

レギュラーガソリン 地域別価格

(県石油製品価格動向調査:くらし安全・消費生活課)

<令和8年>

(単位:円/L)

| | 3/30 | 4/6 | 4/13 | 4/20 | 4/27 | | | | | | | |
|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|
| 佐久 | 164.6 | 164.5 | 164.5 | 169.5 | 169.5 | | | | | | | |
| 上田 | 165.3 | 165.3 | 167.6 | 170.6 | 170.1 | | | | | | | |
| 諏訪 | 168.2 | 168.0 | 168.6 | 171.3 | 171.8 | | | | | | | |
| 上伊那 | 170.7 | 169.5 | 171.0 | 175.4 | 175.5 | | | | | | | |
| 南信州 | 172.3 | 171.0 | 172.3 | 175.3 | 176.8 | | | | | | | |
| 木曾 | 182.0 | 180.3 | 182.3 | 185.3 | 185.3 | | | | | | | |
| 松本 | 168.1 | 168.1 | 169.2 | 172.0 | 172.5 | | | | | | | |
| 北アルプス | 169.5 | 169.5 | 171.0 | 175.5 | 175.5 | | | | | | | |
| 長野 | 171.1 | 171.3 | 174.2 | 176.9 | 177.0 | | | | | | | |
| 北信 | 174.7 | 168.7 | 168.7 | 174.0 | 174.0 | | | | | | | |
| 県平均 | 169.8 | 169.1 | 170.5 | 174.0 | 174.2 | | | | | | | |

| | 1/5 | 1/13 | 1/19 | 1/26 | 2/2 | 2/9 | 2/16 | 2/24 | 3/2 | 3/9 | 3/16 | 3/23 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 155.6 | 155.2 | 155.0 | 156.5 | 156.3 | 156.3 | 159.5 | 159.5 | 162.0 | 165.1 | 193.1 | 172.1 |
| 上田 | 157.1 | 156.8 | 156.8 | 158.8 | 158.3 | 158.8 | 162.1 | 162.1 | 164.5 | 166.8 | 195.1 | 174.6 |
| 諏訪 | 159.5 | 158.0 | 158.0 | 158.3 | 158.7 | 158.7 | 161.0 | 161.6 | 162.7 | 165.8 | 196.8 | 176.8 |
| 上伊那 | 159.7 | 159.7 | 159.7 | 162.2 | 162.2 | 162.2 | 164.7 | 164.5 | 170.2 | 169.8 | 198.4 | 178.2 |
| 南信州 | 162.3 | 161.8 | 162.1 | 163.8 | 164.8 | 165.0 | 167.3 | 167.3 | 169.1 | 171.5 | 198.8 | 179.0 |
| 木曾 | 169.3 | 170.0 | 170.0 | 172.0 | 171.3 | 171.3 | 174.3 | 174.3 | 175.6 | 178.6 | 204.3 | 186.6 |
| 松本 | 159.2 | 157.7 | 157.5 | 160.7 | 160.2 | 159.2 | 162.1 | 163.0 | 165.1 | 168.4 | 195.4 | 175.7 |
| 北アルプス | 160.7 | 160.7 | 160.2 | 162.2 | 162.0 | 162.0 | 165.0 | 165.7 | 167.0 | 170.7 | 198.5 | 178.0 |
| 長野 | 161.5 | 161.1 | 161.1 | 163.5 | 163.5 | 163.8 | 166.1 | 166.5 | 169.0 | 171.5 | 199.9 | 179.0 |
| 北信 | 162.7 | 162.7 | 162.7 | 163.5 | 163.5 | 163.5 | 164.2 | 164.2 | 165.0 | 167.2 | 195.7 | 181.2 |
| 県平均 | 160.1 | 159.6 | 159.6 | 161.5 | 161.4 | 161.4 | 164.0 | 164.3 | 166.6 | 169.1 | 197.3 | 177.4 |

<令和7年>

| | 10/6 | 10/14 | 10/20 | 10/27 | 11/4 | 11/10 | 11/17 | 11/25 | 12/1 | 12/8 | 12/15 | 12/22 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 179.8 | 177.3 | 177.1 | 175.0 | 174.8 | 175.2 | 170.3 | 170.3 | 166.0 | 165.3 | 160.1 | 159.1 |
| 上田 | 180.0 | 178.8 | 178.3 | 176.8 | 177.0 | 178.1 | 172.5 | 172.3 | 167.3 | 166.6 | 161.6 | 160.6 |
| 諏訪 | 178.7 | 178.0 | 177.5 | 176.8 | 176.8 | 176.8 | 172.0 | 171.3 | 166.7 | 166.3 | 161.3 | 161.1 |
| 上伊那 | 182.7 | 180.4 | 180.1 | 177.8 | 179.0 | 179.4 | 176.1 | 174.0 | 171.4 | 170.8 | 163.8 | 163.4 |
| 南信州 | 183.0 | 183.0 | 183.0 | 180.5 | 182.5 | 183.0 | 178.0 | 178.0 | 172.8 | 172.8 | 168.8 | 165.5 |
| 木曾 | 191.0 | 189.0 | 189.0 | 187.6 | 189.6 | 189.6 | 188.0 | 185.3 | 180.3 | 180.3 | 174.6 | 174.6 |
| 松本 | 180.5 | 178.1 | 177.1 | 175.4 | 176.1 | 176.7 | 172.1 | 171.5 | 168.2 | 166.4 | 161.2 | 160.0 |
| 北アルプス | 184.0 | 181.5 | 181.5 | 177.7 | 177.7 | 177.7 | 172.5 | 172.5 | 167.5 | 167.5 | 164.2 | 162.0 |
| 長野 | 181.7 | 181.3 | 181.4 | 179.4 | 180.0 | 180.5 | 175.8 | 176.0 | 171.0 | 170.7 | 165.2 | 165.4 |
| 北信 | 183.5 | 182.0 | 182.0 | 179.5 | 179.5 | 178.2 | 175.7 | 174.5 | 170.2 | 170.2 | 166.0 | 166.0 |
| 県平均 | 181.7 | 180.3 | 180.0 | 178.1 | 178.6 | 179.0 | 174.5 | 174.0 | 169.6 | 169.1 | 163.9 | 163.1 |

