿色富饶的大自然舒展的城市。
从很久以前开始作为信州的政治、文化中心, 书写了历史的城市。昔日作为「蚕都城」而昌盛。
现在也持续发挥新技术的城市。一直到现在, 将来也会共同编织明天, 共同构筑上田。



The Ueda city emblem

The four-leaved clover in the background represents the harmonious merger of the four earlier municipalities, the cherry blossoms represent the people of Ueda as they march positively and energetically into the future, the flower center in the middle is based on the image of family crest of the Sanada clan, and the overall image is intended to represent the natural environment of the newly reborn Ueda City and the city's lively passage into the future.

上田市徽章

背景中四叶的三叶草, 代表合并的4市镇村, 樱花代表积极向前向上田市民的英姿, 中央花心代表排列的真田六文钱, 整体表现着对新生上田市的自然和充满生气的未来发展。



Position and topography

Ueda City is located in the east of Nagano Prefecture almost at the virtual center of Japan. The River Chikuma, one of Japan's main rivers, flows through the center of the city, to the north are the Sugadaira Heights, which is designated as the Joshin'etsu Heights National Park, and to the south are the Utakushi-ga-hara Heights, which is designated as the Yatsugadake Chushin Heights National Park. The area is thus surrounded by mountains around 2,000 meters in height in a beautiful natural environment nurtured by woods, hills and streams. The municipality extends approximately 31 km from east to west and 37 km from north to south over an area of 552 square kilometers. The urban zone and villages are situated over the plain land and hilly regions that extend along the banks of rivers. The maximum annual temperature in the basin area is around 35°C and the minimum temperature goes down to around minus 10°C. There are thus enormous differences in temperature between day and night and between summer and winter. There is a high rate of cloudless skies, and average rainfall, at around 900 mm a year, is among the lowest in Japan.

位置与地势

大体上位于日本中央, 长野县东部的上田市, 日本第一大河-千曲川流过中央。北是被指定为上信越高原国立公园的菅平高原, 南是被指定为八岳中信高原国立公园的美原高原和2,000m级的群山包围的, 绿色溢出的森林-里山和被清流哺育的自然丰富的地域。东西约31km, 南北约37km, 面积552平方公里。沿河广阔的平地丘陵地带形成了市区及村落, 盆地部分的年最高气温35°C左右, 最低气温零下10°C左右, 昼夜-冬季的寒暑差很大, 又因晴天率高, 年平均雨量约900mm在全国也是屈指可数的少雨地带。



