

ハイオクガソリン 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7年>

(単位:円/L)

| | 1/14 | 1/20 | 1/27 | 2/3 | 2/10 | 2/17 | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|
| 佐久 | 200.8 | 205.3 | 204.6 | 202.5 | 201.6 | 201.6 | | | | | | |
| 上田 | 201.5 | 205.1 | 205.1 | 202.6 | 202.6 | 202.6 | | | | | | |
| 諏訪 | 201.2 | 203.8 | 204.5 | 204.2 | 203.1 | 202.3 | | | | | | |
| 上伊那 | 205.0 | 209.0 | 209.0 | 207.0 | 205.8 | 205.8 | | | | | | |
| 南信州 | 200.8 | 204.0 | 204.8 | 204.8 | 204.8 | 204.8 | | | | | | |
| 木曾 | 207.3 | 210.6 | 212.0 | 212.0 | 210.6 | 210.0 | | | | | | |
| 松本 | 196.5 | 200.2 | 201.0 | 199.2 | 198.0 | 199.1 | | | | | | |
| 北アルプス | 199.0 | 203.0 | 203.0 | 202.7 | 202.7 | 202.7 | | | | | | |
| 長野 | 203.1 | 206.1 | 206.0 | 203.1 | 203.1 | 203.1 | | | | | | |
| 北信 | 202.7 | 206.2 | 205.2 | 202.7 | 202.7 | 202.7 | | | | | | |
| 県平均 | 201.6 | 205.1 | 205.2 | 203.6 | 203.1 | 203.1 | | | | | | |

<令和6年>

| | 12/23 | | | | | | | | | | | |
|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| 佐久 | 201.1 | | | | | | | | | | | |
| 上田 | 201.8 | | | | | | | | | | | |
| 諏訪 | 197.8 | | | | | | | | | | | |
| 上伊那 | 204.4 | | | | | | | | | | | |
| 南信州 | 200.8 | | | | | | | | | | | |
| 木曾 | 207.3 | | | | | | | | | | | |
| 松本 | 196.8 | | | | | | | | | | | |
| 北アルプス | 199.0 | | | | | | | | | | | |
| 長野 | 203.1 | | | | | | | | | | | |
| 北信 | 202.2 | | | | | | | | | | | |
| 県平均 | 201.2 | | | | | | | | | | | |

| | 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 | 195.0 | 193.8 | 193.8 | 194.3 | 194.3 | 193.7 | 194.3 | 193.8 | 193.8 | 195.8 | 195.5 | 195.5 |
| 上田 | 194.8 | 194.8 | 194.8 | 194.8 | 194.8 | 194.8 | 194.8 | 194.8 | 194.8 | 196.8 | 196.8 | 196.8 |
| 諏訪 | 190.5 | 191.6 | 193.2 | 193.2 | 193.2 | 192.2 | 192.2 | 192.2 | 192.2 | 192.2 | 194.1 | 195.2 |
| 上伊那 | 198.7 | 198.7 | 198.7 | 198.7 | 198.7 | 198.7 | 198.8 | 198.7 | 198.7 | 200.4 | 201.0 | 200.7 |
| 南信州 | 194.0 | 195.6 | 195.6 | 195.6 | 195.6 | 195.6 | 195.6 | 195.6 | 195.6 | 195.6 | 195.6 | 195.6 |
| 木曾 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 202.3 | 202.3 | 202.3 |
| 松本 | 191.5 | 192.4 | 191.4 | 192.4 | 191.7 | 192.1 | 191.7 | 191.7 | 192.4 | 191.7 | 192.6 | 192.4 |
| 北アルプス | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 |
| 長野 | 196.1 | 196.0 | 196.1 | 196.1 | 196.1 | 196.1 | 196.1 | 196.1 | 196.1 | 198.1 | 198.1 | 198.1 |
| 北信 | 195.7 | 195.7 | 195.7 | 195.7 | 195.7 | 195.7 | 195.7 | 195.7 | 195.0 | 197.7 | 197.7 | 197.7 |
| 県平均 | 194.8 | 195.0 | 195.1 | 195.3 | 195.2 | 195.1 | 195.1 | 195.0 | 195.1 | 196.2 | 196.6 | 196.6 |