| | 7/7 | 7/14 | 7/22 | 7/28 | 8/4 | 8/18 | 8/25 | 9/1 | 9/8 | 9/16 | 9/22 | 9/29 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 178.7 | 179.0 | 179.5 | 180.3 | 180.1 | 181.0 | 180.0 | 180.0 | 181.0 | 181.1 | 181.0 | 180.6 |
| 上田 | 178.8 | 179.0 | 179.3 | 179.6 | 179.6 | 179.8 | 179.0 | 178.0 | 178.8 | 179.8 | 180.1 | 180.1 |
| 諏訪 | 177.3 | 177.3 | 177.3 | 178.5 | 178.8 | 179.6 | 178.7 | 178.7 | 178.7 | 178.7 | 178.7 | 178.7 |
| 上伊那 | 181.8 | 181.8 | 182.8 | 183.7 | 183.2 | 183.2 | 182.5 | 182.4 | 182.7 | 183.1 | 183.2 | 183.2 |
| 南信州 | 179.6 | 179.6 | 182.1 | 183.0 | 183.0 | 183.3 | 183.0 | 183.0 | 183.0 | 183.0 | 183.0 | 183.0 |
| 木曾 | 187.6 | 187.6 | 187.6 | 189.6 | 191.0 | 189.6 | 189.6 | 189.6 | 190.3 | 191.0 | 191.0 | 191.0 |
| 松本 | 178.1 | 178.8 | 179.4 | 180.0 | 180.5 | 178.4 | 177.2 | 178.7 | 180.2 | 180.1 | 180.4 | 180.8 |
| 北アルプス | 182.0 | 182.0 | 183.0 | 183.2 | 184.2 | 182.5 | 181.7 | 182.0 | 183.5 | 184.0 | 184.0 | 183.7 |
| 長野 | 181.0 | 181.0 | 181.2 | 181.2 | 181.0 | 180.9 | 180.5 | 180.2 | 180.9 | 181.3 | 181.3 | 181.5 |
| 北信 | 182.5 | 182.5 | 182.0 | 182.0 | 182.0 | 181.7 | 181.2 | 181.2 | 182.5 | 182.5 | 182.5 | 182.5 |
| 県平均 | 180.2 | 180.3 | 180.8 | 181.5 | 181.6 | 181.4 | 180.7 | 180.7 | 181.4 | 181.7 | 181.8 | 181.8 |

| | 4/7 | 4/14 | 4/21 | 4/28 | 5/12 | 5/19 | 5/26 | 6/2 | 6/9 | 6/16 | 6/23 | 6/30 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 190.2 | 190.6 | 189.2 | 188.8 | 186.8 | 187.0 | 182.2 | 178.7 | 177.0 | 176.7 | 179.1 | 180.8 |
| 上田 | 189.8 | 191.1 | 189.8 | 189.3 | 187.1 | 186.5 | 181.0 | 177.8 | 176.0 | 175.3 | 178.6 | 181.0 |
| 諏訪 | 192.5 | 192.1 | 191.0 | 188.6 | 187.6 | 185.6 | 181.2 | 178.3 | 174.6 | 174.7 | 175.3 | 177.8 |
| 上伊那 | 197.7 | 196.8 | 193.7 | 193.2 | 190.0 | 188.4 | 183.4 | 179.4 | 178.2 | 178.2 | 180.4 | 183.8 |
| 南信州 | 195.5 | 194.6 | 192.8 | 192.3 | 188.6 | 188.0 | 184.8 | 178.8 | 178.0 | 178.0 | 180.0 | 182.5 |
| 木曾 | 201.0 | 201.0 | 198.6 | 197.3 | 195.0 | 194.3 | 190.6 | 186.6 | 186.0 | 186.0 | 187.3 | 188.6 |
| 松本 | 193.0 | 193.0 | 189.1 | 189.8 | 185.7 | 185.0 | 180.1 | 176.4 | 174.5 | 174.1 | 178.4 | 181.1 |
| 北アルプス | 197.7 | 196.7 | 195.2 | 193.7 | 189.2 | 188.7 | 183.2 | 178.5 | 177.0 | 176.0 | 180.7 | 185.0 |
| 長野 | 193.8 | 194.0 | 192.3 | 191.4 | 188.6 | 189.0 | 184.0 | 180.7 | 178.3 | 177.9 | 180.1 | 182.7 |
| 北信 | 191.2 | 192.5 | 192.5 | 190.0 | 190.0 | 190.0 | 186.2 | 180.7 | 179.7 | 178.7 | 180.0 | 181.7 |
| 県平均 | 193.7 | 193.7 | 191.8 | 191.0 | 188.4 | 187.8 | 183.1 | 179.2 | 177.4 | 177.0 | 179.4 | 182.0 |

