

軽油 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 | | | | | | | | | | |
|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| 佐久 | 156.7 | 157.0 | | | | | | | | | | |
| 上田 | 159.3 | 159.3 | | | | | | | | | | |
| 諏訪 | 152.3 | 152.2 | | | | | | | | | | |
| 上伊那 | 157.0 | 155.8 | | | | | | | | | | |
| 南信州 | 159.3 | 158.3 | | | | | | | | | | |
| 木曾 | 170.0 | 167.6 | | | | | | | | | | |
| 松本 | 153.5 | 153.8 | | | | | | | | | | |
| 北アルプス | 158.7 | 158.7 | | | | | | | | | | |
| 長野 | 162.0 | 162.1 | | | | | | | | | | |
| 北信 | 167.2 | 160.7 | | | | | | | | | | |
| 県平均 | 158.7 | 158.0 | | | | | | | | | | |

| | 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 | 147.3 | 146.7 | 146.5 | 147.8 | 148.1 | 148.1 | 151.0 | 151.3 | 153.7 | 156.7 | 184.7 | 164.1 |
| 上田 | 150.0 | 149.6 | 149.5 | 151.6 | 151.0 | 151.6 | 154.6 | 154.6 | 157.3 | 159.8 | 188.3 | 167.6 |
| 諏訪 | 143.0 | 141.6 | 141.6 | 142.0 | 142.3 | 142.3 | 144.6 | 145.2 | 146.1 | 150.8 | 178.6 | 161.1 |
| 上伊那 | 145.5 | 145.5 | 145.5 | 148.1 | 148.1 | 148.1 | 150.5 | 150.5 | 153.4 | 155.8 | 184.4 | 164.1 |
| 南信州 | 149.6 | 149.5 | 149.8 | 151.3 | 152.3 | 152.5 | 155.0 | 155.0 | 156.8 | 159.1 | 185.5 | 165.6 |
| 木曾 | 157.0 | 157.0 | 157.0 | 159.0 | 158.3 | 158.3 | 161.3 | 161.3 | 162.6 | 165.6 | 191.3 | 174.6 |
| 松本 | 143.4 | 142.0 | 142.1 | 145.0 | 144.5 | 143.8 | 146.4 | 147.2 | 150.1 | 152.2 | 179.5 | 163.1 |
| 北アルプス | 145.7 | 145.2 | 144.7 | 146.7 | 146.5 | 146.7 | 150.0 | 151.0 | 153.0 | 157.2 | 185.0 | 166.0 |
| 長野 | 152.5 | 152.1 | 152.0 | 154.4 | 154.2 | 155.0 | 156.7 | 157.0 | 159.5 | 162.2 | 190.1 | 169.5 |
| 北信 | 152.5 | 152.5 | 152.5 | 153.2 | 153.2 | 153.2 | 154.0 | 154.0 | 156.2 | 158.0 | 188.2 | 173.7 |
| 県平均 | 148.2 | 147.7 | 147.6 | 149.5 | 149.5 | 149.6 | 152.0 | 152.3 | 154.5 | 157.4 | 185.3 | 166.3 |

<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 | 162.6 | 160.1 | 159.8 | 157.7 | 157.6 | 158.0 | 153.1 | 153.1 | 151.2 | 151.0 | 151.0 | 150.3 |
| 上田 | 163.8 | 162.6 | 162.1 | 160.5 | 160.5 | 161.1 | 156.5 | 155.5 | 153.1 | 152.5 | 151.3 | 151.1 |
| 諏訪 | 154.7 | 154.0 | 153.5 | 153.0 | 153.0 | 153.0 | 148.1 | 147.3 | 145.6 | 146.3 | 146.3 | 146.3 |
| 上伊那 | 160.8 | 158.5 | 158.2 | 156.0 | 157.1 | 157.5 | 153.8 | 151.5 | 150.2 | 149.4 | 149.5 | 149.1 |
| 南信州 | 161.6 | 161.6 | 161.6 | 159.1 | 161.1 | 161.6 | 156.6 | 156.6 | 154.6 | 154.6 | 154.6 | 152.1 |
| 木曾 | 167.6 | 166.0 | 166.0 | 164.6 | 166.6 | 166.6 | 165.6 | 163.0 | 160.3 | 160.3 | 160.3 | 160.3 |
| 松本 | 155.5 | 153.1 | 152.4 | 150.7 | 151.5 | 152.1 | 147.7 | 147.1 | 146.1 | 145.0 | 144.5 | 143.8 |
| 北アルプス | 159.5 | 157.0 | 157.0 | 153.5 | 153.5 | 153.5 | 148.7 | 148.7 | 147.7 | 147.7 | 147.7 | 146.7 |
| 長野 | 164.6 | 164.0 | 164.1 | 162.0 | 162.8 | 163.4 | 158.5 | 158.7 | 156.5 | 156.0 | 155.9 | 155.4 |
| 北信 | 167.7 | 166.2 | 166.2 | 163.7 | 163.7 | 162.5 | 160.0 | 158.7 | 155.7 | 155.7 | 155.7 | 155.7 |
| 県平均 | 161.4 | 160.0 | 159.7 | 157.8 | 158.4 | 158.7 | 154.3 | 153.7 | 151.8 | 151.5 | 151.3 | 150.7 |