| | 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 | 195.1 | 196.1 | 193.7 | 192.1 | 191.7 | 192.2 | 192.3 | 191.8 | 191.8 | 194.3 | 194.3 | 194.3 |
| 上田 | 196.6 | 196.6 | 194.6 | 192.8 | 192.8 | 192.8 | 192.8 | 192.8 | 192.8 | 194.8 | 194.8 | 194.8 |
| 諏訪 | 191.2 | 193.8 | 193.8 | 193.8 | 191.2 | 190.8 | 190.8 | 190.8 | 190.8 | 190.8 | 190.6 | 190.5 |
| 上伊那 | 201.0 | 201.4 | 199.0 | 198.7 | 197.2 | 197.7 | 197.7 | 198.0 | 197.5 | 197.5 | 197.7 | 199.0 |
| 南信州 | 197.3 | 197.6 | 196.0 | 196.0 | 194.3 | 194.3 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 | 194.0 |
| 木曾 | 203.0 | 203.0 | 203.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 |
| 松本 | 195.0 | 195.0 | 192.1 | 192.4 | 190.8 | 190.5 | 190.4 | 190.4 | 190.4 | 190.0 | 190.2 | 191.4 |
| 北アルプス | 197.0 | 197.0 | 194.0 | 194.0 | 194.0 | 192.5 | 192.0 | 192.0 | 192.0 | 192.0 | 192.0 | 194.0 |
| 長野 | 198.1 | 198.0 | 196.1 | 194.1 | 194.1 | 194.1 | 194.1 | 194.0 | 194.1 | 196.1 | 196.0 | 196.1 |
| 北信 | 197.7 | 197.7 | 195.5 | 193.7 | 193.7 | 193.7 | 193.7 | 193.7 | 193.7 | 195.7 | 195.7 | 195.7 |
| 県平均 | 196.8 | 197.3 | 195.4 | 194.5 | 193.6 | 193.6 | 193.5 | 193.4 | 193.4 | 194.4 | 194.3 | 194.7 |

| | 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 | 195.7 | 196.3 | 195.8 | 195.8 | 194.1 | 194.1 | 194.1 | 194.1 | 193.3 | 193.6 | 193.3 | 193.3 |
| 上田 | 196.6 | 196.5 | 196.6 | 196.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 |
| 諏訪 | 190.8 | 193.1 | 193.3 | 193.3 | 192.7 | 191.3 | 191.7 | 191.7 | 191.7 | 191.7 | 191.2 | 191.2 |
| 上伊那 | 199.5 | 199.5 | 197.7 | 199.7 | 199.7 | 199.7 | 199.4 | 200.0 | 199.8 | 200.1 | 199.0 | 199.2 |
| 南信州 | 196.0 | 196.0 | 196.0 | 196.0 | 195.8 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 |
| 木曾 | 201.6 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.0 | 201.6 | 201.6 | 201.6 |
| 松本 | 192.7 | 192.7 | 192.7 | 192.7 | 191.0 | 191.1 | 193.0 | 193.2 | 193.2 | 193.0 | 193.1 | 193.0 |
| 北アルプス | 193.7 | 193.7 | 194.7 | 194.7 | 192.5 | 192.5 | 194.5 | 194.5 | 194.5 | 194.5 | 194.5 | 194.5 |
| 長野 | 198.1 | 198.1 | 198.0 | 198.1 | 196.1 | 196.0 | 196.1 | 196.0 | 196.0 | 196.0 | 196.1 | 196.1 |
| 北信 | 196.7 | 196.7 | 196.7 | 196.7 | 196.2 | 195.2 | 195.2 | 195.2 | 195.2 | 195.2 | 195.2 | 195.2 |
| 県平均 | 196.0 | 196.3 | 196.1 | 196.3 | 195.1 | 194.9 | 195.2 | 195.3 | 195.2 | 195.3 | 195.1 | 195.1 |