Life in Ueda City as seen in pictures

从图表看上田市生活

Births●出生	Deaths●死亡	Persons moving into the municipality●迁入	Persons moving out of the municipality●迁出
1,434 persons in 2005 (Basic Resident Register) + 365 days 2005年度・1,434人(社会人口登记表)/365日 1日3.9人 per day	1,506 deaths in 2005 (Basic Resident Register) + 365 days 2005年度・1,506人(社会人口登记表)/365日 1日4.1人 per day	5,344 persons in 2005 (Basic Resident Register) + 365 days 2005年度・5,344人(社会人口登记表)/365日 1日14.6人 per day	5,363 persons in 2005 (Basic Resident Register) + 365 days 2005年度・5,363人(社会人口登记表)/365日 1日14.7人 per day
Families●家族	Marriages●结婚	Divorces●离婚	Foreigners●外国人
Population of 161,625 as of January 1, 2007 (+61,146 households (Basic Resident Register)) 2007年1月1日現在・人口161,625人/61,146户人家(社会人口登记表) 1户2.6人 (people per household)	955 marriages (number of marriage notifications presented to the Ueda City authorities) in 2006 + 365 days 2006年・955件(上田市的婚姻登记表)/365日 1日2.6件 (per day)	322 divorces (number of divorce notifications presented to the Ueda City authorities) in 2006 + 365 days 2006年・322件(上田市的离婚登记表)/365日 1日0.9件 (per day)	Population of 161,625 as of January 1, 2007 (Basic Resident Register) + 6,093 (registered foreign residents) + 6,093 (registered foreign residents) as of January 1, 2007 2007年1月1日現在・161,625人(社会人口登记表)+6,093人(外国人登记)/2007年1月1日現在・6,093人(外国人登记) 27.5人 (有1人 in the population)
Population on electoral roll●有选举权者	Employees●职员	City council members●市议会议员	Fire service personnel●消防队员
130,436 voters as of December 1, 2006 (materials of the Electoral Management Committee) + 61,125 households as of December 1, 2006 (Basic Resident Register) 2006年12月1日現在・130,436人(选举管理委员资料)/2006年12月1日現在・61,125户(社会人口登记表) 1户2.1人 (persons per household)	Population of 161,625 as of January 1, 2007 (Basic Resident Register) + 1,441 employees as of January 1, 2007 (materials of the Administration Division) 2007年1月1日現在・人口161,625人(社会人口登记表)/2007年1月1日現在・职员数1,441人(总务科资料) 112.2人 (有1人 of population)	Population of 161,625 as of January 1, 2007 (Basic Resident Register) + 34 council members as of January 1, 2007 (materials of the Administration Division) 2007年1月1日現在・人口161,625人(社会人口登记表)/2007年1月1日現在・议员数34人 4,753.7人 (有1人 of population)	Population of 161,625 as of January 1, 2007 (Basic Resident Register) + 2,414 personnel of the Fire Service Administration Division 2007年1月1日現在・人口161,625人(社会人口登记表)+2,414人(消防总务科资料) 67.0人 (有1人 of population)
Fires●火灾	Emergency call-outs●紧急出动	Traffic accidents●交通事故	Motor vehicles●汽车
365 days + 62 fires in 2006 (materials of the Fire Service Administration Division) + 365 days 2006年上田广域管辖范围内・7,826件(消防总务科资料)/365日 5.9日1件 (days)	7,826 call-outs throughout the municipality of Ueda in 2006 (materials of the Fire Service Administration Division) + 365 days 2006年上田广域管辖范围内・7,826件(消防总务科资料)/365日 1日21.4件 (call-outs per day)	1,085 accidents involving physical injury in 2006 (materials of the Consumer and Environmental Protection Division) + 365 days 2006年上田广域管辖范围内・1,085件(生活环境科资料)/365日 1日3.0件 (accidents per day)	133,411 vehicles as of March 31, 2006 (materials of the Nagano Transportation Branch Office of the Hokuriku Shin'etsu District Transport Bureau and the Nagano Prefecture Light Motor Vehicle Association) + 60,608 households as of April 1, 2006 (Basic Resident Register) 2006年3月31日現在・133,411台(北陆信越运输局长野运输分局・长野县小型汽车协会资料)/2006年4月1日現在・60,608户(社会人口登记表) 1户2.2台 (vehicles per household)
Waste●垃圾	Expenditure by the municipality (settled accounts)●市的支出(决算额)	Municipal taxes (settled accounts)●市税(决算额)	Certification of long-term care need●需要看护资格认定
57,039 tons in 2005 (materials of the Waste and Recycling Department) + Population of 161,461 as of April 1, 2006 (Basic Resident Register) 2005年度・57,039吨(废弃物对策科资料)/2006年4月1日現在・161,461人(社会人口登记表) 1人0.35吨 (tons per person)	59,088,060,000 general accounts for 2005 (materials of the Financial Administration Department) + Population of 161,461 as of April 1, 2006 (Basic Resident Register) 2005年度一般会计・590亿8,806万日元(财政科资料)/2006年4月1日現在・161,461人(社会人口登记表) 1人¥366,000日元 (per person)	21,245,360,000 in 2005 (materials of the Financial Administration Department) + Population of 161,461 as of April 1, 2006 (Basic Resident Register) 2005年度・212亿4,536万日元(财政科资料)/2006年4月1日現在・161,461人(社会人口登记表) 1人¥132,000日元 (per person)	Population of 161,625 as of January 1, 2007 (Basic Resident Register) + 6,908 persons as of January 1, 2007 (materials of the Department of Care for the Elderly) 2007年1月1日現在・人口161,625人(社会人口登记表)/2007年1月1日現在・6,908人(高齢者看护科资料) 23.4人 (有1人 of population)