| | 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 | 162.7 | 163.0 | 162.1 | 163.0 | 163.0 | 163.6 | 162.7 | 162.7 | 163.7 | 163.8 | 163.7 | 163.3 |
| 上田 | 165.0 | 165.3 | 165.6 | 163.5 | 163.5 | 163.5 | 162.8 | 161.8 | 162.5 | 163.1 | 163.8 | 163.8 |
| 諏訪 | 153.5 | 153.5 | 153.3 | 154.5 | 154.8 | 155.6 | 154.7 | 154.7 | 154.7 | 154.7 | 154.7 | 154.7 |
| 上伊那 | 159.5 | 160.0 | 161.0 | 161.8 | 161.4 | 161.4 | 160.7 | 160.5 | 160.8 | 161.2 | 161.4 | 161.4 |
| 南信州 | 158.3 | 158.3 | 160.8 | 161.6 | 161.6 | 162.0 | 161.6 | 161.6 | 161.6 | 161.6 | 161.6 | 161.6 |
| 木曾 | 163.6 | 163.6 | 163.6 | 165.6 | 167.0 | 166.3 | 166.3 | 166.3 | 167.0 | 167.6 | 167.6 | 167.6 |
| 松本 | 153.1 | 153.8 | 154.4 | 155.0 | 155.5 | 152.7 | 152.2 | 153.5 | 155.2 | 155.1 | 155.4 | 155.8 |
| 北アルプス | 157.2 | 157.2 | 158.2 | 158.2 | 159.2 | 157.7 | 157.0 | 157.2 | 158.7 | 159.2 | 159.2 | 159.2 |
| 長野 | 163.7 | 163.7 | 164.3 | 164.4 | 164.1 | 164.0 | 165.3 | 163.4 | 164.0 | 164.4 | 164.3 | 164.5 |
| 北信 | 166.7 | 166.7 | 166.2 | 166.2 | 166.2 | 166.0 | 165.5 | 165.5 | 166.7 | 166.7 | 166.7 | 166.7 |
| 県平均 | 160.1 | 160.3 | 160.8 | 161.1 | 161.3 | 161.0 | 160.7 | 160.4 | 161.1 | 161.4 | 161.5 | 161.5 |

| | 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 | 174.1 | 174.5 | 173.2 | 172.8 | 170.8 | 171.0 | 166.2 | 161.6 | 161.0 | 160.7 | 163.2 | 164.3 |
| 上田 | 175.8 | 176.1 | 175.0 | 174.5 | 172.0 | 171.3 | 166.0 | 162.5 | 160.3 | 161.5 | 163.8 | 167.3 |
| 諏訪 | 168.3 | 168.0 | 166.8 | 164.5 | 163.7 | 161.3 | 156.8 | 154.7 | 150.3 | 150.6 | 151.2 | 154.0 |
| 上伊那 | 175.8 | 175.0 | 172.0 | 171.4 | 168.1 | 166.5 | 161.7 | 157.2 | 156.4 | 156.4 | 158.1 | 162.0 |
| 南信州 | 174.0 | 173.1 | 171.3 | 171.0 | 167.3 | 166.6 | 163.5 | 157.0 | 156.6 | 156.6 | 158.6 | 161.1 |
| 木曾 | 176.6 | 176.6 | 174.3 | 173.0 | 170.6 | 170.0 | 166.3 | 162.6 | 162.0 | 162.0 | 163.3 | 164.6 |
| 松本 | 167.7 | 167.7 | 163.8 | 164.5 | 160.4 | 160.0 | 155.5 | 151.7 | 149.8 | 149.4 | 153.4 | 155.7 |
| 北アルプス | 172.7 | 171.5 | 170.0 | 168.5 | 164.0 | 163.5 | 158.7 | 153.2 | 152.2 | 151.2 | 156.0 | 160.2 |
| 長野 | 176.1 | 176.3 | 174.5 | 173.7 | 171.3 | 171.3 | 166.3 | 162.7 | 160.8 | 160.9 | 162.9 | 165.3 |
| 北信 | 175.5 | 176.7 | 176.7 | 174.2 | 174.2 | 174.2 | 170.5 | 164.5 | 164.0 | 163.0 | 164.2 | 166.0 |
| 県平均 | 173.5 | 173.4 | 171.6 | 170.7 | 168.2 | 167.5 | 163.0 | 158.8 | 157.2 | 157.1 | 159.3 | 161.9 |