| | 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 | 195.6 | 195.6 | 193.3 | 193.2 | 193.1 | 193.2 | 193.8 | 193.6 | 194.1 | 193.6 | 194.1 | 193.7 |
| 上田 | 196.6 | 196.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 | 194.6 |
| 諏訪 | 191.8 | 191.8 | 191.8 | 191.8 | 191.5 | 190.8 | 190.8 | 190.8 | 191.6 | 191.6 | 191.6 | 191.6 |
| 上伊那 | 200.2 | 200.2 | 200.2 | 198.2 | 198.2 | 198.2 | 198.4 | 200.2 | 200.4 | 197.4 | 197.2 | 197.1 |
| 南信州 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 | 196.0 |
| 木曾 | 200.3 | 200.3 | 200.3 | 200.3 | 200.3 | 200.3 | 200.3 | 200.3 | 200.3 | 200.3 | 200.3 | 201.6 |
| 松本 | 193.0 | 191.8 | 191.5 | 191.5 | 191.5 | 191.2 | 191.2 | 192.8 | 192.0 | 191.7 | 191.7 | 191.7 |
| 北アルプス | 194.7 | 192.7 | 192.7 | 192.7 | 192.7 | 192.7 | 192.7 | 192.7 | 192.5 | 192.5 | 192.5 | 192.5 |
| 長野 | 198.1 | 198.0 | 196.1 | 196.1 | 196.1 | 196.3 | 195.9 | 196.4 | 196.1 | 196.1 | 196.1 | 196.1 |
| 北信 | 195.5 | 196.7 | 195.7 | 195.7 | 195.2 | 194.5 | 195.2 | 195.2 | 195.2 | 195.2 | 195.2 | 195.2 |
| 県平均 | 196.1 | 195.9 | 195.0 | 194.8 | 194.7 | 194.6 | 194.6 | 195.1 | 195.1 | 194.7 | 194.7 | 194.7 |

<令和5年>

| | 11/6 | 11/13 | 11/20 | 11/27 | 12/4 | 12/11 | 12/18 | 12/25 | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|
| 佐久 | 189.0 | 191.1 | 191.0 | 191.2 | 193.0 | 193.1 | 193.0 | 193.6 | | | | |
| 上田 | 190.6 | 192.3 | 192.6 | 192.6 | 194.6 | 194.6 | 194.6 | 194.6 | | | | |
| 諏訪 | 185.8 | 185.8 | 185.7 | 187.6 | 187.8 | 188.1 | 188.1 | 189.6 | | | | |
| 上伊那 | 193.2 | 195.0 | 195.2 | 195.2 | 198.0 | 197.1 | 197.8 | 198.2 | | | | |
| 南信州 | 190.8 | 190.8 | 192.5 | 192.5 | 195.5 | 196.0 | 196.0 | 196.0 | | | | |
| 木曾 | 196.3 | 196.3 | 198.3 | 198.3 | 199.0 | 200.3 | 200.3 | 200.3 | | | | |
| 松本 | 187.5 | 189.0 | 189.2 | 190.2 | 191.4 | 191.5 | 191.5 | 191.5 | | | | |
| 北アルプス | 187.7 | 190.7 | 189.7 | 191.7 | 193.7 | 193.7 | 194.0 | 194.0 | | | | |
| 長野 | 191.1 | 191.0 | 194.0 | 194.1 | 196.1 | 196.1 | 196.1 | 196.1 | | | | |
| 北信 | 190.2 | 190.2 | 193.0 | 193.0 | 194.7 | 195.2 | 195.2 | 195.2 | | | | |
| 県平均 | 189.9 | 190.8 | 191.8 | 192.3 | 194.1 | 194.2 | 194.3 | 194.6 | | | | |

| | 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 | 193.7 | 200.0 | 202.1 | 204.1 | 198.8 | 194.1 | 194.0 | 194.1 | 189.6 | 187.1 | 187.0 | 188.8 |
| 上田 | 195.6 | 201.6 | 203.6 | 205.6 | 200.6 | 195.6 | 195.6 | 195.6 | 191.6 | 188.6 | 188.0 | 190.6 |
| 諏訪 | 188.6 | 196.1 | 199.5 | 201.1 | 199.7 | 196.1 | 191.6 | 191.6 | 187.5 | 184.0 | 183.3 | 184.5 |
| 上伊那 | 195.4 | 202.8 | 205.4 | 207.1 | 200.8 | 197.4 | 197.2 | 197.2 | 193.2 | 191.5 | 191.2 | 193.2 |
| 南信州 | 194.0 | 201.1 | 202.5 | 204.6 | 198.0 | 195.3 | 194.8 | 194.8 | 191.8 | 188.3 | 187.8 | 190.3 |
| 木曾 | 198.3 | 205.3 | 208.3 | 209.0 | 206.0 | 201.3 | 201.3 | 200.0 | 198.0 | 195.0 | 195.0 | 195.0 |
| 松本 | 190.1 | 196.8 | 199.1 | 202.2 | 198.0 | 191.8 | 191.8 | 191.7 | 187.5 | 185.8 | 184.5 | 187.1 |
| 北アルプス | 190.5 | 199.5 | 200.5 | 202.5 | 198.2 | 194.2 | 193.0 | 192.0 | 188.0 | 185.0 | 185.0 | 187.7 |
| 長野 | 196.0 | 201.8 | 204.1 | 206.1 | 201.1 | 196.1 | 196.1 | 196.1 | 192.0 | 189.0 | 189.1 | 191.0 |
| 北信 | 194.7 | 199.7 | 203.2 | 205.2 | 200.2 | 196.2 | 195.7 | 195.7 | 191.7 | 188.7 | 188.7 | 189.7 |
| 県平均 | 193.6 | 200.2 | 202.6 | 204.6 | 199.9 | 195.5 | 194.8 | 194.7 | 190.7 | 188.0 | 187.6 | 189.5 |