● Figures for 2005 and 2006 are totals for before and after merger.
● The materials were gathered from government or public authorities and departments within the local council office. The source of the materials is shown in each table.
● 2005年度・2006年的数值, 共计了合并前和合并后的数值。
● 资料是从官公署、厅内各科收集, 在各表上表示着资料的出处。

Working together to build a better tomorrow, working together to build a new Ueda
Date of publication: March 2007
Published by: Ueda City, Nagano Prefecture
Address: 11-16 Ote 1-chome, Ueda-shi, Nagano Prefecture 386-8601
Tel: 0268-22-4100 (switchboard) Fax: 0268-25-4100 (switchboard)
http://www.city.ueda.nagano.jp
Website: http://www.city.ueda.nagano.jp
Edited by: Secretariat Section, General Affairs Department, Ueda City
Produced by: Gyosei Corporation.
Printed by: Taguchi Printing Co., Ltd.

共同编织明天, 共同构筑上田
发行日期: 平成19年3月发行
长野县上田市
邮编: 386-8601
长野县上田市大手一丁目11番16号
tel.0268-22-4100(总机) fax.0268-25-4100(总机)
http://www.city.ueda.nagano.jp
编辑: 上田市总务部秘书科
制作: 株式会社ぎょうせい
印刷: 田口印刷株式会社