| | 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 | 173.8 | 177.6 | 177.6 | 175.5 | 174.6 | 174.6 | 174.5 | 174.5 | 174.2 | 174.5 | 175.0 | 174.2 |
| 上田 | 175.3 | 179.6 | 179.6 | 177.3 | 177.3 | 177.3 | 175.8 | 175.6 | 175.6 | 175.3 | 174.6 | 174.6 |
| 諏訪 | 165.8 | 168.8 | 169.1 | 168.8 | 167.7 | 167.0 | 166.0 | 166.3 | 166.0 | 166.0 | 165.0 | 166.6 |
| 上伊那 | 172.1 | 176.1 | 176.1 | 174.1 | 173.0 | 173.0 | 173.0 | 173.0 | 173.0 | 172.5 | 174.5 | 173.7 |
| 南信州 | 168.6 | 171.8 | 172.6 | 172.6 | 172.6 | 172.6 | 172.6 | 172.6 | 172.6 | 172.6 | 172.6 | 172.6 |
| 木曾 | 171.0 | 174.3 | 175.6 | 175.6 | 174.3 | 173.6 | 173.6 | 173.6 | 173.6 | 174.3 | 174.3 | 174.3 |
| 松本 | 159.4 | 163.1 | 163.8 | 162.1 | 160.8 | 162.0 | 161.7 | 161.7 | 162.5 | 164.8 | 165.0 | 165.0 |
| 北アルプス | 162.7 | 166.7 | 166.7 | 166.5 | 166.5 | 166.5 | 166.5 | 164.5 | 167.0 | 168.5 | 169.0 | 169.0 |
| 長野 | 174.0 | 177.0 | 177.0 | 174.3 | 174.3 | 174.3 | 174.5 | 174.7 | 174.9 | 174.8 | 175.3 | 175.1 |
| 北信 | 175.5 | 179.0 | 177.5 | 175.5 | 175.5 | 175.5 | 174.5 | 174.5 | 173.5 | 173.2 | 173.2 | 174.0 |
| 県平均 | 170.1 | 173.6 | 173.7 | 172.2 | 171.6 | 171.6 | 171.3 | 171.2 | 171.4 | 171.7 | 171.9 | 171.9 |

<令和6年>

| | | | | | | | | | | | | |
|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| | 12/23 | | | | | | | | | | | |
| 佐久 | 173.7 | | | | | | | | | | | |
| 上田 | 176.0 | | | | | | | | | | | |
| 諏訪 | 162.5 | | | | | | | | | | | |
| 上伊那 | 171.5 | | | | | | | | | | | |
| 南信州 | 168.6 | | | | | | | | | | | |
| 木曾 | 171.0 | | | | | | | | | | | |
| 松本 | 159.7 | | | | | | | | | | | |
| 北アルプス | 162.7 | | | | | | | | | | | |
| 長野 | 173.8 | | | | | | | | | | | |
| 北信 | 175.0 | | | | | | | | | | | |
| 県平均 | 169.6 | | | | | | | | | | | |

| | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | 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 | 167.5 | 167.0 | 167.0 | 167.5 | 167.5 | 166.8 | 167.5 | 167.0 | 167.0 | 169.0 | 168.5 | 168.5 |
| 上田 | 169.0 | 169.0 | 169.0 | 169.0 | 169.0 | 169.0 | 169.0 | 169.0 | 169.0 | 171.0 | 171.0 | 171.0 |
| 諏訪 | 155.1 | 156.2 | 156.7 | 156.7 | 156.7 | 156.8 | 156.8 | 156.8 | 156.8 | 156.8 | 158.8 | 160.0 |
| 上伊那 | 165.8 | 165.8 | 165.8 | 165.8 | 165.8 | 165.8 | 166.0 | 165.8 | 165.8 | 167.5 | 168.1 | 167.8 |
| 南信州 | 161.8 | 163.5 | 163.5 | 163.5 | 163.5 | 163.5 | 163.5 | 163.5 | 163.5 | 163.5 | 163.5 | 163.5 |
| 木曾 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 166.0 | 166.0 | 166.0 |
| 松本 | 155.4 | 156.2 | 155.2 | 156.2 | 155.5 | 156.0 | 155.5 | 155.5 | 156.2 | 155.7 | 155.5 | 155.2 |
| 北アルプス | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 |
| 長野 | 167.1 | 166.8 | 167.1 | 167.5 | 167.1 | 167.0 | 167.0 | 167.1 | 167.1 | 169.0 | 169.0 | 169.0 |
| 北信 | 168.5 | 168.5 | 168.5 | 168.5 | 168.5 | 168.5 | 168.5 | 168.5 | 167.7 | 170.5 | 170.5 | 170.5 |
| 県平均 | 163.3 | 163.6 | 163.6 | 163.8 | 163.7 | 163.7 | 163.7 | 163.7 | 163.7 | 164.8 | 165.2 | 165.1 |