| | 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 | 188.8 | 188.3 | 188.5 | 188.7 | 188.6 | 186.7 | 186.7 | 188.8 | 189.0 | 189.0 | 190.0 | 192.2 |
| 上田 | 190.6 | 190.6 | 190.6 | 190.6 | 190.6 | 188.6 | 188.6 | 190.0 | 190.3 | 190.3 | 191.5 | 193.6 |
| 諏訪 | 182.1 | 182.3 | 182.3 | 182.5 | 182.5 | 181.8 | 182.1 | 182.1 | 182.1 | 184.3 | 185.8 | 188.6 |
| 上伊那 | 190.1 | 190.1 | 189.4 | 190.2 | 189.4 | 188.5 | 187.2 | 189.1 | 189.2 | 190.1 | 191.0 | 196.1 |
| 南信州 | 189.8 | 189.8 | 189.8 | 189.8 | 189.8 | 189.8 | 189.8 | 189.8 | 189.8 | 189.8 | 191.5 | 192.6 |
| 木曾 | 193.0 | 193.0 | 193.0 | 193.0 | 193.0 | 193.0 | 193.0 | 193.0 | 193.0 | 193.0 | 193.6 | 195.6 |
| 松本 | 185.5 | 185.5 | 185.2 | 184.5 | 184.5 | 184.0 | 182.8 | 185.0 | 184.7 | 184.7 | 186.5 | 189.5 |
| 北アルプス | 184.5 | 184.0 | 184.0 | 184.0 | 184.0 | 184.0 | 184.0 | 185.5 | 185.5 | 185.5 | 187.5 | 190.5 |
| 長野 | 191.1 | 191.1 | 191.1 | 191.1 | 191.1 | 189.1 | 189.0 | 191.0 | 191.0 | 191.0 | 191.0 | 194.0 |
| 北信 | 190.0 | 190.0 | 190.0 | 190.0 | 190.0 | 189.0 | 189.0 | 190.0 | 190.0 | 190.0 | 190.0 | 193.0 |
| 県平均 | 188.4 | 188.4 | 188.3 | 188.4 | 188.2 | 187.2 | 186.9 | 188.2 | 188.3 | 188.6 | 189.7 | 192.5 |