ともに紡ぐ明日、ともに築く上田

日本のまん中から広がる輝き

ともに築く上田

Ueda City Municipal Overview

上田市况要览



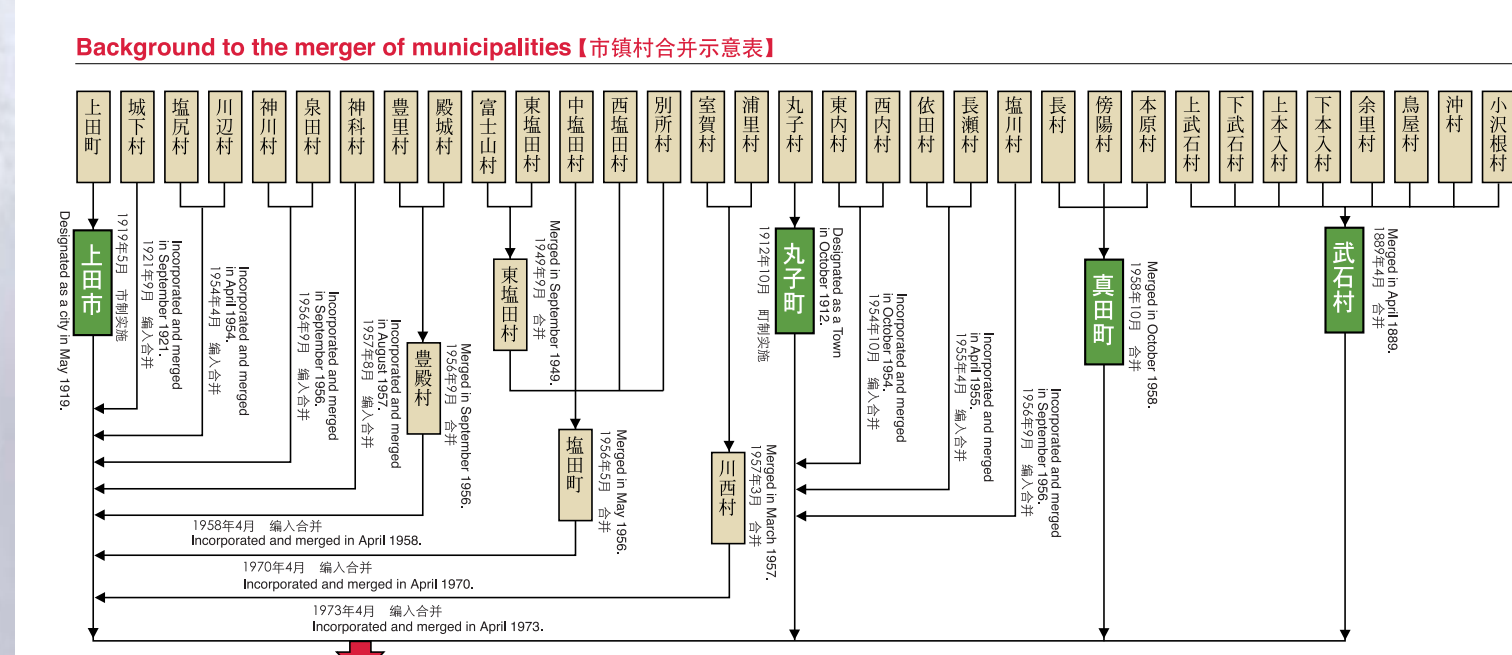
共同编织明天, 共同构筑上田

从日本正中心向四方传播的光辉



Working together to build a better tomorrow, working together to build a new Ueda

Situated at the very heart of Japan, Ueda is a place where the splendors of nature reveal themselves under brilliant blue skies. Since ancient times Ueda has occupied a key political and cultural position in Shinshu. In early times it flourished as a center for silk production, and today it continues to serve as a base for new technology. Ueda will continue in the future to be a community forged together and developing through the joint efforts of its residents.



Birth of the new city of Ueda through the merger of four municipalities on March 6, 2006
2006年3月6日, 4市镇村合并
新生"上田市"诞生



Signing of merger agreement on February 18, 2005. 合并协定签字仪式(2005年2月18日)
Ceremony to mark the start of the new city on March 6, 2006. 开市式(2006年3月6日)
Ceremony to commemorate the start of the reborn Ueda City on August 19, 2006. 新生"上田市"出发纪念仪式(2006年8月19日)

Ueda City Data File
上田市のデータ資料

The order for the prefecture is the order among the 81 municipalities after merger. Numbers other than basic school surveys are simple totals for the former four municipalities. 县内名次, 县合并前的各市町村的名次, 学校基本调查以外的数值, 旧4市镇村的单纯共计

Total area of 552 square kilometers, sixth largest municipality in the prefecture
●总面积552平方公里, 县内名次6位

Population of 163,651, third largest in the prefecture as of October 1, 2005 (national census)
●人口163,651人, 县内名次3位, 2005年10月1日现在(国势调查)

59,858 households, third largest number in the prefecture as of October 1, 2005 (national census)
●户数59,858户, 县内名次3位, 2005年10月1日现在(国势调查)

5,776 persons involved in agriculture, fifth largest number in the prefecture as of February 1, 2005 (agricultural and forestry census)
●农业人口5,776人, 县内名次5位, 2005年2月1日现在(农林业人口普查)

Agricultural production valued at ¥9.9 billion, seventh largest number in the prefecture as of October 1, 2005 (productive agricultural income statistics)
●农业生产额9.9亿日元, 县内名次7位, 2005年10月1日现在(生产农业所得统计)

19,408 persons engaged in manufacturing industries, second largest number in the prefecture according to industrial statistics for 2004
●制造业就业人数19,408人, 县内名次2位, 2004年度工业统计

Manufacturing shipments valued at ¥592.5 billion, second largest number in the prefecture according to industrial statistics for 2004
●制造业出货额等5,925亿日元, 县内名次2位, 2004年度工业统计

14,134 persons engaged in commercial occupations, third largest number in the prefecture according to commercial statistics for 2004
●商业就业人数14,134人, 县内名次3位, 2004年度商业统计

Annual product sales valued at ¥422.4 billion, third largest number in the prefecture according to commercial statistics for 2004
●年商品销售额4,224亿日元, 县内名次3位, 2004年度商业统计

