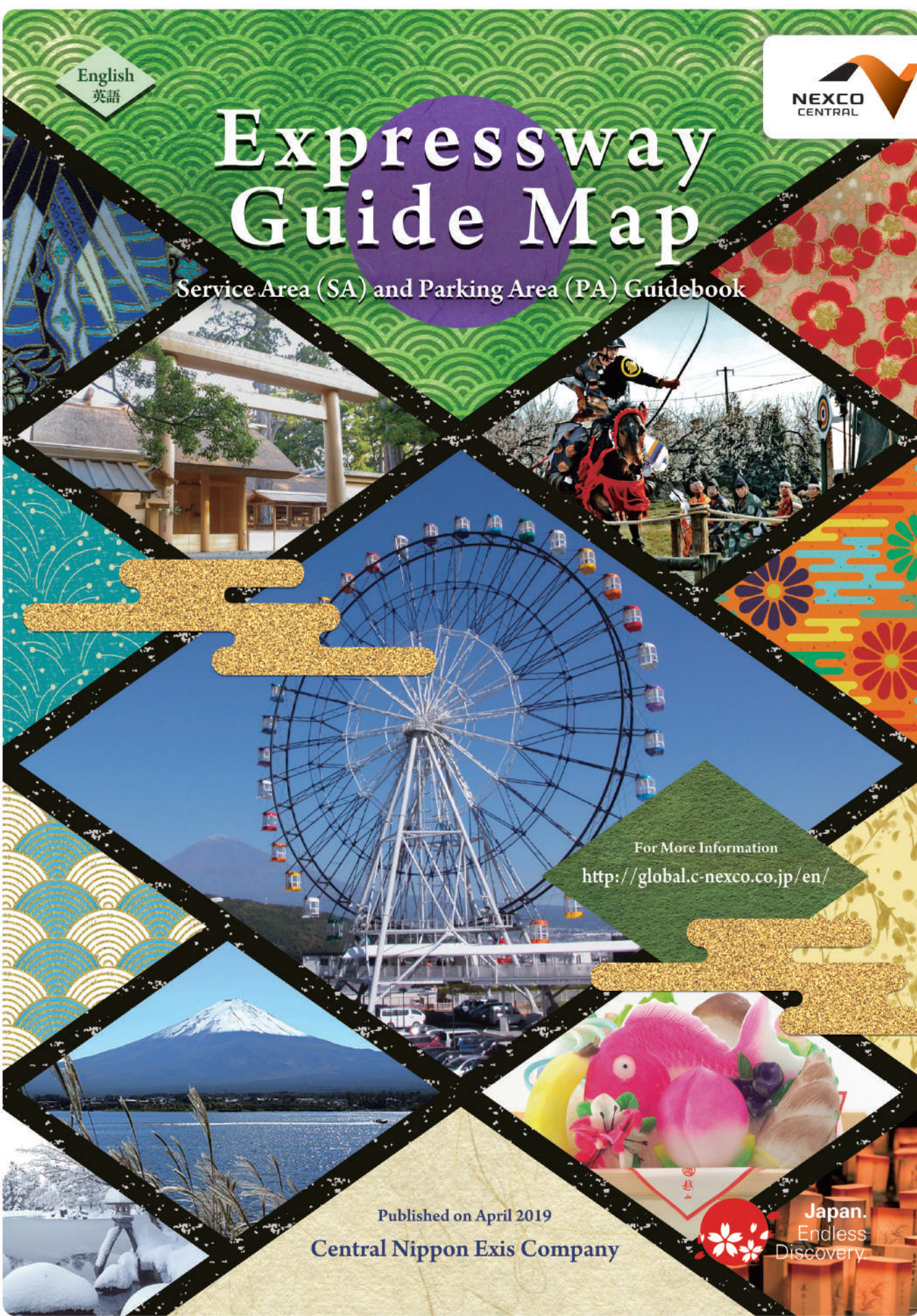




About rest areas (SA/PA)