| | 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 | 187.2 | 185.6 | 185.5 | 186.5 | 185.2 | 185.3 | 185.2 | 185.3 | 185.2 | 185.2 | 185.2 | 188.1 |
| 上田 | 189.6 | 187.6 | 187.6 | 187.6 | 187.1 | 187.6 | 187.6 | 187.6 | 187.0 | 187.6 | 187.6 | 190.1 |
| 諏訪 | 183.7 | 183.3 | 183.3 | 183.3 | 182.6 | 182.2 | 182.2 | 182.2 | 182.2 | 182.2 | 182.1 | 182.1 |
| 上伊那 | 186.8 | 186.7 | 187.0 | 187.0 | 186.4 | 186.1 | 186.4 | 186.4 | 186.4 | 188.1 | 188.1 | 190.5 |
| 南信州 | 189.0 | 189.0 | 189.0 | 189.0 | 187.3 | 187.3 | 187.3 | 187.3 | 187.3 | 187.3 | 187.3 | 189.8 |
| 木曾 | 191.6 | 191.6 | 191.6 | 191.6 | 191.6 | 191.6 | 191.0 | 191.0 | 191.0 | 191.0 | 191.0 | 191.6 |
| 松本 | 185.5 | 186.2 | 185.8 | 185.8 | 184.4 | 184.0 | 183.5 | 183.5 | 183.5 | 183.5 | 184.1 | 185.2 |
| 北アルプス | 186.5 | 186.5 | 186.5 | 186.5 | 183.5 | 183.5 | 183.5 | 183.5 | 183.5 | 183.5 | 184.5 | 184.5 |
| 長野 | 190.2 | 188.3 | 188.1 | 188.3 | 188.1 | 188.1 | 188.1 | 188.1 | 188.1 | 188.1 | 188.1 | 191.1 |
| 北信 | 188.0 | 187.7 | 188.2 | 188.2 | 188.2 | 187.7 | 187.7 | 187.7 | 187.7 | 187.7 | 187.7 | 190.0 |
| 県平均 | 187.7 | 187.0 | 186.9 | 187.1 | 186.2 | 186.1 | 186.0 | 186.1 | 186.0 | 186.2 | 186.3 | 188.3 |

<令和4年>

| | 12/12 | 12/19 | 12/26 | | | | | | | | | |
|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|
| 佐久 | 187.5 | 187.5 | 187.5 | | | | | | | | | |
| 上田 | 189.6 | 189.6 | 189.6 | | | | | | | | | |
| 諏訪 | 183.6 | 183.6 | 183.7 | | | | | | | | | |
| 上伊那 | 187.8 | 187.2 | 187.7 | | | | | | | | | |
| 南信州 | 189.0 | 189.0 | 189.0 | | | | | | | | | |
| 木曾 | 190.6 | 190.6 | 190.6 | | | | | | | | | |
| 松本 | 185.8 | 185.7 | 185.7 | | | | | | | | | |
| 北アルプス | 185.7 | 185.2 | 185.2 | | | | | | | | | |
| 長野 | 190.4 | 190.4 | 190.2 | | | | | | | | | |
| 北信 | 189.2 | 189.2 | 189.2 | | | | | | | | | |
| 県平均 | 187.9 | 187.8 | 187.8 | | | | | | | | | |

| | 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 | 188.5 | 187.8 | 188.6 | 186.5 | 187.8 | 188.5 | 188.0 | 185.8 | 186.6 | 185.8 | 185.8 | 187.7 |
| 上田 | 189.6 | 189.6 | 189.6 | 187.6 | 189.6 | 189.6 | 189.6 | 188.0 | 188.0 | 187.6 | 187.6 | 189.6 |
| 諏訪 | 183.5 | 183.2 | 183.2 | 182.6 | 183.2 | 183.2 | 183.2 | 182.6 | 182.2 | 182.2 | 182.2 | 183.7 |
| 上伊那 | 186.7 | 187.2 | 186.7 | 186.7 | 189.1 | 188.8 | 188.7 | 186.8 | 186.7 | 186.2 | 187.0 | 188.5 |
| 南信州 | 187.3 | 187.3 | 187.0 | 187.0 | 188.6 | 189.3 | 189.0 | 187.3 | 187.0 | 187.0 | 187.3 | 188.6 |
| 木曾 | 193.3 | 193.3 | 193.3 | 193.3 | 193.3 | 193.3 | 193.3 | 191.3 | 190.6 | 190.6 | 190.6 | 190.6 |
| 松本 | 185.8 | 185.8 | 185.8 | 185.5 | 186.1 | 186.4 | 186.2 | 184.5 | 184.2 | 184.2 | 184.2 | 185.8 |
| 北アルプス | 184.5 | 184.5 | 184.5 | 184.5 | 186.5 | 186.5 | 186.5 | 184.5 | 184.5 | 183.5 | 183.5 | 186.0 |
| 長野 | 190.2 | 190.2 | 190.2 | 188.2 | 190.2 | 189.9 | 190.0 | 188.0 | 188.2 | 188.0 | 188.0 | 190.0 |
| 北信 | 188.0 | 188.7 | 188.7 | 187.7 | 188.7 | 188.7 | 188.7 | 187.7 | 187.7 | 187.7 | 187.7 | 189.2 |
| 県平均 | 187.6 | 187.6 | 187.6 | 186.6 | 188.1 | 188.2 | 188.1 | 186.4 | 186.4 | 186.1 | 186.2 | 187.9 |