9,608 primary school pupils, third largest number in the prefecture as of May 1, 2006 (basic school survey)
●小学儿童数9,608人, 县内名次3位, 2006年5月1日现在(学校基本调查)

5,015 junior high school pupils, third largest number in the prefecture as of May 1, 2006 (basic school survey)
●初级中学学生数5,015人, 县内名次3位, 2006年5月1日现在(学校基本调查)

Meteorological Data
气象数据
Reference: Meteorological Office, Meteorological Work Support Center, average values for the period between 1971 and 2000, 551 locations
参考: 气象庁・气象业务支援中心1971-2000年的常数值, 551地点

Sunlight hours: 1,993.5 hours, 37th ranking
●日照时间的长度1,993.5小时37位

Low rainfall: 864.8 mm, 5th ranking
●降雨量少864.8mm, 5位

Ease of living ranking
住得舒服排列次序
Toyo Keizai Shinpo-sha, Urban Data Pack 2006 Edition, 780 cities
东洋经济新报社・城市数据2006年版780城市

General assessment of ease of living: 198th position
(1st position Fukui City, Fukui Prefecture, 24th position Komagane City)
●住得舒服的综合评价198位, (1位・福井县福井市, 24位・驹根市)

1. Peace of mind: 248th position
1・放心度248位

2. Convenience: 151st position
2・便利度151位

3. Comfort: 297th position
3・舒适度297位

4. Prosperity: 357th position
4・富裕度357位

5. Housing level: 463rd position
5・住所水准充实度463位

National financial administration ranking
财政全国排列次序
Nihon Keizai Shinbun, Annual Report on Urban Financial Administration throughout Japan (FY2005 settlement), 777 cities
日本经济新闻社・全国城市财政年报(2005年度決算)777城市

Effective balance ratio 8.21%, 88th position
(1st position Katzu City, Gifu Prefecture, 58th position Suwa City)
●实质收支比率8.21%, 88位, (1位・岐阜县高山市, 58位・諏访市)

Internal funds ratio 54.47%, 274th position
(1st position Kariya City, Aichi Prefecture, 109th position Suwa City)
●自主财源比率54.47%, 274位, (1位・爱知县刈谷市, 109位・諏访市)

Personnel costs ratio 17.66%, 145th position
(1st position Awaji City, Hyogo Prefecture, 13th position Iyama City)
●人事费比率17.66%, 145位, (1位・兵库县淡路市, 13位・饭山市)

Bond flotation limit ratio 11.1%, 386th position
(1st position Omeazaki City, Shizuoka Prefecture, 35th position Komoro City)
●募集贷款限制比率11.1%, 386位, (1位・静冈县御前崎市, 35位・小诸市)

Computerization of the city office
市政府的信息化
Nikkei BP Co., Nikkei Personal Computer e-City Ranking, Survey for 2006, 1613 municipalities
日经BP公司, 日经个人电脑e-城市排列次序2006年度调查, 1613自治团体

Progress of computerization:
9th position (1st position Nishinomiyama City, Hyogo Prefecture, 10th position Chino City)
●信息化发展度9位, (1位・兵库县西宫市, 10位・甲野市)

Creating a radiant, beautiful Ueda with "I love Ueda" as the motto.

Ueda is the capital of eastern Shinshu, a city located in a beautiful natural environment with a varied culture nurtured by history and tradition. Our home town, Ueda, a city blessed with rich resources and industry and full of wonderful attractions and vitality. The main players in creating the community are the local residents. A new era for Ueda is now being built.


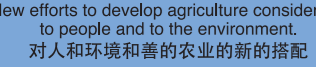
把"I Love UEDA"做为对口令,走向"闪光的上田·美丽的上田"

被美丽的大自然所拥抱,被历史和传统所培育,各种文化灿烂的东信州之都·上田市。受惠于丰富的资源和产业,充满了令人赞叹的魅力和活力,我们的乡土·上田市。城市建设的主角,是住在这里的人们。上田新时代的城市建设开始了。

I Love UEDA 1
Agricultural produce born out of a fertile soil
富饶的土壤产出的作物

Ueda is fortunate to receive plentiful sunlight. It also has one of the lowest rates of rainfall anywhere in Japan. A rich supply of agricultural produce emerges from out of this unique climate and fertile soil. Cultivation of fresh highland vegetables such as lettuce flourishes on the Sugadaira Heights in the north of the municipality. Much interest is being shown in agriculture based on consideration to people and the environment, and Ueda has gained a reputation at the forefront of the movement toward local consumption of local produce.