Rest areas are formed at regular intervals for your safety and comfortable driving on our Expressway. They are separated to 2 types: "Service Area (Bigger)", which is located about every 50km, and "Parking Area (Smaller)", which is located about every 15km. 181 places* on 2,077km Expressway* of Central Nippon Expressway Company (NEXCO-Central) are waiting for you. Each area has Parking Area, Toilet, Restaurants, Shopping Area, Information Space, Free Rest Space, and Gas Station or more. In addition, Wi-Fi spot or charging facility for electric vehicles etc. are placed as needed.

*1 The information is current as of 1st April 2018. Depends on the in and outbound ways (The facility available from both of the in and outbound ways are counted as 1).
*2 The information is current as of 1st April 2019.

Have a break comfortably ~ Ask from Michimaru-kun ~

Get in a line when it's overcrowded.

Hello! I'm Michimaru!
I promote NEXCO-Central! I also express "Safe and Secure," "Comfort" and "Joy" of the expressway! Especially, my favorite food is soft-ice cream in the SA. It's very tasty? Thank you for your support!

In Food Court, return trays and empty bowls to return counter. Please clean up your table for next person.

Some of people don't like smoking. Enjoy smoking at smoking area.

Take a souvenir picture at the traffic free space.

For the earth in the future, separate and recycle trash.

Central Nippon Exis Company
<http://www.c-exis.co.jp>

Published April 2019
The information is current as of February 1st, 2019.



Useful Japanese words/sentences for SA/PA

Facility Information

Where is (the) ?
WA DOKODESUKA ?

Is/Are there ?
WA ARIMASUKA ?

Is the tea service for free?
ティーサービスは無料ですか。
Tea Service WA MURU? DESUKA ?

I lost something.
落し物をしてしまいました。
OTOSHIMONHO O SHITE SHIMAIMASHITA.

Can I use Wi-Fi?
Wi-Fiは使えますか。
Wi-Fi WA TSUKAMASUKA ?

I feel sick.
体調悪い。横になれるところはありませんか。
TAIYU WARIU. YOKO NI NARERU TOKORO WA ARIMASUKA ?

I get injured.
怪我した。手当てできますか。
KEGASHITA. TEATE DEKIMASUKA ?

Shopping

How much is it?
これは、おいくらですか。
KORE WA OIKURA DESUKA ?

Please tell me how to use the vending machine of the meal ticket.
食券の自動販売機の使い方を教えてください。
SHOKKEN NO JIDOUHANBAIKI NO TSUKAIKATA O OSHIETE KUDASAI.

Can I use any credit card?
クレジットカードは使えますか。
Credit Card WA TSUKAMASUKA ?

Traffic Information

Which interchange (exit) do I have to go out when I want to go to ?
行くには、どこかのインターチェンジでおりれば良いですか。
NI IKUNAWA DOKONO INTERCHANGE DE ORIREBA YOIDESUKA ?

Is there a traffic jam up ahead?
この先は、渋滞していますか。
KONOSAKI WA JUTAI SHITEIMASUKA ?

Others

Can I see Mt. Fuji from here?
ここから富士山は見えますか。
KOKOKARA FUJISAN WA MIEMASUKA ?

Please take a picture.
写真を撮ってください。
SHASHIN O TOTTE KUDASAI.

Please lend me something to write.
書くもの貸してください。
KAKUMONO KASHITE KUDASAI.

I lost my bus.
バスを見失ってしまいました。
BASU O MIUSHINATTE SHIMAIMASHITA.



How to use the toilet

Western style

1. Be careful of the direction to use. Please sit down the western style toilet seat to use.

2. Flush toilet paper down the toilet after use because of the water flush lavatory.

3. Press the button to flush with toilet paper.

Japanese style

The toilets in expressways are high-tech and comfortable space. Try our clean and comfortable system!