| | 1/14 | 1/20 | 1/27 | 2/3 | 2/10 | 2/17 | 2/25 | 3/3 | 3/10 | 3/17 | 3/24 | 3/31 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 189.8 | 193.6 | 193.6 | 191.5 | 190.6 | 190.6 | 190.5 | 190.5 | 190.3 | 190.6 | 190.7 | 190.2 |
| 上田 | 190.3 | 193.6 | 193.6 | 191.6 | 191.6 | 191.6 | 189.8 | 189.6 | 189.1 | 188.8 | 188.8 | 188.8 |
| 諏訪 | 190.0 | 193.0 | 193.3 | 193.0 | 191.8 | 191.1 | 190.1 | 190.5 | 190.1 | 190.1 | 189.1 | 190.7 |
| 上伊那 | 194.0 | 198.0 | 198.0 | 196.0 | 194.8 | 194.8 | 194.8 | 194.8 | 194.8 | 194.4 | 196.4 | 195.5 |
| 南信州 | 190.1 | 193.3 | 194.1 | 194.1 | 194.1 | 194.1 | 194.1 | 194.1 | 194.1 | 194.1 | 194.1 | 194.1 |
| 木曾 | 195.3 | 198.6 | 200.0 | 200.0 | 198.6 | 198.0 | 198.0 | 198.0 | 198.0 | 198.6 | 198.6 | 198.6 |
| 松本 | 184.8 | 188.5 | 189.2 | 187.5 | 186.2 | 187.4 | 187.1 | 187.1 | 188.0 | 190.2 | 190.2 | 190.2 |
| 北アルプス | 187.7 | 191.7 | 191.7 | 191.5 | 191.5 | 191.5 | 191.5 | 189.5 | 192.0 | 193.5 | 194.0 | 194.0 |
| 長野 | 192.1 | 195.1 | 195.0 | 192.1 | 192.1 | 192.1 | 192.2 | 192.6 | 192.6 | 192.5 | 193.0 | 192.6 |
| 北信 | 191.7 | 195.2 | 194.2 | 191.7 | 191.7 | 191.7 | 190.7 | 190.7 | 190.0 | 190.0 | 190.0 | 189.7 |
| 県平均 | 190.5 | 193.9 | 194.1 | 192.5 | 191.9 | 191.9 | 191.5 | 191.5 | 191.6 | 191.9 | 192.1 | 192.1 |

<令和6年>

| | | | | | | | | | | | | |
|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| | 12/23 | | | | | | | | | | | |
| 佐久 | 189.7 | | | | | | | | | | | |
| 上田 | 190.6 | | | | | | | | | | | |
| 諏訪 | 186.6 | | | | | | | | | | | |
| 上伊那 | 193.4 | | | | | | | | | | | |
| 南信州 | 190.1 | | | | | | | | | | | |
| 木曾 | 195.3 | | | | | | | | | | | |
| 松本 | 185.1 | | | | | | | | | | | |
| 北アルプス | 187.7 | | | | | | | | | | | |
| 長野 | 192.1 | | | | | | | | | | | |
| 北信 | 191.2 | | | | | | | | | | | |
| 県平均 | 190.0 | | | | | | | | | | | |

| | 9/30 | 10/7 | 10/15 | 10/21 | 10/28 | 11/5 | 11/11 | 11/18 | 11/25 | 12/2 | 12/9 | 12/16 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 183.3 | 182.8 | 182.8 | 183.3 | 183.3 | 182.7 | 183.3 | 182.8 | 182.8 | 184.6 | 184.5 | 184.5 |
| 上田 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 185.6 | 185.6 | 185.6 |
| 諏訪 | 179.2 | 180.3 | 182.0 | 182.0 | 182.0 | 181.0 | 181.0 | 181.0 | 181.0 | 181.0 | 182.8 | 184.0 |
| 上伊那 | 187.7 | 187.7 | 187.7 | 187.7 | 187.7 | 187.7 | 187.8 | 187.7 | 187.7 | 189.4 | 190.0 | 189.7 |
| 南信州 | 183.3 | 185.0 | 185.0 | 185.0 | 185.0 | 185.0 | 185.0 | 185.0 | 185.0 | 185.0 | 185.0 | 185.0 |
| 木曾 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 190.3 | 190.3 | 190.3 |
| 松本 | 179.7 | 180.5 | 179.5 | 180.5 | 179.8 | 180.2 | 179.8 | 179.8 | 180.5 | 180.0 | 180.8 | 180.7 |
| 北アルプス | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 |
| 長野 | 185.1 | 185.0 | 185.1 | 185.1 | 185.1 | 185.1 | 185.0 | 185.1 | 185.1 | 187.1 | 187.1 | 187.1 |
| 北信 | 184.7 | 184.7 | 184.7 | 184.7 | 184.7 | 184.7 | 184.7 | 184.7 | 184.7 | 186.7 | 186.7 | 186.7 |
| 県平均 | 183.6 | 183.8 | 184.0 | 184.1 | 184.1 | 183.9 | 183.9 | 183.9 | 184.0 | 185.0 | 185.5 | 185.5 |