受惠于充足的日照量,在全国也有数的少雨地带之一的上田市。因它独特的气候和肥沃的土壤,成为众多农作物的产地。北部的菅平高原,高茎等新鲜的高原蔬菜的栽培非常兴盛。追求对人与环境和善的农业,还以自产自销的先地而广为人知。

I Love UEDA 2
From a center of silk production to a center of industrial production
从蚕都城到制造业之城

Ueda once prospered as a center of silk production. The energy that was formerly directed toward the production of silk is now channeled toward industrial production, and Ueda currently plays a leading role in the regional economy as one of the prefecture's major industrial centers.

昔日上田作为蚕都城极尽繁荣,构筑了蚕都城的能量,在现代的工业也一脉相承,作为县内屈指可数的工业集中地领导着地域经济。



I Love UEDA 3
Trading with a warm, smiling face
温暖地交换笑容的商业

The commercial area of the city still retains many place names that evoke the era long ago when the city was a castle town. The area around Ueda Station has come into being as the new face of the city. It flourished in olden times as an important center for commercial exchange and it currently plays a role as one of the main commercial centers in the eastern part of the prefecture.

至今保留着城下町之名的商业街,作为新上田的象征而建设的上田站周边市区,向来是商业昌盛,担负着县东部核心的商都机能。



I Love UEDA 4
Conveying the attractions of our home community to as many people as possible
将故乡的魅力展现给更多的人

Ueda is blessed with many outstanding and distinctive tourism resources. These include historical sites full of the romance of the past such as Shiodadaira, known as the Kamakura of Shinshu, and the remains of Ueda Castle, the stronghold of the Sanada clan. Wonderful natural sites include the Utsukushi-gahara Heights and Sugadaira Heights and many historic hot-spring resorts. Ueda is visited annually by as many four million tourists.


信州的鎌仓·盐田平和真田氏紧密联系着的上田城址等历史传奇飘浮的许多史迹,美原高原和菅平高原代表的雄伟的自然,有情趣的温泉等,上田市受惠于独特的旅游资源,迎接每年400万人的游客。



I Love UEDA 5
A repository of new wisdom and power
担负着新的智慧和力量

Links between the industrial, academic and public sectors have become a major focus of attention in Ueda. The city is home to four universities and junior colleges and has a student population of around 5,000. A special facility for supporting cooperation between the industrial, academic and public sectors was set up inside the building occupied by the Textiles Faculty at Shinshu University in 2004. New products and technical development are under way through joint research conducted by local companies and universities. The power of the young can be felt both in research and development activities and in their community-building work.


因致力于产学研联合而引人注目的上田,是拥有4个大学·短大等约5000名学生的城市,平成14年,信州大学纤维系内设置上田市产学研联合支援设施,以地域企业和大学共同研究,推进着新产品和技术开发,研究开发,城市建设都有年轻人们的力量在呼吸着。



I Love UEDA 6
To a movie scene
电影的景色

Shinshu Ueda might be described as a roofless film studio. Many celebrated scenes in Japanese movies from the Taisho era onwards were filmed on location here in Ueda. Visiting the old streets of the town, the banks of the River Chikuma, and the picturesque hot spring district, it's quite conceivable that you might stumble across the exact spot where one of your favorite movie scenes was filmed.

信州上田是"没有屋顶的艺术家工作室"。从大正时代开始,上田就是很多日本电影的外景拍摄地,留下了众多有名场面。旧大道和千曲河畔,诗情画意的温泉街等等,寻找那留在记忆中的景色试着走走怎样?