Toilet cleaner

1. Holding the paper under the lever, then press the lever and come out cleaning liquid. Clean the seat.
*Sit down as it is.

2. Place your hand here.

Washlet

止 STOP おしり SPRAY ビデ BIDET ヒデ BIDET

Wash

Press the button, then fall out a nozzle and wash your buttocks. *Please sit down and use.

Stop

Stop washing

A toilet flushing sound simulator

Press the button or place your hand then you can hear the flushing sound. Use it when you get worried about the sound of toilet use.
*No flushing. Only sound.

SA / PA Information									
E1 Tomei Expwy									
	Direction	Facility Information							
		ATIS	Shuttle Bus	ATIS	Shuttle Bus	ATIS	Shuttle Bus	ATIS	Shuttle Bus
Kouboku PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Edina SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nakai PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Ayuzawa PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Ashigara SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Komakado PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Ashtitaka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Fujikawa SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Yui PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nihondaka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nihonzaka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Makinohara SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Ogasa PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Enshu-Toyoda PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Mikatahara PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Hamanaka SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Shieshiro PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Akatsuka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Miai PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Kamigo SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Togo PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Moriyama PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
E1A Shin-Tomei Expwy									
Surugawanumano SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Shimizu PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Shizukusa SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Fujieda PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Kakegawa PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Enshu-Morimachi PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Hamanabata SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nagahino-Shitaragahara PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Okazaki SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
E19 E20 E60 Chuo Expwy / E19 Kamiyama Expwy, E20 Tachibana Expwy, E60 Chubu Expwy, E60 Chubu Expwy									
Ishikawa PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Fujino PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Dangozaka SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Yamura PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Hatsukari PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Shakado PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Sakaigawa PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Futaba SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Yatsugatake PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Chuedo-hara PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Sumoto SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Tatsuno PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Ogurogawa PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Komagatake SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Zakoji PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Achi PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Mitsuka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Enakyo SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Byobuzaki PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Kokakuzaki PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Utsubutoge PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
E85 Odawara-Atsugi Road									
Hiratsuka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Odawara PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
E84 Seisho By-Pass									
Seisho PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
C4 Ken-O Expwy									
Atsugi PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
E1 Meishin Expwy									
	Direction	Facility Information							
		ATIS	Shuttle Bus	ATIS	Shuttle Bus	ATIS	Shuttle Bus	ATIS	Shuttle Bus
Owari-Ichinomiya PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Hashima PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Yoro SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Ibuki PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Toga SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Kobocan PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
E8 Hokuriku Expwy									
Kanda PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Shizugatake SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Tone PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Saito PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nanjo SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Kisabae PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Onagiri PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Amagawa SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Ataka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Tokumizu PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Fudoji PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Oyabegawa SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Takaoka PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Kureha PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nagatsugi PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Arisomi SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nyuzen PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
E41 Tokai-Hokuriku Expwy									
Kawashima PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Seiki SA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Nagatsugi PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Kojima PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Fukugatake PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Gifu-Yamato PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Hirugawa Kogen	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Matsunokita PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Hida-Kawai PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Hida-Shirakawa PA	Bound for Tokyo	1	2	3	4	5	6	7	8
	Bound for Nagoya	1	2	3	4	5	6	7	8
Johana SA	Bound for Tokyo	1	2	3	4	5			

1 Mt. Fuji

"Head out above the clouds..." these lyrics, about Mt. Fuji, are part of an elementary school song that all Japanese people can sing. More than 280 thousand climbers (2017) aim for the mountain yearly, which is a stand-alone mountain and Japan's tallest peak at an altitude of 3,776m. It is an independent peak, and can also be seen from Mt. Hanazuka in Fukushima to the north and Irokawa Fujimi Pass in Wakayama to the south. Both of which are a distance of more than 300km.