| | 7/1 | 7/8 | 7/16 | 7/22 | 7/29 | 8/5 | 8/19 | 8/26 | 9/2 | 9/9 | 9/17 | 9/24 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 184.1 | 185.1 | 182.7 | 181.1 | 180.7 | 181.2 | 181.3 | 180.8 | 180.8 | 183.3 | 183.3 | 183.3 |
| 上田 | 185.6 | 185.6 | 183.6 | 181.6 | 181.6 | 181.6 | 181.6 | 181.6 | 181.6 | 183.6 | 183.6 | 183.6 |
| 諏訪 | 180.0 | 182.6 | 182.6 | 182.6 | 180.0 | 179.6 | 179.6 | 179.6 | 179.6 | 179.6 | 179.3 | 179.2 |
| 上伊那 | 190.0 | 190.4 | 188.0 | 187.7 | 186.2 | 186.7 | 186.7 | 187.0 | 186.5 | 186.5 | 186.7 | 188.0 |
| 南信州 | 186.6 | 187.0 | 185.3 | 185.3 | 183.6 | 183.6 | 183.3 | 183.3 | 183.3 | 183.3 | 183.3 | 183.3 |
| 木曾 | 191.0 | 191.0 | 191.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 |
| 松本 | 183.1 | 183.1 | 180.2 | 180.5 | 179.0 | 178.7 | 178.5 | 178.5 | 178.5 | 178.1 | 178.4 | 179.5 |
| 北アルプス | 185.7 | 185.7 | 182.7 | 182.7 | 182.7 | 181.2 | 180.7 | 180.7 | 180.7 | 180.7 | 180.7 | 182.7 |
| 長野 | 187.1 | 187.0 | 185.1 | 183.1 | 183.1 | 183.1 | 183.1 | 183.0 | 183.1 | 185.1 | 185.0 | 185.1 |
| 北信 | 186.7 | 186.7 | 184.5 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 182.7 | 184.7 | 184.7 | 184.7 |
| 県平均 | 185.6 | 186.1 | 184.2 | 183.3 | 182.4 | 182.4 | 182.3 | 182.3 | 182.2 | 183.2 | 183.2 | 183.6 |

| | 4/1 | 4/8 | 4/15 | 4/22 | 5/7 | 5/13 | 5/20 | 5/27 | 6/3 | 6/10 | 6/17 | 6/24 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 184.7 | 185.3 | 184.8 | 184.8 | 183.1 | 183.1 | 183.1 | 183.1 | 182.3 | 182.6 | 182.3 | 182.3 |
| 上田 | 185.6 | 185.6 | 185.6 | 185.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 |
| 諏訪 | 179.6 | 181.8 | 182.1 | 182.1 | 181.5 | 180.1 | 180.5 | 180.5 | 180.5 | 180.5 | 180.0 | 180.0 |
| 上伊那 | 188.5 | 188.5 | 186.8 | 188.7 | 188.7 | 188.7 | 188.7 | 189.2 | 189.1 | 189.4 | 188.2 | 188.2 |
| 南信州 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 |
| 木曾 | 189.6 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.0 | 189.6 | 189.6 | 189.6 |
| 松本 | 180.8 | 180.8 | 180.8 | 180.8 | 179.1 | 179.2 | 181.1 | 181.4 | 181.4 | 181.1 | 181.2 | 181.1 |
| 北アルプス | 182.5 | 182.5 | 183.5 | 183.5 | 181.5 | 181.5 | 183.5 | 183.5 | 183.5 | 183.5 | 183.5 | 183.5 |
| 長野 | 187.1 | 187.1 | 186.8 | 187.1 | 185.1 | 185.0 | 185.1 | 185.0 | 185.0 | 185.0 | 185.1 | 185.1 |
| 北信 | 185.7 | 185.7 | 185.7 | 185.7 | 185.2 | 184.2 | 184.2 | 184.2 | 184.2 | 184.2 | 184.2 | 184.2 |
| 県平均 | 184.8 | 185.1 | 184.9 | 185.2 | 184.0 | 183.7 | 184.1 | 184.2 | 184.1 | 184.2 | 184.0 | 184.0 |

| | 1/9 | 1/15 | 1/22 | 1/29 | 2/5 | 2/13 | 2/19 | 2/26 | 3/4 | 3/11 | 3/18 | 3/25 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 184.6 | 184.6 | 182.3 | 182.2 | 182.1 | 182.2 | 182.8 | 182.7 | 183.1 | 182.6 | 183.1 | 182.7 |
| 上田 | 185.6 | 185.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 | 183.6 |
| 諏訪 | 180.3 | 180.3 | 180.3 | 180.3 | 180.0 | 179.6 | 179.6 | 179.6 | 180.3 | 180.3 | 180.3 | 180.3 |
| 上伊那 | 189.2 | 189.2 | 189.2 | 187.2 | 187.2 | 187.2 | 187.4 | 189.2 | 189.4 | 186.4 | 186.2 | 186.1 |
| 南信州 | 185.3 | 185.3 | 185.3 | 185.3 | 184.8 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 | 185.3 |
| 木曾 | 188.3 | 188.3 | 188.3 | 188.3 | 188.3 | 188.3 | 188.3 | 188.3 | 188.3 | 188.3 | 188.3 | 189.6 |
| 松本 | 181.1 | 180.0 | 179.7 | 179.7 | 180.0 | 179.4 | 179.4 | 181.0 | 180.1 | 179.8 | 179.8 | 179.8 |
| 北アルプス | 183.5 | 181.5 | 181.5 | 181.5 | 181.5 | 181.5 | 181.5 | 181.5 | 181.2 | 181.2 | 181.2 | 181.2 |
| 長野 | 187.2 | 187.0 | 185.1 | 185.1 | 185.1 | 185.3 | 184.9 | 185.4 | 185.1 | 185.1 | 185.1 | 185.1 |
| 北信 | 184.5 | 185.7 | 184.7 | 184.7 | 184.2 | 183.5 | 184.2 | 184.2 | 184.2 | 184.2 | 184.2 | 184.2 |
| 県平均 | 184.9 | 184.7 | 183.8 | 183.6 | 183.5 | 183.4 | 183.5 | 183.9 | 183.9 | 183.5 | 183.6 | 183.6 |