| | 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 | 167.8 | 168.8 | 166.6 | 165.1 | 164.7 | 165.2 | 165.3 | 164.8 | 164.8 | 167.5 | 167.5 | 167.5 |
| 上田 | 170.8 | 170.8 | 169.0 | 167.0 | 167.0 | 167.0 | 167.0 | 167.0 | 167.0 | 169.0 | 167.6 | 169.0 |
| 諏訪 | 156.6 | 159.0 | 159.0 | 159.0 | 156.0 | 155.3 | 155.3 | 155.3 | 155.3 | 155.3 | 155.1 | 155.1 |
| 上伊那 | 168.1 | 168.5 | 166.1 | 165.8 | 164.4 | 164.8 | 164.8 | 165.1 | 164.7 | 164.7 | 164.8 | 166.8 |
| 南信州 | 165.1 | 165.5 | 163.8 | 163.8 | 162.1 | 162.1 | 161.8 | 161.8 | 161.8 | 161.8 | 161.8 | 161.8 |
| 木曾 | 166.6 | 166.6 | 166.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 |
| 松本 | 159.0 | 159.0 | 156.5 | 156.4 | 154.8 | 155.1 | 155.0 | 155.0 | 155.0 | 154.0 | 154.2 | 155.4 |
| 北アルプス | 160.7 | 160.7 | 157.7 | 157.7 | 157.7 | 156.2 | 155.7 | 155.7 | 155.7 | 155.7 | 155.7 | 157.7 |
| 長野 | 169.3 | 169.2 | 167.1 | 165.2 | 165.1 | 165.1 | 165.3 | 165.1 | 165.2 | 167.1 | 167.0 | 167.1 |
| 北信 | 170.5 | 170.5 | 168.2 | 166.5 | 166.5 | 166.5 | 166.5 | 166.5 | 166.5 | 168.5 | 168.5 | 168.5 |
| 県平均 | 165.5 | 166.0 | 164.1 | 163.2 | 162.2 | 162.2 | 162.2 | 162.1 | 162.1 | 163.0 | 162.8 | 163.4 |

| | 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 | 168.6 | 169.2 | 168.5 | 168.5 | 166.8 | 166.8 | 166.8 | 166.8 | 166.1 | 166.1 | 166.1 | 166.1 |
| 上田 | 170.3 | 170.6 | 170.6 | 170.6 | 168.6 | 168.6 | 168.3 | 168.6 | 168.6 | 168.6 | 168.6 | 168.6 |
| 諏訪 | 156.0 | 158.0 | 158.2 | 158.2 | 157.6 | 156.2 | 156.6 | 156.6 | 156.6 | 156.6 | 156.6 | 156.6 |
| 上伊那 | 166.7 | 166.7 | 166.2 | 166.8 | 166.8 | 166.8 | 166.8 | 167.4 | 167.2 | 167.5 | 166.7 | 166.4 |
| 南信州 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 |
| 木曾 | 165.3 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 164.6 | 165.3 | 165.3 | 165.3 |
| 松本 | 156.7 | 156.7 | 156.7 | 156.7 | 155.2 | 155.1 | 157.0 | 157.2 | 157.2 | 157.0 | 157.1 | 156.8 |
| 北アルプス | 157.5 | 157.5 | 158.5 | 158.5 | 156.5 | 156.5 | 158.5 | 158.5 | 158.5 | 158.5 | 158.5 | 158.5 |
| 長野 | 169.0 | 169.0 | 168.9 | 169.0 | 167.1 | 167.0 | 167.2 | 167.0 | 167.0 | 167.0 | 167.2 | 167.2 |
| 北信 | 169.5 | 169.5 | 169.5 | 169.5 | 169.0 | 168.0 | 168.0 | 168.0 | 168.0 | 168.0 | 168.0 | 168.0 |
| 県平均 | 164.6 | 164.9 | 164.8 | 164.9 | 163.8 | 163.5 | 163.9 | 164.0 | 163.9 | 163.9 | 163.8 | 163.8 |

| | 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 | 169.1 | 169.1 | 166.8 | 166.7 | 166.2 | 166.3 | 167.0 | 166.8 | 167.2 | 166.7 | 167.2 | 166.8 |
| 上田 | 170.6 | 170.6 | 168.6 | 168.6 | 167.6 | 168.6 | 168.6 | 168.6 | 168.6 | 168.6 | 168.6 | 168.6 |
| 諏訪 | 157.5 | 157.5 | 157.5 | 157.5 | 157.1 | 156.0 | 156.0 | 156.0 | 156.5 | 156.5 | 156.5 | 156.5 |
| 上伊那 | 167.2 | 167.2 | 167.2 | 165.2 | 165.5 | 165.5 | 165.4 | 167.2 | 167.4 | 164.5 | 164.4 | 164.2 |
| 南信州 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 | 163.8 |
| 木曾 | 164.0 | 164.0 | 164.0 | 164.0 | 164.0 | 164.0 | 164.0 | 164.0 | 164.0 | 164.0 | 164.0 | 165.3 |
| 松本 | 157.0 | 155.8 | 155.5 | 155.5 | 155.5 | 155.2 | 155.2 | 156.8 | 156.0 | 155.7 | 155.7 | 155.7 |
| 北アルプス | 158.5 | 156.5 | 156.5 | 156.5 | 156.5 | 156.5 | 156.5 | 156.5 | 155.7 | 155.7 | 155.7 | 155.7 |
| 長野 | 169.0 | 168.7 | 167.0 | 167.0 | 167.0 | 167.1 | 167.0 | 167.4 | 167.0 | 167.0 | 167.0 | 167.0 |
| 北信 | 168.2 | 169.5 | 168.5 | 168.5 | 168.0 | 167.2 | 168.0 | 168.0 | 168.0 | 168.0 | 168.0 | 168.0 |
| 県平均 | 164.8 | 164.6 | 163.8 | 163.5 | 163.3 | 163.2 | 163.3 | 163.7 | 163.7 | 163.3 | 163.3 | 163.3 |