Sister cities, friendship cities, disaster support agreement cities
姊妹城市·友好城市·灾害时支援协定城市
Overseas friendship city: Bloomfield, Colorado, U.S.A.
国外友好城市 美国科罗拉多州Broom field市都
Overseas friendship and exchange city: Ningbo City, Zhejiang Province, People's Republic of China
国外友好交流关系城市 中华人民共和国浙江省宁波市
Overseas sister city: Davos, Switzerland
国外姊妹城市 瑞士联邦达沃斯町
Domestic sister city and disaster support agreement cities: Kamakura City, Kanagawa Prefecture; Joetsu City, Niigata Prefecture; Toyooka City, Hyogo Prefecture; Kudoyama-cho, Ito-gun, Wakayama Prefecture
国内姊妹城市·灾害时支援协定城市 神奈川县鎌仓市, 新潟县上越市, 兵库县丰冈市, 和歌山县伊都郡九度山町
Domestic friendship city and disaster support agreement city: Nerima-ku, Tokyo
国内友好城市·灾害时支援协定城市 东京都练马区
Domestic disaster support agreement city: Ageo City, Saitama Prefecture; Numazu-shi Shizuoka Prefecture
国内灾害时支援协定城市 崎玉县上尾市, 静冈县沼津市

<p>Japan's 100 Great Mountains: Mount Azumaya 日本一百名山"四阿山" Fukuda, Hisaya: Nihon hyaku meizan (Great Mountains of Japan), Shincho Bunko, 1964 新潮文库 日本一百名山 著作: 深田久弥, 1964年</p>  <p>Mount Azumaya possesses its own distinctive dignity, history and character. It was selected for inclusion among the most important mountains of Japan standing in principle at a height of more than 1,500 meters. Mount Azumaya (right, 2,354 meters) is the symbol of Sugadaira Heights.</p>	<p>Japan's 100 Great Mountains: Utsukushi-ga-hara 日本一百名山"美原" Fukuda, Hisaya: Nihon hyaku meizan (Great Mountains of Japan), Shincho Bunko, 1964 新潮文库 日本一百名山 著作: 深田久弥, 1964年</p>  <p>Utsukushi-ga-hara is situated in the Yatsugadake Chishin'etsu National Park. The highest mountains in the range are Ogato (2,034 meters), Ogahana (2,008 meters), Mount Chausu (2,006 meters), Mount Ushibue (1,990 meters), and Mount Takeishi (1,973 meters). 美原位于大谷中信高原国定公园, 最高峰是王头峰(2,034m), 还有王鼻峰(2,008m), 茶白山(2,006m), 还有王鼻峰(1,990m), 武石峰(1,973m)等。</p>	<p>Japan's 100 Great Forests: Kakuma Valley 森林浴的森林100选"角间溪谷" Forestry Agency, Green Civilization Society, Global Environment Foundation, 1986 林野庁・緑色の文明学会・地球环境财团, 1986年</p>  <p>One hundred of Japan's most beautiful forests were nominated with the intention of fostering the spirit of protecting nature and contributing to better health through the opportunity to stroll through these forests. The Kakuma Valley is one of the prefecture's most beautiful spots, where autumn leaves add color to the sheer cliffs. 培养自然保护的精神, 增进健康为目的, 从全国选出了森林浴的森林100选。角间溪谷, 是红叶在悬崖绝壁上燃烧的县内有数的名胜地。</p>	<p>Japan's 100 Most Outstanding Tourist Locations: Utsukushi-ga-hara Heights 新日本旅游地100选"美原高原" Yomiuri Shimbun, 1987. 读卖新闻, 1987年</p>  <p>Utsukushi-ga-hara Heights was selected for inclusion among Japan's major tourist sites on the basis of a readers' poll in 1987. The location offers a panoramic view over the Northern Alps and is a tourist site where art blends with the wonders of nature. 134 terraced paddy fields all over Japan were selected for nomination as tourism locations. The Inagura paddy fields are located at a height of 200 meters above sea level and were created during the Genroku era during the late 17th century. They are a site of outstanding natural beauty. 