<令和5年>

| | 11/6 | 11/13 | 11/20 | 11/27 | 12/4 | 12/11 | 12/18 | 12/25 | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|
| 佐久 | 178.0 | 180.1 | 180.0 | 180.2 | 182.0 | 182.1 | 182.0 | 182.6 | | | | |
| 上田 | 179.6 | 181.3 | 181.6 | 181.6 | 183.6 | 183.6 | 183.6 | 183.6 | | | | |
| 諏訪 | 174.3 | 174.3 | 174.2 | 176.1 | 176.3 | 176.6 | 176.6 | 178.1 | | | | |
| 上伊那 | 182.2 | 184.0 | 184.2 | 184.2 | 187.0 | 186.1 | 186.8 | 187.2 | | | | |
| 南信州 | 180.1 | 180.1 | 181.8 | 181.8 | 184.8 | 185.3 | 185.3 | 185.1 | | | | |
| 木曾 | 184.3 | 184.3 | 186.3 | 186.3 | 187.0 | 188.3 | 188.3 | 188.3 | | | | |
| 松本 | 175.7 | 177.1 | 177.4 | 178.4 | 179.5 | 179.7 | 179.7 | 179.7 | | | | |
| 北アルプス | 176.5 | 179.5 | 178.5 | 180.5 | 182.5 | 182.5 | 182.7 | 182.7 | | | | |
| 長野 | 180.1 | 180.0 | 183.0 | 183.1 | 185.1 | 185.1 | 185.1 | 185.1 | | | | |
| 北信 | 179.2 | 179.2 | 182.0 | 182.0 | 183.7 | 184.2 | 184.2 | 184.2 | | | | |
| 県平均 | 178.8 | 179.7 | 180.6 | 181.2 | 182.9 | 183.0 | 183.1 | 183.4 | | | | |

| | 7/18 | 8/7 | 8/21 | 9/4 | 9/11 | 9/19 | 9/25 | 10/2 | 10/10 | 10/16 | 10/23 | 10/30 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 182.7 | 189.0 | 191.1 | 193.1 | 187.8 | 183.1 | 183.0 | 183.1 | 178.6 | 176.1 | 176.0 | 177.8 |
| 上田 | 184.6 | 190.6 | 192.6 | 194.6 | 189.6 | 184.6 | 184.6 | 184.6 | 180.6 | 177.6 | 177.0 | 179.6 |
| 諏訪 | 177.1 | 184.6 | 188.0 | 189.6 | 188.2 | 184.6 | 180.1 | 180.2 | 176.0 | 172.5 | 171.8 | 173.0 |
| 上伊那 | 184.4 | 191.8 | 194.4 | 196.1 | 191.2 | 186.4 | 186.2 | 186.2 | 182.2 | 180.5 | 180.2 | 182.2 |
| 南信州 | 183.3 | 190.5 | 191.8 | 194.0 | 189.3 | 184.6 | 184.1 | 184.1 | 181.1 | 177.6 | 177.1 | 179.6 |
| 木曾 | 186.3 | 193.3 | 196.3 | 197.0 | 194.0 | 189.3 | 189.3 | 188.0 | 186.0 | 183.0 | 183.0 | 183.0 |
| 松本 | 178.2 | 185.0 | 187.2 | 190.4 | 186.1 | 180.1 | 180.0 | 180.1 | 175.7 | 174.0 | 172.7 | 175.2 |
| 北アルプス | 179.2 | 188.2 | 189.2 | 191.2 | 187.0 | 183.0 | 181.7 | 180.7 | 176.7 | 173.7 | 173.7 | 176.5 |
| 長野 | 185.0 | 190.8 | 193.1 | 195.1 | 190.1 | 185.1 | 185.1 | 185.1 | 181.0 | 178.0 | 178.1 | 180.0 |
| 北信 | 183.7 | 188.7 | 192.2 | 194.2 | 189.2 | 185.2 | 184.7 | 184.7 | 180.7 | 177.7 | 177.7 | 178.7 |
| 県平均 | 182.4 | 189.1 | 191.4 | 193.4 | 189.1 | 184.4 | 183.6 | 183.5 | 179.6 | 176.8 | 176.4 | 178.4 |