<令和5年>

| | 11/6 | 11/13 | 11/20 | 11/27 | 12/4 | 12/11 | 12/18 | 12/25 | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|
| 佐久 | 162.2 | 164.3 | 164.2 | 164.5 | 166.5 | 166.6 | 166.5 | 167.1 | | | | |
| 上田 | 164.5 | 166.5 | 166.6 | 166.8 | 168.8 | 168.5 | 168.5 | 167.8 | | | | |
| 諏訪 | 151.3 | 151.3 | 151.3 | 153.0 | 153.5 | 153.7 | 153.7 | 155.2 | | | | |
| 上伊那 | 160.2 | 162.0 | 162.2 | 162.2 | 165.0 | 164.1 | 164.8 | 165.2 | | | | |
| 南信州 | 158.6 | 158.6 | 160.3 | 160.3 | 163.3 | 163.8 | 163.8 | 163.8 | | | | |
| 木曾 | 160.0 | 160.0 | 162.0 | 162.0 | 162.6 | 164.0 | 164.0 | 164.0 | | | | |
| 松本 | 152.1 | 153.0 | 153.7 | 154.2 | 155.4 | 155.5 | 155.5 | 155.5 | | | | |
| 北アルプス | 151.5 | 154.5 | 153.5 | 155.5 | 157.5 | 157.5 | 157.7 | 157.7 | | | | |
| 長野 | 161.9 | 161.9 | 164.5 | 165.0 | 167.0 | 167.0 | 167.0 | 167.0 | | | | |
| 北信 | 163.0 | 163.0 | 165.7 | 165.7 | 167.5 | 168.0 | 168.0 | 168.0 | | | | |
| 県平均 | 158.7 | 159.6 | 160.5 | 161.0 | 162.9 | 162.9 | 163.0 | 163.3 | | | | |

| | 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 | 166.3 | 173.0 | 175.1 | 177.1 | 171.8 | 167.1 | 167.2 | 167.3 | 163.0 | 160.3 | 160.2 | 162.1 |
| 上田 | 169.5 | 175.0 | 176.3 | 179.0 | 174.0 | 169.0 | 169.0 | 169.0 | 164.8 | 162.8 | 162.1 | 164.5 |
| 諏訪 | 154.0 | 161.6 | 165.0 | 166.6 | 165.2 | 161.6 | 157.1 | 157.1 | 153.0 | 149.5 | 148.8 | 150.0 |
| 上伊那 | 162.5 | 169.8 | 172.4 | 174.1 | 172.1 | 164.4 | 164.2 | 164.2 | 160.2 | 158.5 | 158.2 | 160.2 |
| 南信州 | 161.8 | 168.5 | 169.8 | 172.0 | 167.8 | 163.1 | 162.6 | 162.6 | 159.6 | 156.1 | 155.6 | 158.1 |
| 木曾 | 162.6 | 169.3 | 172.0 | 172.6 | 169.6 | 165.0 | 165.0 | 163.6 | 161.6 | 158.6 | 158.6 | 158.6 |
| 松本 | 154.8 | 161.2 | 163.5 | 166.7 | 162.5 | 156.4 | 156.4 | 156.2 | 152.1 | 150.2 | 149.0 | 151.5 |
| 北アルプス | 154.2 | 163.2 | 164.2 | 166.2 | 162.0 | 158.0 | 156.7 | 155.7 | 151.7 | 149.5 | 148.7 | 151.5 |
| 長野 | 166.9 | 172.8 | 175.4 | 177.3 | 172.1 | 167.1 | 167.0 | 167.0 | 162.9 | 159.8 | 160.0 | 161.9 |
| 北信 | 167.2 | 172.2 | 175.2 | 177.2 | 172.2 | 168.5 | 168.0 | 168.0 | 164.2 | 161.5 | 161.5 | 162.5 |
| 県平均 | 162.3 | 168.9 | 171.2 | 173.2 | 169.2 | 164.2 | 163.5 | 163.4 | 159.4 | 156.8 | 156.4 | 158.3 |