2 Ise Jingu

Ise Shrine is properly introduced as "Jingu", but is affectionately called "Ose-san". Jingu consists of: Naiku, which enshrines Amaterasu-Omikami that can be compared to the sun; Geku, which enshrines the guardian of the industrials; Toyu-ke-no-Omikami; and 123 other shrines. Visiting Naiku includes crossing the Uji Bridge over Izuu River and going through Chozya (the place for ritual cleansing of hands and mouth with water when visiting shrines), Mitarashi (a holy washing trough), and Kaguraden.



3 Shirakawa-go

In order to withstand heavy snow, these houses are built with a steeply sloping roof, and they line up north to south in consideration of the wind direction. Through the wisdom of life, the attics of these steep-roofed houses were effectively used for senjute. The Wada house, which is open to the public, is about 300 years old, and is one of the largest gassho-style houses.



4 SCMagLEV and Railway Park

Exhibited are 39 rolling stock vehicles, mainly the Tokaido Shinkansen, including the 0 Series Shinkansen that operated at a speed exceeding 200km/h in 1964, and the Superconducting Maglev MLX01-1 that recorded 581km/h. From the beginning of high-speed railways, typified by Shinkansen, to superconducting maglev technology, SCMagLEV and Railway Park has exhibits that you can see, touch, ride, and learn about in a clear way.



5 Toyota Automobile Museum

Not only Toyota cars are on exhibit, but also about 160 cars from around the world which show the progress of the car since its inception. Some notable models include: the Ford Model T, which popularized cars through the use of mass production; the Tucker, of which only 51 units were produced between 1947 and 1949; the DeLorean DMC-12, made famous by Back to the Future; and so on.



6 Tateyama Kurobe Alpine Route

It is one of the world's leading mountain sightseeing routes with a total length of 37.2km and an elevation change of 1,975m. Trolleybuses, cable cars, and more connect Tateyama station in Tateyama town, Toyama to Ogizawa station in Omachi city, Nagano. Almost all of the sections are located within Chubu-Sansu National Park and it passes through scenic areas such as: Midagahara, Murodo, a paradise above the clouds at an altitude of 2,450m; and Kurobe Dam, the tallest in Japan at 186m high.



7 Tokaido Hiroshige Museum of Art

Ukiyoe was spread to the common people by the colorful multicolor sliding technology in the Edo era. The exemplary Ukiyoe artist, Utagawa Hiroshige, used a vivid blue which is also admired as Japan Blue or Hiroshige Blue, and created works that influenced Van Gogh and Monet. The museum's collection contains about 1,400 works, mainly landscape prints such as Hiroshige's masterpiece Fifty-Three Stations of the Tokaido (Tokaido Hodoji Edition).



8 Kenroku-en

It is one of Japan's three major gardens. The 5th-generation lord of Kaga Domain, Maeda Tsurunori, started to build the garden in 1676. The name Kenroku-en has been used since 1822. It is a strolling-style garden where you can appreciate the scenic beauty, such as the Kotaji Stone Lantern, Sazayama, Shellfish Hill, Horai island at the center of Kasumiga-ike etc.



9 The Museum Meiji-mura

Meiji Architecture integrates Japanese traditional wooden buildings with Western style, technology and materials. This was brought about by the opening of Japan to the world. In 1965, the museum collected and preserved examples of Meiji architecture which were being lost due to the changing times. 67 houses have been relocated, including the western-style two-story house with a copper sheet roof, Reception Hall of Marquis Tsugumichi Saigo House, which was designed by French architect, Leccasse.



10 Matsumoto Castle

Matsumoto Castle has five towers with the tallest having six stories. The castle structures consist of Dai-tenshu, the largest keep at 29.4m which was built in 1593-1594 (Bunroku 2-3); Inui Kotenshu; Watari Tower; Tatsumitsuke Tower; and Tsukimi Tower. All of these castle structures were designated as national treasures in 1952. All 6 floors of the main keep are open to the public and you can also see defensive features, such as gun and arrow slots.