| | 4/3 | 4/10 | 4/17 | 4/24 | 5/1 | 5/8 | 5/15 | 5/22 | 5/29 | 6/5 | 6/19 | 7/3 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 177.8 | 177.3 | 177.5 | 177.7 | 177.6 | 175.7 | 175.7 | 177.8 | 178.0 | 178.0 | 179.0 | 181.2 |
| 上田 | 179.6 | 179.6 | 179.6 | 179.6 | 179.6 | 177.6 | 177.6 | 179.0 | 179.3 | 179.3 | 180.3 | 182.6 |
| 諏訪 | 170.5 | 170.7 | 170.7 | 170.8 | 170.8 | 170.2 | 170.5 | 170.5 | 170.5 | 172.8 | 174.3 | 177.1 |
| 上伊那 | 179.1 | 179.1 | 178.4 | 179.2 | 178.4 | 177.5 | 176.2 | 178.1 | 178.2 | 179.1 | 180.0 | 185.1 |
| 南信州 | 179.1 | 179.1 | 179.5 | 179.5 | 179.5 | 179.5 | 179.1 | 179.1 | 179.1 | 179.1 | 180.8 | 183.0 |
| 木曾 | 181.0 | 181.0 | 181.0 | 181.0 | 181.0 | 181.0 | 181.0 | 181.0 | 181.0 | 181.0 | 181.6 | 183.6 |
| 松本 | 173.7 | 173.7 | 173.4 | 172.7 | 172.7 | 172.0 | 171.0 | 173.2 | 172.8 | 172.8 | 174.7 | 177.7 |
| 北アルプス | 173.2 | 172.7 | 172.7 | 172.7 | 172.7 | 172.7 | 172.7 | 174.2 | 174.2 | 174.2 | 176.2 | 179.2 |
| 長野 | 180.1 | 180.1 | 180.1 | 180.1 | 180.1 | 178.1 | 178.0 | 180.0 | 180.0 | 180.0 | 180.0 | 183.0 |
| 北信 | 179.0 | 179.0 | 179.0 | 179.0 | 179.0 | 178.0 | 178.0 | 178.7 | 179.0 | 179.0 | 179.0 | 182.0 |
| 県平均 | 177.2 | 177.2 | 177.1 | 177.2 | 177.1 | 176.0 | 175.7 | 177.0 | 177.1 | 177.5 | 178.5 | 181.4 |

| | 1/10 | 1/16 | 1/23 | 1/30 | 2/6 | 2/13 | 2/20 | 2/27 | 3/6 | 3/13 | 3/20 | 3/27 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 176.2 | 174.6 | 174.2 | 175.5 | 174.2 | 174.3 | 174.2 | 174.3 | 174.2 | 174.2 | 174.2 | 177.1 |
| 上田 | 178.6 | 176.6 | 176.6 | 176.6 | 176.3 | 176.6 | 176.6 | 176.6 | 176.1 | 176.6 | 176.6 | 179.3 |
| 諏訪 | 172.1 | 171.7 | 171.7 | 171.7 | 170.6 | 170.6 | 170.6 | 170.6 | 170.6 | 170.6 | 170.5 | 170.5 |
| 上伊那 | 175.8 | 175.7 | 176.0 | 176.0 | 175.4 | 175.1 | 175.4 | 175.4 | 175.4 | 177.1 | 177.1 | 179.5 |
| 南信州 | 178.3 | 178.3 | 178.3 | 178.3 | 176.6 | 176.6 | 176.6 | 176.6 | 176.6 | 176.6 | 176.6 | 179.1 |
| 木曾 | 179.6 | 179.6 | 179.6 | 179.6 | 179.6 | 179.6 | 179.0 | 179.0 | 179.0 | 179.0 | 179.0 | 179.6 |
| 松本 | 173.7 | 174.4 | 174.0 | 174.0 | 172.5 | 172.1 | 171.7 | 171.7 | 171.7 | 171.7 | 172.2 | 173.4 |
| 北アルプス | 175.2 | 175.2 | 175.2 | 175.2 | 172.2 | 172.2 | 172.2 | 172.2 | 172.2 | 172.2 | 173.2 | 173.2 |
| 長野 | 179.1 | 177.3 | 177.3 | 177.3 | 177.1 | 177.1 | 177.1 | 177.1 | 177.1 | 177.1 | 177.1 | 180.1 |
| 北信 | 177.0 | 176.7 | 177.2 | 177.2 | 177.2 | 176.7 | 176.7 | 176.7 | 176.7 | 176.7 | 176.7 | 179.0 |
| 県平均 | 176.5 | 175.8 | 175.7 | 175.9 | 175.0 | 174.9 | 174.8 | 174.9 | 174.8 | 175.0 | 175.1 | 177.1 |

<令和4年>

| | 12/12 | 12/19 | 12/26 | | | | | | | | | |
|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|
| 佐久 | 176.5 | 176.5 | 176.5 | | | | | | | | | |
| 上田 | 178.6 | 178.6 | 178.6 | | | | | | | | | |
| 諏訪 | 172.0 | 172.0 | 172.1 | | | | | | | | | |
| 上伊那 | 176.8 | 176.2 | 176.7 | | | | | | | | | |
| 南信州 | 178.3 | 178.3 | 178.3 | | | | | | | | | |
| 木曾 | 178.6 | 178.6 | 178.6 | | | | | | | | | |
| 松本 | 174.0 | 173.8 | 173.8 | | | | | | | | | |
| 北アルプス | 174.5 | 174.0 | 174.0 | | | | | | | | | |
| 長野 | 179.3 | 179.3 | 179.1 | | | | | | | | | |
| 北信 | 178.2 | 178.2 | 178.2 | | | | | | | | | |
| 県平均 | 176.6 | 176.5 | 176.6 | | | | | | | | | |