| | 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 | 161.2 | 160.7 | 160.8 | 160.8 | 161.0 | 159.1 | 159.1 | 161.2 | 161.3 | 161.3 | 162.5 | 164.5 |
| 上田 | 164.0 | 163.5 | 164.3 | 164.3 | 164.3 | 162.3 | 162.3 | 163.5 | 164.0 | 164.0 | 165.1 | 166.8 |
| 諏訪 | 147.1 | 147.3 | 147.3 | 147.3 | 147.3 | 146.7 | 147.0 | 147.0 | 147.0 | 149.7 | 151.2 | 154.0 |
| 上伊那 | 157.1 | 157.1 | 156.4 | 157.2 | 156.4 | 155.5 | 154.2 | 156.1 | 156.2 | 157.1 | 158.0 | 163.1 |
| 南信州 | 157.1 | 157.1 | 157.5 | 157.5 | 157.5 | 157.5 | 157.1 | 157.1 | 157.1 | 157.1 | 158.8 | 162.0 |
| 木曾 | 157.3 | 157.3 | 157.3 | 157.3 | 157.3 | 157.3 | 157.3 | 157.3 | 157.3 | 157.3 | 158.0 | 160.0 |
| 松本 | 150.4 | 150.4 | 150.1 | 149.2 | 149.0 | 148.4 | 147.4 | 149.5 | 149.2 | 149.2 | 151.0 | 154.2 |
| 北アルプス | 148.2 | 147.7 | 147.7 | 147.7 | 147.7 | 147.7 | 147.7 | 149.2 | 149.2 | 149.2 | 151.2 | 154.2 |
| 長野 | 161.9 | 161.9 | 161.9 | 161.9 | 161.9 | 160.0 | 159.9 | 162.0 | 162.0 | 162.0 | 162.2 | 165.1 |
| 北信 | 162.5 | 162.5 | 162.5 | 162.5 | 162.5 | 161.5 | 161.5 | 162.5 | 162.5 | 162.5 | 162.5 | 165.5 |
| 県平均 | 157.0 | 156.8 | 156.9 | 156.9 | 156.8 | 155.7 | 155.4 | 156.8 | 156.8 | 157.3 | 158.3 | 161.2 |

| | 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 | 159.6 | 158.0 | 157.8 | 158.8 | 157.6 | 157.7 | 157.6 | 157.7 | 157.6 | 157.6 | 157.6 | 160.1 |
| 上田 | 162.5 | 160.6 | 161.0 | 160.8 | 160.3 | 160.8 | 160.8 | 160.8 | 160.3 | 160.8 | 160.8 | 163.5 |
| 諏訪 | 148.6 | 148.3 | 148.3 | 148.3 | 147.2 | 147.2 | 147.2 | 147.2 | 147.2 | 147.2 | 147.1 | 147.1 |
| 上伊那 | 154.2 | 153.7 | 154.0 | 154.0 | 153.4 | 153.1 | 153.4 | 153.4 | 153.4 | 155.1 | 155.1 | 157.8 |
| 南信州 | 156.3 | 156.3 | 156.3 | 156.3 | 154.6 | 154.6 | 154.6 | 154.6 | 154.6 | 154.6 | 154.6 | 157.1 |
| 木曾 | 156.0 | 156.0 | 156.0 | 156.0 | 156.0 | 156.0 | 155.3 | 155.3 | 155.3 | 155.3 | 155.3 | 156.0 |
| 松本 | 150.4 | 151.1 | 150.7 | 150.7 | 149.5 | 149.1 | 148.7 | 148.7 | 148.7 | 148.7 | 149.2 | 150.4 |
| 北アルプス | 150.2 | 150.2 | 150.2 | 150.2 | 147.2 | 147.2 | 147.2 | 147.2 | 147.2 | 147.2 | 148.2 | 148.2 |
| 長野 | 161.3 | 159.3 | 159.4 | 159.4 | 159.0 | 159.0 | 159.1 | 159.1 | 159.1 | 159.1 | 159.1 | 162.1 |
| 北信 | 160.5 | 160.2 | 160.7 | 160.7 | 160.7 | 160.2 | 160.2 | 160.2 | 160.2 | 160.2 | 160.2 | 162.5 |
| 県平均 | 156.2 | 155.5 | 155.5 | 155.6 | 154.7 | 154.7 | 154.6 | 154.6 | 154.6 | 154.8 | 154.9 | 156.8 |

<令和4年>

| | 12/12 | 12/19 | 12/26 | | | | | | | | | |
|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|
| 佐久 | 159.8 | 159.8 | 159.8 | | | | | | | | | |
| 上田 | 162.5 | 162.8 | 162.8 | | | | | | | | | |
| 諏訪 | 148.6 | 148.6 | 149.6 | | | | | | | | | |
| 上伊那 | 154.8 | 154.2 | 154.7 | | | | | | | | | |
| 南信州 | 156.3 | 156.3 | 156.3 | | | | | | | | | |
| 木曾 | 155.0 | 155.0 | 155.0 | | | | | | | | | |
| 松本 | 150.4 | 150.2 | 150.2 | | | | | | | | | |
| 北アルプス | 149.5 | 149.0 | 149.0 | | | | | | | | | |
| 長野 | 161.4 | 161.3 | 161.1 | | | | | | | | | |
| 北信 | 161.7 | 161.7 | 161.7 | | | | | | | | | |
| 県平均 | 156.3 | 156.2 | 156.4 | | | | | | | | | |