| | 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 | 192.5 | 188.5 | 188.6 | 185.7 | 185.8 | 186.6 | 185.8 | 185.7 | 183.7 | 183.7 | 188.6 | 188.5 |
| 上田 | 194.3 | 189.3 | 189.3 | 187.6 | 187.6 | 187.6 | 187.3 | 187.3 | 185.6 | 185.6 | 190.0 | 190.0 |
| 諏訪 | 188.5 | 186.0 | 186.0 | 184.1 | 183.5 | 183.5 | 183.5 | 183.3 | 183.3 | 183.3 | 183.5 | 183.5 |
| 上伊那 | 194.4 | 186.8 | 187.5 | 185.4 | 186.5 | 185.4 | 187.1 | 187.1 | 185.5 | 185.2 | 188.4 | 189.0 |
| 南信州 | 195.0 | 190.8 | 190.0 | 188.6 | 188.0 | 188.0 | 188.0 | 187.5 | 185.5 | 185.0 | 188.3 | 189.3 |
| 木曾 | 198.0 | 196.6 | 196.0 | 196.0 | 194.0 | 194.0 | 193.3 | 193.3 | 193.3 | 191.3 | 191.3 | 193.3 |
| 松本 | 192.7 | 187.7 | 186.7 | 185.0 | 184.7 | 184.4 | 185.1 | 184.5 | 183.2 | 183.0 | 186.7 | 186.4 |
| 北アルプス | 193.2 | 185.2 | 185.2 | 184.2 | 184.2 | 184.2 | 183.2 | 183.2 | 182.2 | 181.5 | 184.5 | 185.5 |
| 長野 | 196.2 | 191.0 | 191.2 | 188.4 | 188.2 | 188.2 | 188.0 | 188.0 | 186.4 | 186.2 | 190.2 | 190.2 |
| 北信 | 193.7 | 191.0 | 190.2 | 187.2 | 187.2 | 187.2 | 187.2 | 187.2 | 186.2 | 186.2 | 188.2 | 188.7 |
| 県平均 | 193.7 | 189.0 | 188.8 | 186.8 | 186.6 | 186.6 | 186.6 | 186.5 | 185.1 | 184.9 | 188.0 | 188.3 |

| | 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 | 190.5 | 190.2 | 190.5 | 188.7 | 188.7 | 185.3 | 185.3 | 181.2 | 183.5 | 187.6 | 188.8 | 192.8 |
| 上田 | 191.6 | 191.6 | 191.6 | 189.6 | 189.8 | 186.6 | 186.3 | 182.3 | 184.6 | 188.3 | 190.3 | 194.6 |
| 諏訪 | 187.0 | 187.0 | 187.5 | 187.5 | 186.7 | 183.5 | 183.5 | 181.8 | 181.8 | 184.8 | 184.8 | 188.5 |
| 上伊那 | 191.4 | 192.4 | 192.2 | 189.1 | 189.1 | 185.2 | 186.8 | 183.4 | 185.8 | 188.4 | 190.4 | 194.4 |
| 南信州 | 191.0 | 191.3 | 191.0 | 191.0 | 189.1 | 187.3 | 187.3 | 184.1 | 184.1 | 189.1 | 191.0 | 195.0 |
| 木曾 | 197.6 | 197.6 | 197.6 | 197.0 | 197.0 | 194.6 | 194.6 | 192.6 | 192.0 | 193.0 | 195.6 | 198.0 |
| 松本 | 188.5 | 190.1 | 190.5 | 190.5 | 188.8 | 186.4 | 186.2 | 182.2 | 183.1 | 187.4 | 189.7 | 193.0 |
| 北アルプス | 188.2 | 189.7 | 190.2 | 190.2 | 188.7 | 185.2 | 185.2 | 182.2 | 184.2 | 188.2 | 190.5 | 193.2 |
| 長野 | 191.4 | 193.4 | 193.2 | 191.4 | 191.2 | 188.7 | 188.2 | 184.0 | 186.0 | 190.4 | 192.0 | 196.5 |
| 北信 | 191.2 | 192.2 | 192.2 | 190.5 | 190.5 | 188.2 | 188.2 | 183.2 | 184.2 | 186.7 | 189.0 | 193.7 |
| 県平均 | 190.5 | 191.3 | 191.4 | 190.2 | 189.6 | 186.7 | 186.8 | 183.2 | 184.6 | 188.3 | 189.9 | 193.8 |