| | 9/20 | 9/26 | 10/3 | 10/11 | 10/17 | 10/24 | 10/31 | 11/7 | 11/14 | 11/21 | 11/28 | 12/5 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 177.5 | 176.8 | 177.6 | 175.5 | 176.8 | 177.5 | 177.0 | 174.8 | 175.6 | 174.8 | 174.8 | 176.7 |
| 上田 | 178.6 | 178.6 | 178.6 | 176.6 | 178.6 | 178.6 | 178.3 | 177.0 | 176.6 | 176.6 | 176.6 | 178.6 |
| 諏訪 | 171.8 | 171.6 | 171.6 | 171.6 | 171.6 | 171.6 | 171.6 | 171.0 | 170.6 | 170.0 | 170.6 | 172.1 |
| 上伊那 | 175.7 | 176.2 | 175.7 | 175.7 | 178.1 | 177.8 | 177.7 | 175.8 | 175.7 | 176.0 | 176.0 | 177.5 |
| 南信州 | 176.6 | 176.6 | 176.3 | 176.3 | 178.0 | 178.6 | 178.3 | 176.6 | 176.3 | 176.3 | 176.6 | 178.0 |
| 木曾 | 181.3 | 181.3 | 181.3 | 181.3 | 181.3 | 181.3 | 181.3 | 179.3 | 178.6 | 178.6 | 178.6 | 178.6 |
| 松本 | 174.1 | 174.0 | 174.0 | 173.7 | 174.2 | 174.5 | 174.5 | 172.7 | 172.4 | 172.4 | 172.4 | 174.0 |
| 北アルプス | 173.2 | 173.2 | 173.2 | 173.2 | 175.2 | 175.2 | 175.2 | 173.2 | 173.2 | 172.2 | 172.2 | 174.7 |
| 長野 | 179.1 | 179.1 | 179.1 | 177.1 | 179.1 | 178.8 | 179.0 | 177.0 | 177.1 | 177.0 | 177.0 | 179.0 |
| 北信 | 177.0 | 177.7 | 177.7 | 176.7 | 177.7 | 177.7 | 177.7 | 176.7 | 176.7 | 176.7 | 176.7 | 178.2 |
| 県平均 | 176.4 | 176.4 | 176.4 | 175.5 | 176.9 | 177.0 | 176.9 | 175.2 | 175.1 | 174.9 | 175.0 | 176.7 |

| | 6/27 | 7/4 | 7/11 | 7/19 | 7/25 | 8/1 | 8/8 | 8/15 | 8/22 | 8/29 | 9/5 | 9/12 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 181.8 | 177.5 | 177.6 | 174.7 | 174.8 | 175.6 | 174.8 | 174.7 | 172.7 | 172.7 | 177.6 | 177.5 |
| 上田 | 183.3 | 178.3 | 178.3 | 176.6 | 176.6 | 176.6 | 176.3 | 176.3 | 174.6 | 174.3 | 178.6 | 178.6 |
| 諏訪 | 176.8 | 174.3 | 174.3 | 172.5 | 171.8 | 171.8 | 171.8 | 171.8 | 171.8 | 171.8 | 171.8 | 171.8 |
| 上伊那 | 183.4 | 175.8 | 176.5 | 174.4 | 175.5 | 174.4 | 176.1 | 176.1 | 174.5 | 174.2 | 177.4 | 178.0 |
| 南信州 | 184.3 | 180.1 | 179.3 | 178.0 | 177.3 | 177.3 | 177.3 | 176.8 | 174.8 | 174.3 | 177.6 | 178.6 |
| 木曾 | 186.0 | 184.6 | 184.0 | 184.0 | 182.0 | 182.0 | 181.3 | 181.3 | 181.3 | 179.3 | 179.3 | 181.3 |
| 松本 | 180.8 | 175.8 | 175.0 | 173.2 | 172.8 | 172.8 | 173.2 | 172.7 | 171.4 | 171.1 | 174.8 | 174.4 |
| 北アルプス | 182.0 | 174.0 | 174.0 | 173.0 | 173.0 | 173.0 | 172.0 | 172.0 | 171.0 | 170.2 | 173.2 | 174.2 |
| 長野 | 185.1 | 180.0 | 180.1 | 177.3 | 177.1 | 177.1 | 177.0 | 177.0 | 175.3 | 175.1 | 179.1 | 179.1 |
| 北信 | 182.7 | 180.0 | 179.2 | 176.2 | 176.2 | 176.2 | 176.2 | 176.2 | 175.2 | 175.2 | 177.2 | 177.7 |
| 県平均 | 182.5 | 177.8 | 177.6 | 175.6 | 175.4 | 175.4 | 175.4 | 175.3 | 173.9 | 173.6 | 176.7 | 177.0 |

| | 3/28 | 4/4 | 4/11 | 4/18 | 4/25 | 5/9 | 5/16 | 5/23 | 5/30 | 6/6 | 6/13 | 6/20 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 179.5 | 179.2 | 179.5 | 177.7 | 177.7 | 174.3 | 174.3 | 170.2 | 172.5 | 176.7 | 177.8 | 181.8 |
| 上田 | 180.6 | 180.6 | 180.6 | 178.6 | 178.6 | 175.6 | 175.3 | 171.3 | 173.6 | 177.3 | 179.3 | 183.6 |
| 諏訪 | 175.5 | 175.5 | 176.0 | 176.0 | 175.2 | 172.0 | 172.0 | 170.3 | 170.3 | 173.3 | 173.3 | 176.5 |
| 上伊那 | 180.4 | 181.0 | 181.1 | 178.1 | 178.1 | 177.4 | 175.8 | 172.4 | 174.8 | 177.4 | 179.4 | 183.4 |
| 南信州 | 180.3 | 180.6 | 180.3 | 180.3 | 178.6 | 176.6 | 177.0 | 173.5 | 173.5 | 178.5 | 180.3 | 184.3 |
| 木曾 | 182.6 | 185.6 | 185.6 | 185.0 | 185.0 | 182.6 | 182.6 | 180.6 | 180.0 | 181.0 | 183.6 | 186.0 |
| 松本 | 176.7 | 178.2 | 178.7 | 178.7 | 177.0 | 174.4 | 174.4 | 170.4 | 171.2 | 175.5 | 177.8 | 181.1 |
| 北アルプス | 177.0 | 178.5 | 179.0 | 179.0 | 177.5 | 174.0 | 174.0 | 171.0 | 173.0 | 177.0 | 179.2 | 182.0 |
| 長野 | 180.3 | 182.3 | 182.0 | 180.3 | 180.1 | 177.6 | 177.1 | 173.0 | 175.0 | 179.3 | 181.0 | 185.5 |
| 北信 | 180.2 | 181.2 | 181.2 | 179.5 | 179.5 | 177.2 | 177.2 | 172.2 | 173.2 | 175.7 | 178.0 | 182.7 |
| 県平均 | 179.1 | 180.0 | 180.1 | 179.0 | 178.4 | 175.8 | 175.6 | 172.0 | 173.4 | 177.1 | 178.7 | 182.6 |