| | 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 | 161.6 | 161.1 | 161.8 | 159.3 | 160.7 | 161.3 | 160.3 | 158.1 | 159.0 | 158.2 | 158.2 | 160.1 |
| 上田 | 162.8 | 163.1 | 162.8 | 160.8 | 162.8 | 162.8 | 162.5 | 161.1 | 161.1 | 160.5 | 160.5 | 162.8 |
| 諏訪 | 149.2 | 149.0 | 149.0 | 149.0 | 149.0 | 149.0 | 149.0 | 148.5 | 148.1 | 148.1 | 148.1 | 149.6 |
| 上伊那 | 153.7 | 154.2 | 153.7 | 153.7 | 156.1 | 155.8 | 155.7 | 153.7 | 153.7 | 154.0 | 154.0 | 155.5 |
| 南信州 | 154.6 | 154.8 | 154.5 | 154.5 | 156.1 | 156.8 | 156.5 | 154.8 | 154.3 | 154.3 | 154.5 | 156.0 |
| 木曾 | 157.6 | 157.6 | 157.6 | 157.6 | 157.6 | 157.6 | 157.6 | 155.6 | 155.0 | 155.0 | 155.0 | 155.0 |
| 松本 | 150.1 | 150.1 | 150.1 | 149.8 | 150.4 | 150.7 | 150.7 | 149.0 | 148.8 | 148.8 | 148.8 | 150.4 |
| 北アルプス | 148.2 | 148.2 | 148.2 | 148.2 | 150.2 | 150.2 | 150.2 | 148.2 | 148.2 | 147.2 | 147.2 | 149.7 |
| 長野 | 163.0 | 162.9 | 162.9 | 159.2 | 161.2 | 160.9 | 161.0 | 159.0 | 159.2 | 159.1 | 159.1 | 161.0 |
| 北信 | 162.0 | 162.7 | 162.7 | 160.2 | 161.2 | 161.2 | 161.2 | 160.2 | 160.2 | 160.2 | 160.2 | 161.7 |
| 県平均 | 156.7 | 156.8 | 156.7 | 155.4 | 156.8 | 156.8 | 156.6 | 155.0 | 155.0 | 154.8 | 154.8 | 156.5 |

| | 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 | 166.5 | 161.6 | 161.8 | 158.8 | 159.1 | 159.8 | 159.1 | 158.8 | 156.8 | 156.8 | 161.8 | 161.6 |
| 上田 | 166.8 | 162.3 | 162.3 | 160.5 | 160.8 | 160.5 | 160.5 | 160.5 | 158.8 | 158.5 | 162.8 | 162.8 |
| 諏訪 | 154.2 | 151.7 | 151.7 | 149.8 | 149.2 | 149.2 | 149.2 | 149.2 | 149.2 | 149.2 | 149.5 | 149.2 |
| 上伊那 | 161.4 | 153.5 | 154.5 | 152.4 | 153.5 | 152.4 | 154.1 | 154.1 | 154.0 | 153.7 | 155.4 | 156.0 |
| 南信州 | 162.5 | 158.3 | 157.5 | 156.1 | 155.5 | 155.5 | 155.5 | 155.0 | 153.0 | 152.5 | 155.8 | 156.8 |
| 木曾 | 162.3 | 161.0 | 160.3 | 160.3 | 158.3 | 158.3 | 157.6 | 157.6 | 157.6 | 155.6 | 155.6 | 157.6 |
| 松本 | 157.4 | 151.5 | 151.0 | 149.4 | 149.0 | 149.0 | 149.4 | 148.8 | 146.1 | 147.2 | 151.0 | 150.8 |
| 北アルプス | 156.0 | 148.0 | 148.0 | 147.0 | 147.0 | 147.0 | 146.0 | 146.0 | 145.0 | 145.2 | 148.2 | 149.2 |
| 長野 | 169.2 | 163.7 | 163.9 | 161.3 | 161.0 | 161.0 | 161.1 | 161.0 | 159.3 | 159.0 | 163.0 | 163.0 |
| 北信 | 167.7 | 165.0 | 164.2 | 161.2 | 161.2 | 161.2 | 161.2 | 161.2 | 160.2 | 160.2 | 162.2 | 162.7 |
| 県平均 | 162.8 | 157.9 | 157.9 | 155.8 | 155.7 | 155.6 | 155.7 | 155.5 | 154.2 | 154.1 | 157.1 | 157.4 |

| | 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 | 164.1 | 163.5 | 164.1 | 162.3 | 162.3 | 158.3 | 158.3 | 154.5 | 156.7 | 161.0 | 162.6 | 166.8 |
| 上田 | 165.0 | 164.5 | 165.0 | 163.3 | 163.1 | 160.5 | 160.0 | 156.6 | 158.3 | 162.0 | 163.6 | 167.3 |
| 諏訪 | 153.2 | 153.2 | 153.7 | 153.7 | 153.0 | 149.7 | 149.7 | 148.1 | 148.1 | 151.1 | 151.1 | 154.3 |
| 上伊那 | 158.4 | 159.4 | 159.2 | 156.1 | 156.1 | 153.8 | 153.8 | 150.4 | 152.8 | 155.4 | 157.4 | 161.4 |
| 南信州 | 158.3 | 158.6 | 158.3 | 158.3 | 156.6 | 154.8 | 154.8 | 151.6 | 151.6 | 156.6 | 158.5 | 162.5 |
| 木曾 | 162.0 | 162.0 | 162.0 | 161.3 | 161.3 | 159.0 | 159.0 | 157.0 | 156.3 | 157.3 | 160.0 | 162.3 |
| 松本 | 152.8 | 154.4 | 154.8 | 154.8 | 153.1 | 150.7 | 150.7 | 146.7 | 147.7 | 152.0 | 153.8 | 156.8 |
| 北アルプス | 151.0 | 152.5 | 153.0 | 153.0 | 151.5 | 148.0 | 148.0 | 145.0 | 146.7 | 151.0 | 153.2 | 156.0 |
| 長野 | 164.5 | 166.4 | 166.2 | 164.4 | 163.9 | 161.9 | 161.2 | 157.4 | 159.0 | 163.4 | 165.0 | 169.5 |
| 北信 | 164.7 | 165.7 | 165.7 | 164.0 | 164.0 | 161.7 | 161.7 | 158.2 | 158.2 | 160.7 | 163.0 | 167.7 |
| 県平均 | 159.7 | 160.4 | 160.5 | 159.4 | 158.7 | 156.1 | 155.9 | 152.6 | 153.8 | 157.5 | 159.2 | 162.9 |