这是将全国134地区的梯田变为旅游地为目的选出的, 稻仓的梯田上下有200m的海拔差, 是原禄时代开垦出来的美丽的田园。</p>	<p>Japan's 100 Most Celebrated Terraced Paddy Fields: Inagura no Tanada 日本的梯田百选"稻仓的梯田" Nihon no tanada hyakusen (Japan's 100 Most Celebrated Terraced Paddy Fields) Selection Committee, Ministry of Agriculture and Fisheries, 1999. "日本梯田百选"选定委员会・农林水产省, 1999年</p>  <p>Shiodadaira was selected on the basis of a popular vote from among hiking courses recommended by municipalities all over the country. Shiodadaira offers a course that incorporates leisurely rural views and Buddhist temples and Shinto shrines from the Kamakura and Muromachi periods. 从全国的市町村推荐的路线中, 进行投票选拔出来的, 稻仓的梯田上下有200m的海拔差, 是原禄时代开垦出来的美丽的田园。</p>	<p>100 Best Hiking Courses: Shiodadaira 散步胜地百选"盐田平" 100 Best Hiking Courses Selection Committee, Yomiuri Shimbun, Osaka Branch, 2002. 散步胜地百选选拔委员会・读卖新闻大阪分社, 2002年</p>  <p>This was the name of a series featured in the Nihon Keizai Shinbun newspaper, and Besho was one of the hot spring resorts selected for inclusion in this series. It is one of the oldest hot spring resorts in the Shinshu region and is known especially for its effectiveness in creating a smooth and beautiful skin. 这是通过旅行理解历史和文化, 文化厅募集选定的100选。我的旅行上田中, 包含着巡游上田城和盐田平, 在别所温泉投宿的路线。</p>	<p>100 Best Hot Spring Resorts: Besho Onsen 日本一百温泉"别所温泉" Nihon Keizai Shinbun, 2002 日本经济新闻, 2002年</p>  <p>This is a selection of the 100 best journeys for which suggestions were submitted to the Agency for Cultural Affairs with the intention of fostering understanding of history and culture through travel. The journey to Ueda is based on a course that takes in Ueda Castle and Shiodadaira before a stop for the night at Besho hot spring resort. 以旅游地的知名度和历史上的重要性, 复原的正确性等作为基准审查选定。上田城, 是真田氏早在1583年建的城。</p>	<p>My 100 Best Journeys: Ueda 我的旅行100选"上田" Agency for Cultural Affairs, 2005 文化厅, 2005年</p>  <p>A selection of castles was made on the basis of screening taking account of factors such as the extent to which a particular location is known by tourists, its historical importance, and the accuracy with which the location has been restored. Ueda Castle was built in 1583 by Sanada Masayuki. 112 parks all over Japan that involve the preservation and use of historical resources and that serve as a basis for regional promotion were selected. Ueda Castle Park, which comes to vivid life especially at the time of the Ueda Castle 1,000 Cherry Tree Festival, was selected as an attractive historical park. 形成美丽的历史的富士的地域被选定。盐田平, 独站山等群山和田园地带, 和历史文化遗产形成一体的方面被高度评价。</p>	<p>Japan's 100 Best Castles: Ueda Castle 日本100名城"上田城" Japanese Castles Association, 2006 财団法人日本城郭协会, 2006年</p> 	<p>Japan's 100 Best Historical Parks: Ueda Castle Park 日本历史公园100选"上田城址公园" Japanese Parks and Greenery Association, 2006 社団法人日本公园绿地协会, 2006年</p> 	<p>Japan's 100 Semi-Best Beautiful Historical Locations: Shiodadaira 美丽日本的历史风土100选"盐田平" Japan's 100 Beautiful Historical Locations Implementation Committee, 2007 "美丽日本的历史风土100选"实行委员会, 2007年</p> 
--	---	--	--	--	---	---	--	---	--	--