| | 1/4 | 1/11 | 1/17 | 1/24 | 1/31 | 2/7 | 2/14 | 2/21 | 2/28 | 3/7 | 3/14 | 3/22 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 佐久 | 168.6 | 173.0 | 176.6 | 177.2 | 176.8 | 177.5 | 176.8 | 179.5 | 179.6 | 182.0 | 182.5 | 179.5 |
| 上田 | 169.0 | 174.6 | 178.0 | 178.3 | 178.6 | 178.6 | 178.6 | 180.3 | 180.6 | 183.6 | 183.6 | 180.6 |
| 諏訪 | 166.3 | 167.3 | 171.3 | 173.7 | 174.8 | 174.3 | 174.2 | 174.5 | 174.5 | 178.3 | 178.3 | 177.8 |
| 上伊那 | 172.1 | 175.1 | 175.1 | 177.2 | 177.1 | 177.4 | 178.5 | 180.5 | 181.1 | 183.1 | 182.8 | 181.0 |
| 南信州 | 172.6 | 175.5 | 175.8 | 179.1 | 179.5 | 179.5 | 179.5 | 179.5 | 182.0 | 183.5 | 184.5 | 184.5 |
| 木曾 | 174.0 | 175.6 | 178.0 | 180.0 | 180.0 | 180.0 | 180.0 | 183.0 | 183.0 | 185.6 | 185.0 | 185.6 |
| 松本 | 168.2 | 171.1 | 173.7 | 175.2 | 175.2 | 175.0 | 176.5 | 176.7 | 178.8 | 180.4 | 181.2 | 178.5 |
| 北アルプス | 170.0 | 174.0 | 175.0 | 176.5 | 176.0 | 176.0 | 177.5 | 178.0 | 180.0 | 180.2 | 181.0 | 178.0 |
| 長野 | 170.3 | 175.3 | 177.0 | 179.1 | 179.3 | 179.2 | 179.3 | 181.1 | 181.3 | 183.2 | 183.3 | 181.3 |
| 北信 | 170.0 | 173.7 | 174.7 | 177.7 | 177.7 | 177.7 | 177.7 | 179.2 | 179.2 | 181.7 | 181.7 | 180.7 |
| 県平均 | 169.8 | 173.3 | 175.4 | 177.3 | 177.4 | 177.4 | 177.8 | 179.1 | 179.8 | 182.0 | 182.3 | 180.5 |

<令和3年>

| | 10/25 | 11/1 | 11/8 | 11/15 | 11/22 | 11/29 | 12/6 | 12/13 | 12/20 | 12/27 | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|
| 佐久 | 175.6 | 175.8 | 175.8 | 174.1 | 174.1 | 174.5 | 172.6 | 168.5 | 168.1 | 168.5 | | |
| 上田 | 177.8 | 178.0 | 177.7 | 175.6 | 175.3 | 175.3 | 173.3 | 169.3 | 169.6 | 169.3 | | |
| 諏訪 | 171.3 | 170.1 | 170.6 | 170.6 | 170.6 | 170.6 | 166.8 | 167.6 | 167.6 | 167.3 | | |
| 上伊那 | 174.8 | 174.8 | 175.1 | 175.1 | 175.1 | 175.1 | 175.1 | 172.1 | 172.1 | 172.1 | | |
| 南信州 | 175.1 | 175.3 | 175.6 | 175.3 | 175.8 | 175.3 | 175.8 | 173.3 | 173.0 | 172.6 | | |
| 木曾 | 176.0 | 178.3 | 177.6 | 177.6 | 177.6 | 177.6 | 177.6 | 175.6 | 174.6 | 174.6 | | |
| 松本 | 172.2 | 172.5 | 173.5 | 173.1 | 173.1 | 173.4 | 171.4 | 169.0 | 168.1 | 168.1 | | |
| 北アルプス | 175.0 | 175.0 | 175.0 | 175.0 | 175.0 | 175.0 | 173.5 | 170.0 | 170.0 | 170.0 | | |
| 長野 | 176.0 | 176.3 | 176.1 | 176.3 | 176.3 | 176.3 | 174.3 | 170.6 | 170.6 | 170.3 | | |
| 北信 | 173.7 | 174.5 | 174.5 | 174.5 | 174.5 | 174.5 | 173.5 | 170.0 | 170.0 | 170.0 | | |
| 県平均 | 174.8 | 174.9 | 175.0 | 174.6 | 174.6 | 174.6 | 173.0 | 170.2 | 170.0 | 169.9 | | |

※県平均は調査店舗66店の合計値を66で除したもの

※令和3年11月15日からは都合により65店舗で実施

※毎週月曜日に調査を実施(令和5年6月5日から8月21日までの間は毎月第1、3月曜日)