| | 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 | 153.8 | 158.2 | 161.5 | 162.0 | 161.5 | 162.2 | 161.6 | 164.1 | 164.3 | 166.7 | 167.1 | 164.1 |
| 上田 | 151.8 | 158.3 | 161.6 | 162.3 | 163.5 | 162.3 | 162.8 | 164.8 | 164.8 | 168.3 | 168.3 | 165.3 |
| 諏訪 | 144.6 | 144.6 | 148.6 | 150.8 | 152.2 | 152.0 | 152.0 | 152.1 | 152.1 | 155.6 | 155.2 | 155.1 |
| 上伊那 | 150.1 | 152.7 | 152.7 | 155.7 | 155.5 | 155.8 | 156.1 | 158.1 | 159.1 | 161.2 | 160.8 | 159.0 |
| 南信州 | 149.6 | 153.0 | 153.5 | 156.8 | 157.1 | 157.1 | 157.1 | 157.1 | 160.0 | 162.1 | 162.5 | 162.5 |
| 木曾 | 150.3 | 151.0 | 153.3 | 156.3 | 156.3 | 156.3 | 156.3 | 159.3 | 159.3 | 162.6 | 161.3 | 162.0 |
| 松本 | 144.0 | 147.4 | 149.8 | 151.4 | 151.4 | 150.2 | 152.7 | 152.8 | 155.0 | 156.5 | 156.5 | 153.8 |
| 北アルプス | 144.0 | 148.0 | 149.0 | 150.5 | 150.0 | 150.0 | 151.5 | 152.0 | 154.0 | 154.2 | 155.0 | 152.0 |
| 長野 | 154.7 | 159.5 | 161.0 | 163.1 | 163.4 | 163.4 | 163.7 | 165.3 | 165.5 | 167.4 | 167.5 | 165.3 |
| 北信 | 154.7 | 158.5 | 159.5 | 162.5 | 162.5 | 162.5 | 162.5 | 164.0 | 164.0 | 166.2 | 166.2 | 165.2 |
| 県平均 | 150.1 | 153.6 | 155.6 | 157.6 | 157.8 | 157.7 | 158.1 | 159.4 | 160.2 | 162.5 | 162.5 | 160.7 |

<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 | 158.5 | 158.7 | 158.7 | 158.5 | 158.5 | 158.8 | 158.8 | 154.3 | 153.2 | 153.6 | | |
| 上田 | 162.7 | 162.7 | 159.5 | 159.8 | 160.3 | 159.8 | 160.3 | 154.3 | 153.6 | 153.6 | | |
| 諏訪 | 146.2 | 147.3 | 147.8 | 147.8 | 147.8 | 147.8 | 145.2 | 144.8 | 144.8 | 144.6 | | |
| 上伊那 | 152.7 | 152.8 | 153.0 | 153.0 | 153.0 | 153.0 | 153.0 | 150.1 | 150.1 | 150.1 | | |
| 南信州 | 153.3 | 153.8 | 154.1 | 153.8 | 154.3 | 153.8 | 154.3 | 151.0 | 150.5 | 149.6 | | |
| 木曾 | 152.3 | 154.0 | 154.0 | 154.0 | 154.0 | 154.0 | 154.0 | 151.3 | 150.3 | 150.3 | | |
| 松本 | 148.7 | 149.7 | 149.8 | 149.4 | 149.4 | 149.7 | 147.7 | 145.2 | 144.4 | 144.4 | | |
| 北アルプス | 149.0 | 149.0 | 149.0 | 149.0 | 149.0 | 149.0 | 147.5 | 144.0 | 144.0 | 144.0 | | |
| 長野 | 158.5 | 158.8 | 158.5 | 158.6 | 158.6 | 158.5 | 158.3 | 154.8 | 155.0 | 154.5 | | |
| 北信 | 157.0 | 157.7 | 157.7 | 157.7 | 157.7 | 157.7 | 156.7 | 154.7 | 154.7 | 154.7 | | |
| 県平均 | 154.4 | 154.9 | 154.6 | 154.5 | 154.6 | 154.5 | 153.9 | 150.7 | 150.4 | 150.2 | | |

※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)