| | 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 | 179.6 | 184.0 | 187.6 | 188.2 | 187.8 | 188.5 | 187.8 | 190.5 | 190.6 | 193.0 | 193.0 | 190.5 |
| 上田 | 180.0 | 185.6 | 189.0 | 189.3 | 189.6 | 189.6 | 189.6 | 191.3 | 191.6 | 194.6 | 194.6 | 191.6 |
| 諏訪 | 177.3 | 178.8 | 182.8 | 185.2 | 186.3 | 185.8 | 185.8 | 186.0 | 186.0 | 189.8 | 189.8 | 189.3 |
| 上伊那 | 183.1 | 186.1 | 186.1 | 189.1 | 189.0 | 189.2 | 189.5 | 191.5 | 192.1 | 194.1 | 193.8 | 192.0 |
| 南信州 | 183.3 | 186.1 | 186.5 | 189.8 | 190.1 | 190.1 | 190.1 | 190.1 | 192.6 | 194.8 | 195.1 | 195.1 |
| 木曾 | 185.6 | 187.6 | 190.3 | 192.0 | 192.0 | 192.0 | 192.0 | 195.0 | 195.0 | 197.6 | 197.0 | 197.6 |
| 松本 | 180.1 | 183.0 | 185.5 | 187.1 | 187.1 | 186.8 | 188.4 | 188.5 | 190.7 | 192.2 | 192.5 | 190.4 |
| 北アルプス | 181.2 | 185.2 | 186.2 | 187.7 | 187.2 | 187.2 | 188.7 | 189.2 | 191.2 | 191.5 | 192.2 | 189.2 |
| 長野 | 181.4 | 186.4 | 188.0 | 190.2 | 190.4 | 190.3 | 190.4 | 192.2 | 192.4 | 194.2 | 194.4 | 192.5 |
| 北信 | 181.0 | 184.7 | 185.7 | 188.7 | 188.7 | 188.7 | 188.7 | 190.2 | 190.2 | 192.7 | 192.7 | 191.7 |
| 県平均 | 180.9 | 184.5 | 186.6 | 188.6 | 188.7 | 188.7 | 189.0 | 190.3 | 191.0 | 193.3 | 193.4 | 191.7 |

<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 | 186.6 | 186.8 | 186.8 | 185.1 | 185.1 | 185.5 | 183.6 | 179.5 | 179.1 | 179.5 | | |
| 上田 | 189.0 | 189.0 | 188.8 | 186.6 | 186.3 | 186.3 | 184.3 | 180.3 | 180.8 | 180.3 | | |
| 諏訪 | 182.8 | 181.6 | 182.1 | 182.1 | 182.1 | 182.1 | 179.5 | 179.1 | 179.1 | 178.8 | | |
| 上伊那 | 185.8 | 185.8 | 186.1 | 186.1 | 186.1 | 186.1 | 186.1 | 183.1 | 183.1 | 183.1 | | |
| 南信州 | 185.8 | 185.8 | 186.3 | 186.0 | 186.5 | 186.0 | 186.5 | 184.0 | 183.6 | 183.3 | | |
| 木曾 | 187.6 | 189.0 | 189.3 | 189.3 | 189.3 | 189.3 | 189.3 | 186.6 | 186.6 | 186.6 | | |
| 松本 | 184.1 | 184.4 | 185.4 | 185.0 | 184.8 | 185.2 | 183.2 | 180.8 | 180.0 | 180.0 | | |
| 北アルプス | 184.0 | 184.0 | 186.2 | 186.2 | 186.2 | 186.2 | 184.7 | 181.2 | 181.2 | 181.2 | | |
| 長野 | 187.0 | 187.4 | 187.2 | 187.4 | 187.4 | 187.2 | 185.4 | 181.7 | 181.7 | 181.4 | | |
| 北信 | 184.7 | 185.5 | 185.5 | 185.5 | 185.5 | 185.5 | 184.5 | 181.0 | 181.0 | 181.0 | | |
| 県平均 | 185.8 | 185.9 | 186.2 | 185.7 | 185.7 | 185.8 | 184.4 | 181.4 | 181.3 | 181.1 | | |

※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)